



ENGLEWOOD
HEALTH

Addiction & Substance Use

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What is a Drug?



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



The Business of Addiction: Drug Addicts Tempted to Relapse for Money

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.

The New York Times Origins of an Epidemic: Purdue Pharma Knew Its Opioids Were Widely Abused



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

Shreveport Times

PART OF THE USA TODAY NETWORK

Louisiana officials fight opioid crisis

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 Police Arrest Three In Connection To Fentanyl Investigation

FAYETTEVILLE (KFSM) – Fayetteville police have arrested three people in connection to an ongoing Fentanyl investigation.

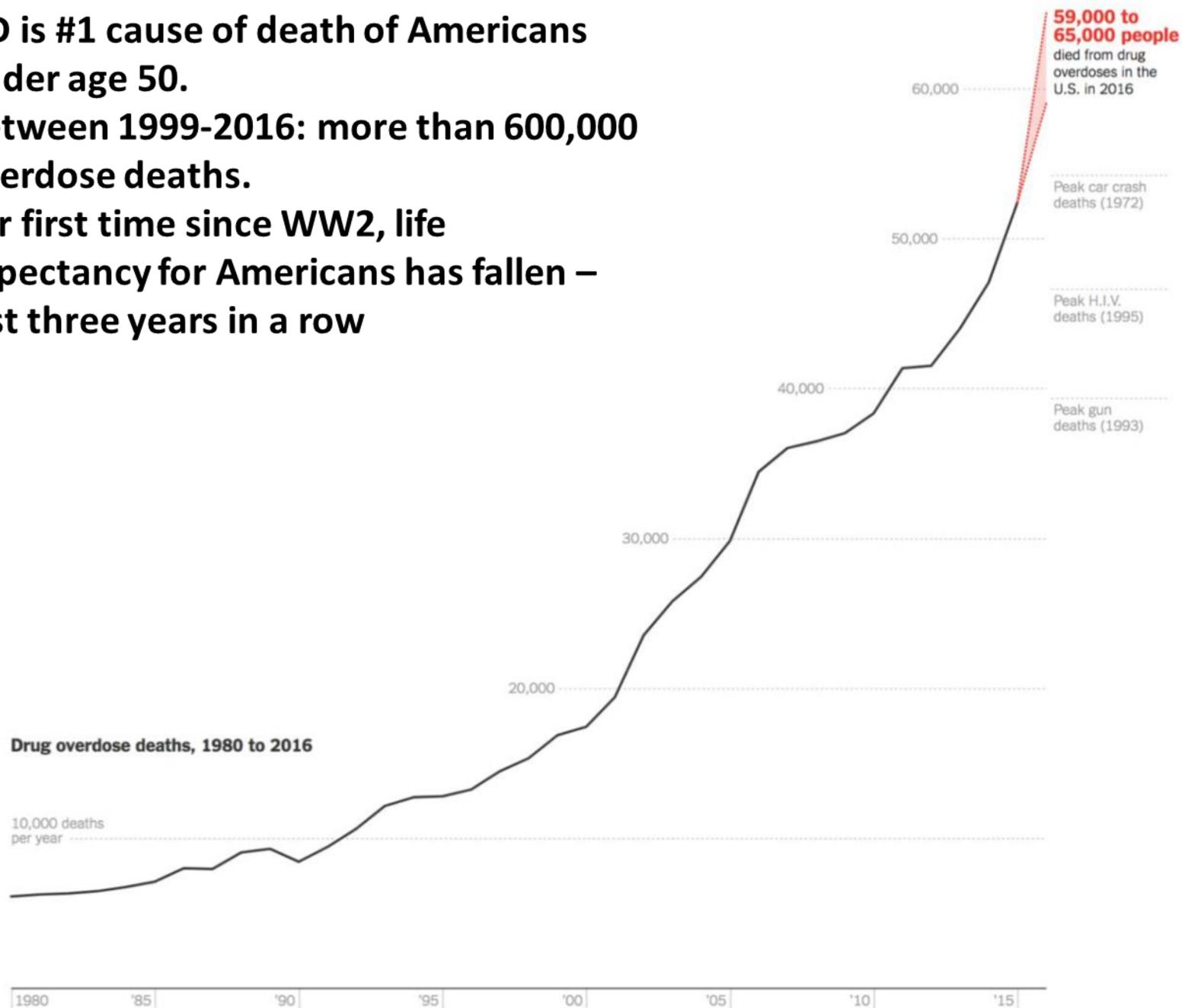
The History of our Opioid Epidemic

- 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



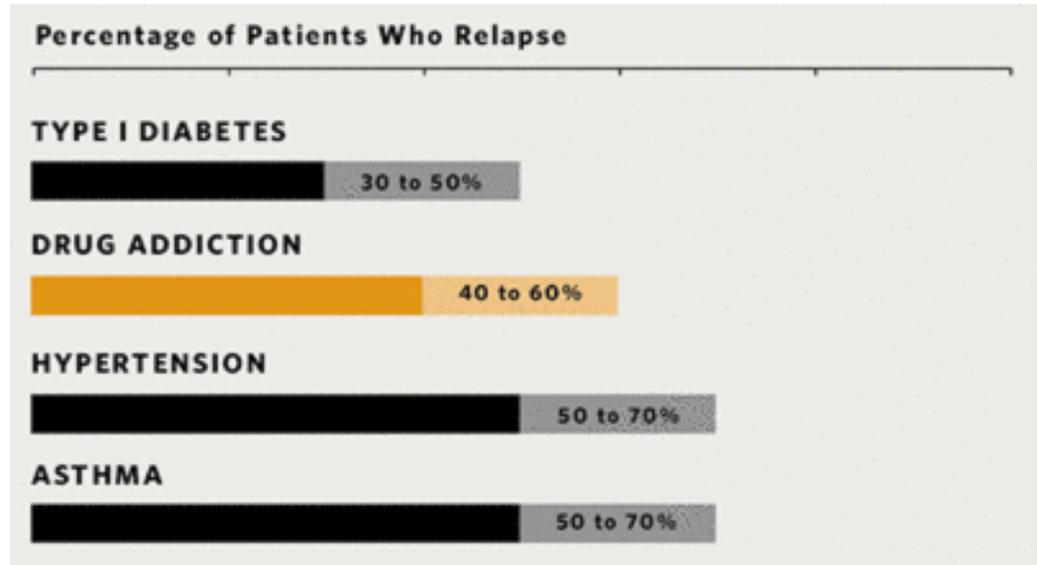
Turning the Tide

- Prescribing limits on number of pills/days
- ALTO – Alternatives to Opioids
- NJ PMP/PDMP checks
- Electronic Prescribing
- Project Medicine Drop
- Naloxone/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.

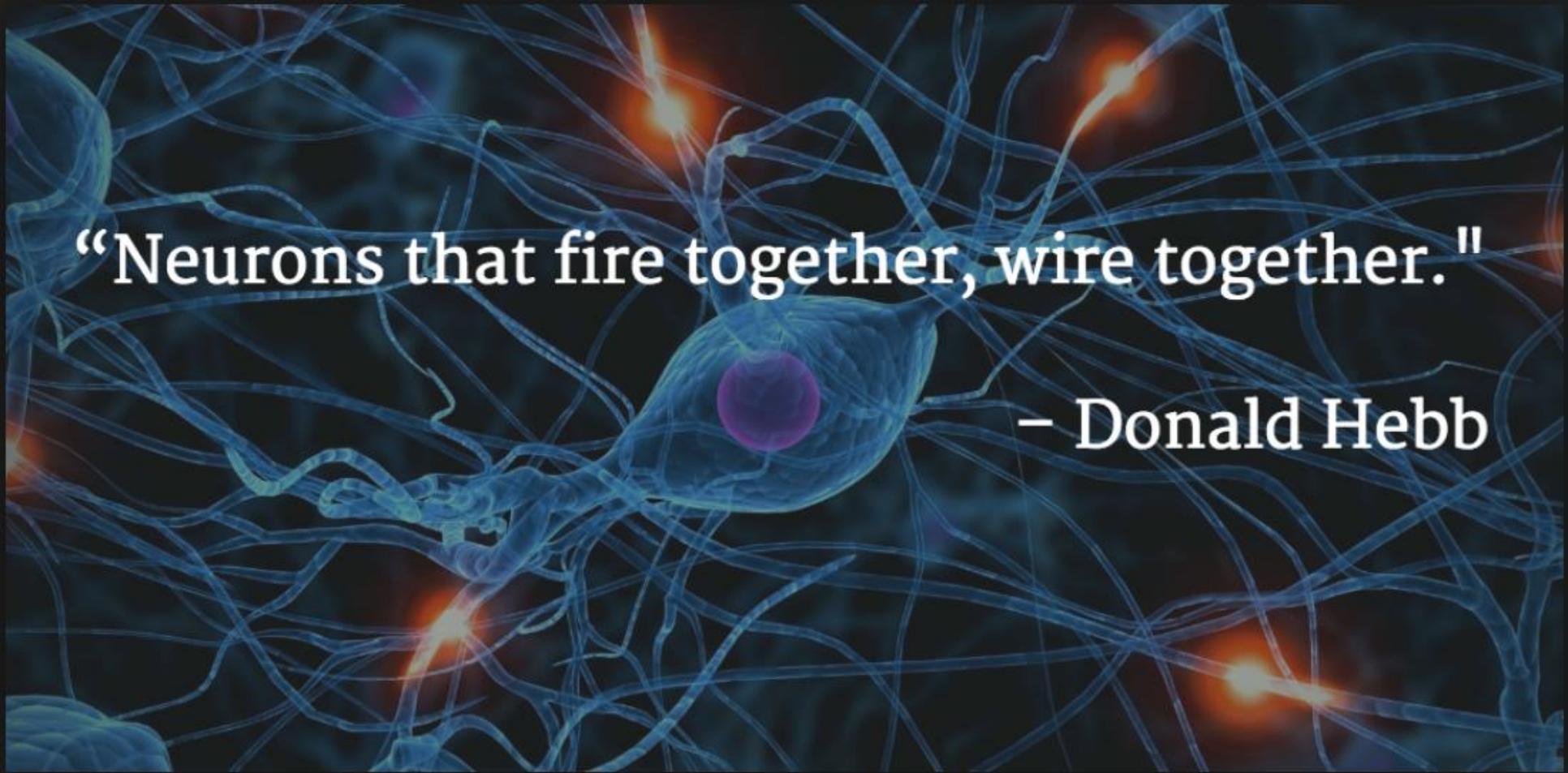


Treatment of chronic diseases involves changing deeply imbedded behaviors. Lapsing back to drug use indicates that treatment needs to be reinstated, adjusted, or that another treatment should be tried.

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?



“Neurons that fire together, wire together.”

– Donald Hebb

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.

Neuroplasticity =

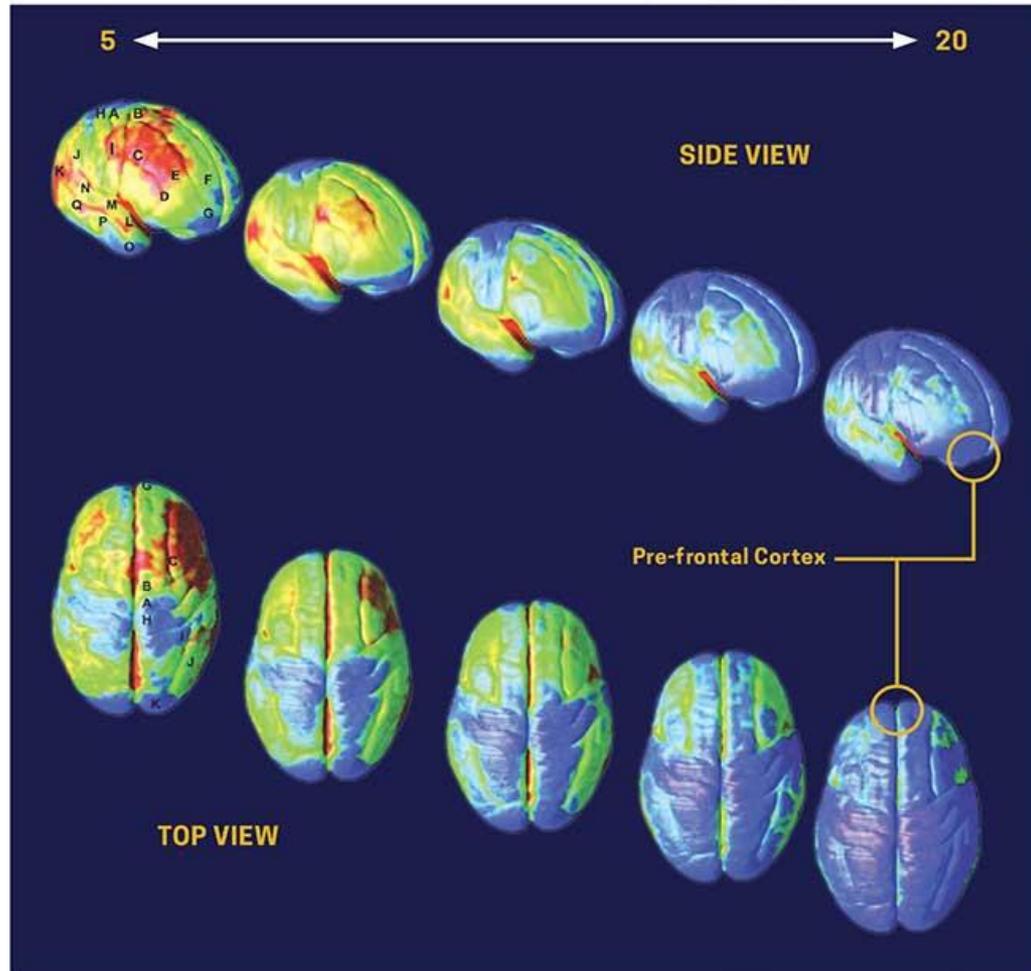
The brain's ability to reorganize itself by disconnecting old neural connections and forming new neural connections throughout life.

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



Source: PNAS 101:8174-8179, 2004.

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.

Emotional reasoning



Assuming that because we feel a certain way what we think must be true

I feel embarrassed so I must be an idiot

should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

*I'm a loser
I'm completely useless
They're such an idiot*

Personalization

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault

Conversely, blaming other people for something that was your fault

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

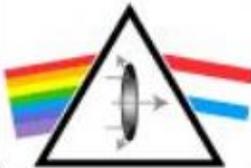
Over-generalizing

"everything is always rubbish"

"nothing good ever happens"

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

Mental filter



Only paying attention to certain types of evidence

Noticing our failures but not seeing our successes

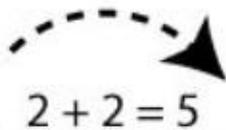
Disqualifying the positive



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

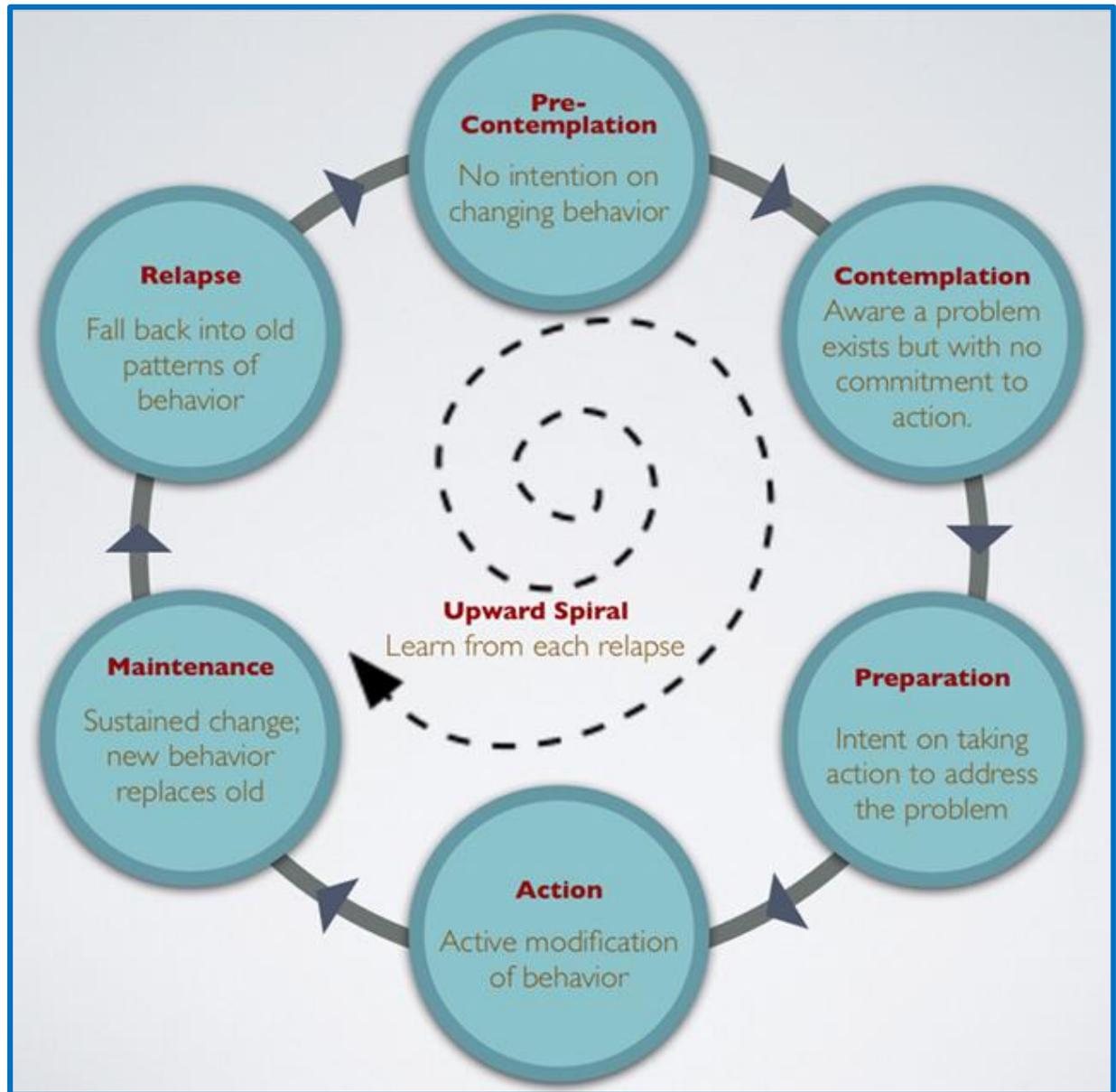


Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

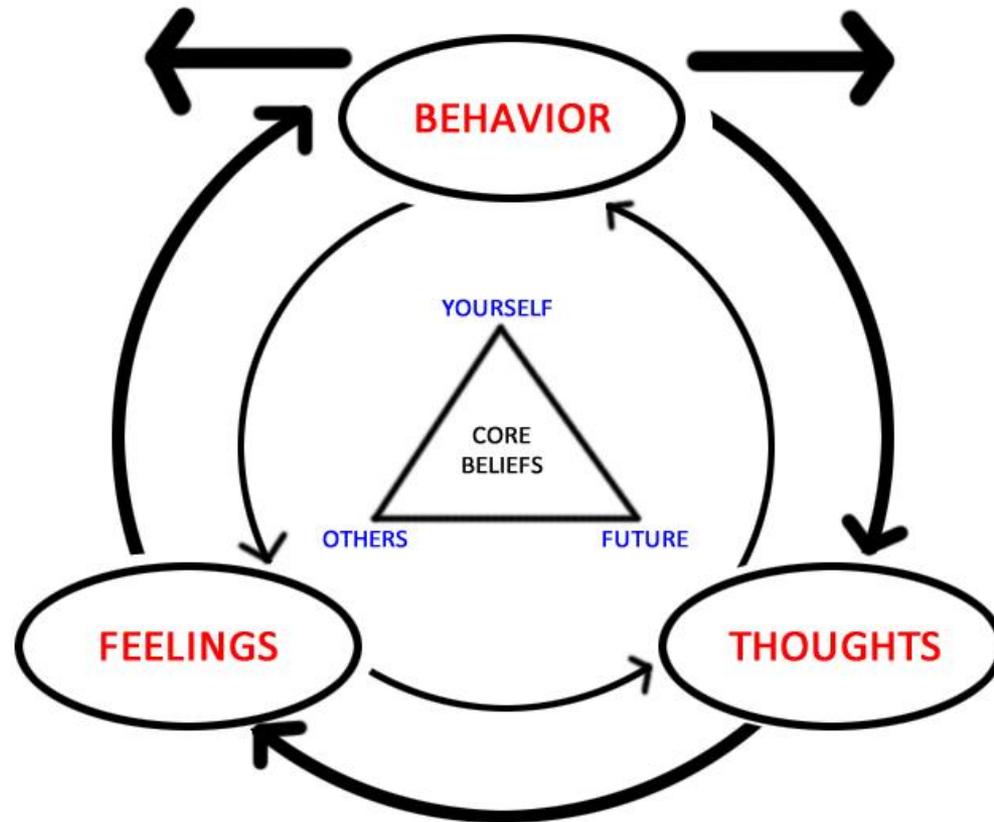
Constructing your Future Self

STAGES OF CHANGE

(PROCHASKA & DICLEMENTE)



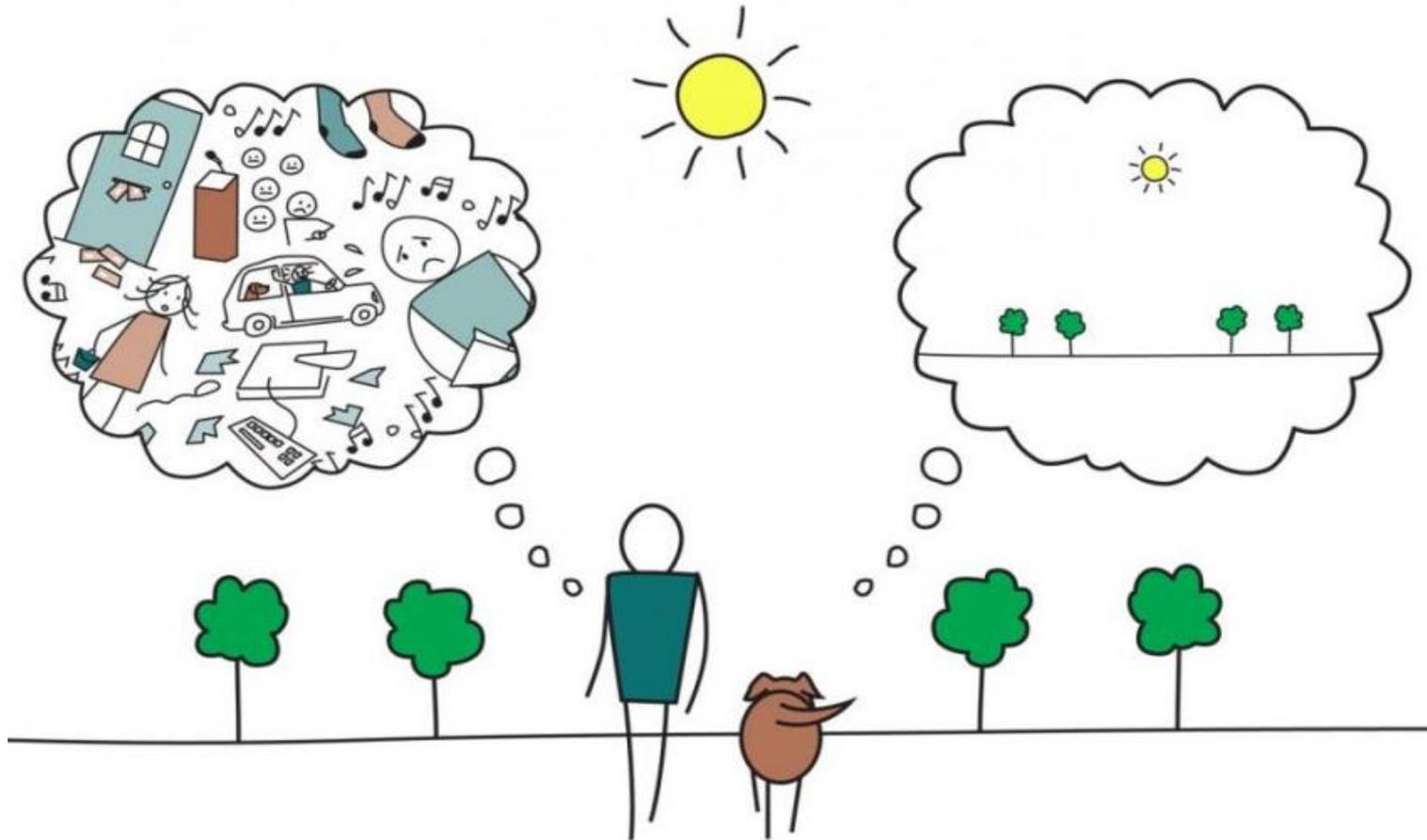
CBT Cognitive Behavioral Therapy is generally short-term and focused on helping clients deal with a very specific problem. During the course of treatment, people learn how to identify and change destructive or disturbing thought patterns that have a negative influence on behavior and emotions.



Mindfulness

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

(Jon Kabat-Zinn)



Mind Full, or Mindful?

Five Tips to Reduce Stress

(From the APA – American Psychological Association)

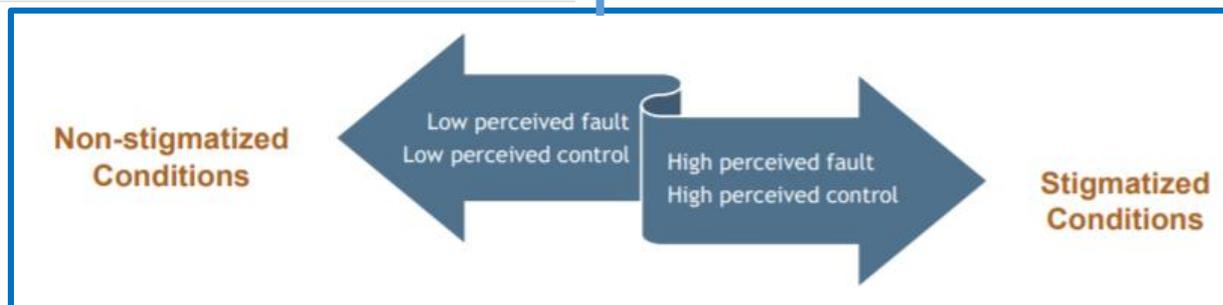
- Give yourself permission to detach your identity from the stressor, without actually avoiding dealing with it.
- Exercise – even if only a walk, quick stretch, taking the stairs.
- Smile and Laugh – let yourself do things just for enjoyments sake.
- Get social support – avoid holding in feelings by 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

Words to avoid	Words to use	Words to avoid	Words to use
Addict/Junky	Person with substance use disorder	Clean	Abstinent, not actively using
Alcoholic	Person with alcohol use disorder	Dirty	Actively using
Drug problem, drug habit	Substance use disorder	Former addict	Person in (long-term) recovery
Drug abuse	Drug misuse, harmful use	Drug abuse	Drug misuse, harmful use
Relapse	Reoccurrence of use	Committed suicide	Died by suicide



HEALTH = Physical + Behavioral + Social +
Spiritual + Environmental





*The strongest
people are those
who fight unseen
battles*



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