



Northwest (HHS Region 10)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

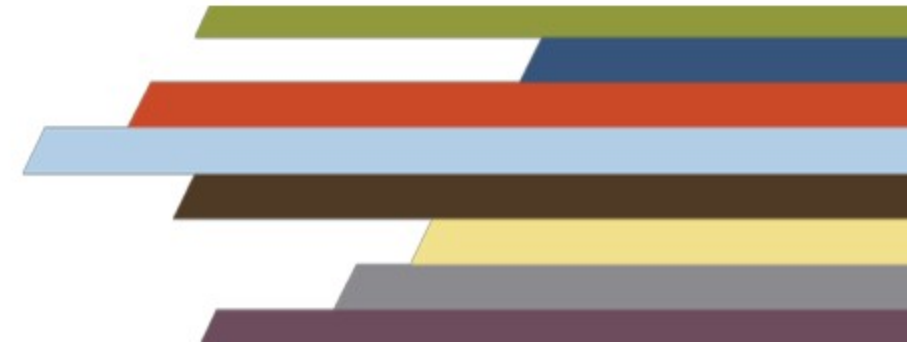


Substance Use And Prevention Among Mid-Life Adults

Prevention across the lifespan series

Dr. Marina Epstein and Dr. Max Halvorson

May 9, 2024





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The Northwest PTTC is a partnership led by the Social Development Research Group (SDRG) at University of Washington (UW) School of Social Work in collaboration with the Prevention Science Graduate Program at Washington State University (WSU), and the Center for the Application of Substance Abuse Technologies (CASAT) at the University of Nevada, Reno (UNR).

Northwest partnering institutes share a vision to expand the impact of community-activated prevention by equipping the prevention workforce with the power of prevention science.



Prevention Science
Graduate Program
WASHINGTON STATE UNIVERSITY



Disclaimer

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INTRODUCTIONS



Max Halvorson, Ph.D.

Substantive areas: development of mental health and substance use disorders; consequences of substance use disorders; personality and coping; midlife alcohol and cannabis use



Marina Epstein, Ph.D.

Substantive areas: life-course substance use etiology and prevention; cannabis use; consequences of cannabis legalization; intergenerational transmission of substance use; vaping (e-cigarette) use consequences; midlife health and well-being

What comes to mind when you think of “middle age” or “midlife”?

Please respond in chat!
(1 minute)

MIDLIFE DEFINED

- MIDLIFE IS GENERALLY DEFINED AS BEING BETWEEN AGES 40-60
 - Multiple significant transitions
 - Changes in family structure (e.g., “Sandwich Generation”)
 - Changes in substance use
 - Health declines (mental health, physical health, cognitive health)
 - Positive changes

These can look different for different people!

MULTIPLE SIGNIFICANT TRANSITIONS

- Raising children
- Launching children (empty nesters)
- Raising grandchildren
- No children
- Caregiving of elders
- Career peak
- Career slump
- Career end (retirement)
- Changes in social dynamics

Family structure

The diagram consists of three dark grey rectangular boxes stacked vertically on the right side. To the left of these boxes are three white brackets that group the list items into three categories. The top bracket groups 'Raising children', 'Launching children (empty nesters)', and 'Raising grandchildren'. The middle bracket groups 'No children' and 'Caregiving of elders'. The bottom bracket groups 'Career peak', 'Career slump', 'Career end (retirement)', and 'Changes in social dynamics'.

Work/Education

Social domain

MIDLIFE = SANDWICH GENERATION

Caring for aging parents



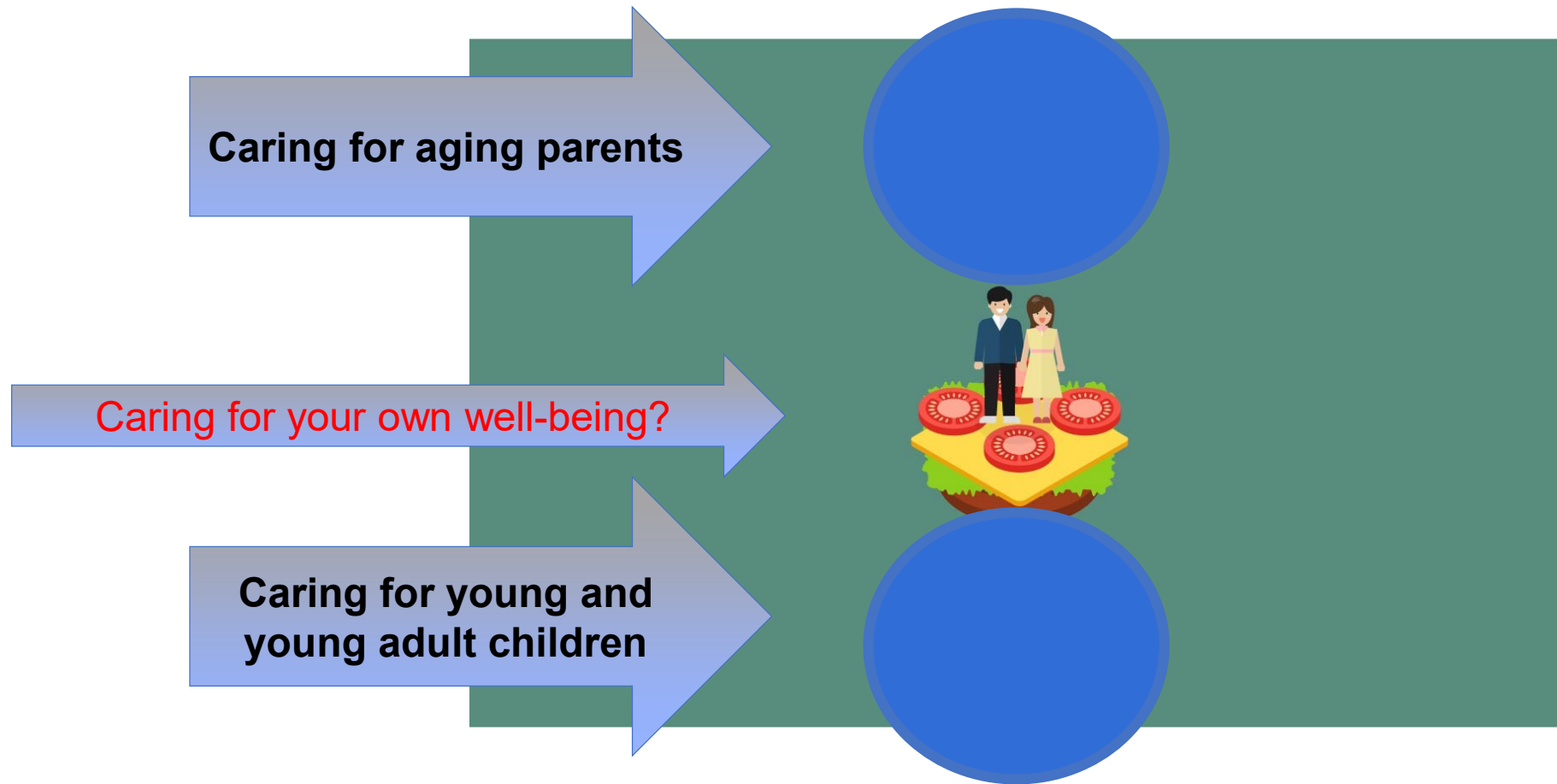
Caring for your own well-being?



Caring for young and young adult children



DIFFERENT FAMILY CONFIGURATIONS CAN LEAD TO DIFFERENT SANDWICHES



DIFFERENT FAMILY CONFIGURATIONS CAN LEAD TO DIFFERENT SANDWICHES

Caring for your own well-being?





Caring for aging parents

Caring for your own well-being?

**Caring for young and
young adult children**

- **Midlife can look very different depending on family structure and support**
- **What can these structures tell us about vulnerability and prevention?**

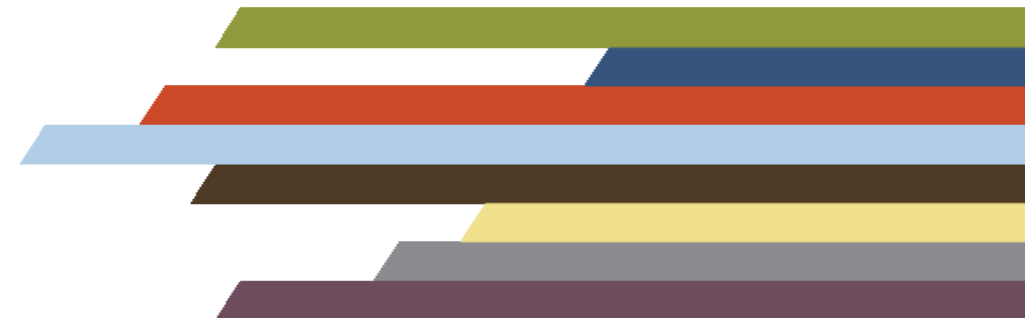
LOOKING AT MIDLIFE SUBSTANCE USE AND HEALTH

IN THIS PRESENTATION, WE WILL....

1. (Re) Introduce the Seattle Social Development Project
2. Look at trends in substance use, physical health and mental health across adulthood
3. Break trends down by family structure
4. Consider prevention needs and opportunities during this time period

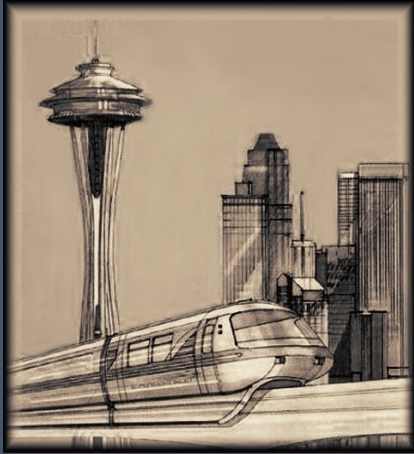


1. SEATTLE SOCIAL DEVELOPMENT PROJECT (SSDP)





SEATTLE SOCIAL DEVELOPMENT PROJECT (SSDP)



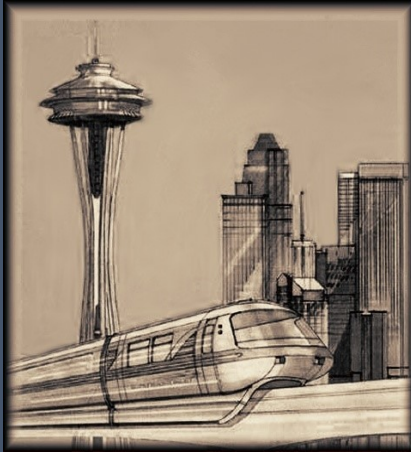
Seattle Social Development Project

- Was founded by J. David Hawkins in 1985 (other PIs: Karl Hill, Rick Kosterman, and now Marina Epstein)
- Involved 808 10 year old students from 18 elementary schools in Seattle
- Theory-driven study of how prosocial and antisocial behaviors form
- Sample has been followed over time

| | Elementary | Middle & High | Young adulthood | Adulthood | Midlife |
|----------|-------------|---------------|-----------------|-------------|---------|
| MEAN AGE | 10 11 12 13 | 14 15 16 | 18 21 24 | 27 30 33 39 | 47 |



SEATTLE SOCIAL DEVELOPMENT PROJECT (SSDP)



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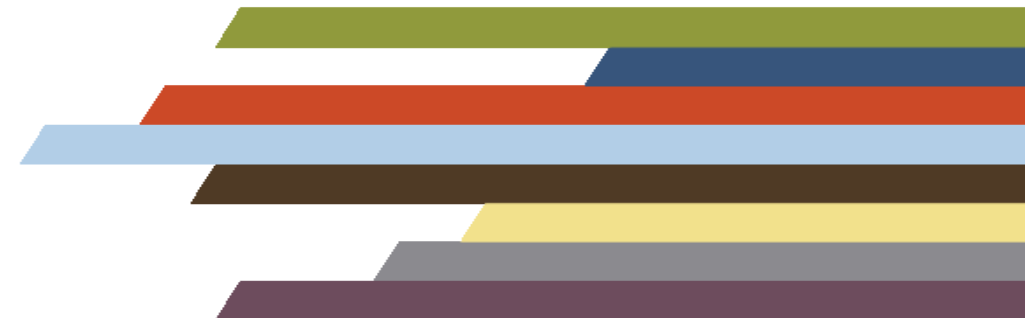
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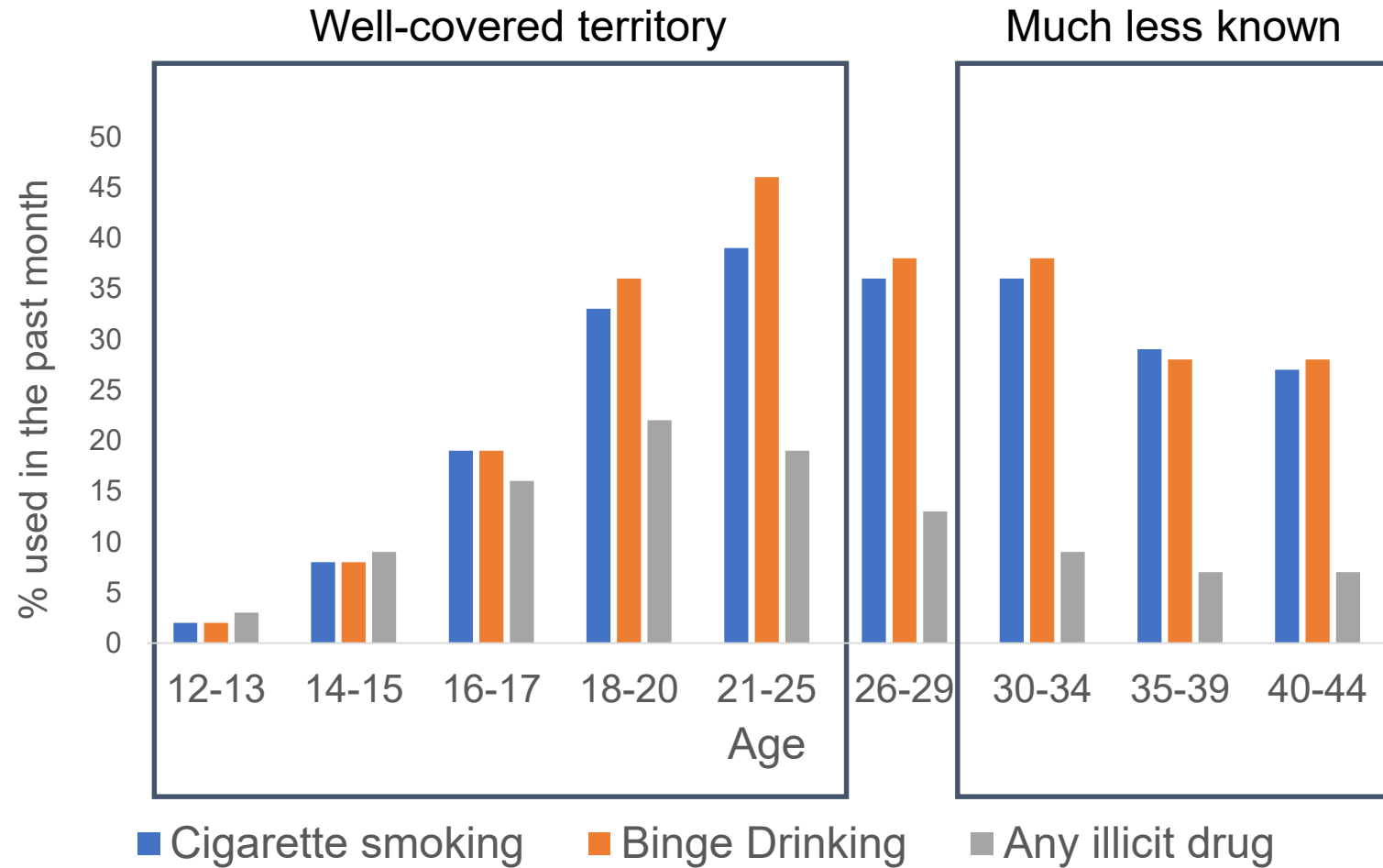
QUESTIONS?



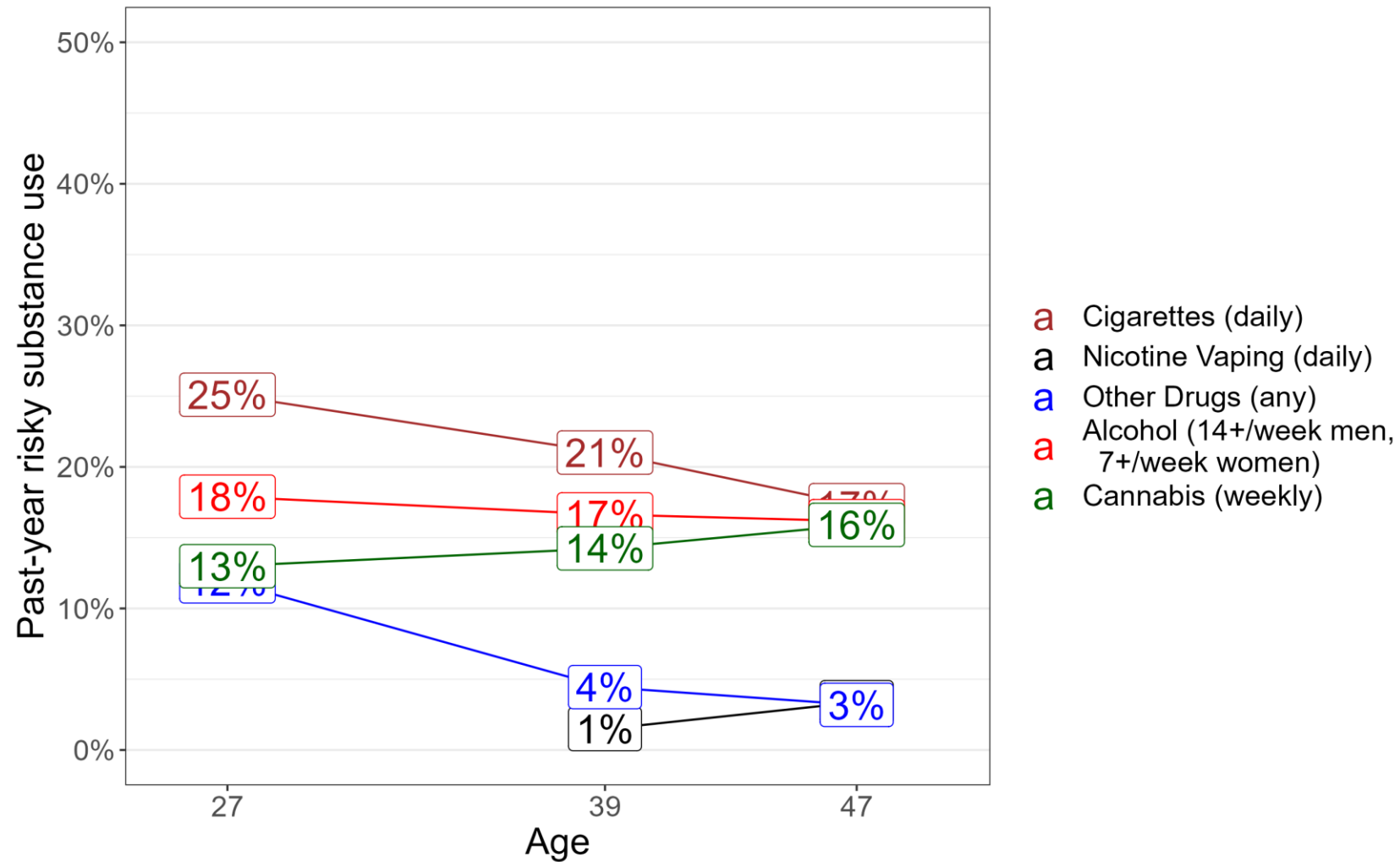
2a: Midlife is generally a time of declining
substance use...



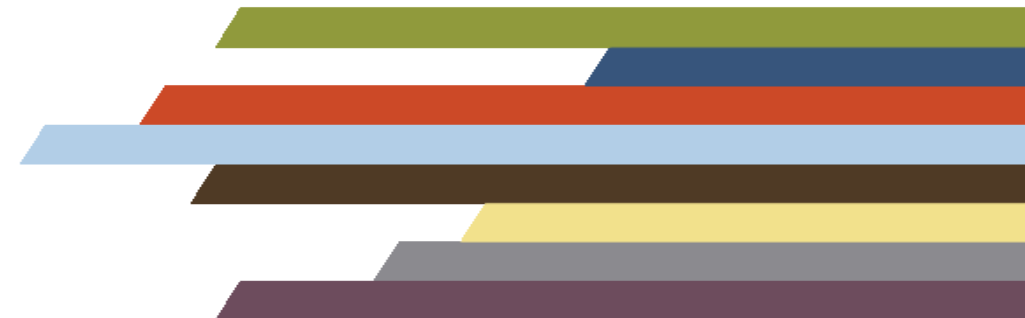
DEVELOPMENTAL TRENDS IN SUBSTANCE USE



SUBSTANCE USE IN THE SSSDP SAMPLE DURING ADULTHOOD

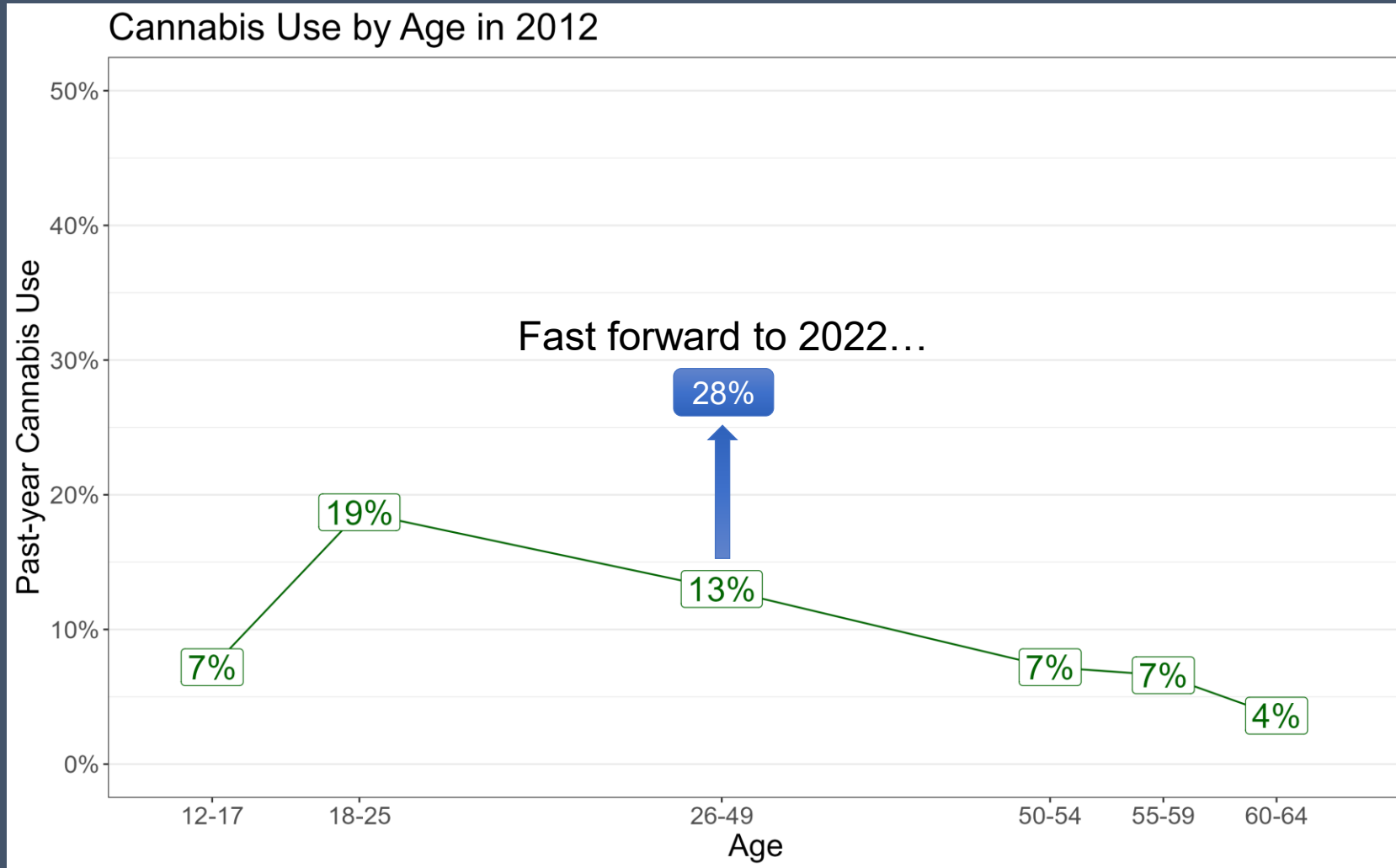


2b: Midlife is generally a time of declining substance use... but not for cannabis





AT THE NATIONAL LEVEL

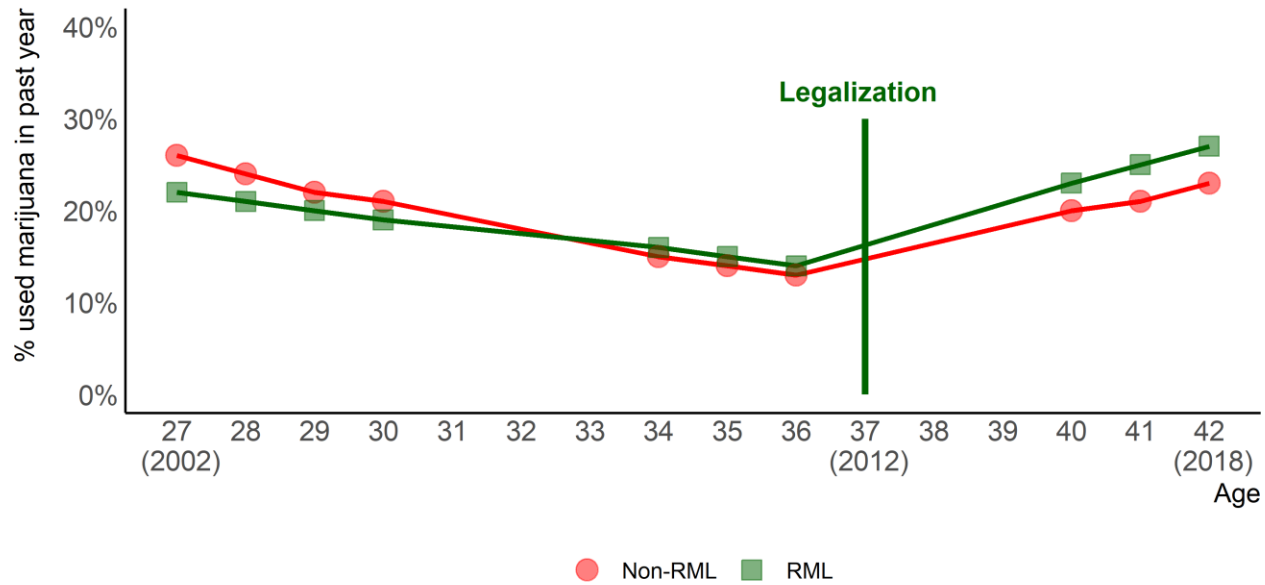




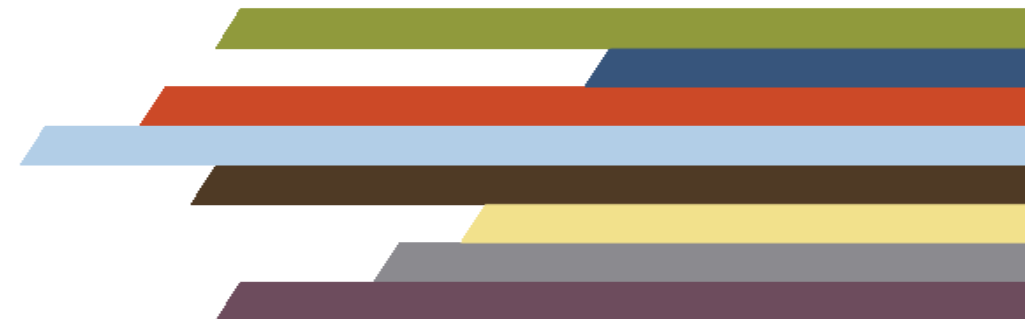
IN THE SSDP (PARENT) SAMPLE

Figure 1: Marijuana use before and after legalization

By legalization context

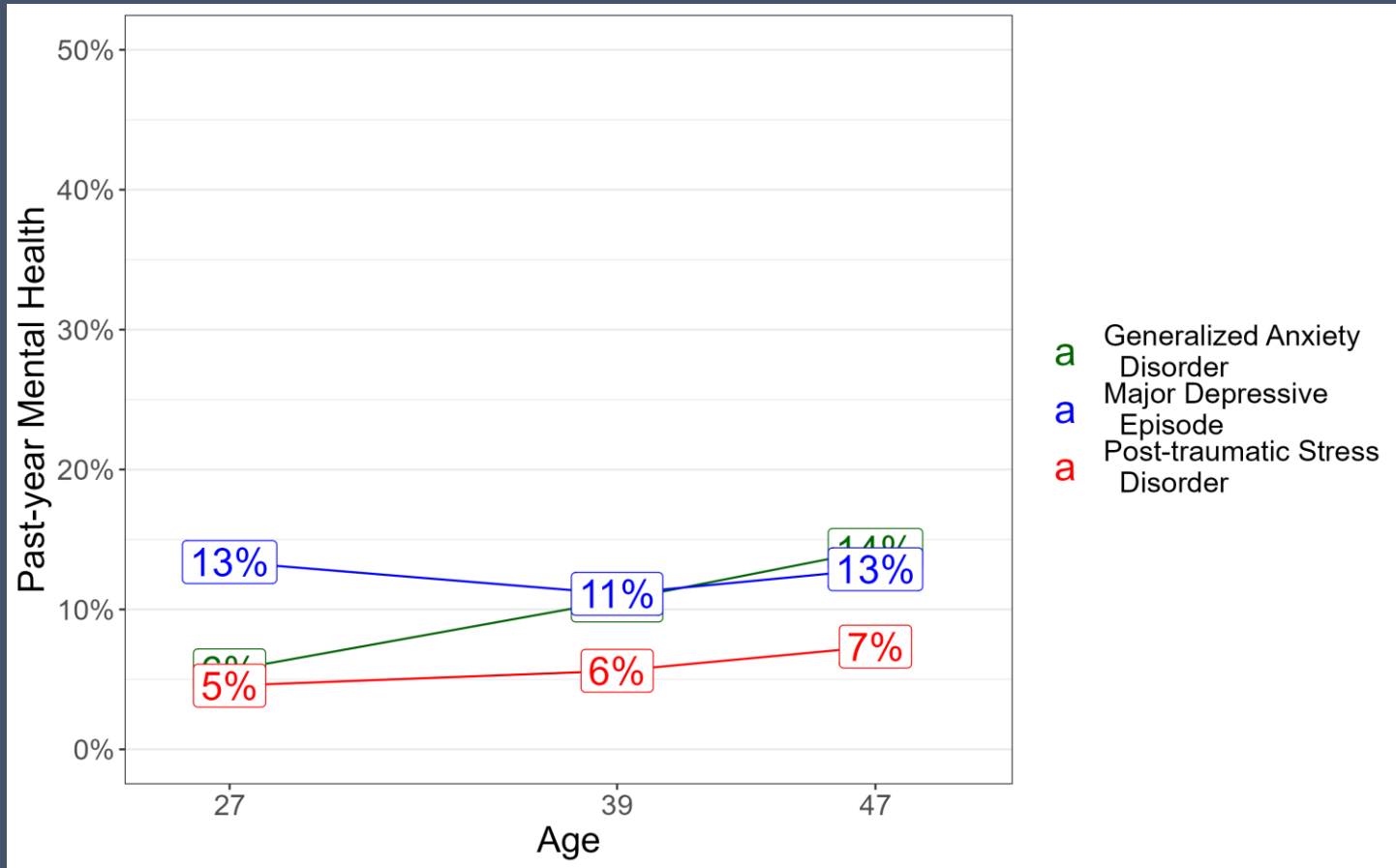


2c: Midlife is a time of steady or increasing mental health problems

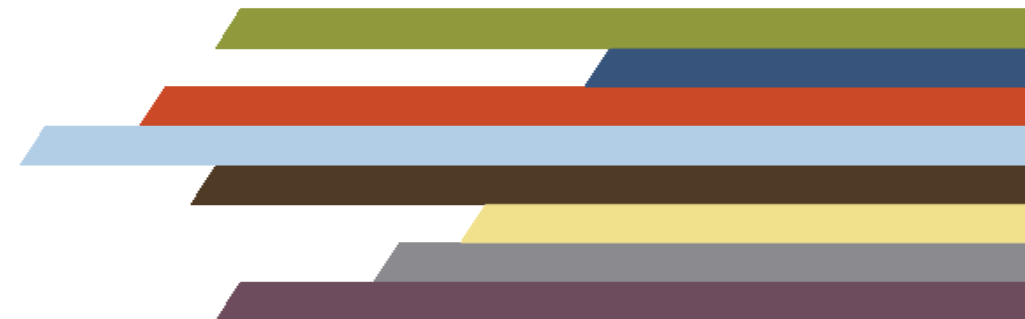




MENTAL HEALTH

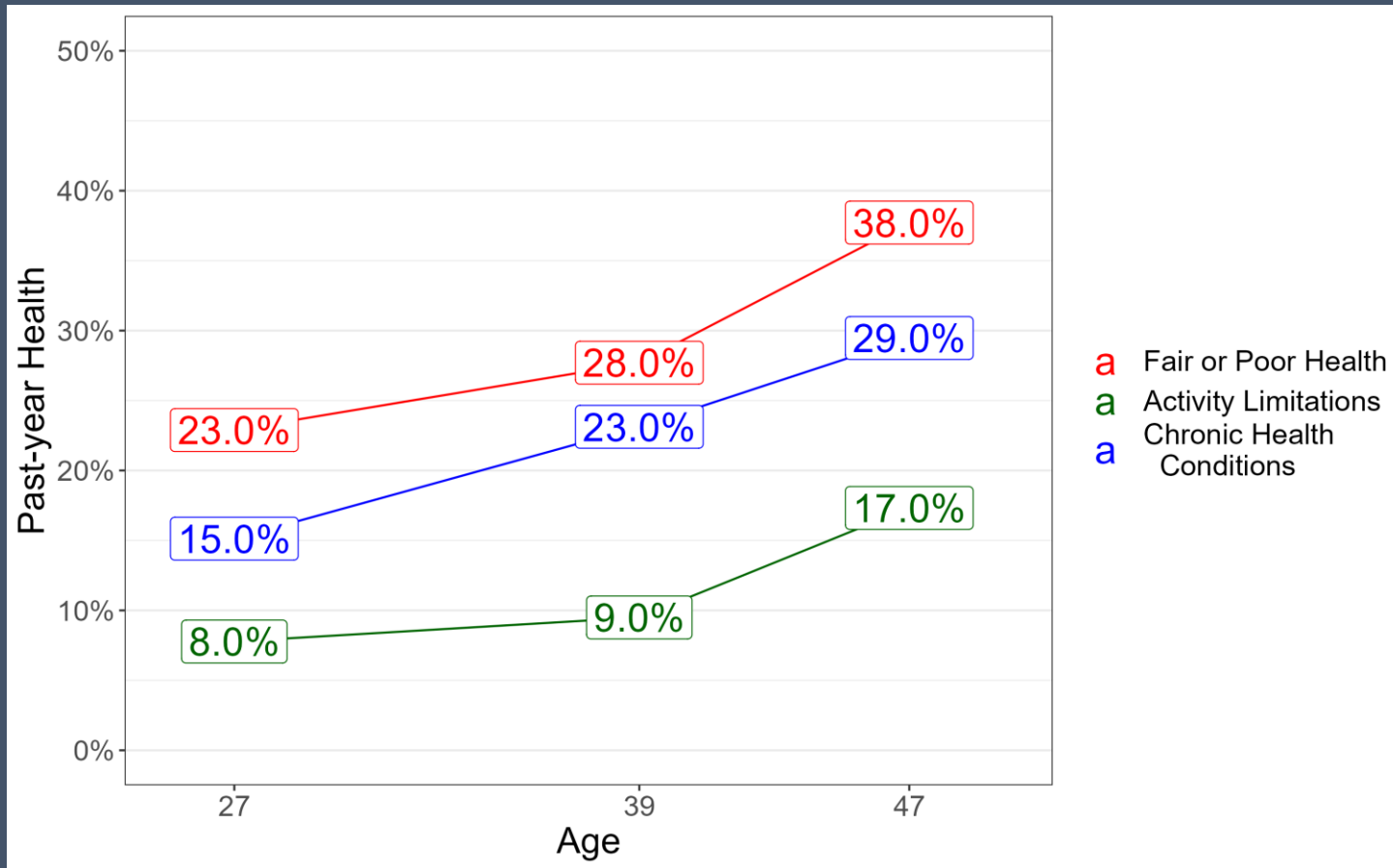



2d: Midlife is generally a time of increasing physical health problems...



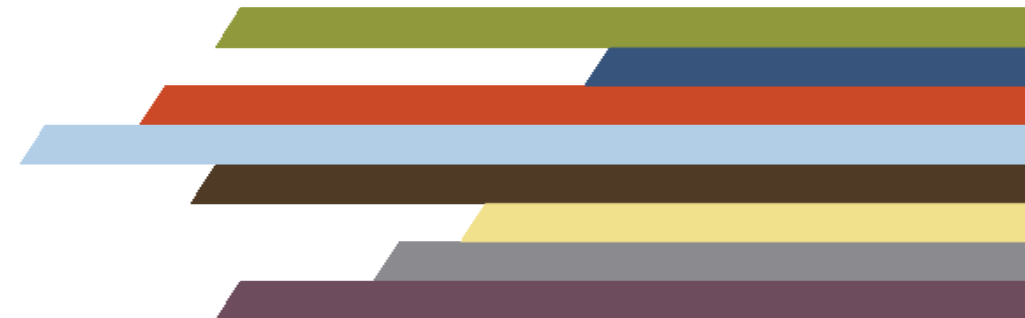


DECLINE IN PHYSICAL HEALTH





3: Deviations in substance use and mental and physical health problems depending on life circumstances

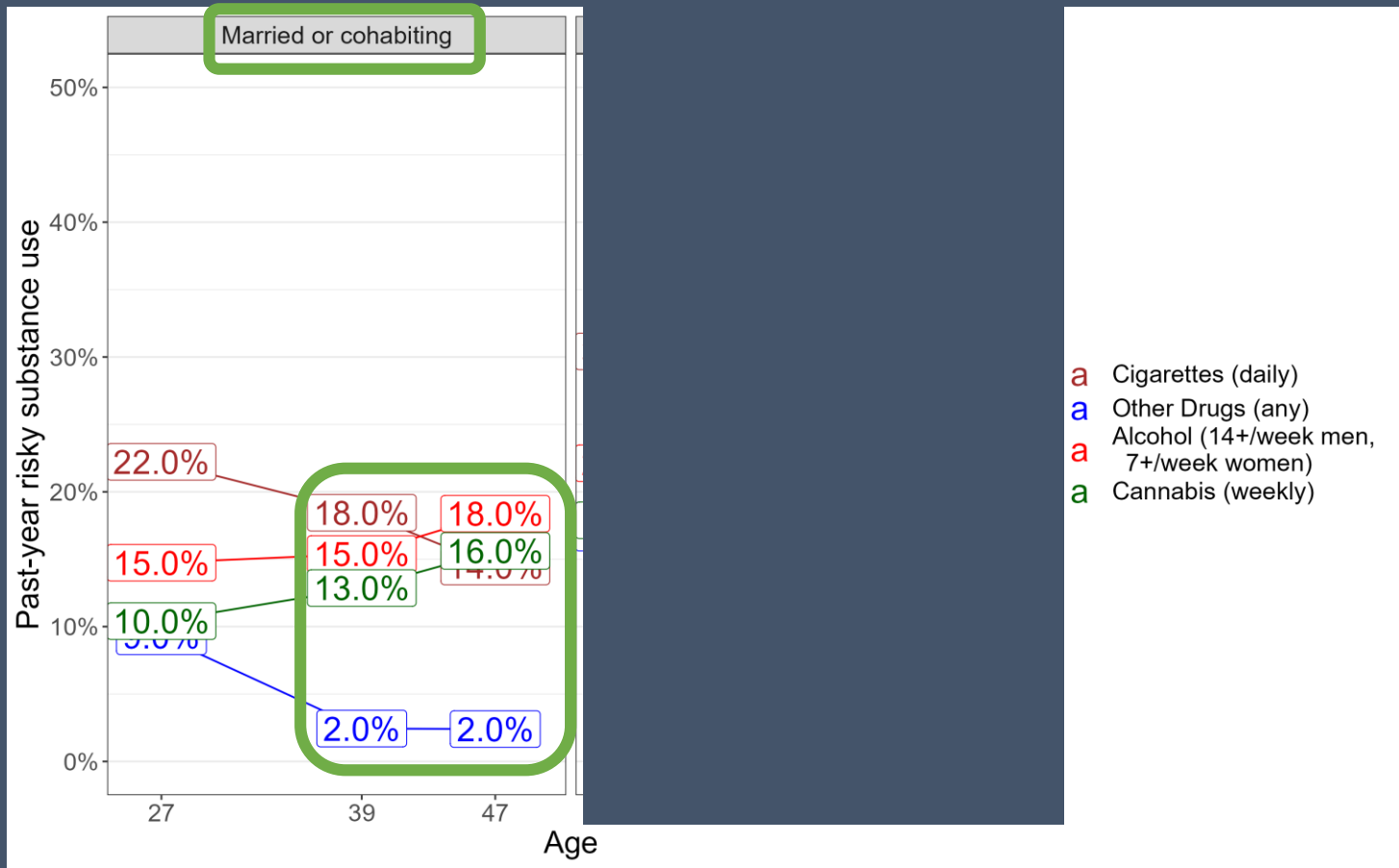




SUBSTANCE USE

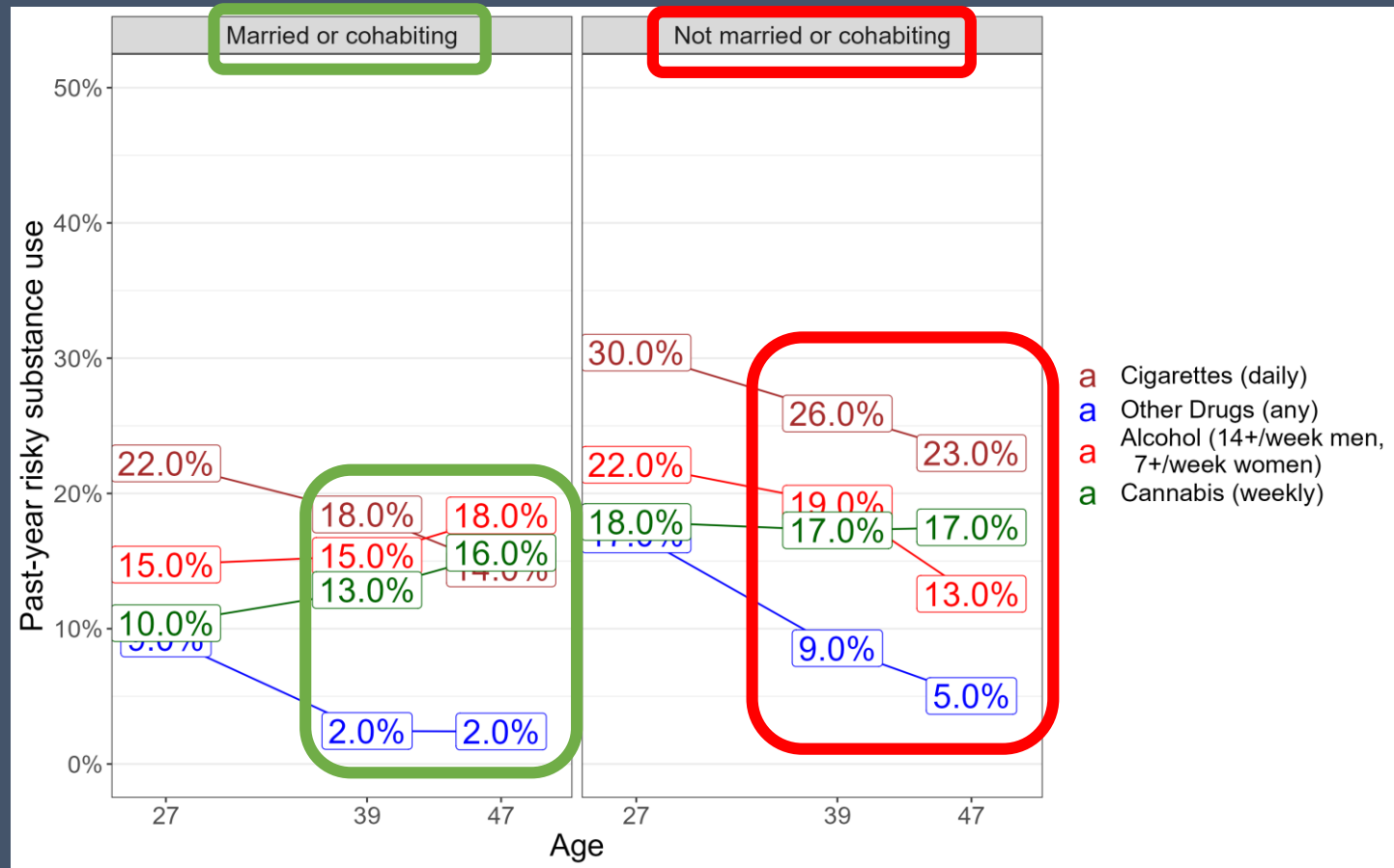


SUBSTANCE USE BY FAMILY STRUCTURE IN SSDP



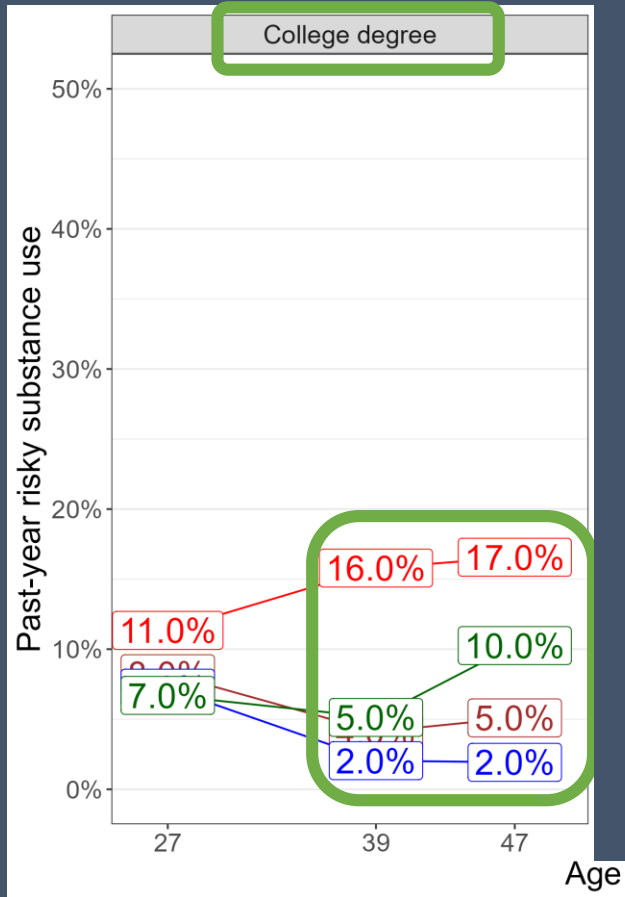


SUBSTANCE USE BY FAMILY STRUCTURE IN SSDP





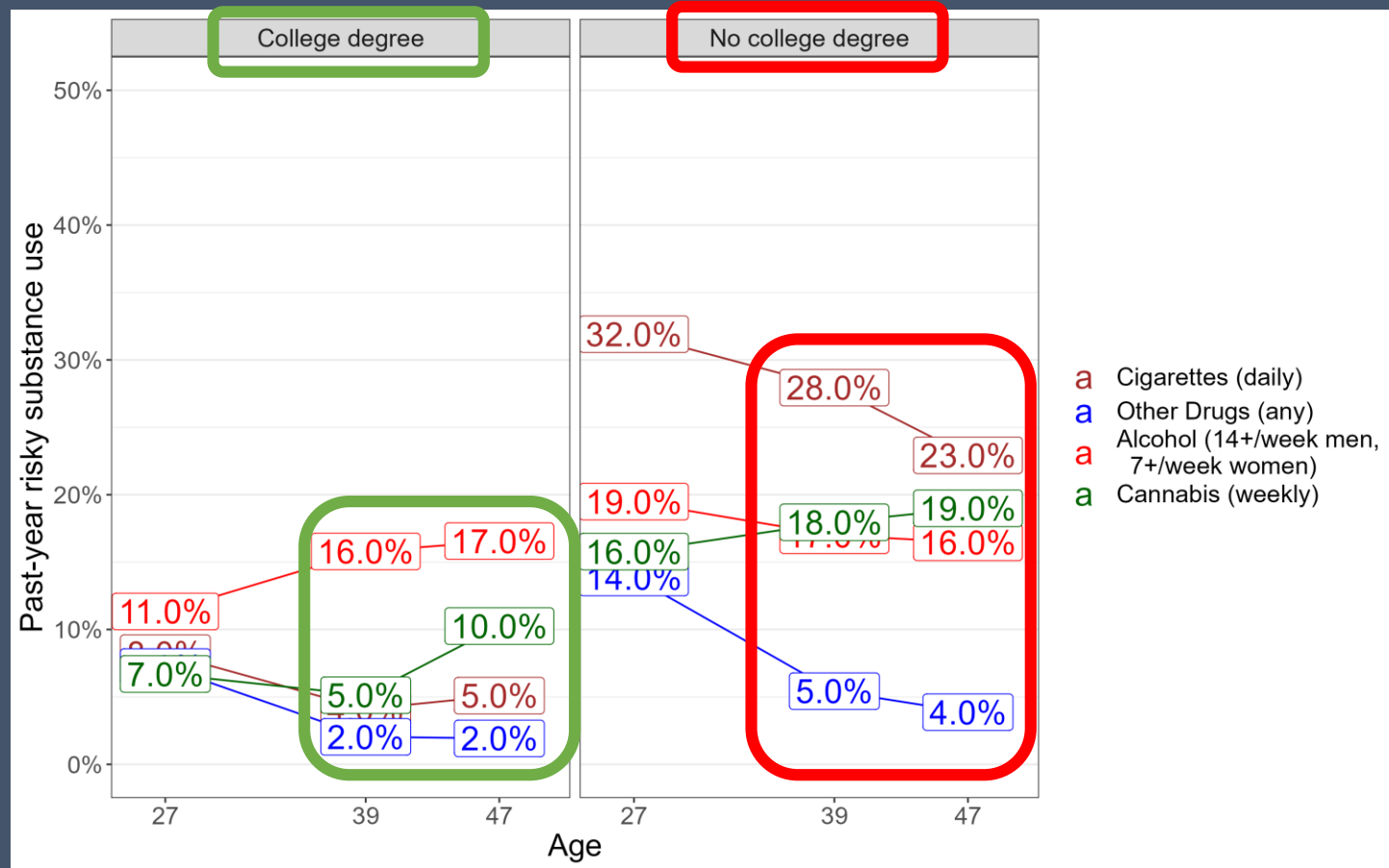
SUBSTANCE USE BY EDUCATION IN SSDP



- a Cigarettes (daily)
- a Other Drugs (any)
- a Alcohol (14+/week men, 7+/week women)
- a Cannabis (weekly)



SUBSTANCE USE BY EDUCATION IN SSDP

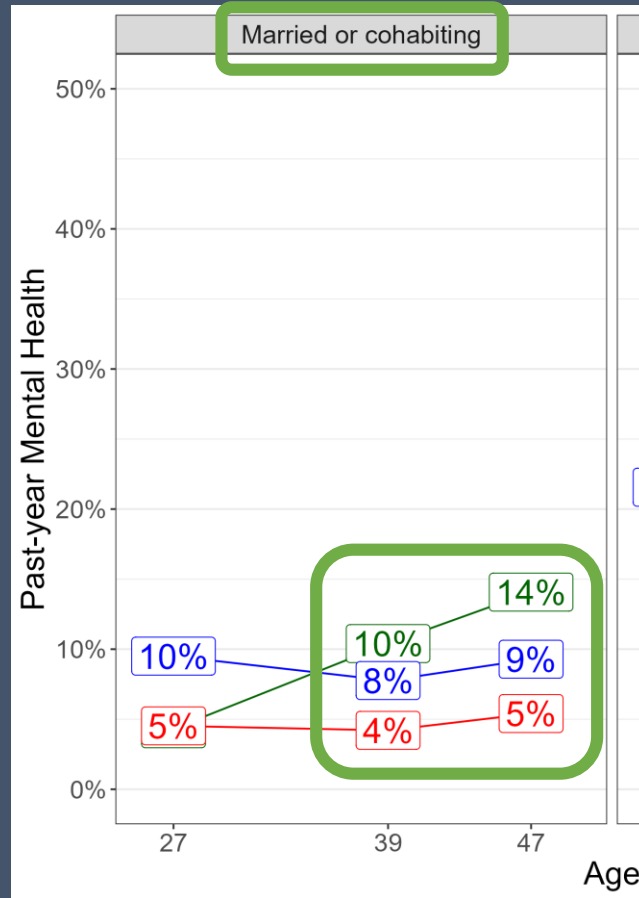




MENTAL HEALTH



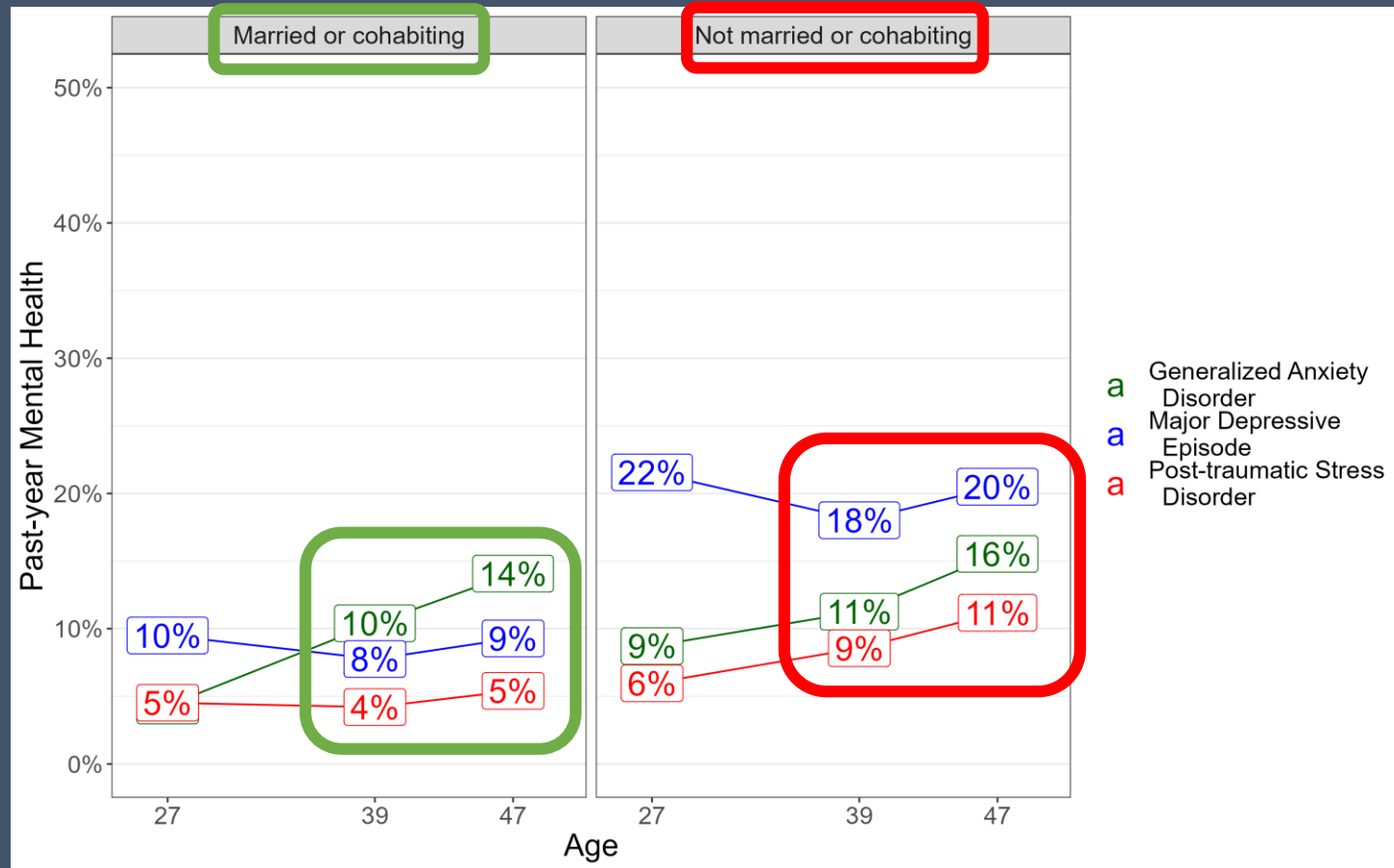
MENTAL HEALTH PROBLEMS BY FAMILY STRUCTURE IN SSDP



- a Generalized Anxiety Disorder
- a Major Depressive Episode
- a Post-traumatic Stress Disorder

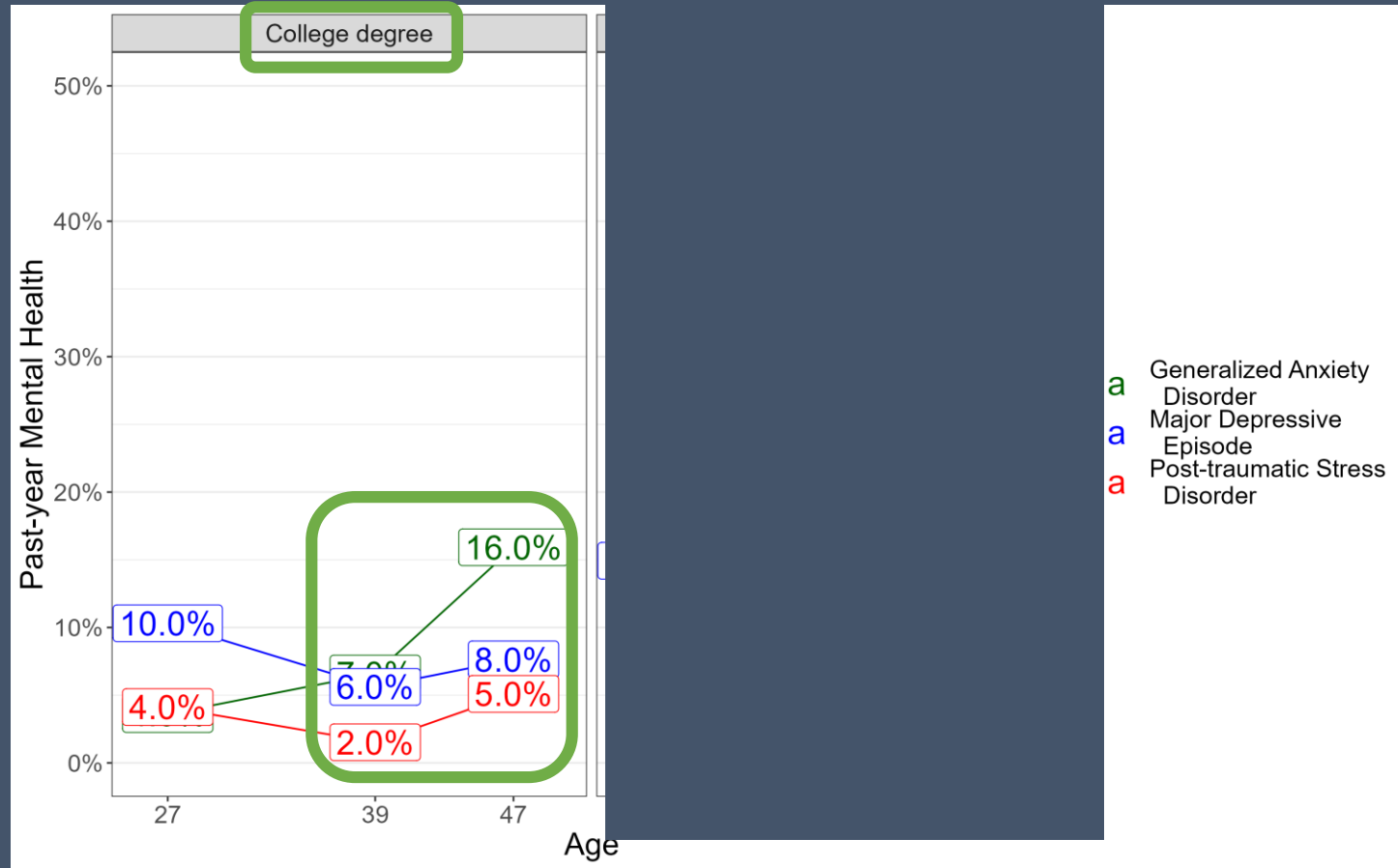


MENTAL HEALTH PROBLEMS BY FAMILY STRUCTURE IN SSDP



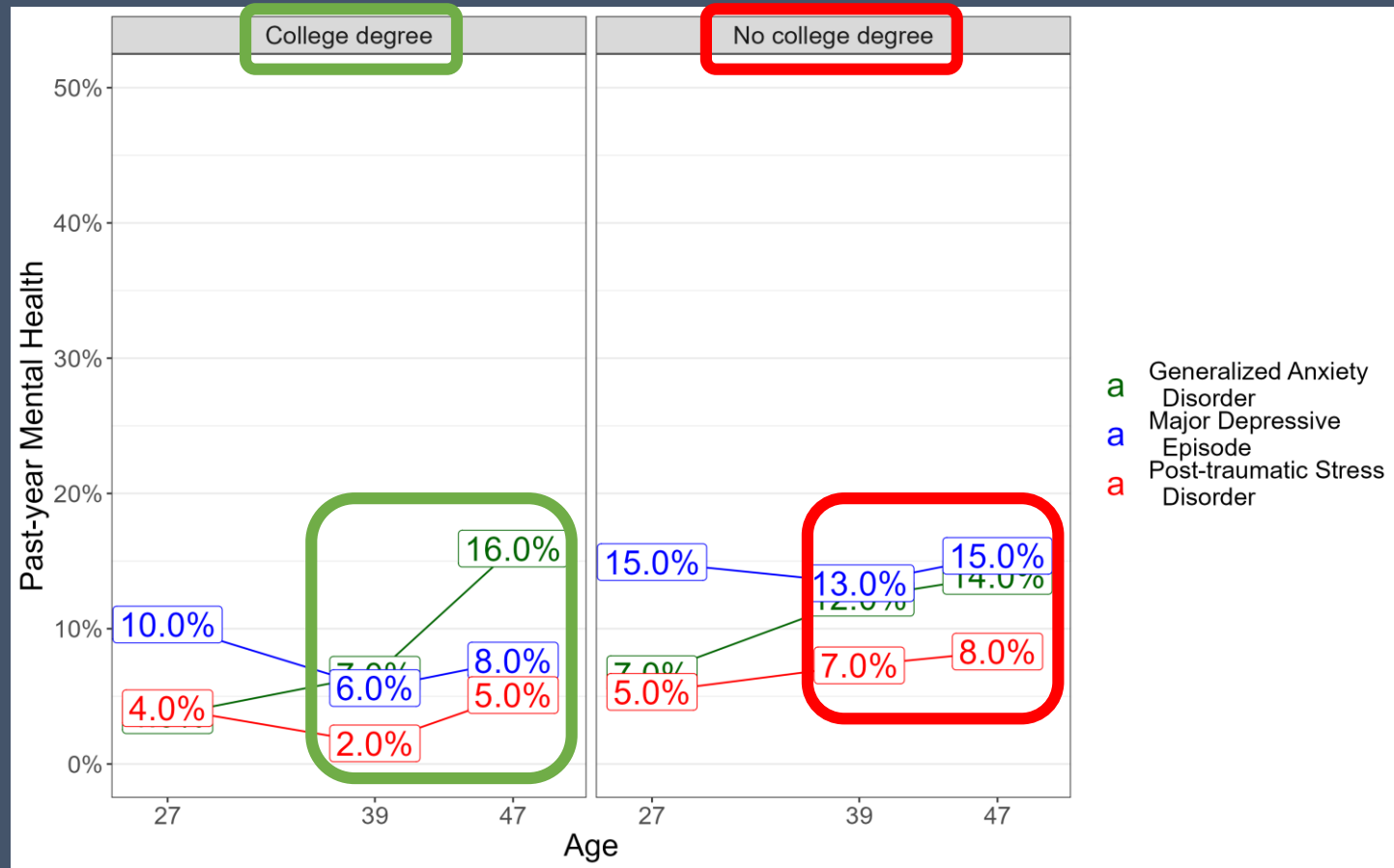


MENTAL HEALTH PROBLEMS BY EDUCATION IN SSDP





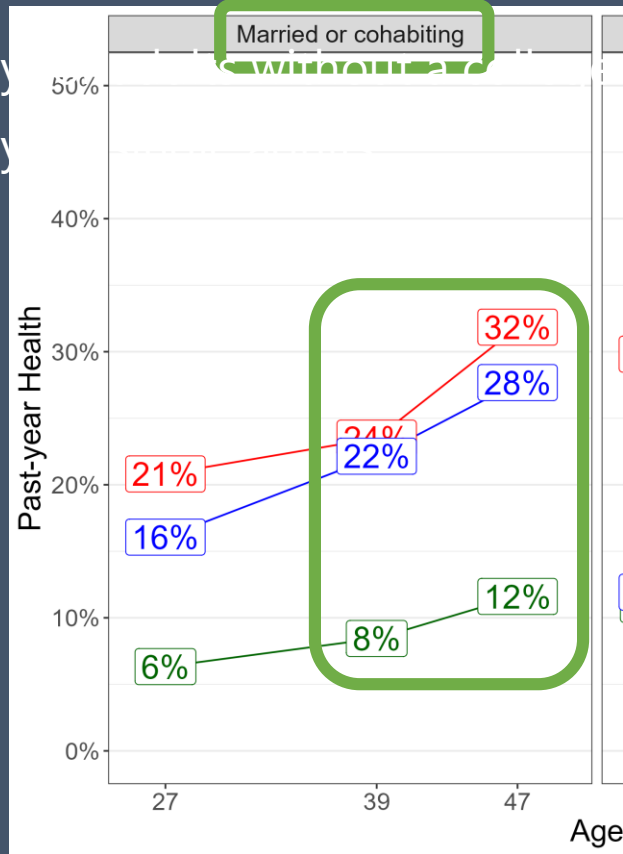
MENTAL HEALTH PROBLEMS BY EDUCATION IN SSDP





PHYSICAL HEALTH BY FAMILY STRUCTURE

- especially
- especially



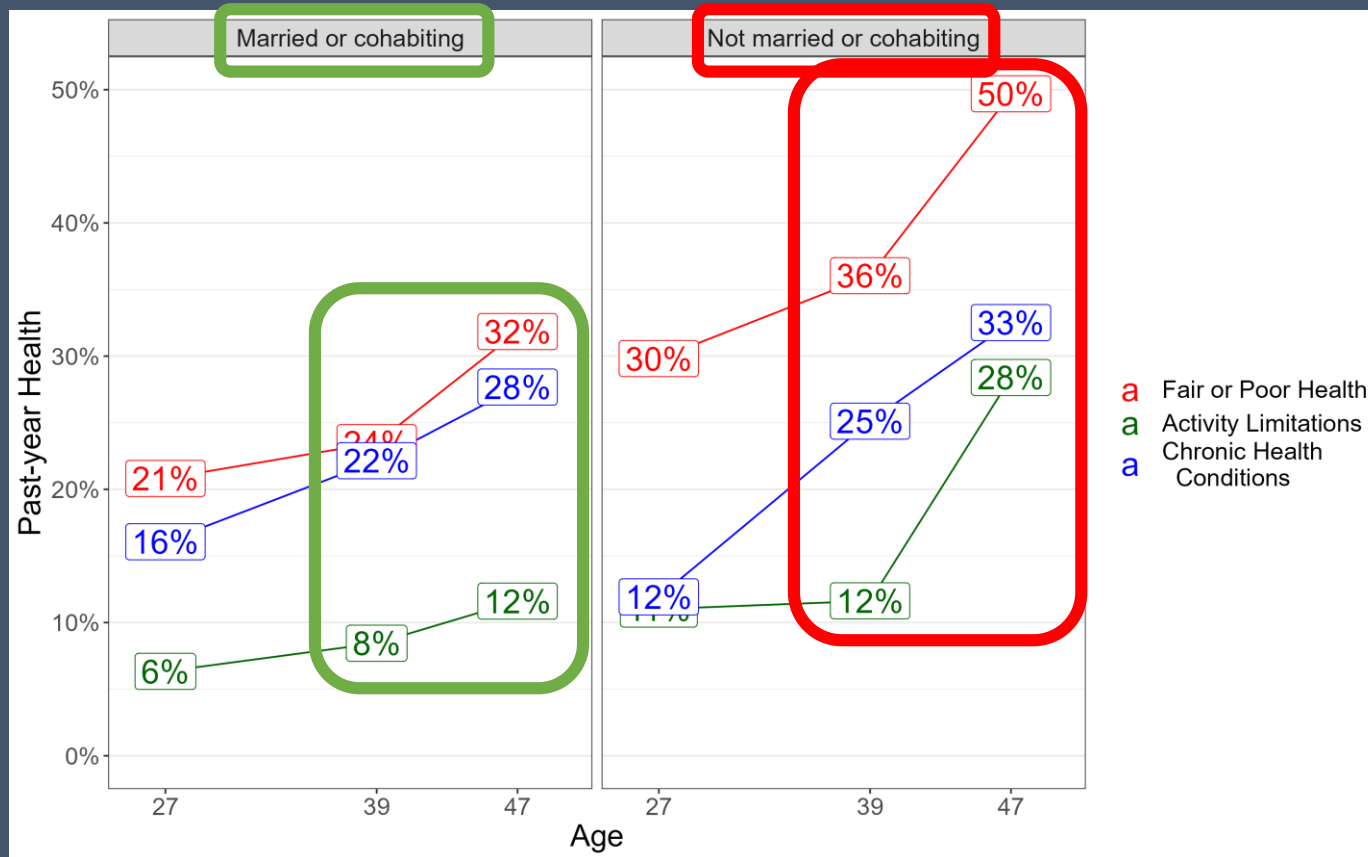
degree

- a Fair or Poor Health
- a Activity Limitations
- a Chronic Health Conditions



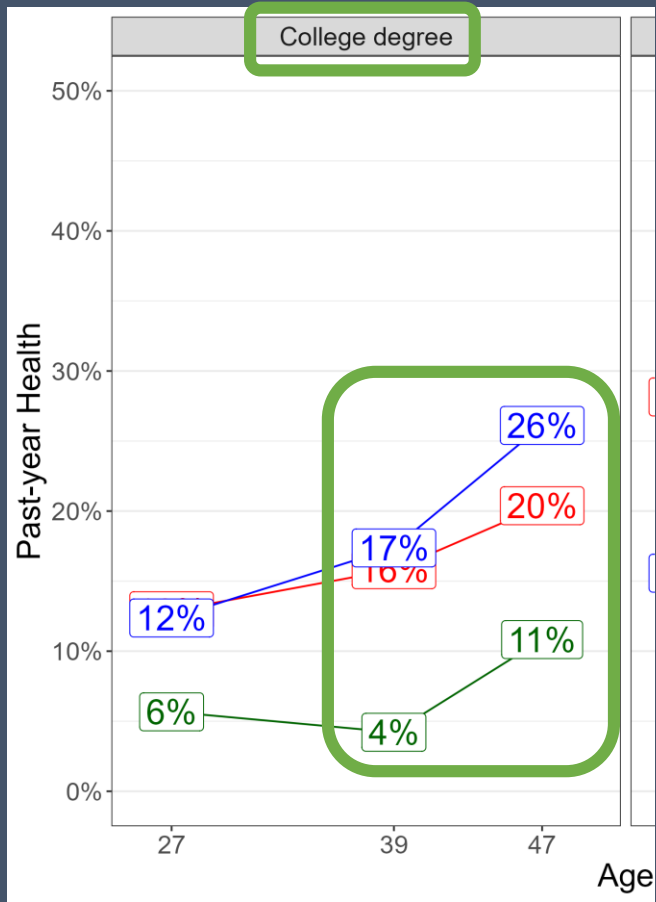
PHYSICAL HEALTH BY FAMILY STRUCTURE

- especially for adults without a college degree
- especially for single adults





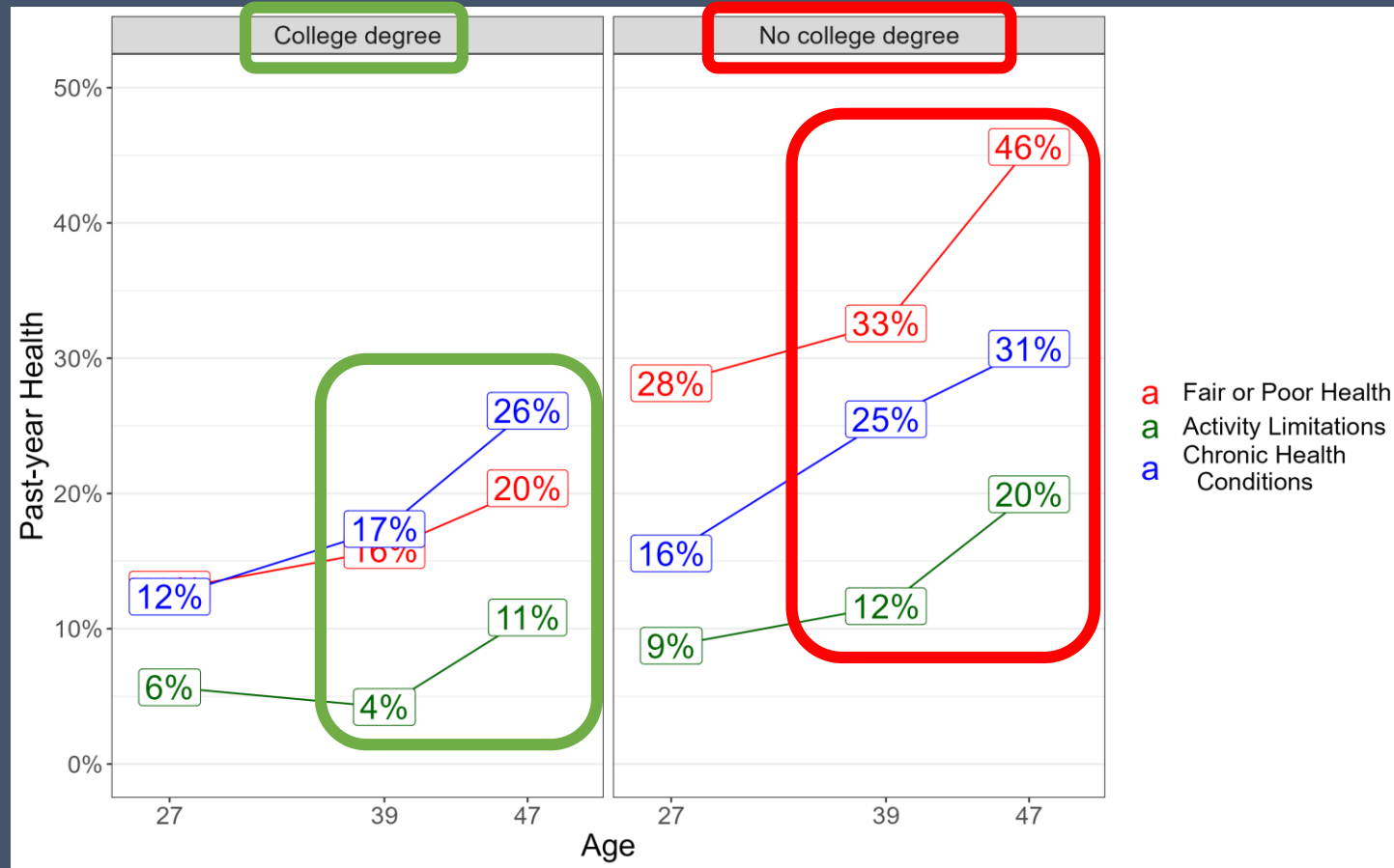
PHYSICAL HEALTH BY EDUCATION IN SSDP



- a Fair or Poor Health
- a Activity Limitations
- a Chronic Health Conditions



PHYSICAL HEALTH BY EDUCATION IN SSDP



SUMMARY OF CHANGES ACROSS ADULTHOOD INTO MIDLIFE

- **DECLINES IN:**
 - Substance use...except cannabis
 - Mental and physical health
- **HIGHER SUBSTANCE USE AND MORE INCREASES IN MENTAL AND PHYSICAL HEALTH PROBLEMS AMONG:**
 - Single (not married or cohabiting) individuals
 - Those who have no children at home
 - Those without a college degree (lower SES)

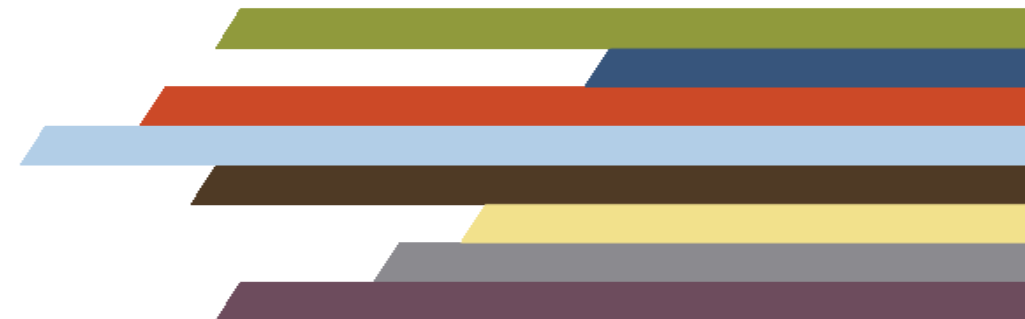


QUESTIONS?





4. PREVENTION FOR MIDLIFE ADULTS



AVAILABLE AND PROMISING PROGRAMS FOR MIDLIFE ADULTS

- BLUEPRINTS PROGRAMS (EVIDENCE-BASED)
 - Focused on education
 - Alcohol harm minimization (e.g., “blow before you drive”)
 - Parenting support
- EMERGING PROGRAMS
 - Programs to reduce stress and prevent depression
 - Increasing social connections!

Prevention Science (2023) 24:808–816
<https://doi.org/10.1007/s11121-023-01544-y>

The Potential for Prevention Science in Middle and Late Adulthood: a Commentary on the Special Issue of Prevention Science

Marina Epstein¹ · Rick Kosterman¹ · Richard F. Catalano¹

SOCIAL CONNECTIONS DURING MIDLIFE

- **BENEFITS:**
 - Opportunities for involvement in new activities
 - Learning new skills
 - Positive interactions
 - Support
 - Physical (e.g., helping with groceries/childcare)
 - Emotional (e.g., sharing, advice, common laughter)
 - Practical (e.g., career advice, practitioner recommendation)



WHAT COULD PREVENTION DURING MIDLIFE LOOK LIKE FOR...

In chat or raise hand!

- Parents
- Elder caregivers
- Recipients of medical care
- Citizens engaged in politics or advocacy

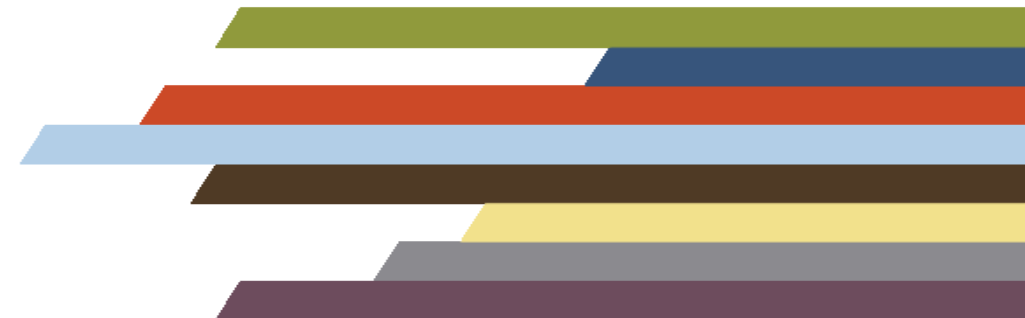


FOOD FOR THOUGHT

**ARE WE "DONE" WITH MIDLIFE
BY 60 IN 2024 WHEN 50% OF
TODAY'S 5 YEAR OLDS ARE
PREDICTED TO LIVE TO 100...**



DISCUSSION





Thank you!

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