

Understanding Addiction

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Objectives

- Increase knowledge of addictions
- Recognizing substance abuse problems
- Impact on the workplace
- How substance use problems develop
- Mood – altering drugs and their effects
- Increase comfort, confidence and ability to interact with others who are experiencing addictions
- Increase knowledge of services available when substance use or mental health is impacting the individual, family, workplace or other major life areas

Values and Beliefs

1. How does it make you feel when you read this?
2. What emotion does it evoke?
3. How might your values affect a relationship with a client?
4. How do our personal values and beliefs impact us as professionals?

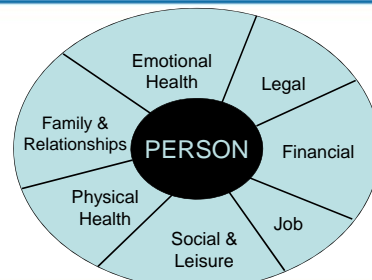
Values and Beliefs

- Any woman who uses drugs during pregnancy, obviously doesn't care about her child.
- Anyone using drugs should be incarcerated or hospitalized.
- People who use drugs are selfish.
- Once someone has an addiction, they will always have an addiction.
- Having a substance use problem is incompatible with being a good person.

What is addiction?

When one or more major areas of life (school, work, family, relationships, mental health, physical health, leisure and spiritual) are negatively affected by use of alcohol, drugs, or gambling and use/behaviour continues anyway.

Major Life Areas



Important!

- The process of addiction *and* the process of recovery **are the same** for *all* of the following:
 - Drugs
 - Alcohol
 - Gambling
- It is the **individual** experience that varies!

Cycle of Dependency



What is a drug?

Any substance other than food, which is taken to change the way the body or mind works.

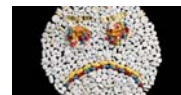


Classes of Drugs

- Depressants
- Stimulants
- Cannabis
- Hallucinogens

Depressants

- Slow down the central nervous system
- Examples:
 - Alcohol
 - Inhalants
 - Solvents
 - Opioid Analgesics (codeine, morphine)



Effects of Depressants

- Slow down the central nervous system: breathing, heart rate and brain activity
- Pain reliever
- Euphoria/relaxation
- Examples:
 - Alcohol
 - Inhalants
 - Opioids (codeine, morphine)
 - Benzodiazepines (anxiety, sleep)

Average Cost of Depressants

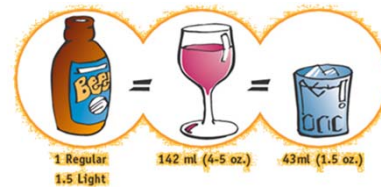
Drug	Quantity	Cost
Oxycodone	5 mg	\$5
	10 mg	\$5
	20 mg	\$10 - \$30
	40 mg	\$30 - \$50
	80 mg	\$40 - \$50
Morphine	10 mg	\$3 - \$5
	15 mg	\$10
	30 mg	\$20
	60 mg	\$30 - \$40

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Alcohol

- Alcohol is the most commonly used substance
- 80% of Albertans drink alcohol
- 10 – 15% are harmfully involved
- 3.5% are alcohol dependent (2006/2007)

Alcohol Beverages/Safe Drinking



No matter what you drink, it's all the same to your body!

Does alcohol affect everyone the same way?

THE DRUG

- dose
- type
- other drugs
- speed of taking

THE PERSON

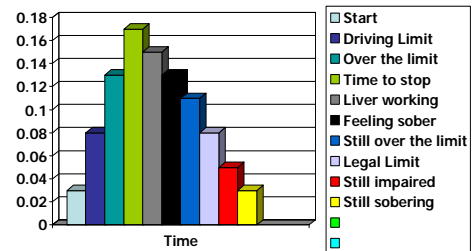
- experience
- mood
- health
- age
- gender
- size

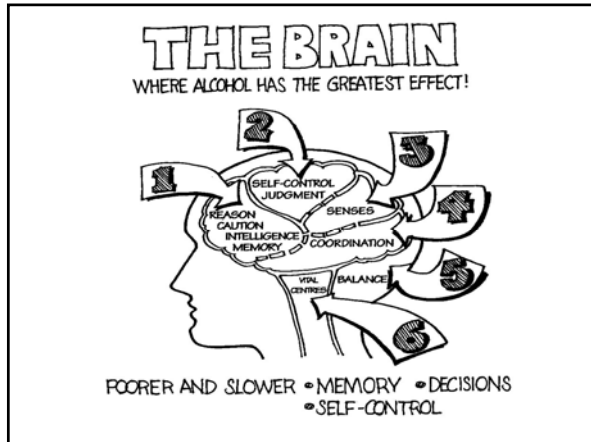
THE SETTING

- place
- company
- time
- food



Mellanby Effect





Alberta Health Services

Opioid Drugs

- Codeine
- Morphine
- Talwin
- Demoral
- Heroin
- Percodan

Inhalants

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Alberta Health Services

Prescription and OTC Painkillers (Opiates)

- Can be dangerous if misused (Medical Exceptions)
- Can be smoked, injected, snorted or taken orally
- Highly addictive
- Can lead to radically altered behavior
- Extremely dangerous to use in conjunction with driving or machinery operation.
- Can lead to altered behavior, addictions.

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When does use, become abuse?

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Depressants – Signs & Symptoms

- Constricted pupils – poor night vision
- Drowsiness
- Nausea/vomiting
- Constipation
- Intense physical withdrawals/fatalities – medically supervised detox recommended

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Alberta Health Services

Fentanyl

- Currently a public health crisis in Alberta as it is the leading cause of death at present.
- Fentanyl is about 100 times more toxic than morphine, heroin, or oxycodone.
- In 2015, there were 257 deaths in Alberta, associated with fentanyl; 2016 saw an increase in overdoses related to opioids
- Multiple strains and drug tests/kits only search for certain ones

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FENTANYL OVERDOSE SIGNS AND SYMPTOMS

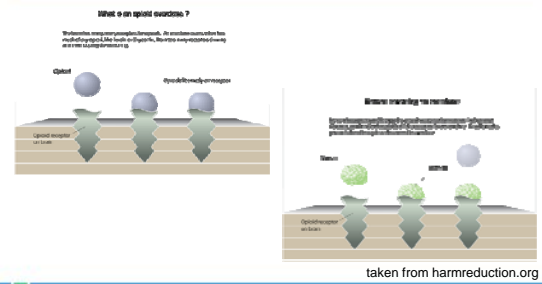
Call 911 if one or more signs are present.

<p>SLOW OR NO BREATHING</p>	<p>BLUE LIPS AND NAILS</p>
<p>NO MOVEMENT (CANNOT WAKE THEM)</p>	<p>CHOKING OR THROWING UP</p>
<p>GURGLING OR SNORING SOUNDS</p>	<p>PUPILS ARE TINY</p>
<p>COLD AND CLAMMY SKIN</p>	<p>SEIZURE</p>

Naloxone

- Used to counter the effects of an opioid overdose; primarily to stimulate the central nervous system and respiration.
- Injectable naloxone is a lower concentration than the nasal naloxone.
- Temporary drug that wears off within 20 – 90 minutes of consumption.
- Does not reverse an overdose, rather buys time to obtain medical attention.
- No adverse reactions if administered in the absence of an opioid.

How it works...



Fentanyl in Red Deer

- RCMP report that of the fentanyl they are seizing and testing, dosage can range from 0.4 micrograms upwards of 6 micrograms per pill
- Can be ordered online
 - 1 kg = \$13 000 USD/\$16 000 CAD = 1 million pills
 - Value of \$20 - \$40 in Red Deer
 - \$20 in Calgary
- \$30 x 1 000 000 pills - \$16 000 investment = **\$29 984 000 profit!**

Stimulants

- A class of drugs that gives the user more energy, exciting or speeding up the central nervous system.
- Examples of stimulants:
 - Crack, cocaine
 - Methamphetamine (crystal meth)
 - Diet pills
 - Wake-up pills
 - Ritalin, Dexedrine



Stimulant Drugs



Crack Cocaine



Cocaine



Crystal Methamphetamine

Effects of Stimulants

- Produces confidence, outgoing behaviour, excitement, euphoria
- Increase concentration and focus
- Decreased appetite and need for sleep
- In the absence of a stimulant (prescribed or otherwise):
 - Inability to concentrate
 - Restlessness
 - Poor mood regulation (depression and/or suicidal ideation)
 - Irritability/aggression

Average Cost of Stimulants

Drug	Quantity	Cost
Cocaine	½ gram	\$35 - \$60
	One gram	\$80 - \$100
	1/8 ounce	\$180 - \$220
	One ounce	\$1 200 - \$1 600
	One pound	\$20 000 - \$30 000
	One kilo	\$45 000 - \$62 000
Methamphetamine	One point = 0.1 gram	\$10 - \$25
	½ gram	\$30 - \$50
	One gram	\$50 - \$80
	1/8 ounce	\$150 - \$200
	One ounce	\$900 - \$1 200
	One kilo	\$48 000 - \$52 000

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Cocaine

- Can be smoked, injected or snorted
- Highly addictive can be made into “crack”
- Can lead to radically altered behavior
- When users “crash” they feel depressed, anxious and irritable
- Extremely dangerous in conjunction with driving or machinery operation.

Did you know?

In cigarette smoke:

There are over 7,000 dangerous chemicals and poisons.
69 are known to cause cancer.



Nicotine

- Can lead to decreased productivity due to more breaks and increased absenteeism due to illness
- Long term use can lead to decreased stamina
- Can lead to permanent health problems such as heart disease, stroke, COPD, and death

In Alberta, over 3500 people die each year as a direct result of tobacco use.

True or False?

Tobacco use kills more people than AIDS, motor vehicle collisions, murders, suicides and illegal drug use combined??

Stimulants – Signs and Symptoms

- Dilated pupils
- Dry mouth, frequent licking of lips
- Irregular heart beat and chest pain
- Jerky movements (fidgeting, jaw clenching)
- Trouble concentrating and organizing thoughts
- Irritable and violent behavior, especially after prolonged use

Physical Signs



Stimulant Withdrawal Symptoms

- Feelings of emptiness
- Depression
- Suicidal ideation
- Sleeping and eating disorders
- Anxiety
- Irritability
- Strong cravings to use again

Cannabis

- Although marijuana has depressant effects, it increases the heart rate; contains THC (the psychoactive ingredient) and cannabinoids
- Forms of cannabis:
 - Shatter
 - Dabs
 - Marijuana (pot)
 - Hash
 - Hash oil



Cannabis

- Illegal in Canada, with medical exceptions
- Can be smoked or cooked into food
- Individual may react slower, clumsier
- Causes short-term memory loss/ trouble concentrating
- Can lead to serious accidents or death if used when driving or operating machinery
- Anxiety, paranoia

True or False?

There can be withdrawal symptoms when marijuana use is stopped.

TRUE

Withdrawal symptoms can include irritability, sweating, tremors, upset stomach and diarrhea.

Short Term Effects

- Feeling relaxed
- Feeling more friendly and talkative OR quiet and withdrawn
- Judging distance and time is difficult
- Clumsy
- Slow to react
- Lose some ability to learn
- Forgetful
- Trouble concentrating
- Anxiety/Panic attacks
- Paranoia

Blood shot eyes may be a sign of drug abuse

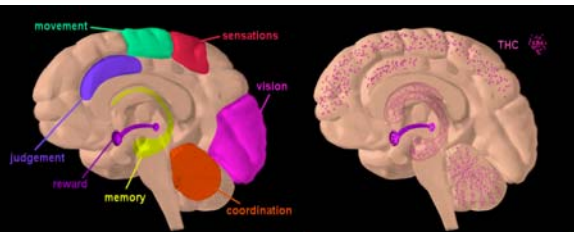


#ADAM

Long Term Effects

- Cannabis smoke contains cancer-producing chemicals
- Chronic coughing
- Lung infections
- People who smoke both marijuana and tobacco may develop lung, neck, head cancers at a younger age than those who smoke only tobacco
- Problems with short-term memory, concentration and abstract thinking
- Less active
- Less ambitious
- Anxiety, paranoia
- Lack of motivation

Effects of Cannabis on the Brain



Average Cost of Cannabis

Drug	Quantity	Cost
Marijuana	One "joint"	\$5
	One gram	\$10 - \$15
	1/8 ounce = 3.5 grams	\$35 - \$50
	¼ ounce = 7.0 grams	\$60 - \$70
	One ounce = 28.4 grams	\$160 - \$250
	½ pound	\$1100 - \$1750
	One pound = 454.4 grams	\$2200 - \$3000

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Implications of Legalization of Cannabis



Legalization

- 31 identified recommendations made to the federal government as outlined by:
 - Minister of Justice
 - Attorney General of Canada
 - Minister of Public Safety and Emergency Preparedness
 - Minister of Health
- Mandate to provide advice and a regulatory framework in regards to legal access of cannabis

Recommendations - Overview

- Minimum age of 18
- Restrictions around advertising
- Limited promotion similar to that of the *Tobacco Act*
- Plain packaging with information clearly labelled pertaining to strain name, price, amounts of THC and CBD
- Prohibit any marketing that appeals to children
- Child proof packaging
- Pricing that discourages people from purchasing higher potency forms of cannabis

Recommendations - Continued

- Develop and implement factual public education
- Ongoing research on cannabis impairment, primarily considering the implications for OH&S policies
- Support in implementing workplace policies around impairment

Hallucinogens

- Hallucinogens cause distortions in perception of reality whereby people can see images, hear sounds and feel sensations
- Examples:
 - LSD (psychedelic drugs)
 - MDMA (Ecstasy)



Effects of Hallucinogens

- Affect perception, emotions, and thinking
- Distort the senses and can cause hallucinations
- Permanent chemical changes in the brain
- Mood changes
- Depression
- Irritability
- Disrupted sleep patterns
- Display erratic and bizarre behaviour

Average Cost of Hallucinogens

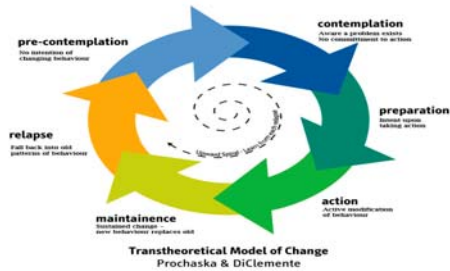
Drug	Quantity	Cost
Ecstasy	One pill or capsule	\$5 - \$10
MDMA powder	One gram	\$60 - \$80
	One ounce	\$1600 - \$1700
L.S.D.	Single "hit"	\$3 - \$5
	Double "hit"	\$10

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Gambling

- Defined : The act of risking money, property, or something of value on an activity with an uncertain outcome.
- Gambling can be a mood altering activity
- Short term effects include:
 - Black outs
 - Sweaty palms
 - Rapid heart beat
 - Nausea or queasiness

The Stages of Change



Precontemplation

- The "get off my back!" stage
- Client cannot see the problem
- Client has no intention of changing
- Client often denies that there is a problem
- Counsellor tasks:
 - Establish a relationship (most important)
 - Offer information in a non-judgmental manner
 - Raise doubt or concerns – "is there any way that your life would be better if you quit smoking?"

Contemplation

- The "I want to quit feeling so stuck..." stage
- Client acknowledges that there is a problem; but has no definite plans to take action
- They simultaneously see reasons to change and to stay the same. Client begins to consider the possibility of quitting or cutting down (harm reduction)
- Counsellor tasks:
 - Normalize the ambivalence
 - Help client move from extrinsic to intrinsic motivation.
 - Shift focus from use to the reasons behind their use.
 - Encourage clients in their belief that they can change.

Preparation

- Preparing for action, the "I'll stop gambling tomorrow..." stage
- Client is less resistant, showing an openness to changing and possibly having begun making small changes
- Planning to take action within the next month
- May be committed to action but still have mixed feelings
- Counsellor tasks:
 - Reflect discrepancy between future goals and current behaviour
 - Emphasize personal choice and responsibility
 - Explore the menu of options (treatment, counselling, groups, etc)
 - Identify supports

Action

- The "here I go....I have to quit!" stage
- Client is actively taking steps to change but has not yet reached a stable state (may be in physical withdrawal/experiencing emotions)
- Not an event, but a process
- Client faces challenging situations and emotions that come to the surface when they quit using

- Counsellor tasks:
 - Listen with empathy to the challenges of making a change
 - Work on finding solutions to the problem and help them practice strategies to avoid relapse and if they do, reassure them it is normal
 - Make referrals to other service providers

Maintenance

- Client has established a new self-image that is consistent with healthier behaviour
- Problem behaviour no longer presents temptation or threat
- Complete confidence in ability to cope at all times without relapse

- Counsellor tasks:
 - Help client explore other life goals and how they are impacted/enhanced by smoking/alcohol/drug/gambling free lifestyle
 - Maintain supportive contact

Balance between life and work

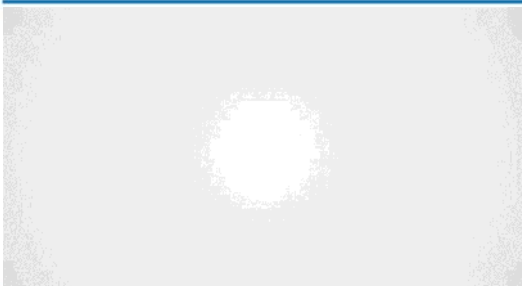


Alcohol and drug use can affect this balance

The Challenge of Change



Redirecting the River



Challenges of Quitting

- Peer pressure
- Lack of support
- Fear of success
- Fear of withdrawal
- Lack of resource knowledge
- Multi-issue problems
- Too much pressure

Barriers to Treatment

- Addiction counsellor only available once per week
- Hours of outpatient treatment program - not fitting need
- Confidentiality
- Language barriers
- Too many rules in treatment / limited choice of treatment
- Physical or mental disabilities
- Feeling helpless/hopeless about life situation

Barriers to Treatment

- Time lapse/waiting lists
- Services not near home
- Shuffled from agency to agency with no coordinated treatment plan
- Lack of information about different types of treatment
- Employment/school – can't take time off
- Time away from children / need child care
- Cost – Transportation/\$40/per day for residential
- Non Supportive partner

Who are our services for?



Who are our services for?

- Adults
- Children
- Youth
- Family
- Friends



AHS Addiction Services for the workplace

- Treatment, Information, prevention
- Confidential
- Employee assessments and referrals
- Out-patient services
- Residential Services
- Detoxification services
- No cost to all Albertans

Call 811 to access local resources

Our Services

- Individual Counselling
- Family/Couples Counselling
- Outpatient Treatment : Day Treatment Program
- Protection of Children Abusing Drugs Act
- Groups :
 - Ways to Wellness (formerly known as Eye Opener)
 - Ongoing Recovery
 - Addiction Information Series
 - Relapse Prevention Series
 - Parenting Forever
 - Concurrent Disorders
 - Tobacco Cessation
 - Mindfulness



Contact information

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