



*Promoting Healthy Housing communities
Substance Abuse Prevention Intervention and
Recovery
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Dianna Christmas MPH



Alcoholism & drug addiction are chronic, progressive, treatable diseases in which a person has lost control over his or her drinking / drugging so that it interferes with some vital area of her or his life such as family & friends, job or school, or health.



Process of Addiction

The more substance used the higher risk of dependency because the longer one uses the more they will need to experience the same feeling.



Denial

- Central part of addiction
- Denial is progressive; the greater the pain and the less the hope, the more rigid the denial
- Unconscious; not deliberate lying and deception
- Will not be given up without a struggle
- Preserves self worth & dignity
- Creates a false sense of being in control



Forms Denial Can Take

- Minimizing
- Blaming
- Rationalizing / intellectualizing
- Diversion
- Hostility / anger



Confronting Denial

- Offer something in place of denial by:
 - Acknowledging the pain
 - Providing information on substance abuse
 - Providing treatment, referrals, resources
 - Demonstrating association of “problems” with drinking / drug use
 - Instilling hope
- Not “covering up” consequences, pain
- Empathize with pain & despair



Addictions – Myths & Realities

Myths:

Relapse = Failure

Detox = Cure

Illegal use = Addiction

Abstinence = only goal

Realities:

Relapse part of recovery

Detox is the first step

Use varies widely

Benefits in reduction



Modalities of treatment

- Counseling- individual or group
- Medication- temporary or long-term (Suboxone, Methadone)
- Detoxification-3 to 10 days
- Post detox program-28 to 90 days
- Residential-6 to 8 months
- Transitional-6 months to 1 year
- Outpatient-6 to 1 year



Selected Pharmacotherapy

• **Methadone:**

- Length of treatment improves outcomes;
recommended treatment for pregnant women

• **Buprenorphine/Suboxone** (opiates, oxycontin, vicodin):

- Physician-assisted, research on pregnancy not in yet...

• **Antabuse** (alcohol)

- “Sick” feelings, poor compliance



Selected Pharmacotherapy

- **Naltrexone** (alcohol and opiates):
 - Reduces cravings; timing of dose critical
- **Campral** (alcohol):
 - Acomprosate calcium-restores neurotransmitter system
- **Vivitrol** (alcohol):
 - Reduces euphoria, 1 injection/month

(Jackson, 2004)



Selected Recovery Supports

- 12-step (many varieties)
 - Alcoholics Anonymous
 - Narcotics Anonymous
- SMART Recovery
 - Enhancing and maintaining motivation
 - Coping with urges
 - Problem solving
 - Lifestyle balance



How Can You Support

- Ask parent what they need
- What they are prepared to commit
- How can you help
- Knowing what's out there
- Who is involved/working with the family
- Resources-contact person & eligibility



Some Common Effects of Addiction on the family

- Preoccupation with obtaining the substance is the first priority
- Frequent physical absence of parent, high traffic in home in order to obtain or use the substance
- Secrecy & isolation
- In ability to respond to responsibilities appropriately
- Sporadic changes in personality and appearance



Some Common Effects of Addiction

- Inconsistent discipline – may vacillate between lack of supervision & rigid control of children
- Low self-esteem- may appear angry, defensive
- Lack of safety – violence in home, unsafe caretakers, unsafe visitors
- Unable to follow through on agreements/service plans
- The emotional effects of use & withdrawal such as irritability, anxiety & depression



Violence/Trauma

- Trauma is central to the development of addictions & mental health problems
- Trauma cannot be viewed as a single discrete event, but as a defining & organizing experience that forms the core of ones identity
- Substance abuse & mental health problems frequently occur together
- Use of drugs/alcohol may be a form of self-medicating



Trauma Shapes Relationships

- People's experience in relationships “teach” them about what to expect in relationships and how to deal with others.
- Survivors' relationship skills may be misinterpreted by staff.
- The ability to trust and develop healthy relationships may be affected



Possible Impacts of Substance Abuse & Trauma

Feelings

- Don't feel – numbing
- Can't trust own feelings
- See anger as “out of control,” either imitate this or fearful of it
- Fear – displaced or repressed
- Shame and guilt
- Ungrieved losses

Behavior

- Impulsive behavior
- Lack of internalized image of right and wrong
- Unhealthy, maladaptive roles in family which don't work in the outside world
- Unhealthy coping strategies



Possible Impacts of Substance Abuse & Trauma

Relationships

- Dysfunctional relationships
- Isolation – don't develop a support system – don't talk, don't trust

Self

- Poor self-esteem
- Underdeveloped sense of own power and mastery
- Don't trust or use own judgment

Emotional Problems

- Higher levels of anxiety, depression and stress
- Eating disorders, physical stress-related symptoms
- Speech, behavior disorders



Progression of Recovery

1. Need to retain some denial to protect fragile self-image
2. Express guilt & shame
3. Understand past behavior as consequence of addiction / mental illness & attempt to survive, not deliberate or intentional
4. Motivated to change behaviors and gain back values and self-respect



Progression of Recovery

5. Develop self-empathy
6. Develop self-forgiveness
7. Be able to look honestly at impact of addiction
8. Be able to find a balance with recovery and other responsibilities
9. Consistently seek support and ask for help



Professional Avoidance

- Unresolved personal experiences
- Lack of knowledge about substance abuse
- Politeness & discomfort – fear of angry response & *What if I'm Wrong?*
- “It is so awful to be an alcoholic or drug addict, I don't dare talk about it.”
- Feelings of hopelessness & helplessness about recovery – *Why bother?*



Strategies for Talking about Problems of Use and Abuse

- Talk in a private setting
- Point out specific observations that you have noticed
- Be non-judgmental
- Listen
- Identify strengths
- Get familiar with the available resources



MA Substance Abuse Helpline

1-800-327-5050

(TTY) 617-536-5872

www.helpline-online.com

Call ANY TIME!



Institute for Health and Recovery

- Outpatient (Home-Based) Services
- Family Residential Treatment Services
- Youth Central Intake and Care Coordination
(Alcohol and Other Drug Use)

617-661-3991

1-866-705-2807

(TTY) 617-661-9051

www.healthrecovery.org



Resources

<http://www.mass.gov/dph/bsas>

The Department of Public Health/Bureau of Substance Abuse Services' website includes information about prevention, guidelines for state services and providers, data and statistics, funding resources and a substance abuse program directory.

www.oas.samhsa.gov

SAMHSA's Office of Applied Studies (OAS) provides national data including: alcohol, tobacco, marijuana and other drug abuse statistics; drug related emergency department episodes and medical examiner cases, and; the nation's substance abuse treatment systems.

<http://www.moar-recovery.org/>

MOAR is a collective voice of recovering individuals with the mission to educate the public about the value of recovery from alcohol and other addictions. The website includes additional links to other helpful resources.

www.addictionrecoveryguide.org

A message board for addicts & non-addicts.

www.fascenter.samhsa.gov/grabGo/factSheets.cfm

The SAMHSA Fetal Alcohol Spectrum Disorders (FASD) Center for Excellence Web site provides facts and resources in addition to training on FASD.

<http://aia.berkeley.edu/about/faq.php>

The website provides training, information, support, and resources to service providers who assist these children and their families. It includes information about HIV, substance use disorders, child welfare, and abandoned infants.



Resources

- Children of Substance Abusers Resource List
<http://womenandchildren.treatment.org/documents/cosa-resource-508v.pdf>
- TIE Women's Forum, Children & Families page
<http://womenandchildren.treatment.org/resources-children-families.asp>
- The National Center on Substance Abuse and Child Welfare
www.ncsacw.samhsa.gov
- The Trauma Center at Justice Resource Institute
www.traumacenter.org
- Strengthening Families
www.strengtheningfamilies.org