

Welcome to our program about psychosocial issues that relate to using SBIRT.



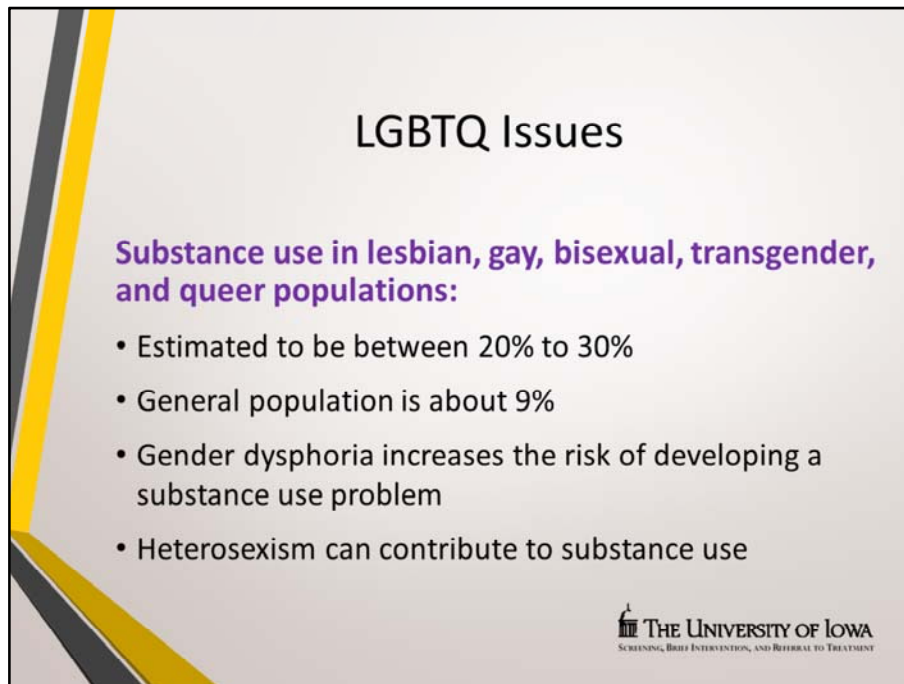
The slide features a light gray background with a decorative border on the left side consisting of diagonal stripes in yellow, gray, and black. The title 'Goals for Today' is centered at the top. Below the title, there is a numbered list of two items. In the bottom right corner, there is a logo for 'THE UNIVERSITY OF IOWA' with the text 'SCREENING, BRIEF INTERVENTION, AND REFERRAL TO TREATMENT' underneath it.

Goals for Today

1. Discuss risks for substance use in the LGBTQ community
2. Identify the relationship between substance use and traumatic life experiences

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As outlined on the slide, we have two main goals for today. First, we'll discuss substance use issues that center around the LGBTQ community, and then we'll turn our focus to various traumatic life experiences and their relationship to substance use.

A presentation slide titled "LGBTQ Issues" with a yellow and grey decorative border on the left. The slide contains a purple heading, a bulleted list of four points, and the University of Iowa logo in the bottom right corner.

LGBTQ Issues

Substance use in lesbian, gay, bisexual, transgender, and queer populations:

- Estimated to be between 20% to 30%
- General population is about 9%
- Gender dysphoria increases the risk of developing a substance use problem
- Heterosexism can contribute to substance use

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LGBTQ people, when compared with the general population, have higher risks when it comes to substance use. Studies indicate that they are more likely to use alcohol and drugs, have higher rates of substance use, are less likely to abstain from substance use, and are more likely to continue heavy drinking into later life.

The connection between gender identity and addiction stems from societal pressure of conformity. Transgender people may self-medicate to cope with their inability to safely live their gender identity in a society that is consistently sending messages that who they are is a pathological condition, which it is not.

Heterosexism – which resembles racism or sexism – can affect LGBTQ people by causing internalized homophobia, shame, and a negative self-concept. These feelings are often dealt with through the use of mind-altering substances.

References:

Why the Gay and Transgender Population Experiences Higher Rates of Substance Use (<https://www.americanprogress.org/issues/lgbt/reports/2012/03/09/11228/why-the-gay-and-transgender-population-experiences-higher-rates-of-substance-use/>)

Gender Identity Disorder and Addiction (<http://lgbtdrugrehab.com/addictions/gender-identity-disorder-and-addiction/>)

A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, and Transgender Individuals (<https://store.samhsa.gov/shin/content/SMA12-4104/SMA12-4104.pdf>)

LGBTQ Issues

Substance use may be due to:

- High levels of stress from social prejudice and discriminatory laws in area of daily life
- A lack of competency in the health care system, which discourages gay and transgender people from seeking treatment
- Targeted marketing efforts that increase easy access to alcohol and tobacco products through exploitation of the connection to safe spaces for socializing

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The three factors for using substances, shown here, are the main ones cited by gay and transgender people. It's important to be aware of these factors in order to understand what issues may be impacting the use of substances by individuals in the LGBTQ community.

References:

Gender Identity Disorder and Addiction

(<http://lgbdrugrehab.com/addictions/gender-identity-disorder-and-addiction/>)

Why the Gay and Transgender Population Experiences Higher Rates of Substance Use

(<https://www.americanprogress.org/issues/lgbt/reports/2012/03/09/11228/why-the-gay-and-transgender-population-experiences-higher-rates-of-substance-use/>)

A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, and Transgender Individuals

(<https://store.samhsa.gov/shin/content/SMA12-4104/SMA12-4104.pdf>)



Now let's shift our focus and talk about various traumatic life experiences and how they relate to substance use. The list shown here includes the experiences we'll address in today's program, beginning with psychological trauma.

Psychological Trauma

Occurs when stress exceeds ability to cope

- Common causes include:
 - ✓ Sexual abuse
 - ✓ Bullying
 - ✓ Domestic violence
 - ✓ Discrimination
 - ✓ Extreme poverty
 - ✓ Physical trauma
 - ✓ Career collapse
 - ✓ Death
- *Often associated with substance use!*

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There are many negative life experiences that can cause psychological trauma. Here we see a partial list, a few of which we'll cover in more detail. In general, psychological trauma is associated with a higher risk of substance use.

Reference:

Psychological Trauma and Drug Addiction

(<http://www.dualdiagnosis.org/psychological-trauma-drug-addiction/>)

Psychological Trauma

Psychological trauma and substance use/misuse →

- Use substances as a **coping mechanism**
- **Increased susceptibility** to drug addiction with early life trauma
- Greater susceptibility to drug addiction with trauma throughout life course

Tailored treatment plans that include regular care are key to recovery!

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With psychological trauma, people often turn to alcohol or drugs in order to cope. For some, adverse childhood experiences – or ACEs – can affect substance use later in life. We’ll address ACEs in more detail shortly.

Reference:

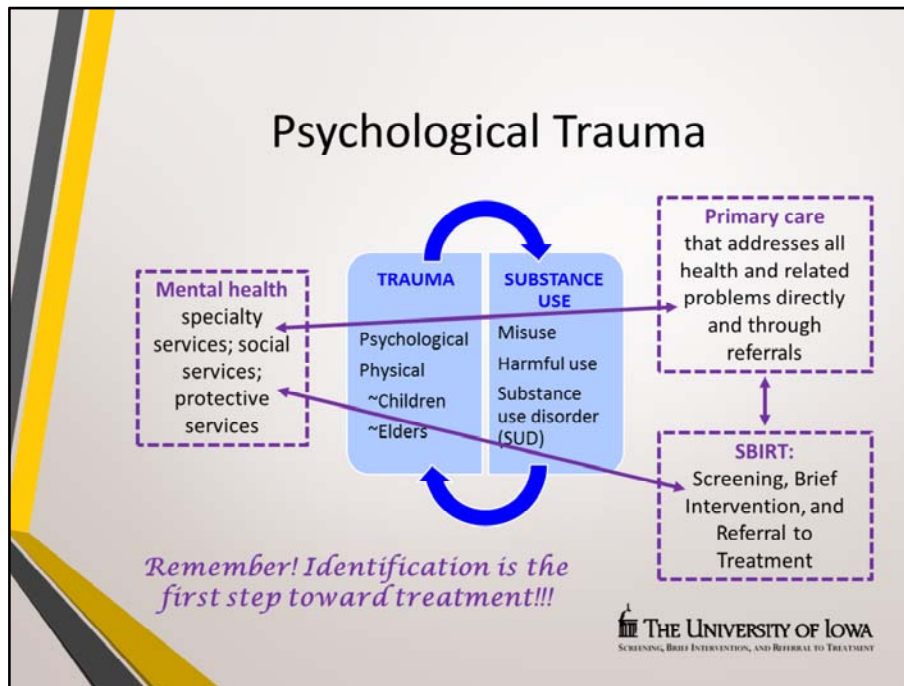
Psychological Trauma and Drug Addiction

(<http://www.dualdiagnosis.org/psychological-trauma-drug-addiction/>)

CDC – Violence Prevention – ACE Study

(<https://www.cdc.gov/violenceprevention/acestudy/index.html>)

Addressing Adverse Childhood Experiences and Other Types of Trauma in the Primary Care Setting (https://www.aap.org/en-us/Documents/ttb_addressing_aces.pdf)



The risk of substance use among individuals who have experienced psychological trauma means that primary care providers need to pay special attention to both identifying use and trauma. Next, they need to make sure the person gets treatment for both.

Reference:

Psychological Trauma and Drug Addiction

(<http://www.dualdiagnosis.org/psychological-trauma-drug-addiction/>)

Domestic Violence

Domestic Violence and Substance Use

- Abusive individuals **more likely to be violent** when under the influence
- Many domestic violence incidents involved the use of alcohol or drugs the **day of the incident** by either the abuser or the victim
- Department of Justice found over half of domestic violence offenders and around one-third of victims have substance use problems

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While substance use does not cause domestic violence, there is a statistical correlation. Studies have found that there is frequent high incidence of substance use by perpetrators during domestic abuse. Department of Justice findings show that over half of domestic violence offenders have substance use problems, with around one-third of victims having the same problems.

References:

The Dangers of Domestic Violence and Substance Abuse

(<https://www.futuresofpalmbeach.com/womens-health/domestic-violence/>)

Domestic Violence and Substance Abuse

(<https://www.addiction.com/3322/domestic-violence-substance-abuse/>)

Practical Implications of Current Domestic Violence Research

(<https://www.ncjrs.gov/pdffiles1/nij/225722.pdf>)

Domestic Violence

Domestic Violence and Substance Use

- Alcoholics, even when sober, are more likely to commit spousal or partner abuse
- Alcohol and drug use is a way to **rationalize** abusive behavior
- Domestic violence can lead to substance use by victims as a **coping mechanism** for the violence

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Individuals with alcohol use disorder – commonly called alcoholics – are more likely to commit domestic violence – even when sober – and are also more likely to be violent. Alcohol may reduce inhibitions, leading to abuse, but may also be used as a justification or an excuse for the violence.

As the slide notes, victims of domestic violence may turn to drugs and alcohol to cope with abuse.

References:

The Dangers of Domestic Violence and Substance Abuse

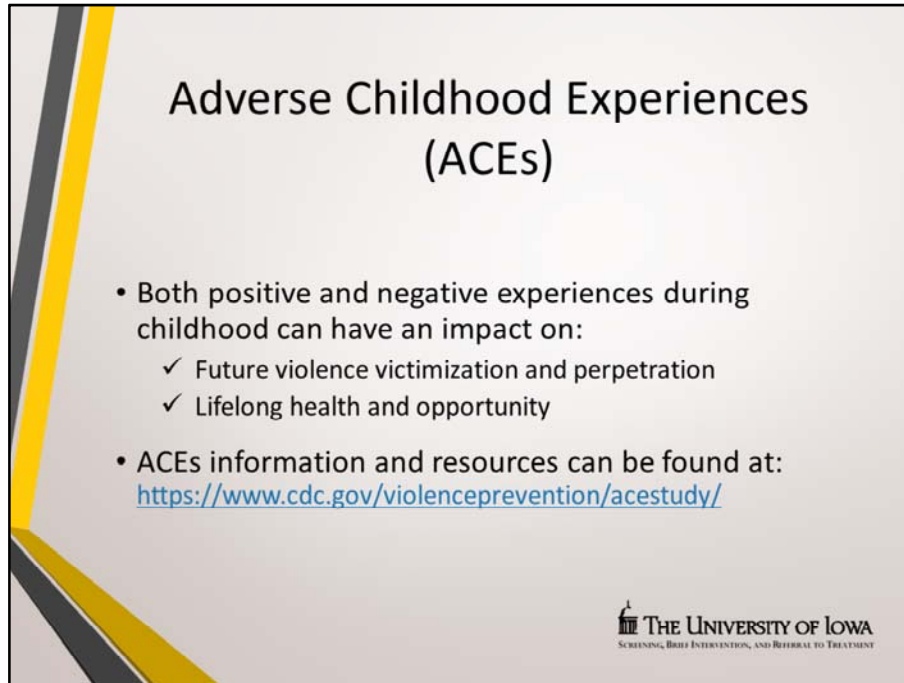
(<https://www.futuresofpalmbeach.com/womens-health/domestic-violence/>)

Domestic Violence and Substance Abuse

(<https://www.addiction.com/3322/domestic-violence-substance-abuse/>)

Practical Implications of Current Domestic Violence Research

(<https://www.ncjrs.gov/pdffiles1/nij/225722.pdf>)



Adverse Childhood Experiences (ACEs)

- Both positive and negative experiences during childhood can have an impact on:
 - ✓ Future violence victimization and perpetration
 - ✓ Lifelong health and opportunity
- ACEs information and resources can be found at:
<https://www.cdc.gov/violenceprevention/acestudy/>

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Since childhood experiences can have a tremendous impact on health and social consequences, it's important to prevent adverse childhood experiences – or ACEs. In addition to ACEs having lasting effects on an individual's health and life potential, they can also impact behaviors such as alcohol and drug use.

Information on ACEs, including the original study and resources, can be found on the CDC website noted on this slide.

References:

CDC – Violence Prevention – ACE Study
(<https://www.cdc.gov/violenceprevention/acestudy/index.html>)

Addressing Adverse Childhood Experiences and Other Types of Trauma in the Primary Care Setting (https://www.aap.org/en-us/Documents/ttb_addressing_aces.pdf)



Child Maltreatment

Children and Substance Use

- Changes in a child's brain due to abuse is linked to:
 - ✓ Depression
 - ✓ Drug addiction
 - ✓ Mental health problems
 - ✓ Developmental issues
- The effect of domestic violence on children includes:
 - ✓ Greater risk for children to develop alcohol and/or drug problems later in life
 - ✓ Risk of runaway children developing substance use problems

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Substance use is associated with child abuse that, in turn, has long-term consequences for the child. According to a Harvard University study, child abuse-related brain changes are linked to depression, drug addiction, schizophrenia, mental health problems, and developmental issues.

For children who experience family violence, they are at greater risk to develop substance use problems later in life than those who are raised in non-violent homes. Some children run away to escape the violence at home. In such cases, evidence has shown that these children are at risk of developing substance use problems.

References:

Child Abuse Linked to Alcoholism, Drug Addiction
(<https://www.elementsbehavioralhealth.com/addiction/child-abuse-alcoholism-drug-addiction/>)

Domestic Violence and Substance Abuse

(<https://www.addiction.com/3322/domestic-violence-substance-abuse/>)

Elder Maltreatment

Older Adults and Substance Use

- Substance use → High risk for elder mistreatment
 - ✓ Physical mistreatment
 - ✓ Emotional abuse
 - ✓ Financial exploitation
 - ✓ Neglect and self-neglect
- Alcohol use → Effects on older adults
 - ✓ Easier to exploit
 - ✓ Used as a coping mechanism

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Substance use has been identified as the most frequently-cited risk factor associated with elder abuse and neglect, and is a factor in all types of abuse. Individuals who have substance use problems may view older adults as easy targets for financial exploitation. Patterns observed in domestic violence are also common in elder mistreatment.

Alcohol may rationalize abuse, or be a misguided coping mechanism. It may be used to make victims more compliant, easier to care for, or easier to exploit. In addition, some victims may use alcohol as a coping mechanism to relieve anxiety and fear.

References:

Domestic Violence and Substance Abuse

(<https://www.addiction.com/3322/domestic-violence-substance-abuse/>)

Elder Abuse and Substance Abuse

(<http://www.preventelderabuse.org/elderabuse/issues/substance.html>)

Bullying

Two-way relationship with bullies and substance use

- Bullies are more likely to use alcohol and drugs
- Alcohol and drug use increases risk of bullying
- Two-way relationship, but **not yet proven to be causal**
 - ✓ Substance use decreases inhibition to allow bullying
 - ✓ Risk-taking behavior causes both substance use and bullying

Either way, an important consideration in treating youth!

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Bullying is another common cause of psychological trauma that has a correlation with substance use. An Ohio State University study found that adolescents who bully others were more likely to engage in substance use. This study found the reverse was also true: teens who used substances were more likely to bully others.

References:

Study Finds Link Between School Bullies and Substance Use
(<http://www.drugfree.org/news-service/study-finds-link-between-school-bullies-and-substance-use/>)

School Bullies More Likely to Be Substance Users, Study Finds
(<https://ehe.osu.edu/news/listing/school-bullies-more-likely-be-substance-users-study-finds>)

Bullying Statistics (<http://www.pacer.org/bullying/resources/stats.asp>)

Bullying

The relationship between bullying and substance use changes over time

- Risks cluster in high school vs. middle school
- Use patterns persist into adulthood
- Early intervention (at middle school level) to reduce deviant behavior (substance use, bullying) may be more successful in preventing substance use in high school or later in life

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The researchers didn't find as strong of a link between victims of bullying and substance use. However, they did learn that bullying was more common among middle school students than those in high school, and substance use was more prevalent among high school students.

Also, their findings showed that bullies and bully-victims – those that bully others and are also bullied – had much higher than expected levels of substance use. The thought is that intervention with bullies while they're in middle school may be able to stop them from experimenting with substance use later in life.

References:

Study Finds Link Between School Bullies and Substance Use
(<http://www.drugfree.org/news-service/study-finds-link-between-school-bullies-and-substance-use/>)

School Bullies More Likely to Be Substance Users, Study Finds
(<https://ehe.osu.edu/news/listing/school-bullies-more-likely-be-substance-users-study-finds>)

Bullying Statistics (<http://www.pacer.org/bullying/resources/stats.asp>)

Physical Trauma

Physical trauma alone, or as a trigger to psychological distress, is associated with greater substance use

- Serious accident, illness, or medical procedure
 - ✓ Substance use as “coping method”
 - ✓ Used to manage pain, fear, anxiety, reactions to disability
- Pain treatment can contribute to the development of addiction
- Difficulty in obtaining prescribed opioids can lead to the abuse of heroin

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Pain and substance use often co-occur. Sometimes the overuse of pain medications can lead to addiction. Causes for this include misunderstanding how the opioids are supposed to be used, wanting to avoid withdrawal symptoms, and desiring the euphoria induced by the drugs.

The rate of occurrences of opioid addiction is uncertain. To date, no studies have examined this issue prospectively, and most pain studies exclude individuals with addictive disorders. However, one study reports that 47% of people treated for opioid addiction first took drugs as part of pain treatment.

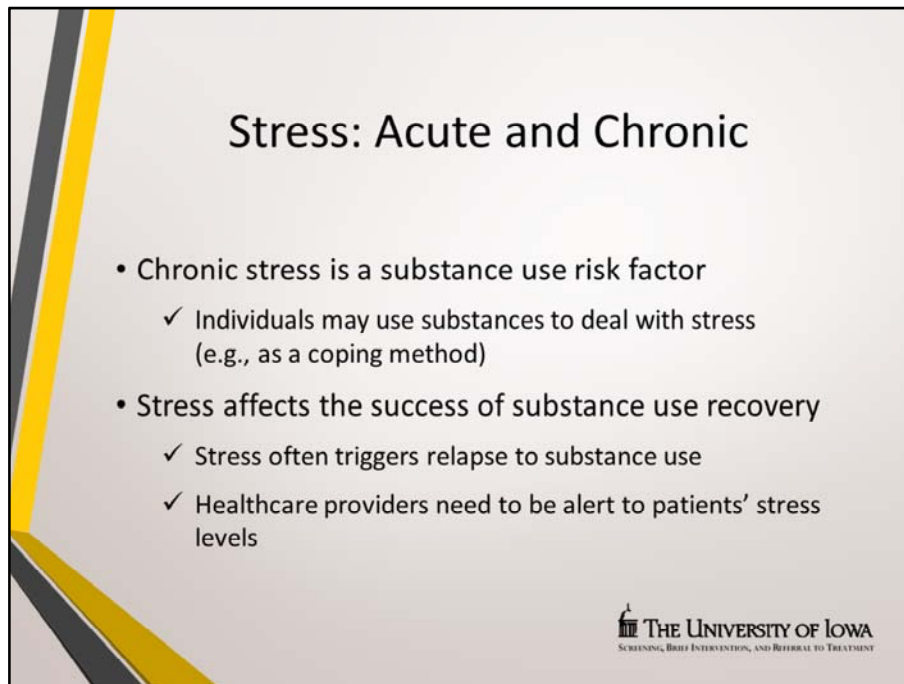
Limited evidence also suggests that individuals who have difficulty obtaining prescribed opioids may transition to heroin, which is cheaper and – in some communities – easier to get than prescription opioids.

References:

Challenges in Using Opioids to Treat Pain in Persons with Substance Use Disorders (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2797112/>)

Pain Medication: Are You Addicted? (<http://www.webmd.com/pain-management/features/pain-medication-addiction#2>)

America’s Addiction to Opioids: Heroin and Prescription Drug Abuse (<https://www.drugabuse.gov/about-nida/legislative-activities/testimony-to-congress/2014/americas-addiction-to-opioids-heroin-prescription-drug-abuse>)



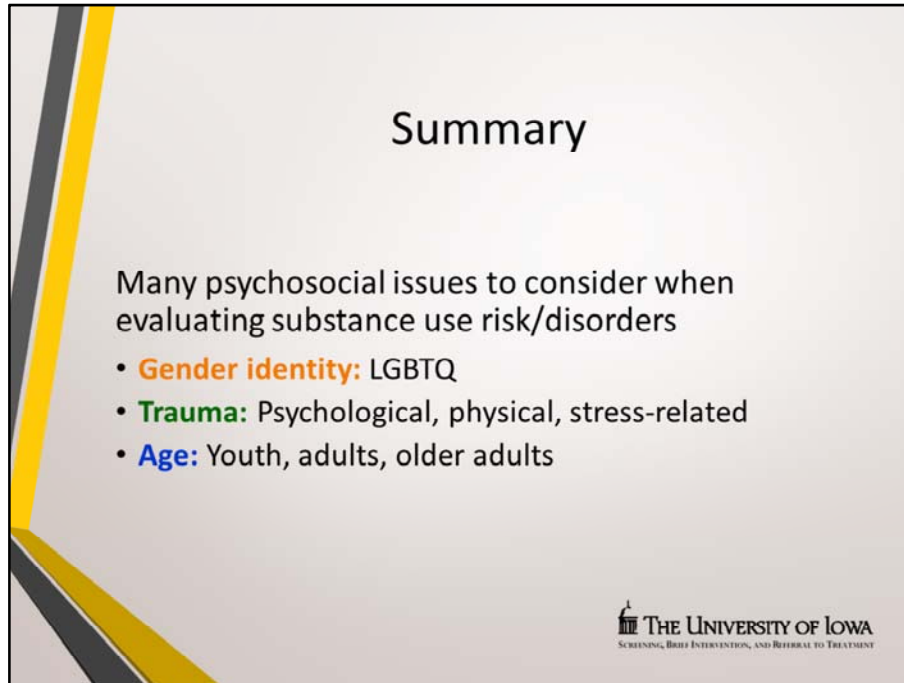
Excessive and/or persistent levels of stress may also contribute to substance use as a coping method. Feeling overwhelmed or defeated – and unable to cope using usual methods – may lead to substance use.

On the “flip” side, stressful situations and problems may also be the trigger for relapse among substance users. Therefore, it’s important for healthcare providers to be alert to their patients’ situations and intervene – either by providing effective support or referring to treatment, if necessary.

References:

NIDA Community Drug Alert Bulletin – Stress & Substance Abuse
(<https://archives.drugabuse.gov/publications/community-drug-alert-bulletin-stress-substance-abuse>)

The Insidious Connection Between Substance Abuse and Stress
(<https://www.elementsbehavioralhealth.com/addiction/the-insidious-connection-between-substance-abuse-and-stress/>)



The slide features a light gray background with a decorative graphic on the left side consisting of several overlapping diagonal stripes in shades of gray and yellow. The word "Summary" is centered at the top in a large, black, sans-serif font. Below it, the text "Many psychosocial issues to consider when evaluating substance use risk/disorders" is presented in a smaller black font. A bulleted list follows, with each item starting with a colored dot: an orange dot for "Gender identity: LGBTQ", a green dot for "Trauma: Psychological, physical, stress-related", and a blue dot for "Age: Youth, adults, older adults". In the bottom right corner, the logo for "THE UNIVERSITY OF IOWA" is displayed, with the text "SCREENING, BRIEF INTERVENTION, AND REFERRAL TO TREATMENT" underneath it.

Summary

Many psychosocial issues to consider when evaluating substance use risk/disorders

- **Gender identity:** LGBTQ
- **Trauma:** Psychological, physical, stress-related
- **Age:** Youth, adults, older adults

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In summary, there are lots of things to keep in mind as you evaluate substance use risks and disorders.

Today we talked about some special psychosocial issues, but also keep in mind what we've discussed in other modules. These include mental health challenges, health-related problems, and rural issues, just to name a few. Think broadly about the range of factors that may come into play when exploring substance use.

Thank you for your attention.

