



RETREAT PREMIER ADDICTION TREATMENT CENTERS

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SUBSTANCE ABUSE AND ADDICTION

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

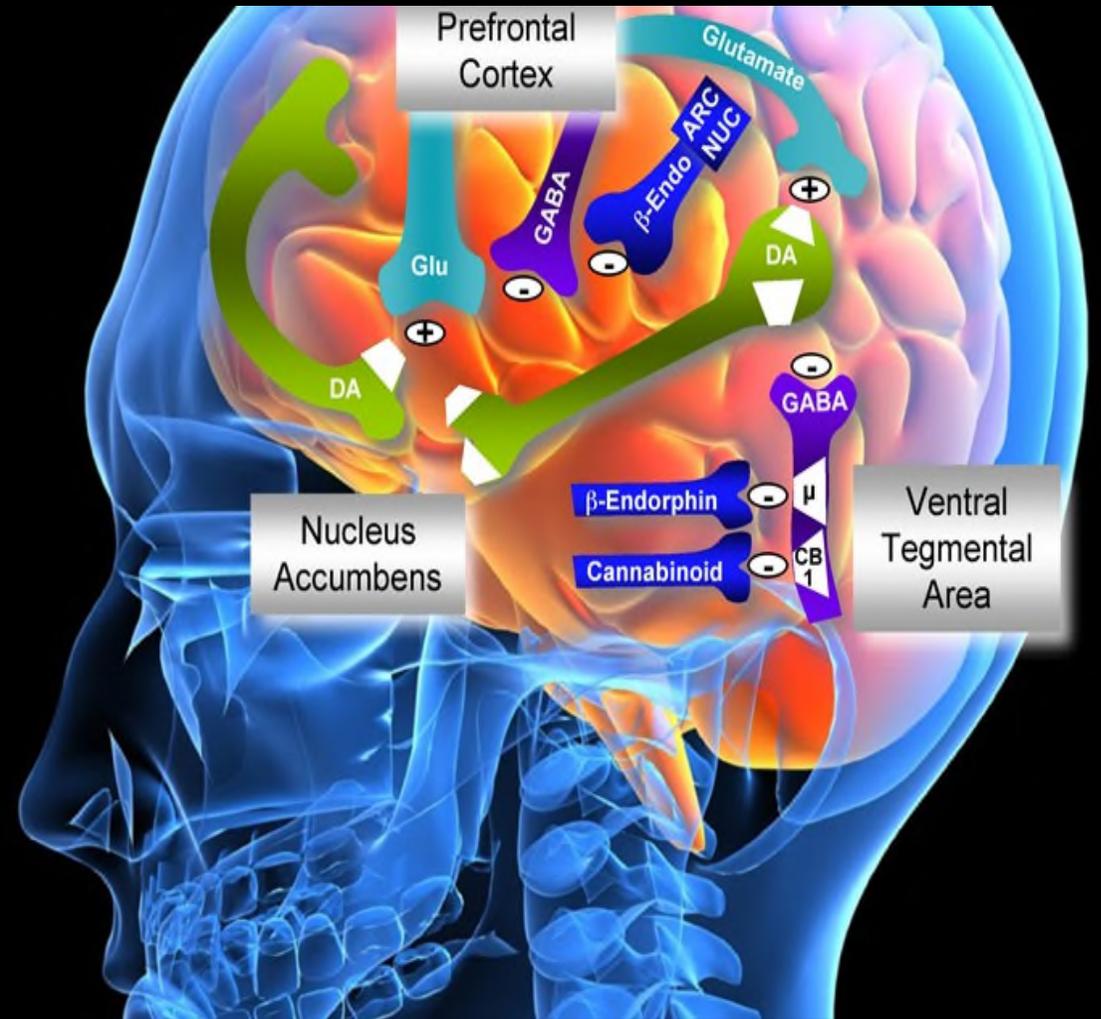
Fatal

Denial is primary symptom

Continued use abuse despite negative consequences

LIZARD BRAIN

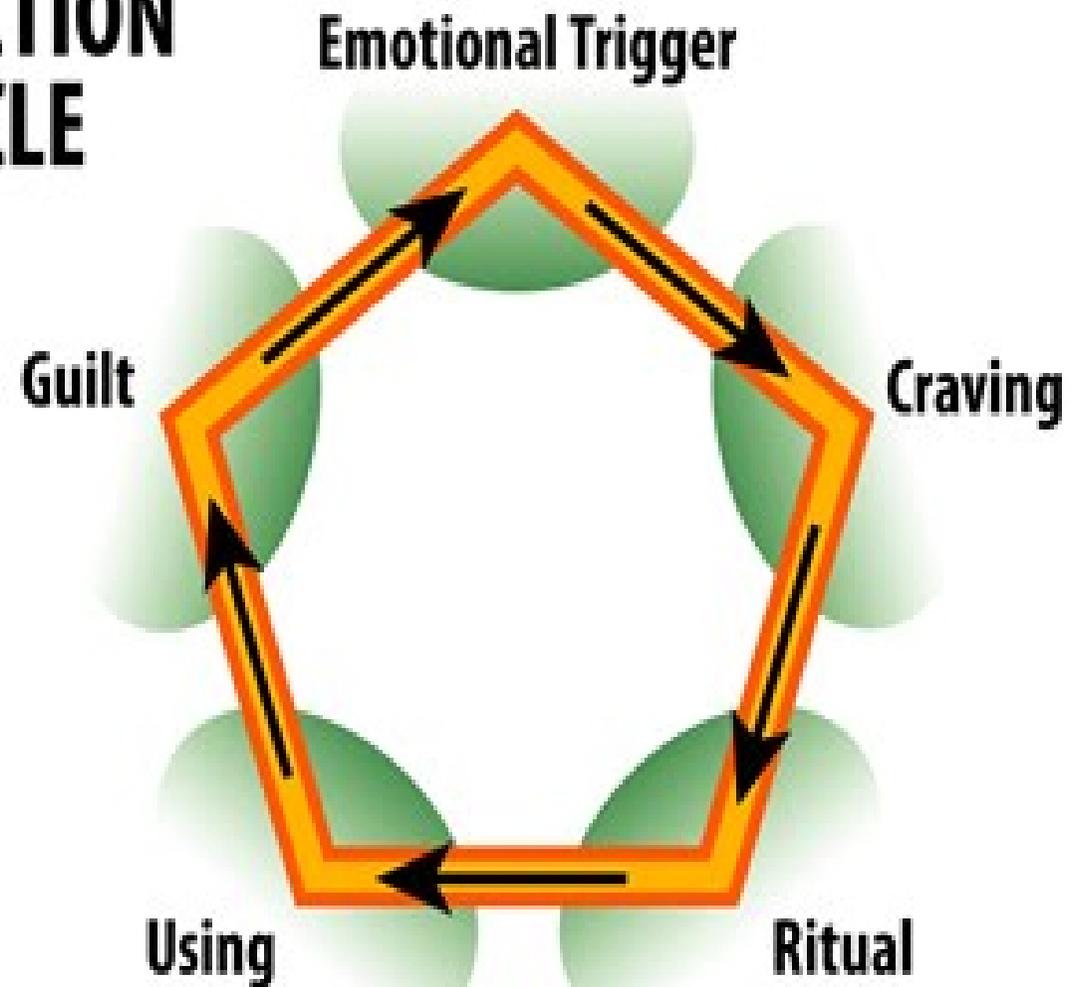
Addiction is a genetic and biologically based illness



ADDICTION CYCLE

Shame and Compulsion

ADDICTION CYCLE



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 (PERCOSET)
- 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

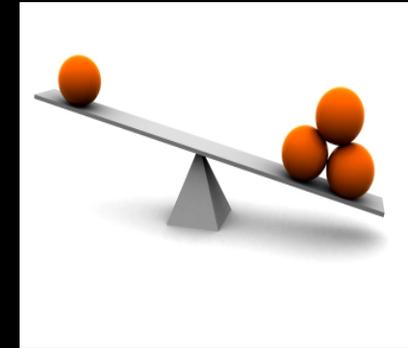
- WATERY EYES
- RUNNY NOSE
- YAWNING
- SWEATING
- CHILLS
- HOT/COLD FLASHES
- DILATED PUPILS
- LOSS OF APPETITE
- RESTLESSNESS
- AGITATION
- ANXIETY
- TREMORS
- ABDOMINAL CRAMPS
- FEVER
- MUSCLE ACHES/PAIN
- INCREASED BLOOD PRESSURE
- INSOMNIA

WITHDRAWAL FROM ALCOHOL AND BENZODIAZAPINE

- A WORD ABOUT THE DANGERS OF WITHDRAWALS FROM ALCOHOL AND BENZODIAZAPINES
- SHAKES/TREMORS
- SEIZURES
- DELIRIUM 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

Treatment

Scientific studies demonstrate that the right mix of behavioral therapy, medication (when available) and personal support can help addicted people navigate the road to recovery. Learn how to pick an appropriate treatment approach.



TREATMENT OPTIONS

- *Inpatient Detox and Rehabilitation*
- *Traditional Outpatient- group and/or individual*
- *Partial Hospitalization*
- *Support groups*
- *Intensive Outpatient*
- *Family Support*

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

