

Regain Re∞very

# Impact of Substance Use Disorder





## What is Addiction?

“Addiction is defined as a chronic, relapsing disorder characterised by compulsive drug seeking, continued use despite harmful consequences, and long-lasting changes in the brain. It is considered both a complex brain disorder and a mental illness.”

**(It is recognised by the WHO as an illness but for the general public this can be very confusing...)**

## What is Substance Use Disorder?

**There are many definitions....**

“Substance misuse refers to the use of psychoactive substances in a way that is harmful or hazardous to health. This includes alcohol and illicit drugs. The use of such substances can lead to dependency where cognitive, behavioural and physiological problems develop which results in a strong desire to take the drug, difficulties in controlling use, persisting in its use despite harmful consequences, a higher priority given to drug use than to other activities and obligations, increased tolerance, and sometimes a physical withdrawal state. (WHO, 2017)”



## What is Substance Use?

- Use of alcohol or drugs occasionally without being addicted however comes with the risk that it can lead to addiction. (**Contentious?**)

## What is Substance misuse?

- Regular use of alcohol or drugs which may be causing issues in their life that may affect their job, personal life, or even their safety. People who misuse drugs and alcohol do it regardless of the consequences.

## What is Substance dependency?

- Also known as addiction. Symptoms of substance dependency include developing a tolerance for the drug, going through withdrawal symptoms without it, and struggling to cut back on it. There are many factors that can influence whether someone is dependent or addicted to drugs or alcohol, including sociocultural, psychological, cognitive-behavioural, and biological factors.



## Main Drug Use in the UK

### Opioids

- Tramadol; Morphine; Codeine; Methadone; Heroin - Last year over 50 million prescriptions were written for Opioids. Largest reported opioid-using population in Europe (2019).

### Cocaine

- Cocaine and crack cocaine – UK has the highest level of crack cocaine problems in Europe. The UK has seen large increases in the numbers of deaths involving cocaine over the past decade.

### Benzodiazepines

- Valium; Xanax; Lorazepam – massive increase of use amongst 15 year olds and increased use of Xanax amongst school children.

### MDMA

- Ecstasy or molly – laboratory drug, used mainly by under 20 years old, massive increase in usage in recent years, but deaths much lower than use of heroin, benzos or cocaine.

### Ketamine

- Dissociative anaesthetic – increasing in use amongst 16 to 24 year olds.



## Alcohol - (Is it a Drug?)

### Alcohol is harming people across the UK

- More than a million alcohol related hospital admissions in England every year
- Age 15 to 49 no greater risk factor for premature death and illness than alcohol
- In England more years of working life lost to alcohol than to the 10 most common cancers combined
- Liver disease has increased significantly in the UK

### Alcohol is harming Communities

- More than 40% of all violence in England and Wales is alcohol related
- Almost 200,000 children in England living with at least one alcohol dependent adult
- More children call Childline concerned about a parent's drinking than for anything else

### Alcohol Consumption

- Over 10 million people in the UK are drinking at harmful levels
- Enough alcohol is sold weekly for every drinker to substantially exceed the CMO's recommended guidelines for safe drinking.

### Cost

- Alcohol is set to cost the NHS £17 billion in the next five years unless consumption levels change
- Alcohol related crime costs up to £11 billion a year
- Lost Productivity in the Work Place costs the UK economy more than £7 billion a year



# How Alcohol Dependency affects the Family

## **Affect on Children**

- Guilt/Frustration/Anger – they feel they are responsible for the drinking, they can't stop it, they get frustrated and angry and don't understand the behaviour
- Broken routines, have to take on more responsibilities
- Mood swings and behavioural changes
- Afraid to go to school
- Impact on later years

## **Impact on Spouses and Partners**

- Having to deal with additional responsibilities as a result of those neglected
- Feeling isolated and lost
- Lack of understanding 'If you loved me you would stop'
- Over controlling and trying to stop it
- Potential domestic violence
- ETC...



# How Alcohol Dependency affects the Family

## Co-dependency & Enabling Addiction

- Protect the family at all cost
- Keep making excuses
- Hoping it will be all right and get better
- Believing all the promises that it will stop

## The Three C's (Cause; Control; Cure)

- **Cause** – 'You' did not Cause it
- **Control** – 'You' cannot Control it
- **Cure** – 'You' cannot Cure it



## Alcohol in the Work Place/Signs to Look For

*'More than 25 million adults in England regularly drink alcohol. Statistically, drinkers are more likely to be employed than non-drinkers'*

### **Leave and Attendance**

- Unexplained or unauthorised absences
- Excessive sick leave
- Absence after 'pay day'
- Frequent unplanned absences due to emergencies
- Punctuality issues
- Several breaks and away from the work environment

### **Performance Problems**

- Missed deadlines
- Sloppy work
- Excuses





## Alcohol in the Work Place/Signs to Look For

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### Relationships at Work

- Strained relationships with work colleagues
- Becoming argumentative and short tempered with colleagues
- Becoming a loner

### Performance Problems

- Smell of Alcohol
- Bloodshot eyes
- Mood and behavioural changes, e.g. excessive laughing, loud talking, etc.
- Excessive use of mouth wash, mints
- Avoidance of supervisors, managers
- Tremors
- Sleeping on duty



## Treatment and Outcomes

*'The alcohol dependent person must have a willingness to get better, to get and be better.'*

### Pathways to Help (when not engaging)

- GP - (Delicate as possibly the person doesn't want GP to be aware of problem)
- Family Intervention (needs to be handled carefully)
- Engage with friends
- Speak to organisations
- Do not attempt to take control

**DO NOT ALLOW THE PERSON STOP DRINKING ABRUPTLY**

### Pathways to Help (when ready!)

- Open and honesty with Loved ones
- GP – Open discussion and seek help (if suitable)
- Utilise many of the Drug & Alcohol organisations available
- Seek treatment (Funded/Private)
- Be Honest!!!



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**DO NOT ALLOW THE PERSON STOP DRINKING ABRUPTLY**

### Treatment Programmes

- DETOX – Medically supervised and managed (crucially important, and not easily available at home)
- Many different treatment models
  - Group Therapy; Educational Programmes; One to One Therapy; Aftercare; Etc.

### Treatment Options

- Funded via Charities (e.g. CGL, Turning Point)
  - Takes a long time to receive residential treatment for Detox and Therapy
  - Massive waiting lists (could take up to 10 months to be admitted for a residential Detox and then you may still have to wait for available beds)
- Private Rehabs
  - Faster admissions, very expensive
  - Choose carefully

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Thank you for Listening

Questions?





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