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**2017 Family Center Event:
Engaging Families
Experiencing Opioid Use,
Addiction, and Recovery**

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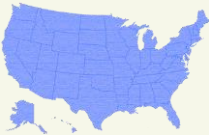
Learning Objectives:

- Identify the impact of opioid use, addiction, and recovery on child development
- Identify warning signs of opioid use and abuse
- Discuss the five components of recovery
- Engage parents in conversations regarding opioid use, addiction, and recovery

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Our Culture of Addiction

Addiction is present in all cultures, but it is possible that the American experience is one that makes us more prone to the risk factors associated with addiction.

(Pennsylvania Recovery Organizations Alliance, 2015)

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Our Culture of Addiction (continued)

Factors that may influence high rates of addiction in our culture (these are broad generalizations).

– Pick yourself up by your own bootstraps
– Rugged independence
– The quick fix mentality

(Pennsylvania Recovery Organizations Alliance, 2015)

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Our Culture of Addiction (continued)

Wide exposure to drugs with addictive potential;

- Heavy prescription drug use
  – 4.3% world population over 80% of prescribed opiates
- Illicit use of prescription drugs
- Increasing heroin purity
- Rise of synthetic drugs

(Pennsylvania Recovery Organizations Alliance, 2015)

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Adverse Childhood Experiences (ACE) Study

- Assessed associations between childhood maltreatment (trauma) and later-life health and well-being
- Illicit drug use is identified in *Healthy People 2010* as a leading health indicator because it is associated with multiple deleterious health outcomes
- Strong relationship to the risk of drug initiation from early adolescence into adulthood and to problems with drug use, drug addiction, and parenteral use

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Adverse Childhood Experiences

- Abuse: Emotional, physical, and sexual
- Neglect: Emotional and physical
- Household Dysfunction

(NACA, 2011)

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ACE Study Pyramid

Death

Conception

Early Death

Disease, Disability and Social Problems

Adoption of Health-risk Behaviors

Social, Emotional, & Cognitive Impairment

Adverse Childhood Experiences

Scientific gaps

(NACA, 2011)

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Major Findings

- ACE's are common
  – Two-thirds of participants reported at least one
  – More thank 20% reported three or more
- Short and long-term outcomes of these childhood exposures include a multitude of health and social problems
- The ACE score used to assess the total amount of childhood stress
- As the number of ACE increase, the risk of health problems increases in a strong and graded fashion

(NACA, 2011)

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ACES and Children in Foster Care

- Eighty percent of the children in foster care have at least one long-term health problem
- Twenty-five percent of the children in foster care have 3 or more long-term health problems
  – This is 3-7 times greater than found among children living in poverty

(Dicker, S & Gordon, E. Page, 2002)

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Drug Classifications

- Tobacco
- Alcohol
- Cannabinoids
- Opioids
- Stimulants
- Club Drugs

- Dissociative Drugs
- Hallucinogens
- Prescription Drugs
- Over-the-counter
- Other Compounds

(Pennsylvania Recovery Organizations Alliance, 2015)

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Methods of Drug Use

- Smoking
- Snorting
- Injecting
- Swallowing
- Inhaling
- Skin absorption

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91 AMERICANS die every day from an **opioid overdose** (that includes prescription opioids and heroin).

(CDC, 2016)

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Opioid Basics, Opioid Drugs
Prescription Opioids

Prescription opioids can be prescribed by doctors to treat moderate to severe pain but can also have serious risks and side effects

Common types are oxycodone (OxyContin), hydrocodone (Vicodin), morphine, and methadone

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4x From 1999 to 2013, the amount of prescription opioids dispensed in the U.S. nearly **quadrupled.**

(CDC, 2016)

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Opioid Basics, Opioid Drugs (continued)

Fentanyl

Fentanyl is a synthetic opioid pain reliever. It is many times more powerful than other opioids and is approved for treating severe pain, typically advanced cancer pain. Illegally made and distributed fentanyl has been on the rise in several states.

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Opioid Basics, Opioid Drugs (cont.)

Heroin

- Heroin is a powerful opiate drug. It looks like a white or brownish powder, or as the black sticky substance known on the streets as "black tar heroin."
- Some of the physical symptoms of heroin are euphoria, drowsiness, respiratory depression, constricted pupils, nausea, and dry mouth.
- A heroin overdose causes slow and shallow breathing, blue lips and fingernails, clammy skin, convulsions, coma, and can be fatal.
- Almost five million people have used heroin at some point in their lives.

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Opioid Basics, Opioid Drugs (cont.)

Heroin

Heroin is an illegal opioid. Heroin use has increased across the U.S among men and women, most age groups, and all income levels.

The number of drug overdose deaths has never been higher and the majority of these deaths (more than six out of ten in 2015) involved opioids.

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Prescription Opioids

Since 1999, the amount of prescription opioids sold in the U.S. nearly quadrupled. Deaths from prescription opioids drugs such as;
– Oxycodone
– Hydrocodone
– Methadone

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Prescription Opioids

Over 4 million Americans engaged in non medical use of prescription painkillers in the last month.

Approximately 1.9 million Americans met criteria for prescription painkillers use disorder based on their use of prescription painkillers in the last year.

Over 1 million people used prescription painkillers non medically for the first time in the past year.

The average age for prescription painkiller first-time use was 21.2 in the past year.

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Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...

ALCOHOL	MARIJUANA	COCAINE	Rx OPIOID PAINKILLERS
are	are	are	are
2x	**3x**	**15x**	**40x**

...more likely to be addicted to heroin.

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013

(CDC, 2016)

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Stages of Addiction

Stage 1: Drug Experimentation
Stage 2: Social Drug Use, Regular Use
Stage 3: Problem Use, Risky Use (Binge Drinking)
Stage 4: Chemical Dependency (Psychological vs. Physical)
Stage 5: Addiction

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Drug Effects

Dose – A specified quantity of a therapeutic agent, such as a drug or medicine prescribed to be taken at one time or at stated intervals.
Potency – strength, amount needed to produce an effect, usually in terms of milligrams
Efficacy – Potential maximum therapeutic response
Absorption – The movement of a drug into the bloodstream
Toxicity – Critical or lethal reaction, human error or intentional overdose
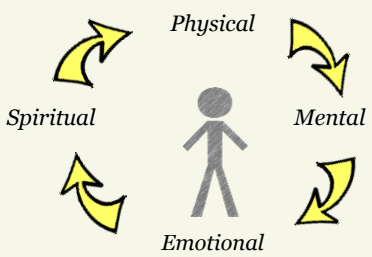
(Pennsylvania Recovery Organizations Alliance, 2015)

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Consequences of Addiction

Physical

Spiritual

Mental

Emotional

(Pennsylvania Recovery Organizations Alliance, 2015)

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Seven Possible Signs of Drug Involvement

- Change in school or work performance
- Alteration of personal appearance
- Mood swings or attitude changes
- Withdrawal from responsibilities and/or family contacts
- Association with drug using peers
- Unusual patterns of behavior
- Defensive attitude concerning drugs

Characteristics of Families Affected by Substance Use

Lack of:
- Self-Actualization
- Esteem
- Love, Affection, Belonging
- Safety
- Physiological

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Leads to:
- An anxious family environment
- Inconsistent parenting
- Unpredictable rules
- Rigid external boundaries
- Inadequate personal boundaries
- Secrets and shame-based life
- Role reversal
- Victim blaming

Addressing Addiction

Voluntary - self-motivated

Involuntary - criminal justice system, children & youth services, employee assistance programs

Intervention - externally motivated

(Pennsylvania Recovery Organizations Alliance, 2015)

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Definition of Denial

Terence Gorski, N.C.A.C. II, C.S.A.C., a well-known professional in the field of addiction, defines *denial* as:

"... a normal response/defense for coping with painful and overwhelming problems. [Denial] has both benefits and disadvantages. The benefit is that it temporarily removes the pain caused by consciously confronting a serious problem while creating the illusion that the problem is being solved. The biggest disadvantage of denial is that it blocks recognition and problem solving."

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Identifying Denial Patterns

1. Comparing
2. Compliance
3. Avoidance
4. Absolute Denial
5. Minimizing
6. Rationalizing
7. Blaming

8. Manipulating
9. Flight into Health
10. Recovery by Fear
11. Strategic Hopelessness
12. The Democratic Disease State

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Principles of Effective Drug and Alcohol Treatment (cont.)

Behavioral therapies, including individual, family, or group counseling, are the most commonly used forms of drug abuse treatment.

Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies.

An individual's **treatment and services plan** must be assessed continually and modified as necessary to ensure that it meets his or her changing needs.

Many drug-addicted individuals also have **other mental disorders.**

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Principles of Effective Drug and Alcohol Treatment (cont.)

Medically assisted detoxification is only the first stage of addiction treatment and by itself does little to change long-term drug abuse.

Treatment does not need to be voluntary to be effective.

Drug use during treatment must be monitored continuously, as lapses during treatment do occur.

Treatment programs should test patients for the presence of HIV/AIDS, hepatitis B and C, tuberculosis, and other infectious diseases as well as provide targeted risk-reduction counseling, linking patients to treatment if necessary.

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Responding to the Heroin Epidemic

PREVENT People From Starting Heroin — Reduce prescription opioid painkiller abuse. Improve opioid painkiller prescribing practices and identify high-risk individuals early.

REDUCE Heroin Addiction — Ensure access to Medication-Assisted Treatment (MAT). Treat people addicted to heroin or prescription opioid painkillers with MAT which combines the use of medications (methadone, buprenorphine, or naltrexone) with counseling and behavioral therapies.

REVERSE Heroin Overdose — Expand the use of naloxone. Use naloxone, a life-saving drug that can reverse the effects of an opioid overdose when administered in time.

SOURCE: CDC Vitalsigns, July 2015

(CDC, 2015)

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Making A Formal Referral

Two Types of Referrals

An informal referral, which usually occurs when substance uses does not endanger the safety or well-being of the child.

A formal referral, occurring when someone initiates a contract with an assessment, counseling, treatment, or other AOD agency on behalf of a client who has a substance abuse concern, becomes vital

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Stages of Change Model

Carlo C. DiClemente and J. O. Prochaska, developed model of change to help people understand addiction problems and motivation to change.

The six stages of the model are:
1. Pre-contemplation
2. Contemplation
3. Determination
4. Action
5. Maintenance
6. Re-occurrence

(Pennsylvania Recovery Organizations Alliance, 2015)

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Four Dimensions of the Recovery Process

Health – Improving and sustaining health

Home—a stable and safe place to live

Purpose—conducting meaningful life activities

Community—having relationships and social networks that provide support, friendship, love, and hope

(Pennsylvania Recovery Organizations Alliance, 2015)

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Community Based Recovery Supports

Recovery House – unlicensed and unregulated facility in which recovering people rent living space and offer each other a supportive drug-free environment.

12-STEP Meetings - A support group setting of individuals supporting and encouraging one another through the recovery process.

Other Self-Help Recovery Support Groups (non 12-Step)
– Some are *faith based*,
– Some are *secular*.

(Pennsylvania Recovery Organizations Alliance, 2015)

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Components of Recovery

Physical Recovery
- good nutrition
- exercise
- adequate sleep,
- relaxation, medical help

Emotional Recovery
- learning to cope with and calm feelings
- reduce stress
- change negative thinking

Spiritual Recovery
- develop a sense of purpose and meaning in life
- increase feelings of hope and joy
- trust that there is good in life

Social Recovery
- develop relationships with sober people
- develop healthy social and leisure interests
- learn or practice social skills
- feel relaxed around and connected with sober people.

Family Recovery
- examine effects of addiction on one's family
- involve
- accept criticism
- making amends

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