



Substance Use Disorders (SUD) 101

Substance Abuse Prevention
and Control Program

July 2016



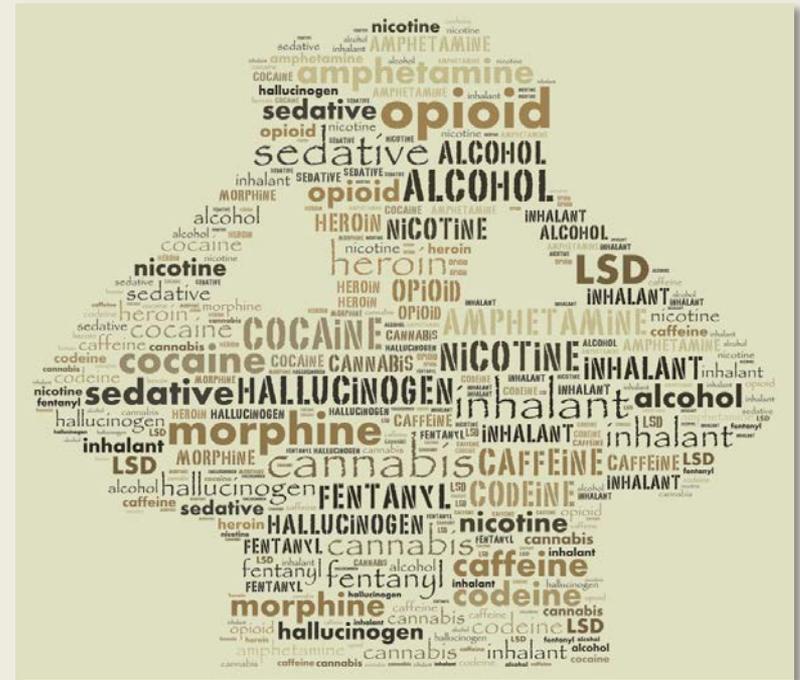


Why Learn about Substance Use Disorders (SUD)?

- Understand what is a SUD,
- Learn the psychological effects of SUD,
- Become aware of specific signs and symptoms of an SUD,
- Become better educated on street drugs.

What is a Substance Use Disorder?

- Includes the misuse, dependence, and addiction to alcohol and/or legal or illegal drugs;
- Encompass a range of severity levels, from problem use to dependence and addiction;
- A best course of action determined by the level of severity of the SUD.



Substance Use vs. Substance Abuse

USE:

- Infrequent use of alcohol or other drugs to socialize and feel their effects;
- Does not cause personal distress or interfere with daily life;
- Not everyone who uses substances becomes addicted.

ABUSE:

- A pattern of persistent drug use characterized by intense and, at times, uncontrollable drug cravings;
- Compulsive drug seeking and use that persists even in the face of devastating consequences;

Nora D. Volkow, M.D., Director, NIDA DrugFacts: Treatment Approaches for Drug Addiction, September 2009

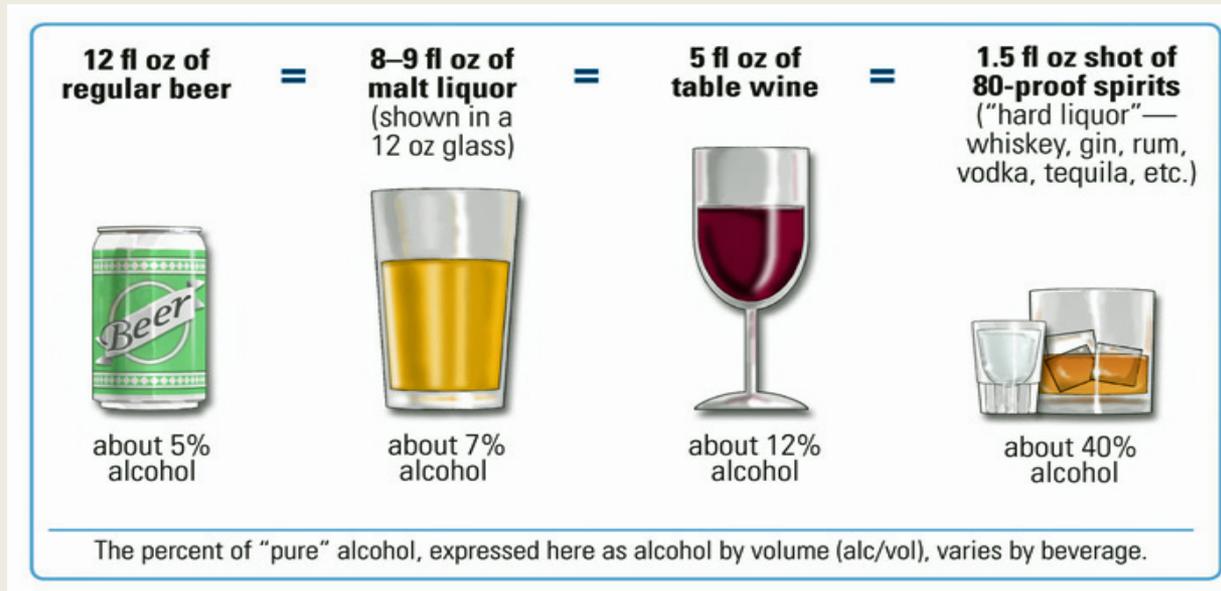


Criteria for Substance Abuse

A **pattern** of substance use leading to significant impairment manifested by the following occurring within a 12-month period:

- Repeated absences from work/poor work performance,
- Suspensions from job,
- Expulsions from school,
- Neglect of home/children,
- Driving a car when impaired by substance use,
- Arrests for substance-related disorderly conduct.

How do we define risk?



At-Risk Alcohol Use	Men	Women	Older Adults (65+)
Per occasion	>4	>3	>1
Per week	>14	>7	>7

Pacific Southwest ATTC Screening, Brief Intervention, and Referral to Treatment (SBIRT) Training, 2012

Photo credit: NIAAA online, What Is A Standard Drink?

How much is too much?

National Institute on Alcohol Abuse and Alcoholism cites:

- A woman drinks more than **7 drinks** per week or 3 drinks at a time.
- For men, the level is **14 drinks** per week, or 4 per occasion.



How much is too much?

Symptoms of alcohol or drug dependence:

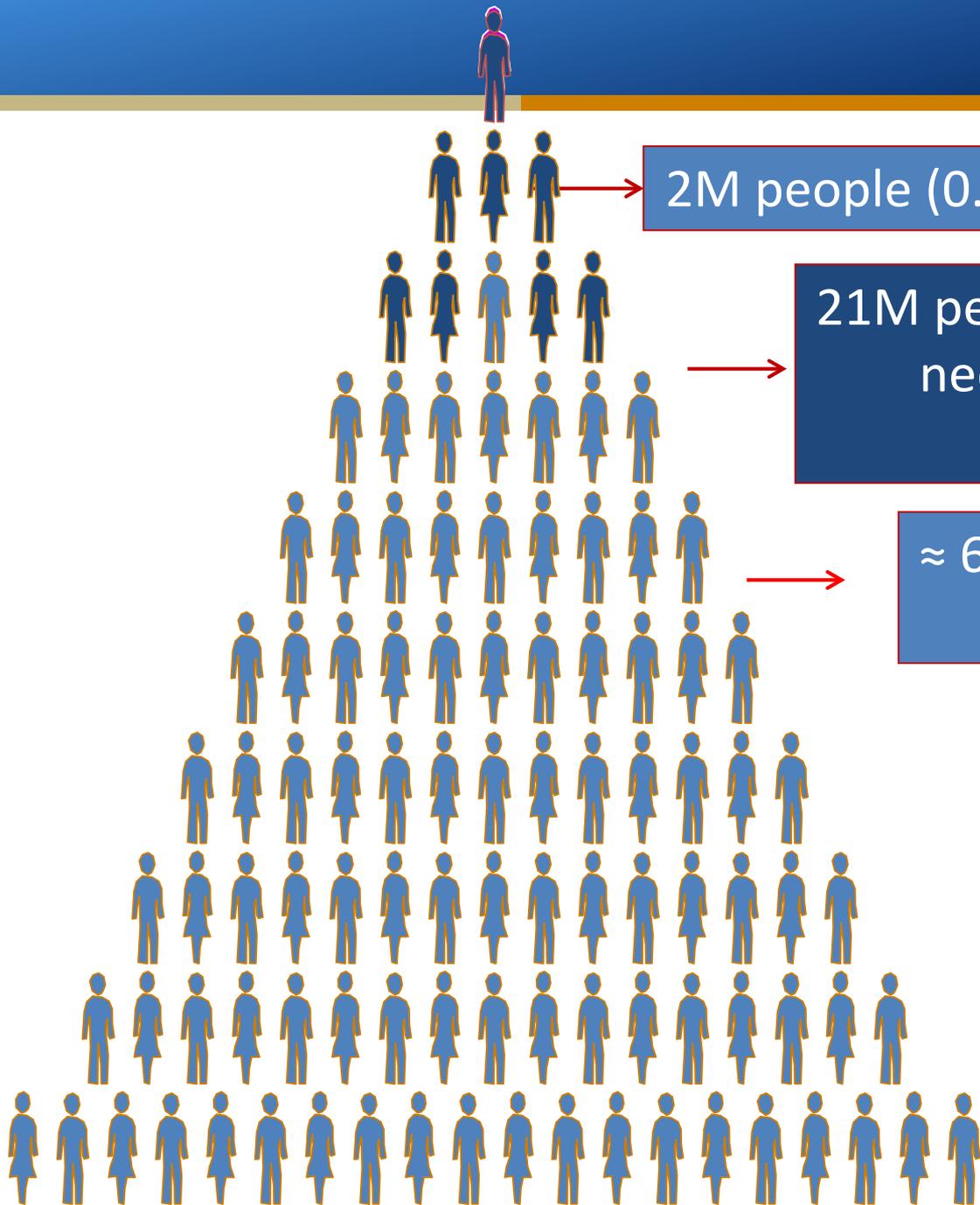
- Craving: strong need or compulsion to drink or use,
- Loss of control: inability to limit one's usage,
- Physical dependence: withdrawal symptoms, such as nausea, sweating, shakiness, and tremors occur during periods of non-use,
- Tolerance: a higher dose is needed to achieve the same effect.



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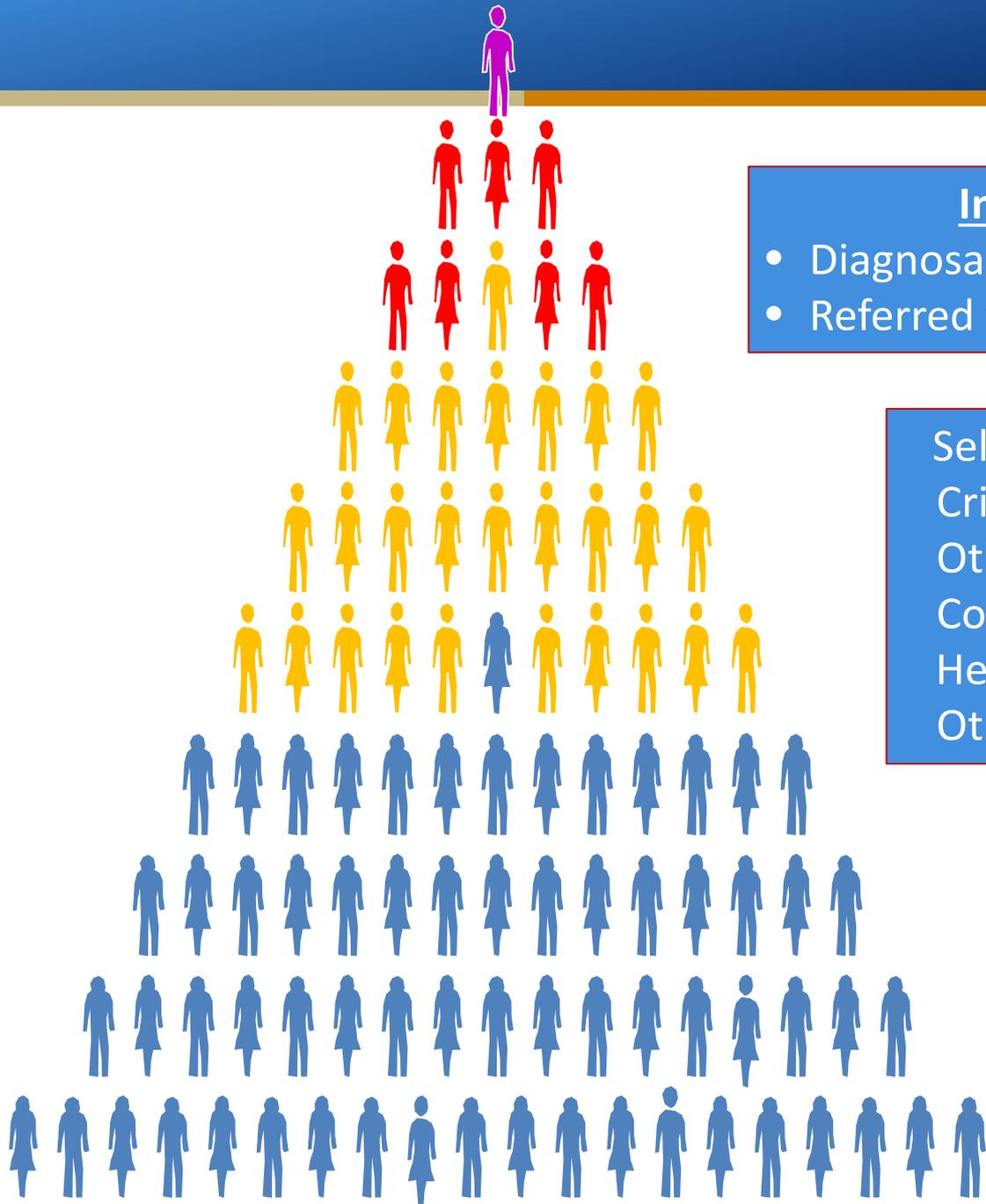
2M people (0.8%) receiving treatment*

21M people (7%) have problems needing treatment, but not receiving it*

≈ 60-80M people (≈20-25%) using at risky levels

US Population:
307,006,550
US Census Bureau,
Population Division
July 2009 estimate

*NSUDH, 2008



In treatment (2 Million)

- Diagnosable problem with substance use
- Referred to treatment by:*

Self/Family	37%
Criminal Justice	25%
Other SUD Program	8%
County Assessment Center	19%
Healthcare	3%
Other	8%

*Los Angeles County Data



Needing but not Receiving Treatment for Substance Use

Why 21 million people are NOT receiving treatment when they need it:

- 95.2% did not feel that they needed treatment.
- 3.7% felt they needed treatment, but made no effort to get it.
- 1.1% made an effort to get treatment.



Medical Consequences of Substance Abuse

- Unintentional injuries and violence;
- Exacerbate medical and neuropsychiatric conditions;
- Induce medical diseases;
- Infectious diseases;
- Affect the efficacy of prescribed medications;
- Low birth weight, premature deliveries, and developmental disorders;
- Dependence many require multiple treatment services;

Adverse Effects of Substance Use Disorders

Physical:

- General feelings of malaise, and is associated with an increase in illness and death;



Cognitive:

- Impairments in thinking and judgment may lead to additional detrimental effects;



Psychological:

- Depression, anxiety, loss of interest, hopelessness, suicidal thoughts, irritability;

Adverse Effects of Substance Use Disorders

Social:

- Surrounds self with others who are abusing leads to social isolation;

Financial:

- Spending to support the substance use disorder can lead to financial ruin;

Legal:

- Criminal activity related to substance abuse can lead to incarceration or other legal consequences.

Signs and Symptoms: Cues for Substance Use

Environmental and Behavioral Cues:

- Presence of drug/alcohol paraphernalia;
- Odors in the house;
- Bodily signs of addiction;
- Physical signs of withdrawal;
- Signs of intoxication during the interview;
- Lack of food/ Loss of appetite;



Signs and Symptoms: Cues for Substance Use

Alcohol:

Signs and Symptoms:

- Smell of alcohol
- Slurred speech
- Lack of coordination



Signs of withdrawal:

- Tremors
- Chills
- Cramps
- Hallucination
- Convulsions

Signs and Symptoms: Cues for Substance Use

Cannabinoids: (Marijuana, Hashish) Signs and Symptoms:

- Euphoria
- Slowed reaction time
- Memory loss
- Impaired balance and coordination
- Increased heart rate and appetite



SOURCE: NIDA - DrugFacts: Marijuana, Revised March 2016

Photo credit: Thinkstock by Getty Images

Signs and Symptoms: Cues for Substance Use

Stimulants:

(Cocaine, Crack,
Methamphetamines, Amphetamines)

Signs and Symptoms:

- Extremely dilated pupils
- Dry mouth, and nose
- Bad breath
- Excessive activity, difficulty staying still
- Paranoia
- Panic reaction
- Anger
- Weight loss



Methamphetamines



Cocaine

Signs and Symptoms: Cues for Substance Use

Hallucinogens: (LSD, DMT, Peyote, Ketamine, PCP, Salvia)

Signs and Symptoms:

- Dilated Pupils;
- Body tremors, chest pain, dazed look, perspiration, speech difficulty;
- Anxiety, paranoia, hallucinations, mania, confusion;
- Changes in sense of time; for example, time passing by slowly.



Ketamine



LSD blotter

Signs and Symptoms: Cues for Substance Use

Opioids and Morphine Derivatives: (Heroin, Codeine, Morphine, Methadone, Oxycontin)



How Used:

- To relieve pain
- Injected, smoked snorted or taken by mouth
- Prescribed by a doctor as a narcotic: Darvon, Vicodin

Signs and Symptoms:

- Drowsiness, dizziness
- Sedation, weakness
- Impaired coordination
- Itching
- Constricted pupils

Signs and Symptoms: Cues for Substance Use

Prescription Sedatives:

(Xanax, Barbiturates, Benzodiazepines, Sleep Medications)

Signs and Symptoms:

- Sedation, drowsiness;
- Reduced anxiety, feelings of well-being;
- Slurred speech, poor concentration;
- Impaired coordination.



Prescription Drugs Abuse

Opioids, Central nervous system Depressants, Stimulants

STATISTICS AND TRENDS

National Survey on Drug Use and Health (NSDUH):

Trends in Prevalence of Psychotherapeutics (Nonmedical Use) for Ages 12 or Older, Ages 12 to 17, Ages 18 to 25, and Ages 26 or Older; 2014 (in percent)*

Drug	Time Period	Ages 12 or Older	Ages 12 to 17	Ages 18 to 25	Ages 26 or Older
Psychotherapeutics (Nonmedical Use)	Lifetime	20.50	9.20	26.30	20.90
	Past Year	5.60	6.20	11.80	4.50
	Past Month	2.50	[2.60]	4.40	2.10

Can you spot which one is Candy?



NO

**Meth laced
gummy worms**



NO

**Synthetic Flakka
disguised as gummy
bears**



NO

**Fentanyl disguised as
Pez candy**

Emerging Drugs (Dissociative Drugs):

Fentanyl or fentanyl-laced heroin: (Apache, China Girl, China White, Dance Fever, TNT, Jackpot, Murder 8, Goodfella, and Tango and Cash)



Fentanyl pills

- A synthetic opioid analgesic that is similar to morphine but is 50 to 100 times more potent;
- Non-pharmaceutical fentanyl is sold as a powder; spiked on blotter paper; mixed with or substituted for heroin;
- Signs of use include euphoria, drowsiness, nausea, confusion, respiratory depression, unconsciousness;

Emerging Drugs (Dissociative Drugs):

Synthetic Cannabinoids:

(K2, Spice, Joker, Black Mamba, Kush, and Kronic)

- Contains man-made mind-altering chemicals sprayed on dried, shredded plant material or vaporized to get high;
- Called "synthetic marijuana" (or "fake weed") acting on the same brain cell receptors the mind-altering ingredient in marijuana;
- Signs of use: loss of control, lack of pain response, increased agitation, seizures, profuse sweating;



Examples of spice

Emerging Drugs (Dissociative Drugs):

Bath Salts: (Street names: Ivory Wave, Bloom, Cloud Nine, Vanilla Sky, White Lightning)

- Contains synthetic chemicals related to cathinone, an amphetamine-like stimulant found naturally in the Khat plant;
- Produces euphoria, increased sociability, sex drive, paranoia, agitation, and hallucinatory delirium;



Bath Salts

NIDA: Drug Facts: Synthetic Cathinones ("Bath Salts") Revised January 2016

Photo credit: DEA Image Library

Emerging Drugs (Dissociative Drugs):

Flakka (alpha-PVP):

- White or pink crystals are eaten, snorted, injected, or vaporized in an e-cigarette or similar device;
- Vaping sends it quickly into the bloodstream making it easy to overdose;

Caffeine Powder:

- One teaspoon of pure caffeine powder is equivalent to about 25 cups of coffee;
- Can cause fast and erratic heartbeat, seizures, vomiting, diarrhea, and disorientation;

Emerging Drugs (Dissociative Drugs):

Cough & Cold Medicines: (Purple Drank - aka Sizzurp, Lean, Texas Tea, Memphis Mud, Skittles)

- Drinking prescription-strength cough syrup containing codeine (opioid) and promethazine (antihistamine) mixed with soda and flavored with hard candies;
- Effects are relaxation and euphoria when consumed in sufficient quantities;



Source: NIDA: DrugFacts: Cough and Cold Medicine Abuse, updated May 2014

Photo credit: Shutterstock

Determining Substance Use Disorders

Screening:

- A process for evaluating the possible presence of a particular problem;
- Determines if an assessment is needed.

Assessment:

- Determines the areas of life functioning affected by the person's substance use.



SAMHSA: Understanding Substance Use Disorders, Treatment and Family Recovery: A Guide for Legal Professionals, 2004

Photo credit: Thinkstock by Getty Images

When Screening for SUD

CONSIDER:



The Presence of an SUD:

- is only **ONE factor** in the overall evaluation of the family.

Presence of a SUD does **NOT**:

- automatically indicate parental impairment;
- automatically present an issue with child safety.

The Purpose of Screening

Who needs to be screened?

- Those identified as high risk, or
- Assume everyone is high risk.

Best practice: **Screen Everyone**



Why?

To see if an assessment by a treatment provider is needed.

Benefits of Screening

- Provides opportunity for **education, early intervention**;
- Alerts provider to **risks for interactions** with medications or other aspects of treatment;
- Offers opportunity to **engage** patient further;
- Has proved beneficial in **reducing high-risk activities** for people who are not dependent;

Effective Screening Tools

- Fast, simple, easy to administer;
- Can detect a problem with 3-6 key questions;
- Inexpensive;
- Requires little paperwork;
- Designed for a broad range of individuals.



Single Question Screening

- **Alcohol:** “How many times in the past year have you had (#) or more drinks in a day?”
(# = 5 for men and 4 for women)
- **Drugs:** “Have you used any drugs for non-medical reasons?”



Photo credit: Shutterstock

Screening Tools

- **SBIRT**
- **The ASSIST**
- **Motivational Interviewing**
- **CRAFT**



Photo credit: Thinkstock by Getty Images

Referral to Assessment/Treatment

- Approximately 5% of patients screened will require referral to substance use assessment and treatment;
- An appropriate referral is when screening responses reveal medical, social, legal, or interpersonal consequences associated with their substance use.



Pacific Southwest ATTC Screening, Brief Intervention, and Referral to Treatment (SBIRT) Training, 2012

Photo credit: Thinkstock by Getty Images

“Warm hand-off” Approach to Referrals

A proactive process that facilitates access to specialty care for those requiring more extensive assessment



Facilitate a warm hand-off by:

- Calling to make appointment for client,
- Providing directions and clinic hours to client,
- Coordinating transportation when needed.



Drug & Alcohol Treatment Services

Detox - (detoxification) is a set of interventions aimed at managing acute intoxication and withdrawal

Residential - client stays at a facility, which provides a controlled environment and more intensive therapies

Outpatient - client visits a facility for a variety of therapy sessions and can return home that day

Note: Medication-Assisted Treatment is offered by some SAPC-contracted providers

Questions?





Contact:

(PRESENTER'S NAME, PHONE, EMAIL HERE)
Substance Abuse Prevention and Control





For More Information:

**For information and SUD Treatment in
Los Angeles County:**

Substance Abuse

Prevention and Control Website:

<http://publichealth.lacounty.gov/sapc/>



Drug Facts Website:

**[http://www.drugabuse.gov/
publications/by/6/drugs-abuse](http://www.drugabuse.gov/publications/by/6/drugs-abuse)**