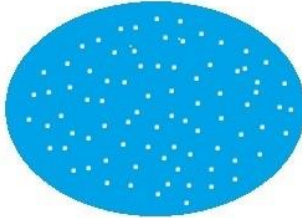
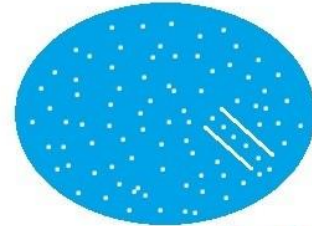


Normal brain



Substance use disordered brain



American Psychiatric Association
Diagnostic statistical Manual (DSM-5)
11 criteria \Rightarrow mild, moderate, severe

.....
Remission

.....
Activation

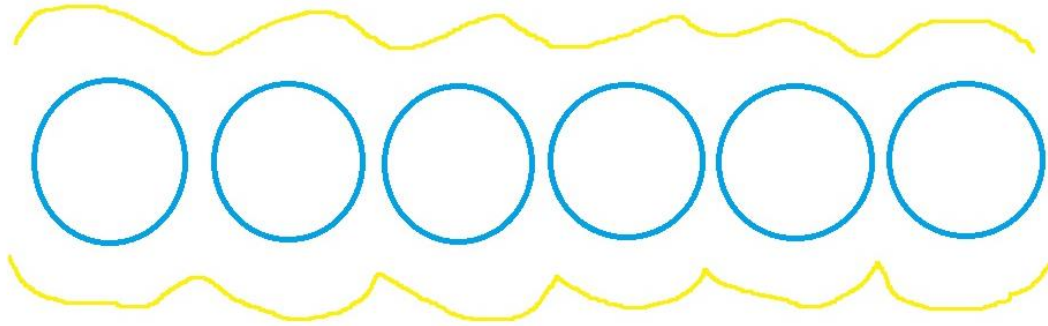
Co-occurring disorders

Anxiety
Depression
Bi-polar
ADD
Personality
Substance use

A person with substance use disorder can live a long, happy, fulfilling life, if they keep the neural pathway dormant, which in turn keeps the disease in remission.

If the person uses the addictive substance, the drug will get into the blood system transporting it to the brain where it will find the neural pathway and activate it.

Once the pathway is activated it usually manifests itself in 2 primary ways. ➡ obsession ➡ loss of control.



Examples of obsession

Should I drink again today or not It went ok yesterday. Maybe if I switch from liquor to beer I will control it better, maybe I should only drink on weekends, maybe I never really was an alcoholic and I can control it now. Ask the question, why would someone obsess over a liquid.

Examples of loss of control

The key here is consistency. A person should be able to control what they put in their body each time. If you say to yourself that you are only going to have 2 drinks and you end up having 6 that is a problem.

Then ask the question, is it a good idea for someone with an alcoholic with a year of not drinking to stop at the bar and have one or two drinks?

Course of the illness

Take it or leave it > habitual > brain disease

DSM-5 made easy

1. Taking the substance in larger amounts or for longer than you meant to
2. Wanting to cut down or stop using the substance, but not managing to
3. Spending a lot of time getting, using, or recovering from use of the substance
4. Cravings and urges to use the substance
5. Not keeping up at work, home, or school, because of substance use
6. Continuing to use, even when it causes problems in relationships
7. Giving up social, occupational, or recreational activities because of substance use
8. Using substances again and again, even when it puts you or others in danger
9. Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance
10. Needing more of the substance to get the effect you want (tolerance)
11. Development of withdrawal symptoms, which can be relieved by taking more of the substance