



BrainwaveTM

early years last forever

whakamana te tamaiti

Symposium on Alcohol, Marijuana and the Adolescent Brain

Linking knowledge to practice

Auckland

12 August 2014, 9am – 5pm

Waipuna Hotel & Conference Centre
58 Waipuna Road, Mt. Wellington

Wellington

14 August 2014, 9am – 5pm

Westpac Stadium Function Centre
Waterloo Quay

Overview

A one-day symposium on the effects of alcohol and marijuana on the adolescent brain. Build your knowledge of the latest research findings and participate in workshops which will allow you to link this knowledge to practice.

Dr Lindsay Squeglia, University of California San Diego USA is a leading researcher on alcohol and marijuana and how they affect the adolescent brain. She will present as the key note speaker alongside renowned researcher Professor David Fergusson and Nathan Mikaere Wallis.

The symposium is designed for those making policy or working with youth; in government, NGOs and iwi; working in social services, police, corrections, education, health and law.

Plenary Sessions

"Unravelling the adolescent brain"

Nathan Mikaere Wallis

Adolescence is period full of amazing development and drive. Just over a decade ago researchers identified that during adolescence parts of the brain literally undergo reconstruction. These changes affect how teens seek rewards, connect with their peers, feel more intense emotions and push back on the existing way of doing things. This session provides an introduction to the changes in the adolescent brain.

"This is your teen's brain on alcohol"

Dr Lindsay Squeglia

What is the effect of alcohol use and abuse on the adolescent brain? Lindsay will share the findings from longitudinal research looking at brain structure, function and cognitive skills in 12-21 year-olds who transition into heavy drinking during adolescence.

"The adverse consequences of early cannabis use"

Professor David Fergusson

Does early cannabis use increase the risks of educational under-achievement, psychotic symptoms, depression, other forms of illicit drug use, and motor vehicle collisions? David will review the evidence on the associations between the early use of cannabis and later outcomes using data from the Christchurch Health and Development Study and from the findings of the Australasian Cannabis Cohort Research Consortium.

"This is your teen's brain on marijuana"

Dr Lindsay Squeglia

What is the effect of marijuana use and abuse on the adolescent brain? Lindsay will share the findings from longitudinal research looking at brain structure, function and cognitive skills in 12-21 year-olds who use marijuana.

Plenary Sessions Presenters



*Dr Lindsay Squeglia, PhD
Neuroimaging and
Neuropsychology
Fellow, University
of California,
San Diego*

Dr Squeglia is a clinical neuropsychologist at the University of California San Diego researching the effect of alcohol and marijuana use on adolescent brain development. She is funded through research grants from the National Institutes of Alcohol Abuse and Alcoholism and the National Institute on Drug Abuse.



*Nathan Mikaere Wallis, MEd
Brainwave Trust
Aotearoa, Trainer
and Educator*

Nathan has been a lecturer at the Christchurch College of Education, lecturing in human development, brain development, language and communication and risk and resilience. Nathan has a background of working with children in counselling settings relating to domestic violence, sexual abuse and childhood trauma. Nathan is an expert presenter on early brain development and adolescent brain development.



*Professor David Fergusson, PhD,
Christchurch Health & Development
study, Department
of Psychological
Medicine, University
of Otago, Christchurch*

Professor David Fergusson is the founder and director of the Christchurch Health and Development Study, a 35 year study of a birth cohort of 1265 children born in the Christchurch region in mid 1977. Research into this cohort has produced over 435 published books, reports and scientific articles. Professor Fergusson has most recently been awarded the University of Otago Distinguished Research Medal.

Professor Fergusson is an external collaborator with the Australasian Cannabis Cohort Research Consortium.

Programme

Start time	Topic	Speaker
8.00am	Registration opens	
PLENARY		
9.00am	Opening	
9.10am	Unravelling the adolescent brain	Nathan Mikaere Wallis, Brainwave Trust Aotearoa
10.10am	MORNING TEA	
10.30am	This is your teen's brain on alcohol	Dr Lindsay Squeglia, University of California, San Diego, USA
11.30am	The adverse consequences of early cannabis use	Prof David Fergusson, University of Otago, Christchurch
12.15pm	This is your teen's brain on marijuana	Dr Lindsay Squeglia, University of California, San Diego, USA
12.45pm	LUNCH	

Start time	Topic	Speaker
WORKSHOPS: Participants will have a choice of two out of four workshops		
	Health – Effective Youth Addiction Treatment – what to expect	Dr Grant Christie, Psychiatrist, Community Alcohol and Drug Services
	Justice – A problem solving approach to criminal justice	Kristy O'Connor, Lawyer for the Child Lope Ginnen, Barrister specialising in Family Law
	Youth Interventions – Incorporating youth development into school-based and residential alcohol and other drug services	Ben Birks, Team Leader, Youth Programme, Odyssey House
	Community Intervention – A community initiative to promote resilience and reduce risk factors for young people with alcohol and drug issues.	Mark Corrigan, Ministry of Education Jay Rerekura, CAYAD coordinator Liz Langham, Social Worker
1.30pm	Workshop 1	
2.30pm	AFTERNOON TEA	
3.00pm	Workshop 2	As above
4.15pm	Panel Discussion	Bringing together of the speakers for a panel discussion and to answer any further questions
5.00pm	Close	

Workshops: Linking to Practice

Health

“Effective Youth Addiction Treatment – what to expect”

Dr Grant Christie

Extensive clinical experience in outpatient and residential youth addiction services coupled with research has identified effective approaches to improving youth addiction treatment in NZ. Dr Christie has developed youth Alcohol and other Drug (AOD) resources including training packages for the NZ workforce and youth addiction guidelines. His experience and learnings will be shared in this workshop.

Justice

“A problem solving approach to criminal justice”

Kristy O'Connor and Lope Ginnen

Hear about two pioneering initiatives to reach people with alcohol and drug dependency in order to reduce their offending.

The Christchurch Youth Drug Court was established in 2002 as a specialised Youth Court that operates alongside the mainstream Youth Court to facilitate individual outcomes for young people, whose alcohol and/or drug dependency contributes to their offending. The services include treatment for

alcohol and other drug dependency with the stated aim being to reduce offending. The young person's engagement with the Youth Drug Court is not an easy or quick fix option.

The adult Alcohol and Other Drug Treatment Court (AODT) pilot began in Auckland in 2012. Research has consistently demonstrated that the overseas model the AODT Court uses improves treatment outcomes and reduces recidivism. Those who participate in the AODT Court have their sentencing deferred to allow them to enter an intensive treatment programme for their AOD dependency (or moderate to severe addiction).

Hear about the experiences and results achieved to date in both Courts.

Youth Interventions

“Incorporating youth development into school-based and residential alcohol and other drug services”

Ben Birks

Hear about the Odyssey house residential treatment programme for youth who have a problem with alcohol and/or drugs and two school-based youth programmes – Stand Up and Amplify!

The residential treatment programme is for youth from 14 to 17 years old, including young people with mental health, care and protection or youth justice. It provides a structured environment where young people develop resiliency, learn how to make positive choices and take responsibility for themselves and others. The schools programmes are earlier intervention, built on evidence, designed to empower young people whose lives are influenced by alcohol and other drugs to make positive choices for their lives.

Community Intervention

“A community initiative to promote resilience and reduce risk factors for young people with alcohol and drug issues”

*Mark Corrigan, Liz Langham,
Jay Rerekura*

Between 2004 and 2011, an initiative called “High on Life” operated in the Whanganui and Taranaki regions. It was designed to counter a set of entrenched problems: alcohol and other drug issues being an ‘open secret’ among young people and in school communities, young people bringing alcohol and other drug issues to school and being suspended for this, and difficult access to clinic based AOD services.

Working across sectors, the team recognised some predictable and avoidable patterns. Over time, they were able to create some local solutions. These focussed on health promotion to open up discussion of AOD issues, promoting the ‘no drugs at school’ boundary, offering early help rather than punishment, and engaging young people in group-based AOD early interventions on school sites.

By changing the adult attitudes and behaviours, they helped reduce AOD issues among young people, promote a more inclusive and effective approach in schools, and engage young people in critical thought about AODs in the community. The team will present information about the partners involved, the strategies they used, and the impacts on young people.

Workshop Presenters

Health



*Dr Grant Christie,
Psychiatrist,
CADS, Waitemata
Health DHB*

Dr Grant Christie is a Child and Adolescent and Addiction Psychiatrist who is passionate about improving youth addiction treatment in NZ and enhancing the management of co-existing problems (CEP) in mental health services and primary care. He has been working in the Auckland Community Alcohol and Drug Services (CADS) Youth Service for over 10 years and has experience leading outpatient and residential youth addiction services in both provincial and city settings. He has a doctorate from the University of Auckland for research in the youth addiction field and has developed youth AOD resources that are used widely in NZ and further afield. Grant has been involved in developing training packages for the NZ workforce, is involved in writing youth addiction guidelines and has acted in various advisory roles for the MOH and the Werry Centre.

Justice



*Kristy O'Connor,
Lawyer for Child*

Kristy graduated from the University of Canterbury in 1985, she joined the firm, Weston Ward & Lascelles in 1986 and became a Partner in 1991. Kristy has practised as a litigator for many years and has a wide range of experience in all areas of law. Her speciality is in Family Law. She has been appointed by the Court to represent children and young people in the Family Court, the High Court and Youth Court. Kristy regularly appears in the Christchurch Drug Court and has done so since it's inception in 2002. Kristy is married to Nigel, they have three daughters aged 21, 17 and 15.

Justice



*Lope Ginnen,
Barrister
specialising
in Family Law*

Lope is a barrister specialising in Family Law, and balances her legal practice with corporate governance work. She is currently a trustee of Recovery Solutions Group and Ngati Whatua o Orakei Whai Maia Limited. She is a member of the community advisory group of the Alcohol and other Drug Treatment Courts. Lope is chair of Brainwave Trust Aotearoa. She is married with two children and an adult stepdaughter.

Youth Interventions



*Ben Birks,
Team Leader,
Odyssey House*

Odyssey Auckland has provided a wide range of addictions services for over 30 years. These range from community and school-based services to residential services for adults, families, adults with co-existing disorders, and youth. Ben has worked at Odyssey Auckland for a number of years, leading the development of community youth-centred alcohol and drug programmes. Prior to this, he completed post-graduate study in youth health and child and adolescent mental health. In addition, he was involved with various youth health projects, including research on localised youth health centres, and transition of care for young people with chronic health conditions from child to adult services.

Community Intervention



*Liz Langham,
Social Worker*

Liz is passionate about community development and early intervention. She established an Early Intervention Alcohol and Other Drugs Practitioner role in Whanganui before becoming a parent to four children (including a foster child) and is currently utilising her social work skills at Playcentre and in the wider community. She was 2013 Wellingtonian of the Year (Education).



*Jay Rerekura,
Community
Action on Youth
& Drugs (CAYAD)
Coordinator*

Jay has been CAYAD coordinator for 10 years and the work provides different challenges day by day. Whatever he does, his drive to see his own people, in particular, find their Rangatiratanga, their own self-determination is his dream. His hope is to see his people become the architects of their own futures.



*Mark Corrigan,
Ministry of
Education*

Mark Corrigan was one of the High on Life team from 2004 via his role at MOE in Whanganui. Mark helps schools from Taranaki to Wellington to develop a restorative approach that puts respectful relationships at the heart of school life. This involves helping schools predict/prevent problems and to use effective tools when they do arise. Mark has a background in youth work and social work.

Mark is married to Sharon. Together with their two sons, they've offered foster care to teenagers since 1992 and a NZ 'home' to overseas students since 2009.

Brainwave Trust Aotearoa

PO Box 55206
Eastridge
Auckland 1146

Phone: 09 528 3881

Email: Info@brainwave.org.nz

Website: www.brainwave.org.nz