

“In all my years as a physician, I have never, ever met an addicted person who wanted to be an addict.”

- Dr. Nora Volkow  
NIDA Director



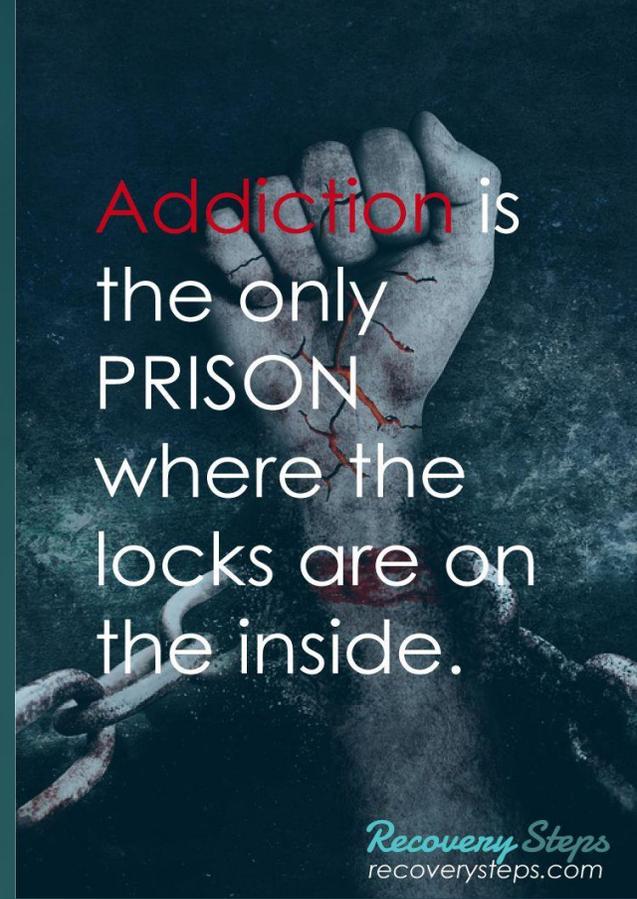
DrugAbuse.gov

# Signs of Addiction

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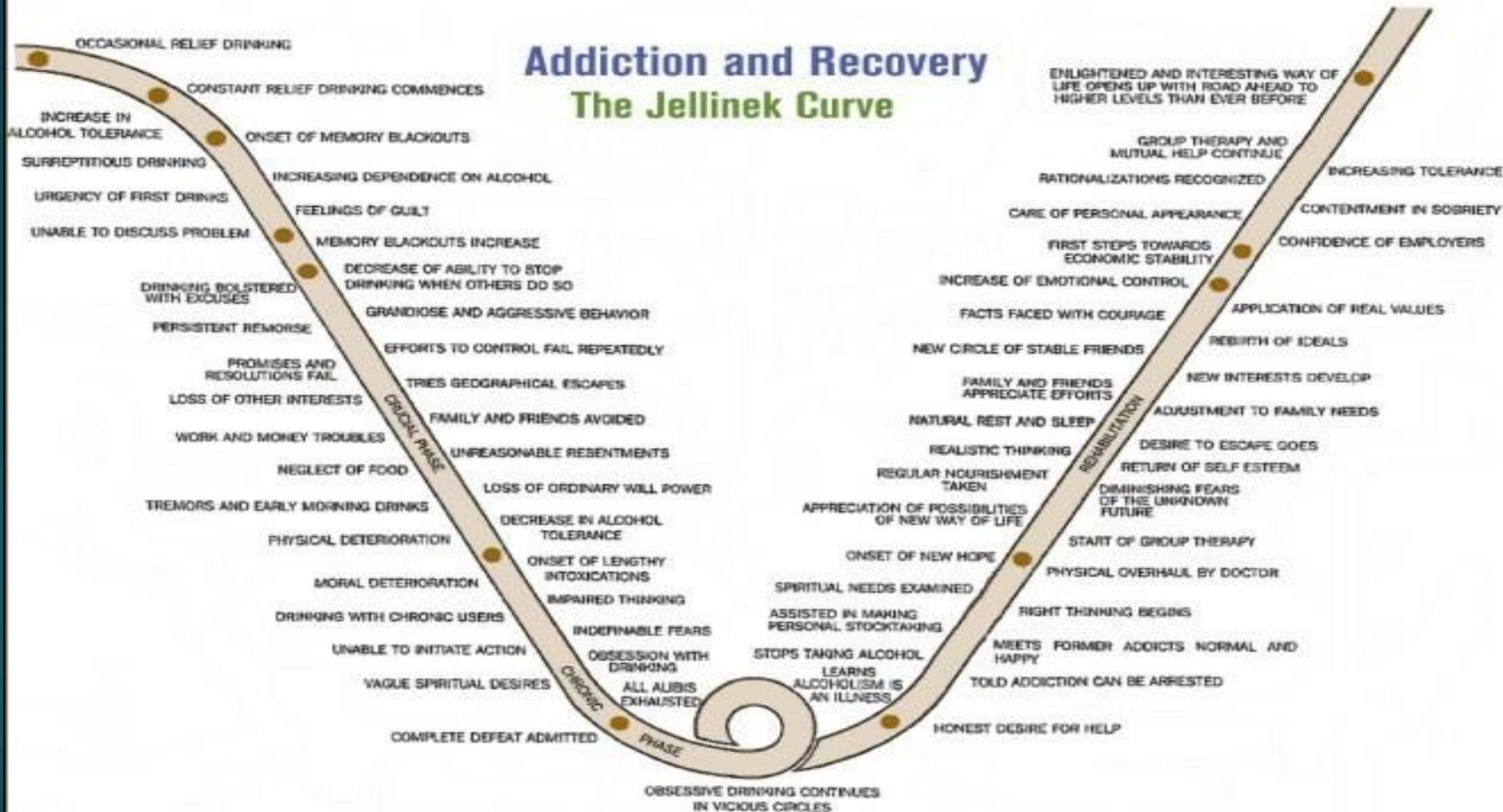


Addiction is  
the only  
PRISON  
where the  
locks are on  
the inside.

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# Addiction and Recovery

## The Jellinek Curve



Addictions:  
I am you disease

I hate meetings. I hate Higher Power. I hate anyone who has a program. To all who come in contact with me, I wish you death and I wish you suffering. Allow me to introduce myself: I am the disease of Addiction - cunning, baffling, and powerful - that's me. I have killed millions and I am pleased. I love to catch you with the element of surprise. I love pretending I am your friend and lover. I have given you comfort, have I not?

Wasn't I there when you were lonely? When you wanted to die, didn't you call me? I was there. I love to make you hurt. I love to make you cry. Better yet, I love when I make you so numb you can neither hurt nor cry. You cannot feel anything at all. This is true glory. I will give you instant gratification and all I ask of you is long term suffering. I've been there for you always. When things were going right in your life, you invited me. You said you didn't deserve these good things, and I was the only one who would agree with you. Together we were able to destroy all things good in life.

I am such a hated disease, and yet I do not come uninvited. You choose to have me. So many have chosen me over reality and peace.

More than you hate me, I hate all of you who have a 12-step program, your meetings, your Higher Power all weaken me and I cannot function in the manner I am accustomed to!

Now I must lie here quietly. You don't see me, but I am growing Bigger than ever. When you only exist, I live. When you live, I only exist. But I am here...and until we meet again, if we meet again, I wish you death and suffering.

Sincerely,

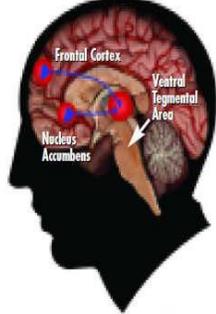
Your Addiction

# Remember to take care of your brain

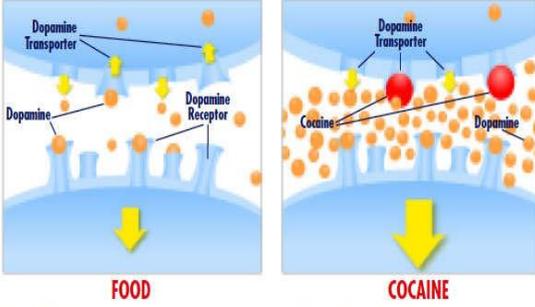
- ▶ stops developing about 25/26 yrs. old
- ▶ You are born with millions of neurotransmitters- our brain naturally depletes them over time
- ▶ Neurotransmitters send signals throughout the human body
- ▶ Drugs speed up or slow down neurotransmitters depending on the substance
- ▶ Substance abuse/ dependence can damage these neurotransmitters and/or rewire them

**DRUGS OF ABUSE TARGET THE BRAIN'S PLEASURE CENTER**

**Brain reward (dopamine) pathways**



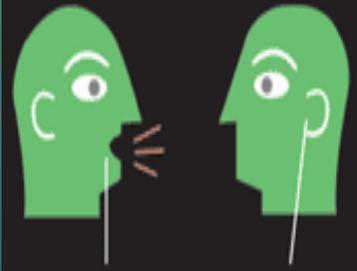
**Drugs of abuse increase dopamine**



These brain circuits are important for natural rewards such as food, music, and sex.

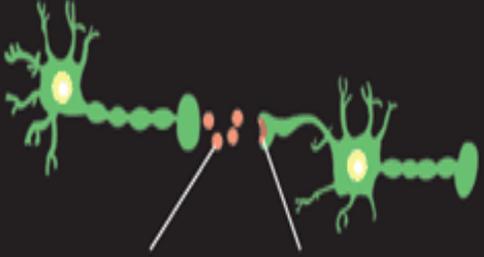
Typically, dopamine increases in response to natural rewards such as food. When cocaine is taken, dopamine increases are exaggerated, and communication is altered.

**Here's how people communicate.**



Transmitter      Receptor

**Here's how brain cells communicate.**

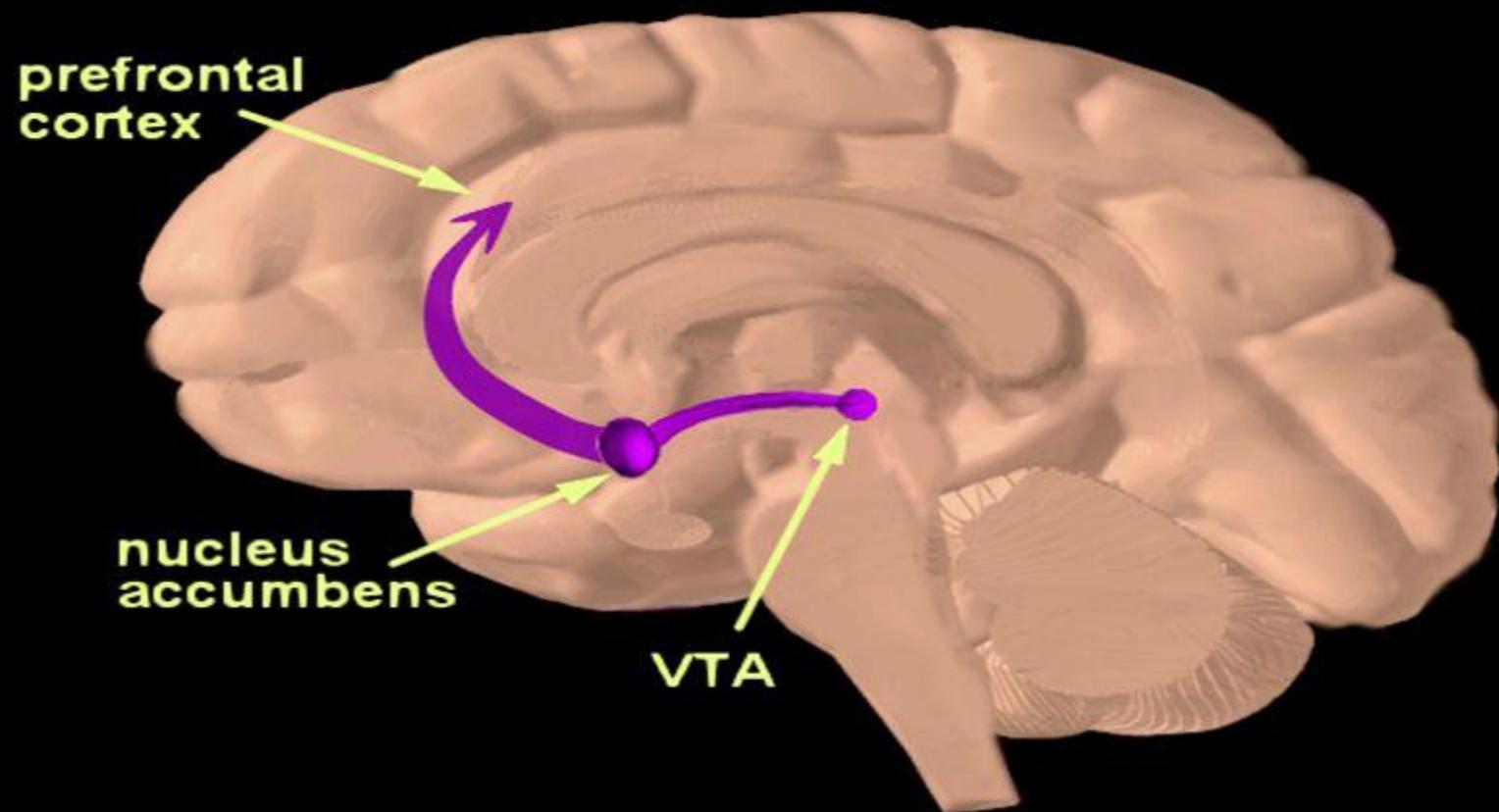


Neurotransmitter      Receptor

*Concept courtesy: B.K. Madras*

# Addictive Substances and the Rewards Pathway

- The rewards pathway is activated by pleasurable stimuli. Examples—Sex, love, success, your favorite meal, etc. Addictive substances mimic those experiences.



# What is addiction?

- ▶ Defined as a disease
- ▶ NIDA states- “Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the brain; they change its structure and how it works. These brain changes can be long lasting and can lead to many harmful, often self-destructive, behaviors”.
- ▶ Nature vs nurture- there is a genetic factor that contributes to addiction and also it is the way you grew up
- ▶ What causes addiction?- it is a negative coping skill to deal with life circumstances
- ▶ Depending on the circumstances there are many causes- childhood, trauma, behavioral issues, add/ADHD, genetics etc.
- ▶ Reasons?- reasons range from anything like sleep deprivation, trauma, abuse in childhood etc.
- ▶ Is the person with addiction meaning to hurt you? Short answer is no. Many times people think that they are only hurting themselves. They don't think it hurts or drains anyone else. Often they don't remember what they have done to people in the past. Often they don't “say sorry” because it can cause a relapse and is “too hard to face” .

# What is the difference between psychological and physical addiction?

## Physical

- ▶ Show signs of physical dependence
- ▶ When stop withdrawals- tremors, shakes, vomiting, bowel issues
- ▶ Extreme flu like symptoms
- ▶ Sickness when you stop
- ▶ Can't sleep
- ▶ Opiates, benzos, alcohol

## Psychological

- ▶ Show signs of psychological dependence
- ▶ When stop- anger, irritability, depression, anxiety, sleepless
- ▶ Marijuana, cocaine, crack, Chrystal meth
- ▶ There is not much of a physical detox from- cocaine, crack, Chrystal meth, Marijuana
- ▶ Most detoxes will not physically treat these with medication

# Common Behavior Signs of Substance Abuse or Dependence

Stealing anything of value-jewelry, checks, tools

Sleeping too much

Staying awake all night

Desperate to make phone calls at 4 a.m. or seeing phone calls at odd hours

Not attending school, work or going in late, Loss of job

Major hygiene changes-not showering or brushing teeth

Lying about odd things

Not eating at all or complete loss of appetite

Severe mood changes-anger to depression to sadness to extreme anxiety within hours

Attendance issues at family gatherings, schools, events etc.

Increase in anger-punching holes in walls, smashing dishes, violent mood swings, threats

# Signs of opiate abuse/dependence-remember you can smoke, snort and I.V opiates

- ▶ Having the flu often- several times a month or for several months (withdrawals)
- ▶ Irritability
- ▶ Cut up pens, straws or rolled dollar bills-if sniffing
- ▶ Found syringes or syringe orange caps
- ▶ Cannot control vomit or extreme puking when high
- ▶ Constant running water in bathroom or taking twenty minute showers several times a day in the bathroom
- ▶ Plumbing issues- syringes being thrown in the toilet after use
- ▶ I.V marks on arms, elbows, stomach, neck and under the tongue
- ▶ Restlessness
- ▶ Nodding off-falling "almost" asleep
- ▶ Spoons with burnt marks on it
- ▶ Plastic sandwich bags with knots
- ▶ Cheap lighters with a safety taken off
- ▶ Missing q-tips, spoons or cut up foil
- ▶ Glazed pinned eyes
- ▶ Wearing sweatshirts in hot weather- hide track marks

# Signs of cocaine/crack abuse-remember you can smoke, snort or even I.V cocaine, free base crack

- ▶ a lot of heroin addicts resort to shooting cocaine- this is sometimes seen with the Vivitrol shot. Also cocaine like symptoms are similar to Adderall abuse/dependence around teens
- ▶ Speedy high
- ▶ breathing heavy and red face
- ▶ Finding rolled dollar bills, cut up straws
- ▶ Looked “wired” and “paranoid”
- ▶ Sweating when it is hot out
- ▶ Severe weight loss in a very short time
- ▶ Staying up all night and sleeping all day
- ▶ Paranoia- things like taping blankets to the wall
- ▶ Runny nose- ring around nostrils
- ▶ Cans that are crushed with a hole in the middle- cut up tinfoil
- ▶ Glass pipe, dish scrub pads
- ▶ Teeth turn yellow if smoked and grinding teeth when high
- ▶ Severe mood swings when coming off- feel extremely depressed and suicidal to the point of hospitalization
- ▶ Pupils dilated or large bug eyed

# Signs of Chrystal Meth- mirrors an upper high

- ▶ Similar sings to other uppers such as crack or cocaine
- ▶ Looks like crystals
- ▶ Can be smoked, injected
- ▶ I.V marks
- ▶ Many mood signs of crack addiction- wired, suicidal thinking, paranoia, anxiety
- ▶ Smoked out of a glass light bulb like item
- ▶ Up for several days with paranoia, hallucinations
- ▶ Coming off- very depressed and suicidal
- ▶ Picking at face- see bugs
- ▶ Not much of a detox process- not many places take Chrystal Meth addiction
- ▶ Paranoia such as- taping blankets to the window in fear of “being watched”
- ▶ Meth mouth- teeth rotted and black

# Signs of benzo addiction-Klonopin, Valium, Xanax

- ▶ These pills are taken orally. They do not I.V , snort or smoke them
- ▶ Delayed response time- when asked a question “How was your day?” (long pause) “it was okay”
- ▶ No memory- black out pills. Cannot remember huge details of days.
- ▶ Passing out and falling asleep- not nodding out but quickly falling asleep
- ▶ Drooling sometimes
- ▶ Slurred speech
- ▶ Poor walking coordination
- ▶ Facial features look droopy
- ▶ Appear way too calm when they shouldn't be- numb like
- ▶ Stumbling when walking and shuffling feet
- ▶ When coming off-extreme anxiety, shaky, tremors or even a seizure
- ▶ People Love to mix it with heroin, opiates and alcohol

# Signs of Alcohol dependence

- ▶ Finding bottles or nips around the house or in hidden spots- under the mattress
- ▶ Vodka- usually is the choice for alcoholics. It is less likely to be smelled on the breathe
- ▶ Stumbling all the time around the house
- ▶ Getting angry at nothing, blackout, dizziness, shakiness, craving, or sweating
- ▶ aggression, agitation, compulsive behavior, self-destructive behavior, or lack of restraint
- ▶ anxiety, euphoria, general discontent, guilt, or loneliness
- ▶ nausea or vomiting, ulcers, liver damage, jaundice, yellow eye pupils
- ▶ delirium or fear
- ▶ physical substance dependence, problems with coordination, slurred speech, or tremor
- ▶ Shaky in the morning with tremors
- ▶ Finding mouthwash or breath mints everywhere
- ▶ Not taking care of oneself
- ▶ Repetitive DUI, domestic violence with law enforcement
- ▶ Constantly "going to the store"
- ▶ At social gatherings- always having a drink, beer, glass of wine in the hand
- ▶ Picking restaurants that are "known to not cut you off"

# Drug testing

- ▶ Urine, skin patches and hair test
- ▶ Urine- most things can be passed within a couple of days
- ▶ Hair- must be a frequent user to show up. It does not test for low levels. Hair testing can sometimes be admitted to probate court
- ▶ Skin patches- new testing and that common in Mass but stays on skin for about a week. Is accurate with teen use and abuse.



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- ✓ Tests for all substances
- ✓ Provide proof of prescription medication at enrollment

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# How long do drugs stay in the system with a urine test?

- ▶ Amphetamines 1-2 days
- ▶ Benzodiazepines (Sedatives) 1-14 days
- ▶ Cannabinoids 1-7 days (occasional use)
- ▶ (Marijuana metabolites) 1-4 weeks or more (chronic use)
- ▶ Cocaine/ crack 12-48 hours
- ▶ Opiates (opiate pills and Heroin) 1-3 days
- ▶ PCP 1-8 days (occasional use); Up to 30 days (chronic use)

# In term of overdosing- be aware

- ▶ Nodding into the lap- can be the first sign of an overdose
- ▶ Any upper- cocaine, crack, Chrystal meth etc. can give you a heart attack like overdose
- ▶ Any benzo- makes a person black out and when coming off it. it can also give a person seizures. If your teen all of the sudden has a seizure disorder- this may be a sign of benzo addiction and withdrawal.
- ▶ Alcohol poisoning- it is not normal to throw up violently during a party, black out or go unconscious. If your teens are using benzos with alcohol it is a huge risk of death.
- ▶ Narcan parties have become a thing- when you overdose it is a “really good high” .

# Overdose position



- ▶ Use this position
- ▶ Call 911- Good Samaritan Law
- ▶ Sternum rub
- ▶ Do not leave the person alone
- ▶ When drinking alcohol- it lowers your body temperature. Use a blanket or jacket if you have been to an outside party.
- ▶ Check vitals- administer CPR if needed
- ▶ Wait for first responders- do not leave the person
- ▶ Administer Narcan if you have it- it cannot hurt a person. It only works on opiates. It will not work with alcohol, benzos etc.

# Addiction is hard to understand and make sense of

- ▶ You can play the “what ifs, whys and how's” in your head a million times and not get an answer with this disease
- ▶ Sometimes in life there are no answers
- ▶ Studies still don't understand to true cause of addiction
- ▶ Studies still haven't figured out how to completely “cure” addiction
- ▶ Treatment is the best option
- ▶ There is not “specific way” of treatment. What works for one person does not work for others.

# Advise- seek treatment

- ▶ Not willing to go- section 35 through the court. This is a last resort.
- ▶ You can spend an astronomical amount of money to get your child “clean”. I would advise not paying private treatment your first time.
- ▶ Relapse rates are extremely high. A good “low number” for admissions is about 10 detoxes.
- ▶ Get Narcan- at Learn to Cope, Walgreens or CVS carry it
- ▶ Be careful of any out of state referrals. For example FL and CA has been federally investigated for “lack of treatment and kickbacks”.
- ▶ In general- private insurance like BCBS, Harvard Pilgrim will be accepted in almost every place. However does not pay longer term- extensions, IOP, counseling
- ▶ Masshealth and Medicare- is not accepted everywhere but pays for longer term treatment such as an IOP, counseling etc.

# Also remember- your way is not the another person's way

- ▶ A lot of times people recommend “one way” for treatment. For example some people in recovery will only recommend AA and 12 steps. We say things like “it worked for me”. However it is important to look at other avenues like methadone, IOP etc.
- ▶ Sometimes as parents we think if we recommend “just get yourself clean”- like for example we tell our kids to go to the army, go to wilderness camp etc. can be effective. These are not evidence based approaches for substance dependence.
- ▶ Usually there is a significant history of trauma- where medication may be appropriate such as a mood stabilizer or anti depressant.
- ▶ Also each person is different- for example you may need to place someone in a halfway house with a child. Only two in Mass take them.
- ▶ Aftercare is extremely important- you have to make sure you are having a proper aftercare process- hwh, iop, sober house, recovery high school, 90 in 90, MAT, anger management etc.

# Common Behavior at the Teen years

- ▶ **What does a typical 14-16 year old look like?**
- ▶ In these years the adolescent starts to have rapid social, physical, emotional, cognitive and sexual growth.
- ▶ Along with this they want to become more independent.
- ▶ It is common for these adolescents to have a lot of self-critics along with self-admiration.
- ▶ They tend to alternate between maturity and immaturity.
- ▶ Their stress increases with the transition of middle to high school with pressure of school work and peers.
- ▶ They like to aggressively negotiate privileges and often refer to as “fair.”
- ▶ They have opportunities to experiment with drugs
- ▶ They want deeply love and acceptance by parents and peers, but they may hide such needs in an effort to be mature.
- ▶ having a lot of sleep is normal due to stress and at this age
- ▶ They often lack in communication and it results in anger and frustration.



▶ **What does a 17-21 year old look like?**

- ▶ They often have a mature appearance that can be masking
- ▶ They face challenges with transitioning into adulthood
- ▶ They tend to reject certain social situation because they are aware somewhat that their future is affected by their actions. And this flows in and out.
- ▶ They separate more with themselves with parents
- ▶ They are more capable of thinking abstractly
- ▶ They can often seem not understanding of their privileges and often seem not to have self-limitations
- ▶ They reject their parents values and do not want advice