Chapter 6
Addiction across the life span
Erik Erikson’s Stages

Birth to old age

Stage 1: Trust vs. Mistrust

Stage 2: Autonomy vs. Shame and Doubt

Stage 3: Initiative vs. Guilt

Stage 4: Industry vs. Inferiority

Stage 5: Identity vs. Role Confusion
  (12-17 yrs old)

Stage 6: Intimacy vs. Isolation
  (young adult)

Stage 7: Generativity vs. Stagnation

Stage 8: Ego Integrity vs. Despair
  (Older adult)

Must resolve each crisis before going to next stage
Maturity and Use

• Chronological age not match functioning level
  • Substance use
  • Drug exposed brain
  • Regression verses progression

• Need to look at age and stage
  • Growth spurts
  • Risk taking behavior

• Plasticity of adolescent brain = vulnerability to substance use

• Prevention paramount in vulnerable period

• Prefrontal cortex matures until mid-20s
  • MRI scans of the adolescent brain

*
Teenage Drinking Use

• Identity vs role diffusion
  – Peer group influences most prevalent
  – Peer use and pressure strongest predictor of use
    • 39 times more likely to smoke pot if peers do (aged 12-17)

• Identity – see ourselves as others see us
Carol Gilligan’s Criticism

• Lack sensitivity to female development
  • Self sacrifice
  • Accept responsibility

• Lack sex-role differences
  • Boys – masculinity – age 5
  • Girls – attractiveness – adolescence
    » Merge identity with others
      • Peer pressure
      • Boyfriend

*
Tobacco

• Risk factors
  • Friends who smoke
  • Parents who smoke
  • Starting at an early age
  • Dropping out of school
  • Risk taking personality
    – Tobacco companies targeting kids
    – 80% adults started before age 18
    – Joe Camel
    – Field and Stream—ads for smokeless tobacco
    – Millions spent to have cigarette in 1 second of movie

• Prevention / intervention
  • Strenuous physical exercise
Parents in Prison

• Loss of parent plus stigma to child.
• 3 x’s rate of antisocial or delinquent behavior
  — (violence or drug abuse)
• Negative outcomes as children and adults
  • (school failure and unemployment)
• 2 x’s rate of serious mental health problems.
• Affects 7 and ½ times more black children. *
2010 School and ER Surveys

- Use of alcohol, the most dangerous drug—
  - car crashes,
  - drownings, etc.,
  - one-third of HS seniors get drunk once a month or more.

- Almost all current smokers also drank alcohol

- African American and Latino seniors have rates of illicit drug use lower than that of whites; the reverse is true among 8th graders.

- ER visits - youth alcohol overdoses (70%).

- Rise in use of painkilling drugs
  - ER visits among youth.—
  - OxyContin a major problem.
National Council on Alcoholism & Drug Development

• 40% college students binged on alcohol in past two weeks

• 31.9% under 18 in juvenile institutions – under influence alcohol

• 30% grade 4-6 peer pressure to drink

• 31% grade 4-6 peer pressure to smoke marijuana

• 34% grade 4-6 peer pressure to smoke cigarettes

• H.S. - OK for boy to force sex on a girl if she is drunk or stoned
  – 18% female
  – 39% male
Influences

- Family drinking patterns
  - Parents are models
- Availability of alcohol
- Peers who use
Child Abuse

- Alcohol and other drug abuse are factors in 7 out of 10 cases of child abuse or neglect. Treatment for parents is scarce.

- According to one study, children who are spanked and slapped are twice as likely to develop alcohol and other drug abuse problems.

- Traumatized child:
  - can be unable to cope w/ psychological stress later.
  - depression, a key factor
  - trauma > changes in the brain

- Sexual abuse is correlated w/ earlier onset of alcohol & illicit drug use.

- Animal studies –
  - stress & alcohol consumption levels are highly correlated

*
Child Abuse (continued)

- Girls who are sexually abused
  ✓ 3x’s more likely than other girls to develop drinking problems later

- Boys who were sexually abused more likely to be diagnosed with:
  ✓ conduct disorder, dysthymia, and ADHD

- Abused girls are more likely to be diagnosed with:
  ✓ post-traumatic stress disorder
  ✓ major depression

- Adults w/ childhood abuse
  ✓ Immature “fight or flight” response
  ✓ Body memory
  ✓ Change in brain chemistry (DV & fetus)
  ✓ Abnormal stress response
Risks for Girls

- Daughters of alcoholics at increased risk for alcoholism
  - Likely to marry alcoholic
- Teenage girls who are heavy drinkers are:
  - five times more likely to engage in sexual intercourse
  - a third less likely to use condoms
    - which can result in pregnancy
    - contraction of sexually transmitted diseases including HIV/AIDS
Risks for Girls

- Heavy drinkers (5 or more; 5 days in month)
  - Girls - More likely say drink to cope
  - boys – sense of excitement
- More likely to drink due to peer pressure
- Often introduced to alcohol by boyfriend (older)
- Alcohol involved in 2/3 of sexual assault and date rapes
- Girls binge drinking more; boys slower rate
- 12 grade girls – “alcopops”
- Among 8th grade girls –
  - 37% who drank = suicide attempt
  - 11% who did not drink
- Nicotine – weight loss; empowerment & sexual equality
Risks for Boys:

• Biggest threat to life/health for boys – alcohol
  ✓ car accidents
  ✓ sexual assault
  ✓ violence
Risk for Boys

- Male counterpart to anorexia in females
  - muscle dysmorphia

- *DSM-IV-TR* discusses body dysmorphic disorder; muscle dysmorphia only briefly

- Obsessive body building major problem for young males
  - Revealed in popularity of anabolic (muscle building) steroids
  - Steroids used by 2.7% of all male high school students
  - Health hazards:
    - stunted growth
    - acne
    - shrinking testicles
    - heart attacks / strokes
  - 38% used indictable; risk for HIV
  - 44% shot several different types of steroids
  - 2/3 began before age 16
*
Binge Drinking: College

- “Party till you puke!” signs were posted on university campus

**ALCOHOL & ACADEMIC PERFORMANCE**

This table below describes the relationship between the average number of drinks consumed per week and grade point average.

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.6</td>
<td>A</td>
</tr>
<tr>
<td>5.5</td>
<td>B</td>
</tr>
<tr>
<td>7.6</td>
<td>C</td>
</tr>
<tr>
<td>10.6</td>
<td>D/F</td>
</tr>
</tbody>
</table>

* Sponsored by FAU Center for Alcohol & Other Drug Prevention
The High Toll of Alcohol & Drug Abuse

- **Death** – 1,700 college students 18-24 yrs
- **Injury** – 599,000 college students 18-24
- **Academic Problems** – 25% behind, miss class, grades, fail
- **Suicide** – 1.2 to 1.5% college students
- **Drunk Driving** – 2.1 million 18 – 24 yrs
Need for Harm Reduction

• Two paths to drug use by youths:
  – Striving to be cool; excitement seeking
    • More likely to be receptive to prevention
  – Using drugs to escape
    • Less likely to be receptive; long term....to long

• Messages about long-term damage are apt to have little impact
Adolescent Stages of Change

- Pre-Contemplation: No; Denial
- Contemplation: Maybe; Ambivalence
- Determination/Preparation: Yes, Let's Go; Motivated
- Action: Doing It; Go
- Maintenance: Over 6 months; Living It
Precontemplation Stage

Precontemplation
- Goals are to establish rapport
- Counselor reinforces discrepancies
- Understand client’s definition of problem
- Reframe

Adolescent comment:

“My parents can’t tell me what to do; I still use and I don’t see the harm in it- do you?”
Contemplation Stage

Contemplation

• Ask: How was life better before drug use?
• Emphasize choices
• Typical questions are:
  - What do you get out of drinking?
  - What’s the down side?

• Typical adolescent comment:

  I’m on top of the world when I’m high, but then when I come down, I’m really down. It was better before I got started on these things.

*
Preparation Stage

• Preparation
  – Setting the date
  – What do you think will work for you?

• Adolescent comments
  “I’m feeling good about setting a date to quit, but who knows”
Adolescent comment:

“Staying clean may be healthy, but it sure makes for a dull life. I’m trying, just not sure I’m there yet. Maybe I’ll check out one of those groups.”

Therapist:

“Why don’t you look at what others have done in this situation?” Help locate an appropriate group.

*
Maintenance Stage:

- Adolescent comment:

  “It’s been almost a year now since I’ve gotten high; I’m hanging out with some new friends and attending 12 step meeting regularly”
Resistance:

- Inevitable

- Miller advises “roll with it”
  - “roll with resistance”
  - Client caution of trusting therapist

- Use reflective summarizing
Gender Specific Approach for Girls

• Equality does not mean sameness

• Programs for boys
  ✓ do better when offer advancement in structured environment

• Programs for girls
  ✓ do better when focus on relationships & assertiveness
  - Biology and body image
    ✓ How has body changed since molestation
    ✓ Was it your fault
  - Healthy relationships
  - Female – centered school curriculum
  - Mentors
  - Special services for pregnant and parenting mothers.
  - Survivor for SV /DV
Gender Specific Approaches for Girls

- Waterloo, Iowa -- group home --
  - Quakerdale specializes in care of teenage girls
    - Mothers
    - Legal issues
      - Empower – positive self identity v negative labels
      - Learning of life skills
      - Gaining competency as in arts
Elderly Substance Abusers

- Erikson’s Ego Integrity vs. Despair
  - Sense of peace and pride in contributions and accomplishments

- What erodes integrity
  ✓ Retirement
  ✓ Widowhood
  ✓ Accumulation of losses
  ✓ Loneliness
  ✓ Anti – aging society
  ✓ Feeling helpless and hopeless
Elder Substance Abuse

• 13% of U.S. population over age 65
  ✔ fastest growing age cohort

• Drink smaller amounts but mix with medications

• Elderly consume 20-25% of all prescription medications
  ✔ “Do the right dose”
  ✔ Hospital overdose

• 17% misuse medications
  ✔ benzodiazepines

• 29% over 65 consume alcohol regularly –
  ✔ therapeutic – pain relief

*
Elderly Substance Abusers

- More men with alcohol problems
- **Two types of elderly alcoholics**
  - Early onset
  - Late onset
- **Early onset**
  - Brought addiction from earlier life
  - More severe levels of depression and anxiety
  - Dual dx
  - Family history
  - Korsakoff’s syndrome & other neurological problems
  - Male
- **Late onset**
  - Women
  - Loneliness
  - Isolation
Facts about Elderly Drinking

• Elderly consume less alcohol than the young.

• Trend toward nursing homes for short-term alcoholism rehabilitation

• Many male ex-alcoholics reside in nursing homes

• 4.4% baby boomers (50-59) reported use in last month
  ✓ Carry over from 70’S
  ✓ Time magazine – hidden epidemic
  “balding, wrinkled and stoned”
More Facts

Why few get help

✓ Elderly avoid substance abuse services
✓ Rarely court referred for drug induced criminal activity
✓ Misdiagnosis
✓ Friends & relative can be indulgent or neglectful
✓ Criteria for SA in elderly inadequate or irrelevant
✓ Much time spent alone – loneliness & uselessness

Biological considerations

✓ Medical complications: Hip fractures
✓ Problems with gastrointestinal system
✓ Alcohol decrease effects of medications
✓ Suicide
✓ Brain damage
Relapse Prevention:

- Teach elderly clients to learn the warning signs & high risk events
- Discuss guilt and shame
- Review feelings/situation that led to relapse so they can be avoided
  - Hungry
  - Angry
  - Lonely
  - Tired
- Make an immediate plan for recovery
- Help clients renew their commitment to sobriety
- Find effective coping styles
- Build support systems
- Remember that non-confrontational approach is best
- Focus on critical thinking skills
- Depression, loneliness, unresolved grief – dull senses vs get high
Relapse Prevention

• Stop, look & listen
• Stay calm: avoid guilt & shame
• Renew your commitment:
  ✓ remember why you wanted to stop
• Review the situation
• Make an immediate plan
• Draw on your support system
3 Step Approach to High Risk

• Step 1
  – Spell out high risk situations
    ✓ Old family movies
    ✓ Return from funeral
    ✓ Loss of sleep
    ✓ Hanging out at bars
    ✓ Life’s regrets

• Step 2
  – Monitor antecedents of drinking urges
    ✓ Homework assignments – strengths, support systems, capabilities
    ✓ Self monitor negative thoughts / actions

• Step 3
  – Stress the self-management & self efficacy
    ✓ Keys to sober living
  *

RELAPSE PREVENTION
Counselor Pitfalls: (Beechem, 2002)

- Anticipate feelings of guilt / shame in elderly clients in trouble w/ law

1. Ageism
   ✓ stereotyping, derogatory remarks (that dates me)

2. Countertransference
   ✓ Unconscious process
   ✓ Feelings of counselor about their parent / grandparent interfere w/ Tx

3. Denial and avoidance in assessment

4. Sympathy instead of empathy
   ✓ Increases self-pity and helplessness
Assessment

- Encourage Doctors to ask
- Illicit and prescription drugs
- Gamble to avoid boredom
  - Gamble activities
  - Winnings
  - Losses
- Binge drinking related to gambling
- CAGE
- Geriatric MAST (MAST-G)
  - 24 questions
  - Does having a drink help you sleep?
  - Did you find your drinking increase after someone close to you died?
  - When you feel lonely, does having a drink help?
Treatment Interventions

• Problems with mixed age groups

• Need age segregated program
  ✓ Same age bond
  ✓ Similar problems

• Elderly like to give advise to younger

• Age appropriate accommodations
  ✓ Large print
  ✓ Audible presentation
  ✓ Few distractions
  ✓ No background noise

• Avoid stigma
  ✓ Problem drinking vs “alcoholic”
6 Features to Incorporate into Tx

1. Age specific – supportive / non confrontational

2. Focus on coping w/ depression, loneliness and loss

3. Rebuilding client’s social support network

4. A pace and content of treatment appropriate for elderly – slow

5. Staff who are interested & experienced working with elderly

6. Linkage w/ medical services, aging, referral system & case mgmt
Grief & Loss

• **Types of Guilt**
  
  – Survivor guilt
    “Why not me?”

  – Helplessness
    “can’t heal the loved one”

  – Ambivalence
    Resent being care giver –
    “I wish this would all just end”

• Loss due to suicide
  *


Elisabeth Kübler-Ross
Stages of Grief

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance
Spirituality

- Crisis or loss = shake the foundation of a person’s being

- 12 Steps as guide to self knowledge
  - ✓ Higher Power as nature

- Spiritual healing—
  - ✓ sense of meaning
  - ✓ connectedness

- Alcohol to fill spiritual need????

- Search for forgiveness and renewal