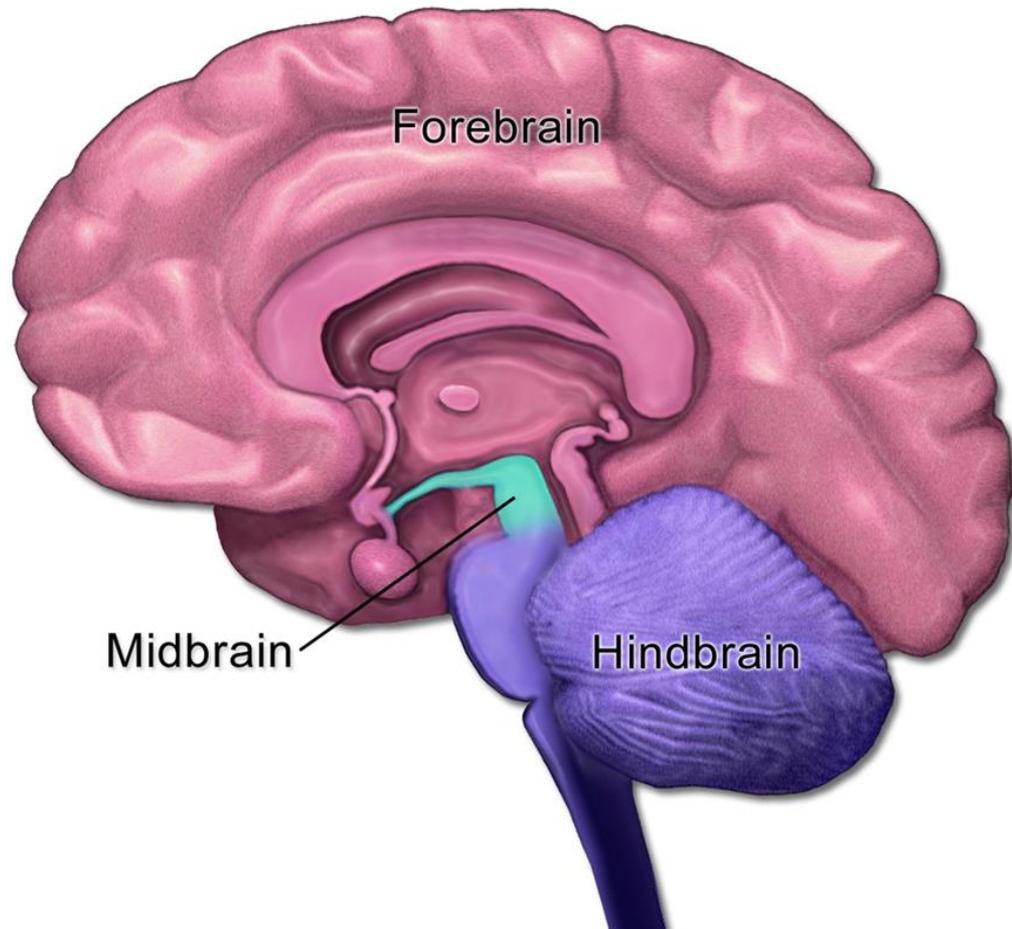


# Substance Abuse and Addiction

Carmen Finn LADC, ADC-MN  
*Director of Treatment Services*  
Wayside Family Treatment

# What is Addiction

“Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.”  
*(American Society of Addiction Medicine)*



Forebrain

Midbrain

Hindbrain

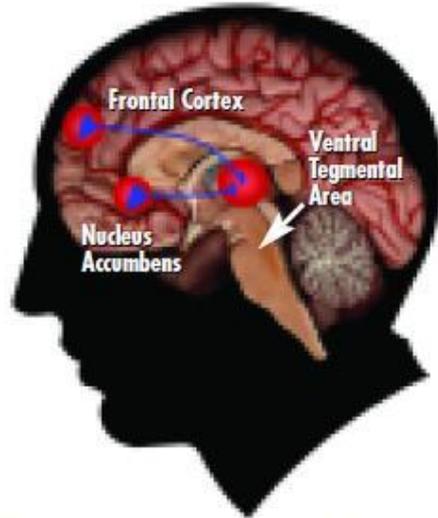
# Brain Disease

We all have a mechanism in our brains (Midbrain) that helps us remember when we are engaging in activities that help us survive. Eat, sleep, stay/run away, etc. When this reward circuit becomes active through engaging in one of these activities, our brain notes that event and helps us to remember to do it again and again without thinking about it.

Unfortunately, drugs stimulate this same circuit of survival and reward.

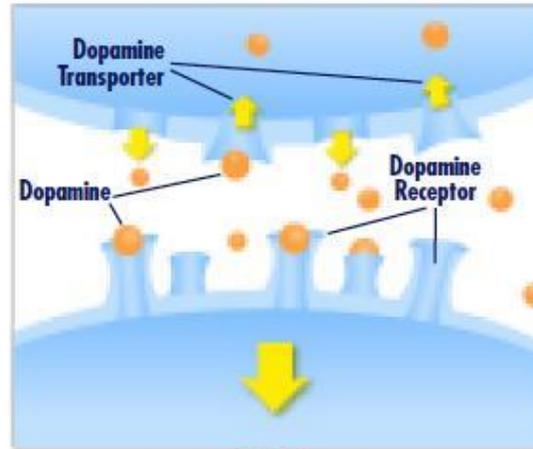
# DRUGS OF ABUSE TARGET THE BRAIN'S PLEASURE CENTER

## Brain reward (dopamine) pathways

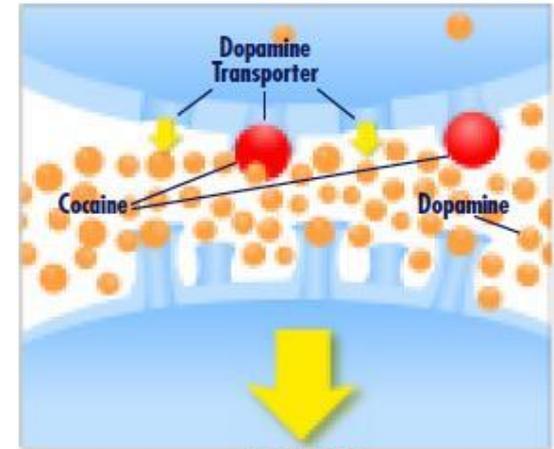


These brain circuits are important for natural rewards such as food, music, and sex.

## Drugs of abuse increase dopamine



**FOOD**



**COCAINE**

Typically, dopamine increases in response to natural rewards such as food. When cocaine is taken, dopamine increases are exaggerated, and communication is altered.

# How it develops

- Drugs produce more dopamine (2 to 10 times the amount) when taken than natural rewards (eating, sleeping) and therefore, after awhile, your brain prefers drugs to all other sources of reward.
- Drugs become more important than eating, sleeping, friends, family, happiness. Externally, providers and others begin to see behaviors from the individual that are actually symptoms of the disease.

# Symptoms

- Preoccupation
- Dependence and Withdrawal
- Unsuccessful attempts to stop or reduce use/drinking
- Engaging in more and more time spent trying to obtain or use the drug/drink.
- Important other aspects of the individual life are given up, become less, or are not pursued.
- Continued use despite the risks or continued consequences. (legal, CPS, employment)

# Impact regarding ability to parent

- Children are three times more likely to be abused and four times more likely to be neglected if their parents abuse substances.
- Children have an increased risk of developing substance use disorder if their parents were substance abusing, which highlights the importance of working on disrupting the cycle of intergenerational substance use.
- An effective intervention is necessary to break the cycle. (SAMHSA 2000)

# Treatment Options

Outpatient or Intensive Outpatient

Inpatient/Residential

- High, Medium and Low Intensity
- MI/CD - Addressing both mental and chemical health
- Family or Individual
- Culturally specific, or special populations

# More Treatment Options

## Medication-Assisted Therapy

- Suboxone, Methadone

## Partial and full Hospitalization

## Detoxification

There are *many* options out there - a full and thorough assessment can assist client and referent in determining the right course and combination.

# Wayside Family Treatment

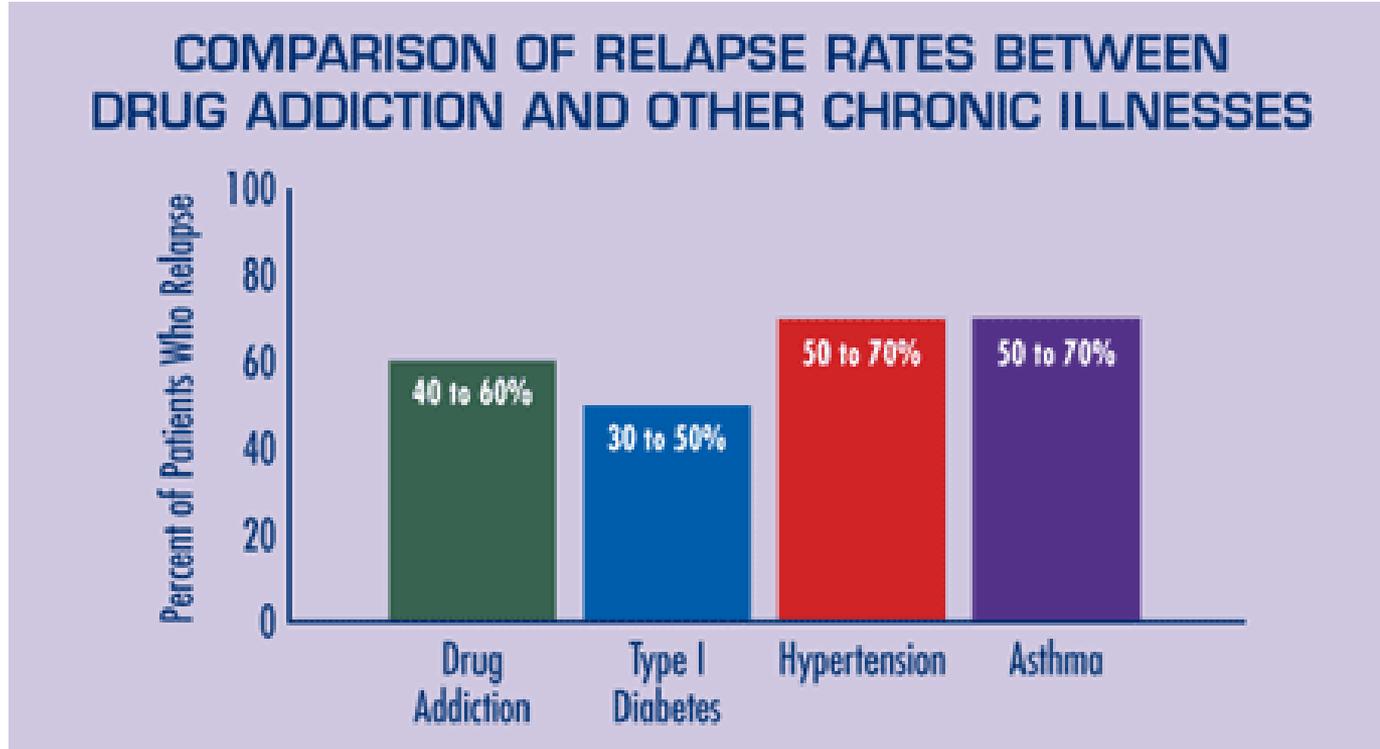
*A snapshot of a treatment option:*

- Family Treatment - parent and child may live together throughout the treatment process, or parent can reunify while in treatment.
- MI/CD - Provides services addressing both mental and chemical health.
- Trauma-Informed - Addresses past trauma of both mother and child while creating a safe environment to heal.
- Parenting and Family Services - each client receives weekly parenting education and coaching, both on an individual and group basis.
- Coordination of Medication-Assisted Therapy.

# Recovery and Prognosis

- Addiction can be managed like other diseases - treatment, monitoring, intervention, a continuum of care.
- Decrease number of relapses, frequency and intensity.
- Increase periods of abstinence and remission.
- Improve quality of life.

# Recovery and Prognosis



# Recovery and Prognosis

- According to a 2013 report by the Minnesota Department of Human Services, completion rates for inpatient treatment were 73%, outpatient 60%, and long-term residential 58%. (McRae)
- A report from NIDA indicated that clients who had improved after one year, continued to improve after 5.
- “Research shows that combining treatment medications (where available) with behavioral therapy is the best way to ensure success for most patients.”  
(NIDA 2016)

# Understanding How Attorneys Can Best Represent Parents Who Have A SUD

- Ask for and request Substance Use Assessments early to screen for substance use disorders within the family.
- Be aware of resources, such as family treatment options, that provide a residential setting for parents to live with their children while receiving treatment services.
- Request frequent and ongoing collaboration between parent, substance abuse treatment providers, and CPS.
- Request clear, attainable goals in a case plan to assist both parent and providers in understanding what the court and legal team expect.
- Seek additional trainings, or contact knowledgeable persons in the field to ask questions or learn more about changes in the field, best practices, and current research.
- Recognize and understand addiction as a disease and recovery is possible.

# References and Resources

- [www.asam.org](http://www.asam.org)
- [www.drugabuse.gov](http://www.drugabuse.gov)
- Center for Substance Abuse Treatment. *Substance Abuse Treatment for Persons With Child Abuse and Neglect Issues*. Treatment Improvement Protocol (TIP) Series Number 36. DHHS Publication No. (SMA) 08-3923. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2000.
- [www.dhs.state.mn.us/healthcare/studies](http://www.dhs.state.mn.us/healthcare/studies)
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