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Substance-Induced Disorders

- ✦ Higher risk of suicide and self injury in Substance Induced Depression vs. Major Depression
- ✦ Higher likelihood of panic attacks with Substance Induced Anxiety

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Dual Diagnosis Evaluation

- ✦ To Treat or Not to Treat
 - ✦ Is 3-6 months substance free necessary?
 - ✦ Issue for sobriety, ability to 'work program'
 - ✦ Issue of 'magic bullet' among substance abusers

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Dual Diagnosis Evaluation

✦ Relation of Symptoms to Substance Use

- ✦ TYPE OF SUBSTANCE

- ✦ RESULT OF USE

- ✦ Escape/Numb out

- ✦ Mood up or down

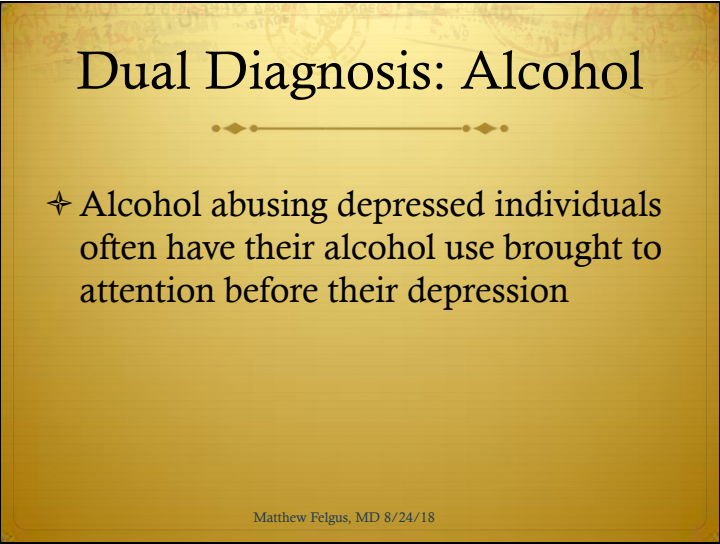
- ✦ Improved focus

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Almost always underlying
substance use....

- ✦ Anxiety
- ✦ Trauma
- ✦ Depression
- ✦ Insomnia

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Dual Diagnosis: Alcohol

- ✦ Alcohol abusing depressed individuals often have their alcohol use brought to attention before their depression

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Dual Diagnosis: Alcohol

✦ BEST TREATMENT IS A
COMBINATION OF THERAPY
AND MEDICATION
MANAGEMENT

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Dual Diagnosis: Cravings

❖ Environment (people, places, things)

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Dual Diagnosis: Cravings

- ✦ Environment (people, places, things)
- ✦ Mood state (angry, sad, tired, lonely)

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Dual Diagnosis: Marijuana

- ✦ CBD oil does show potential for treating pain, seizures, neurological conditions but more research needed
- ✦ CBD oil is made from cannabis plant but is not psychoactive

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Dual Diagnosis: Marijuana

✦ K2/Spice: synthetic cannabinoids
Binds to same receptor as
marijuana. Activates the same
receptors as THC, but are not THC.
Have caused serious reactions

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Dual Diagnosis: Cocaine & Stimulants

- ✦ Vasoconstrictors
- ✦ Increase BP, arrhythmias, MI
- ✦ Lung complications: sx's of pneumonia
- ✦ Lowers seizure threshold
- ✦ Lowers appetite
- ✦ Delay need to empty bladder/bowel

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Dual Diagnosis: Cocaine & Stimulants

- ✦ Can cause anxiety, depression, psychosis
 - ✦ Hallucinations (tactile)
 - ✦ Paranoia
 - ✦ Delusions
 - ✦ May resemble bipolar, manic phase
- ✦ Will have a paradoxical effect on ADHD
 - ✦ Therefore not a drug of choice for this population

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Dual Diagnosis: Cocaine & Stimulants

✦ May be used to self-medicate in depressed individuals

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ADHD

◆ Differential diagnosis for poor concentration:

- ◆ Not enough sleep
- ◆ Trying to do too much at once
- ◆ Distraction of social media
- ◆ Anxiety
- ◆ Depression

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ADHD

✦ Differential diagnosis (con't)

- ✦ Not interested in the subject or task
- ✦ Stress
- ✦ Past trauma
- ✦ Alcohol or other drug use
- ✦ Other learning disorders that are not ADHD
- ✦ Actually having ADHD, inattentive type

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Dual Diagnosis: Opioids

- ✦ Too easy to acquire
- ✦ Mistaken belief that prescribed opioids are safe
- ✦ Creates a challenge in medicating depression (e.g. methadone)

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Dual Diagnosis: Opioids

- ✦ All animals have opioid receptors throughout their brains
 - ✦ Related to 'survival of the species'
- ✦ Opioids do not eliminate pain, but decrease the arousal that accompanies pain
- ✦ Cause an increase in norepinephrine

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Opioids and Anxiety

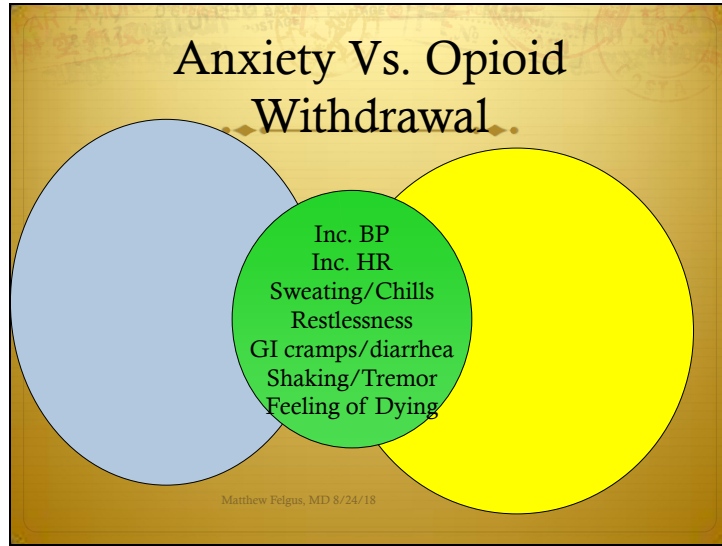
- ✦ Opioids are wonderful numbing agents and individuals with anxiety (and PTSD) want to be numbed
- ✦ We as treaters need to be more mindful around our messages about anxiety

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Opioid Withdrawal

Increased BP	Nausea/Vomiting
Increased HR	Fear you will die/ Panic
Sweating/Chills/Hot flashes	Tremor, Restlessness
Bone Pain	Yawning
Dilated Pupils	'Gooseflesh'
Muscle Aches	Runny nose/Watery eyes
GI Cramps/Diarrhea	Restlessness

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ANTI-ANXIETY: non-addicting (prn or sched)

- Gabapentin
- Clonidine
- Propranolol (situational anx)
- Quetiapine
- Tiagabine
- Trazodone
- Hydroxyzine
- Buspirone

Matthew Pelton

How to Minimize Abuse of Medication in a Substance Abusing Population

- ✦ PDMP (Pt Drug Monitoring Program for controlled substances)
 - ✦ Shorter time frames filled
 - ✦ Other opiates when on replacement
 - ✦ Surprises ('I forgot to tell you...')

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Insomnia: non-addicting

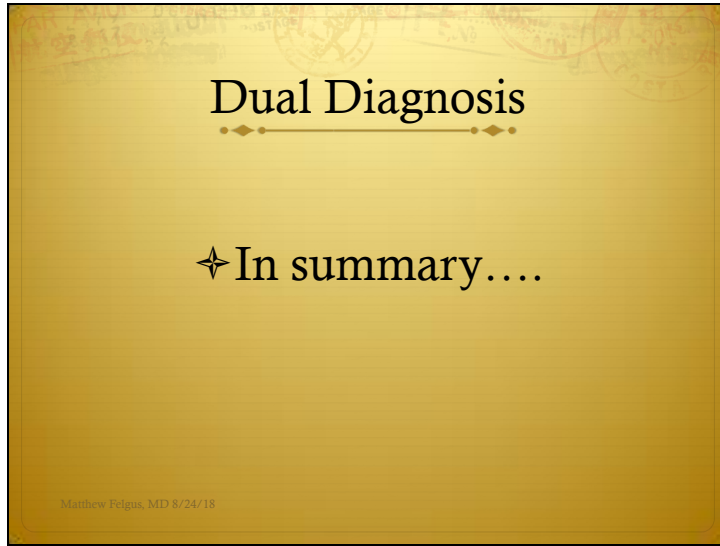
- Trazodone
- Clonidine
- Quetiapine
- Hydroxyzine
- Diphenhydramine
- Doxepin
- Mirtazepine

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Almost always underlying
the use....

- ✦ Anxiety
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- ✦ Insomnia

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Dual Diagnosis

✦ In summary....

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Dual Diagnosis

- ✦ Relapse is a part of recovery
- ✦ Shame is a part of relapse
- ✦ We can not make anybody ready for treatment
- ✦ We can offer compassion along with good boundaries

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