Hope for Recovery
Client With Years of Alcohol, Cocaine, And Meth

one year clean & sober


- 60% of CW families A&D involved
- 54% of CW families DRUG involved
- 68% of CW DRUG families METH

- #1 reason for termination -
- No recovery - 46% METH
Oregon Child Welfare 2004

- 875,790 children ages 0-18
- 46,524 reports of suspected abuse
- 10,622 FOUNDED abuse cases
- 9.6% over previous year
- 73.8% since 1994
- 9.4% in POPULATION since 1994
- 50% of removals METH related

Oregon METH Response

- Collaborate & Integrate
- Separation of issues – Labs & Addiction
- Governor’s METH Task Force
- Drug Endangered Child Response
- DEC Teams & OADEC
- Addiction Recovery Teams - ART
- Family Involvement Team - FIT
Oregon Child Welfare & Treatment

- 2000 – 87.8% of child welfare parents with A&D problems entered treatment and 6,800 kids are in foster care.
- 2003 – Oregon legislature cuts TX.
- 2006 – 41.5% of child welfare parents with A&D problems enter TX and 8,600 kids are in foster care.

DEC - Drug Endangered Child Team Partners

- DHS Child Welfare
- Local Law Enforcement
- Meth Lab Law Enforcement
- Criminal Prosecuting District Attorneys
- Child Welfare Attorneys
- Local Medical Staff - Hospitals
DEC Collaboration Issues

- LEA will seek evidence for charges and arrest.
- DA’s will seek prosecution on both drug charges and child maltreatment.
- DEC Collaboration requires CPS to play active role in this process while advocating for the best outcomes for children.
- Can be conflicts in process.

CPS Requirements – On Site

- Focus - on Your CPS Safety Assessment
- Gather Info from Site Safety Officer
- Determine De-Contamination Need/Plan
- Focus - Be the Social Worker, not the Police Officer.
- Stay Behind the Police Barriers
- Transport Children Safely
Addiction Recovery Teams
- DHS & Contract Collaboration
- DHS staff person assigned to A&D
- Contracted A&D Counselor
- Contracted Outreach Worker
- Other Integrated Services
- Must be on site at child welfare

Family Involvement Team
- FIT Team
- Portland – Multnomah County
- A&D CW Services at the court
- On site DHS & A&D at all times
- On site transport & child visit
- Treatment Program Case Managers
- ASFA attentive & accountable
ADVANTAGES – ART & FIT

• All providers believe in RECOVERY
• Immediate focus on A&D TX needs
• Tracking clients toward recovery
• Relapse response with Outreach
• FIT – services offered at court
• FIT – TX site case management

ADVANTAGES – ART & FIT

• Parent focused service
• Caseworkers feel supported
• Treatment programs OK with CW
• Clients stick with TX
• Recovery modeled – Parent Mentors

  Reunitedvideo   asfavideo.org
ADVANTAGES ART - FIT

• Defense bar buys in
• Judges recommend & mandate services
• Negates punitive casework
• Promotes clinical approaches
• Drug testing seen as intervention
• Recovery is modeled to caseworkers

Meth has changed over time:
  • 1940’s pharmaceutical
    • L-methamphetamine
  • 1970’s Street Chemist
    • d,l-methamphetamine
    • “Prop-dope” – peanut butter
  • Mid-1980’s
    • d-methamphetamine
    • Ephedrine reduction

Some businesses contribute to the methamphetamine problem:
  • Pseudoephedrine producers
  • Paraphernalia manufacturers
  • Mini Markets

Levorotatory rotates to the left.
Dextrorotatory rotates to the right.
Drugs that are “right handed” have a greater affinity for receptors, and are therefore more potent.
National Routes of Admin

Source: SAMHSA, TEDS, 2002

How do most use?
How does this differ from other drugs?
(Results: Frequency of Methamphetamine Use)

75% Daily or near daily

25% Occasional or Binge
Oregon vs. National 8th Graders Since 9-11
The next generation?

Oregon Healthy Teens, 2004 & Monitoring the Future, 2004

Oregon 8th Graders Alcohol Past 30-day Use
continues to rise above the national average (2003-2004)

Oregon 8th Graders consume alcohol 54% higher than the national average.
Oregon 8th Graders Illicit Drug Use continues to rise above the national average (2003-2004)

Oregon 8th Graders consume illicit drugs at nearly Double the national average.

Oregon is not "treatment friendly"

- Oregon ranks #7 nationally for recent illicit drug use in people 12+
- Oregon ranks #2 in the U.S. for illicit drug use among adults 26+ and 4th in the U.S. for drug abuse/dependence among 18-25 year olds.
- Oregon ranks 45th in U.S. for treatment access.
- Oregon ranks 49th in U.S. for treatment access among 18-25 year olds.

OMHAS, 12/2004
### Addiction

<table>
<thead>
<tr>
<th></th>
<th>Addiction</th>
<th>Addiction+</th>
<th>Addiction++</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oldest onset</td>
<td>16-18</td>
<td>Younger onset 13-15</td>
<td>Younger onset 9-12</td>
</tr>
<tr>
<td>Little/no trauma</td>
<td>Believed</td>
<td>Trauma</td>
<td>Not believed And/or No intervention</td>
</tr>
<tr>
<td>Trauma</td>
<td>Believed</td>
<td>Some intervention</td>
<td>And/or No intervention</td>
</tr>
<tr>
<td>Early trauma</td>
<td>Believed</td>
<td>Some intervention</td>
<td>And/or No intervention</td>
</tr>
<tr>
<td>Little to no professional help</td>
<td>Some professional help</td>
<td>Lots of professional help</td>
<td></td>
</tr>
<tr>
<td>Low psychiatric Symptomology (older onset)</td>
<td>Moderate psychiatric Symptomology (earlier onset)</td>
<td>Acute psychiatric Symptomology (earliest onset)</td>
<td></td>
</tr>
<tr>
<td>High “self-containment”</td>
<td>Moderate “self-containment”</td>
<td>Little “self-containment”</td>
<td></td>
</tr>
<tr>
<td>“mature-out”</td>
<td>Single to multiple tx episodes</td>
<td>Chronic many tx episodes</td>
<td></td>
</tr>
<tr>
<td>“many roads to recovery”</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

• Many many studies have shown that adolescent treatment outcomes are lower than adult outcomes. One of the largest studies showed that clients under 30 had greater susceptibility to drug use and peer groups (DATOS, 1999).

• Numerous addiction studies have shown a division at age 24:
  - Tx completion rates were lower for those 24 and under (TEDS, 2000).
  - Most adolescent substance abusers do not enter treatment until after age 24 (NIDES, 1992).
  - Clients with poorer outcomes under 24 (Roffman).
  - Increasing belief that cigarettes are harmful at 24 (NIDA, 2002).
  - Increasing belief that cigarettes are addictive at age 24 (NIDA, 2002).
Age of Onset


- 60% of CW families A&D involved
- 54% of CW families DRUG involved
- 68% of CW DRUG families METH

- #1 reason for termination -
- No recovery - 46% METH
• Early onset substance using kids had up to 5 times higher rates of substance abuse/dependence

• Significantly higher rates of anxiety and depression

Up to 5x’s greater Substance abuse/dependence

Higher rates Anxiety and Depression

• Adolescence is a period of profound brain maturation.
  • It was previously believed that brain development was complete during early adolescence
  • The maturation process is not complete until about age 24!!!
Oregon 2001 Amphetamine Treatment
Clients: Male to Female Ratios

Psychoactive Substances and Sexual Behaviors

- My sexual drive is increased by the use of the following substance(s)
Psychoactive Substances and Sexual Behaviors

- My use of the following substance(s) has made me become obsessed with sex and/or made my sex drive abnormally high.

Psychoactive Substances and Sexual Behaviors

- I am more likely to have sex (e.g. intercourse, oral sex, masturbation, etc.) when using the following substance(s)
Psychoactive Substances and Sexual Behaviors

• I am more likely to practice “risky” sex under the influence of the following substance(s) (e.g., not use condoms, be less careful about who you choose as a sex partner, etc.)

Psychoactive Substances and Sexual Behaviors

• I have become involved in sex acts that are unusual for me when I am under the influence of the following substance(s) (e.g., marathon masturbation, go to “peep” shows, cross-dress, voyeurism, expose yourself, etc.)
Follow-up of 114 MA Users Treated with Matrix Model – 1 year

Medical/Psychiatric Symptoms

<table>
<thead>
<tr>
<th>Symptoms in Past 30 Days</th>
<th>Baseline</th>
<th>Follow-up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hallucinations</td>
<td>30%</td>
<td>9%</td>
</tr>
<tr>
<td>Paranoia</td>
<td>24%</td>
<td>7%</td>
</tr>
<tr>
<td>“Psychiatric Problems”</td>
<td>24%</td>
<td>5%</td>
</tr>
<tr>
<td>Chest Pains</td>
<td>23%</td>
<td>12%</td>
</tr>
<tr>
<td>Depression</td>
<td>62%</td>
<td>59%</td>
</tr>
<tr>
<td>Headaches</td>
<td>44%</td>
<td>40%</td>
</tr>
</tbody>
</table>

Research on Cognitive Impairments of MA addicts

- Ability to manipulate information (multi-relational or “synthesis”)
- Ability to make inferences
- Ability to ignore irrelevant information
- Ability to learn new information
- Ability to recall material
"Methamphetamine: Snapshot Phenomenon" Wurscher & Martin

- A 2002 study of 114 methamphetamine users, 2-5 years after completing treatment:
  - 82% no meth past 30 days.
  - 54% abstinent 24 months or longer.
  - Full time employment increased from 26% to 62%.

- A 2004 controlled multi-site study of 978, six-month follow up after treatment completion:
  - 66-69% of urinalysis were clean at discharge and follow up.

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Can People recover from meth addiction?

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THE BUFFALO THEORY

(In one episode of 'Cheers', Cliff is seated at the bar describing the Buffalo Theory to his buddy, Norm. I don't think I've ever heard the concept explained any better than this...)

'Well you see, Norm, it's like this. A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the lowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members.

In much the same way, the human brain can only operate as fast as the slowest brain cells. Now, as we know, excessive intake of alcohol kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. And that, Norm, is why you always feel smarter after a few beers.'

Nerve Cell

- Dendrites receive messages
- Cell Body (Soma) nourishes cell and keeps it alive
- Axon transmits messages
- Synaptic Gap - the space in between all cells
Neuropharmacology

• Neurotransmitters are tiny electrical and chemical messengers.
• Axon (sender)
• Dendrite (receiver)
• Synaptic Gap (space in-between the cells)
• Lock & Key mechanism.

Most drugs of abuse “mimic”

Most psychoactive drugs of abuse look “similar” to neurotransmitters. These drugs mimic the action and appearance of neurotransmitters.
- THC - Anandamide
- Opiates - Endorphin Enkephalin
- Alcohol, Benzo’s, Barb’s - GABA
- Stimulants - catecholamines
Drugs of Abuse are “Dopaminergic”
Or, in other words, they increase dopamine activity.

EXAMPLE:
THC connects with receptors and causes the release of dopamine

The one and only thing...
Marijuana
Alcohol
Heroin
Cocaine
Crack
Meth
Nicotine
Caffeine

www.nida.nih.gov
**Natural Rewards Elevate Dopamine Levels**

**FOOD**

- NAc shell
- 150
- Source: Di Chiara et al.

**SEX**

- 200
- Source: Fiorino and Phillips

**Effects of Drugs on Dopamine Levels**

**AMPHETAMINE**

- Accumbens
- 1050
- Time After Amphetamine

**COCAINE**

- Accumbens
- 340
- Time After Cocaine

**NICOTINE**

- Accumbens
- 225
- Time After Nicotine

**MORPHINE**

- Accumbens
- 200 Sustained
- Time After Morphine

Source: Di Chiara and Imperato
Up & Down Regulation

- Receptor sites can increase and decrease over time, as the nerves assess the need to do so.
Addiction Is A Brain Disease Expressed As Compulsive Behavior

Both Developing and Recovering From It Depend on Behavior and Social Context

Short Term
- Short Term:
  - Delusions
  - Memory Problems
  - Hallucinations:
    - Tactile
    - Visual
    - Auditory
    - Gustatory
    - Olfactory
Psychosis Stories

- Shadow People
- Meth Monsters
- Police
- Suspicious of Friends

Meth & Aggression

- Animal Studies (rats, monkeys, etc.)
  - Increases frequency of attack behavior (# of incidents), decreases actual attack-time (actual minutes and seconds of attack behavior)
  - Less awareness of submission behavior of others, oblivious & unacknowledged (keeps attacking after the other has submitted)
  - Low to higher doses increase aggression, really high doses produce less aggression (bell curve) becomes disabling.

- Hierarchy of Primates (on Meth)
  - Increases in aggressive behavior seen most prominently in high ranking & low ranking monkeys, with lesser aggression effects on middle-rank monkeys (inverted bell curve)
Twitch, Tic’s, Grimacing, Jerky muscle movements

Dr. Darryl Inaba, Pharm.D.
Haight Ashbury Films

Dental Problems

- ADA rates meth worse illicit drug for your teeth.
- Constricts blood vessels in the mouth, reducing blood flow and immune protection.
- Tooth grinding, bruxism, adds to deterioration of teeth.
- Meth users drink a lot of pop.
- Meth users in treatment experience significant pain.

Mike Shirtcliff, DMD
Discomfort

- Meth users may experience physiologic discomfort from:
  - sores
  - tooth decay
  - loss of REM sleep
  - gastrointestinal ulceration

Increasing numbers of Meth injectors (OD's rank 9th)

Needle Use Infections
abscesses
septicemia
cotton fever
hepatitis B & C
endocarditis
embolism
HIV & AIDS (IDU 37%)
Street Survey

- Meth is the same as Rx drugs.
- Rx drugs are “unnatural”.

Route of Meth Administration
ADAM Adult Meth Users

<table>
<thead>
<tr>
<th>Route of Administration</th>
<th>Los Angeles</th>
<th>Phoenix</th>
<th>Portland</th>
<th>San Diego</th>
<th>San Jose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snort</td>
<td>68%</td>
<td>43%</td>
<td>28%</td>
<td>46%</td>
<td>57%</td>
</tr>
<tr>
<td>Smoke</td>
<td>18%</td>
<td>27%</td>
<td>17%</td>
<td>39%</td>
<td>32%</td>
</tr>
<tr>
<td>Inject</td>
<td>11%</td>
<td>27%</td>
<td>49%</td>
<td>12%</td>
<td>5%</td>
</tr>
<tr>
<td>Other</td>
<td>2%</td>
<td>3%</td>
<td>5%</td>
<td>2%</td>
<td>6%</td>
</tr>
</tbody>
</table>

Oregon OMHAS, CPMS
Meth primary treatment
Admits had 39% injection
Rate in 1999
Early onset substance use in children had up to 5 times higher rates of substance abuse/dependence.

Significantly higher rates of anxiety and depression.

Hope for Recovery
Client with years of alcohol, cocaine, and meth

One year clean & sober