

Train the Trainer: Delivering a "What is Addiction?" Presentation in Your Community



Addiction Policy Forum

September 2017

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Using this Trainer's Guide

This Trainer's Guide contains all of the information that you will need to deliver a "What is Addiction?" training session. Our goals for this project are to disseminate the science, combat stigma, and expand understanding of addiction as a health condition.

The training session is organized in five parts:

- Part I: The Problem and History
- Part II: The Brain Science
- Part III: Why Not Everyone?
- Part IV: Prevention
- Part V: Treatment

Training Agenda: You will find a detailed Training Agenda, which provides an outline of the training. This is an important resource for trainers as it will prepare you to balance your time.

Training Directions: Training Directions are provided and include detailed instructions, scripted notes, additional talking points, and more to help with the training session. Key points to be made are outlined in the Trainer Directions. Trainers are encouraged to have the Trainer's Guide with them to help guide them through the session.

Who May Use This Training Guide?: This guide was developed for use by any individual or organization that will train members of their community on substance use disorders.

Rationale and Objectives

According to the Center for Disease Control and Prevention (CDC), in 2015 there were over 52,000 drug overdose deaths in the United States; and of those, over 33,000 involved an opioid (Rudd, Seth, David, & Scholl, 2016). This is a significant increase of 11.4% from 2014 data and brings the average to 144 drug overdoses deaths every day (Rudd, et al., 2016) which is equivalent to two commuter plane crashes every day for an entire year.

In addition, the Substance Abuse and Mental Health Services Administration (SAMHSA) estimated that 21 million people aged 12 or older had a substance use disorder; including 15.7 million people who has an alcohol use disorder (Center for Behavioral Health Statistics and Quality [CBHSQ], 2016). SAMHSA also estimated that 22 million people were in need of treatment, yet only 2.3 million people (10.8%) received it (CBHSQ, 2016).

With the continued increase in drug overdose deaths and prevalence of substance use disorders in the United States, the Addiction Policy Forum recognizes the need to provide patients and families with the knowledge and resources to address addiction in the home and community.

This training provides patients and families with the knowledge and resources needed to understand substance use and help save lives.

Preparation and Further Information

For further information and resources, please review the follow prep and content resources as you prepare for your presentations:

1. Addiction Policy Forum playlist of additional content from researchers and scientists
(<https://www.youtube.com/playlist?list=PLKYBcsTobTanE-hIA4xJTjzCNv1eRA0bE>)
2. Reading List:
 - a. NIDA’s “Principles of Substance Abuse Prevention for Early Childhood”
(https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/early_childhood_prevention_march_2016.pdf)
 - b. NIDA’s “Drugs, Brains, and Behavior: The Science of Addiction”
(https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/soa_2014.pdf)
 - c. DuPont, R. L., Compton, W. M., & McLellan, A. T. (2015). Five-Year Recovery: A New Standard for Assessing Effectiveness of Substance Use Disorder Treatment. *Journal of Substance Abuse Treatment*, 58, 1-5. <http://dx.doi.org/10.1016/j.jsat.2015.06.024>
(<https://addictionpolicyteamleaders.sharefile.com/d-s335b34c931f44218>)
 - d. NIDA’s “Medications to Treat Opioid Addiction”
(<https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/21349-medications-to-treat-opioid-addiction.pdf>)
 - e. Facing Addiction in America. The Surgeon General’s Report on Alcohol, Drugs, and Health Executive Summary
(<https://addiction.surgeongeneral.gov/executive-summary.pdf>)
 - f. CDC Guideline for Prescribing Opioids for Chronic Pain
(https://www.cdc.gov/drugoverdose/pdf/guidelines_at-a-glance-a.pdf)
 - g. NIAAA’s “Parenting to Prevent Childhood Alcohol Use”
(<https://pubs.niaaa.nih.gov/publications/adolescentflyer/adolflyer.pdf>)
 - h. NIDA’s “Lessons from Prevention Research”
(https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/drugfacts_lessonsfromprevention.pdf)
 - i. SAMHSA’s Opioid Overdose Prevention Toolkit
(<https://store.samhsa.gov/shin/content//SMA16-4742/SMA16-4742.pdf>)
 - j. NIDA’s “Step-by-Step Treatment Guides” for information about the steps to take if you or someone you know has problems with drugs. Please note that NIDA does not provide medical advice. For medical advice, we strongly urge you to contact a qualified health care provider.
(<https://www.drugabuse.gov/related-topics/treatment#stepguides>)
 - k. NIDA’s "Seeking Drug Abuse Treatment: Know What to Ask."
(https://www.drugabuse.gov/sites/default/files/treatmentbrochure_web.pdf)
3. NIDA’s Policy Briefs
 - a. Naloxone for Opioid Overdose: Life-Saving Science
(https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/opioid_naloxone.pdf)
 - b. Effective Treatments for Opioid Addiction
(<https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/opioidaddictiontreatment.pdf>)
 - c. Improving Opioid Prescribing
(https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/opioid_prescriber.pdf)
 - d. Treating Opioid Use Disorder During Pregnancy
(<https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/policybrief-opioid-pregnancy.pdf>)

Logistics and Materials

In preparing to deliver a training session, trainers should determine what equipment they will need. Here is a list materials and essential equipment. You can view/download all materials here:

<https://addictionpolicyteamleaders.sharefile.com/d-sb775248898a4760a>

Materials:

- Trainer's Guide
- PowerPoint Deck
- Sign in Sheets
- Policy Briefs
- PowerPoint Notes
- What is Addiction? Online Video
(<https://www.youtube.com/watch?v=qRyeAL9tAVs>)
- Downloadable version of the What is Addiction? Video
(<https://addictionpolicyteamleaders.sharefile.com/d-s1d1f5db277d4751b>)
- Frequently Asked Questions (pg. 7-29)
(https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/podat_1.pdf)

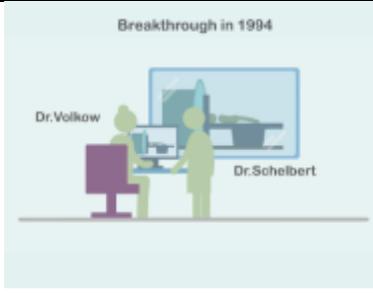
Equipment:

- Computer (*Up-to-date Microsoft PowerPoint recommended*)
- TV or Projection Screen
- Internet connection to play the YouTube video
- Computer adaptor

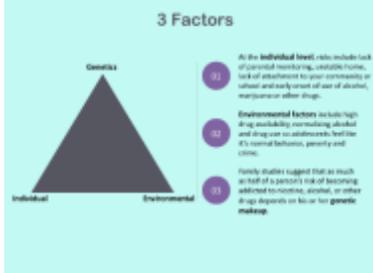
Training Directions

The PowerPoint presentation includes talking points and citations/sources for each slide. Below is an outline of the sequence, talking points and directions.

<p>Slide 1</p> 	<p>Welcome and Purpose</p> <p><i>[Welcome attendees to the training.]</i> <i>[Introduce yourself and your reason for hosting this training. Share any work or personal experience with addiction.]</i></p> <p>Today we are going to learn about the science of addiction and go over a number of other topics to better understand substance use disorders.</p> <p>There is a lot of misinformation and myths about addiction – myths like waiting for rock bottom, incorrect information about how long treatment should last and how addiction starts. Myths that also contribute to stigma for patients and their families.</p> <p>We now know more about effective treatment, prevention strategies, and even factors that contribute to developing a substance use disorder.</p> <p>Our goal is that today’s presentation will help to dispel myths and introduce the science.</p>
<p>Slide 2</p> 	<p>Video: What is Addiction?</p> <p>Let’s start with a quick video, just 4 minutes on the science of addiction and how much we have learned.</p> <p>[Play video]</p> <p>Time: 4:12 minutes</p>
<p>Slide 3</p> 	<p>The Numbers</p> <p>Let’s take a few minutes to discuss a few of the key points here and then we can open up for questions.</p> <p>In the United States, over 21 million people suffer from addiction – that’s one in 7 people.</p> <p>Each day we lose 144 people to drug overdoses, data from 2015.</p> <p>That number climbs to 375 when you factor in alcohol related deaths. Recent numbers suggest that this is expected to climb drastically when new studies are released.</p>

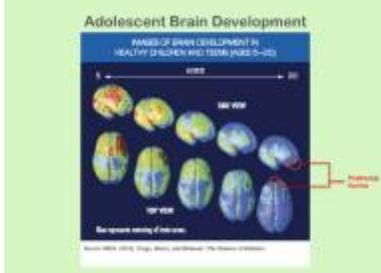
Slide 4	The Science
	<p>We learned from the video that scientists first began to understand addiction better in the 50s and major breakthroughs came along in 1994.</p> <p>Like other diseases, PET scans showed addiction affected tissue function, particularly in two key parts of the brain.</p> <p>The parts of the brain affected are important to note, it helps explain changed behaviors and priorities often found among individuals with a substance use disorder.</p>

Slide 5	Addiction vs. Heart Disease
	<p>We also know from the scientists that, similar to other diseases, addiction affects tissue function.</p> <p>Here are neuroimages comparing a healthy heart and a diseased heart to a healthy brain and a brain damaged by repeated drug use.</p> <p>With heart disease, when the muscle in the heart (the bottom red arrow on slide) is damaged, it interferes with the ability for the heart to pump.</p> <p>Similarly, the areas of the brain that are damaged (top red arrow on slide) by repeated drug use, it interferes with the ability to exert self-control.</p> <p>Scans like these have shown us how addiction disrupts the areas of our brain, especially the limbic system, our survival hardwiring.</p> <p><i>Source: National Institute on Drug Abuse. (2014). Drugs, Brains, and Behavior: The Science of Addiction. Retrieved from https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drug-abuse-addiction</i></p>

Slide 6	Why Not Everyone?
	<p>Another common questions is why don't all people who use alcohol or drugs become addicted?</p> <p>The video touched on the three main factors that contribute to the development of a substance use disorder. Think of it like a triangle:</p> <ol style="list-style-type: none"> 1. individual factors, like the age of first use; 2. environmental factors, like drug availability; and 3. genetics factors, like family history. <p><u><i>Additional:</i></u> <i>Family studies suggest that as much as half of a person's risk of becoming addicted to nicotine, alcohol, or other drugs depends on his or her genetic makeup.</i></p> <p><i>Source: National Institute on Drug Abuse. (2014). Drugs, Brains, and Behavior: The Science of Addiction. Retrieved from https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drug-abuse-addiction</i></p>

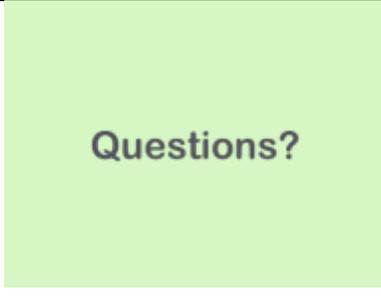
<p>Slide 7</p> 	<p>Prevention</p> <p>We also know that prevention works.</p> <p>The key factors that aid in preventing addiction can be categorized into two parts: 1) risk factors and 2) protective factors.</p>
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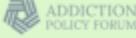
<p>Slide 8</p> 	<p>Risk Factors</p> <p>Risk factors range from:</p> <ul style="list-style-type: none"> - Genetic disposition - Child abuse and maltreatment - Inadequate supervision <p>Protective factors range from:</p> <ul style="list-style-type: none"> - Parental involvement - After-school activities - Policies limiting the availability of alcohol - Attachment to community - Pro-social engagement <p>Not all adolescents who use drugs and alcohol will develop a substance use disorder, even if they have experienced some of these risk factors. The presence of multiple protective factors can lessen the impact of risk factors.</p> <p><i>Sources: 1) National Institute on Drug Abuse. (2014). Drugs, Brains, and Behavior: The Science of Addiction.</i></p>
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<p>Slide 9</p> 	<p>Delay the Onset</p> <p>It's important to highlight one very important protective factor – delaying the onset of use. Very simply, pushing off when use starts as long as possible.</p> <p>We know that the human brain is fully developed in our 20s.</p> <p>The scan illustrates a healthy brain development from 5 years old to 20 years old. The blue represent maturing areas of the brain, and the red, green and yellow areas are vulnerable, developing parts of the brain.</p> <p>These developing, plastic sections of the young brain can learn new things more easily and be damaged more easily.</p> <p><i>Source: NIDA. (2014). Drugs, Brains, and Behavior: The Science of Addiction. Retrieved from https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface</i></p>
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Slide 10	Treatment
	<p>There have been major advancements in how we treat substance use disorder. Here are just a few:</p> <p>We now have thousands of physicians trained in addiction as a medical specialty and we know that treatment integrated with general healthcare can lead to better outcomes for patients.</p> <p>Medications exist to treat Alcohol Use Disorder, Opioid Use Disorder, and Tobacco Use Disorder.</p> <p>[For more information] For opioid use disorder, there are three different FDA-approved medications – methadone, buprenorphine and naltrexone.</p> <p>We also have sophisticated assessment tools to diagnose substance use disorder and identify the severity of the illness.</p> <p>We know that remaining in treatment for an adequate period of time is critical and long-term recovery support is required.</p> <p>Research indicates that most individuals need between 3 to 5 years for a treatment and recovery plan for the best outcomes. (<i>Dr. Wilson Compton, Dr. Bob Dupont and Dr. Tom McClellan</i>)</p>

Slide 11	The Brain Can Get Better
	<p>We also know the brain can get better.</p> <p>Recovery support services are key, which include mutual help groups (such as 12-step programs), peer recovery support services, and recovery high schools.</p> <p>Here is a brain scan of a healthy brain compared to a brain at 1 month and 14 months abstinent from a methamphetamines. See how the brain starts to regain it normal functioning with prolonged abstinence?</p> <p>We also know that no single treatment is appropriate for everyone. Treatment varies depending on the type of drug and the severity of the disorder and should be individualized.</p> <p><i>Source: NIDA. (2014). Drugs, Brains, and Behavior: The Science of Addiction. Retrieved from https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface</i></p>

Slide 12	Q&A
	<p>Thank you so much for your time and interest in learning about addiction and the science.</p> <p>Can I answer any questions?</p> <p><i>Note: It's ok if you don't know an answer to a question. If you don't know, its better to say "That is a great question. Unfortunately, I do not know the answer to it but I will find out and get back to you."</i></p>

Slide 13	More Resources
<p>For more resources visit:</p>  <p>www.addictionpolicy.org</p>	<p>Thank you for joining us today.</p> <p>Spreading information about the science of addiction is our best way to combat stigma and begin to change and improve our response nationwide.</p> <p>We can help millions of individuals and families and ensure that addiction is treated as the medical issue that it is.</p> <p>For more resources, visit the Addiction Policy Forum website at www.addictionpolicy.org.</p> <p>This video and presentation was created by the Addiction Policy Forum and built on the science and research at the National Institute on Drug Abuse (NIDA), an institute in the NIH, and the Substance Abuse Mental Health Services Administration (SAMHSA), part of HHS.</p>

About the Addiction Policy Forum: The Addiction Policy Forum is a 501(c)(3) nonprofit established in 2015 as a diverse partnership of organizations, policymakers, and stakeholders committed to working together to elevate awareness around addiction, and to improve programs and policy through a comprehensive response that includes prevention, treatment, recovery, and criminal justice reform.