


HARM REDUCTION: EVIDENCE AND APPLICATION WITH EMERGING ADULTS

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ERIKSONIAN DEVELOPMENT

Identity vs. Role Confusion (12-18)

- Finding personal identity
 - Developing a sense of morality and worldview
 - Consideration of the future
 - Negotiating social interactions
 - Shift from passive to active life experiencing
 - Possibility of withdrawal/delay
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ERIKSONIAN DEVELOPMENT

Intimacy vs. Isolation (20s – late 30s/early 40s)

- Development and consolidation of significant relationships
 - Romantic partners
 - Platonic friendships
 - Decrease in quantity (superficial), increase in quality (depth)
 - Risk of isolation and lack of affiliation
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ERIKSON ON “EMERGING ADULTHOOD”

Concept of Ego Identity Crystallization

- Shift from ego diffusion to crystallization as a function of aging
- Ages 17-24
- Females progress more quickly than males
- Negative correlation between stable ego identity and anxiety
(Stark and Traxler, 1973)

EMERGING ADULTHOOD (EA)

Attempts to increase rigor of identity development (Arnett, 2016)

Tanner and Arnett (2016)

- Distinct period of development
- Ages 18-25, after adolescence and before young adulthood
- Historically embedded and culturally constructed
 - Industrial to information-based economy
 - Increased necessity for post-secondary ed.
 - Women entering the workforce
 - Increased acceptance of premarital sex and cohabitation
- Careers, marriages, parenthood all shifted later
- Primary task is termed recentering
- Delayed home-leaving as negative predictor (Kins & Beyers, 2010)

RECENTERING

Tanner (2006)

- Primary psychosocial task of emerging adulthood
- Three Stages
 - 1 Transition from adolescence into emerging adulthood
 - Qualitative shift away from dependence
 - Power becomes shared, mutual, and negotiated
 - Responsibility for care and support become reciprocal
 - 2 Participation in formal developmental experiences of emerging adulthood
 - Temporary commitments to roles and relationships
 - Serve to increase understanding of possible options in areas of love and work
 - Exploratory in nature without long-term consequences or commitments
 - 3 Commitment to enduring roles and responsibilities of young adulthood

Salmela-Aro et al. (2007)

- Priorities of friendship, academic, travel, and conduct goals
- Gradual shift towards romantic, familial, health, occupational

ASSOCIATED CHANGES

- Structural brain changes - gray matter pruning, incr. white matter
- Cognition - stabilized crystallized knowledge, peaking fluid intelligence
- Socio-emotional processing - medial PFC activation; incr. sensitivity to emotional stimuli compared to adults (esp. negative)
- Personality plasticity - decreasing negative emotionality, increased goal-directedness and self-control
 - Significant opportunity for positive personality change (Roberts et al. 2006)

ASSOCIATED CHANGES

- Physical health - both healthy and unhealthy
- Mental health - generalized incr. in well-being, decr. depression (Schulenberg and Zarrett, 2006)
 - Sensitive Period - due to ongoing brain maturation
 - Opportunity for improving poor childhood mental health

ASSESSMENT AND IDENTIFICATION

-The Inventory of the Dimensions of Emerging Adulthood (IDEA)

Reifman, Arnett, & Colwell (2007)

- Subscales


- Identity Exploration
- Experimentation/Possibilities
- Negativity/Instability
- Other-Focused
- Self-Focused
- Feeling “In-Between”

-Resilience (Madewell & Ponce-Garcia, 2016)

- Resilience Scale (RS-25)
- Connor-Davidson Resilience Scale (CD-RISC-25)
- Scale of Protective Factors (SPF-24)



GENERAL EA TREATMENT CONSIDERATIONS

- Intervention at level of the dysfunction
 - Chronology of onset
 - Resistance to treatment
 - Outpatient vs. residential programs
 - Identify stage of recentering and assist in moving through
 - Building resilience
 - Focus on areas of deficits on IDEA assessment
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CULTURAL FACTORS

- Research base relatively new
- Similarities across economically-developed nations
- Southern Europeans remain at home longer than northern Europeans
- Latin American countries - emerging adulthood is mediated by wealth and socioeconomic status (i.e., middle-class and above)
- Asia - rural vs. urban differences

SOCIOECONOMIC CONSIDERATIONS

Arnett (2016)


- U.S. - minimal differences in attitudes of adulthood or pursuit of love and work between middle-class and working-class emerging adults
- Permeability of concepts of adulthood across different cultures and SES within United States
 - Dismissiveness of variability of cross-cultural experience?

Some controversy over whether emerging adulthood is a class-mediated phenomenon (Bynner, 2005)


HARM REDUCTION

- “Public health philosophy and intervention that seeks to reduce harms associated with drug use and ineffective drug policies”
-Drug Policy Alliance
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HARM REDUCTION

- Arose as an alternative to approaches focused on abstinence, which are:
 - All-or-nothing
 - Loaded linguistically
 - One size fits all
 - Focused on reducing harm
 - Not necessarily quantity
 - Ultimate goal framed as absence of problematic substance use
 - Historical opposition to any approach tacitly approving of drug/alcohol use
 - Moral failing
 - Federal “War on Drugs”
 - Association of drugs with racial/ethnic minorities
 - Harm Reduction rooted in pragmatism and respect for individual’s autonomy
 - Developed with a specific focus on marginalized groups
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AREAS OF APPLICATION

- Drug Use
 - Alcohol Use
 - Sexuality
 - Gambling
 - Gaming
 - Social Media/Device Use
 - Diet
 - Exercise
 - Any other problematic/harmful behavior in which abstinence is not possible or plausible at the present time
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SUBSTANCE USE AND EMERGING ADULTHOOD

- Convergence of factors (Beadnell et al., 2016)
 - exploration
 - instability
 - self-focus
 - transition period
 - optimism
 - highest lifetime risk-taking behavior
 - highest lifetime rate of alcohol/substance use
 - 1 in 3 young adults engaged in binge drinking in past month
 - 2 in 5 young adults engaged in substance use in past year
- Long-term benefits of harm reduction interventions, particularly with college students (Logan & Marlatt, 2010)


INTERVENTIONS

- Public Health
 - Needle Exchange
 - Naloxone
 - Supervised Injection Sites
 - Ignition Interlocks
 - Psychiatry
 - Opioid Substitution
 - Naltrexone
 - Medication management for co-morbid disorders
 - Socioeconomic Supports
 - Peer groups
 - Psychotherapeutic
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SPECIFIC TREATMENTS/INTERVENTIONS

- Motivational Interviewing
 - Pre-contemplation
 - Contemplation
 - Preparation
 - Action
 - Maintenance
 - Return
 - Motivational Enhancement (movement from one stage to the next)
 - Cognitive-behavioral therapy
 - 3rd wave/ACT
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TREATMENT INTERVENTIONS

- Identification of Risk, Mindset, and Setting factors
 - Trial/Temporary Abstinence
 - Emphasis on values
 - Moderation management
 - Urge surfing
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LEGALIZATION, DECRIMINALIZATION, MEDICINAL

- Marijuana
 - Ketamine
 - Psilocybin
 - LSD
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THERAPEUTIC CONSIDERATIONS

- Likely to mesh better with contemporary psychotherapy (Logan & Marlatt, 2010)
 - Focus on frequency, severity, duration reductions
 - Nonjudgmental and supportive
 - Meeting individuals where they are
 - Ineffectiveness of coercive tactics
 - Sometimes challenging/uncomfortable content areas
 - clean razors for SIB
 - goal of avoiding loss of consciousness from drinking
 - Finding safe injection sites
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ADDITIONAL THERAPEUTIC CONSIDERATIONS

- Acknowledgement that drugs are effective (Denning, 2017)
 - Linguistic Reframing
 - Importance of maintaining credibility for rapport purposes
 - Awareness of potential to be seen as an agent of parents and/or figure of authority
 - Harm reduction strategies (individual empowerment, moderation) fit well with cultural worldview of POC (Blume & Lovato, 2010)
 - Countertransferential concerns
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