RETREAT PREMIER ADDICTION TREATMENT CENTERS

JACK SODAK, MS, LPC, CADC, CCS
DIRECTOR OF OUTPATIENT SERVICES
SIGNS AND SYMPTOMS

HOW TO HELP SOMEONE STRUGGLING WITH ADDICTION
SUBSTANCE ABUSE/ADDICTION DEFINED

A LOVE/HATE RELATIONSHIP WITH A MOOD ALTERING CHEMICAL, RELATIONSHIP, OR ACTIVITY THAT HAS LIFE DAMAGING CONSEQUENCES
ADDICTION DEFINED
Addiction is:

Primary

Chronic

Progressive

Fatal

Denial is primary symptom

Continued use abuse despite negative consequences
LIZARD BRAIN

Addiction is a genetic and biologically based illness
ADDICTION CYCLE
Shame and Compulsion
WARNING SIGNS

• BLACKOUTS
• DENIAL
• PREOCCUPATION
• TOLERANCE
• UNPLANNED USE
• USE MORE THAN PLANNED
• PROTECT SUPPLY

• USE ALONE
• RAPID INTAKE
• USE AS A MEDICATION
• PHYSICAL WITHDRAWAL
• POST ACUTE WITHDRAWAL
SIGNS AND SYMPTOMS IN WORKPLACE/HOME

• **BEHAVIORAL**
  - UNEXCUSED ABSENCES
  - LATE FOR WORK
  - INJURED AT WORK
  - TROUBLE MEETING WORK OBLIGATIONS
  - LEGAL PROBLEMS
  - TARDINESS
  - SLEEPING ON THE JOB
  - AFTER EFFECTS-HANGOVER AFFECTING JOB PERFORMANCE

• **POOR DECISION MAKING**
  - POOR CONCENTRATION AND LISTENING SKILLS COMPROMISED
  - THEFT
  - LOW MORALE TOWARD WORK/OThERS
  - TROUBLE WITH CO-WORKERS/SUPERVISOR
  - ILLEGAL ACTIVITIES AT WORK
OPIATES

- OPIATES
- COUNTY/STATE/US FACTS REGARDING OPIATES
- OPIATES DRUGS: FENTANYL; HEROIN; HYDROCODONE WITH ACET (VICODIN);
- HYDROCODONE;
- HYDROMORPHONE (DILAUDID);
- METHADONE;
- OXYCODONE (OXYCONTIN)
- OXYCODONE with Acet (PERCOCET)

- OXYCODONE WITH ASPIRIN (PERCODAN)
- MEPERIDINE (DEMEROL)
PHYSICAL SYMPTOMS OF OPIATE USE/WITHDRAWAL

• **SIGNS OF MISUSE**
  - ANALGESIA (FEELING NO PAIN)
  - SEDATION
  - SLEEPY
  - SLURRED SPEECH
  - EUPHORIA (ELATED/LOWER INHIBITIONS)
  - RESPIRATORY DEPRESSION-SHALLOW/SLOW BREATHING
  - SMALL PUPILS
  - NAUSEA

• **VOMITING**
  - ITCHING/FLUSHED SKIN
  - CONSTIPATION
  - CONFUSION
  - POOR JUDGMENT
  - MENTAL ERRORS
COMMON WITHDRAWAL SYMPTOMS FOR OPIATES

• WATERY EYES
• RUNNY NOSE
• YAWNING
• SWEATING
• CHILLS
• HOT/COLD FLASHES
• DILATED PUPILS
• LOSS OF APPETITE

• RESTLESSNESS
• AGITATION
• ANXIETY
• TREMORS
• ABDOMINAL CRAMPS
• FEVER
• MUSCLE ACHES/PAIN
• INCREASED BLOOD PRESSURE
• INSOMNIA
WITHDRAWAL FROM ALCOHOL AND BENZODIAZAPINE

- A WORD ABOUT THE DANGERS OF WITHDRAWALS FROM ALCOHOL AND BENZODIAZAPINES
  - SHAKES/TREMORS
  - SEIZURES
  - DELERIUM TREMENS
  - INCREASED BLOOD PRESSURE/HEART RATE
  - INSOMNIA

- WITH HISTORY OF SEIZURES AND HEAVY ALCOHOL USE:
  - DO NOT ALLOW TO DETOX ALONE
  - SEND TO ER
  - SUPPORT INPATIENT REHAB/DETOX
  - HX OF DEPRESSION: MEDS AND ALCOHOL CAUTIONARY NOTE
POST ACUTE WITHDRAWAL

- Intense cravings
- Dreaming about use
- Anxiety
- Depression
- Insomnia
- Poor Concentration
- Emotional reactions or flat
- Memory Issues
- Difficulty with Problem solving
- Problems with balance
- Accident prone
WHAT DOES ‘TREATMENT’ MEAN?

- Change in the following areas:
  - Cognitive
  - Biological
  - Emotional
  - Social
  - Work Life
  - Recreational
  - Spiritual
<table>
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<th>Treatment Options</th>
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<tr>
<td>• Inpatient Detox and Rehabilitation</td>
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<tr>
<td>• Partial Hospitalization</td>
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<tr>
<td>• Intensive Outpatient</td>
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<tr>
<td>• Traditional Outpatient - group and/or individual</td>
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<td>• Support groups</td>
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<td>• Family Support</td>
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WHAT FAMILY MEMBERS CAN DO

- Don’t make threats that you cannot follow up on;
- Love and Leverage;
- Do not engage with person who is under the influence;
- Avoid Shaming, ridiculing, or lecturing the person suffering from addiction;
- Know their alibi system;
- *don’t go along with it;
- *reasons vs excuses for use;
- *examples of alibi system
FAMILY ‘TO DO’ LIST - CONTINUED

- Do not lie to the person suffering from addiction about what their use is doing to you and family;

- Do not give the impression that you are the enemy;

- Addiction is the enemy and hurting you, family, and the person suffering from the abuse;

- Don’t feel guilty if you are preserving safety in the home;

- Don’t cover up for the person suffering from addiction;

- Let them experience the consequences of their behavior;

- Don’t feel guilty if you are preserving safety in the home.
CONCLUSION/DISCUSSION
AND THE DAY CAME WHEN THE RISK TO REMAIN TIGHT IN A BUD WAS MORE PAINFUL THAN THE RISK IT TOOK TO BLOSSOM.

Anaïs Nin