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**Presentation For:**

**Shelby County**

**Alcohol Tobacco & Other Drugs Summit**

**04.08.21**

**Memphis Area Prevention Coalition**



But It's Legal, Right?

A Discussion of the Impact of Alcohol Use  
and Misuse on Society and Individual  
Lives

# Learning Objectives

- 1. Prevalence of alcohol related legal issues, health issues and deaths in the US
- 2. How social norms surrounding alcohol use minimize potential negative consequences
- 3. Best practice treatment options
- 4. Reducing the stigma associated with seeking treatment
- 5. Easy to stop, difficulty in "staying stopped", and why

# ***Alcohol Related Crime***

- DUI and Vehicular Homicide
- Robbery
- Sexual assault
- Aggravated assault
- Intimate partner violence
- Child abuse
- Homicide

The 10,847 people who died in alcohol-impaired-driving crashes in 2017 included:

**7,368 drivers** with a BAC 0.08 or

An average of one alcohol-impaired-driving fatality occurred every 48 minutes in 2017.

- 2017 NHTSA Alcohol-Impaired Driving report, published in November 2018

- Alcohol-related crime statistics state that in the United States, around **500,000 cases of alcohol violence are reported every year.**
- Heavy drinking takes its toll on society as a whole, costing industry, the government, and the U.S. taxpayer an estimated at \$250-\$300 billion each year, according to a report from the Atlanta-based Centers for Disease Control and Prevention (CDC).

# Alcohol Related Health Issues

- **Brain:**

Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

- **Heart**
  - Cardiomyopathy – Stretching and drooping of heart muscle
  - Arrhythmias – Irregular heart beat
  - Stroke
  - High blood pressure
- **Liver:** Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:
  - Steatosis, or fatty liver
  - Alcoholic hepatitis
  - Fibrosis
  - Cirrhosis



- **Pancreas:**

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

- **Cancer:**

Source: National Cancer Institute:

<https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet>

- **Immune System:**

Drinking too much can weaken your immune system, making your body a much easier target for disease.

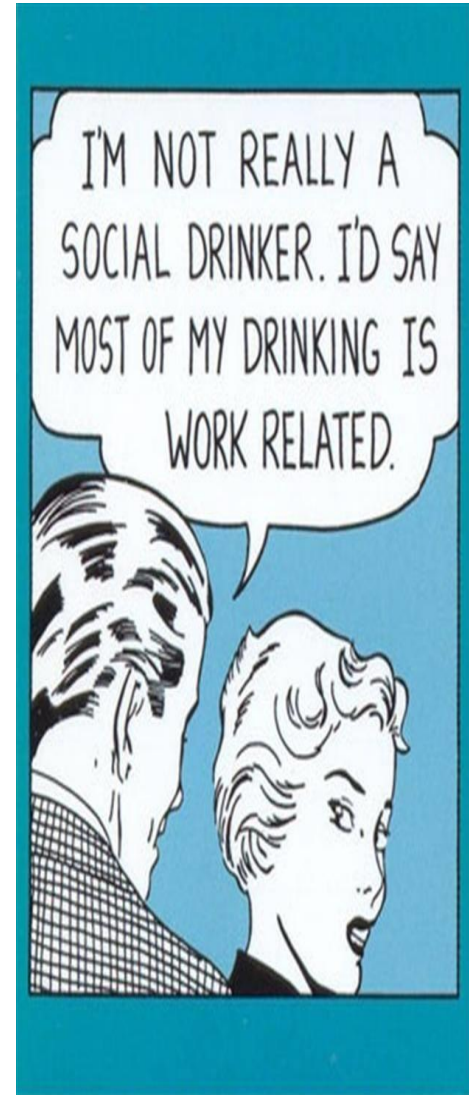
Looking at data from death certificates from 1999 to 2017, researchers from the National Institute on Alcohol Abuse and Alcoholism determined that the number of alcohol-related deaths increased 50.9% from 16.9%

Deaths involving alcohol increased among almost all age groups and races/ethnicities during this period. People age 45 to 74 had the highest rates of alcohol-related death. But the biggest increases over time were among people age 25 to 34. Alcohol-related death rates also increased more for women (85%) than men (35%).

# **2020 A Year To Watch**

The Harris County medical examiner's office in Houston, Texas reports that Alcohol-related deaths were up 36 percent in 2020 compared to 2019

# Social Norms??



Adoption of social norms is not simply a psychological process, as it is commonly perceived by laypeople, but more precisely is a sociopsychological and biosociopsychological process.

Carlos Yela, in [Encyclopedia of Applied Psychology](#), 2004

The increasing prevalence of alcohol consumption (more hours, more outlets, more places we expect to drink) normalizes drinking and consumption becomes enmeshed in the daily fabric of life.

<https://theconversation.com/social-acceptance-of-alcohol-allows-us-to-ignore-its-harms-10045>

# HOW ALCOHOL ATTACKS THE BRAIN

A Guide to the sequential damage alcohol inflicts on neural tissue

**1.**

First, alcohol affects the forebrain and assaults motor coordination and decision making.

**2.**

Then, alcohol knocks out the midbrain, and you lose control over emotions and increase chances of blackout.



**3.**

Finally, alcohol batters the brain stem as it affects heart rate, body temperature, appetite and consciousness, a dangerous and potentially fatal condition.



## ASSESSMENT AND BEST PRACTICE TREATMENT OPTIONS

1. Thorough assessment to include collateral information when possible
2. Assessment of multi-substance use
3. Assessment of previous treatments and outcomes
4. Assessment of history of symptoms associated with other mental health diagnosis(es)
5. Assessment of history of trauma
6. Family history of addiction
7. Assessment of readiness for change
8. Use of ASAM tool for assistance in determining needed level of care

# American Society of Addiction Medicine (ASAM) LEVELS OF CARE

## .05 Early Intervention

- 1 Outpatient Services (OP)
- 2 Intensive Outpatient (IOP)  
Partial Hospitalization (PHP)
- 3 Residential/Inpatient Services
- 4 Medically Managed Intensive Inpatient  
Services (Acute)

# ASAM'S DEFINITION OF ADDICTION

Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.

Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases.

# STIGMA

People with addiction continue to be blamed for their disease. Even though medicine long ago reached a consensus that addiction is a complex brain disorder with behavioral components, the public and even many in healthcare and the justice system continue to view it as a result of moral weakness and flawed character.

-NATIONAL INSTITUTE ON DRUG ABUSE

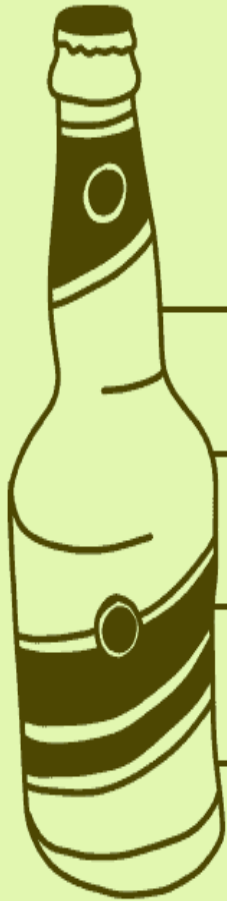
# REDUCING STIGMA

<https://www.apa.org/monitor/2019/06/cover-opioids-stigma>

<https://www.psychologytoday.com/us/blog/substance-use-stigma-and-society/201906/the-stigma-addiction-we-can-t-keep-ignoring-it>

<https://www.hazeldenbettyford.org/recovery-advocacy/stigma-of-addiction>

## THE DEVELOPMENT OF END-STAGE ALCOHOLISM



● #1 THE EXPERIMENTAL STAGE

● #2 THE SOCIAL STAGE

● #3 THE INSTRUMENTAL STAGE

● #4 THE COMPULSIVE STAGE

- <https://www.bing.com/videos/search?q=addiction+dance+sytycd&docid=608030132097475520&mid=B88B81F2173C2B5A8F3CB88B81F2173C2B5A8F3C&view=detail&FORM=VIRE>

Don't let this be **THE END** for you or anyone that you love!





# RESOURCES

- **Alcoholics Anonymous**
- **Al-Anon, Al-Atot, Al-Ateen (for families/friends)**
- **Adult Children of Alcoholics**
- **Memphis Area Prevention Coalition**
- **<https://www.tn.gov/behavioral-health/substance-abuse-services/treatment---recovery/treatment---recovery/recovery-support-resources.html>**
- **<https://www.samhsa.gov>** (Substance Abuse and Mental Health Services Administration)
- **Topic: MEM Concerned Person Group (family/friends)**  
Weekly TUESDAY 5:30-6:30PM **[ZOOM MEETING](#)**  
**<https://bradfordhealth.zoom.us/j/93397447262?pwd=OTZzNG9VZ3EwdEFkeDdUWlgyYk8yQT09>**  
Meeting ID: 933 9744 7262 Passcode: 394848