


Mental Health and Drugs



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What is Co-Occurring Disorders?

- ✿ The combination of a substance use disorder and a mental health disorder.
- ✿ The existence in an individual of at least one independent major mental disorder as well as an independent addiction and related disorder.

Example of COD

- ✦ Alcohol
- ✦ Cannabis
- ✦ Hallucinogens
- ✦ Inhalants
- ✦ Opioids
- ✦ Stimulants
- ✦ Depression
- ✦ Anxiety
- ✦ Sexual Dysfunction
- ✦ Sleep Disorder
- ✦ Bipolar and Related Disorder
- ✦ Psychotic Disorder

Substance Use Disorder (SUD) Most common

- ★ Alcohol
- ★ Marijuana
- ★ Stimulants
 - ★ Cocaine
 - ★ Amphetamine/Methamphetamine
- ★ Depressants
 - ★ Opioids
 - ★ Sedatives
- ★ Prescribed Medication
 - ★ Oxycodone
 - ★ Valium (Diazepam)

Mental Health Disorder (MHD)

- ✦ Diagnosed by licensed clinician
- ✦ DSM-5 criteria
- ✦ Differentiate between substance induced disorders
 - ✦ Example: Substance Induced MDD
 - ✦ Example: Substance Induced Psychosis

Similarities of MHD and SUD

★ Cocaine/Amphetamine

- ★ Use: Mania, anxiety or psychosis
- ★ Withdrawal: MDD, GAD
- ★ High and Low: similar to bipolar disorder

★ Alcohol Use

- ★ MDD: depressive mood, lack of interest, disruptive sleep

★ Psychedelic Drug use:

- ★ Delusional hallucinations
- ★ Thoughts disorders

Alcohol-Induced Disorder

- ✦ Impulse control problem
- ✦ Sleep disorders
- ✦ Anxiety
- ✦ Depression
- ✦ Psychosis
- ✦ Dementia
- ✦ Cognitive Impairment

Stimulant-Induced Disorder

- ✦ Impulse control problem
- ✦ Sexual Dysfunction
- ✦ Bipolar Disorder
- ✦ Depression
- ✦ Panic Disorder
- ✦ Anxiety
- ✦ Psychosis
- ✦ Sleep Disorder
- ✦ Cognitive Impairment

Cannabis-Induced Disorder

- ✿ Intoxication
- ✿ Delirium
- ✿ Psychotic Disorder
- ✿ Hallucinogen Persisting perception disorder
- ✿ Anxiety Disorder
- ✿ “Amotivational syndrome”

Depressive Disorder

- ✿ Sad
- ✿ Empty
- ✿ Irritable mood
- ✿ Somatic Changes
- ✿ Cognitive Changes
- ✿ Capacity to function



Anxiety Disorder

- ✧ Excessive Worry
- ✧ Fear
- ✧ Muscle Tension
- ✧ Panic Attacks
- ✧ Avoidance



Bipolar Disorder

- ✧ Bipolar I
 - ✧ Manic Episode
 - ✧ Hypomanic Episode
 - ✧ Major Depressive Episode
- ✧ Bipolar II
 - ✧ Hypomanic Episode
 - ✧ Major Depressive Episode



Schizophrenia

- ✦ Schizophrenia usually start between ages 16 and 30. In rare cases, children have schizophrenia too.
 - ✦ Males mid 20's
 - ✦ Females late 20's
- ✦ Symptoms persist 6mo+
- ✦ Not attributable to SUD
- ✦ The symptoms of schizophrenia fall into three categories: positive, negative, and cognitive.

Positive Symptoms

- ✿ Hallucinations
- ✿ Delusions
- ✿ Thought disorders (unusual or dysfunctional ways of thinking)
- ✿ Movement disorders (agitated body movements)

Negative Symptoms

- ✿ “Flat affect” (reduced expression of emotions via facial expression or voice tone)
- ✿ Reduced feelings of pleasure in everyday life
- ✿ Difficulty beginning and sustaining activities
- ✿ Reduced speaking

Cognitive Symptoms

- ✿ Poor “executive functioning” (the ability to understand information and use it to make decisions)
- ✿ Trouble focusing or paying attention
- ✿ Problems with “working memory” (the ability to use information immediately after learning it)

Substance/Medication Induced Sleep Disorder

- ✦ Prominent and Severe Disturbance in sleep
- ✦ Insomnia
- ✦ Daytime Sleepiness
- ✦ Parasomnia
- ✦ Mixed



Substance/Medication Induced Sexual Dysfunction

- ✿ Significant disturbance in sexual function
- ✿ Warrant clinical attention
 - ✿ physical exam
 - ✿ laboratory findings



Substance Abuse Medication

★ **Opioids**

- ★ Methadone
- ★ Buprenorphine
- ★ Naltrexone

★ **Nicotine**

- ★ Nicotine replacement therapies (patch, inhaler, gum)
- ★ Bupropion (Zyban, Wellbutrin)
- ★ Varenicline (Chantax)

★ **Alcohol**

- ★ Naltrexone (slow release injection know as Vivitrol)
- ★ Disulfiram (Antibuse)
- ★ Acamprosate

Misconceptions about Medication-Assisted Treatment

- ✦ You can become addicted to the treatment drugs
- ✦ Medication is a crutch
- ✦ Replacing one addiction with another
- ✦ Bad moral choice
- ✦ Unassisted treatment is superior
- ✦ Not effective because it doesn't cure addiction

Commonly Abused Prescription and OTC Drugs

- ✦ Barbiturates
- ✦ Benzodiazepines
- ✦ Sleep Medication
- ✦ Codeine and Morphine
- ✦ OxyContin, Percocet
- ✦ Vicodin, Lortab, Lorcet
- ✦ Amphetamines
- ✦ Dextromethorphan (DXM)
- ✦ Pseudoephedrine

Commonly Abuse Psychotropic Medication

- ★ Psycho-Stimulants (ADHD, Narcolepsy)
 - ★ Ritalin, Concerta, Focalin, Adderall
- ★ Benzodiazepines (Anti-Anxiety)
 - ★ Valium, Klonopin, Ativan, Xanax
- ★ Hypnotics (Sleep Aid)
 - ★ Ambien

Treating COD

- ✦ Mental health and substance abuse simultaneously
 - ✦ Medication for MH
 - ✦ Medication for SUD
- ✦ Severe mental health should be treated first (Bi-polar disorders, Schizophrenia, Eating Disorders)
- ✦ Differentiate between induced MH or COD



FINAL REVIEW

- ✿ *Due Monday, June 6th by 6:30 p.m.*
- ✿ *Will be under quizzes and open between 3:30 - 6:30 p.m.*
- ✿ *Worth 50 points - Each question worth 10 points*
- ✿ *Will be graded on grammar, clarity, original thoughts (show me that you learned)*
- ✿ *No personal experiences*
- ✿ *This is not an opinion paper, it requires factual information*
- ✿ *Reference correctly, give credit where credit is needed*