

APhA Institute on Alcoholism & Drug Dependencies

Jing Wu

DPH-3

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

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?

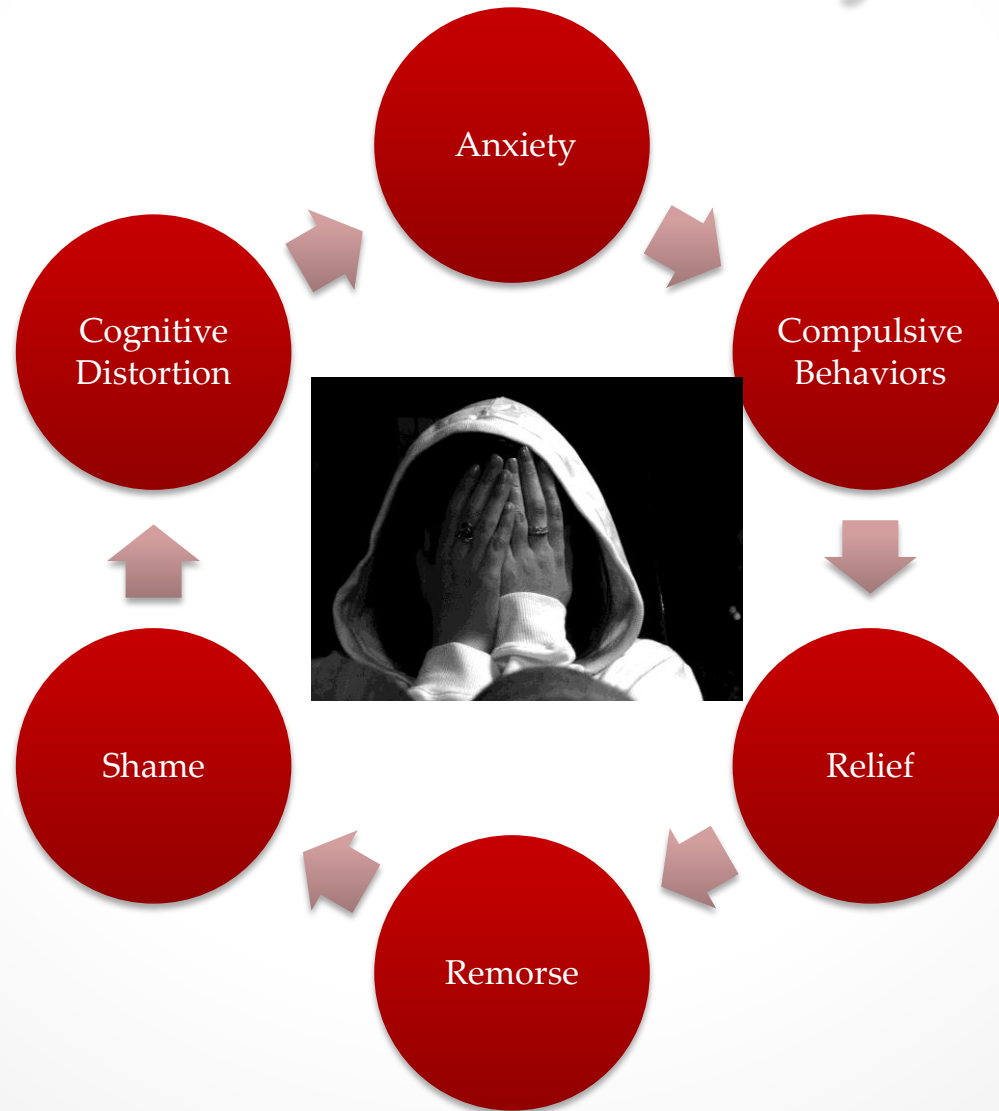


Shame

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



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?**
 - Prevent, refer for treatment, intervene
 - Treat based on skill set

Pre-contemplation	Unaware
Determination	Window
Action	Motivation
Relapse	Part of the process
Maintenance	Continuance

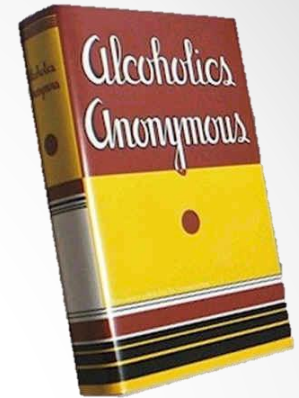
Pharmacists Rehabilitation Network

- 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



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**
 - **C**ut down
 - **A**nnoyed
 - **G**uilty
 - **E**ye-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...



My favorite!



Introduction to Addictive Disorders: Understanding Impairment, Effective Intervention and Safe Monitoring to Preserve Lives and Career Goals

Kevin McCauley, MD

- **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



Generation Rx Workshop

#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

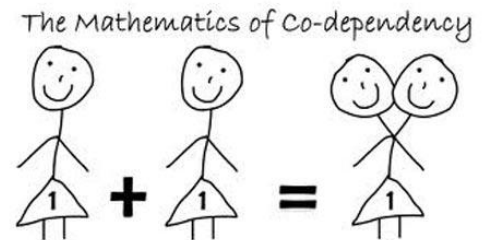
- Sarah Nerad - Advocate
- Collegiate Recovery Program at Ohio State
- 1/5 college students have a substance disorder
- Balancing recovery is tough - recovery comes 1st!
 - Schedule around recovery
- New peer groups – ally training
- Accountable
- Open & honest about the situation
- Sober tailgates



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



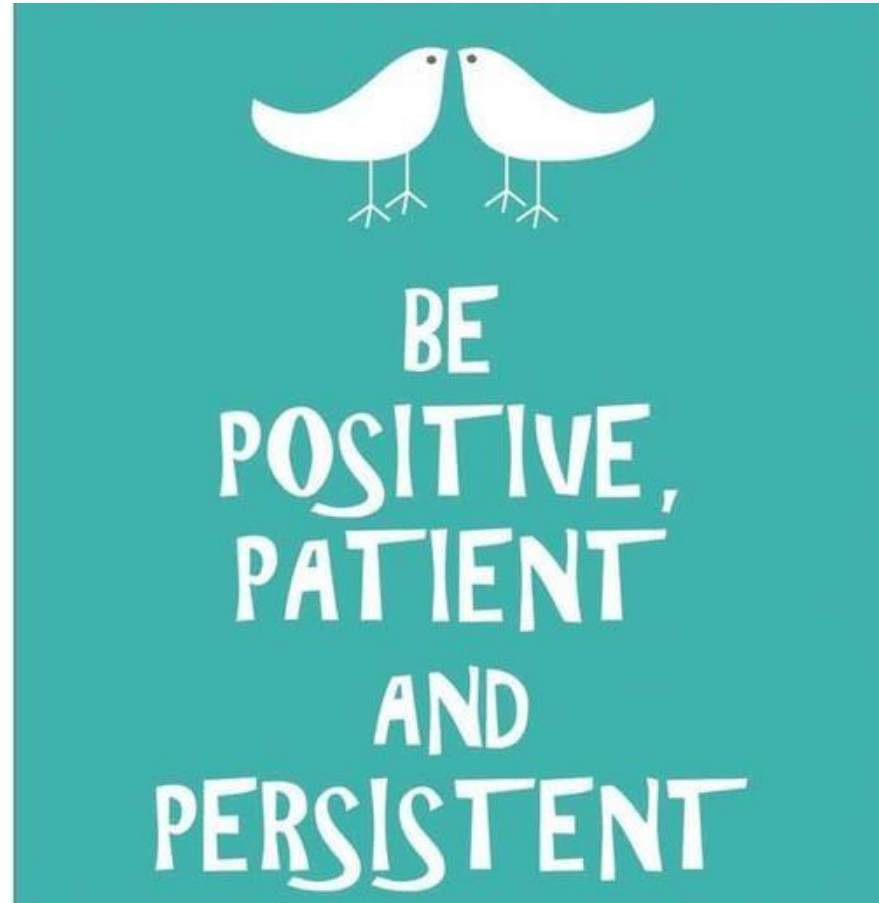
Medical Marijuana

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



Positivity

- Road blocks to happiness:
 - Stress
 - Fear of Unknown
- Try to take small positive risks!
- BE POSITIVE 😊



Takeaway Points

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



Fun!

Went downtown!
Met new friends!
Exercise/Hiking!



Interested in learning more?

Jing Wu

jwu63@wisc.edu

- Travel & Cost:
 - Flight
 - Shuttle
 - Living/Dormitories
 - Food

