



If Addiction is a Disease, What Can We Do About It?

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Addiction and Recovery

My Favorite Videos:

1.) Pleasure Unwoven: Dr. Kevin McCauley

<https://vimeo.com/407316805>

2.) Memo To Self: Dr. Kevin McCauley

<https://vimeo.com/368441204>

3.) Dr. Ruth Potee Lecture

<https://www.youtube.com/watch?v=0GJGRqzrz5k&t=2076s>

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Pandemic & Substance Abuse Risk

- Social Isolation, Economic Insecurity, Grief & Loss, Trauma, Hardships (COVID19)
- Increased alcohol intake is a response to traumatic events in the US per historic increases of 7-14 % after terror attacks

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Pandemic & Substance Abuse Risk

- CDC survey showed 13.3% of respondents began or increased substance abuse (In Pandemic)
- March '20 to May '20 there were increases of 32% fentanyl, 20% methamphetamine, 12.5% heroin & 10% cocaine use. Also an 18% increase in suspected drug overdoses as compared to 2019.

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Protective Factors

- Attachment relationships and social support
- Healthy Body & Healthy Brain
- Opportunities to Learn
- People Learn from each other's stories

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Protective Factors

- Self Efficacy
- Hope & Optimism
- A sense of belonging
- A sense of meaning in life

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Traumatic Growth Characteristics

- Priorities Change
- Greater Appreciation for Life
- More Intimate Relationships
- Greater Sense of Personal Strength
- Recognition of New Possibilities
- Spiritual Development



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PRACTICE MIND CONTROL

TELL YOURSELF A NEW STORY

you
REWRITE YOUR STORY

DARK MOMENT

HERD!
BIG COMEBACK - BOUNCE HIGHER!

LOOK for MEANING
one you CHOOSE

BOUNCING BACK

@JAY DIXIT



BUILDING A PSYCHOLOGICAL IMMUNE SYSTEM



SPRING IS COMING

expect a COMEBACK

MOST PEOPLE ARE RESILIENT

braver more creative opens

YOU CAN CHOOSE IT



TRAUMA

Substance Use Disorder

- Complex Disorder
 - Biological, Behavioral, Social, Environmental
- Integrative Approach Preferred Treatment
- Anti- Craving Medications are Key:
 - Naltrexone, Campral, Buprenorphine
- Group therapy for behaviors, thoughts, education to build coping skills & strategies for sobriety.
- Peer Recovery Groups (AA, NA, SMART, Refuge Recovery) are excellent resources to help achieve and sustain recovery

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COVID19 & Substance Use Disorder

- The complicating effects of SUD were visible in increased adverse consequences of COVID-19. Hospitalizations and death rates of COVID-19 patients were all elevated in people with recorded SUDs compared to those without (41.0% versus 30.1% and 9.6% versus 6.6%, respectively). (NIH)
- Based on EHR patient data in the US we show that individuals with SUD, particularly recent OUD, were at increased risk for COVID-19 and these effects were exacerbated in African Americans compared to Caucasians. (Wang)

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COVID19 & Substance Use Disorder

- Marginalized community, particularly those with substance use disorders (SUD), are particularly vulnerable to contract the infection and also likely to suffer from greater psychosocial burden
- Treatment systems should offer the following: telemedicine, person-centered care, & integrated addiction care. Efforts need to continue to reduce the stigma experienced by people with SUDs.

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Things to Remember

COVID-19 related social isolation and stress can increase susceptibility to substance misuse, addiction, and relapse.

Substance use can lead to immune system, respiratory, and pulmonary changes and may increase

Susceptibility to COVID-19 as well as complications.
A number of remote resources are available to help assist individuals and loved ones.

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Local Resources	Phone
Merrifield Community Mental Health Center, Emergency Services	703-573-5679
Main line for CSB services:	703-838-8500 (option:2 for Spanish)
Substance Abuse/ Detox Program:	703-502-7000
Gartland Center, Alexandria, VA	703-360-6910
Northwest Center, Reston, VA	703-481-4100
Alexandria City	
Alexandria Community Mental Health Center, Alexandria, VA	703-838-6400
Arlington County	
Arlington Community Mental Health Center, Arlington, VA	703-228-5160
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Local Resources	Phone
Prince William County	
Prince William Community Mental Health Center, Manassas, VA	703-792-7800
Loudoun County	
Loudoun Community Mental Health Center, Leesburg, VA	703-771-5100
Emergency Number	703-777-0320
INOVA Psychiatric Assessment Center	
(a walk-in center where you can go or call for urgent mental health concerns)	703-289-7560

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VIRTUAL RECOVERY PROGRAMS:

Alcoholics Anonymous: <http://aa-intergroup.org/>

Cocaine Anonymous: <https://www.ca-online.org/>

LifeRing: <https://www.lifering.org/online-meetings>

In The Rooms - Online Recovery Meetings:

Live meetings and discussion groups *MAT Friendly

<https://www.intherooms.com/home/>

Marijuana Anonymous: <https://ma-online.org/>

Narcotics Anonymous: Variety of online and Skype meeting options

<https://www.na.org/meetingsearch/>

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VIRTUAL RECOVERY PROGRAMS:

Reddit Recovery: Offers a virtual hang out and support during recovery

<https://www.reddit.com/r/REDDITORSINRECOVERY>

Refuge Recovery: <http://bit.ly/refuge-recovery1>

Self-Management and Recovery Training (SMART) Recovery:
Offers global community of mutual-support groups, forums including a chat room and message board *MAT Friendly

<https://www.smartrecovery.org/community/>

Soberocity: <https://www.soberocity.com/>

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VIRTUAL RECOVERY PROGRAMS:

Sobergrid: Online platform to help anyone get sober and stay sober

<https://www.sobergrid.com/>

Soberistas: Women-only international recovery community

<https://soberistas.com/>

Sober Recovery: Online forum for those in recovery and their friends and family

<https://www.soberrecovery.com/forums/>

We Connect Recovery: Daily online recovery groups for those with substance use and mental illness

<https://www.weconnectrecovery.com/free-online-support-meetings>

Unity Recovery + WEconnect + Alano Club: Daily virtual meetings

<https://unityrecovery.org/digital-recovery-meetings>

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RECOVERY RESOURCES AND SUPPORTS:

The CAF Peer Recovery Specialists: Offer recovery support/coaching; guidance finding food/shelter/employment

Kristy Howard: (571) 758-3552 - kristy@thecaf.org

Beth Cline: (571) 296-3421 - beth@thecaf.org

Daniel Adams: (703) 662-3378 - daniel@thecaf.org

John Yu: (571) 484-4723 - john@thecaf.org

Brittany Roberts: (571) 484-3585 - brittany@thecaf.org

Never Use Alone Hotline: A number you can call when you have no choice but to use alone - If you call (800) 484-3731, an operator will answer your call and ask your first name, location, and phone number in order to assist you in case of an overdose.

National Suicide Prevention Lifeline

(800) 273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

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RECOVERY RESOURCES AND SUPPORTS:

The National Alliance for Mental Illness (NAMI) HelpLine: Coronavirus Information and Resources Guide

<http://bit.ly/NAMIresource>

Hazelden Betty Ford Foundation: Contains online support meetings, blogs, mobile apps, social media groups, and movie suggestions

<https://www.hazeldenbettyford.org/recovery/tools/daily-pledge>

Shatterproof: "How I'm Coping with COVID-19 and Social Isolation as a Person In Long-Term Recovery" <http://bit.ly/shatterproof-coping>

The Chopra Center: "Anxious About the Coronavirus? Here are Eight Practical Tips on How to Stay Calm and Support Your Immune System."

<http://bit.ly/Chopra-calm>

Treatment Locator Behavioral Health

Treatment Services Locator Website:

<https://findtreatment.samhsa.gov/>

For help finding treatment 1-800-662-HELP (4357)

<https://findtreatment.gov/>

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