

Young Adult Prescription Drug Use and Co-Occurring Mental Health Disorders

Presenter: Jonathan Beazley, LADC LMFT
Moderator: Cindy Rodgers

Audio will begin at 2:00 PM ET.

You can listen through your computer speakers or call 866-835-7973



Meeting Orientation

- If you are having any technical problems joining the webinar please contact the Adobe Connect hotline at **1-800-416-7640**.
- Type any additional questions or comments into the Q&A box under the slides.
- You can also make the slides larger by clicking on the “Full Screen” button in the upper right hand side of the slide presentation. Click on “Full Screen” again to return to normal view.



Introductory Polls



Young Adult Prescription Drug Use and Co-Occurring Mental Health Disorders

Jonathan Beazley LADC LMFT
AOD Interventionist
Counseling and Mental Health Services
University of Connecticut



The Problem:

- The Center for Disease Control estimated that in 2010 alone, enough prescription painkillers were prescribed to keep every person in the United States high for one month
- In 2007, approximately 27,000 unintentional prescription drug overdose deaths occurred in the United States, one every 19 minutes
- About one in four people aged 18 to 20 report using prescription drugs non-medically at least once in their lives



What Are the Prescriptions Drugs Being Used and Abused?

- **Opiates (pain relievers):**
 - **Oxycontin** (Time–released oxycodone)
 - **Percocet** (oxycodone and acetaminophen)
 - **Vicodin** (hydrocodone)
 - **Codiene**
 - **Opana** (oxymorphone)
 - **Dilaudid** (hydromorphone)
 - **Fentanyl**
- 



- **Buprenorphine**
- **Methadone**
- **Demerol**



Prescription Stimulants

- **Adderall (Concerta)**– amphetamine
- **Ritalin (Vivanse)**– methylphenidate
- **Dexedrine**
- **Benzedrine**



Sedative / Hypnotics / Anxiolytics

Benzodiazepines:

- Xanax (alprazolam)
 - Ativan (lorazepam)
 - Valium (diazepam)
 - Klonopin (clonazepam)
- Others include: Librium, Serax, Restoril

Barbiturates:

- Phenobarbital
- 

Addiction is a chronic disorder that almost always begins in young adulthood, usually ages 18–25



The Perfect Storm?

(Or How Did We Get Here?)

- 1996 – Purdue Pharma begins marketing Oxycontin as a long-acting pain reliever
 - 1996 – Shire Pharmaceuticals begins marketing Adderall for Attention-Deficit Disorder
 - 1997– the FDA allows for pharmaceutical companies to market most medications directly to the public
 - Increased pressure on the medical community to assess and treat pain in the early part of last decade
- 



There are two groups of people who use alcohol or other drugs:

- Those who use to feel good.
- Those who use to feel better.

It is the latter group that is in the most trouble.

Attributed to Alan Lescher, former director of NIDA



Why Do These Co-occurring Disorders, Well, Co-occur?

- Mental illnesses make create vulnerability to prescription and other drug use and abuse
- Prescription drug abuse can cause psychiatric disorders
- Overlapping genetic vulnerabilities
- Same environmental trigger
- Involvement of the same brain areas
- Both are developmental disorders



Psychiatric Conditions Associated With Prescription Drug Abuse and Dependence

Mood Disorders:

- Major Depression
 - Dysthymic Disorder
- 



- Bipolar I Disorder
- Bipolar II Disorder
- Cyclothymic Disorder

Anxiety Disorders:

- Panic Disorder
 - Generalized Anxiety Disorder
 - Obsessive–Compulsive Disorder
 - Post–traumatic Stress Disorder
 - Social Phobia
- 



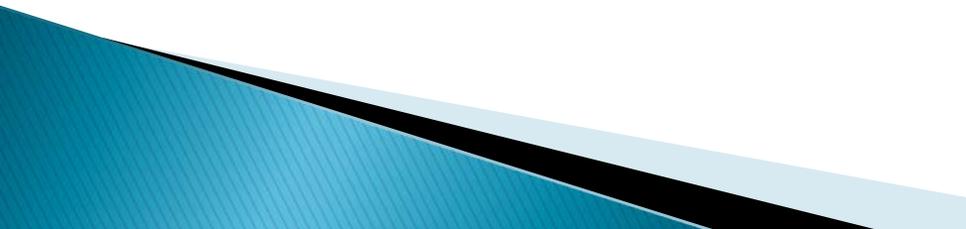
- ▶ **Schizophrenia and other psychotic disorders**





Comorbid Mental Disorder: Cause or Effect?

Substance-Induced Mental Disorders:

- Begin within one month of last use
 - Often abate swiftly
 - Sometimes symptoms are protracted
 - Detailed histories helpful—family histories as well
- 



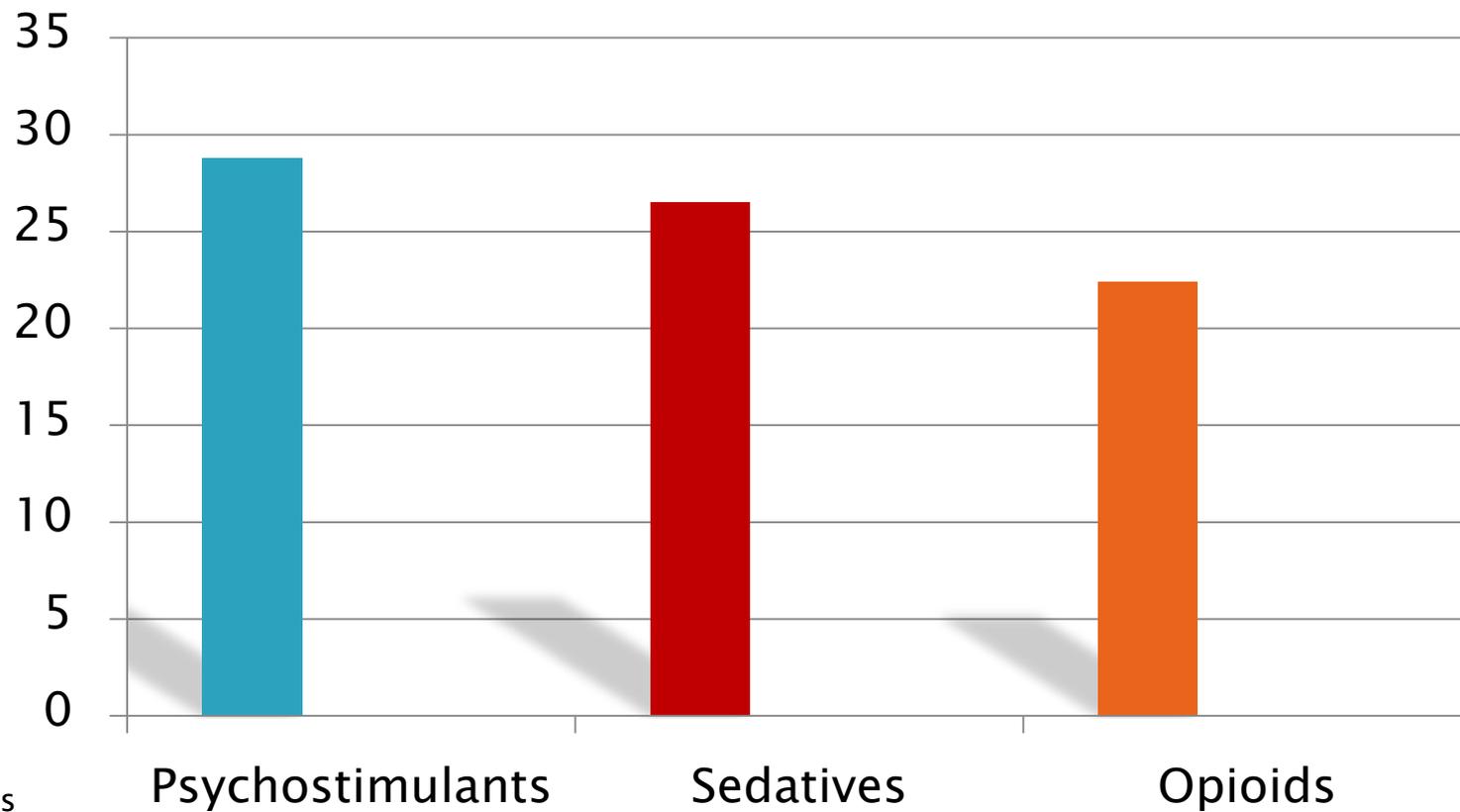
Co-occurrence for Serious Mental Illnesses Rates

- 28.8 percent for those who used stimulants
- 26.5 percent for those who used tranquilizers
- 22.4 for those who used pain relievers

SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2002

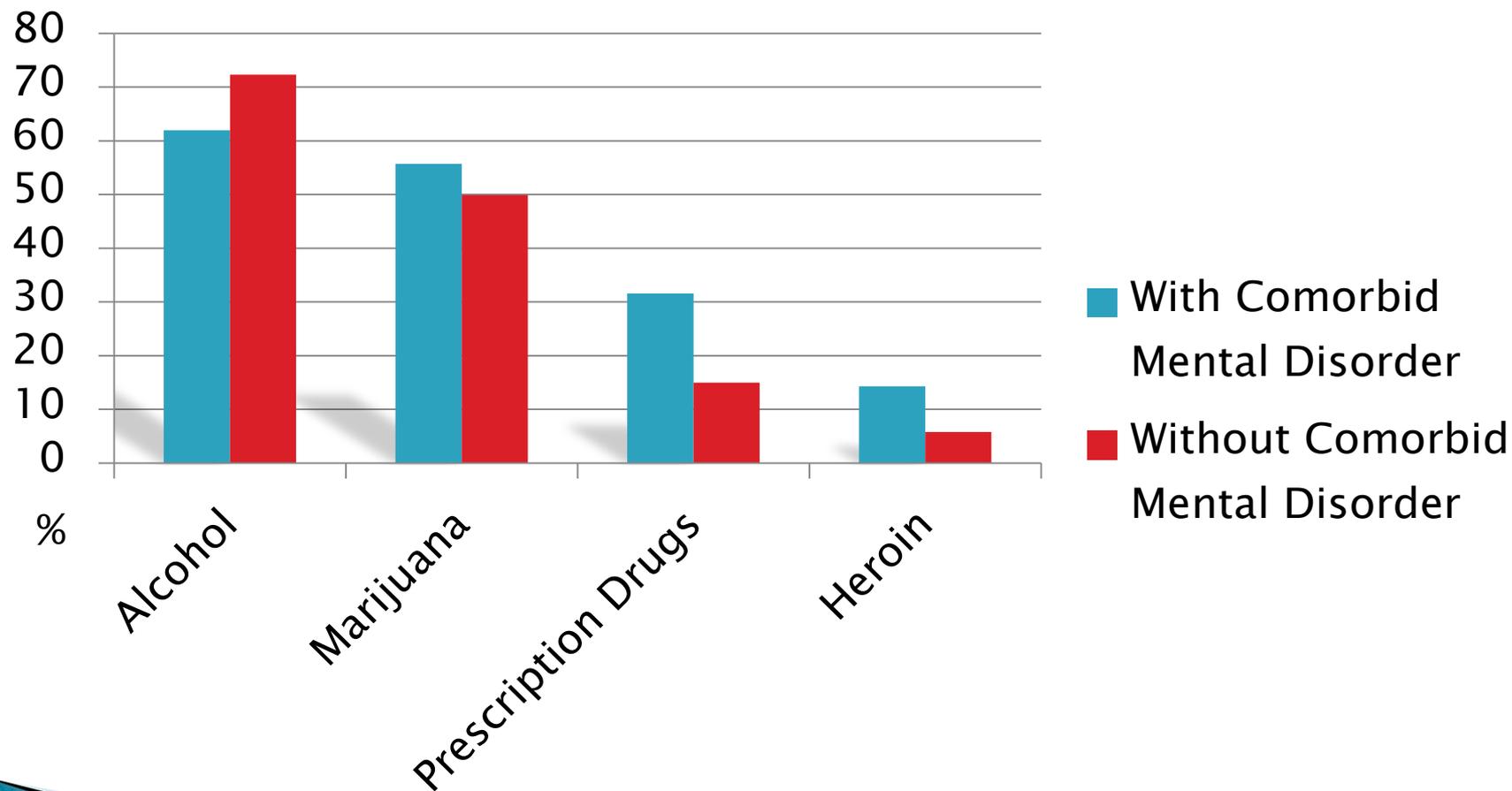


Rates of SMI By Prescription Drug

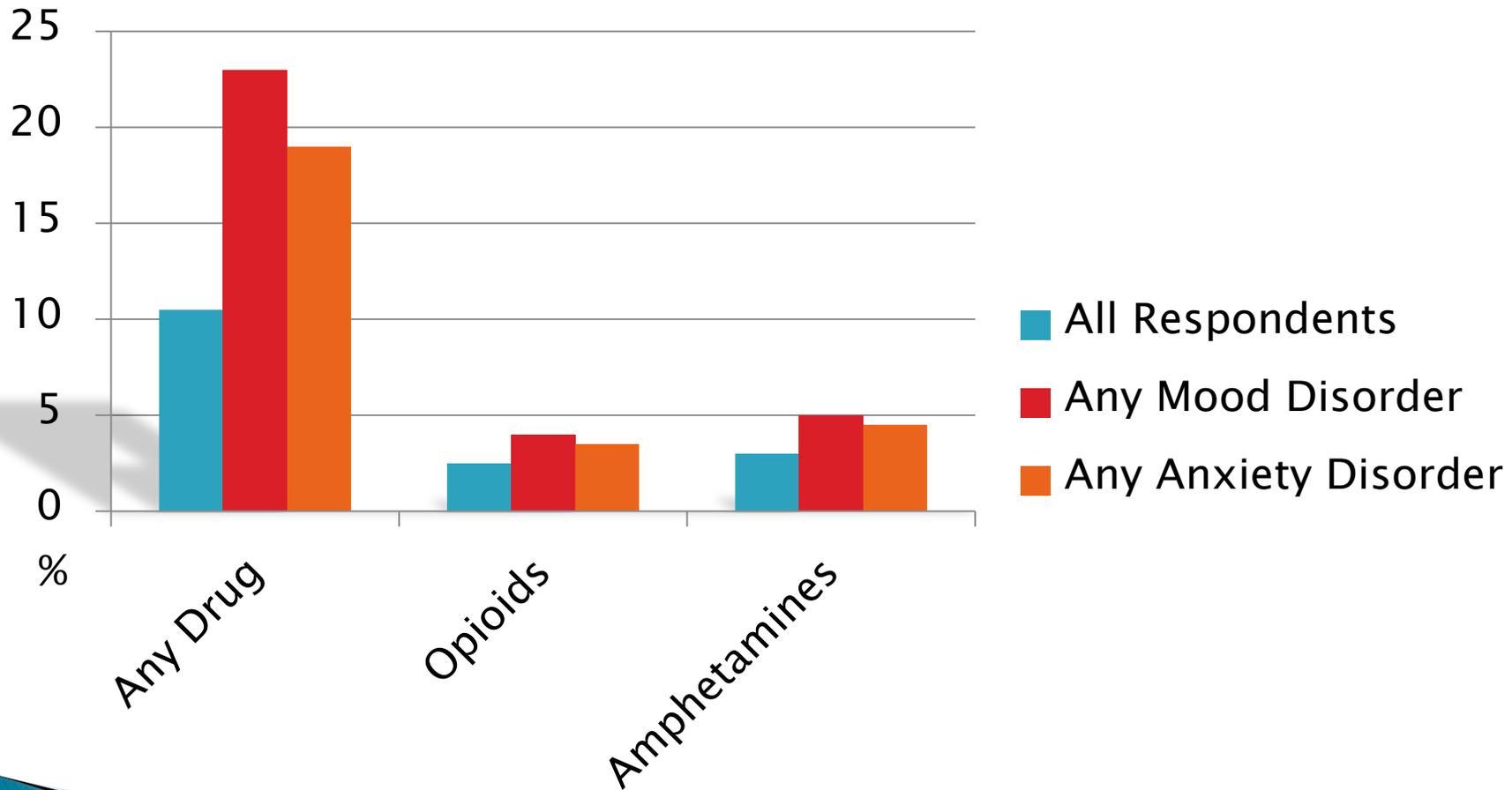


SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2002

College Student Substance Abuse Treatment Admissions, By Drug and Co-occurring Mental Disorder

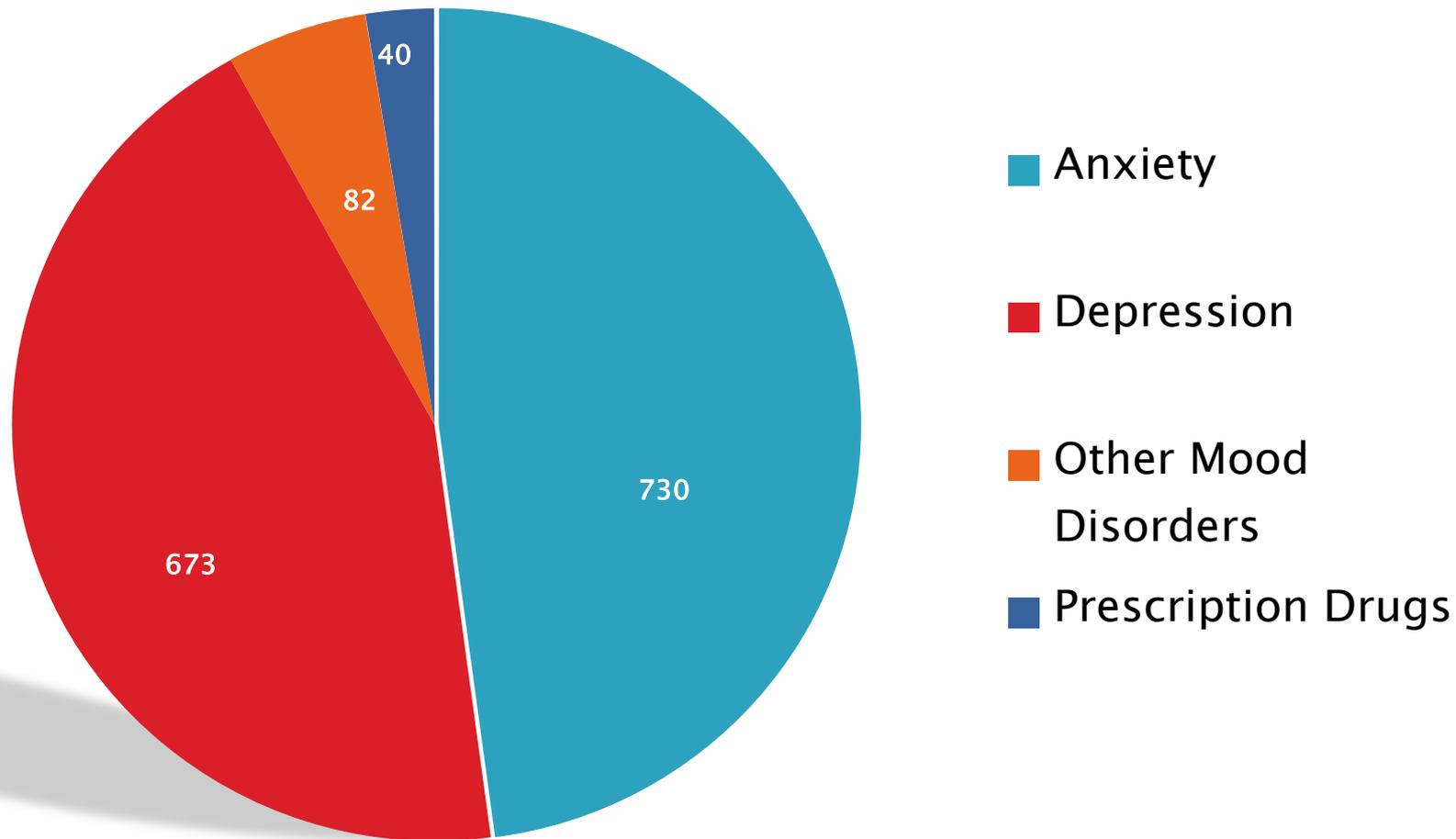


Rates of Prescription Drug Abuse and Dependence Among Individuals With Mood and Anxiety Disorders

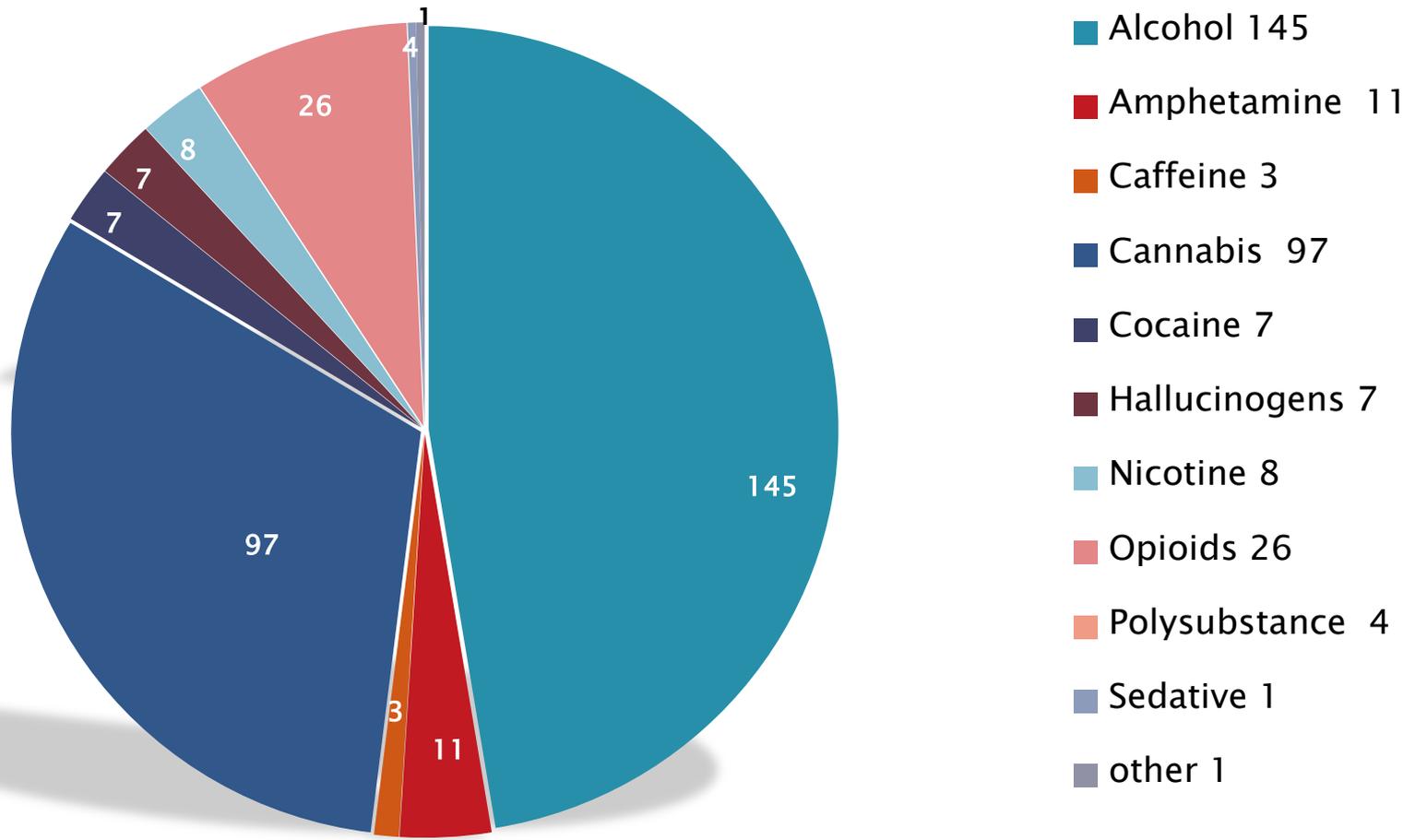


National Epidemiological Survey on Alcohol and Related Conditions (Conway et al., 2006)

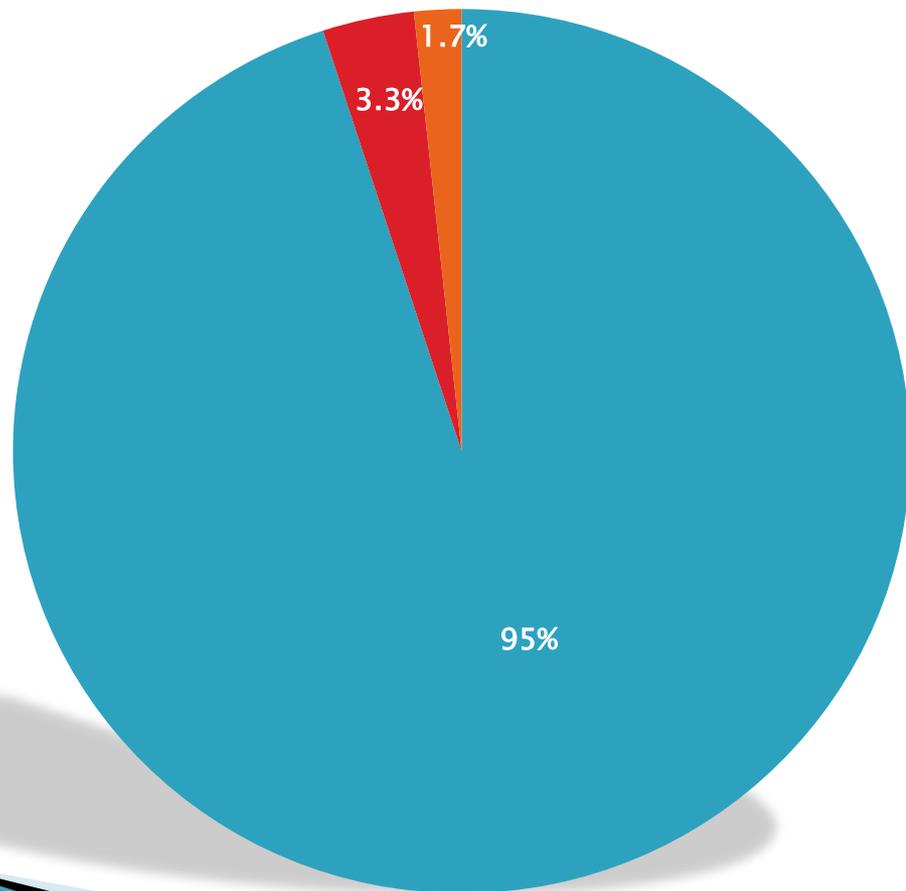
CMHS Students Seen By Diagnosis 2010-2011



Substance -Use Diagnoses Rates Seen At CMHS 2010-2011



Perceived Need For and Effort Made to Receive Specialty Treatment, Aged 12 or Older, Needing But Not Receiving Treatment for Substance Abuse: 2010



- Did Not Feel They Needed Treatment
- Felt They Needed It But Did Not Seek It
- Felt They Needed It and Received It

20.5 Million Needing But Not Receiving Treatment



Treatment Options:

- Substance abuse treatment levels-of-care based on medical necessity
 - ASAM Criteria
- Detoxification for opioid physiological dependent
- Inpatient psychiatry
- Residential substance abuse
- Intensive outpatient (co-occurring focused)

- 12-Step self-help and other support groups
 - Family therapy
 - Outpatient therapy
- 



Medications to Enhance Outcomes

- Suboxone/Subutex
(buprenorphine/naloxone)
- Naltrexone–oral and Vivitrol (naltrexone extended–release injectable suspension)
- Antidepressants, mood–stabilizers and sleep medications



Parting Thoughts

- Need for better prevention efforts in middle and high schools with focus on prescription drugs
- Education for parents and those prescribed about prescription drug hazards
- Partnership between prescribers, parents, authorities, law-enforcement and local health agencies
- Competency building in early intervention with school faculty and administrators



- Better training for healthcare providers about potential dangers of prescription medications, abuse potential and addiction
- Develop effective means of identifying at-risk students as early as possible
- More funding for prevention and treatment research and services



Questions?

Please type your questions into the Q&A box.



Thank you!

Please take a moment to take our survey on
your webinar experience:

https://www.surveymonkey.com/s/prescriptdrug_040913