

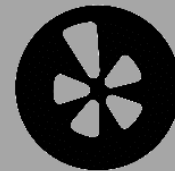


Caldwell Counseling Center

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Individualizing Care After SUD Treatment

Caldwell Counseling Center

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GOAL: TO EVALUATE
YOUR VIEW ON
WHAT
INDIVIDUALIZED
ADDICTION CARE
LOOKS LIKE.



Addiction

The word "addiction" is derived from a Latin term for "enslaved by" or "bound to."

Harvard Health Publishing, 2011

Substance Use Disorder (SUD):

American Society of Addiction Medicine (ASAM) - a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences.

National Institute on Drug Addiction (NIDA) - a chronic, relapsing disorder characterized by compulsive drug seeking and use despite adverse consequences.

American Psychiatric Association (APA) - a complex condition, a brain disease that is manifested by compulsive substance use despite harmful consequence.

Substance Abuse and Mental Health Administration (SAMSHA) - the recurrent use of alcohol and/or drugs that causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.

Mayo Clinic - is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication.

Diagnostic and Statistical Manual of Mental Disorders (DSM-5) –a cluster of cognitive, behavioral, and physiological symptoms indicating that the individual continues using the substance despite significant substance-related problems.

Merriam- Webster Dictionary - a compulsive, chronic, physiological or psychological need for a habit-forming substance, behavior, or activity having harmful physical, psychological, or social effects and typically causing well-defined symptoms (such as anxiety, irritability, tremors, or nausea) upon withdrawal or abstinence : the state of being addicted.

Island:

Google - a piece of land surrounded by water.

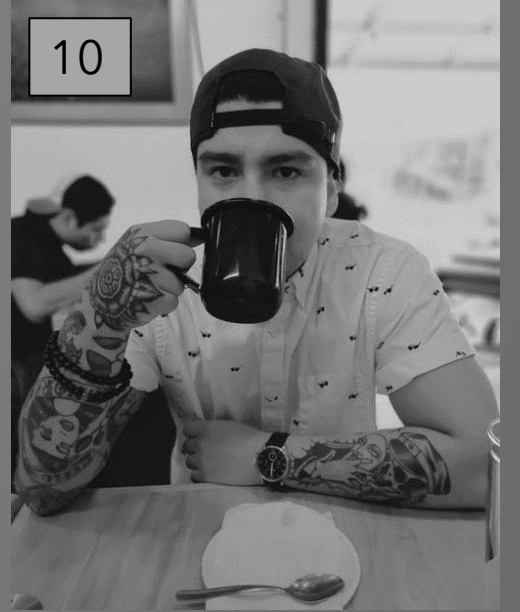
National Geographic - body of land surrounded by water.

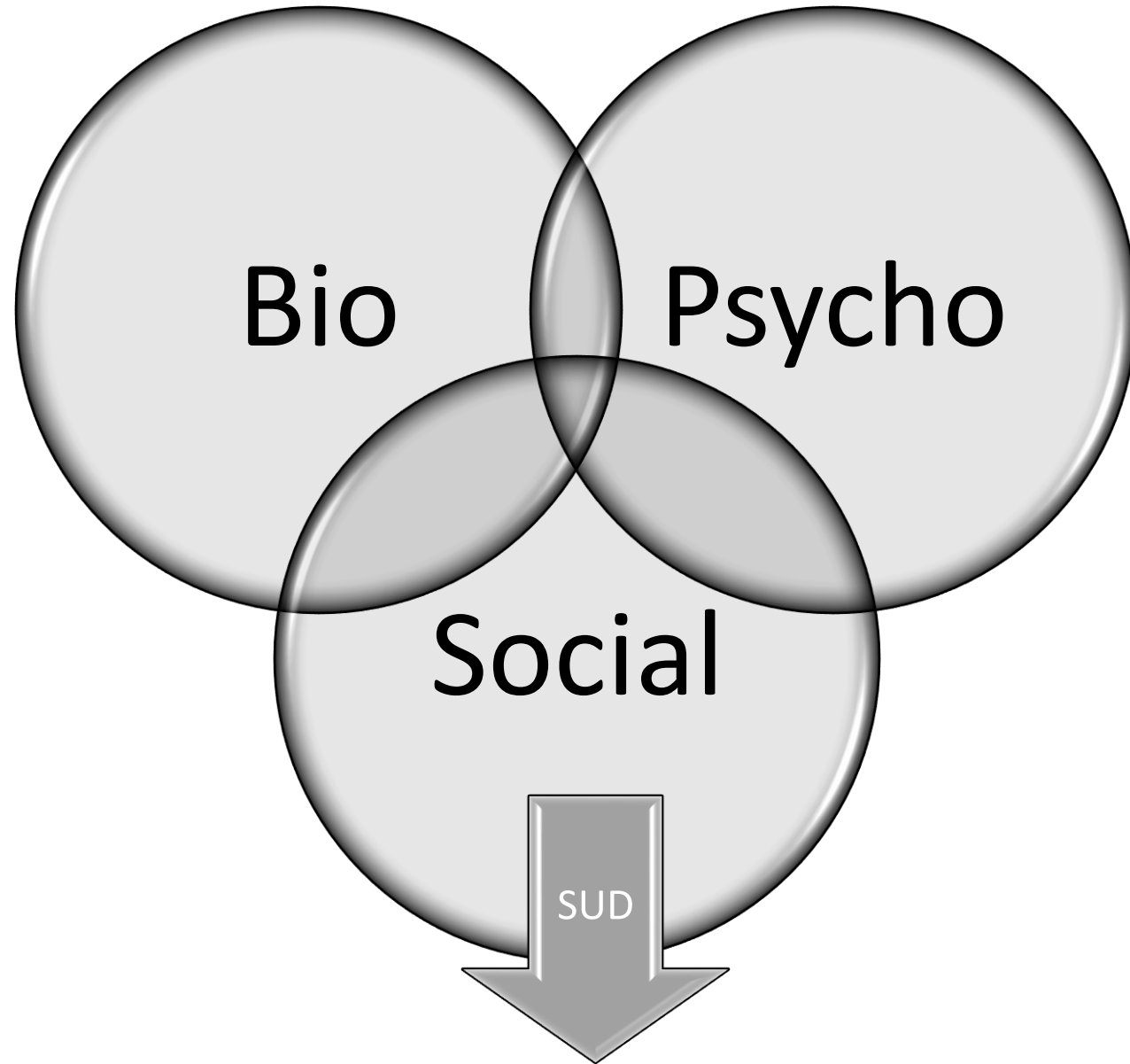
Dictionary.com - a tract of land completely surrounded by water, and not large enough to be called a continent.

Brittanica.com - any area of land smaller than a continent and entirely surrounded by water.

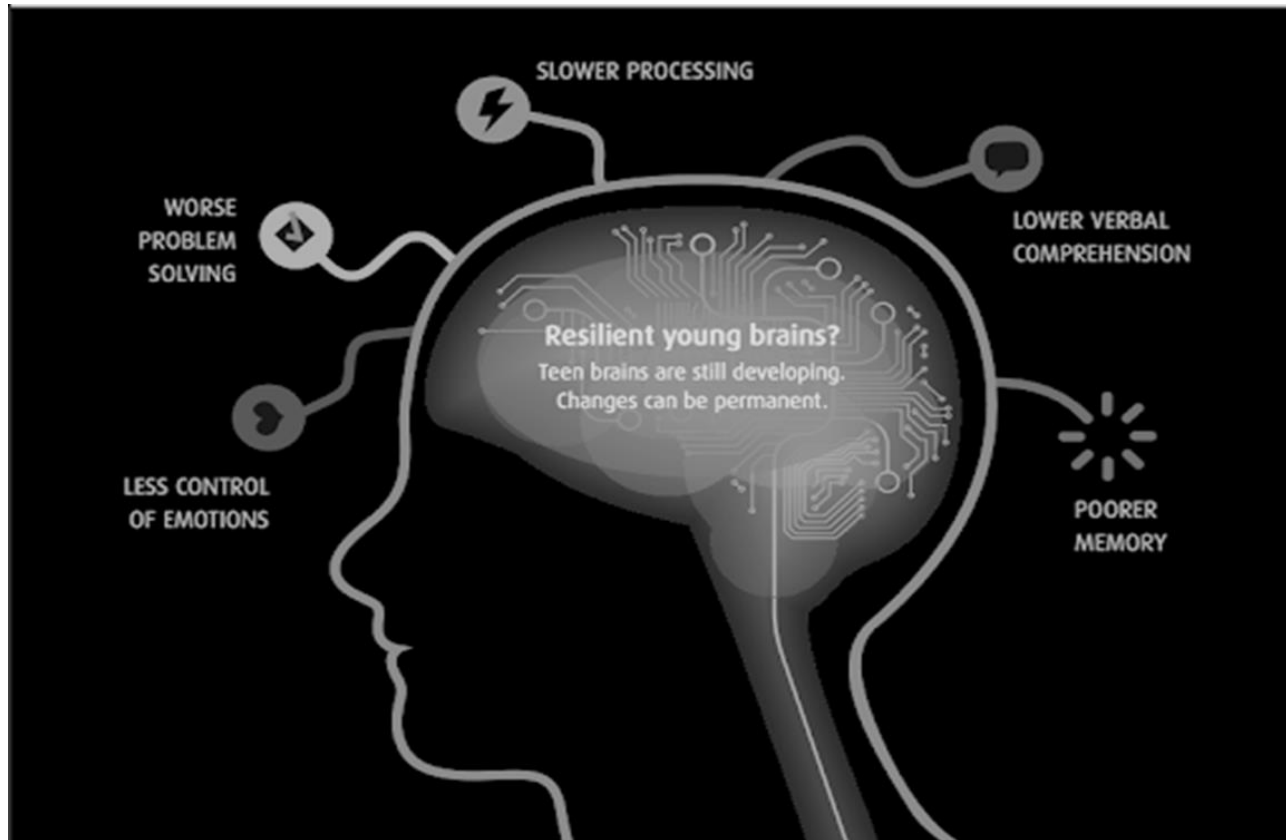
Merriam- Webster Dictionary - a tract of land surrounded by water and smaller than a continent







Biological Component:



Biological factors include, but are not limited to:

Gender, ethnicity, age, stage of development (how early the use begins), each person's unique physiology, mental health, sensitivity to drugs

- Drugs are chemicals that interfere with the way nerve cells normally communicate in the brain.
- Changes to the brain's cerebral cortex are associated with impaired decision-making, impulsivity, and compulsivity.
- The brain's reward system is responsible for drug-seeking, and cravings. From an evolutionary point of view, the brain's reward system ensures the survival of our species. We are more likely to repeat behaviors that are pleasurable (such as eating and sex). Unfortunately, addictions hijack this healthy function.
- The brain's amygdala is associated with memory and emotion.
- SUD's effect on the brain's hypothalamus creates problems with stress regulation.

“

Family studies that include identical twins, fraternal twins, adoptees, and siblings suggest that as much as half of a person's risk of becoming addicted to nicotine, alcohol, or other drugs depends on his or her genetic makeup (NIDA 2020).



- Addictive drugs provide a shortcut to the brain's reward system by flooding the nucleus accumbens with dopamine. The hippocampus lays down memories of this rapid sense of satisfaction, and the amygdala creates a conditioned response to certain stimuli.
- Dopamine not only contributes to the experience of pleasure, but also plays a role in learning and memory — two key elements in the transition from liking something to becoming addicted to it.
- Physical addiction appears to occur when repeated use of a drug changes the way your brain feels pleasure. The addicting drug causes physical changes to some nerve cells (neurons) in your brain. Neurons use chemicals called neurotransmitters to communicate. These changes can remain long after you stop using the drug.



Psychological Component

- Mental and substance use disorders share some underlying causes, including changes in brain composition, genetic vulnerabilities, and early exposure to stress or trauma.
- In 2018, substance use was more common among both adolescents and adults who had a mental health issue than among those who did not have a mental health issue.
- Trauma is an experience, not an event (Van Der Kolk 2015).
- Early traumatic experience may increase risk of substance use disorders (SUDs) because of attempts to self-medicate or to dampen mood symptoms associated with a dysregulated biological stress response
- 75% of women and men in substance abuse treatment report histories of abuse and trauma.
- Numerous epidemiological studies have found that, for many adolescents (45%–66%), substance use disorders precede the onset of trauma exposure.



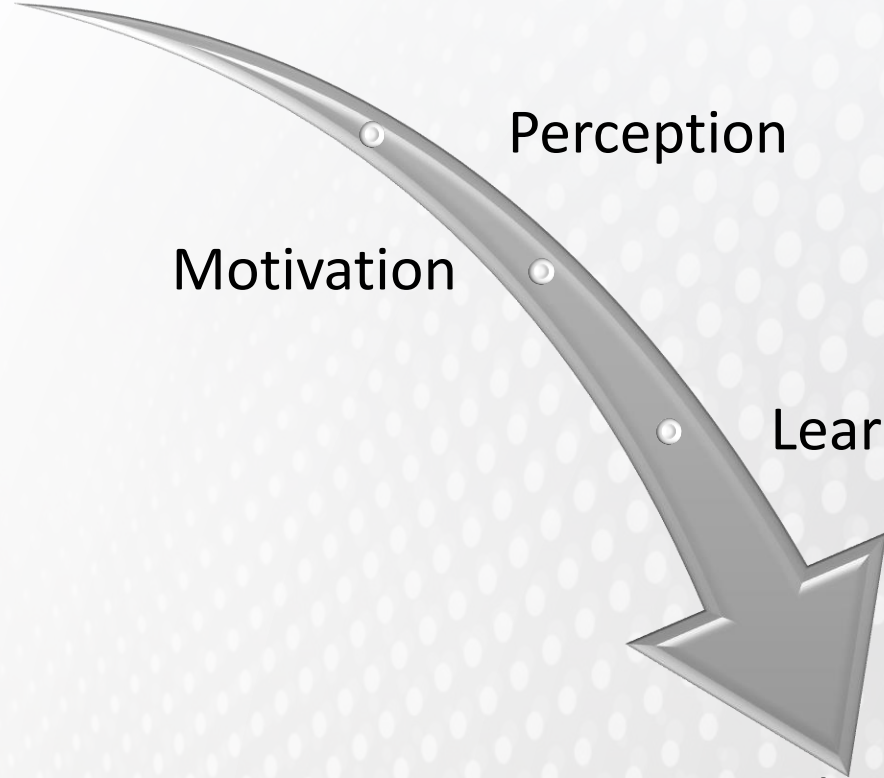
Psychological
Factors

Perception

Motivation

Learning

Beliefs &
Attitudes



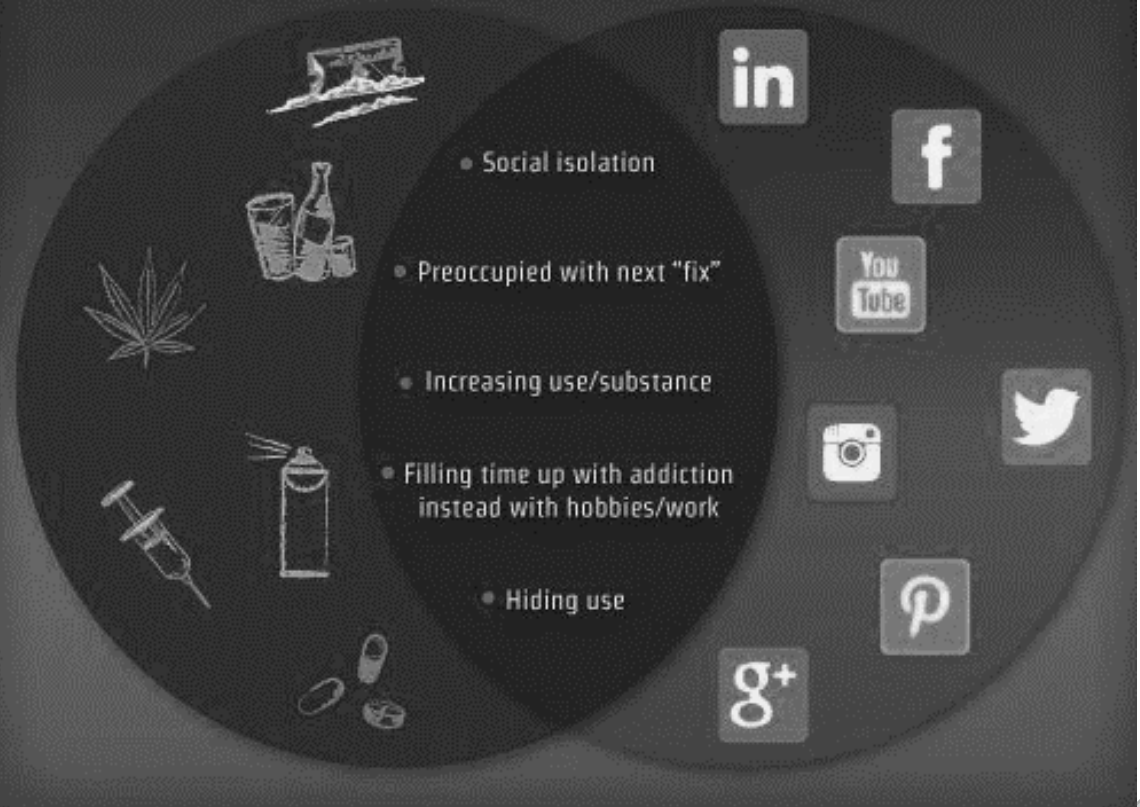
Social (Environmental) Component

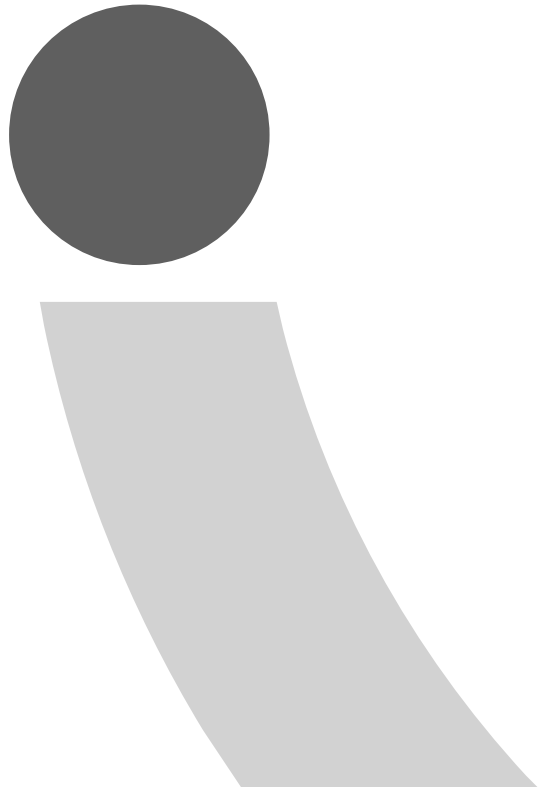


- Family
- Peers
- Advertising
- Medical Care
- Life Goals
- Medical
- Legal
- Religion/Spirituality
- Learned Associations
- Attachment Bonds
- Accessibility
- Work/School
- Social Norms
- Mass Media/Social Media
- Pop Culture
- Inherited Trauma
- Local & World Events
- Influences
- Associations
- Music & Sports



The Relationship Between Substance Abuse & Social Media Addiction







Nature

Nurture

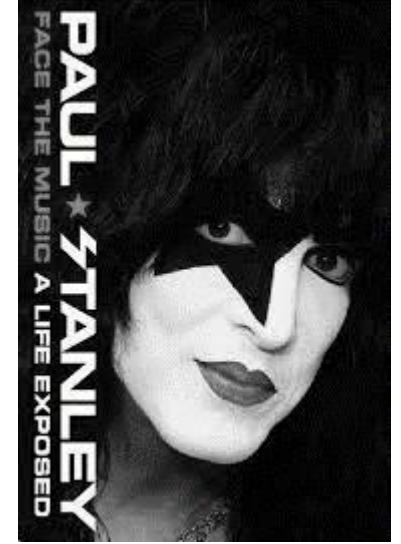
Either way it's
your parents fault.

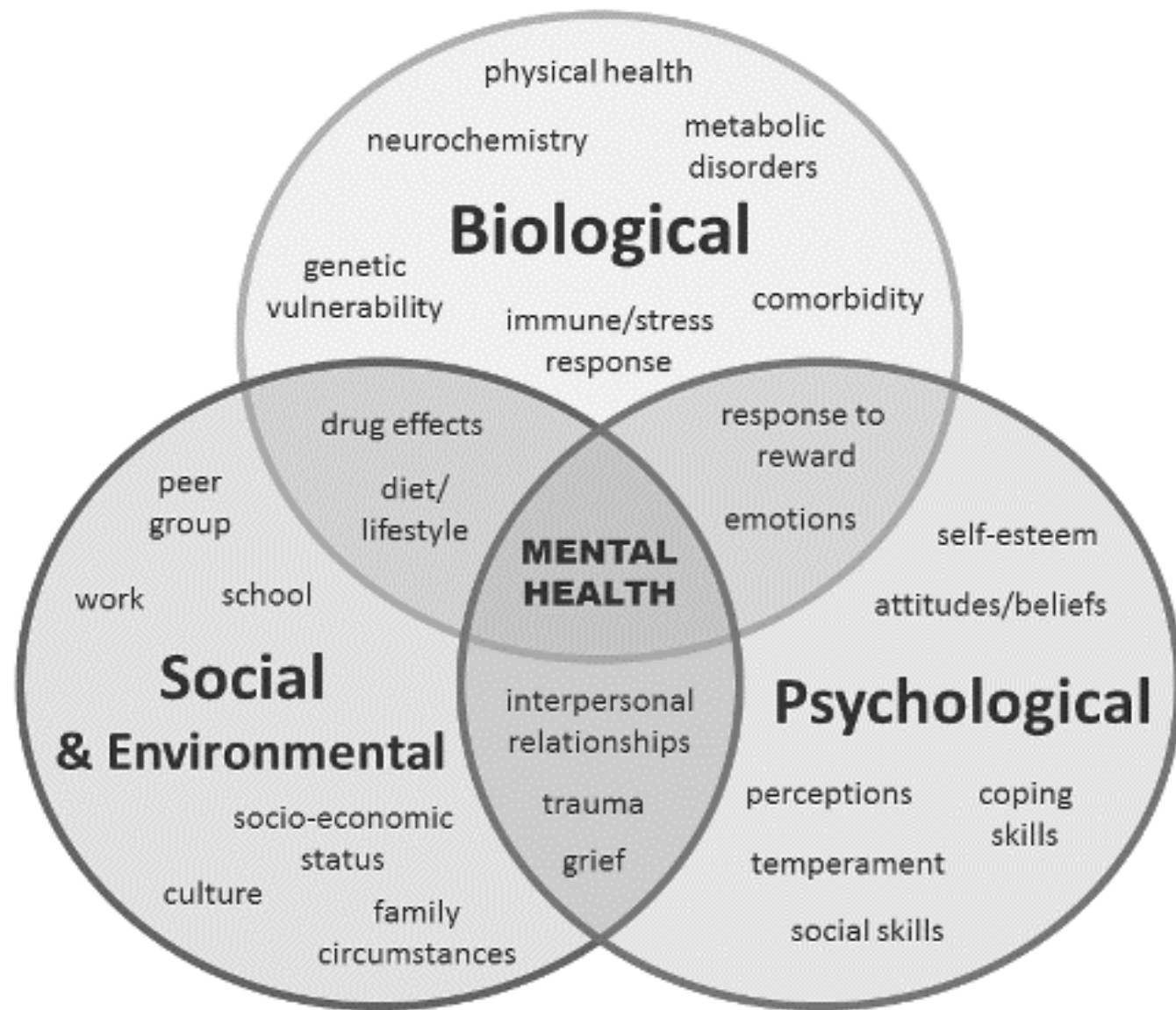
“

It was one thing when somebody stared at me – that was bad enough. But when someone yelled out at me, that drew other people’s eyes to me. Everyone would look at me, scrutinize me; I felt violated and threatened to my core. These were the worst moments; like a kid who would point and yell, ‘Stanley, the one-eared monster!’ All I could think was, ‘You’re hurting me.’

I never had a ‘shoulder to cry on’ since my parents ‘insisted on not talking about’ their problems. At one point, while still in kindergarten, my mother told me, ‘Fight your own battles – don’t come crying for me.’

KISS





“

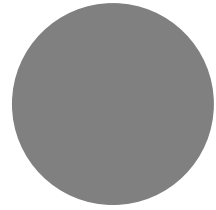
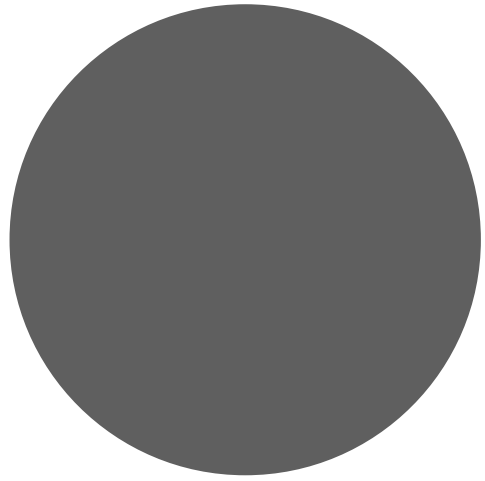
If it doesn't make sense; then it's probably not true!





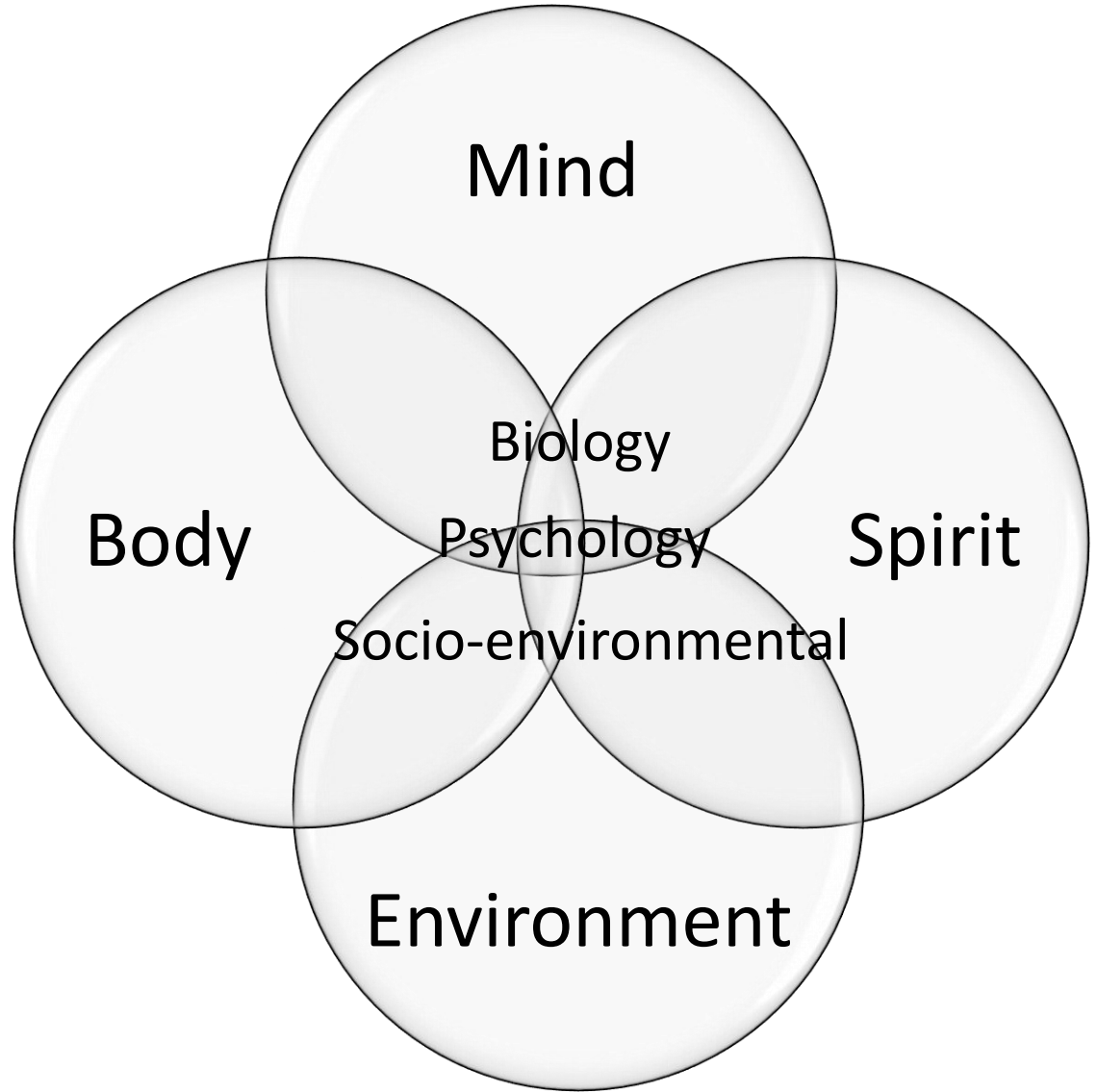
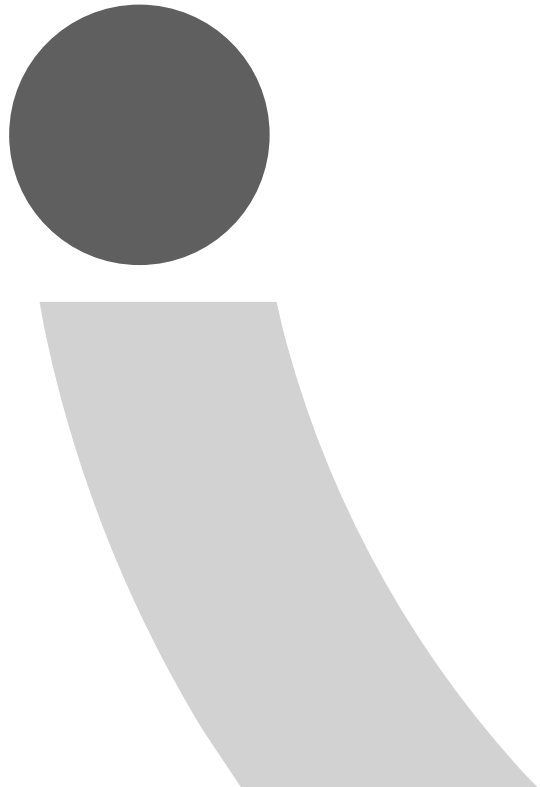
Now What?

- Traditional Treatment
- MAT
- Therapy
- Psychiatry
- Case Management
- 12 Step Groups
- SMART Recovery Groups
- Other Recovery Groups
- Church
- Just Stop...?



Recovery

What is it?



Recovery:

American Society of Addiction Medicine (ASAM) - an active process of continual growth that addresses the biological, psychological, social and spiritual disturbances inherent in addiction, and includes the following factors: The aim of improved quality of life and enhanced wellness as identified by the individual.

Substance Abuse and Mental Health Administration (SAMSHA) - A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential (NAADAC supported).

National Institute in Drug Abuse (NIDA) - Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. Even people with severe and chronic substance use disorders can, with help, overcome their illness and regain health and social function. This is called **remission**. Being in **recovery** is when those positive changes and values become part of a voluntarily adopted lifestyle. While many people in recovery believe that abstinence from all substance use is a cardinal feature of a recovery lifestyle, others report that handling negative feelings without using substances and living a contributive life are more important parts of their recovery

Betty Ford Institute - “working definition” - Individuals who are “in recovery” know what it means to them and how important it is in their life. They do not need a formal definition. However, recovery is not clear to the public, to those who research and evaluate addiction treatments, and to those who make policies about addiction. Indeed, there is reason to believe that there is no complete consensus on the definition even among those in recovery.

The Journal of Substance Abuse Treatment - Recovery is a ubiquitous concept but remains poorly understood and ill-defined, hindering the development of assessment tools necessary to evaluate treatment effectiveness.

Google - a return to a normal state of health, mind, or strength.
the action or process of regaining possession or control of something stolen or lost.

Merriam- Webster Dictionary - the process of combating a disorder (such as alcoholism) or a real or perceived problem.
the act, process, or an instance of recovering.

Caldwell Counseling Center - Any positive lifestyle change with the absence of consequences from mood altering chemical substances.

Island:

Google - a piece of land surrounded by water.

National Geographic - body of land surrounded by water.

Dictionary.com - a tract of land completely surrounded by water, and not large enough to be called a continent.

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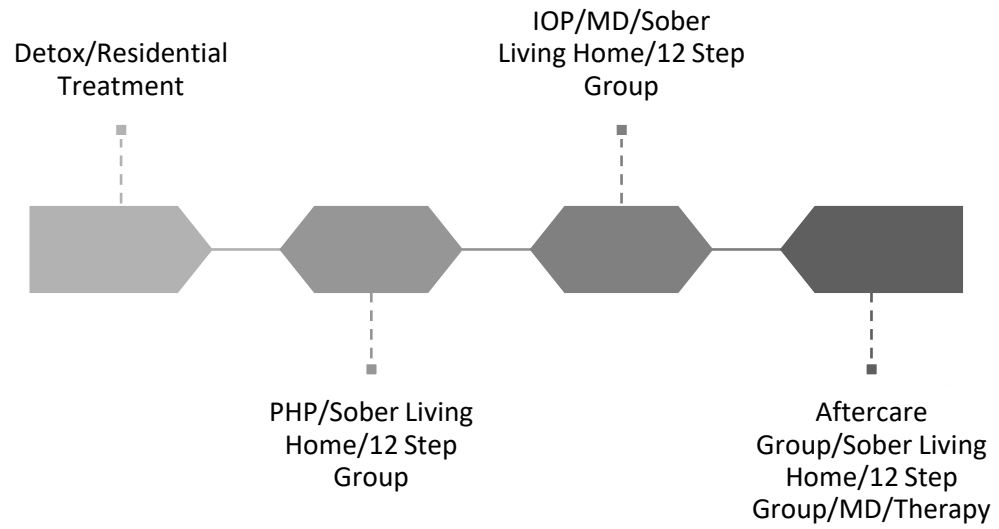


What Defines An Individual?



**For the meaning of life differs
from man to man, from day to
day and from hour to hour.
What matters, therefore, is not
the meaning of life in general
but rather the specific
meaning of a person's life at a
given moment.**

Viktor Frankl





Celebrate Recovery



The SMART Recovery 4-Point Program™

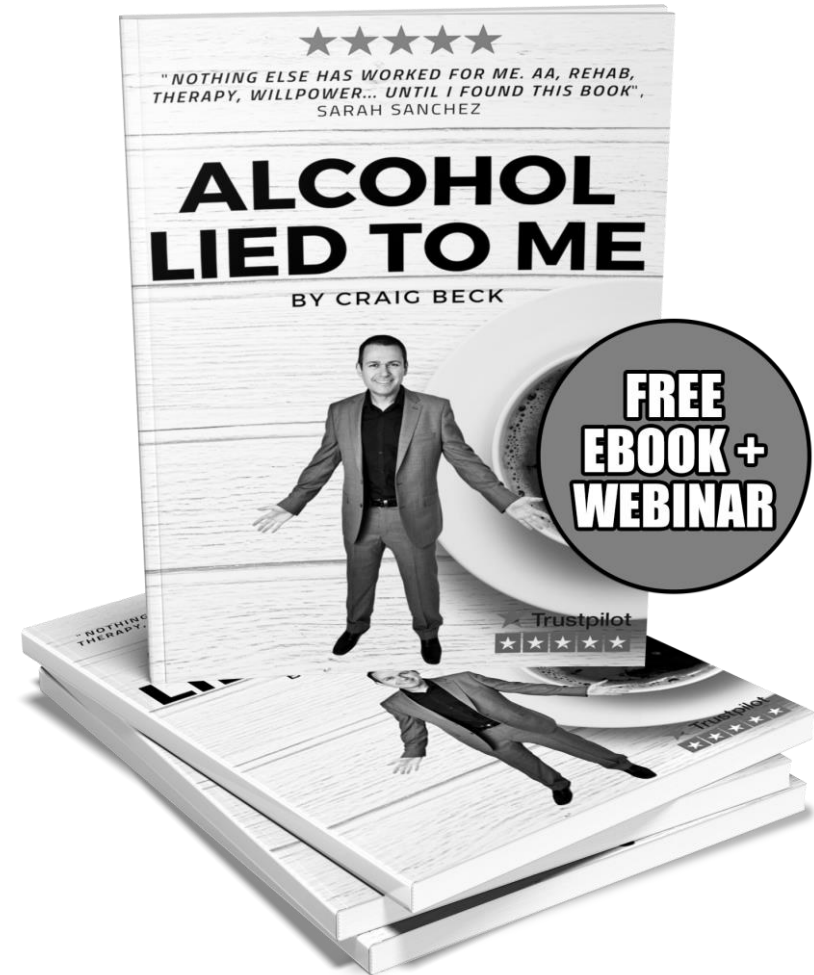
- 1 Building and Maintaining Motivation
- 2 Coping with Urges
- 3 Managing Thoughts, Feelings and Behaviors
- 4 Living a Balanced Life



“

The Craig Beck method is unique:

- No need to declare yourself an alcoholic.
- A permanent cure, not a lifetime struggle.
- No group meetings or expensive rehabs.
- Treats the source of the problem, not the symptoms.



Beck, C. (2017). Alcohol lied to me: The intelligent escape from alcohol addiction. Place of publication not identified: Published by Craig Beck Media.

Is an individual in recovery if that individual is taking Suboxone?

Methadone?

Marijuana?

Occasional Drink?

Does an individual have to practice abstinence to be in “recovery”?

If you sober up a car thief, what do you have?

A sober car thief.

Building a solid foundation of recovery with basic principles.

- Honesty
- Gratitude
- Acceptance
- Action
- Open-mindedness
- Willingness
- Respect
- Kindness

Tim Duncan



The Big Fundamental

FIVE PRINCIPLES OF MOTIVATIONAL INTERVIEWING

Express empathy for the client

Develop discrepancy between the client's goals and values and their current behavior, particularly regarding substance use

Avoid argumentation and direct confrontation

Roll with client resistance, instead of fighting it

Support the client's self-efficacy, or their belief that they can change



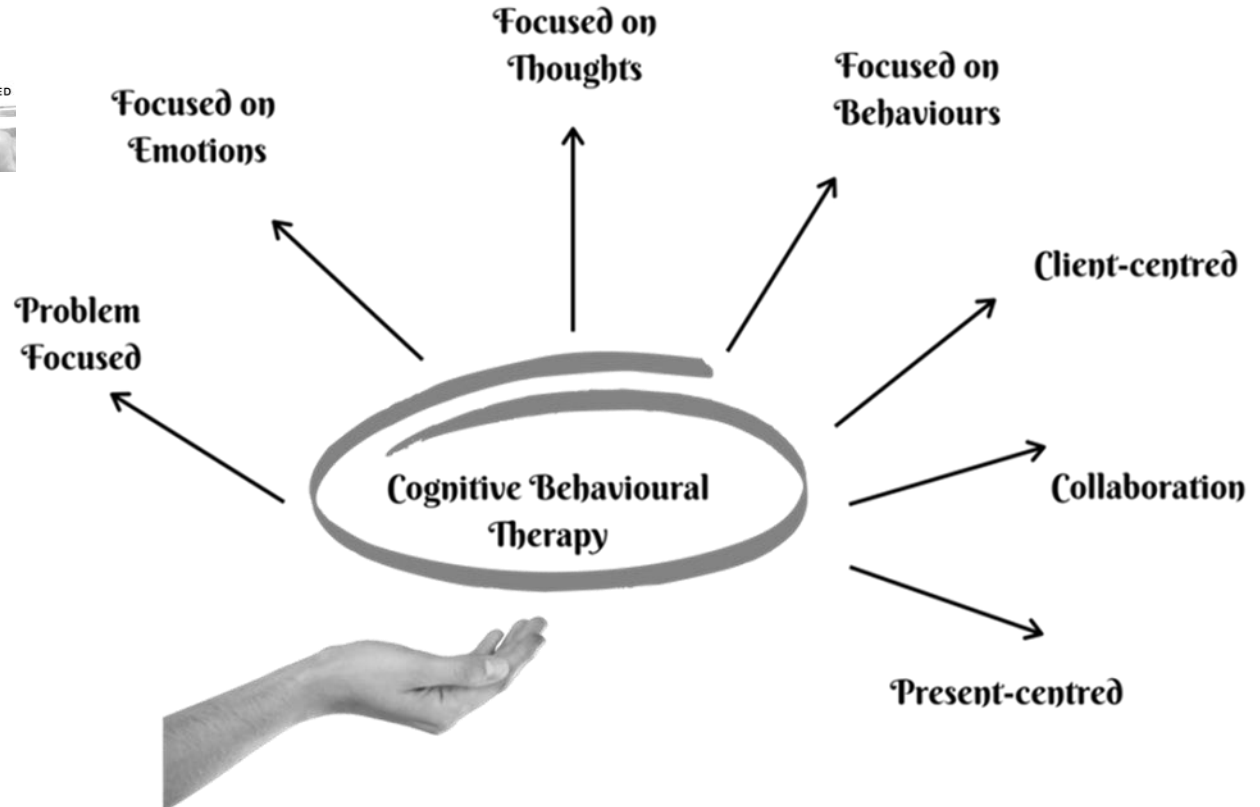
Congruence (Genuineness)
Empathy
Unconditional Positive Regard

Highlight the given information

Client is the expert

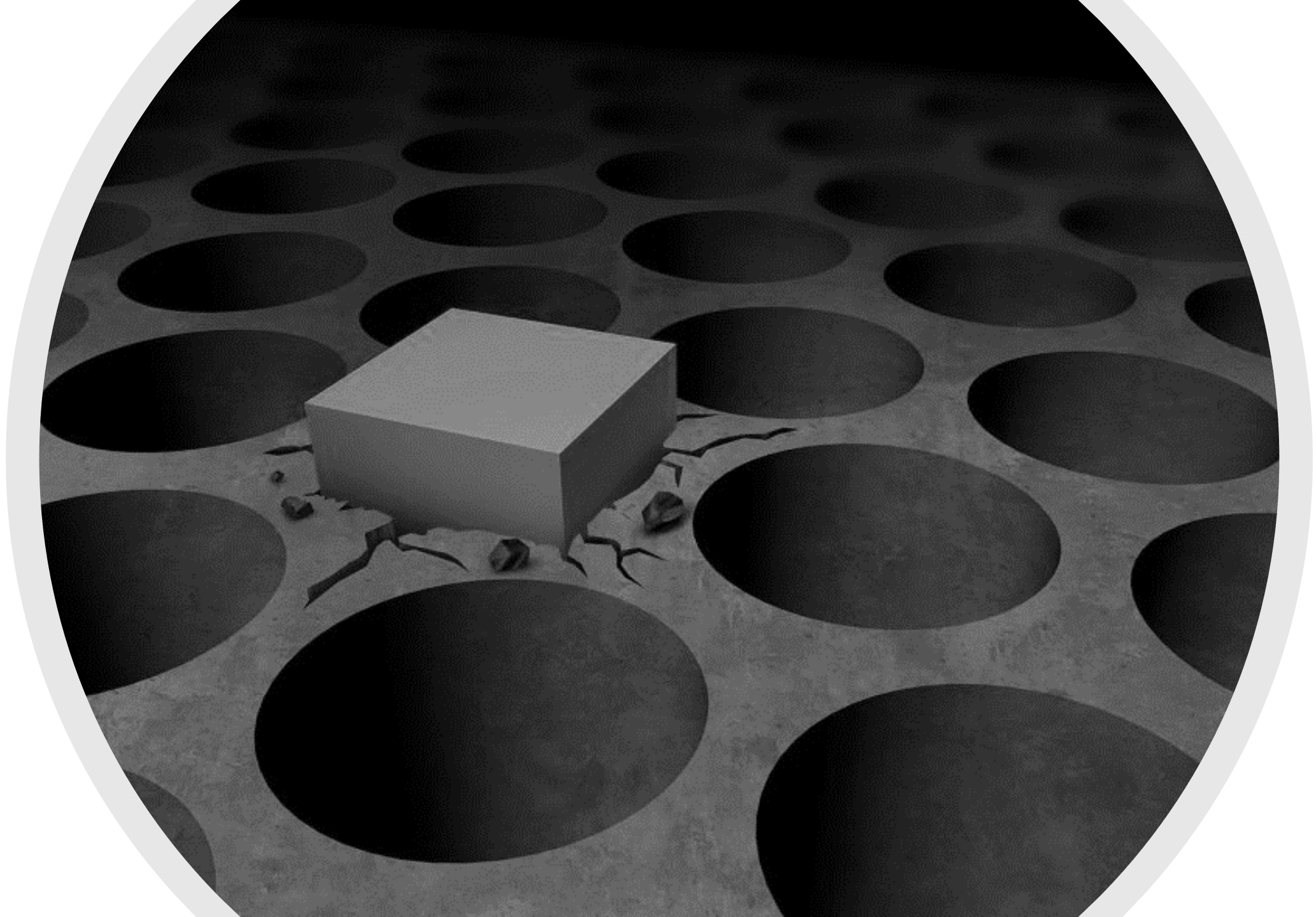
One of two things are about to happen

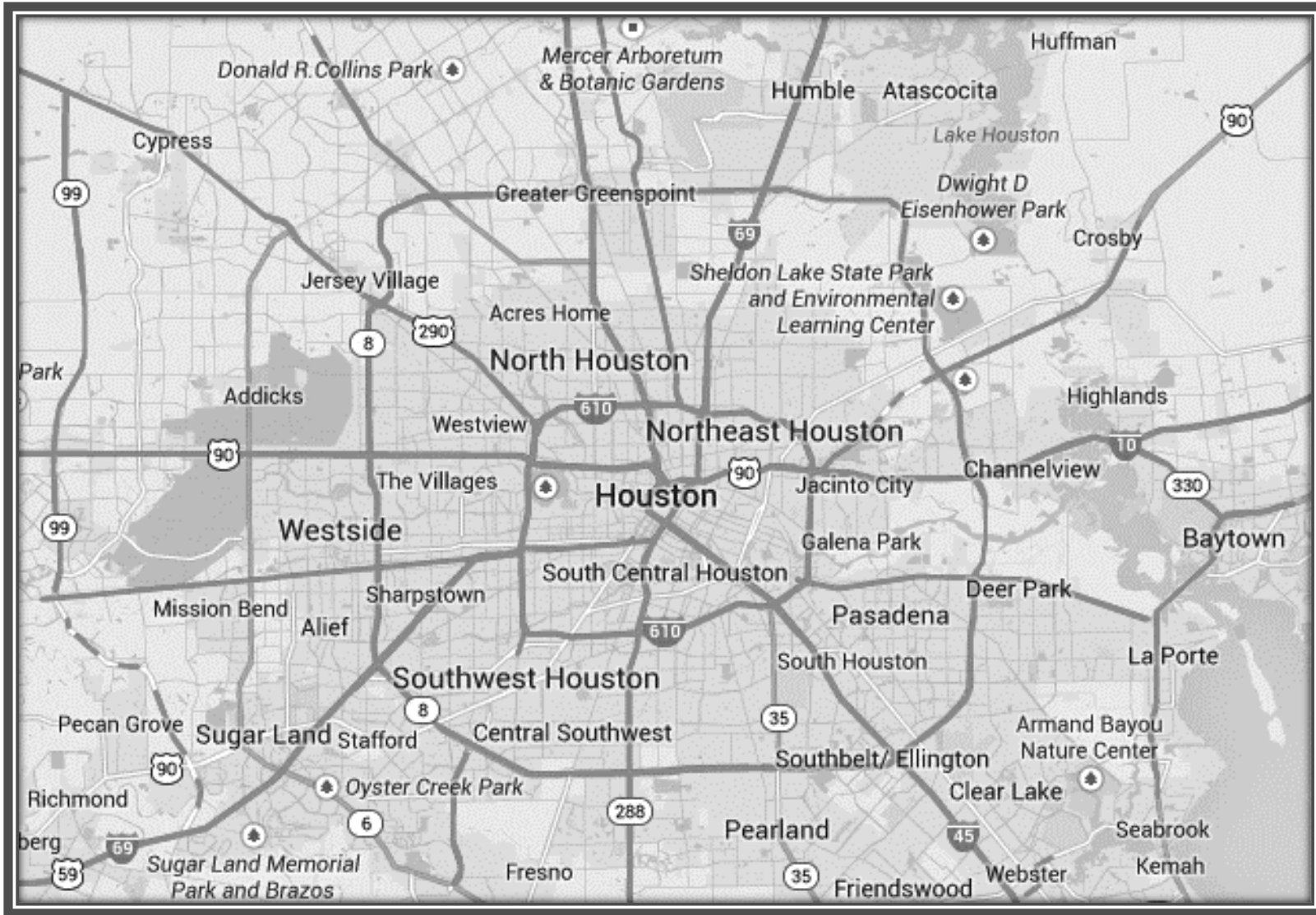
Believe in your client!



Negative or Unhelpful Thought:	Is this thought necessarily true?	This thought makes me feel...	This thought makes me want to...	Evidence For thought, Evidence Against	What would you tell your best friend?	A more helpful thought is...

- **12 Step Programs** – higher power, work with others, gratitude, acceptance, live by a set principles, trust the process, empowered, support, rewarded
- **SMART Recovery** – empowered, challenges beliefs, support, rewarded.
- **Christianity** – trust God, love thy neighbor, give thanks, acceptance, live by a set principles, trust the process, support, rewarded
- **Buddhism** - right values and attitude (compassion rather than selfishness), right action (help others, live honestly, don't harm living things, take care of the environment), right effort (encourage good, helpful thoughts, discourage unwholesome destructive thoughts), right mindfulness (be aware of what you feel, think and do). **NIRVANA**
- **Psychology** – Maslow's Hierarchy. mindfulness, gratitude, negative self-talk/affirmations, CBT, DBT, acceptance, challenges beliefs, support rewarded.





Discover
your
pathway to
recovery!

Thanks Lisa V.



“ It’s easy to let up on a spiritual plan of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent upon the maintenance of our spiritual condition.

Alcoholics Anonymous

Success is never owned; it’s only rented – and the rent is due everyday.

Rory Vaden

If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.

Dr. Martin Luther King Jr.



The National Institute on Drug Abuse Asks...

Can addiction be treated successfully?

“Yes, addiction is a treatable disorder. Research on the science of addiction and the treatment of substance use disorders has led to the development of research-based methods that help people to stop using drugs and resume productive lives, also known as being in *recovery*.”

National Institute on Drug Abuse. (n.d.). National Institute on Drug Abuse (NIDA). Retrieved from <https://www.drugabuse.gov/>



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