Behavioral Health Care in Virginia: Mental Health Mental Retardation & Substance Abuse Treatment and Prevention

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Substance Related Disorders:

• Substance Use Disorders – substance abuse and dependence

• Substance–Induced Disorders – intoxication, withdrawal, and clinical syndromes caused by substances

Substance Abuse

• A maladaptive pattern of substance use shown by recurrent and significant negative consequences related to the repeated use of substances

• Unlike Substance Dependence, it does not include tolerance, withdrawal, or a pattern of compulsive use

Substance Dependence

• A cluster of cognitive, behavioral, and physiological symptoms indicating that the individual continues use of the substance despite significant substance–related problems

• An often progressive pattern of repeated self–administration that usually results in tolerance, withdrawal, and compulsive drug–taking behavior

Tolerance And Withdrawal Vary Across Substances

• Tolerance: need for increasing doses of a substance to maintain its effects

• Withdrawal: physical and psychological effects that occur when use of drug is significantly decreased or stopped
  – There is a craving for the drug when one is abstinent and these symptoms are relieved when the drug is taken again

Remission:

• early (at least one month) or sustained (at least one year) depending on how long ago the remission began

• partial or full depending upon how complete the remission is

• Individuals typically return to some intermittent pattern of use after they attempt to establish abstinence.
What Does "Dual Diagnosis" Mean?
The presence of two disorders
• Substance abuse or dependence
• A major mental disorder, usually Major Depression, Bipolar Disorder, or Schizophrenia

Criminal Justice Populations:
Rates of both substance abuse and mental illness disorders are higher in the criminal justice populations than in the population at large

Core Features Of Relapse Prevention:
• Psychoeducation
• Identifying high risk situations and warning signs
• Development of coping skills
• Development of new lifestyle behaviors
• Increasing self-efficacy
• Drug and alcohol monitoring

What is Recovery?
A Conceptual Model
Jacobson and Greenley; Psych Services; April 2001
• Internal Conditions
  – Attitudes, experiences and processes of change of individuals who are recovering
    • Hope
    • Healing
    • Empowerment
    • Connection
• External Conditions
  – Circumstances, events, policies and practices that may facilitate recovery
    • Human Rights
    • A positive culture of healing
    • Recovery-oriented services

What is Recovery?
A Conceptual Model
• Healing
  – Recovery is NOT synonymous with ‘cure’
  – Recovery concept is not necessarily a return to “normal”
  – Two components of Healing in Recovery:
    • Defining the self apart from illness
    • Control

What is Recovery?
A Conceptual Model
– Hope: the individual’s belief that recovery is possible
– Attitudinal components of Hope are:
  • Recognizing, accepting that there is a problem
  • Committing to change
  • Focusing on strengths rather than on weakness or possibility of failure
  • Looking forward rather than ruminating on past
  • Celebrating small victories
  • Reordering priorities
  • Cultivating optimism

(Jacobson and Greeley)
What is Recovery?  
A Conceptual Model

- Empowerment: a corrective for the lack of control and dependency that many consumers develop after long-term interactions with the mental health system
- 3 Components
  - Autonomy
    - Knowledge
    - Self-confidence
    - Availability of meaningful choices
  - Courage
    - Willingness to take risks
    - To speak in one's own voice
    - To step out of safe routines
  - Responsibility

What is Recovery?  
A Conceptual Model

- Connection: rejoining the social world or “getting a life”
- Recovery is a profoundly social process
- For many, this means helping others who are also living with mental illness
  - Becoming provider
  - Peer support
  - Advocate
  - Telling personal story

External Conditions of Recovery

- Human Rights
  - Reducing/eliminating stigma
  - Protecting rights of persons in service system
  - Providing equal opportunities (education, housing, employment)
- A Positive Culture of Healing
  - Tolerance, listening, empathy, compassion, respect, safety, trust
- Recovery Oriented Services
  - Attitude of the professionals who provide them
  - Partnership, collaboration