



THE BASICS, Second Edition

A Curriculum for Co-Occurring Psychiatric and Substance Disorders

TABLE OF CONTENTS

APPENDIX III:

THE BASICS OF SUBSTANCE DISORDERS

SUBJECT THREE: Substance Disorders Within a Co-Occurring Diagnosis

SEGMENT B: *PRESENT* APPENDIX III, TIPS TO PROFESSIONALS

SUBSTANCE DEPENDENCE DISORDERS III-1

THE “DRUG SCENE” IS ALWAYS CHANGING III-1

TABLE III-1

1	MEDICAL USES FOR SOME STREET DRUGS	5	NEW DRUGS MISTAKEN FOR OLDER DRUGS
2	HOUSEHOLD PRODUCTS BECOME DANGEROUS DRUGS	6	FASTER WAYS TO PRODUCE OLDER DRUGS
3	VARIOUS MIXTURES MAKE DANGEROUS DRUGS	7	DRUGS BANNED IN THE U.S., MARKETED OUTSIDE THE U.S.
4	NEW COMBINATIONS OF OLDER DRUGS	8	ANIMAL DRUGS USED BY HUMANS

ALL AREAS IN AMERICA ARE GREATLY AFFECTED BY DRUG ABUSE –

COAST TO COAST III-3

TABLE III-3

1	WESTERN STATES EXPERIENCE INCREASED PROBLEMS WITH METHAMPHETAMINE
2	EASTERN STATES EXPERIENCE INCREASED PROBLEMS WITH OXYCONTIN
3	MID-WEST EXPERIENCE INCREASED PROBLEMS WITH METHAMPHETAMINE
4	DRUG PROBLEMS INCREASE COAST TO COAST

HOW PEOPLE USE SUBSTANCES III-4

TABLE III-4

1	SKIN CONTACT	2	ORAL	3	SNORTING OR MUCOSAL	4	INJECTING	5	INHALING
---	--------------	---	------	---	---------------------	---	-----------	---	----------

THE EFFECTS OF A DRUG DEPENDS ON SEVERAL FACTORS III-5

Metabolism of Drugs III-5

TABLE III-5

1	METABOLISM: DEFINITION, PROCESS & PATHWAY	3	METABOLISM: FAT-SOLUBLE OR WATER-SOLUBLE
2	METABOLISM: GENDER & CULTURE		

BLOOD ALCOHOL LEVEL (BAL) III-8

Impairment Begins With The First Drink III-8

ANOTHER WAY OF VIEWING IMPAIRMENT: FIVE LEVELS OF DRINKING ☺ III-9

POLYSUBSTANCE ABUSE: WHY PEOPLE COMBINE SUBSTANCES III-10

TABLE III-10

1	TO INCREASE THE EFFECTS OF A DRUG	4	TO SELF-TREAT WITHDRAWAL SYMPTOMS
2	TO LESSEN THE INTENSITY OF ONE OF THE DRUGS	5	TO SUBSTITUTE ONE DRUG FOR ANOTHER DRUG
3	TO STAY HIGH		

DSM-IV DIAGNOSTIC CRITERIA OF A SUBSTANCE ABUSE DISORDER III-11

THE PORTRAIT OF A NON-ALCOHOLIC DRINKER III-12

DSM-IV DIAGNOSTIC CRITERIA OF SUBSTANCE DEPENDENCE III-12

THE BASICS ABOUT SUBSTANCE DEPENDENCE III-14

TABLE III-14

1	PREVALENCE OF SUBSTANCE DISORDERS	6	CAUSES: ENVIRONMENTAL
2	RISK AMONG MEN & WOMEN	7	CAUSES: INDIVIDUAL TRAITS
3	ONSET OF SUBSTANCE DEPENDENCE	8	CAUSES: CULTURAL
4	RISK FACTORS FOR DEVELOPING SUBSTANCE DEPENDENCE	9	APPLYING INFORMATION ABOUT INHERITED GENETICS
5	CAUSES: INHERITED GENETICS		

CHARACTERISTICS OF SUBSTANCE DEPENDENCE III-20

TABLE III-20

1	ALLERGY TO ALCOHOL & OTHER DRUGS	21	PHYSICAL WITHDRAWAL
2	NO FAULT ILLNESSES	22	DEVELOPMENT OF DENIAL
3	DISEASE CONCEPT	23	PREOCCUPATION WITH ALCOHOL & DRUGS, PROTECTING SUPPLY & GIVING UP ACTIVITIES
4	PRIMARY DISEASE		
5	TYPE I & TYPE II ALCOHOLISM	24	COMPULSION TO USE
6	BIOLOGICALLY-BASED BRAIN DISORDER	25	IMPAIRED CONTROL
7	CHRONIC DISEASE	26	CONTINUED USE IN SPITE OF ADVERSE CONSEQUENCES
8	INCURABLE DISEASE	27	CROSS ADDICTION
9	POTENTIAL FOR RELAPSE	28	A DRUG IS A DRUG
10	PROGRESSIVE DISEASE	29	CROSS TOLERANCE
11	PROGRESSION OF PROBLEMS	30	REVERSE TOLERANCE
12	PROGRESSION CONTINUES EVEN DURING ABSTINENCE	31	MAKING & BREAKING RULES
13	PREDICTABLE COURSE	32	LIFESTYLE OR WAY OF LIFE
14	PROGRESSIVE STAGES OF ADDICTION	33	FILLING THE VOID
15	STAGES OF SUBSTANCE DEPENDENCE	34	LOVE AFFAIR
16	EVENTUALLY FATAL DISEASE	35	POWERLESS & UNMANAGEABLE
17	FAMILY DISEASE	36	COMMON SYMPTOMS OF SUBSTANCE DEPENDENCE
18	CROSSING THE LINE	37	COMMON PATTERNS OF USE
19	PHYSICAL DEPENDENCE OR CELLULAR ADAPTATION	38	COMMON EXPERIENCES OF USERS
20	DEVELOPMENT OF TOLERANCE	39	CO-OCCURRING DISORDERS

JELLINEK: FIVE TYPES OF ALCOHOLISM III-47

TABLE III-47

1	ALPHA	2	BETA	3	EPSILON	4	GAMMA	5	DELTA
---	-------	---	------	---	---------	---	-------	---	-------

SUBSTANCE DEPENDENCE AND GENDER, AGE, SEXUAL ORIENTATION, AND CULTURE III-48

THE BASICS ABOUT WOMEN AND SUBSTANCE DISORDERS III-48

TABLE III-48

1	PREVALENCE OF SUBSTANCE ABUSE AMONG WOMEN	5	SYMPTOMS ARE LESS IDENTIFIED IN WOMEN
2	ONSET OF USE	6	ABSORPTION RATES IN WOMEN
3	REASONS WOMEN SEEK TREATMENT	7	EFFECTS OF ALCOHOL AND DRUGS ON WOMEN
4	STIGMA ASSOCIATED WITH WOMEN SOMETIMES LEADS TO ENABLING BEHAVIORS		

THE BASICS ABOUT SENIORS AND SUBSTANCE DISORDERS III-51

TABLE III-51

1	PREVALENCE OF SUBSTANCE DEPENDENCE AMONG SENIORS	3	TYPES OF ALCOHOLISM AMONG ELDERS OR SENIORS
2	EFFECTS OF ALCOHOL & DRUGS ON SENIORS	4	ALCOHOLISM IS LESS DIAGNOSED IN ELDERS

THE BASICS ABOUT THE GAY, LESBIAN, BISEXUAL, AND TRANSGENDER (GLBT)
 POPULATION AND SUBSTANCE DISORDERS III-53

TABLE III-53

1	STRESS OF THE "COMING OUT" PROCESS	7	USING TO COPE WITH RELIGIOUS PERSECUTION
2	INTERNALIZED HOMOPHOBIA	8	USING TO COPE WITH LIMITED PLACES TO SOCIALIZE
3	EXTERNAL HOMOPHOBIA	9	USING TO COPE WITH EMOTIONS
4	USING TO COPE WITH FEARS	10	REJECTION OF TRUE SELF BY LEADING A DOUBLE LIFE
5	USING TO COPE WITH GRIEF & LOSS	11	FAMILY PROBLEMS
6	USING TO COPE WITH FEELING "DIFFERENT"	12	DOUBLE DENIAL OF ORIENTATION & SUBSTANCE DISORDER

THE BASICS ABOUT NATIVE AMERICANS AND SUBSTANCE DISORDERS III-55

TABLE III-55

1	BRIEF HISTORICAL PERSPECTIVE ON ENVIRONMENTAL FACTORS
2	CULTURAL FACTORS
3	FIVE RECOVERY MOVEMENTS AMONG NATIVE AMERICAN PEOPLE
4	THERAPEUTIC FUNCTIONS OF FIVE RECOVERY MOVEMENTS

ACTIVITY ADDICTIONS III-58

SIMILARITIES AND DIFFERENCES OF SUBSTANCE DEPENDENCE
 AND ACTIVITY ADDICTIONS III-58

TABLE III-58

1	ADDICTIONS OFTEN VIEWED AS CHARACTER FLAWS & NOT ILLNESSES
2	INTERVENTIONS WITH ACTIVITY ADDICTIONS REMAIN LESS PUBLIC
3	CONSEQUENCES MAY REMAIN HIDDEN IN THE EARLIER STAGES
4	ALL ADDICTIONS HAVE SIMILAR SYMPTOMS
5	TREATMENT IS NOT AS AVAILABLE AS IT IS WITH CHEMICAL DEPENDENCY

THE BASICS ABOUT GAMBLING ADDICTION III-59

TABLE III-59

1	PREVALENCE OF GAMBLING ADDICTION	5	PHASES OF GAMBLING ADDICTION
2	MEN & WOMEN	6	DEFINITION & SYMPTOMS OF GAMBLING ADDICTION
3	RISK	7	PROGRESSION OF ILLNESS
4	DIAGNOSING A PROBLEM WITH GAMBLING OR A GAMBLING ADDICTION	8	SEVERITY OF SYMPTOMS
		9	TREATMENT OF GAMBLING ADDICTION

THE BASICS ABOUT SEX ADDICTION III-65

TABLE III-65

1	PREVALENCE OF SEX ADDICTION	3	CONSEQUENCES OF SEX ADDICTION
2	SYMPTOMS OF SEX ADDICTION	4	PROFILE OF A SEX ADDICT

NEUROCHEMISTRY OF ADDICTION III-67

INHERITED BRAIN CHEMISTRY DIFFERENCES III-67

PRE-USING DIFFERENCES IN BRAIN CHEMISTRY III-67

TABLE III-67

1	PRE-USING OVERALL SYSTEM DIFFERENCES	5	PRE-USING NEUROCHEMISTRY IMBALANCES PRIOR TO USE
2	PRE-USING COGNITIVE IMPAIRMENTS	6	PRE-USING LOWER BASELINE LEVELS OF SEROTONIN
3	PRE-USING ELEVATED LEVELS OF ANXIETY & TENSION TO NON-STRESSFUL STIMULI	7	PRE-USING LOWER BASELINE LEVELS OF DOPAMINE
		8	PRE-USING LOWER BASELINE LEVELS OF ENDORPHINS
4	PRE-USING ELEVATED LEVELS OF ANXIETY & TENSION TO STRESSFUL STIMULI		

INHERITED DIFFERENCES IN BRAIN CHEMISTRY CONTINUE *DURING USE* ... III-72

TABLE III-72

1	COGNITIVE DIFFICULTIES
2	<i>EXCEPTIONALLY</i> REWARDING DRUG USING EXPERIENCES
3	<i>INCREASED</i> SENSITIVITY TO THE PLEASURE PRODUCING EFFECTS OF SUBSTANCES
4	<i>LOW</i> INITIAL RESPONSE TO THE INTOXICATING EFFECTS OF ALCOHOL
5	<i>GREATER REDUCTION</i> OF STRESS REACTION WITH USE
6	<i>SIGNIFICANT INCREASES</i> IN ENDORPHIN LEVELS WITH USE
7	NEURO-ADAPTATION OR PHYSICAL DEPENDENCE
8	BRAIN CHEMISTRY & MONOAMINE OXIDASE (MAO)
9	BRAIN CHEMISTRY & REUPTAKE OR RE-ABSORPTION PROCESS
10	BRAIN CHEMISTRY & TOLERANCE
11	BRAIN CHEMISTRY & CORTISOL
12	BRAIN CHEMISTRY & CRAVINGS

POST-USING DIFFERENCES CONTINUE INTO ABSTINENCE..... III-83

TABLE III-83

1	DOWN-REGULATION
2	EEG IRREGULARITIES MAY PREDICT RELAPSE RISK
3	BRAIN CHEMISTRY & ACUTE WITHDRAWAL
4	BRAIN CHEMISTRY & POST ACUTE WITHDRAWAL SYNDROME

ALCOHOL AND OTHER DRUGS EVENTUALLY DAMAGE THE BRAIN III-85

TABLE III-85

1	BRAIN SHRINKAGE & TISSUE DAMAGE
2	BRAIN DAMAGE & DEFICITS FOUND IN VARIOUS AREAS OF THE BRAIN
3	DEFICITS CONTINUE TO SHOW UP IN EARLY DETOX
4	CHRONIC USE CAN LEAD TO SERIOUS PHYSICAL COMPLICATIONS
5	BRAIN CHANGES CAN RESULT IN BEHAVIOR CHANGES

TWO PEOPLE: TWO DIFFERENT BRAIN CHEMISTRIES –TWO DIFFERENT OUTCOMES III-86

A Little Story of Two Friends With Different Brain Chemistries III-86

THE BASICS ABOUT PROBLEMS OR CONSEQUENCES AND DENIAL OR DEFENSES

RELATED TO SUBSTANCE DISORDERS: III-87

AREAS OF PROBLEMS OR CONSEQUENCES RELATED TO CHEMICAL DEPENDENCY... III-87

TABLE III-87

1	MEDICAL PROBLEMS OR CONSEQUENCES	8	WORSENING OF Co-OCCURRING PSYCHIATRIC SYMPTOMS OR CONSEQUENCES
2	PSYCHOLOGICAL OR EMOTIONAL PROBLEMS OR CONSEQUENCES	9	SEXUAL PROBLEMS OR CONSEQUENCES
3	COGNITIVE OR THINKING PROBLEMS OR CONSEQUENCES	10	WORK OR EMPLOYMENT PROBLEMS OR CONSEQUENCES
4	RELATIONSHIP PROBLEMS OR CONSEQUENCES	11	FINANCIAL PROBLEMS OR CONSEQUENCES
5	FAMILY PROBLEMS OR CONSEQUENCES	12	LEGAL PROBLEMS OR CONSEQUENCES
6	BEHAVIORAL PROBLEMS OR CONSEQUENCES	13	HOUSING PROBLEMS OR CONSEQUENCES
7	SOCIAL PROBLEMS OR CONSEQUENCES	14	SPIRITUAL PROBLEMS OR CONSEQUENCES

THE BASICS ABOUT DENIAL AND DEFENSES III-89
DENIAL AND DEFENSES DEFINED III-89

TABLE III-89

1	AUTOMATIC PSYCHOLOGICAL PROTECTIVE PROCESSES	8	PERSON LOSES CONTACT WITH REALITY
2	INBORN PROTECTIVE DEFENSE SYSTEM	9	DENIAL IS NOT LYING
3	DENIAL PROTECTS FRAGILE SELF-IMAGE	10	PREVENTS OR GETS IN THE WAY OF TAKING ACTION
4	COMMON TO ALL LIFE-THREATENING ILLNESSES	11	IMPAIRS JUDGMENT & DISTORTS THINKING
5	DEFENSES CAN BE REACTIONS OF THE NERVOUS SYSTEM	12	DENIAL IS PROGRESSIVE
6	DEFENSES ARE PROTECTION AGAINST THE "ENEMY"	13	DENIAL COMES IN MANY FORMS
7	EASY TO IDENTIFY IN OTHERS AND DIFFICULT TO SEE IN ONESELF		

RECOGNIZING THE MANY "FACES" OF DENIAL III-91

TABLE III-91

1	SIMPLE DENIAL	6	INTELLECTUALIZING	11	EUPHORIC RECALL
2	MINIMIZING	7	COMPLIANCE	12	SUBSTITUTION
3	BLAMING	8	PERSONALIZING	13	OTHER FORMS OF DEFENSES
4	PROJECTION	9	DIVERSION		
5	RATIONALIZING	10	HOSTILITY		

THE BASICS ABOUT HARM REDUCTION: III-93
IMPORTANCE OF ENGAGING PEOPLE WITH HARM REDUCTION MODEL III-93
COMMUNITY OUTREACH III-93
TAKING STEPS TO REDUCE HARMFUL CONSEQUENCES III-93
IDENTIFYING AREAS OF RISK III-94
Harm Reduction Model III-94
HARM REDUCTION METHODS III-94
DEVELOPING A HARM REDUCTION PLAN III-95
Tips to Cutting Down on Alcohol and Other Drug Use III-95

TABLE III-95

1	EAT BEFORE DRINKING OR USING DRUGS	6	LEARN HOW TO SAY "NO"
2	DRINK SLOWLY	7	STAY ACTIVE
3	SPACE DRINKS	8	GET SUPPORT
4	WATCH IT AT HOME	9	WATCH OUT FOR TEMPTATIONS
5	TAKE A BREAK FROM ALCOHOL AND OTHER DRUGS	10	DO NOT GIVE UP!

SLIPS ARE LEARNING OPPORTUNITIES III-96
REVIEWING SUCCESS III-97
Evaluating Harm Reduction on a Case by Case Basis III-98
Evaluating Success III-98
CUTTING BACK LEADS TO SENSE OF ACCOMPLISHMENT III-98
THE BASICS OF WORKING TOWARD ABSTINENCE: III-99
WORKING TOWARD ABSTINENCE – FIRST THINGS FIRST III-99

TABLE III-99

1	GET RID OF ALCOHOL, DRUGS & PARAPHERNALIA
2	LIMIT CONTACT WITH PEOPLE WHO DRINK OR USE OTHER DRUGS
3	PROTECT YOURSELF IN SITUATIONS WHERE YOU HAVE A STRONG URGE TO USE DRUGS

DEVELOPING A PLAN TO SUPPORT THE GOAL OF NOT USING III-100

TABLE III-100

1	GIVE YOURSELF PERMISSION TO WALK AWAY	4	RECOGNIZE THE IMPORTANCE OF PRE-PLANNING
2	GET SUPPORT WHENEVER POSSIBLE	5	HAVE REFUSAL LINES READY
3	CALL A SUPPORTIVE PERSON		

RECOVERY HAPPENS IN ALL AREAS OF A PERSON'S LIFE III-101

TABLE III-101

1	PHYSICAL RECOVERY	5	LIFESTYLE RECOVERY
2	MENTAL OR PSYCHOLOGICAL RECOVERY	6	FAMILY RECOVERY
3	EMOTIONAL RECOVERY	7	SPIRITUAL RECOVERY
4	SOCIAL RECOVERY		