

Drug Use and Prevention

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Pierce College Fall

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5 Historical Themes of Psychoactive Drugs

- ❖ Coping
- ❖ Susceptibility
- ❖ Business and Government
- ❖ Refining, Synthesizing, Manufacturing
- ❖ Faster & More Efficient Delivery

Prevention and Early Interventions

History of Prevention

- ❖ Prohibition (1919-1933)
- ❖ Amethyst Initiative (2008 Petition)
- ❖ Scare Tactics/Drug Information Programs (1960's)
- ❖ D.A.R.E (1983) Drug Abuse Resistance Education
- ❖ Prop. 36 (2000) Drug treatment instead of jail (non-violent drug crimes)

Other developments

❖ Skill-Building and Resiliency Programs

- ❖ Self-esteem, social skills, decision making, problem solving
- ❖ Coping skills (parenting, anger management etc.)

❖ Changing the Environment

- ❖ Community needs and patterns of drug use
- ❖ Coordinating existing services
- ❖ Public policy/changing laws
- ❖ Increasing funding for prevention
- ❖ Training and planning

Other developments

❖ Public Health Model

- ❖ Prevention by affecting the relationship between genetics, environment and drugs

❖ Family Approach

- ❖ Family- focused support
- ❖ Strengthening the family system

Prevention Goals

Primary

Secondary

Tertiary

Harm Reduction

Primary

- ❖ Anticipate drug use
 - ❖ Bio-psychosocial
- ❖ Prevention of initial drug use
 - ❖ Education
- ❖ Early signs of use

Secondary

- ❖ Early intervention

- ❖ Intervention includes

 - ❖ Education

 - ❖ Skill building/Diversion

Tertiary

- ❖ Group Intervention
- ❖ Individual and Family Therapy
- ❖ Life Skills
- ❖ Medication

Prevention Methods

Supply, Demand, Harm Reduction

Prevention Methods

❖ Supply Reduction

- ❖ Stricter laws (state and local)
- ❖ Limiting precursor chemicals
- ❖ Strengthening borders

❖ Demand Reduction

- ❖ Never develop an interest (education)
- ❖ User don't progress with use (intervention)
- ❖ Treatment

❖ Reduce the Harm

- ❖ Controversial approaches

Harm Reduction

- ❖ Needle exchange programs
- ❖ Medication maintenance
 - ❖ Methadone
 - ❖ Suboxone
 - ❖ Antabuse
- ❖ Laws and regulation for legal drugs

Drug Use

From Cradle to Grave

Risk for Substance Use

- ❖ Family use/ no consistency or discipline
- ❖ Physical, sexual, emotion abuse
- ❖ Emotional or mental problems
- ❖ Lack or low self-esteem
- ❖ Exposure to peer pressure

Pregnancy

- ❖ Drugs cross the placental barrier
- ❖ Health program for mother and fetus
- ❖ No or minimal prenatal care
- ❖ Opioid and stimulant use can cause withdrawal symptoms in new born babies

Stages of Development

Erik Erikson

Stage 1: Trust vs Mistrust 0-18 months

Overview

- ❖ Psychosocial Conflict: Trust versus mistrust
- ❖ Major Question: "Can I trust the people around me?"
- ❖ Basic Virtue: Hope
- ❖ Important Event: Feeding

Drug Use Impact

- ❖ Lack of Caregiver
- ❖ Inconsistent caregiver
- ❖ No hope or trust

Stage 2: Autonomy vs. Shame and Doubt

1.5 -3 y/o

Overview

- ❖ Psychosocial Conflict: Autonomy versus shame and doubt
- ❖ Major Question: "Can I do things myself or am I reliant on the help of others?"
- ❖ Basic Virtue: Will
- ❖ Important Event(s): Toilet training

Drug Use Impact

- ❖ No support
- ❖ Shame and Doubt
- ❖ Frustration
- ❖ Impatient
- ❖ Delay in toilet training

Stage 3: Initiative vs. Guilt

3-5 y/o

Overview

- ❖ Psychosocial Conflict: Initiative versus Guilt
- ❖ Major Question: "Am I good or bad?"
- ❖ Basic Virtue: Purpose
- ❖ Important Event(s): Exploration, Play

Drug Use Impact

- ❖ Not appropriate choices
- ❖ Discouraging
- ❖ Too dependent on others

Stage 4: Industry vs. Inferiority

5-12 y/o

Overview

- ❖ Psychosocial Conflict: Industry vs. Inferiority
- ❖ Major Question: "How can I be good?"
- ❖ Basic Virtue: Competence
- ❖ Important Event(s): School

Drug Use Impact

- ❖ Fall behind others
- ❖ Feelings of inferiority
- ❖ Doubt in their abilities
- ❖ Low self-esteem

Stage 5: Identity vs. Role Confusion

12-18 y/o

Overview

- ❖ Psychosocial Conflict: Identity Versus Confusion
- ❖ Major Question: "Who am I?"
- ❖ Basic Virtue: Fidelity
- ❖ Important Event(s): Social Relationship

Drug Use Impact

- ❖ Peer Pressure
- ❖ Isolation
- ❖ Am I liked, loved, wanted
- ❖ Depression

Stage 6: Intimacy vs. Isolation

18-40

Overview

- ❖ Psychosocial Conflict: Intimacy versus isolation
- ❖ Major Question: "Will I be loved or will I be alone?"
- ❖ Basic Virtue: Love
- ❖ Important Event(s): Romantic relationships

Drug Use Impact

- ❖ Isolation
- ❖ Inability to develop relationships
- ❖ Poor romantic relationships
- ❖ Choose drugs over relationships
- ❖ Depression

Stage 7: Generativity vs. Stagnation

40-65 y/o

Overview

- ❖ Psychosocial Conflict: Generativity Versus Stagnation
- ❖ Major Question: "How can I contribute to the world?"
- ❖ Basic Virtue: Care
- ❖ Important Event(s): Parenthood and Work

Drug Use Impact

- ❖ Cannot keep a job
- ❖ Cannot provide for self/family
- ❖ No family, No job, No purpose

Stage 8: Integrity vs. Despair

65+

Overview

- ❖ Psychosocial Conflict: Integrity versus despair
- ❖ Major Question: "Did I live a meaningful life?"
- ❖ Basic Virtue: Wisdom
- ❖ Important Event(s): Reflecting back on life

Drug Use Impact

- ❖ Depression
- ❖ Lots of regret
- ❖ Trying to make up for lost time
- ❖ Despair

Children/Adolescent in School Setting

- ❖ Alcohol use in school, #1 problem followed by tobacco and marijuana
- ❖ Growing problems with opioid and Rx drugs
- ❖ Knowing risk factors
- ❖ Prevention efforts throughout grade levels

Next Week: May 16

- ❖ Treatment

- ❖ Chapter 9

- ❖ Last Zoom meeting: Monday, May 23 - Mental Health and Drugs

- ❖ Review the final

- ❖ HOLIDAY- May 30 NO Class

- ❖ Monday June 6: Final Due 3:30 - 6:30 p.m.