

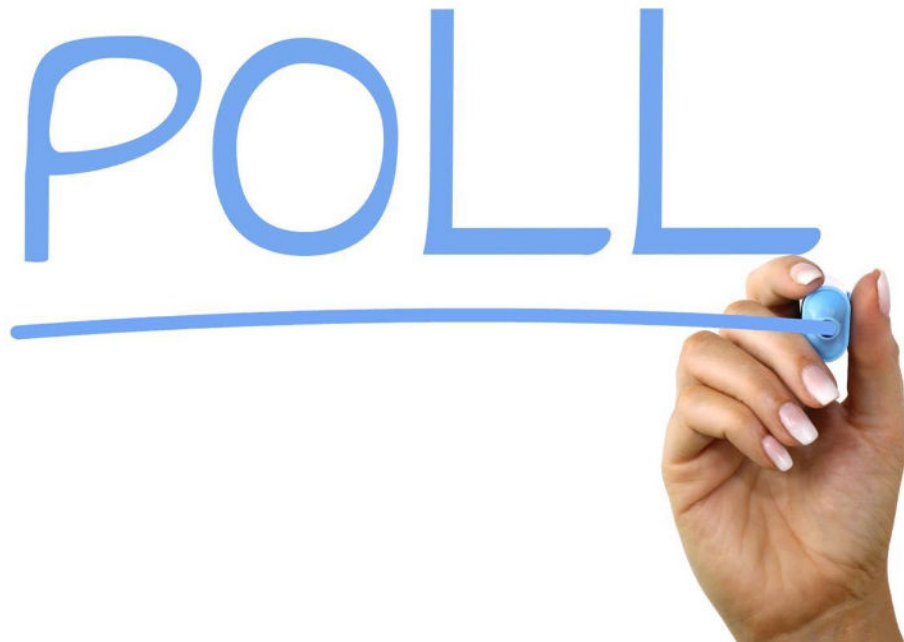
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Addiction and The Family: When COVID, Addiction, and Isolation Intersect

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Sr. Clinical Director of Men's Treatment and Support
Services

Act on Addiction: January 26, 2021







“Nothing in life is to be feared; it is only to be understood. Now is the time to understand more, so that we may fear less.”

— Marie Curie

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Objectives:



Increase understanding of the impact COVID-19 has had on substance use and mental health.



Explore the impact COVID-19 has had on family systems where addiction, problematic use, or mental health concerns are present.



Process effective coping strategies and solutions to move from isolation and addiction, into connectedness and recovery.

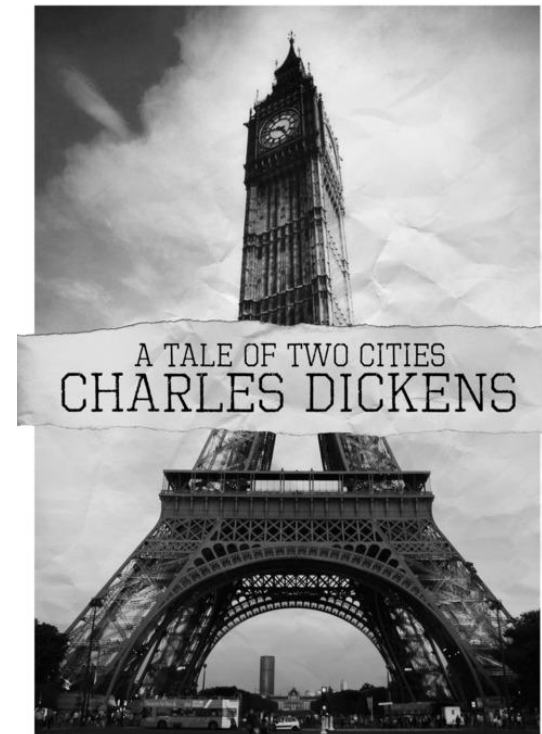


THE IMPACT OF COVID-19



A Tale...

“It was the best of times,
it was the worst of times,
it was the age of
wisdom, it was the age
of foolishness, it was the
epoch of belief, it was
the epoch of incredulity,
it was the season of
light, it was the season
of darkness, it was the
spring of hope, it was
the winter of despair.”





COVID-19: Uncharted Waters



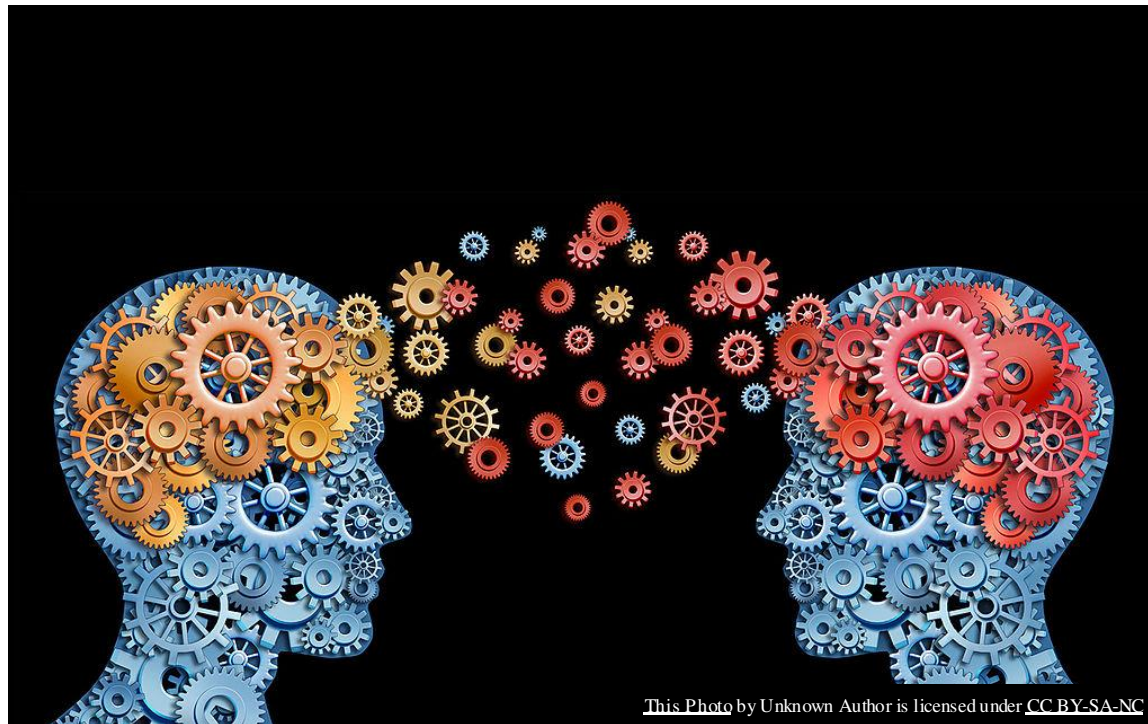


None of us know what we are
doing.

“being new at something is the epitome of
vulnerability.”

-

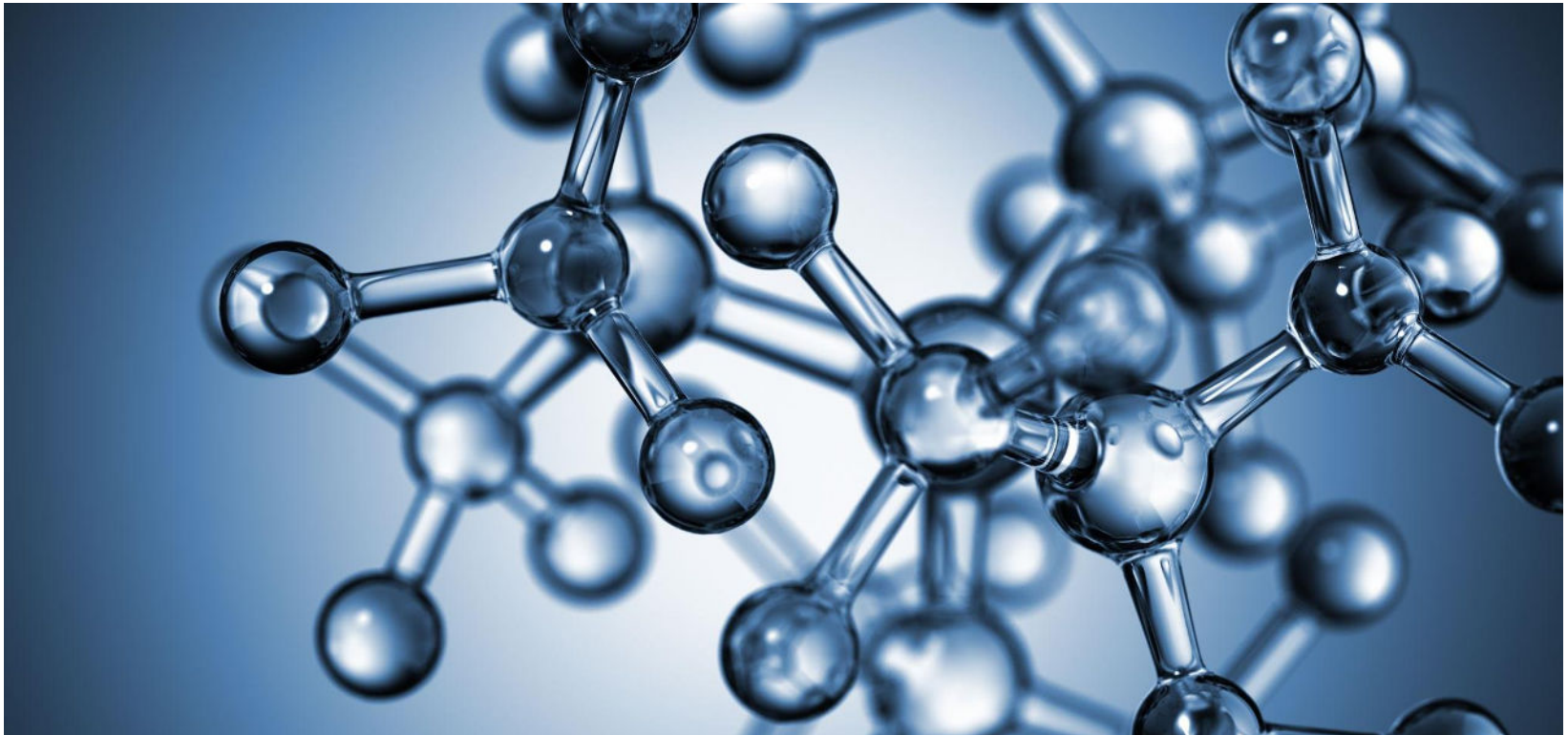
Brene Brown



Here's what we do know....



We are hardwired to connect.



Simplifying Brain Chemistry

Schizophrenia



Anxiety



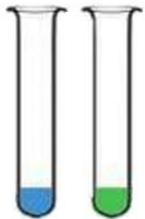
Happiness



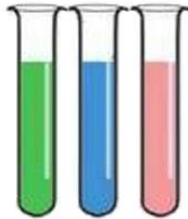
Dopamine: The Reward/ Pleasure
Molecule

Serotonin: The Confidence/ Self-
Esteem Molecule

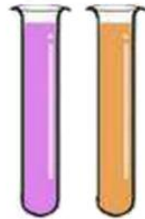
Depression



Love



Fight or Flight



Oxytocin: The Bonding/Connection
Molecule

Norepinephrine: The Danger Molecule

Epinephrine: The Energy Molecule

What feeling states are the ones your brain seeks compulsively?



When stress and fear begin,
maladaptive coping will kick in...

- Alcohol Sales rose 55% in one week
- Online alcohol sales are up 243%
- More people reportedly sought treatment for alcohol misuse in regions where the coronavirus has hit hardest. (SAMSHA)



Signs of Problem Drinking Behavior



- Using when you hadn't planned to/or more than intended
- Preoccupation
- Binge use
- Protecting the supply
- Using alone
- Self-medicating
- Blackouts
- Tolerance
- Values and behaviors don't match



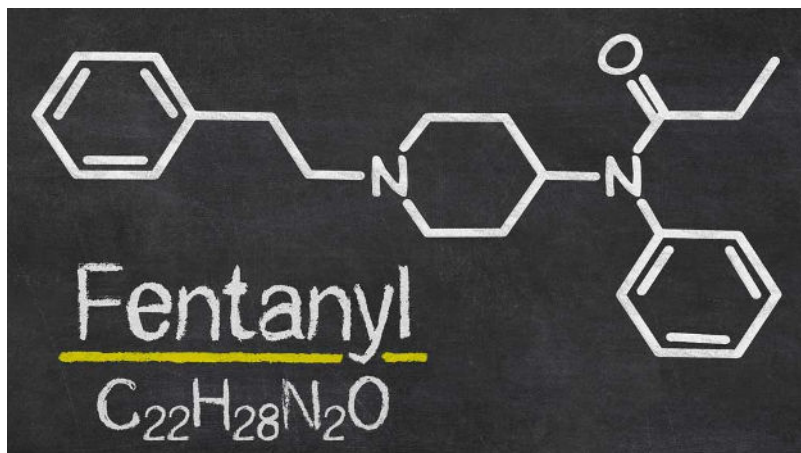
There is A Tale of Two Epidemics.



- Overdose rates in large cities rise by 54% in 16 states
- National laboratory increase of 32% for non-prescribed Fentanyl and 20% for Methamphetamine from March through May 2020 (Millenium Health)



There is A Tale of Two Epidemics.



- Suspected drug overdoses rose 18% (University of Baltimore)
- The impact on drug trafficking
- Diminished supplies
- Lethal alternatives to Fentanyl



Process addictions surface in greater times of stress...





HIGH STRESS BEHAVIORS

Chemical Addictions

Alcohol

Illicit Drugs

Prescribed Drugs

Caffeine

Nicotine

Sugar

Food

Stimulants

Behavioral Addictions

Sex

Relationship

Work

Power

Wealth

Gambling

Religion

Exercise

Excitement (Crisis)

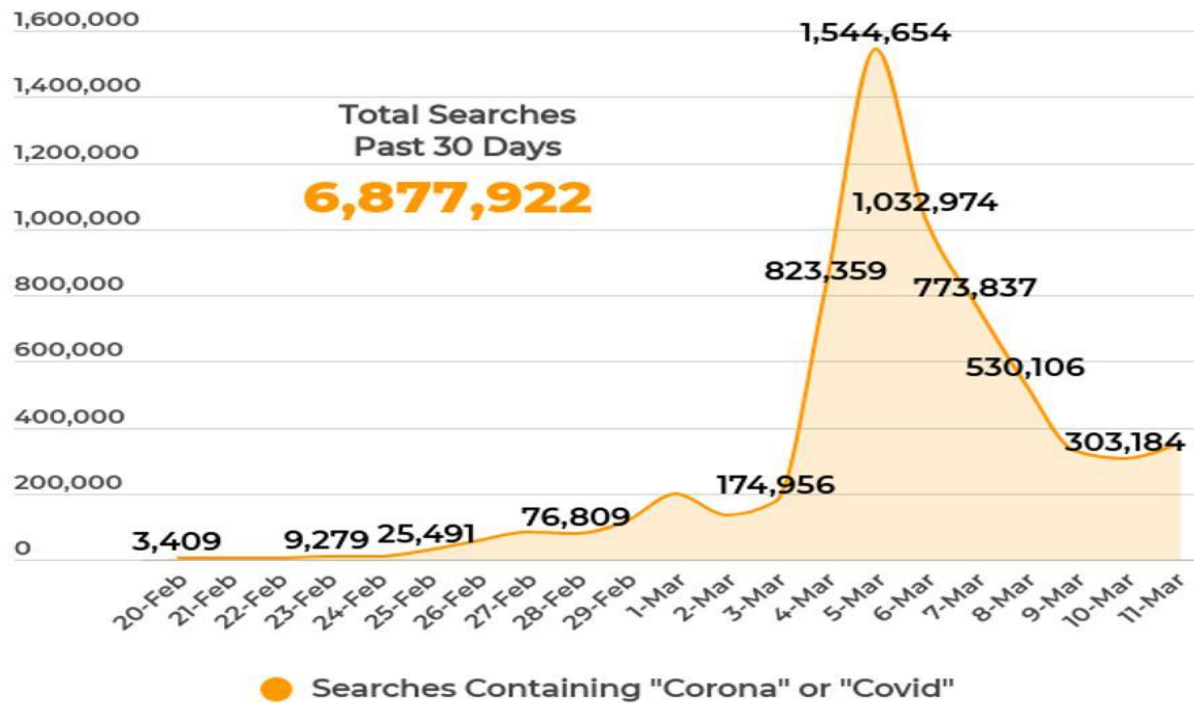


Process addictions surface in greater times of stress...

- Over/under eating
- Online gaming and gambling
- Shopping, spending, working
- Electronics, social media
- Pornography

What are people watching?

Corona Virus Searches



pornhub.com/insights



Mental health is taking a toll.



Simplifying Brain Chemistry

Schizophrenia



Anxiety



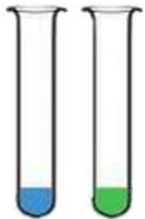
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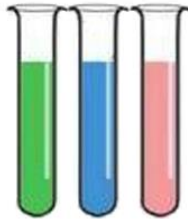
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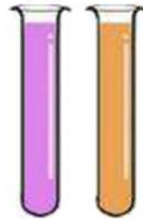
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Fight or Flight



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What feeling states are the ones your brain seeks compulsively?

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Why are they so Common



**Genetic
Vulnerability**



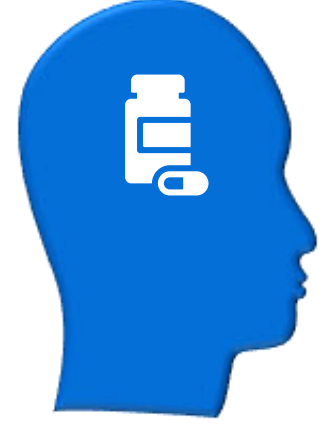
**Neurocognitive
Factors**



**Developmental
Factors**



**Environmental
Factors**



**The Self
Medicating
Hypothesis**



Mental health is taking a toll.

Characteristic	All respondents who completed surveys during June 24–30, 2020 weighted* no. (%)	Weighted %*						
		Conditions				Started or increased substance use to cope with pandemic-related stress or emotions [¶]	Seriously considered suicide in past 30 days	≥1 adverse mental or behavioral health symptom
		Anxiety disorder [†]	Depressive disorder [†]	Anxiety or depressive disorder [†]	COVID-19–related TSRD [§]			
All respondents	5,470 (100)	25.5	24.3	30.9	26.3	13.3	10.7	40.9
Gender								
Female	2,784 (50.9)	26.3	23.9	31.5	24.7	12.2	8.9	41.4
Male	2,676 (48.9)	24.7	24.8	30.4	27.9	14.4	12.6	40.5
Other	10 (0.2)	20.0	30.0	30.0	30.0	10.0	0.0	30.0



Social Media reflects our defenses.

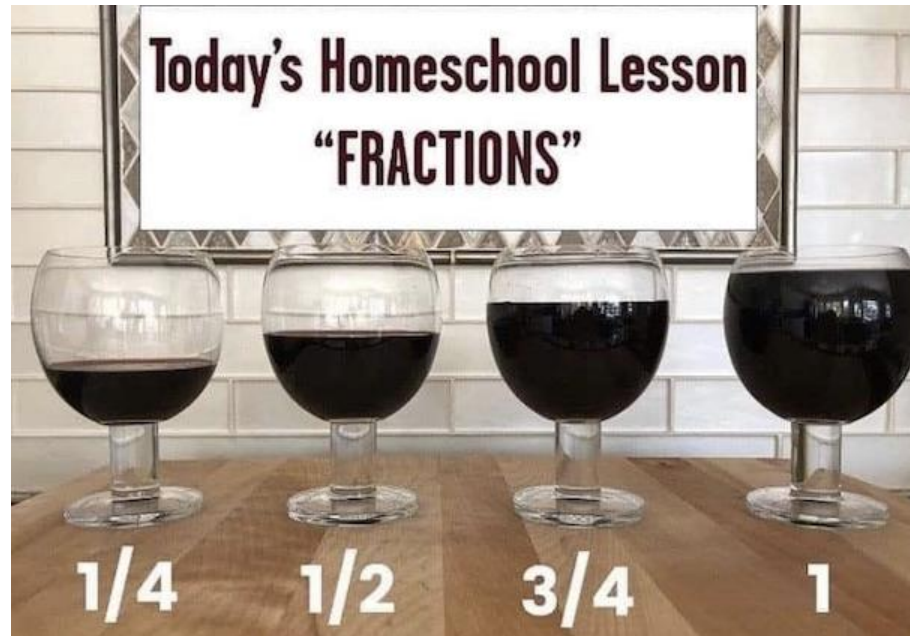


Janet Forklift
@janetforklift





Social Media reflects our defenses.





Social Media reflects our defenses.





Social Determinants of health create greater vulnerability.

“conditions in the places where people live, learn, work, and play [which] affect a wide range of health risks and outcomes.”



Social isolation increases the risk for addiction.





Families are suffering.





COVID-19 AND ADDICTION: A PERFECT STORM FOR FAMILIES



What we know...





NATION

**As hospit
abuse inj
'the wors**

IN BRIEF

HEALTH • COVID-19

As Cities Around the World Go on Lockdown,
Victims of Domestic Violence Look for a Way
Out

A Double Pandemic: Domestic Violence in the Age of COVID-19

By Caroline Bettinger-Lopez, CFR Expert and Alexandra Bro | May 13, 2020



Governments worldwide have imposed lockdowns to contain the coronavirus, but those same restrictions have increased the risks associated with domestic violence, especially for women, children, and LGBTQ+ individuals.



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HIGH STRESS BEHAVIORS & ROLES

Chemical Addictions

Alcohol
Illicit Drugs
Prescribed Drugs
Caffeine
Nicotine
Sugar
Food
Stimulants

Behavioral Addictions

Sex
Relationship
Work
Power
Wealth
Gambling
Religion
Exercise
Excitement (Crisis)

Loved Ones

Manage
“Enable”
Caretake
Fix
Rescue
Mediate
“Super _____”
People Please
Victim/Martyr



Inadequacy – Guilt
Anger – Hurt
Worthlessness – Loneliness
Fear - Pain





Addiction and Mental Health Impact on the Family

UNHEALTHY (Hurting)

Secrets / Closed
Frozen Feelings
No Boundaries (Intellect, Emotion, Physical, Sex)
Indirect Communication
Blame
Denial / Delusion
Rigid Rules / No Rules / Chaos
HUMANS DOING

HEALTHY (Nurturing)

Open
All Feelings Allowed
Individuation
Direct Communication
Own Our Own Feelings
Truth Encouraged
Guidelines & Flexibility
HUMANS BEING



Addiction and Mental Health Impact on the Family

UNHEALTHY (Hurting)

Approval Earned = Love

Punishment / Shame

Judgment (good or bad)

Control

No Free Fun – Survival Only

Roles Assigned

Shame

HUMANS DOING

HEALTHY (Nurturing)

Unconditional Acceptance = Love

Discipline = Learning Experience

Tolerance / Forgiveness

Care

Spontaneous Fun

Roles Chosen

Humility

HUMANS BEING



PREVENTION/SOLUTION



What we need to know.

- We are not alone.
- More people are seeking treatment.
- Treatment centers have enhanced safety precautions during the COVID pandemic.
- There is more accessibility to care.



What to Focus On

Educate:

- Discuss concerns in a non-threatening, compassionate way
- Normalize the impact of stress and COVID and desire for change
- Describe how you feel and what you want





What to Focus On

Empower

- Normalize non-drinking
- Hold up a mirror
- Give them support to turn down a drink (both inside and outside of the home)
- Help with tools for minimizing pressure and encourage healthy relationships as isolation reduces



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[illegible]



When to seek professional help

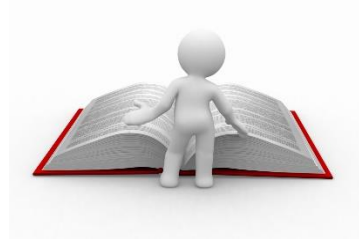
- When there is a loss of control
- When there are failed attempts to stop
- When there is danger of self/others
- When it is continuing to impact someone's goals/values/life
- When promises continue and are not kept
- When rules are made, then broken



Where to go..

- Seek an evaluation
- Find comprehensive treatment
- Find providers in network with your insurance
- Go to certified, licensed treatment centers and individuals that understand addiction





Resources

Al-Anon (www.al-anon.org)

Nar-Anon (www.nar-anon.org)

National Institute of Mental Health
(www.nimh.nih.gov)

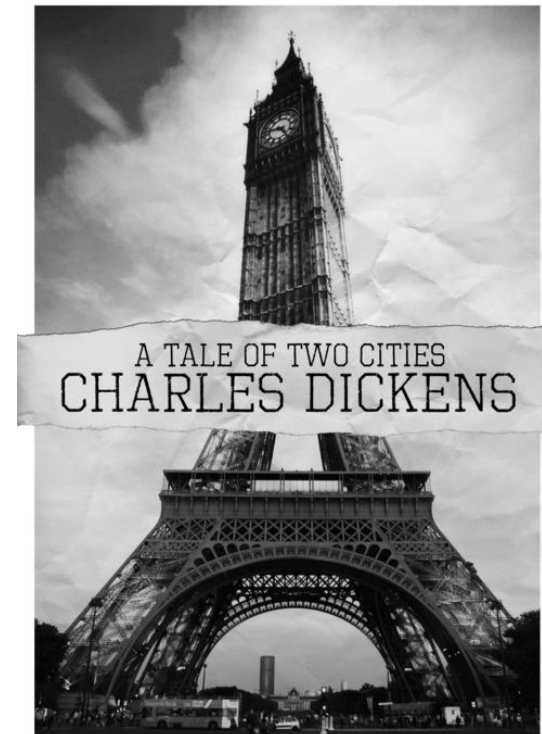
Substance Abuse and Mental Health Services
Administration (www.samhsa.gov)



A Tale...

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- Charles Dickens





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