Outline/overview

- General statistics
- Conceptual issues
- DSM 5 criteria
- Substances of abuse
- Treatments – types & overall efficacy

Substance Abuse

- Economic and public health problem
- Approx. $559 billion annual costs to gov’t alone, increasing
- Many forms of drug use socially accepted
- Fairly widely used overall, about 32% of Americans have used an illegal drug, about 22% of H.S. seniors have used an illegal drug in last month
- Prohibitions - fairly recent
Conceptual Models

- Addictions represent failure of self-control
- Addict as a victim of a disease
- Disease model not universally agreed upon
  - Many feel it is counterproductive
  - Excusing excesses by removal from control
  - Neither explanation alone is sufficient
- Holistic approach
- About 9.4% of adults in any year – few (about a quarter) receive treatment from a MH professional

DSM criteria: Substance Use Disorders

- 11 criteria, 2-3=mild, 4-5=moderate, 6+=severe
  - 1. Symptoms of impaired control
  - 2. Symptoms of social impairment
  - 3. Risky use of the substance
  - 4. Pharmacological criteria

Substance Induced Disorders

- Substance Intoxication
  - Reversible changes following ingestion of a substance
  - Effect on central nervous system
- Substance Withdrawal
  - Substance specific syndrome
    - Involves behavioral, psychological, and cognitive changes
    - Following cessation of use
Alcohol
- All depressants reduce CNS activity
- Alcohol binds to GABA receptors
  - Initially relaxing (.06), intoxicating (.09), very intoxicated (.20), likely to pass out (.30+), .40=LD<sub>50</sub>(?)
- Alcohol assoc. w/>half of deaths & serious injuries in auto crashes yearly.
- Cirrhosis of the liver
- Wernicke Korsakoff Syndrome

Cocaine
- Cocaine
  - Anesthetic for surgical procedures & in medications for children – Coca Cola
  - Increased tremendously from 1975 to mid 80’s, sharp drop then gradual increase
  - Cheap, readily available, crack
  - Complications - heart failure/stroke, psychosis

Marijuana
- Chinese herbal compendiums 2737 BC
- Large epidemiological survey estimates about 1/3 have used
- 14,000,000 use in US in any month, 12% of users almost daily
- Effects of use
- Efforts to legalize/medical marijuana use
- Gateway drug
- Shedler and Block “social users”
Treatments

- 12 step programs
- psychotherapies, flexible team approaches
- behavioral therapies
- CBT – BCST – learning cues for drinking
- biological treatments – detox, medications (antabuse, naltrexone, methadone, buprenorphine)
- complete abstinence vs. controlled use
- “innovative treatments”

Treatment Effectiveness?

- Two yr. CA study – Each $1.00 spent saves $7.00 later

<table>
<thead>
<tr>
<th>Addiction/Illness</th>
<th>Compliance with treatment</th>
<th>Relapse rate</th>
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</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>30-50%</td>
<td>50%</td>
</tr>
<tr>
<td>Opiate</td>
<td>30-50%</td>
<td>40%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>30-50%</td>
<td>40%</td>
</tr>
<tr>
<td>Nicotine</td>
<td>30-50%</td>
<td>70%</td>
</tr>
<tr>
<td>Insulin Dep Diabetes–meds foot care</td>
<td>&lt; 50%</td>
<td>30-50%</td>
</tr>
<tr>
<td>HTN – meds diet</td>
<td>&lt; 30%</td>
<td>50-60%</td>
</tr>
<tr>
<td>Asthma meds</td>
<td>&lt; 30%</td>
<td>50-80%</td>
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</tbody>
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