



GTH: GATEWAY TO HOPE

Lunch & Learn: Introduction to Addiction and Substance Abuse

PRESENTED BY

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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 Three Rs

RECOGNIZE signs of addiction/substance abuse

RELATE to those in distress

REVEAL a starting point for care





RECOGNIZE

a mental health problem

What is substance abuse?

A repeated pattern of substance abuse that can result in tolerance, withdrawal, and compulsive drug-taking behavior. It affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medicine.



Types of Substance-Related Disorders

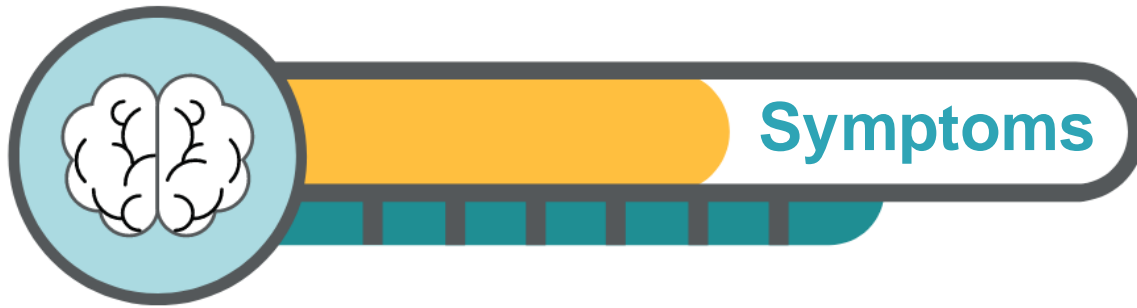
The DSM-5 lists ten classes of substances for which the diagnoses of a substance-related disorder can be given:

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



Reasons to seek the effects of Substance use:

- To feel good - Euphoria
- To feel better - Forget
- To do better - Performance
- Curiosity and peer pressure - Experimenting



- Withdrawal from friends and family
- Sudden changes in behavior
- Engaging in risky behaviors
- Developing a high tolerance and withdrawal symptoms
- Feeling like you need a drug to be able to function

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.

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.



Substance Abuse and Addiction

Brain imaging studies show physical changes in areas of the brain when a drug is ingested that are critical to:

- Judgment
- Decision making
- Learning and memory
- Behavior control

These changes alter the way the brain works and help explain the compulsion and continued use despite negative consequences



RELATE

to those in distress

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.

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

REVEAL

a starting point for care



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.

Treatment

- Treatment plans are tailored to individual needs and may include one or more of the following:
 - Individual, group, and/or family psychotherapy
 - Medical care and monitoring
 - Nutritional counseling
 - Medications

Navigating the System

PROVIDERS	TYPES OF LICENSURE	PROVIDER SPECIFICS
Primary Care Physicians	LPC, LMFT, LCSW, LCDC	Clientele
Counselors	PhD, PsyD	Specialties
Clinical Psychologists	MD, DO	Treatment Approach
Psychiatrists		Insurance, Sliding Scale
Hospitals & Treatment Facilities		Treatment Facilities

Changing our attitudes about substance misuse

- Substance use disorders have a **neurobiological basis**. They should be treated as medical issues like any other.
- We must **change social attitudes**, shifting how we think, talk, and act towards people with substance use problems.
- We have a moral obligation and economic imperative to provide access to high-quality care for those suffering from substance use disorders.

Gateway to Hope Resources:



FACT SHEET



RELATE SHEET



TOPIC BLOG



FACT SHEET

Substance Abuse & Addiction

About Substance Abuse & Addiction

Substance and alcohol are often used to self-medicate from heightened stress or psychological distress. This often can cause behavioral issues or relationships to be damaged. Substance use disorder (SUD) is a treatable mental disorder that affects a person's brain and behavior, leading to their inability to control their use of substances such as legal or illegal drugs, alcohol, or medications.



Substance Abuse & Addiction Facts



Substance Abuse in the Workplace

According to the National Safety Council, jobs in construction, truck driving, mining, and some service industries have higher rates of alcohol and substance use disorders which is a medical condition characterized by uncontrollable use of alcohol or other substances despite the negative consequences.



Impact of Substance Abuse

Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.



Statistics

Only 10.3 percent of people with SUD received SUD treatment this past year.

17 Million

U.S. adults experienced both a mental illness and a substance use disorder in 2020.



Individuals resort to substance and alcohol abuse to cope with work stress.





RELATE SHEET



SUBSTANCE ABUSE & ADDICTION

Follow these tips to navigate and relate to someone that is struggling with addiction or substance abuse.

Identify an Appropriate Time and Place

When addressing your concern of a colleague's behavior, consider a private setting with no distractions, such as a walk around your workplace or a short drive to lunch.

Express Concern and be Direct

Be intentional with your concern. Provide examples and reasons why you're worried about them.

Acknowledge their Feelings and Listen

It's important to keep an open mind and listen without judgment. They need to feel understood and validated as they become comfortable sharing their struggles.

Offer Help

Let them know that what they're going through, also impacts millions of people across the nation and it can be treated. Help them connect to a professional for the next step.

Be Patient

Results will not happen overnight. Be patient with the process, allow space to check-in on that person and follow their journey through treatment and healing.

RELATE: TOOLS & APPLICATION





TOPIC BLOG



SUBSTANCE ABUSE & ADDICTION IN THE WORKPLACE

Substance use creates a change in the brain's structure causing individuals to have intense cravings, changes in personality, abnormal moments, and behaviors. When a person has developed an addiction to a substance they can build a tolerance to it. Resulting in more consumption of the substance to achieve the same effects.

Common Substance Addictions

- Alcohol
- Marijuana
- Hallucinogens
- Inhalants
- Sedatives
- Stimulants
- Tobacco
- Opioids

Recognizing the Signs in the Workplace

Individuals with substance use disorder (SUD) will often downplay their unhealthy behavior or get caught lying about certain actions and behaviors. This is an open door to observe the signs, and offer support since it's important to remember that addiction does not discriminate and can affect anyone.

Signs of SUD may include:

- Excessive substance abuse
- Showing up to work looking unwell
- Fractured relationships with coworkers
- Associating with other substance users

Risk factors such as genetics and stressors can contribute to mental health issues, like anxiety, depression, and PTSD. Someone



struggling with a mental health issue may turn to substances as a form of self-medication. Therefore, creating self-awareness and seeking help will allow the individual to effectively treat the root issue and adopt healthier ways to navigate the situation.

Conclusion

If you're concerned, speak up, if you're struggling accept the help. Addiction and substance abuse is a stigmatized issue, but education and understanding will allow you to respond appropriately.

RECOGNIZE

The Hope Line



The Hope Line
(832) 831-7337
RELIEF. JUST A CALL AWAY

Open daily 5-8pm
*In case of emergency

HHCI Hope and Healing Center & Institute

YOU ARE NOT ALONE

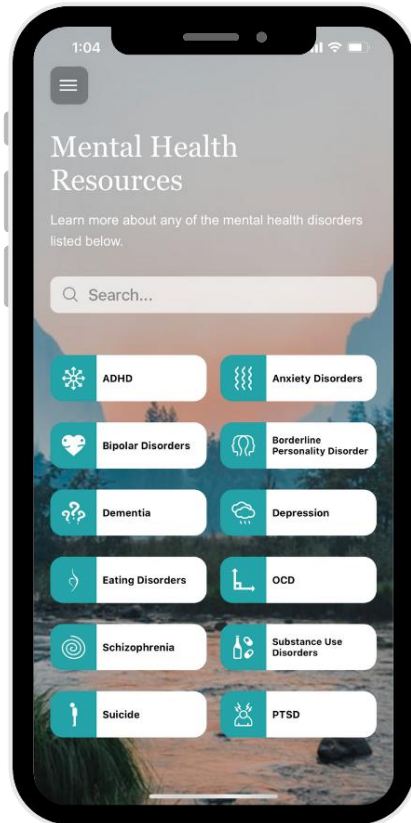
(832) 831-7337

Mental Health Gateway Websites



MentalHealthGateway.org
MentalHealthGateway.org/es

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

Contact Us to Learn About Our Trainings!

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Do you have
any
Questions?





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