

Substance Use Disorder Overview

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National Issue

- There continues to be a large treatment gap in the U.S.
- In 2013, an estimated 22.7 million Americans (8.6%) needed treatment for a problem related to drugs or alcohol.
- Approximately 2.5 million people (0.9%) received treatment through a treatment facility

Substance Use Trends-U.S.

- Nationally, one third of all treatment admissions in 2012 for substance use disorders were women (SAMHSA, 2014)
- Studies identify a range of 55-99% of women with a substance use disorder who have experienced trauma (Najavits, 1997)
- Less than one third of SUD treatment programs offer women specific programs or groups (SAMHSA NSSATS, 2013)

Michigan Trends for Women

■ 2013 in Michigan

- 62,000 SUD admissions

- 39% are women

- 337 SUD programs

- Only 56 are designated women's specialty
- Only 20% of women seeking treatment went through a designated women's specialty program
- Other programs in the state may be gender competent, but we don't have data

FY 14-15 Primary Drug at Admission Oakland County

Primary Drug at Admission			Male	Female
Alcohol	1984	39%	1298	686
Cocaine	260	5%	170	90
Marijuana	653	13%	449	204
Heroin	1516	30%	939	577
Other	661	13%	347	314
	5074	100%	3203	1871
10/01/2014-08/25/2015				
Other Opiates or synthetics = 532 "in the other column"				
	268	264		

Substance Use Trends- Michigan

- The percent of adults who reported prescription drugs as their primary drug of abuse at admission has steadily increased from 2003 to 2013 (238%).
- Unintentional drug poisoning deaths have almost quadrupled since 1999. Opioid analgesics were involved in a large number of these deaths.
- In 2013, prescription drugs totaled 8,464 treatment entrances for individuals 21 years of age or older, accounting for 9.2% of all substance use disorder treatment admissions.
- In Michigan, prescriptions for Hydrocodone accounted for nearly 1/3 of all controlled substance prescriptions in 2008.
- The 2013 NSDUH survey found 55% of new people who used addictive prescription Pain Relievers were female.

The Scope of the Problem in Michigan

- 27,113 women in Michigan sought treatment in FY2014.
- Of those, 5,779 were pregnant or parenting.
- 3,681 were involved in the child welfare system.
- Primary substance of abuse is alcohol, followed by heroin.
- More than half (56.9%) of those with a substance use disorder also have a mental health disorder.

Values and Stigma

- What do we think about people who use substances? Legal or illegal?
- What words do we use to refer to individuals with substance use disorders?
 - Junkie, crack head, wino, drunk, huffer, tweaker, pot head, drunk, druggie, wino, speed freak, meth head, juicer, crack whore, cookers

Stigma with women and substance use

- If a woman is using substances, can she be a good parent?
- If a woman allows others in her home to use substances, is she a good parent?
- Boys will be boys, but a woman is...
 - Slut, crack whore

Why is this important to address?

- Woman is less likely to seek tx if she thinks she is going to be judged
- Women hide their use due to shame and guilt
- Understanding your own values on this subject will allow you to build a more trusting and non-judgmental connection with the women you work with.

Trauma and substance use

- Understand that until a person addresses the traumatic event in their background, it is very difficult to change their substance use.
- This leads to relapse and the perception that a person is “resistant” to treatment.

Trauma Informed Care

- Based on an understanding of the impact of violence and victimization.
- 4 Assumptions
 - Trauma is central and pervasive
 - Universal Precautions
 - Symptoms and behaviors
 - Goal of services

Trauma-Informed Services

1. Establish a safe environment
2. Use an empowerment model
3. Support the development of healthy relationships
4. Build healthy coping skills
5. Provide access to trauma-specific services
6. Are holistic



Definition of Substance Abuse

What is Addiction?

Drug Addiction is a complex brain disease. It is characterized by compulsive, at times uncontrollable, drug craving, seeking, and use that persist even in the face of extremely negative consequences.

What is Abuse?

Abuse: is an intense desire to obtain increasing amounts of a particular substance or substances to the exclusion of all other activities.

What is dependence?

Chronic occurring over time, or long-term. Chronic drug and alcohol use refers to long-term use; chronic drug and alcohol use effects refer to persistent effects produced by long-term use.



Cont. Substance Abuse

What is Abstinence?

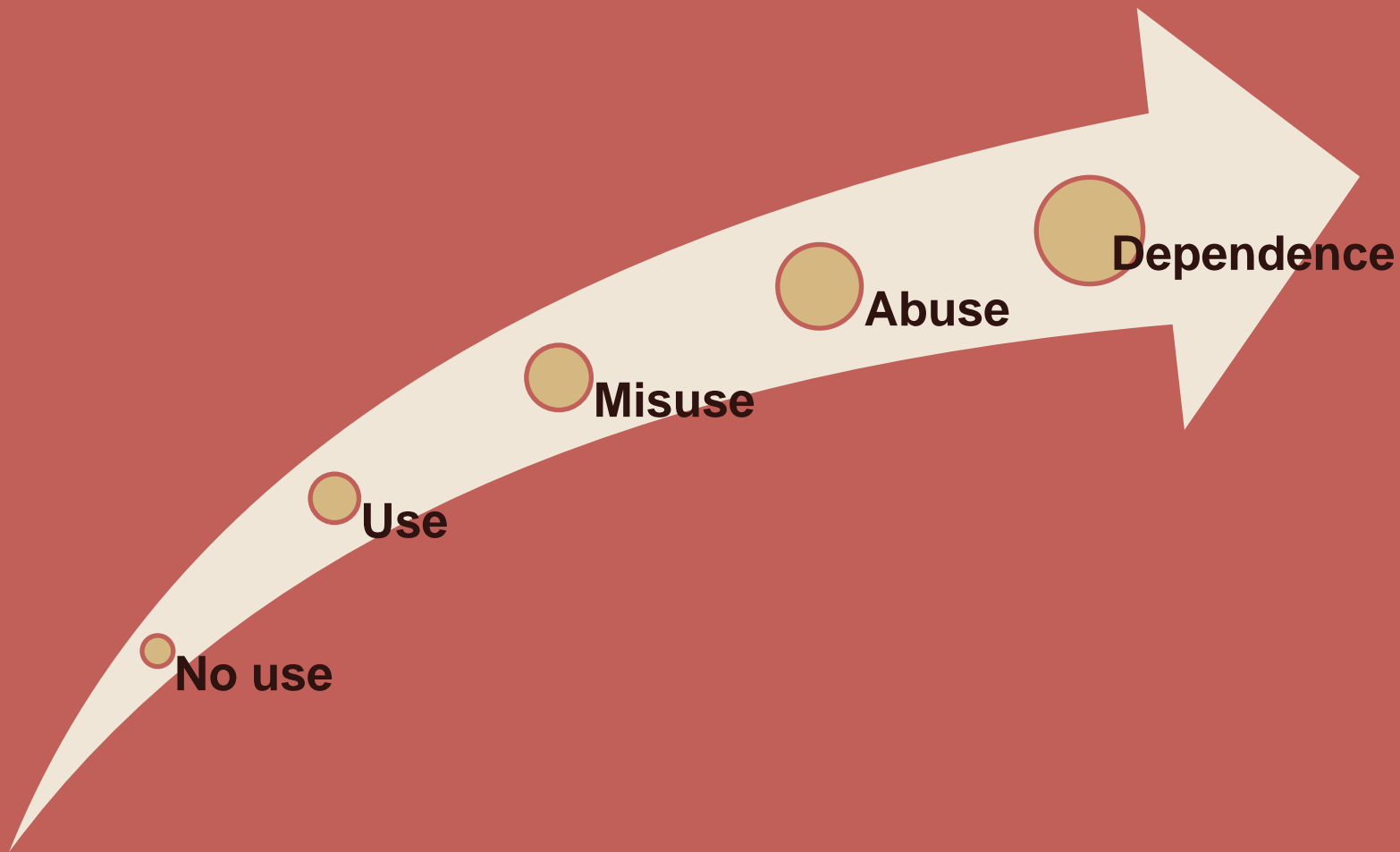
Abstinence, as it relates to recovery from chemical dependence, means that the person must not use alcohol, drugs, or any mind-altering substance at all. Cigarettes are not included in this definition of sobriety. Achieving abstinence or total sobriety does not mean that the person has eliminated the addiction. Problems may continue to exist in the way the chemically dependent person deals with life issues. Professional treatment for chemical dependency helps the individual learn to prevent relapse and to understand the nature of the disease.

What is tolerance?

Tolerance refers to a physiological process in which the body adapts to the presence of drugs or alcohol. Because the body adapts in this way, greater and greater amounts of a drug or alcohol are needed to achieve the same effect. Tolerance generally leads to using more and more of the drug or alcohol.



Continuum of Substance Use



Identification

- Problems with work, school or home
- Risky behavior and situations
- Legal problems related to substance use
- Giving up regular social activities and other responsibilities
- Using larger amounts of substances over longer periods of time

What is the impact of Substance Use Disorders?

Family

Legal

Health

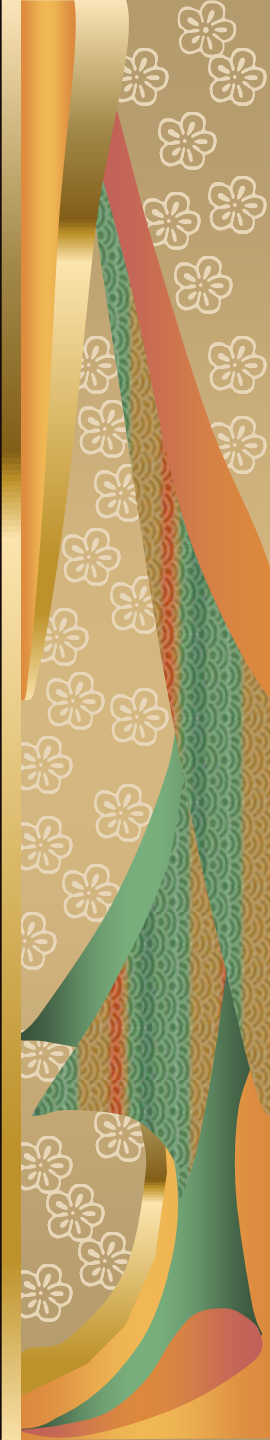
Social Relationships

Work/School

Spirituality

Community

Lack of Education &
Awareness



Most Commonly Abused Drugs

- Marijuana
- Opiates (Heroin & Prescription drugs)
- Barbiturates
- Benzodiazepines
- Cocaine
- Phencyclidine (PCP)
- Hallucinogens
- Alcohol
- Salvia
- Tobacco/Nicotine
- LSD
- Methadone
- Amphetamines
- Methamphetamine
- MDMA (Ecstasy/Molly)
- Bath Salts
- Club drugs
- K2/Spice
- Inhalants
- Steroids

Marijuana

- Duration 2-4 hours
- Route: smoked, oral
- Effects: Euphoria, relaxed inhibitions, increased appetite
- Withdrawal symptoms: occasional reports of insomnia, hyperactivity decreased appetite

Heroin

- Duration 3-4 hours
- Usually injected, snorted, or smoked
- Effects: Euphoria, drowsiness, respiratory depression, constricted pupils, nausea
- Withdrawal symptoms: watery eyes, running nose, yawning, loss of appetite, irritability, tremors, panic, cramps, nausea, chills and sweating

Benzodiazepines

- Duration 1-8 hours
- Usual route: oral or injected
- Effects: Slurred speech, disorientation, drunken behavior without odor of alcohol, impaired memory of events
- Withdrawal symptoms: Anxiety, insomnia, tremors, and convulsions

Cocaine

- Duration 1-2 hours
- Usually snorted, smoked, or injected
- Effects: Increased alertness, excitation, euphoria, increased pulse rate & blood pressure, insomnia, loss of appetite
- Withdrawal symptoms: Apathy, long periods of sleep, irritability, depression, disorientation

Alcohol

- A colorless liquid, produced by the fermentation of sugar or starch, that is the intoxicating agent in fermented drinks.
- **Signs and symptoms**
- Loss of appetite
- Nausea and vomiting, sometimes with blood
- Abdominal pain and tenderness
- Yellowing of the skin and whites of the eyes (jaundice)
- Fever
- Abdominal swelling due to fluid accumulation (ascites)
- Mental confusion
- Fatigue
- These symptoms may vary, depending on the severity of the disease, and are likely to become worse after a bout of binge drinking.

Barriers to Receiving Substance Use Treatment

- The clients lack of a willingness to stop using alcohol or drugs
- The cost of treatment and/or lack of health insurance
- The reasons related to stigma as a substance abuser
- Not feeling the need for treatment (at the time) or feeling they could handle the problem without treatment

Levels of Care

- Outpatient
- Intensive Outpatient
- Residential Detoxification
- Short Term Residential
- Long Term Residential

Women Specialty Program

- Opiate Program for Pregnant Women
- Residential Program for women and children
- Residential Program for women only
- Intensive Outpatient with Domicile for women and children
- Gender Specific Programs: Outpatient and Intensive Outpatient

Specialty Treatment Programs

- Screening and Referral
- Adolescent Programs
- Gender Specific
- Older Adults
- Methadone Maintenance
- Day Treatment
- Case Management
- Acupuncture
- Culturally Competent
- Early Intervention
- Prevention
- Integrated Treatment Services for Mental Health & Substance Abuse
- Peer Recovery & Relapse Recovery Support Services

Cont. Specialty Programs


Early Intervention

Early Intervention is a specifically focused treatment program including stage-based intervention for individuals with substance use disorders as identified through a screening or assessment process to include individuals who may not meet the threshold of abuse or dependence.

Recovery/Peer Support

Recovery/Peer support programs are designed to support and promote recovery and prevent relapse through supportive services that result in the knowledge and skills necessary for an individual's recovery. Peer recovery programs are designed and delivered primarily by individuals in recovery and offer social emotional and/or educational supportive services to help prevent relapse and promote recovery.

Michigan's Definition of Recovery

 **Recovery:** A highly individualized journey of healing and transformation where the person gains control over his/her life. It involves the development of new meaning and purpose, growing beyond the impact of addiction or a diagnosis. This journey may include the pursuit of spiritual, emotional, mental, and physical well-being.

4 Major Dimensions Essential to a Life of Recovery

- **Health:** overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way;
- **Home:** a stable and safe place to live;
- **Purpose:** meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society; and
- **Community:** relationships and social networks that provide support, friendship, love, and hope.

Requirements for Treatment

- “Medically Necessary Services” means determination that a specific service is medically (clinically) appropriate, necessary to meet a person’s treatment needs, consistent with the person’s diagnosis, symptomatology and functional impairments and consistent with clinical standards of care.
- Medically necessity pertains to necessary care for bio-psychosocial severity and is defined by the extent and severity of problems in all six multi-dimensional assessment areas of the client.

National Outcomes Measures (NOMs)

- **Abstinence from drug use and alcohol abuse**
- **Resilience and sustaining recovery**
- **Getting and keeping a job or enrolling and staying in school and decreasing involvement with the criminal justice system**
- **Finding safe and stable housing**
- **Improving social connectedness to others in the community**
- **Increased access to services**
- **Retention in substance use disorder treatment or decreased inpatient hospitalizations for mental health treatment**
- **Quality of services provided**
- **Client perception of care**
- **Cost-effectiveness**
- **Use of evidence-based treatment practices**

Engagement Techniques

- Make treatment accessible (24 hrs/7 days a week)
- Provide support for participation
- Respond quickly and positively
- Schedule appointment with minimum delay

Benefits of Substance Use Disorder Treatment

- A 1998 study by the Center on Addiction and Substance Abuse at Columbia University estimated that untreated substance use disorders costs Michigan in excess of \$2 billion annually. Currently, public funds specifically directed to prevention and treatment of substance use disorders comprises less than ten percent of this amount.
- The consequences of substance abuse affect multiple state and local agencies, Currently, the average public cost of treatment is under \$3,000 per person served. Greater understanding of the nature and consequences of substance use and treatment would provide far-reaching economic and personal benefits.

Society Prospective

 Impact on Families

 Impact on Communities

 Lack of Education and Awareness



Medication Assisted treatment & Women

- Illicit Drug use during pregnancy
 - Opiates present a greater risk to the unborn child than other drugs, with the exception of Alcohol
- Some people, especially pregnant women, need medication to manage their withdrawal symptoms.
- Both Methadone and buprenorphine are safe for use with pregnant women and their unborn children.

Questions & Answers

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