

Community Education Series

The Recovery Village and Advanced Recovery Systems







Presentation Topic:

Moving From Annoyed To Impactful:
Working With The Selfie Generation



Speaker:

Paulina Siegel
MSW, LCSW, CAC II



About the Speaker:

Paulina Siegel

MSW, LCSW, CAC II



- Paulina Siegel is a Licensed Clinical Social Worker (LCSW), Certified Addiction Counselor (CAC II), and master-level trained mindfulness practitioner. Paulina began her clinical career working with teens and Millennials struggling with mental health and or addiction and had the privilege of working with these individuals throughout her six years in community mental health.
- Paulina launched Courageous Paths Counseling in the Denver Metro Area and exclusively serves 15-40-year olds. She utilizes a generational approach to address the unique needs of these individuals while publicly speaking about the generational research across the United States.



VISION

- V: Values
- I: Individuality
- S: Stressed: Instability
- O: Owning Discomfort
- N: Narrow Expectations

Approval? Whatever.

Individualism



“FOCUS
ON
YOU.”

Approval? Whatever.

Self-Focus



Approval? Whatever.
Independence



Social Rules? Whatever.

Equality Revolution

Social Rules? Whatever.

Decline of social rules and the rise of individualism

Happiness > Societal Rules

Personal Choice > Social Standards

5 SOCIAL
NORMS

YOU SHOULD BREAK

*to stay true
to yourself*

FollowYourOwnRhythm.com



The Self-Esteem Movement

The Self-Esteem Movement

- Millennials were born into a world that celebrated the individual
- The number of psychology/educational journals devoted to self-esteem **doubled** between 1970 and 1980
- Journal articles on self esteem **increased** another 52% during the 90s



The Self-Esteem Curriculum



- In the 80s/90s, there was a societal push to increase children's self-esteem
- Self-esteem curriculums were heavily introduced into the education system
- Millennials were taught that high self-esteem would lead to greater success and accomplishments

The Self-Esteem Movement



- Millennials self-esteem is higher than 86% of Boomers
- Millennials self-esteem is higher than 63% of Gen-X
- The majority of college students landed a perfect self-esteem score in 2008 (40points)

The Self-Esteem Curriculum

- Millennials received **nonstop** recognition as a means to preserve self-esteem
 - Trophies & Ribbons

Nonstop recognition does **not** inspire children to succeed but instead causes them to underachieve

How interesting could school possibly be when there's little reward for stellar performance?



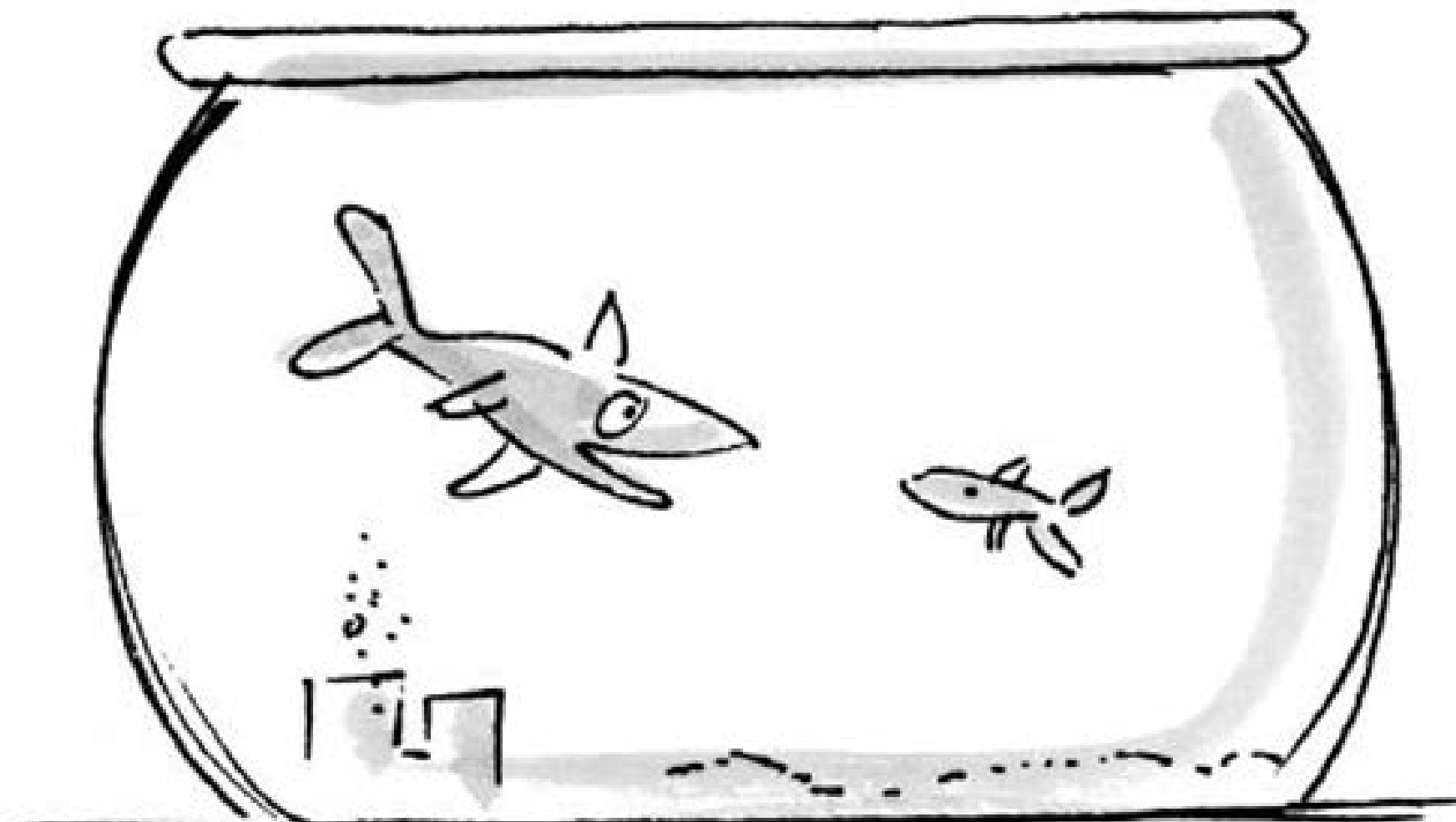
The Self-Esteem Movement

Helpful or Unhelpful?

- Self-Esteem **does not** lead to
 - Better grades
 - Improved work performance
 - Decreased violence
 - Less cheating in school
 - Better life and coping skills
- The self-esteem movement taught Millennials that their achievements are less important than being inherently wonderful
- If you feel **great** about yourself even when you've done the bare minimum, why do more?
- Humans develop true self-esteem from behaving well, achieving accomplishments, and honing talents.



Dream big kid, you can have it all!



P. Seiner

"You can be anything you want to be—no limits."

Cultural Embedded Messages

BELIEVE
IN
YOURSELF

- You can be anything you want to be!
- Follow your dreams!
- Never give up on yourself!
- You are uniquely special!
- There are no limits!

The key to success is **NOT** hard work, performance or tremendous effort, but instead **believing in yourself**

The Aftermath

FOLLOW YOUR

Dreams
THEY KNOW
THE WAY

- Grand Expectations
 - Failure is not an option!
- Extending Adolescence
 - Postponing adult roles
- Hungry for Fame
 - Live by inspirational stories

Love
yourself first
and everything else
falls in line. You really
have to love yourself
to get anything done in
this world.

Lucille Ball

The Aftermath

- **Express yourself!**
 - Thoughts and feelings matter
- **Love yourself first before others**
 - Increased loneliness and isolation

Outcomes of Self-Focus



- Appearance Fixation
- Materialism

When we are fiercely independent and self-sufficient,
our disappointments loom large because we have
nothing else to focus on”

- Jean Twenge

Stress, Anxiety, Depression, Oh My!



Dual-Diagnosis



- Millennials experience high levels of clinical **depression**
- Millennials experience high levels of clinical **anxiety**
- Millennials experience the highest levels of **stress**
- Millennials experience the highest levels of **loneliness & isolation**
- **Suicidality** has increased steadily over the last few years.

Substance Use Disorders

- Opioid abuse is more common in Millennials than Gen Xers/Boomers
 - Millennials are 23% more likely to die from a heroin overdose than Gen Xers.
- Millennials who use opioids recreationally are 5 X more likely to suffer from addiction
 - 12% of Millennials struggle with opioid addiction
- 90% of students say they can easily access stimulants from peers
- Millennials have the highest rates of binge drinking compared to Gen-X and Boomers
- More than 10 million Millennials are currently in need of addiction treatment
 - Roughly 3-5% of the U.S. Population



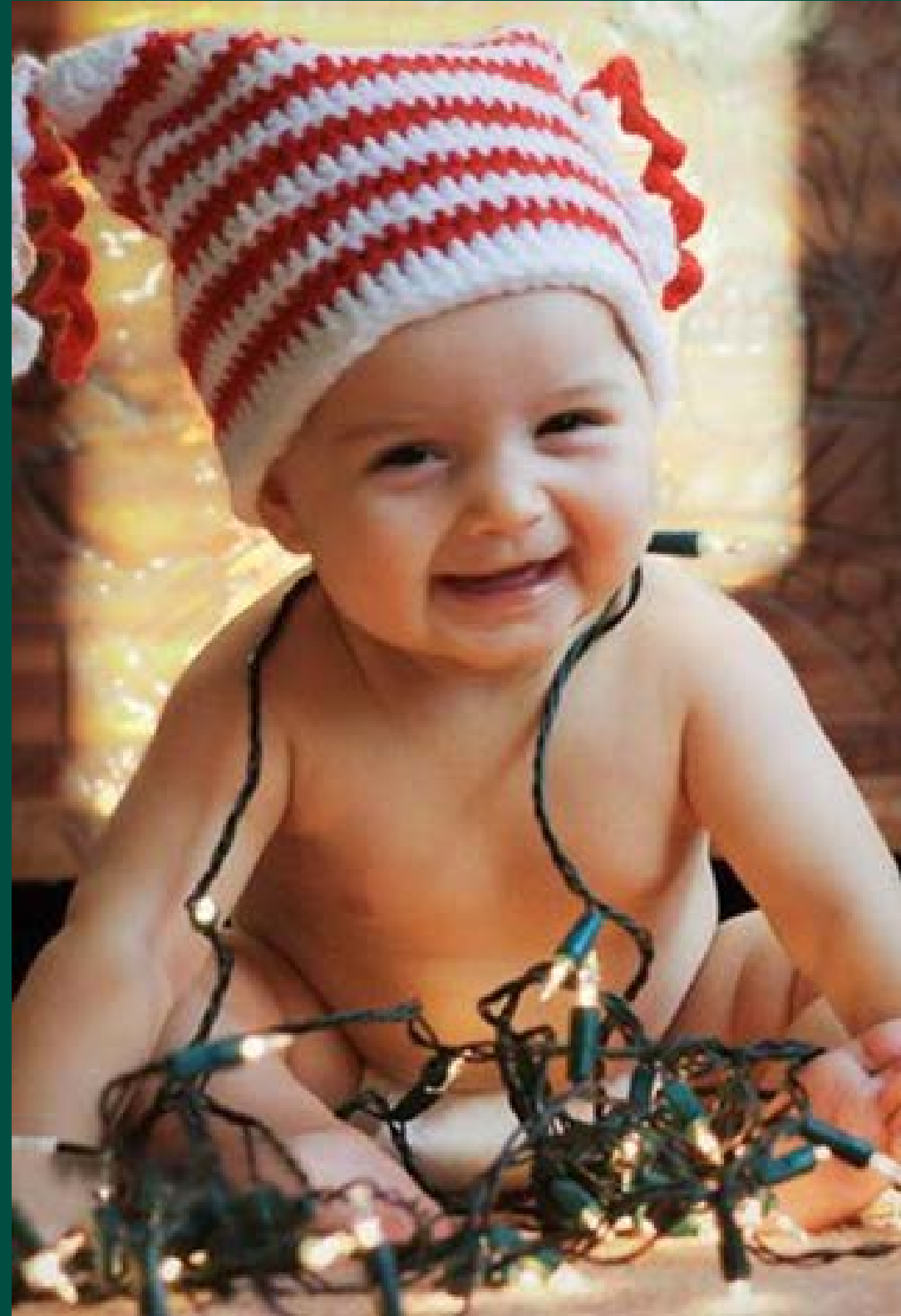
Economic Disadvantages



Things are Harder for Millennials..

- Income Inequality
- Corporate Downsizing
- Financial Hardship
 - Education
 - Housing
 - Day-Care
 - Healthcare
 - Student Loans (Over \$39,400 on average)
- Highly Competitive Market
 - College
 - Graduate School
 - Jobs

Expectations Vs. Reality



The Equality Revolution



The Equality Revolution



The Equality Revolution



The Equality Revolution





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Increase Treatment Outcomes

- **Become informed about the generational differences:**
 - Personality
 - Behavior
 - Attitudes
 - Beliefs
 - Values
- **Teach Millennials self-control and self-discipline skills**
 - Increases productivity
 - Increases performance
 - Increases emotional regulation

Increase Treatment Outcomes

- **Teach Millennials practical life skills:**
 - Laundry
 - Budgeting
 - Paying Taxes (When/How)
 - Time Management
 - Writing a Resume/Cover Letter
- **Teach Millennials how to adapt and cope effectively with life challenges:**
 - Self-Awareness
 - Decision Making
 - Problem Solving
 - Critical Thinking
 - Effective Communication
 - Stress/Emotional Coping Skills

Increase Treatment Outcomes

- **Encourage Millennials to foster *face-to-face* social relationships:**
 - Meetup Groups
 - Clubs
 - Sports Leagues
 - Volunteering
- **Provide Millennials Career Counseling:**
 - Help them identify their strengths and weaknesses

Increase Treatment Outcomes

- **Help Millennials cultivate realistic life expectations:**
 - Workforce
 - Dating
 - Interpersonally
 - Self
- **Help Millennials decrease overexposure to social media/TV:**
 - Decrease screen time by 20-30%
 - 2-3 hours less per day

Anecdotal Therapeutic Modalities

- **Acceptance Commitment Therapy**
 - Acceptance
 - Cognitive Defusion
 - Being Present
 - Self as Context
 - Values
 - Committed Action
- **Dialectical Behavioral Therapy**
 - Interpersonal Effectiveness
 - Distress Tolerance
 - Emotion Regulation
 - Mindfulness

Anecdotal Therapeutic Modalities

- **Motivational Interviewing**
 - Express and Show Empathy
 - Support and Develop Discrepancy
 - Deal with Resistance
 - Support Self-Efficacy
 - Develop Autonomy
- **Abstinence/Relapse Prevention**
 - 12-Step Treatment
 - Life Ring Secular Recovery
 - SMART Recovery
 - Secular Organizations for Sobriety (SOS)
 - Women for Sobriety
- **Harm Reduction Model**
 - Reduce Negative Consequences of Use



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Questions?

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THANK YOU

