

SUBSTANCE MISUSE

RISK FACTORS & PROTECTIVE FACTORS

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SUBSTANCE MISUSE

DSM 5 CRITERIA (paraphrased)

- 1. Using more than intended or for longer than intended**
- 2. Attempts to quit or cut down unsuccessful**
- 3. A lot of time spent acquiring, using and recovering**
- 4. Cravings**
- 5. Using interferes with obligations**
- 6. Using despite personal problems worsened by use**
- 7. Use continues despite physical / personal issues caused by using**
- 8. Physical danger is not a deterrent**
- 9. Development of tolerance**
- 10. Withdrawal issues with attempts to cut down or quit**
- 11. Using becomes only hobby**

RISK FACTORS

**IF YOU ENGAGE IN A PROCESS OR CONSUME A SUBSTANCE FOR THE PURPOSE OF
CHANGING HOW YOU FEEL ...
THEN THIS BEHAVIOR HAS THE POTENTIAL TO BECOME ADDICTIVE.**

PERSONAL RISK FACTORS

Personal Risk Factors

- You have at least one family member who suffers from addiction.
- You have had depression, anxiety, post-traumatic stress disorder, or other psychological problems.
- Your parents or other role models used alcohol or drugs excessively around you when you were growing up.
- Your parents or other role models engaged in criminal behavior consistently when you were growing up.
- You had friends and acquaintances at school who were using drugs and alcohol when you were in your teens.
- You had trouble in school as a child (for example, a learning disability or poor grades).
- You had difficulty making or keeping friends or feeling like you "fit in" with your peers when you were growing up.
- There was a lot of chaos and conflict at home when you were growing up (for example, lots of fighting between the adults in your home).
- You were physically or sexually abused.
- You started experimenting with alcohol or drugs as a child or in your early teen years.
- You have smoked or injected drugs.
- You had some traumatic experiences in your life prior to starting to use alcohol or drugs excessively.

See handout

SUBSTANCE USE DISORDER

MILD – MODERATE – SEVERE

WHO IS AFFECTED?

7.7
MILLION

Adults have co-occurring mental and substance use disorders. This doesn't mean that one caused the other and it can be difficult to determine which came first.

Of the 20.3 million adults with substance use disorders,

37.9%

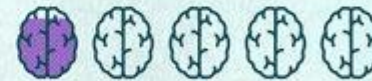
also had mental illnesses.



Among the 42.1 million adults with mental illness,

18.2%

also had substance use disorders.



Source: Han, et al. Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders. 2017.



NIH

National Institute on Drug Abuse

For more information about finding treatment for yourself or a loved one, visit drugabuse.gov/related-topics/treatment.

PROTECTIVE FACTORS



PROTECTIVE FACTORS

Protective Factors



Protective factors are things that contribute to mental health, and allow a person to be resilient in the face of challenges. Someone with a lot of protective factors—such as strong relationships and healthy coping skills—will be better equipped to overcome life's obstacles.

Many protective factors are out of your control. For example, genetics, the neighborhood where you grew up, and family cannot be changed. However, plenty of factors can be controlled. You choose the people in your life, how to cope with problems, and how you'll spend each day.

By focusing on what you can control, and building upon those protective factors, you will improve your ability to cope with many of life's challenges.



My Protective Factors

Instructions: Review each of the following protective factors, and mark the scales to indicate how well you are performing in each area.

Social Support

- ability to talk about problems
- people to ask for practical help (e.g. a ride if car breaks down)
- feelings of love, intimacy, or friendship

Weak Moderate Strong

Coping Skills

- ability to manage uncomfortable emotions in a healthy way
- awareness of one's own emotions, and recognition of how they influence behavior

Weak Moderate Strong

Physical Health

- adequate exercise or physical activity
- a balanced and healthy diet
- medical compliance (e.g. taking medications as prescribed)

Weak Moderate Strong

Sense of Purpose

- meaningful involvement in work, education, or other roles (e.g. parenting)
- understanding of personal values, and living in accordance with those values

Weak Moderate Strong

Self-Esteem

- belief that one's self has value
- acceptance of personal flaws, weaknesses, and mistakes
- belief in ability to overcome challenges

Weak Moderate Strong

Healthy Thinking

- does not ruminate on mistakes, personal flaws, or problems
- ability to consider personal strengths and weaknesses rationally

Weak Moderate Strong

See Handout

HEALTHY THINKING

**DOES NOT RUMINATE ON MISTAKES, PERSONAL
FLAWS, OR PROBLEMS**

**ABILITY TO CONSIDER PERSONAL STRENGTHS AND
WEAKNESSES RATIONALLY**



ANXIETY & ALCOHOL

APPROXIMATELY 15 MILLION ADULTS HAVE SOCIAL ANXIETY

1 IN 5 WITH SOCIAL ANXIETY MISUSES ALCOHOL TO COPE

ANXIETY IS INCREASED VIA:

- **AVOIDANCE**
- **CHECKING BEHAVIOR**
- **SUGAR AND CAFFEINE**
- **PHYSICAL TENSION**
- **CERTAIN MEDICATIONS**



RULE 8.3 REPORTING PROFESSIONAL MISCONDUCT, COMMENT [5]

INFORMATION ABOUT A LAWYER'S OR JUDGE'S MISCONDUCT OR FITNESS MAY BE RECEIVED BY A LAWYER IN THE COURSE OF THAT LAWYER'S PARTICIPATION IN AN APPROVED LAWYERS OR JUDGES ASSISTANCE PROGRAM. IN THAT CIRCUMSTANCE, PROVIDING FOR AN EXCEPTION TO THE REPORTING REQUIREMENTS OF DIVISIONS (A) AND (B) OF THIS RULE ENCOURAGES LAWYERS AND JUDGES TO SEEK TREATMENT THROUGH SUCH A PROGRAM. CONVERSELY, WITHOUT SUCH AN EXCEPTION, LAWYERS AND JUDGES MAY HESITATE TO SEEK ASSISTANCE FROM THESE PROGRAMS, WHICH MAY THEN RESULT IN ADDITIONAL HARM TO THEIR PROFESSIONAL CAREERS AND ADDITIONAL INJURY TO THE WELFARE OF CLIENTS AND THE PUBLIC.



QUESTIONS?

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