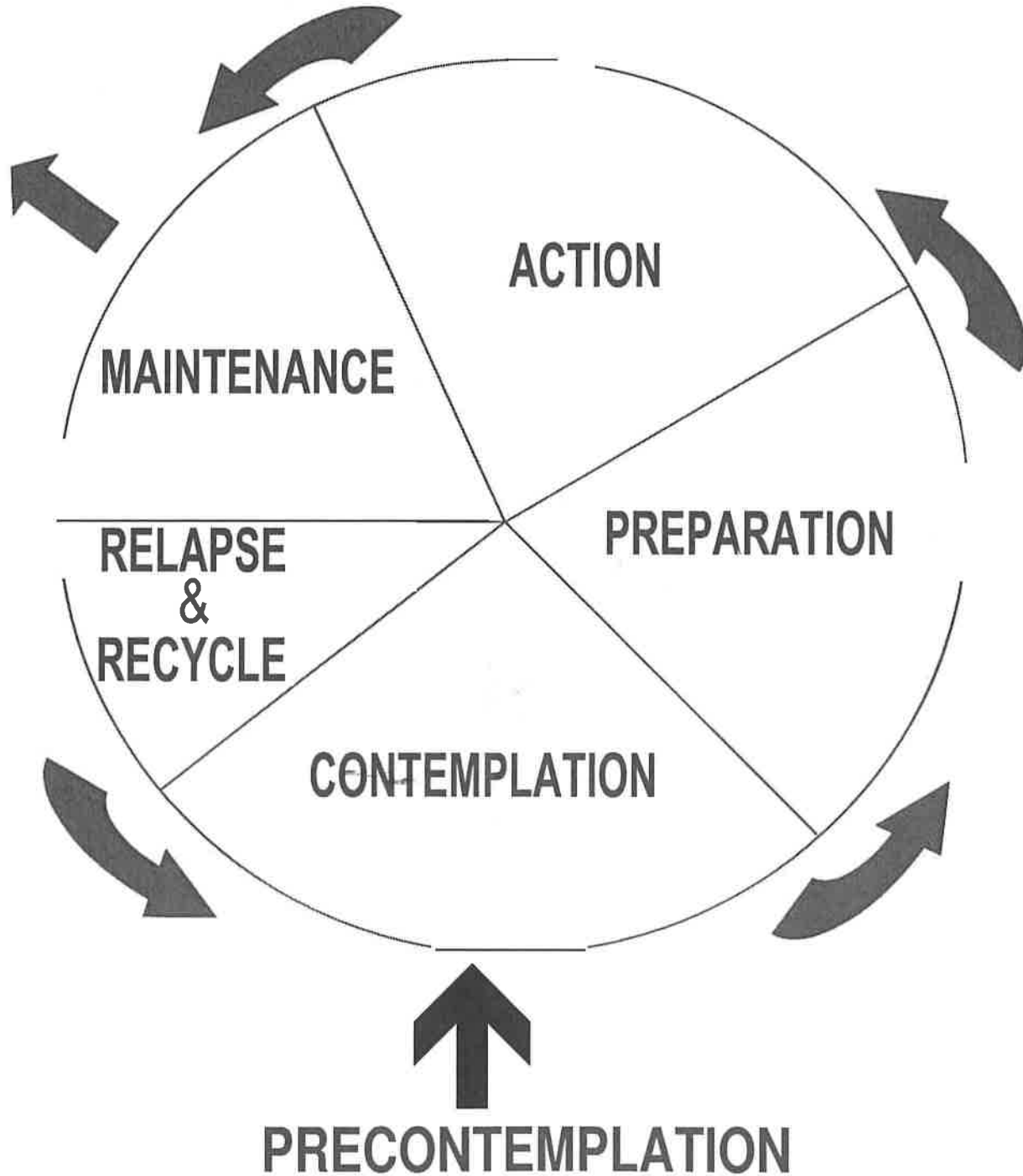


Group Treatment for Substance Abuse Week 1

HANDOUT P/C/P-1.1

Stages of Change



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Where Am I?

PRECONTEMPLATION



- Not thinking of quitting
- Feel that things are fine
- Do not see a problem



CONTEMPLATION



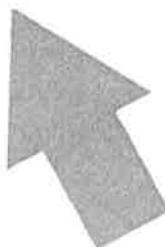
- Thinking of quitting
- Wondering how I affect others
- Maybe trying small changes



PREPARATION



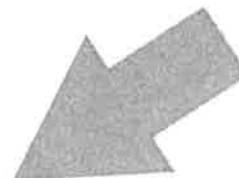
- Have a plan to quit
- May have "cut down"
- Can see benefits of quitting



MAINTENANCE



- No use in long time
- Accepting myself
- Helping others who are still using



ACTION



- Have quit using
- Am avoiding triggers
- Asking others for support

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Myths about Substance Use and Users

PART I

1. Addicts are bad people.
2. Addiction is a willpower problem.
3. Addicts cannot be treated with medications.
4. Addicts should be punished, not treated, for using drugs.
5. Some people just can't change.

Which of the above statements are true?

----- (fold) -----

PART II

All of the statements listed are myths.

1. Addicts are bad people.

People who use misuse drugs and alcohol are not bad people who need to become good or stupid people who just need to be educated. Rather, addiction causes changes in brain activity that can make change difficult (but not impossible).

2. Addiction is a willpower problem.

This is an old belief, based on wanting to blame or shame people who have alcohol or drug problems. Addiction occurs in an area of the brain called the mesolimbic dopamine system that is not under conscious control. People with substance use disorders still have choice and some self-control, but it is compromised.

3. Addicts cannot be treated with medications.

New medicines are being developed to help patients who have already had success in recovery to (1) further curb their craving for drugs, (2) reduce the chances of relapse, and (3) enhance the effectiveness of existing behavioral and other psychosocial (talk) therapies.

4. Addicts should be punished, not treated, for using drugs.

Science demonstrates that changes in the brain cause can cause people with drug and alcohol problems to have impaired control over their use of substances. Treatment (talk therapies and-in some cases- medication) is much more effective than punishment.

5. Some people just can't change.

Research actually shows that the more change attempts someone makes the more likely he or she is to eventually succeed. With each attempt to change you learn more about yourself and can gain confidence from the strategies that were helpful. (When it comes to nicotine addiction, there are 42 million former smokers, which shows that addicts can change.)

(continued)

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HANDOUT P/C/P-2.1 **Myths about Substance Use and Users** *(page 2 of 2)*

Which of these myths have you heard?

In what ways (if any) have these myths affected the way you think about substance users?

Does any of this information change the way you think about your potential for successful change?

If so, how?

HANDOUT P/C/P-3.1. **Alcohol Use Disorders Identification Test (AUDIT)** (page 2 of 2)

8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?

Never Less than monthly Monthly Weekly Daily or almost daily

9. Have you or someone else been injured as a result of your drinking?

No Yes, but not in the last year Yes, during the last year

10. Has a relative or friend, or a doctor or other health worker, been concerned about your drinking or suggested you cut down?

No Yes, but not in the last year Yes, during the last year

Scoring the AUD IT

Instructions:

For each answer that you circled, write the corresponding number to the right of the question. Then, add those numbers to get a "Total" at the bottom of the page.

1. In the past 3 months before entering this program, how often did you have a drink containing alcohol?

Never	Monthly or less	Two to four times a month	Two to three times a week	Four or more times a week
0	1	2	3	4

2. In the past 3 months before entering this program, how many drinks containing alcohol did you have on a typical day when drinking?

1 or 2	3 or 4	5 or 6	7 to 9	10 or more
0	1	2	3	4

3. In the past 3 months before entering this program, how often did you have six or more drinks on one occasion?

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
0	1	2	3	4

4. How often during the last year have you found that you were not able to stop drinking once you had started?

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
0	1	2	3	4

5. How often during the last year have you failed to do what was normally expected from you because of drinking?

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
0	1	2	3	4

6. How often during the last year have you needed a drink first thing in the morning to get yourself going after a heavy drinking session?

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
0	1	2	3	4

7. How often during the last year have you had a feeling of guilt or remorse after drinking?

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
0	1	2	3	4

(continued)

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HANDOUT PC/P-3.2. **Scoring the AUDIT** (page 2 of 2)

8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?

Never	Less than monthly	Monthly	Weekly	Daily or almost daily
0	1	2	3	4

9. Have you or someone else been injured as a result of your drinking?

No	Yes, but not in the last year	Yes, during the last year
0	2	4

10. Has a relative or friend, or a doctor or other health worker, been concerned about your drinking or suggested you cut down?

No	Yes, but not in the last year	Yes, during the last year
0	2	4

Total:

AUDIT-What Does It Mean?

The AUDIT is often used as a way of learning important information about drinking in a short period of time. By asking questions about the amount of drinking in the last year, and about things that sometimes happen when people begin drinking heavily, the AUDIT can help you find out if your drinking is reaching a dangerous level.

This is what the scores on the AUDIT mean:

If your score is between **1** and **7** make a check mark on this line: _____

- A score in this range indicates that your drinking has not yet reached a dangerous level. You may have a few drinks each week, and drinking may not have begun to cause trouble with other people in your life. If you have a score toward the high end of this range (like 6 or 7), you might want to start paying more attention to how much you are drinking, and how this may be affecting other people in your life.

If your score is between **8** and **20** make a check mark on this line: _____

- A score in this range indicates that your drinking has now reached a *harmful* and *hazardous* level. You may be drinking every day, having blackouts (where you can't remember the night before), and feeling guilt or remorse after drinking. Once you start drinking it may be difficult for you to stop, and you may be having trouble following through on your responsibilities because of your drinking. You may have even hurt someone in your life as a result of your drinking.

If your score is between **21** and **40** make a check mark on this line: _____

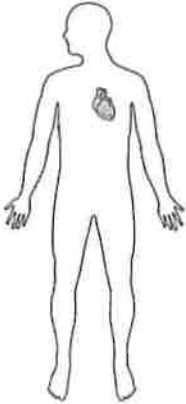
- A score in this range indicates that your drinking has now reached a *very dangerous* level. Almost all the questions on the AUDIT probably sound very familiar to you. There may be days when you cannot even get out of bed because of your drinking, and you may have trouble thinking about anything else. You may be experiencing many physical problems as a result of your heavy drinking.

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What Can Alcohol Do?

According to the National Institute on Alcohol Abuse and Alcoholism, there are many ways that alcohol can affect your body:

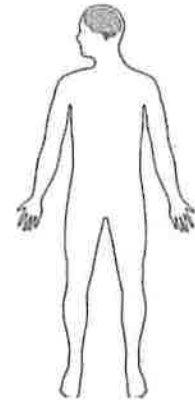
HEART



Some heavy drinkers can develop heart trouble because alcohol can weaken the muscles in and around the heart, resulting in the heart not pumping enough blood to nourish other organs in the body. Also, heavy drinking can constrict blood vessels, causing high blood pressure. Other potential consequences of heavy alcohol use are irregular or fast heartbeats, heart disease, and increased risk for some kinds of stroke.

BRAIN

Alcoholism may "speed up" normal aging or cause premature aging of the brain. Research also shows that shrinkage of the frontal lobes increases with chronic drinking for both moderate and heavy drinkers. This is related to intellectual impairment in both older and younger drinkers and may affect learning and memory.



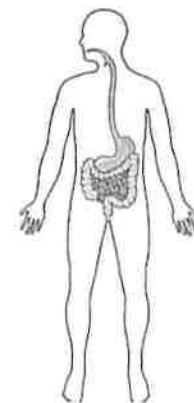
CANCER

Long-term heavy drinking increases the risk of developing several types of cancer because alcohol weakens the body's immune system, reducing its ability to fight diseases and infections. Some forms of cancer are especially common in heavy drinkers, such as cancer of the esophagus, mouth, throat, and voice box. Women who have two or more drinks a day are at greater risk of developing breast cancer. Other cancers that may be related to heavy drinking include cancer of the colon and the rectum.

DIGESTIVE SYSTEM

Heavy drinkers are more prone to have excessive heartburn, ulcers, and even bleeding in the digestive system. They may suffer from illnesses caused by an injured pancreas as well. The pancreas helps to regulate the amount of blood sugar by making insulin. When there is heavy drinking, the pancreas can become inflamed and extremely painful. This is called "pancreatitis" and can cause diabetes or even death. Symptoms of pancreatitis are severe abdominal pain and excessive weight loss.

Drinking alcohol interferes with sugar processing and with the hormones that regulate sugar levels. Chronic heavy drinkers often have low levels of healthy blood sugars (called glucose). Because many heavy drinkers go without proper food while they are drinking, their stores of healthy sugar can be exhausted in a few hours. Also, the body's monitoring of sugar can be affected while alcohol is being digested. The combination of these effects can cause severely low levels of blood sugar (a condition called "hypoglycemia") from 6 to 36 hours after a binge-drinking episode. Failure to treat this condition could have life-threatening results.



(continued)

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REPRODUCTIVE SYSTEM

Males:

According to Montana State University, alcohol can affect the male reproductive system by causing reduced testosterone levels. Prolonged use can also cause the testes to shrink, which can result in infertility, impotence, and "feminization" of male sexual characteristics. Examples of the latter are breast enlargement, reduced chest and facial hair, and a shift in fat distribution to the hip area from the abdomen. Alcohol also affects how hormones are released from the pituitary and hypothalamus glands, which can cause problems with male reproductive and sexual functions.

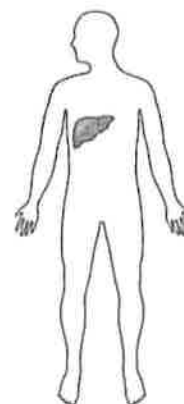
Females:

Chronic drinking can also cause a variety of problems in the female reproductive system. West Virginia University states that abnormal menstrual cycles and failure to ovulate are two of the main effects of alcohol on women. Others include an increased risk of spontaneous abortions and early menopause; the incidence of breast cancer is also higher in women who consume alcohol. Women, like men, have a higher risk of contracting an STD while under the influence of alcohol, as lowered inhibitions from alcohol consumption often lead to unprotected casual sexual encounters.

LIVER

The liver is responsible for removing alcohol and other harmful substances from the body. Drinking more alcohol than the liver can break down usually results in the buildup of excess fat in the liver. This may lead to alcoholic hepatitis, or inflammation of the liver, as a result of heavy drinking. Symptoms include fever; yellowing of the skin, eyeballs, and urine ("jaundice"); and pain in the abdomen. Although this condition can cause death if alcohol consumption continues, the process can be reversed.

Another way that alcohol can affect the liver is by causing cirrhosis-10 to 20% of all heavy drinkers develop this disease. This scarring of the liver prevents it from filtering waste from the body and can cause death. In contrast to alcoholic hepatitis, it is not possible to reverse the damage done to the liver by cirrhosis, although the symptoms can be relieved and liver functioning improved by abstaining from alcohol. Treatment for the complications caused by cirrhosis is available, and the last resort is liver transplantation. Alcohol-induced liver damage can disrupt the body's metabolism, eventually impairing the function of other organs.



SLEEP



Any alcohol use disrupts the normal sleep cycle. Although people fall asleep more quickly and sleep more deeply during the first half of the night, they also experience more insomnia or **restless sleep** in the second half of the night. This impacts the **repair and restorative work** that the body does during sleep. People who drink heavily appear to be at increased risk for sleep apnea, especially if they snore. Sleep apnea is a condition where the upper air passage narrows or closes during sleep, resulting in a lack of oxygen to the brain. In particular, drinking alcohol at night can lead to narrowing of the air passage, causing episodes of apnea. Alcohol's depressant effects can increase the duration of periods of apnea as well. Finally, the combination of alcohol, sleep apnea, and snoring increases a person's risk for heart attack, arrhythmia, stroke, and sudden death.