What ABI Providers Should Know About Substance Use & Brain Injury

St John's Rehab - Sunnybrook
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Overview

- Addiction and Substance Use Disorder
  - Practical Definitions
  - Why do people use drugs
- Common drugs of abuse
- Stigma
- How the Addictions Sector Conceptualizes the Issue
- Addictions System Structure

Definitions

- Substance Use Disorder
  - Mild
    - Impairment
    - Risky Use
  - Moderate
    - Impact on work, school, home
  - Severe
    - Problems controlling intake
    - Continued use despite

Why do people use drugs

Why do people use drugs?

(1) Family:

- biological predisposition/heritability traits
- degree of social acceptance and role-modeling - family conflict
- lack of supervision or parental rejection
- sexual or physical abuse
- poor communication

Why do people use drugs? …cont'd

(2) School:

- norms conducive to drug use
- struggles with academic performance

(3) Peer group:

- bonding to anti-social peer group
- medium-high risk behaviours
- social marginalization

Why do people use drugs? …cont'd

(4) Personal:

- to relax, to achieve pleasurable sensations
- to have fun
- to lower inhibitions
- to cope with or forget problems
- to satisfy curiosity
- to deal with conflict with others
- for religious or ceremonial purposes
- coping with life and stressors as a newcomer

Why do people use drugs? …cont'd

(5) Medical:

- to treat medical problems
- alleviation of pain

(6) Community factors:

- poverty
- lack of employment opportunities
- inadequate housing
- lack of resources
- stigma

Most Common Drugs of Abuse

- Tobacco
- Alcohol
- Stimulants
  - Cocaine (Crack)
  - Amphetamines
- Cannabis
- Opiods

What is Standard?

1 standard drink = 13.6 grams of alcohol =

wine	spirits	beer
5 oz/142 mL of wine (12% alcohol)	1.5 oz/43 mL of spirits (40% alcohol)	12 oz/341 mL of regular strength beer (5% alcohol)

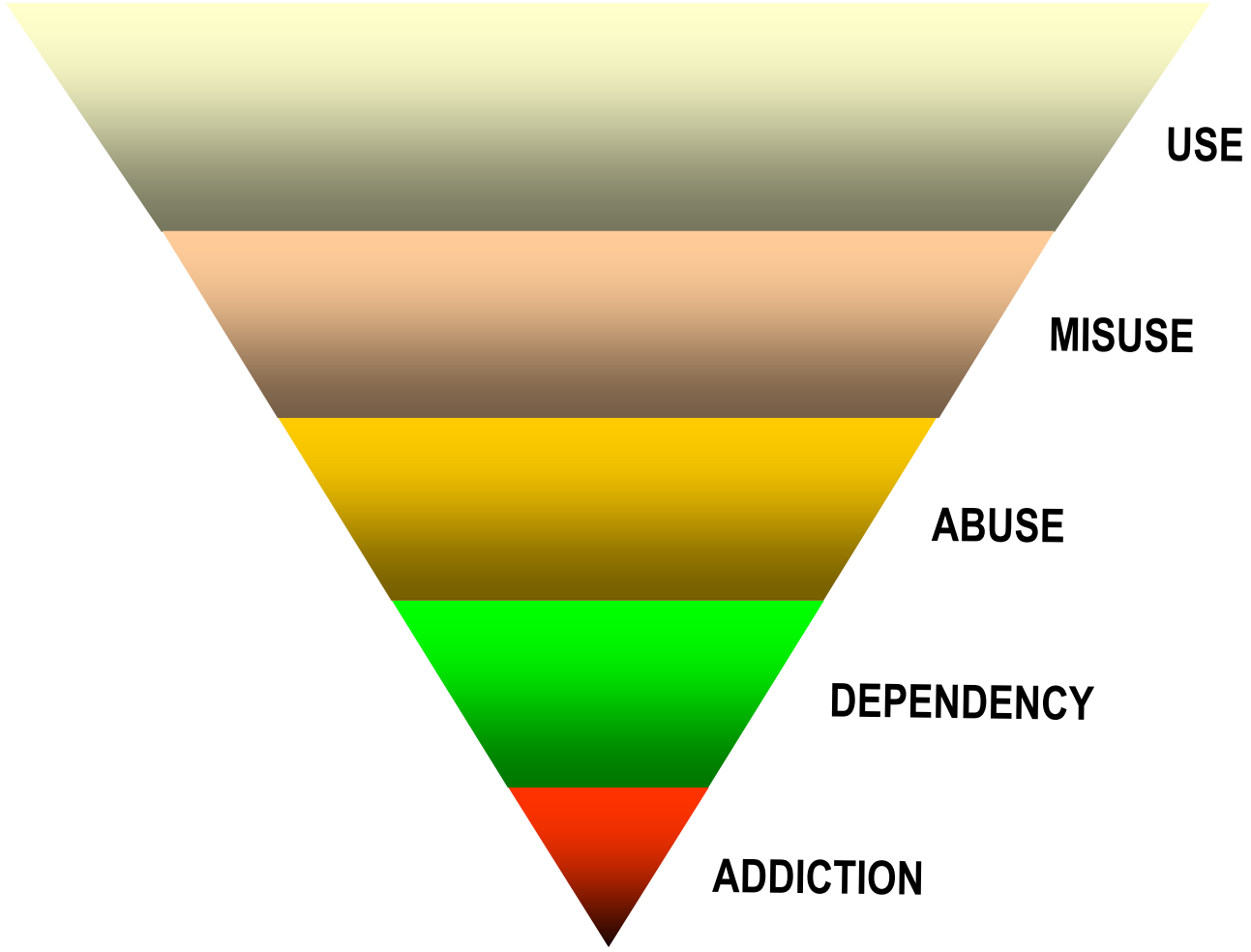
or or

Higher alcohol beers and coolers have more alcohol than one standard drink.

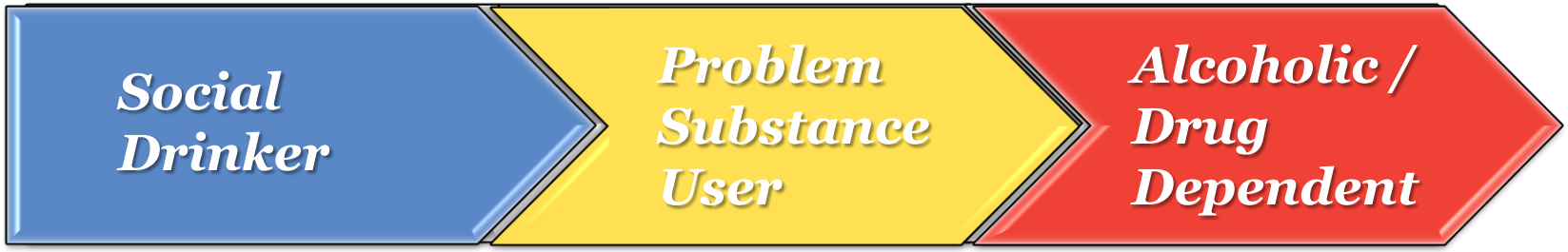
Low Risk Drinking Guidelines

- **0** drinks = lowest risk
- **2** Standard Drinks/day
- **9** Standard Drinks/week for women
- **14** Standard Drinks/week for men

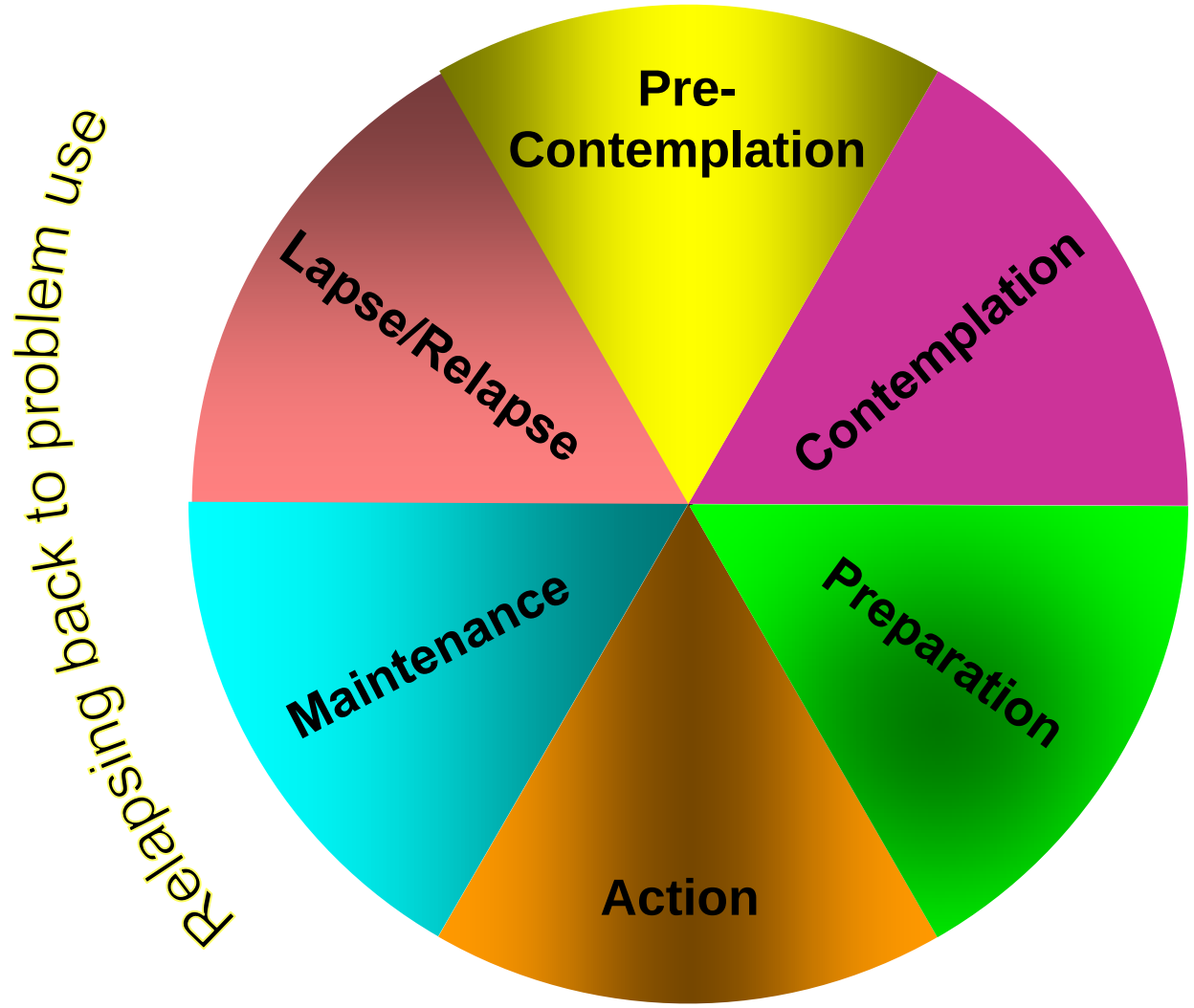
Continuum of Substance Use



Treatment Population: Continuum of Substance Use



Stages of Change



Recovery Process

- Acknowledge the problem (contemplation)
- Seek help (action)
- Stop using (action)
- Understand the process and elements that sustain problematic use or addiction (action)
- Develop relapse prevention and coping strategies (action)
- Develop support system (maintenance)

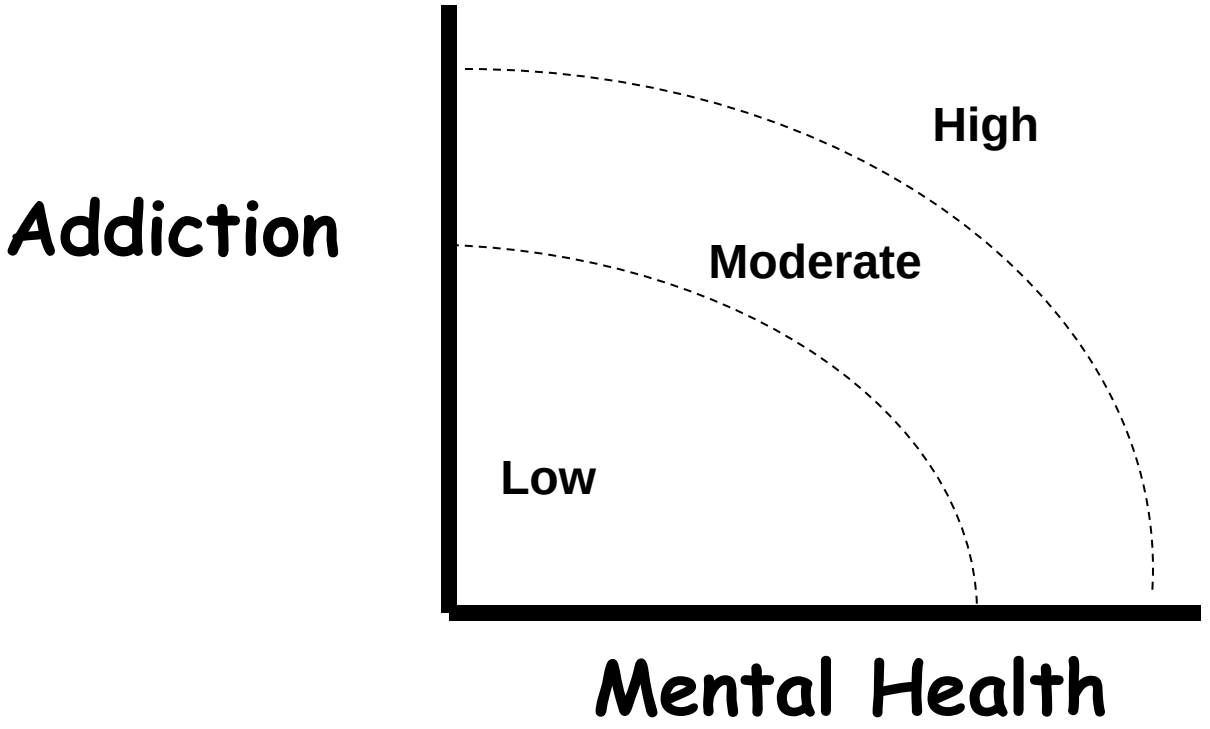
IMPACT OF ADDICTION AND CONCURRENT DISORDERS ON FAMILY

- Dis-equalibrium
- Erosion of trust
- Emotional upheaval (anger, shame, denial, assuming responsibility)
- Erosion of childhood

Addiction Treatment System Structure

- Mutual Help Groups
- Outpatient counseling
- Withdrawal Management
- Short Term Residential Treatment
- Long Term Residential Treatment
- Population Specific Programs
- Integrated Concurrent Disorder Programs
- Substitution Therapy (Methadone, Suboxone)
- Process Addiction Services
- Family specific services
- Recovery Homes 3 months – 2 years
- Continuing Care

Concurrent Disorders



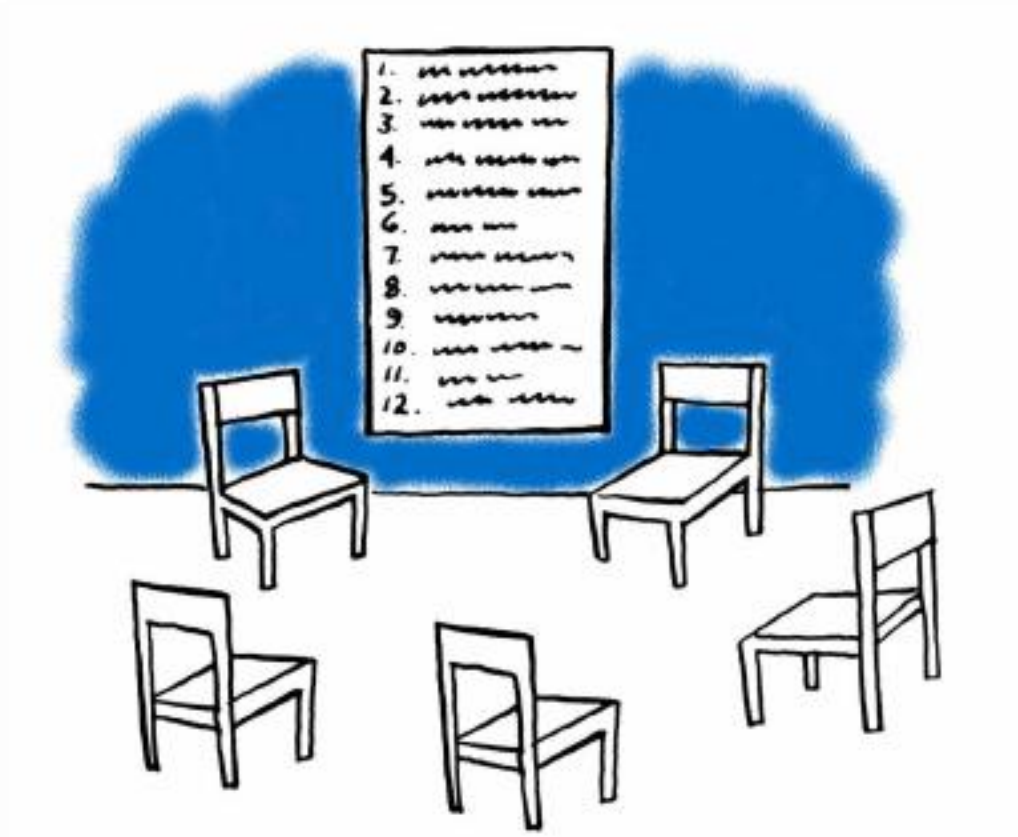
Concurrent Disorders Treatment

- Historically: None
- Sequential
- Concurrent
- Integrated

Harm Reduction

- Definition: Intervention without requiring total abstinence
- R.I.D.E.
- Needle exchange
- Bleach kits
- Condom distribution
- Outreach programs

12 –Step programs

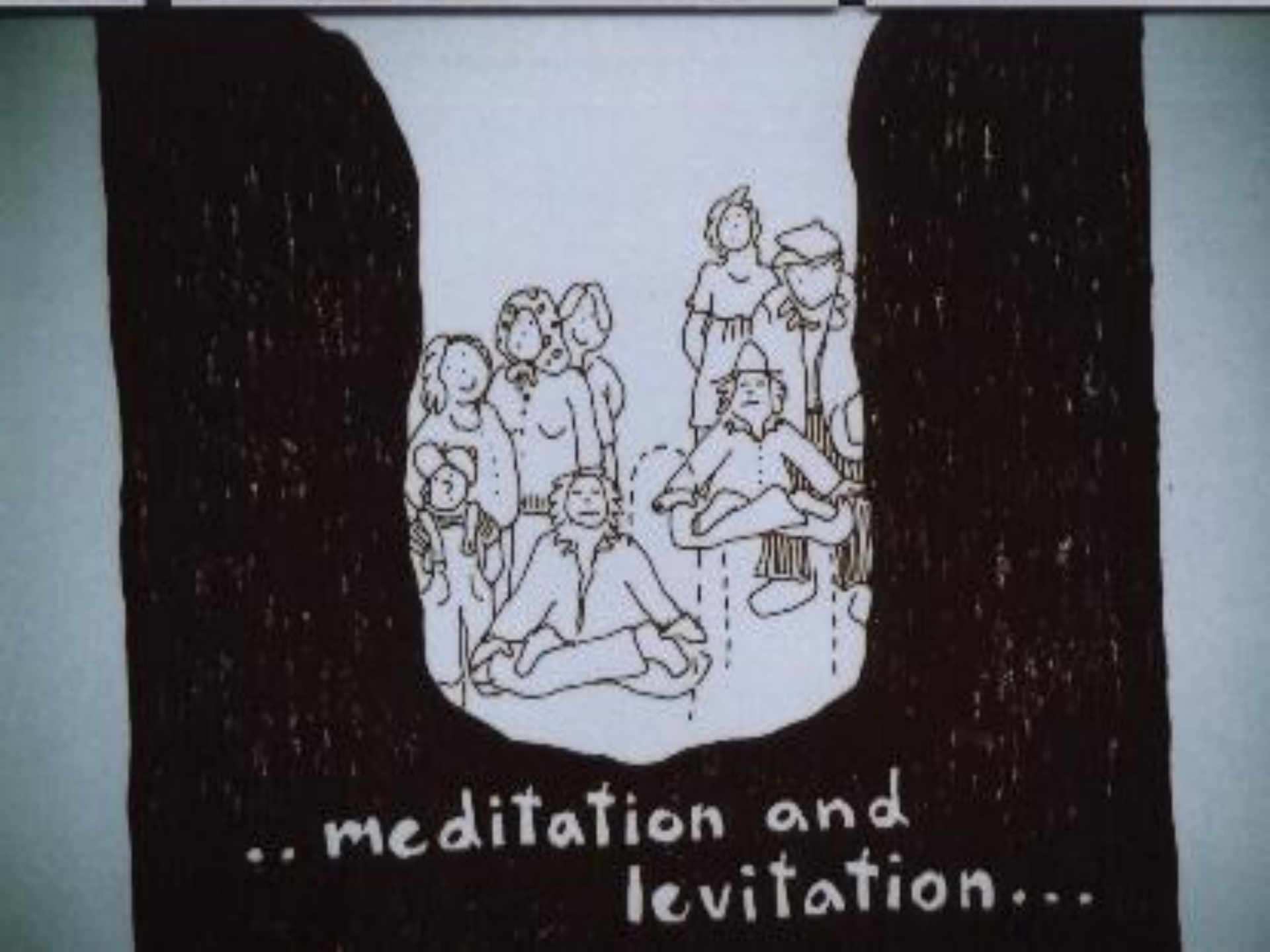


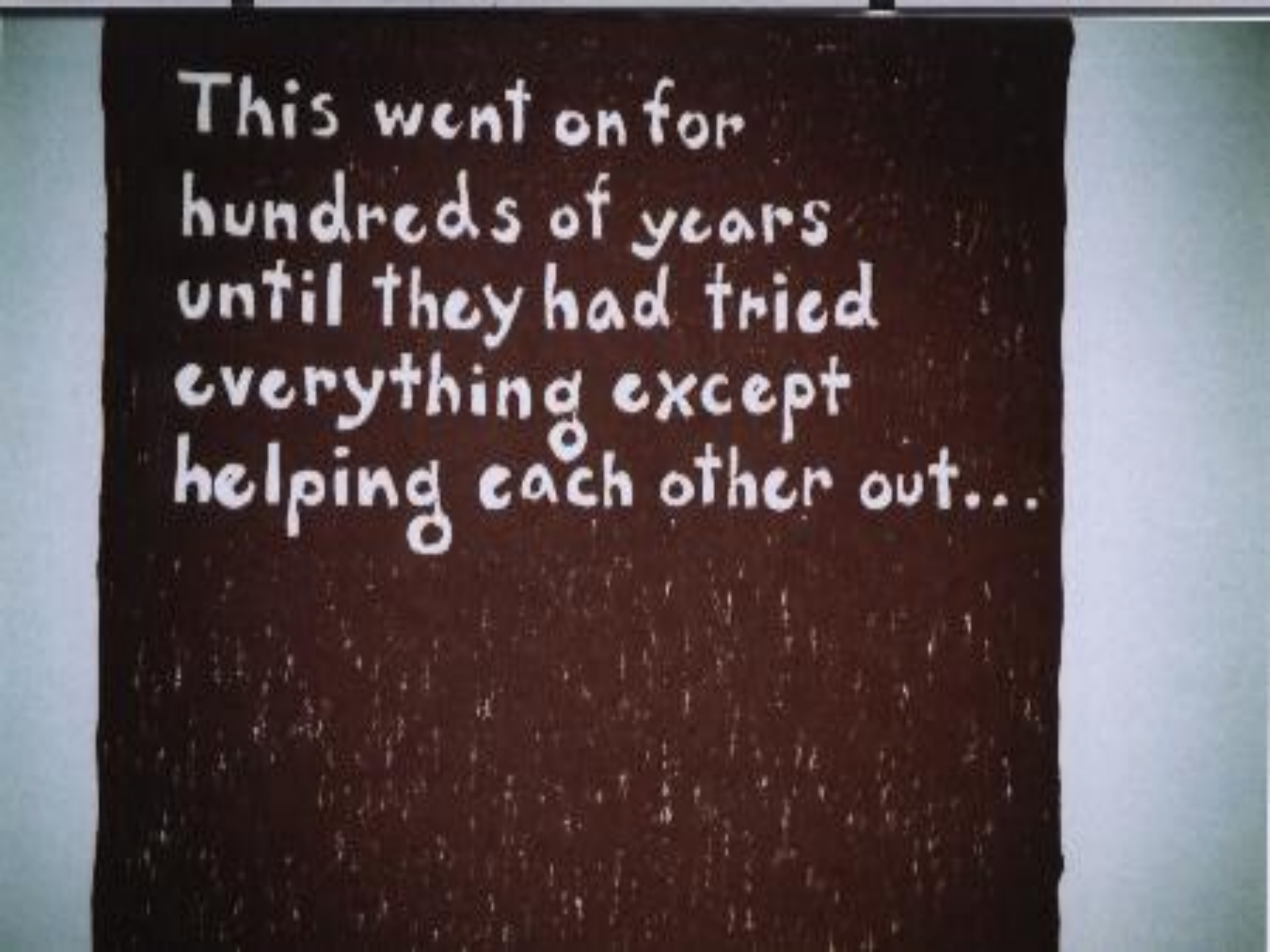
once upon a time, there was a bunch of people who were stuck in a hole

attempts were made by various individuals to get out of the hole ...

... such as desperate arm flapping...

...jumping...


.. meditation and
levitation...


This went on for
hundreds of years
until they had tried
everything except
helping each other out...

so
they
helped
each
other
out

Basic Concepts

- Personal responsibility
- Substance abuse will get worse over time—abstinence is required to treat the disease
- One day at a time
- Spirituality without promoting a particular religion

Advantages

- Safe place to socialize
- Promote practice of coping skills
- Long-term support

12-Steps and ABI

- Introduce when a client is wiling to accept the need for intervention
- Some awareness of the ABI and its effects
- Willingness to accept coaching/support

Supporting a person with ABI to use 12-Step programs

- Don’t push
- Accompany clients
- Open meetings first
- Lead meetings easiest
- Be concrete (review 12-steps)
- Spend time between meetings helping the client to generalize

What is stigma ?

- a complex idea that involves attitudes, feelings and behaviour
- refers to the negative attitude attached to people who possess any attribute, trait, or disorder making them different from “normal” people
- this ‘difference’ is viewed as **undesirable and shameful** and can result in negative attitudes/responses (prejudice and discrimination) from those around the individual

Stigma Exercise

- Drunk man 1
- Drunk man 2
- Drunk woman 1
- Drunk woman 2
- Emergency Room scene

Thank You