

Mental Health Services Awareness Night – October 13, 2011

I. Incidence and Prevalence

- A. Good News – Some of the lowest rates of drug/alcohol abuse in the nation
- B. Bad News – those that do, do it with a vengeance. Impacts us all. Show of hands!

II. Flavor Du Jour

- A. Good news – Methamphetamine use hit a plateau and began dropping in the last four years.
- B. Bad News – Opiates (Illegal ie heroin, legal ie pain medication) have replaced methamphetamines as the drug of choice. Troublesome for several reasons:
 - 1. Legal/Illegal- pain meds are used/abused by “non-stereotypical druggies”. Pain meds are legally and socially acceptable. Because of tolerance, pain meds can be intro to illegal use of the medication and heroin use.
 - 2. Lethality – Because of the respiratory depression properties of narcotics, overdose situations can be particularly lethal. As opiate abuse has increased, so have the fatalities. In 2007 (for the first time) there were more prescription drug overdose fatalities(does not count ones from illegal drugs ie heroin) in the state of Utah than fatalities from auto accidents. That has continued since 2007.
 - 3. Good news – The dramatic increase in prescription drug abuse fatalities has not gone unnoticed. (see SMART and Deseret News information). This is good public policy and demonstrates that communities, families and individuals can make a difference.
 - 4. Summary – We are making headway, but the problem is with us and takes some of our best and brightest.

III. Utah County Division of Substance Abuse

- A. Social safety Net - Public funded through Federal, State and Utah County dollars. Every \$1 spent on substance abuse treatment saves \$8 in public spending for incarceration, police enforcement, hospitalization, welfare, foster placements, etc. Cost is assessed on a sliding fee scale based on income/family size.
- B. Continuum of Care – Needs of the individual vs “one size fits all program”:
 - 1. Residential: Foothill Residential Treatment Program/Social Detox, OUT Program in the Utah County Jail, House of Hope for Women and Children, Oddysey House, First Step House
 - 2. Outpatient: Intensive, General, Recovery Management
 - 3. Specialty Outpatient Programs: Promise Program of Women and children, DORA – probationers, Drug courts – Felony, Probation, Family and Youth, Dual Diagnosis – substance abuse/mental illness, PRI – DUI offenders.
- C. How to Access Services – Call 801-851-7128 to schedule an assessment.

IV. How to Help Someone Who Doesn't Want Help?

- A. Love and Maintain the Relationship – Be their greatest cheerleader. Catch them doing good.
- B. Get Educated on Addiction and Local Resources – Info booths, Utah County Substance Abuse /801-851-7127, Internet: Institute for Addiction Study/ Pleasure Unwoven video.
- C. Set Boundaries – Positive but firm message of expected behavior and rules. Must be measurable. Three essential boundary principles:
 - 1. Nothing illegal – zero tolerance
 - 2. Nothing abusive/violent – zero tolerance
 - 3. Age appropriate – If an adult, should expect adult behavior, responsibility, accountability.
- D. Graduated Sanctions – Reward boundary compliance, catch them doing good. Consequences for boundary violations should be predictable, consistent, commensurate with the violation, but not overkill. Don't make empty threats you are not willing/able to follow through with. As appropriate, provide opportunities to repair boundaries through behavior.
- E. Self or Other Harm Behaviors – If out of control, illegal, abusive/violent behaviors, you must seek help. Do your homework on where and how to access help before the crisis. At this point to regain control and prevent harm you must adopt a Mafia stance: "it's not personal, it's business"! You must make them an offer they can't refuse: "Get help or". Do not hesitate to precipitate a crisis, including legal intervention. Many lives have been saved by the safety/structure of a jail. Seize the moment.