

Drug Abuse Prevention & Treatment

Chapters 17 & 18

Key Message!

- Treat the person



Drug Use & Prevention

- Does success insulate a person from addiction?
- Do athletics protect a person from drug use?
- What drives someone to try drugs?
- What factors contribute to drug use?
- [Michael Phelps struggles](#)
- What are the best approaches to Px & Tx drug addiction?



What are our basic human (psychological) needs?

Hedonia

- Seek pleasure & comfort
- Avoid pain

Eudaimonia

- Authenticity
 - Integrity, self-knowledge
- Meaning
 - Contribution, purpose
- Excellence
 - Virtue, quality
- Growth
 - Learning, maturity



Huta, V., & Waterman, A. S. (2014). Eudaimonia and its distinction from hedonia: Developing a classification and terminology for understanding conceptual and operational definitions. *Journal of Happiness Studies: An Interdisciplinary Forum on Subjective Well-Being*, 15(6), 1425-1456.

What are our basic human (psychological) needs?

- Certainty –
 - Peace
 - Security
- Significance –
 - Be valued
 - Uniqueness
 - Sense of identity
- Connection –
 - Deep interpersonal relationships
 - To be loved
 - To be needed
- Growth -
 - Learn
 - Explore
 - Experience
 - Novelty
- Contribute –
 - Belong to something bigger than self
 - Adding value to others' lives
 - Meaningful

What are our basic human (psychological) needs?

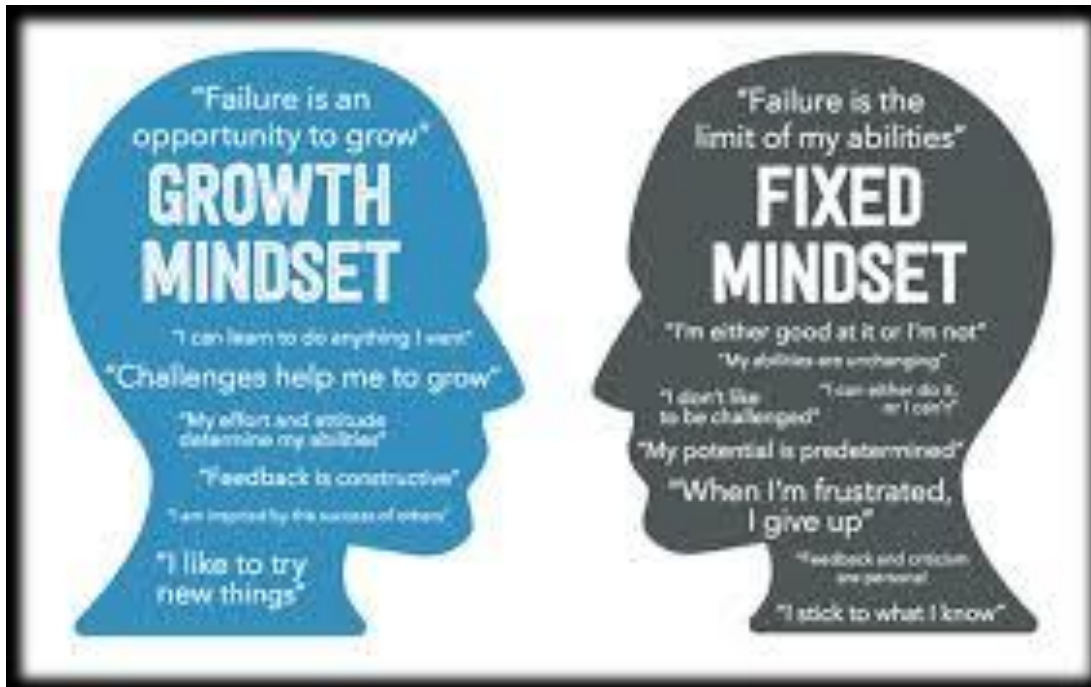
- Meaningful relationships
 - Dignity
 - Love
 - Safety
- Meaningful work
 - Service
 - Recognition
 - Contribution

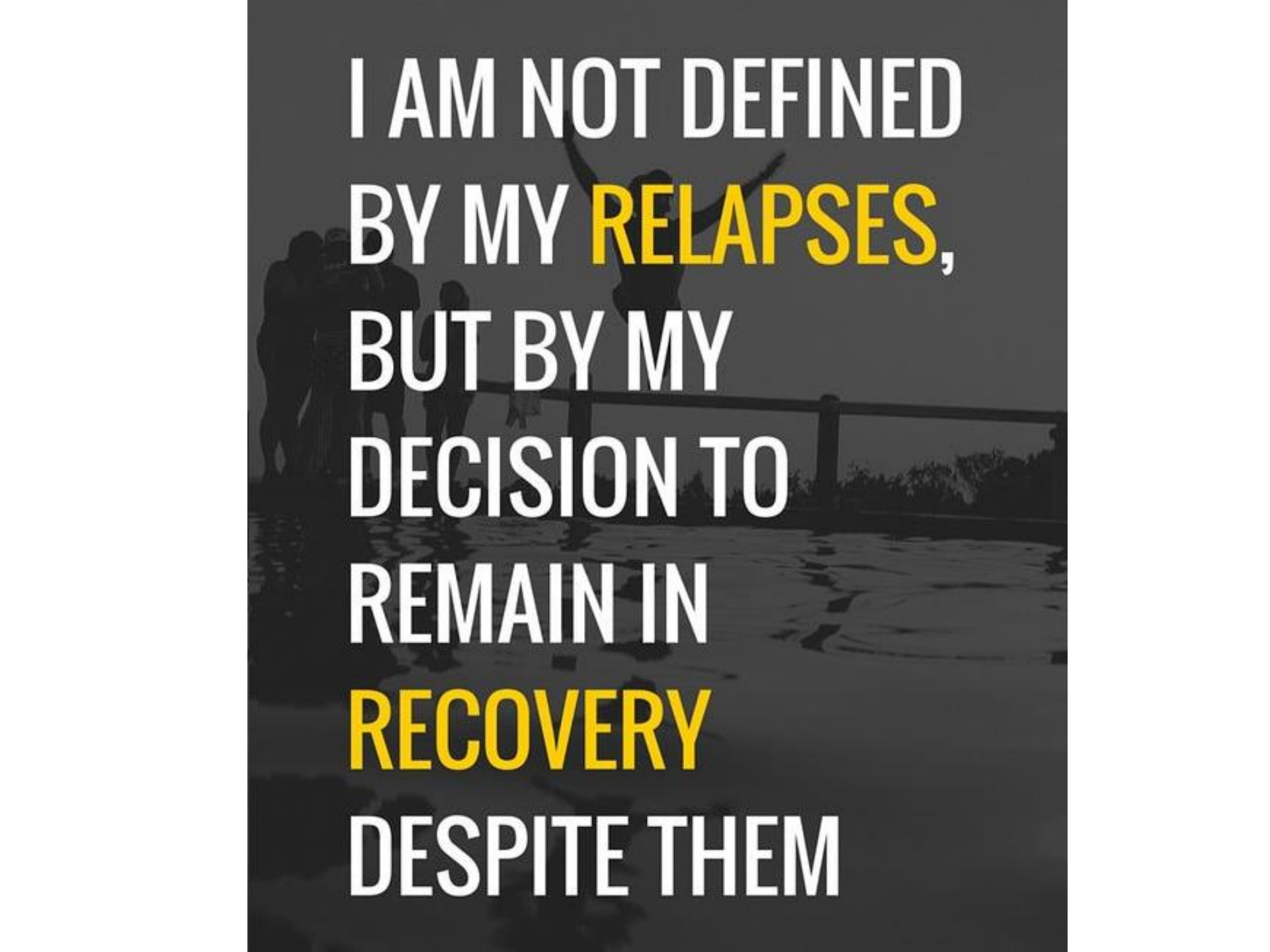


“I understood myself only after I destroyed myself. And only in the process of fixing myself, did I know who I really was.”

Behavior Change Focus

- Aspirational vs. Deficit driven
- Fixed mindset vs. Growth mindset





I AM NOT DEFINED
BY MY **RELAPSES**,
BUT BY MY
DECISION TO
REMAIN IN
RECOVERY
DESPITE THEM

Prochaska's Stages of Change

- Precontemplation – not even considering it
- Contemplation – thinkin' 'bout it
- Preparation – getting ready
- Action – doing it
- Maintenance – still working at it
- Termination – adopted behavior

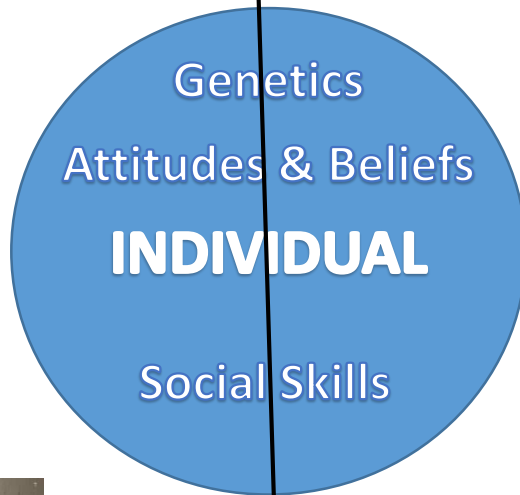


Precontemplation
(unaware of the
problem)

How do you see the basic human needs involved?

- What needs were not met?
 - What cycle did he find himself in?
 - Describe his mindset
 - How did he move through the stages of change?
- Erik Whitaker
 - [Drugstories.org](https://www.drugstories.org)

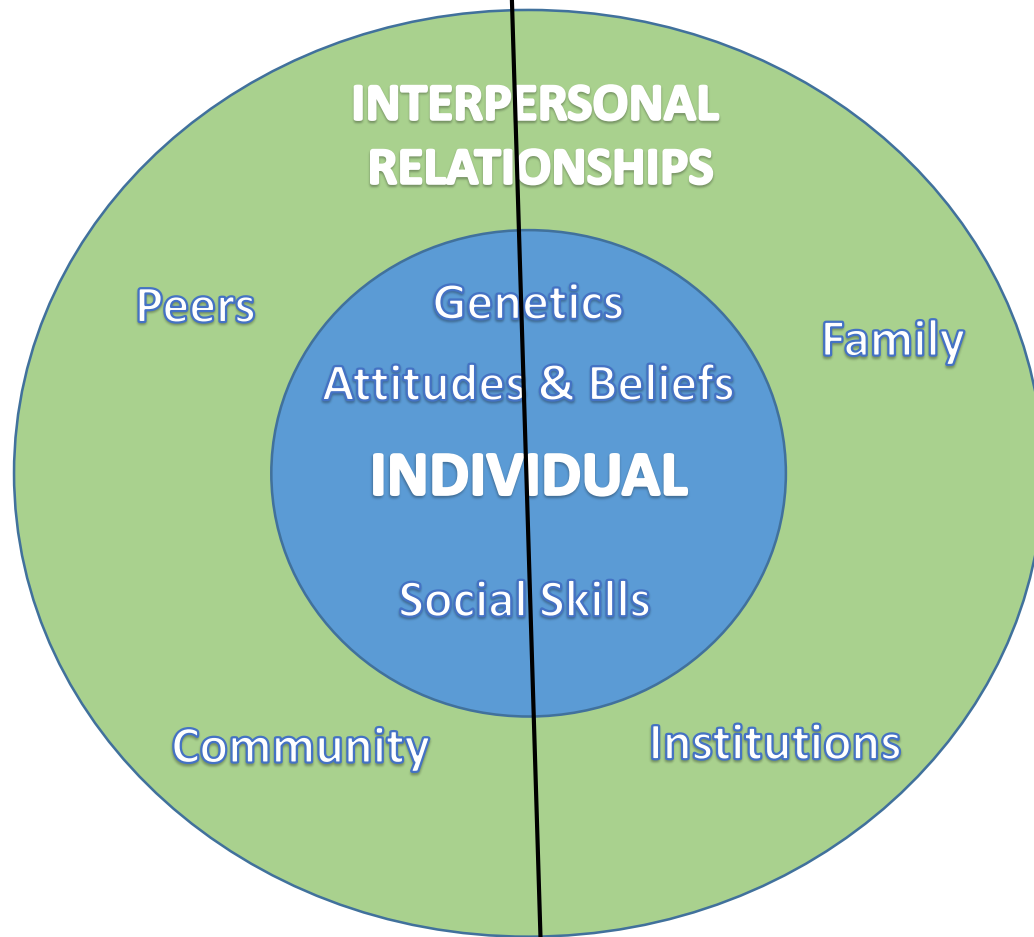




Protective Factors

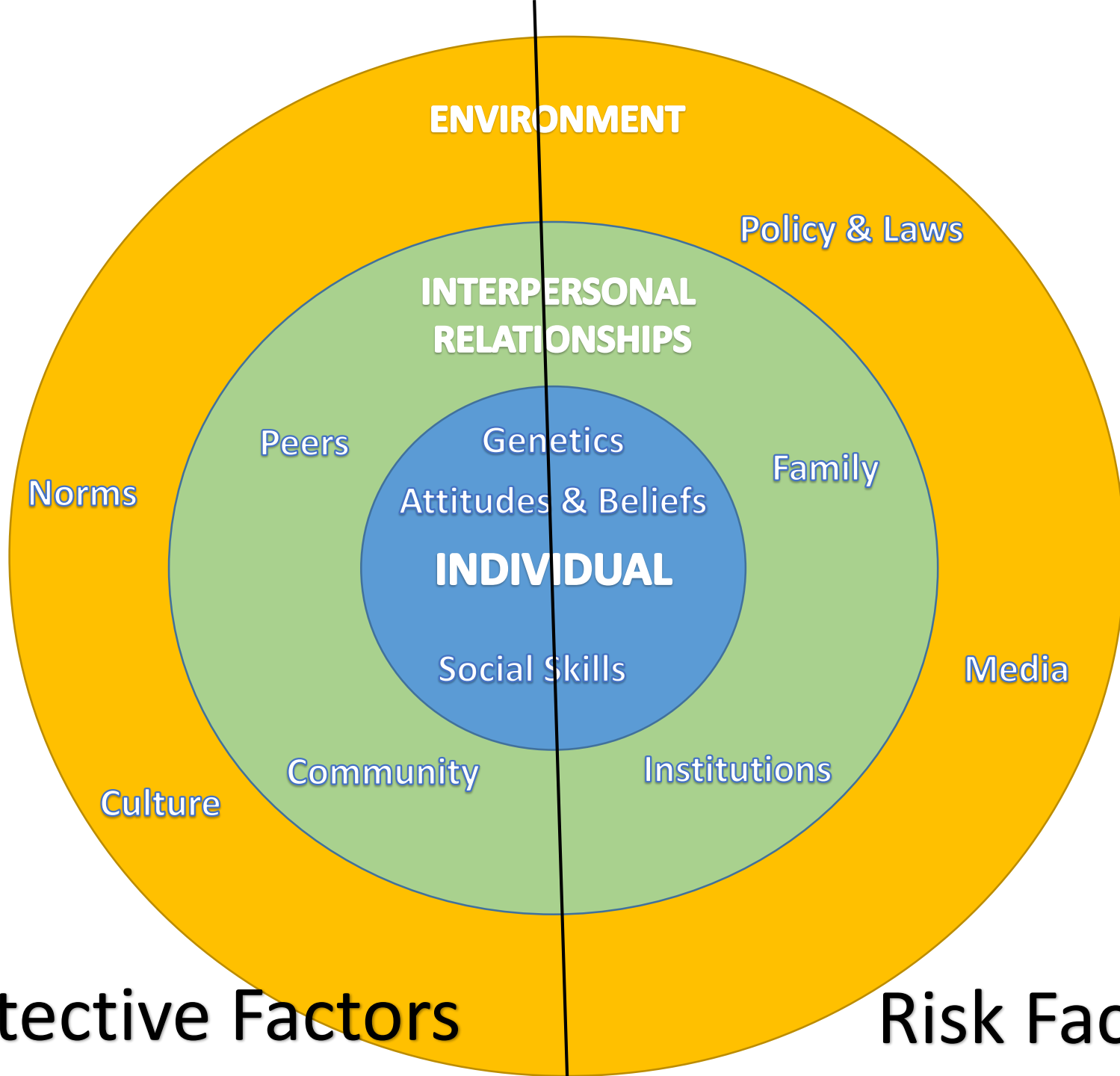


Risk Factors



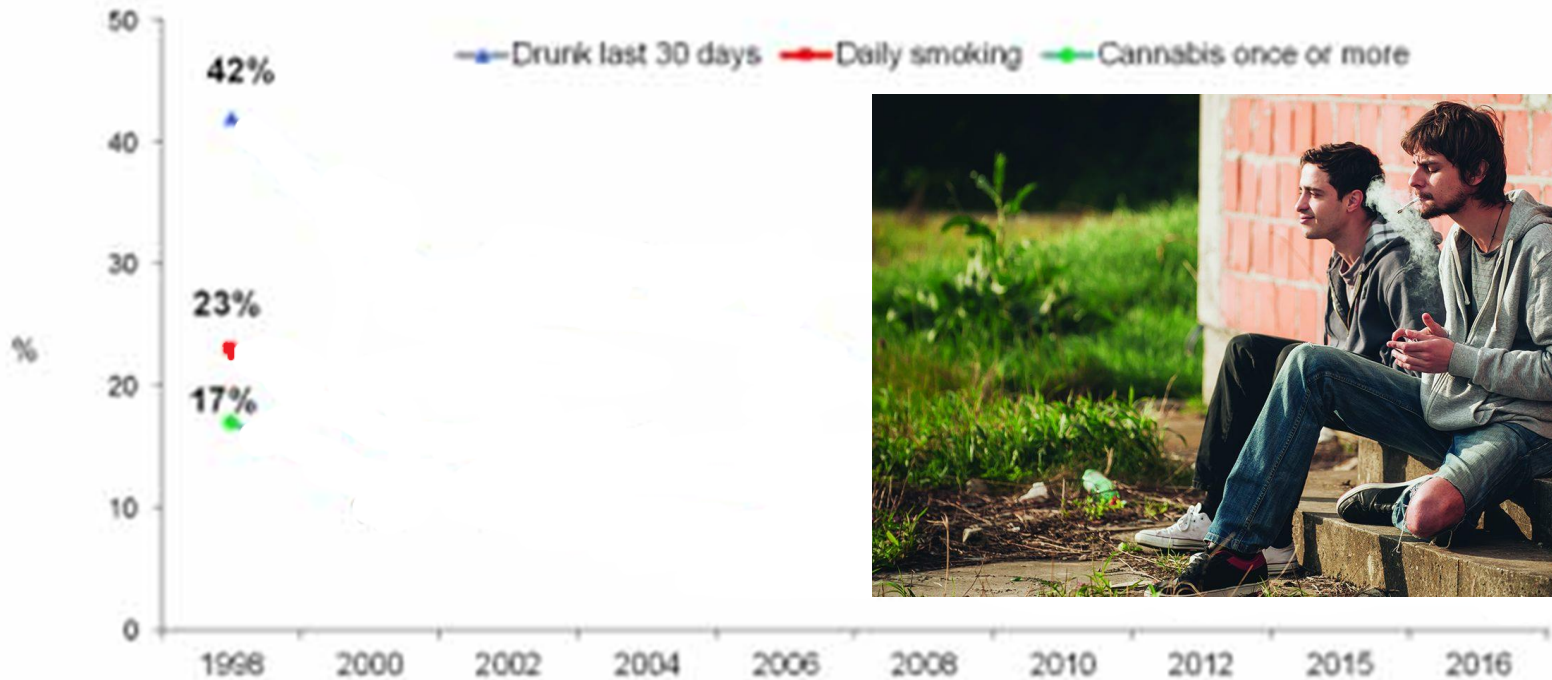
Protective Factors

Risk Factors



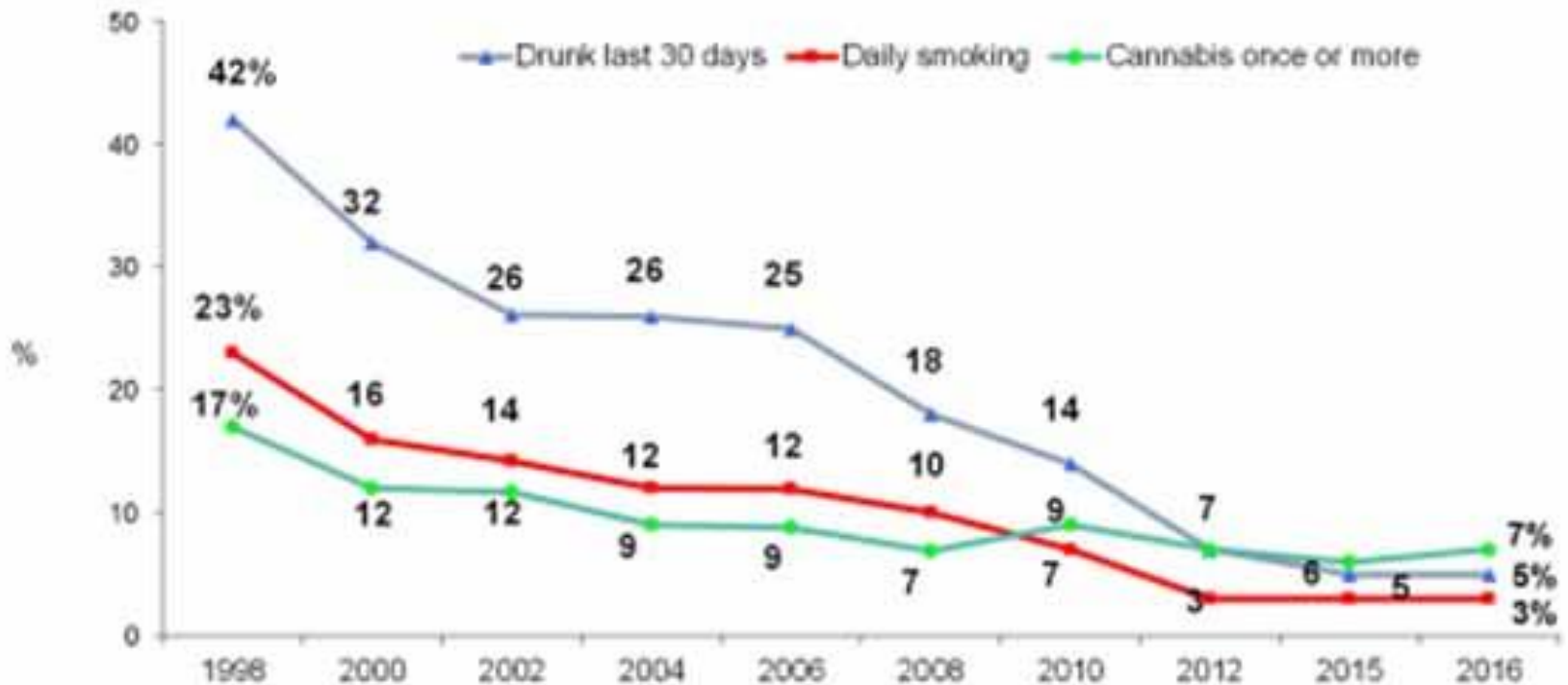
Case Study - Iceland

- Surveyed 16 year-olds in every HS (99,000)



Case Study - Iceland

- How did this occur?

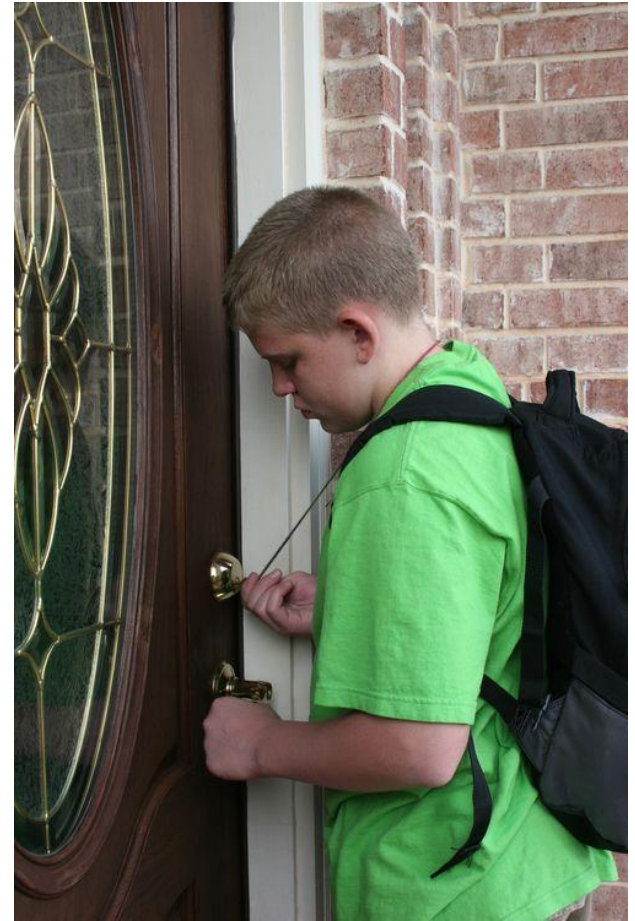


Case Study - Iceland

- https://www.youtube.com/watch?v=cDbD_JSCrNo
- What protective factors are being put into action?
- What is appealing about this national structure?
- What are some causes for concern?

Prevention & Treatment

- **1980's "Latch-key kids"**
 - **After School Programs**



Prevention & Treatment

- 1980's "Latch-key kids"
 - After School Programs
- **5th Quarter events**


NO cover charge, FREE soda until 10pm
Any VALID high school ID is required for entry

5th Quarter

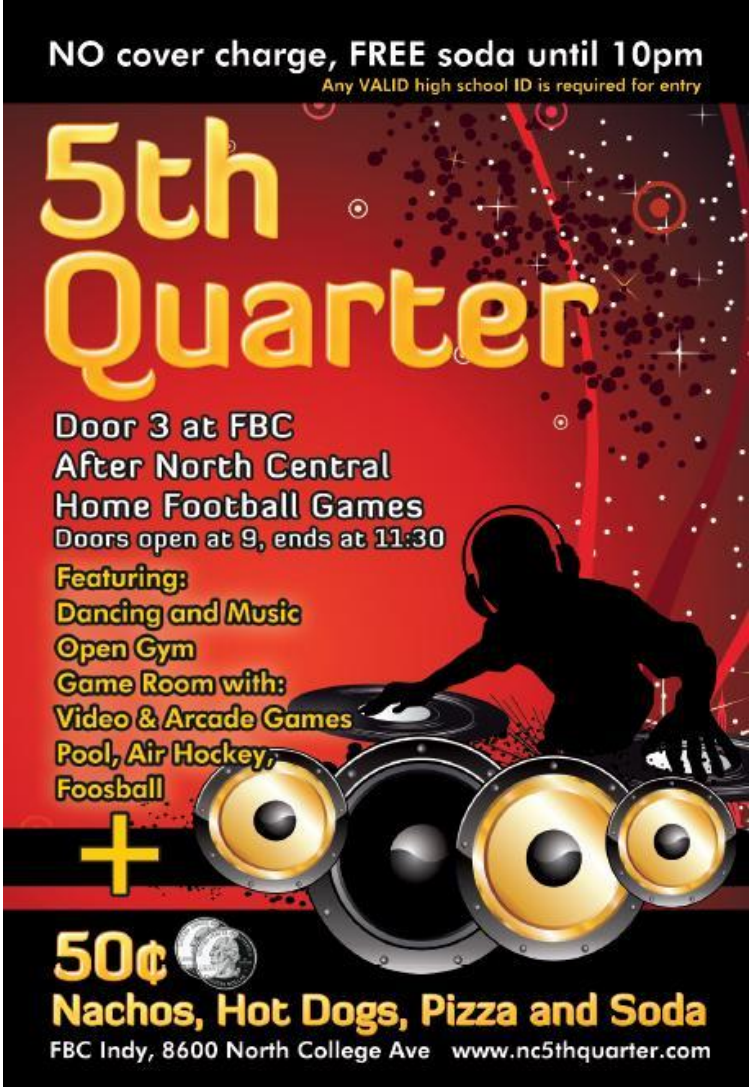
Door 3 at FBC
After North Central
Home Football Games
Doors open at 9, ends at 11:30

Featuring:
Dancing and Music
Open Gym
Game Room with:
Video & Arcade Games
Pool, Air Hockey,
Foosball

+

50¢ 
Nachos, Hot Dogs, Pizza and Soda

FBC Indy, 8600 North College Ave www.nc5thquarter.com



Prevention & Treatment

- 1980's "Latch-key kids"
 - After School Programs
- 5th Quarter events
- **"Broken Window" Theory**
 - **Community Improvement**



Prevention & Treatment

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- **Police Relations**



Prevention & Treatment

- 1980's "Latch-key kids"
 - After School Programs
- 5th Quarter events
- "Broken Window" Theory
 - Community Improvement
- Police Relations
- **Alternatives to incarceration (\$32,000 pp/y) [NIH](#)**



Prevention & Treatment

- 1980's "Latch-key kids"
 - After School Programs
- 5th Quarter events
- "Broken Window" Theory
 - Community Improvement
- Police Relations
- Alternatives to incarceration
- **Workplace Policy**



Prevention & Treatment

- 1980's "Latch-key kids"
 - After School Programs
- 5th Quarter events
- "Broken Window" Theory
 - Community Improvement
- Police Relations
- Alternatives to incarceration
- Workplace Policy
- **Places of Worship**



Treatment/Recovery Interview



Work Group Topics

- BRN Chargers - Harm Reduction Model
(vs. Disease Model)



Work Group Topics

- FOX Cyclones - Community-Based Drug Prevention



Work Group Topics

- MAN Blue Devils - School-Based Drug Prevention



Work Group Topics

- MNT Buccaneers - Family-Based Prevention Programs



Work Group Topics

- BRN Bluegolds - BACCHUS Peer Education Network and NASPA



NASPA[™]

B BACCHUS Initiatives

Prevention & Treatment

- 1980's "Latch-key kids"
 - After School Programs
- 5th Quarter events
- "Broker Window" Theory
 - Community Improvement
- Police Relations
- Alternatives to incarceration
- Workplace Policy
- Places of Worship

**People Believing in People
People Investing in People
Value, Purpose, Dignity**

Substance Use Disorder

- **Substance dependence or abuse**



Substance Use Disorder

- Substance dependence or abuse
- **Negatively impacts individual, family, community**



Substance Use Disorder

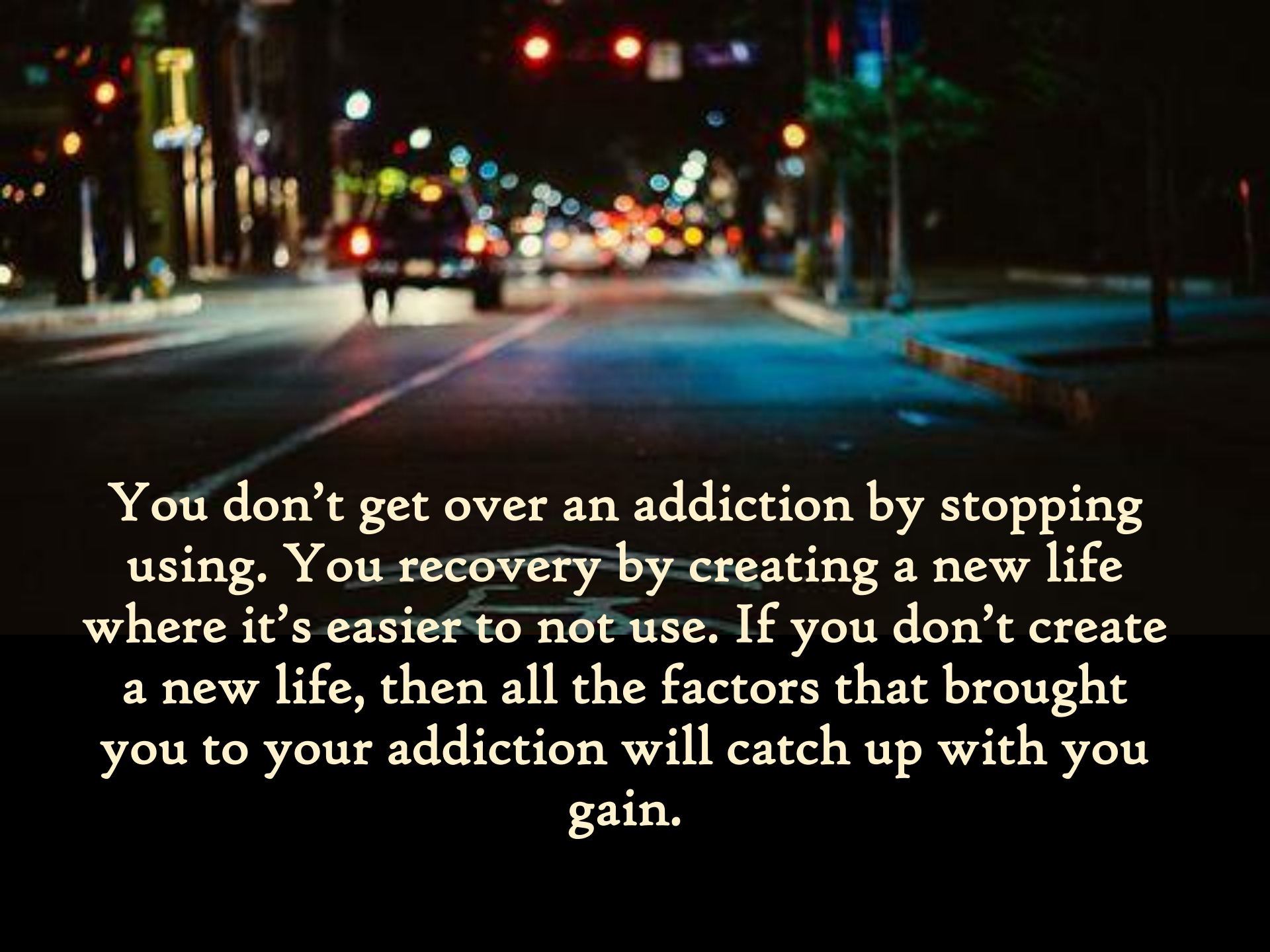
- Substance dependence or abuse
- Negatively impacts individual, family, community
- **Health related issues**



Substance Use Disorder

- Substance dependence or abuse
- Negatively impacts individual, family, community
- Health related issues
- **Failure to meet major obligations & responsibilities**





You don't get over an addiction by stopping using. You recover by creating a new life where it's easier to not use. If you don't create a new life, then all the factors that brought you to your addiction will catch up with you gain.

Drug Treatment

- Age of initiation
- Poly drug use
- Comorbidities
 - Mental Health
 - Disease
 - Abuse

It's not that some people have willpower and some don't. It's that some people are ready to change and others are not.

START



Drug Treatment

Direct Needs

- Withdrawal
- Detox
- Safety

Drug Treatment

Direct Needs

- Withdrawal
- Detox
- Safety

Indirect Needs

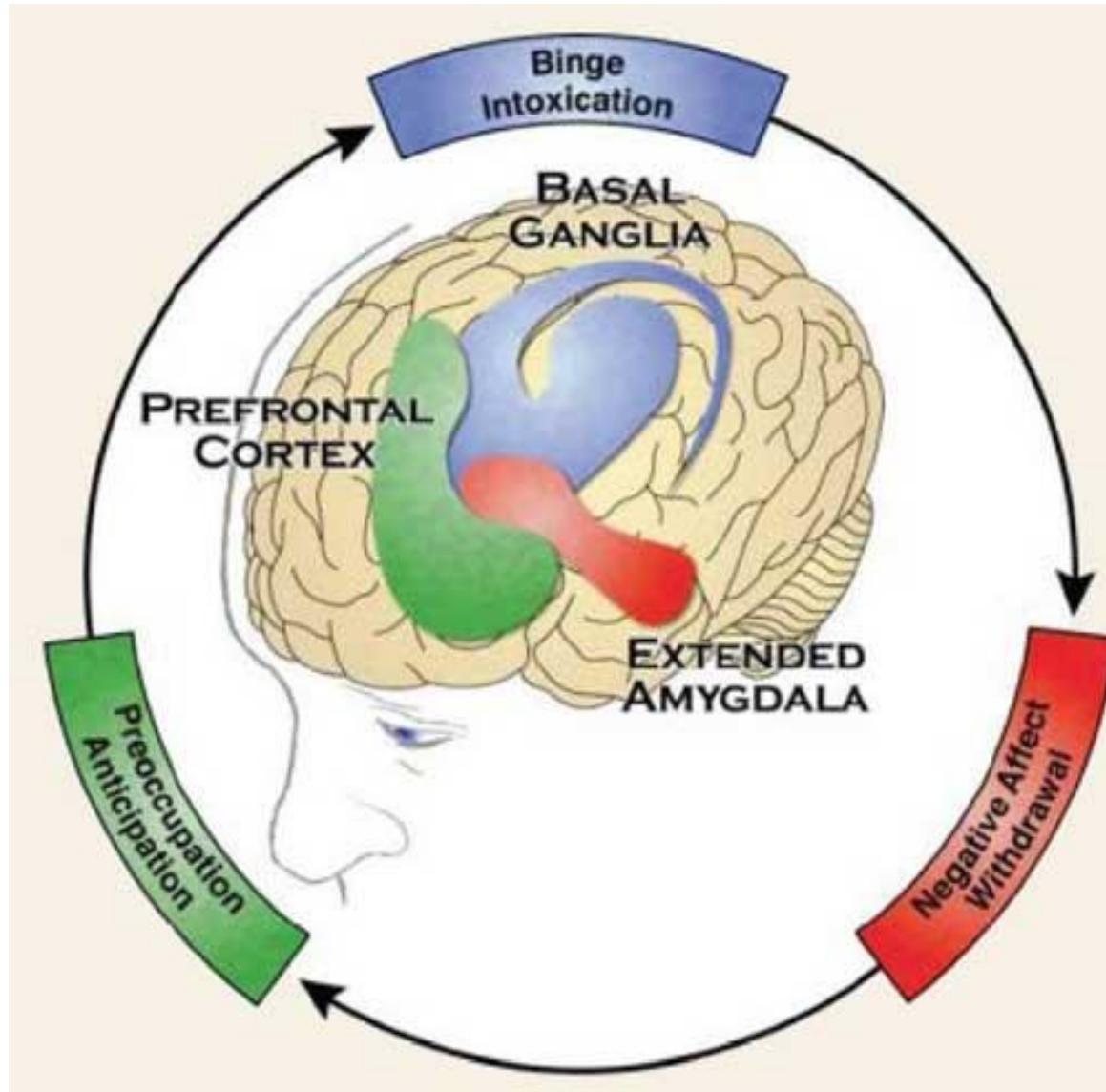
- Housing
- Legal assistance
- Financial assistance
- Education
- Child care

Drug Treatment

- Cognitive Therapy
- Psychotherapy
- Counseling
- Pharmacotherapy



Cognitive Therapy

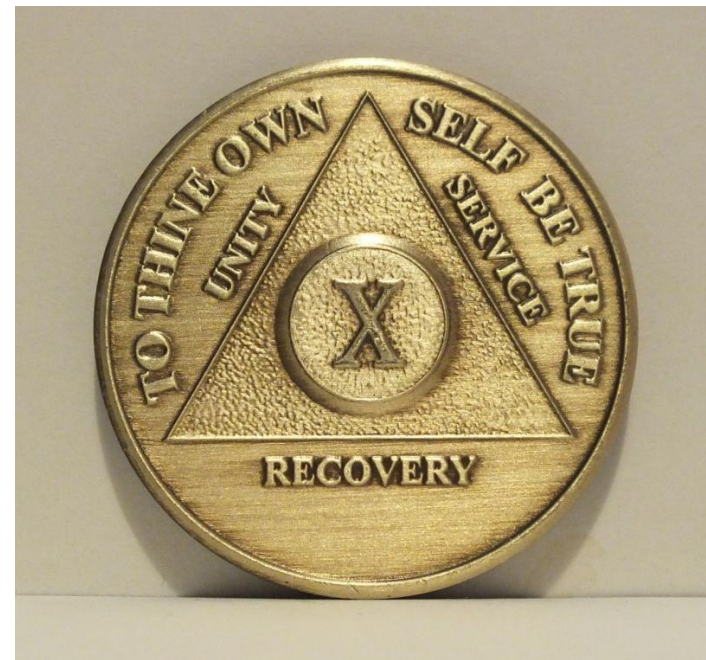


Treating Addiction w/ Neuroscience

- <https://www.youtube.com/watch?v=DPvtx51f69E&feature=youtu.be>
- How do the different regions of the brain battle?
- Why is recovery difficult?

Work Group Topics

- FOX Titans - Alcoholics Anonymous & Rehab Programs



AA

- <https://www.youtube.com/watch?v=U55HrjxaPWo>

12 Steps Simplified

1	I am not Power.
2	Power does exist.
3	I will rely on Power, not self.
4	I cause most of my problems.
5	I falsely claim power and try.
6	I will stop claiming and trying.
7	Power please guide me.
8	I will stop controlling others.
9	I will show more forgiveness.
10	I'll do good more & bad less.
11	I pray to be under God's will.
12	I will confess and share this.

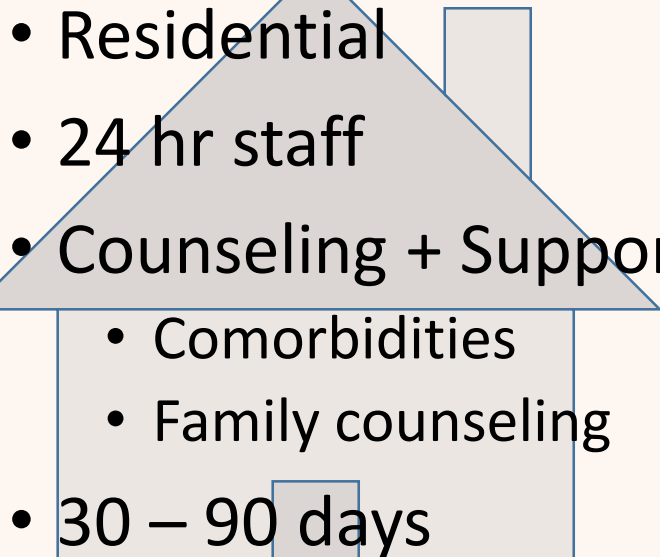
Work Group Topics

- MAN Phoenix - Medical Detox, Short-Term Residential Tx, Long-Term Residential Tx., Outpatient Tx Programs



Drug Treatment

In Patient

- 
- Residential
 - 24 hr staff
 - Counseling + Support
 - Comorbidities
 - Family counseling
 - 30 – 90 days

Drug Treatment

In Patient

- Residential
- 24 hr staff
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Out Patient

- **Strong will to recover**
- **Works around schedule**
- **Counseling + Support**
- **~ 2 hrs x 5 – 7 days/wk**
- **Treatment plan**
 - Measurable goals
- **30 – 365 days**

Drug Treatment

Sober-Living House

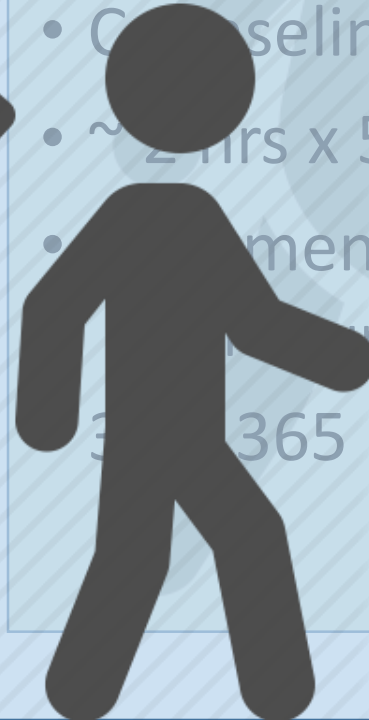
In Patient

- Residential
- 24 hr staff
- Counseling + Support
 - Community
 - Family counseling
- 30 – 90



Out Patient

- Strong will to recover
- Works around schedule
- Counseling + Support
- ~ 2 hrs x 5 – 7 days/wk
- Treatment plan
- Attainable goals
- 365 days



Work Group Topics

- MNT Phoenix - Pharmacological Strategies



13 Principles of Drug Addiction Tx

NIDA

NATIONAL INSTITUTE

ON DRUG ABUSE

Final Take Aways

- What are your major take-aways?