The Relationship Between Trauma And Substance Use

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The Relationship Between Trauma And Substance Use

What’s the true gateway?

Trauma?
Paths to Substance Use - Initiation

Recreational experimentation - Adolescence

- Risk takers
- Oppositional defiant
- Thrill seeking - adrenalin rush
- Reduces inhibitions – increases social opportunities
- Belonging – fitting in with others
- Age of onset matters.

Younger onset = higher risk
You can't get to mastery without experiencing risk.

let the children play
Adolescent Development

- Separation / Individuation: developing identity separate from parents (rebellion)
- Craving social acceptance: being with like-minded people (validation of beliefs)
- Underdeveloped pre-frontal cortex: impaired judgement
- Sense of invincibility: Bad things won’t happen to me
- Increased independence accessibility: (driving)
Adolescent Brain:
5% Names
3% Phone numbers
2% Stuff I should know for school
90% Song lyrics
Trauma - The Gateway to Drug Use

The impact of trauma

- Someone hurts you - generally an adult who you see as their protector
- You experience flashbacks of traumatic events (all senses effected)
- You are angry and often times feel unsafe
- Flashbacks become intolerable
- Drugs provide escape and avoidance of emotional distress
- Only temporary relief
- Requires frequent doses to be effective
Addiction...

- Is a primary, **chronic disease of the brain** reward, motivation, memory and related circuitry
- Has biological, psychosocial, social and spiritual manifestations
Adverse Childhood Experiences (ACE) Study

- Physical, emotional and/or sexual abuse
- Neglect or abandonment
- Divorce
- Alcoholism or drug addiction in the family
- Family violence
- Poverty, lack of food and basic needs, homelessness
- Family member in prison
- Family member with mental illness
Adverse Childhood Experiences Are Common

<table>
<thead>
<tr>
<th>Type of Abuse</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Abuse</td>
<td>28%</td>
</tr>
<tr>
<td>Substance Abuse- in the home</td>
<td>27%</td>
</tr>
<tr>
<td>Parents divorced</td>
<td>23%</td>
</tr>
<tr>
<td>Sexual abuse</td>
<td>22%</td>
</tr>
<tr>
<td>Mental illness</td>
<td>17%</td>
</tr>
<tr>
<td>Emotional abuse</td>
<td>15%</td>
</tr>
</tbody>
</table>
How common is trauma?

1 in 4 exposed to two categories of ACEs

1 in 16 was exposed to four categories

22% were sexually abused as children

66% of the women experienced abuse, violence or family strife as a child

Women were 50% more likely than men to have experienced 5 or more ACEs
How common is trauma?

1 in 6 men have experienced emotional trauma.

80% of people in psychiatric hospitals have experienced physical or sexual abuse.

66% of people in substance abuse treatment report childhood abuse or neglect.

90% of women with alcoholism were sexually abused or suffered severe violence from parents.
How common is trauma?

A sizable percentage of people with substance use disorders have traumatic stress symptoms that interfere with achieving or maintaining sobriety.

Many people with trauma histories have overlapping problems with mental health, addictions, physical health, and are victims or perpetrators of crime.
A male child with an ACE Score of 6, when compared to a male child with an ACE Score of 0, has a 46-fold (4,600%) increase in the likelihood of becoming an injection drug user sometime later in life.
Overdose vs. Suicide

2/3 (67%) of all suicide attempts
64% of adult suicide attempts
80% of child/adolescent suicide attempts

Women are 3 times as likely as men to attempt suicide over the lifespan.

We must manage each person’s distress!
We repeat what we don’t repair.

-Christine Langley Obaugh
Understanding Stigma: Language Matters

Stigma is About Disrespect

- It hurts, punishes and diminishes people.
- It harms and undermines all relationships.
- It appears in behavior language, attitude and tone of voice.
- It happens even when we don’t mean it.
Understanding Stigma (what’s least desirable?)

- Mental Health
- Substance Use Disorders
- Trauma

(newvista)
The Changing Face of Stigma

Example:

- Therapy initiated due to anger problems
- Down the road, discovering anger occurred when individuals were using substances
- Digging deeper reveals childhood trauma
Sometimes we just need to be heard... There are times in life when being heard leads to being healed.

- Steve Mariboli
**Treatment**

- We must ask everyone about substance use and monitor it.
- We must ask everyone about trauma, AND treat it!
- We must ask about suicidal thoughts or self harming thoughts!
- EVERY TIME WE MEET WITH THEM!
Regardless of what leads to using substances, the addicted brain reacts immediately.

- Reward circuits
- Memory (conditioning, habits)
- Motivation (energy, drive)
- Executive function (control, salience, decision making)
- Mood (stress reactivity, feelings of pleasure)
- Internal awareness

Volkow et al., 2012
Addiction is Not Casual Use

Addiction is:

• Compulsion to seek and take the drug
• Loss of control in limiting intake
• Diminished recognition of significant problems
• Emergence of negative emotional state
• Craving
• Chronicity and recurrence
When underlying trauma drives the addiction

<table>
<thead>
<tr>
<th>Absence of evidence-based trauma treatment will lead to re-occurrence of use!</th>
</tr>
</thead>
<tbody>
<tr>
<td>History of trauma does NOT always mean it is the driver.</td>
</tr>
<tr>
<td>People can and do recover from trauma.</td>
</tr>
<tr>
<td>If trauma is the driver, it must be identified and treated.</td>
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</tbody>
</table>
Tonier Cain

- HEALING Neen clip
# Evidence-Based Treatments for Trauma

<table>
<thead>
<tr>
<th>Program</th>
<th>Targeted Audience</th>
<th>Approach</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATRIUM</td>
<td>M/F, SA, SMI, Self Injury</td>
<td>Group &amp; Individual</td>
</tr>
<tr>
<td>Beyond Trauma</td>
<td>Women / SA</td>
<td>Group</td>
</tr>
<tr>
<td>CBT for PTSD w/ SMI</td>
<td>SMI</td>
<td>Group and Individual</td>
</tr>
<tr>
<td>Growing Beyond Survival</td>
<td>Mood, BPD</td>
<td>Group and Individual</td>
</tr>
<tr>
<td>TREP</td>
<td>General men and women</td>
<td>Individuals</td>
</tr>
<tr>
<td>TAMAR</td>
<td>Inpatient</td>
<td>Groups</td>
</tr>
<tr>
<td>TARGET</td>
<td>MH and SA</td>
<td>Group or Individual</td>
</tr>
<tr>
<td>TRM</td>
<td>All</td>
<td>Individual or Group</td>
</tr>
<tr>
<td>TREM</td>
<td>Women MH and SA</td>
<td>Groups</td>
</tr>
<tr>
<td>Trauma Recovery Group</td>
<td>SMI</td>
<td>Groups</td>
</tr>
<tr>
<td>SSGT</td>
<td>SMI</td>
<td>Same sex groups</td>
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<tr>
<td>Trauma Inpatient Short</td>
<td>Women</td>
<td>Inpatient</td>
</tr>
<tr>
<td>TRIAD</td>
<td>Men / Teens</td>
<td>Groups</td>
</tr>
<tr>
<td>Traumatic stress / Art tx</td>
<td>Men / Women</td>
<td>Group or Individual</td>
</tr>
<tr>
<td>TREP</td>
<td>SA MH DV</td>
<td>Individual</td>
</tr>
<tr>
<td>Seeking Safety</td>
<td>Women / Men</td>
<td>Group</td>
</tr>
</tbody>
</table>
Substance Use Services Continuum

- Individual Outpatient
- Couples / Family Outpatient
- Group Therapy Outpatient
- Intensive Outpatient Program - 9 hr/wk
- Medication Assisted Recovery
- Residential Treatment
- IOP Plus Room and Board
- Long-Term Sober Living
- Medical Detox
All treatment options should provide trauma informed care or refer you to a person or place that can provide trauma treatment.

For individuals with core issues of trauma, substance use treatment alone will not be enough.
Resiliency and recovery

· Since we can’t prevent bad things from happening or control genetics what else can we do?
Resilience and Recovery

- **re·sil·i·ence**
  - speedy recovery from problems: the ability to recover quickly from setbacks
  - elasticity: the ability of matter to spring back quickly into shape after being bent, stretched, or deformed
  - Synonyms: pliability, flexibility, elasticity, suppleness, bounciness, springiness
Resilience and Recovery

- Resilience Trumps ACE’s
  www.resiliencetrumpsaces.org

- Circle of Courage
  www.reclaiming.com
Circle of Courage

- Generosity
- Independence
- Mastery
- Belonging
Questions?

newvista.org

24-Hour Helpline
1.800.928.8000

Jim.Bush@newvista.org

Thank you!