Addiction & Substance Use

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What is a Drug?

Drugs are legal and illegal. Societies' definition of what is legal vs illegal does not define what is healthy vs unhealthy.
Addictive Substances

• Alcohol
• Tobacco
• Opioids (like heroin)
• Prescription drugs (sedatives, hypnotics, or anxiolytics like sleeping pills and tranquilizers)
• Cocaine
• Cannabis (marijuana)
• Amphetamines (like methamphetamines, known as meth)
• Hallucinogens
• Inhalants
• Phencyclidine (known as PCP or Angeldust)
Addictive Impulse Control Disorders

- Intermittent explosive disorder (compulsive aggressive and assaultive acts)
- Kleptomania (compulsive stealing)
- Pyromania (compulsive setting of fires)
- Gambling
Addictive Behaviors

• Food (binge eating)
• Sex
• Pornography
• Using computers / the internet / tech
• Playing video games
• Working
• Exercising
• Pain (seeking)
• Self-harm / Cutting
• Shopping
Are we desensitized to deaths from ‘legal’ drugs?

Annual Deaths by Alcohol/Drugs in America, 2016

LEGAL DRUGS
• Tobacco: 480,000 – 540,000
• Alcohol: 88,000

ILLEGAL / CONTROLLED DRUGS
• All other drugs: 64,000

• In 2013, the American Psychological Association (APA) released the DSM 5. Traditional terms “substance abuse” and “substance dependence” were replaced by “substance use disorder” — with further classification as mild, moderate, or severe.
How Big a Problem are Alcohol and Tobacco?

Globally in 2015, the estimated prevalence among the adult population was:

• 18.4% for heavy episodic alcohol use (past 30 days)
• 15.2% for daily tobacco smoking
• 3.8% for past-year cannabis use
• 0.77% for past-year amphetamine use
• 0.37% for past-year opioid use
• 0.35% for past-year cocaine use
The Opioid Epidemic
South Florida has been known for years as the recovery capital of the country but it has been a community plagued with corruption and abuse.

‘It’s all over the city:’ 3 police officers treated in 2 separate incidents for possible fentanyl exposure.

By the end of 2016, the opioid prescribing rate in Louisiana had declined almost 11 percent since 2007...

“Obviously, as an administration, we acknowledge it is a crisis here in Louisiana,” said Michelle Alletto, deputy secretary of the...

FAYETTEVILLE (KFSM) — Fayetteville police have arrested three people in connection to an ongoing Fentanyl investigation.
The History of our Opioid Epidemic

- Over the last 20 years the sales of opioid painkillers (OxyContin, Percocet, Vicodin) have skyrocketed in America.
- Pharmaceutical companies are alleged to have manipulated their research findings and aggressively marketed their pills to prescribers.
- People began to expect their pain to completely go away and believed that opioids were the best medication to achieve this and were NOT addictive.
- Doctors massively overprescribed opioid painkillers.

- Opioids are very addictive and have very unpleasant withdrawal symptoms.
- Prescribing of opioid pills eventually started going down
- BUT, availability of street drugs – pills, heroin, fentanyl went up to meet the ever-increasing demand.

- In 2017 nearly eight NJ residents died of drug overdoses each day.
- In America, 72,237 people died from a drug overdose. 47,600 of these died from opioids.
- 14,400 doses of Naloxone were administered in NJ in 2017
- OD is #1 cause of death of Americans under age 50.
- Between 1999-2016: more than 600,000 overdose deaths.
- For first time since WW2, life expectancy for Americans has fallen – last three years in a row
The Fight against Fentanyl
Opioid crisis: doctors among 60 charged in crackdown on illegal prescriptions

Those charged include 53 medical professionals tied to about 350,000 prescriptions and 32m pills, US officials say
Turning the Tide

- Prescribing limits on number of pills/days
- ALTO – Alternatives to Opioids
- NJ PMP/PDMP checks
- Electronic Prescribing
- Project Medicine Drop
- Nalaxone/Narcan
- Good Samaritan laws
Addiction is a Disease

The chronic nature of substance use disorders means that relapsing to alcohol or drug use at some point is not only possible, but likely. Relapse rates (i.e., how often symptoms recur) for people with substance use disorders are similar to relapse rates for other well-understood chronic medical illnesses such as diabetes, hypertension, and asthma, which also have both physiological and behavioral components.

Treatment of chronic diseases involves changing deeply imbedded behaviors. Lapsing back to drug use indicates that treatment needs to be reinstated, adjusted, or that another treatment should be tried.

Addictive Thinking
What “X” are **YOU** most “addicted” to?

- What ‘reward’ from using X do you most enjoy?
- Imagine how the pursuit and anticipation of X feels.
- How do you feel different when you are experiencing the high of X?
- How do you feel directly afterwards?
- In truth, how much of X is ‘enough’ vs ‘too much’?
- Are you good at knowing when to stop?
- Have you made ultimatums, promises, new years resolutions?
- Do you hide this from others or from yourself?
- Has anyone recommended you reduce or stop using X?
- How does this relationship with X make you feel about your self?
Repeated behaviors (good or bad) get wired into the brain’s ‘neural network’ and become more likely to be triggered in the future. This is how we form habits (good or bad) and why they are so hard to change.

“Neurons that fire together, wire together.”

− Donald Hebb
Neuroplasticity = The brain's ability to reorganize itself by disconnecting old neural connections and forming new neural connections throughout life.

**Neuroplasticity** is the change in neural pathways and synapses that occurs due to certain factors, like behavior, environment, or neural processes.

During such changes, the brain engages in synaptic pruning, deleting the neural connections that are no longer necessary or useful, and strengthening the necessary ones.
Young Brains Keep Changing until 25 yrs old

Typical Addictive Thought Patterns

• The person becomes obsessed (constantly thinks of) with the object, activity, or substance.
• They will seek it out, or engage in the behavior even though it is causing harm to their health, relationships, finances and career.

• The person behaves compulsively when they do the activity over and over, even though they may sincerely want to stop.
• If they do stop the activity they will often experience withdrawal symptoms. These can include irritability, cravings, nausea, restlessness or depression.

• The person does not appear to have control as to when, how long, or how much he or she will continue the behavior (“loss of control”)
• He/she often denies problems resulting from his/her engagement in the behavior, even though others can see the negative effects.
• Person hides the behavior after family or close friends have mentioned their concern.
Cognitive Distortions are simply ways that our mind convinces us of something that isn't really true or helpful. These inaccurate thoughts are usually used to reinforce negative thinking or emotions — telling ourselves things that sound rational and accurate, but really only serve to keep us feeling bad about ourselves and perpetuate addictive thinking.
**All or nothing thinking**
Sometimes called ‘black and white thinking’

- If I’m not perfect I have failed
- Either I do it right or not at all

**Over-generalizing**
Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

- “everything is always rubbish”
- “nothing good ever happens”

**Mental filter**
Only paying attention to certain types of evidence

- Noticing our failures but not seeing our successes

**Disqualifying the positive**
Discounting the good things that have happened or that you have done for some reason or another

- That doesn’t count

**Jumping to conclusions**
There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

**Magnification (catastrophising) & minimization**
Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important
Constructing your Future Self
STAGES OF CHANGE
(PROCHASKA & DICLEMENTE)
CBT (Cognitive Behavioral Therapy) is generally short-term and focused on helping clients deal with a very specific problem. During the course of treatment, people learn how to identify and change destructive or disturbing thought patterns that have a negative influence on behavior and emotions.
Mindfulness

“Mindfulness is paying attention, in a particular way, on purpose, in the present moment, without judgment”

(Jon Kabat-Zinn)
Five Tips to Reduce Stress
(From the APA – American Psychological Association)

• Give yourself permission to detach your identity from the stressor, without actually avoiding dealing with it.
• Exercise – even if only a walk, quick stretch, taking the stairs.
• Smile and Laugh – let yourself do things just for enjoyments sake.
• Get social support – avoid holding in feelings by opening up with people you trust; don’t isolate yourself.
• Meditation, Mindfulness & Prayer – connect with the present moment and develop gratitude for what you are.

“The Opposite of Addiction is Connection” (Johann Hari)
De-stigmatizing words:
always use “person-first” language

<table>
<thead>
<tr>
<th>Words to avoid</th>
<th>Words to use</th>
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<tbody>
<tr>
<td>Addict/Junky</td>
<td>Person with substance use disorder</td>
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<tr>
<td>Alcoholic</td>
<td>Person with alcohol use disorder</td>
</tr>
<tr>
<td>Drug problem, drug habit</td>
<td>Substance use disorder</td>
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<tr>
<td>Drug abuse</td>
<td>Drug misuse, harmful use</td>
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<tr>
<td>Relapse</td>
<td>Reoccurrence of use</td>
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<tr>
<td>Clean</td>
<td>Abstinent, not actively using</td>
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<tr>
<td>Dirty</td>
<td>Actively using</td>
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<tr>
<td>Former addict</td>
<td>Person in (long-term) recovery</td>
</tr>
<tr>
<td>Drug abuse</td>
<td>Drug misuse, harmful use</td>
</tr>
<tr>
<td>Committed suicide</td>
<td>Died by suicide</td>
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Non-stigmatized Conditions:
- Low perceived fault
- Low perceived control

Stigmatized Conditions:
- High perceived fault
- High perceived control

https://www.shatterproof.org
HEALTH = Physical + Behavioral + Social + Spiritual + Environmental
The strongest people are those who fight unseen battles.