**COE Learning Network:** Attitudes & Perceptions of Substance Use Disorder (SUD)

**Presenters:** Alexis Waksmunski

**Date and Time:** 01/11/2023-12:00-1:15 pm

**Location:** Virtual Training (on Zoom)

**Host:** University of Pittsburgh, School of Pharmacy, Program and Evaluation Unit (PERU)

**Target Audience:** Centers of Excellence Leadership and Staff

**Training Objectives:**

* Describe the impact of compassion fatigue and burnout on staff.
* List common substance use motivations.
* Describe the impact of trauma on substance use, including adverse childhood experiences.
* Define stigma and identify its negative effects**.**

**Agenda:**

1. Introduction and Overview
2. Learning Objectives
3. Recognizing Occupational Burnout
	1. Compassion fatigue
	2. The difference between compassion fatigue and burnout
	3. Discussion question
	4. Ways to manage compassion fatigue and burnout
4. Substance Use: Origins and Trauma
	1. Discussion question
	2. Substance use motivations
	3. Origins of Harmful Substance Use
5. Adverse Childhood Experiences
	1. ACE Scores
	2. ACE effects
6. Trauma
	1. Prevalence of trauma
	2. Impact of trauma
7. Stigma
	1. Definition
	2. Components of stigma
	3. Internal and external stigma
	4. Discussion question
8. Key Concept Review
9. Questions

**Post-Test Questions:**

1. **True** or False: Those who have experienced trauma are more likely to develop substance use disorder (SUD) than those who have not?
2. According to the presentation, the following may be motivations for an individual to use substances:
	1. **To feel good**
	2. To lose weight
	3. **Peer pressure**
	4. Increase energy
	5. **Curiosity**
	6. **To feel better**
3. **True** or False: Having had an adverse childhood experience is associated with being diagnosed with heart disease as an adult?
4. Which of the following is a correct statement regarding the relationship between substance use and trauma risk?
	1. Trauma is a risk factor for substance misuse
	2. Substance misuse is a risk factor for trauma
	3. Both statements are true
	4. Neither statement is true
5. **True** or False: Compassion fatigue can lead to exhaustion and occur suddenly

**References:**

* American Society of Addiction Medicine. (2019). Definition of Addiction. Retrieved from [https://www.asam.org/docs/default-source/quality-science/asam's-2019-definition-of-addiction-(1).pdf?sfvrsn=b8b64fc2\_2](https://www.asam.org/docs/default-source/quality-science/asam%27s-2019-definition-of-addiction-%281%29.pdf?sfvrsn=b8b64fc2_2)
* A qualitative assessment of discharge against medical advice among patients hospitalized for injection-related bacterial infections in West Virginia R.A. Pollini a,b,∗ , C.E. Paquettec , T. Drvar a , P. Marshaleka , M. Ang-Rabanes a , J. Feinberga , M.W. Haut a,d,e,f
* American College of Emergency Physicians. (n.d.). *Alcohol screening in the emergency department*. Retrieved October 12, 2021, from <https://www.acep.org/patient-care/policy-statements/alcohol-screening-in-the-emergency-department/>.
* American College of Emergency Physicians. (n.d.). *Screening questions at Triage*. Retrieved October 12, 2021, from https://www.acep.org/patient-care/policy-statements/screening-questions-at-triage/.
* American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>
* American Nurses Association N. (2015). Code of ethics for nurses with interpretive statements: Nursesbooks. org.
* Ashford, R. D., Brown, A. M., & Curtis, B. (2018). Substance use, recovery, and linguistics: The impact of word choice on explicit and implicit bias. Drug & Alcohol Dependence, 189, 131-138. doi:10.1016/j.drugalcdep.2018.05.005
* Ashford, R. D., Brown, A. M., & Curtis, B. (2019). Expanding language choices to reduce stigma: A Delphi study of positive and negative terms in substance use and recovery. Health Education, <https://doi.org/10.1108/HE-03-2018-0017>
* Benintendi, A., Kosakowski, S., Lagisetty, P., Larochelle, M., Bohnert, A. S., & Bazzi, A. R. (2021). “I felt like I had a scarlet letter”: recurring experiences of structural stigma surrounding opioid tapers among patients with chronic, non-cancer pain. Drug and alcohol dependence, 222, 108664. https://www.sciencedirect.com/science/article/pii/S0376871621001599?via%3Dihub
* Birtel, M. D., Wood, L., & Kempa, N. J. (2017). Stigma and social support in substance abuse: Implications for mental health and well-being. Psychiatry Res, 252, 1-8. doi:10.1016/j.psychres.2017.01.097
* Chahal, K. (2017). How body language affects patient care. Current Psychiatry. Retrieved from <https://www.mdedge.com/psychiatry/article/138859/practice-management/how-your-body-language-affects-patient-care>
* Committee on the Science of Changing Behavioral Health Social, N., Board on Behavioral, C., Sensory, S., Division of, B., Social, S., Education, . . . Medicine. (2016). In *Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change*. Washington (DC): National Academies Press (US)
* Cairns C, Kang K, Santo L. (2018). National Hospital Ambulatory Medical Care Survey: 2018 emergency department summary tables. Available from: <https://www.cdc.gov/nchs/data/nhamcs/web_tables/2018_ed_web_tables-508.pdf>.
* Dube, S. R., Felitti, V. J., Dong, M., Chapman, D. P., Giles, W. H., & Anda, R. F. (2003). Childhood Abuse, Neglect, and Household Dysfunction and the Risk of Illicit Drug Use: The Adverse Childhood Experiences Study. Pediatrics, 111(3).
* Goffman, E. (1963). Stigma; notes on the management of spoiled identity. Englewood Cliffs, N.J.,: Prentice-Hall.
* Gray, A. J. (2002). Stigma in psychiatry. J R Soc Med, 95(2), 72-76. doi:10.1258/jrsm.95.2.72
* Harm Reduction Coalition (n.d.). Understanding Drug-Related Stigma: Tools for Better Practice and Social Change.
* Henson, J. S. (2020). Burnout or compassion fatigue: A comparison of concepts. *Medsurg Nursing*, *29*(2).
* Hatzenbuehler, M. L., Phelan, J. C., & Link, B. G. (2013). Stigma as a fundamental cause of population health inequalities. Am J Public Health, 103(5), 813-821. doi:10.2105/AJPH.2012.301069
* Kelly, J. F., Saitz, R., & Wakeman, S. (2016). Language, Substance Use Disorders, and policy: The need to reach consensus on an "Addiction-ary". Alcoholism Treatment Quarterly, 34(1), 116-123. doi:10.1080/07347324.2016.1113103
* Kelly, J. F., Wakeman, S. E., & Saitz, R. (2015). Stop talking 'dirty': clinicians, language, and quality of care for the leading cause of preventable death in the United States. *The American journal of medicine*, *128*(1), 8–9. <https://doi.org/10.1016/j.amjmed.2014.07.043>
* Kelly, T. M., & Daley, D. C. (2013). Integrated treatment of substance use and psychiatric disorders. Social work in public health, 28(3-4), 388–406. https://doi.org/10.1080/19371918.2013.774673
* Kelly, T. M., & Daley, D. C. (2013). Integrated treatment of substance use and psychiatric disorders. Social work in public health, 28(3-4), 388–406. https://doi.org/10.1080/19371918.2013.774673
* Khoury, L., Tang, Y. L., Bradley, B., Cubells, J. F., & Ressler, K. J. (2010). Substance use, childhood traumatic experience, and Posttraumatic Stress Disorder in an urban civilian population. Depression and anxiety, 27(12), 1077–1086. <https://doi.org/10.1002/da.20751>
* Khushminder Chahal, M. (2017). How your body language affects patient care. *Current Psychiatry, 16*(6).
* Link, B. G., & Phelan, J. C. (2001). Conceptualizing Stigma. Annu. Rev. Sociol., 27, 363-385.
* Lake, S., & Pierre, M. S. (2020). The relationship between cannabis use and patient outcomes in medication-based treatment of opioid use disorder: A systematic review. *Clinical Psychology Review*, 101939.
* Lee JD, Friedmann PD, Kinlock TW, et al. (2016) Extended-Release Naltrexone to Prevent Opioid Relapse in Criminal Justice Offenders. N Engl J Med., 374(13):1232-1242. doi:10.1056/NEJMoa1505409
* Montgomery College. (2018, March 9). *Nursing simulation scenario: Opioid withdrawal*. YouTube. Retrieved June 22, 2022, from https://www.youtube.com/watch?v=K4kaB34jSm8
* Madras, B. K., Compton, W. M., Avula, D., Stegbauer, T., Stein, J. B., & Clark, H. W. (2009). Screening, brief interventions, referral to treatment (SBIRT) for illicit drug and alcohol use at multiple healthcare sites: Comparison at intake and 6 months later. Drug and Alcohol Dependence, 99(1-3), 280–295. doi: 10.1016/j.drugalcdep.2008.08.003
* Mattick RP, Breen C, Kimber J, Davoli M. (2009) Methadone maintenance therapy versus no opioid replacement therapy for opioid dependence. Cochrane Database Syst Rev., 2009(3):CD002209. Published 2009 Jul 8. doi:10.1002/14651858.CD002209.pub2
* Mattick RP, Breen C, Kimber J, Davoli M. (2014) Buprenorphine maintenance versus placebo or methadone maintenance for opioid dependence. Cochrane Database Syst Rev., (2):CD002207. Published 2014 Feb 6. doi:10.1002/14651858.CD002207.pub4
* Maslach, C., & Leiter, M. P. (2006). Burnout. *Stress and quality of working life: current perspectives in occupational health*, *37*, 42-49
* McElrath, K. (2018). Medication-assisted treatment for opioid addiction in the United States: Critique and commentary. Substance Use & Misuse, 53(2), 334-343.
* McGinty EE, Barry CL. Stigma Reduction to Combat the Addiction Crisis - Developing an Evidence Base. N Engl J Med. 2020 Apr 2;382(14):1291-1292. doi: 10.1056/NEJMp2000227. PMID: 32242352.
* McLellan, A.T. (2002), Have we evaluated addiction treatment correctly? Implications from a chronic care perspective. Addiction, 97: 249-252. doi:10.1046/j.1360-0443.2002.00127.x
* Mundy, L. (2012). Addiction-stigmatized: a new concept to enhance nursing practice. J Addict Nurs, 23(4), 250-254. doi:10.1097/JAN.0b013e3182799ada
* Miller, P. M., Thomas, S. E., & Mallin, R. (2006). Patient attitudes towards self-report and biomarker alcohol screening by primary care physicians. Alcohol , 41(3), 306-310. doi: 10.1093/alcalc/agl022
* National Academies of Sciences, Engineering, and Medicine. 2019. Medications for opioid use disorder save lives. Washington, DC: The National Academies Press. doi: https://doi.org/10.17226/25310
* National Child Traumatic Stress Network (NCTSN), Adolescent Trauma and Substance Abuse Committee. Understanding the Links Between Adolescent Trauma and Substance Abuse: A Toolkit for Providers. 2nd edition. June 2008. Retrieved from:http://ww2.nasbhc.org/RoadMap/CareManagement/Interventions/Understanding%20the%20Links%20Between%20Adolescent%20Trauma%20and%20Substance%20Abuse%20Toolkit.pdf
* National Council for Behavioral Health. 2013. How to Manage Trauma. <https://www.thenationalcouncil.org/wp-content/uploads/2013/05/Trauma-infographic.pdf?daf=375ateTbd56>
* National Institute on Drug Abuse. (2018). Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition). Retrieved from <https://www.drugabuse.gov/node/pdf/675/principles-of-drug-addiction-treatment-a-research-based-guide-third-edition>. Updated January 2018.
* National Institute on Drug Abuse. (2020). Drug Misuse and Addiction. Retrieved from <https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drug-misuse-addiction>
* National Institute on Drug Abuse. *How do you address patient resistance?* NIDA Archives. Retrieved from <https://archives.drugabuse.gov/initiatives/about-addiction-performance-project/how-do-you-address-patient-resistance>.
* Nielsen S, Larance B, Degenhardt L, Gowing L, Kehler C, Lintzeris N. Opioid agonist treatment for pharmaceutical opioid dependent people. Cochrane Database Syst Rev. 2016; 5: CD011117. doi: 10.1002/14651858.CD011117.pub.2
* Nimmo, A., Huggard, P. (2013). A systematic review of the measurement of compassion fatigue, vicarious trauma, and secondary traumatic stress in physicians/by Arohina Nimmo and Peter Huggard.
* Paquette, Syvertsen, J. L., & Pollini, R. A. (2018). Stigma at every turn: Health services experiences among people who inject drugs. *The International Journal of Drug Policy*, *57*, 104–110. https://doi.org/10.1016/j.drugpo.2018.04.004
* Phelan, J. C., Lucas, J. W., Ridgeway, C. L., & Taylor, C. J. (2014). Stigma, status, and population health. Soc Sci Med, 103, 15-23. doi:10.1016/j.socscimed.2013.10.004
* Prangnell, A., Imtiaz, S., Karamouzian, M., & Hayashi, K. (2020). Childhood abuse as a risk factor for injection drug use: A systematic review of observational studies. *Drug and alcohol review*, *39*(1), 71–82. <https://doi.org/10.1111/dar.13001>
* Pringle, J. L., Kelley, D. K., Kearney, S. M., Aldridge, A., Dowd, W., Johnjulio, W., ... & Lovelace, J. (2018). Screening, brief intervention, and referral to treatment in the emergency department. *Medical Care*, *56*(2), 146-152.
* Quinn, K., Boone, L., Scheidell, J. D., Mateu-Gelabert, P., McGorray, S. P., Beharie, N., . . . Khan, M. R. (2016). The relationships of childhood trauma and adulthood prescription pain reliever misuse and injection drug use. Drug and Alcohol Dependence, 169, 190-198. doi:https://doi.org/10.1016/j.drugalcdep.2016.09.021
* Rivard, J. C., Bloom, S. L., Abramovitz, R., Pasquale, L. E., Duncan, M., McCorkle, D., & Gelman, A. (2003). Assessing the implementation and effects of a trauma-focused intervention for youths in residential treatment. Psychiatric Quarterly, 74(2), 137-154.
* Saini, J., Johnson, B., & Qato, D. M. (2022). Self-reported treatment need and barriers to care for adults with opioid use disorder: The US National Survey on Drug Use and Health, 2015 to 2019. *American Journal of Public Health*, *112*(2), 284–295. https://doi.org/10.2105/ajph.2021.306577
* Sansone, R.A., Whitecar, P., and Wiederman, M.W. (2009) The prevalence of childhood trauma among those seeking buprenorphine treatment. Journal of Addictive Diseases, 28(1), 64-67.
* Schuppe, J. (2016). Viral Photos of Drug Overdose Victims Expose Pitfalls in Fighting Addiction. NBC News. Retrieved from <https://www.nbcnews.com/storyline/americas-heroin-epidemic/viral-photos-drug-overdose-victims-expose-pitfalls-fighting-addiction-n677456>.
* Scott, M.C., & Wahl, O.F. (2011). Substance Abuse Stigma and Discrimination Among African American Male Substance Users.
* Slatten LA, Carson KD, Carson PP. (2020). Compassion Fatigue and Burnout. The Health Care Manager. 39 (4): 181-189. doi: 10.1097/HCM.0000000000000306**.**
* Starecheski, Laura. “Take The ACE Quiz - And Learn What It Does And Doesn't Mean.” NPR, NPR, 2 Mar. 2015, [www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean](http://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean).
* Stein, M. D., Conti, M. T., Kenney, S., Anderson, B. J., Flori, J. N., Risi, M. M., & Bailey, G. L. (2017). Adverse childhood experience effects on opioid use initiation, injection drug use, and overdose among persons with opioid use disorder. Drug and Alcohol Dependence, 179, 325-329. doi:https://doi.org/10.1016/j.drugalcdep.2017.07.007
* Substance Abuse and Mental Health Services Administration. (2017). Words Matter: How Language Choice Can Reduce Stigma. Retrieved from https://facesandvoicesofrecovery.org/wp-content/uploads/2019/06/Words-Matter-How-Language-Choice-Can-Reduce-Stigma.pdf
* Substance Abuse and Mental Health Services Administration (SAMHSA). (2018). Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health (HHS Publication No. SMA 18-5068, NSDUH Series H-53). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration.
* Substance Abuse and Mental Health Services Administration. (2019). Treatment Improvement Protocol 63: Medications for opioid use disorder. Retrieved from <https://store.samhsa.gov/system/files/tip63_fulldoc_052919_508.pdf>.
* Substance Abuse and Mental Health Services Administration (SAMHSA). (2012). SAMHSA’s Working Definition of Recovery. Retrieved from https://store.samhsa.gov/system/files/pep12-recdef.pdf
* Substance Abuse and Mental Health Services Administration. (2013). Systems-Level Implementation of Screening, Brief Intervention, and Referral to Treatment. Technical Assistance Publication (TAP) Series 33. HHS Publication No. (SMA) 13-4741. Rockville, MD.
* Substance Abuse and Mental Health Services Administration. (2017). Words Matter: How Language Choice Can Reduce Stigma. Retrieved from https://facesandvoicesofrecovery.org/wp-content/uploads/2019/06/Words-Matter-How-Language-Choice-Can-Reduce-Stigma.pdf
* Substance Abuse and Mental Health Services Administration. (2020). Substance Use Disorder Treatment for People With Co-Occurring Disorders. Treatment Improvement Protocol (TIP) Series, No. 42. SAMHSA Publication No. PEP20-02-01-004.
Rockville, MD: Substance Abuse and Mental Health Services Administration.
* van Boekel, L. C., Brouwers, E. P., van Weeghel, J., & Garretsen, H. F. (2013). Stigma among health professionals towards patients with substance use disorders and its consequences for healthcare delivery: systematic review. Drug & Alcohol Dependence, 131(1-2), 23-35.
* van Boekel LC, Brouwers EP, van Weeghel J, Garretsen HF. (2015). Stigma among health professionals towards patients with substance use disorders and its consequences for healthcare delivery: systematic review. Tijdschrift Voor Psychiatrie, 57(7):489-497. PMID: 26189417.
* Velander J. R. (2018). Suboxone: Rationale, Science, Misconceptions. *The Ochsner journal*, *18*(1), 23–29.
* Wakeman SE, Barnett ML. Primary Care and the Opioid-Overdose Crisis — Buprenorphine Myths and Realities. N Engl J Med. 2018;379(1):1-4 doi: 10.1056/NEJMp1802741.
* Whitfield, C. L., Anda, R. F., Dube, S. R., & Felitti, V. J. (2003). Violent childhood experiences and the risk of intimate partner violence in adults: Assessment in a large health maintenance organization. Journal of Interpersonal Violence, 18(2), 166–185. https://doi.org/10.1177/0886260502238733
* Yang, L. H., Wong, L. Y., Grivel, M. M., & Hasin, D. S. (2017). Stigma and substance use disorders: an international phenomenon. Curr Opin Psychiatry, 30(5), 378-388. doi:10.1097/YCO.0000000000000351