

Martha Brewer, MS, LPC, LADC

Substance Abuse and
Treatment

What is a substance use disorder?

- Long-term and chronic illness
- Can affect anyone: rich or poor, male or female, employed or unemployed, young or old, any race or ethnicity, any faith or religion.
- Four C's- compulsion, cravings, negative consequences, loss of control.

The Disease Model

- A condition that is chronic and for life, but one that that can be treated.
- A disease that, if left untreated and allowed to run its course, is ultimately fatal.
- A disease that robs the individual of the ability to control their consumption, which often results in taking less responsibility for their actions.

The Choice Model

- Proponents of the choice model of addiction argue that consumption of AOD is a choice.
- Individuals can choose to use AOD or choose not to.
- People considered weak, with poor willpower or moral failings.

Social Learning Model

- A person learns how to act by observing others in their environment and by repeating behaviors that produce positive consequences.
- Using AOD is learned through interactions with family, friends, or even popular media.
- The person learns they like how the use of AOD makes them feel positively reinforcing the behavior.
- Over time excessive AOD use creates

Why do some people develop a problem and some do not?

- Nobody knows for sure exactly what causes an addiction to AOD.
- Genetics-biological traits passed down through families.
- Environment
- Psychological traits
- Stress levels

Symptoms of a Substance Use Disorder

- Continued use despite negative consequences.
- Blaming others or circumstances for his/her problems. DENIAL! Denial is part of the illness.
- Tolerance- need to use increasingly larger amounts to get high.
- Cravings
- Loss of control

Triggers and cravings

- Definition:
- A trigger is a stimulus that has been repeatedly associated with
- Preparation for or anticipation of alcohol or other drug use
- The use alcohol or other drugs
- These stimuli include people, places, things ,time of day, emotional states, and secondary drug use.

Natural Rewards Elevate Dopamine Levels

- Pleasurable activities, such as eating and having sex, are associated with elevated dopamine levels.
- Initially, people take drugs hoping to change their moods, perceptions, or emotional states....

Translation-

Hoping to change their brains.

But then...after people use drugs for a while,

how do their brains change?

Because...

- Their brains have been rewired by drug use.
- Prolonged drug use changes the brain in fundamental and long lasting ways.
- Drugs of abuse (meth, cocaine, morphine, and even nicotine) produce elevations in dopamine levels.

Addiction is a brain disease expressed as compulsive behavior.

Both developing and recovering from addiction depend on behavior and social context.

That's why addicts can't
just quit.

That's why treatment is
essential!!!

Substance Abuse Treatment

- Specially trained individuals certified or licensed as substance abuse treatment providers.
- Many substance abuse providers are people who are in recovery themselves.
- Treatment team (social workers, counselors, doctors, nurses, psychologists, psychiatrists)

Levels of Care

- Opioid Maintenance Therapy- Suboxone and Methedone
- Medical detox- 24 hour nursing care with physician availability.
- Inpatient/residential-24 hour care with trained counselors to stabilize multidimensional imminent danger and prepare for outpatient treatment.
- Intensive Out-patient-9-20 hours of treatment including groups and individual

Group and Individual Counseling

- Individual counseling- see the problem and help the person become motivated to change.
- Change, Change, Change!
- Repair damaged relationships with family and friends.
- Build new friendships with people who don't use AOD. Change people, places, and things.
- Create a recovery lifestyle.

Accountability

- UA's
- Making amends- The 12 Steps.
- Serenity prayer- God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Substance Abuse Education and Life Skills

- Educational groups teach individuals about the symptoms and the effects of alcohol and drug use on their brains and bodies. With the use of DVD's, lectures, personal testimonies, individuals learn about their illness and how to manage it.
- Life skills- Training can include learning and practicing employment skills, leisure activities, social skills, communication skills, anger management, goal setting, and money and time management, and parenting skills

Relapse Prevention

- Teaches people how to identify their relapse triggers, high risk situations, develop a well thought out relapse prevention plan, and how to handle stressful situations.
- Triggers- anything that makes a person crave a drug. Triggers are often connected to a person's past use. (Pavlov's dogs)
- Orientation to self-help groups- AA/NA and Celebrate Recovery.

Co-occurring or Dual diagnosis

- Many people with a substance abuse disorder also have emotional problems such as depression, anxiety, or post-traumatic stress disorder.
- Treating both the substance use and mental disorders increases the chances the person will recover.
- Treatment may include the use of medications such as antidepressants.

Family Education and Counseling Services

- May help families understand the disease and its causes, effects, and treatment.
- Family counseling is especially critical in treatment for adolescents. Parents need to be involved in treatment planning and follow up care decisions for the adolescent. Family members also need to participate as fully as possible in family counseling.

Follow Up Care

- A relapse disease
- The longer a person stays in treatment, including follow up, the more likely he/she is to stay in recovery.
- Follow up care for at least one 1 year.
- Returning to community will bring with it many temptations and cravings to use AOD.
- Half way house, sober living

Why does treatment take so long?

- Substance use disorders affect every part of a person's life. For that reason, treatment needs to affect every part of a person's life as well.
- Treatment involves more than helping someone stop using AOD. That's just the beginning. The person needs to relearn how to deal with stress, anger, or social situations and how to have fun without the use of AOD. Learning these new skills takes lots of work.

Treatment- What will happen first?

- Clinical assessment- determines level of care and determines treatment that best suits the person served.
- Clinical assessment helps to develop effective treatment plan.
- Assessment continues throughout treatment.
- Substance of choice, amount, and length of time of AOD use, cultural issues around AOD use, medical history, effects of AOD use on person's life, current medical problems,

Treatment Plan

- Establishes goals and objectives.
- Person served and therapist work together to develop the treatment plan.
- Family participation.
- No one type of treatment is right for everyone; to work, the treatment needs to meet the person served individual needs.

Facts About Treatment

According to the National Institute on Drug Abuse (NIDA)

- Treatment works, but only if a person is committed to their recovery.
- Counseling and behavioral therapies are vital and effective components of addiction treatment.
- Medications are sometimes necessary and beneficial in the treatment of addiction especially in combination with therapies and