

# **SUD 101: Quick and “Dirty”**

Director’s Ambassador Academy  
Division of Behavioral Health, DMH  
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# What is a Substance Use Disorder (SUD)?

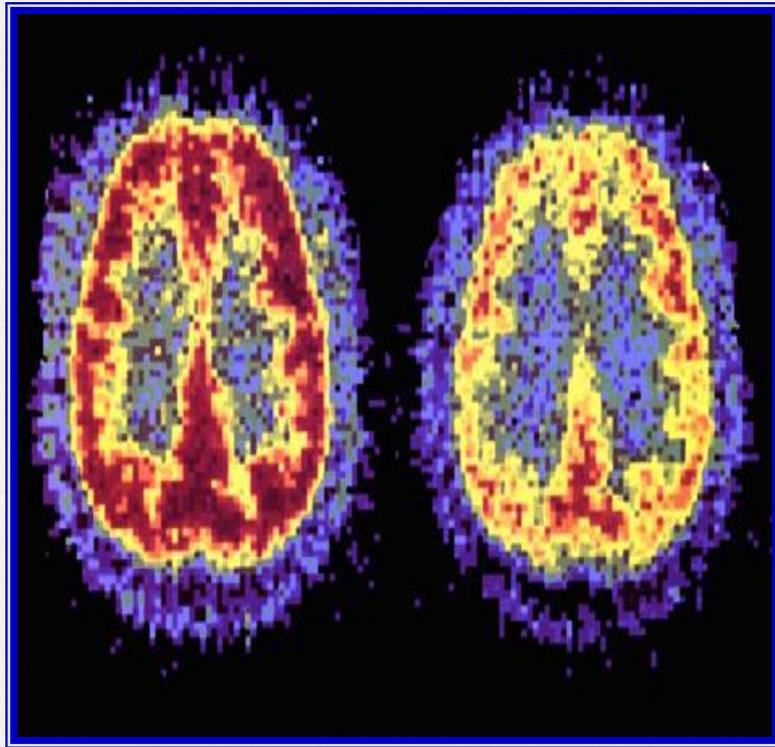
## What It Is:

- Complex brain disease with sociological, biological, and psychosocial factors
- Chronic
- Treatable

## What It Is NOT:

- Moral failing
- Personal weakness
- Voluntary
- Easy to manage

# Addiction is a Brain Disease



Prolonged use  
**Changes  
the Brain**  
in fundamental  
and lasting ways

**Abuser**

## Language Matters

- o Stigmatizing (actually reflects prejudice and discriminatory attitudes)
- o Not used for other medical conditions
- o Impacts everyone:
  - o The individual
  - o Family/friends
  - o Treatment professionals
  - o General Public

**Clean Time**

**Junkie**

**Dirty Urine**

# Why Do Some Get Addicted and Others Don't?

- o It's "complicated"
- o Not all SUDs are created equal
- o Genetics and biology
- o Environment and unique experiences
- o Timing/stage of human development

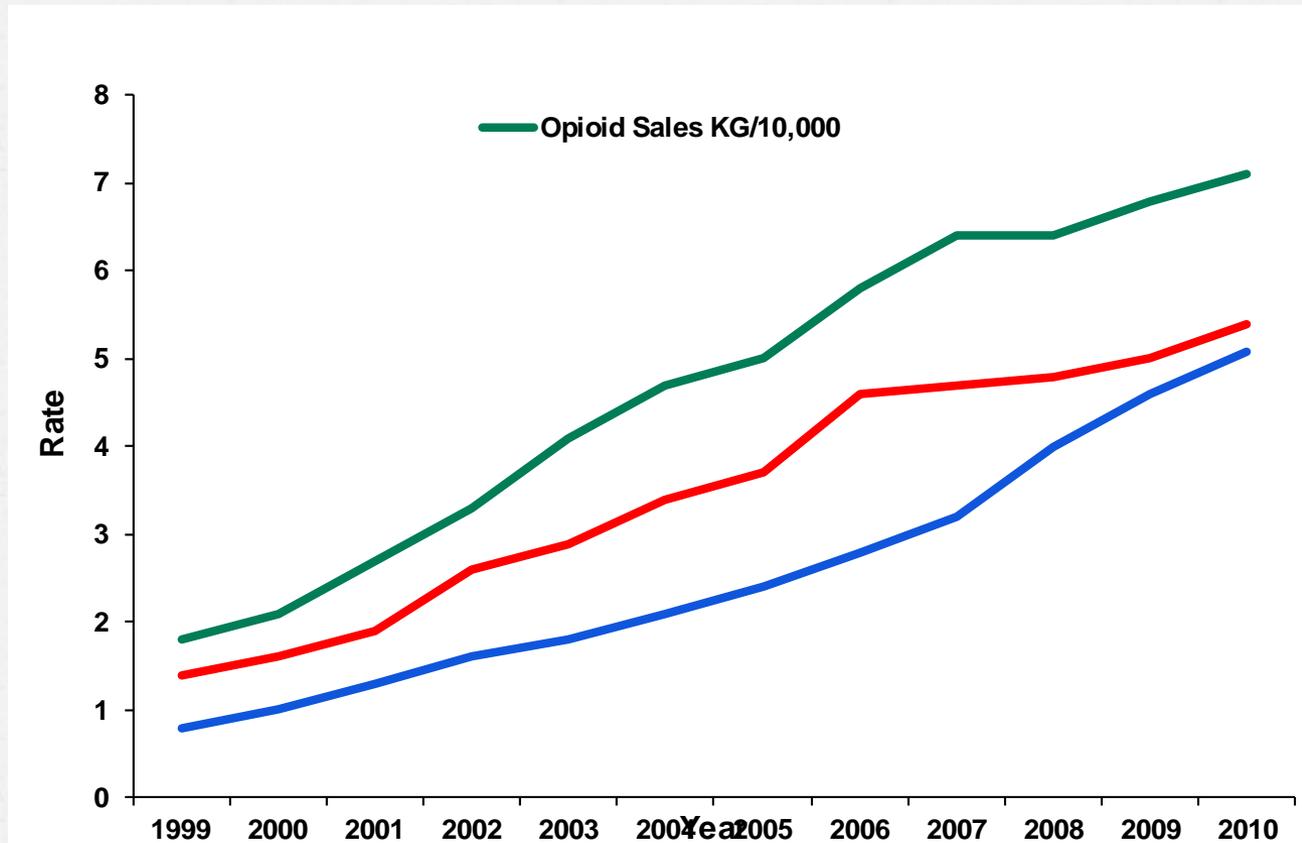
# How Do Drugs and Alcohol Work?

- They interact with nerve circuits, centers, and chemical messengers.
- In the beginning, it is about the high; over time, it's about just feeling better.
- For some, substances make them feel “normal.”
- Finally, use is aimed at avoiding withdrawal, which can be excruciating.

# Heroin & Prescription Pain Meds – What's All the Fuss About?

- o In 2000s, big pharma pushed opiate pain relievers
- o Docs, wanting to help their patients, prescribed them.... A LOT
- o Inappropriate prescriptions and/or misuse
- o When prescription meds no longer available, some have switched to heroin
- o Overdoses can be deadly

# Rates of Opioid Sales, OD Deaths, and Treatment, 1999–2010



# Access – Why Are Waiting Lists Acceptable?

## Who Needs Treatment?

- o Est 419,000 Missourians age 12+ (about 8.2% of pop)

## Who Gets Treatment?

- o Est 65,370 (about 15% of people that NEED it)
- o **Priority Pops:**  
Pregnant women, IVDU, High Risk DOC referrals

**353,630 that need treatment do NOT!!**

## **Access – How Does One Actually Get Services?**

- o Bottom line: demand exceeds capacity
- o Have limited funds for insured
- o Medicaid does pay for SUD treatment in MO
- o Not on every corner, but there are services statewide

# Treatment is Cost Effective

- Less expensive than jail
- Less expensive than ERs and hospital stays
- Decreased substance use
- Increased employment
- Improved social functioning
- Improved physical health
- Reduced criminal activity

# Treatment is Cost Effective

The longer a person stays in treatment, the better the outcomes.

*Minimum of 90 days recommended.*

# Treatment

## What It Is:

- o Community-based
- o A full array of services
- o Focused on long-term management of illness

## What It Isn't:

- o 28- or 30-days of residential
- o A place you go
- o AA/NA
- o One shot deal

# Treatment Should Fit Each Person

- No single treatment is appropriate for all
- Addresses more than just the drug/alcohol use
  - medical
  - psychological
  - social
  - vocational
  - legal problems

# **Counseling & Therapy: What Really Happens in There?**

- o Critical for effective treatment
- o Addresses motivation, relapse prevention planning, problem solving, etc.
- o Facilitates interpersonal relationships and functioning within the family and community

# Medication Assisted Treatment (MAT)

- o Missouri is one of the leaders in the nation
- o Medications for OUD and AUD work to curb cravings and help “quiet” the mind
- o They do not produce euphoria and prevent euphoric effects
- o In MO, tend to be used in SUDs with more severe symptoms, but comparable outcomes
- o Biases related to MAT (ignorance, outdated models)

# What Complicates Recovery?

- Unstable housing/homelessness
- Unemployment/under employment
- Poverty
- History of trauma
- Legal troubles
- Lack of real support system
- Co-occurring psychiatric conditions
- Co-occurring medical conditions

# Recovery Supports

- o DBH/VR offers evidenced based program for gaining and keeping competitive EMPLOYMENT
- o Temporary and permanent HOUSING through state and federal funds
- o The increasing importance of PEER SUPPORT

# **AA is NOT Treatment!**

## **Self-Help Groups**

- Complement and extend treatment efforts, but not treatment
- Most common models are 12-Step programs like AA and NA
- Most treatment programs encourage self-help participation during/after treatment

# What Does “RECOVERY” Look Like?

- o Process of change
  - o Job/school
  - o Home/housing
  - o Relationships
  - o Health and wellness
  - o No legal problems

# Addressing Constituent Concerns

- o Offer reassurance
- o Services are available statewide, though geography can be a barrier
- o May not be a residential “bed” – need assessment
- o Can contact DMH toll-free for referral info:  
**(800) 575-7480**
- o Can contact Legislative Liaison if there are issues

# Addressing Constituent Concerns

The screenshot shows a web browser window with the URL <http://dmh.mo.gov/ada/help.l>. The page header features the Missouri Department of Mental Health logo and navigation links for MO.gov, Governor Jay Nixon, Find an Agency, and Online Services. A search bar is also present. The main navigation menu includes Crisis Assistance, Alcohol and Drug Use, Mental Illness, Developmental Disabilities, and Programs. The 'How to Get Help' section is highlighted, with a sub-menu for Alcohol & Drug Use. The page content includes a breadcrumb trail, a 'Crisis Services' section with a hotline number, a 'Help for Alcohol and Drug Problems' section with a detailed paragraph, and a 'Help for Adolescents' section. A right-hand sidebar contains a list of links for Alcohol & Drug Use and a 'Related Information' section. The Windows taskbar at the bottom shows the Start button, several application icons, and the system tray with the date and time (4:29 PM, 10/13/2016).

How to Get Help - Internet Explorer

http://dmh.mo.gov/ada/help.l

Share Browser WebEx

Missouri Department of Mental Health

MO.gov Governor Jay Nixon Find an Agency Online Services Search

Follow Us Like Us

Crisis Assistance Alcohol and Drug Use Mental Illness Developmental Disabilities Programs

## How to Get Help

Home > Alcohol & Drug Use

### Crisis Services

**Crisis Services**, Suicide Hotline: 1-800-273-TALK (1-800-273-8255)

### Help for Alcohol and Drug Problems

The Division of Behavioral Health has programs around the state to help people with alcohol and drug problems. There are programs for children, teenagers, and adults. If you or a loved one has a problem with alcohol or drugs, you can contact a treatment program for help. They can help you get the services you or a loved one needs.

If you would like more information, please phone us at (573) 751-4942 or (800) 575-7480 or you may e-mail us at [dbhmail@dmh.mo.gov](mailto:dbhmail@dmh.mo.gov).

### Help for Adolescents

There are special programs to help children and youth between the ages of 12 and 17 who have an

### Alcohol & Drug Use

- About Us
- How & Where to Get Help
- Programs & Services
- Prevention Initiatives
- Information for Providers
- Alcohol & Drug Fact Sheets
- Bulletins/Policy Memos
- Helpful Links
- State Advisory Council
- MO Behavioral Health Epidemiology Workgroup
- Behavioral Health Data Tool
- Reports & Statistics
- Organization & Personnel

### Related Information

Start | Internet Explorer | File Explorer | Outlook | PowerPoint | Adobe Reader

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