

Addiction and Recovery

Pathways & Resources

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What is Addiction

Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.

DSM 5

Taking the substance in larger amounts or for longer than you're meant to

Wanting to cut down or stop using the substance but not managing to

Spending a lot of time getting, using, or recovering from use of the substance

Cravings and urges to use the substance

Not managing to do what you should at work, home, or school because of substance use

Development of withdrawal symptoms, which can be relieved by taking more of the substance

Continuing to use, even when it causes problems in relationships

Giving up important social, occupational, or recreational activities because of substance use

Using substances again and again, even when it puts you in danger

Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance

Needing more of the substance to get the effect you want (tolerance)

What is Recovery ?

Recovery from addiction is an active process of continual growth that addresses the biological, psychological, social and spiritual disturbances inherent in addiction, and includes the following factors:

1. The aim of improved quality of life and enhanced wellness as identified by the individual
2. An individual's consistent pursuit of abstinence from the substances or behaviors towards which pathological pursuit had been previously directed or which could pose a risk for pathological pursuit in the future
3. Relief of an individual's symptoms including substance craving
4. Improvement of an individual's own behavioral control
5. Enrichment of an individual's relationships, social connectedness, and interpersonal skills
6. Improvement in an individual's emotional self-regulation.

Why do we Use?

Drugs and alcohol activate the “pleasure center” of the brain which rewards us – makes us feel good – for doing drugs.

Being intoxicated offers a TEMPORARY escape from problems or reality.

To take away negative emotions and feelings that disturb us.

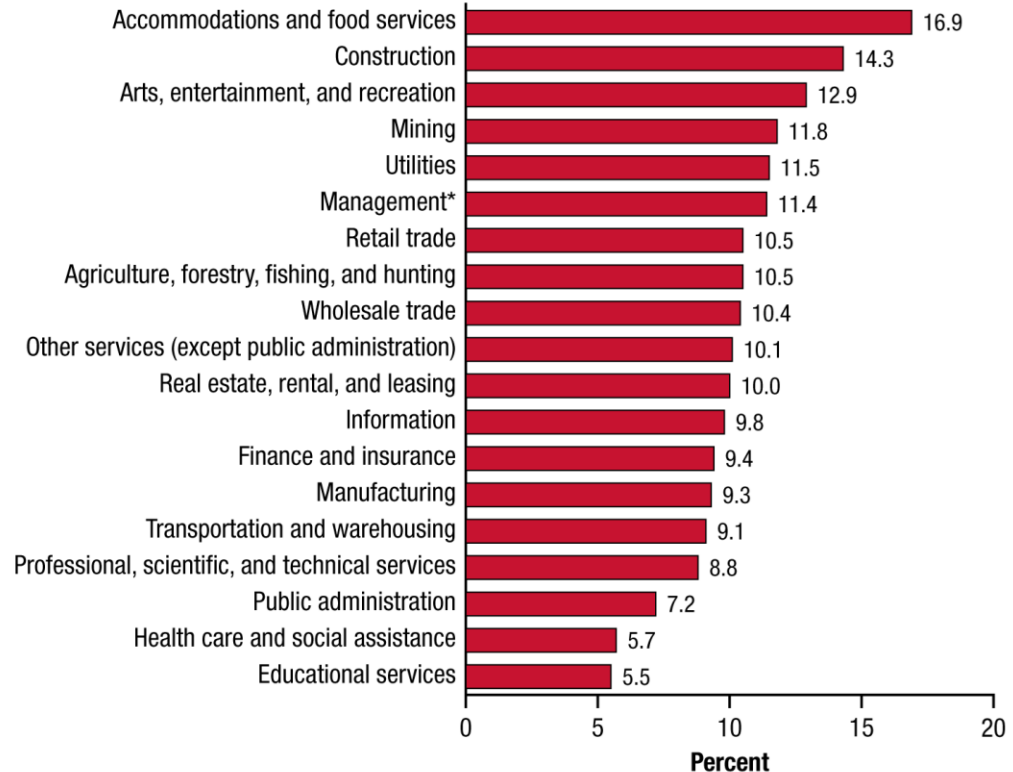
To medicate physical pain.

By the numbers 2020

Substance Use Disorders Data

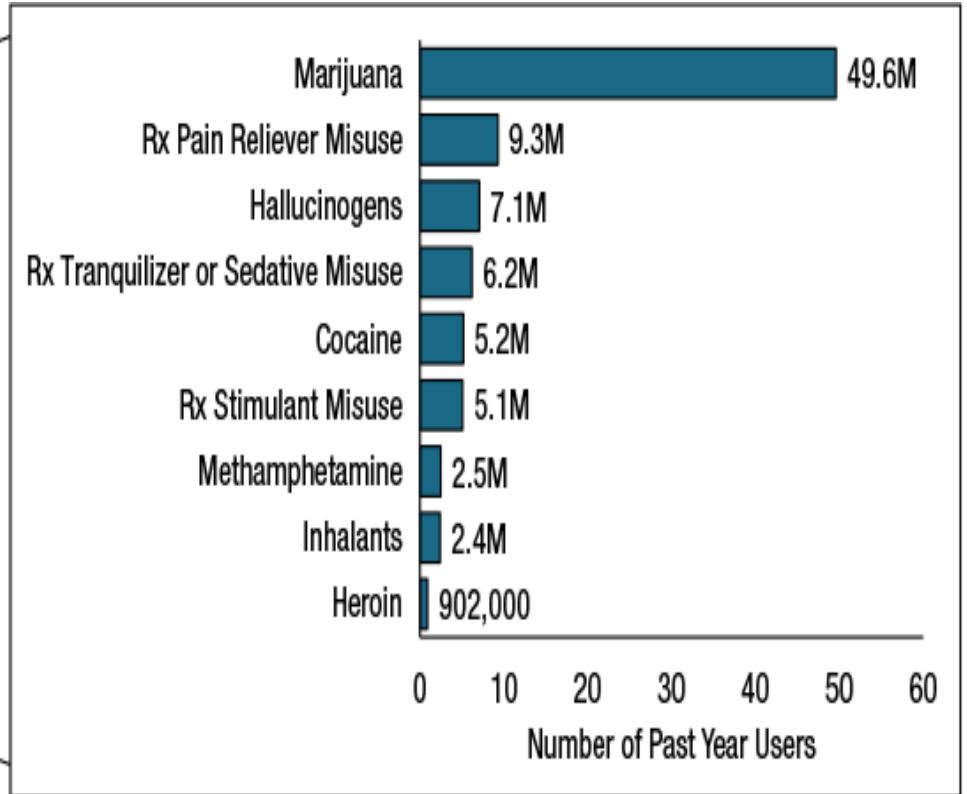
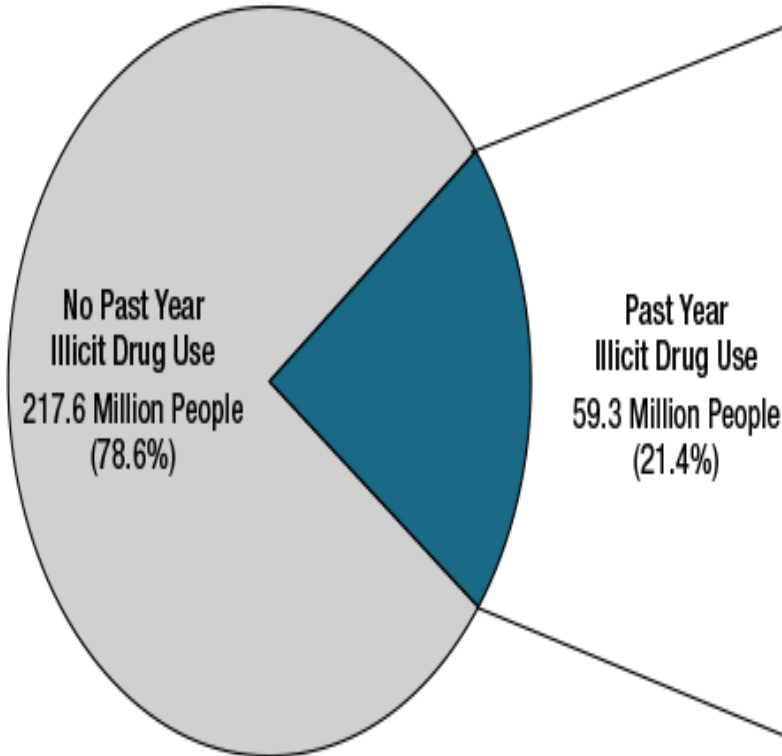
According to SAMHSA, in 2020, 40.3 million people 12 years old or older (14.5% of this population) had a SUD in the past year, including

28.3 million who had alcohol use disorder and 18.4 million who had an illicit drug use disorder.

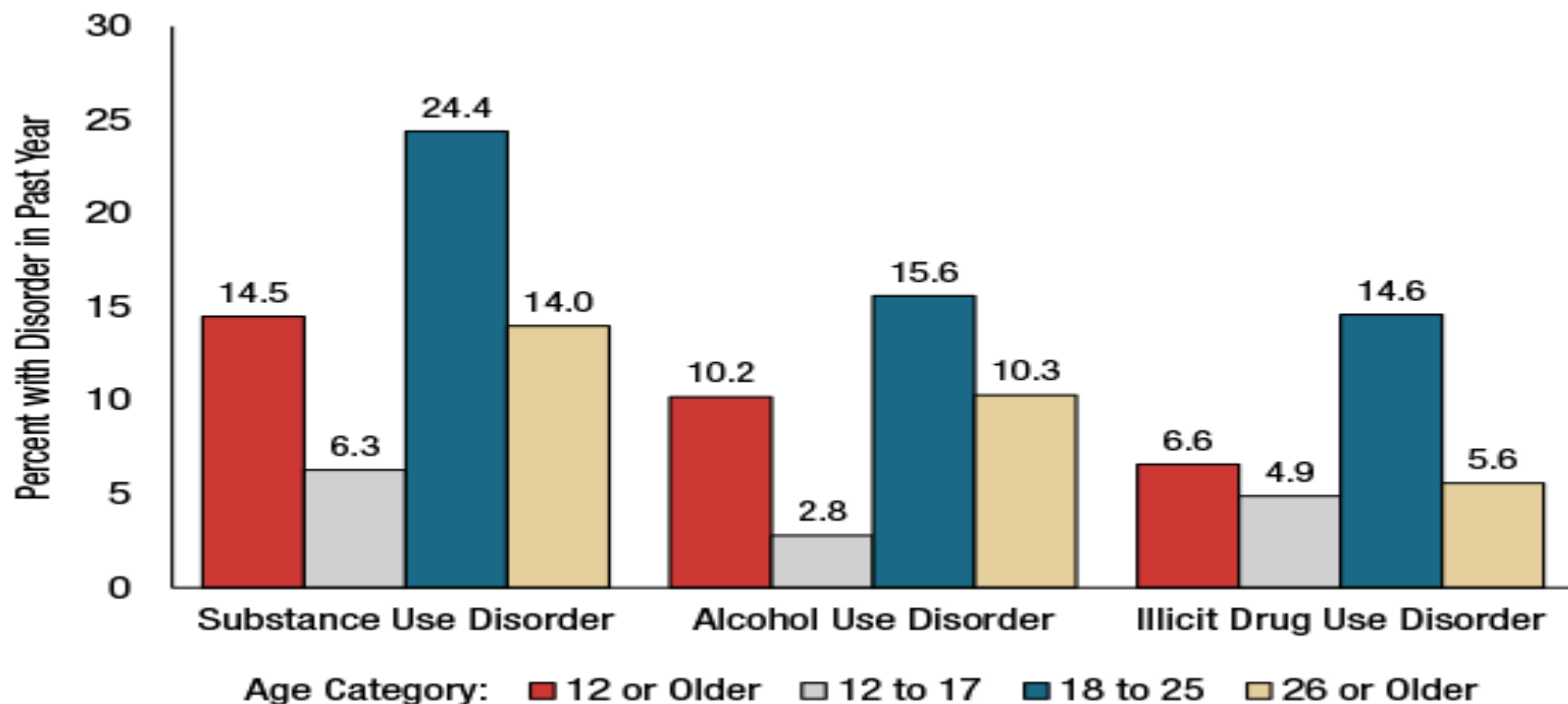


Substance Abuse and Mental Health Services Administration. (2021). Key substance use and mental health indicators in the United States: Results from the 2020 National Survey on Drug Use and Health (HHS Publication No. PEP21-07-01-003, NSDUH Series H-56). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/>

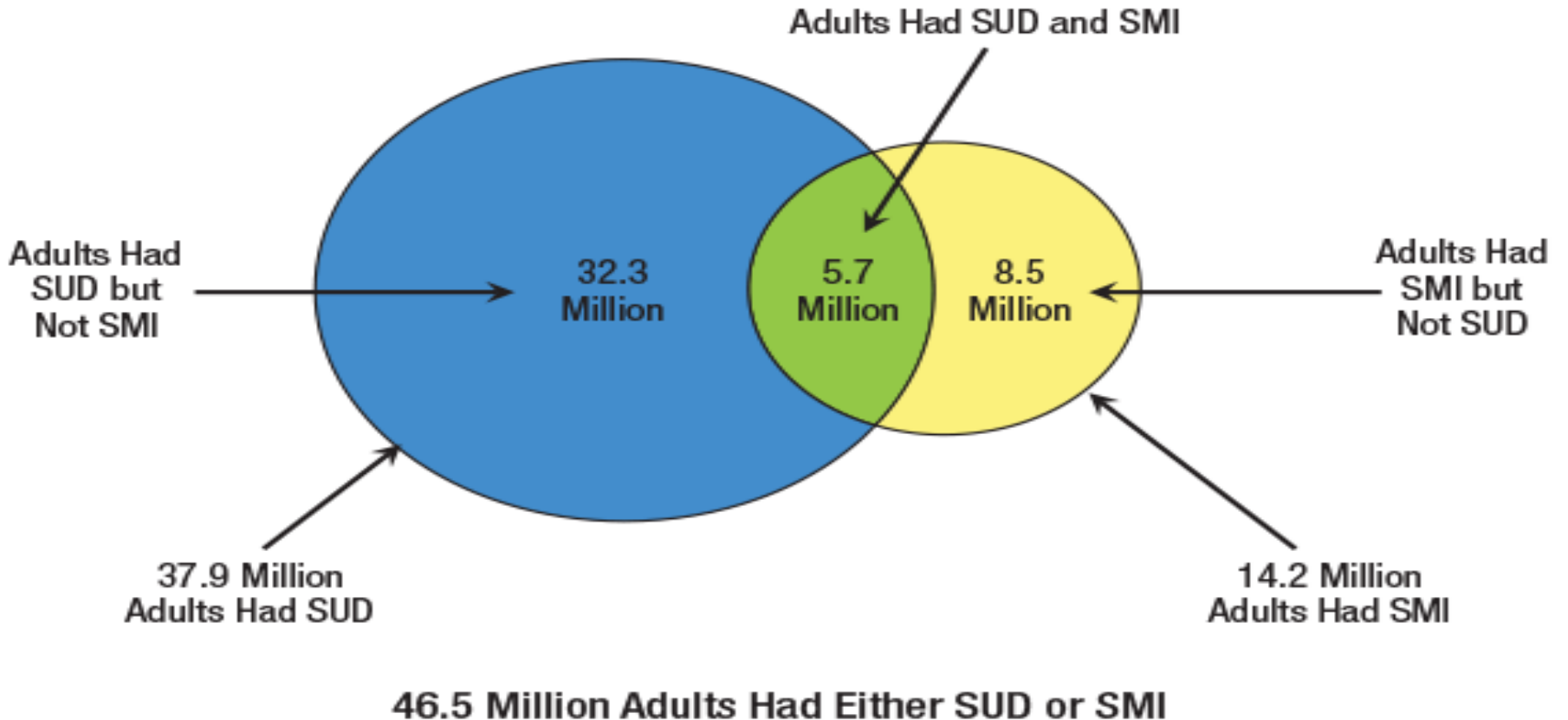
By the numbers 2021



By the Numbers



By the Numbers



Cycle of Addiction and Recovery

ADDICTION

REHAB

RELAPSE

**RECOVERY
HOUSING
breaks the
cycle**



4 Pillars of Recovery

4 PILLARS OF LASTING RECOVERY



HOME



HEALTH

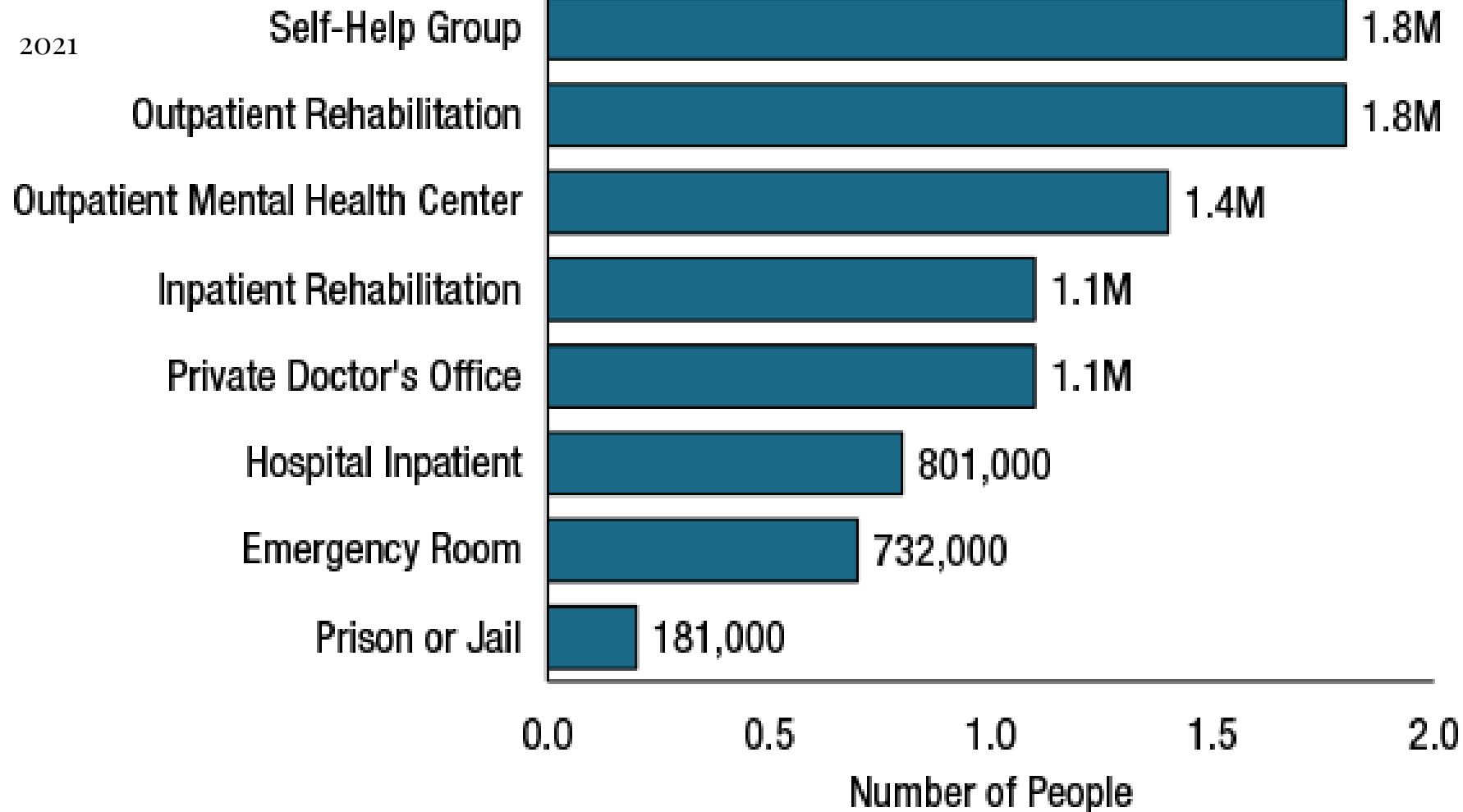


PURPOSE



COMMUNITY

2021



Recovery Options

RCO's Recovery Hubs, Recovery Cafe-

Resource coordination within and outside of the recovery community to increase the frequency and quality of long-term recovery from substance use disorders.

Peer-based recovery support activities, such as training recovery peers. Mentorship and ongoing support to people dealing with substance use disorders, including connecting them with resources to support their recovery.

Recovery-focused promotion and outreach programming in community education.
Recovery-focused policy advocacy activities to foster healthy communities and reduce the stigma of substance use disorders.

Harm reduction

Needle Exchange

Naloxone (Narcan) and education and training
on administration

Fentanyl Testing Strips

HIV, Hep B, Hep C

Education about safer ways to use
Condoms

Provide information about local resources—
medical, prevention, legal, food, safe places
to get help

Important Factors

Patient Preferences –

Therapy vs. medication

Therapy vs. self-help or peer-support

CBT -Psychological problems are based, in part, on faulty or unhelpful ways of thinking. Psychological problems are based, in part, on learned patterns of unhelpful behavior. People suffering from psychological problems can learn better ways of coping with them, thereby relieving their symptoms and becoming more effective in their lives.

vs.

Psychodynamic -focuses on unconscious processes as they are manifested in the client's present behavior.

Stages of Change-

Precontemplation, Contemplation, Preparation, Action, Maintenance

Clinical Treatment options

Detox - The immediate objectives of alcohol detoxification are to help the patient achieve a substance-free state, relieve the immediate symptoms of withdrawal, and treat any comorbid medical or psychiatric conditions. These objectives help prepare the patient for entry into long-term treatment or rehabilitation, the ultimate goal of detoxification

Inpatient- Involves checking into a rehab facility and staying there for the duration of your treatment. You will have access to medical professionals and other specialists 24 hours a day, allowing you to rest easy knowing help is always available. Additionally, inpatient rehab programs have a set schedule which consists of breakfast in the morning, followed by therapies, counseling sessions and activities for the remainder of the day

Outpatient- travel to a hospital or other treatment facility daily (excluding weekends) for treatment sessions. The sessions may be scheduled for daytime or evening hours, depending on the program. The initial assessment, including intake history, physical examination, ordering of laboratory studies, and the initiation of detoxification treatment, usually takes 1 to 2 hours on the first day of outpatient detoxification. Subsequent sessions may range from 15 to 30 minutes. If the detoxification program is combined with a day hospital program, sessions can last several hours per day. The duration of treatment may range from 3 to 14 days.

Medicated Assisted Treatment/Recovery (MAT/MAR)

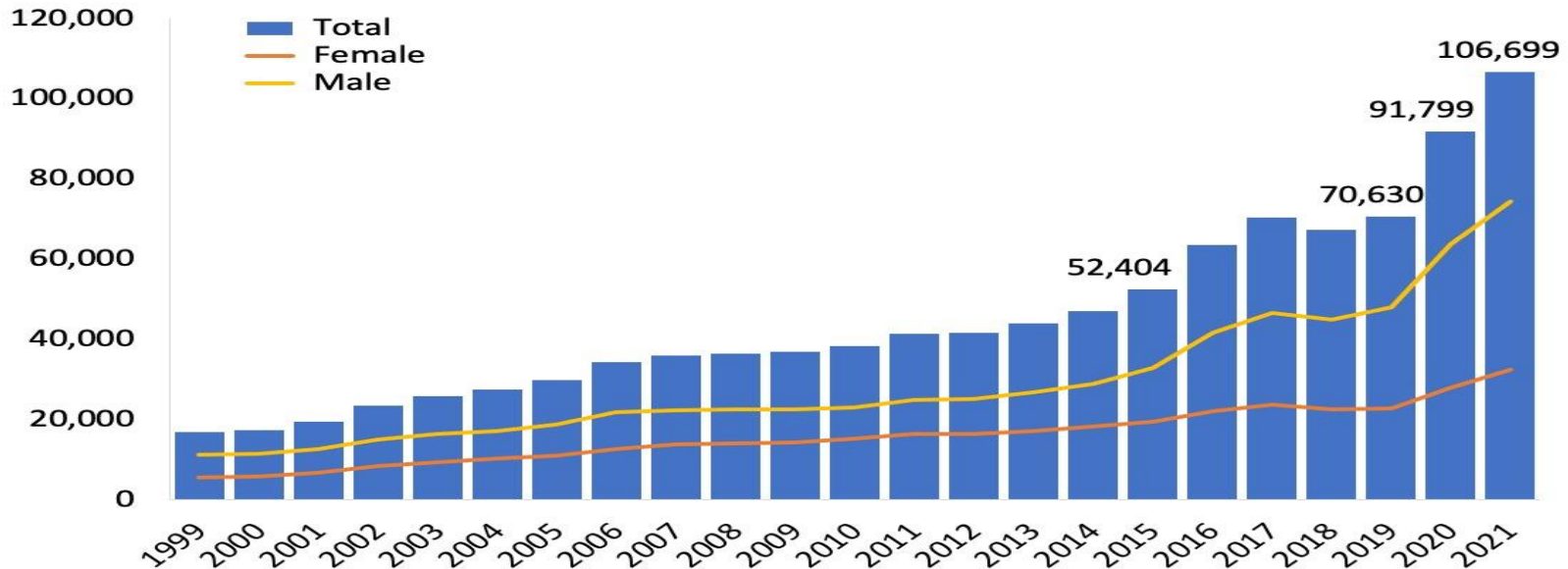
Alcohol - Disulfiram (Antabuse), Acamprosate (Campral), Naltrexone (Vivitrol),
Topiramate

Opioids - Methadone, Naltrexone, Buprenorphine (Suboxone)

Both to be used in conjunction with behavioral therapy.

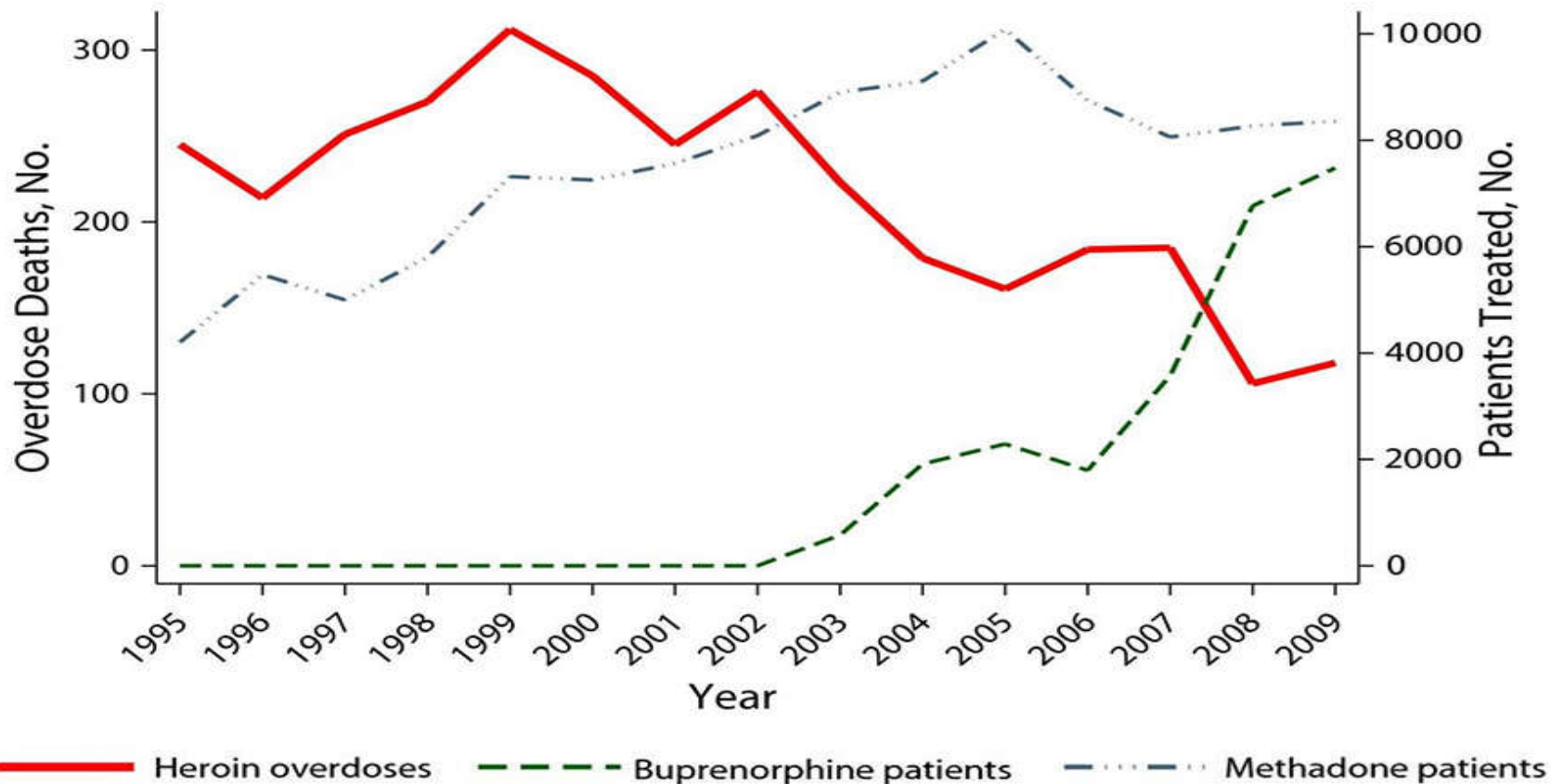
More on MAT/MAR

Figure 1. National Drug-Involved Overdose Deaths*, Number Among All Ages, by Gender, 1999-2021



*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2021 on CDC WONDER Online Database, released 1/2023.

MAT REDUCES HEROIN OD DEATHS



Non Clinical & Mutual Support

12 Step - AA,NA,CA,HA, Al-anon

Non Denominational - S.M.A.R.T. Recovery

Religious - Celebrate Recovery

Recovery Coaches - a set of nonclinical, activities, based on shared lived experience, that engage, educate and support an individual to successfully recover from mental and/or substance use disorders.

Recovery Housing

Recovery housing is an intervention that is specifically designed to address the recovering person's need for a safe and healthy living environment while supplying the requisite recovery and peer supports.

- Treatment Based
- Certified Recovery Housing
- Religious Based
- Independent

Needs

Housing

Transportation

Employment

Medical Care



Resources

Indiana 211 Line - <https://in211.communityos.org/>

Indiana Recovery Network - <https://www.indianarecoverynetwork.org/regional-recovery-hubs/>

Indiana DMHA - <https://www.in.gov/fssa/dmha/>

SAMHSA - <https://www.samhsa.gov/find-treatment>

BeWell Crisis Line - 866-211-9966

<https://www.in.gov/bewellindiana/resources/assistance-for-hoosiers/>

References

<https://www.samhsa.gov/resource/ebp/recovery-housing-best-practices-suggested-guidelines>

<https://herrenproject.org/what-does-be-you-mean-to-you/>

<https://www.samhsa.gov/data/sites/default/files/reports/rpt35325/NSDUHFFRPD-FWHTMLFiles2020/2020NSDUHFFR102121.htm>