



**HOWARD  
CENTER**  
Help is here.

# Vermont Public Libraries Substance Use Disorder & Narcan: What to Know

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Where  
We  
Are

- In 2018, 110 Opioid Related Deaths in Vermont
- In 2017, over 72,000 fatalities nationwide
- 200 People Per Day
- In this two hour presentation, 16 will lose their battle with Substance Use Disorder



Lethal dose of Heroin (left), Carfentanyl (Center), Fentanyl (right)  
Photo Courtesy of DEA



Lethal Dose of Fentanyl

## Can We Cure Addiction?

“Absolutely not!...What we can do is arrest the illness, teach new living techniques...and help an addict in recovery live a worthwhile life. Although addiction can't be cured, it can be effectively prevented and treated.” (Inaba & Cohen, 2011, p. 9.21)

Addiction is  
Not a  
Character  
Flaw or  
Moral Failing

- Substance Use Disorder is a chronic disease
- Robs the ability to control use
- Conspires against you in early recovery
- Important to know they aren't stupid or crazy but that their brain functions and operates differently

(Inaba & Cohen, 2011)

Mesolimbic dopaminergic  
reward pathway  
(survival/control)

## Reward- Control Pathway

### Go Circuit (Reward)

- Necessary for survival
- Remember what we did to survive
- Do more, do it again, do it until you're satisfied

### Stop Circuit (Control)

- "I'm satisfied"

Amygdala  
(Emotional  
Memory)

Prefrontal  
Cortex  
(Executive  
Function)

Hijacking the  
Reward-  
Control  
Pathway

Stop Circuit Bypassed

Craving is not shut off

Intense need to continue use

Emotional memory of euphoria  
or pain relief overrides natural  
survival instincts



## Levels of Use

- Abstinence
- Experimentation
- Social/Recreational Use
- Habituation
- Abuse
- Addiction

## Abstinence

- A person uses psychoactive substances by accident
- Even if predisposed to hereditary & environmental factors, no use means no compulsion

## Experimentation

- Curiosity
- Peer, family, and advertising
- No pattern of use develops coupled with limited side effects

Social –  
Recreational  
Use

- Seeking of known drugs to experience known effect
- No pattern has been established
- Establishment of drug seeking behavior

## Habituation

- Definite pattern of use
- Daily or weekly, individual will use that drug
- Doesn't affect the person's life in a truly negative way

## Abuse

Continued use despite negative consequences

- Using cocaine despite having high blood pressure
- Drinking excessively despite having Type I diabetes

# Abuse

- Continued use despite negative consequences
  - Relationships
  - Social Life
  - Finances
  - Legal & Health Issues
  - Work & School
  - Emotional Well-being

## Addiction

- Step between abuse and addiction is compulsion (Inaba & Cohen, 2011, p. 2.33)
- Such users have lost control of their drug use, and those substances have become the most important thing in their lives (APA, 2000)



## Addiction

- Increase in amount & longer period of use
- Unsuccessful in attempt to control or cut down
- Increase in time spent drug seeking
- Decrease in social, occupational, and recreational activities

## Addiction

- Need a substance to start their day
- Angry in defense of use
- Experience withdrawal
- Increase in amount to obtain desired effects

## Cornerstones of addictive behaviors

### The **Four C's** – Cornerstones of Addiction

- Loss of **Control**
- **Compulsive** Drug Use
- **Cravings** for Drugs
- **Continued Use** Despite Increasing  
Negative Consequence

(Inaba & Cohen, 2011)

# Positive Messaging: Our Words Matter

“Words have immense power to wound or heal. The right words catalyze personal transformation and offer invitations to citizenship and community service. The wrong words stigmatize and disempower” **(White, 2014)**.

“It is therefore our responsibility to raise public awareness and dispel the stigma attached to Substance Use Disorder through intentional use of language” **(White, 2014)**.

# The Science of Addiction

“The notion that substance use is controllable increases stigma when the public perceives that the individual willingly perpetuates increased use. It implies that choice is a major determinant to individuals caught in this vicious cycle” (**National Drug Control Strategy, 2016**).

“Like causality, research dispels that myth. Chronic drug or alcohol use produces neuronal changes in the structure of the brain. These changes significantly impair an individual’s ability to control or discontinue use. Here too, the progressive nature of the disease is supported” (**National Drug Control Strategy, 2016**).

# Cause & Controllability

“There are 2 main factors that influence stigma: cause and controllability. Stigma decreases when people perceive that the individual is not responsible for causing his/her problem (i.e., “It’s not his fault”) and when he or she is unable to control it (i.e., “She can’t help it”) **(Kelly, Wakeman, Saitz, 2015)**.

“In addition the chronic effects of substances on the central nervous system produce profound changes in brain structure and function that radically impair efforts to control use, despite harmful consequences” **(Kelly, Wakeman, Saitz, 2015)**.

# Language Based in Stigma

“Commonly used terms can imply, or even explicitly convey, that the individuals with SUD’s are morally at fault for their disease. Patients may be referred to as ‘junkies’, ‘crackheads’, or other pejorative terms that describe them solely through the lens of their addiction or their impaired personal failings. These word choices matter. Language related to SUD’s does influence perceptions and judgments, even among healthcare professionals with substantial experience and expertise” **(Botticelli, 2016).**

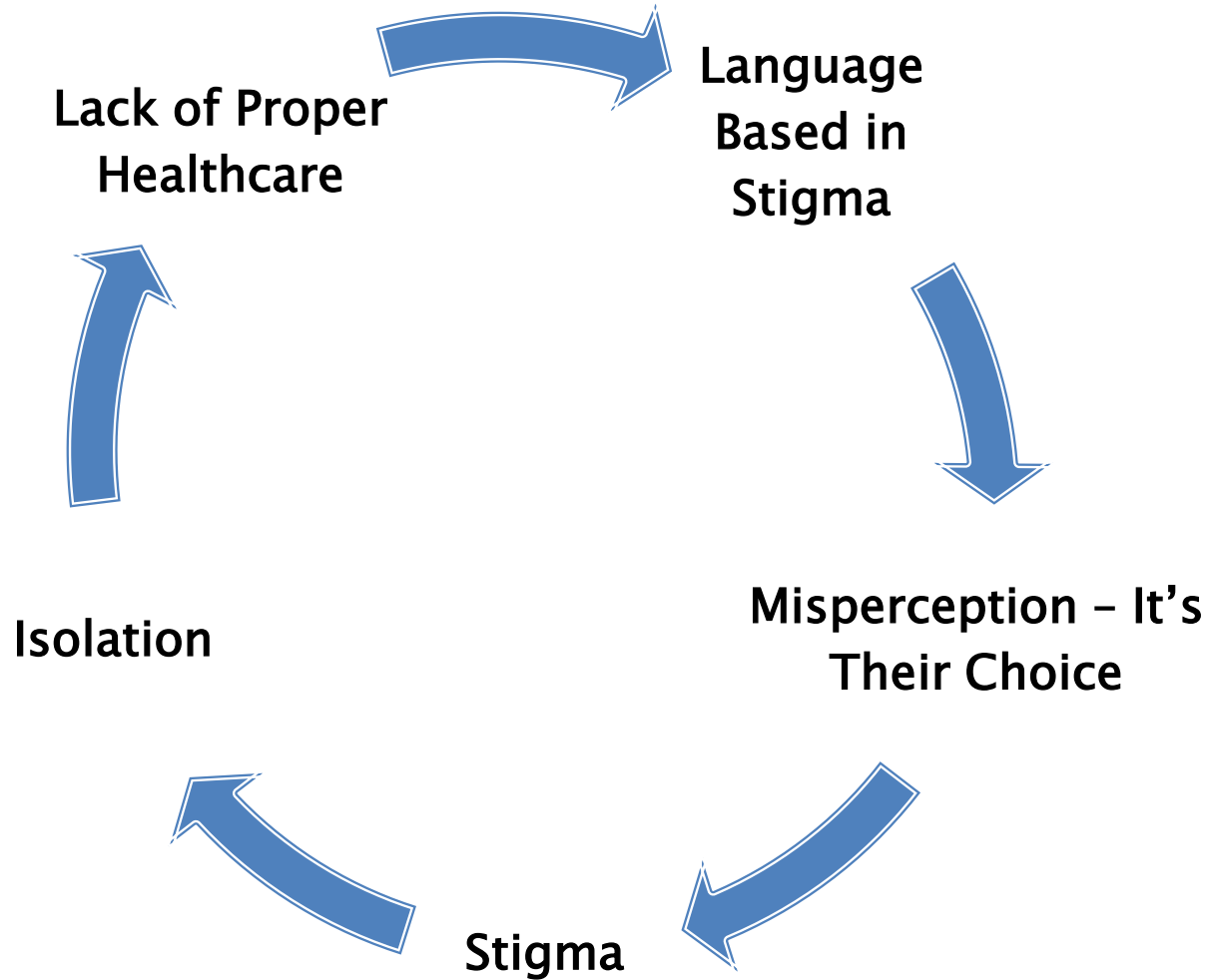
# “Facing Addiction in America” Surgeon General’s Report On Alcohol, Drugs and Health

“...stigma has created an added burden of shame that has made people with substance use disorders less likely to come forward and seek help. It has also made it more challenging to marshal the necessary investments in prevention and treatment” (Williams, 2016).

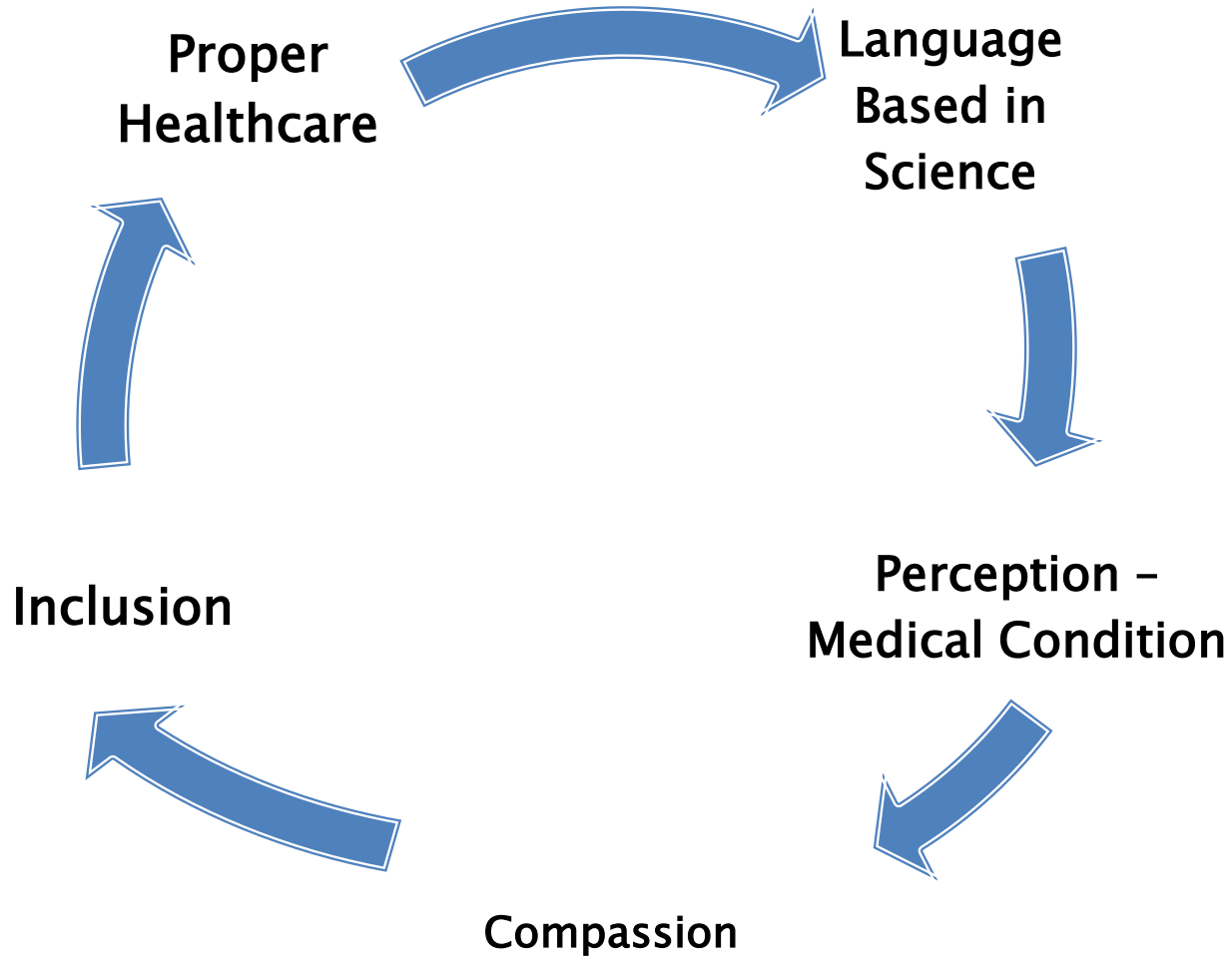
“We must help everyone see that addiction is not a character flaw – it is a chronic illness that we must approach with the same skill and compassion with which we approach heart disease, diabetes, and cancer” (Williams, 2016).



# Language Based in Stigma



# Language Based in Science



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