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>45%</td>
</tr>
<tr>
<td>Nicotine</td>
<td>30-50%</td>
<td>70%</td>
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<tr>
<td>Insulin Dep Diabetes – meds</td>
<td>&lt; 50%</td>
<td>30-50%</td>
</tr>
<tr>
<td>Foot care</td>
<td>&lt; 50%</td>
<td>30-50%</td>
</tr>
<tr>
<td>HTN – meds</td>
<td>&lt; 30%</td>
<td>50-60%</td>
</tr>
<tr>
<td>Diet</td>
<td>&lt; 30%</td>
<td>50-60%</td>
</tr>
<tr>
<td>Asthma meds</td>
<td>&lt; 30%</td>
<td>60-80%</td>
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