

Addiction

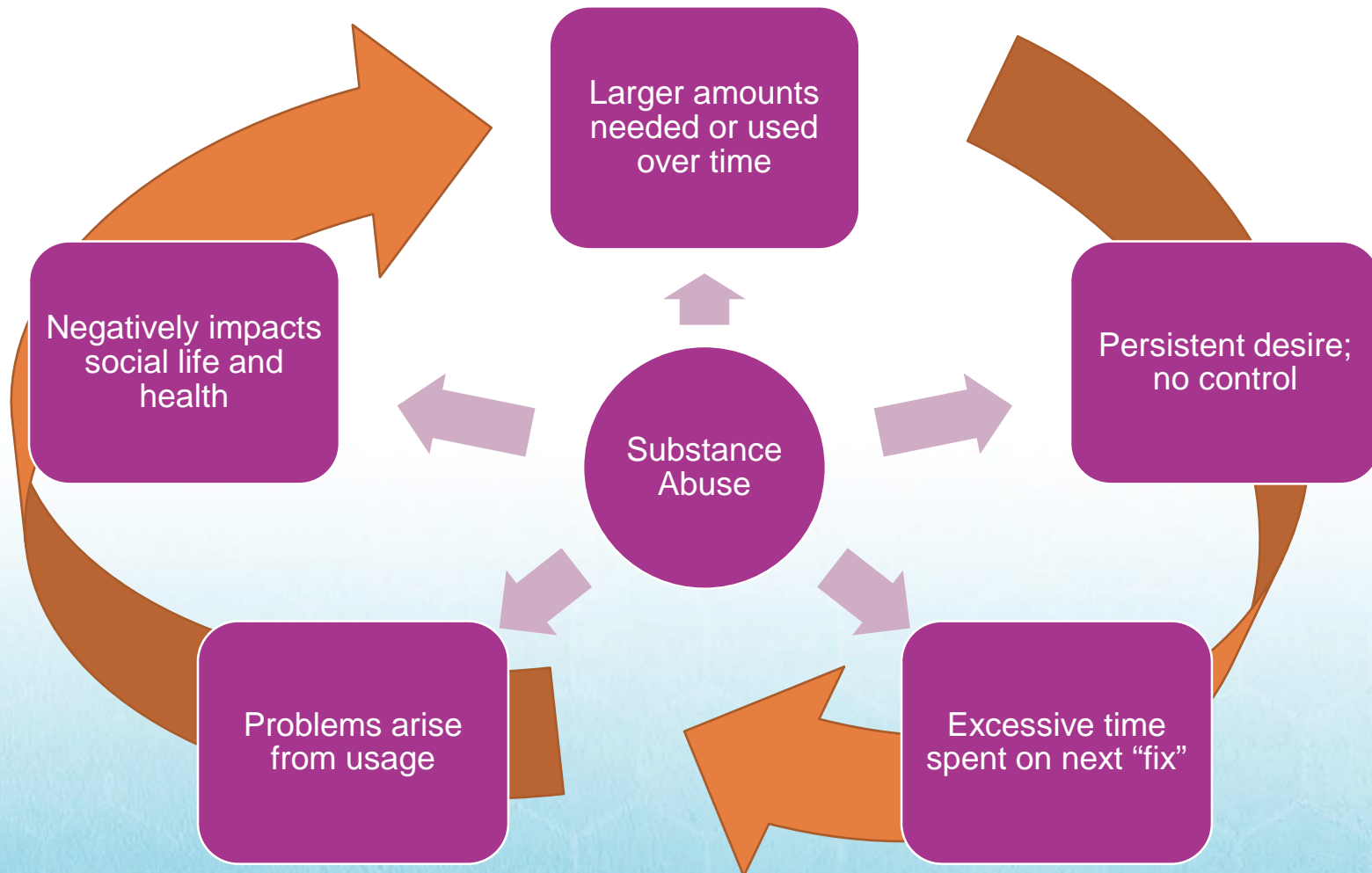


Andrea Miller, LMSW

Mental Health & Wellness Consultant

Higginbotham, Wellness & Health Risk Management

What is Substance Abuse?



Addiction is Not Just Drugs, Alcohol and Tobacco

It also includes gaming, gambling, internet, shopping, eating, sex, etc.



Signs of Alcohol Addiction

Are You...

- ▶ Often drunk, hungover, ill, have full/empty containers around you
- ▶ Drinking more to get high (tolerant)
- ▶ Stealing to get alcohol
- ▶ Lying about your habits

Do You...

- ▶ Have problems at work or school (i.e., late, absent, poor performance)
- ▶ Spend lots of money on alcohol
- ▶ Think about/ensure you have your next dose/supply ready
- ▶ Get defensive when asked about your intake

Have You...

- ▶ Lost energy/motivation
- ▶ Neglected your appearance
- ▶ Performed risky behaviors while intoxicated
- ▶ Been unable to stop
- ▶ Had withdrawal symptoms

Ongoing Use

More tolerance equals:

- ▶ using higher doses
- ▶ dosing more frequently
- ▶ changing method of drug intake

Addiction can:

- ▶ lead to foregoing food and sleep in order to binge
- ▶ cause changes in judgement, impulsivity, aggression, paranoia
- ▶ make you delusional and hallucinate
- ▶ cause dishonesty, denial, rationalization, guilt and shame, loss of control, a hijacked brain



Risk Factors for Addiction



Addiction Statistics

#1	Drug overdose is the #1 cause of injury-related death in the US (44k+ deaths/year)
114	People die every day due to drugs (nearly 7,000 will go to the hospital or Emergency Room)
90%	Of people who need drug rehab do not receive it
30%	Success rate for those who complete rehab program (70-80% drop out in 3-6 months)

Full recovery is challenging but possible. The leading cause for relapse is failure to follow the prescribed plan after discharge.

Why Can't You Just Stop?

Because:

- ▶ Brain parts that reflect, assess, plan and listen to feedback are the most damaged by addiction.
- ▶ Drug use impairs the brain parts that create solutions, so just quitting is very difficult to do.
- ▶ Addiction is a disease.

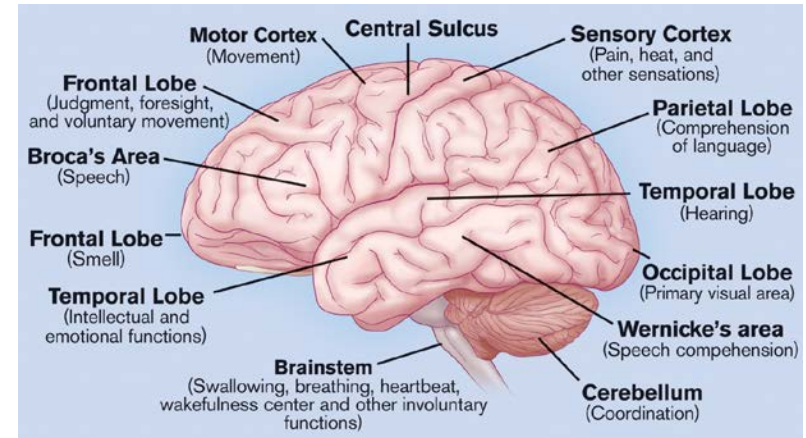


— ” —
Addiction is not
a disease of
willpower. It is a
disease of
instinct. It lives
in the part of the
brain that tells
you to breathe.

— ” —

Why Can't Addicts Stop Using?

Because DRUGS WORK!
Addiction changes the
brain circuits, so treatment
is essential.



Neurotransmitter	Functions Affected	Drugs that Affect It
Dopamine	Pleasure and reward, movement, attention, memory	Cocaine, methamphetamine, amphetamine (all drugs directly or indirectly augment dopamine)
Serotonin	Mood, sleep, sexual desire, appetite	MDMA (ecstasy), LSD, cocaine
Norepinephrine	Sensory processing, movement, sleep, mood, memory, anxiety	Cocaine, methamphetamine, amphetamine
Opioids (Endorphin and Enkephalin)	Analgesia, sedation, rate of bodily functions (e.g., breathing), mood	Heroin, morphine, prescription pain relievers (e.g., oxycodone)
Acetylcholine	Memory, arousal, attention, mood	Nicotine
Cannabinoids (anandamide)	Movement, cognition and memory	Marijuana
Glutamate	Increased rate of neuron activity, learning, cognition, memory	Ketamine, alcohol
GABA (gamma-aminobutyric acid)	Slowed rate of neuron activity, anxiety, memory, anesthesia	Sedatives, tranquilizers, alcohol

The Brain and Addiction

Brain Reward Center

What do the colors mean?

RED

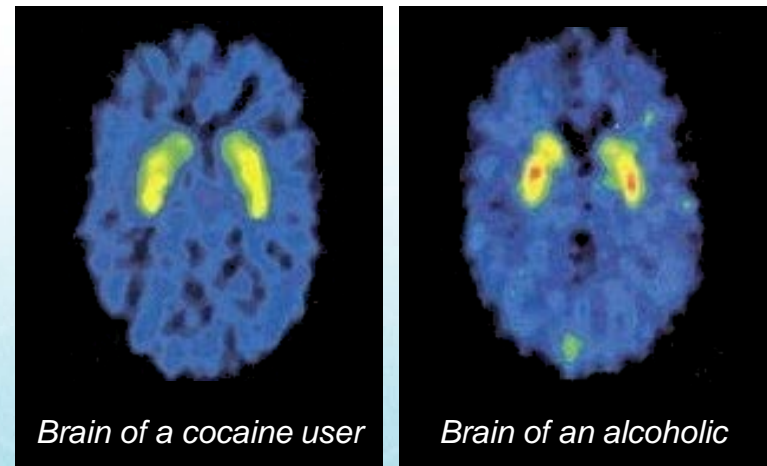
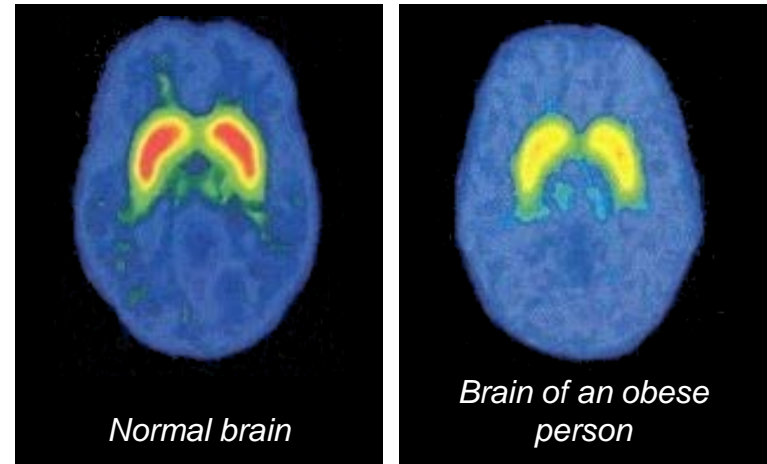
- High dopamine
- *Normal pleasure and interest*

YELLOW

- Medium dopamine
- *Difficulty feeling joy or pleasure*

GREEN

- Low dopamine
- *Lack of pleasure*



Understanding Dopamine

Healthy brains identify/reinforce beneficial behaviors by feeling pleasure

Brains are wired to want to repeat pleasurable activities. Dopamine is key to this.

Dopamine tells the brain to remember healthy, pleasurable experiences. This relay changes neural connectivity to make it easier to repeat the activity (forming habits).

Drugs create intense euphoria and larger surges of dopamine. This reinforces connection between taking the drug, feeling pleasure, and having an experience.

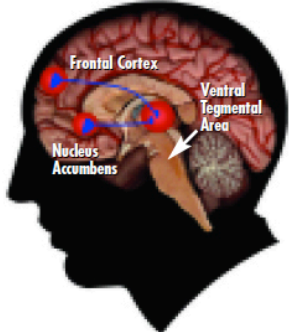
Large surges of dopamine “teach” the brain to seek drugs at the expense of other healthier goals and activities.

Understanding Dopamine

Stimulants boost normal brain levels of dopamine to create feelings of pleasure and increase energy

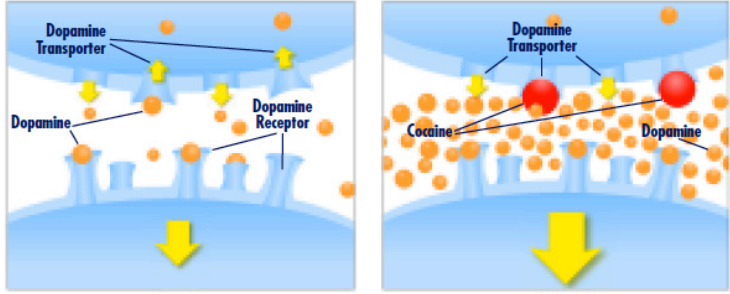
DRUGS OF ABUSE TARGET THE BRAIN'S PLEASURE CENTER

Brain reward (dopamine) pathways



These brain circuits are important for natural rewards such as food, music, and sex.

Drugs of abuse increase dopamine



Typically, dopamine increases in response to natural rewards such as food. When cocaine is taken, dopamine increases are exaggerated, and communication is altered.

[Play Video](#)

Addiction Causes Incentive Salience

Incentive saliency is motivation created in the brain which connects a certain stimuli (drug/alcohol/food) to reward (pleasure/relief)

- ▶ Incentive saliency is greater than merely liking something
- ▶ Neutral stimuli are assigned incentive saliency to create cravings like:
 - Smelling cigarette smoke triggers a craving for nicotine
 - Seeing drug paraphernalia can trigger a drug craving
 - Driving in or near a neighborhood where drugs were purchased can trigger a craving
- ▶ These secondary reinforcers make you crave/potentially use a drug again

Recap: Long-Term Drug Exposure Impairs Brain Functioning

Drugs release 2 to 10 times more dopamine than natural rewards (i.e., eating, sex, social activities)

This release/reward strongly motivates you to take drugs again and again







The brain then adjusts to produce less dopamine and reduces number of receptors that can receive signals

Short Term and Long Term Effects: Marijuana and Cocaine

MARIJUANA

-  Sleepiness
-  Impaired memory
-  Increased heart rate
-  Dry mouth
-  Decreased inhibitions
-  Paranoia
-  Hallucinations
-  Difficulty keeping track of time
-  Impaired concentration and coordination

COCAINE

-  Hallucinations
-  Reduced pain perception
-  Paranoia or erratic behavior
-  If injected, can cause vein collapse
-  Increased heart rate, blood pressure, breathing rate, and body temperature
-  Overstimulation of the nervous system, causing a seizure, brain hemorrhage, stroke, or heart attack

MARIJUANA

-  Lung, throat, mouth, and tongue cancer
-  Schizophrenia
-  Asthma, chronic bronchitis
-  Decreased testosterone levels for men
-  Increased testosterone levels for women
-  Increased risk of infertility/Difficulty having children
-  Decreased sexual pleasure

COCAINE

-  Hepatitis or AIDS when sharing needles
-  Heart attacks, strokes, or respiratory failure
-  Brain seizures
-  Weakened ability to combat infection
-  Losing touch with reality
-  Miscarriages when pregnant
-  Damage to nasal passage and nose when snorted

Short Term and Long Term Effects: Methamphetamine and Ecstasy







METHAMPHETAMINE

-  Insomnia
-  Irritability and confusion
-  Anxiety and paranoia
-  Violent behavior
-  Respiratory issues
-  Increased heart rate and blood pressure
-  Extreme decreased appetite
-  Hypothermia, tremors, and convulsions






ECSTASY

-  Sounds and colors seem intense
-  Confusion
-  Anxiety, paranoia, and psychosis
-  Overheating and dehydration
-  Fluid retention in the body

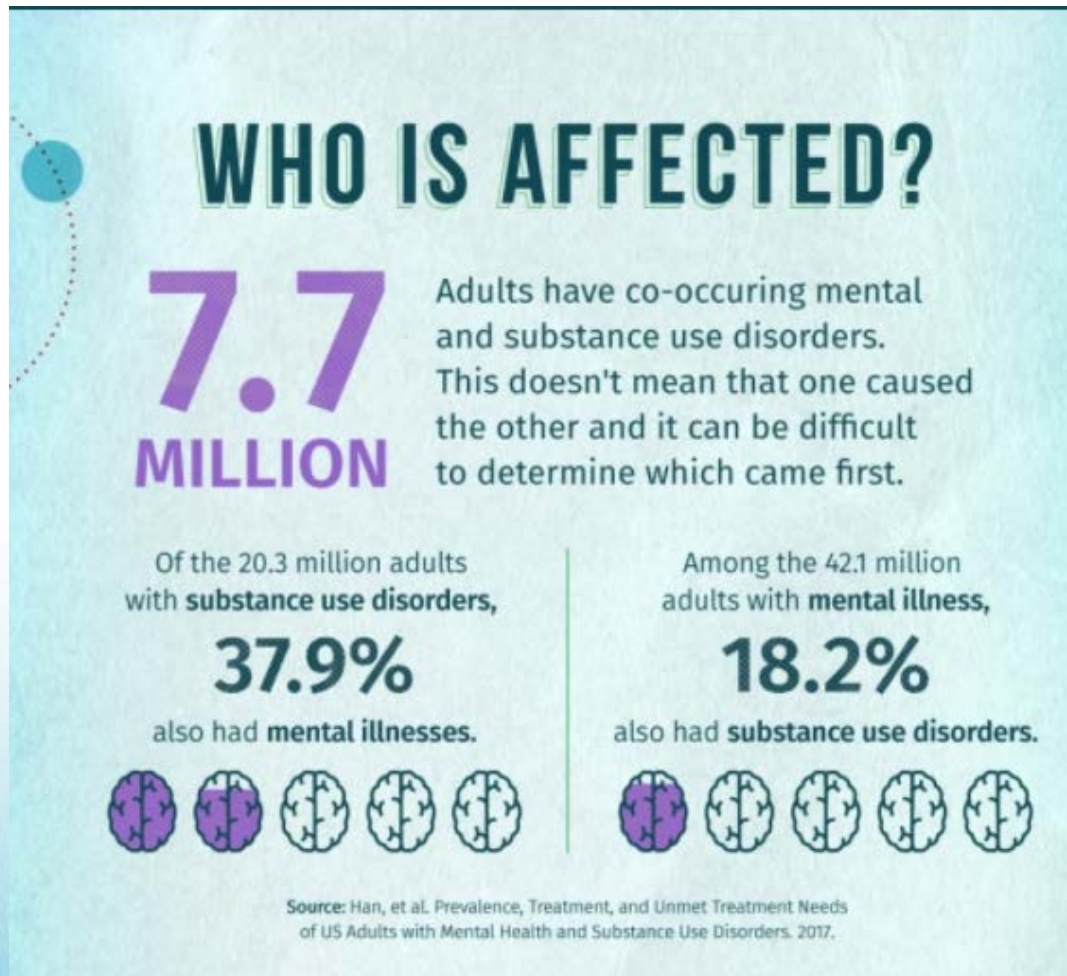
METHAMPHETAMINE

-  Respiratory problems
-  Extreme anorexia
-  Cardiovascular problems
-  Damage to blood vessels in the brain
-  Strokes
-  HIV or AIDS from needles

ECSTASY

-  Memory loss, depression, and anxiety
-  Brain damage
-  Damage to nerve endings
-  Kidney failure
-  Hemorrhaging
-  Psychosis

Does Addiction Cause Mental Illness?



It doesn't help!

Addiction and mental illness often co-exist

Mental illness may precede addiction

Or, addiction may trigger/worsen mental disorders

Addiction: It Can Look Like Anything

Mood
Disorders

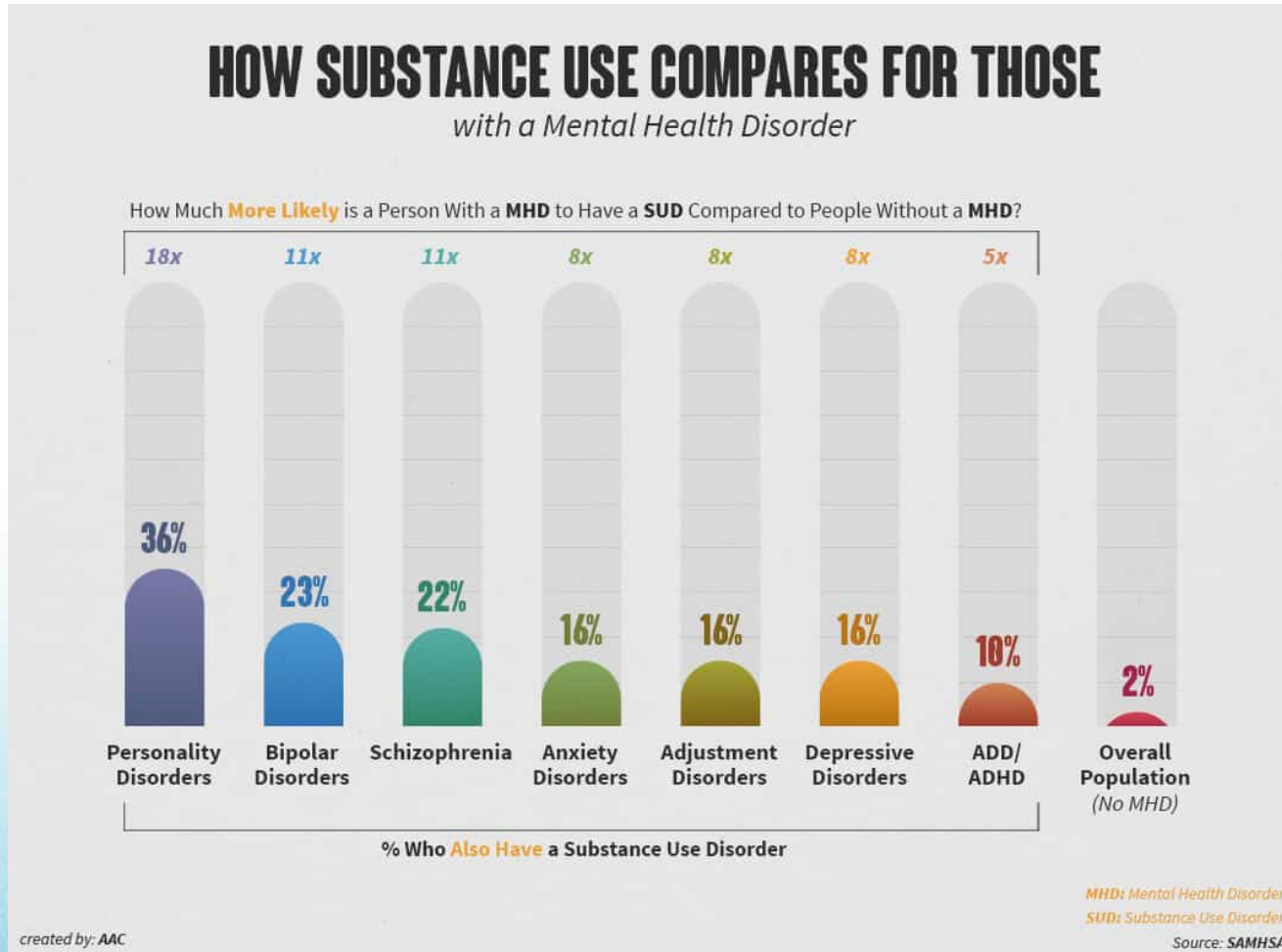
Anxiety
Disorders

Personality
Disorders

Psychotic
Disorders

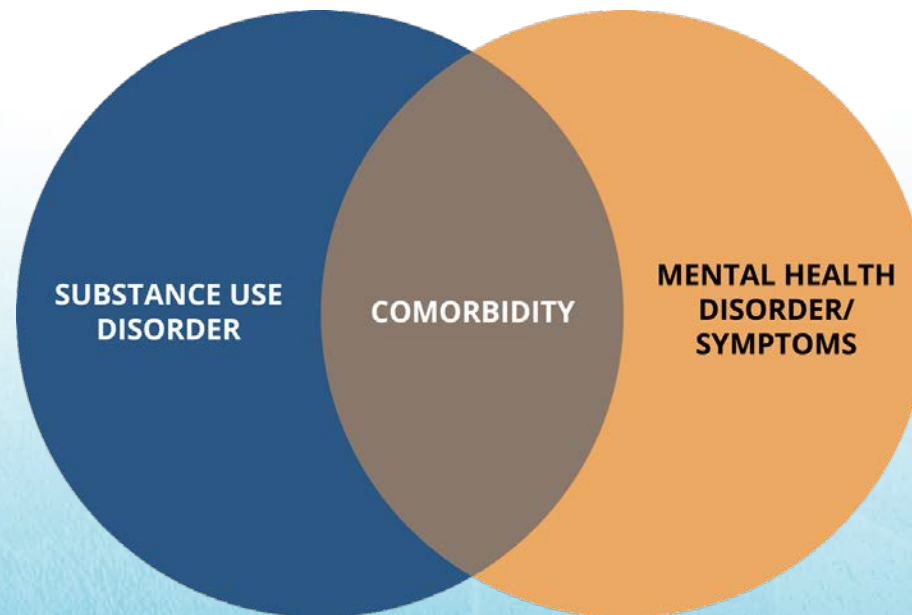
Organic and
Neurological
Disorders

Comparison of Mental Health Disorder with Substance Abuse Disorder

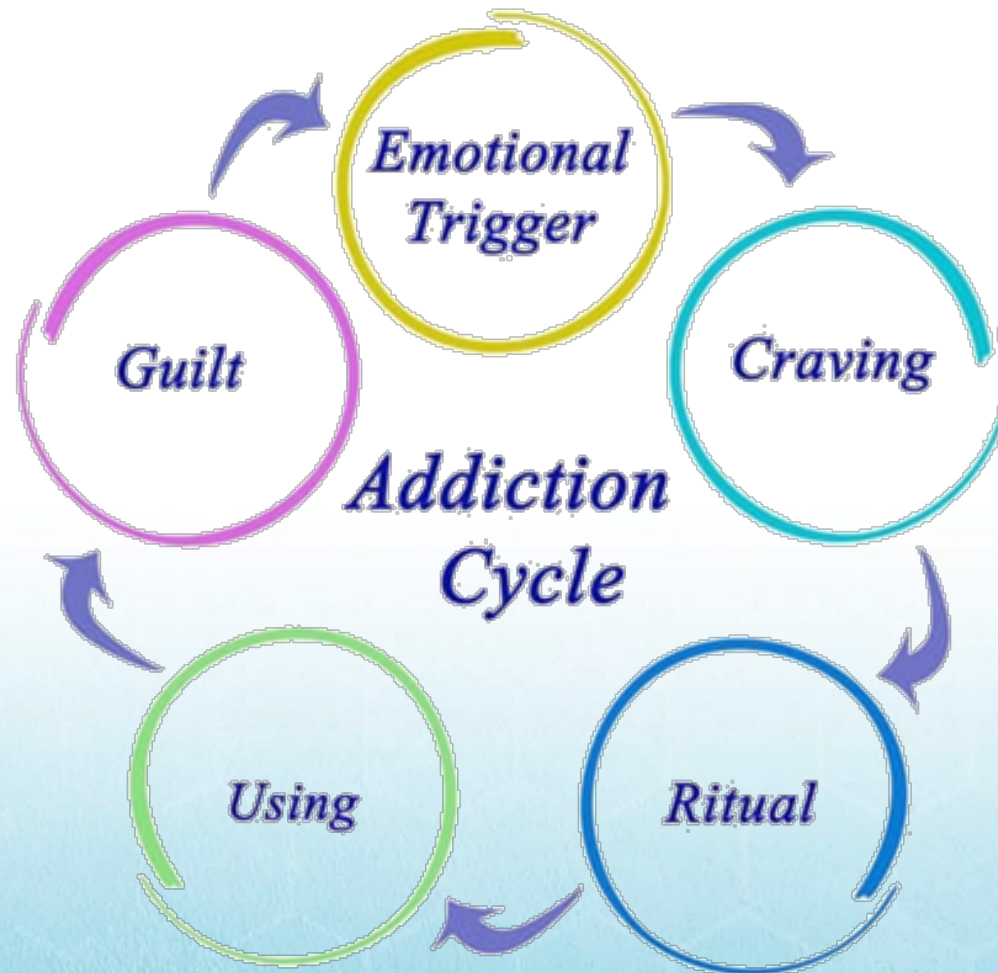


Why is there Comorbidity?

- ▶ Comorbidity means two conditions often co-exist (e.g., a mental health disorder and a substance use disorder)
- ▶ Substance abuse increases vulnerability to mental illness and vice versa
- ▶ Risk factors that give rise to mental illness and substance abuse may overlap
- ▶ Substance abuse is a way to self-medicate away from feelings (pain, trauma, etc.)



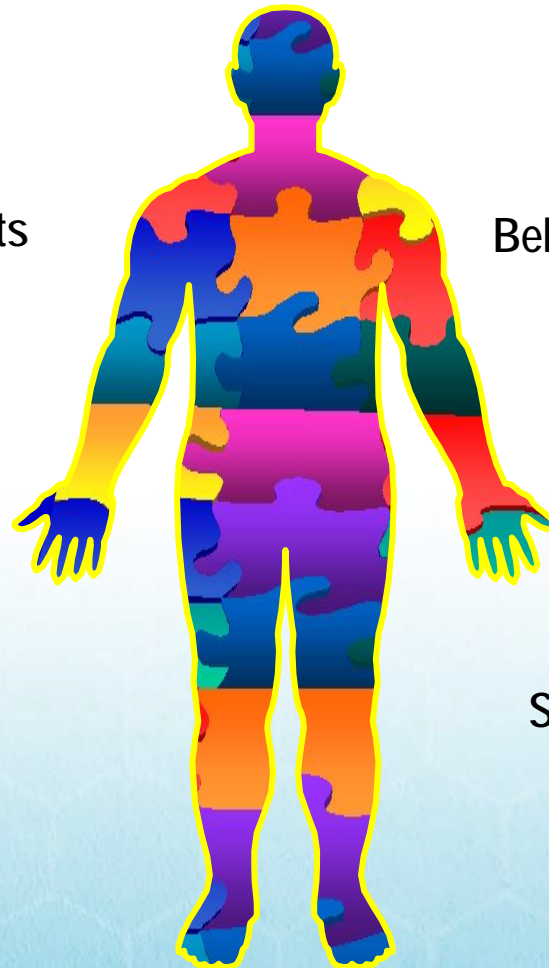
The Cycle of Addiction



How do we Break the Cycle? Start by Treating the Whole Person

Pharmacological Treatments

Behavioral Therapies



Medical Services

Social Services

Treatment Options

Inpatient Rehab

- Structured addiction programs that require patients to live in a drug-free facility for around-the-clock medical care and therapeutic support

Outpatient Rehab

- Similar to inpatient rehab, but patients live at home and have greater risk for triggers and relapse

Talk Therapy

- Psychiatrists, psychologists, licensed social workers and counselors

Support Groups

- 12-Step, Alcohol or Narcotics Anonymous, etc.

Treatment Can Work, But....

No single treatment is right for everyone

It needs to be readily available

It must address multiple needs of the individual, not just drug use

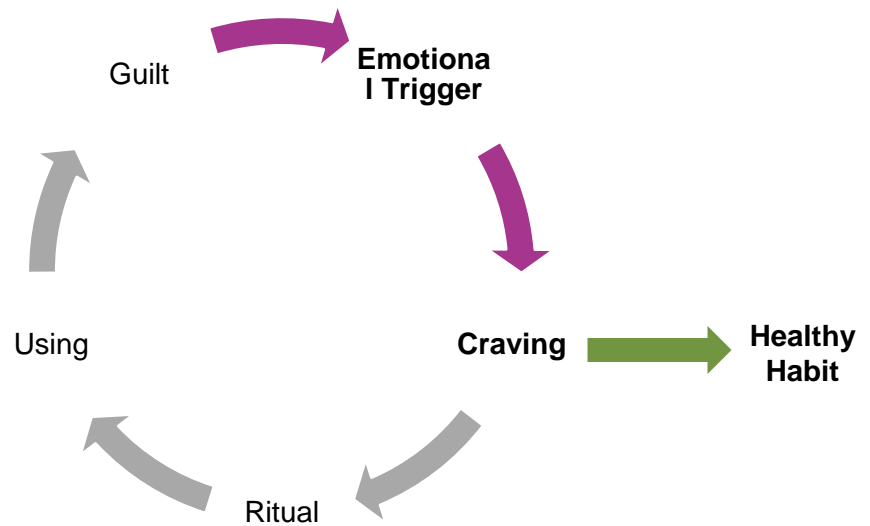
Multiple courses of treatment may be required for success

A person must stay with it long enough for it to be effective

Recovery Requirements

Do:

- ▶ Use treatment professionals
- ▶ Actively use available resources and recovery supports
- ▶ Respect personal autonomy; meet the person where he/she is emotionally and intellectually, not where you are
- ▶ Listen to relapse concerns/reasons, but hold person accountable for their actions



Know:

- ▶ If comorbid disorders exist (depression, anxiety, trauma)
- ▶ Addiction is a chronic health condition
- ▶ How difficult recovery is; if one coping skill is taken away, another solution must be in place

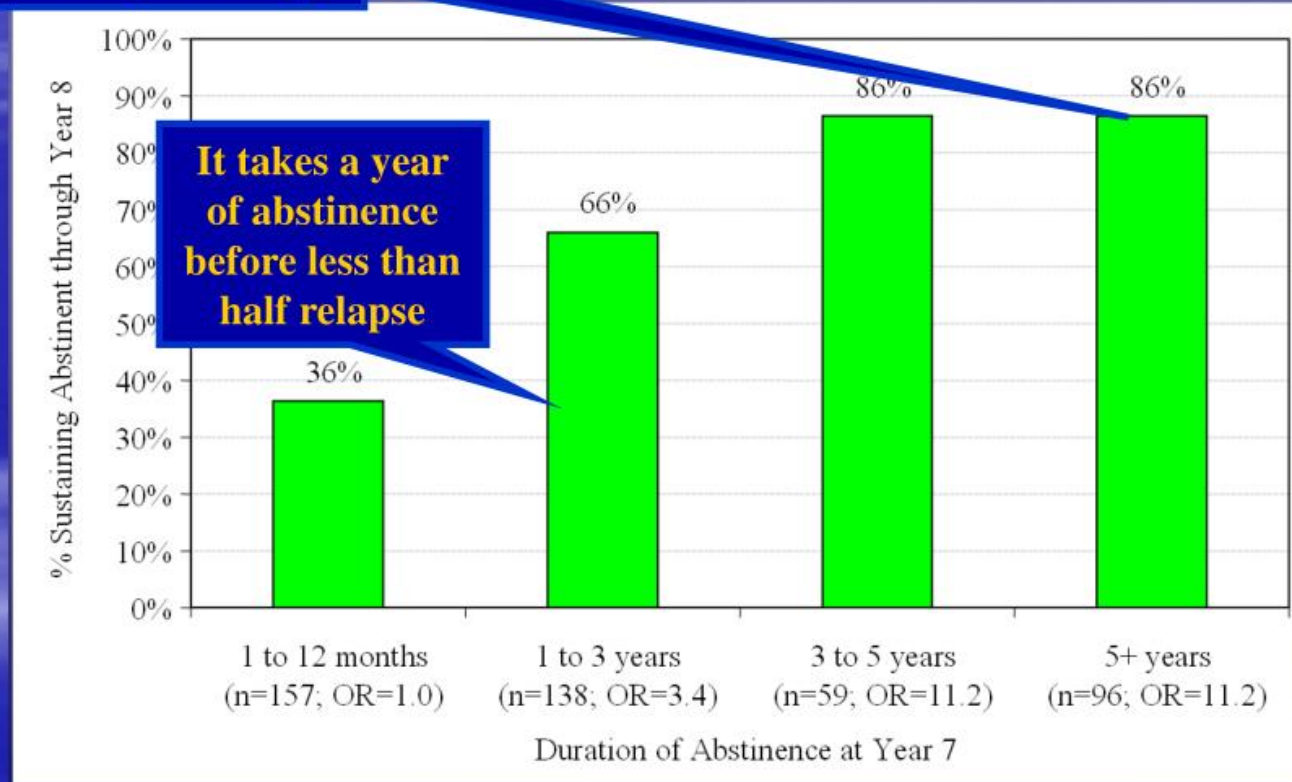
Is Recovery Possible?

Yes, IF the person is:

- ▶ willing to stay in formal treatment services
- ▶ cooperating and complying with the treatment plan

Extended Abstinence is Predictive of Sustained Recovery

**After 5 years – if you are sober,
you probably will stay that way.**



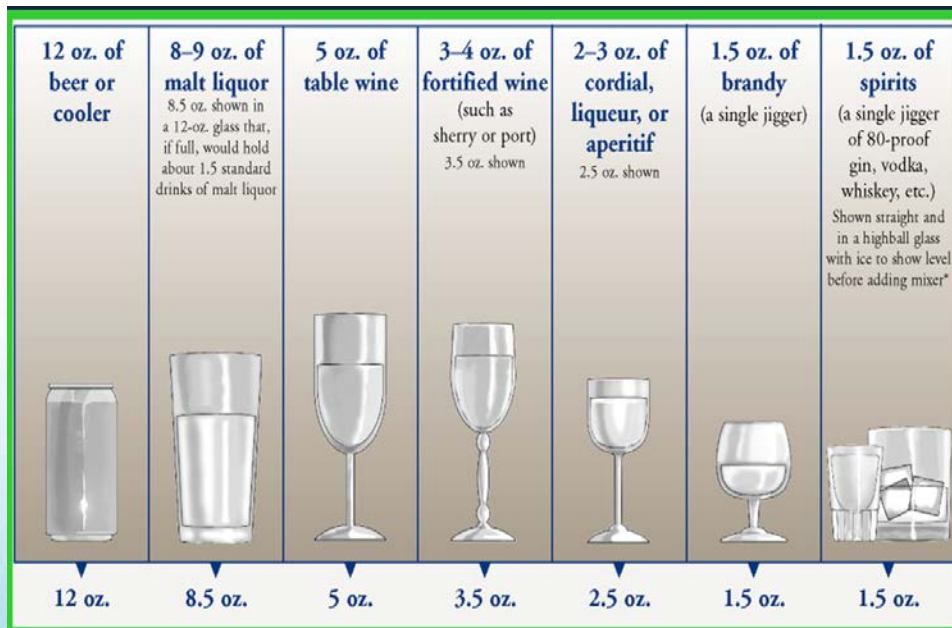
Dennis et al, Eval Rev, 2007

Are there any Safe Limits to Use?

YES



Alcohol: two a day
(over age 65, one a day)



NO



All Tobacco products



Illicit Drugs



Prescription Drug misuse/abuse

In Conclusion

Addiction is:

- ▶ A treatable, chronic medical disease
- ▶ Compulsive and often continues despite harmful consequences
- ▶ Possible to overcome, with treatments as successful as those for other chronic diseases

National Resources

National Alliance on Mentally Illness (NAMI)

National and local resources, <https://www.nami.org/Home>

National Suicide Prevention Lifeline

1-800-273-8255, <https://suicidepreventionlifeline.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://www.samhsa.gov/find-help/national-helpline>

National Institute of Mental Health (NIMH)

<https://www.nimh.nih.gov/health/find-help/index.shtml>

Mental Health America (MHA)

<https://www.mhanational.org/>

United Way

Community Resources

Rimkus Resources

Feel supported, connected
and rewarded.



EAP Resource

LifeWorks is an exciting and innovative well-being solution that:



Well-being newsfeed

- Supports you with a confidential **Employee Assistance Program (EAP)** and well-being resource, available 24/7 by phone, online, and by mobile app.



Perks & Savings

- Connects you to information, tips, and updates to support your well-being and success at work.



Peer-to-peer recognition

- Rewards you with a range of special offers and **Perks**, helping you save money on daily essentials and luxury brands.

Dealing with a personal or work issue?

The EAP can provide support, referrals, and resources related to many issues, including the following:

- Adoption issues
- Alcohol and drug abuse
- Anxiety
- Budgeting, financial worries, and reducing debt
- Child care and parenting issues
- Concern about another person's alcohol or drug abuse
- Conflict of work
- Crisis and trauma
- Depression
- Domestic abuse
- Education issues
- Elder care/caregiving issues
- Gambling and other addictions
- Grief and loss
- Job burnout
- Legal matters
- Relationship issues
- Separation and divorce
- Stress
- Workplace change
- Work-related problems and job stress

The EAP encourages employees and those close to them to seek help early, before a minor problem becomes more serious. The EAP is designed to address short-term issues and to identify resources and referrals for emergency and long-term issues. When in doubt, contact the EAP for help or support.

Call your EAP toll-free, any time, 24/7, 365 days a year



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Rimkus Resources



LifeWorks Essential + Add-ons - Services Schedule (USA)

The LifeWorks Essential services will be provided as set forth below. Any Additional services ("Additional Services") or fee for service offerings ("FFS") requested may incur an additional charge. Available Additional Services or FFS services and fees are set forth below in the Additional Services Section.

Services	Service Type
24-hours, 7 days a week, toll-free telephone access to Employee Assistance Program ("EAP") for crisis counselling, risk assessment and matching to appropriate service(s)	EAP Services
Professional EAP Counselling Services: Face-to-face, Telephonic, Self-Directed, SMS/Text, and Video Counselling Session Limit – USA, Non-CA/NV: <u>up to five (5)</u> per Eligible User per applicable EAP Services category per contract year. OR Session Limit - USA, CA/NV: <u>Up to five (5)</u> per Eligible User within a rolling six (6) month period, provided, that regardless of the issue or topic, such Eligible User does not receive more than three (3) total sessions through LWbyMSL in any six (6) month period. Topics including but not limited to: <ul style="list-style-type: none"> ○ Stress & Life Management ○ Depression, Anxiety, Grief, Loss, Anger, & Violence ○ Relationships, Life Changes, Family Matters, Parenting ○ Substance Abuse, Addictions, Smoking Cessation ○ Career Support & Resiliency Coaching ○ Pre-Retirement Planning (Lifestyle Planning) ○ Personal Traumatic Events 	EAP Services
WorkLife Solutions Services: <ul style="list-style-type: none"> ○ Eldercare Consultation ○ Childcare Consultation ○ Community Referrals ○ Health & Wellbeing Online Programs ○ Virtual Fitness Program ○ Financial Consultation ○ Legal Consultation 	EAP Services
Trauma Response Services/Critical Incident Stress Management ("CISM") Services: <ul style="list-style-type: none"> ○ Available as a fee-for-service at \$270 / hour 	EAP Services
Workplace Learning Solutions <ul style="list-style-type: none"> ○ Available as a fee-for-service 	EAP Services
Additional Value-add Services <ul style="list-style-type: none"> ○ One virtual orientation included per year 	EAP Services
Workplace Referral Program – 1:1 based on counselling model	EAP Services
LifeWorks Platform Services: <ul style="list-style-type: none"> ○ Company Posts Newsfeed ○ Wellbeing Content ○ Directory ○ Perks (Exclusive Offers, Cashback, and Gift Cards) ○ Online Self-Directed Programs ○ Total Wellbeing Index (TWI) 	Wellbeing Platform Services
Manager / Key Personnel Consultations (24/7/365)	EAP Services
Digital Promotional Materials	EAP Services
Quarterly Statistical Reports	EAP Services

client name Resources

Specific to medical carrier plan

- ▶ Get from account manager and/or consultant



References

National Institute of Mental Health

<https://www.nimh.nih.gov/>

American Society of Addiction Medicine

<https://www.asam.org/asam-home-page>

ASAM Definition of Addiction

<https://www.asam.org/Quality-Science/definition-of-addiction>

American Psychiatric Association

Diagnostic and statistical manual of mental disorders (2013) (5th ed.)

American Psychological Association

<https://www.apa.org/>