

Treatment and Prevention of Substance Use Problems

Balancing our Priorities
October 8, 2009

Understanding Substance Use Disorders

● Substance use disorders include a range of harmful uses of substances which require a differential assessment and diagnosis and a continuum of interventions which promote cessation and sustained recovery.

● **Misuse:** Irresponsible or illegal use; there may not be harmful consequences but there could be. Such misuse can be the beginning of a pattern of abuse and may ultimately lead to dependence. Brief screening and intervention can often be effective.

● **Abuse:** Repeated/continual use despite adverse consequences. Such misuse usually can be the beginning of a pattern of abuse leading to dependence. This requires more intense intervention including treatment and possible support group involvement.

● **Dependency (Addiction):** Uncontrolled repeated/continual use despite adverse consequences. Drug addiction is a complex illness. It is characterized by compulsive, at times uncontrollable, drug craving, seeking, and use that persist even in the face of extremely negative consequences. For many people, drug addiction becomes chronic, with relapses possible. (NIDA, Principles of Drug Addiction Treatment, 2000)

To Review...

Addiction is:

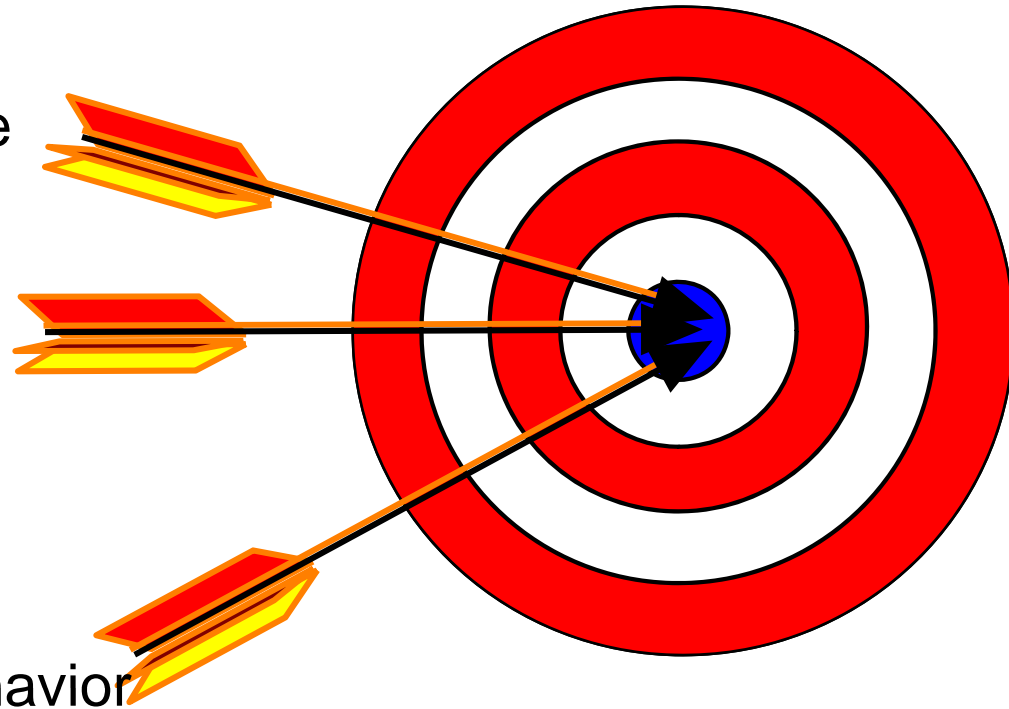
- a chronic brain disease
- expressed as compulsive behavior
- expressed within a social context
- prone to relapse
- treatable

Goals of Drug Treatment:

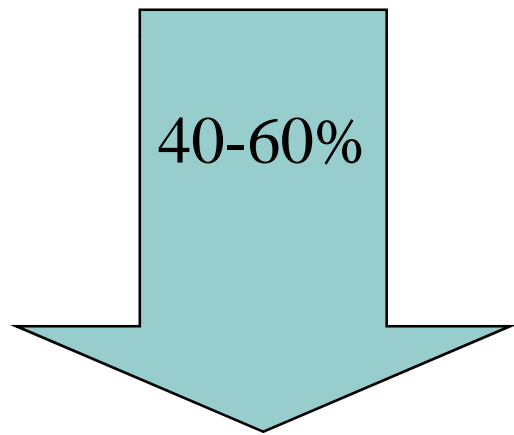
Abstinence

Functionality in
Family, Work
and
Community

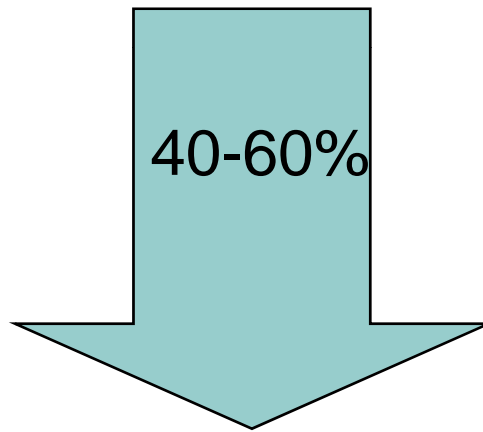
Reduced Criminal Behavior



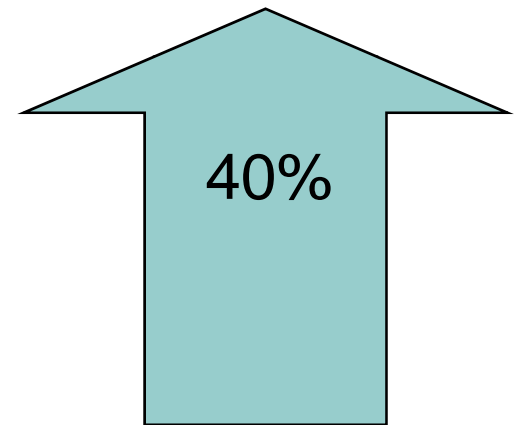
Effectiveness of Treatment



Drug Use



Crime



Employment

Cost-Effectiveness of Drug Treatment

Cost to society of drug abuse = \$180 billion / year.

Treatment is less expensive than incarceration:

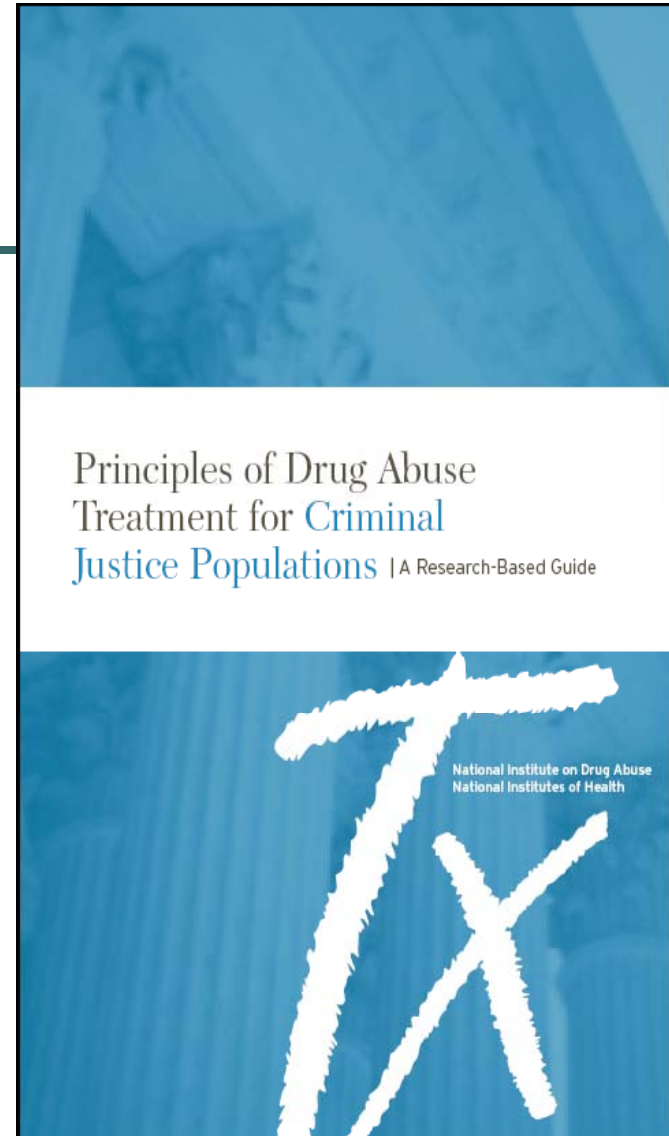
Methadone maintenance = \$4,700 / yr

Imprisonment = \$18,400 / yr

Other studies indicate that every \$1 invested in treatment can yield up to \$7 in savings.

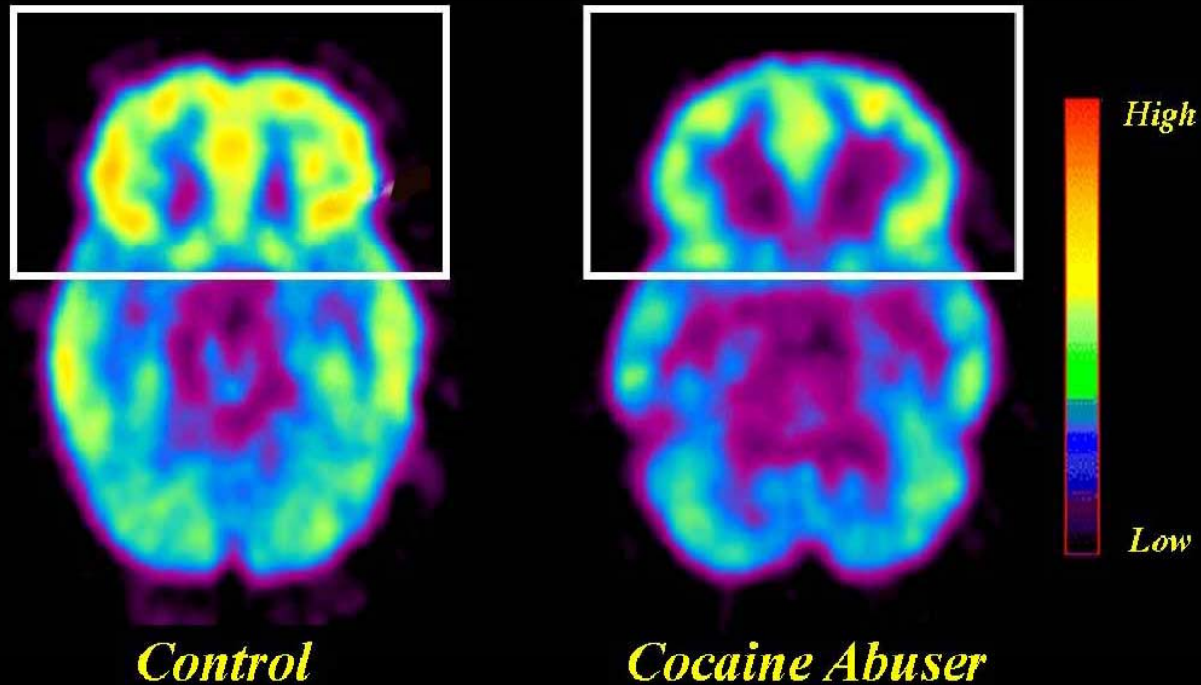


One of NIDA's latest publications focuses on treatment for those in the criminal justice system.

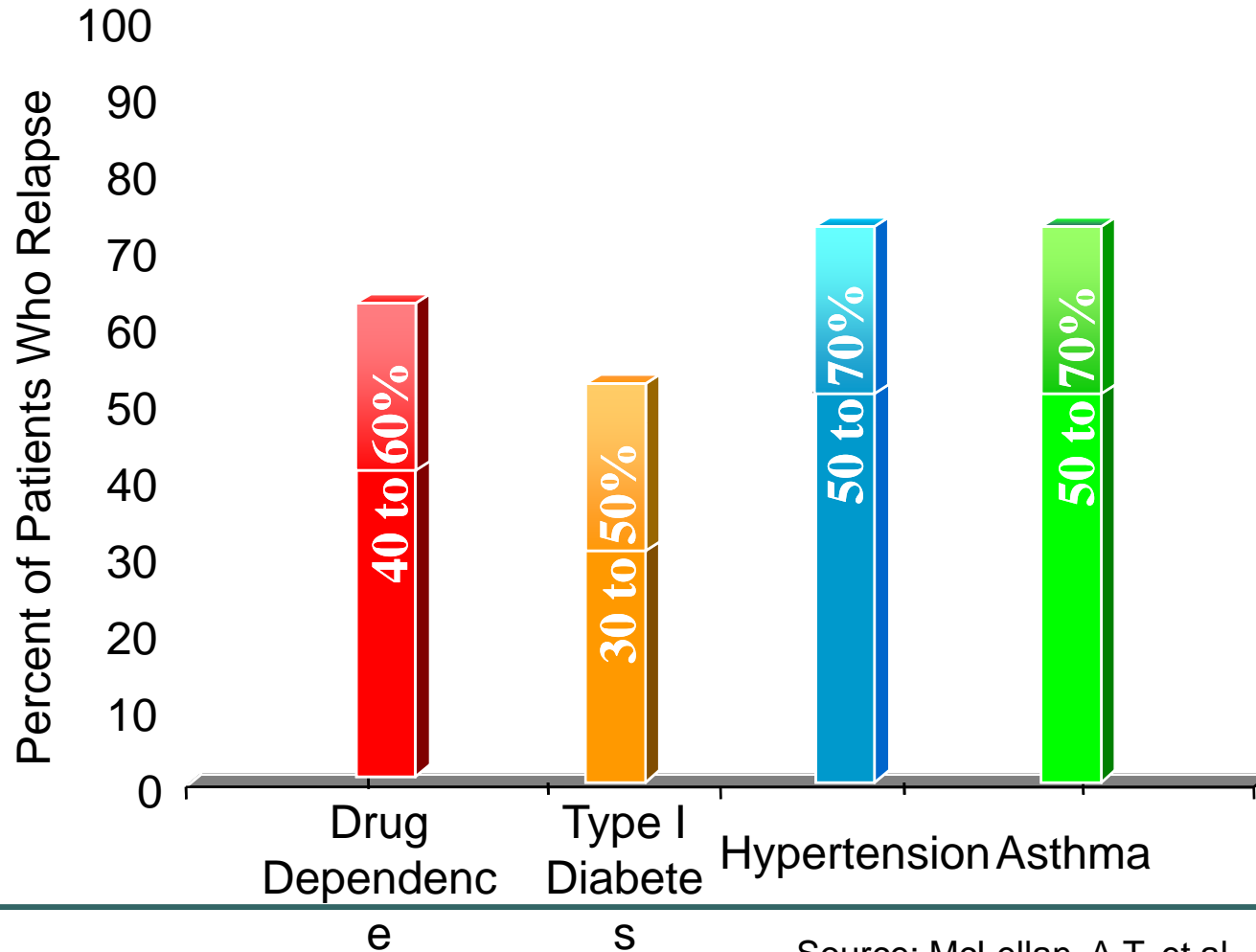


Drug addiction is a brain disease that affects behavior

Brain changes in addiction help explain continued drug abuse and relapse.



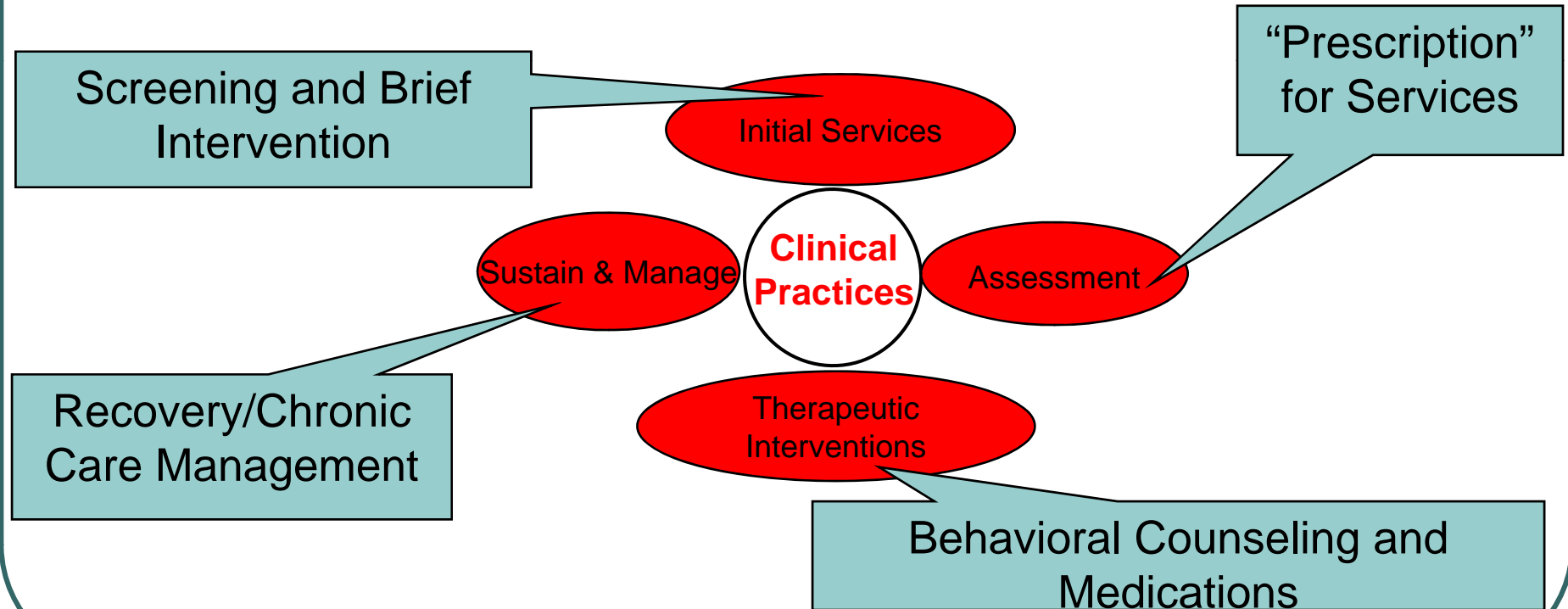
Relapse Rates for Drug Addiction are Similar to Other Chronic Medical Conditions



Source: McLellan, A.T. et al, JAMA, Vol 284(13), October 4, 2000

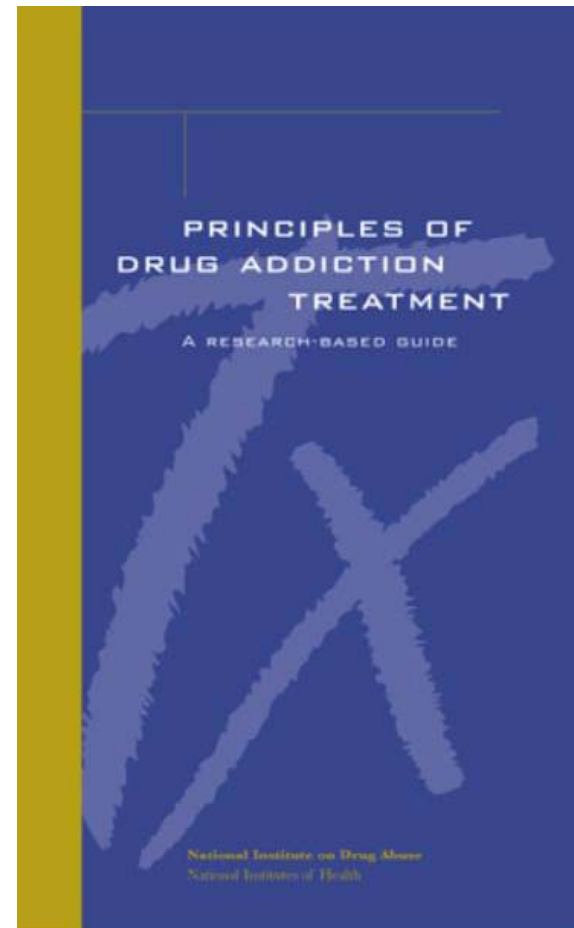
Recovery from drug addiction requires effective treatment followed by management of the disorder over time.

A Chronic Care Approach to Drug Treatment

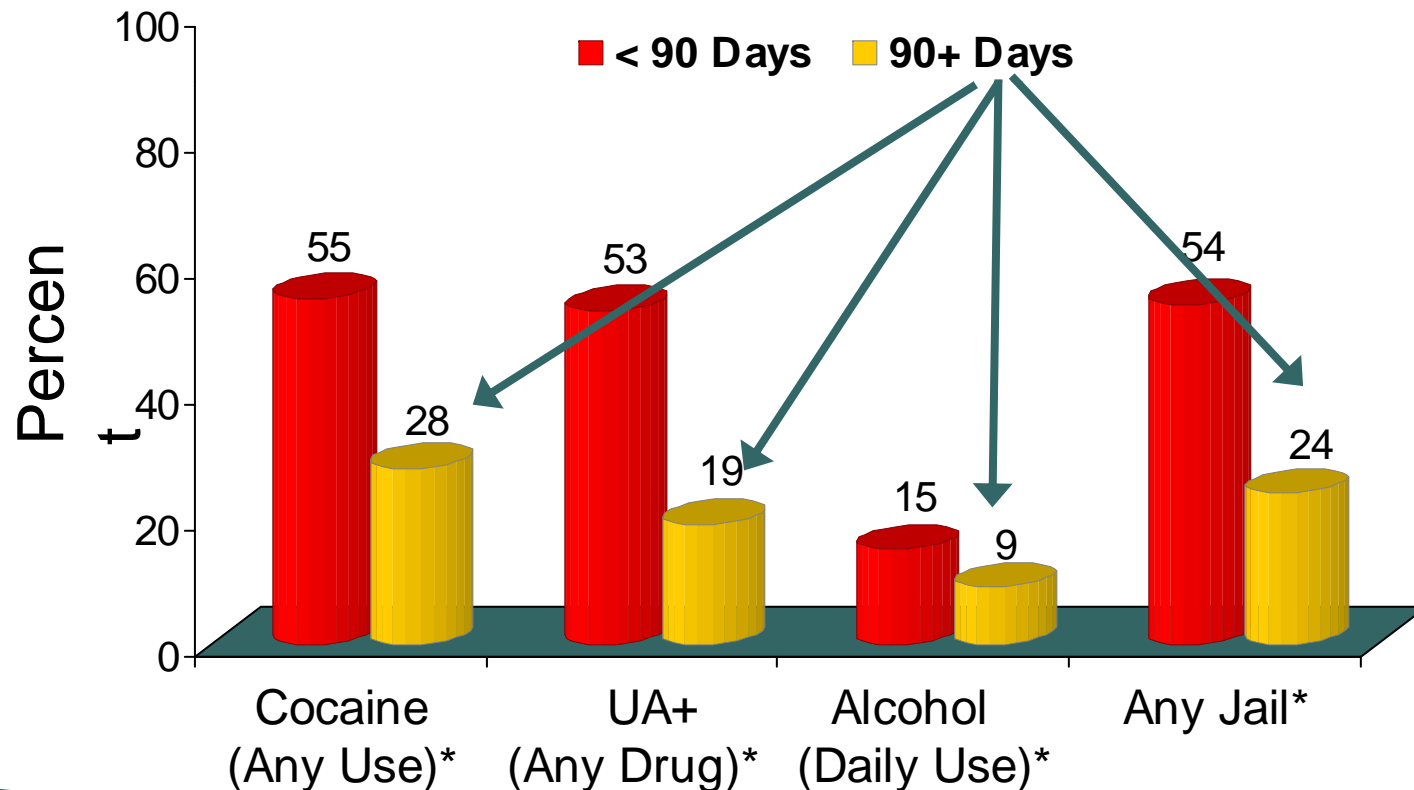


Drug Abuse Treatment Can Work

- **No single treatment is appropriate for all individuals.**
- **Treatment needs to be readily available.**
- **Treatment must attend to multiple needs of the individual, not just drug use.**
- **Multiple courses of treatment may be required for success.**
- **Remaining in treatment for an adequate period of time is critical for treatment effectiveness.**



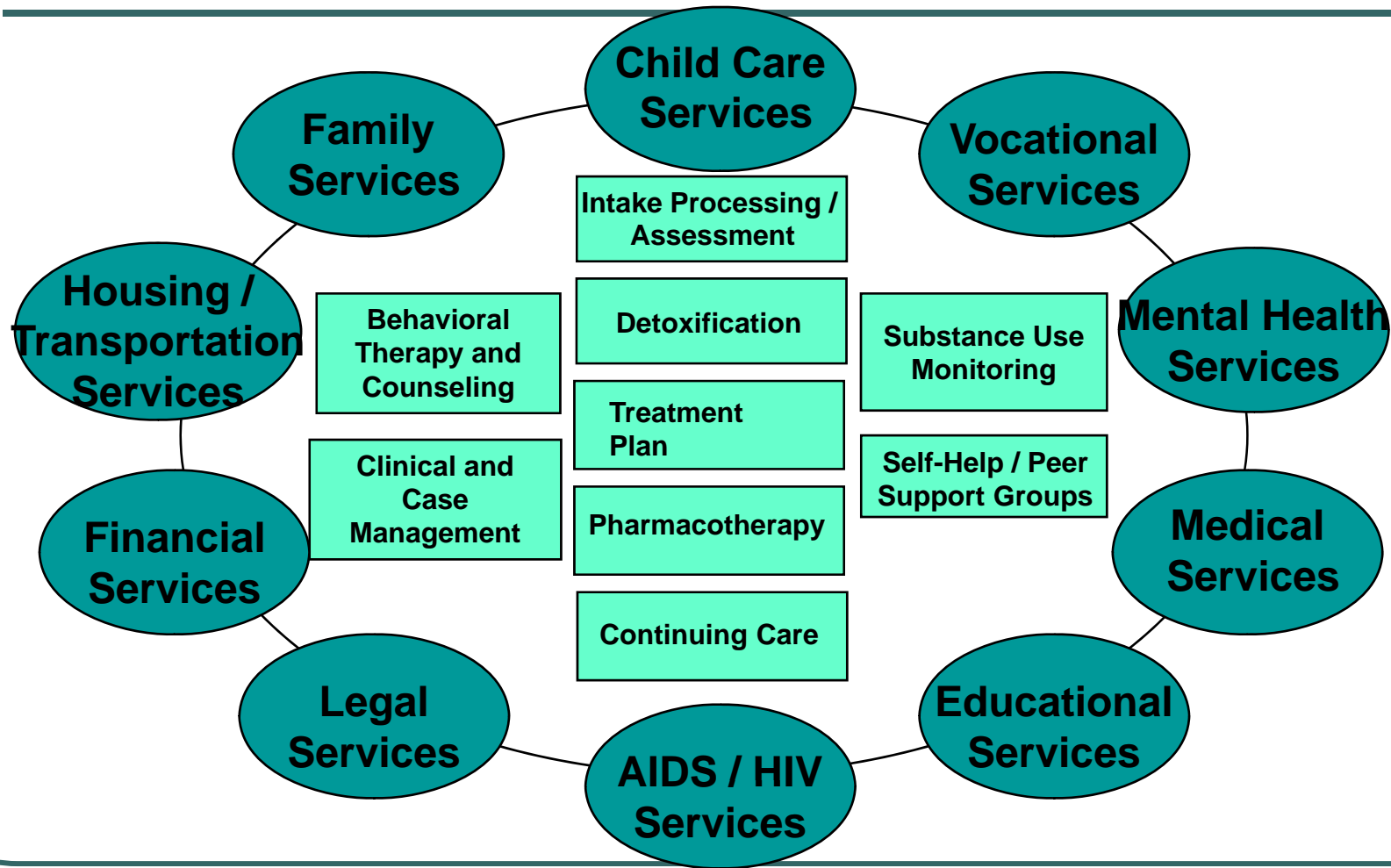
Treatment must last long enough to produce stable behavioral changes.



Assessment is the first step in treatment.

- Nature/extent of drug problem
- Strengths:
 - Family support
 - Employment history
 - Motivation
- Threats to recovery:
 - Criminal behavior
 - Mental health
 - Physical health
 - Family Influences
 - Employment
 - Homelessness
 - HIV/AIDS

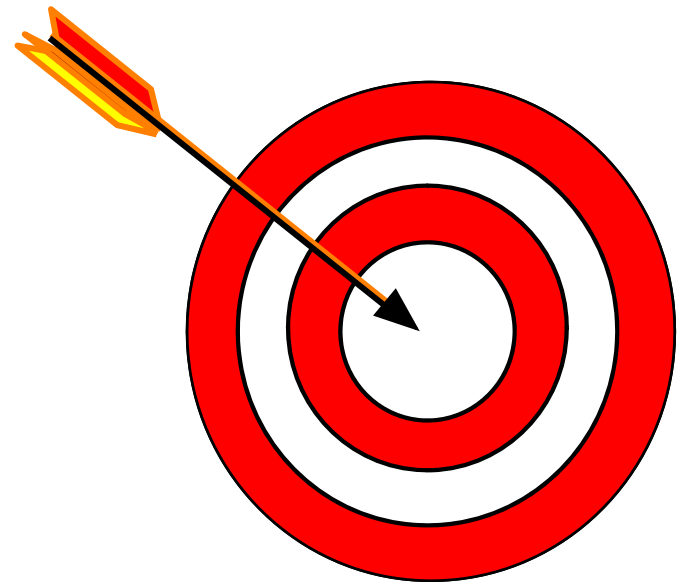
Matching services to needs is critical for treatment to be successful.



Treatment should target factors
associated

~~with criminal behavior.~~

- Criminal thinking
- Antisocial values
- Anger/hostility
- Problem solving
- Conflict resolution skills
- Attitudes toward school/work
- Mental health problems
- Family functioning
- Barriers to care
- Alcohol/drug problems



Treatment planning should involve treatment and criminal justice personnel.

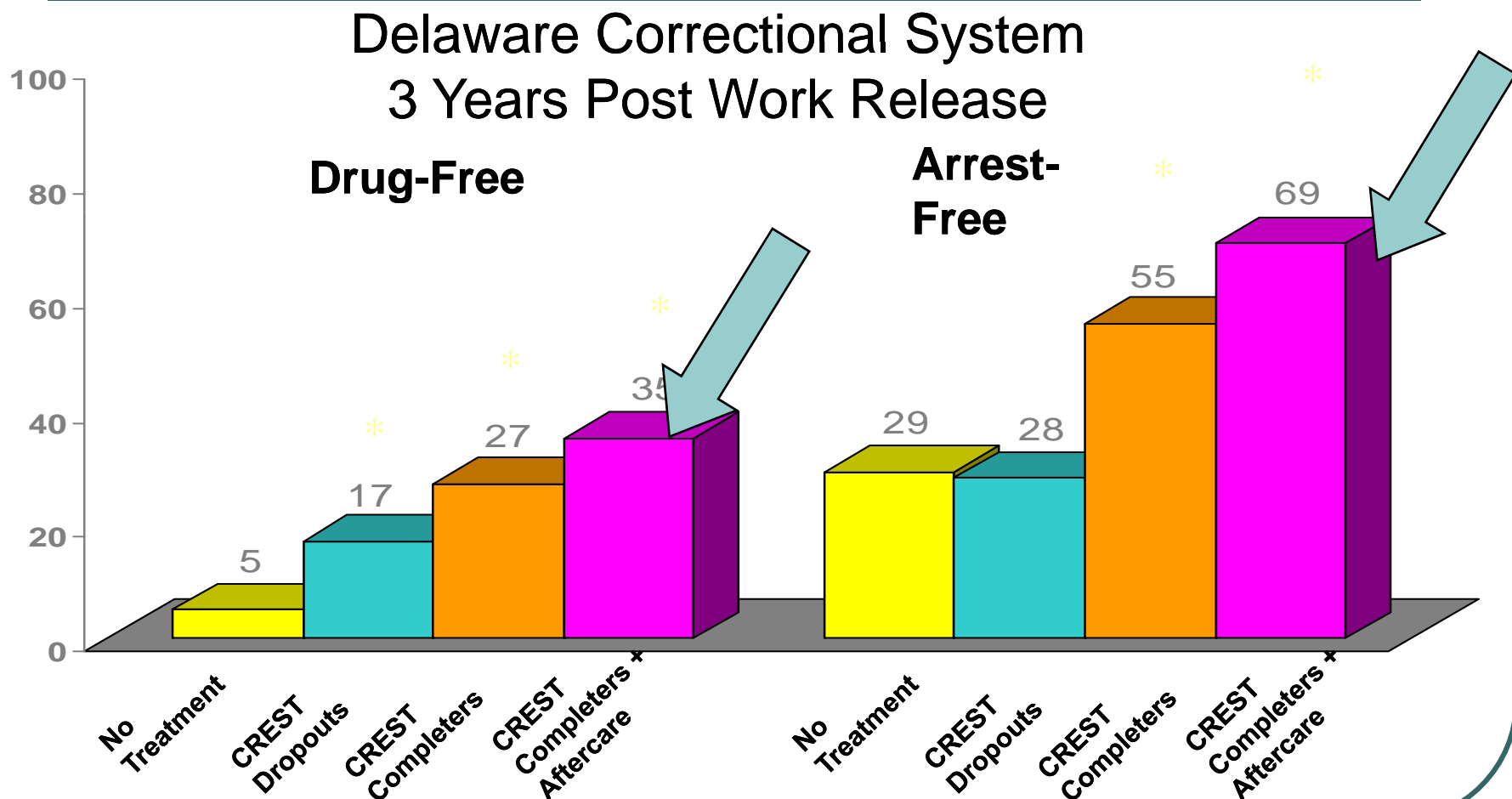
Public Health Approach
-disease
-treatment

High Attrition

Public Safety Approach
-illegal behavior
-punish

High Recidivism

Continuity of care is essential.



A balance of rewards and sanctions can encourage pro-social behavior and treatment progress.

Rewards

Reinforce positive behavior
Use awards (non-monetary) to recognize progress
"Catch people doing things right"

Sanctions

Graduated

Consistent, prediction, fair
Treatment not a sanction!

Most likely to have desired effect the closer they follow the targeted behavior.

Treat co-existing mental disorders in an integrated way.

Attention Deficit Disorder

Bipolar Disorder

DRUG ABUSE

Conduct Disorders

Depression

Post-Traumatic Stress Disorder

Medications are an important element of treatment.

- Methadone



- Naltrexone



- Buprenorphine



Recovery

- Recovery from alcohol and drug problems is a process of change through which an individual achieves abstinence and improved health, wellness, and *quality of life*. (CSAT 2005 National Recovery Summit)
- Recovery from substance dependence is a voluntarily maintained lifestyle characterized by sobriety, personal health, and citizenship. (Betty Ford Institute, 2007)
- My definition of ***recovery is life***. Cause I didn't have no life before I got into recovery. (Pathways study participant H.W. 42 years old African American male)