APhA Institute on Alcoholism & Drug Dependencies

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Salt Lake City
June 5-8, 2015
Goals

- Learn how to be sensitive to and provide effective support for anyone going through drug dependencies and alcoholism
- Share my knowledge with others
Different Kind of Conference

Impactful

- Many stories and personal experiences
- Some participants came carrying heavy baggage
- Letting go
- Respecting people
- Private
AA & NA Meetings

Be Caring & Empathetic

WE HAVE TO TELL ALL STORIES
What do you know about addiction?

1. Is it a person’s own will or is it a disease?
2. Does genetics play a role?
3. Does it progress slowly or rapidly?
4. Who is affected?
5. Are healthcare professionals more likely to become addicted or are patients?
Shame

From Disgrace to Grace: an Overview of Addiction and Recovery Process through the 12 Step

- Feelings behind addiction
  - Disgrace
  - Stress/Conflict
  - Contempt: anger/fear/stress
  - Disappear & Disappoint

- Feelings are our affective bonds to the world
  - Motivates our actions, our perceptions
The Shame Anxiety Cycle

- Anxiety
- Compulsive Behaviors
- Relief
- Remorse
- Shame
- Cognitive Distortion
Permission to Recover

• “I Need Help”
  1. Ask for directions → Follow directions
  2. “How do I recover today?” → Repeat the process

• What can a pharmacist do?
  o Prevent, refer for treatment, intervene
  o Treat based on skill set

<table>
<thead>
<tr>
<th>Pre-contemplation</th>
<th>Unaware</th>
</tr>
</thead>
<tbody>
<tr>
<td>Determination</td>
<td>Window</td>
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<tr>
<td>Action</td>
<td>Motivation</td>
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<tr>
<td>Relapse</td>
<td>Part of the process</td>
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<tr>
<td>Maintenance</td>
<td>Continuance</td>
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</tbody>
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Pharmacists Rehabilitation Network

- Pharmacist testimony
- Help pharmacists recover from addiction
- **Phase I: Detox/Treatment**
  - 3 hours, tiw
  - Expensive
- **Phase II: Maintenance**
  - Minimum of 5 years, tiw
  - Family is given resources
  - Sponsor that guides through the 12 Step Process
  - 3rd party drug screens at least 4x a quarter

PRO Inc.
Pharmacists Rehabilitation Organization Inc.
The Big Book

- Used in Alcohol Anonymous meetings
  - “Better together”
- **Alcoholism is a Non-discriminative DISEASE**
  - Mostly white, male, retired
- **Chronic, progressive, fatal → high rate of relapse**
- **4 Questions: CAGE, >2 = problem**
  - Cut down
  - Annoyed
  - Guilty
  - Eye-opener in the morning
- Craving
What Can Pharmacists Do?

- Recognize medications in early recovery:
  - Buprenorphine
  - Acamprosate
  - Naltrexone
  - Naloxone

- Learn to consult and intervene
- Learn to confront addictive behavior
- Be able to provide support tools
- Understand:
  - CHRONIC High Risk disease
  - SUD: Substance-Use Disorders
  - Spiritual medicine

- Talk to patients
  - Stop treating "around" disease
Pain Management in the Recovering Addict

- Illicit drug sales $45 billion
- Rx drug street sales $30-35 billion

1. Who is prescribing the most?
2. What drug is responsible for the most unintentional overdose?
3. What effect does exposure to pain meds at a lower age impose?
4. Above what dose of morphine is fatal overdose associated with?

- Different pain regimens depending on what stage the patient is experiencing...
Leading Cause of Death is Addiction!
Addiction is a disease, ↓ stigma
Addicts do harm, lack accountability –punishment?
Physiology, epigenetics, dopamine
Don’t make any big changes fast
Do not switch one addictive substance for another
Better decisions and best functioning earlier in the day!
Generation Rx Workshop

#3 New Mexico

- Community Outreach
  - County wide approach

- Media
  - Facebook/Twitter/Instagram
  - “Fun Fact Friday”

- Partnerships
  - Parent Intervention Programs
    - Once weekly parent to child interactions
  - Athletes
  - Local government
  - Friends finding friends – reaching out to each other

- Spanish Speaking Presentations
#2 Florida

- Dash Against Addiction 5k
- Advertising
  - TV, radio, schools, Twitter Facebook
  - Billboard – “Shock campaign”
  - Paint walls w/ permission of city
- Educators
  - Launch electronic resources for teachers
  - Demonstrated use of the GenRx toolkits
  - Great American Teach In – same day
  - Homeschool virtual website
- Interprofessional Drug Abuse Seminars
- Take-back Events – getting the news involved
- Target National Night Out
Generation Rx Workshop

#1 Tennessee

- Naloxone Training – “Project Revive”
  - Recognizing OD and how to reverse
  - Clinical and governmental collaboration
  - Step by step video on how to administer naloxone

- PharmD students certified to go out and administer and train other individuals
  - Empowering rural areas
  - Build community relations

- Partnership
  - Cubs & Girl Scouts
  - Juvenile Detention Centers

- T-shirts
Support for Students in Recovery

• Sarah Nerad - Advocate
• Collegiate Recovery Program at Ohio State
• 1/5 college students have a substance disorder
• Balancing recovery is tough - recovery comes 1st!
  o Schedule around recovery
• New peer groups – ally training
• Accountable
• Open & honest about the situation
• Sober tailgates
Family Dynamics and Co-dependency

- Humans need relationships – psychopathological
- Family attachment – frame world perception
- Co-dependency or “relationship addiction”
  - 1-sided relationship that can be abusive
  - Often affects people in relationships with addicts
  - Putting the needs of the addict before themselves
  - Deny problem
  - ENABLES ADDICTION

- Features of a co-dependent person:
  - Warm, empathetic, good caretakers, reliable, trustworthy, conscientious
  - Low self-worth, self-doubt, and difficulty expressing
Treatment & Counseling

- Person is trapped in the disease

- Goal:
  - Reduce suffering and pain from damaged or lost relationships
  - Improving QOL through emotion
  - More times building positive relationships
  - Helping to deal with stresses and triggers

- Longer you are sober, the more you will stay sober
  - 1st year is the hardest, if you make it beyond 3-5 years, life-long sobriety

- $1 treatment = + $7 from crime costs
  - Savings can exceed cost by 12:1 if healthcare costs are factored in
Illicit Drugs

- What is...
  1. Battery Acid
  2. Anti-freeze
  3. Honey Oil
  4. Aunt Nora
  5. Molly
  6. Special K
Medical Marijuana

- Is it Really Medical Marijuana? NO.
- Discretion is not uniformly enforced
- Generally not part of professional duty
Positivity

• Road blocks to happiness:
  o Stress
  o Fear of Unknown

• Try to take small positive risks!

• BE POSITIVE 😊
Takeaway Points

• Addiction is an insidious disease
  o No discrimination between race, gender, age, etc.
• It is treatable, BUT it will not be easy → Persistence!
  o Patient
  o Family
  o Healthcare Providers
  o Community
• Pharmacists have the tools to help!
• Be kind & empathetic to others!!
Fun!

Went downtown!
Met new friends!
Exercise/Hiking!
Interested in learning more?

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• Travel & Cost:
  o Flight
  o Shuttle
  o Living/Dormitories
  o Food