# Mental Health and Drugs

Maria (Cruz) Buffo, M.A., LMFT Pierce College - Addiction Studies 2 Spring 2022



# What is Co-Occuring 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.







Cannabis

Hallucinogens

Inhalants

Opioids

Stimulants

# Example of COD

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"





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

# Depressive Disorder

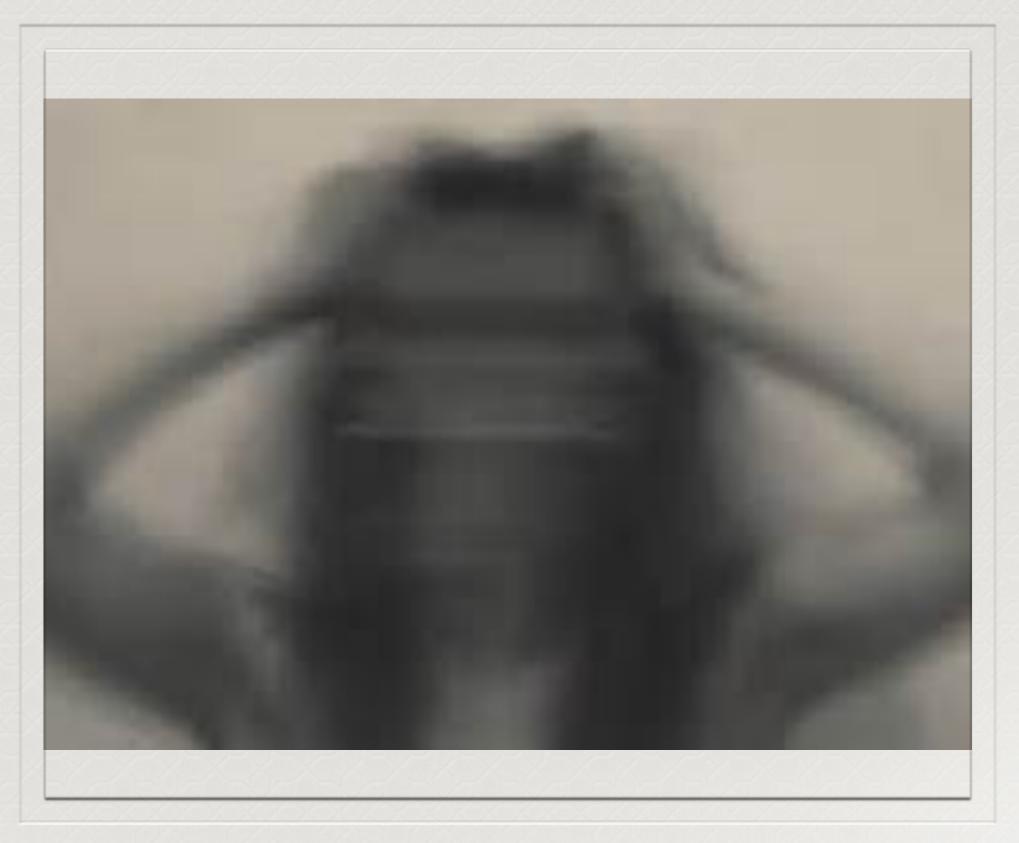






# Excessive Worry Fear Muscle Tension Panic Attacks Avoidance

# Anxiety Disorder



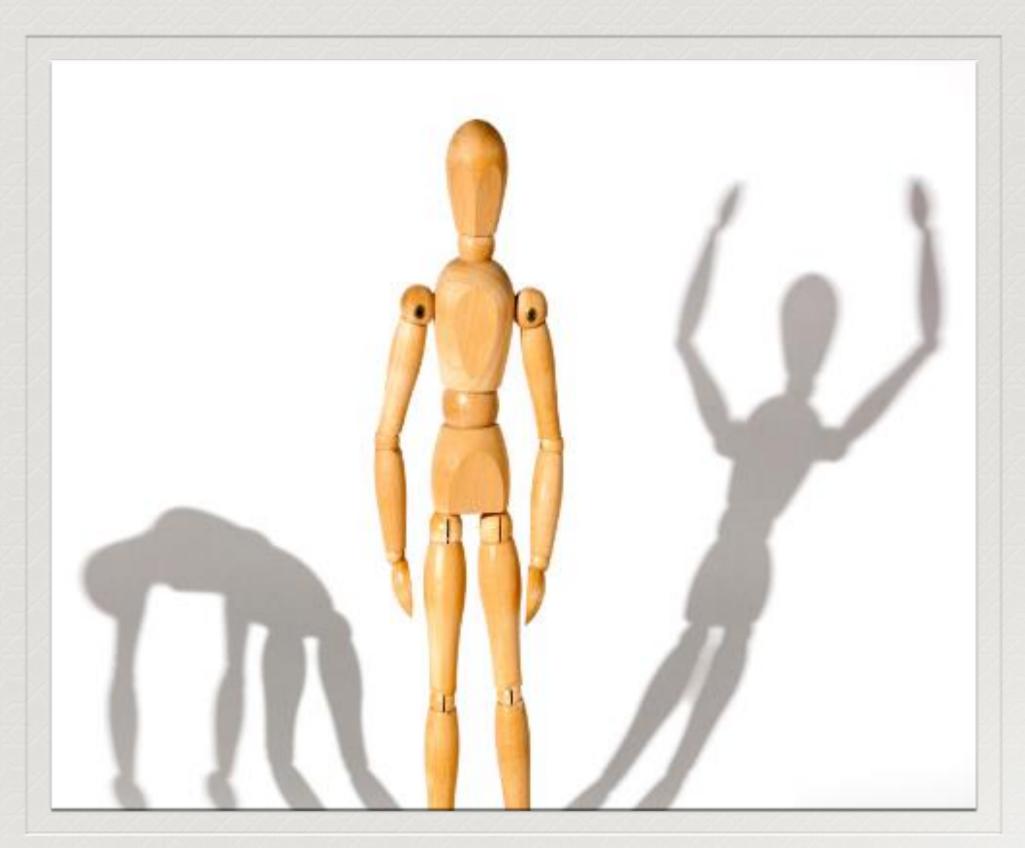




## Bipolar I

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

# Bipolar Disorder





# Schizophrenia

- 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.

# Schizophrenia usually start between ages 16 and 30. In rare





## Hallucinations

## Delusions

Thought disorders (unusual or dysfunctional ways of thinking)

Movement disorders (agitated body movements)







- "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





- 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







## 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) Ambient



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













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

