

**SUBSTANCE USE DISORDERS:  
ASSESSMENT, UNDERSTANDING,  
GETTING HELP**

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**Remember:**

If someone has 37 different issues, and one is substance abuse, don't touch the other 36. Treat the substance abuse issues successfully and the majority of the other 35 go away on their own.

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2014 - 52.7% of Americans ages 12 and up are current drinkers. Of the 177 million drinkers, an estimated 17 million abuse alcohol.

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### RISK

- 1 parent – 50%
- 2 parents – 80%

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### Different Types of Substance Abuse Disorders

- 1. Alcohol (17 million)
- 2. Tobacco (66.9 million)
- 3. Cannabis (4.2 million)

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### Different Types of Substance Abuse Disorders (cont.)

- 4. Stimulant (1.5 million)
- 5. Hallucinogen (250,000)
- 6. Opioid (1.9 million)

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### Alcohol Use Disorder

Moderate Drinking - Women - Up to 1 per day  
Men - Up to 2 per day

Binge Drinking - 5 or more on the same occasion,  
one occasion per 30 days

Heavy Drinking - 5 or more at the occasion,  
five or more occasions per 30 days

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### Diagnosis based on -

- a. Continued use despite consequences
- b. Development of a tolerance
- c. Drinking that leads to risky behavior
- d. Development of withdrawal symptoms

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### Assessment

- a. Need for detox?
- b. Substance Abuse Assessment Questions
- c. Motivation for Treatment

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### Treatment

Treatment designed based on accurate/honest assessment – For some, the addiction cannot be managed with 1x week outpatient treatment. For others, it can.

1. Individual/group counseling

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### Treatment (Cont.)

2. IOP (Intensive Outpatient)
3. Inpatient/Residential Programs
4. Medication
5. 12 Step Programs

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### Opioid Use Disorder

- 1.Reduce perception of pain
- 2.Produce drowsiness, Euphoria, nausea, constipation
- 3.Oxycodone, hydrocodone, Heroin – (injected or snorted)
- 4.17,000 deaths (est.) - 2014

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### Withdrawal

- 1.Mood Disorders
- 2.Nausea
- 3.Muscle Aches
- 4.Diarrhea
- 5.Fever
- 6.Insomnia
- 7.Intense Cravings

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### Opioid Use - Treatment

- 1.IOP
- 2.Inpatient
- 3.Medication
- 4.12 Step Program

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### Relapse

A deterioration in one's health after a temporary improvement.

Primary Triggers:

- 1.Re-exposure to drug
- 2.Cravings

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### Relapse (Cont.)

3. Stress
4. Physiological changes to brain
5. Trauma

Emotional relapse precedes physical relapse.

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### Warning Signs of Relapse

1. Denying vulnerability
2. Making excuses
3. Becoming complacent
4. Neglecting other physical, emotional, or spiritual problems
5. Involved in high risk behaviors

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### Enabling -

To give power, means, ability to someone, helping that person to continue certain (destructive) behaviors.

Those who enable are referred to as co-dependent.

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### Signs of Enabling

1. Ignoring unacceptable behavior
2. Working harder than the other person to "get him well."
3. Lie, cover-up for the person
4. Resenting responsibilities you assume

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### Support Groups for Enablers

1. AI-ANON
2. NOR-ANON

Allows enabler to hear common themes, receive support

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37 presenting problems  
1 is substance abuse

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Treat only the substance abuse.

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