

# What's New in Treating Alcohol Use Disorders

Live Webinars Supporting  
5-Actions Programs™

4/23/22

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Adjunct Faculty, Systems Science Graduate Program, PSU  
Principal, Digital Therapeutics Group, LLC

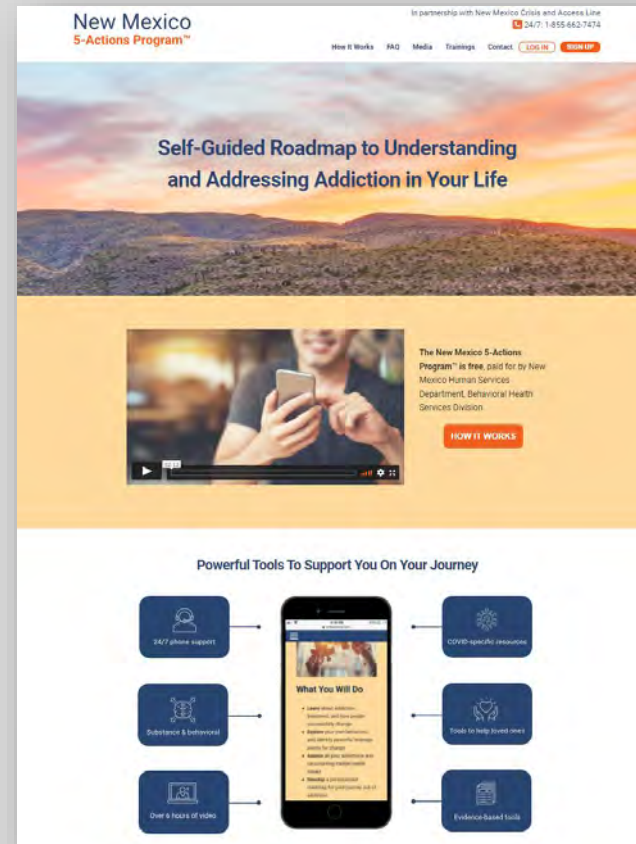
## Agenda:

- Review prevalence of alcohol use disorder (AUD) and who received treatment
- Discuss why treating AUD is largely a motivational problem
- Introduce the Contextual Model as a way of understanding how to achieve the best outcomes from treatment
- Review traditional and new treatment interventions for AUD

# 5-Actions Programs™

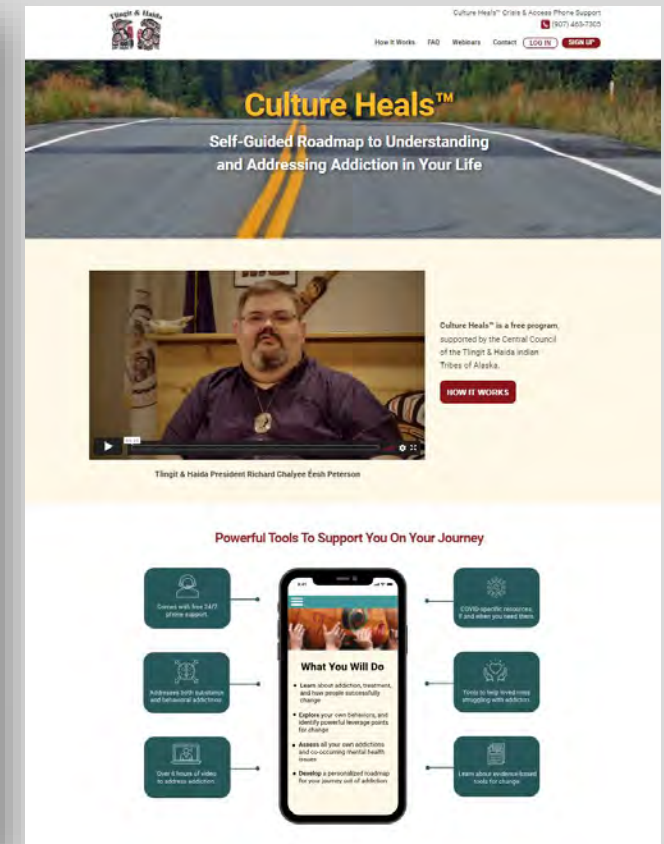
- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- **Launched November 2020** in New Mexico, 2022 in Alaska
- **Mobile-friendly online platform**, free for all who sign up to use the program
- **Over 125+ videos**, screening tools, and links to resources
- **24/7 phone support** from trained clinicians

## New Mexico



[www.nm5actions.com](http://www.nm5actions.com)

## Alaska



[www.cultureheals.com](http://www.cultureheals.com)

# 5-Actions Program™ Webinars: 2022

- **Monthly webinars** to address timely topics that are linked to the 5-Actions Program
- **One-hour format** in which we do our best to optimize your time
- **Guest experts** from the community with lived experience and working as professionals
- **Community discussion** where you can ask questions and connect with speakers

<https://5actionswebinars.com/>

## Upcoming Topics

- Addressing Our Unprecedented Suicide Epidemic (5/28)
- Learn What's New in the 5-Actions Program™ (6/28)
- Growing Up Emotionally: Learning to Live From Your Head and Heart (7/16)
- Remembering Who You Are: The Direct and Indirect Paths to Your True Self (8/27)

# What's New in Treating Alcohol Use Disorders?



It depends...

# Changes in Terminology

1849-Present

1980-2013

2013-Present

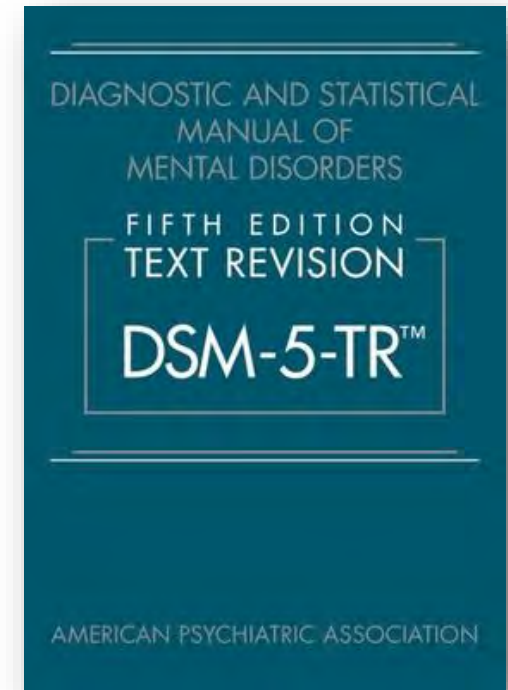
Alcoholism



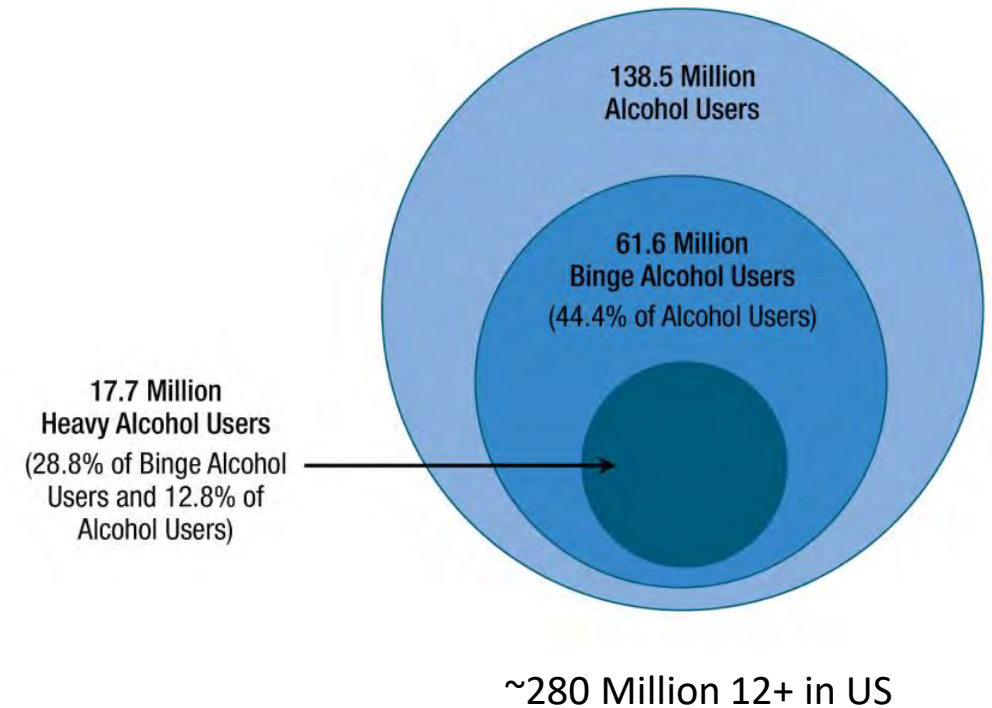
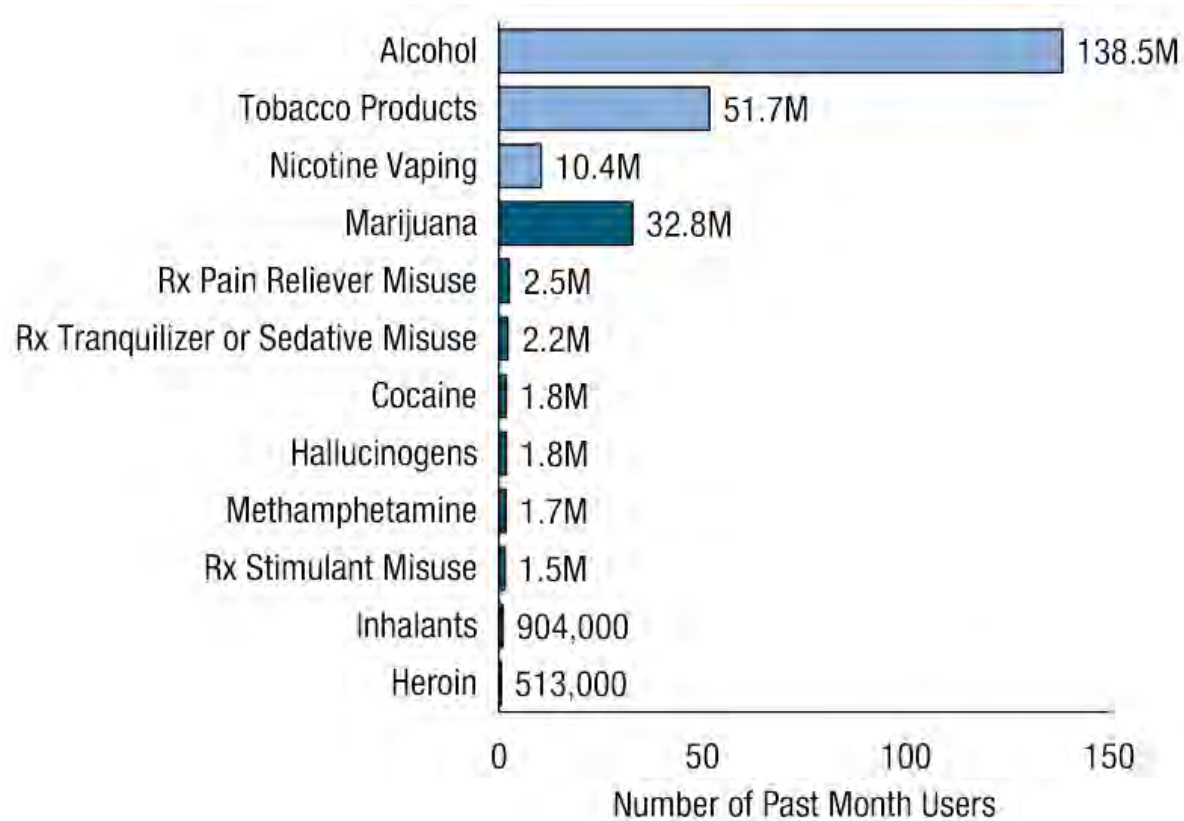
Abuse / Dependence



Alcohol Use Disorder



# Past Month Substance Use and Current Use, Binge, and Heavy Drinkers, Aged 12+ 2020





# Defining Alcohol Consumption

## WHAT IS A STANDARD U.S. DRINK?

Alcohol-by-volume will vary by drink, so it is always important to check labeling for exact amount. For example, a *light* beer may have 4.2% alcohol, while a *regular* beer may contain 5% alcohol.

SOURCE: NIAAA



12 oz. beer at  
5% alcohol



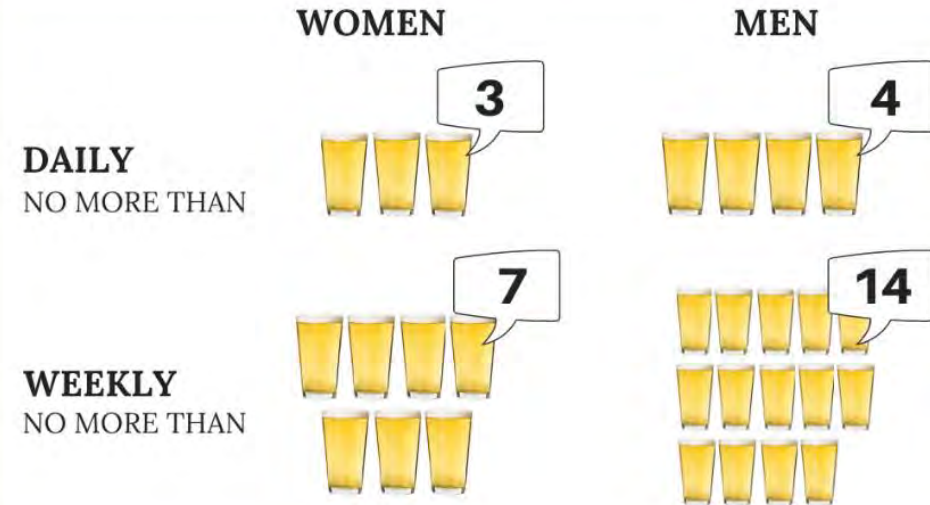
5 oz. wine at  
12% alcohol



1.5 oz. hard liquor at  
40% alcohol

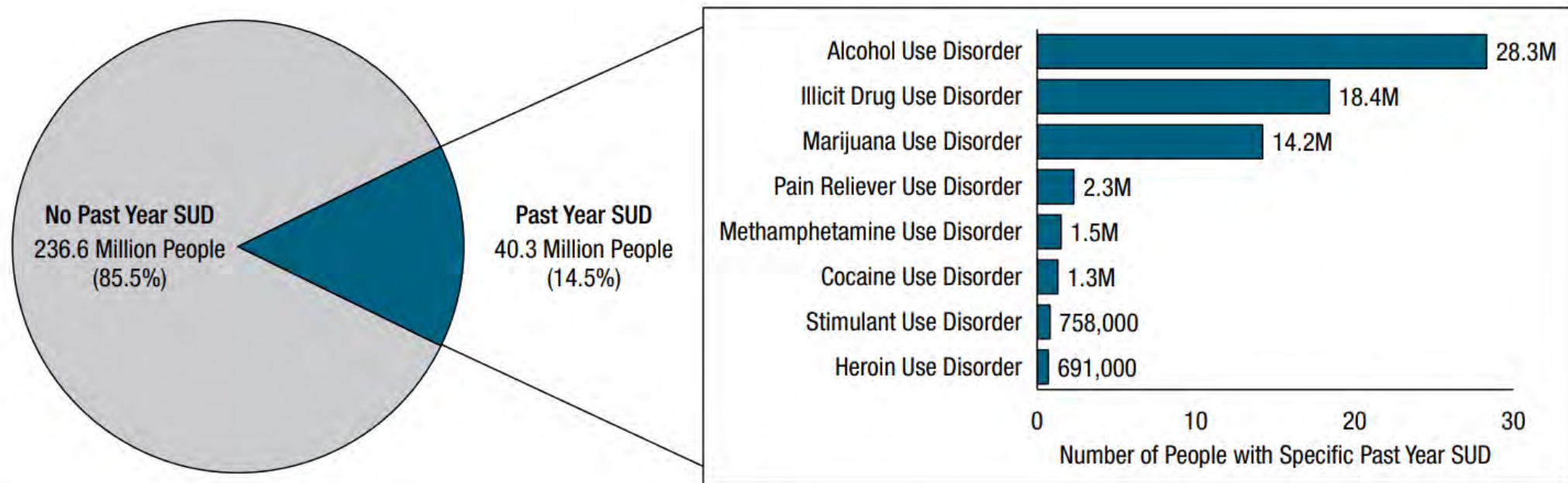
## What is considered low-risk drinking, according to the National Institute on Alcohol Abuse and Alcoholism?

The number of drinks below is determined by the U.S. National Institute on Alcohol Abuse and Alcoholism to minimize risk for development of an alcohol use disorder.



**Note:** U.S. Department of Health and Human Services Dietary Guidelines, the **daily limit for women and men is 1 and 2, respectively.**

# Past Year Substance Use Disorder (SUD), 12+, 2020



Note: The estimated numbers of people with substance use disorders are not mutually exclusive because people could have use disorders for more than one substance.



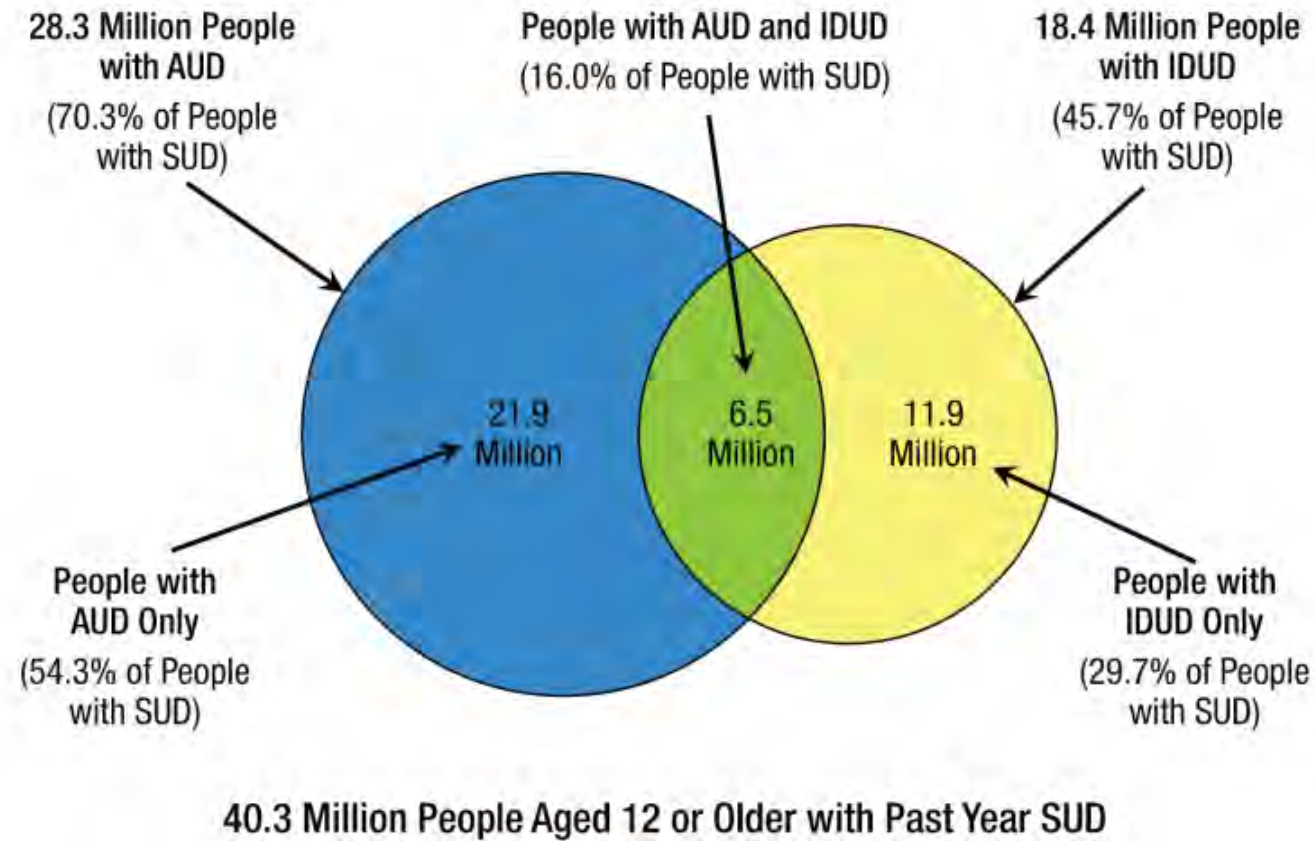
## Alcohol Use Disorder Past Year: 12+, 2020

1	District of Columbia	16.97%
2	Washington	13.03
3	Kansas	12.45
4	Colorado	12.40
5	Vermont	12.40
6	Oregon	12.34
7	Minnesota	12.32
8	Massachusetts	12.23
9	Rhode Island	12.16
10	South Dakota	12.13

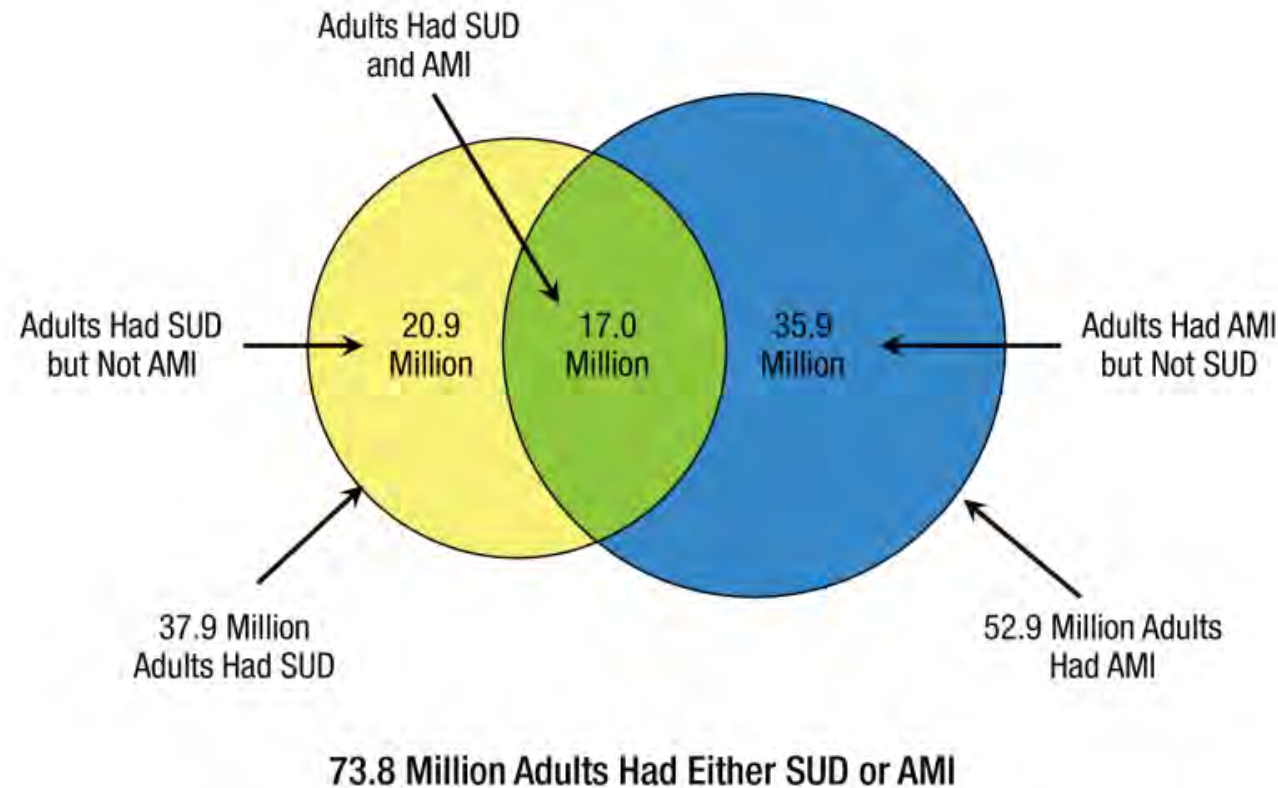
**New Mexico = 11.71 (15<sup>th</sup>)**

**Alaska = 10.45 (28<sup>th</sup>)**

# Alcohol Use Disorder (AUD) and Illicit Drug Use Disorder (IDUD) in the Past Year: 12+ with a Past Year Substance Use Disorder (SUD); 2020



# Past Year Substance Use Disorder (SUD) and Any Mental Illness (AMI): Among Adults Aged 18+, 2020



# Alcohol Use Disorder **Co-Occurs with Other Disorders/Issues**



- Other Substance Use Disorders
- Behavioral Addictions (Gambling, Sex, Food)
- Mental Health Disorders (SMI, PTSD, MDD)
- Developmental Challenges (TBI, FAS)
- Relationship Challenges (DV/IPV)
- Medical/Dental Issues
- Unemployment
- Homelessness
- Legal Problems

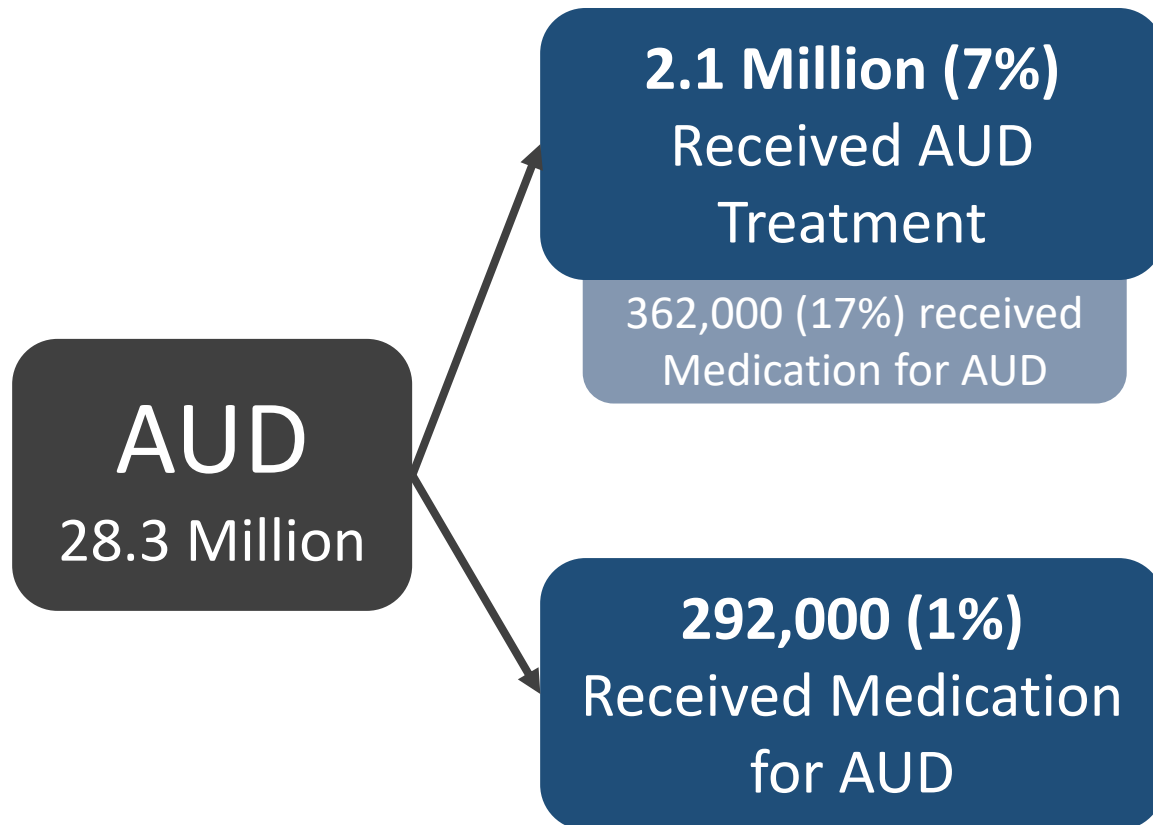
# Alcohol Use Disorders: **Emergent Issues**



- During COVID-19, some drinking more while others drinking less
- Pandemic caused a rapid expansion of teletherapy & online self-help groups
- Women are closing drinking gap with men for prevalence, early onset, drunk driving, and having an alcohol use disorder
- Alcohol use among older adults (65+) is increasing significantly



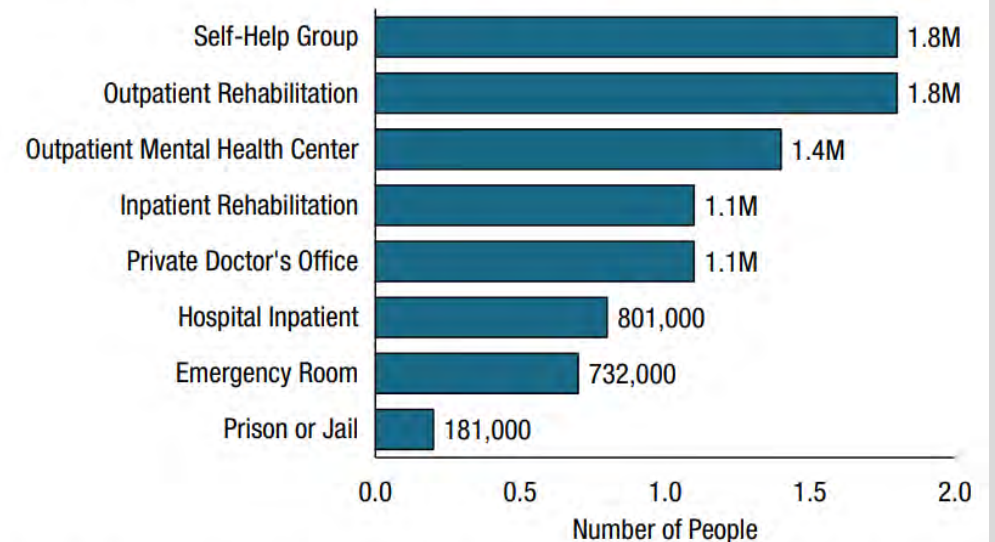
# Treatment for Alcohol Use Disorder (AUD): 12+, 2020



Source:

<https://www.samhsa.gov/data/sites/default/files/reports/rpt35325/NSDUHFFRPDFWHTMLFiles2020/2020NSDUHFFR1PDFW102121.pdf>

**Figure 42. Locations Where Substance Use Treatment in the Past Year Was Received: Among People Aged 12 or Older; 2020**



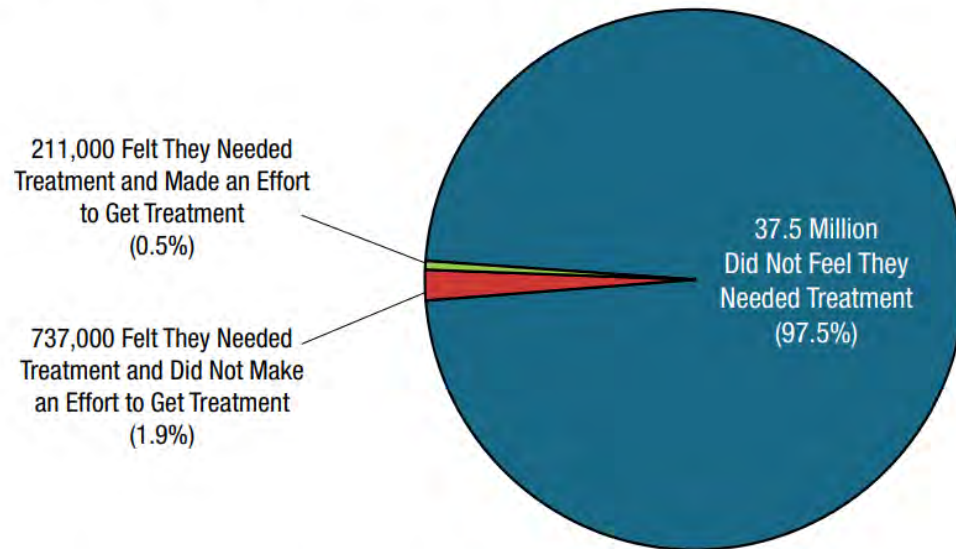
Note: Locations where people received substance use treatment are not mutually exclusive because respondents could report that they received treatment in more than one location in the past year.

Source:

<https://www.samhsa.gov/data/sites/default/files/reports/rpt35325/NSDUHFFRPDFWHTMLFiles2020/2020NSDUHFFR1PDFW102121.pdf>

# Perceived Need for Treatment

**Figure 45. Perceived Need for Substance Use Treatment: Among People Aged 12 or Older with a Past Year Substance Use Disorder (SUD) Who Did Not Receive Substance Use Treatment at a Specialty Facility in the Past Year; 2020**



**38.4 Million People with an SUD Who Did Not Receive Substance Use Treatment at a Specialty Facility**

Note: People who had an SUD were classified as needing substance use treatment.

Note: The percentages do not add to 100 percent due to rounding.

**Source:**

<https://www.samhsa.gov/data/sites/default/files/reports/rpt35325/NSDUHFFRPDFWHTMLFiles2020/2020NSDUHFFR1PDFW102121.pdf>

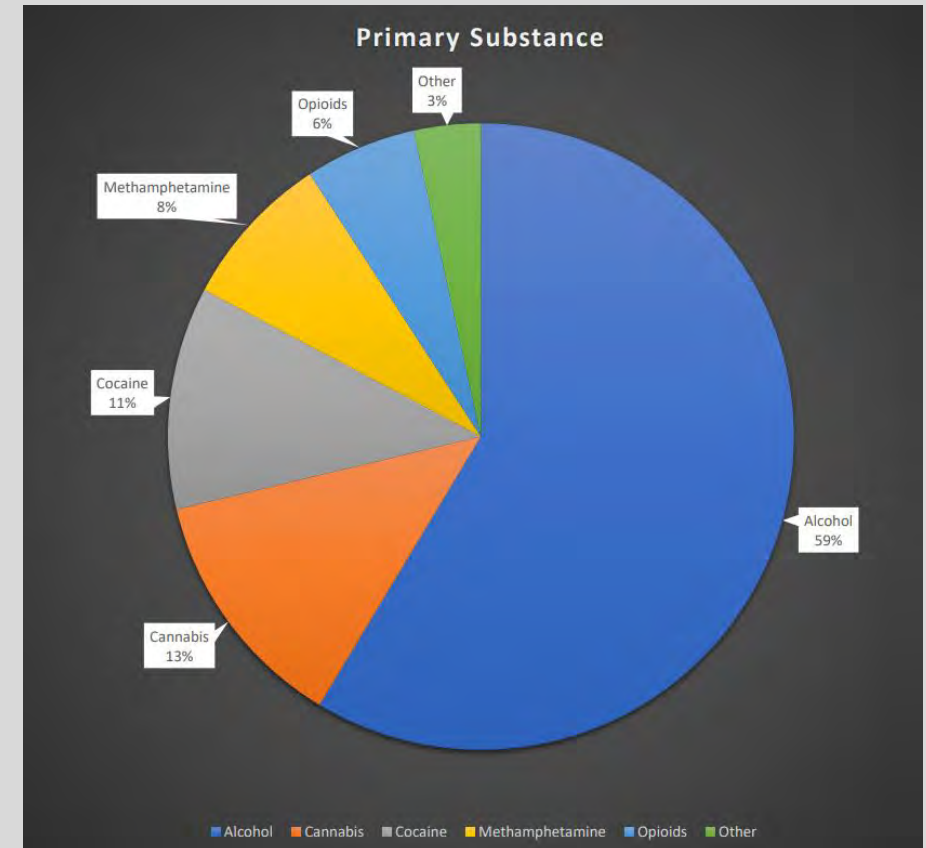
Addiction Largely is  
a **Motivational Problem**

# Overcoming Alcohol Use Disorders

## National Recovery Study

- Estimate the prevalence of those in recovery
- July/August 2016, N=25,229 (63% response rate)
- **9.1% (22 million Americans)** self-identified as resolving a significant alcohol or drug problem

Source: John F. Kelly, Brandon Bergmana, Bettina B. Hoepfner, Corrie Vilsainta, and William L. White. Prevalence and pathways of recovery from drug and alcohol problems in the United States population: Implications for practice, research, and policy, Drug Alcohol Depend. 2017 December 01; 181: 162–169.



46% Self-identifying as being “in recovery”

53.9% reported “assisted pathway”

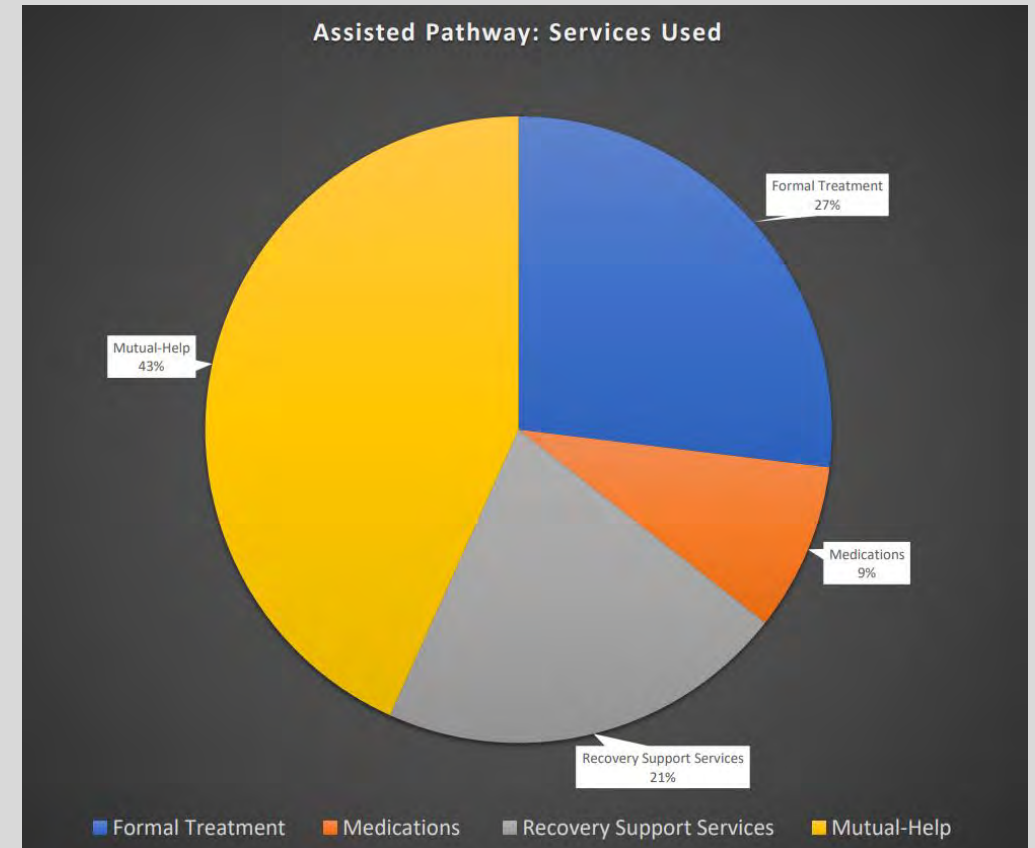
Source: New England Summer School of Addiction Studies June 2020 John F. Kelly, PhD, ABPP

# Overcoming Alcohol Use Disorders

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# What accounts for **positive treatment outcomes**?

## The Contextual Model

(Wampold & Imel, 2015)

Initial Therapeutic Bond



Three Change Pathways

1. Real (Healing) Relationship
2. Expectations (problem-solution)
3. Tasks/Goals/Intervention Actions



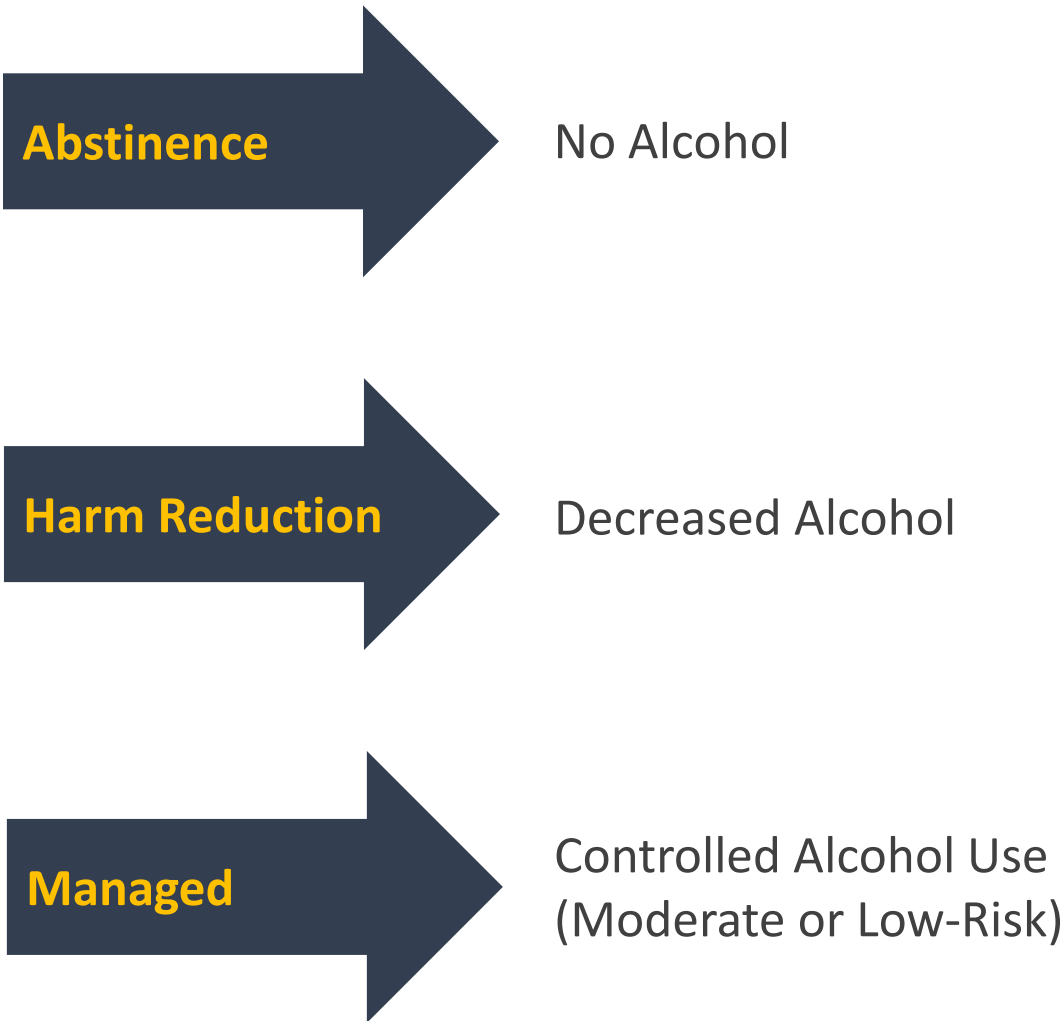
Good Outcomes

Symptom Reduction

Better Quality of Life



# Outcome: **Symptom Reduction**



## Non-Addiction Related

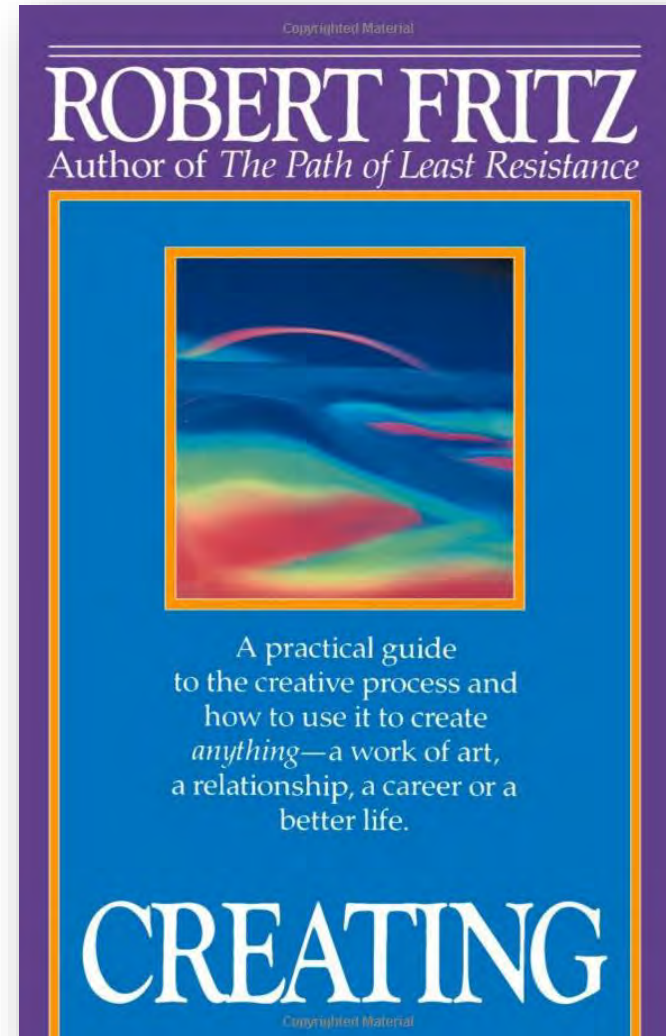
<b>Resolve</b>	<b>Manage</b>
Suicide Ideation	Addictions
Homelessness	Chronic Conditions
Basic Needs	Relapse/Cravings
Psychosis	Emotions
Safety	Relationships
Medical Conditions	Career
Dental Conditions	Recovery

# Outcome: Better Quality of Life



**Good relationships keep us  
happy and healthier. Period.**

*Robert Waldinger*



## Outcome: Better Quality of Life



**Good relationships keep us  
happy and healthier. Period.**

*Robert Waldinger*

Creating is not designed to heal you, fix you, or satisfy you, but a way in which you can bring your talents, energies, actions, imagination, reason, intuition, and yes, even love to the creation you desire...

**Love** is what creating is all about.

*Creating, Robert Fritz*

## Pathway 1: **Real (Healing) Relationship**



Key Ingredient: **Empathy**



## Pathway 2: Expectations (Problem-Solution Alignment)

**Problem =**





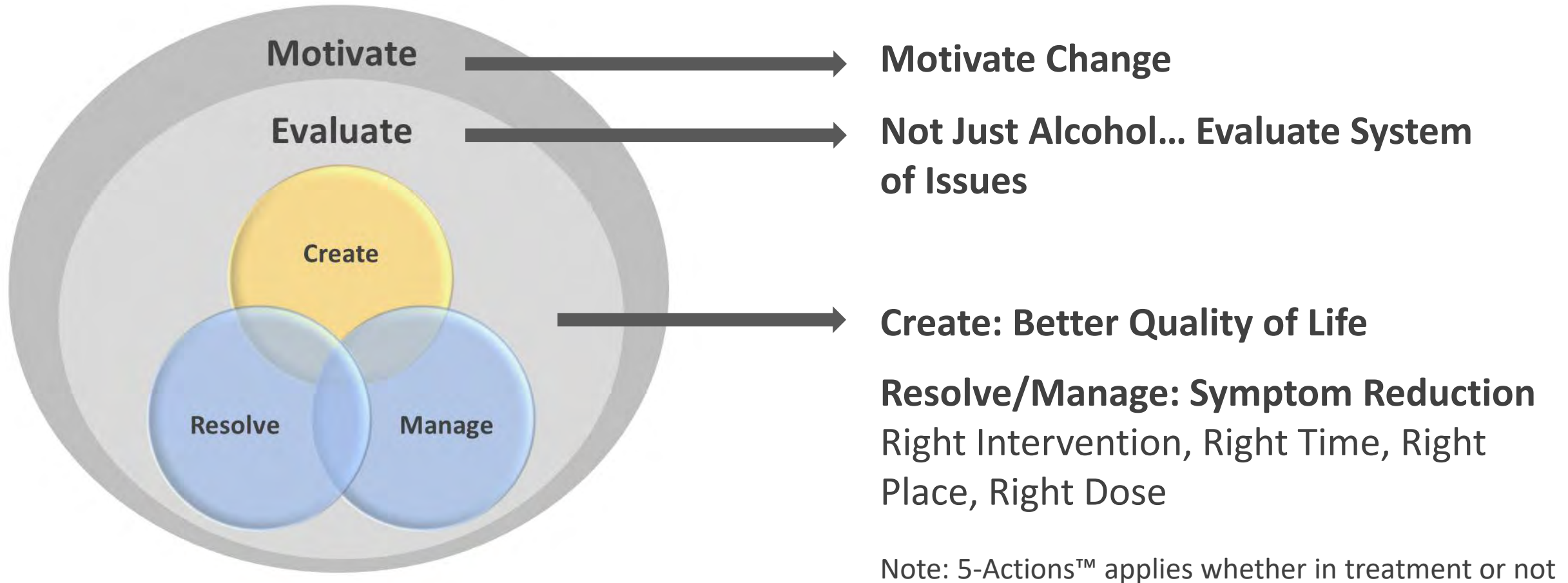
## Pathway 2: Expectations (Problem-Solution Alignment)

Problem =

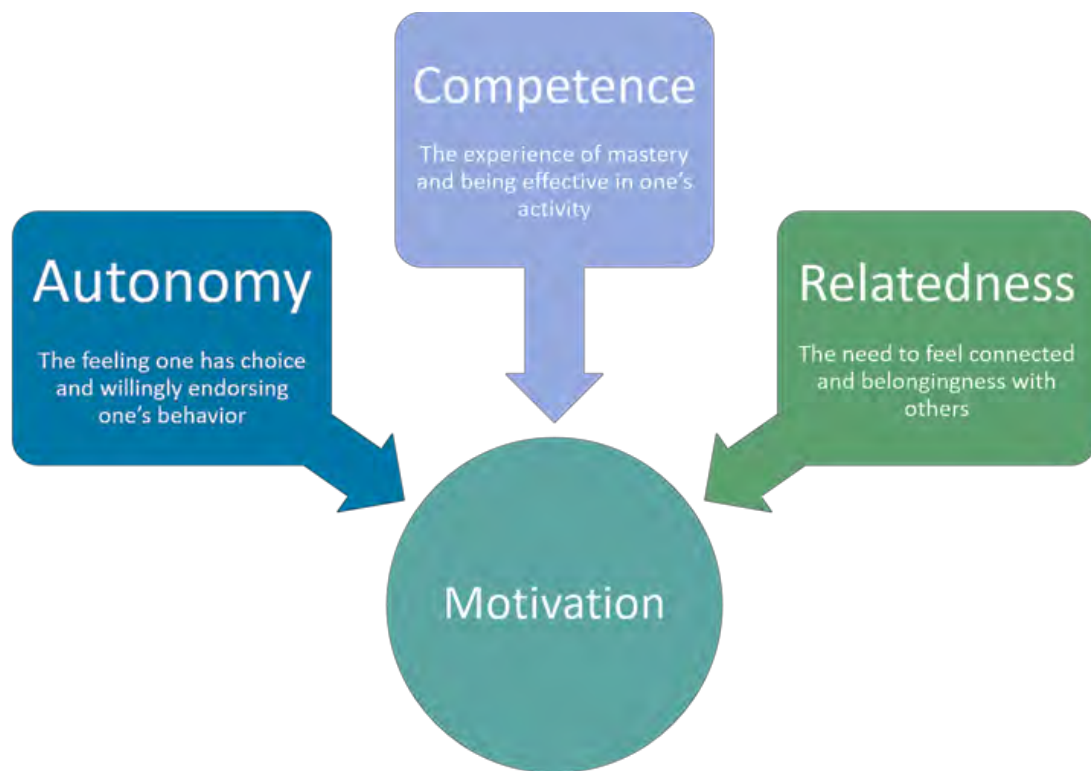


## Pathway 3: **Tasks/Goals/Intervention Actions**

### The 5-Actions™




# Motivating Treatment: Self-Determination Theory



## Action 1: Motivate

The program starts with motivation, which is the fuel necessary to keep you focused, energized, and committed to achieving your goals. To a large extent, addiction is a *motivational problem*, where the positive experiences from use of substances or addictive behaviors lead to brain changes that eventually hijack your motivational fuel tank. It's why starting with motivation, and learning how to realign it in the direction of positive change, is so critical.

 **Need Help Now?**

**Call 24/7: (907) 463-7305**

Call takers have been trained on Culture Heals and are available to support you and your family.



### Introduction

Your journey out of addiction begins with motivation, or Action 1. If you've been here before, motivated to change, and yet continue to struggle, this video will reveal the key to successful behavior change.



### Find Your Why

Overcoming addiction may be among the most challenging things you do in life. But "finding your why"—your purpose will help you push forward to succeed. This video will help inspire your "why."



### The Power of Now

Your ability to overcome addiction is largely a function of your awareness of the present moment and using that awareness to consciously engage in beneficial actions that align with your "why" for wanting to change.



### Three Needs

We all share three psychological needs. This video introduces them and explains when you align them with your "why" for change, you maximize your motivation to not go down the path of addiction.



### It's My Life

While addiction may feel like it robs you of choice, in truth it robs you of moments when you're unaware you have other options. This video discusses, "autonomy," the first of three needs to address addiction in your life.

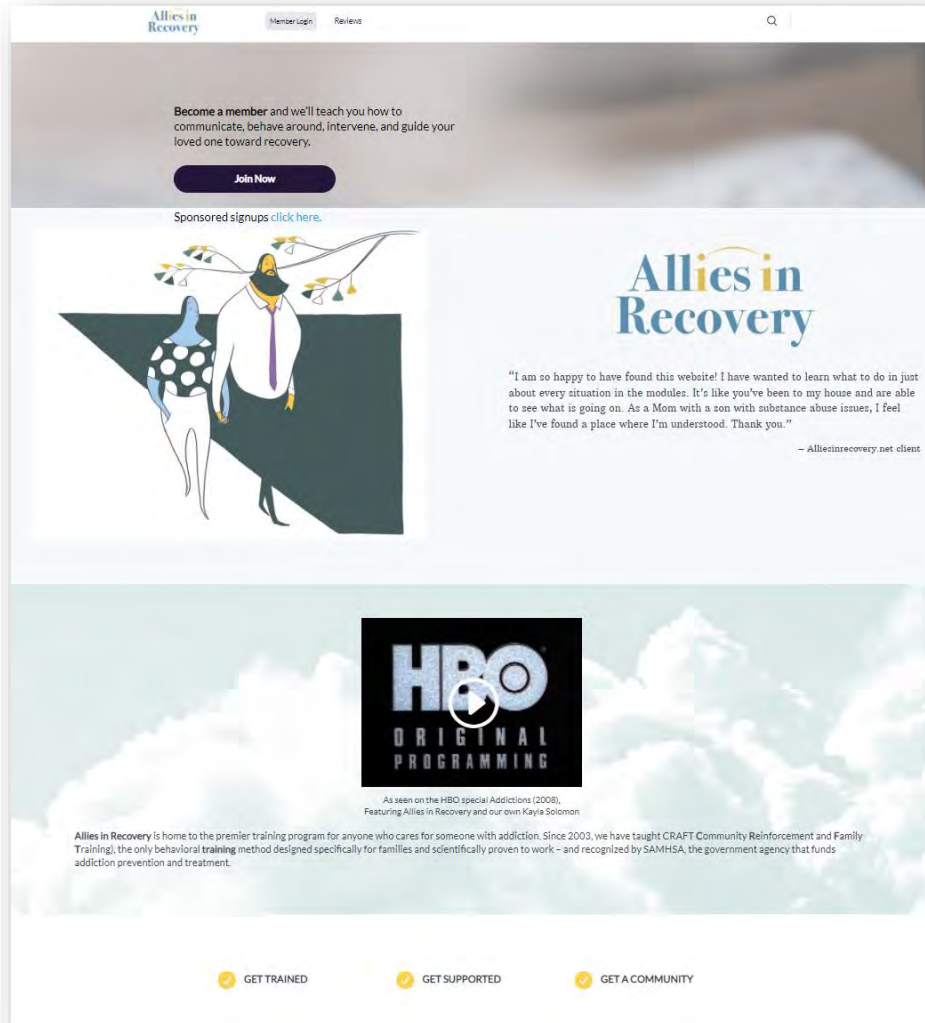


### Belonging

A sense of belonging is the second ingredient needed to help you choose a life other than addiction. Learn why it's important and how to go about engaging with people who share your commitment to change.

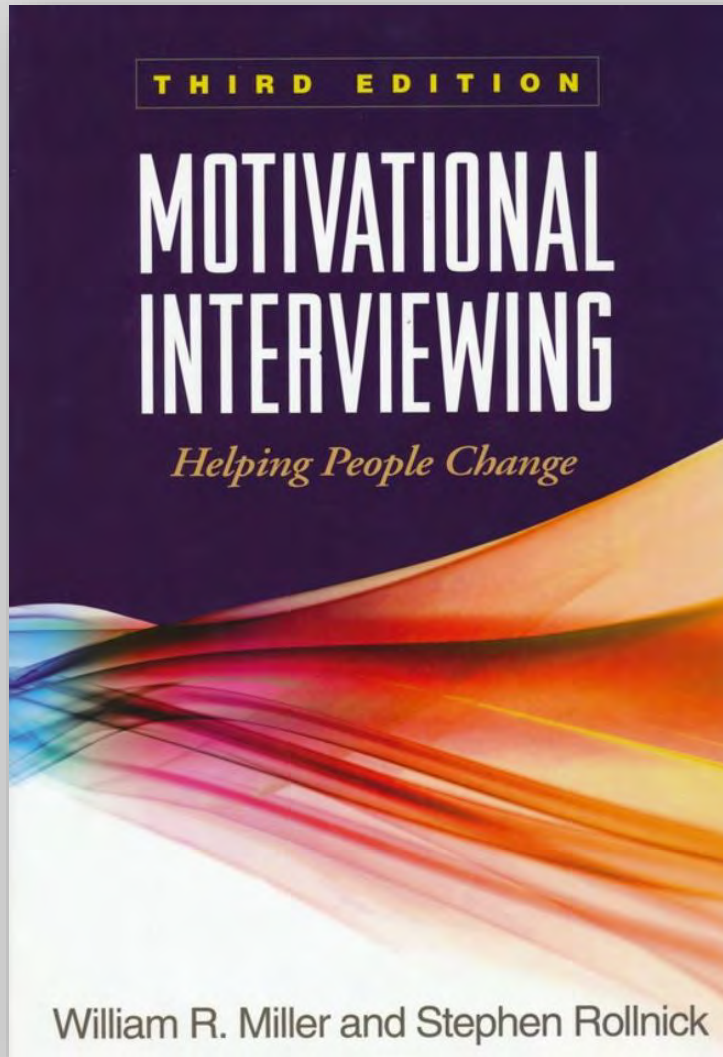


# Allies in Recovery: Motivating a Loved One into Treatment



- Online evidence-based program utilizing the Community Reinforcement and Family Training (CRAFT) approach
- Visit <https://alliesinrecovery.net/> FREE for 5-Actions Programs participants
- Check out webinar February 2022 on CRAFT

# Therapeutic Motivational Intervention



“MI is a collaborative, goal-oriented style of communication with particular attention to the language of change. It is designed to strengthen personal motivation for and commitment to a specific goal by eliciting and exploring the person’s own reasons for change within an atmosphere of acceptance and compassion.”

(Miller & Rollnick, 2013, p. 29)



# Effective Screening & Evaluation

**Screening** is a process for evaluating the possible presence of a particular problem. Usually quick (seconds to minutes), variable level of detection and accuracy.

**Assessment** is a process for defining the nature of that problem (which can include determining a **Diagnosis**) and is used to develop an intervention plan for addressing problems/diagnoses. Time to complete is variable (30 minutes – hours), and accuracy should be high.



# Effective Screening: AUDIT

AUDIT

Alcohol Use Disorders Identification Test

About AUDIT

Check Your Drinking

Translations

Validation Studies

### CHECK YOUR DRINKING: An interactive self-test

The AUDIT questionnaire is designed to help in the self-assessment of alcohol consumption and to identify any implications for the person's health and wellbeing, now and in the future.

It consists of 10 questions on alcohol use. The responses to these questions can be scored and the total score prompts feedback to the person and in some cases offers specific advice.

**Conduct a quick self-test with the AUDIT below.** Click on "submit" at the end for an instant assessment.

Please select your gender.

☐ Male

☐ Female

1. How often do you have a drink containing alcohol?

☐ Never

☐ Monthly or less

☐ 2-4 times a month

☐ 2-3 times a week

☐ 4 or more times a week

2. How many standard drinks containing alcohol do you have on a typical day when drinking?

☐ 1 or 2

☐ 3 or 4

☐ 5 or 6

☐ 7 to 9

☐ 10 or more

3. How often do you have six or more drinks on one occasion?

☐ Never

☐ Less than monthly

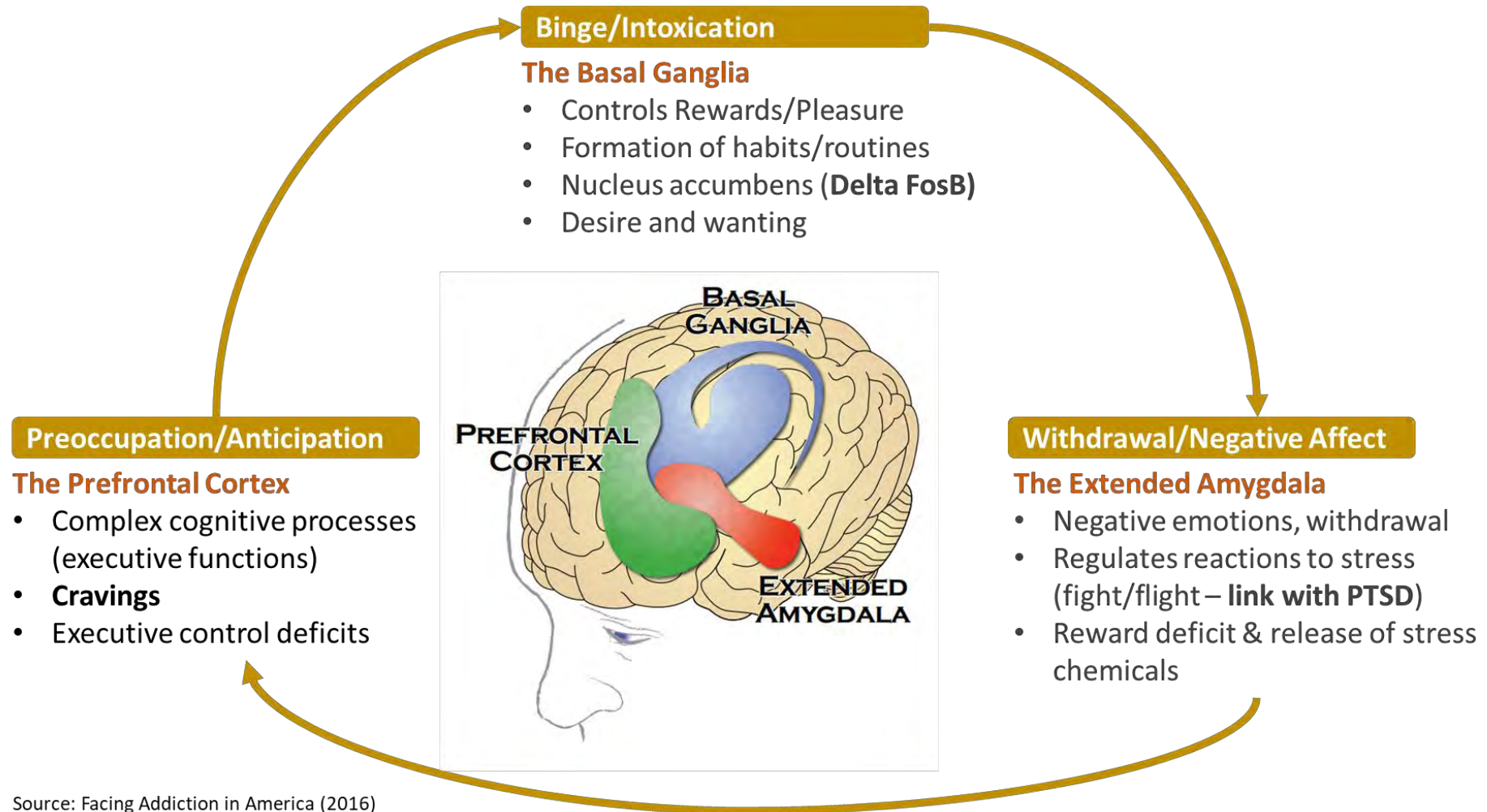
☐ Monthly

☐ Weekly

☐ Daily or almost daily

<https://auditscreen.org/check-your-drinking/>

# Alcohol Use Disorder: Hijacked Brain



Source: Facing Addiction in America (2016)  
<https://addiction.surgeongeneral.gov/>

# Medications to Treat Alcohol Use Disorder

## Medication for the Treatment of Alcohol Use Disorder: A Brief Guide



- **Acamprosate calcium** is indicated for the maintenance of abstinence from alcohol in patients dependent on alcohol who are abstinent at treatment initiation.
- **Disulfiram** is an aid in the management of selected patients who want to remain in a state of enforced sobriety so that supportive and psychotherapeutic treatment may be applied to best advantage.
- **Oral naltrexone** (naltrexone hydrochloride tablet) is indicated for the treatment of alcohol dependence.
- **Extended-release injectable naltrexone** is indicated for the treatment of alcohol dependence in patients who have been able to abstain from alcohol in an outpatient setting.



National Institute  
on Alcohol Abuse  
and Alcoholism

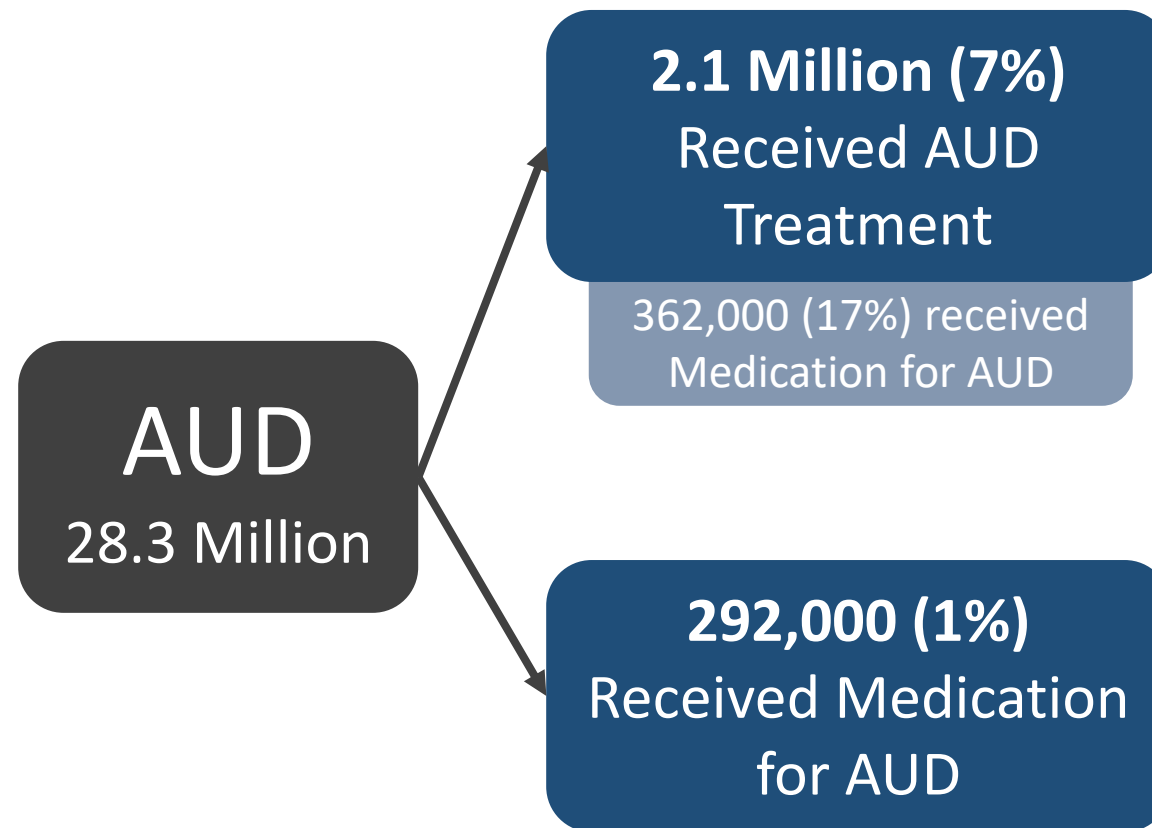
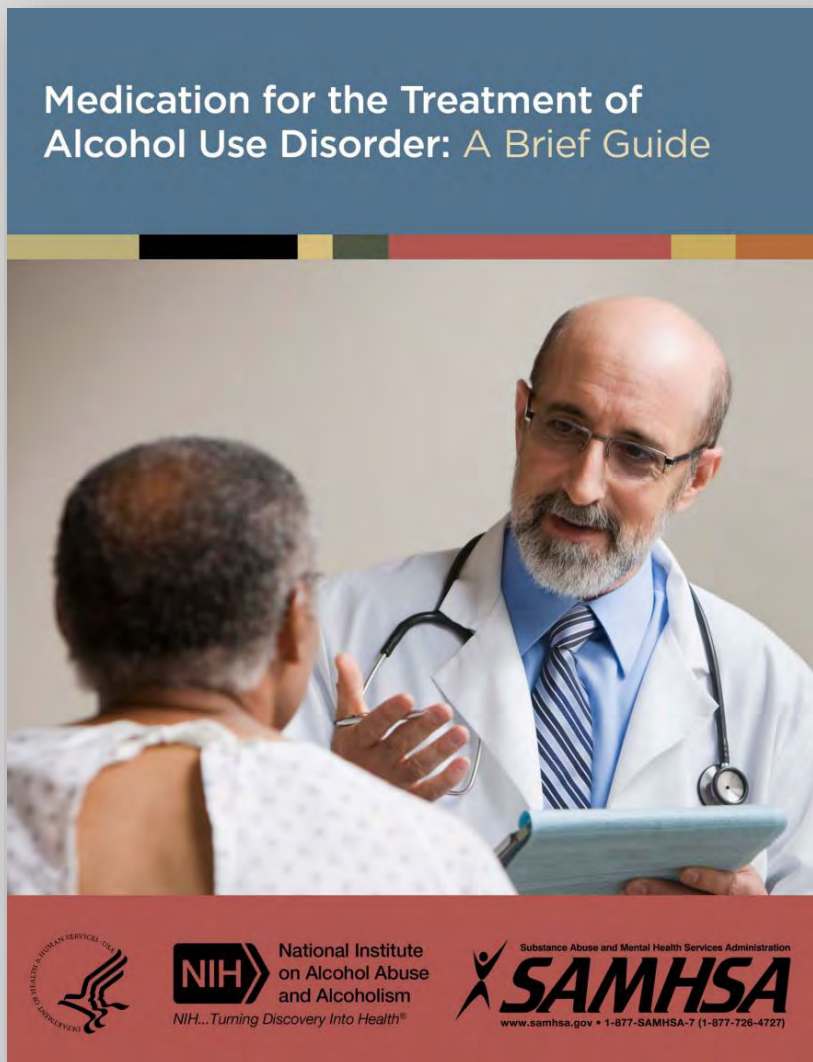
NIH...Turning Discovery Into Health®



Substance Abuse and Mental Health Services Administration  
**SAMHSA**  
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

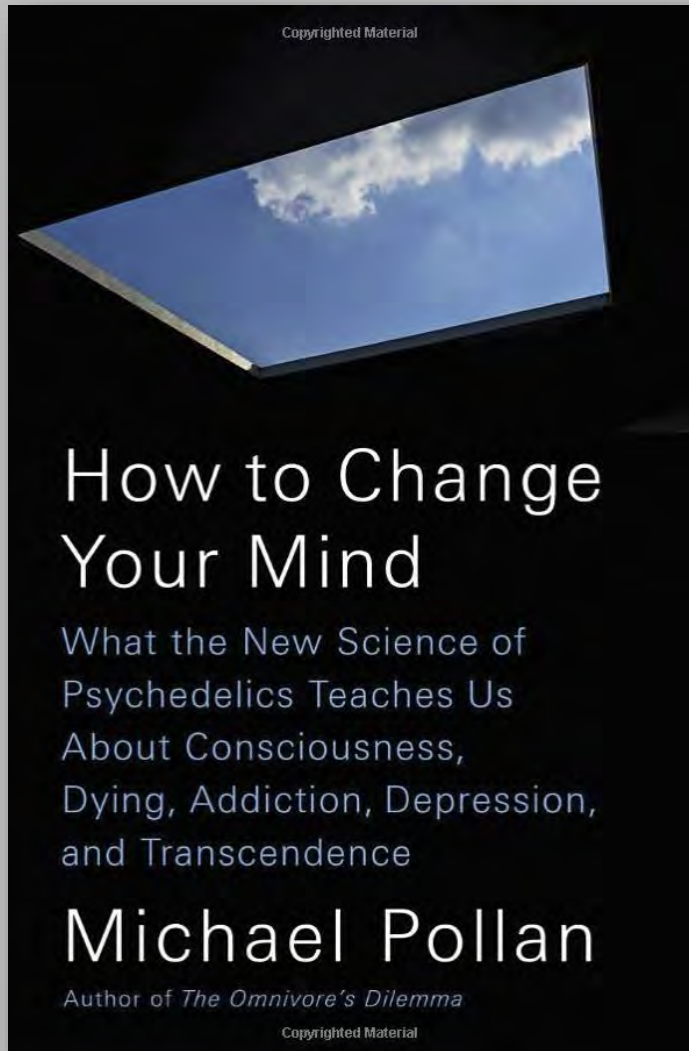


# Medications to Treat Alcohol Use Disorder

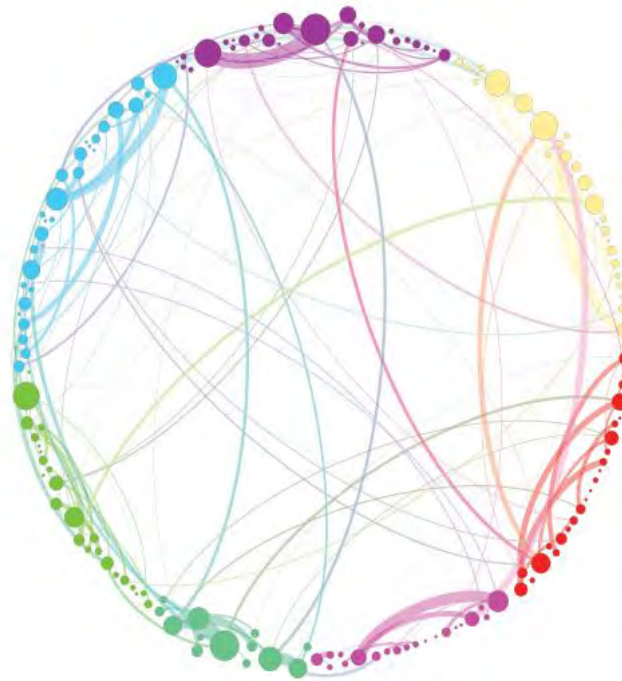




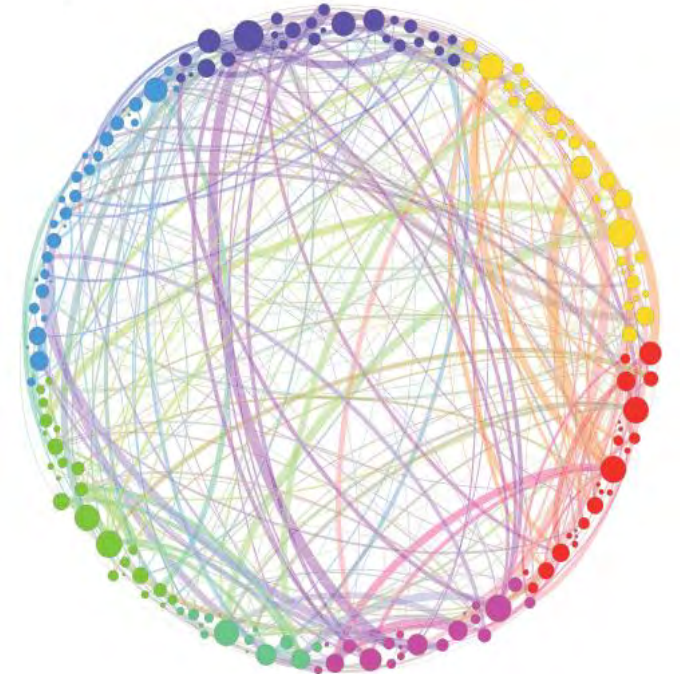
# Treating Alcohol Use Disorder with Psychedelics



Placebo



Psilocybin



Source: Petri G, Expert P, Turkheimer F, Carhart-Harris R, Nutt D, Hellyer PJ, Vaccarino F. 2014 Homological scaffolds of brain functional networks. J. R. Soc. Interface 11: 20140873.

# Treating Alcohol Use Disorder with Psychedelics

HEALTH — MAY 27, 2019

## Johns Hopkins: Psychedelics may be effective treatment for alcoholism

It's been difficult to research the illicit drugs, but we're slowly building a better understanding of their potential.

**The New York Times**

## The Next Big Addiction Treatment

Several psychedelic drugs are touted as effective treatments for drug and alcohol abuse. But psilocybin combined with therapy is emerging as the most effective.

MIND AND BODY

## MAGIC MUSHROOM STUDY SUGGESTS PSILOCYBIN MAY REVERSE ALCOHOL-INDUCED BRAIN DAMAGE

The psychedelic could also tamp down cravings for alcohol.

# (Prescription) Digital Therapeutics (PDTs/DTx)

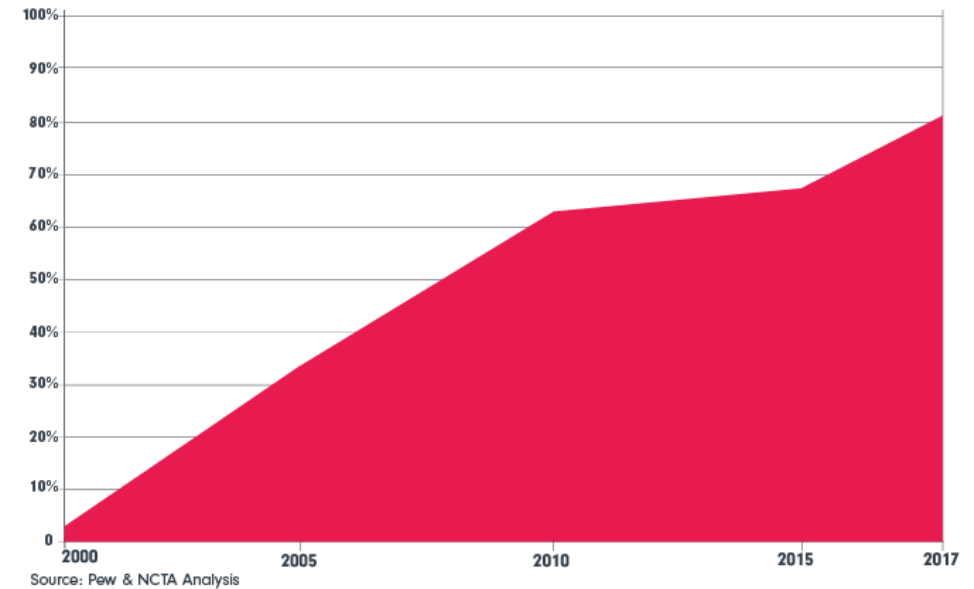
**Smartphone Penetration of Mobile Phone Market**

Source: comScore MobiLens, U.S., Age 13+, 3 Mo. Avg. Ending Dec 2005 - 3 Mo. Avg. Ending Dec 2016



## BROADBAND ADOPTION OVER TIME

SIGNIFICANT MAJORITY OF AMERICAN HOUSEHOLDS HAVE BROADBAND INTERNET ACCESS AT HOME





# (Prescription) Digital Therapeutics (PDTs/DTx)

	WELLNESS & SUPPORT	DIAGNOSTIC & MONITORING	THERAPEUTIC INTERVENTIONS
<b>Overview</b>	Products that capture, store, transmit health data	Products that measure and/or intervene	Products that deliver therapeutic interventions directly to patients
<b>Clinical evidence</b>	<i>Not typically required</i>	<b>Required</b>	<b>Required</b>
<b>Real world outcomes</b>	<i>Not typically required</i>	<i>Not typically required</i>	<b>Required</b>
<b>Examples</b>	<ul style="list-style-type: none"><li>▪ Lifestyle apps &amp; fitness trackers</li><li>▪ Telehealth platforms</li><li>▪ Health Information Technology</li><li>▪ Consumer health information</li><li>▪ Enterprise support</li></ul>	<ul style="list-style-type: none"><li>▪ Digital diagnostics</li><li>▪ Digital biomarkers</li><li>▪ Remote patient monitoring</li><li>▪ Medication adherence tools</li><li>▪ Ingestible sensors</li><li>▪ Connected drug delivery devices</li></ul>	Digital therapeutics deliver interventions that treat, manage, and prevent a broad spectrum of behavioral, mental, and physical diseases and disorders

Source: [www.dtxalliance.org](http://www.dtxalliance.org)

# (Prescription) Digital Therapeutics (PDTs/DTx)

## Pear Therapeutics reSET® and reSET-O®



PATIENT-FACING APPLICATION



CLINICIAN-FACING APPLICATION

A screenshot of the CHES Health website. The header features the CHES Health logo with the tagline 'Real Evidence. Real Recovery.' and a navigation menu with links: SOLUTIONS, CUSTOMERS, EVIDENCE, MEDIA, BLOG, COMPANY, and CONTACT. The main content area has a large image of a man looking at a smartphone. Overlaid on the image is the text 'CHES ADDICTION MANAGEMENT PLATFORM' and 'The Evidence-Based Technology, Strategy, and Content to Support the Entire Addiction Management Lifecycle'. The smartphone screen shows a 'CONNECTIONS' section with a 'SOBERITY STREAK: 32 days' and a list of features: eTHERAPY, MESSAGE, SOCIAL, PLAN, and DISCOVER. At the bottom, there is a row of five icons with labels: 'Create Support Communities', 'Deploy Telehealth and Digital Therapy', 'Send Patient Reminders', 'Send and Receive Secure Messages', and 'Analysis Data'. Below this row are three links: eINTERVENTION, eTHERAPY, and eRECOVERY.



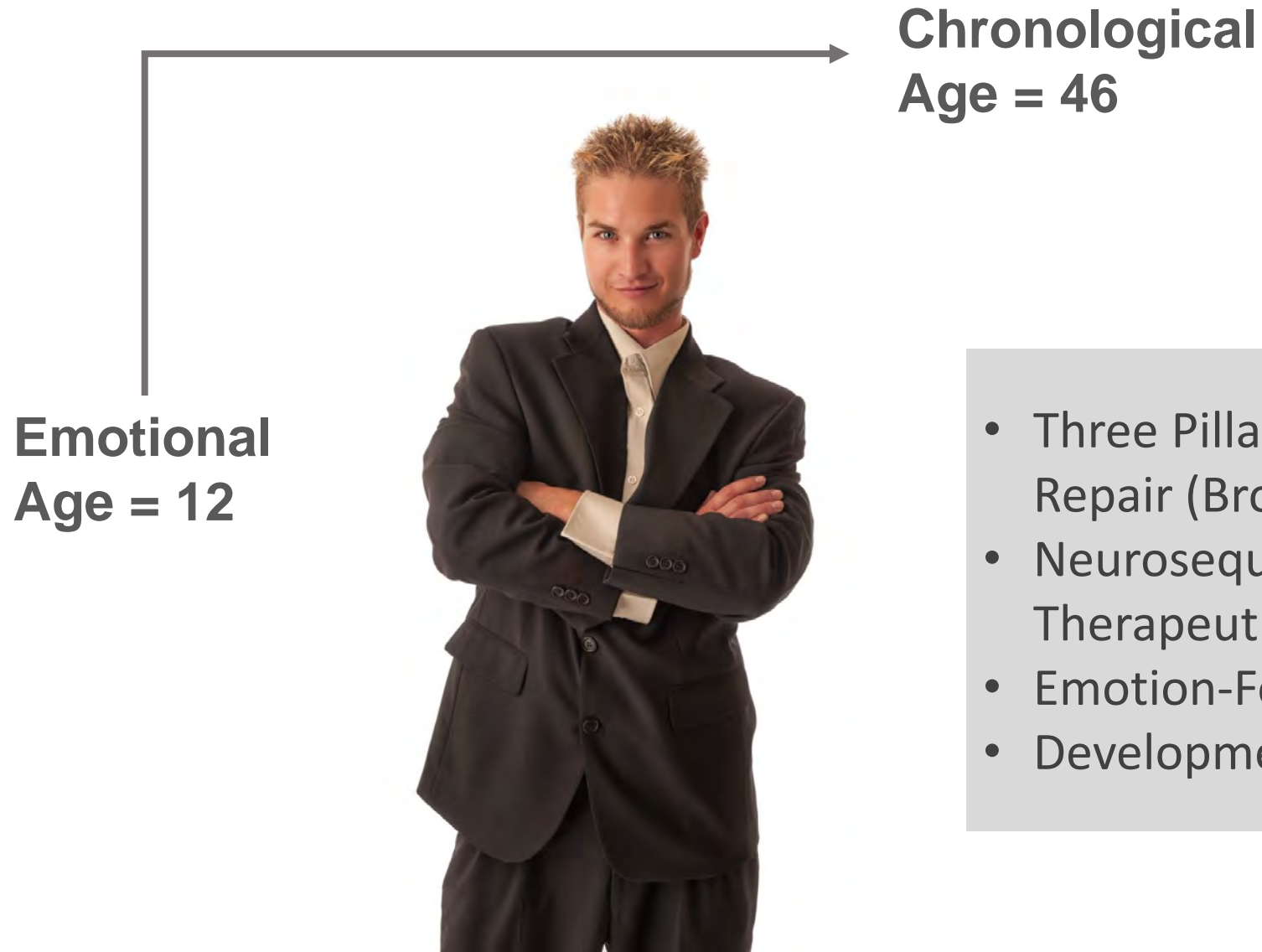
# Developmental Catch-Up

## Developmental Stuckness

Emotional  
Age = 12



# Developmental Catch-Up



- Three Pillars Model of Attachment Repair (Brown & Elliott, 2016)
- Neurosequential Model of Therapeutics (Perry)
- Emotion-Focused Therapies
- Developmentally-Based Therapies

## Summary



- Alcohol use disorder is a **significant and increasing** public health problem
- Alcohol use disorder is a **treatable condition**
- The **Contextual Model** provides an evidence-based pathway to optimize outcomes
- **Relationships** are the key ingredient of successful behavior change
- Medications, psychedelics, and digital therapeutics **require careful evaluation, use, and integration** with other therapies



# Questions and Discussion

