

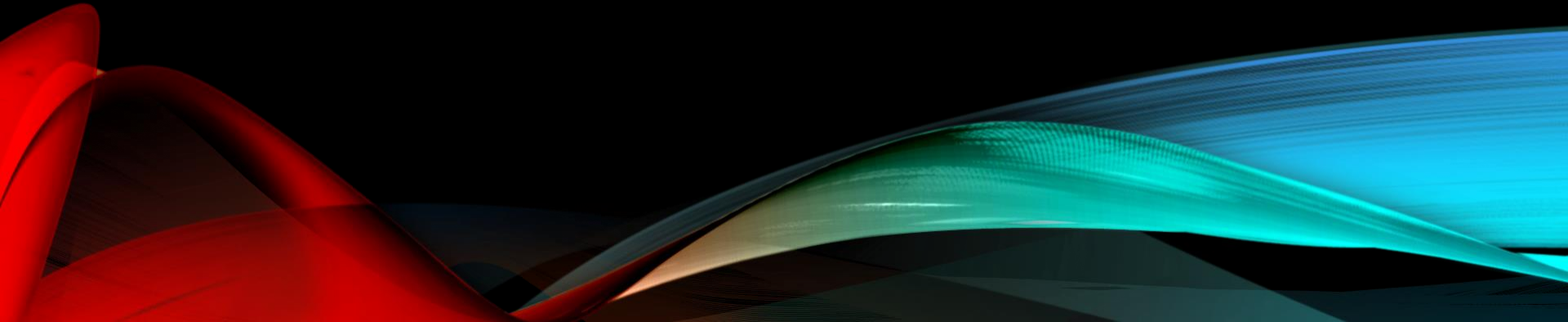


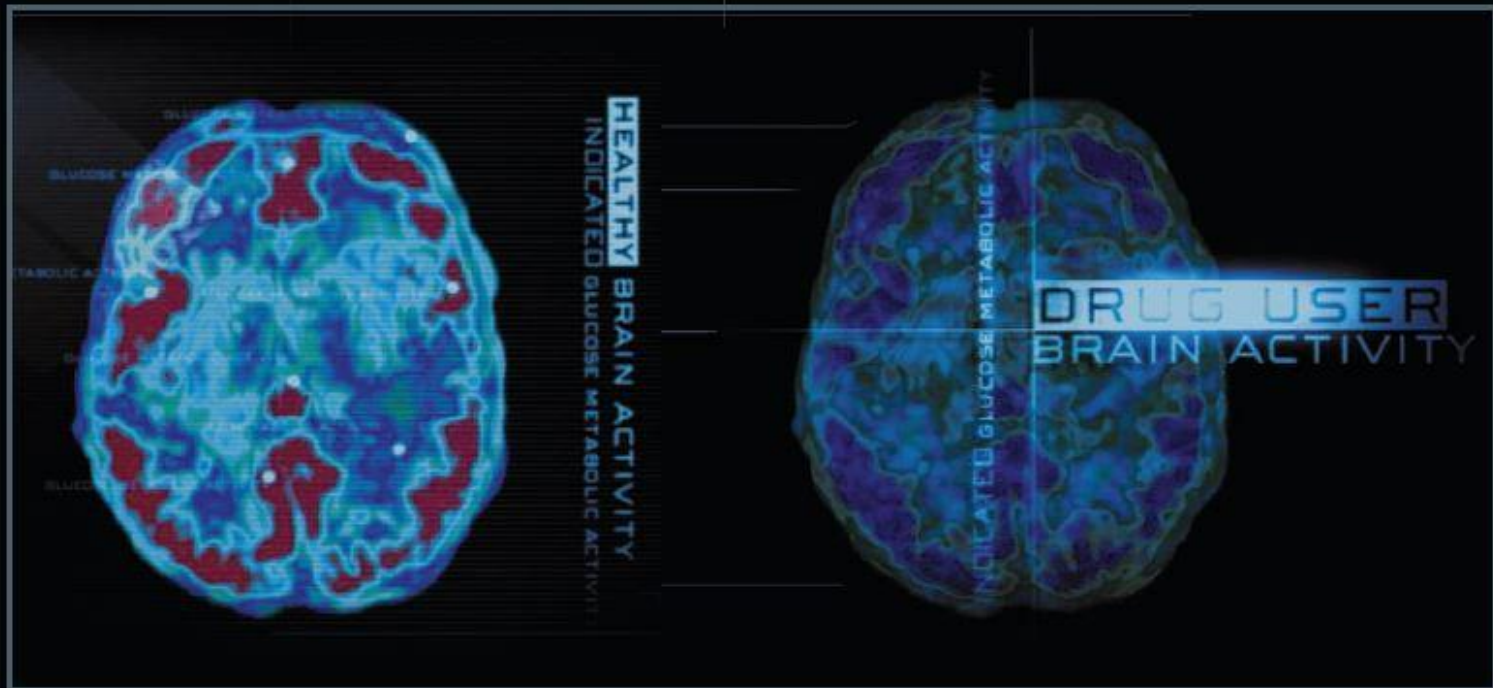
UNDERSTANDING ADDICTION

Knowledge, Empathy, Love in Recovery

THE DISEASE MODEL

Why is addiction a disease?





“Drug addiction is a brain disease that can be treated.”

Nora D. Volkow, M.D.
Director
National Institute on Drug Abuse



Medical



Social



Economic

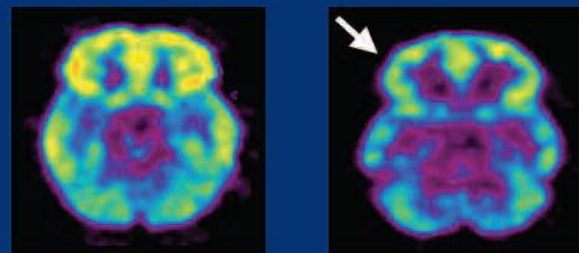


Criminal
Justice

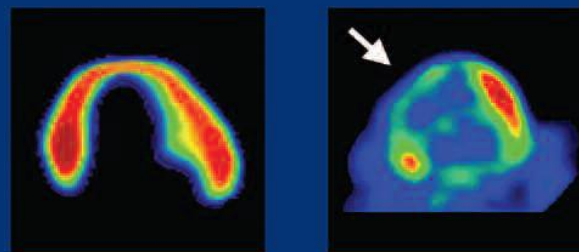
The consequences of drug abuse are vast and varied and affect people of all ages.

Addiction and SUD will be used interchangeably here. Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the brain – they change its structure and how it works. These brain changes can be long-lasting and can lead to the harmful behaviors to people who abuse drugs.

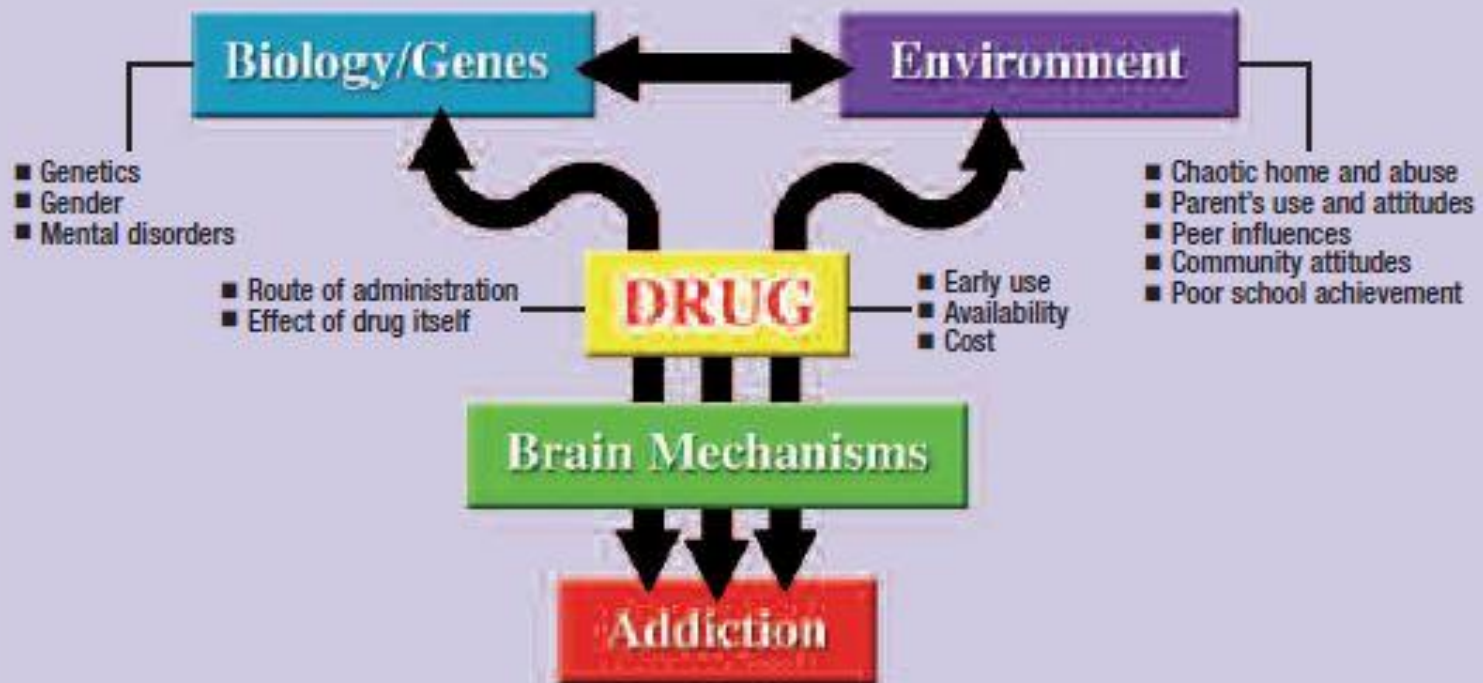
Decreased brain metabolism from abuse of drugs.



Decreased heart metabolism in heart disease patient.

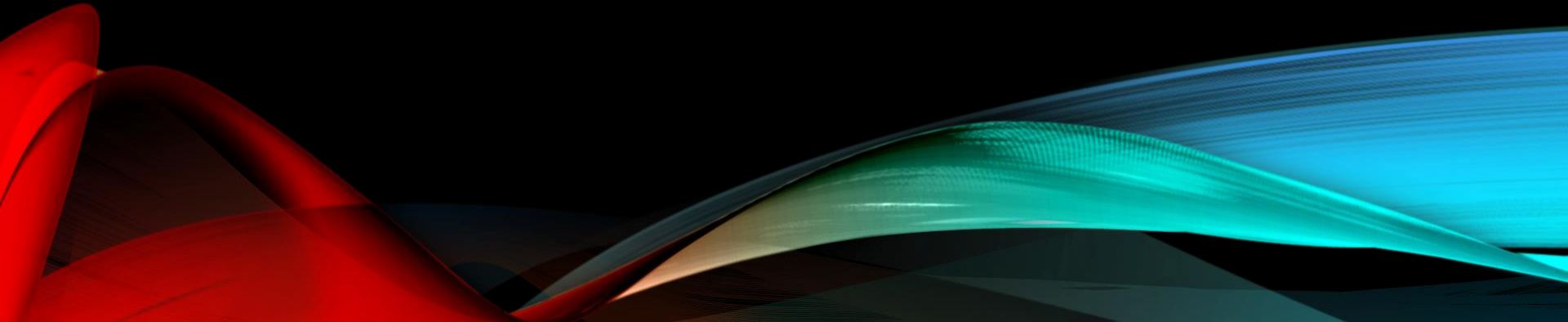


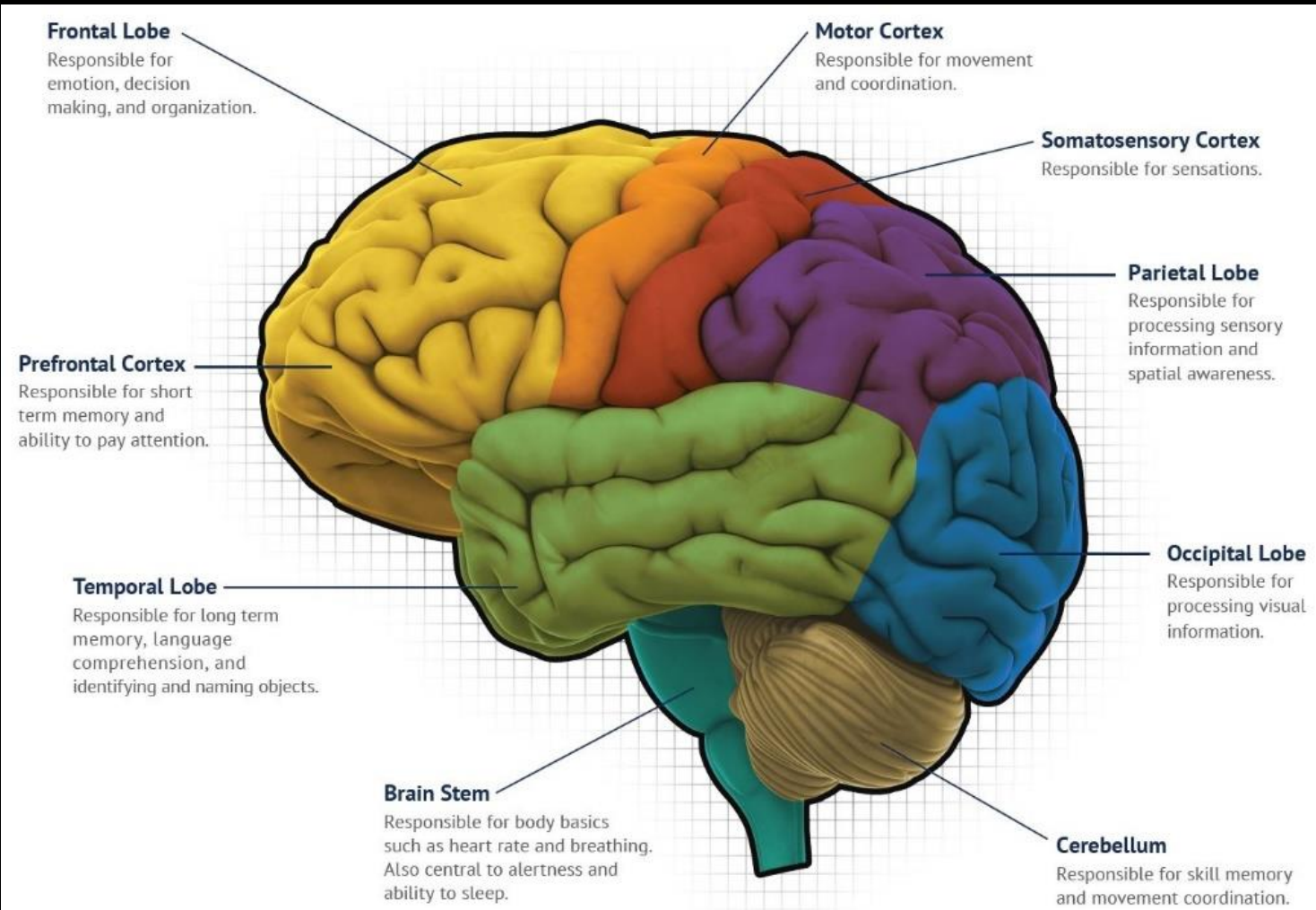
RISK FACTORS



UNDERSTANDING THE BRAIN

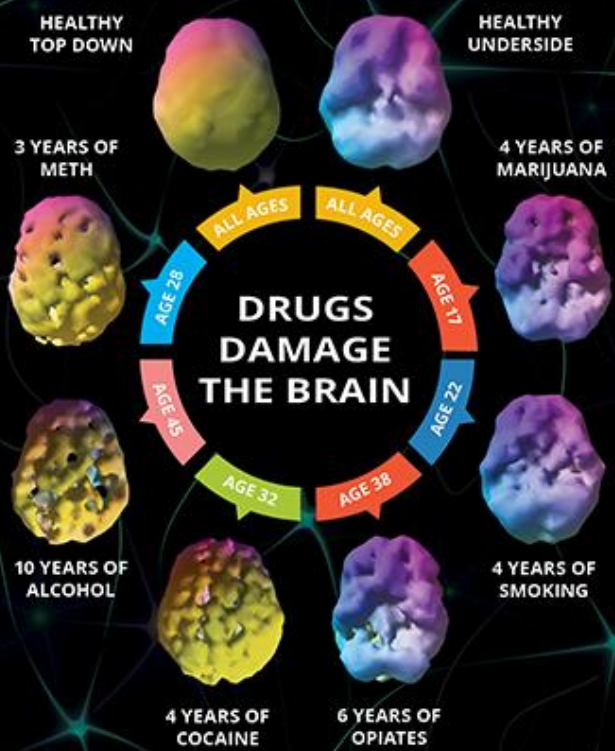
(The basics)



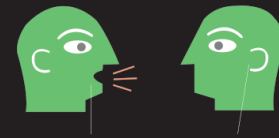
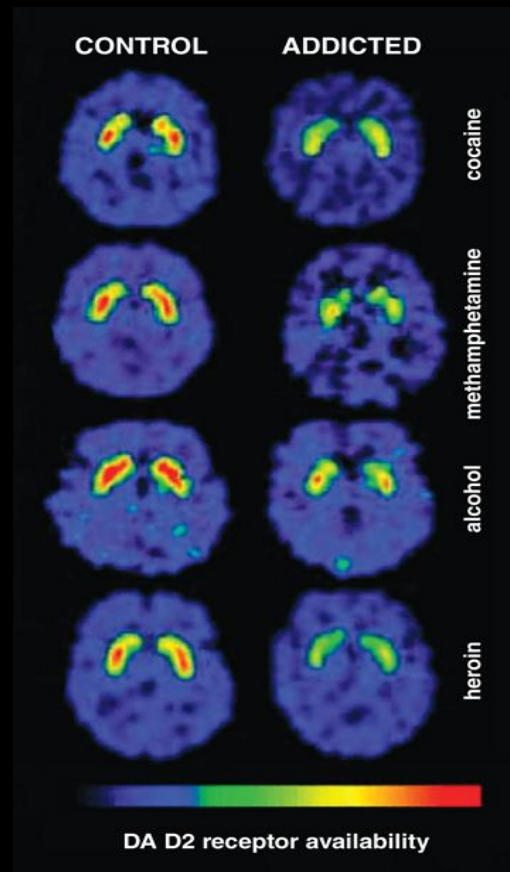


AFFECTS OF DRUGS ON THE BRAIN

WHICH BRAIN DO YOU WANT?

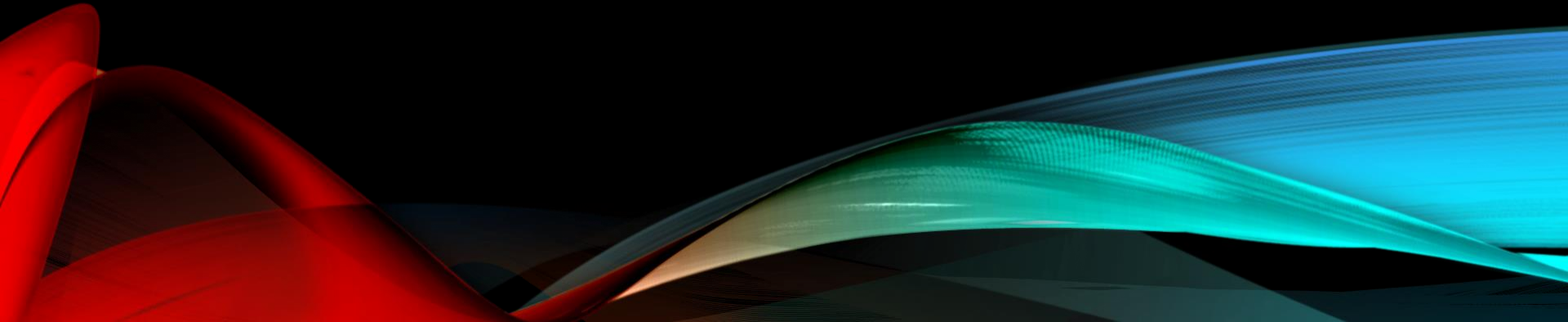


These are brain SPECT (single photon emission computed tomography) images that assess blood flow and activity. Holes show areas significantly low in activity. You can make your brain healthy again. Visit www.amenclinics.com to learn how.



UNDERSTANDING DOPAMINE

Behaviors Make Sense



WHAT IF I TOLD YOU I COULD HELP YOU...

- Mellow out
- Feel less depressed
- Feel good
- Take away boredom
- Help your physical pain
- Make you excited
- Help you socialize
- Let you feel part of something
- Help you focus and concentrate
- Help you lose weight
- Cut your anxiety way down
- Make you funny
- Help you appreciate others
- Get you a good sleep
- Help you face the day

REASONS SUBSTANCE USE MAKES SENSE

- Mellow out
- Feel less depressed
- Feel good
- Take away boredom
- Help your physical pain
- Make you excited
- Help you socialize
- Let you feel part of something
- Help you focus and concentrate
- Help you lose weight
- Cut your anxiety way down
- Make you funny
- Help you appreciate others
- Get you a good sleep
- Help you face the day

DOPAMINE BASICS

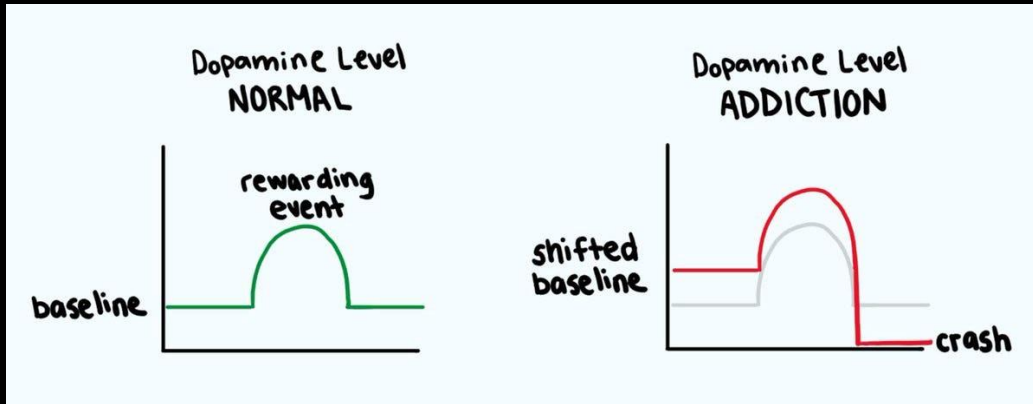
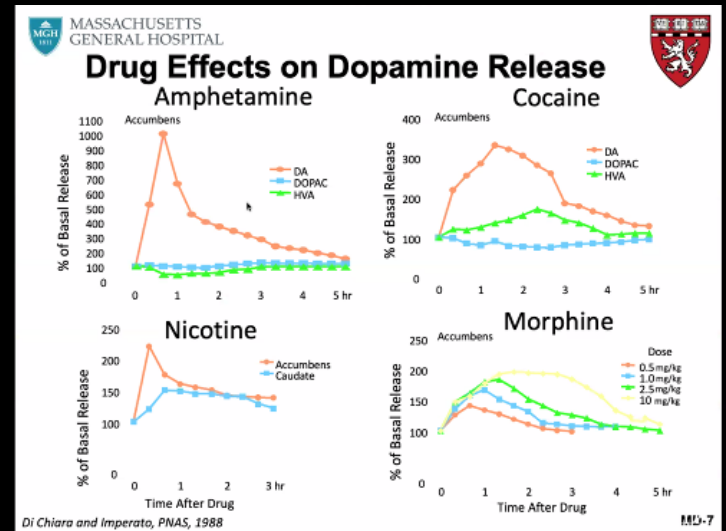
DRUGS OF ABUSE TARGET THE BRAIN'S PLEASURE CENTER

Brain reward (dopamine) pathways

These brain circuits are important for natural rewards such as food, music, and sex.

Drugs of abuse increase dopamine

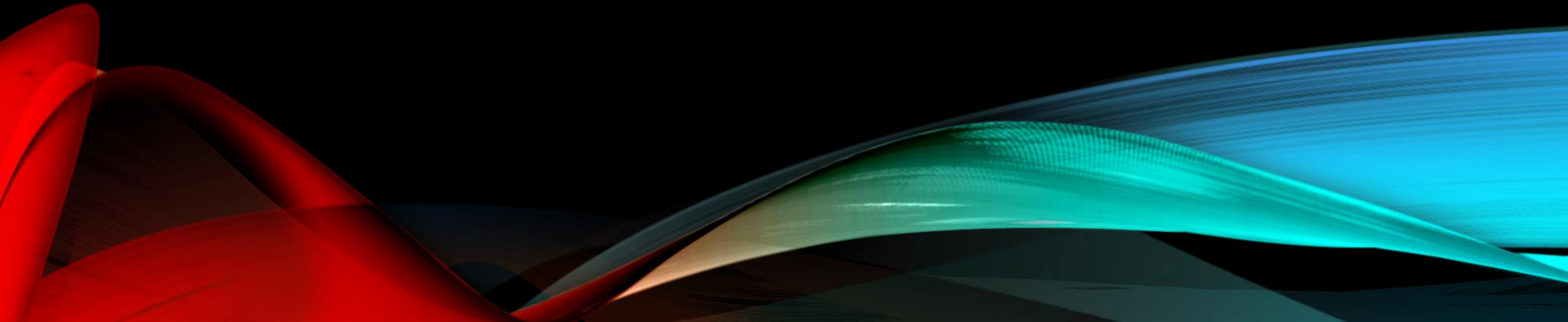
Typically, dopamine increases in response to natural rewards such as food. When cocaine is taken, dopamine increases are exaggerated, and communication is altered.



Normal	0-100
Orgasm	200
Alcohol	200
Cocaine	350
Opioids	600
Meth	1250

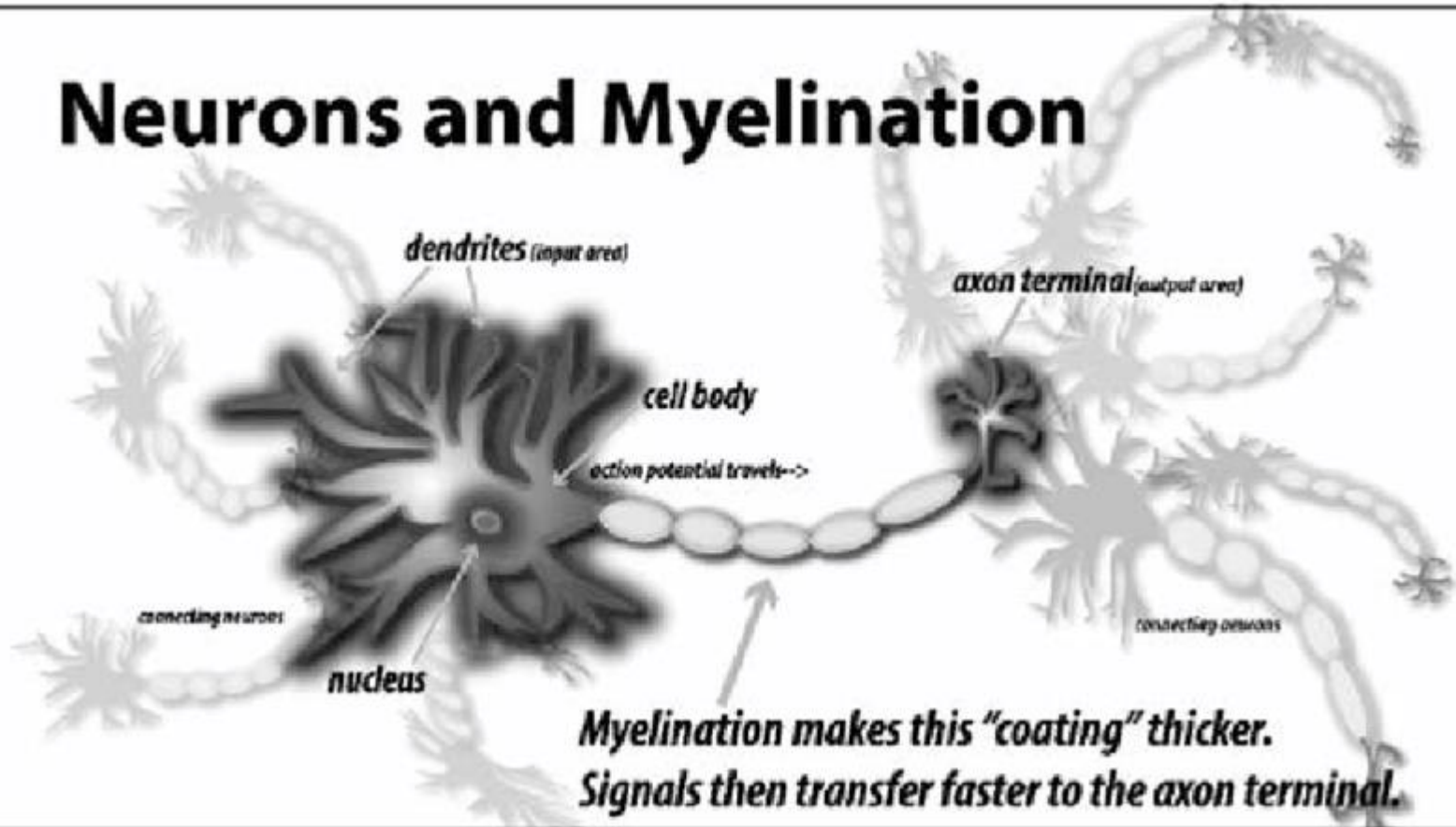
UNDERSTANDING RECOVERY

(Again, the basics)



MYLENATION

Neurons and Myelination



MYLENATION

Why it's hard to change

In the beginning the brain is like a virgin forest, filled with opportunities for development



Initially the paths are rough, and the nerve impulses travel slowly



As the activity on the path increases (learning) the pathway becomes paved, allowing faster traffic.



With repetition the pathways become like the Autobahn.



STARTING RECOVERY



Get high
Push down feelings
Seek addictive behavior
Seek using places/people

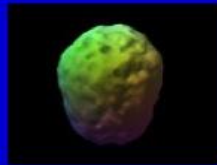
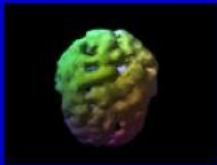


Call sponsor
Go to a meeting
Sit in discomfort
Ask for help

RECOVERY IS POSSIBLE

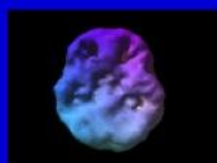
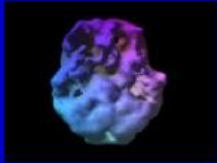
SPECT Surface Scans of Brain DURING and 1 Year AFTER Substance Abuse

During
Substance
Abuse
Top-down view



1 Year After
Substance
Abuse Stopped
Top-down view

During
Substance
Abuse
Bottom-up view



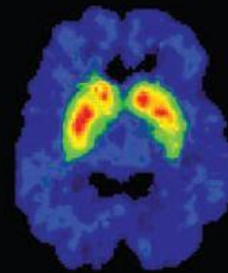
1 Year After
Substance
Abuse Stopped
Bottom-up view

All 4 Surface SPECT Scans courtesy of Amen Clinics. Reprinted with permission, Amen Clinics, www.amenclinics.com

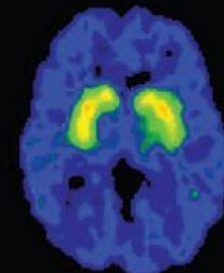
© 2014 Amen Clinics, www.AmenClinics.com

According to a 2020 NIDA/CDC study, 3 out of 4 people seeking recovery from substance abuse achieve their goal. The average number of attempts is 5.

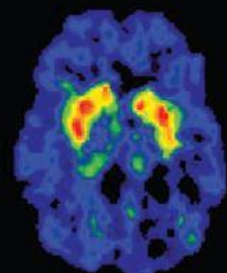
BRAIN RECOVERY WITH PROLONGED ABSTINENCE



Healthy Person



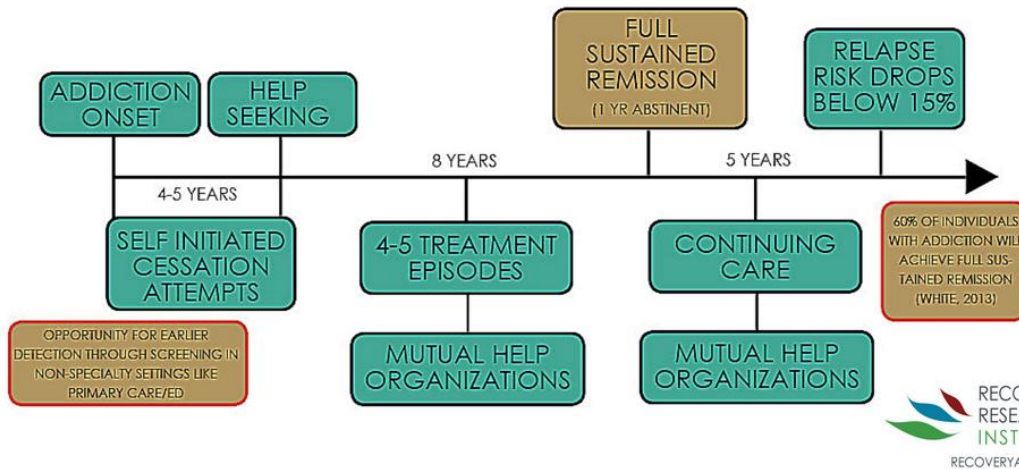
METH Abuser
1 month abstinence



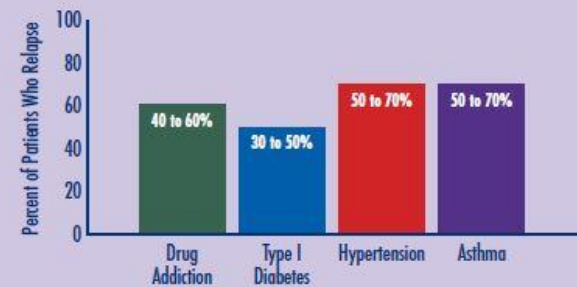
METH Abuser
14 months abstinence

RECOVERY TRUTHS

SUBSTANCE USE DISORDER COURSE OF RECOVERY



COMPARISON OF RELAPSE RATES BETWEEN DRUG ADDICTION AND OTHER CHRONIC ILLNESSES



Relapse in this chart refers to patients who experience recurrence of symptoms that requires additional medical care. The recurrence rates are similar across these chronic illnesses, underscoring that drug use disorders should be treated like other chronic conditions; symptom recurrence serves as a trigger for renewed intervention.

Source: JAMA, 284:1689-1695, 2000

RECOVERY BEHAVIORS



READ MORE ABOUT THE HIERARCHY OF NEEDS MODEL FOR RECOVERY

60 months +

36-60 months

24-36 months

12-24 months

6-12 months

Start

PATHWAYS TO RECOVERY

- Harm Reduction
- Detox
- Rehab / Inpatient
- IOP / PHP
- DRT / MAT / MT
- Sober living
- Moderation Management
- Twelve Step
- Refuge Recovery
- Recovery Dharma
- Celebrate Recovery
- SMART
- Life Ring
- Secular Organization for Sobriety
- Rational Recovery
- Freedom Model

Though the path is long, arduous, and painful, the truth is...

WE DO RECOVER

Robin Barrera

Better Days Recovery Family Services

FB – [Robin M. Barrera](#)

IG – [Robin Barrera](#)

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robin@betterdayscanbeyours.com