

## Background

- Research suggests that 34.2% of people with substance use disorder showed signs of traumatic grief.
- In today's climate, more youth are experiencing loss and grief.
- More information is needed to aid adolescents with learning how to cope with grief instead of turning to substance use.

## Research Question

Is traumatic grief associated with substance use in adolescence?

## Methods

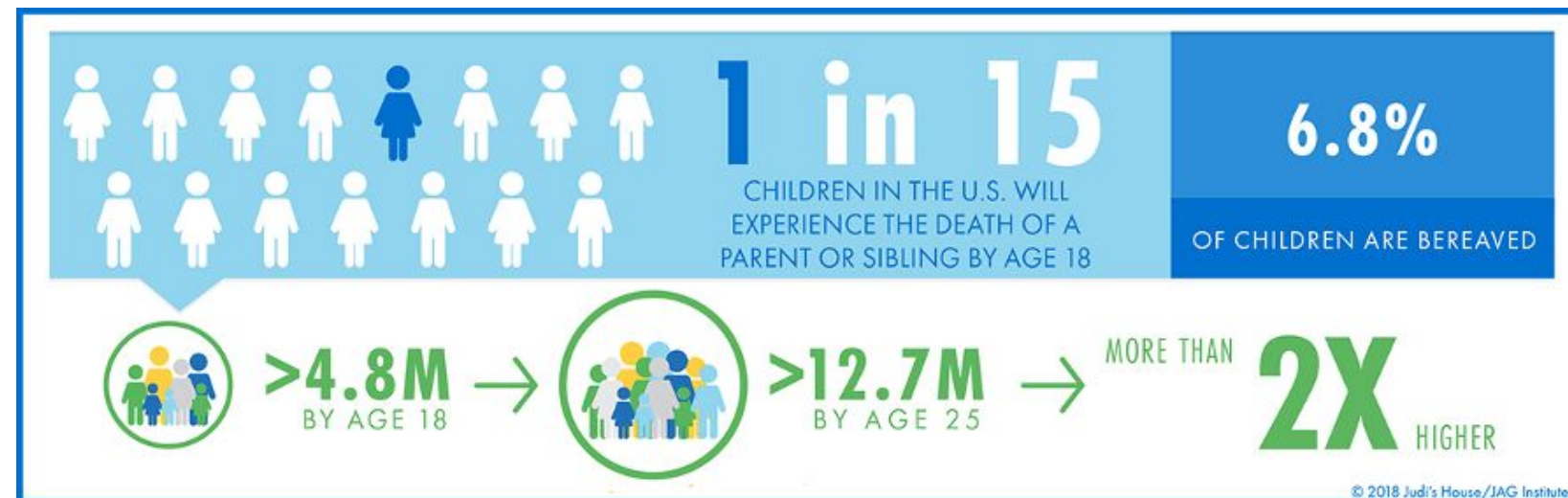
- Google Scholar was used to conduct searches using the search terms, "Traumatic Grief", "Substance Use", and "Adolescents"
- The search yielded 11,000 sources
- 3 sources were selected for this project..

## References



## Findings

- Childhood Traumatic Grief (CTG) arises when children experiences a loss that is traumatic in nature (e.g. loss during a natural disaster, car accident, school shooting, etc.)
- Adolescents experiencing CTG may believe that using substances helps to cope with grief by numbing or relieving the pain.
- For the moment substance use may feel like a good coping skill. In the long-term, using substances does not change the fact that a loved one is still gone and it is also not good for the body,



## Reflections



- West Ashley High School
- 11th grade
- Favorite moment: When we played Family Feud.
- Advice for a new Ambassador: That Dr. Bryant is the best! And she laughs loud.

## Mentorship

- Dr. Brittany Bryant
- Michelle Cordova-Huerta
- "Show up as your authentic self!" -Dr. Brittany Bryant

## Acknowledgements

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