



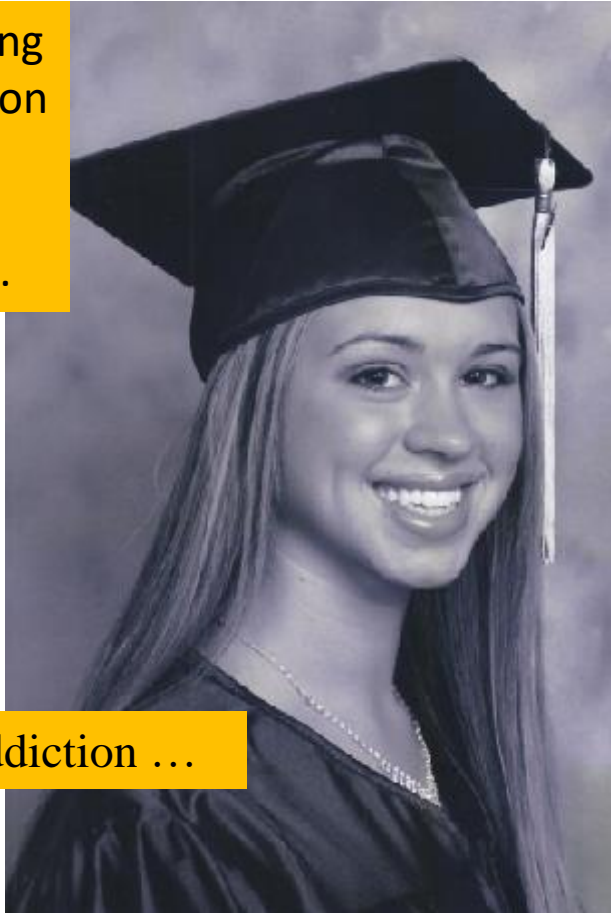
Shatter the Stigma

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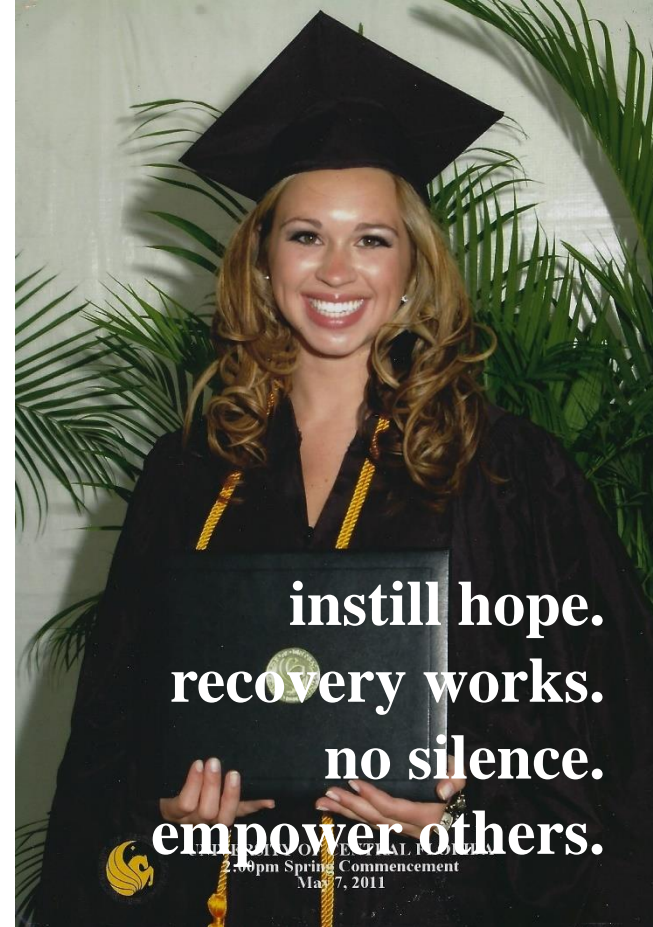
My Story

Addiction, impacting more than 45 million Americans and is leading cause of preventable death.



The insanity of Addiction ...

Before Sobriety



After Sobriety



Identifying Addiction or Substance Use Disorder (SUD)

- Primarily higher functioning individuals
- Who needs to be on the look out for it? SUD is in multiple settings
- Maslow's Hierarchy
- We are their first line of help



Addiction Co-Occurs with Other Symptoms

- “I don’t work with that population...”
- 1 in 10 Americans has a substance use disorder
- Over 10 million Americans have a mental health disorder & substance use disorder
- Less than 12% get treated for both
- Develop a cohesive system of care addressing both



SUD is Underdiagnosed

- Rate of screening < 50 %
- Why? Withheld information, unaware of signs, stereotypes, insufficient training, and low confidence to treat
- In healthcare settings not assessing leads to: missed information, potential surgical complications, unexpected drug reactions, damage on fetus, unexpected alcohol withdrawal, lost opportunities for intervention
- Clients treated symptomatically, without the recognition of the underlying problem
- (i.e. anti-depressants & alcohol)



Insufficient Training


- Higher Education Programs lacking addiction education
- Highly misunderstood ever-evolving illness
- A state of emergency
- Knowledge is POWER
- Detect Earlier = Treat Earlier = Save Lives



Red Flags to Notice

- Minimize, rationalize, hide
- Disease centers in the mind
- Common Statements: I am going to cut down on my use; I can control it; I just need to stop drinking vodka; I drink/smoke socially; I never use alone; I never use in the morning
- Post-Partum Case
- Always assess for addiction because of minimization/stigma





**What's the difference
between social &
problematic use?**



Addiction Assessment Tools

- NIDA Pre-Screen
- DSM 5 Criteria for SUD
- Substance Abuse Subtle Screening Inventory
- My Quick Version



Pre-Screen Every Client

Do you sometimes drink beer, wine, or other alcoholic beverages? If they say YES then...

Do you drink alcohol more than you intend on when you do?

AND:

Do you use anything that isn't prescribed to you or not take or meds as prescribed?

(National Institute on Alcohol Abuse
& Alcoholism, 2017)



DSM 5 Criteria | In the last 12

months...
2 = Mild | 4 = Moderate | 6+ = Severe



The substance is **often** taken in larger amounts or over a longer period than was intended.



There is a **persistent** desire or unsuccessful efforts to cut down or control the use of the substance.



Continued substance use despite having persistent or **recurrent** interpersonal problems



Recurrent substance use in situations in which it is physically hazardous



Craving or a strong desire or urge to use the substance



Recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home



Substance use is continued despite knowledge of having persistent or recurrent physical or psychological...



Important social, occupational, or recreational activities are reduced because of the use



Withdrawal syndrome



Tolerance developed



Substance Abuse Subtle Screening Inventory

S·A·S·S·I

SASSI-4
ADULT FORM

S-N401BRA

- | | <input type="checkbox"/> | <input checked="" type="checkbox"/> | |
|-----|-------------------------------------|-------------------------------------|--|
| | T | F | |
| 39. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | I have never broken a major law. |
| 40. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | There have been times when I have done things I couldn't remember later. |
| 41. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | I think carefully about all my actions. |
| 42. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | I have used too much alcohol or "pot," or used too often. |
| 43. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | Nearly everyone enjoys being picked on and made fun of. |
| 44. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | I like to obey the law. |
| 45. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | I frequently make lists of things to do. |
| 46. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | I think I know some pretty undesirable types. |
| 47. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Most people will laugh at a joke now and then. |
| 48. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | I have rarely been punished. |
| 49. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | I use tobacco regularly. |
| 50. | <input type="checkbox"/> | <input checked="" type="checkbox"/> | At times I have been so full of energy that I felt I didn't need sleep for |



Identifying Addiction – SASSI

SASSI-4 Screening Results Overview

Random Responding:

Alcohol and/or Other Drug Problem:

Acting Out:

Defensiveness:

Indication of Emotional Pain:

Prescription Drug Abuse:

Results Indicate No Evidence of Random Responding

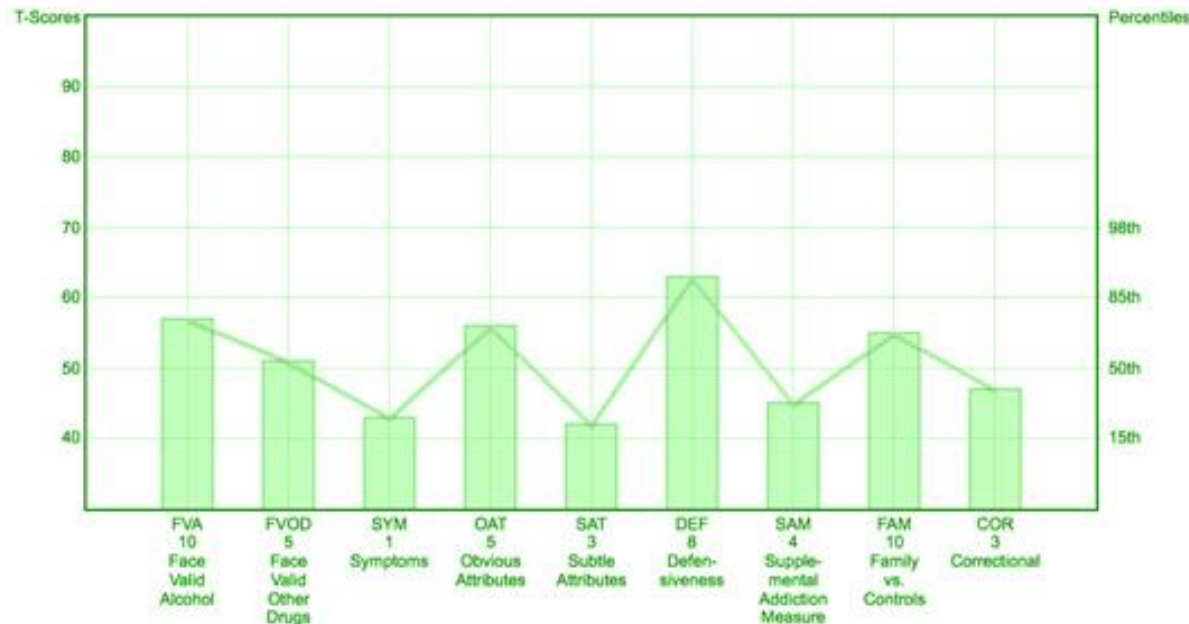
High Probability of Substance Use Disorder

Results Indicate No Evidence of Risk

Moderate Clinical Issue

Results Indicate No Evidence of a Problem

Results Indicate No Evidence of Risk



Identifying Addiction – My Quick Version

ONE: The individual can't stop once they start

TWO: Tolerance Developed

"But don't you have to use everyday or go through withdrawals to be addicted?"





**What's the difference between
social & problematic use?**



// **Stereotypes, Stigma & Shame**

**What is the stereotypical
vision of the addict?**




Low Bottoms are the Focus in Our Field and in Media

ARCHIVE

Lindsay Lohan's Road to Ruin

BY MICHELLE TAUBER · @MICHELLETAUBER AND LIZ MCNEIL · @LIZMCNEIL
POSTED ON OCTOBER 11, 2010 AT 12:00PM EDT

SHARE TWEET EMAIL



A thumbnail for an article titled "Lindsay Lohan's Road to Ruin" by Michelle Tauber and Liz McNeil. It features four small portraits of Lindsay Lohan at different stages of her career and a large graphic with the text "ROAD to RUIN".



A thumbnail for an article about Angie Bradshaw. It features a large portrait of her and text including "ANGIE BREAKS HER SILENCE!", "Brad Put Me Through Hell", "VIOLENCE, LIES & ADDICTION", and "The truth about what happened on the plane".

BRITNEY SPEARS Appeals Court Says ... SHE WAS A DRUG ABUSER

1.5K 1,300 4/26/2016 2:31 PM PDT

EXCLUSIVE



A photograph of Britney Spears with blonde braids and a man in a baseball cap.



'I can't unlock my two bracelets': New Tiger Woods DUI video shows golf star dazed and confused in jail



Addiction Does Not Discriminate

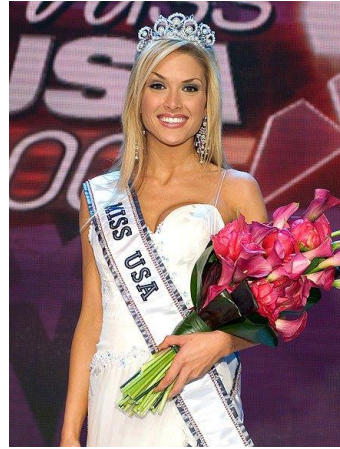


The Higher Functioning Substance User

- The New Alcoholism: Exceling in societal terms.
- Life doesn't look too unmanageable
- Dr. Earley, President-Elect of ASAM – treats surgeons
- Intervention Project for Nurses



Did these images come to mind?



Definitions

Guilt “I feel guilty for something I have done”

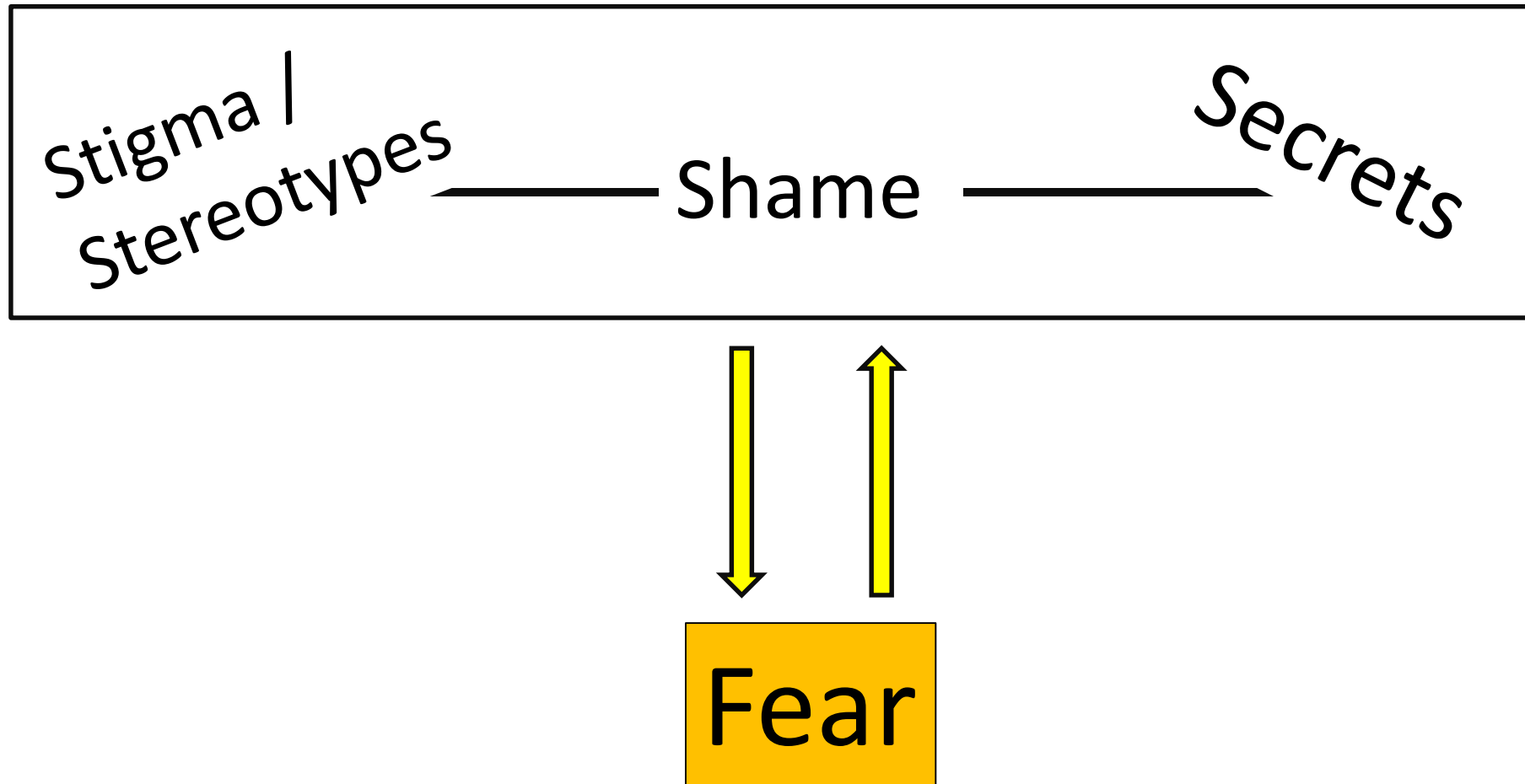
Shame “I feel shame for what I am.”

Fear: False. Evidence. Appearing. Real.

Stigma: Mark of disgrace associated with particular circumstance, person, or group of people



What Destroys the Addicted and Their Loved Ones



How Shame Develops

- Compared to a non-addict, feel shameful when making mistakes
- Disease manifests in manipulation, immoral, irresponsible, illegal actions
- Resignation & Despair
- Damaged goods
- Unworthy human/Inadequate father/husband...feel like they don't hold value



Stigma

- Society/Media adds to stigma
- “He choose to take those pills not knowing the side effects they may have on him and then chose to drive on top of that. The first decision was stupid the second was irresponsible. Cause and effect. Now he has to deal with it. That's life.”
- Highly misunderstood disease
- Stay in silence for fear of humiliation, judgment, condemnation
- It's easier to live a lie in secrets in shame than to disclose
- Can we blame them?



Why Can't they Stop??!

- Matter of will power or moral failing (individual, family, & society)
- Let's simplify this complex disease to reduce judgement further
- Two factors powerful enough to take a person from being "successful" to being completely destroyed by the disease
 1. The Obsession & Compulsion
 2. Re-Wiring of Brain Pathways



Obsession & Compulsion

**“Understanding Self-Deception,” by
Dr. Abraham J. Twerski**



Psychological: Obsession & Compulsion

Subconscious Urge

Irresistible

Resisting Creates Anxiety

Give in for Relief

Brief

Urge Reoccurs

Block Consequences

Obsession

Discontent

Use



“//” **Physiological Aspect – Re-Wiring the Brain**

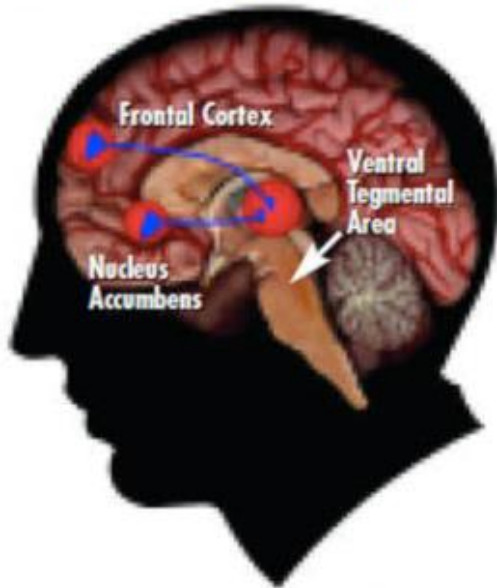
Surgeon General Vivek Murthy, “Addiction is a chronic brain disease, not a moral failing.”

How does this become a brain disease?



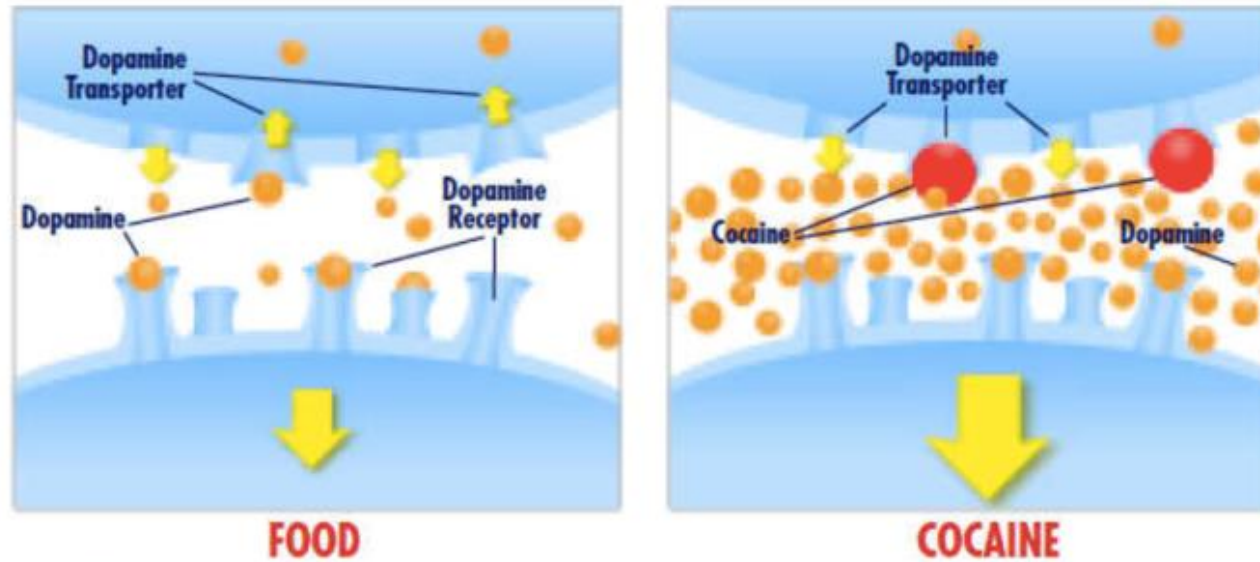
Brain Physiology

Brain reward (dopamine) pathways



These brain circuits are important for natural rewards such as food, music, and sex.

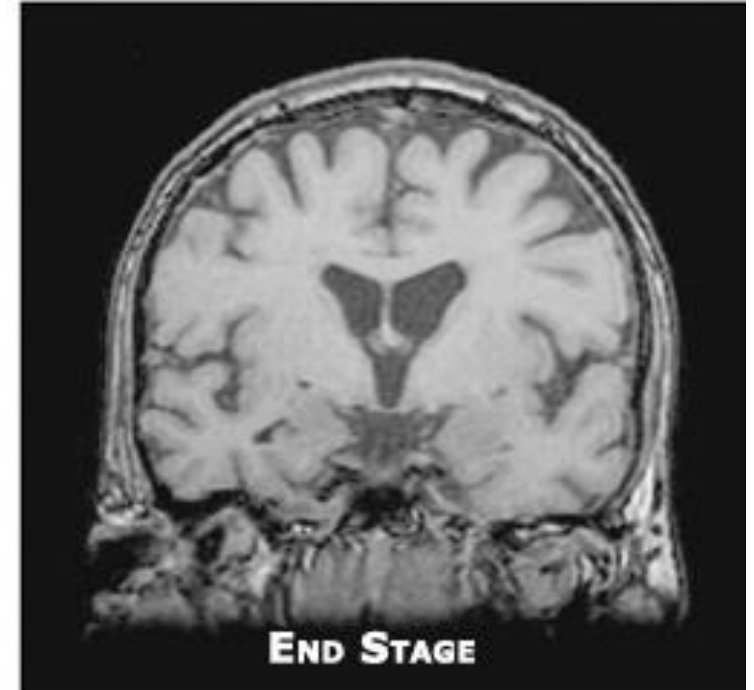
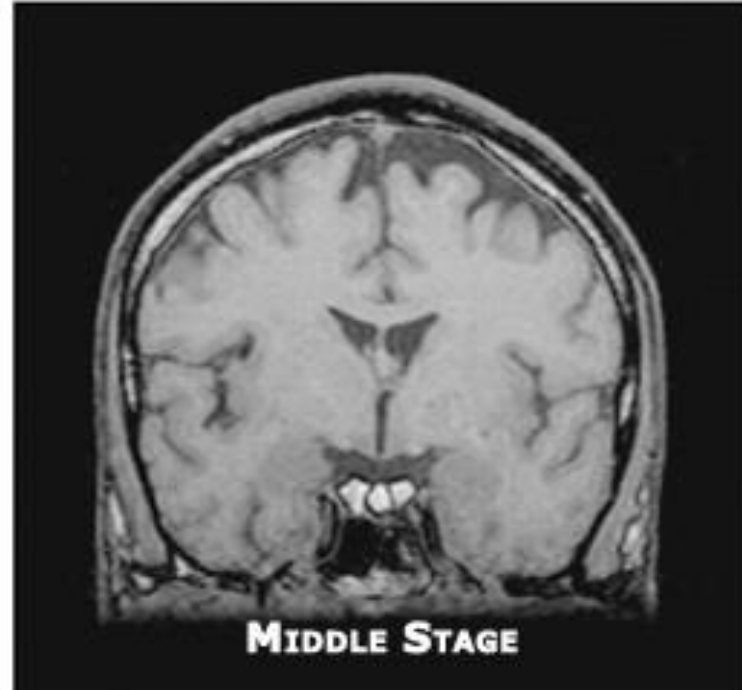
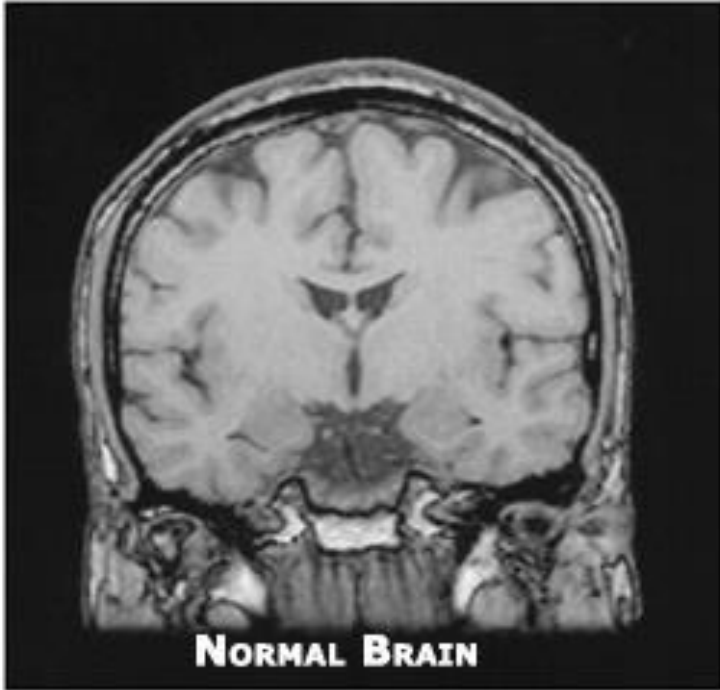
Drugs of abuse increase dopamine



Typically, dopamine increases in response to natural rewards such as food. When cocaine is taken, dopamine increases are exaggerated, and communication is altered.



Severe Chronic Brain Damage – Wernicke-Korsakoff Syndrome



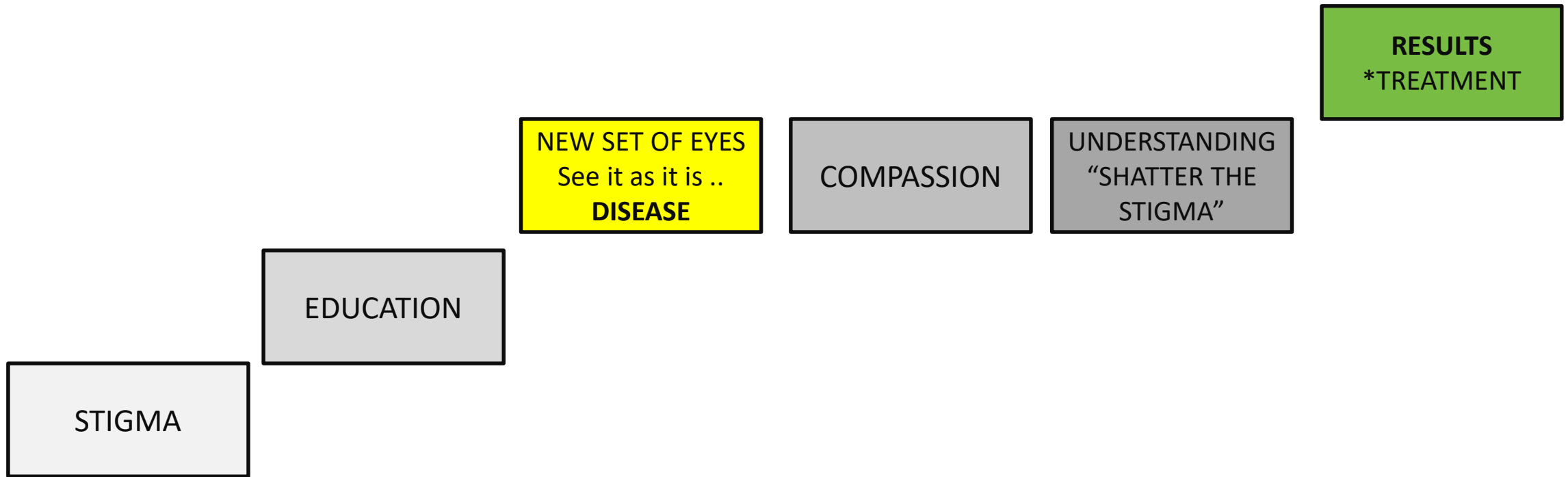
(U.S. National Library of Medicine, 2017)



Eradicating the Stigma

“We are the most addicted, obese, in-debt country in the world.”

“Condemning is a subtle and destructive process.”



What can WE do?

- Take Action
- Personally-Professionally- Family- Society-Recovering people
- "You're as sick as your secrets."
- Let's talk more about recovery!
- 23 million Americans adults in recovery
- Faces & Voices of Recovery
- Unite to Face Addiction in D.C.
- facingaddiction.org



Individually Changing Perspective

- Compassion, Understanding & Vulnerability
- How they will HEAR us & how they wont.
- Changing the Language
- They are sick
- The three C's
- Living in action for ourselves, rather than constant reaction to what is going on around us.
- Take care of ourselves first
- 12 Step Programs (ACOA, Al-Anon, Co-Da)



LET'S CONNECT

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LifeCounseling
Solutions