



NATIONAL REGISTER
OF HEALTH SERVICE PSYCHOLOGISTS

Substance Abuse

JEFF REITER, PhD, ABPP

Lead Psychologist, Swedish Medical Group

Substance Abuse in America

- 70% of Americans aged 18+ report **use of alcohol** in past year
- 15% reported **illicit or nonmedical drug use** in past year
- 9% met criteria for an **alcohol or drug use disorder** in past year
- Alcohol and drug use are detrimental to physical, social, psychological health

Adolescents and Older Adults

- **14.8% of adolescents positive on CRAFFT, 23% among sick visits**
 - **11% have problematic use, 7% abuse, 3% dependence**
- **SA among older adults-one of fastest growing health problems in US**
 - **Affects 17%**
 - **Underestimated, under-identified, under-diagnosed, under-treated**

SA Screening

- **High representation of patients**, but barriers (PCPs too busy, not funded until recently)
- **Patient Protection and Affordable Care Act of 2010** emphasized integration of SA interventions into the mainstream
- **CAGE and AUDIT** – most used screeners for adults in PC
- **CRAFFT** – for adolescents

CAGE

In the past year...

Have you ever felt you ought to **Cut** down on your drinking?

Have people **Annoyed** you by criticizing your drinking?

Have you ever felt bad or **Guilty** about your drinking?

Have you ever had a drink in the morning to steady your nerves or get rid of a hangover (**Eye opener**)?

Positive: 2 or more

AUDIT AND AUDIT - C

- **AUDIT (Alcohol Use disorders Identification Tool)**
 - 10 questions (extent of us, negative consequences, others noticing)
 - high sensitivity and specificity
- **AUDIT – C**
 - Useful in PC, 3 questions
 - How often, how many when you drink, how often six or more . . .

Biomarkers and Labs for SA

- **Carbohydrate-deficient transferrin (CDT)** – for excessive alcohol
- **Liver enzymes** – less useful, as lacks ethanol specificity
- **Uas** – detect use within few days, false positive and false negatives, technical challenges

Screening for Drug Use

- **How many times in the past year have you used an illegal drug or a prescription medication for nonmedical reasons?**
 - His sensitivity in pc waiting room patients, but no highly specific for detection of drug use disorder in adults
- **TICS (Two-Item Conjoint Screen)**
 - Drugs & alcohol
 - Used more, felt need to cut down
- **DAST (Drug Abuse Screening Test)**
 - 28 items, original version
 - Reliable and valid, used often

SBIRT

- **Alcohol**
 - **Feasible and effective in PC**, provided funding available, brief intervention available, and treatment facilities accessible for referral
 - **SBIRT less effective with alcohol dependent**
- **Substance Abuse**
 - **Less study**
 - Recent large study: 6 months after SBIRT
 - **Rates of illicit drug use 67.7% lower**
 - **Rates of heavy alcohol use 38.6% lower**

Brief Intervention Components

- **Educational materials**
- **Motivational interviewing**
- **Contracting** (to change, e. g., reduction)
- **Diaries**, monitoring
- **Take home exercises** (identifying triggers, etc.)
- **Moderation**, mindful drinking
- **AA, Smart Recovery**
- **Web-based screening** and brief intervention

Current Challenges

- **Chronic pain, opiate use, addiction**
 - Troubling rates of **death due to opiate overdose**
 - BH providers can assist PCP and Pt: **Reduce dose**, education, CBT, small RCT of ACT with CP and opiate dependence changed brain scans
- **Dependence on benzodiazepines, sleep medication**
 - Huge prevention and intervention opportunities



NATIONAL REGISTER
OF HEALTH SERVICE PSYCHOLOGISTS