

Addiction:

A chronic illness characterized by compulsive use of alcohol or other drugs, despite negative, and often catastrophic consequences.

(emotional & physical health, interpersonal, employment, family, financial, legal, housing, etc.)



Addiction treatment is as effective as treatment for other chronic disorders with behavioral components.
(asthma, diabetes, hypertension)

SOURCE: McLellan, A.T., Lewis, D.C. and Kleber, H.D. (2000). Drug dependence, a chronic medical illness : Implications for treatment insurance, and outcomes evaluation, *Journal of the American Medical Association*, 284 (13).



Intervention:

“Like any other chronic condition, the sooner you identify it, and the sooner you get them professional help, the more likely they are to get better sooner and stay better.”

SOURCE: *HBO Addiction Series*, Michael L. Dennis, Ph.D., Senior Research Psychologist, Chestnut Systems



Addiction Treatment:

Effective treatment addresses an individual's alcohol and other drug use, and any associated medical, psychological, social, vocational and legal problems.

SOURCE: *Principles of Drug Addiction Treatment*, NIH Publication No.00-4180
Printed October 1999, Reprinted July 2000



Comprehensive Treatment:

Includes some or all of the following:

- Counseling/therapy
- Peer Support Groups
- Substance Use Monitoring
- Pharmacotherapy
- Continuing Care
- Family, Child Care, Housing, Vocational, Educational, Mental Health, Medical, Financial and Legal Services



Addiction Recovery:

Behavioral components of addiction require lifelong attention.

Periodic professional care/services, *as with other chronic illness*, may be necessary.



Treating a Biobehavioral Disorder Must Go Beyond Just Fixing the Chemistry

- Pharmacological (medications)
- Behavioral Therapies
- Medical and Social Services



**We Need to Treat the
Whole Person!**

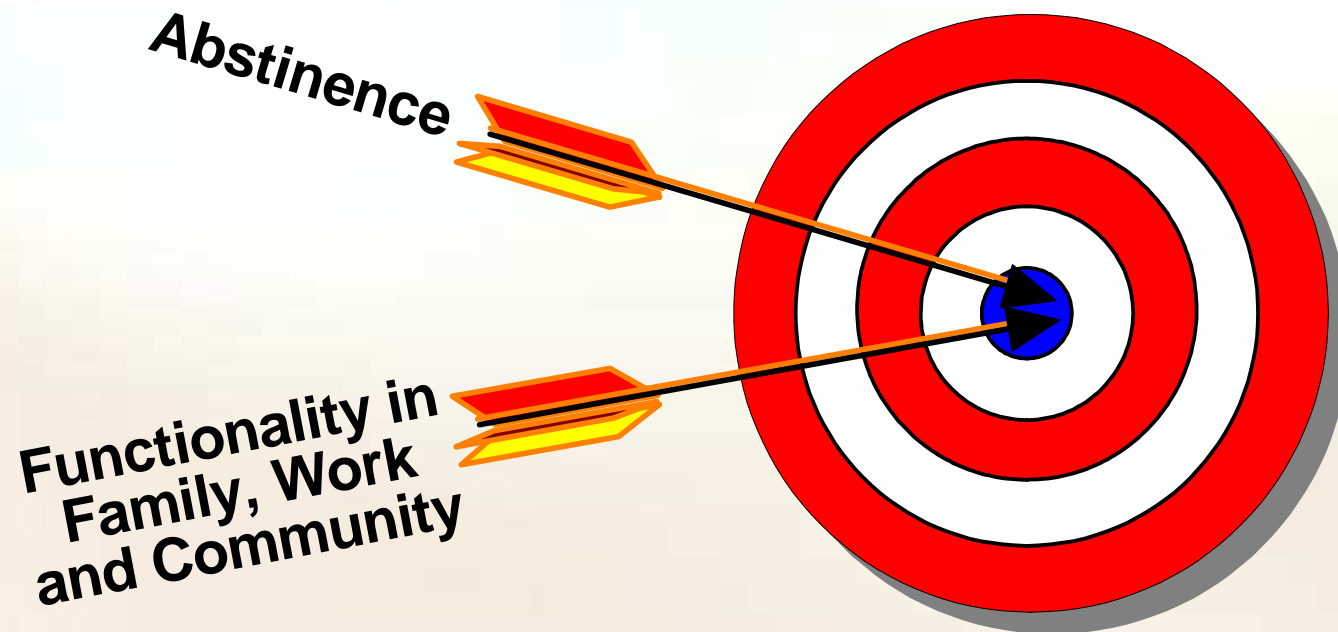


In Social Context



In Treating Addiction...

We Need to Keep Our Eye on the Real Target



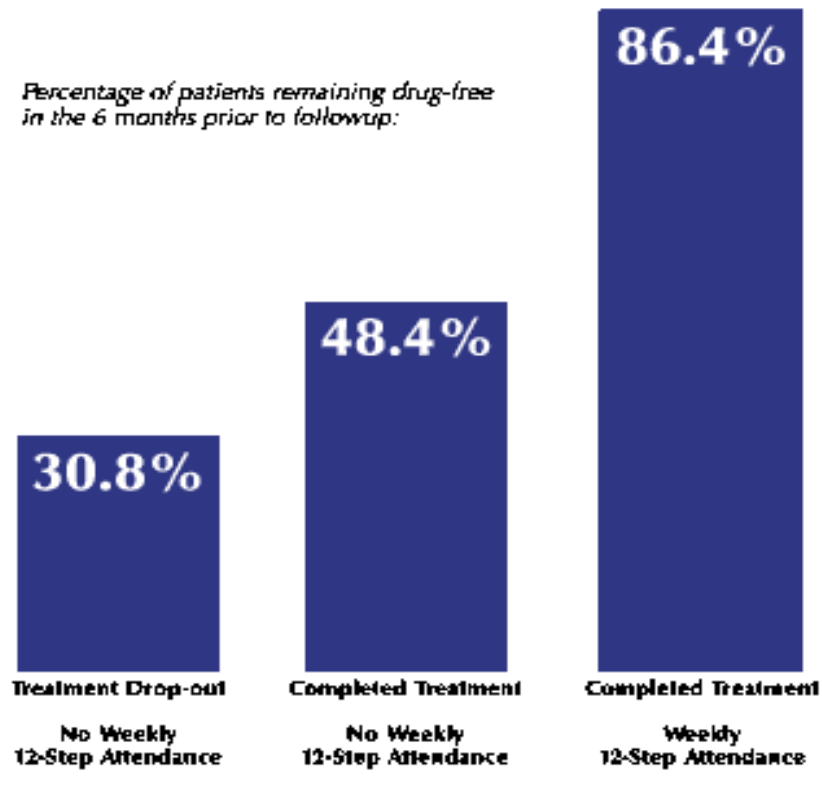
Three components of long-term drug free recovery:

- **Detox (stopping use)**
- **Rehabilitation (treatment)**
- **Ongoing recovery support/Recovery Management**



Participation in Drug Abuse Treatment and 12-Step Program Improves Treatment Outcomes

Percentage of patients remaining drug-free in the 6 months prior to followup:



NIDA Notes: Volume 14, Number 5 (December, 1999)



Relapse:

Some individuals relapse during or after treatment. Some do not.

As with other chronic diseases, severity and progression of the illness is unique to each person.



Relapse Triggers:

- Persons, Places, Things
- Change in situation
- Stressors
- Emotional Health
- Physical Health



College Freshmen:

- Multiple stressors
- Community norms
- Distance from support network



Recovery:

Long-term “durable” recovery is a reality for many people.

Participation in peer support groups that reinforce behavioral changes necessary to maintain abstinence are often vital for continued recovery.

Support and service *to others*.



Questions/Ideas:

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