



Addiction... A Family Disease




Nursing Grand Rounds
February 14, 2018

Melissa Kaetzel-Cole A.A.S., LCDC-II, OCPS
Jill M. Guilfoile MEd, BSN, RN-BC



Learner Outcomes


- Describe the disease concept of addiction, and how addiction impacts the family system.



Each day, nearly five Ohioans die because of drug-related overdose.

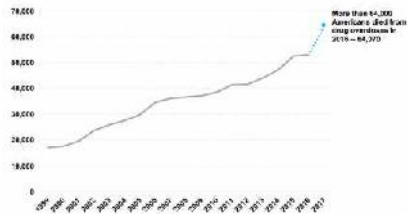
- From 1999 to 2012, the number of deaths in Ohio due to unintentional drug overdose increased 485 percent, and the increase has been driven largely by prescription drug overdoses.
- In Ohio, since 2007, there have been **more deaths from drug overdose** than from **motor vehicle traffic crashes**.
- There were 327 fatal drug overdoses in 1999 and the number grew to 1,914 deaths in 2012.
- Females represent the fastest growing group at risk for fatal prescription drug overdose.

Ohio Department of Health, 2014



We are dealing with an Addiction Epidemic in the United States

Total U.S. Drug Deaths



What is addiction?

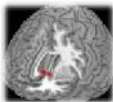
- Addiction is a **chronic, relapsing brain disease** that causes a person to compulsively seek out drugs, despite the harm they cause.
- The first time a person uses drugs, it's usually a free choice they've made.
- **Brain changes occur with drug use** and drive a person to seek out and use drugs over and over, despite negative effects such as stealing, losing friends, family problems, or other physical or mental problems brought on by drug use **THIS is addiction.**



How addiction happens

- "All drugs that are taken in excess have in common direct activation of the brain reward system, which is involved in the reinforcement of behaviors and the production of memories.
- They produce such an intense activation of the reward system that normal activities may be neglected."

(DSM 5, pg. 49)



"Why can't they just stop using?"

"They can quit if they want to, they just don't *want to*."

"They're just not trying hard enough."

Amount of Cocaine released per activity

Disco: releases 150g or more per hour

Club: 100g

Bar: 50g

Uptown: 20g

Home: 10g

Mid-level cocaine for one injection

Cincinnati Children's
changing the future together

Addiction is a chronic, relapsing, brain disease.

Relapse rates are comparable to other chronic illnesses

Asthma: 50 to 70%

Hypertension: 50 to 70%

Substance Use Disorder: 40 to 60%

Type 1 Diabetes: 30 to 50%

Percent of Patients Who Relapse

McLellan et al.
JAMA, 2000

Cincinnati Children's
changing the future together

What role do genetics play?

- Genetic factors account for 40 to 60% of a person's vulnerability to addiction.
- Adoption research shows people who have birth parent with a substance use disorder are **4x more likely** to develop substance use disorder themselves.

Prevention Research Institute, 2015

Cincinnati Children's
changing the future together

Environmental Risk Factors...

- If person's **community** has favorable attitudes toward drug use, firearms and crime, risk is increased.
- **Family conflict** and home management problems contribute to drug misuse risk.
- **Parental attitudes:** those with favorable attitudes towards drug use or use themselves may have children more likely to misuse drugs.
- **School:** a student's performance, lack of participation and commitment to school can be a major factor in development of substance use disorders.



Social Pressures & Social Conformity

- The single biggest contributing factor to substance abuse risk is having friends who engage in substance abuse.
- If an individual's friends have favorable attitudes towards drug use, this can increase risk.

<https://youtu.be/o8BkzvP19v4>



University of Utah, Genetic Science Learning Center



Why is Addiction a Family Disease?

- Stresses the family to the breaking point
- Impacts the stability of the home
- Deconstructs the family's unity
- Damages the family's mental health
- Impacts the family's physical health
- Depletes finances
- Creates Family Dysfunction



This means healing is needed for all family members.



Characteristics of a Family Dealing with Addiction: Dysfunctional Family Rules and Roles

Different Rules Exist

- May not acknowledge that problems exist
- May not express emotions.
- Ignore their own needs.
- Develop behaviors that help **deny, ignore, or avoid** difficult emotions.
- Do not talk, touch, confront, feel, or trust.

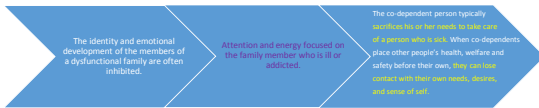
Unhealthy Roles Emerge



Family Roles Can Become Co-Dependent

- Learned behavior that can be passed down from one generation to another.
- Also known as “relationship addiction”.
- Co-dependent behavior is learned by watching and imitating other family members who display this type of behavior.

Mental Health America



Characteristics of Co-Dependent People



- Exaggerated sense of responsibility for self and others
- Feel the need to “rescue” the addict and maybe other affected family members as well
- A tendency to confuse love with pity
- Want to “love” the people they can pity and rescue.



Characteristics of Co-Dependent People


Enablers

- Compulsive care takers
- Will do anything to hold on to a relationship, to avoid feeling abandoned.
- Extreme need for approval and recognition
- A sense of guilt when asserting oneself
- A compelling need to control others
- Lack of trust in self/others

Who Does Co-Dependency Affect?

<p>Affects</p> <ul style="list-style-type: none"> <input type="checkbox"/> Parents <input type="checkbox"/> Siblings <input type="checkbox"/> Spouse <input type="checkbox"/> Friends <input type="checkbox"/> Co-Workers 	<p>Stems From</p> <ul style="list-style-type: none"> <input type="checkbox"/> Alcoholism <input type="checkbox"/> Other drug addictions <input type="checkbox"/> Mental illness <input type="checkbox"/> Medical illness <input type="checkbox"/> Any dysfunctional family
---	--





Addictions Effect on Children


Children of an addicted parent become adversely affected and use unhealthy ways to cope.

They may ...

- Avoid activities with friends.
- Stay away from the family home
- Feel deprived of emotional and physical support
- Develop counter-productive ways of dealing with life
- Feel torn between parents, feeling loyalty toward one and anger toward the other

- Feel a diminished sense of self-worth & value
- Experience confusion & sense of loss
- Develop inability to trust others
- May resort to drugs or other addictive behaviors
- 4x more likely to develop substance abuse problems

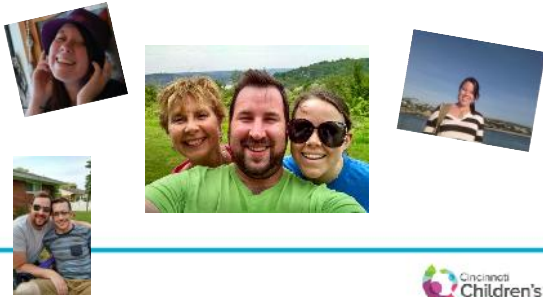


Addiction is a Family Disease:

A Mother's Story

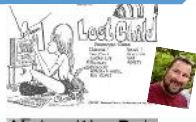


My Family



Attention and energy focused on the family member who is ill or addicted.

The co-dependent person typically sacrifices his or her needs to take care of a person who is sick. When co-dependents place other people's health, welfare and safety before their own, they can lose contact with their own needs, desires, and sense of self.



Why is Addiction a Family Disease?

- Stresses the family to the breaking point
- Impacts the stability of the home
- Deconstructs the family's unity
- Damages the family's mental health
- Impacts the family's physical health
- Depletes finances
- Creates family dysfunction



This means healing is needed for all family members.



Addicted to the addict



*Doing for the addict
what she could do for
herself*



- Compulsive care takers
- Sense of guilt when asserting oneself
- Compelling need to control others
- Lack of trust in self/others





RIP

**Let it not be in vain.
Let's learn how we can
help – for Dan and all
the others**



**“Even when they know what will happen
when they take the first drink, pill or fix,
they will do so....THIS is the disease of
addiction.”**

Nar-Anon Family Groups

As a nurse/healthcare provider: What can you do?

- Educate ourselves: addiction is a disease; there is help & there is hope
- Create awareness
- Enhance our own compassion
- Know signs of potential drug addiction: in your patients or in their family
- Be observant of family interactions, comments your patient may share with you
- Listen to concerns; some may not be readily apparent
- Work with Social Services Dept. as needed



GJM4

• Know what resources available to share with families:

- Counseling services\ Employee Assistance Programs (EAP's)
- AA/NA
- Al-Anon/Nar-Anon: support for families, friends
- Local S.O.L.A.C.E. group (Surviving Our Loss And Continuing Everyday)
- Narconon
- Social Services & Child Protective Services



Please feel free
to contact us



LaRae J. Roach B.S., LCDC-III
Office: 513-732-5501
Fax: 513-735-8103
Email: lroach@gbhs.com



Melissa Kaetzel-Cole A.A.S., LCDC-II, OCPS
Office: 513-735-8125
Fax: 513-735-8103
Email: Mkaetzel@gbhs.com



Slide 25

GJM4 I need you expertise here, too please...I just jotted a few things down.
Guilfoile, Jill Marie, 1/13/2018

Nuggets Addiction video

- <https://www.youtube.com/watch?v=HUnLgGRJpo>



References

Wilcox, S. (n.d.). Family Disease. Retrieved October 29, 2017, from <https://www.ncadd.org/family-friends/there-is-help/family-disease>

The Teenage Brain Explained. (2014, March 12). Retrieved October 17, 2017, from <https://youtu.be/hiduitq1ei8>

<http://www.drugabuse.gov/sites/default/files/sciofaddiction.pdf> NIDA "Science of Addiction" Printed April 2007, revised February 2008, August 2010, and July 2014.

DSM-5, American Psychiatric Association, 2013 pg 481-503

McLellan AT, Lewis DC, O'Brian CP, Kleber HD. Drug Dependence, a Chronic Medical Illness Implications for Treatment, Insurance, and Outcomes Evaluation. JAMA, 2000;284 (13): 1689-1695. doi:10/jama.284.13.1689

Prime for Life, Prevention Research Institute, 2015 841 Corporate Dr. Suite 300 Lexington, KY 40503



References

Wilcox, S. (n.d.). For Parents: What to Look For. Retrieved October 17, 2017, from <https://www.ncadd.org/about-addiction/signs-and-symptoms/what-to-look-for-signs-and-symptoms>

Family & Children. (n.d.). Retrieved October 17, 2017, from <http://santacruzhumanservices.org/FamilyChildren/ChildProtectiveServices/WhatsChi>

<http://www.mentalhealthamerica.com/>

(n.d.). Retrieved October 17, 2017, from <http://www.mentalhealthamerica.com/>

(n.d.). Retrieved October 17, 2017, from <http://www.mentalhealthamerica.com/>



References

Who Should Call 241-KIDS? (n.d.). Retrieved October 30, 2017, from <https://www.hcjfs.org/services/child-protection/who-must-call/>

Beman, D. S. (1995). Risk factors leading to adolescent substance abuse. *Adolescence*, 30(117), 201-209. Retrieved October 29, 2017.

Manoj, S. (2015). Substance abuse in adolescents: Implications for research and practice. *Journal of alcohol and drug education*, 59(1), 3-6. Retrieved October 29, 2017.

Overdose Death Rates Retrieved February 4, 2018, from <https://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates>
Ohio Department of Health