

Interventions for Drug Use in Youth and Teens

With Dr. Laura Anderson | Thursday, May 28th, 2026

A FREE training presented by Alameda County Behavioral Health Department and A Better Way

Course Objectives

- 1.) Participants will analyze updated statistics related to drug use and abuse among youth and teens.
- 2.) Participants will gain 3 new tools for identifying signs and symptoms that youth are abusing substances.
- 3.) Participants will practice 3 concrete conversations with youth about drug use and identify when it is appropriate to have these conversations.
- 4.) Participants will explore 3 prevention and treatment strategies for drug misuse and addiction in youth and teens.

Many youth today engage in drug use as a coping strategy or as self-medication for grief, anxiety, depression and traumatic experiences they have had. As clinicians, we encounter many youth whose substance use and abuse negatively impacts their lives and interferes with the treatment of other emotional and behavioral needs. This course will provide information about current trends in drug use among youth and teens. The information will help clinicians identify warning signs of drug use for different commonly used substances, including the rise in fentanyl use. The course will offer concrete strategies for talking to youth about drug use and abuse and will also review related confidentiality guidelines. We will also review best practices guidelines for the treatment of drug use and abuse and help participants determine what they can do in their roles to support sobriety among youth and teens with whom they work.

Audience: Alameda County Behavioral Health Department (ACBH) clinical staff and contracted CBO providers are welcome. Capacity is limited. Open until filled.

Dr. Laura S. Anderson is a clinical child and family psychologist who is licensed in Hawaii and California, and she has worked with youth and families for over twenty years. Dr. Anderson is currently based primarily in Hawaii. Her areas of expertise include school-based behavioral health, assessment, support for adoptive families, support for gender expansive youth and their families, foster care consultation, and the provision of cross-culturally sensitive care. She is lucky to have had wonderful clinical mentors and enjoys teaching others things she has learned "in the trenches" of direct service to children, adolescents, families, schools, and various other agencies. Dr. Anderson enjoys working with kids, families, and systems as they overcome barriers, build on their strengths, and thrive.



Thursday, May 28th | Presented on Zoom

1:00pm-4:00pm | Online Waiting Room Opens at 12:45pm

Online Course | Zoom link sent 2 days before course

3 CEs available for: LCSW, LMFT, LEP, LPCC, RN, Certified Peer Specialists, and CADC

Private code to register:

eb1gal

TO REGISTER

Click below to sign up & register:

<https://training.abetterwayinc.net/courses/8357>

A Better Way is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor 3 Continuing Education for LCSW, LMFT, LPCC, LEP (62361). The California Board of Behavioral Sciences (BBS) recognizes CAMFT Continuing Education credit for license renewal. A Better Way maintains responsibility for this program and its content. Attendees must attend entire course for CE credit. Alameda County Behavioral Health Department is approved to sponsor CE credit for Certified Peer Specialists, Addiction Professionals, and RNs. This course meets the qualifications for 3 hours of CE credit for Addiction Professionals by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP_EI), Provider No. 4C-04-604-0626; and for RNs by the California Board of Registered Nurses, BRN Provider No. 12040. ACBHCS maintains responsibility for this program/course and its content.

For accommodations or grievances, contact: Trainings@abetterwayinc.net | (510) 913-1326