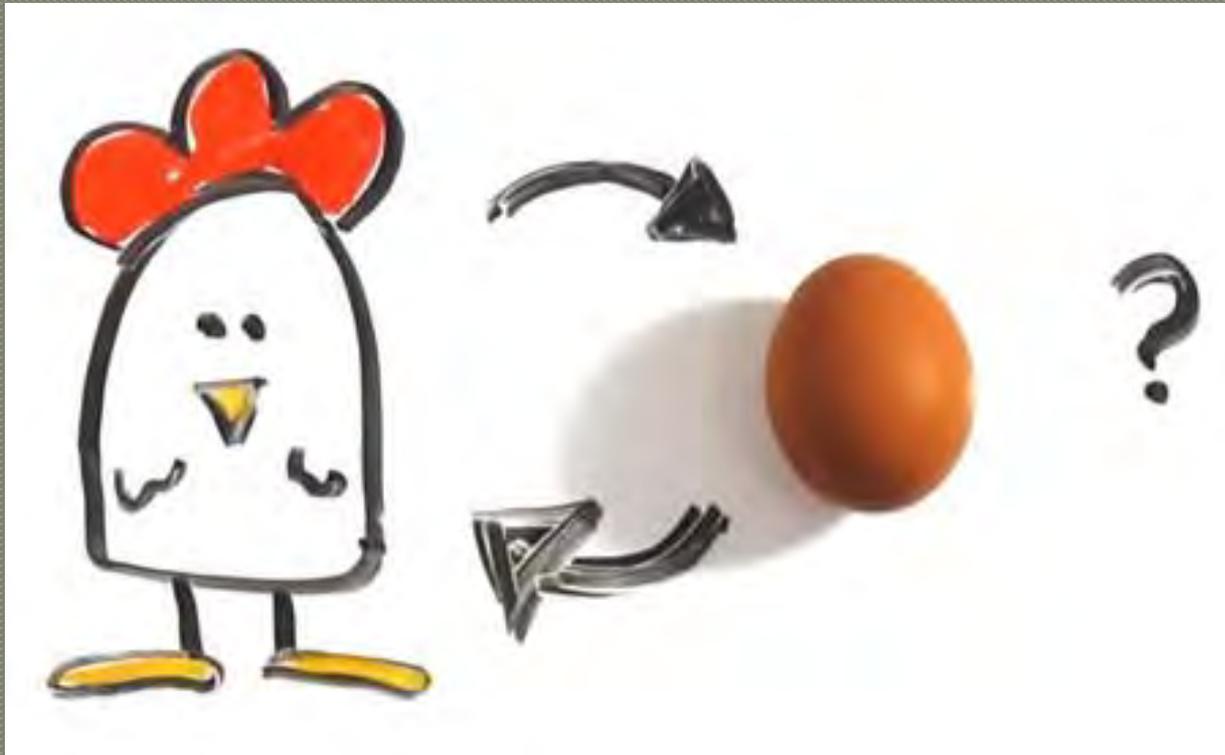


WHICH CAME FIRST? The Disorder or Use?

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The Chicken or the Egg?

Do you know the answer?

Co-Morbidity

What is co-morbidity/co-occurrence?

When two disorders or illnesses occur in the same person, simultaneously or sequentially, they are described as comorbid. Comorbidity also implies interactions between the illnesses that affect the course and prognosis of both.

<https://www.drugabuse.gov/publications/research-reports/comorbidity-addiction-other-mental-illnesses/what-comorbidity>

Three theories:

1. Drugs of abuse can cause the abusers to experience one or more symptoms of another mental illness.
2. Mental illnesses can lead to drug abuse.
3. Both drug use disorders and other mental illnesses are caused by overlapping factors such as underlying brain deficits, genetic vulnerabilities, and/or early exposure to stress or trauma.

<https://www.drugabuse.gov/publications/research-reports/comorbidity-addiction-other-mental-illnesses/why-do-drug-use-disorders-often-co-occur-other-men>

Substance Use Disorder

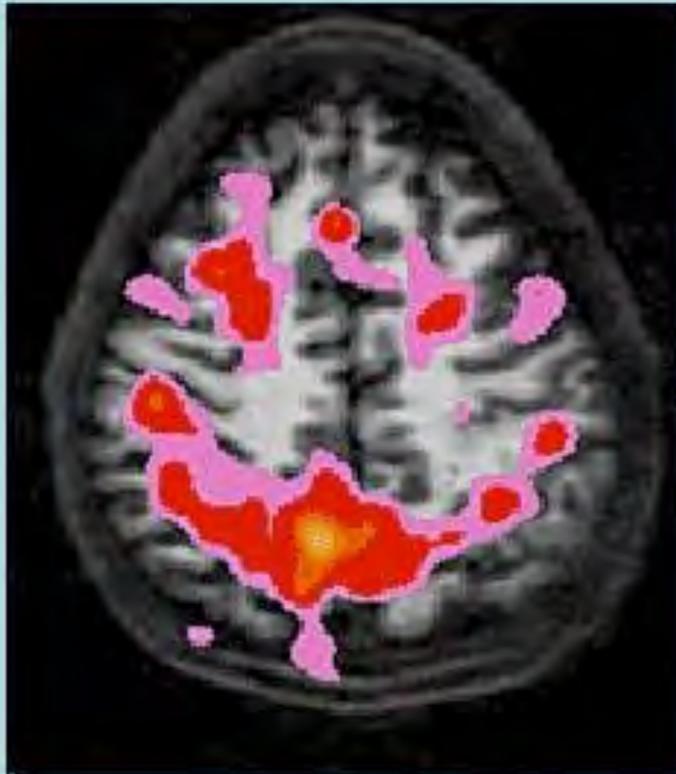
Substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home. According to the DSM-5, a diagnosis of substance use disorder is based on evidence of impaired control, social impairment, risky use, and pharmacological criteria.

Adolescent Substance Use

By their senior year:

- almost 70 percent of high school students will have tried alcohol
- half will have taken an illegal drug
- nearly 40 percent will have smoked a cigarette
- more than 20 percent will have used a prescription drug for a nonmedical purpose.

Brain Activity of: 15 year old non-drinker vs 15 year old drinker



The images above show how much more active a 15-year-old nondrinker's brain is (left) than a drinker's brain (right)

(image courtesy of Susan Tapert, University of California)

Adolescent Substance Use

Factors influencing adolescent use:

- Availability in neighborhood, community or school
- Family environment – trauma, stress, socio-economic
- Genetics

Mental Health Disorder

“Mental disorders involve changes in thinking, mood, and/or behavior. These disorders can affect how we relate to others and make choices. Mental disorders take many different forms, with some rooted in deep levels of anxiety, extreme changes in mood, or reduced ability to focus or behave appropriately. Others involve unwanted, intrusive thoughts and some may result in auditory and visual hallucinations or false beliefs about basic aspects of reality.”

Adolescent Mental Health

Over one in five children has a diagnosable mental health disorder

The MECA Study (Methodology for Epidemiology of Mental Disorders in Children and Adolescents) estimated that:

- Almost 21% of U.S. children ages 9 to 17 had a *diagnosable* mental or addictive disorder
- estimates dropped to 11% when diagnostic criteria required the presence of *significant* functional impairment
- when *extreme* functional impairment is the criterion, the estimates dropped to 5%.
- Access to the appropriate mental health care is a significant issue.

<https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/introduction>

Connection between mental health and substance use disorders

- ◉ ***Overlapping genetic vulnerabilities.***
- ◉ ***Overlapping environmental triggers.***
- ◉ ***Involvement of similar brain regions.***
- ◉ ***Drug use disorders and other mental illnesses are developmental disorders.***
- ◉ ***Gender.***

<https://www.drugabuse.gov/publications/drugfacts/comorbidity-addiction-other-mental-disorders>

But Why Use?

- ◎ **To fit in**
- ◎ **To feel good**
- ◎ **To feel better**
- ◎ **To do better**
- ◎ **To experiment**

<https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/frequently-asked-questions/why-do-adolescents-take-drugs>

Signs/Symptoms

Signs/Symptoms:

- a change in peer group
- carelessness with grooming
- decline in academic performance
- missing classes or skipping school
- loss of interest in favorite activities
- changes in eating or sleeping habits
- deteriorating relationships with family members and friends

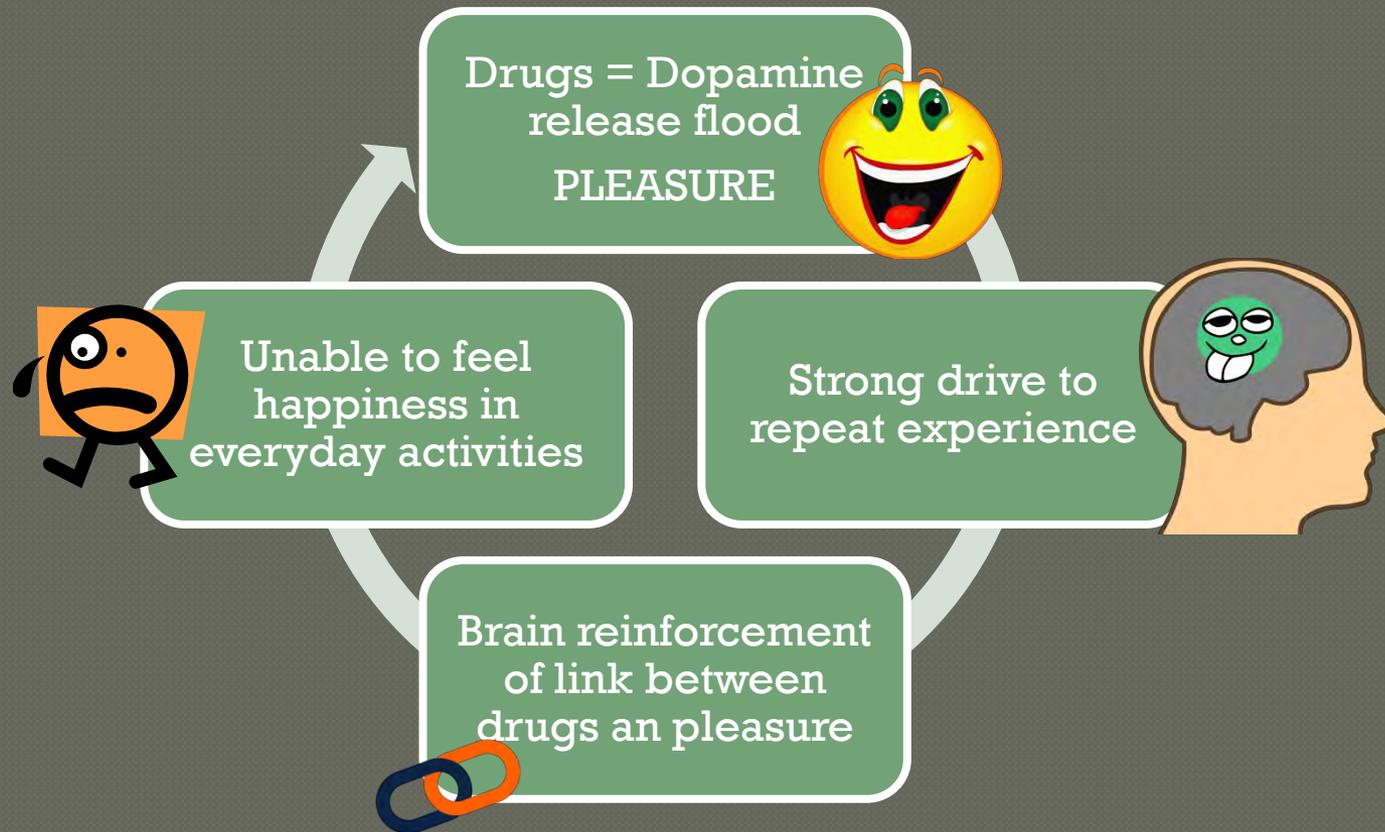
<https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/frequently-asked-questions/what-are-signs-drug-use-in-adolescents-what-role-can-parents-play-in-getting-treatment>

Commonly Co-occurring Mental Health Disorders

- ◉ Mood Disorders
- ◉ Anxiety Disorders
- ◉ Schizophrenia
- ◉ Post Traumatic Stress Disorder
- ◉ Anti-social Personality Disorder

Long term effects of early substance use

DOPAMINE = PLEASURE and reward



Long term effects of early substance use

- The majority of those who have a substance use disorder started using before age 18 and developed their disorder by age 20.
- 15.2 percent of people who start drinking by age 14 eventually develop alcohol use or dependence (as compared to just 2.1 percent of those who wait until they are 21 or older)
- 25 percent of those who begin abusing prescription drugs at age 13 or younger develop a substance use disorder at some time in their lives.
- Tobacco, alcohol, and marijuana are the first addictive substances most people try.
- Nearly 13 percent of those with a substance use disorder began using marijuana by the time they were 14.

<https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/introduction>

What can we do?

INCREASE PROTECTIVE FACTORS:

- Parent Involvement

Talk. They Hear You (SAMHSA program)

https://www.youtube.com/watch?v=UTmIAK-Eaxc&list=PLBXgZMI_zqfTBdPhFWRi7UajR4WTztWLM&index=6

- Support

- Social Connections

- Social and Emotional Competence

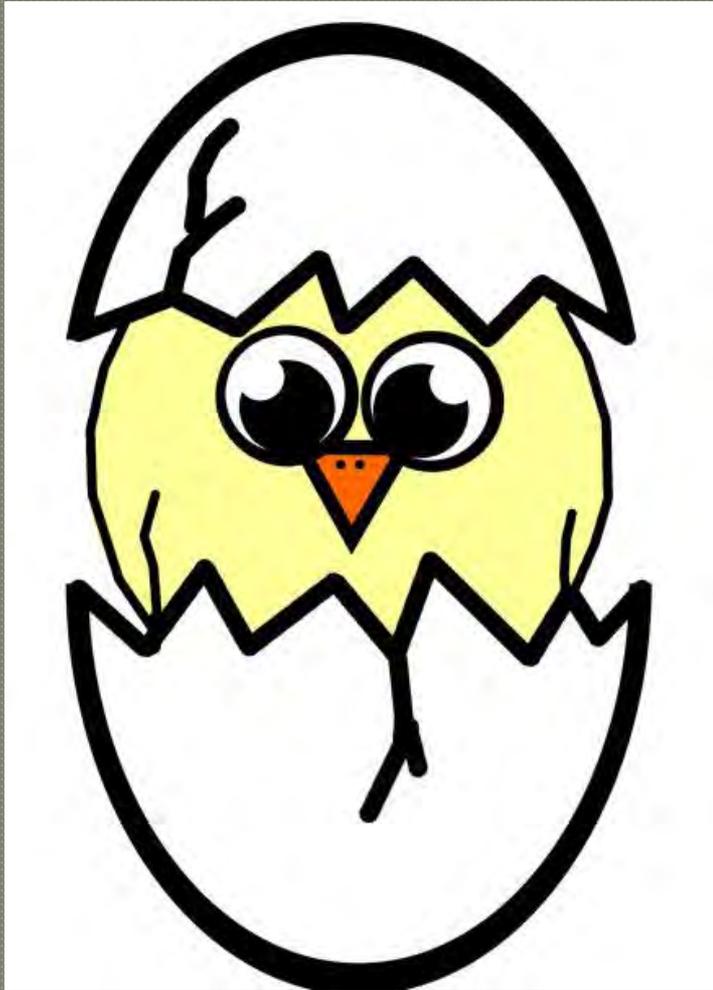
<https://www.samhsa.gov/underage-drinking/about>

What can we do?

Prevention and Early Intervention:

- ◉ Universal Programs
- ◉ Selective
- ◉ Indicated

<http://dshs.texas.gov/sa/prevention/classifications.shtm>



The Chicken or the Egg?

Do you know the answer?

Questions???

Comments...

Cheap shots 😊





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