

Substance Use Disorders

BEACON HEALTH OPTIONS

What are Substance Use Disorders?

- > According to the fourth edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)*, a substance use disorder is a maladaptive pattern of substance use leading to impairment or distress in one or more of the following:
 - > Recurrent substance use leading to inability to fulfill obligations at work, school, and home.
 - > Recurrent substance use in situations where it is physically hazardous.
 - > Recurrent substance-related legal, social, and/or interpersonal problems.

(angelsintherough.org)

Use, Abuse, Addiction

- > **Substance Use:** substances are used casually and in limited amounts.
- > **Substance Abuse:** substances are used in excessive amounts and frequently cause harm to self, others, and society. Many use it for purposes which are not medically intended.
- > **Substance Addiction/Dependency:** a compulsive physiological and psychological need for and acquisition by self-administration, of a habit-forming substance, loss of control in limited intake, negative reaction when access to this substance is denied.

(rsoa.org and nytimes.com)

Statistics for the U.S.

- > In 2011, about 20.6 million people 12 and older were classified with substance dependence or abuse.
- > In 2011, 3.8 million people 12 and older received treatment for a substance use disorder (SUD).
- > In 2009, about 37,485 people died because of drug overdose and brain damage from drug abuse.
- > In 2010, 4.1 million people 12 and older received treatment for substance abuse.
- > In 2010, 23.1 million people 12 and older needed treatment for substance abuse. Out of these 23.1 million, 2.6 million received treatment, meaning 20.5 million needed treatment but didn't receive it.
- > In 2010, of those needing treatment, 95% of people 12 and older did not feel they needed treatment, 3.3% felt they needed treatment and did not make an effort, and 1.7% felt they needed treatment and did make an effort.

(SAMHSA.gov, national vital statistics)

Common Treatments for Substance Abuse/Addiction

- > Detoxification
- > Behavioral Therapies and Counseling
- > Medication
- > Motivational interviewing
- > 12-step programs (AA, Smart Recovery)

Detoxification

- > It is typically used for abuse/addiction relating to alcohol, opiates, and benzodiazepines.
- > Medical detox is a 24-hour medical evaluation program. It provides treatment to members with substance use disorders in an inpatient setting.
- > There is daily contact between the member and a physician.

Behavioral Therapies and Counseling

- CBT (Cognitive Behavioral Therapy)
 - It is a treatment that focuses on examining relationships between thoughts, feelings, and behaviors.
 - The therapist and the patient work together. Therapist is problem focused and goal-directed (NAMI).
- DBT (Dialectical Behavior Therapy)
 - It is a comprehensive treatment program whose goal is to aid patients with their goals to build a life that is worth living (NCBI).
 - It teaches patients to envision, articulate, pursue, and sustain goals that are independent of his/her history of out-of-control behavior (NCBI).
- Group Counseling
 - This type of counseling allows substance abusers to interact in an environment where they can be supported by counselors and other members in the group.
 - It allows people to develop feelings of trust.
- Individual Counseling
 - Individual counseling helps with the issue of privacy.
 - There is more one-on-one time with the counselor.
 - People may be more truthful when they are alone as opposed to in a group (destination hope).

Medication Therapy

- > Methadone → blocks the “high” caused by using opiates and helps reduce withdrawal symptoms (webMD).
- > Suboxone → used to treat opiate addiction, less addictive than methadone and withdrawal symptoms are less severe (drugs.com).
- > Campral → used to treat alcoholism, believed to restore a chemical balance in the brain caused by alcoholism (alcoholism.about.com).
- > Naltrexone → decreases cravings for alcohol and blocks the effects of opiate medications (alcoholism.about.com).

Motivational Interviewing

- > It is a collaborative form of guiding the substance user to elicit and strengthen motivation for change.
- > Practitioners are careful to avoid arguments and confrontation.
- > Motivational interviewing is based on the following ideas:
 - > Change occurs naturally.
 - > Change is influenced by the interactions between people.
 - > The expression of empathy is a means of effecting change.
 - > The best predictor of change is confidence, on the part of the patient or the practitioner, that the patient will change.
 - > More patients who say they are motivated to change actually do change.
- > It results in positive treatment outcomes.

(SAMHSA and NCBI)

12-Step Programs

- > These are worldwide fellowships of people who share their experiences and help themselves recover.
- > They are led by recovering addicts with long periods of sobriety.
- > Two of the most important pieces of these 12-step programs are meetings and sponsors which provide both group and individual assistance.
- > 12-step meetings are places where individuals can discuss problems about staying sober. There are different types of meetings such as speaker meetings, step-study meetings, book-study meetings, meetings for men, meetings for women, meetings in foreign languages, etc.
- > Sponsors are people who have been involved in the 12-step program already. They make themselves available to help their sponsees through the program.
- > The first 12-step program to develop was AA, but now many other types of 12 step groups have developed.

(Gateway Foundation and addictscience.com)

Most Commonly Abused Substances

> According to the National Institute on Drug Abuse, in 2011, the most commonly abused substances were as follows (in no particular order):

- > Nicotine
- > Alcohol
- > Marijuana
- > Hashish
- > Heroin
- > Opium
- > Cocaine
- > Amphetamine
- > Methamphetamine (crystal meth)
- > MDMA (Ecstasy)
- > Flunitrazepam (roofies)
- GHB
- Ketamine
- PCP
- Salvia
- Dextromethorphan
- LSD
- Mescaline
- Psilocybin (magic mushrooms)
- Anabolic steroids
- Inhalants

(NIDA, drugabuse.gov)

Substances Causing Addiction

- > Opiates
- > Crack Cocaine
- > Nicotine
- > Crystal Meth
- > Alcohol
- > Cocaine
- > Amphetamines
- > Benzodiazepines
- > GHB

(thefix.com)

Types of Opiates

- > Heroin
- > Buprenorphine (Suboxone)
- > Codeine
- > Demerol
- > Hydrocodone
- > Lorcet
- > Methadone
- > Morphine
- > Naloxone
- > Oxycontin
- > Vicodin
- > Vicoprofen

(MRODS)

Relationship Between Substance Use and Mental Illness

- > Drugs and alcohol can be a form of *self-medication*. People with mental illnesses may have untreated conditions that feel better when the person is on drugs or alcohol.
- > Drugs and alcohol can worsen mental illnesses.
- > Drugs and alcohol can cause people without mental illnesses to experience symptoms of an illness for the first time.

(NAMI)

Did You Know?

- > Individuals with a substance abuse disorder are more likely to get treatment if they have a co-occurring mental disorder rather than if they only have a substance abuse disorder.
- > When consumers with dual diagnosis recover from alcohol abuse, their treatment response improves greatly.

(NAMI)

Treatment Options for Individuals with Dual Diagnosis

- > Treatment for individuals with dual diagnosis is complicated.
- > Hospitalization
- > Inpatient detoxification
- > Medications
- > Psychiatric treatments (studies have shown that these treatments are more effective in people who are not actively abusing drugs and alcohol)
- > People who are trying to avoid relapse on drugs and alcohol can use inpatient rehabilitation centers or supportive housing or therapy.
- > Integrated treatment
- > Currently, the two conditions are treated separately

(NAMI)

Integrated Treatment

- > There is a need for better integrated treatment. Only a small percentage of people with both substance use disorders (SUD) and serious mental illness (SMI) receive treatment that effectively treats both (Perron et al. 2010).
- > In a study done in 2010, 19 treatment guidelines were retrieved from the National Guideline Clearinghouse (9 for SUD, 10 for SMI). More than half of these had at least one recommendation for co-occurring disorders (Perron et al. 2010).
- > It is still not made widely available to consumers.
- > Effective integrated treatment consists of the same health professionals, working in one setting, providing treatment for both SMI and substance abuse.
- > Individuals with dual diagnosis have to proceed at their own pace in treatment.
- > Treatment should take a more gradual approach.

(NAMI)

Extra Statistics

- > Roughly 50 percent of individuals with severe mental disorders are affected by substance abuse.
- > Thirty-seven percent of alcohol abusers and 53 percent of drug abusers also have at least one serious mental illness.
- > Of all people diagnosed as mentally ill, 29 percent of the abuse is either alcohol or drugs.
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