Chapter 15

Substance-Related Disorders

- Substance abuse
- Substance dependence
  - Tolerance
  - Withdrawal
- Substance intoxication

Biopsychosocial Theories

- Biologic
- Genetic
- Psychological
- Sociocultural
- Family systems
Biopsychosocial Theories

Click here to view a video interview with Chris, an alcoholic.

Populations at Risk

- Teenagers
- Psychiatric clients
- Women
- General hospital clients

Populations at Risk - continued

- Older Adults
- Adult Children of Alcoholics
- Health Care Providers
Alcohol

- Physical effects
- Psychological effects
- Withdrawal effects

Barbiturates and Sedatives/Hypnotics

- Physical effects
- Psychological effects
- Withdrawal effects

Opioids

- Physical effects
- Psychological effects
- Withdrawal effects
Amphetamines

- Physical effects
- Psychological effects
- Withdrawal effects

Cannabis

- Physical effects
- Psychological effects
- Withdrawal effects

Cocaine

- Physical effects
- Psychological effects
- Withdrawal effects
PCP

- Physical effects
- Psychological effects
- Withdrawal effects

Hallucinogens

- Physical effects
- Psychological effects
- Withdrawal effects

Inhalants

- Physical effects
- Psychological effects
- Withdrawal effects
Treatment Approaches

- Pharmacological
- General hospital care
- Specialty hospital care
- Residential rehabilitation
- Extended residential care

Treatment Approaches - continued

- Outpatient care
- Self-help groups
- Twelve-step programs

Dual Diagnosis Challenges

- Psychiatric clients are vulnerable to substance use and abuse
- Treatment must address both problems
- Specialized treatment programs
Interventions

- Confrontation strategies
- Education
- Referral and self-help groups
- Lifestyle change
- Family

Relapse Prevention

- Relapse is common
- Recognize symptoms of relapse
- Relapse prevention groups

Outcome Criteria

- Abstinence from alcohol and drugs
- Coping
- Decision-making
- Impulse control
Maintaining Therapeutic Optimism

- Substance abuse is a chronic relapsing condition.
- The power of a therapeutic relationship
- Talk to people in recovery.
- Talk to clients about spirituality.
- Find mentors.
- Take care of yourself!

Resources

- http://www.alcoholics-anonymous.org
  This link contains current information about AA resources, services, and information for professionals and those in need of support.
- http://www.al-anon.alateen.org
  This link for Al-Anon/Alateen contains current information for families and friends about alcoholism. Twelve-step information, resources, and services are described.

Resources - continued

- http://www.intnsa.org
  This link contains information about the International Nurses Society on Addiction, a professional specialty organization for nurses committed to the prevention, intervention, treatment, and management of addictive disorders.
- http://www.nofas.org
  The National Organization on Fetal Alcohol Syndrome is dedicated to eliminating birth defects caused by alcohol consumption during pregnancy and improving quality of life for affected individuals and families.
Resources - continued

- [http://ww3.med.miami.edu/ctrada](http://ww3.med.miami.edu/ctrada)
The Center for Treatment Research on Adolescent Drug Abuse (CTRADA) at the University of Miami conducts psychosocial treatment research on adolescent drug abuse.