

SUBSTANCE USE DISORDER:

A chronic & progressive disease of the brain. Recovery is possible.



BRIEF HISTORY

Before A.A.(1935), substance use disorder was often regarded as:



An issue of character or willpower



A mental health concern



A moral failing

In 1939 Dr Silkworth contributed “The Doctors Opinion” to the big book of Alcoholics Anonymous. His observations helped support the understanding that substance use disorder involves physical processes rather than simply a lack of willpower.



DISEASE MODEL

Substance use disorder changes the normal structure and function of the brain.

ORGAN



DEFECT



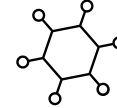
SYMPTOMS

Symptoms include:

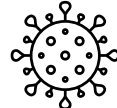
- Cravings
- Loss of Control
- Continued use despite consequences
- Increased tolerance
- Withdrawal symptoms



THE BRAIN AND HOW IT ADAPTS



The brain is made up of billions of neurons.



Neurons communicate through neurotransmitters at the synapse.



Neurotransmitter balance is part of HOMEOSTASIS.



In substance use disorder, trauma, or ongoing stress, the brain enters ALLOSTASIS, a state of imbalance.



The longer a substance is used and the more often it is used the more the brain adapts.

These adaptations make it difficult for the brain to return to balance .



The American Medical Association (AMA) recognizes Substance Use Disorder (SUD) as a chronic brain disease.

KEY TAKEAWAYS:

- The brain changes in response to repeated substance use.
- Recovery begins by allowing the brain time to heal and return to a balanced state.
- Understanding SUD will help reduce shame, increase compassion & access to recovery for everyone.

Understanding Substance Use Disorder

Substance Use Disorder Presentation:

Dr Geisler (Previous medical director of Serenity Lane)

Part 1:



Part 2:



Pleasure Unwoven:

An introduction to the disease model and neuroscience of substance use disorder.



Never Enough: The Neuroscience and Experience of Addiction:

Substance Use Disorder & Neuroscience TEDx

Dr. Judy Grisel



Everything You Think You Know About Addiction is Wrong:

Connection, isolation and recovery

Johann Hari



Support & Recovery

AL-ANON (Support meetings and literature for those who have been affected by a loved one's substance use disorder.)



TED talks on Vulnerability & Shame:

Brene Brown, PhD



8 Dimensions of Wellness:

SAMHSA (Substance abuse and mental health services administration)

