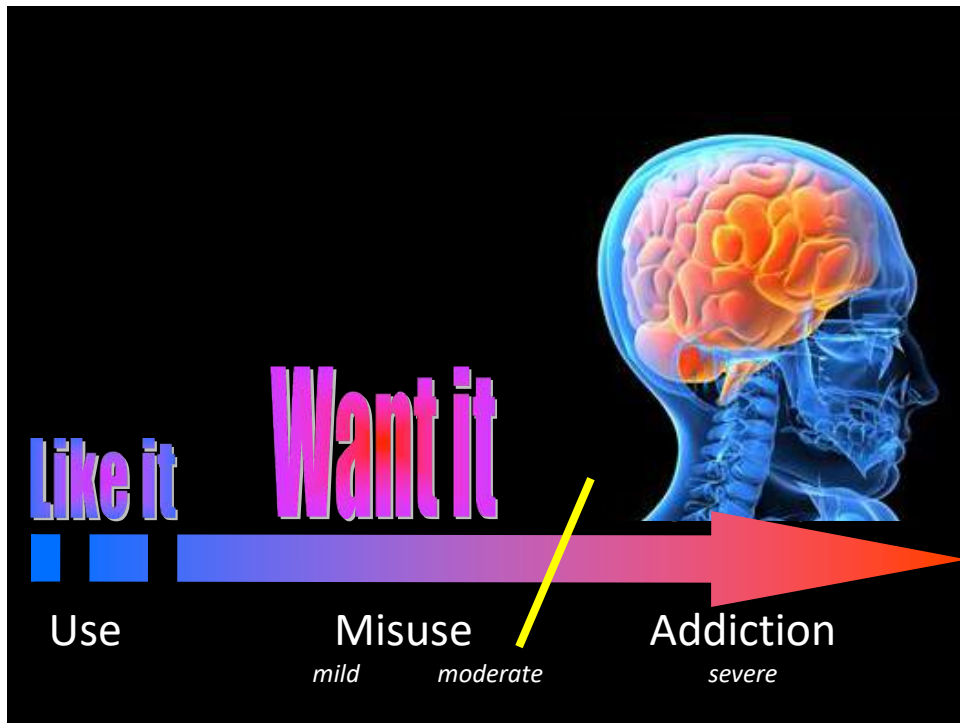


Objectives

- Describe the neurological basis of addiction
- Explain how addiction manifests in various aspects of the whole person
- Effectively raise the topic of addiction and recovery with clients
- Describe specific strategies that are appropriate for early stages of change

Agenda

Overview
Exploring Attitudes
Addiction: ***Disease of the Brain***
Aspects of Disease
Recovery and Recurrence
Resources
Stigma
Inviting Communication
Stages of Change
Motivational Enhancement
Closing



Disease of the Brain

“...in the vulnerable brain, if you use drugs at a high enough dose, frequently enough and for long enough, you literally **change the way the brain works**, you change the way nerve cells communicate in such a way that you develop this compulsive, out of control use despite knowing that all kinds of terrible things can happen to you, and despite even experiencing many of those things.”

-Hyman

ASAM Definition

American Society of Addiction Medicine

Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry.

Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations.

This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.

Characterized by:

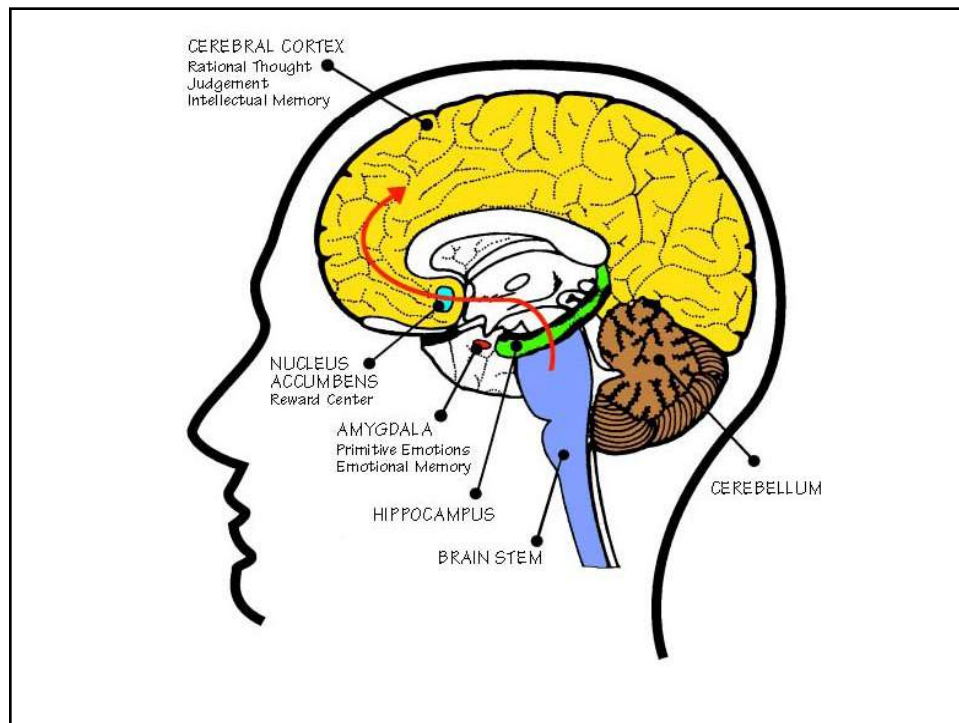
- Inability to consistently abstain
- Impairment in behavioral control
- Craving
- Diminished recognition of significant problems with one's behaviors and interpersonal relationships
- Dysfunctional emotional response

Addiction is:

**Primary
Chronic
Progressive
Fatal**

TREATABLE

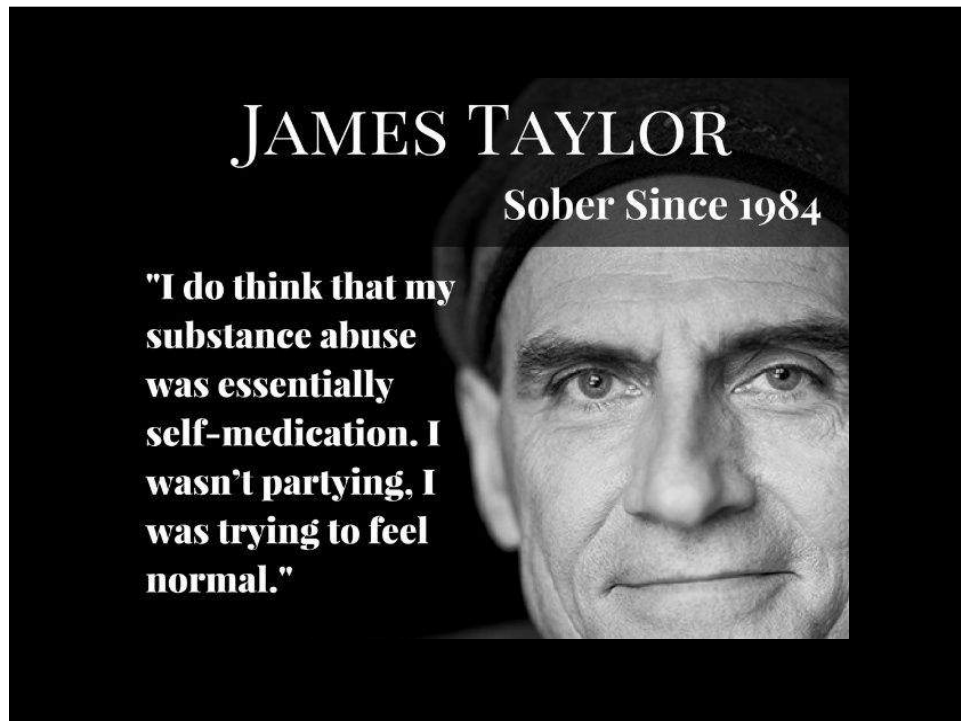
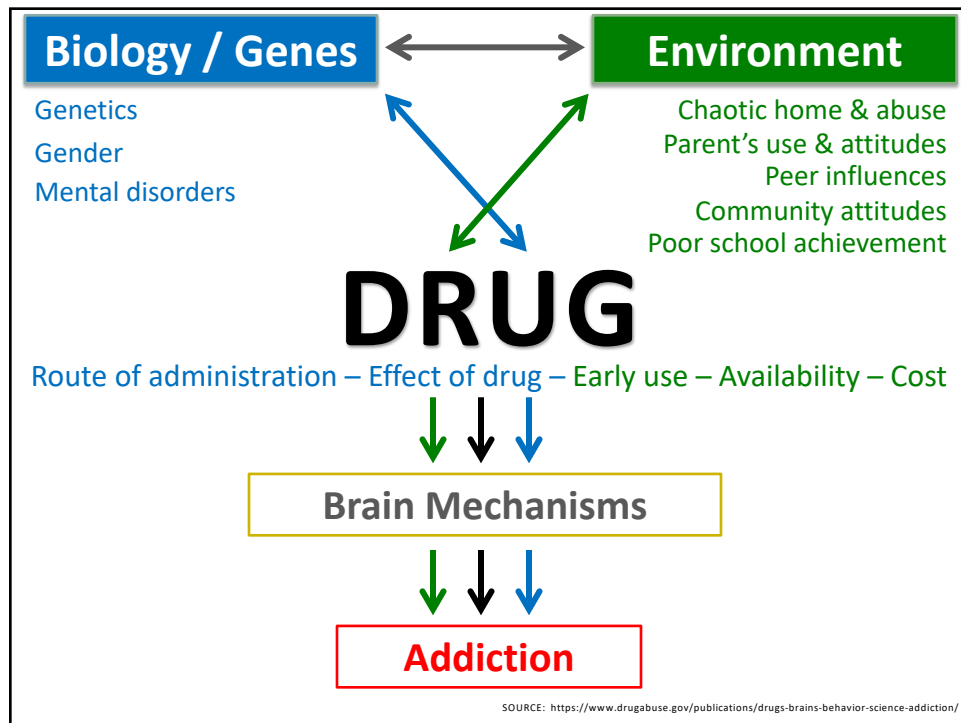




Characteristics

- Craving, strong desire to use
- Persistent desire or unsuccessful efforts to control use
- Use despite adverse consequences
- Sacrificing important activities
- Failure to fulfill role obligations





**ADDICTION
AFFECTS THE
WHOLE
PERSON**



Recovery

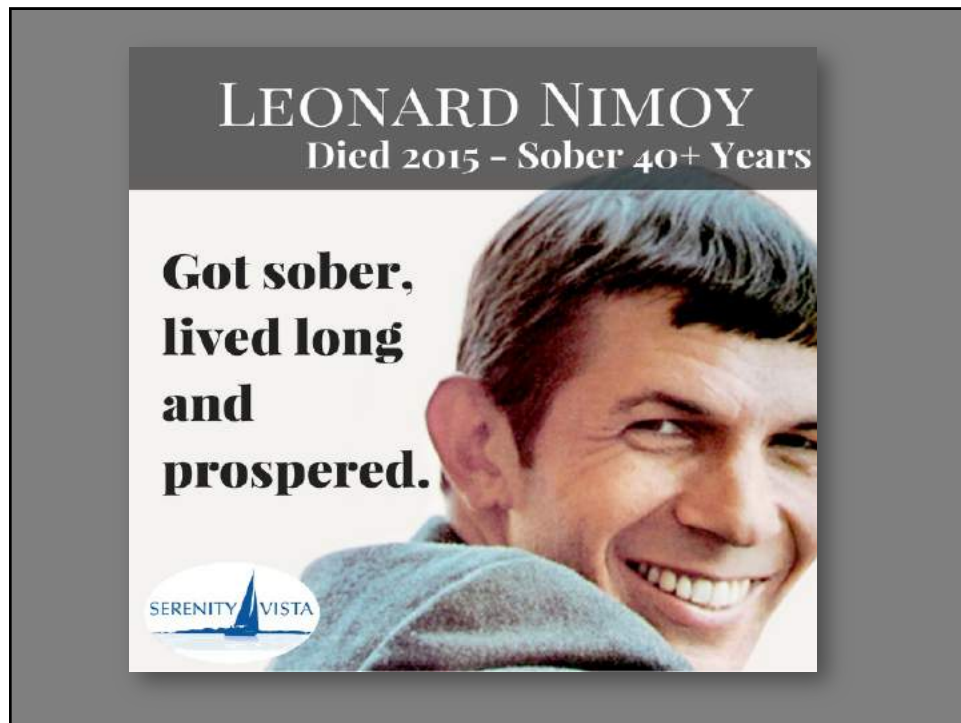
- A **process of change** through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential
- Many paths
- Person-driven



Source: SAMHSA's Working Definition of Recovery

The process of recovery addresses mental, physical, behavioral, emotional, and spiritual components

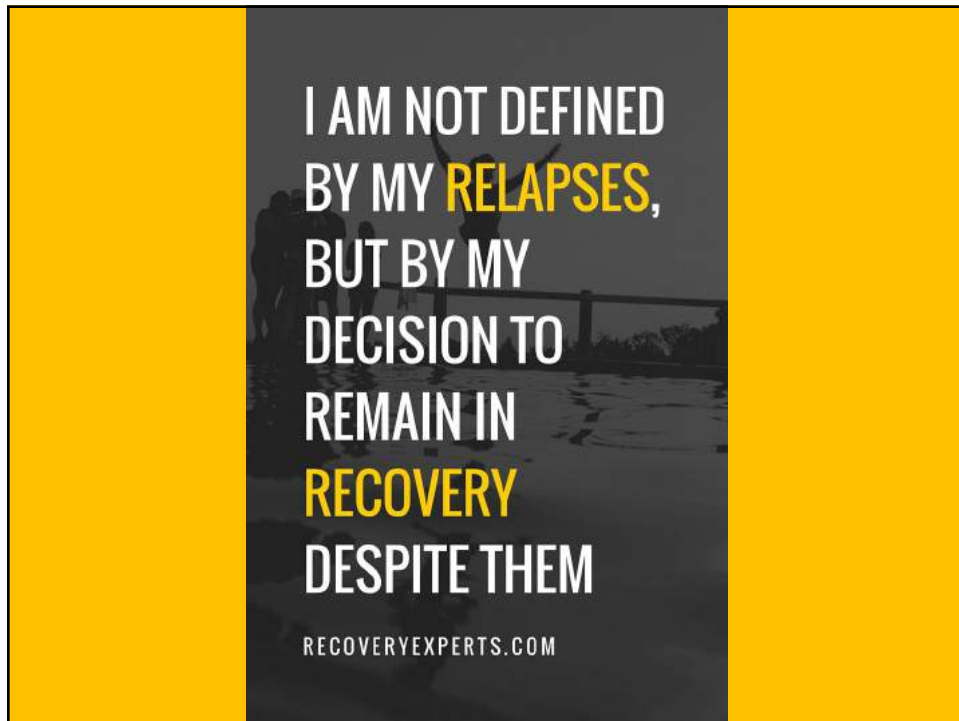
- Changing or decreasing patterns of use
- Abstinence/stabilization
- Sobriety skill building
- Life skill building
- Reparation
- Life balance
- Gratitude and service



Recurrence

- A fact in any chronic disease
- Signals a need to adapt the recovery plan to address lessons learned

Help plan for recurrence,
but **EXPECT** recovery



Resources

- Educational materials
- Stories
- Websites
- Apps
- Treatment resources
- Recovery Support Services
- You



theantidrug.com



theantidrug.org



13



NIDA FOR TEENS
National Institute on Drug Abuse for Teens
Advancing Addiction Science

Teens | Teachers | Parents

Teachers: Classroom Resources on Drug Effects
Lessons, activities, and drug facts to educate teens about the effects and consequences of drug use.

Teens: Drug Use and the Brain
Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!

Lesson Plan and Activity Finder
Find lessons and other classroom activities based on national standards.

National Drug Facts Week
Test your drug and knowledge take a Drug Abuse IQ Quiz.

2019 National Drug & Alcohol IQ Challenge Quiz
Take Our Poll

E-Cigarettes: A Dangerous Trend
Learn more about the risks of e-cigarettes.

Scholastic Heads Up!
Lessons and activities on drugs, drug use, and the role of the Scholastic.

Federal School Guidance Now Available
A resource guide for middle and high school programs in action.

Videos for Students
Videos help students understand the effects and consequences of drugs.

Easy-to-Read Drug Facts
Drug facts written in simple language for teens.

What To Ask Your Dentist About Opioids

Opioids: Just the Facts

Energy Drinks and Drug Use: A Surprising Connection

Preventing Teen Drug Use
Prevent your teen from starting or continuing drug use.

Drugs: Basic Facts
Get the facts about drugs—facts for you and facts for your teen.

Drug Treatment
Find help for a teen who has a problem with drugs.

<https://teens.drugabuse.gov/>



FACES & VOICES OF RECOVERY

<https://facesandvoicesofrecovery.org/>

FACES & VOICES RECOVERY

ABOUT WHAT WE DO NEWS & EVENTS RESOURCES OUR PUBLICATIONS RESOURCE LIBRARY PROGRAMS TRAINING GET INVOLVED RDP

donate

Shaping the Future of Recovery

We honor all pathways of recovery.

SELECT A CATEGORY FROM THE LIST BELOW TO VIEW A LIST OF MUTUAL AID RESOURCES.

- 12-Step
- Alcohol
- Co-occurring Health Conditions
- Faith-Based
- Family- and Friend-Focused
- Gender-Specific
- Medication-Assisted
- Secular
- Youth-Focused

Guide to Mutual Aid RESOURCES
www.facesandvoicesrecovery.org

Read Kline's Story
Before my name is Kline Courtney and I am a person in long term recovery and what that means for me is I have not used Methamphetamine since November 22, 2011.

Read Michael's Story
Before getting sober, I weighed 180 pounds, I'm a few times of my life as a homeless person living on the streets of NYC and was not included from my family.

Read Rebecca's Recovery Story
I started drinking when I was 12. By 17, I had moved out of my family home, had developed an eating disorder and had tried to commit suicide. My saving grace was that I'm really smart. Even though I was in and out of the hospital, I was going to class, doing well on the job and taking AP classes. I had completely lost my life. But as I got older, it got harder to compartmentalize the two.

Read Steven's Story
May 19th, 2016 is the day that I surrendered. I was stopped by a chronic eye disorder that altered my life forever. I knew that this condition was caused by my addiction to alcohol resulting in destructive behavior.

Decisions in Recovery

<https://mat-decisions-in-recovery.samhsa.gov/Default.aspx>

home | providers

Decisions in Recovery: Treatment for Opioid Use Disorder

Should I start? Which do I start? How do I start? Recovery tools



I want to decide whether I should use medication for treatment

Whether medication can support my recovery?

Thinking about making a change? What is medication-assisted treatment? Is it right for me?

Comparing Medications for Opioid Addiction

Methadone Buprenorphine Naltrexone Compare the medications

How do I get support in my recovery?

Talking with providers Recovery supports Planning for success Recovery stories

Related videos [view entire video library](#)

- You can't recover unless you believe you can
- Why do you have so much shame?
- The only recovery path that worked for me was medication assisted recovery
- That's really the wake-up call
- No one ever tells you you are going to be sick the next day

Smart Phone Apps



- Many types available
- Ability to track a variety of things
- Easily accessible 24/7
- Some** are free



- Must have smart phone
- Must have data plan
- Some** have costs associated

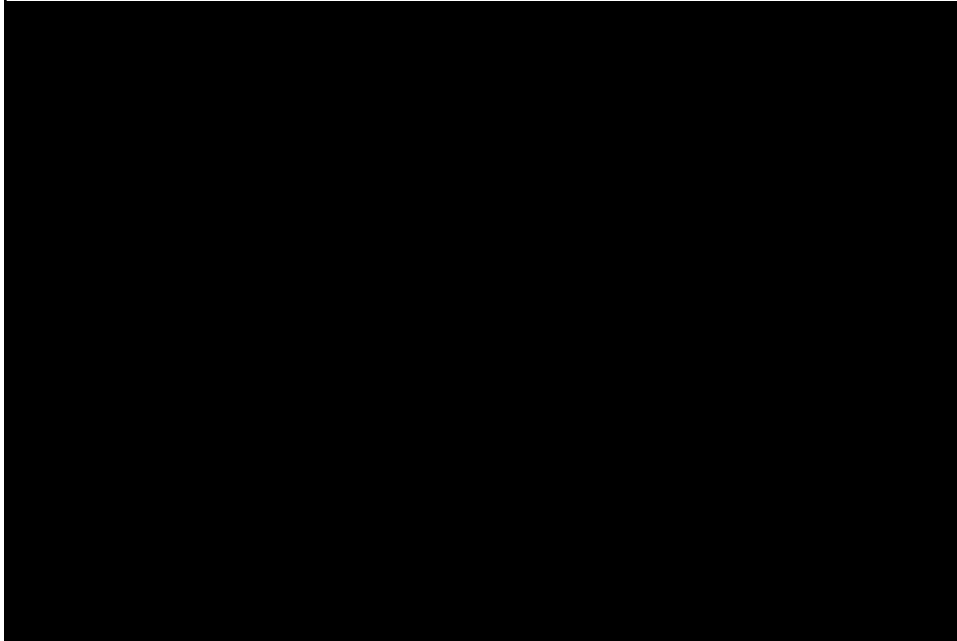


ALCOHOL FX SAMHSA

Know Bullying SAMHSA

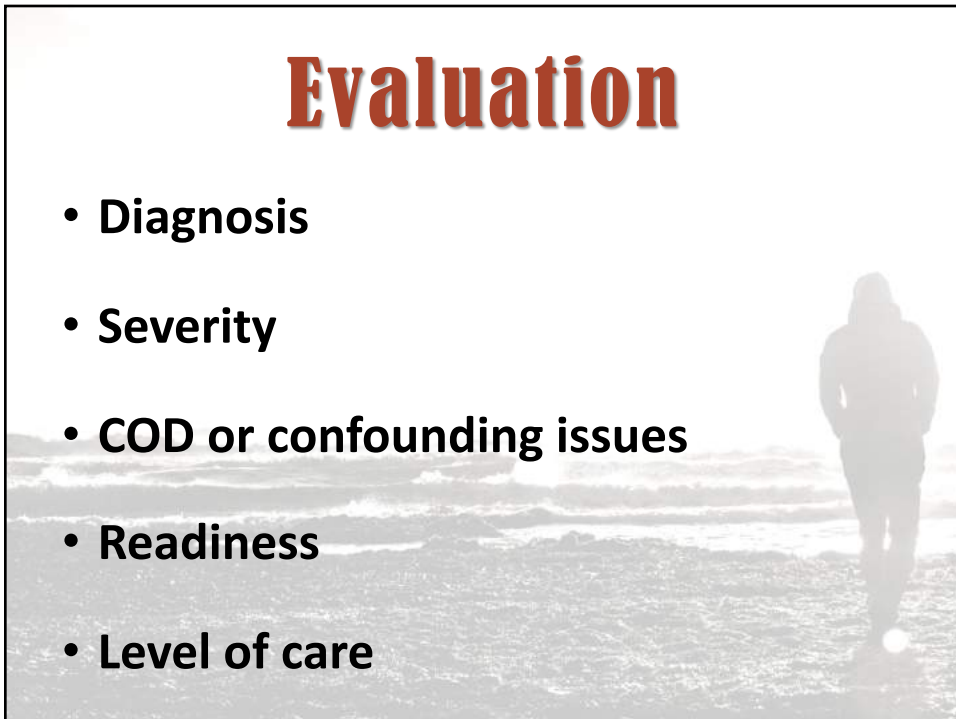
SAMHSA talk

Sherri's Story



Evaluation

- **Diagnosis**
- **Severity**
- **COD or confounding issues**
- **Readiness**
- **Level of care**



Levels of Care for Treatment

Withdrawal Management

Early Intervention

Outpatient Services

Intensive Outpatient/Partial Hospitalization

Residential Services

Medication Assisted Treatment Services

Medication Assisted Treatment (MAT)

Can occur in:

- Medical office
- SUD or Mental Health Clinic
- MAT specific program
 - *Opiate Treatment Program*
 - *Stand-alone Opiate MAT Program*

Medication Assisted Treatment (MAT)

- Medication addresses neurobiology, physical
- Counseling addresses mental, emotional, social, spiritual
- Care coordinators ensure coordination and access to other services

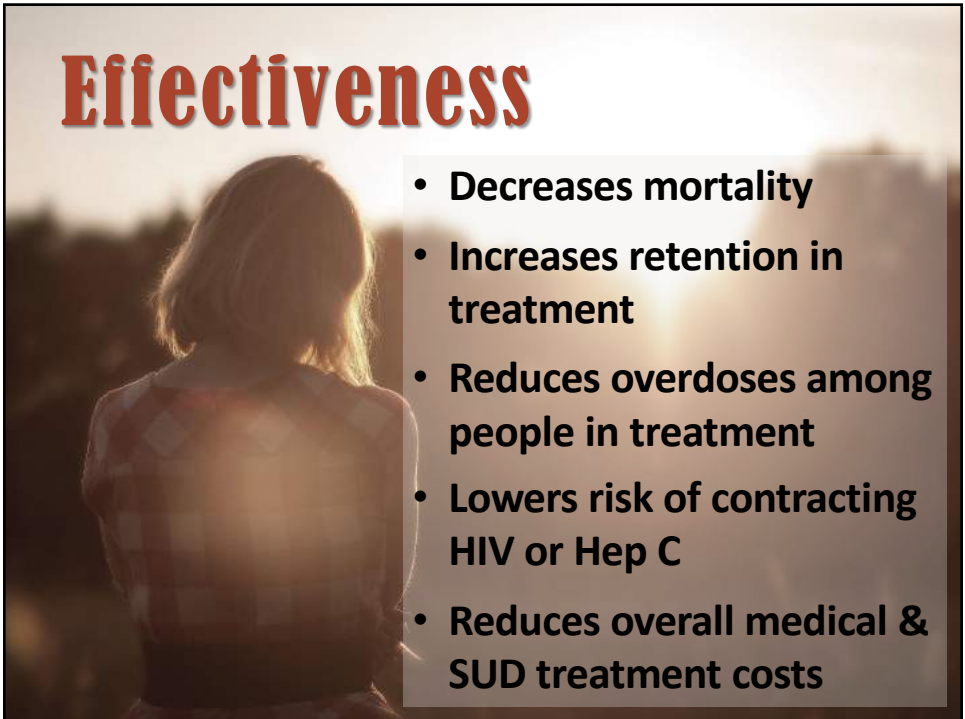
MAT Guidelines:

<http://www.dhhs.nh.gov/dcbcs/bdas/documents/matguidancedoc.pdf>

Medications to Treat Opioid Use Disorders (OUD)

- Medications to reverse overdose
 - **Naloxone**
- Medications to provide symptomatic relief during withdrawal
- Medications to treat opioid use disorder
 - **Methadone** (*only in certified OTPs*)
 - **Buprenorphine / Sublocade**
 - **Naltrexone / Vivitrol**

Effectiveness

- 
- Decreases mortality
 - Increases retention in treatment
 - Reduces overdoses among people in treatment
 - Lowers risk of contracting HIV or Hep C
 - Reduces overall medical & SUD treatment costs

Kurt's Story: MAT & Recovery

Recovery Support Services

- **Mutual Support Groups**
 - *12-step group*
 - *SMART recovery*
 - *Refuge Recovery*
 - *On-line groups*
- **Faith-based recovery programs**
- **Residential Recovery Centers**
- **Recovery Community Organizations/Recovery Centers**
 - *Recovery coaching*
 - *Telephone recovery support*
- **Recovery Housing**



STIGMA

Inviting Communication

SUD is stigmatized

- **Make it safe**
 - Set the environment
 - Embed the intake questions
 - Your approach makes a difference

Raise substance use in context of issue

- **Be clear and specific about observations**
- **If general suspicion, raise concerns**

Examples:

- *“Sometimes, situations prevent people from being able to address issues, e.g. health problems / substance use / family issues”*
- *“Help is available. Things can get better”*

Asking and Responding

- Develop a level of comfort
- Be straight-forward and non-judgmental
- Make it routine
- Make it relevant
- Know how to respond
- **Communicate hope**

Ben's Story



It's not about the nail

Motivational Enhancement

Encourages people
to consider &
implement change in
their lives

Elements of Motivational Approaches

- Discrepancies between personal goals and current behavior

Elements of Motivational Approaches

- Discrepancies between personal goals and current behavior
- FRAMES

F.R.A.M.E.S.

Feedback re: personal risk or impairment

Responsibility for change is the client's

Advice non-judgmentally

Menus of options

Empathetic communication

Self-efficacy / empowerment


Elements of Motivational Approaches

- Discrepancies between personal goals and current behavior
- FRAMES
- Flexible pacing; individualized
- Personal contact over time

Techniques

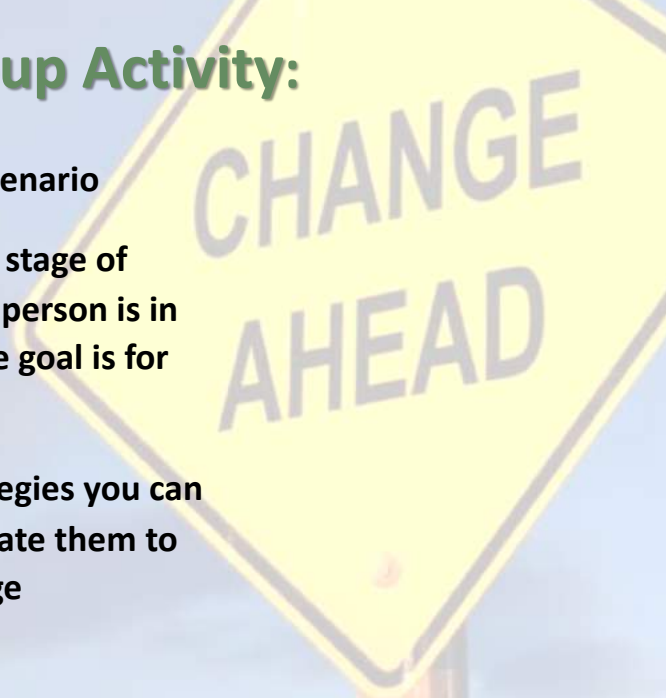
that can be used throughout all stages

- **Decisional balance**
 - 4 quadrants
- **Rulers** *(scale of 1-10)*
 - How bad is the problem?
 - How much do you **want** to change?
 - How likely is it that you **can** change?



Small Group Activity:

1. Read your scenario
2. Decide what stage of change your person is in and what the goal is for that stage
3. Discuss strategies you can use to motivate them to the next stage



My Own Personal Ride

My own personal ride started off as a bad injury that resulted in prescriptions for pain medication over a long period of time. When I realized that I would become ill if I didn't take my medication, I got scared and told my doctor. He stopped me cold turkey.

I had no clue what my life was about to become as a result of that. I was in pain and very sick and all I knew was that if I had my pain meds, I would feel better. I began doctor shopping and eventually started getting pills on the street.

I just got busted and now I don't know what is going to happen. I know it's wrong to take the drugs, but I also know that it feels like if I don't. I can't bear to be in pain and sick again.

At the Bar with Dad

I grew up in an alcoholic family. My father drank a lot. He was a mean drunk and would abuse my mother. I have 5 siblings and we were all exposed to the violence.

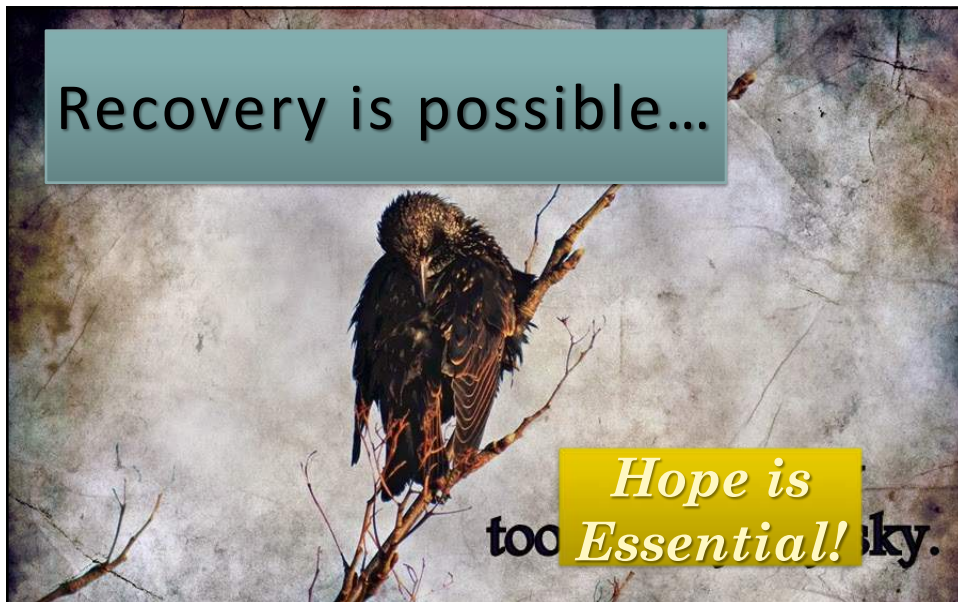
When I was 12, I drank my first beer with my dad at the bar where he hung out. That is where it all began. I began stealing my dad's beer while he was at work and drank almost every day to numb the pain. As the years went by I was drinking daily.

I had really good jobs, but lost it all. I lost my house, my husband, even my kids. I have been in jail before, but this is the first time I've been mandated into treatment due to my drinking. I can't stand it. These people are not going to tell me how to live my life.

Michaela's Story



Recovery is possible...



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