

Subject Four:
Subject Review &
Training/Teaching Guide

The Physiological Effects
of Co-Occurring Psychiatric
and Substance Disorders
on Physical Health

Subject Review Developed By:
 Rhonda McKillip, LLC

Text: THE BASICS, Second Edition:
 A Curriculum for Co-Occurring Psychiatric and Substance Disorders
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 Author: Rhonda McKillip, M.Ed., LMHC, MAC, CCDCIII, CDP (RET)
 Foreword: Kenneth Minkoff, MD

Purpose of the Subject Review & Teaching Guide

1. Cross-train staff on Co-Occurring Psychiatric and Substance Disorders using *THE BASICS, Second Edition* as the text. Training, study, or review by treatment providers of the curriculum/subjects in *THE BASICS, Second Edition* either individually or by the entire staff.
2. Provide discussion and teaching format for Universities and Colleges using *THE BASICS* as their course work text.
3. Assist professionals in Subject Review for Credentialing Exams offered by the International Certification & Reciprocity Consortium (IC&RC) and other national boards.

❖ **NOTE:** These PowerPoint presentations are **NOT** the officially endorsed "Study Guides" for the IC&RC and other National Exams recommending *THE BASICS, Second Edition* as material to be studied for their exams. *THE BASICS, Second Edition* – the two volume set – **IS** the recommended Study Guide for the credentialing exams. These Subject Reviews are overviews that I created to give professionals a way of reviewing subject material or training presentations on *THE BASICS*. These are not sufficient or intended to be the sole credentialing preparation for any credentialing, CEU, or licensing exams as they are only an overview.

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- Permission Is Granted to Use this Study Guide for the Purpose of Training on *THE BASICS, Second Edition: A Curriculum for Co-Occurring Psychiatric and Substance Disorders*.
- Permission Is Not Granted to Add, Remove, or Change Any Part of this Study Guide or To Use Portions for Any Training Other Than The Purpose of Training on *THE BASICS, Second Edition* © McKillip & Associates. You may contact me if you have additional questions.

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Bibliographies/References/Resources

- *THE BASICS, Second Edition* is supported by thousands of professional research studies, references, and resources...over 1,600 of these are listed in the curriculum.
- In each of the eight subjects and six appendices there are sources/references listed within the subject text itself.
- At the end of each of the eight subjects and six appendices you will find extensive bibliographies of the references and resources.
- An enormous gratitude is extended to the treatment participants who – while being taught the psychoeducation in this curriculum – commented and shared what was helpful. They contributed through their responses (without knowing I had written the curriculum) what I needed to add, eliminate, or explain differently.
- Much appreciation to the thousands of professionals who contributed to the psychoeducation found in *THE BASICS, Second Edition* through their trainings, research studies, books, mentoring, collegial support, and sharing their vast experience and knowledge with me.

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Putting Evidence Based Practice (EBP) into Action

1. **PURPOSE:** *THE BASICS* eliminates the "gap" between the system and the professionals providing the services; between the evidence based practices and the person seeking services. *THE BASICS* is a compendium of materials designed to help clinicians teach the evidence based practice skills to persons with co-occurring disorders. It is designed to ensure the continuity of care.
2. **EBP:** Integrated System of Care; Universal Dual Diagnosis Capabilities; Principles of Empathy and Hope; Motivational Interviewing Approach; Stages of Change Model Design; Strength Based; Skill Building; Solution Focused; Neurochemistry Based Disorders of the Brain; Symptom Identification; Symptoms Management; Best Practices Curriculum Topics, i.e. Nutrition, Stress Management, Cognitive Behavioral, and much more...

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Scope of the SUBJECT REVIEWS & DSM-5 UPDATE INFO

1. The Subject Reviews for each of the eight subjects in *THE BASICS, Second Edition* is meant to provide bullets of the curriculum content and examples.
2. It is *not*, of course, intended to present the entire curriculum in this PowerPoint format.
3. Please refer to the actual curriculum for the complete list of the examples, explanations, and psychoeducation on all the topics in these Subject Reviews.
4. Also please take a look at the *LESSON PLANS* located on my website for detailed group lesson plans to put the curriculum into action.
5. *THE BASICS* was never written with the intention of making a diagnosis either by professionals or treatment participants. It was purposely written without sufficient information available to make a diagnosis possible. There are other forms, evaluations, and specifically trained professionals to make diagnoses.
6. Yet symptom identification and discussion is extremely important.
7. During the printing of *THE BASICS, Second Edition* the format of the *Diagnostic and statistical manual of mental disorders*, originally published by the American Psychiatric Association in 1952, was the DSM-IV-TR, 2000.
8. So this was my dilemma as the author of the curriculum...

9. Do I publish a *Third Edition* for the sole purpose of updating the limited amount of diagnostic criteria to align with the DSM-5? Or do I find a way to update the material that would be available at no cost on my website?
10. I chose the latter...no additional cost to current owners and purchasers.
11. The limited references to the DSM on the symptoms of psychiatric disorders are primarily located in *Subject Two: Psychiatric Disorders Within A Co-Occurring Diagnosis*. This subject, of course, does not cover all of the psychiatric disorders. It includes only the ones typically found among co-occurring psychiatric and substance use disorders like Depression, Anxiety, Mood Disorders, Thought Disorders, Personality Disorders, etc.
12. The limited references to the DSM on Substance Disorders are located in *Subject Three, Substance Disorders Within A Co-Occurring Diagnosis*.
13. The updates from the DSM-IV-TR to the DSM-5 (American Psychiatric Association, 2013) are located in Subject Two & Subject Three of these Reviews.
14. You will find extensive lists of symptoms from other sources on Psychiatric Disorders in APPENDIX II and Substance Disorders in APPENDIX III.
15. These Appendices are worded in everyday language and are by far the very best way for individuals to understand their symptoms or identify those they may wish to discuss further with their group or individual counselor.

SUBJECT FOUR The Physiological Effects of Psychiatric and Substance Disorders on Physical Health

Overview of Topics

Connection Between Stress & The Immune System, Substance Disorders, Depression, Anxiety, & Isolation · Stress Reactions, COD & Management · Unhealthy & Healthy Immune System · Chronic Stress & Health · STD's, HIV/AIDS, TB & Hepatitis A, B, C (Definitions, Transmission, Symptoms, Testing, Prevention & Treatment) · Contributors to Unhealthy Immune System · Anger & Physical Health · Strengthening the Immune System · Substance Disorders & Physical Health (Women & Seniors) · Cravings (Brain Chemistry, Physical Response, Managing) · Reducing Risky Behaviors · Safe Sex Practices · Depression, Anxiety, Isolation & Physical Health · Benefits of Laughter & Expressing Emotions · Medication Issues (How Med's Work, Doc's & Dealers, Safe Medication Practices, What To Ask Your Doctor, Patience, 12 Step & Meds) · Recovery Hope...more

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Subject Four Presentation Guide

The Physiological Effects of Co-Occurring Psychiatric and Substance Disorders on Physical Health

Presentation Subject Guide Example Located at the Beginning of Each Subject

PRESENTATION GUIDE SEGMENTS	A Prepare	Professionals	Goal, Objectives, and Methods
			Subject Sections
			Appendices
	B Present	Group	Handouts
			Beginning: Reading, Phrase, or Relaxation
			Introductions
C Practice	Subject Material	Time Frames Separate Sections	Overview of Format & Subject
			Sections of Subject
			Appendices Related to Specific Subject
D Handouts	Handouts	Subject Handouts & Discussion	Group Closure & Support

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Subject Four Goal and Objectives

Goal:

Identify the physiological (vital processes of the body) effects of untreated Psychiatric and Substance Disorders on the immune system and physical health, as well as the role stress plays as a link between untreated disorders and the disease process.

Objectives for Professionals:

1. Define stress and the interaction with the immune system and co-occurring Psychiatric and Substance Disorders.
2. Outline the importance of a healthy immune system and illnesses or behaviors that place the immune system at risk.
3. Discuss STDs, HIV/AIDS, Hepatitis, and Tuberculosis and detail the effects of specific drugs, including alcohol, on physical health and on reproduction, as well as the long-term effects on infants through their adulthood.
4. Explain the effects of Substance Disorders, Depressive Disorders, Anxiety Disorders, anger, and isolation on physical health.
5. Summarize the use of medications by individuals with co-occurring disorders.

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Today's Subject and Why It's Important

- People in treatment for any disease or disorder will benefit from understanding the physical risks and medical complications of their disorder. People in treatment for co-occurring Psychiatric and Substance Disorders can benefit from learning about:
 1. How *untreated* Psychiatric Disorders and emotional distress can affect physical health and place a person at risk for illness.
 2. How *continued* Substance Abuse or Substance Dependence affects the body and eventually leads to physical complications, illness, disease, and possibly death.
- Knowledge can promote understanding. Understanding can then pave the way for hope, and hope is a necessary ingredient of recovery.

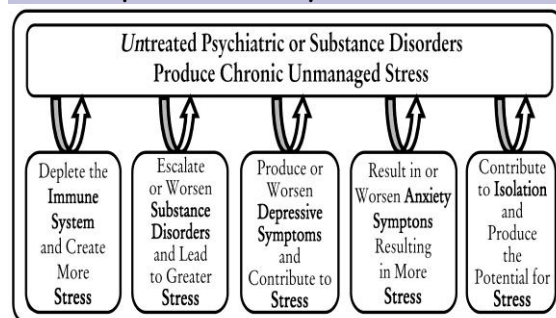
From THE BASICS, SECOND EDITION, Page Subject 4-1

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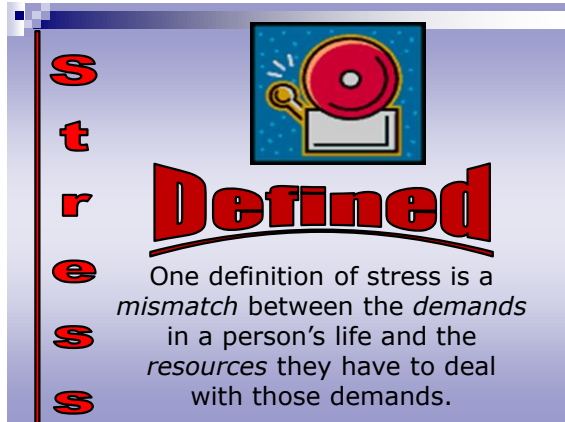
Chronic Disorders Versus Acute Illnesses



The Connection Between Stress and the Immune System, Substance Disorders, Depression, Anxiety, and Isolation



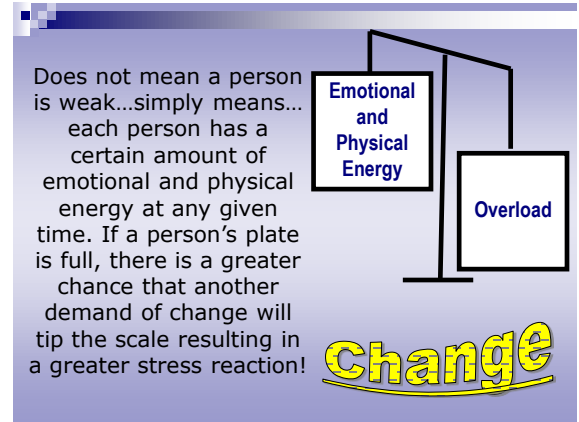
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Stress Defined

One definition of stress is a *mismatch* between the *demands* in a person's life and the *resources* they have to deal with those demands.

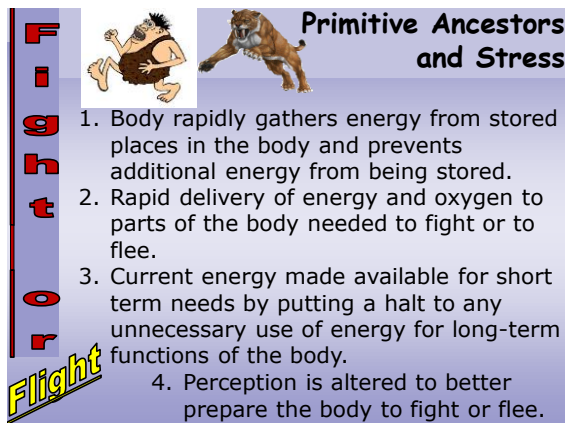
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Does not mean a person is weak...simply means... each person has a certain amount of emotional and physical energy at any given time. If a person's plate is full, there is a greater chance that another demand of change will tip the scale resulting in a greater stress reaction!

Change

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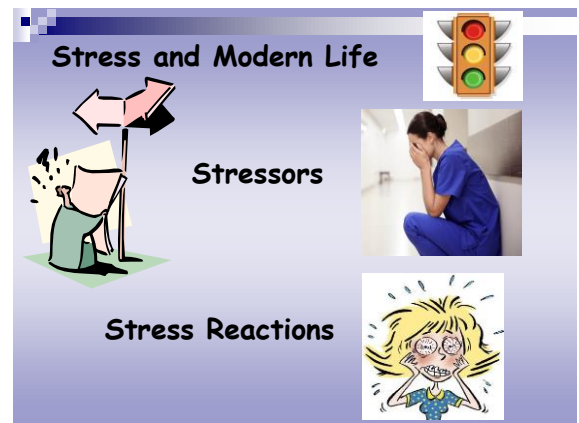


Primitive Ancestors and Stress

1. Body rapidly gathers energy from stored places in the body and prevents additional energy from being stored.
2. Rapid delivery of energy and oxygen to parts of the body needed to fight or to flee.
3. Current energy made available for short term needs by putting a halt to any unnecessary use of energy for long-term functions of the body.
4. Perception is altered to better prepare the body to fight or flee.

Fight or Flight

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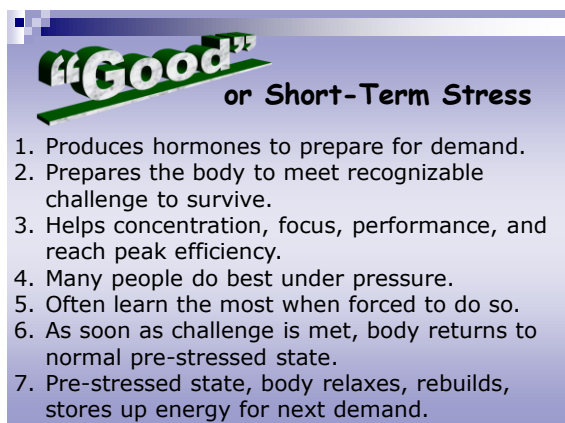


Stress and Modern Life

Stressors

Stress Reactions

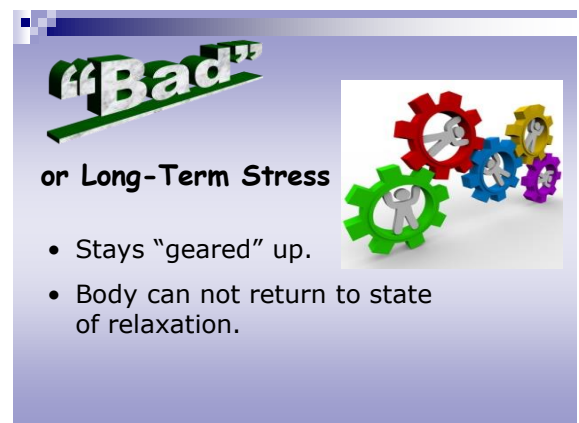
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"Good" or Short-Term Stress

1. Produces hormones to prepare for demand.
2. Prepares the body to meet recognizable challenge to survive.
3. Helps concentration, focus, performance, and reach peak efficiency.
4. Many people do best under pressure.
5. Often learn the most when forced to do so.
6. As soon as challenge is met, body returns to normal pre-stressed state.
7. Pre-stressed state, body relaxes, rebuilds, stores up energy for next demand.

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"Bad" or Long-Term Stress

- Stays "geared" up.
- Body can not return to state of relaxation.

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Co-Occurring Disorders and Stress

Stress Management Techniques

1. Achieving balance between work-rest-play.
2. Sharing thoughts and feelings with others.
3. Changing negative thinking to positive thinking.
4. Finding humor in a situation and laughing freely with others.
5. Setting achievable goals and accepting time or financial limitations.



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Stress Management Techniques continued...

6. Taking care to get rest and sleep, good nutrition, plenty of fluids and water, and exercise.
7. Eliminating stressful practices and behaviors, including drug and alcohol abuse.
8. Choosing relaxation activities like music, walks, quiet time, or reading.
9. Developing a support system and keeping company with supportive, positive people.



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Stress Management Techniques continued...



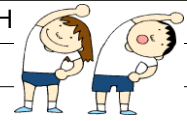
- Identify the areas that cause stress.
- Choose a stress management technique that will be helpful to them personally.
- Practice the chosen skills until it becomes a routine or a habit.

Daily Plan for Stress Management

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Stress Reduction Stretching Exercise

1	FINGER FAN
2	UPPER BACK STRETCH
3	EAR TO SHOULDER
4	OVERHEAD REACH
5	KNEE PULL
6	WAIST BEND



Stress Reduction Stretching Exercises
 Instructions on next slide....

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Stress Reduction Stretching Exercises continued...

FINGER FAN: Extend arms straight in front with palms up. Spread fingers as far apart as possible – hold 5 seconds

UPPER BACK STRETCH: Sit up straight, fingers interlaced behind head. Keep shoulders down, lift chest & bring elbows back as far as possible – hold 10 seconds

EAR TO SHOULDER: Lower right ear to right shoulder – hold 10 seconds – repeat on left side

OVERHEAD REACH: Raise arms over head, interlace fingers with palms up, keep shoulders down, stretch upwards – hold 20 seconds

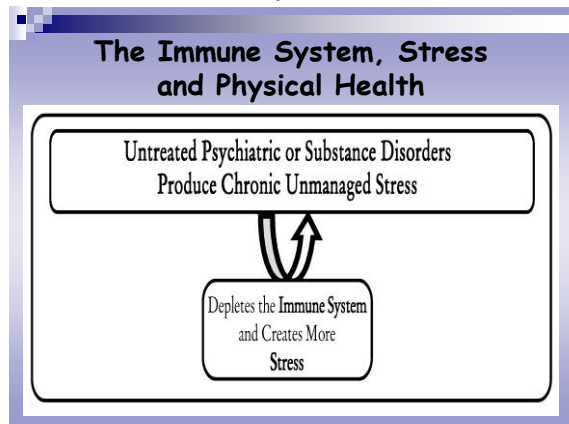
KNEE PULL: While seated, bring one knee up toward chest as high as possible – hold 10 seconds – repeat other knee

WAIST BEND: Reach arms over head with fingers interlaced, facing forward with shoulders down, bend to one side from the waist – hold 20 seconds – repeat other side.



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A Healthy Immune System

Components of the Immune System

1. Lymphocytes
2. B & T Cells
3. T Cells

The Immune System in Action

1. B & T Cells Are Activated
2. B Cells Make Specific Antibodies
3. Antibodies Disable Bacteria, Coat Bacteria, Block Viruses & Produce Immunity

An Unhealthy Immune System

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The Effects of Chronic Stress on Physical Health

- 1 The immune system becomes depleted because it sends out too many inflammatory immune factors. The adrenal glands become exhausted. This weakens several body systems especially the cardiovascular and endocrine systems.
- 2 Long-term stress breaks down the body and makes way for disease.
- 3 Chronic stress is considered to be the greatest medical cause of death in this country.
- 4 Reports state that mental stress has caused or aggravated symptoms in 50-90% of all hospitalized patients in the United States.

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Physical Signs and Illnesses Associated With Stress

Untreated Psychiatric and Substance Disorders
 = Stress =
 Impaired Immune System
 = Illness

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Physical Signs and Symptoms	Constant Fatigue	Rashes
	Sleep Disturbances	Nervous Energy
	Rapid Weight Loss or Gain	Heartburn
	Diarrhea or Constipation	Ulcers
	Frequent Headaches	Tight Muscles
	Frequent Backaches	Nervous Tics
	Nausea & Vomiting	Frequent Infections
	High Blood Pressure	Chest Pain
	Shortness of Breath	Heart Disease
	Pounding Heart	Diabetes
	Teeth Grinding	Strokes
	Blocked Arteries	Cancer
	A Weakened Immune System and Illness	

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Sexually Transmitted Diseases (STD's)

Transmission of a Sexually Transmitted Disease

Types of Sexually Transmitted Diseases:

Viral STDs	Viral STDs like herpes, genital warts, and HIV are caused by viruses and can be <i>controlled</i> but not cured.
Bacterial STDs	Bacterial STDs like chlamydia, gonorrhea, and syphilis can usually be <i>cured</i> with antibiotics. The serious complications come from <i>not</i> treating these STDs.

The Risks of Not Seeking Treatment

The Benefits of Seeking Treatment For STDs


Checking Out Concerns Is Worth It! 🤔

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Human Immunodeficiency Virus (HIV)/Acquired Immune

Human Immunodeficiency Virus (HIV) Defined

Acquired Immune Deficiency Syndrome (AIDS) Defined



Transmission of the HIV/AIDS Virus	
1	An Infectious Substance
	The virus is carried in semen, vaginal fluids, blood, and breast milk. It can be passed from an infected person to another person through these infected fluids.

continued...

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Transmission of the HIV/AIDS Virus continued...

2	A Potentially Infectious Dose	The amount or dose of the virus necessary to infect a person may be found in the blood from an infected person; blood involved in pregnancy or childbirth, ejaculated semen and vaginal fluid; blood transmitted through dirty needles used to inject drugs, do body piercing, tattoos, or to inject vitamins, and steroids.
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continued...

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Transmission of the HIV/AIDS Virus continued...


3	Penetration into the Bloodstream	<p>1. The virus must penetrate into the bloodstream for a person to become infected. Viral penetration can occur with a blood transfusion, an injection, or through vaginal, anal or oral intercourse. A woman with HIV may pass the virus on to her baby during pregnancy, birth or by breast-feeding. Cuts and abrasions are also entry points for the virus.</p> <p>2. Testing of donated blood and plasma began in 1985. Although HIV can be transmitted through blood transfusions, high-risk individuals are screened out and not allowed to donate blood.</p>
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The Benefit of Seeking Treatment for HIV/AIDS

Testing and Treatment for HIV/AIDS

- Testing HIV Antibody test.
- Working with a health care provider.
- Planning for the future.
- Getting emotional support.



- Learning about HIV/AIDS resources
- Taking medication.
- Getting exercise.
- Eating healthy foods.
- Practicing relaxation techniques.
- Increasing rest.

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Hepatitis

Symptoms of Hepatitis

The most common symptoms of all Hepatitis infections include:


jaundice or yellowing of the skin and eyes	appetite loss	intermittent nausea
liver inflammation	low-grade fever	dark urine
fatigue	abdominal pain	diarrhea

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Hepatitis A

Hepatitis A Virus

- Transmission of Hepatitis A Virus
- Prevention and Treatment of the Hepatitis A Virus
- Good Hand Washing Techniques



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Good Hand Washing Techniques

- 1 Dispense or get paper towel first, when in a public restroom, to avoid touching the paper towel dispenser lever after hands are washed.
- 2 Wet hands with water.
- 3 Use lots of soap and rub hands together to build up a good lather.
- 4 Wash between fingers, the backs of hands, thumbs, palms, and wrists.
- 5 Pay careful attention to fingernails. Use a nailbrush if possible.
- 6 Wash hands for 15 to 20 seconds.
- 7 Rinse hands and fingers well while rubbing hands together. Finish the rinsing process with hands in a "fingers down position."
- 8 Dry hands and wrists thoroughly with a paper towel or a clean towel.
- 9 Use the towel to turn off the water.
- 10 Use the paper towel to open the door when using a public bathroom. Toss the paper towel into the trash. Do not use a bare hand. Other people may *not* wash *their* hands after using the bathroom and then touch the doorknob. If a towel is not available use a coat sleeve or simply push the door open with a shoulder when there is no doorknob.



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Hepatitis continued

Hepatitis B Virus

- Transmission of Hepatitis B Virus
- Prevention and Treatment of the Hepatitis B Virus

Hepatitis C Virus

- Transmission of Hepatitis C Virus
- Treatment of Hepatitis C Virus



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Testing for Hepatitis A, B, and C Virus

Hepatitis A Testing	1. Indicates a recent infection. 2. Indicates developed immunity due to a prior infection.
Hepatitis B Testing	1. Indicates current or chronic infection. 2. Shows a person is recovering from the disease. 3. Detects immunity.
Hepatitis C Testing	1. Shows a current chronic infection. 2. Indicates a previous infection.



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Hepatitis Can Be Prevented

- 1 **Always practice safe sex** including using latex condoms and avoiding oral-anal contact during sex.
- 2 **Never share personal hygiene objects** like razors, toothbrushes, nail files or clippers.
- 3 **Always wash hands thoroughly** after using the bathroom, changing diapers, and before touching any food.
- 4 **Avoid tattoos and body piercing.** If a person does get a tattoo or piercing, choose a reputable firm. Make sure sterile instruments are used when getting a tattoo, body piercing as well as a manicure, electrolysis, or acupuncture.
- 5 **Get protection through a vaccination with immune globulin or hepatitis A vaccine.** This is recommended for people who work as food handlers, employees of day-care centers, institutional care workers, users of injected drugs, persons engaged in high-risk sexual activity, and those who live with or are having sex with an infected person.

continued...

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Hepatitis Can Be Prevented...continued

- 6 **Get protection through a vaccination for hepatitis B virus.** This is recommended for all people who are exposed to blood in their work and those who live with or are having sex with an infected person.
- 7 **Disinfect all surfaces contaminated by feces** like baby-changing tables using a cleaner marked "disinfectant."
- 8 **Exercise "universal guidelines" when exposed to blood** by treating all body fluids as if potentially infectious and take precautions accordingly.
- 9 **Clean up any infected blood with bleach,** 1 cup bleach to 10 cups of water, and always wear protective glove
- 10 **Avoid contaminated water and food** and practice good hygiene.
- 11 **Do not inject drugs.** The risk is too high. If a person does inject, *do not* share injection drug equipment. *If* sharing equipment, clean it with 100% bleach twice, then rinse with water twice, and do not reuse cotton.



The Importance of Seeking Treatment for Hepatitis A, B, or C



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Tuberculosis (TB)

Tuberculosis Infection

1	Have no symptoms.	3	Usually have a positive skin test reaction.
2	Don't feel sick.	4	Can develop TB <i>disease</i> later in life if they do not receive preventive therapy.

The Spreading of Tuberculosis Infection

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Tuberculosis Disease

How Tuberculosis Develops Into A Disease

1	Pre-existing Poor Health	People with immune systems <i>already</i> weakened from drug or alcohol abuse, HIV infection or other illnesses are <i>unable</i> to contain the TB <i>infection</i> and develop an active case of tuberculosis <i>disease</i> .
2	Changes in Health	Someone with a pre-existing TB <i>infection</i> gets sick and the immune system becomes weaker from drug or alcohol abuse, HIV infection, serious illness or aging. The TB bacteria multiply and overwhelm the immune defenses and the TB <i>disease</i> becomes active.

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Causes of Tuberculosis Are On The Rise

1. Neglect
2. HIV/AIDS Epidemic
3. Poverty, Homeless, Drug Abuse
4. Multiple Drug-Resistant TB
5. International Travel Immigration

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The Benefits of Treatment and Testing for Tuberculosis

Treatment For Tuberculosis Disease

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Contributors to an Unhealthy Immune System

- Unmanaged Stress and The Immune System
- Substance Abuse and The Immune System
- Depression, Anxiety, Isolation, and The Immune System

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Anger and The Immune System

Externalized Anger Affects Physical Health

A Little Story About How Externalizing Anger Can Eventually Lead To a Coronary... "Martin's Story"

Harmful Hostility

1. Cynicism
2. Anger
3. Aggression

Suppressed Anger Also Affects Physical Health

Anger Management

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Strengthening The Immune System

The Trio of Nutrition, Exercise, and Relaxation



Eat Nutritious Foods



- 1 Avoid excessive saturated fat, sugar and salt. They weaken and suppress the immune system.
- 2 Eat a diet generous in fruits and vegetables, which contains important vitamins to help the body fight diseases.

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Exercise Regularly



- 1 Exercise improves the health of the immune system. For example, walking 45 minutes a day can cut the chances of catching the flu or a cold by 50%.
- 2 Exercise also increases strength, creates a feeling of well-being, and improves energy.
- 3 Well-worked muscles, organs and tissue contribute to a healthier body and lower stress.

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Practice Relaxation Techniques

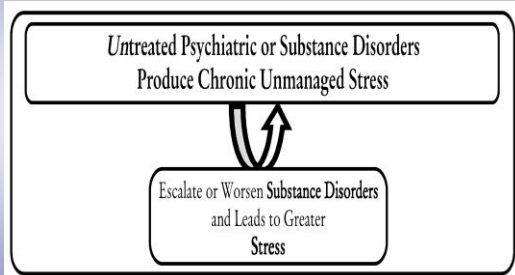


- 1 Relaxing allows the human body to recharge and repair tissue, heal cells and fuel organs.
- 2 Getting "mellow" by practicing relaxation techniques lowers the stress level, improves attitude, and strengthens the immune system.
- 3 Relaxation techniques can include: deep breathing, meditation, progressive muscle relaxation, scheduled quiet time, rest or sleep.



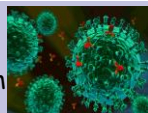
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Substance Disorders, The Immune System, Stress, and Physical Health



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The adverse effects of Substance Abuse and Substance Dependence on the immune system can include:



- Impaired responses by the immune system designed to protect the body from disease.
- Reduced number of infection-fighting white blood cells and depressed production of antibodies.
- Suppressed activity of macrophages specifically designed to keep the lungs free from infection.
- Decreased resistance to illness in the children born to substance abusing mothers.

Continued alcohol and drug abuse combined with progressively weakened immune system:

1. Illness
2. HIV/AIDS
3. STDs

Effects of Substance Disorders on Physical Health

Three Progressive Stages of Physical Effects ☺

1	Ho Ho Stage	There are no detectable health problems in this stage. A person still experiences most of the desired effects from substance abuse. ☺
2	Oops Stage	A person begins to experience health problems and consequences of continued substance abuse. Deaths from falls, overdoses, drowning, fires, violence, or accidents are common in this stage. ☹
3	Liver Falls Out Stage	Those who survive the Oops Stage will find themselves in the <i>Liver Falls Out Stage</i> . A person is now sick when drinking and sick without drinking. The physical deterioration is obvious as a person begins to experience serious health problems like pancreatitis, heart problems, gastrointestinal difficulties, or cirrhosis. ☹

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Medical Problems Come in Various Forms

1. Medical Problems Caused By Substance Abuse
2. Pre-Existing Medical Conditions Usually Worsen, New Illnesses Surface
3. Route of Administration Jeopardizes Health
4. Drug Using Patterns Place People at Risk of Experiencing Medical *Complications*, Medical *Problems*, Medical *Certainties* & Medical *Disasters*

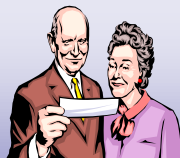


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Effects of Alcohol and Drugs on Women



Effects of Alcohol and Drugs on Seniors



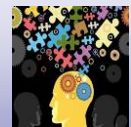
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Cravings To Use Alcohol and Drugs



Denying A Craving Is A Mistake

Cravings Are The Result of Brain Chemistry



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Conditioned Response Leads to a Craving



Pavlov's Dogs Response

Meat	→	Mouth Waters
Meat + Bell	→	Mouth Waters
Bell	→	Mouth Waters

Addictive Response = Craving for Alcohol or Drugs

Drug	→	Craving
Drug + Trigger	→	Craving
Trigger	→	Craving

(Bulter et al., 1995)

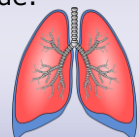
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Physical Response to a Craving or Urge to Use

A person can also experience physical discomfort from a craving that might include:

- Heart Palpitations
- Elevated Blood Pressure
- Rapid Pulse & Sweating
- Shortness of Breath



Taking Responsibility For The Response To The Craving

Managing Cravings Is A Healthy Choice

Getting Rid of a Craving to Use Alcohol and Drugs

Drink or Drug

↓

Leads to More Problems

↓

Cravings Increase With Time

↓

Disease Progresses

Learning to Manage Cravings

↓

Leads to Continued Abstinence

↓

Cravings Decline With Time


↓

Recovery Progresses

Managing Cravings With The Three Ds


1. De-Catastrophizing
2. Disputing Expectations
3. Distracting

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"Distracting" Takes the Power Out of a Craving


1 exercise or go for a walk	5 call a sponsor or a support person
2 eat a healthy meal or snack	6 go to a 12-step meeting
3 go somewhere else	7 distract yourself with <i>any</i> activity
4 find someone to talk to	8 do housework, garden, work on a hobby



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Refusal Skills

1	Change the subject.
2	Leave the situation or place.
3	State you don't want to use. You don't need to give an explanation but if it helps you can have one ready. The only truly important thing is to refuse the use of alcohol or drugs.
4	Suggest some other kind of activity like going out for coffee or to a movie.
5	Tell people directly that you are in recovery and you are not using.



Urges To Use and The Intensity of Cravings Lessen Over Time

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Alcohol and Other Drugs Affect Behaviors

High Risk Behaviors Associated with Substance Disorders


1	Acting spontaneously...
2	Sexual partners are often determined by availability.
3	Increased willingness to take certain risks...
4	Getting high makes a person forget the importance of precautions, clouds judgment...
5	Drugs and alcohol distracts a person from reality...

Note: This is a brief reference. Please refer to THE BASICS for additional text/information on this topic.

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Reducing The Risky Behaviors of Substance Disorders


1	Abstain from injected drug use.
2	Never, <i>ever</i> use contaminated equipment if drugs are going to be injected.
3	Always decontaminate needles or "works" that are being shared...
4	Avoid other non-injectable substances like crack cocaine and marijuana...
5	Treatment reduces the risky behaviors related to substance disorders...



Develop a Plan for Protection - When Sober

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Reducing Risks - Safe Sex Practices and Resisting Pressure



Safe Sexual Activity

1. Total Sexual Abstinence
2. Monogamous Relationships
3. Talking to Partners About Sex & Protection

Using a Condom

1. Always Use a Latex Condom
2. Use a Water-Based Lubricant

Reducing Risk With Sexual Partners

1. Avoid Sex With High-Risk People
2. Get Tested

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Resisting Pressure From Others

Ways to Resist Pressure For Sex

1. Think about the reasons for waiting...
2. Decide what is personally right...
3. Make personal decisions about having sex and stick with them.
4. Remember, if rejection does happen, hurt feelings pass a lot quicker than a Sexually Transmitted Disease.
5. There are many ways to say "no" to sex, which can include...

Note: This is a brief reference. Please refer to THE BASICS for additional text/information on this topic.

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Depression, The Immune System, Stress, and Physical Health

Untreated Psychiatric or Substance Disorders Produce Chronic Unmanaged Stress

Produce or Worsen Depressive Symptoms and Contribute to Stress

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Psychosomatic Illnesses

The Link Between Depression and Stress

Effects of Depression on The Immune System and Physical Health

1. Depression & Immune System
2. Depression & Illness
3. Effects of Untreated Depression on The Heart
4. Depression & Cancer
5. Depression & Strokes

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Physical Symptoms of Depression

1. Sleep
2. Energy Levels
3. Appetite

Treatment of Depression Includes Stress Management

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Anxiety, The Immune System, Stress, and Physical Health

Untreated Psychiatric and Substance Disorders Produce Chronic Unmanaged Stress

Result in or Worsen Anxiety Symptoms Resulting in More Stress

Effects of Anxiety on the Immune System and Physical Health

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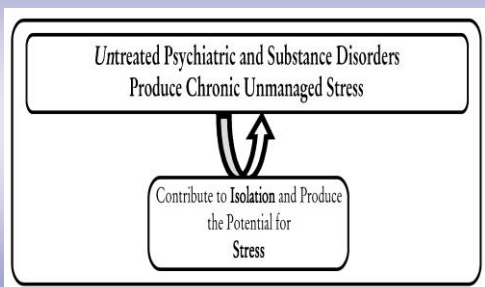
Physical Symptoms of Anxiety

headaches	nervous tics	irritable bowel	excessive perspiration
dizziness	extreme fatigue	diarrhea	shortness of breath
shake, tremble, tingle	numbness	constipation	choking feeling
teeth grinding	dry mouth	nausea vomiting	high blood pressure
muscle tension/aches	urinating often	frequent illness	chest pains
hot flashes or chills	stomach problems	sleep problems	pounding heart

Treatment of Anxiety Includes Stress Management

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Isolation, The Immune System, Stress, and Physical Health



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Effects of Isolation on The Immune System and Physical Health

1. Isolation is Stressful
2. Isolation & The Immune System
3. Isolation & Physical Health
4. Isolation & Severity of an Illness
5. Isolation & Recovery From Illness
6. Isolation & Mental Health



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Benefits of a Social Support System to Physical Health



Benefits of Support Groups to Physical Health

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The Benefits of Expressing Emotions

1. Laughter and the Immune System
2. Expressing Emotions Benefits Health
3. Expressing Joy Leads to Internal Focus of Control
4. Expressing Emotions, both Positive & Negative, Improves the Immune System
5. Humor is a Powerful Antidote to Stress
6. Humor is an Effective Self-Care Tool
7. Laughter is Good for The Heart



The Benefits of Laughter on The Immune System and Physical Health

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Medication Issues in Dual Diagnosis

The Planned Effects of Medication

Medications can help to:

1	Stabilize Psychiatric Symptoms	4	Reduce the Length of Time Symptoms Last
2	Eliminate Symptoms	5	Reduce Severity of Symptoms
3	Reduce or Suppress Symptoms	6	Make Symptoms Manageable

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Subject Review and Training & Teaching Guide Developed By: Rhonda McKillip M.Ed., LMHC, MAC, CCDCIII, CDP

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Sources & References Are Located Within the Text for Each Subject – With Extensive Bibliographies at the End of Each Subject

Author: Rhonda McKillip; Foreword: Kenneth Minkoff, MD; © McKillip & Associates; rhondamckillipandthebasics.com; rmckillip@ix.netcom.com

How Medications Work

Classifications of Medications

1. Anti-Anxiety
2. Anti-Depression
3. Anti-Manic
4. Anti-Psychotic
5. Anti-Addiction



Medication and Psychology Combined

Avoiding Addictive Medications

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The Difference Between Psychiatric Medications and "Drugs"

MEDICATIONS	ALCOHOL AND OTHER DRUGS
1 Properly prescribed medications are not addictive.	1 Street drugs, including alcohol, are addictive.
2 Medications are designed to help people with specific mental, emotional, or behavioral problems.	2 Street drugs might be called "designer drugs," but they are only designed to addict people and make dealers rich.
3 Medicines have been tested and shown to help many people. It isn't just a shot in the dark.	3 Drugs are not designed with anyone's welfare in mind. Taking them is always a shot in the dark.

Note: These are three examples. Please refer to THE BASICS for additional examples on this topic.

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Frequent Concerns or Questions

1	Are they addictive?
2	Aren't they just a way to escape problems?
3	Would they change who I am?
4	Would I need to take them for life?
5	Don't psychiatric medications take control?
6	Shouldn't I just get treatment and not take medications?



Coping With Side Effects

Common side effects may include:

1 DIZZINESS	4 BLURRY VISION	7 DIFFICULTY URINATING
2 JITTERY FEELINGS	5 CONSTIPATION	8 HEADACHE
3 DRY MOUTH	6 NAUSEA	

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A few basics about side effects includes:

1	Can often be prevented or treated.
2	Are usually minor compared with the pain of living with an untreated psychiatric illness.
3	Usually go away after a few days or weeks.
4	Can often be alleviated by the physician adjusting the dosage or switching to another medication if necessary.



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Mixing Medications With Alcohol and Other "Drugs"

1. Alcohol and other drugs create symptoms that resemble psychiatric disorders.
2. Street drugs and alcohol lead to more medication.
3. Street drugs and alcohol work against prescribed medications.
4. Alcohol and other drugs interfere with the absorption of medications.
5. Substances interfere with treatment.
6. The effects of alcohol and other drugs can be heightened.
7. Levels of medication can be affected by alcohol and other drugs.
8. Street drugs and alcohol increase side effects.



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Reluctance About Taking Medications

Murphy's Law of Psychotropic Medication (Montrose & Daley, 1995, p. 18)



The more beneficial a psychotropic medication could be in the *long-term*, the more easily a person will abandon it in the *short-term* - especially if its positive side effects are not immediately felt.

If a person has a question about psychotropic medications, the opinion of the Rhodes Scholar, board certified psychiatrist will hold less weight than that of the neighbor who "knows about these things" through the personal experience of a distant cousin who once took psychotropic drugs.

Ain't it the truth ☺

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Distrust of Psychiatrists Wanting to be Like Others The Difference Between Doc's and Dealers



Doc's	DEALERS
1 Will not prescribe a medication unless it is beneficial to a person when weighed against the risks involved in taking it.	1 Will sell drugs whether people need them or not; will sell drugs like cocaine whether the person has a weak heart or not.
2 Will monitor medications by gradually reducing dose or tapering off.	2 Not interested in helping people taper off the drug - that's bad for business.
3 Carefully monitors health to be sure prescriptions are not prescribed whenever they don't mix with other medications.	3 Never going to worry about drug interactions. No bartender monitors your health or warns you not to mix alcohol with medications.
4 Trained to look for complications and, depending on the medication, will order regular liver enzyme tests.	4 Not trained and could care less about recognizing the physical problems that can result from substance abuse.
5 The pharmacist will not cut psychotropic medications with baby laxatives or spray them with herbicides.	5 Dealers cut drugs with anything that increases the quantity they sell, regardless of the quality, to increase their profit.
6 Monitors symptom severity and moods in order to adjust prescription whenever necessary.	6 No dealer will lose any sleep over a person's mood failing to improve in six weeks.


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Important Message

How to Take Medications

1. Take all medications exactly as prescribed.
2. Never discontinue medications without medical advice.

Remembering to Take Medication By Developing a Plan



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Safe Medication Practices...Don'ts

Do Not...	
1	Self-diagnose and take medication without consulting a doctor.
2	Take medication prescribed for another person or give your medication to someone else.
3	Transfer drugs from the original container to another.
4	Save unused or expired medications.
5	Don't stop early, even - and especially when - you are feeling better.

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Safe Medication Practices...Do's

Do...	
1	Tell health care professionals the names of all the medications you take.
2	Ask questions about how to take prescribed drugs and what to expect.
3	Take medications exactly as prescribed, following instructions for quantity, time of day, food and drink recommendations, or restrictions of any kind.

Note: These are three examples. Please refer to *THE BASICS* for additional examples on this topic.

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Basics About Storing Medications

DON'TS	DO'S
1 Don't keep medications that can absorb moisture in the kitchen or bathroom - the lids aren't all that tight and the potency could be affected.	1 Do store all medicines in their original containers, with labels securely attached. Some medications must remain packaged in their special containers to retain potency.
2 Don't keep medications in the refrigerator unless you've been told to do so.	2 If you want to use a pillbox that holds all of your day's pills in one compartment, get your pharmacist's okay.

Note: These are two examples. Please refer to *THE BASICS* for additional examples on this topic.

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What to Tell or Ask Your Doctor

Be Patient - It Takes Time for Medications to Work

Be Realistic With Expectations

Don't Give Up

Twelve Step Programs and Medications





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Group Closure

Treatment and Recovery
Hope for Recovery



The Gift of Time

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APPENDIX IVA

Effects Of Alcohol and Other
Drugs on Physical Health

Drug Category Section

Effects of the following drugs on physical health are detailed from the top of the body down – beginning with the brain, circulatory system, heart, lungs, stomach, intestines, etc.

- Alcohol
- Barbiturates, Major Tranquilizers, or Benzodiazepines
- Heroin, Morphine, Opium, or Codeine
- Amphetamine, Methamphetamine, Cocaine, or Crack Cocaine
- Nicotine/Smoking
- Caffeine
- Cannabis Sativa (Marijuana, Hashish, or Hash Oil)
- LSD, PCP, Peyote, Mescaline, Psilocybin, MDMA (Ecstasy), or “designer drugs”
- Inhalants
- Anabolic Steroids

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APPENDIX IVB

Effects of Alcohol and Other Drugs on
Fertility, Pregnancy, Delivery, and Prenatal
Effects on Infants Through Their Adulthood

1. FAE and FAS (Diagnosing, Myths & Facts, Recovery & Hope, Treatment of Children, Cultural Support for Families, Parents, & Foster Parents, Self-Forgiveness, Effects on Infants – Adulthood)...more.
2. The effects on specific areas like system distress, physical development, major organs, mental & emotional development, etc. that can be caused by the following:
 - Alcohol
 - Barbiturates, Major Tranquilizers, or Benzodiazepines
 - Heroin, Morphine, Opium, or Codeine
 - Amphetamine, Methamphetamine, Cocaine, or Crack Cocaine
 - Nicotine/Smoking
 - Caffeine
 - Cannabis Sativa (Marijuana, Hashish, or Hash Oil)
 - LSD, PCP, Peyote, Mescaline, Psilocybin, MDMA (Ecstasy), or “designer drugs”
 - Inhalants
 - Anabolic Steroids

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Self-Forgiveness

Written and Generously Shared by Mercedes Alejandro

...As his mother, I had to make a conscious decision to either wallow in guilt and despair or face it head on and deal with it. I had caused in my child a preventable disability! Of course the first step, hard as it was, was to forgive myself, I had made a very serious life-altering mistake. One my child and I both had to live with. But there was no going back in a time machine to undo the damage and there was no point in punishing myself.

Once I decided to forgive myself (whether others did or not was not important) in order to go on with my life and my son's, I came to the following conclusions:

- ♥ I am lucky because some parents never find out what caused their child's disability and just knowing he has FAS/FAE gave me a tool for seeking therapy and educational approaches that address his specific strengths and needs.
- ♥ I became an advocate for my son at school and in our neighborhood, opening doors for his success in education, employment and in life.
- ♥ I decided to get used to glances from people who invariably judge and blame me for a mistake I made many years ago. I decided their opinions would be only that, “their opinion” because I had already forgiven myself.
- ♥ Finally, I sought out parent support groups so that I could get the strength, understanding, and acceptance I need. Parents who raise children with Fetal Alcohol Syndrome or Fetal Alcohol Effects learn to understand and accept our children just as they are and for what they can become.

Forgiving yourself for having caused your child's disability is the first and most important step towards healing your heart and will free you for the task at hand - raising this wonderful special child.

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Subject Four Handouts

Worksheet Handouts

1. Physical Complications of Alcohol Abuse or Dependence
2. Physical Health *Personal Risk Assessment*
3. Stress Management “Survival Plan”
4. Looking For Some Serenity? Try Putting The *Serenity Prayer* Into Your Day

Inspirational Handout

Which Place?

Extensive Bibliographies for Every Subject Are Located in The BASICS at the End of Each Subject

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Worksheet Example

Looking for Some Serenity?

Try Putting The *SERENITY PRAYER* Into Your Day

...grant me the Serenity to accept the things I cannot change...

Some things I can't change are _____

Courage to change the things I can...Some things I can change are _____

and the WISDOM to know the difference. Some things I can change are _____

Keeping It Simple

Today I Do Not Have to:

(examples: finish school, find a new job, make a decision about my relationship, or change my whole life)

**Actually, all I have to do Today is not drink or drug!!
To meet that goal TODAY I will:**

When you go to bed without drinking or drugging or engaging in an addictive behavior, you have done everything you need to do today...successfully!
How excellent is that!!!

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THE END: Subject One Review and Training/Teaching Guide

- I am deeply honored to have worked with hundreds upon hundreds of the millions of individuals who have struggled and continue to struggle with Co-Occurring Psychiatric and Substance Disorders.
- Their courage and strength in pushing ahead toward health, in spite of seemingly insurmountable obstacles, is nothing short of amazing.
- I am sometimes asked why this is the Second Edition.
- The first printing (250 pages) was distributed without charge to agencies to receive feedback from treatment participants – many of which I sat in or taught across the country without them knowing I was connected to the curriculum in any way.
- When we listen and ask – treatment and therapy participants will tell us what is working, what is not helpful, and what they need.
- Thank you for your input which is the heart of this curriculum.

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