

***Addiction:
Understanding Substance Use
Disorders, Treatment, and
Recovery***



Overview

- I. Intro
- II. Definition of and Perspective on Addiction
- III. Statistics
- IV. Treatment
- V. Challenges
- VI. References & Resources
- VII. Questions & Comments

Kenneth Leitza

1. Counselor/Therapist: 20+ years
2. Masters in Existential Psychology (Magna Cum Laude)
3. Bachelor's in Business Management with a minor in Psychology and Religious Studies (All-American Scholar Award)
4. Studied Philosophy in Europe through DePaul University
5. Presented at a Philosophy Conference in Seattle and at the Neurological Rehabilitation Institute of Chicago.

II. Definition of and Perspective on Addiction (focus on substances)



a. When we continue to use a substance or substances despite negative consequences.



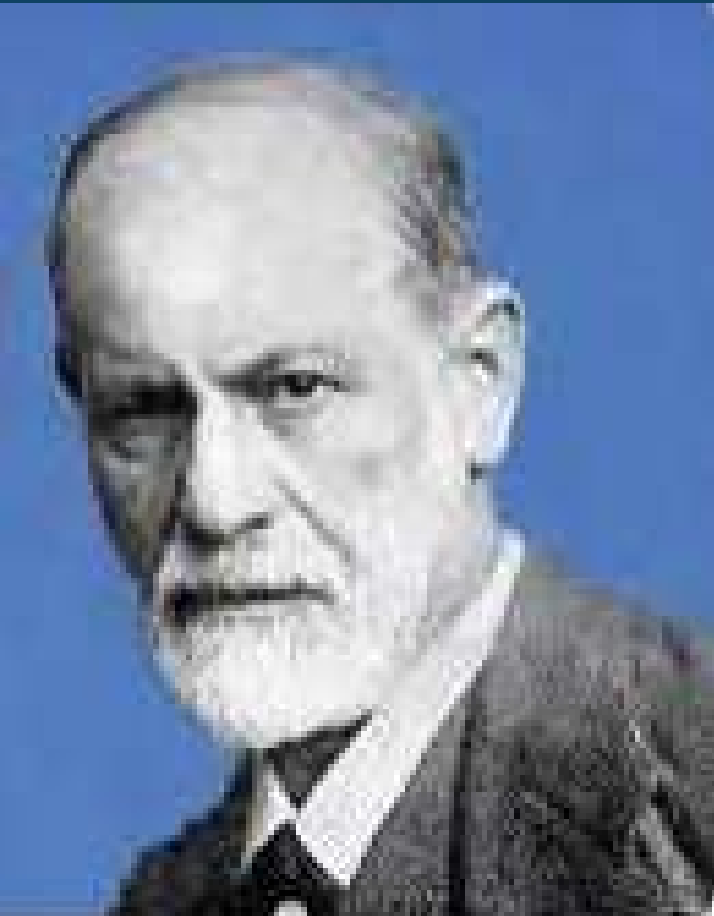
Brain imaging studies show physical changes in areas of the brain when a drug is ingested that are critical to:

- Judgment
- Decision making
- Learning and memory
- Behavior control

These changes alter the way the brain works and help explain the continued use of substances despite negative consequences.

(National Institute on Drug Abuse, 2018b)

b. Sigmund Freud: Neurologist, considered the 'Father of Talk Therapy'



“Sigmund Freud (1856-1939) was the founder of psychoanalysis, a theory of how the mind works and a method of helping people in mental distress.”

“Freud wrote prolifically about theory and technique of psychoanalysis, and its implications for how we understand society, culture, and ourselves.”

(Who Was Sigmund Freud? – Freud Museum London, 2024)

C. Bill Wilson: Founder of AA and Time Magazine referred to as, “The Healer” in their 100 most important people of the century.



“William Griffith Wilson grew up in a quarry town in Vermont. Wilson drank to alleviate his depressions and to celebrate his Wall Street success.”

“Wilson set down the suggested bylaws of Alcoholics Anonymous. In them, he created an enduring blueprint for an organization with a maximum of individual freedom along with no accumulation of power or money.”

(BILL W.: The Healer, 1999)

III. Statistics



a. 110,000 overdose deaths in the U.S in 2022. Every hour, 12 people die from an overdose in the U.S.

1. U.S. 21.3/100,000

2. Canada 8.7/100,000

182. Solomon Islands 0.2/100,000

183. Egypt 0.1/100,000

b. In 2022, about 20% of the population in the U.S, roughly around 50,000,000 people, were classified with having a substance use disorder.

IV. Treatment



Overview of the Treatment Process



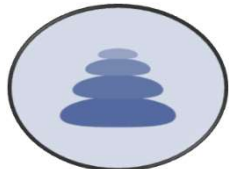
**Early Identification, Screening,
and Brief Intervention**

Done at earliest point possible



**Comprehensive
Assessment**

Determine extent and severity
of disease



Stabilization

Via medically supervised detoxification,
when necessary



**Timely and Appropriate
Substance Use Disorder Treatment**

Address substance use disorder and
co-occurring issues



**Continuing Care
and Recovery Support**

Help individuals sustain recovery,
maintain stability

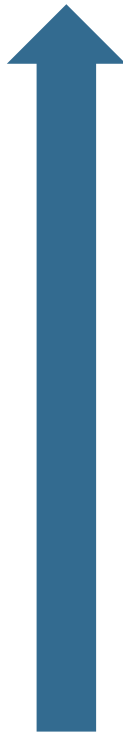
(American Society of Addiction Medicine, 2014)

Diagnosing Substance Use Disorders: DSM-5-TR Criteria

Severe
6+ Criteria

Moderate
4-5 Criteria

Mild
2-3 Criteria



1. Impaired Control

- Larger amounts or over a longer time than originally intended
- Persistent desire to cut down
- A great deal of time spent obtaining the substance
- Intense craving

2. Social Impairment

- Failure to fulfill work or school obligations
- Recurrent social or interpersonal problems
- Withdraw from social or recreational activities

3. Risky Use

- Recurrent use in situations physically hazardous
- Continued use despite persistent physical or psychological problem that is likely to have been caused or exacerbated by use

4. Pharmacological Criteria

- Tolerance: Need for markedly increased dose to achieve the desired effect
- Withdrawal: Syndrome that occurs when blood or tissue concentrations of a substance decline in an individual who had maintained prolonged heavy use

(American Psychiatric Association, 2013)

A Treatable Disease

- Substance use disorders are preventable and treatable
- Successful substance use disorder treatment is highly individualized and entails:
 - Medication
 - Behavioral interventions
 - Peer support

(National Institute on Drug Abuse, 2018c; Longo, 2016)

Purpose of Treatment

- Reduce the major symptoms of the illness
- Improve health and social functioning
- Teach and motivate individuals to monitor their condition and manage threats of relapse

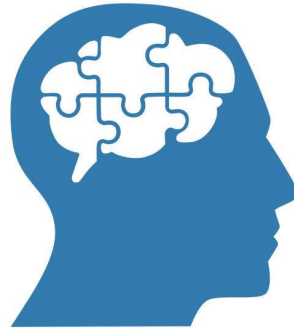
a. External vs. Internal motivation

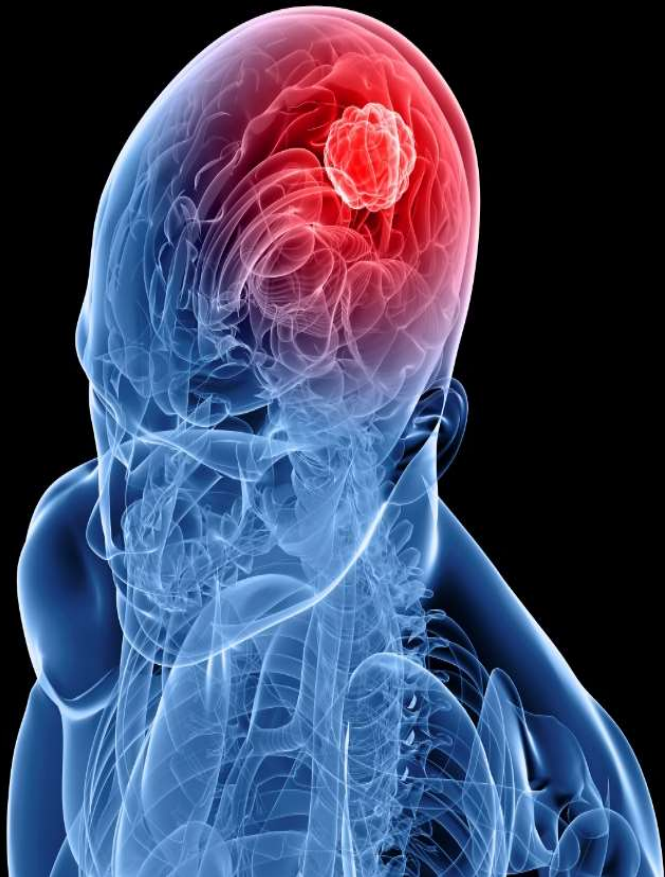
- Outcomes
 - The Cycle
 - Turning-Point
 - Sobriety vs. Recovery
 - Sustaining

b. Implications of Age Onset of Addiction

- Stunted
 - Age of Onset
 - Pre-25 vs Post-25
 - Learning for the First Time vs Relearning
 - EG: CEO and Attorney

V. Challenges





- a. Stigmatized
- b. Legal Issue
- C. Mixed Messages
- d. Myth of Rock-Bottom

References

References

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing.
- American Society of Addiction Medicine. (2014). *The ASAM performance measures: For the addiction specialist physician*. Chevy Chase, MD: American Society of Addiction Medicine. https://www.asam.org/docs/default-source/advocacy/performance-measures-for-the-addiction-specialist-physician.pdf?sfvrsn=5f986dc2_0
- Longo, D. L. (2016). Neurobiologic advances from the brain disease model of addiction. *New England Journal of Medicine*, 374, 363–371.
- National Institute on Drug Abuse. (2018b). *Drugs, brains, and behavior: The science of addiction*. NIH Publication No. 18-DA-5605. Bethesda, MD: National Institutes of Health; U.S. Department of Health and Human Services. <https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface>
- National Institute on Drug Abuse. (2018c). *Principles of drug addiction treatment: A research-based guide* (3rd ed.). Bethesda, MD: National Institutes of Health; U.S. Department of Health and Human Services. <https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition>
- *BILL W. : The Healer*. (1999, June 14). TIME.com <https://content.time.com/time/subscriber/article/0,33009,991266-2,00.html>
- *Who was Sigmund Freud? – Freud Museum London*. (2024, January 24). Freud Museum London. <https://www.freud.org.uk/education/resources/who-was-sigmund-freud/>

Resources

Resources

VI. Resources on the Internet

- a. [samhsa.gov](https://www.samhsa.gov)
- b. [drugabusestatistics.org](https://www.drugabusestatistics.org)
- c. [worldlifeexpectancy.com](https://www.worldlifeexpectancy.com)
- d. [aa.org](https://www.aa.org)

Questions & Comments

