

Understanding Substance Use and Addiction

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Introduction

- Dana Berg-Grala: Licensed Professional Counselor, Nationally Certified Counselor, Certified Alcohol and Drug Counselor
- Franco Psychological Associates (FPA)
- FPA and Dickinson College



Outline of Presentation

- Substances of Use and Abuse
- Risk Factors
- Stages of Addiction
- Warning Signs and Symptoms
- How to Help
- Resources



Substances of Use and Abuse

- **Commonly Abused Drugs:**

- http://www.ncadd-sfv.org/docs/resources_commonly_abused_drugs_chart_nida.pdf

- **Commonly Abused Prescription Drugs:**

- https://www.drugabuse.gov/sites/default/files/rx_drugs_placemat_508c_10052011.pdf

- **Commonly Abused Drugs Withdrawal Symptoms:**

- https://www.drugabuse.gov/sites/default/files/nida_commonlyabused_withdrawalsymptoms_1_0062017-508-1.pdf



Scenarios: Risk Factors

- Julia is a 17 year old student at a private high school. She does very well academically, is involved in sports, and has plans for college in the future. At home, she lives with her father and 2 younger siblings. When she was younger she had some difficulties and experimented with drinking with peers.
- Chris is a 16 year old student in a public high school. His grades are mostly average, however he did fail a class in the fall semester. He works a part-time job on weekends, and is the middle child with an older sibling in college and a younger sibling in middle school. He has visited his older brother at college and hopes to attend the same university. His parents have been married for 26 years and they are both employed full-time at the local college.

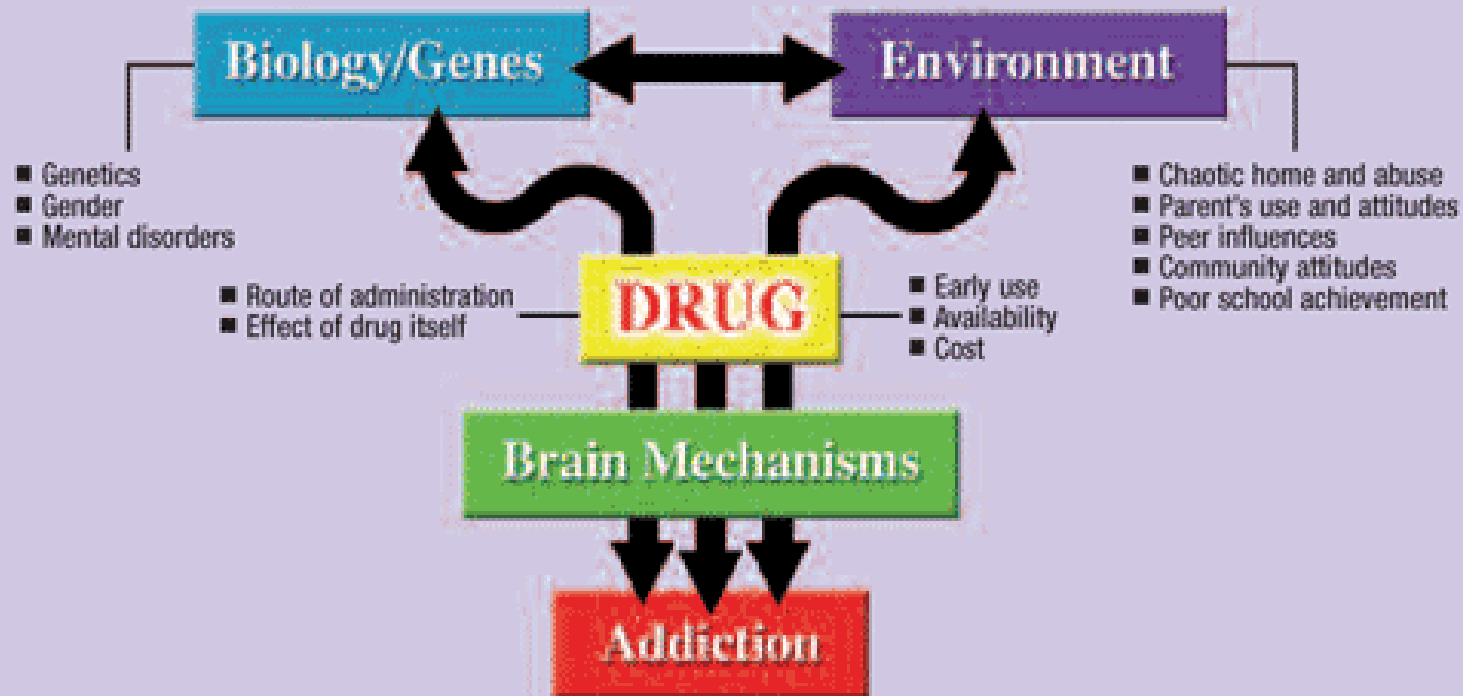


Risk Factors

- Environmental Risk Factors:
 - Home and Family – individuals in the home who abuse drugs or alcohol or engage in criminal behavior, lack of parental supervision/healthy relationships/attachment
 - School and Peers – poor social skills, academic difficulties, availability at school, friends and acquaintances during adolescence = strong influence
- Biological Factors:
 - Genetics – account for between 40% - 60% of a person's vulnerability to addiction
- Other Factors:
 - Early Use
 - Method of Administration
- **Protective Factors: parental monitoring/discipline/support, positive relationships (including attachment with parents and teachers), academic competence, self confidence, school anti-drug policies, stress management strategies, prosocial activities**



RISK FACTORS



Stages of Use/Abuse/Addiction

- **Experimentation-** trying substances for experimentation purposes, can still pose dangers
- **Social Use/Regular Use-** patterns of use begin to develop, user still has ability to stop their behaviors, some preoccupation with use can be seen
- **Problem Use/Risky Use-** use persists with patterns, use escalates, binge use can be seen, problems can be seen with use including relationally/work/school, some difficulty controlling use
- **Addiction/Chemical Dependency-** become addicted, dependent on substance, loss of control of use, significant negative consequences



Addiction

- Definitions/Explanations:
 - A cluster of cognitive, behavioral, and physiological symptoms indicating that the individual continues using the substance despite significant substance-related problems
 - A chronic, relapsing brain disease characterized by drug seeking and use despite harmful consequences
- **Substance Use Disorder**



Signs of Substance Use and Abuse

- **Physical and Health Signs:** bloodshot eyes/pupils smaller or larger than normal, changes in appetite & sleep patterns - loss of weight/weight gain, changes in physical appearance including deterioration of self care, impaired coordination, shakes, slurred speech, unstable coordination
- **Behavioral Signs:** trouble at school/work/activities, decreased motivation, complaints about behaviors from others in their lives, isolating/withdrawing, avoiding eye contact, pre-occupation with drug culture (music, clothing, posters, etc), sudden changes in relationships and activities
- **Psychological Signs:** unexplained change in attitude and personality, sudden mood changes: irritability, angry, laughing at nothing, inability to focus, appearing fearful/withdrawn/angry/suspicious for no reason



Problematic Substance Use

- Does the person take the drug in larger amounts or for longer than intended?
- Do they want to cut down or stop using the drug but can't?
- Do they spend a lot of time getting, using, or recovering from the drug?
- Do they have cravings and urges to use the drug?
- Are they unable to manage responsibilities at work, home, or school because of drug use?
- Do they continue to use a drug, even when it causes problems in relationships?
- Do they give up important social, recreational, or work-related activities because of drug use?
- Do they use drugs again and again, even when it puts them in danger?
- Do they continue to use, even while knowing that a physical or mental problem could have been caused or made worse by the drug?
- Do they take more of the drug to get the wanted effect?
- Have they developed withdrawal symptoms, which can be relieved by taking more of the drug? (Some withdrawal symptoms can be obvious, but others can be more subtle—like irritability or nervousness.)



How to Help

- Education
 - General overall knowledge/understanding
 - Understand culture
 - Signs/Symptoms
 - How to address concerns – help for the individual using or those affected by a loved ones use
- Prevention
 - Home
 - School
 - Community
 - Nationally
- Early Intervention



How to Help

- <https://www.youtube.com/watch?v=YJiBE0OTO0o>



How to Help

- HOPE
- Address Concerns – enlist the help of others, speak with the individual
- Do's & Don'ts
 - Don't: address concerns when you or individual is under the influence, speculate/explore motives/judge, expect a dramatic shift, enable: lie/make excuses/take on responsibilities, feel guilt/responsible for their behavior
 - Do: offer hope/compassion/love, establish a time to talk, have open dialogue, act on opportunities, have a plan, highlight the importance of formal treatment for positive outcomes, create safety, remember: planting seeds



Resources

- **Online:**

- American Education Society

- <https://addictioneducationsociety.org>

- Foundation for a Drug Free World – The Truth About Drugs

- <https://www.drugfreeworld.org>

- National Council on Alcoholism and Drug Dependence (NCADD)

- www.ncadd.org

- National Institute of Alcohol Abuse and Alcoholism (NIAAA)

- <https://www.niaaa.nih.gov>

- National Institute of Drug Abuse (NIDA)

- <https://www.drugabuse.gov>

- Substance Abuse and Mental Health Services Administration (SAMSHA)

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



Resources

▪ **Films:**

- The Anonymous People
- ESPN 30 for 30 – Unguarded, The Chris Herren Story
- Pleasure Unwoven – Dr. Kevin McCauley
- Memo to Self: Protecting Sobriety with the Science of Safety – Dr. Kevin McCauley

▪ **Community:**

- County Drug and Alcohol Commissions
- Treatment Providers:
 - Outpatient (licensed facility or licensed & certified professional):
Carlisle/Mechanicsburg/Camp Hill: Franco Psychological, Gaudenzia West Shore, Mazzitti & Sullivan, NHS Stevens Center, PA Counseling, Roxbury
 - Intensive Outpatient: Gaudenzia West Shore, Mazzitti & Sullivan, Roxbury
 - Inpatient: Gaudenzia – Harrisburg; Roxbury – Shippensburg; White Deer Run – Allenwood, York, Lancaster
- Support Groups: AA/NA, Celebrate Recovery, SMART Recovery, Al-Anon/Narcanon, Just for Today Recovery Center, Gaudenzia Family Group – Thursdays 7-8
- Rase Project



References

- American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders: **DSM-5**. Washington, D.C: American Psychiatric Association.
- Discovery Place - <https://www.discoveryplace.info/stages-addiction>
- National Council on Alcoholism and Drug Dependence - <https://www.drugabuse.gov>
- National Council on Alcoholism and Drug Dependence of the San Fernando Valley - http://www.ncadd-sfv.org/docs/resources_commonly_abused_drugs_chart_nida.pdf
- National Council on Alcoholism and Drug Dependence - <https://www.ncadd.org/about-addiction/signs-and-symptoms/what-to-look-for-signs-and-symptoms>
- National Institute on Drug Abuse - <https://www.drugabuse.gov>
- Partnership for Drug-Free Kids - <https://drugfree.org>
- YouTube - <https://www.youtube.com/watch?v=YJiBE0OTO0o>

