

*Community Supports
Webinar Series*

**SUBSTANCE USE DISORDER
AND ENGAGING
INDIVIDUALS IN CARE**



July 19, 2023

Welcome and Housekeeping



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AGENDA

- Welcome and Introductions
- Learning Objectives
- Addiction and the brain
- Engaging people with addiction



WELCOME AND INTRODUCTIONS



Nancy Wongvipat Kalev, MPH
*Senior Director
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Today's Presenters



Shelly Virva, LCSW
Health Management Associates



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Health Management Associates



Learning Objectives

- Describe the process of addiction
- Define harm reduction with examples of interventions
- Identify the stages of change and ways to help in each stage



*YOU SAVE LIVES WHEN YOU
DO THIS WORK,*

NO MATTER YOUR ROLE

WHAT IS ADDICTION?



Addiction is a predictable, chronic brain disease. Not a moral failure, centered around a **dysregulation of the natural reward system**

POLL

I have personally been affected by addiction in some way.

Y/N



SUBSTANCE USE DISORDER (SUD)

- SUD is diagnosed when an individual demonstrates a pattern of problematic substance use that causes distress or impairment in various areas of life.

SUBSTANCE USE DISORDERS

Opioid Use Disorder

- National public health emergency: Almost 50,000 people die every year from opioid overdose
- In CA, 5.8 out of every 100,000 residents die from an opioid overdose.
- Prescription opioids are a factor in 45.2% of opioid overdose deaths.
- In CA, doctors write enough prescriptions for 45.7% of residents to have one.

<https://drugabusestatistics.org/opioid-epidemic/#california>

Stimulant Use Disorder

- The number of amphetamine-related emergency department visits in CA. increased nearly 50% between 2018 and 2020.
- CA psychostimulant overdose deaths have increased rapidly, with the rate more than quadrupling between 2011 and 2019.
- In 2019, the number of psychostimulant overdose deaths approached that of opioid overdose deaths.

<https://www.chcf.org/wp-content/uploads/2022/01/SubstanceUseDisorderAlmanac2022.pdf>

SUBSTANCE USE DISORDERS

Alcohol Use Disorder

- 140,557 Americans die from the effects of alcohol in an average year.
- California sees the nation's highest number of alcohol-related deaths
- 69.1% of people who die from excessive alcohol use are male.
- 86.1% of deaths in California from excessive alcohol use are adults aged 35 years and older.

<https://drugabusestatistics.org/alcohol-abuse-statistics/#california>

Cannabis Use Disorder

- As of April 2023, cannabis is legal for medical use in 38 states, three territories, and the District of Columbia.
- Cannabis is the most abused substance in CA.

<https://www.chcf.org/wp-content/uploads/2022/01/SubstanceUseDisorderAlmanac2022.pdf>

FENTANYL AND XYLAZINE

- Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine
 - Overdoses involving fentanyl were behind one in five deaths of people ages 15-24 in California (May 2023)
 - According to Department of Homeland Security in San Diego County alone, the two-month surge has resulted in a 300 percent increase in fentanyl seizures versus the same period last year – from 732 pounds in 2022 to 2,931 pounds in 2023.

[One in five deaths among young Californians tied to fentanyl | California | The Guardian](#)
[Fentanyl Enforcement Surge Results in Massive Increase in Seizures and Arrests](#)

- Xylazine (also called “tranq”) is a non-opioid animal sedative or tranquilizer.
 - The U.S. Drug Enforcement Administration (DEA) “The DEA Laboratory System is reporting that in 2022 approximately 23% of fentanyl powder and 7% of fentanyl pills seized by the DEA contained xylazine.” (Administrator Milgram)

[DEA Reports Widespread Threat of Fentanyl Mixed with Xylazine](#)



KAYLA

KAYLA

- Kayla 25 years old and pregnant. She has struggled with an opioid use disorder for the last 5 years.

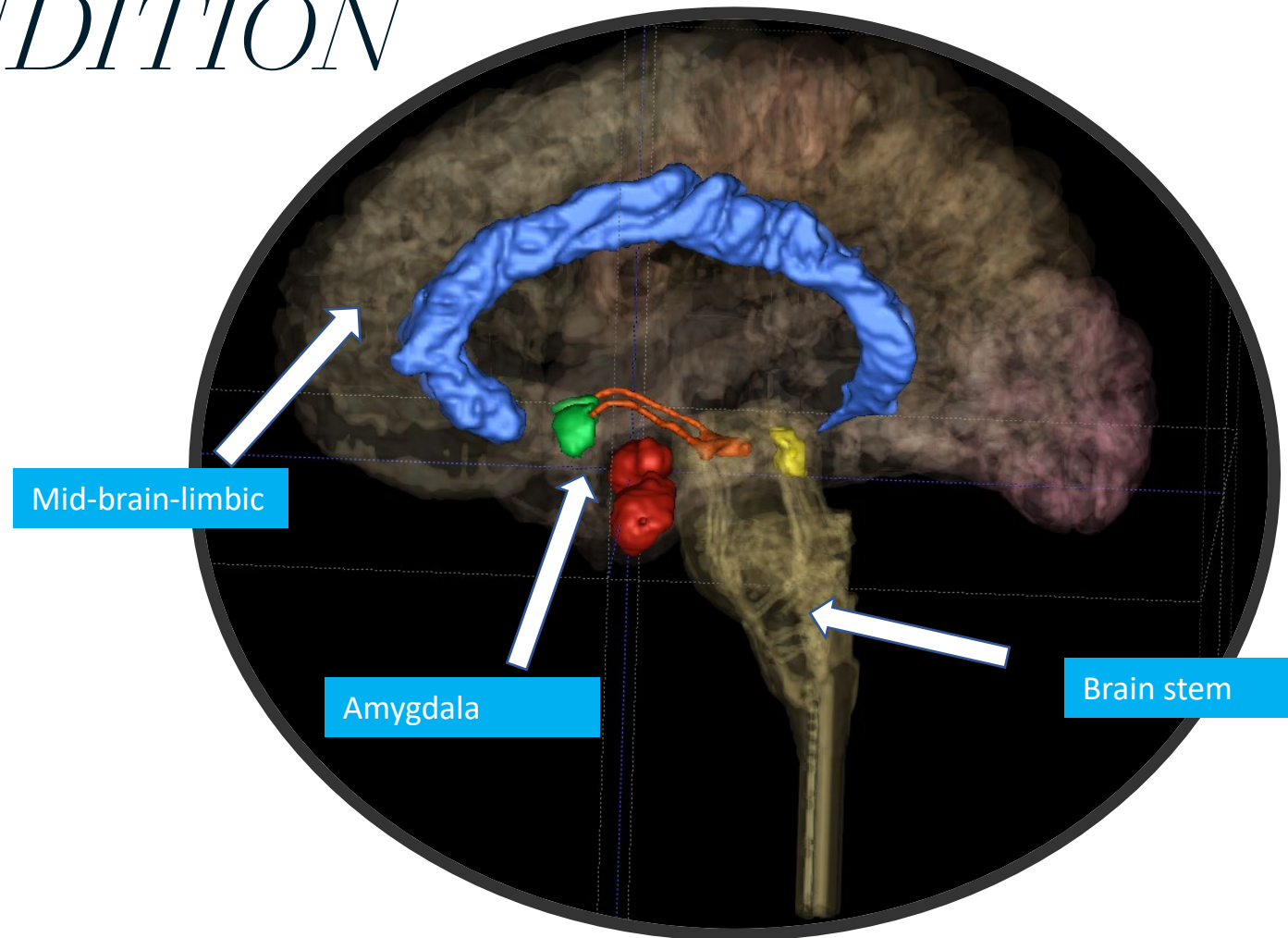


Photo by [Luana Azevedo](#) on [Unsplash](#)

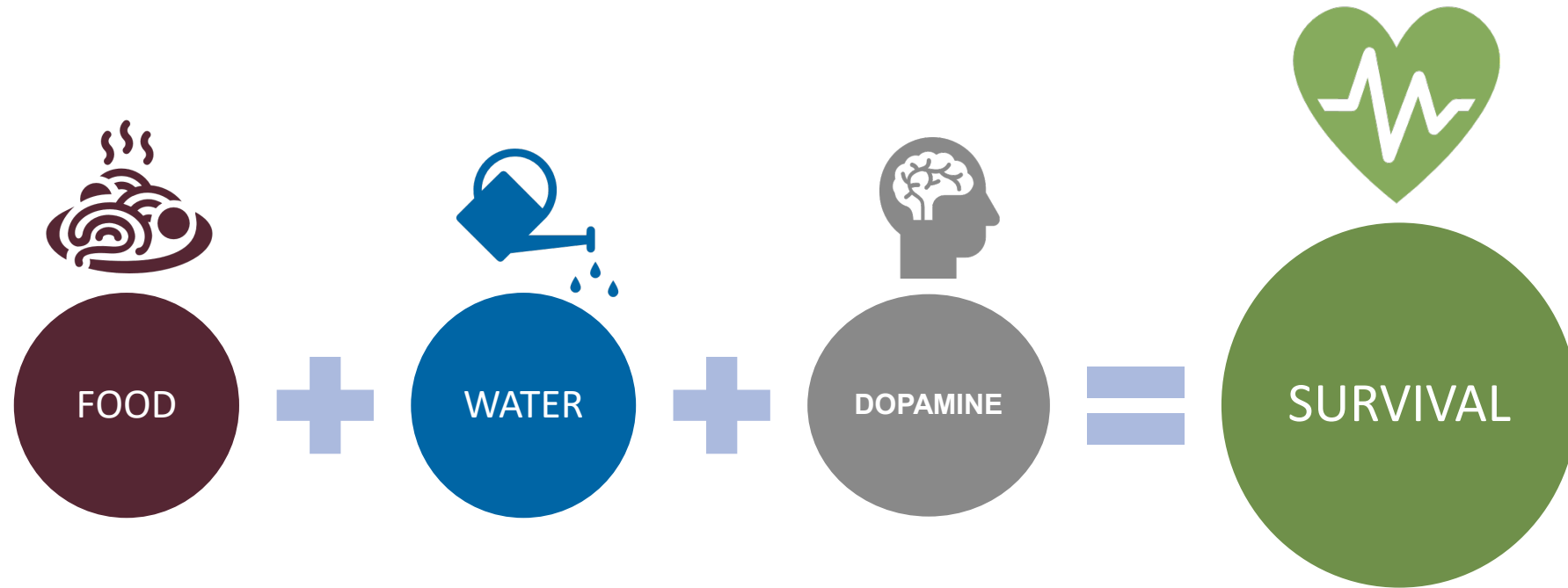
KAYLA IS NOT ALONE

- Across the U.S., opioid overdose deaths accounted for 75% of all drug overdose deaths in the country in 2021.
 - In the last year approximately
 - 2.9 million Californians had a SUD
 - Less than 10% of those individuals received treatment
 - In 2021, 10,900 overdose deaths in California, 5,722 related to fentanyl

ADDICTION IS A BRAIN-BASED CONDITION



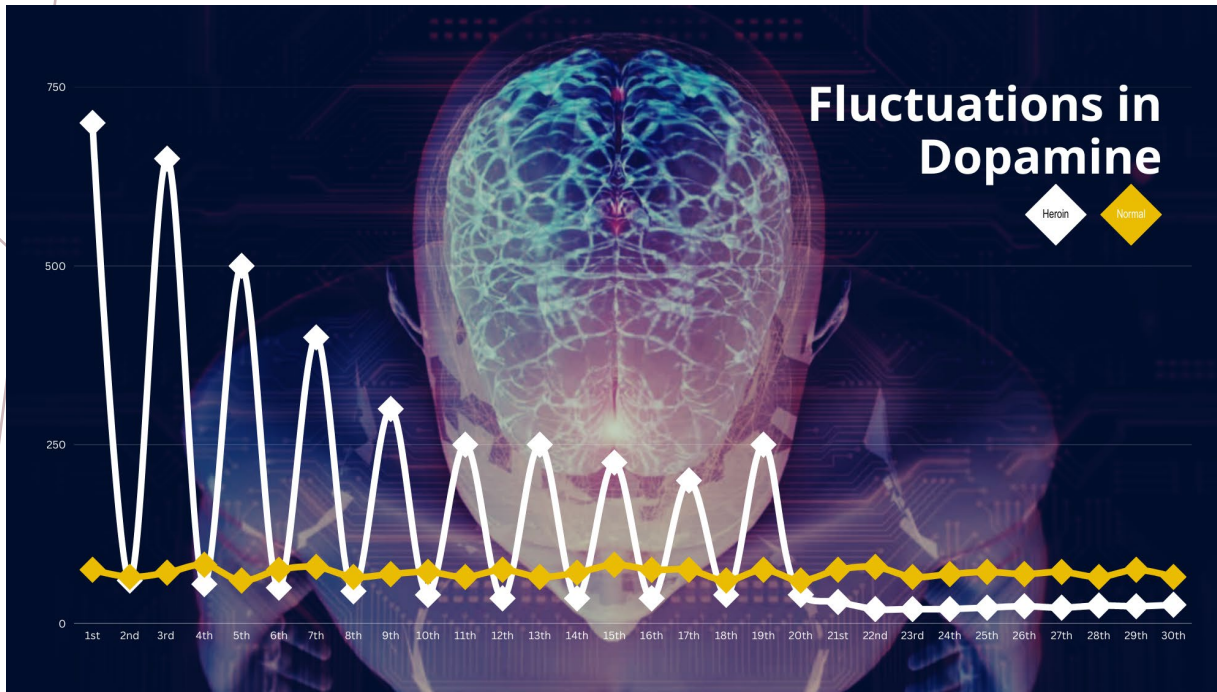
DOPAMINE



RESPONSES TO DOPAMINE



FLUCTUATION IN DOPAMINE



- Addressing Dopamine Depletion
- Medications for Opioid Use Disorder
- Contingency Management
- Transitioning from external to internal rewards
- Manage expectations

KAYLA

- Kayla said she would do anything not to be dope sick. With the fear of being dope sick, Kayla will do whatever it takes to score more heroin. That is all she can think about. To Kayla, it is survival.



ADDICTION AND BEHAVIOR

- Lack of Dopamine
- Rational thinking brain hijacked
- Desire to avoid withdrawal
- Desire to Feel “normal”
- Primal actions (lie cheat steal manipulate)





RECOVERY IS POSSIBLE!

Recovery is the process of regaining and maintaining health and wellness

Individuals with substance use disorder can get healthy and lead fulfilling, productive and meaningful lives, despite ongoing presence of risk of relapse



Photo by [Eye for Ebony](#) on [Unsplash](#)

HARM REDUCTION

- Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use.

HARM REDUCTION PRINCIPLES

Accepts, for better or worse, that licit and illicit drug use is part of our world and work to minimize its harmful effects rather than simply ignore or condemn them

Acknowledges that some ways of using drugs are clearly safer than others

Promotes non-judgmental, non-coercive provision of services and resources to people who use drugs

Gives people who use drugs and those with a history of drug use a real voice in the creation of programs and policies designed to serve them

Empowers people to share information and support each other in strategies which meet their actual conditions of use

Does not attempt to minimize or ignore the real and tragic harm and danger that can be associated with illicit drug use

[Harm Reduction Principles | National Harm Reduction Coalition](https://hri.global/what-is-harm-reduction/)
<https://hri.global/what-is-harm-reduction/>

HARM REDUCTION SAVES LIVES

- Naloxone distribution
- Syringe exchange services
- Fentanyl test strips
- Conversations about safe use
 - Never use alone
 - Use fentanyl test strips
 - Use in safe places



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*ENGAGEMENT
STRATEGIES*

ECM CORE SERVICES

1. Outreach and Engagement;
2. Comprehensive Assessment and Care Management Plan;
3. Enhanced Coordination of Care;
4. Health Promotion;
5. Comprehensive Transitional Care;
6. Member and Family Supports; and
7. Coordination of and Referral to Community and Social Support Services



PERSON-FIRST LANGUAGE

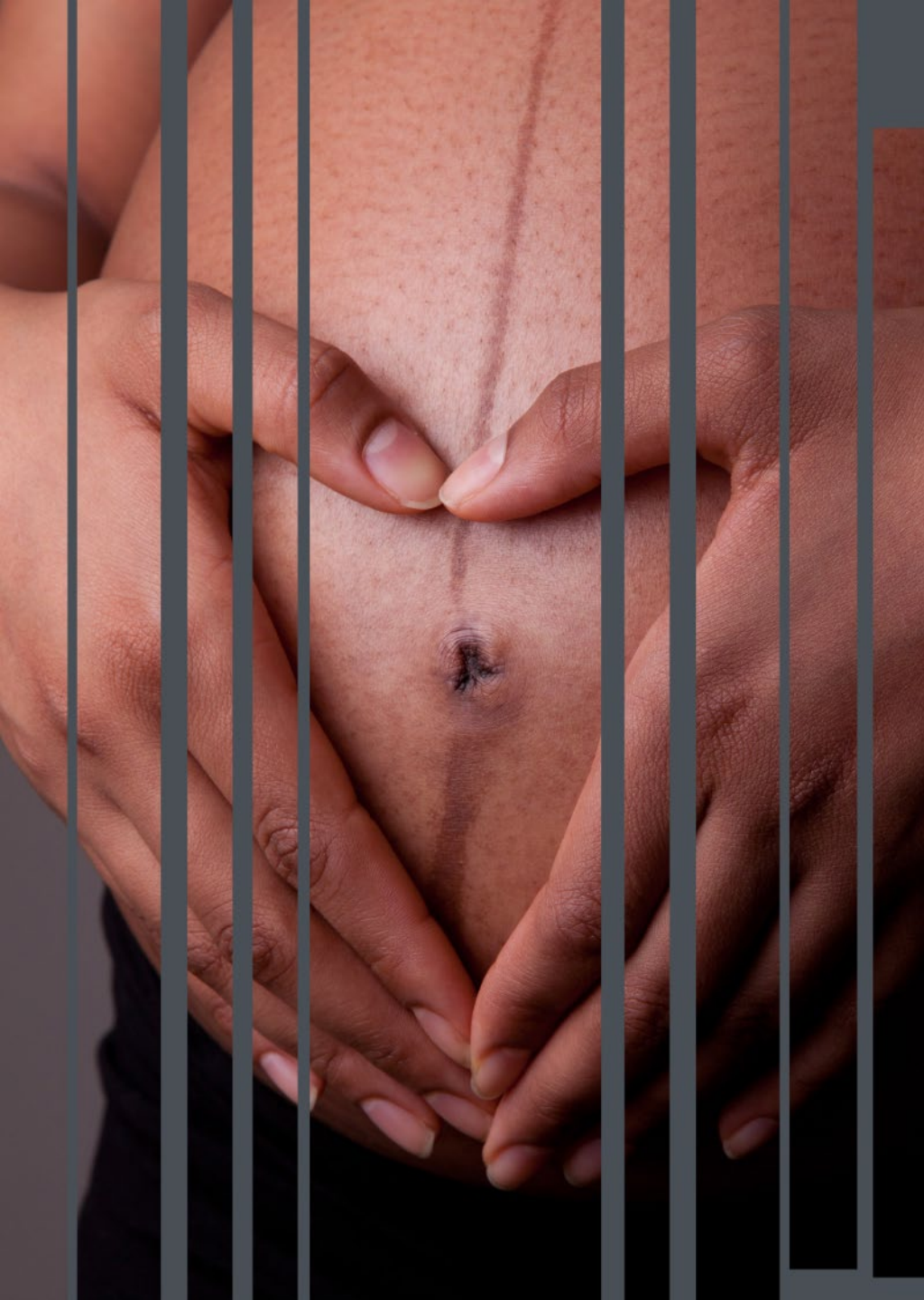
- Destigmatizing Language
- Describe what the person “has” rather than what the person “is.”

Instead of...	Try Using...
Substance/drug abuse	Substance use disorder
Drug habit	Addiction
Abuser, Addict, Alcoholic, Drunk, Junkie, User	Person with a substance use disorder
Addicted baby	Babies exposed to opioids
Problem	Risky, unhealthy or heavy use
Clean (person)	In Recovery
Clean/dirty toxicology results	Negative/positive toxicology results

<https://www.nih.gov/nih-style-guide/person-first-destigmatizing-language#:~:text=Person%2Dfirst%20language%20is%20a,part%20of%20the%20whole%20person.>

Trauma Matters to Recovery





KAYLA AND TRAUMA INFORMED CARE

- Support resilience, accountability, responsibility
- Compassionate, yes, but not mushy or patronizing
- Skill building, empowerment, and recognizing strengths



PARTNERSHIP

Do with and for,
rather than to

ACCEPTANCE

Affirming, acknowledging,
empathizing, supporting
autonomy

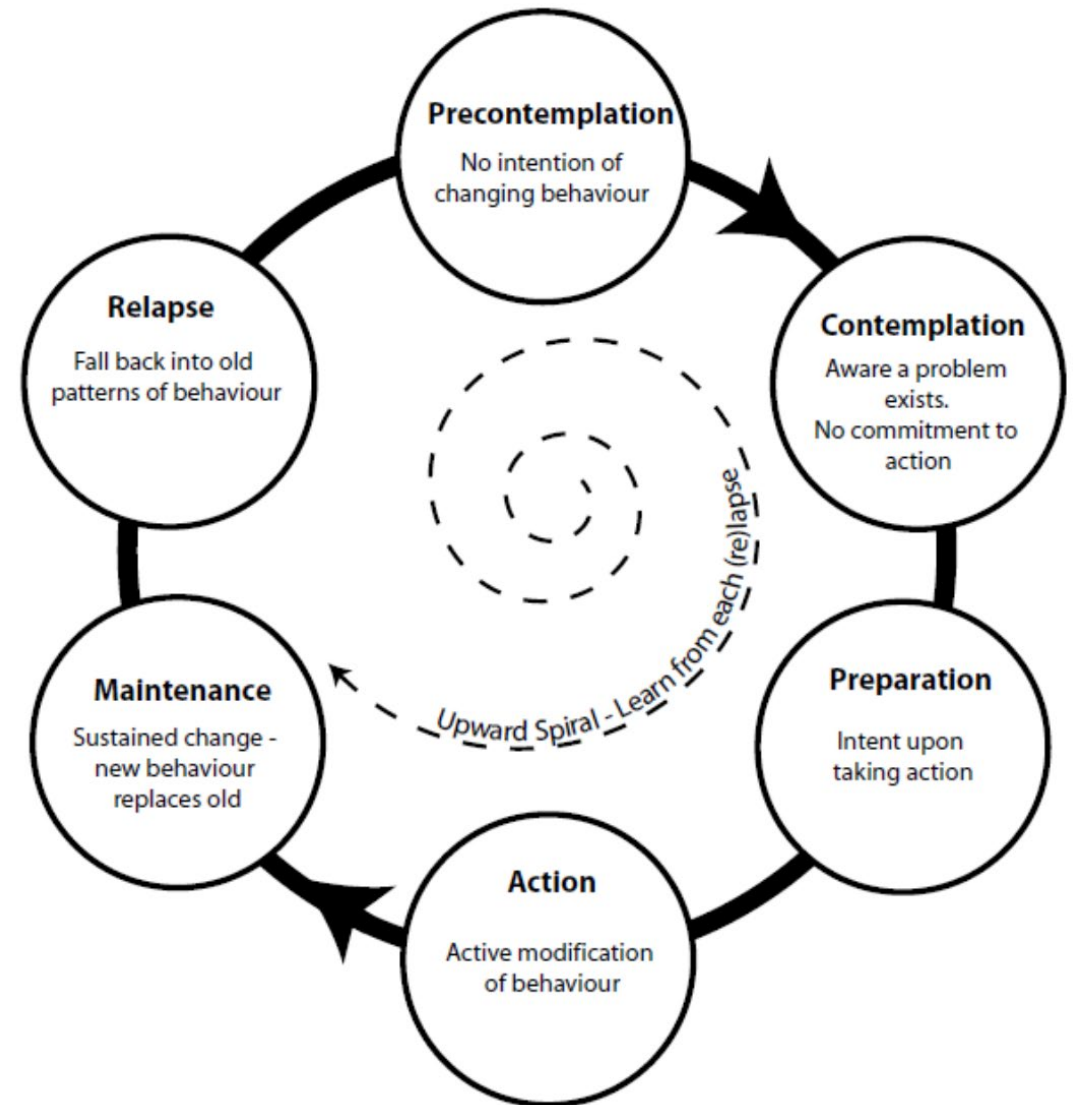
EVOCATION

Exploration of priorities,
concerns, strengths and
resources, good ideas and
wisdom

COMPASSION

Understanding a
person's pain

CHANGE HAPPENS IN STAGES



KAYLA: PRECONTEMPLATION

- “That doctor was awful. I heard her tell her coworker that I should be locked up along with all the other junkies. That’s disrespectful, right?”
- She told me to go see this pregnancy doctor. By the time I got out of there, I was feeling so ashamed I just went home and got high. And then I sort of forgot that I’m pregnant.
- I’m still using, and I never did see that pregnancy doctor, but I’m good. I really don’t trust those doctors anyway, I’ll be fine. Anyway, I can’t not use, or I’ll be dope sick. You just do whatever to not be dope sick.”

HOW YOU CAN HELP

- “You are not alone. Help is available”
- Raise awareness
- Offer factual information
- Explore the meaning of events
- Explore the results of previous effort

COMMUNITY SUPPORTS

- Housing services
- Medically tailored meals

KAYLA: CONTEMPLATION

- “I haven't told anyone, not my boyfriend, my sister, no one about the baby, except now I told you.
- Deep down, I'm scared and guilty and I just don't know how I can stop using.
- I'm thinking maybe I'll have an abortion, but then I'll be more ashamed, and I'll just want to die. I'm really sick.”

HOW YOU CAN HELP

- “You are not alone. Help is available”
- Explore the pros and cons of substance use
- Examine the reasons for use
- Explore expectations regarding what the change will entail
- Reflect back statements of self-motivation

COMMUNITY SUPPORTS

- Housing services
- Medically tailored meals
- Sobering Center

KAYLA: PREPARATION – “I WILL”

- “He’s gone. He overdosed and I never even told him he was going to be a father. I called my sister this morning and told her. She said, you’re next and that baby won’t have any parents. She’s right, I need to get help soon. I’m scared, but I need to be honest about this. I’d like to try the medicine you told me about.”

HOW YOU CAN HELP

- Offer a menu of options for change
- Help identify the pros and cons of various change options
- Identify and lower barriers to change
- Help the person enlist social support
- Encourage the person to announce their plans publicly

COMMUNITY SUPPORTS

- Housing services
- Medically tailored meals
- Sobering Center

KAYLA: ACTION “I AM”

- “I think I want to try bup. I don’t think I can visit someplace every day. Tomorrow, I’m going to the pregnancy doctor you told me about; the one who prescribes bup. My sister’s taking me. She’s in recovery too. She wants me to go to meetings. I’m not so sure about that. I’m scared that people will see I’m pregnant and judge me for using. I don’t need anymore judgement than I already pile on myself”

HOW YOU CAN HELP

- Practice relapse prevention
- Support a realistic view of change through small steps
- Help to identify high risk situations and develop coping strategies
- Assist in finding new reinforcers of positive change
- Help access family and social support
- Address co-occurring mental health conditions

COMMUNITY SUPPORTS

- Housing services
- Medically tailored meals
- Sobering Center

KAYLA: MAINTENANCE – “I STILL AM”

- I’m giving birth next week -- I just know it. They are watching me so carefully, but I am taking my bub and I’m not using. I’ll admit, I am a little worried about being a mom. I’m scared about the baby blues. I am talking about it with my sponsor.”

HOW YOU CAN HELP

- Ongoing support and monitoring
- Continued skill-building
- Addressing any new challenges that arise
- Help identify and try alternative behaviors
- Maintain supportive contacts
- Help develop an “escape plan” from high-risk situations
- Help establish new short- and long-term goal

COMMUNITY SUPPORTS

- Housing services
- Medically tailored meals
- Sobering Center

RELAPSE

- Relapse is a common occurrence during the recovery process and is not a sign of failure.
- What stage of change did they fall back to?
- Reassess their goals and strategies for recovery
- Is there a Community Service that could stabilize the person?




MAINTAINING AND NURTURING HOPE

- Addiction recovery cannot move forward without hope
- Hope can orient the person and keep them committed to their recovery
- Hope can keep the person focused on the positive changes they are making
- Hope can keep the person committed to moving forward in a happy and healthy way
- Your hope can keep the person committed to self-care

SUMMARY

- Addiction a chronic brain disease centered around a dysregulation of the natural reward system
- Dopamine is the chemical in our brain that is primary in the reward/pleasure center
- There is a strong connection between early life trauma and addiction
- Do not get into a power struggle with the individual
- Use the Spirit of Motivational Interviewing and the Stages of Change to meet the person where they are and tailor your approach



*ADDITIONAL
RESOURCES*

RESOURCES

- [Pregnant, Homeless And Living In A Tent: Meet Mckenzie, Los Angeles Times, Los Angeles Times, Gale Holland July 13, 2022](#)
- Addiction Neuroscience 101 - <https://www.youtube.com/watch?v=bwZcPwIRRcc&feature=youtube>
- How childhood trauma affects health across a lifetime | Nadine Burke Harris
<https://www.youtube.com/watch?v=95ovlJ3dsNk&t=5s>
- How to Manage Trauma (Infographic): <https://www.thenationalcouncil.org/wp-content/uploads/2022/08/Trauma-infographic.pdf?dof=375atetbd56>
- CA Substance Abuse Line (24/7 guidance on MAT prescribing and other SUD issues) - <https://nccc.ucsf.edu/clinician-consultation/substance-use-management/california-substance-use-line/>
- MAT for Opioid Use Disorder: Overcoming Objections - <https://www.chcf.org/wp-content/uploads/2019/06/MATOpioidOvercomingObjections.pdf>
- [Substance Use Disorder Treatment for People With Co-Occuring Disorders TIP 42 \(samhsa.gov\)](#)

WEBSITES FOR ADDICTION ADVOCACY

- National Harm Reduction Coalition: <https://harmreduction.org/> creates spaces for dialogue and action that help heal the harms caused by racialized drug policies.
- Shatterproof: <https://www.shatterproof.org/> Shatterproof is a national organization that aims to end the devastation caused by addiction. Their website includes information about advocacy efforts, support resources, and ways to take action.
- National Council on Alcoholism and Drug Dependence: <https://www.ncadd.org/> The NCADD is an advocacy organization that works to raise awareness about addiction and promote access to treatment and recovery. Their website includes information on addiction, resources for individuals and families, and ways to get involved in advocacy.
- Partnership to End Addiction: <https://drugfree.org/> The Partnership to End Addiction is a nonprofit organization that helps families struggling with substance use and addiction. Their website provides resources for advocacy, education, and support for families.
- Addiction Policy Forum: <https://www.addictionpolicy.org/> This organization focuses on improving addiction policy and increasing access to treatment and recovery services. Their website includes resources for advocates, including ways to get involved and take action on policy issues.

HARM REDUCTION PRINCIPLES

1

- Accepts, for better or worse, that licit and illicit drug use is part of our world and chooses to work to **minimize its harmful effects rather than simply ignore or condemn them**

2

- Understands drug use as a complex, multi-faceted phenomenon that encompasses a continuum of behaviors from severe use to total abstinence, and acknowledges that **some ways of using drugs are clearly safer than others**

3

- Establishes quality of individual and community life and well-being — **not necessarily cessation of all drug use** — as the criteria for successful interventions and policies

4

- Calls for the **non-judgmental, non-coercive provision of services and resources** to people who use drugs and the communities in which they live in order to assist them in reducing attendant harm

HARM REDUCTION

5

- Ensures that people who use drugs and those with a history of drug use **routinely have a real voice in the creation of programs and policies** designed to serve them

6

- Affirms people who use drugs (PWUD) themselves as the primary agents of reducing the harms of their drug use and seeks to **empower people to share information and support each other in strategies which meet their actual conditions of use**

7

- Recognizes that the realities of **poverty, class, racism, social isolation, past trauma, sex-based discrimination, and other social inequalities** affect both people's vulnerability to and capacity for effectively dealing with drug-related harm

8

- **Does not attempt to minimize or ignore** the real and tragic harm and danger that can be associated with illicit drug use

THANK YOU!!!! Before You Go...

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