



**Professionalism, Ethics, & Substance Abuse Seminar**

Substance Abuse

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Identification  
Signs Symptoms  
Abuse or Dependency  
Intervention  
Treatment

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Psychoactive drugs alter perception and consciousness of an individual. These drugs can be clustered into categories

- Cocaine & Crack
- Heroin
- Opiates
- PCP
- Marijuana
- Alcohol
- Oxy's
- Valium
- Librium
- Ritalin
- Somas

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### Analgesics

- ...drugs used for the relief of varying degrees of pain without rendering the user unconscious. There are both narcotic and non-narcotic varieties of analgesics
- Narcotics include
  - Codeine-tylenol
  - Oxycodone-oxycotin,percodan
  - Vicodin
  - Tylox
  - darvocet

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## Narcotic analgesics

- Natural narcotics derive from opium poppy.
- Synthetic narcotics are made to act like natural narcotics.
- Heroin is an illegal narcotic.
- Natural narcotics include-Codeine
- Synthetic narcotics- Oxycontin (oxycodone) (percocet) (percodan) Vicodin(hydrocodone)

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## Narcotic analgesics cont...

- Codeine is the most widely used, naturally occurring narcotic in the medical treatment world.
- In 2001-estimated 90,232 ED visits related to narcotic analgesic abuse-114 percent increase since 1994.
- Average age was 37 for patients who attended the ED because of narcotic analgesic abuse

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## Signs/Symptoms of recent opiate use

- Constricted pupils (pin point)
- Slow pulse
- Lowered B.P and temperature
- Cool skin. Itchy skin
- Pupils non reactive to light
- Nausea & vomiting possible
- Nodding, sniffles
- Slurred speech
- Dry mouth
- Needle marks on hands/arms
- Mental clouding
- Suppression of cough
- Lowered level of consciousness

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## Narcotic pain killers up 90%

- Americans are buying 90 % more painkillers containing codeine, morphine, oxycodone, hydrocodone and meperidine than they did in 1997.
- Each year americans buy 200,000 pounds of these drugs-enough to give 300 mg of painkillers to every person in the country.
- Of the 495,000 ER visits in 2004 132,207 mentions included opioid pain relievers.

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## Why the increase?

- Oxycotin-developed in 1996-**time released**
- Aging population
- Changes in pain-management philosophy among doctors.
- Massive marketing campaign by drug companies.
- The addictive nature of the drug itself
- The aging population has this drug in their medicine cabinet at home. This increases exposure and creates opportunities for the adolescent that is curious and experimenting
- Precursor to heroin

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## Depressants/Sedatives

- CNS depressants- drugs that produce calm and relaxation. Alcohol, barbiturates and related compounds, and minor tranquilizers are sedative drugs.
- CNS depressants are used to treat anxiety and sleep disorders.
- Alcohol-most widely used and abused drug in U.S.
- Valium, Librium, Xanax, Soma, Placidyl, Fiorinal, Ativan, Klonopin, Ambien, Phenobarbital

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## Symptoms of using a depressant

- Causes a false sense of confidence
- Lowers inhibition
- Slurred speech
- Flat affect
- Sights Sounds Smells
- Decreased alertness
- Slowed reaction time
- Relaxation
- Emotional swings
- Coordination
- Concentration

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## Stimulants

- Drugs that stimulate the central nervous system and increase the activity of the brain and spinal cord.
- Purpose-to treat narcolepsy/ADD/obesity
- Amphetamines-speed
- Cocaine Crack
- Methamphetamine
- Ritalin
- Desoxyn
- Adderall
- Dexedrine
- Adipex
- cylet

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## Stimulant Abuse Warning signs

- Dry mouth/nose, bad breath, frequent lip-licking
- Excessive activity, difficulty sitting still, lack of interest in food or sleep.
- Irritability, argumentative nature, nervousness
- Talkative, but often lacks continuity: changes subjects rapidly

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### Stimulant abuse con't

- Runny nose, cold or chronic sinus/nasal problems, nosebleeds
- Use or possession of paraphernalia including small spoons, razor blades, mirror, little bottles of white powder and plastic, glass or metal straws.

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### Stimulant (methamphetamine)

- Man made with toxic chemicals, solvents & irritants.
- Smoked, snorted or injected
- High last 6 to 24 hours
- *Ingredients-pseudoephedrine, lithium, sodium metal, anhydrous ammonia, acetone, mirriatic acid, red phosphorous (match heads), sulfuric acid.*
- *Names-speed, ice, crank, glass, crystal*

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### Hallucinogens (Psychedelic)

- Drugs that act on the central nervous system, producing mood and perceptual changes that vary from sensory illusions to hallucinations.  
LSD-semisynthetic psychedelic drug.Synthesized from lysergic acid & ergot,a grain fungus.  
PCP, Ketamine  
Hallucinogenic mushrooms-psilocybin  
Peyote cactus- mescaline in top/button

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## Cannabis (Marijuana)

- Most widely used of prohibited drugs in U.S
- Marijuana refers to the leaf of the plant
- Hashish refers to gooey resin collected from leaf surface
- Active ingredient is THC (Tetrahydrocannabinol)
- More potent today than past
- Hydroponics-improved plants

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## Effects of use

- Changes in perception
- Impaired performance
- Lack of motivation
- Disruption of immune system
- *Bloodshot eyes, dry mouth, impaired motor skills, distraction, confusion, difficulty with processing information, talkativeness, laughter.*

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## Marijuana

- Heavy marijuana use-compromises the ability to learn and remember information, the more a person uses pot the more he or she is likely to fall behind in accumulating intellectual, job, or social skills.
- Marijuana's adverse impact on memory and learning can last for days or weeks after the acute effects wear off.

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## Marijuana

- Has a ½ life
- Stored in fat cells
- Leaves body slowly
- Research studies indicate:  
smoking 2 to 3 times per week (2 to 3 joints) will increase brain cells walls thickness by 400 X resulting in decrease of brain functioning.

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## Points of interest

- 1992 there were 2 billion prescriptions written. 2004 four billion prescriptions written
- Presently the average prescription per year per individual is 13.6.
- 2003 it is estimated there were 800,000 web sites that would ship high risk addictive drugs.
- Prescription drug sales were \$300.3 billion in 2009.

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## Points of interest

- It is estimated that U.S citizens purchase 65 % of all the illegal drugs grown in the world
- 8 million in U.S individuals meet the diagnostic criteria for etoh dependence and an additional 5.6 mill meet the dx criteria for etoh abuse.

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- In 2000, 43 % of those who ended up in hospital emergency rooms from drug overdoses-nearly half million people-were there because of misusing prescription drugs.
- The annual number of NEW users of pain relievers has been increasing since mid 80's.from about 400,000 to 2 mill in 2000.
- The number of Americans receiving substance use treatment related to pain medication jumped by 321 percent from 1995 to 2005

- OTC                      Prescription                      Alcohol

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### Social-Abuse-Dependent

- Relationship with mood altering chemicals can change over the years.
- Individuals can learn to use these chemicals as a way of adding to their life, escaping from life (stress), coping with ?, or medicating thoughts/feelings.
- Certain chemicals just promote continued use. (Opiates-Methamphetamine)

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### Abuse of chemicals

- Variety of definitions are used
- Abuse-any over use of a chemical, or the use of a prescription medication that was not prescribed to you.
- Over use can be ingesting an amount that your body has to stockpile in order to break it down for elimination.
- Who would not fit this category?

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Some individuals have a relationship with mind/mood altering chemicals that can change from social use to addictive use.

Lets look at some of the terms used in relation to substance abuse

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### Addiction

- Refers to any single or group of conditions which cause a user of a substance to continue using a substance in spite of any negative effects that use may cause. Negative effects are **highly varied**, but include those that are psychological, physical, social or monetary.

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### Psychological addiction

- Those things that convince a person that they gain benefit from the use of the substance. For instance, if they feel that they are more socially adept while drunk or that it allows them to better handle stress, then they might feel that any problems caused were worth the benefit.

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### Physical addiction (a.k.a., dependence)

- Involves the physical adaptation of a person's biological systems to the continued presence of alcohol or other drugs in their system. The person's systems become more comfortable when they have the "normal" level of drug, and higher doses are required to maintain an equivalent effect. A decrease in the level of the drug causes a reverse effect which looks different depending on the type of chemical being used.

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### Neurochemical addiction

- Involves the hijacking of existing learning mechanisms in order to convince the system that an addictive behavior is good for it, despite all evidence to the contrary.
- Specific feel good chemicals are released in the brain through a natural or synthetic process.
- Certain chemicals play a strong role in the release of these feel good chemicals. This can teach our brains that the behaviors or chemical use should be repeated.

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### Intervention

- Defined-to come between
- If the individual somehow brings up or refers to his/her chemical use than addressing that topic would be appropriate.
- The individual may interact in ways demonstrating the following: *Secrets, dishonesty, avoidance, changing the subject, humor, minimizing, justifying*

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## Assessment

- A suggested response to someone that has been intervened upon: *“I’m not the person to figure out what role alcohol/drugs plays in your life, or even if it is a concern. Sitting down with a professional that can sort that out may be something you want to think about.”*

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## Assessment continued

- Diagnostic assessment takes a couple hours
- It gathers information and initiates specific testing tools.
- Results in a diagnosis and recommendations.
- These recommendations may include some form of treatment

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## Treatment

- Techniques or actions customarily applied in a specific situation
- Situation-alcohol/drug abuse?
- The individual has a relationship with mind/mood altering drugs.
- The relationship needs to, has or is ending.
- The treatment of discontinued use can illicit many forms of care dependent upon many factors.

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### Treatment contingent upon...

- Type of chemical the individual is using
- Length of time chemical as been used.(acute or chronic)
- Behavioral treatment-*support the individual with stopping use and teaching the individual.*
- BT-assist the individual with learning how to function with out using.

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### Behavioral treatment

- Focuses on how to handle cravings.
- Preparing for situations that could lead to the return to active use.
- Allows for the individual to understand others have the same problems/concerns
- Builds a unique support system
- Educates/plans for handling a relapse if it should occur.

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### Medical model treatment

- The body requires medical attention in order to minimize life ending, or severe medical complications when the drugs are discontinued.
- Or prescribed medications can be dispensed with out hospitalization in order to increase the person success and comfort with discontinuing use.

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