



Substance Use Disorders

INTELLECTUAL/DEVELOPMENTAL DISABILITIES

LETHA FERNANDEZ, LMHC, SUDP

Disclosures

- ▶ No financial relationships relevant to this presentation to disclose

Objectives

- ▶ To bring awareness to co-occurring mental health conditions, I/DD, and substance use
- ▶ To understand the framework when working/evaluating/treating I/DD individuals with substance use
- ▶ To highlight the importance of a holistic and team approach to working with I/DD individuals and substance use
- ▶ To promote self-determination and strength-based approach to providing care

ASAM

American Society of Addiction Medicine

- ▶ Founded in 1954 to address public health concerns and improve knowledge and practice of professionals to reduce societal impact of those struggling with substance use disorders (SUDs)
- ▶ Organization that includes physicians, RNs, NPs, PAs, professionals providing direct and indirect clinical care, those who conduct research, or educators in the field of SUDs
- ▶ This team of professionals aims to:
 - ▶ Inform best practice standards
 - ▶ Provide education and framework to those working with individual with SUDs
 - ▶ Improve public awareness and advocacy

Assessment

- ▶ Multidimensional Assessment is used (Biopsychosocial Model)
 - ▶ Addresses strengths, needs, protective factors
 - ▶ Determines Level of Care
- ▶ Includes 6 ASAM Dimensions
 - ▶ Dimension 1: Acute Intoxication/Withdrawal Potential
 - ▶ Dimension 2: Biomedical Conditions and Complications
 - ▶ Dimension 3: Emotional, Behavioral, Cognitive Conditions and Complications
 - ▶ Dimension 4: Readiness to Change
 - ▶ Dimension 5: Relapse, Continued Use, or Continued Problem Potential
 - ▶ Dimension 6: Recovery/Living Environment

I/DD Considerations during assessment

- ▶ Assessments
 - ▶ Encourages sharing information
 - ▶ Reduces stigma/shame/embarrassment (privacy)
 - ▶ Collect collaborative information

Dimension 1

- ▶ Intoxication/Withdrawal Potential
 - ▶ Are they presenting under the influence?
 - ▶ How frequently are they intoxicated?
 - ▶ Are there concerns about withdrawal symptoms?
 - ▶ Have they experienced withdrawal in the past and what was that experience like?
 - ▶ Are they receiving Medication Assisted Treatment?

Dimension 2: Biomedical Conditions and Complications

- ▶ Current medical concerns/diagnosis
- ▶ Historical medical concerns
- ▶ Genetic concerns
- ▶ In utero exposure
- ▶ Stage of development/adolescence
- ▶ Does the client require equipment?
- ▶ Deaf or Hard of Hearing?
- ▶ Vision challenges?

Dimension 3: Emotional, Behavioral, Cognitive Conditions and Complications

- ▶ Current emotional concerns
- ▶ Mental health concerns
- ▶ Behavioral concerns
- ▶ Cognitive considerations

Dimension 4: Readiness to Change

- ▶ Transtheoretical Model of Change
 - ▶ Precontemplation – Unaware of the problem
 - ▶ Contemplation – Recognize that behavior is problematic
 - ▶ Preparation – Ready to take action in the next 30 days
 - ▶ Action – Active change in behavior
 - ▶ Maintenance – Sustained change for more than 6 months

Dimension 5: Relapse, Continued Use, or Continued Problem Potential

- ▶ What is the relationship the individual has with substances?
- ▶ What skills do we need to build to promote a healthy lifestyle?
- ▶ What is the safety plan to refrain from using substances?

Dimension 6: Recovery/Living Environment

- ▶ Is the living environment conducive to recovery?
- ▶ Are there others in the home who use substances?
- ▶ Does the individual have a support system that promotes recovery?
- ▶ Are they engaged in school/work/volunteerism/community activities to promote connectedness and build esteem?
- ▶ Are their spiritual needs being met?

ASAM Levels of Care

- ▶ .5 Early Intervention
- ▶ 1.0 Outpatient Services
- ▶ 2.1 Intensive Outpatient Services
- ▶ 2.5 Partial Hospitalization
- ▶ 3.2 Clinically Managed Low Intensity Residential Services
- ▶ 3.3 Clinically Managed Population Specific High Intensity Residential Services
- ▶ 3.5 Clinically Managed Medium Intensity Residential Services
- ▶ 3.7 Medically Monitored High Intensity Inpatient Services
- ▶ 4.0 Medically Managed Intensive Inpatient Services

Medication Assisted Treatment

MAT

- ▶ Opioid Use
 - ▶ Naloxone (Narcan)
 - ▶ Buprenorphine (Subclade)
 - ▶ Naltrexone
 - ▶ Methadone
- ▶ Alcoholism
 - ▶ Disulfiram (Antabuse)
 - ▶ Acamprosate
 - ▶ Naltrexone

Challenges with placement

- ▶ Voluntary
- ▶ Vulnerability
- ▶ Goodness of fit
- ▶ Accommodations
- ▶ Tailor the treatment to the individual
- ▶ Services available
- ▶ Providers unfamiliar with I/DD population

Recovery Groups

- ▶ Alcoholics Anonymous (12 step): <https://www.aa.orgLinks>
- ▶ Cocaine Anonymous (12 step): <https://ca.org/>
- ▶ Narcotics Anonymous (12 step): <https://www.na.org/>
- ▶ Refuge Recovery (Based on Buddhist Principles): <https://refugerecovery.org/>
- ▶ Celebrate Recovery (Christ-centered 12 step): <https://www.celebraterecovery.com/>
- ▶ Smart Recovery (non-religious, non-12 step): <https://www.smartrecovery.org/>
- ▶ Al-Anon (family members of AUD individuals): <https://al-anon.org/>
- ▶ Co-Dependents Anonymous (healthy relationships, 12 step): <http://coda.org/>
- ▶ Peer Seattle: <https://www.peerseattle.org/>
- ▶ Greater Seattle Intergroup: <https://www.seattleoa.org/meetings/>
- ▶ WECONNECT: <https://www.weconnecthealth.io/free-online-support-meetingsLinks>
- ▶ Recovery Dharma Online (BIPOC only & Buddhist Inspired):
<https://recoverydharma.online/bipoc/>

Ricky's Law

- ▶ House Bill 1713
- ▶ Effective April 1, 2018
- ▶ Integrates mental health and substance use disorders
- ▶ Addresses: suicide, self-harm, threats or hurting others, loss or damage to property, history of violent acts over the last 10 years
- ▶ Evaluations: Community or Emergency Room, Designated Crisis Responder (DCR) referral
- ▶ Treatment: State-certified detoxification facility (withdrawal management)
- ▶ If there are no beds available, there are no other options for detention and treatment

What can we do?

- ▶ Connect individuals with SUDs/other service providers with experience treating I/DD
- ▶ Familiarize ourselves with the ASAM criteria
 - ▶ To provide robust support
 - ▶ Common objectives (Dimensions)
 - ▶ Structure to the care we are providing
- ▶ Participate in the treatment process to the extent the client is willing to allow
- ▶ Foster connectedness

References

FindTreatment.gov

Mee-Lee D, Shulman GD, Fishman MJ, Gastfriend DR, Miller MM, eds. *The ASAM Criteria: Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions*. 3rd ed. Carson City, NV: The Change Companies; 2013

Washington State Hospital Association . (n.d.). *Information about Ricky's law: Involuntary detention for substance use disorders*. Washington State Hospital Association. <https://www.wsha.org/policy-advocacy/issues/information-about-rickys-law-involuntary-detention-for-substance-use-disorders/>