

MR. NERNEY'S NOTES 10/27/2010
Current Trends

The Road to Cocaine Addiction

Over-The-Counter Drugs

-

-

Prescription Drugs

-

-

Ecstasy

-

Alcohol

-

Heroin

-

Drug Combinations

Enhance Primary Drug Effect

-
-
-
-

Reduce Negative Side Effects

-
-
-

Alleviate Withdrawal

-
-
-

The Risks

Cocaine and Alcohol

Cocaine and Heroin

Cocaine and Marijuana

Cocaine and Prescription Drugs

The Response

Assessment

- what other drugs?
- ~~dominance~~ - life
- co occurring disorders

Treatment

- TX All drug dependencies
- TX underlying previous co-occurring

Relapse Prevention

- TX cocaine
- Reuse of Alcohol
- 8x greater chance Relapse - cocaine
- Reuse marijuana
- 3x → Relapse cocaine

The Road to Opioid Addiction

Alcohol / Mg / Rx Pain
Source of Opioids

Natural Opium / growth
USA

Semi-synthetic

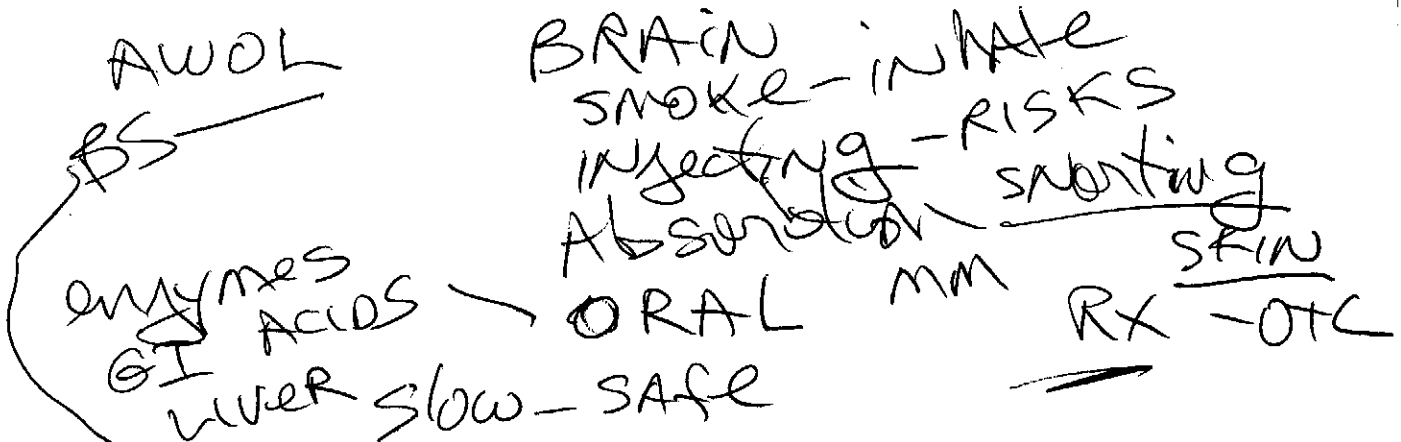
Rx morphine
Heroin } 101
Peraxan } compounds

Synthetic

OTC

dextromethorphan
CDL
ZL
DXM / DM
cough low potency

Route of Administration



Tolerance and Withdrawal

more drug = same effect

SMOKE - reduced product

IN 2 YRS 50% - injection ^{25%}

Addiction Potential

All opioids trend ↓

- RISK factors genes

exposure ↑↑ - greater

Overdose Potential

High fatalities

OC OXY

40mg

Treatment Approaches

- TX — Rx adjunct
wide variety
- Combine
study TX
- 3 forms —
specific Drug
CBT ME TX
12 steps
- TX Alliance,
Practitioners

Current Medications as Treatment Adjuncts

For Opioid Dependency:

- Trexan Blocker
- Nalmefine
- Buprenorphine Replacement

For Cocaine Dependency:

- ~~Vaccines~~ / VACCINE
- Antibodies COCAINE
+ + *
- SSRI - CRAVING
- MODAFINIL, TOPAMAX
- Need desire: PROVIGIL -

Impact of Addiction on the Brain

Brain Changes:

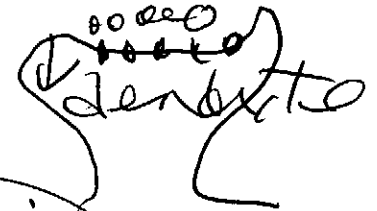
LOCAL BRAIN CHANGE

COCAINE ^{W/NER} (AXON)

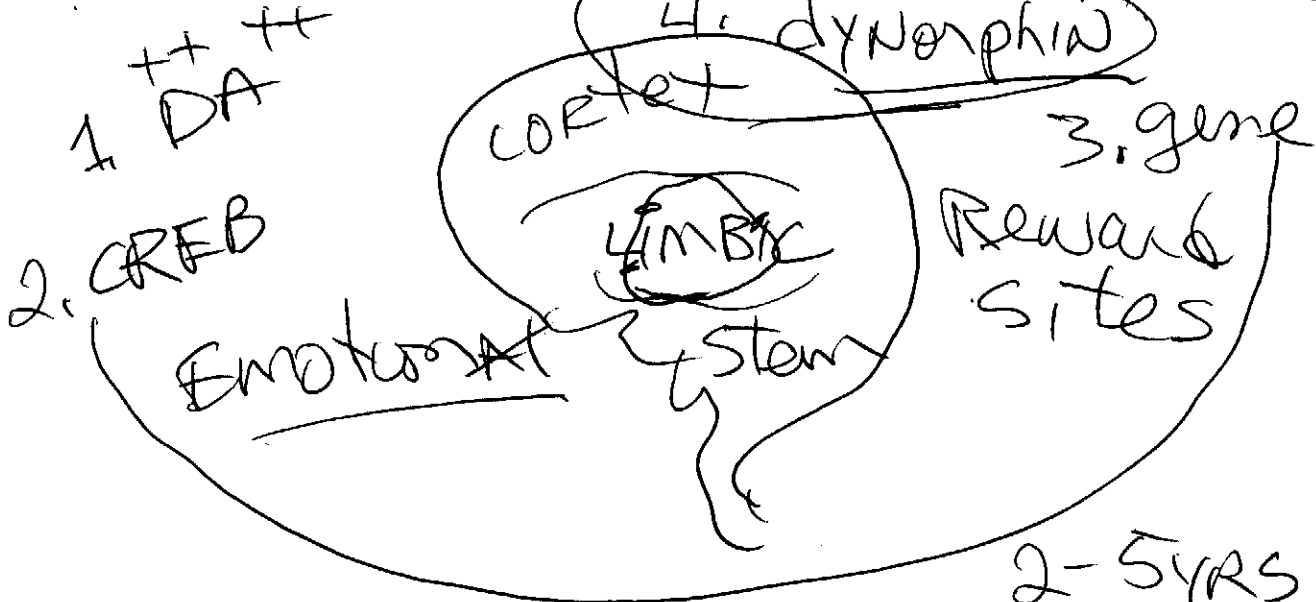
downregulation

turn down

↓ DRUG



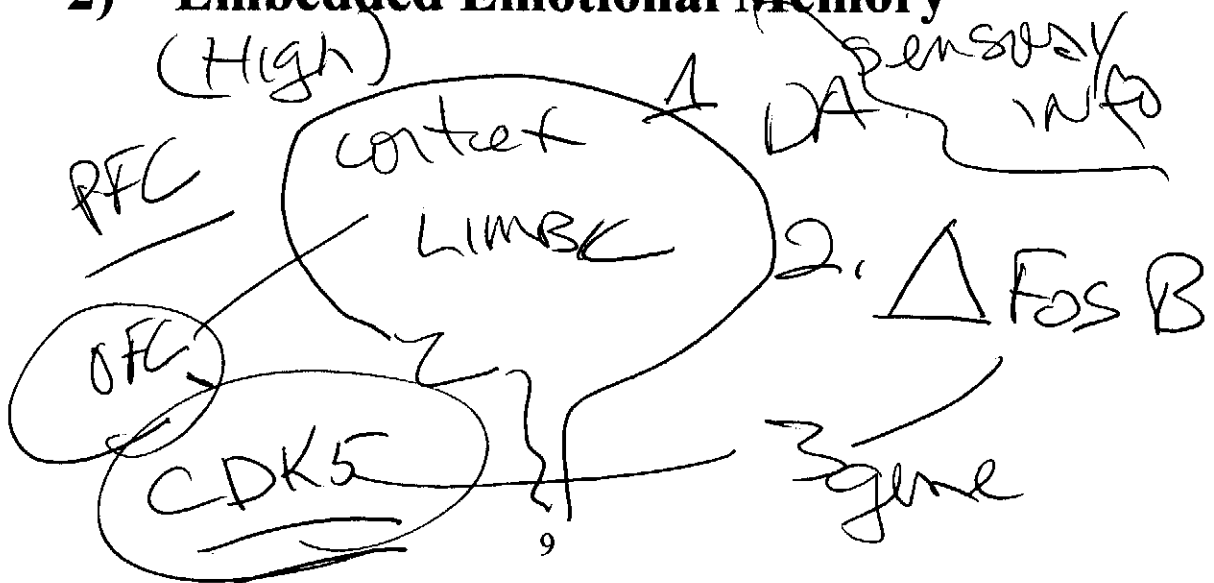
1) Reward System Shutdown



2) Embedded Emotional Memory

(High)

2-5yrs



Life Changes:

ARREST development
GM w/m
GM l/wm

1) Limited Practice Skills

Emotions

Life Skills ~~BFPEA~~

S/E Relationships

BIA

DTA

2003

LEARN

2) Dominant Response

MISLEARN

→ DRUGS

28

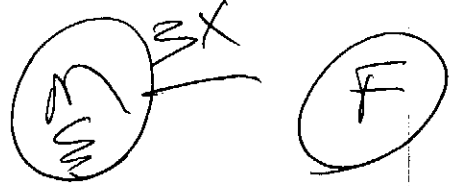
AGE

Gender

200B
18-24

D + A

Mental Illness



Structural and Chemical Differences

BRAINS

DOPAMINE
cortex

LIMBIC
Stem

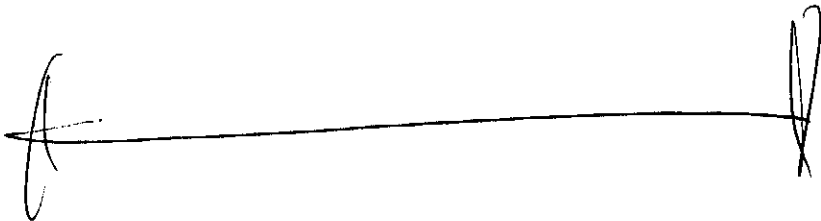
Emotional

serotonin
mood

Perceptual

Relationships
Intent

Range in Intensity



AOD Use and Psychiatric Symptoms

- **AOD use can cause psychiatric symptoms and mimic psychiatric syndromes**
 - **AOD use can initiate or exacerbate a psychiatric disorder** *underlying*
LSD
 - **AOD use can mask psychiatric symptoms and syndromes** *women in TX*
 - **AOD withdrawal can cause psychiatric symptoms and mimic psychiatric syndromes** *Depression*
 - **Psychiatric and AOD use disorders can coexist independently** *PCP*
 - **Psychiatric behaviors can mimic AOD use problems**
-

KNOW | Don't KNOW

Dangerous Drug Interactions

- Alcohol and Barbiturates

AMBIEN

6.5 M SIC

- Alcohol and Antipsychotics

5-REM ~~PS~~
Gambling

- Alcohol and Opiates

OD

- Alcohol and Withdrawal

- Marijuana and Anticholinergics

SSRI
Amygdala of suicidal ideas
height of depression
4 or 5th
3-4th dose

- Marijuana and SSRIs

- Antipsychotics and SSRIs

KEY ISSUES IN TREATMENT

• **Slow Progress**

Relapse

• **Suicidal Behavior**

1
→

• **Transference and Counter transference**

• **Clear Boundaries**

• **Resistance**

2

• **Sub acute Withdrawal**

TX

6 months - 12 months

• **Therapist Well-being**

Race Point

Attendant High Risk Behaviors

Age - 13/RS site "E"
Risky Business

Sexual Behaviors

Alcohol
7x ML sex
MP

COCAINE (meth) / Alcohol

BOUNDARIES

Physical Behaviors

Aggression

Alcohol
7x ML Fights
VANDALISM
THREATS

Recklessness

High Speed
Driving
LMIRL

on line

Gambling

OFC
odds
Accord loss

Teen Age Mates

Binge Drinking
ON line games

23X ML

Emotional Consequences

Depression

12-25 T
2-4x
1095
LIMBIC
AMYGDALA
E
MINOR
short term

Reactive Sadness

Grief

2-4x

1. relate the event to the feeling
2. NO erosion of self esteem

Medical Illness, Medication, Street Drugs

AREA 25

5X/1
AA



Clinical Depression

Teens

Targets of

Males

were self worth

Females

Bullying

Serotonin - 2x DX

13/RS

TX

SSRI + + +

Treatment for Depression

• Assessment and Diagnosis

IRRITABILITY
ANGER
resentment
restlessness
Male

Female
SYMPTOMS = energy
ANEMIA
isolation
laugh

• Therapy plus Exercise

TALK TX - AREA 25
1 2

• Prescription plus Therapy plus Exercise

SSRI
3 - long into life
Males
SNRI
SDRI

• Non Responsive Patient

CK compliance
CHANGE MED
— WRONG DX

CK the
MEDS
8-10%
RX

Suicide: Scope of the Problem

- Eleventh leading cause of death nationwide

SK

- 86 daily deaths in nation

- Many suicides reported as accidents

-
- Risk Flattening Choking Game Attempt
- Males more completions than females

-
- Method
- Affects younger children as well as adolescents and adults

- Every demographic involved

interfere with
MEAS

Impact of Alcohol and Marijuana on Depression and Suicide

light / regular use
often \nearrow lift depression
heavy + regular use
INCREASED

Impact of Cocaine/Methamphetamine on Depression and Suicide

SOCIAL consequences
RAVAGE PHYSICAL
system
All deplete serotonin

Treatment Outcomes

Extra-therapeutic and/or Client Factors

COMBINE

PLAY A LARGE ROLE
WHAT DOES CLIENT HAVE
GOING FOR THEM?

Treatment

Models —
commitment to
Recovery
Soil stronger Alliance

Successful Strategies for Clients with Co-occurring Disorders

Therapeutic Alliance

Promoting Alliance

- Express empathy and acceptance

video/culture

Ill

- De-emphasis on labels

Cognitive

clinical TERMS

DISEASE of the BRAIN

- Promote change, not confrontation

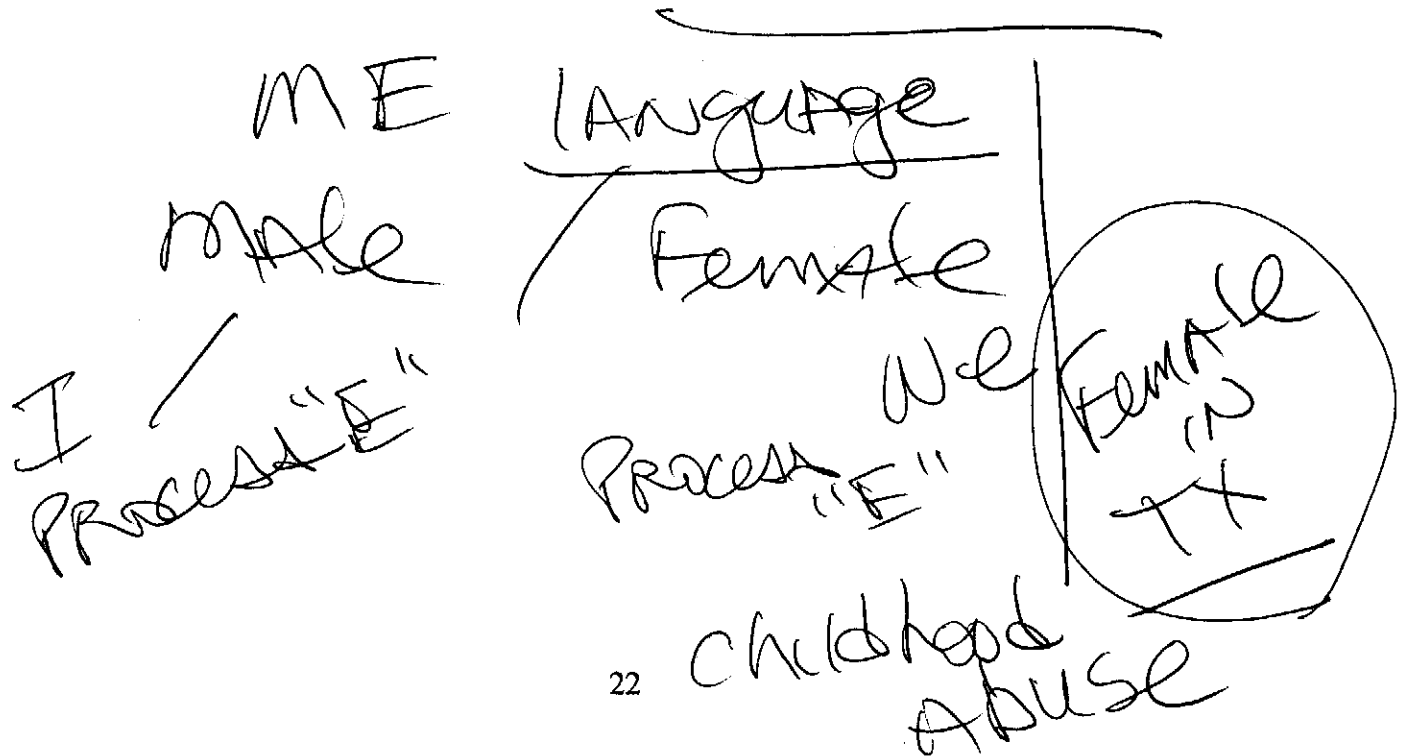
help you / help yourself

- **Roll with Resistance** or ARE they NOT CAPABLE / group SO WHAT?

- **Emphasis on personal choice and responsibility, not on pathology**

choose your PATH

- **Promote and reinforce "change talk"**



RANGE of models
Cognitive-behavioral Therapy

Negative thoughts and behaviors

Coping skills

lack of
coping

Grounding

ANXIOUS /
technique

Relapse Prevention

1 - Negative Emotions

High Risk Situations Exist on the
REAL / BRAIN

CDK5 - 2-5yrs CRAVING FOR
— sensory inputs drugs

New Skill Set

← People, Places
PLAIN English Things
AVOID HIGH RISK

Reality Based Response

Friends who
are still active
will — ASK you
to use

Substance Abuse Management Module

How functional
is this
reason

Plain English

OFC

Damage Control

if you slip

stop

Escape High Risk Situations

21

Rooted, Ask?
Name the trouble, Enlist
Alternative

Avoid High Risk

PRACTICE
Feed back
Real world
turn it
up

SKILLS
Escape Planning

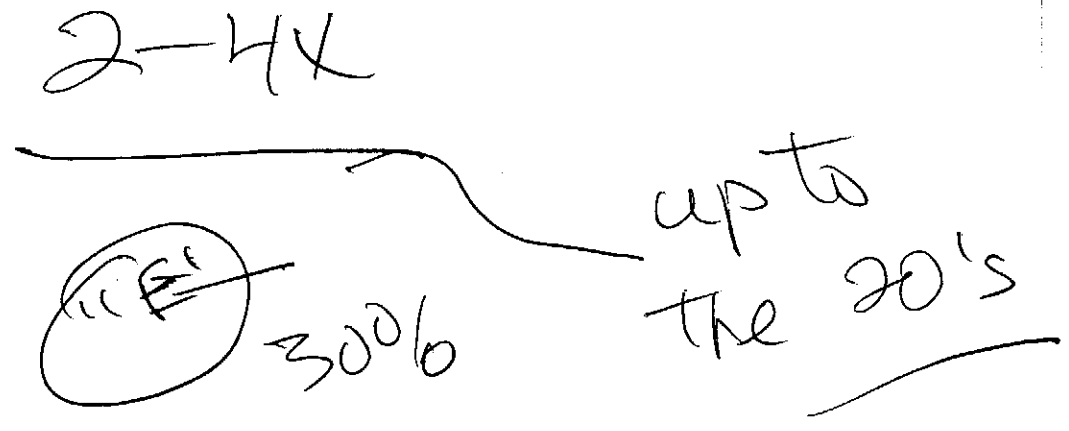
Seek Healthy Pleasures

Females S/ER skills
21 @M/M
MAKES
GM-WM
23-25

The Emerging Adult Brain

Delay Emotional Skills

- Emotional Intensity



- Problem Solving

Young BRAINS
"E" event
~~negative "E"~~

- Risk Assessment

Factors Peers
Young BRAINS — Need SOCIAL Bonding
"E" Reward

The Emerging Adult Brain, continued

- **Perception of the Future**

Not too
far down the
road

- **Question Authority —**

conflict with
Adults

Effective Communication Strategies

- **Language Choices** ~~FOR DO~~ / under 25
SOCIAL / Emotional
consequences
Immediate—

- **Bottom Line**

statistics

- **Appropriate Message**

Repairer's
possible
BRAVO will REPAIR

Community in the New Millennium

- Dot Coms

IN the ROOMS

- Social Networks

log IN

- Blogs

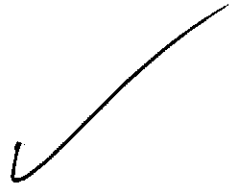
on hand



Music as a Medium

PPT

- Delete



- Add

12 Step Radio


Modified Language for 12-Step Programs

- TRPS
→
12 Step Concepts

Family Factors

- **Proximate**

Dysfunctional
CD



- **Distal**

Brain Based Recovery

Brain Imaging Systems

CAT

3D XRAY

PET

MRI

TDI

DTI

white matter

DSI

SEM

fMRI

MRS

Systems Investigated

- **Structural**

Gray Matter — Regrowth

White Matter — highway

- **Chemical**

2-12 months
cerebral choline ↓

- **Electrical**

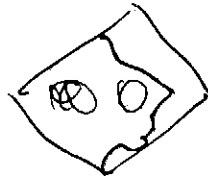
my → fir it cells
correctly

- **Molecular**

→ (L1)

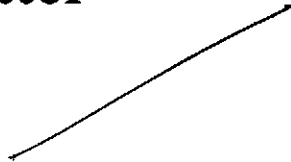
Recovery in the Brain

- **Ventricles**



Reshape
Resize

- **White Matter**



- **Chemical**

Rebalance
~~serotonin~~ serotonin
dopamine ↓

- **Pre-Frontal**

OFC 10 months
social learning
Reversal learning

The Practice of Recovery

Fluid Intelligence

LEARN AS they

Re Acquire GO

Wise Skills

PRACTICE
PRACTICE

Other Key Aspects

- **Monitoring Performance**

Drug testing

- **Managing Emotions**

- **Self Awareness**

- **Verbal Access**

- **Emotional Regulation**

- **Empathic Response**

- **Passionate Interest**

The Practice of Recovery

- **Practice and Repetition**

- **Learn from Failure**