

Addiction is a Chronic Disorder: Treat it like One!

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Substance Use Prevention and Recovery

Disclosure Slide

- I have no actual or potential conflict of interest in relation to this program/presentation

Objectives

1. Reduce the stigma associated with substance use and substance use disorders
2. Identify the most salient risk factors for substance use
3. Develop an understanding of addiction as a chronic disorder
4. Identify community-based policies, practices, and resources that are supportive of people in recovery

My Recovery



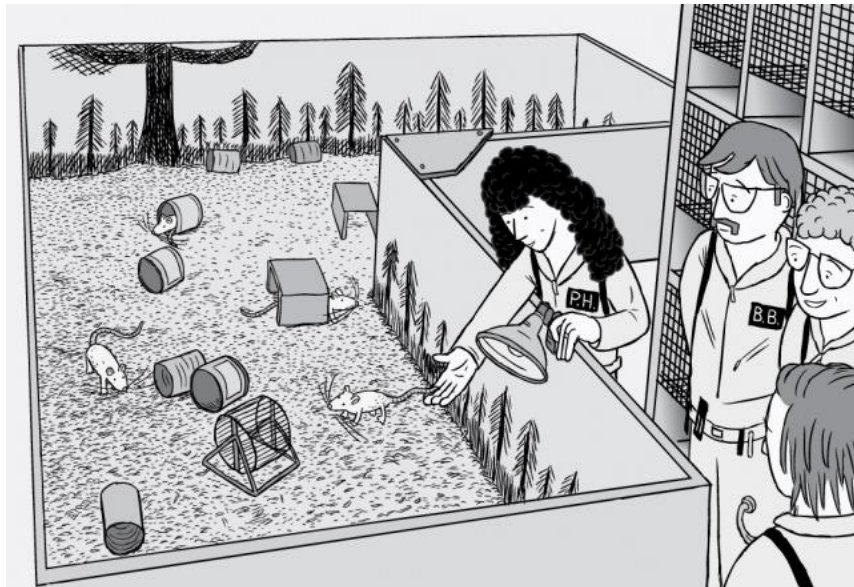
Choice vs. Disease: A False Dichotomy

“Choices do not happen without a brain—it is the mechanism of choice. The quality of a person’s choices depends on the health of that mechanism. However much we may wish that a person’s choices were free in all instances, it is simply a fact that an addicted person’s failures in the realm of choice are the product of a brain that has become greatly compromised...” —Excerpt from “Nora’s Blog” (Volkow, 2014)



Do Drugs Cause Drug Addiction? (Mate, 2008)

Rat Park

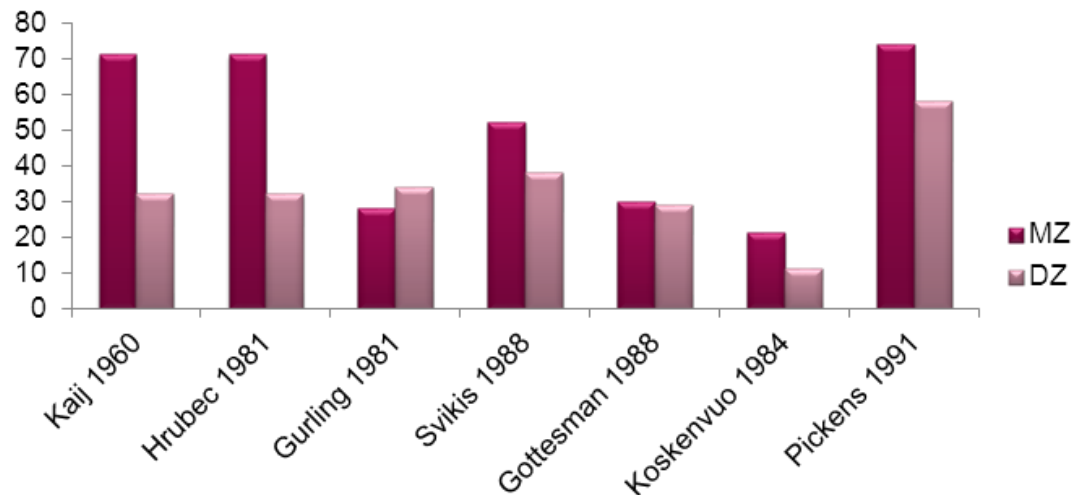


Vietnam



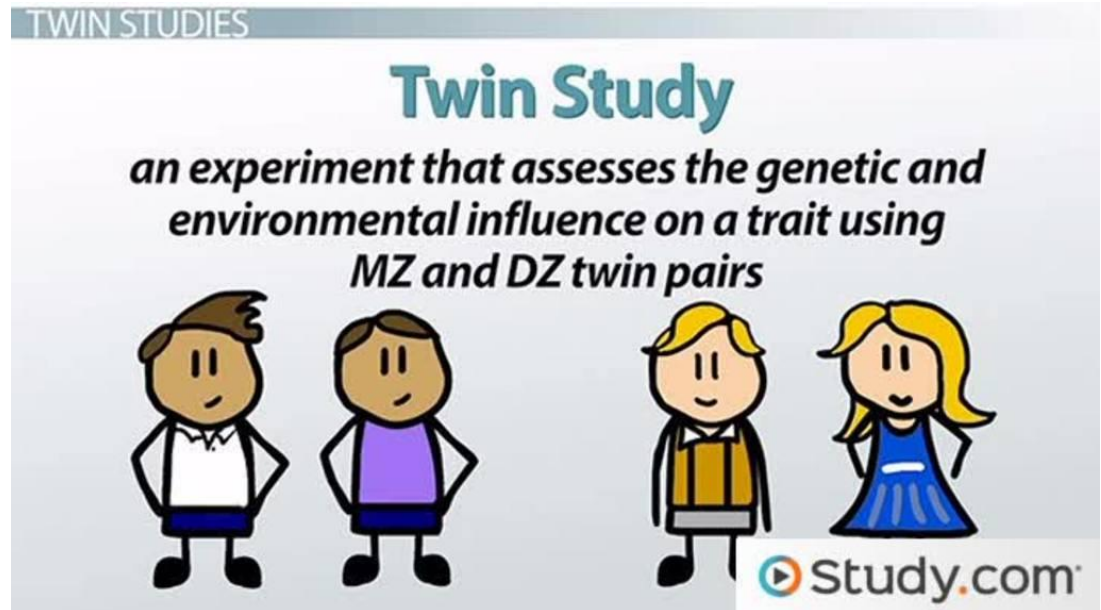
Risk Factor #1: Genetics (Prescott & Kendler, 1999)

$r(MZ) > r(DZ)$



(Dr. Andrew McQuillan, University College London)

50% of the variance in addiction is explained by genetics



Risk Factor #2: Mental Health

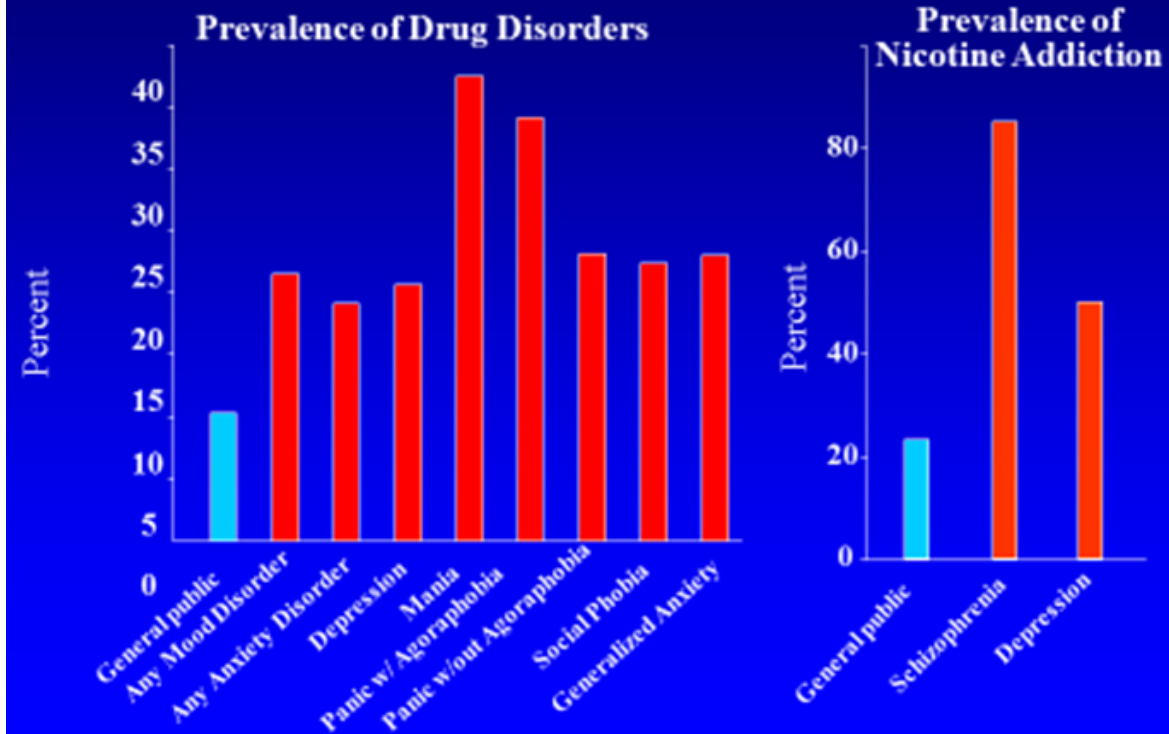
- Self-Medication (SAMHSA, 2012)

13.2% (Gen Pop)

vs.

26.7% (Pop with MI)

What Other Biological Factors Contribute to Addiction--Comorbidity



Risk Factor #3: Trauma

- **Trauma** (Felitti et al., 1998)
 - ACEs lead to
 - Early initiation of alcohol use
 - Higher risk of MI and SUD
 - Higher Rx use and misuse
 - >6 ACEs = 46x increased likelihood of IV drug use

THE 10 ADVERSE CHILD EXPERIENCES

- | | |
|----------------------------|--------------------------------------|
| 1. Physical abuse | 2. Emotional abuse |
| 3. Sexual abuse | 4. Physical neglect |
| 5. Emotional neglect | 6. Alcohol or drug abuse by a parent |
| 7. Mentally ill parent | 8. Divorce |
| 9. Incarceration of parent | 10. Childhood Domestic Violence |

Risk Factor #287: Environment (Merikangas et al., 1998)

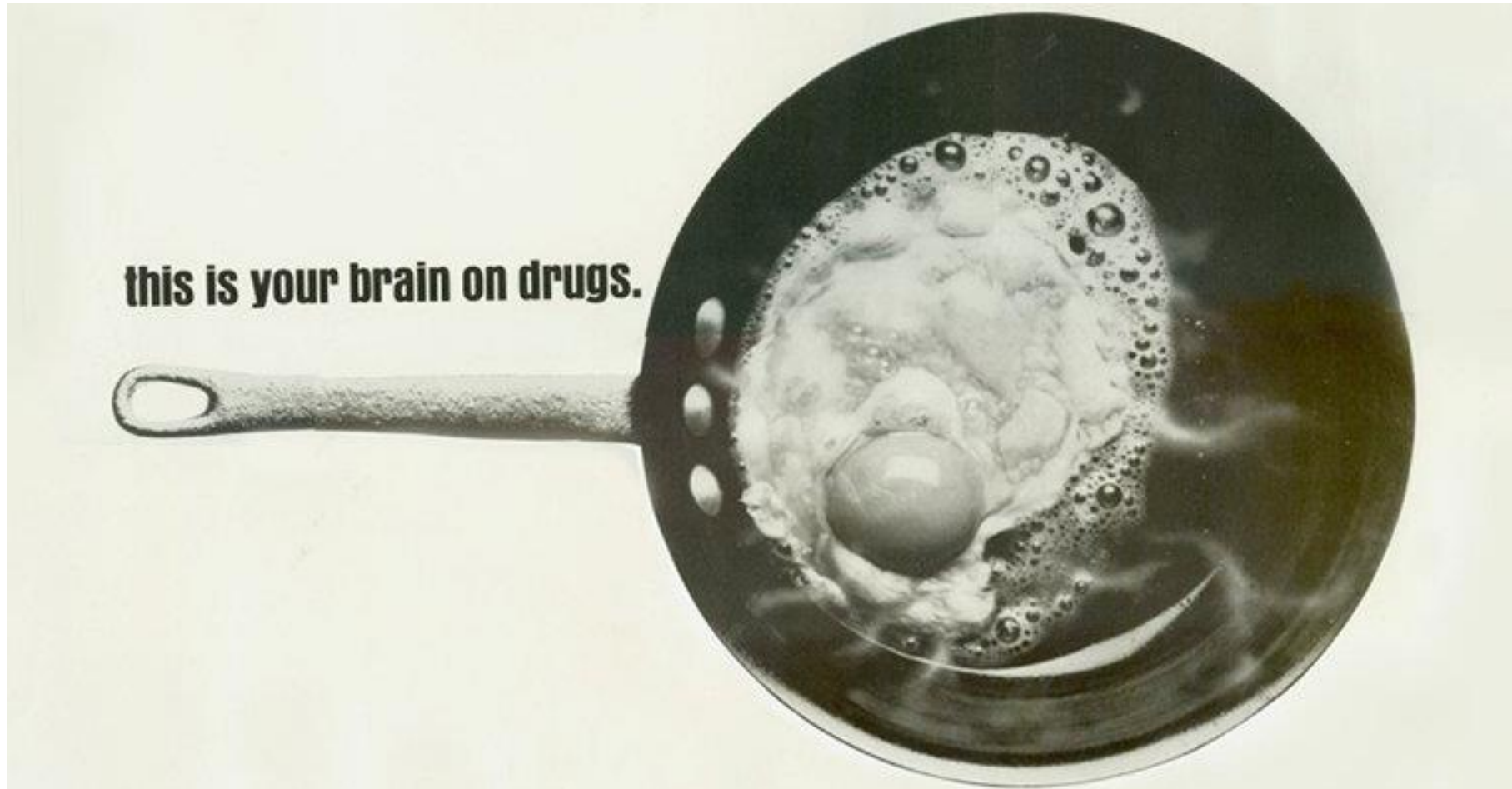
- Children of addicted parents are 8x more likely to develop an SUD
 - Modeling drug use
 - Access to drugs
 - Neglect and abuse



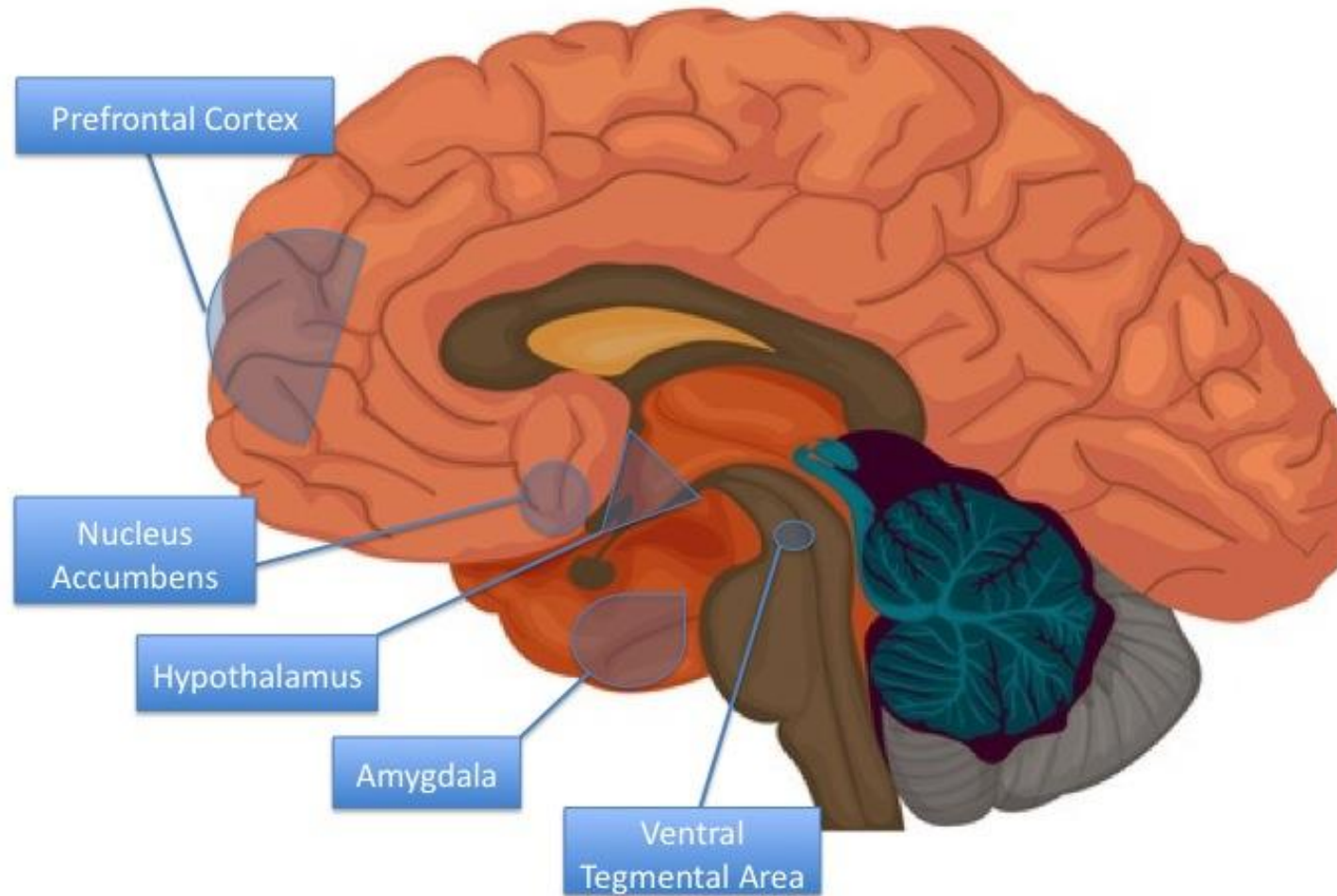
RISK FACTORS



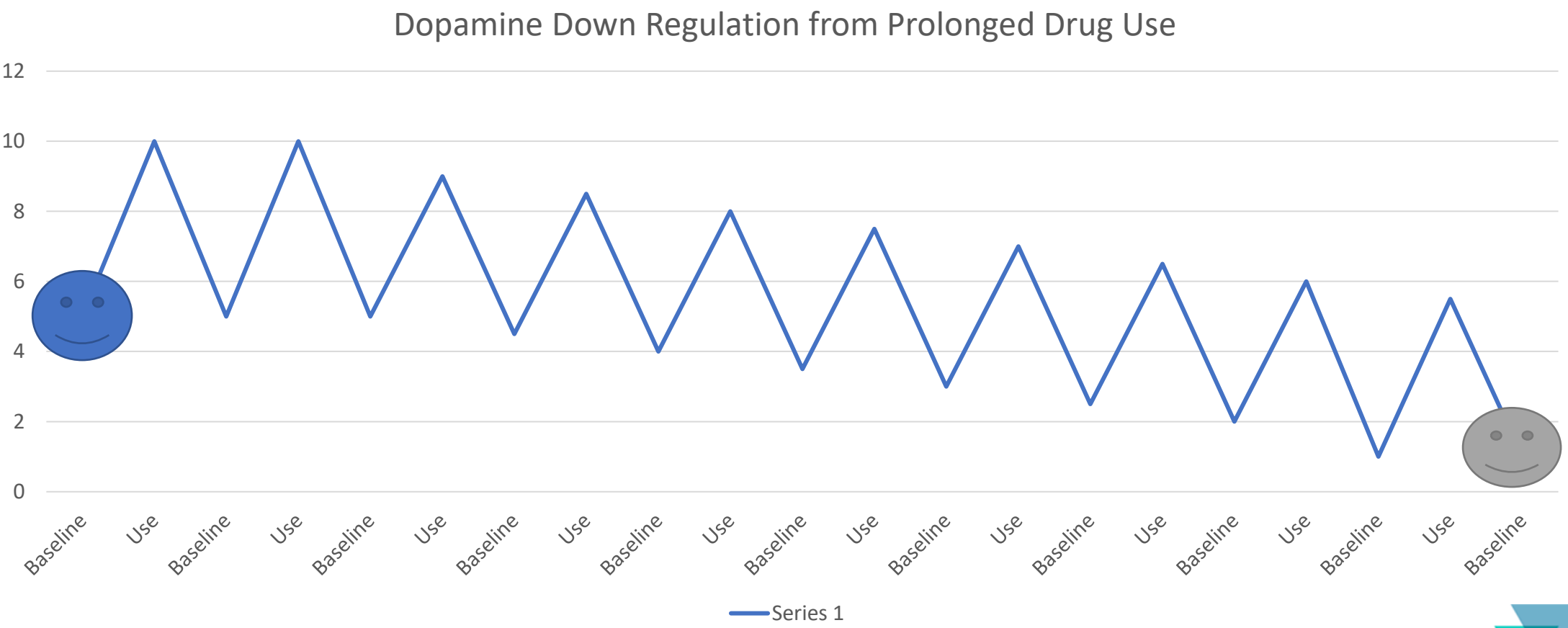
Addiction and the Brain

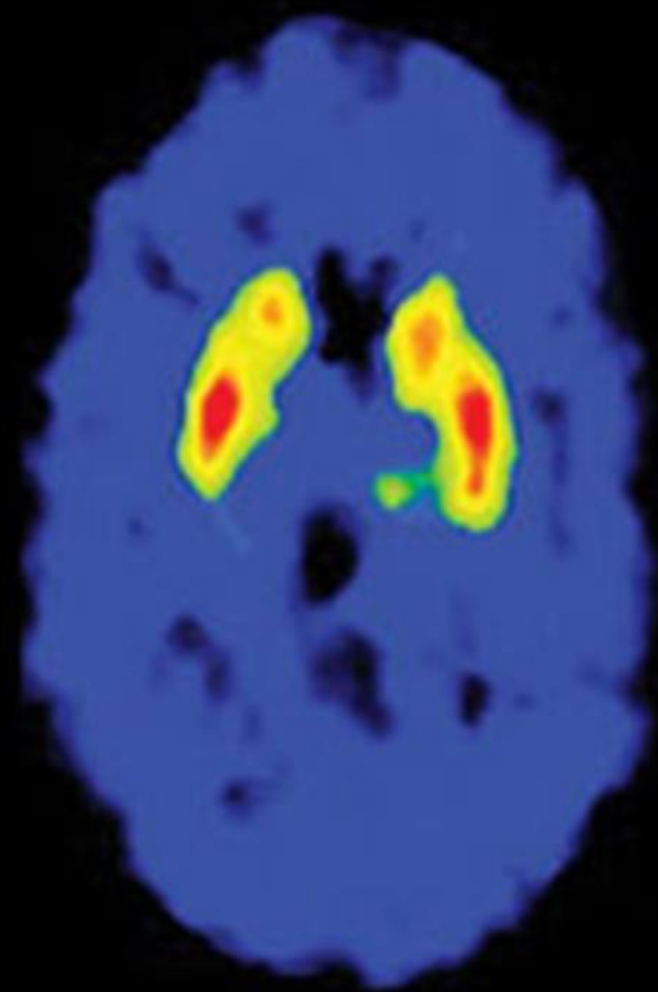


Addiction and the Brain

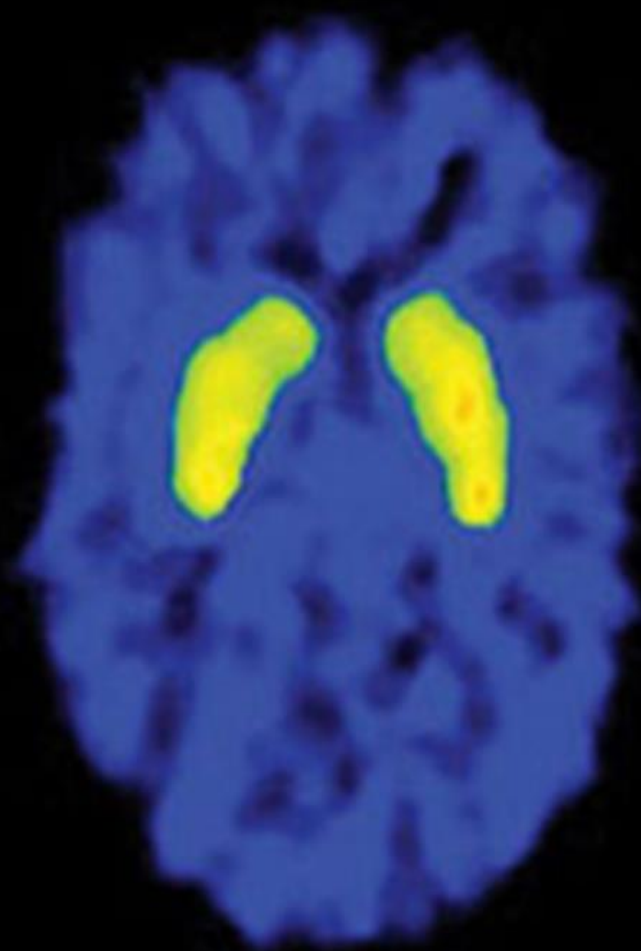


Tolerance





**Non-Drug
User**



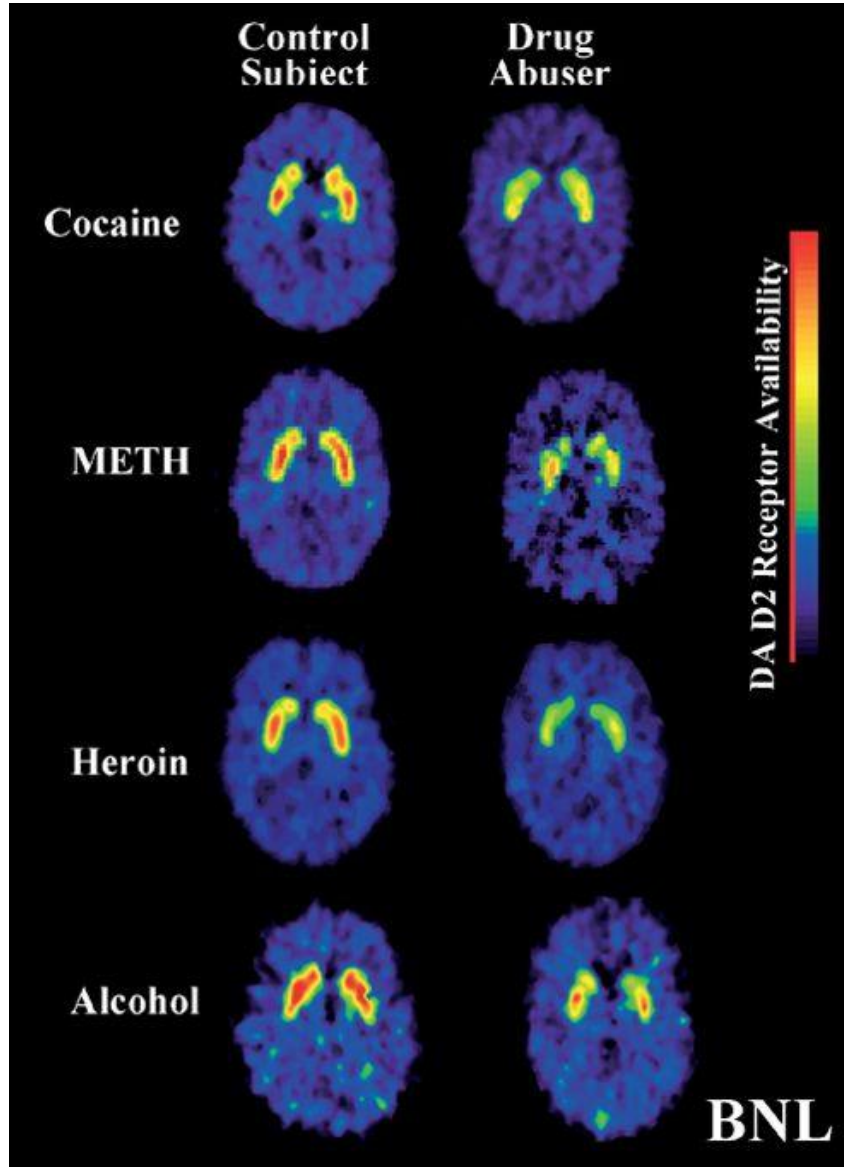
**Cocaine
Abuser**



DA D2 Receptor Availability

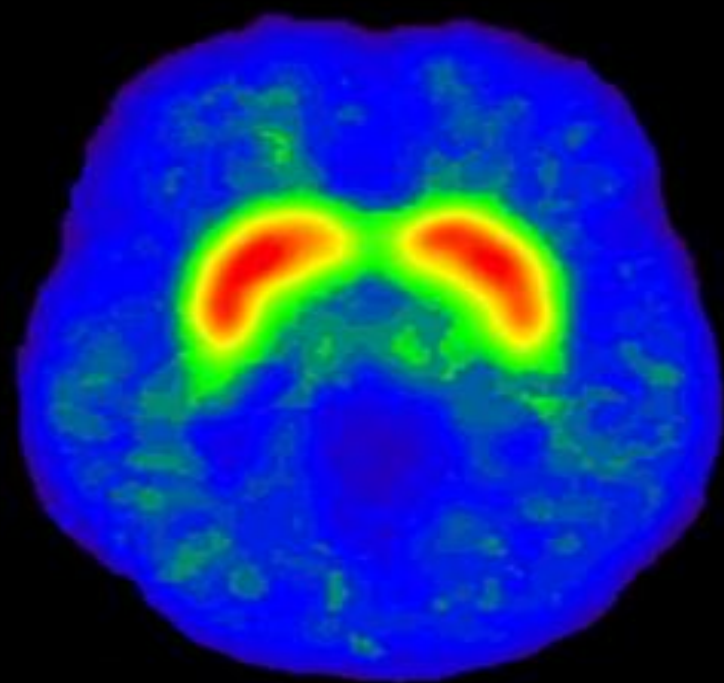


(Volkow,
Fowler, Wang,
& Swanson,
2004)

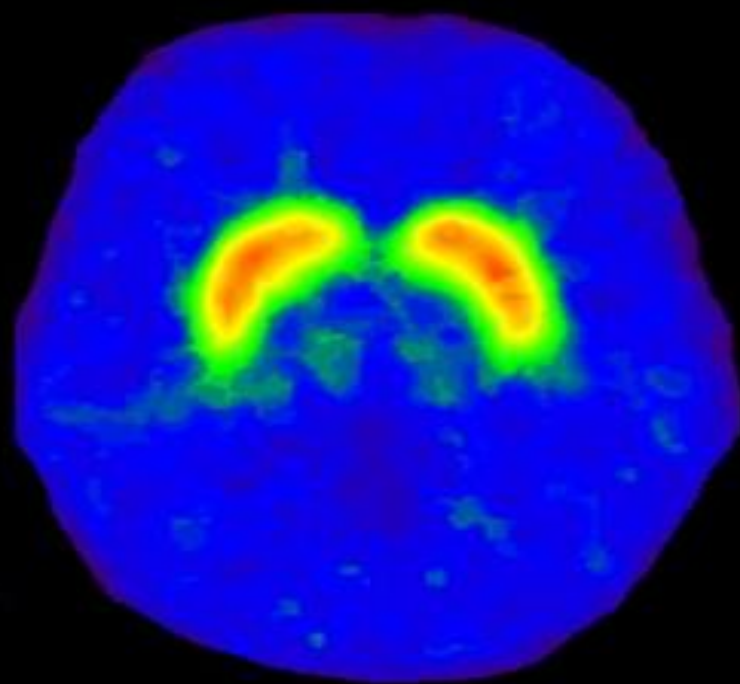


Dopamine D2 Receptors

[¹¹C]raclopride



Control Subjects
2.99 (Sd 0.41)






Obese Subjects
2.47 (Sd 0.36)




P < 0.008

Addiction and the Brain: Withdrawal

- Substance  homeostasis
- No substance  low dopamine  body panics
- Withdrawal symptoms: begin within 24-48 hours, basically the opposite effect of the drug (i.e. opiate withdrawal involves elevated heart rate, blood pressure, respiration, cold sweats nausea, diarrhea, body aches, anhedonia, etc.)

Why are relapse rates so high?

- After withdrawals: Post acute withdrawal syndrome (PAWS)
- Low dopamine activity  long term psychological symptoms (anhedonia, anxiety, depression, lethargy, sleeplessness, sensitivity to stress, etc.)

Early recovery is misery!

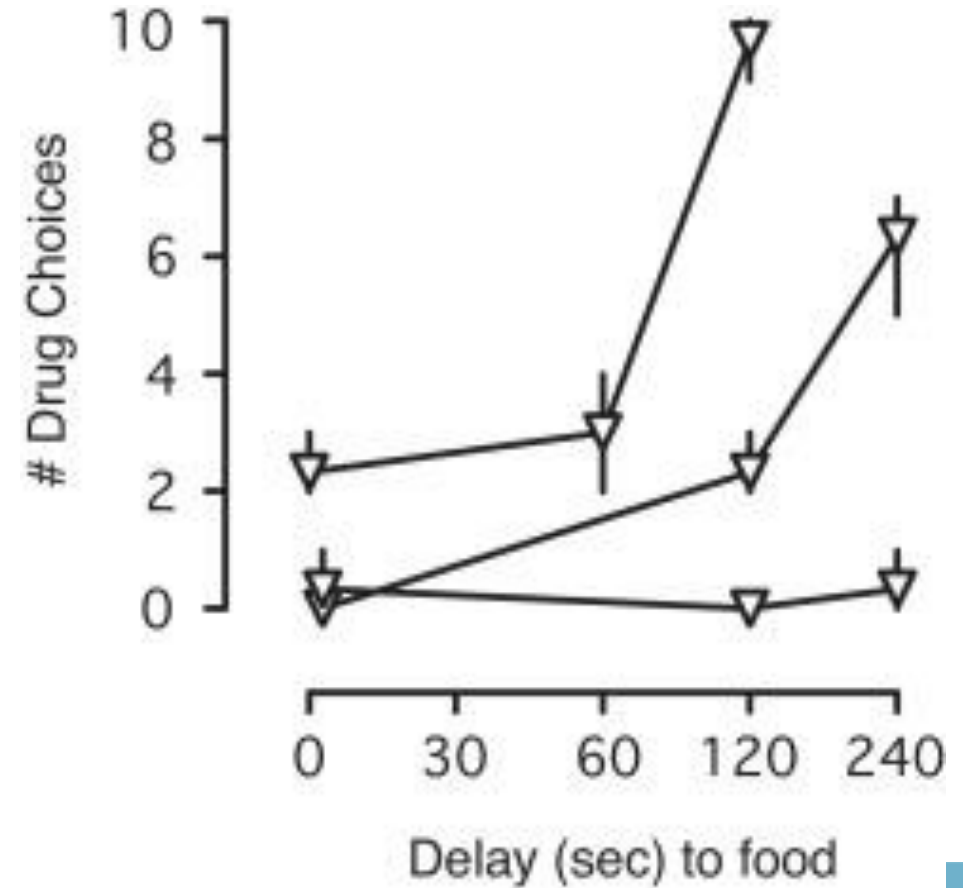
Partial Recovery of Brain Dopamine Transporters in Methamphetamine (METH) Abuser After Protracted Abstinence



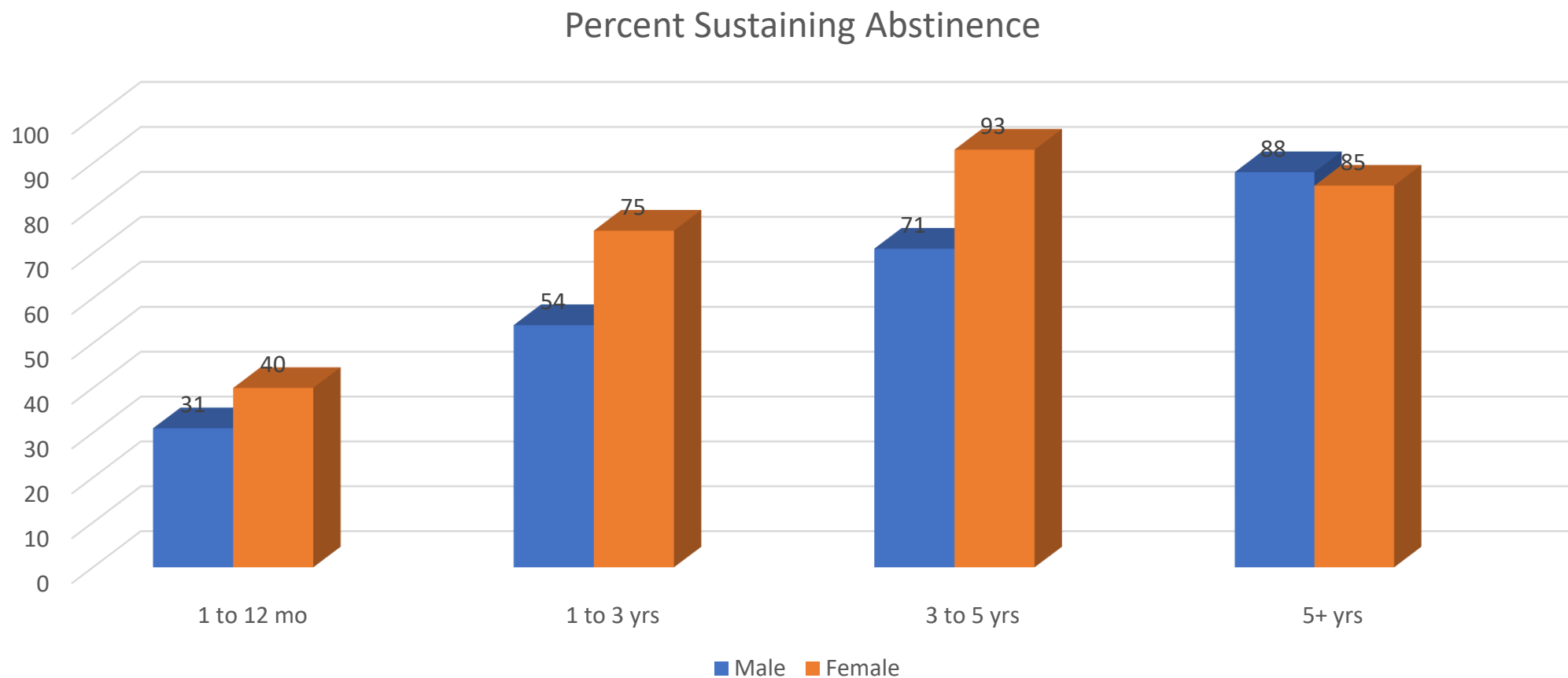
Source: Volkow, ND et al., Journal of Neuroscience 21, 9414-9418, 2001.

Recovery as a Delayed Reward (Lamb et al., 2016)

- Delayed discounting differences
- Food versus remifentanyl



Recovery Rates (Dennis, Foss, & Scott, 2007)





Long-Term Recovery

A Chronic Condition Requires a Chronic Response

Active
Addiction

Treatment

R E C O V E R Y

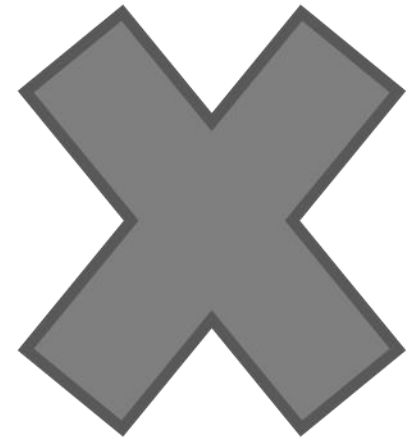
For Example...



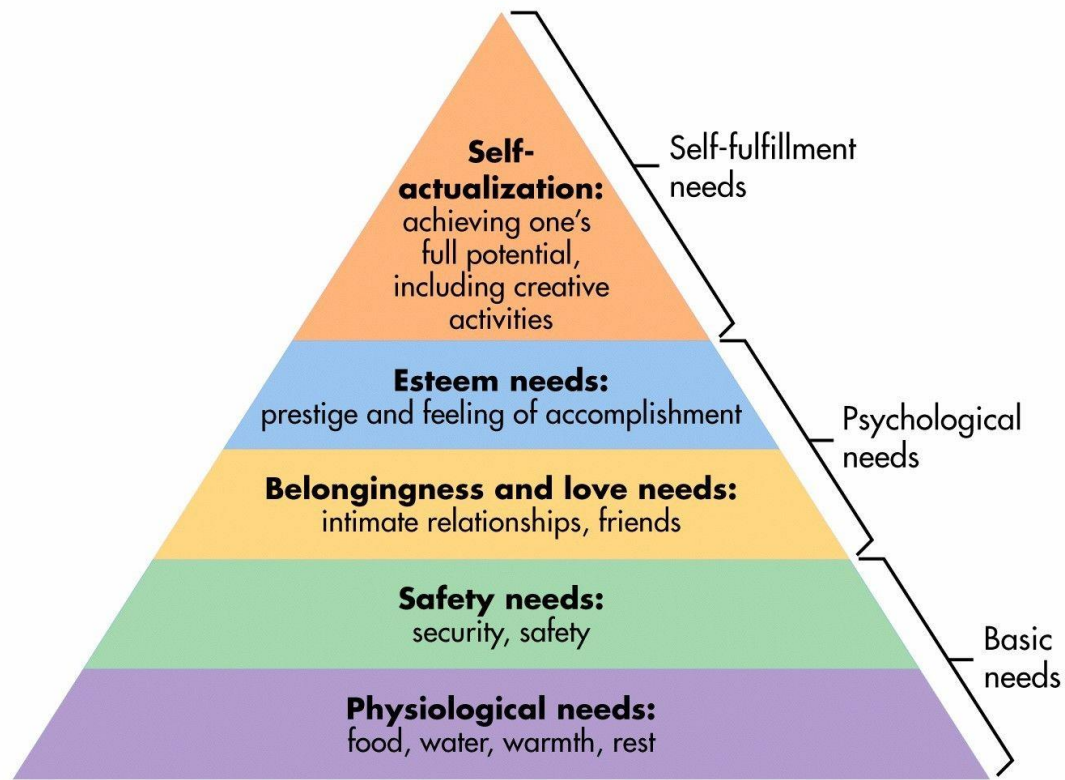
Heart Disease



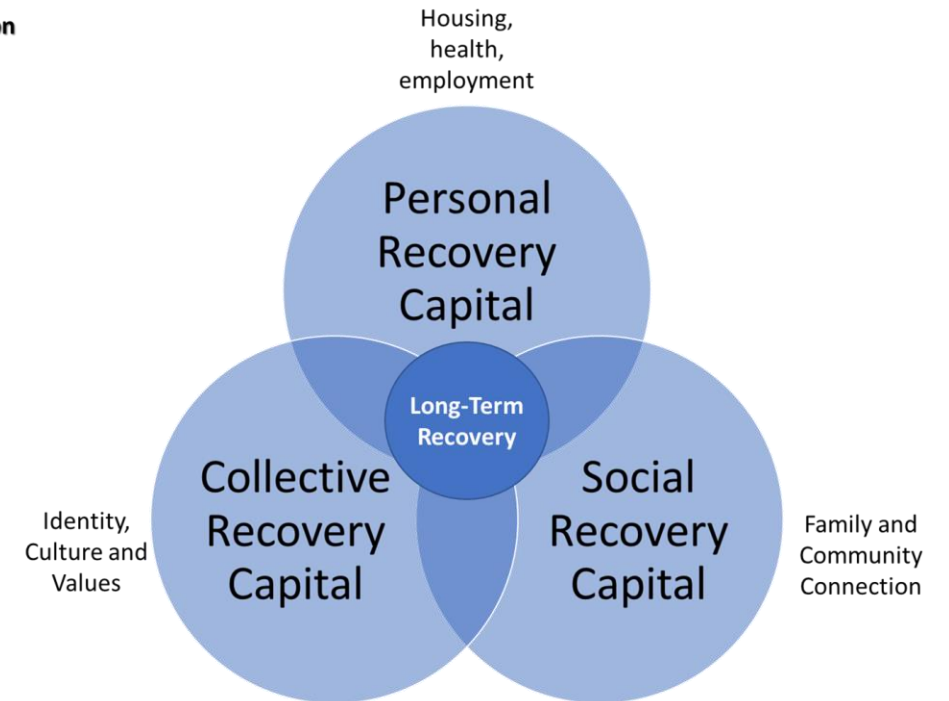
Addiction

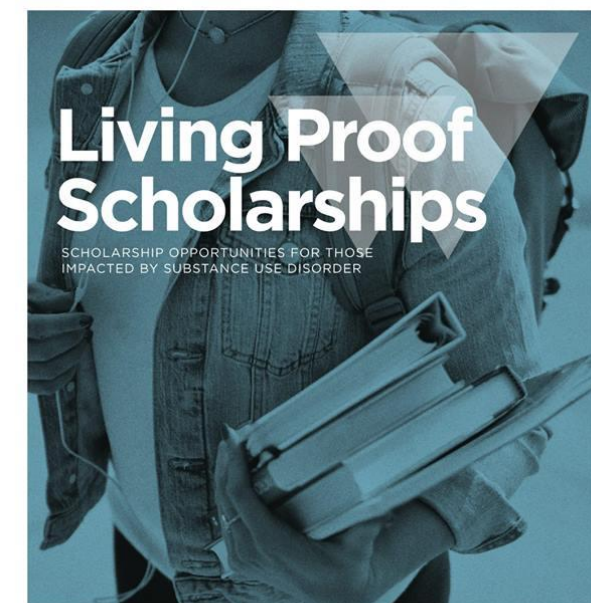
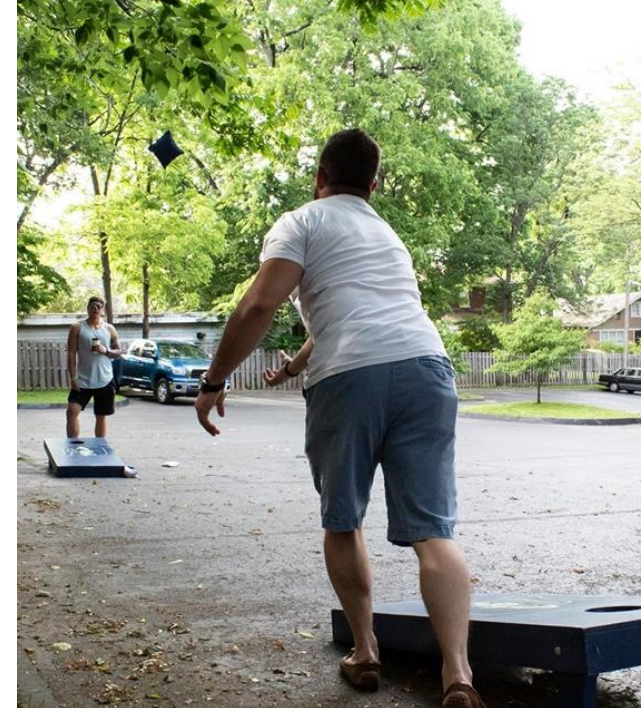
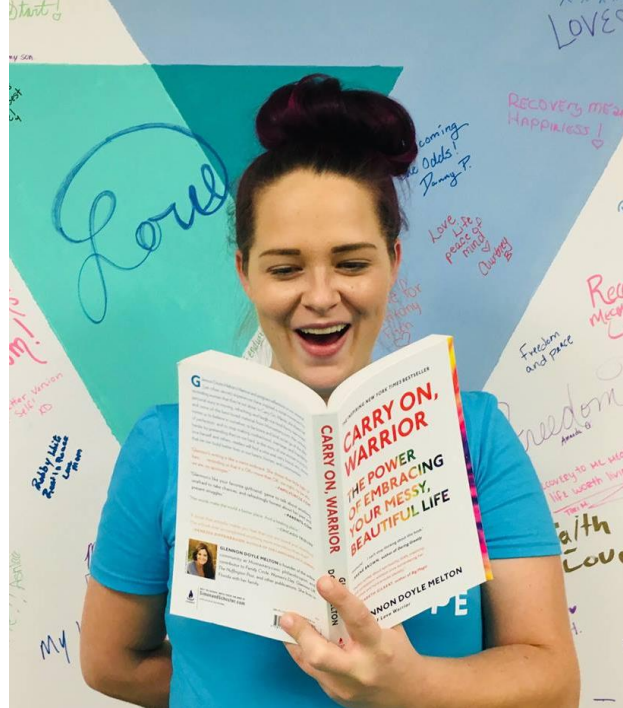


Recovery Capital



The Solution





EXPUNGEMENT SESSION

VOICES OF HOPE • WEDNESDAY, APRIL 24
450 OLD VINE ST. STE. 101, LEXINGTON, KY 40507
10:00 AM - 2:00 PM

SERVICES INCLUDE:

- Information on offenses that are eligible for expungement
- Copy of your criminal record
- Job training and job search assistance
- Information regarding restoration of voting rights
- Additional community resources

For more information, call or email
859-277-3661 or ben.haydon@goodwillky.org

Voices of Hope RCC

- Recovery Community Centers serve as a hub for recovery resources in the community
- Transplant the treatment environment to the community



Language Matters

(Boroditsky, Schmidt, & Phillips, 2003)



German

- “Key” = der Schlüssel
 - Masculine article
 - Described as “jagged, rough, hard, heavy, metal”
- “Bridge” = die Brücke
 - Feminine article
 - Described as “beautiful, elegant, fragile, peaceful, pretty”

Spanish

- “Key” = la clave
 - Feminine article
 - Described as “golden, intricate, little, shiny, tiny, lovely”
- “Bridge” = el Puente
 - Masculine article
 - Described as “big, dangerous, long, strong, sturdy, towering”

Destigmatized Language (Kelly & Westerhoff, 2010)

- Substance abuser vs. **person** with a substance use disorder



Changing the Language of Addiction

Terms that stigmatize addiction can affect the perspective and behavior of patients, clients, scientists, and clinicians.
Clinicians especially need to be aware of person-first language and avoid more stigmatizing terms.

Terms Not to Use

- addict, abuser, user, junkie, druggie
- alcoholic, drunk
- oxy-addict, meth-head
- ex-addict, former alcoholic
- clean/dirty (drug test)
- addictions, addictive disorders

Terms to Use

- person with a substance use disorder
- person with an alcohol use disorder
- person with an opioid use disorder
- person in recovery
- negative/positive result(s)
- addiction, substance use disorder

Questions or
Comments?

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www.fletchergroup.org

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