

The Relationship Between Trauma And Substance Use

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newvista

The Relationship Between Trauma And Substance Use

What's the true gateway?

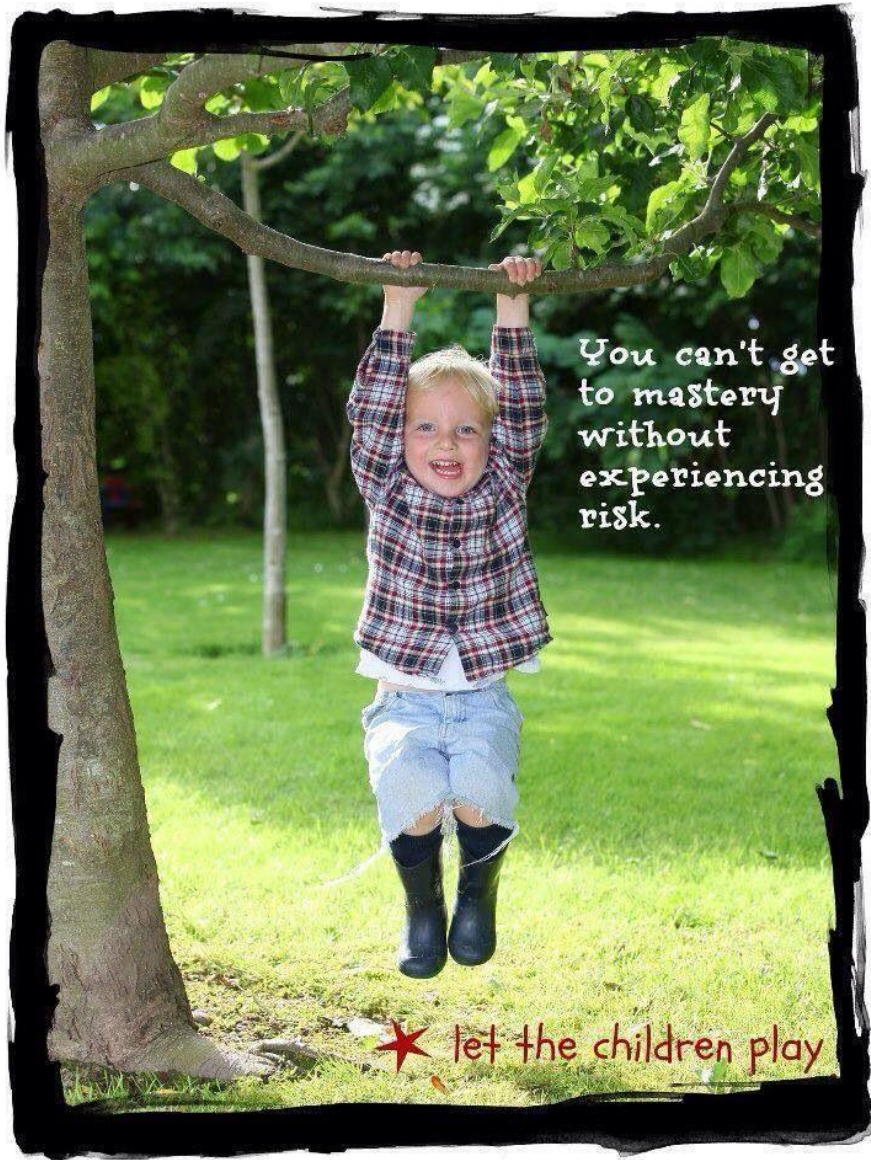
Trauma?

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

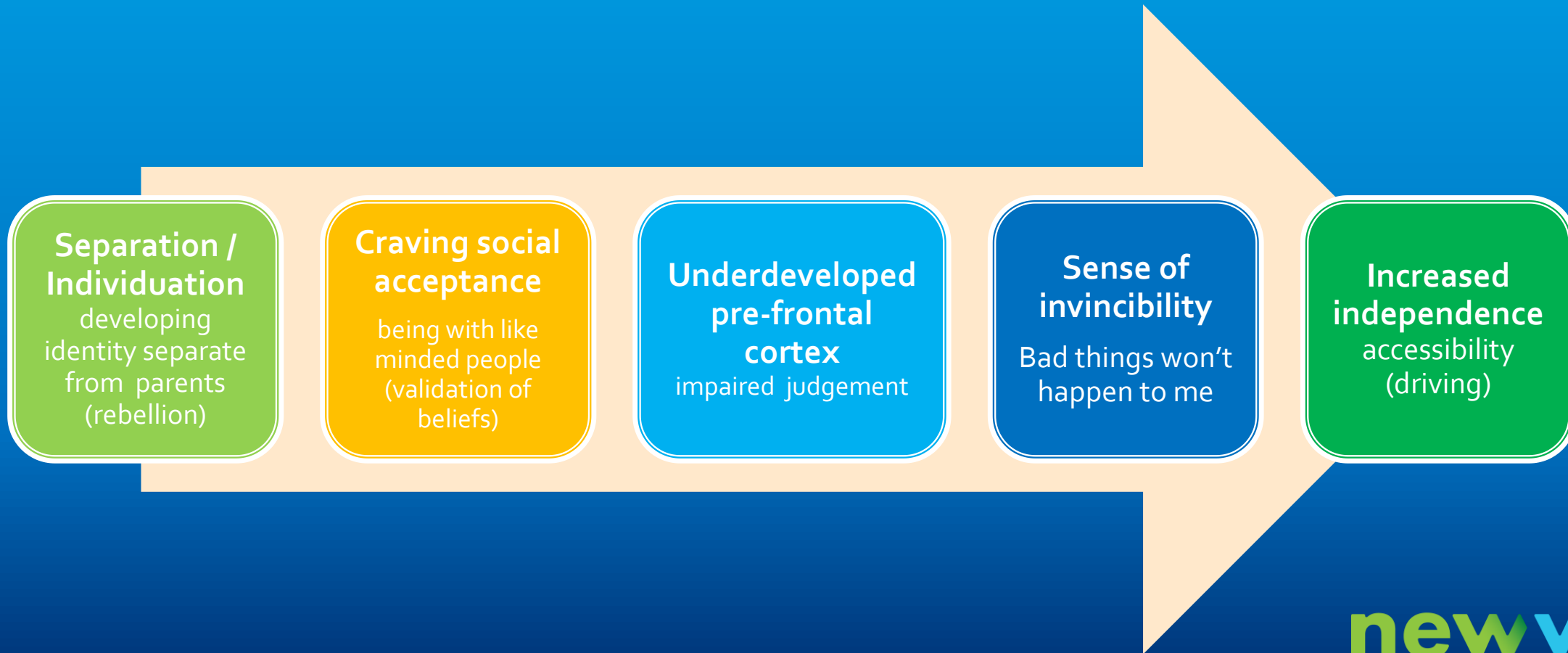


You can't get
to mastery
without
experiencing
risk.

★ let the children play

TRUE

Adolescent Development



Adolescent Brain:

5% Names

3% Phone numbers

2% Stuff I should know for school

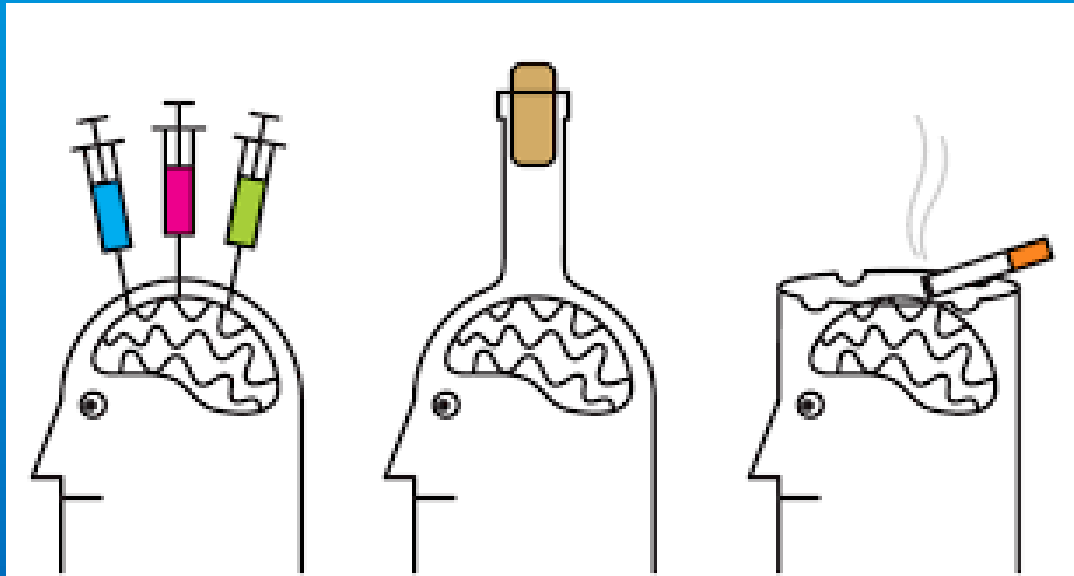
90% Song lyrics

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

Frequency of abuse in middle class America

• Physical Abuse	28%
• Substance Abuse- in the home	27%
• Parents divorced	23%
• Sexual abuse	22%
• Mental illness	17%
• Emotional abuse	15%

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

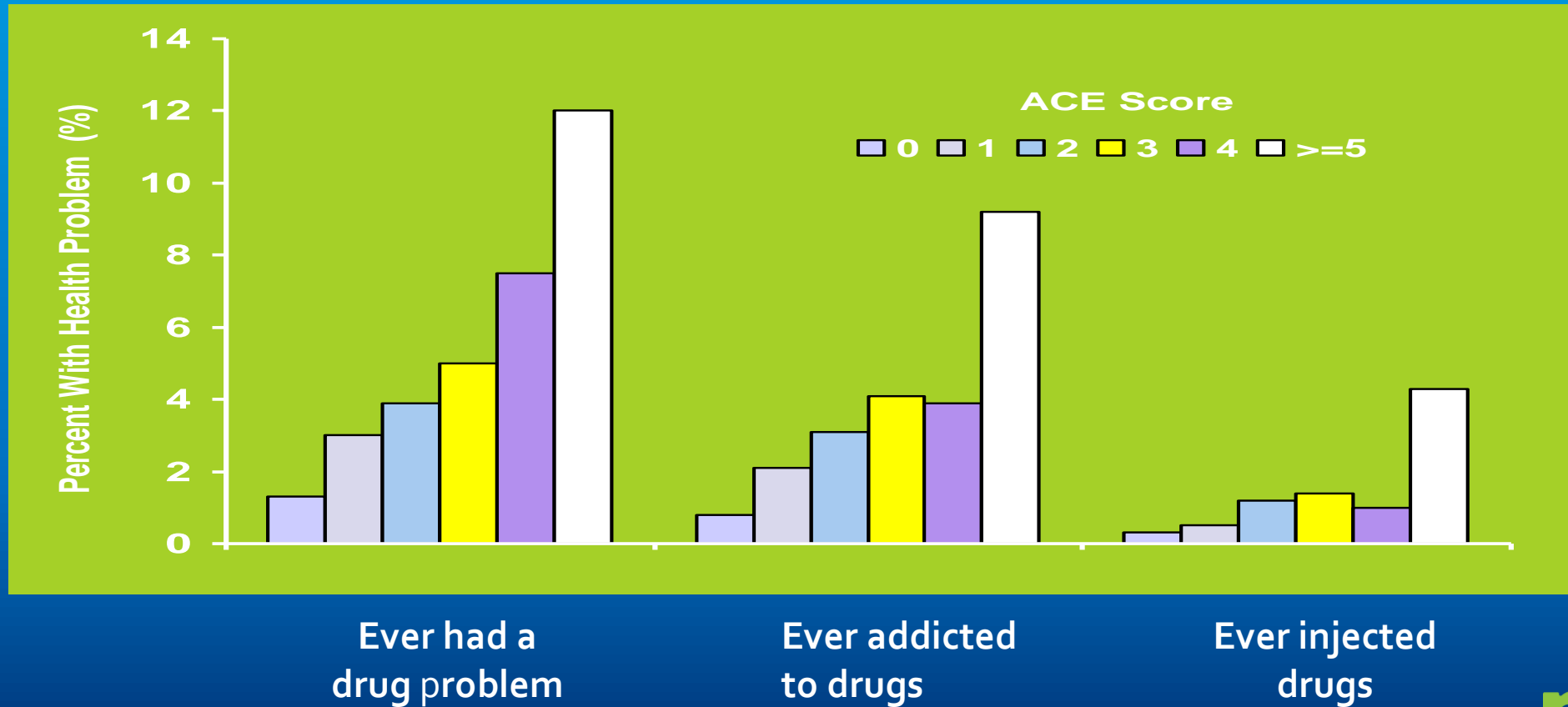
90% of women
with alcoholism
were sexually
abused or
suffered severe
violence from
parents

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?)



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

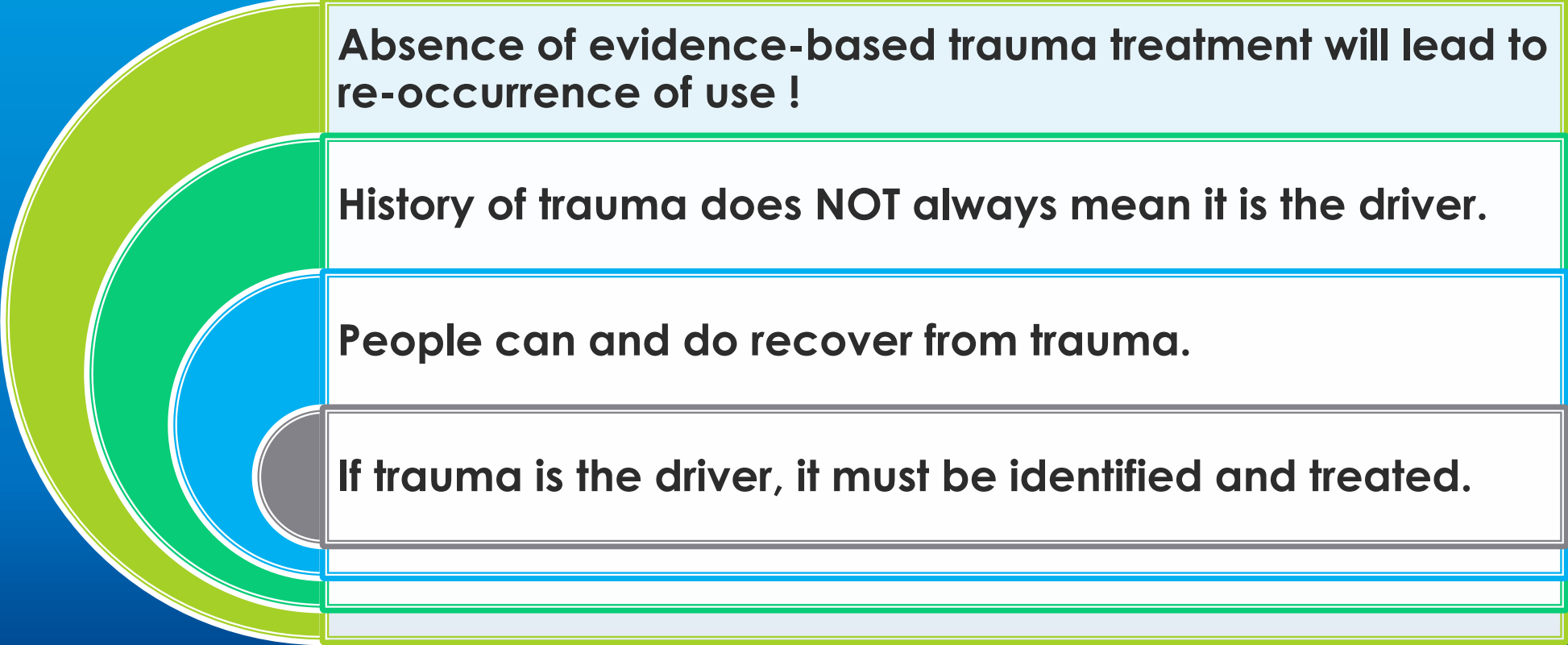
Volkow et al , 2012

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



Absence of evidence-based trauma treatment will lead to re-occurrence of use !

History of trauma does NOT always mean it is the driver.

People can and do recover from trauma.

If trauma is the driver, it must be identified and treated.

Tonier Cain

- HEALING Neen clip

Evidence-Based Treatments for Trauma

ATRIUM	M/F, SA, SMI, Self Injury	Group & Individual
Beyond Trauma	Women / SA	Group
CBT for PTSD w/ SMI	SMI	Group and Individual
Growing Beyond Survival	Mood, BPD	Group and Individual
TREP	General men and women	Individuals
TAMAR	Inpatient	Groups
TARGET	MH and SA	Group or Individual
TRM	All	Individual or Group
TREM	Women MH and SA	Groups
Trauma Recovery Group	SMI	Groups
SSGT	SMI	Same sex groups
Trauma Inpatient Short	Women	Inpatient
TRIAD	Women / Teens	Groups
Traumatic stress / Art tx	Men / Women	Group or Individual
TREP	SA MH DV	Individual
Seeking Safety	Women / Men	Group

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

Substance Use Services Continuum

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

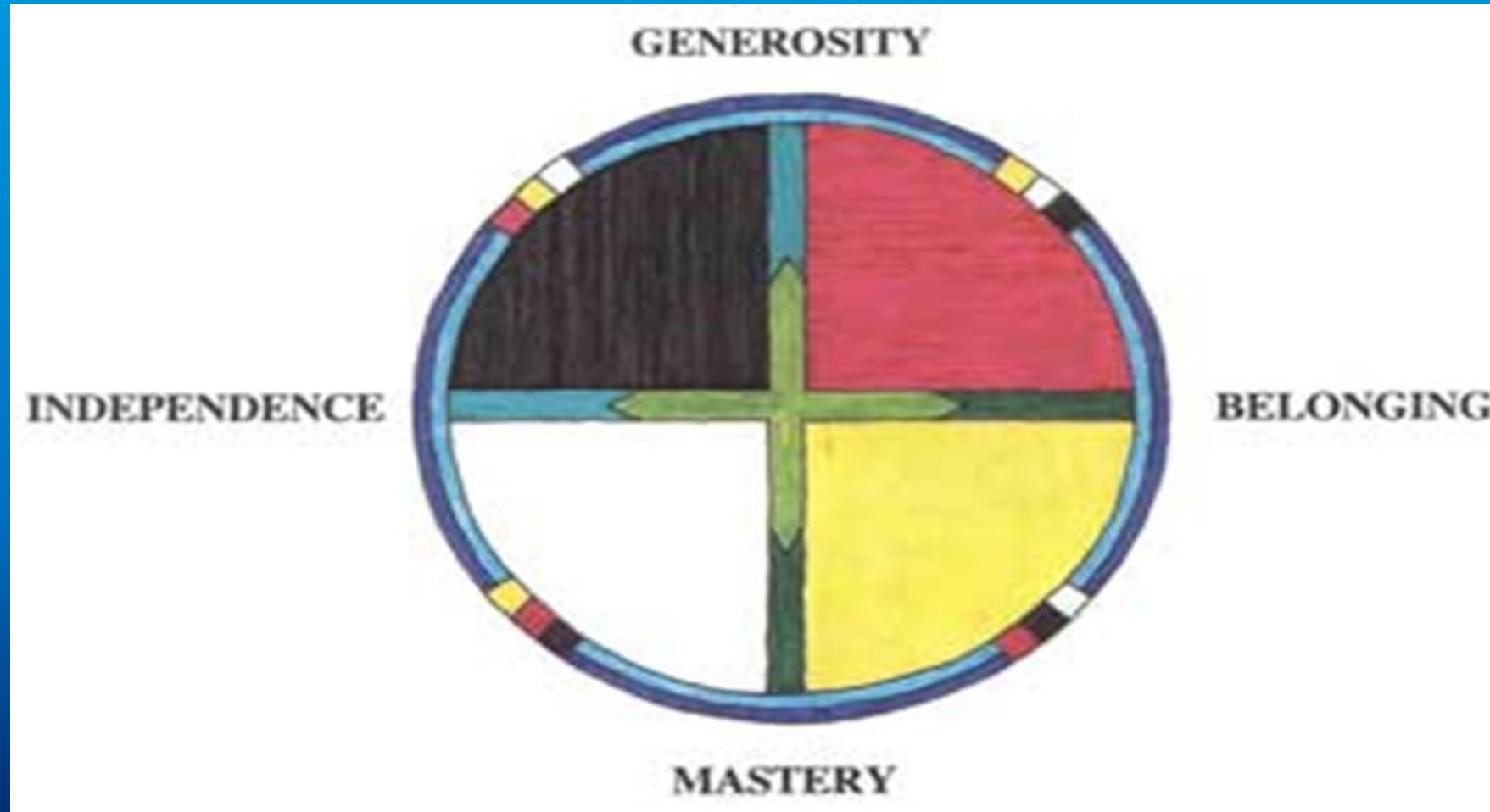
- **re·sil·ience**
- speedy recovery from problems: the ability to recover quickly from setbacks
- elasticity: the ability of matter to spring back quickly into shape after being bent, stretched, or deformed
- Synonyms: pliability, flexibility, elasticity, suppleness, bounciness, springiness

BI Resilience and Recovery

Resiliency

- Resilience Trumps ACE's
www.resiliencetrumpsaces.org
- Circle of Courage
www.reclaiming.com

Circle of Courage



Questions?

newvista.org

24-Hour Helpline
1.800.928.8000

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Thank you!

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