AFTER THE OPIATES ARE GONE

Treating Addictive Behaviors in Recovery

Effie Dee James Jr.  BA, LCDCII
Treatment Counselor UMADAOP (Mansfield)
umadaopcjames@neo.rr.com
@EffieJames
The past can hurt. But the way I see it, you can either run from it, or learn from it.

-Rafiki
WHAT’S THIS ALL ABOUT?

• Identifying Effective Opioid Abuse Treatment Options
• Defining Addictive Behaviors
• Transference of the Drug of Choice
• Differentiating Treatment Strategies for Opiates, Cocaine & THC
TREATMENT STRATEGIES FOR OPIATE USE

• Medication Assisted Treatment (MAT)
  • Residential Treatment
    • Intensive Outpatient (IOP)
      • Outpatient (OP)
        • Individual Counseling
Why & How does MAT Work?

- **Stabilize Withdrawal**: As a partial agonist, buprenorphine, for example, has a limited opioid effect, enough to stop withdrawal but not enough to cause intense euphoria.

- **Stabilize Lifestyle**: Stop the chase.

- **Clarity of Thought**: Re-establish decision making process.

- **Listening & Learning**: Implement treatment tools into everyday life.
Cons to MAT

• **Creation of New Addiction** - Patients renew dependency.

• **Long Term Effects Still Questioned** - Continuing research still inconclusive about the lasting effects and sustainability. There are also differing opinions of On-going vs Short term treatment strategies.

• **Criminal Market for Prescribed Medications** - Black market use of buprenorphine and other MATs.
Residential Treatment Benefits

- **Structure** - Daily routines and responsibilities
- **Environmental Control** - Confined to Semi-confined environment which is centered around self reflection and individual accountability.
- **Return of Critical Thinking Patterns** - The ability to think about every choice; the breaking down of impulsive behaviors.
Multiple group therapy sessions throughout the week provide the ability to share and hear similar experiences; struggles and victories surrounding drug use.

**Education** - Learning about the drug of choice and how it effects internal organs, brain activities and behaviors

**Relevant Tools** - Obtaining personal tips and proven strategies to assist in daily sobriety and prioritizing recovery.
Outpatient/ Individual Counseling

Benefits

• **Personal Care** - Patient is primary focus.

• **Flexibility of Treatment Options** - Clinician and patient able to work together to create treatment plan.

• **Family Involvement** - Loved ones and significant others are more easily incorporated into Individual counseling.
BEING THE BEST IN A FAILURE SPORT
A new poll finds that 1 in 10 adults — or 23.5 million Americans — has successfully overcome a problem with alcohol or illegal drugs. The poll also found that 34% of adults had successfully quit smoking.

The telephone survey, which was funded by New York State’s Office of Alcoholism and Substance Abuse Services (OASAS) and conducted in conjunction with the Partnership at Drugfree.org, included responses from more than 2,500 people over 18, who were asked, “Did you used to have a problem with drugs or alcohol but no longer do?”

“This research marks a vitally important step for those who are struggling with addiction by offering clear evidence to support what many know experientially — that millions of Americans have found a path to recovery,” New York State OASAS Commissioner Arlene González-Sánchez said in a statement.

Males and people with lower levels of education were more likely to have kicked a substance problem: 29% of high school dropouts reported having overcome a drug or alcohol issue, compared with just 4% of college graduates. And more men than women reported having quit: 12% versus 7%.

Based on earlier studies, however, these difference don’t suggest that women and college graduates are less likely to succeed in recovery, but rather that they are less likely to have developed problems with addiction in the first place. For example, in addiction treatment, there are typically two men for every woman.
Addictive behaviors are actions beyond conscious control that are constantly repeated by a person who is dependent on a chemical substance or activity. Addictive thoughts or obsessions are often at the basis of addictive behaviors. The person feels compelled to seek out alcohol, drugs or a certain activity even if he wants to stop doing so.
Addictive Behaviors

**Lingering Attributes** - Characteristics and habits associated with using lifestyle.

- Hustling for Money (need for cash on-hand)
- Dishonesty
- No Changes in Recreational Environment
- Misuse of Prescribed Medication
- Middle Man for Drug Deals
- Obsession with Using Stories
Addictive Behaviors
HOMELESS MAN SYNDROME
### UMADAOP (Mansfield) MAT Clients

#### 10 Relapse

<table>
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<th>Substance</th>
<th>10 Relapse</th>
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<tbody>
<tr>
<td>Over Counter/Other</td>
<td>1.3</td>
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<tr>
<td>Alcohol</td>
<td>2</td>
</tr>
<tr>
<td>Marijuana</td>
<td>3.5</td>
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People of Peru and Bolivia for thousands of years B.C. called cocaine a “GIFT FROM THE GODS”

Became used as recreational, “High Class” drug

In 1974 Cocaine started to be turned into solid form and smoked for the first time—“Freebase”

By 1980 Crack Addiction had Become an Epidemic, Specifically in Poor Communities Nation wide.
Cocaine vs Opiates

Stimulant vs Depressant
Mental Dependence vs Organ Systems Dependence

*Both are extremely addictive and have various methods of administration.*
Next to methamphetamine, cocaine creates the greatest psychological dependence of any drug. It stimulates key pleasure centers within the brain and causes extremely heightened euphoria.

A tolerance to cocaine develops quickly—the addict soon fails to achieve the same high experienced earlier from the same amount of cocaine.

-drugfreeworld.org
Compared to nonusers, Cocaine users more often report the following:

- Financial Difficulty (regardless of employment)
- Loss of Integrity/ Lies become norm
- Marital/Family Problems
- Legal Issues
- Loss of Spirituality
- Depression
- Employment Issues
Jeremy Kyle

My boyfriend spent £1200 on a 4 day cocaine binge!
COCAIN RECOVERY

BASIS OF TREATMENT

• Focus on Immediately Stopping Cocaine/Crack Use
  (Cannot Slowly Wean Off Cocaine)

• Developing Practical, Real-Life Solutions.
  (No Cliché )
COCaine recovery

- Clients must understand differences between Reasons & Motivation

**Motivation:**

- Children
- Wife/Husband
- Parents
- Probation/Parole Officer - Prospect of Jail Time
- Church
- Job

**All of these are no match for Cocaine addiction!!**
COCAIN RECOVERY

REASONS:

YOU NO LONGER WANT TO USE COCAINE
STRATEGIES & TIPS TO HELP CLIENTS QUIT COCAINE

1. THE DECISION
2. THE CHANGE
3. Frequent Treatment/Constant Support.
4. Intensive Encouragement ("you can")
5. Develop a “GO-TO” Mindset / Higher Power
6. CREATE WEEKLY CHALLENGES

The Art of Self-Denial
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Treating Marijuana

Educating to Abstinence through Harm Reduction Model
Treating Marijuana

BASIS OF TREATMENT

• Not Forcing Individuals to stop using Marijuana
  
  A. Giving the Facts
  B. Focus on Adult Choices
Harm reduction refers to policies, programs and practices that aim to reduce the harms associated with the use of psychoactive drugs in people unable or unwilling to stop. The defining features are the focus on the prevention of harm, rather than on the prevention of drug use itself, and the focus on people who continue to use drugs.
Treating Marijuana

- HABIT
- VS
- ADDICTION
Treating Marijuana

Reasons to Quit Marijuana

• #1 It's ILLEGAL!!!
• #2 Decision Making Effects
• WEED ENHANCEMENTS
Treating Marijuana
Reasons to Quit Marijuana
Life Limits
Treating Marijuana

STRATEGIES & TIPS TO HELP CLIENTS QUIT MARIJUANA

• THE DECISION

Decide on a Goal for Reduction of Marijuana (ex. All, Half or From everyday to twice per week. Etc.)

• DEVELOP A “QUIT” STRATEGY
  Set a “Quit Date; Share your goal and why with group/family

• REPLACING MARIJUANA HIGH;
  Set Goals, be Limitless
ANOTHER CHANCE!