

- 3) Says it is clear that Addiction is not a choice  
 4) in Addiction - Huge Gulf between clinical practice and research findings.  
 4) Fields Reliance on Miracle Cures & Horror Stories  
 5) Addicts should get  
 9) All Human Cultures use Psychoactive Drugs - often in ways central to their cultural or Religious Ceremonies & Rituals  
 24/25 Caffeine - 47% drink coffee daily - So "half the population is addicted to caffeine."  
 36 Relative dangers of Drugs - Truth Telling Chart.  
 38 Alcoholism is between 1/3 & 1/2 Genetic - Twin Studies  
 39 Gene influenced factors in Alcoholics  
 40 - in 90 days a new habit can be developed by repeating an activity  
 45 It takes my child to raze a village - ADHD with oppositional  
 26 Addiction is Controlled use despite Negative Consequences  
 Rule Stimulants, minus the pleasure of the heat  
 37 Whole list of Symptoms of Opiate Withdrawal removed by Penobis  
 Withdrawal from opiates NOT too horrible - And not likely as from alcohol, heroin, or barbiturates. (see next in slide)  
 (Because Fetal Reactions may develop) (CAN'T)  
 Opiates don't damage liver or organs  
 Naloxone - Antidote to opiate poisoning - Stop Overdose  
 if given in time. NARCAN - Trade Name  
 48 Kill a lot of people - even though it is relatively benign at controlled moderate doses  
 Next majority of ODs are Mixing Opioids/Bars with Alcohol  
 29 MUST  
 1) Deal with the reasons someone uses  
 2) Provide Healthier way of coping with problems  
 MORAL Perspective - There is No Scientific evidence that addicts are more selfish, dishonest, or immoral  
 46 - "Slavery" to the substance argument  
 Effectiveness  
 49 Moderation based programs are the Some Addictiveness  
 53 - Biopsychosocial perspective  
 54 Compared to other chronic illness, Addiction care has an excellent record - Most people relapse - but it works  
 Most effective treatments - are hardest to find and least well known. - Long ones are terrible

- 55 1st Treatment w/ best research based success (10) are Cognitive-Behavioral systems - focused on learning the learned aspects of addiction  
 55 - People given a choice of treatment do better  
 56 - Best Antidotes to Addiction are joy and competence.  
 53) Praise for Recovery Options: The Complete Guide  
 If addiction is learned Then recovery also an educational  
 Finally! A no-nonsense, state-of-the-art guide that one can hand to anybody who is having trouble with drugs, alcohol, tobacco, or foods of various kinds. What a gift Volpicelli and Sclaritz have given us. A stupendous, practical way to help the colleagues and loved ones in our lives who are struggling with chemical dependency.  
 Therapist  
 ability to relate - Laurie Garrett, author of The Coming Plague:  
 1) Empathy with Newly Emerging Diseases in a World Out of Balance  
 2) The client is a predictor of outcomes 6 months earlier  
 so - personality, infantilization of tendencies change  
 3) Confrontation and infantilization of tendencies change  
 Comprehensive, illuminating, easy to read... this book points out the diverse paths to the ultimate goal - recovery from alcohol and other drug abuse.  
 60 You have to be using treatments that are appropriate William Cope Myers  
 61 Stages of Change to the person's stage Vice President of Public Affairs, Hazelden Foundation  
 62 6 Stages of Change  
 1) Pre-Contemplation  
 2) Contemplation  
 3) Preparation  
 4) Action  
 At last a sensible, clear guide for consumers who are facing the tough choice of seeking treatment for addictive behaviors. In a field long driven by emotion and minimal scientific evidence, Volpicelli and Sclaritz impartially review the options and explain them in clear language. In addition, they take some of the hysteria out of the issues facing substance users and their loved ones by providing a coherent summary of what we really know about alcohol and other drugs. A must read. Bravo!  
 62 - 15 Million Alcoholics in this country - 10% in treatment at any one time  
 Fred Rogers, Assistant Chief Psychological  
 Smithers Addiction Treatment and Training Center  
 63 Alcoholics who were tested had liver damage  
 Did take action were 50% less likely to die.  
 Wise, accurate, responsible, accessible, well written. I'm assigning it for my course in drug policy.  
 64 NO  
 and author of Against Excess: Drug Policy for Results  
 Research - Better if you have NOT lost everything.  
 65 Only 20% of Addicts in the Action Stage  
 Only 20% of Addicts succeed in first try at abstinence  
 75 Don't get others involved  
 76 Don't employ most one of Best Anti Relapse Tools  
 Sex can be spectacular without pot, but if you had the choice, why would you go without.  
 80) Try to become conscious of what you fear about recovery  
 81) Empathetic Counselor - Reduces Relapse Risk

81 - M - for Vast Majority of Not Addictive has no withdrawal symptoms  
Best on Addiction/Cannabis

82 Withdrawal - Can be only a minor issue, but with proper medical care.

Big Problem - Joe Volpicelli is one of the most creative research scientists and clinicians in the addiction field. With Maia Szalavitz, he has put together a highly practical and effective book describing a modern approach to the treatment of alcoholism and other addictive disorders. This approach is steeped in pragmatism and soundly based on science. It utilizes techniques that work and that have been adapted to the needs of individual patients. The writing is clear, succinct, and understandable. It should be a very useful guide for patients, their families, and to your professionals in addressing this terrible disease."

Most people agree Charles P. O'Brien, M.D., Ph.D., Kenneth Appel Professor, ~~use drugs to assist~~ Department of Psychiatry, VA Medical Center; President, American College of Neuropsychopharmacology

TREATMENT - Choose least intensive option first

87 - Over intensive treatment (with drug addicts) can increase harm. Teens - heavy pot smokers will leave determined to find heroin. ("The Children")

Majority of female addicts (& many males) have other psychiatric problems that need treatment.

88) most people that begin with medication - end up choosing Abstinence. If people think they have chosen something for them -

- selves their chances go up.

89 - Set of Patient Placement Criteria - by American Academy of Addiction Medicine - to see if you need outpatient treatment.

90 - Does Darrow Farm (a TC) have a confrontational style?

91 Treatment Facility Accreditation - in the USA Two groups provide accreditation.

Questions To Ask Treatment Centers Overly Conservative about the use of medication

92 Counselor - You want them trained in CBT and motivational interviewing? interview

93 Learn them

94 Not Rigid and Strict / Kindness, Caring, Empathy

95 For me - His Program - What to look at. CBT, MET, medications, Treat as you would wish to be treated.

103 - What are their tests - Take them serious the problem is.

Very heavy on Assessment - Try to identify problem areas

105 Focus on Relationship between drug use and real life problems.

Focus on areas that matter most to that person

Crucial - Empathic understanding - people must feel safe & understood

You must see the world as the patient does

Find ways to meet the unique needs of the patient.

112 Use Slips and Relapse as learning opportunities. Each slip followed by return to treatment is a step away from Addiction.

116 Benzodiazepine Block for AIC. Detox - Serax

123 Add Naltrexone to alcohol therapy - 50% reduction in relapse

124 There are strong social forces against relapse to forget relapse pre-

## Recovery Options: The Complete Guide

125 Naltrexone - person can't stop after 1 or 2 - 3 slip does not have to become a ~~re~~ relapse.

127 58% of Diabetics miss doses even faced with blindness. People who took all doses - Relapse less than 10%. With Placebo - 3 times greater relapse.

128 Ornithine-Buproprion-like both Methadone and Naltrexone Amazing - Is it Available?

131 GABA agonists somewhat useful for cocaine addiction

Joseph Volpicelli, M.D., Ph.D.

Maia Szalavitz

131 Wow How I became works

132 Wow - if good drug could be found - What would be wrong with recreational drug use.

133 This goes w/ Huxley statement - Must - What is excellent drug Well, We found it, for many, not all, and we're perfecting it.

134 TREATMENT works best when you have all 3 parts

135 medication  
136 support network  
137 counseling

145 Alternatives to AA - SoS, Rational Recovery actively looks

AA think AA ideas help to keep them addicted.

AA think AA ideas help to keep them addicted. But is it that what

AA - swaps one Addiction for another BUT is it that what

you have to do - Sucks to think - ?

151 Wow What are the (W) SMART at home exercises?

160 Addicts esp Women SMART do at home exercises

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real psych problems that have to be dealt with.

Must do proper psych evaluation

May need specialist in dual disorder

- 161 Con advantages to getting sober in the same environment  
 162 Therapeutic Communities - can have sadistic staff.  
 170 Abusive Treatment is C.W. Culture War  
 172 No research on the Negative effects of coerced treatment  
 Women more likely to need specialized psych. treatment.  
 174 most dropouts TC's, small fraction graduates.  
 TC's do work - more for graduates, also for dropouts  
 185 Empathetic, supportive, counselors did good, rough  
 Counselors worse than NO counseling  
 186 Harm Reduction - Aim to keep person alive and as  
 healthy as possible During drug use.  
 Believe - Drug use will always be with us - but we can  
 reduce the  
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 Published simultaneously in Canada.  
likely to recover.

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in the early stages of change  
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(CW)

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 Be They Care?  
 2212 - No such thing as T.M.I.Q. (not made in brains of "normal"  
 drinkers - NOT GABA (gamma-aminobutyric acid) will reduce cravings  
 2213 Nutrition  
 2217 - a shot of NARCAN - will stop opiate overdose.  
 TEEN treatment - Pot pot smoking binge drinker in  
 Get a guy out - determined to get crack & Heroin  
 225 What to do Article if kid smokes pot  
 226 What is the message to Children of drug testing  
 them with no grounds for suspicion. Don't do it!  
 227 Teens - Must use Cognitive + behavioral Therapies  
 232 Do best who choose their own counselor  
 Include family therapy with Teens  
 Don't make teens take the identity of an addict.  
 231 Article Turn kids in to the Police Bad Idea  
 232 More Education - More likely to stop drug problems  
 237 RELAPSE - one of Biggest Contributors to serious relapse  
 is the perception that it is the end of recovery - great  
 personal failure.  
 Distinguish between a slip and a relapse  
 Causes relapse if you believe that after the first drink  
 you lose control.  
 If you lapse - stop as soon as you can.  
 239 How to fight better - Stick to "I feel" statements  
 less vicious?
- 246 Cocaine makes HIV reproduce 20 times as fast  
 248 More than half of people who complain for Addiction  
 Treatment have emotional distress significant  
 enough to warrant a diagnosis.  
 People use Alcohol to Sleep - (could use Cannabinoids)  
 250 Using anti-depressants could get you in good enough  
 shape to do cognitive behavioral work.  
 253 ANGER - For those whose Anger Relates to injustice  
 There is Nothing like Activism.  
 Just expressing your anger increases rather than  
 diminishes it.  
 253 Dialog Therapy dealing w/ Particular Situations NOW  
 not idiosyncrasies.  
 257 - More Control you can give people understand the  
 better they will do.

265 Be O ptimistic/Tell the voice of Self hate  
and blame you can say "Thank you for sharing,  
now shut up.

Quitting Drugs leaves a big hole in your life - you  
(Substitution) Must find something equally big to fill it.

266 - Addicts who recovered thanked a higher  
power

long term success usually coupled with success at  
making new loving relations hope

267 I OM /Methadone = the best treat-  
ment for Heroin addiction.