

# The Causes of Drug and Alcohol Abuse/Dependence

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# DSM-V Diagnostic Criteria for Abuse

**A.** A maladaptive pattern of substance use leading to clinically significant impairment or distress, as manifested by **one (or more)** of the following, occurring within a 12-month period:

1. recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home
2. recurrent substance use in situations in which it is physically hazardous
3. recurrent substance-related legal problems
4. continued substance use despite having persistent or recurrent social or interpersonal problems caused by or exacerbated by the effects of the substance

**B.** The symptoms have never met the criteria for substance dependence for this class of substance.

# Physical Nature of Addiction

Addictive substances can physically alter areas of the brain that are associated with reward, memory and motivation.

Repeated use of these substances increases the risk of becoming addicted.

# DSM-V Diagnostic Criteria for Dependence

## Alcohol Dependence - Diagnostic Code 303.90

A maladaptive pattern of alcohol use, leading to clinically significant impairment or distress, as manifested by three (or more) of the following, occurring at any time in the same 12-month period:

1. Tolerance, as defined by either of the following:
  1. A need for markedly increased amounts of alcohol to achieve Intoxication or desired effect
  2. Markedly diminished effect with continued use of the same amount of alcohol
2. Withdrawal, as manifested by either of the following:
  1. The characteristic withdrawal syndrome for alcohol (refer to Criteria A and B of the criteria sets for [Withdrawal from alcohol](#))
  2. Alcohol (or a closely related drug such as valium) is used to relieve or avoid withdrawal symptoms
3. Alcohol is often used in larger amounts or over a longer period than was intended
4. There is a persistent desire or unsuccessful efforts to cut down or control alcohol use
5. A great deal of time is spent in activities necessary to obtain alcohol, use alcohol, or recover from its effects
6. Important social, occupational, or recreational activities are given up or reduced because of alcohol use
7. Alcohol use is continued despite knowledge of having a persistent or recurrent physical or psychological problem that is likely to have been caused or exacerbated by alcohol (e.g. continued drinking despite recognition that an ulcer was made worse by alcohol consumption)

# **A NATION-WIDE LOOK**

National Institute on Drug Abuse, 2015 (NIDA)

Substance Abuse and Mental Health Services Administration,  
2014 (SAMSHA)

# Alcohol Use

- 139.7 million Americans reported using alcohol (52.7%) (SAMSHA)
- 60.9 million reported binge drinking (2 in 5 drinkers) (SAMSHA)
- 11.5% of adolescents 12-17 were alcohol users (2.9 million...1 in 9) (SAMSHA)
- 17.2% of 12th graders report binge drinking (five or more drinks in a row) (NIDA)

# Alcohol Use Disorders

-Adolescents 12-17 (2.7%)

-4.3 Million Adults 18-25 (12.3%)

-12 Million Adults 25+ (5.9%)

# Marijuana Use

-15% of Adolescents report using marijuana in past month (NIDA, 2015)

-7.6% report using a drug other than marijuana (NIDA, 2015)

-Marijuana Use Disorders (SAMSHA)

- 667,000 Adolescents 12-17 (2.7%) (lower than the time period from 2002-2012)
- 1.7 Million Adults 18-25 (4.9%)
- 1.8 Million Adults 26 or older (.9%)



# Pain Reliever Use Disorders

-  $\frac{2}{3}$  of teens who abused prescription opioids report getting them from family.

-  $\frac{1}{3}$  report using their own prescriptions. (NIDA, 2015)

-168,000 Adolescents 12- 17 (.7%)

-430,000 Adults 18-25 (1.2%)

-1.3 Million Adults 26 or older (.6%)

# ***Causes of Abuse/Dependence***

High Stress Levels

Severe Trauma, Injury/Pain and/or Chronic Medical Issues

Mental health conditions, especially mood disorders such as chronic anxiety and depression

Psychological trauma, including loss of a loved one or chronic loneliness

Having a parent with a history of addiction/Attachment

# ACEs...Adverse Childhood Experiences

-1995 CDC/Kaiser Permanente Study of 17,000 mostly white, middle class subjects with health insurance.

-ACEs Common...28% reported physical abuse...21% reported sexual abuse

-Early intervention a key in prevention



# Treatment

- PREVENTION IS THE BEST

- Medical withdrawal-(for dependence) Under the supervision of medical staff

  - Physical symptom decrease after 5-7 Days for Alcohol/Opioids/Heroin

  - Symptoms may last months or years

- Individual and group therapy for ongoing support and management of underlying causes of addiction for both abuse and dependence.

  - AA/NA

- EMDR/CBT/Psychotropic Medication or other medical intervention

Questions?

Thank you!