



Signs, Symptoms and Effects of Substance Usage

Ivory K. Wilson M.A., LAC,
CCGC, CCDP-D

Purpose

To become familiar with the commonly seen signs and symptoms in persons with addictive disorders in the DSM-5.

Objective

Participants will be able to:

- Identify risk factors related to use
- Recognize and state symptoms of drug abuse and dependency
- Identify warning signs of abuse
- Recognize symptoms of withdrawal
- Recognize and state two ways in which mental health and substance use disorders are interrelated.
- Understand screening, brief intervention and assessment
- Become familiar with treatment options

The Faces of Addiction



The Faces of Addiction

Alcohol abuse problems occur among people of all ages, income levels, and living conditions. It is impossible to predict with certainty who will become addicted.

Risk factors that may lead to addiction or abuse are:

- Substance use by parents or other family members.
- Substance use by *peers* and the perception that "everyone is doing it."
- Early (preadolescent) use of alcohol, tobacco, or other drugs.
- Being a victim of physical or sexual abuse (as a child or adult).
- Abusive or violent environment at home or in school.
- Economic deprivation.

MYTH OR FACT

- Most alcoholics are “skid row bums”.

FACT: Only 3 to 5 percent of alcoholics live under bad conditions. Most are employed and live in mainstream society.

MYTH OR FACT

- Very few women become alcoholics.

FACT: Today, the number of men and women affected are roughly equal. Women also tend to abuse prescription drugs in much higher numbers than men do.

MYTH OR FACT

- People who abuse drugs are morally weak and should be able to stop taking drugs if they are willing to change their behavior.

FACT: Addiction is a lasting but treatable disease. Abuse eventually progress to addiction which effects normal brain functioning.

What are the signs and symptoms of drug abuse?

With the extent and diversity of available substances, the signs and symptoms of drug abuse vary widely.

- **Physical**

Fatigue, repeated health complaints, red and glazed eyes, and a lasting cough

- **Emotional**

Personality change, sudden mood changes, low self-esteem, irritability, irresponsible behavior, poor judgment, depression, general lack of interest

What are the signs and symptoms of drug abuse?

- **Family**

Starting arguments, breaking rules, withdrawing from the family

- **School**

Decreased interest, negative attitude, drop in grades, many absences, truancy, discipline problems

- **Social Problems**

New anti-social friends, problems with the law, changes to less conventional styles in dress and music

Other signs and symptoms of alcohol abuse

- Odor on the breath, obvious intoxication
- Difficulty focusing, glazed eyes
- Usually passive or combative behavior or irritability
- Unexplained bruises and accidents
- Loss of memory (blackouts)
- Impaired interpersonal relationships
- Alienation from close family

Diagnosis



Diagnostic and Statistical Manual of Mental Disorders (DSM-5)

- Describes specific symptoms and diagnostic guidelines for psychological/substance use disorders
- Provides a common language to label mental/substance use disorders
- Comprehensive guidelines to help diagnose mental/substance use disorders

Qualifications of Diagnosticians

The Diagnostic and Statistical Manual itself makes no reference to professional discipline or license but is clear in its requirements for users:

- The diagnostic categories, criteria, and textual descriptions are meant to be employed by individuals with appropriate clinical training and experience in diagnosis. It is important that DSM-5 diagnosis not be applied mechanically by untrained individuals” (DSM-5, American Psychiatric Association, 2013, p. xxxii).
- “The proper use of these criteria requires specialized clinical training that provides both a body of knowledge and clinical skills. (DSM-5, American Psychiatric Association, 2013, p. xxxvii)

Features of Substance Usage (Summary)

1. a cluster of cognitive behaviors and physiological symptoms indicating that the individual continues to use the substance despite significant substance related problems.
2. a pattern of self-administration that can result in tolerance, withdrawal, and compulsive drug-taking behavior.
3. A diagnosis of dependence can be applied to every class of substance with the exception of caffeine.

Features of Substance Usage (Summary)

1. maladaptive pattern of substance use manifested by recurrent and significant adverse consequences related to the repeated use of substances,
2. repeated failure to fulfill major role obligations and physically hazardous use.
3. differs from dependence by the absence of tolerance, withdrawal, or compulsive use, but does include harmful consequences of repeated use.

Illicit Substance Withdrawal Symptoms

- Anxiety
- Irritability
- Depression
- Restlessness
- Insomnia or hypersomnia
- Fatigue
- Changes in appetite

Office for Behavioral Health

Services, Processes and
Continuum of care

Levels/Continuum of Care

- Medical Detoxification
- Medically Supported Detoxification
- Social Detoxification
- Adult Inpatient
- Adolescents Inpatient
- Outpatient
 - A. Intensive
 - B. Non-Intensive
- Residential/Community Based
- Recovery Homes

OBH Direct Treatment Services

- Individual Counseling
- Group Counseling
- Educational Group
- Psychosocial Evaluation (ASI-CASI)
- Psychiatric Evaluation
- Physical Evaluation
- Medical History
- Family/Couple Therapy
- Recreational Therapy
- Medication Management
- Drug Screening

Specialty Programs:

- Prevention Programs
- Tobacco Cessation
- Compulsive Gambling Treatment
- TANF Women & Children Residential Programs
- Access to Recovery
- CsOC???
- CABHI???

OBH Screening and Assessment Processes

- **PRE- Screen** – By phone or walk-in
- **Screening** – Demographics, presenting problem, risk assessment, financial screen, priority status
- **Orientation** – Overview of program with client
- **Assessment** – Psychosocial, mental health, medical, legal, employment, physical, breathalyzer, urinalysis, psychiatric assessment
- **Level of Care Determination** – Detox, inpatient, outpatient, etc.

TREATMENT OUTCOMES

State Fiscal Year 2015

TANF Women, Pregnant Women and Dependent Children Population

- 78% Reduction in substance usage 1 month post discharge
- 65% of women employed or enrolled in school 1 month post discharge
- 57% Women-Successfully completed residential treatment
- 80% Children-Successfully completed residential treatment

TREATMENT OUTCOMES

State Fiscal Year 2015

Criminal Justice

- 58% Retention rate among severely addicted population of convicted 3rd and 4th offense DWI's which have demonstrated sobriety for 1 year +

General Treatment Population

- 58% Reduction in frequency of use as a result of treatment
- 86% Reduction in re-involvement in the criminal justice system

LGE Contact Information

- **MHSD - New Orleans (504) 568-3130**
- **CAHSD - Baton Rouge (225) 922-0050**
- **SCLHSA – Houma (985) 858-2931**
- **AAHSD - Lafayette (337) 262-4190**
- **ICHSA- Lake Charles (337) 475-3100**
- **CLHSD – Alexandria (318) 487-5191**
- **NLHSD – Shreveport (318) 862-3085**
- **NEDHSA - Monroe (318) 362-3020**
- **FPHSA – Covington (985) 748-2220**
- **JPHSA - Jefferson Parish (504) 838-5215**

HOTLINE NUMBERS

Substance Usage Hotline

1-877-664-2248

Mental Health Hotline: 911 for immediate emergencies and 211 for non-emergencies

Compulsive Gambling Hotline

1-877-770-STOP (7867)

Magellan

1-800-424-4399

or

Contact us on the web at

www.addictions.la.gov

QUESTIONS

????????????????