

# Pills, Pot & Alcohol

## Reducing the Risk of <sup>Future</sup> DUIs

John Fitzgerald, PhD, LPC, CAS



~ 4 Million

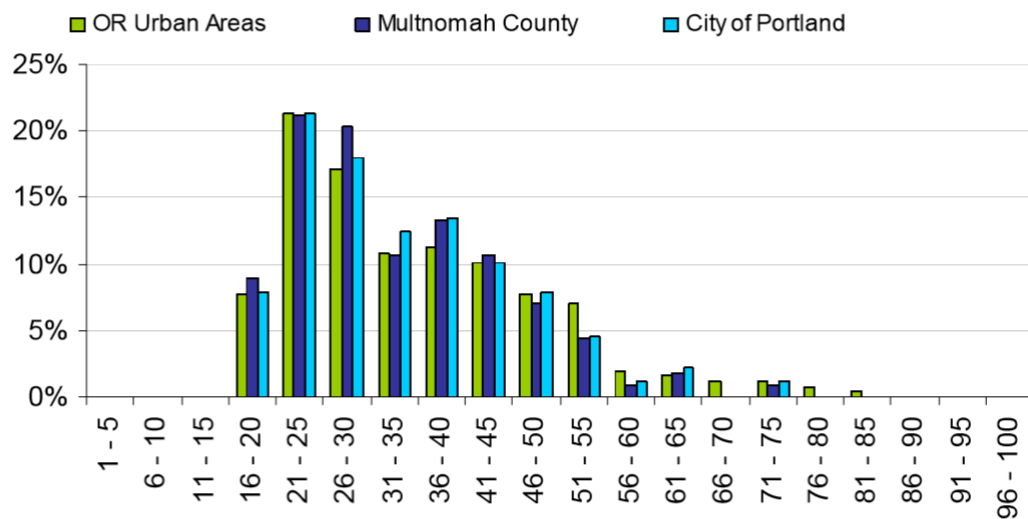
**6,700 DUI in 2013**

**105 Alcohol-impaired driving fatalities**

**77% BAC was above .15**

FBI Uniform Crime Report

### Percentage of Impaired Drivers in Fatal Alcohol-Involved Crash, 1995-2004



**Repeat** offenders and **chronic** drunk drivers make up about **1%** of all drivers on weekend nights, but account for **50%** of all fatal crashes.

National Council on Alcoholism and Drug Dependence, 2006





# Origins of Addiction

(and most other life challenges...)



**80% ≤ 15 years-old**

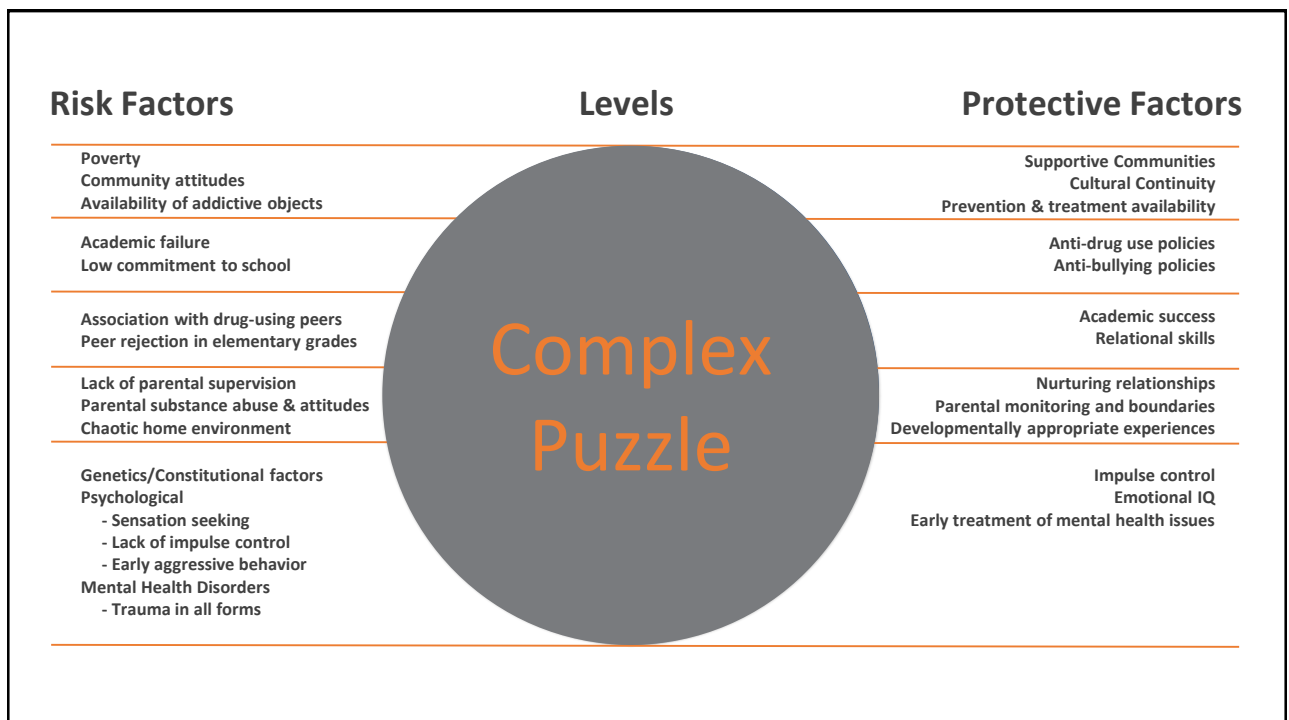
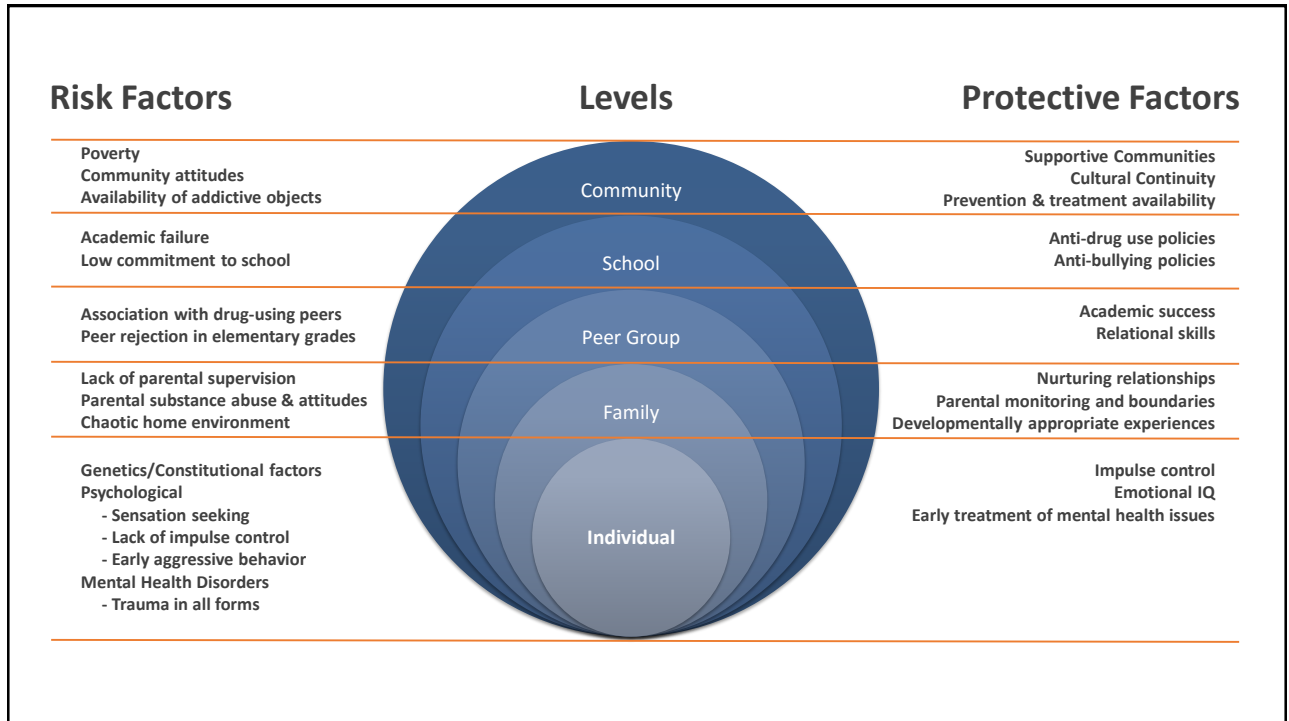
**RISKS**



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Infant/toddler		Preschool		Elementary			Middle				High			



**PROTECTIONS**



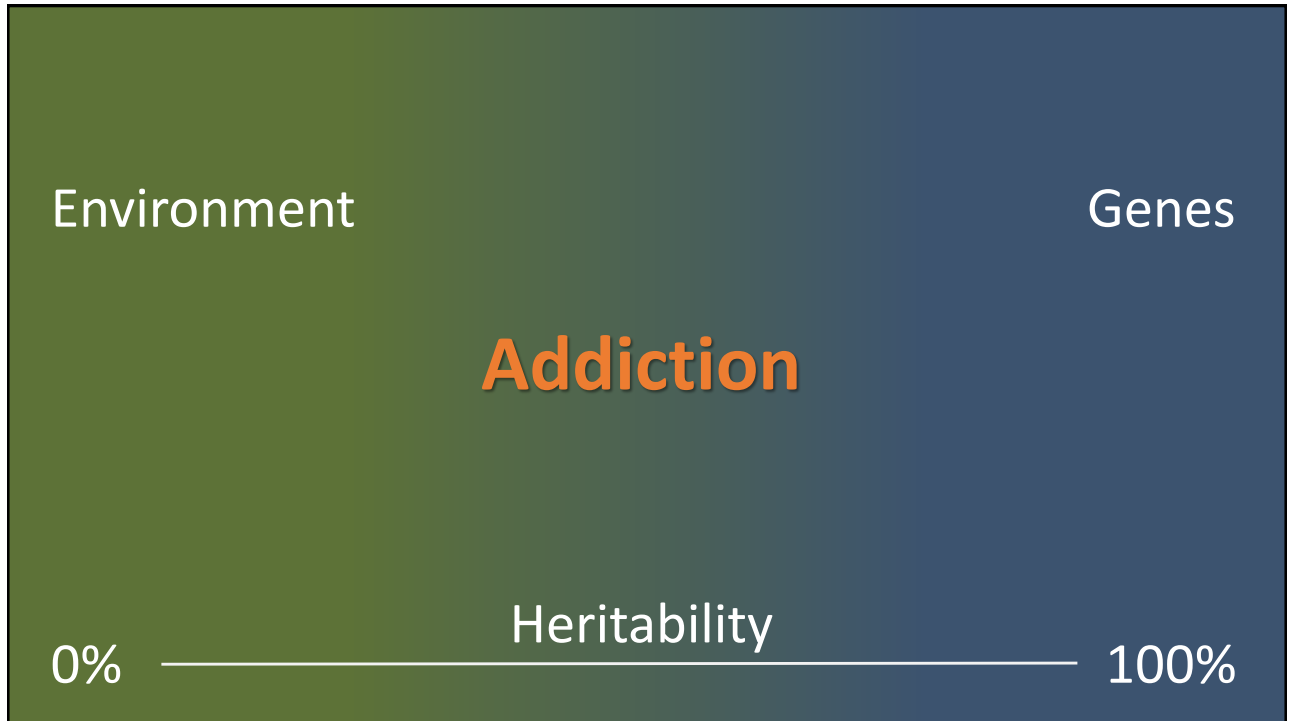
Risk Factors

Levels

Protective Factors

**Genes X Environment**

How do **genes** influence the development of addiction?



### Heritable Influences on Addiction

Substance/Behavior	Heritability Estimates
Nicotine	33-71%
Alcohol	48-66%
Marijuana	51-59%
Cocaine	42-79%
Opioid	23-54%
Gambling	49%

Source: Agrawal, A. et al. (2012)





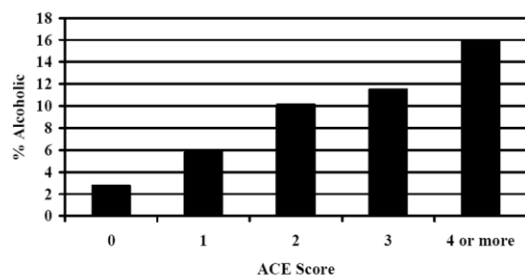
ACE  
STUDY

Abuse	Household
Psychological (by parents)	Substance Abuse
Physical (by parents)	Mental Illness
Sexual (anyone)	Parental Separation/Divorce
Emotional neglect	Battered Mother
Physical neglect	Criminal Behavior

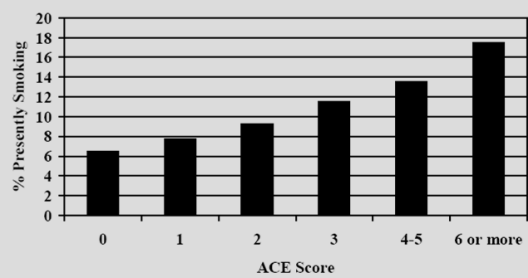
ACE Score	Women	Men	Total
0	31.3	34.2	32.7
1	24.2	27.3	25.6
2	14.8	16.4	15.5
3	10.4	9.3	9.9
4	6.8	4.8	5.9
5 or more	12.5	8.0	10.5

**67.3 %** reported 1 or more ACEs

### ACE Score & Alcoholism



### ACE Score & Smoking



The **more ACEs**, the more of....

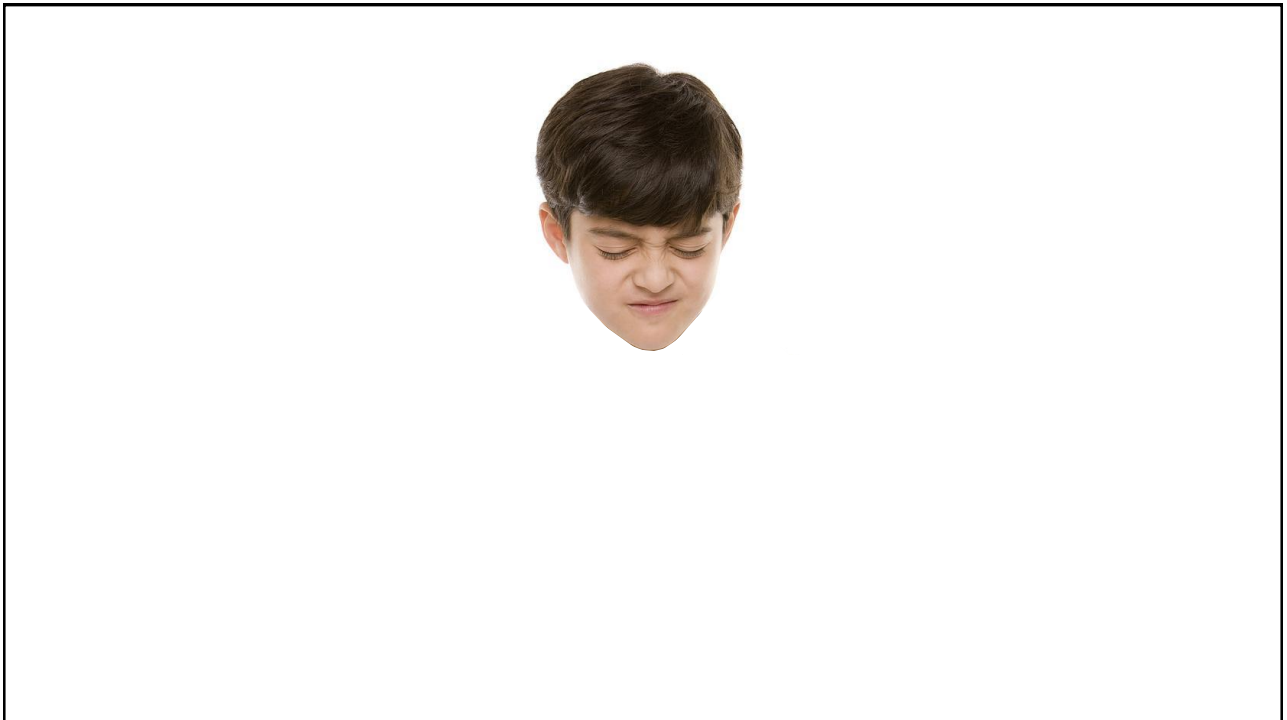
COPD	Revictimization
Heart Disease	Teen Pregnancy
Diabetes	Fractures
Obesity	Promiscuity
Hepatitis	STDs
Attempted Suicide	Poor Job Performance
Other Substance Abuse	Poor Self-Rated Health
Depression	Violent Relationships

- Developmental Victimization Study (2,030 children **ages 2-17**, 2005)
- Youths in Urban America (1,698 **first graders/21 years**, 2004)
- The Great Smokey Mountain Study (1,420 children **ages 9-16**, 2002)



- 70%** Multiple traumatic exposures - one or more in past year
- 82.5%** Exposure to any trauma - lifetime
- 67.8%** Exposure to one or more traumas by age 16





15 to 18 percent of working officers in the United States have undiagnosed symptoms of post-traumatic stress disorder (Violanti, U. of Buffalo).



The **Present** Trauma Video

# Varieties of Addiction Experience

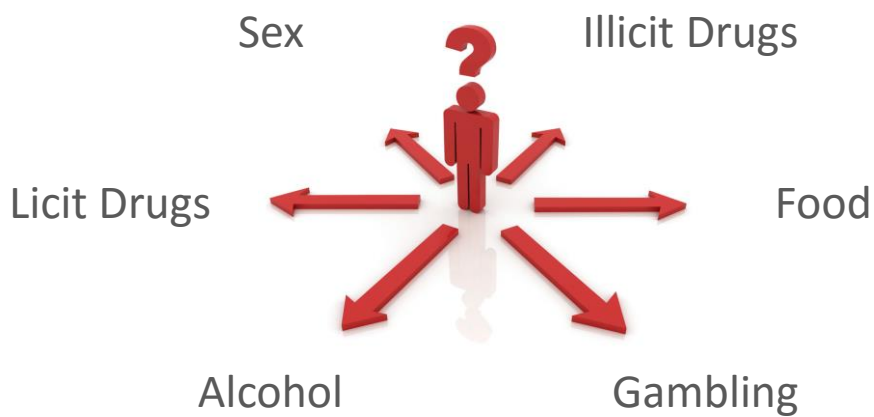


## Broad Universe of Addictive Experience

SEX	FOOD	GAMBLING	ALCOHOL	ILLICIT DRUGS	LICIT DRUGS
Fantasy sex	Pizza	Internet	Undistilled	Marijuana	Nicotine
Seductive role	Chocolate	Video keno	Beer	Cocaine	Bath salts
Anonymous	Chips	Horse & Dog	Wine	Heroin	Inhalants
Prostitution	Cookie	Stocks	Sake	PCP	Rx Drugs
Trading sex	Ice Cream	Dice games	Chicha	MDMA	Snuff
Voyeurism	French Fries	Casino games	Distilled	Amphetamine	eCigarettes
Exhibitionism	Cheeseburger	Sports cards	Rum	LSD	Coffee
Intrusive sex	Non-diet Soda	Games of skill	Vodka	K2/Spice	Cough syrup
Pain exchange	Cake	Bingo	Whiskey	Club drugs	Mushrooms
Object sex	Cheese	Sports	Brandy	Rx Drugs	Diet pills
Minor sex	Bacon	Lottery	Powdered	Steroids	Marijuana

Other: Internet, exercise, relationships, working...

## Broad Universe of Addictive Experience





# Genes X Environment

More **experimenting**  
at an earlier age

**Figure 3. Number of Substances of Abuse Reported at Treatment Entry, by Age at Substance Use Initiation, among Treatment Admissions Aged 18 to 30: 2011**

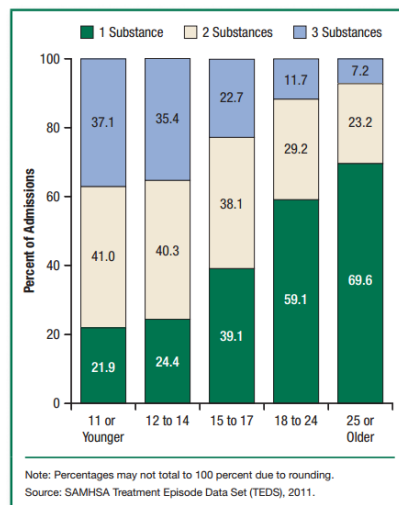
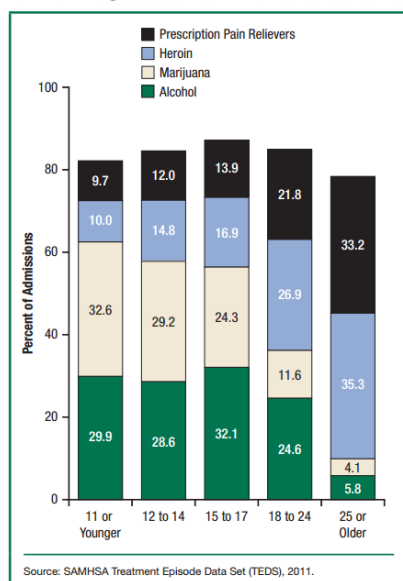


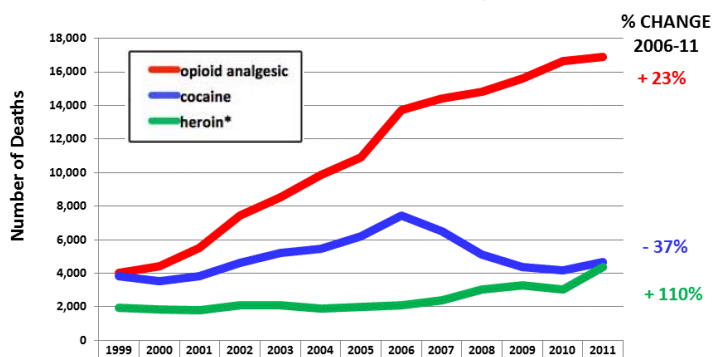
Figure 4. Primary Substance of Abuse, by Age at Substance Use Initiation, among Treatment Admissions Aged 18 to 30: 2011



Shift from alcohol and marijuana to **opiates** as age increases

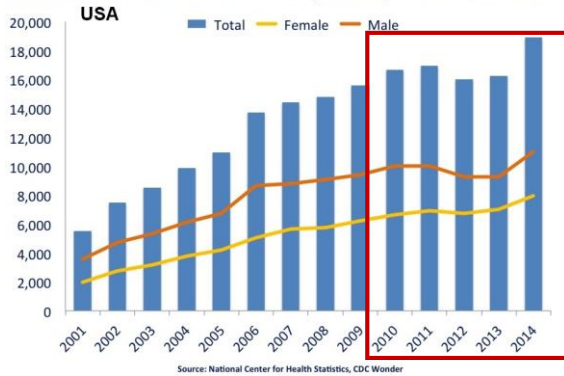
## Prescription **Opioid** Analgesics (pain medicines)

### Drug Poisoning Deaths Involving Opioid Analgesics, Cocaine and Heroin: United States, 1999–2011



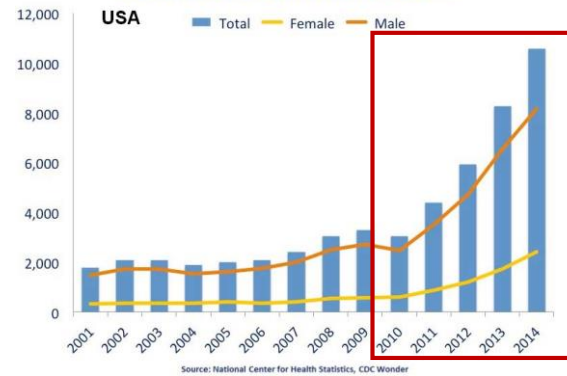
↑ 17%

Number of Deaths from Prescription Opioid Pain Relievers



↑ 152%

Number of Deaths from Heroin



**Abuse-Deterrent Opioids**

## Abuse-Deterrent Opioids

Type	Examples
Physical/chemical barriers	OxyContin®, Exalgo®, Opana® ER, Nucynta ER, Xartemis XR™
Aversion	Oxecta®
Agonist/Antagonist Combo	Embeda®, Suboxone®
Delivery System (inject/depot)	
Prodrug	
Combination	



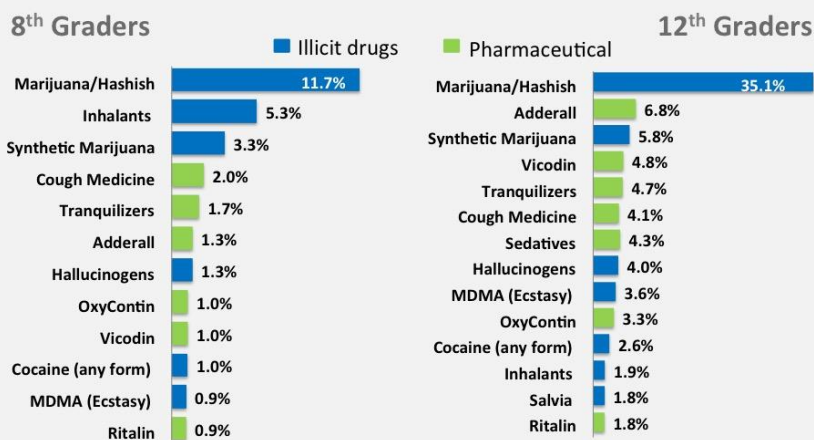
Welcome  
to  
Oregon



McDonald's 205  
Starbucks 248  
**Pot Shops 421**

(4/5/16, registered dispensaries)

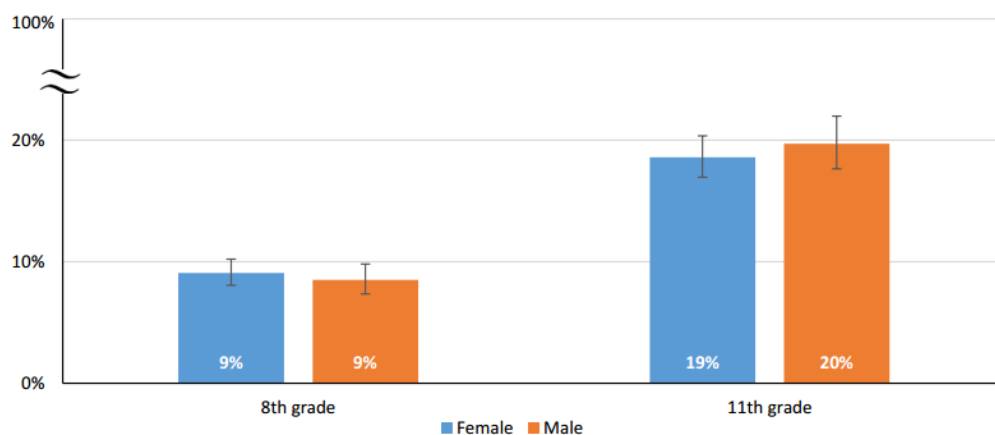
## Top Drugs among 8<sup>th</sup> and 12<sup>th</sup> Graders, Past Year Use



\* Only 12<sup>th</sup> graders surveyed about sedatives use

Source: University of Michigan, 2014 Monitoring the Future Study

## Current marijuana use among Oregon youth, by grade and gender, 2015



Data source: Oregon Healthy Teens Survey, 2015

62% of 11<sup>th</sup> graders report **easy access** to pot, easier than cigarettes

Nearly 50% of 11<sup>th</sup> graders currently using pot that drive a car, report that **they drove within three hours of using** in the past month.

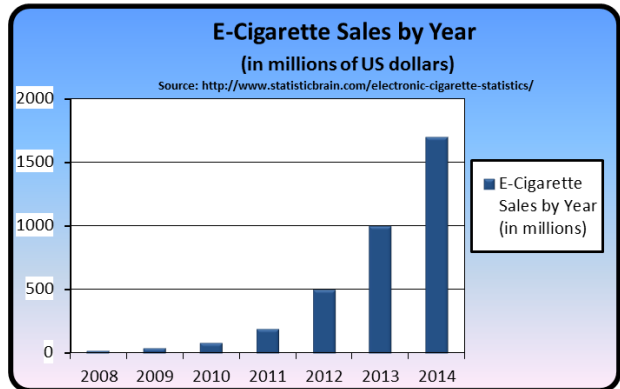
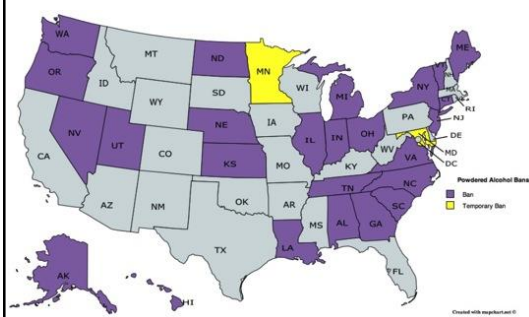
## Level of Confidence in the Evidence for Adverse Effects of Marijuana on Health and Well-Being

Effect	Evidence
<b>Motor vehicle accidents</b>	<b>High</b>
Addiction to marijuana and other drugs	High
Diminished lifetime achievement	High
Symptoms of chronic bronchitis	High
Abnormal brain development	Medium
Progression to abuse of other drugs	Medium
Schizophrenia	Medium
Depression or anxiety	Medium
Lung cancer	Low

Volkow et al., 2014

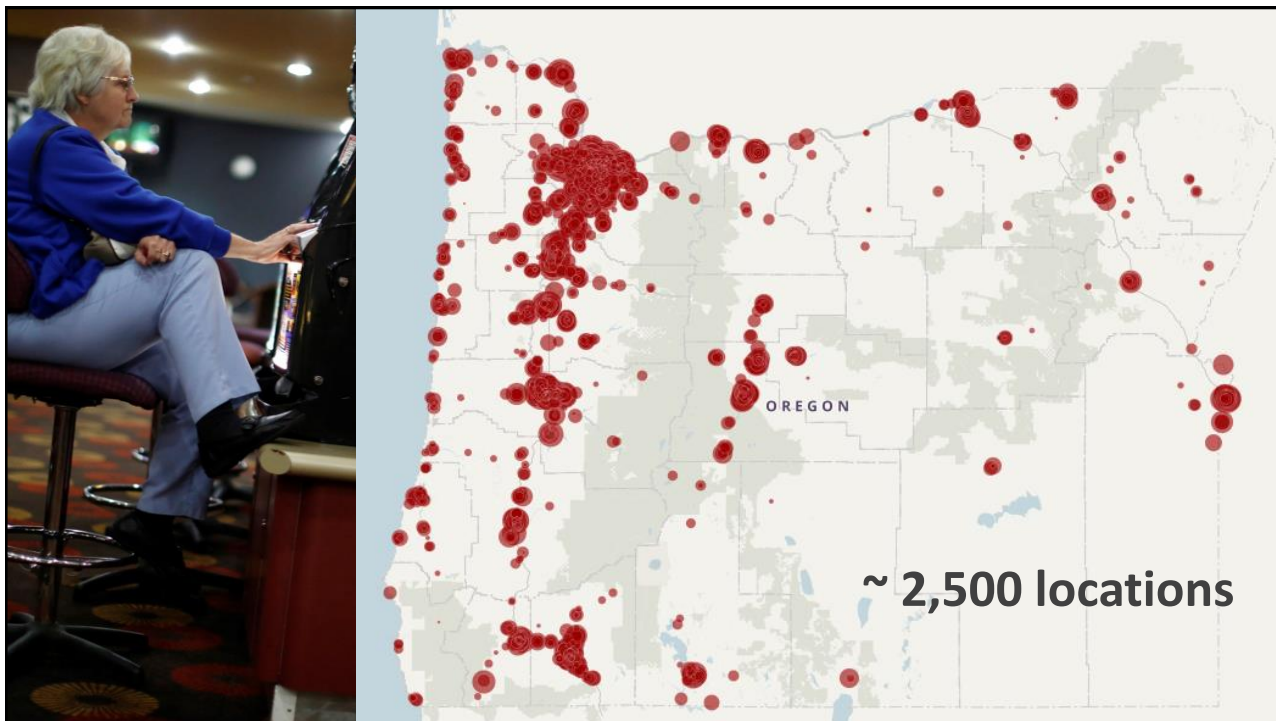




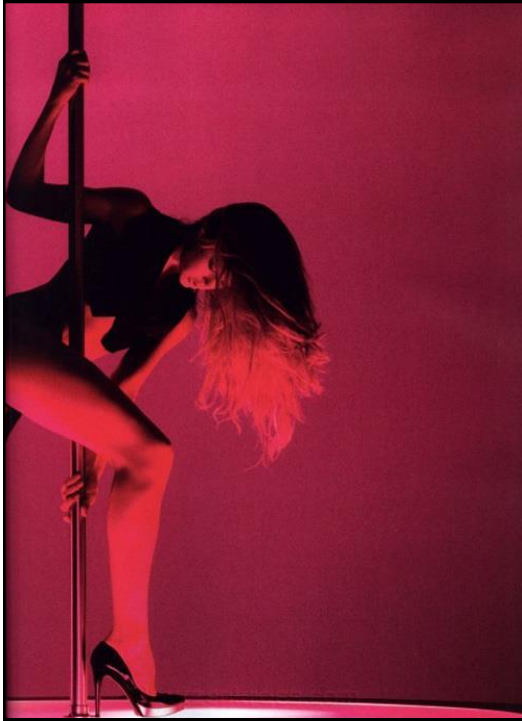


# Gambling





SEX



## U.S. States Ranked by Number of Strip Clubs Per Capita

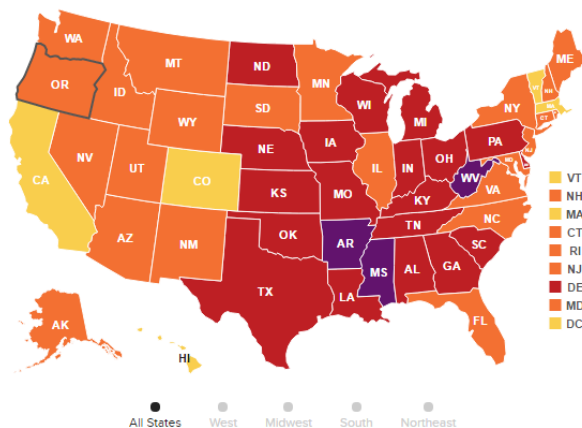
Rank	State	Population	# of Strip Clubs	Per 100,000 Capita
1	Oregon	3,899,353	85	2.180
2	West Virginia	1,855,413	40	2.156
3	Nevada	2,758,931	43	1.559
4	South Dakota	833,354	12	1.440
5	Wyoming	576,412	8	1.388
6	New Jersey	8,864,590	117	1.320
7	Hawaii	1,392,313	17	1.221
8	Wisconsin	5,726,398	67	1.170
9	Ohio	11,544,225	134	1.161
10	Oklahoma	3,814,820	41	1.075
11	Louisiana	4,601,893	48	1.043
12	Iowa	3,074,186	32	1.041
13	Florida	19,317,568	200	1.035
14	Indiana	6,537,334	64	0.979
15	Alaska	731,449	7	0.957
16	Rhode Island	1,050,292	10	0.952
17	South Carolina	4,723,723	44	0.931
18	Pennsylvania	12,763,536	114	0.893
19	Kentucky	4,380,415	38	0.867
20	Connecticut	3,590,347	31	0.863
21	Michigan	9,883,360	85	0.860
22	North Carolina	9,752,073	80	0.820
23	Texas	26,059,203	213	0.817
24	Montana	1,005,141	8	0.796
25	Arizona	6,553,255	52	0.793

# Food

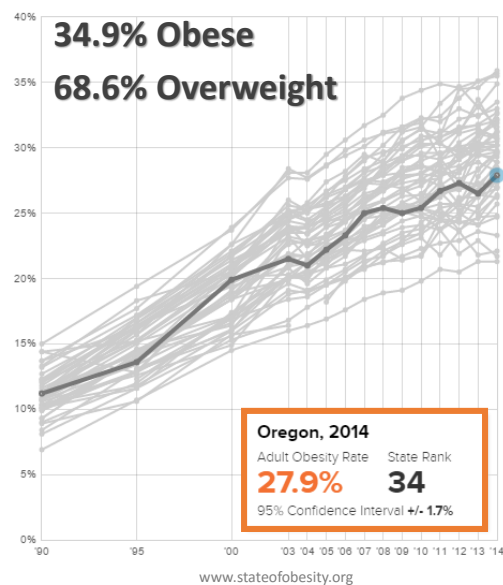
## Adult Obesity Rate by State, 2014

Percent of obese adults (Body Mass Index of 30+)

0 - 9.9% 10 - 14.9% 15 - 19.9% 20 - 24.9% 25 - 29.9% 30 - 34.9% 35%+



## Adult obesity rates, 1990 to 2014



Drugs

Alcohol

Gambling

Sex

Food

**Multiple Addictions**

# Consequences



Today me will **live in the moment**,  
unless it's *unpleasant*, in which case  
me will eat a cookie.

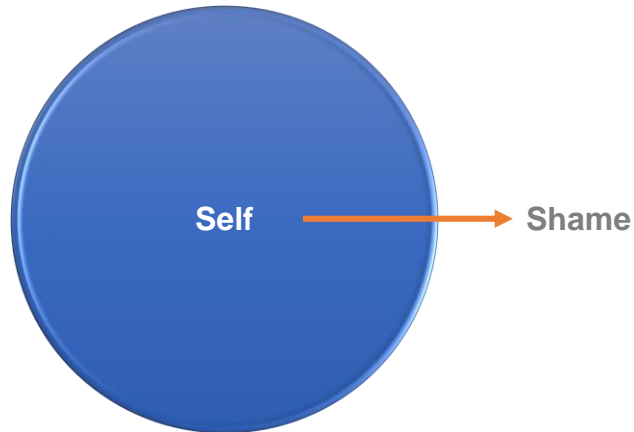


Where is the **pain**?



## Addiction Affects Three Relationships

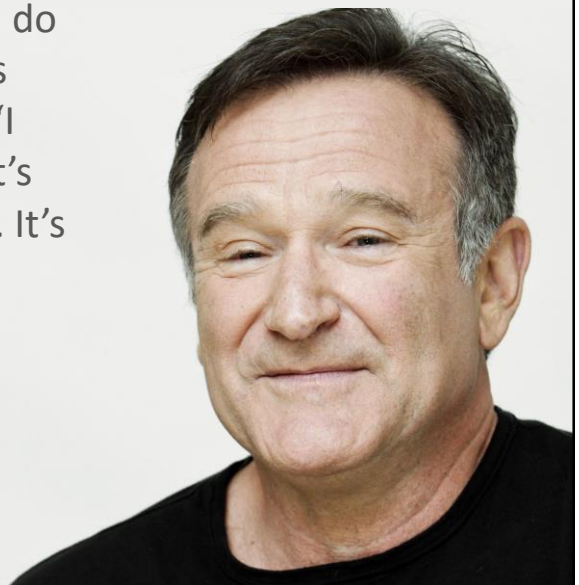
I am...broken  
bad  
worthless  
unlovable



You know, I was **shameful**, and you do stuff that causes disgust, and that's hard to recover from. You can say, 'I forgive you' and all that stuff, but it's not the same as recovering from it. It's not coming back.

*Robin Williams*

Interview with The Guardian, 2010



“Addiction **is not a brain disease**, nor is it caused by chemical imbalances or genetics. Addiction is best viewed as an understandable, unconscious, compulsive use of psychoactive materials in response to abnormal prior life experiences, most of which are concealed by **shame, secrecy, and social taboo.**”

Vincent J. Felitti, MD  
Principle Investigator, Kaiser Permanente

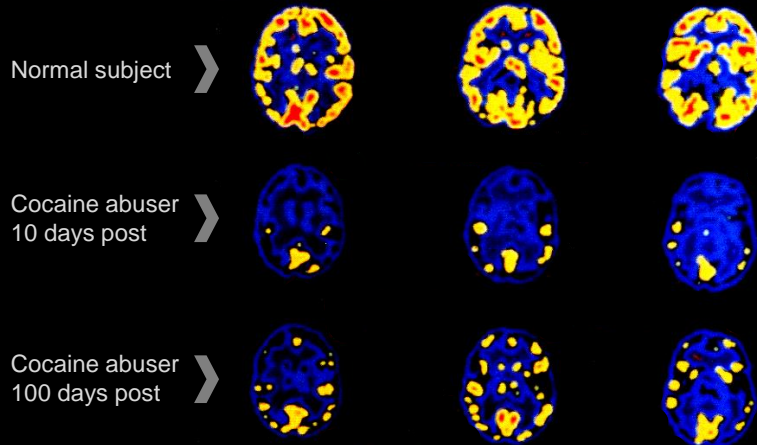
“Drug addiction is a **brain disease.**”

Nora Volkow, MD  
Director, National Institute on Drug Abuse

# Molecular Addiction Switch



## Cocaine Abuse and Brain Glucose Metabolism





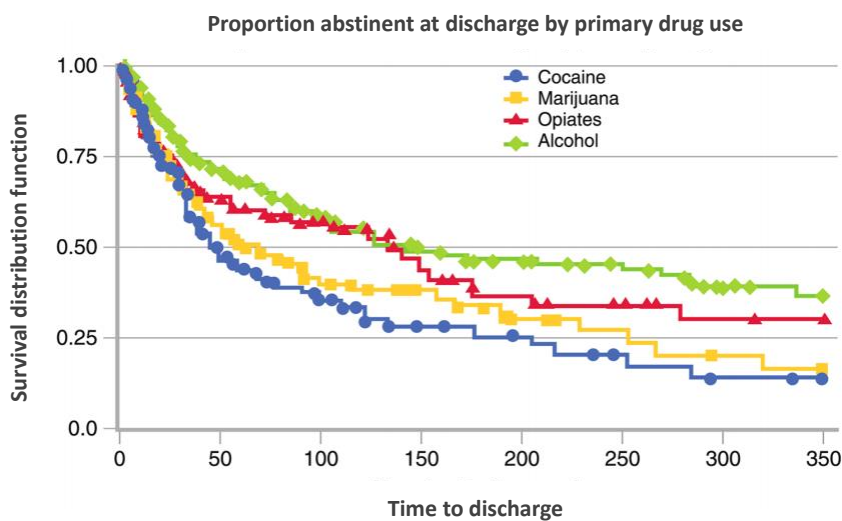
## Percentage who **relapse**

Type I Diabetes      30 to 50%

Drug Addiction      40 to 60%

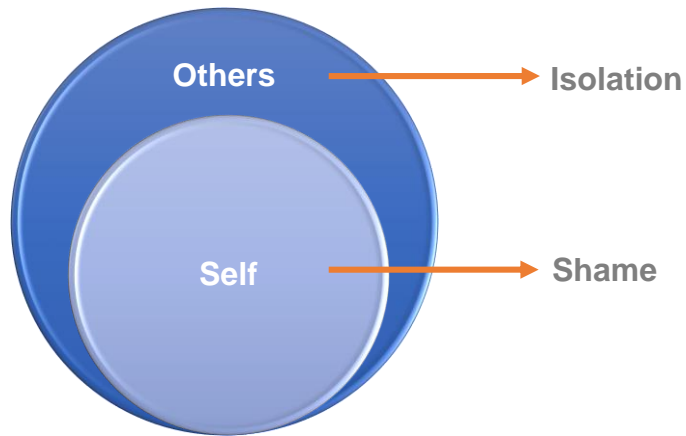
Hypertension      50 to 70%

Asthma      50 to 70%

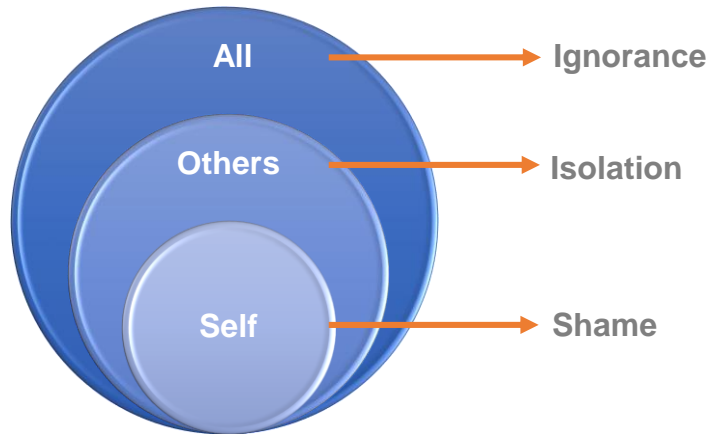


Sinha, R. (2011)

## Addiction Affects Three Relationships



## Addiction Affects Three Relationships



## We live **two lives**

### Inner life (Eye Closed)

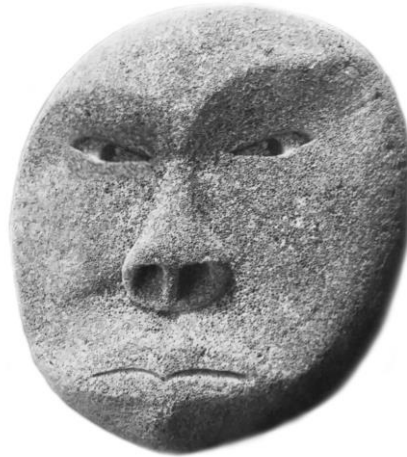
Pure consciousness  
Timeless/changeless  
Being  
Collective (one) mind



### Outer life (Eye Open)

Physical reality  
Time/change  
Doing/action  
Individual (ego) mind

## We live **one** life



### **Outer life (Eye Open)**

Physical reality

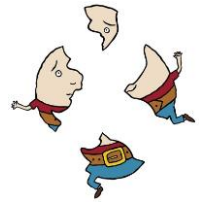
Time/change

Doing/action

Individual (ego) mind



# Intervention



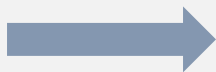
## Distal Factors (past)

Risk Factors  
ACEs  
Trauma  
Addiction  
Developmental



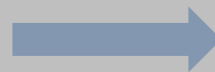
## Proximal Factors (present)

Shame  
Isolation  
Lifestyle Stress  
Untreated Trauma  
Chronic Addiction



## Impairment

Drinking  
Drugging



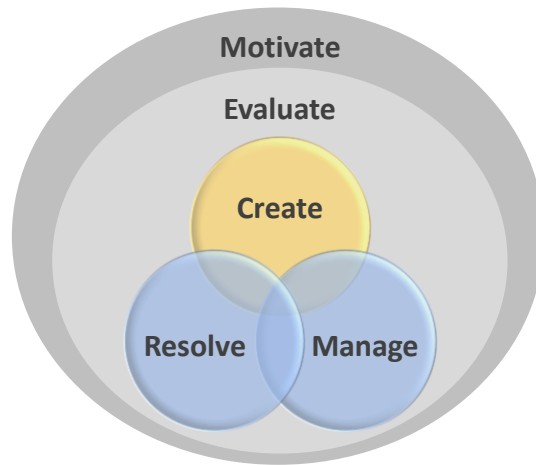
# DUII

# Ineffective DUII Treatment

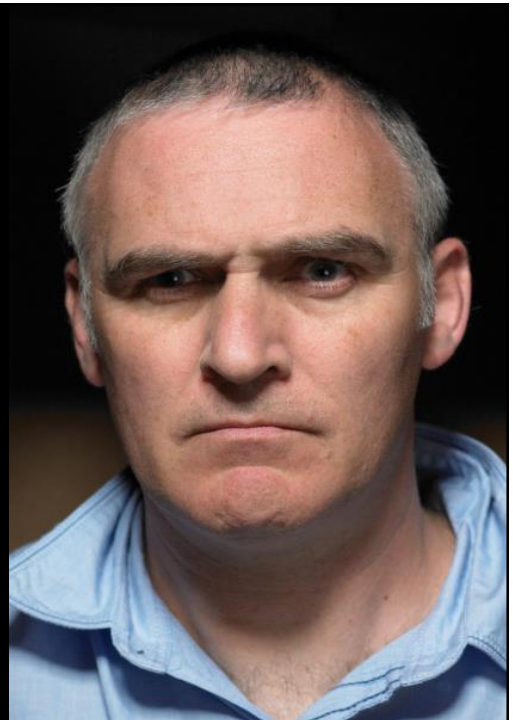
- External motivation
- Poor evaluations and assessments
- Homogeneous treatment
- Limited use of evidence-based practices
- Acute care for a chronic problem
- Trauma not addressed
- Client strengths/virtues ignored

What is **effective** treatment?

## 5 Actions



Mandated



Separate treatment  
from sanctions

Relationship first!

What does client  
really want?



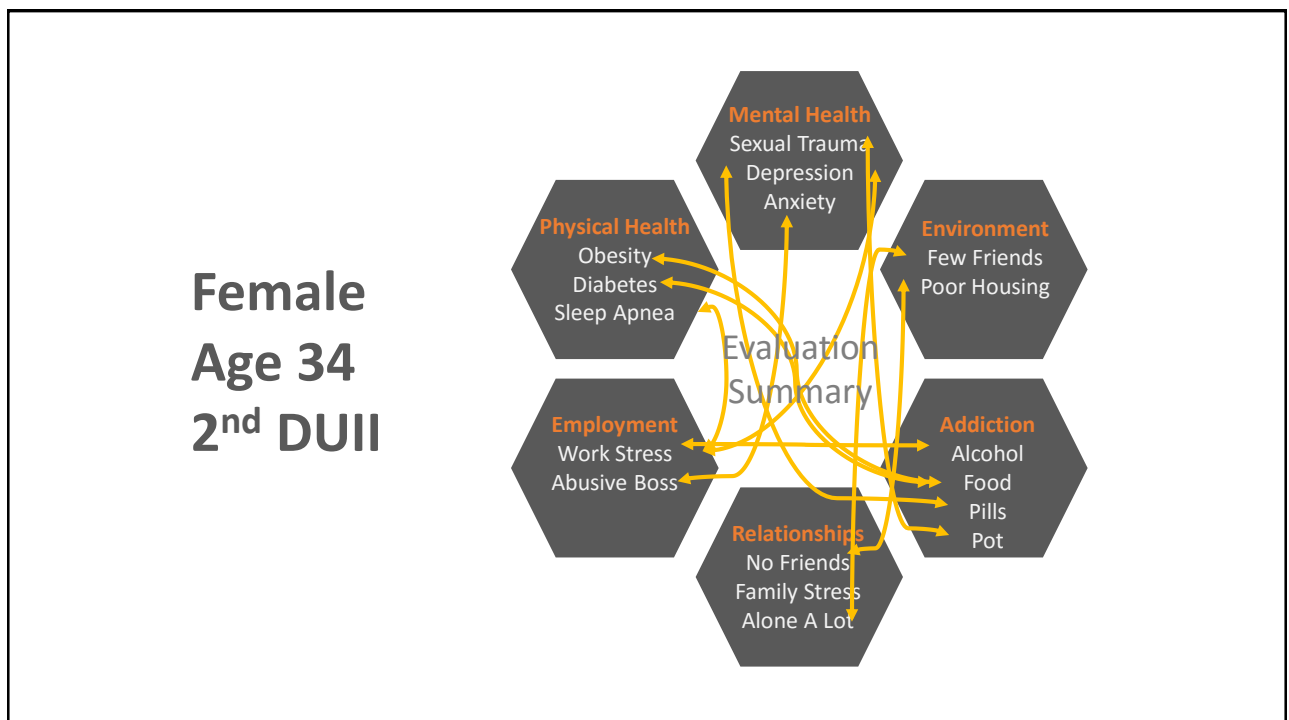
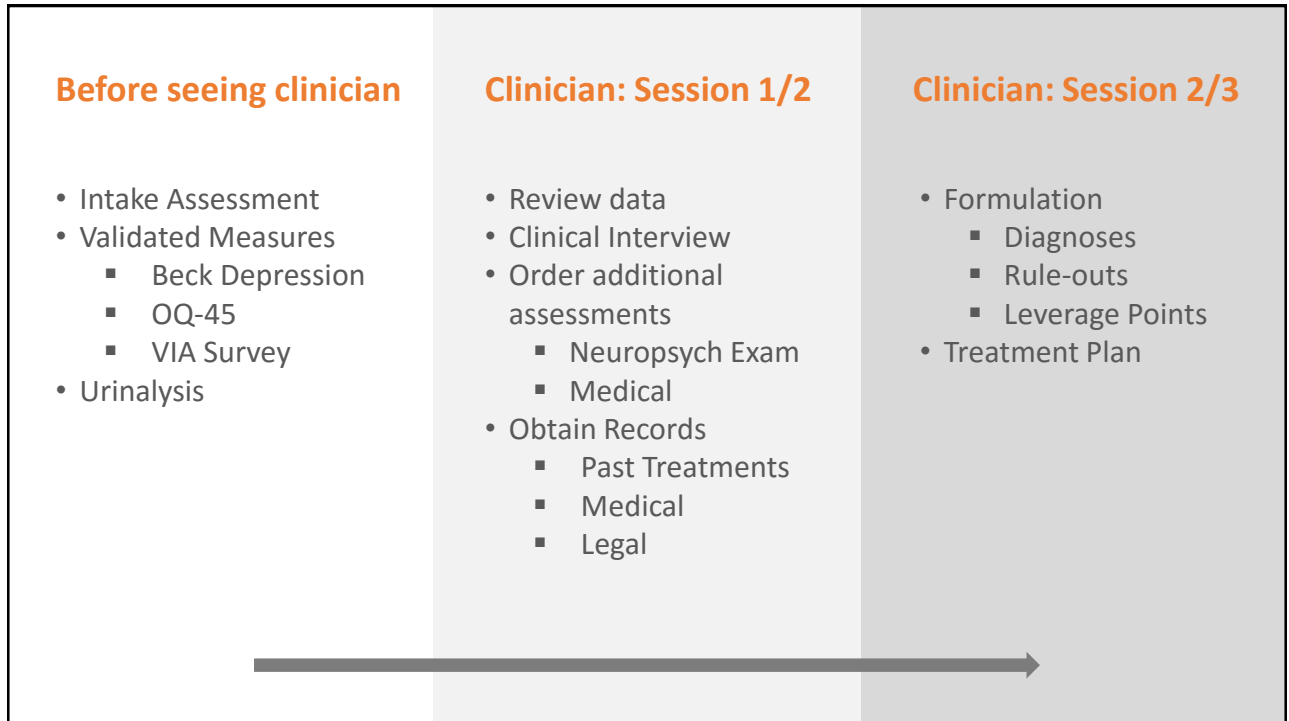
## Additional Motivators

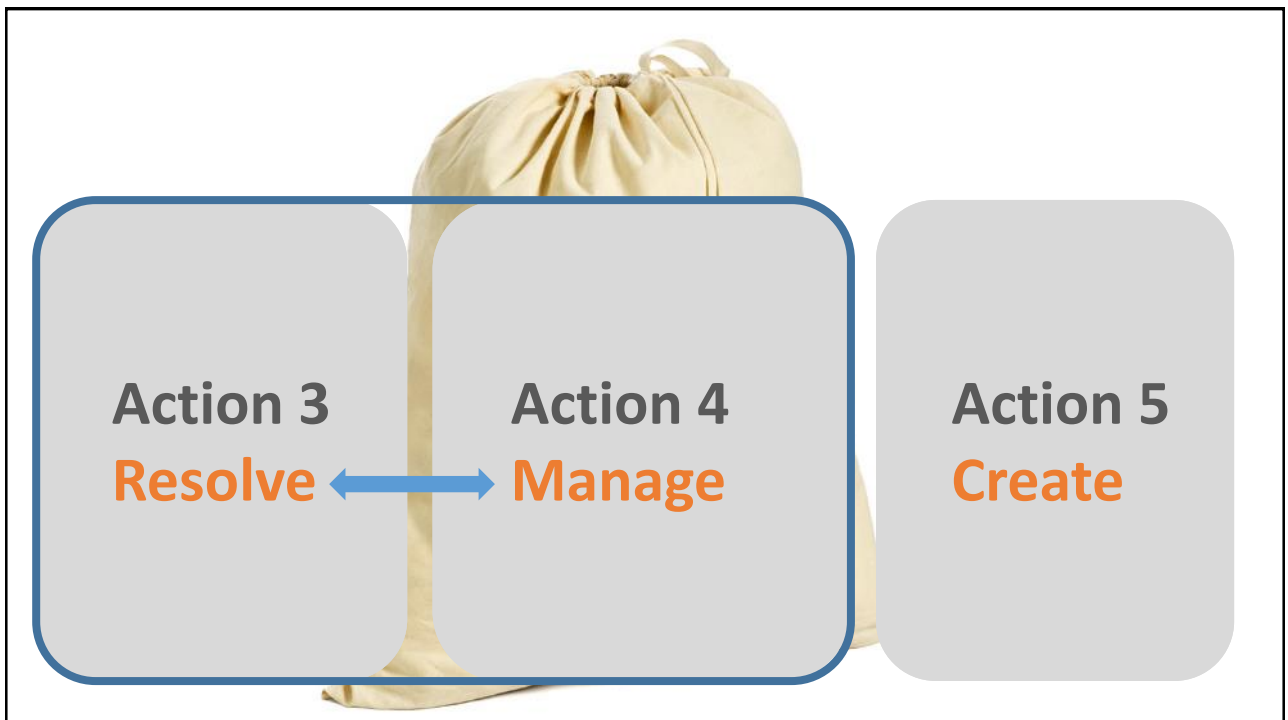
- Clinic policies and procedures
- Use of *Motivational Interviewing*
- Menu of treatment options
- Hope



## ACTION 2

**Evaluate**





## ACTION 3

**Resolve****Basic Needs First!**

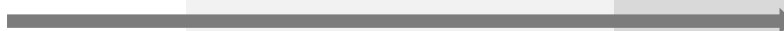
- Suicide Ideation
- Safety
- Housing
- Food
- Acute Medical
  - Pain
  - Infections
  - Psychosis

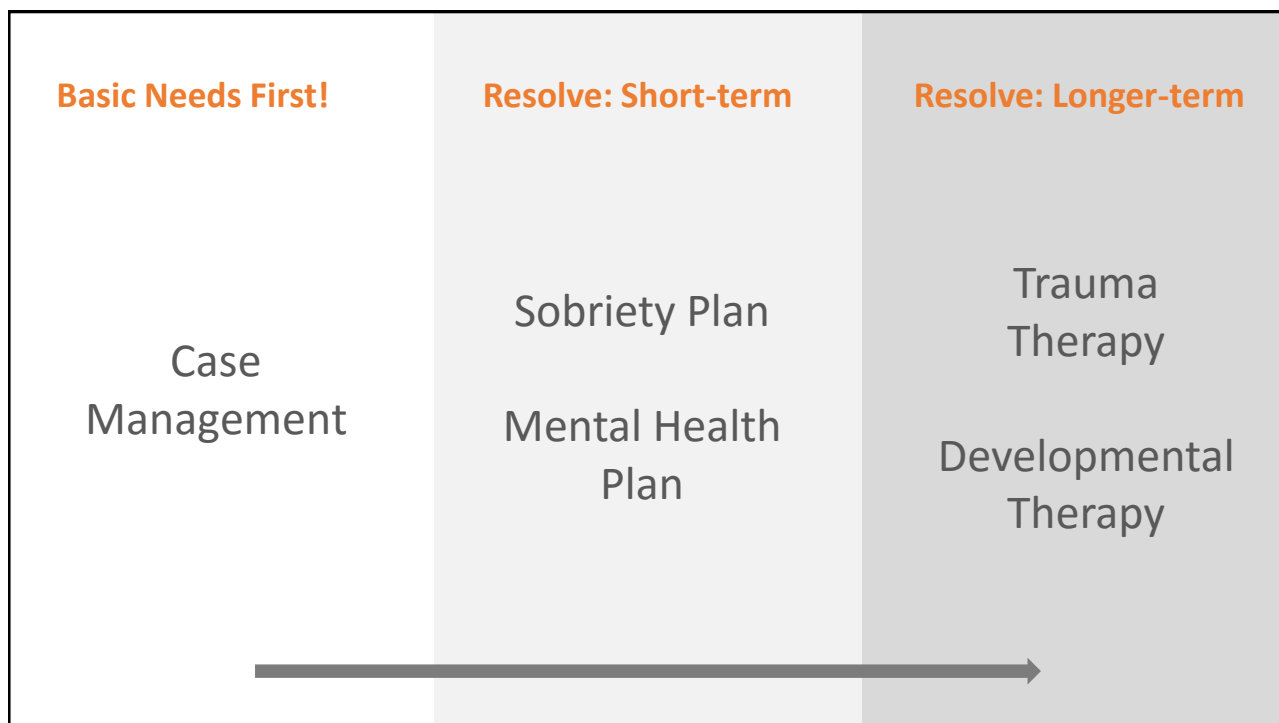
**Resolve: Short-term**

- DUII
- Early Sobriety
- Early Mental Health
- Relational Conflict
- Unemployment

**Resolve: Longer-term**

- Untreated Trauma
- Developmental Deficits





<p><b>Modality</b></p> <p>Individual Therapy</p> <p>Group Therapy</p> <p>Medication</p>	
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## Therapies/Interventions

Mindfulness Practices

CBT/MET/ACT

Exercise

Social Connection



## Addiction Medications

<b>Alcohol</b>	Naltrexone, Vivitrol, Acamprosate, Disulfiram
<b>Opiates</b>	Methadone, Buprenorphine, Bup/Nalaxone, Naltrexone
<b>Nicotine</b>	Bupropion, Replacement Products
<b>Stimulants</b>	None to date





Health care reform in Oregon **has not** led to increased access to medication to support recovery from alcohol use disorders.

Most patients receive disulfiram (2010 = 75%, 2014 = 50%); the use of oral naltrexone appears to be increasing (2010 = 20%, 2014 = 35%).

Dennis McCarty, PhD  
OHSU



## How do we **heal**?

- Manage Hyperarousal
- Practice Mindfulness
- Leverage Relationships
- Integrate Head & Heart



Managing your terror all by yourself gives rise to another set of problems: dissociation, despair, **addictions**, a chronic sense of panic, and relationships that are marked by alienation, disconnection, and explosions. Patients with these histories rarely make the connection between what happened to them long ago and how they currently feel and behave. Everything just seems unmanageable.

## **Somatic/Body-Based Therapies**

Sensorimotor Psychotherapy

Somatic Experiencing

Eye Movement Desensitization and Reprocessing (EMDR)

Accelerated Experiential Dynamic Psychotherapy (AEDP)

Trauma Release Exercises (TRE)



## Trauma-Releasing Exercises (TRE)

### Developmental Stuckness

Emotional  
Age = 12





Emotional Age = 12

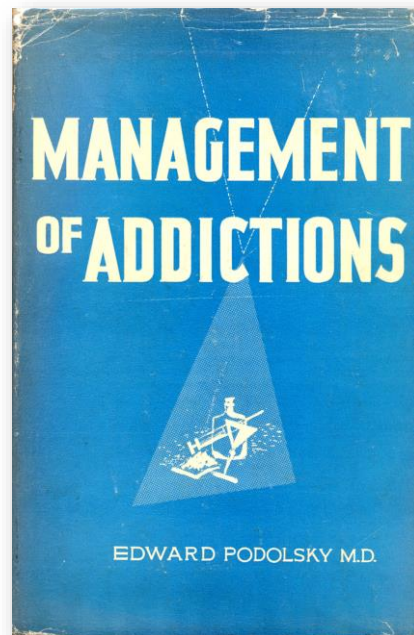
Chronological Age = 46

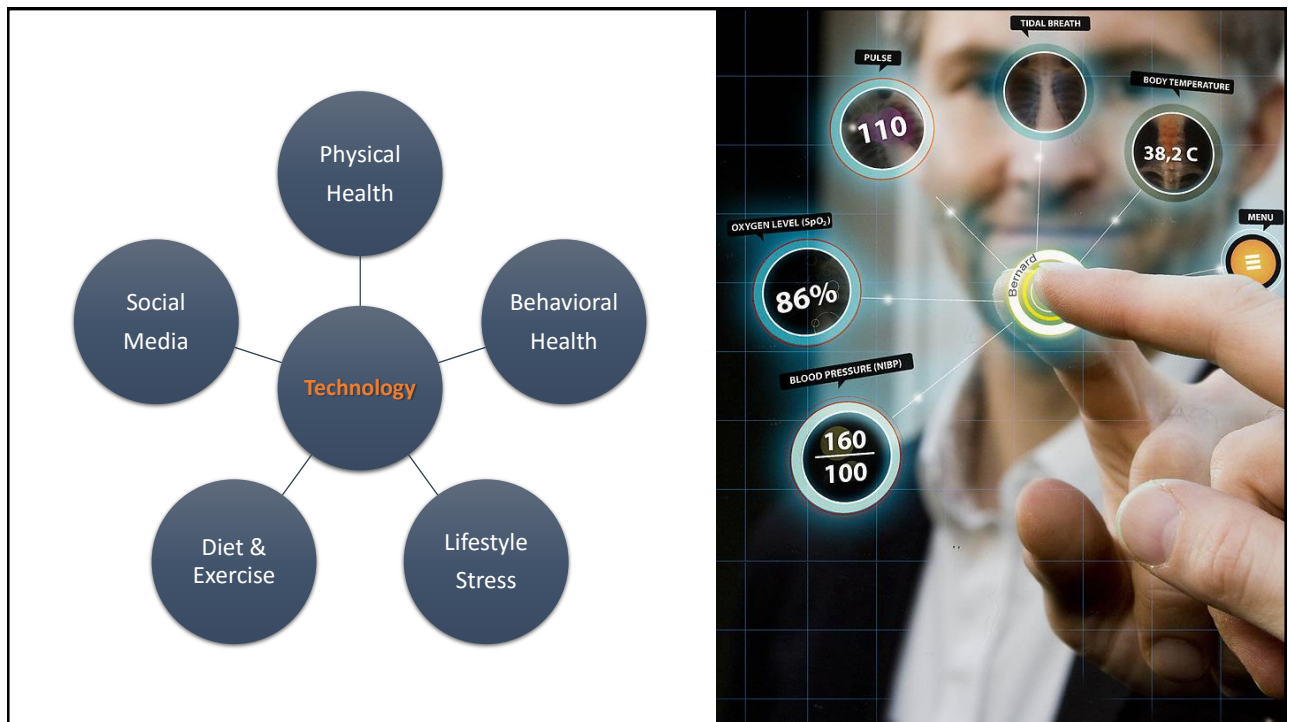
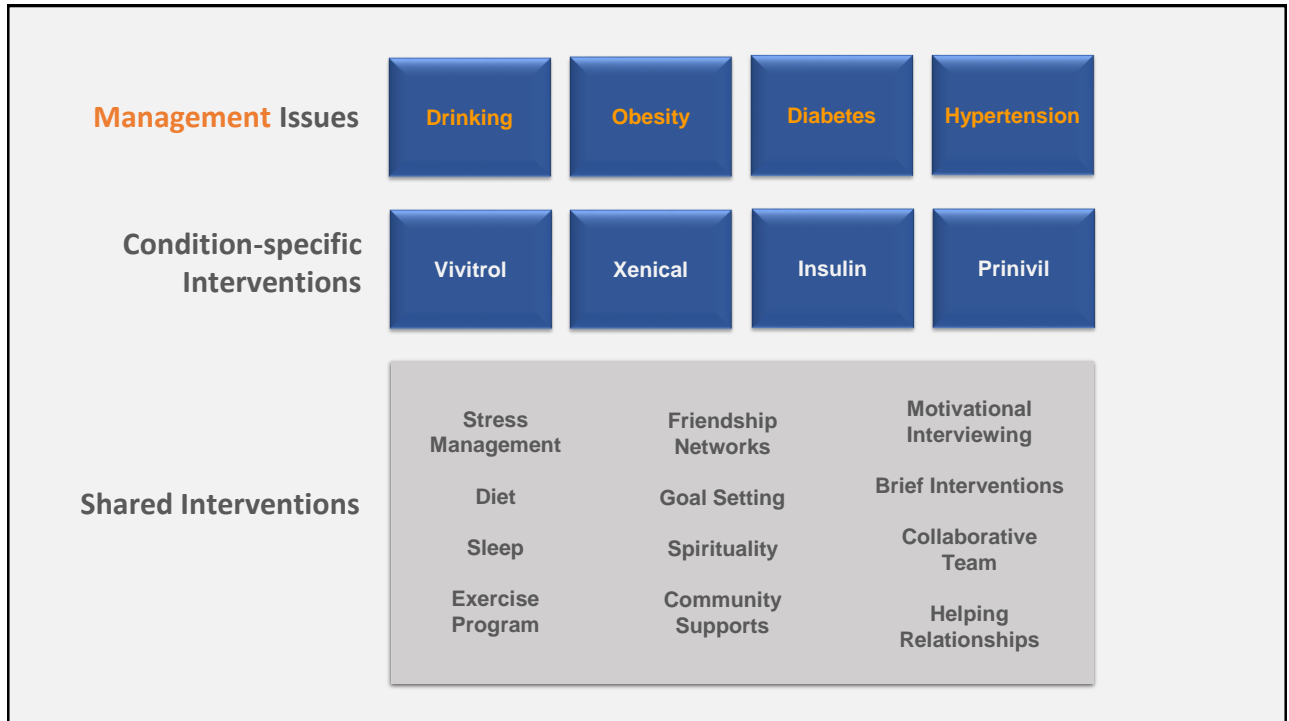
**Developmental Catch-up**

- Neurosequential Model
- Greenspan Model
- Developmental Therapies

ACTION 4

## Manage









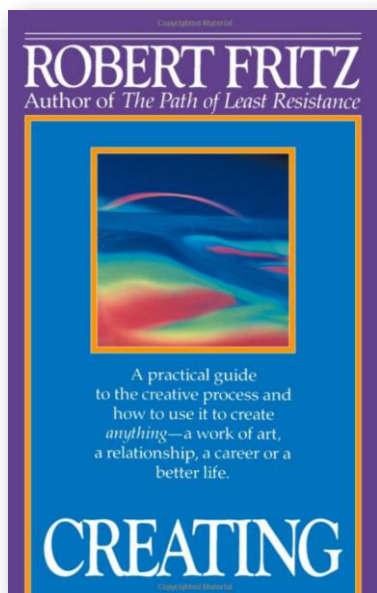
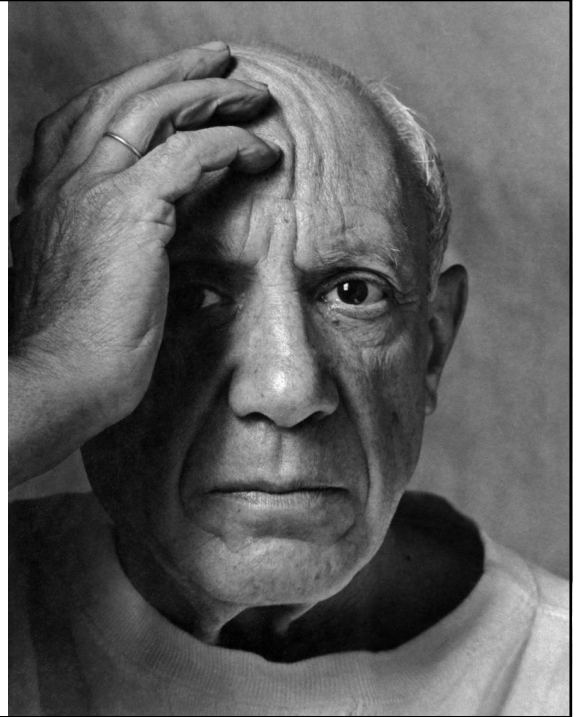
I have learned these lessons from my dying patients – who in their suffering and dying realized that we have only NOW – “so have it fully and find what **turns you on**, because no one can do this for you!”

Elisabeth Kübler-Ross



All children are artists.  
The problem is how to  
**remain an artist** once he  
grows up.

*Picasso*



Creating is not designed to heal you, fix you, or satisfy you, but a way in which you can bring your talents, energies, actions, imagination, reason, intuition, and yes, even love to the creation you desire...

Love is what creating is all about.



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Learn more at: [www.drjohnfitzgerald.org](http://www.drjohnfitzgerald.org)  
[www.addictionmanagement.com](http://www.addictionmanagement.com)  
[drjohnfitz@gmail.com](mailto:drjohnfitz@gmail.com)