



# Reducing Stigma and improving access to Drug and Alcohol Treatment

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# Who is Gateway Alcohol & Drug Treatment?

- Largest Provider of Substance Abuse Treatment in Illinois
- Locations throughout Illinois and the St. Louis Metro East area.
- Treatment for Adults and Adolescents.
- Outpatient, Day Treatment Residential Treatment, and Aftercare.



## Our Centers



**Outpatient Services offered at 7 locations including:  
River North, Pekin and Swansea (St. Louis Metro East)**

**Residential services at 6 locations.**



# Today's Agenda

## Definition of Addiction:

- What is Addiction?
- What is the relationship between Addiction and stigma?

## Overview of Addiction and it's impact on the family system

- Trends
- Signs and Symptoms

## Treatment Options

- Levels of Care
- Evidence-Based Practices & Treatment

# Substance Abuse in America

## DID YOU KNOW?

**1** in **10** American adults and teenagers have a drug and/or alcohol dependence problem?

...Yet only 11% of those who need treatment received it at a specialty facility.



# Reducing Stigma

Begins with YOU!

# The Stigma of Addiction

**Character Flaw**

“There is something inherently wrong with me”

**Fear of Discrimination**

“I will never be accepted by society”

**Lasting Change is Hopeless**

“Once an addict, always an addict”

**Shame in Labels**

“Drunk, addict, loser, junkie, druggie, alcoholic”

# Defining Addiction & Substance Abuse

## **Addiction:**

Compulsion to use alcohol or other drugs regardless of negative or adverse consequences. Addiction is characterized by physical and psychological **dependence**.

- **Tolerance:** Physical and behavioral
- **Withdrawal:** Physical and psychological

## **Substance use disorder:**

The continued use of drugs or alcohol in spite of adverse consequences in one or more area's of an individual's life (e.g. family, job, legal, financial).



# Overcoming Addiction is Not Easy

- Not as easy as having “willpower”
- Shame and fear prevents reaching out for help
- Judgment can be poor
- Social and financial supports may be gone
- Insight into problem may be low
- Physical dependence may be present
- Person may be homeless, incarcerated, financially destitute and most importantly -  
**HOPELESS**
- Individuals may simply not know how to stop



**80% of clients with  
a substance use  
disorder issues have a  
“additional trigger”**

# BIOPSYCHOSOCIAL MODEL

MISA  
“ESP”

**Social/Environment:**  
Environment & Others

**Biology:**  
Genetics

**Psychology:**  
Thoughts & Emotions

# Risk Factors for Problematic Drug Use

## Individual

- Genetic predisposition, behavioral under-control
- Personality (lack social bonding, resistance to authority)
- Drug knowledge
- Academic problems
- Early age of first use

## Family

- Ineffective parental techniques
- Negative communication
- Poor family relationships.



# Risk Factors for Problematic Drug Use (cont.)

## Local Environment

- Traumatic experiences (child abuse, refugee status)
- SES (socioeconomic status)
- Support (peers, community)
- Labeling

## Macro-environment

- Legislation
- Law enforcement
- Drug availability
- Social message re drug use and related problems

## Effective Questions/Observations

- Is there a history of mental health diagnosis or Trauma issues(Anxiety, Depression, Mood Disorders)
- As a home health worker, are there prescription pain or anxiety medications in the home(Benzodiazepines or Opiates)?
- Does the client appear sedated or is constantly nodding off?
- Is there a family history of Alcohol or Substance use disorders?
- Utilize a “CAGE” Screening to get more information about the clients use of drugs or alcohol

## What do We Do?

- T** - Treating
- R** - Resistance (through)
- A** - Acceptance
- U** - Understanding
- M** - Meaning &
- A** - Accuracy



# Effective Intervention Strategies

- Give the client the opportunity to fully share their story without interpretation or judgment
- Interventions should be focused on helping client understand the relationship between substance use disorder and other issues
- Expect the client to hold onto problematic behaviors for awhile, be patient, use Motivational interviewing/engagement skills. Remember the treatment process is a slow one sometimes
- Follow up with supports/systems that will reinforce the recovery process(i.e. family, assisted living,etc.)



# What is Recovery?

Sustained abstinence from mood altering chemicals

Removal of physical and psychological desire to use

A removal of denial, rationalization and justification

Build-up of coping and living skills

Improved functioning in primary life domains

Development of healthy social networks

The building of a life worth living

# Continuum of Care

## Higher and Lower Levels of Care



- **Self Help:**
  - Alcoholics Anonymous or other 12-Step recovery programs
- **Intensive After Work/After School Outpatient:**
  - Three hour group counseling sessions held three or four times per week for four to six weeks
- **Day Treatment:** (partial hospitalization program)
  - Clients attend treatment during the day but go home at night
- **Residential:** Variable length of stay, highly structured
- **Recovery Home:**
  - Placement for those who may not be able to return home after residential treatment

# What is Relapse?

A relapse is not an event – it is a process

A change in perception

Normal but not necessary

The return of self destructive and harmful behavior

The sacrifice of successful coping strategies

The physical use of substances is the end result not beginning

# Principles of Effective Treatment

- No single treatment is appropriate for all individuals.
- Treatment needs to be readily available.
- Effective treatment attends to multiple needs of the individual, not just drug use.
- Evidence-based practices.
- Remain in treatment for adequate period of time.
- The treatment process must be a “family experience”
- Medications helpful/assess for co-occurring disorder.



# Evidence-Based Practices & Treatment



**Evidence-based practices integrate professional research and clinical expertise to achieve the best outcome for an individual. They are proven to work!**

## **Motivational Interviewing**

- For individuals who are ambivalent about quitting alcohol and other drugs, with more than 300 professional journal articles reporting favorable research outcomes.

## **Twelve-Step Facilitation (TSF) and Twelve-Step Recovery**

- Introducing and acquainting individuals to Alcoholics Anonymous (AA) and Narcotics Anonymous (NA).

# Evidence-Based Practices & Treatment

## Family Involvement

- Family involvement in treatment can have a huge impact in helping the individual overcome the substance abuse that has most likely affected every aspect of an individual's family life.



# Evidence-Based Practices & Treatment



## **Cognitive Behavior Therapy (CBT)**

- Learning to be mindful, expanding perspectives, and improving coping skills in ways that help value-oriented living.

## **Co-Occurring/Dual-Diagnosis Disorders Program (CDP)**

- Co-occurring mental health problems such as anxiety, depression and bipolar disorder are common among those with substance abuse problems. Effectively treating these problems at the same time provides the best results for both.

# Evidence-Based Practices & Treatment

## Seeking Safety/Trauma focused CBT

- Helps individuals realize they may have abused substances to cope with overwhelming emotional pain.
- Research shows many persons with substance abuse problems have experienced a traumatic event. (12-59% suffer from PTSD).

## Medication-Assisted Treatment

- Medications that can treat cravings and other withdrawal symptoms, depression, anxiety and sleeplessness.
- Reduces risk of relapse.
- Vivitrol<sup>®</sup> and Suboxone<sup>®</sup> very commonly used.





# Evidence-Based Practices Resources



- Gateway Alcohol & Drug Treatment Centers  
<http://recovergateway.org/treatment/evidence-based>
- SAMHSA  
<http://www.nrepp.samhsa.gov>
- Gateway 24-Hour Helpline- **877-505-HOPE (4673)**

# Additional Articles & Resources:



- [Drugabuse.gov/drugs-abuse/emerging-drugs](https://www.drugabuse.gov/drugs-abuse/emerging-drugs)
- [Drugabuse.gov/publications/drugfacts/spice-synthetic-marijuana](https://www.drugabuse.gov/publications/drugfacts/spice-synthetic-marijuana)
- [Justice.gov/dea/index.shtml](https://www.justice.gov/dea/index.shtml)
- [abcnews.go.com/topics/lifestyle/health/synthetic-marijuana.htm](https://abcnews.go.com/topics/lifestyle/health/synthetic-marijuana.htm)
- [cbssports.com/collegefootball/story/19814416/where-theres-smoke-theres-fire-when-it-comes-to-synthetic-marijuana](https://www.cbssports.com/collegefootball/story/19814416/where-theres-smoke-theres-fire-when-it-comes-to-synthetic-marijuana)
- [RecoverGateway.org](https://RecoverGateway.org)

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- drugrecognition.com
- [www.nida.nih.gov](http://www.nida.nih.gov)
- [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)
- [www.drugfree.org](http://www.drugfree.org)
- [www.samhsa.gov](http://www.samhsa.gov)
- [www.ed.gov/osdfs](http://www.ed.gov/osdfs) (Office of Safe and Drug-Free Schools)

# Gateway Alcohol & Drug Treatment

**24-Hour Helpline:**  
**877-505-HOPE (4673)**  
**RecoverGateway.org**