Substance Abuse

JEFF REITERT, 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

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>Have you ever felt you ought to <strong>Cut</strong> down on your drinking?</td>
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<tr>
<td>Have people <strong>Annoyed</strong> you by criticizing your drinking?</td>
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<td>Have you ever felt bad or <strong>Guilty</strong> about your drinking?</td>
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<td>Have you ever had a drink in the morning to steady your nerves or get rid of a hangover (<strong>Eye opener</strong>)?</td>
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**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 transferring (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