



GTH: GATEWAY TO HOPE

Lunch & Learn: Substance – Related and Addictive Disorders

PRESENTED BY

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Mental Health Coach

Meeting Agenda

- Who we are – GTH and HHCI
- Upcoming events – next Coach Call and more!
- Today's topic: Substance – Related and Addictive Disorders
- GTH Trainings
- Questions
- Survey
- Contact info

GTH and HHCI



Our mission:

“We mobilize individuals to effectively and compassionately meet the holistic needs of those who live with mental health challenges.”

HHCI’s training program, Gateway to Hope, is a comprehensive solution – providing tested tools and ongoing support so you can quickly and compassionately manage challenges while helping build and restore lives to health and wholeness.

The Four Rs

RECOGNIZE a mental health problem

REFER to a mental health professional

RELATE to those in distress

RESTORE through supportive community



RECOGNIZE

a mental health problem

What is substance abuse?

“An illness of the will” that is characterized by a repeated pattern of abuse that can result in tolerance, withdrawal, and compulsive drug-taking behaviors.



Characteristic Symptoms

Substance dependence is a repeated pattern of substance abuse that can result in tolerance, withdrawal, and compulsive drug-taking behaviors.

- **Dependence** is what most people are referring to when they use the term addiction.
- **Tolerance** is present when the individual has to use progressively more of the substance over time to achieve a particular high.
- **Withdrawal** is a set of unpleasant physical symptoms that are opposite of the effects of the drug.
- **Compulsive drug-taking behaviors** include uncontrolled use of the drug, craving the drug, and excessive amounts of time devoted to obtaining the drug.

Types of Substance-Related Disorders

The DSM-5 lists ten classes of substances for which the diagnoses of a substance-related disorder can be given:

- Alcohol
- Caffeine
- Cannabis
- Hallucinogens
- Inhalants
- Opioids
- Sedatives
- Stimulants
- Tobacco
- Other Substances



Prevalence and Age of Onset

- Addiction occurs more commonly in men, with an average age of onset between eighteen and thirty years old. It has been found that the younger a person starts drinking or using drugs, the more likely he or she is to become addicted as an adult.
- Statistics indicated that adults who use illicit drugs are more than twice as likely to have a serious mental illness (e.g., depression) than adults who do not use illicit drugs.

REFER

to a mental health professional



The right mental health provider...

- Primary care doctor (*General practitioners*)
- Counselors (LCDC)
- Therapist (LMFT)
- Psychiatrist (MD, DO)
- Hospital & Treatment Facilities

Treatments & Therapies



Detoxification

Addictive substances are removed from the patient's body under the supervision of a medical doctor.

Psychotherapy

Patients are taught to handle stress and situations and to alter self-defeating thoughts and irrational beliefs.



RELATE

to those in distress

Relating to Someone Living With Substance – Related or Addictive Disorder...

❖ Compassion & Understanding

❖ Shift in language



❖ Creating opportunities to learn more

❖ *Diagnosis, not who they are!*

❖ React Calmly & Rationally

Relapse

- Repeated drug use can cause changes in the brain that may affect an addicted person's self-control and ability to resist cravings.
- More than 85% of individuals relapse and return to drug use within the year following treatment.
- Researchers estimate that more than 2/3 of individuals in recovery relapse within weeks to months of beginning addiction treatment. This rate is very similar to rates of relapse with other chronic diseases like hypertension, asthma, or type I diabetes.

RELAPSE PREVENTION

- Once an individual completes detox and inpatient treatment, the focus shifts to helping him or her avoid relapsing into drug and alcohol use.
- Relapse prevention can include a combination of medication, continued psychotherapy, and twelve-step programs.
- People recovering from addiction often show significant mood and anxiety problems. If left untreated, these problems can play a role in a person returning to substance abuse.
- Individuals who seek treatment are referred to some type of twelve-step program in which the basic foundations are biblical concepts of submission, forgiveness, and accountability.
- Recovering addicts are taught to significantly change the way they live in order to avoid a relapse.



RESTORE

through supportive
community

A Spiritual Perspective

Because one aspect of the substance-related disorders is spiritual bondage, when ministering to those struggling with addiction it is important to focus on the freedom believers have in Christ. We must remind our addicted brothers and sisters that Christ came to set us free from bondage to sin.

However, we must understand that a few Bible verses and a quick prayer are not going to break the grip of addiction. Relapse is common. When we minister to those struggling with substance use, we must be prepared to walk alongside of them long term—through the good times and the bad.

Gateway to Hope Churches

- Empower Training
 - 2-hour program that will enhance your response to individuals with mental health issues
- Support Group Training
 - Teaches how to build and sustain a support group
 - Minds Transformed, Hearts Transformed, and Families Transformed
- Mental Health Coach Training
 - 42-hour program that will teach you how to offer help, hope, and encouragement to those that need guidance throughout their journey to mental health recovery and wellness

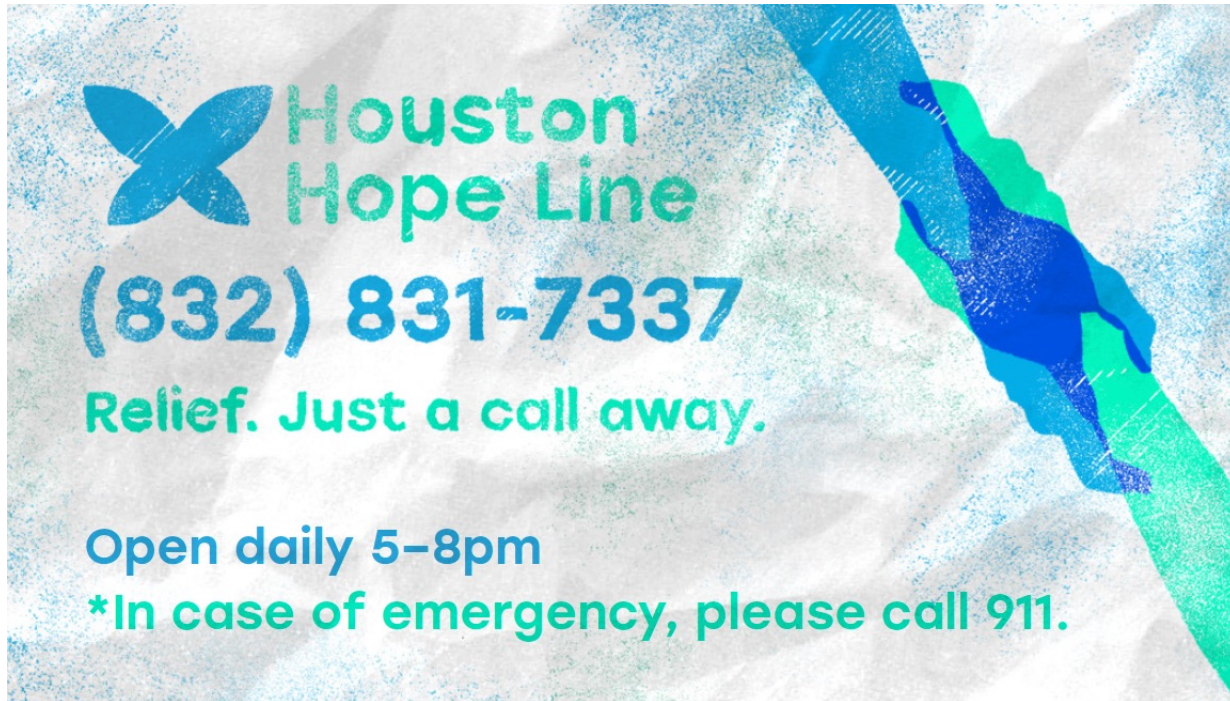
Gateway to Hope Schools

- Empower in Schools Training
 - 2-hour program will equip you with the techniques for identifying mental illness, developing safe and effective situational responses, and building a network to quickly connect adolescents in distress with professional care.
- Hope Group Training
 - Teaches how to build and sustain a support group
 - Group options for those that have experienced general trauma, sexual assault/rape, or combat exposure

Gateway to Hope Workplace

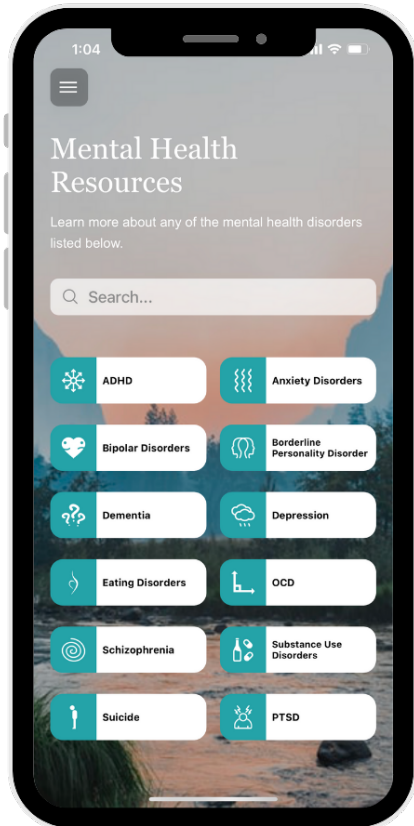
- Empower in the Workplace Training
 - Equips you with the techniques for identifying mental illness, developing safe and effective situational responses, and building a network to quickly connect those in distress with professional care
- Support Group Training
 - Teaches you how to build and sustain a support group in your workplace
- Mental Health Champion Training
 - Teaches how to offer help, hope, and encouragement to employees that need guidance throughout their journey to mental health recovery and wellness

Hope Line



Relief. Just a Call Away.

Mental Health Gateway App



- Mental health resources
 - PDFs
 - Videos
 - Guides and Workbooks
- Easy access to trainings
- Special features for Mental Health Coaches
 - Forum
 - Access to GTH Provider database

Questions?

- Use the Chat function or unmute yourself to ask any questions
- If you think of any questions later, reach out to our team!
 - Phone number: **346-335-8700**
 - Email: **gatewaytohope@mentalhealthgateway.org**
 - *Each GTH team member's contact information will be listed at the end of the slideshow!*

We're Here for You!

- Gateway to Hope Team:
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