

National **TRIBAL** Summit



Connecting Body, Mind and Spirit

Working with people with Substance Use Disorders



Presented by:

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Substance Abuse

- Manifested by *one* or more of the following in the same 12-month period:
- Recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home (e.g., repeated absences or poor work performance related to substance use; substance-related absences, suspensions or expulsions from school; neglect of children or household).
- Recurrent substance use in situations in which it is physically hazardous (e.g., driving an automobile or operating a machine when impaired by substance use).
- Recurrent substance-related legal problems (e.g., arrests for substance-related disorderly conduct, DUI convictions)
- Continued substance use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance (e.g., arguments with spouse about consequences of intoxication, physical fights).



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Substance Dependence

- Manifested by *three* or more of the following in the same 12-month period:
- Tolerance, as defined by either of the following:
 - A need for markedly increased amounts of the substance to achieve intoxication or desired effect.
 - Markedly diminished effect with continued use of the same amount of the substance.
- Withdrawal, as manifested by either of the following:
 - The characteristic withdrawal syndrome for the substance
 - The same substance is taken to relieve or avoid withdrawal symptoms.
- 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 substance use.
- A great deal of time is spent in activities necessary to obtain the substance (e.g., visiting multiple doctors or driving long distances), use the substance (e.g., chain smoking), or recover from its effects.
- Important social, occupational or recreational activities are given up or reduced because of substance use.
- The substance use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by the substance (e.g., current cocaine use despite recognition of cocaine-induced depression, or continued drinking despite recognition that an ulcer was made worse by alcohol consumption).





DSM-5 (2013) Now Categorizes Substance Use Disorders in a Single Continuum

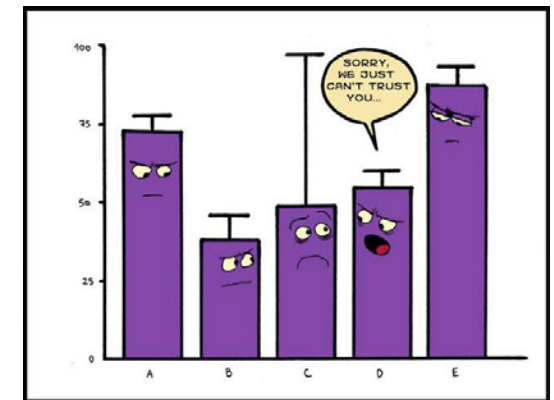
- **SUD Mild** – two or more of 11 criteria need to be present for a diagnosis
 - **SUD Moderate** – four or more criteria
 - **SUD Severe** – six or more criteria
-
- ✓ Missing school, work or other responsibilities due to substance use
 - ✓ Building up a physiological tolerance to the effects of a substance
 - ✓ Craving the substance
 - ✓ Failing to quit using despite multiple times of trying to do so





Most common Substance Use Disorders in the United States

- Alcohol Use Disorder (AUD) 17 Million
- Tobacco Use Disorder 66.9 Million
- Cannabis Use Disorder 4.2 Million
- Stimulant Use Disorder 1.4 Million
- Hallucinogen Use Disorder .25 Million
- Opioid Use Disorder 2.5 Million



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Data from the [National Survey on Drug Use and Health \(NSDUH\) – 2014](#)



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What pressures/problems are your programs facing due to substance use disorders?



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An Old Theory of Addiction

Moral Model - addiction is the result of human weakness—a defect in character. It doesn't recognize biological or genetic components to addiction and offers little sympathy for those who display addictive behaviors. The implication is that addiction is the result of poor choices, which addicts make because of a lack of willpower or moral strength.





The Disease Model of Addiction

- Addiction is defined as a disease by most medical associations, including the American Medical Association and the American Society of Addiction Medicine and the National Institute on Drug Abuse.
- Like diabetes, cancer and heart disease, addiction is caused by a combination of behavioral, environmental and biological factors. Genetic risks factors account for about **half** of the likelihood that an individual will develop addiction.
- Addiction involves changes in the functioning of the brain and body. These changes may be brought on by risky substance use or may pre-exist.
- The consequences of untreated addiction often include other physical and mental health disorders that require medical attention. If left untreated over time, addiction becomes more severe, disabling and life threatening.





Co-occurring Disorders

- The coexistence of both a mental health and a substance use disorder is referred to as co-occurring disorders.
- According to SAMHSA's 2014 National Survey on Drug Use and Health (NSDUH), approximately 7.9 million adults in the United States had co-occurring disorders in 2014.
- Mental Health Disorders and Substance Use Disorders are bi-directional.



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Q1. What model or theory of addiction do you subscribe too?

Q2. Are zero tolerance and drug testing policies effective?



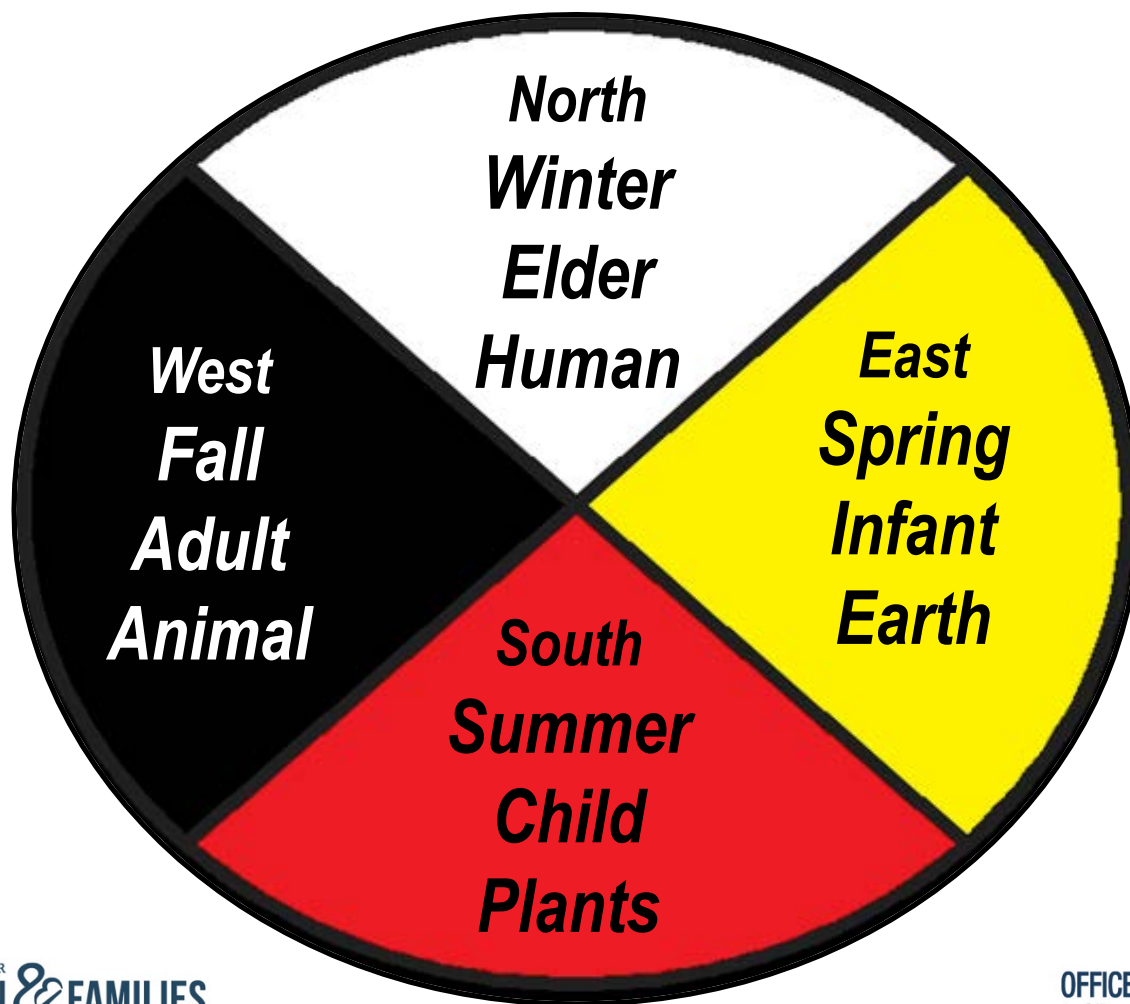
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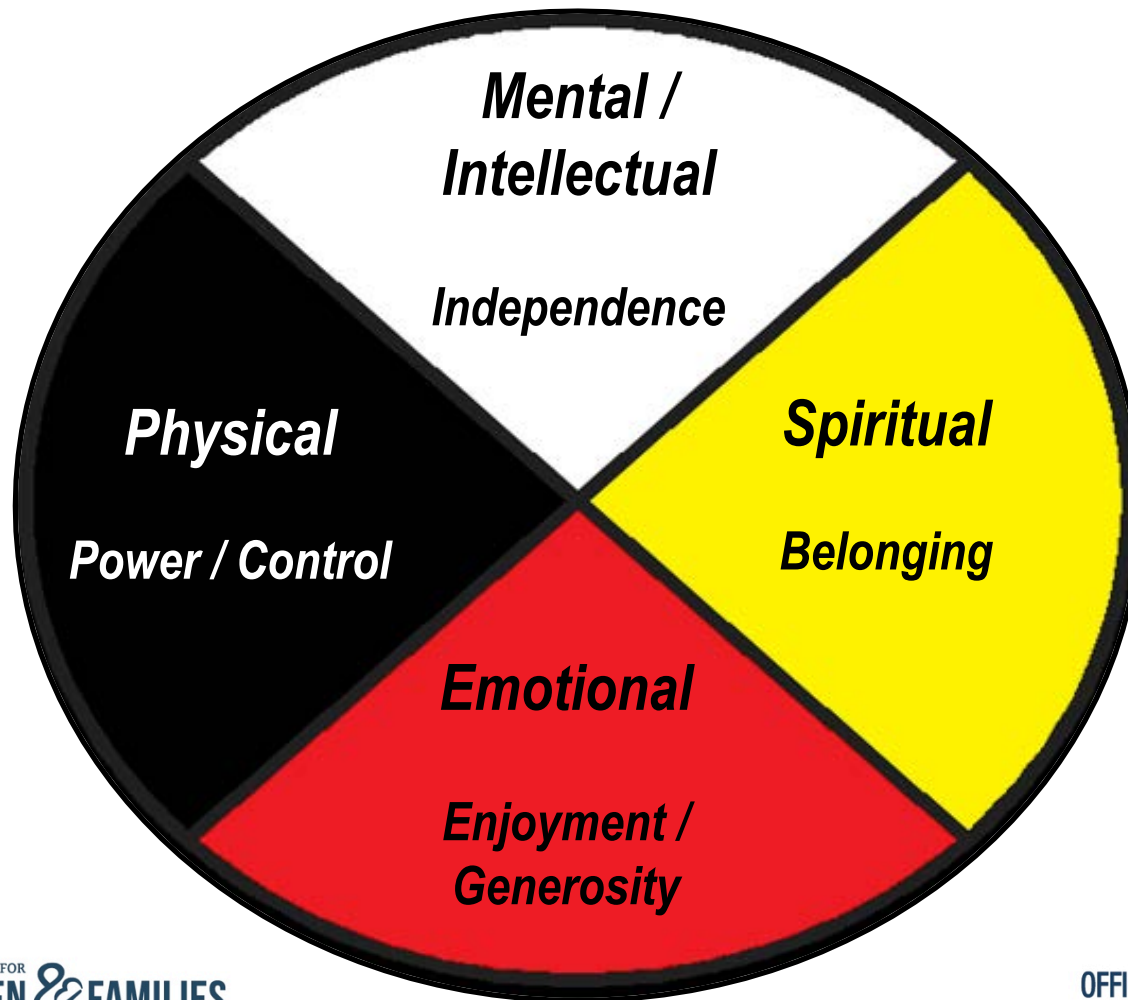
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What dimensions of wellness does or can your program help support?



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Recovery-Oriented Systems of Care (ROSC)

A ROSC is a coordinated network of community-based services and supports that is person-centered and builds on the strengths and resilience of individuals, families, and communities to achieve abstinence and improved health, wellness, and quality of life for those with or at risk of alcohol and drug problems



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Values Underlying a ROSC



Person-centered approach



Self-directed approach



Strength-based approach



Participation of family members, caregivers, significant others, friends and the community



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Operational Elements of a ROSC

Collaborative decision-making

Individualized and comprehensive services and supports

Community-based services and supports

Continuity of services and supports

Multiple stakeholder involvement

Recovery community/Peer Involvement

Outcomes-driven

Adequately and flexibly funded



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Some Resources

- <https://www.samhsa.gov/find-help>
- http://www.viahope.org/assets/uploads/SAMHSA_guiding_principles_Whitepaper.pdf
- <http://nattc.org/userfiles/file/GreatLakes/Ohio%20ROSC%20Symposium/ROSC%20Definition%20and%20Values%20Handout%20post%20se.pdf>
- <https://www.drugabuse.gov/>
- <https://www.samhsa.gov/wellness-initiative/program-achieve-wellness>



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Chi Megwetch! (Thank you)

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