

# AN AGE OLD PROBLEM FOR AN AGING POPULATION



Steve Hanna, LPC, LCAS

[steve@hannainterventions.com](mailto:steve@hannainterventions.com)

(704) 517-0613



Prevalence  
Generational Differences  
Interventions  
Treatment Placement Issues  
Family Involvement

WHAT ARE WE UP AGAINST ?





I can't be addicted, my doctor prescribed them for me



Tackling the Growing Problem of



*Drug Abuse* in  
Older People



## EXTENT OF THE PROBLEM

- **Older Adult Opioid misuse doubled between 2002 and 2014**

**One in three with Medicare Part D receiving high amounts of opioids doses far exceeded manufactures recommendations because of doctor shopping**

# SUBSTANCE USE TREATMENT ADMISSIONS AND ER VISITS

Opioids prescribed at hospital discharge associated with long term use which increases risk for SUDS

2016- Average of 6 reported treatment admission per day for heroin or other opioids age 65 or older

2011- average of 118 daily drug related ER visits ages 65 or older for prescription or nonprescription pain relievers





**WHY ARE OLDER  
AMERICANS  
AT RISK FOR  
SUBSTANCE  
ABUSE?**



Increasing number of opioid prescriptions written

Live longer

Aging produces complicated health problems

Movement to acute interventions for chronic problems

Increased isolation and loss of support systems

Underreporting due to increased shame

What replaced the neighborhood ice cream truck...



# Seniors & Substance Abuse



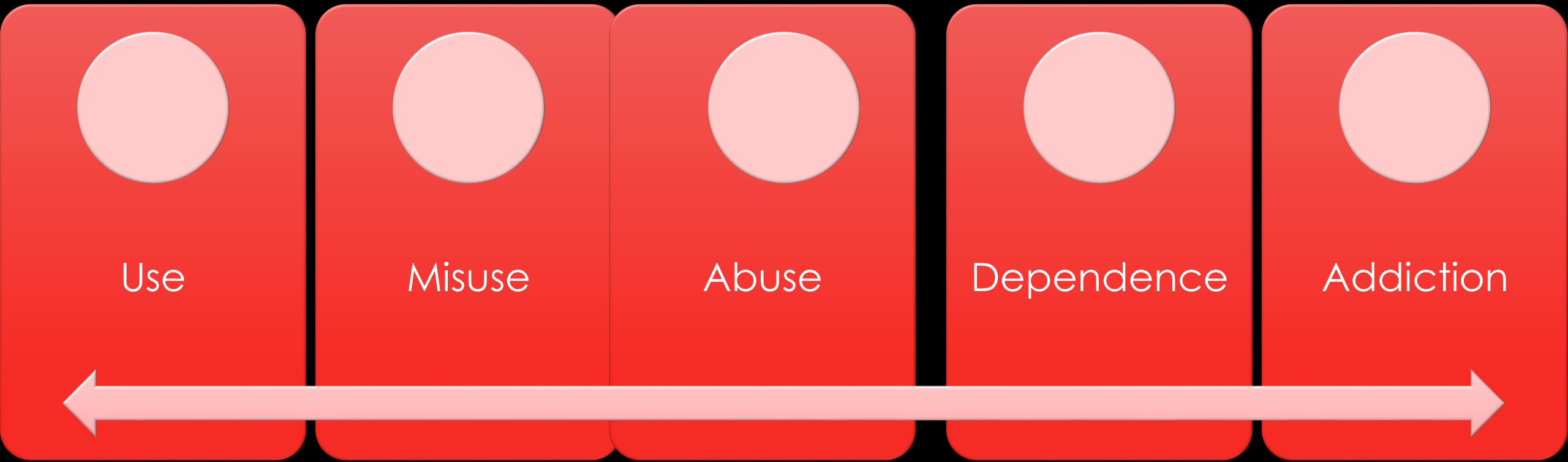
How to Find the Best  
Treatment & Support for  
Recovery

# PATHS INTO SUBSTANCE USE DISORDERS

- Medical Conditions
- Chronic Pain
- Genetics
- Life stage issues
- Birth Cohort

# MAKING TREATMENT DECISIONS

- **Level of Use:** Accurate diagnosis difficult ( similar to adolescent diagnosis issues )
- **Co-Occurring Disorders :** Primary or Substance Induced ?
- **Values and Developmental Differences**
- **Resources and Support System :** eligible and appropriate ?





USE

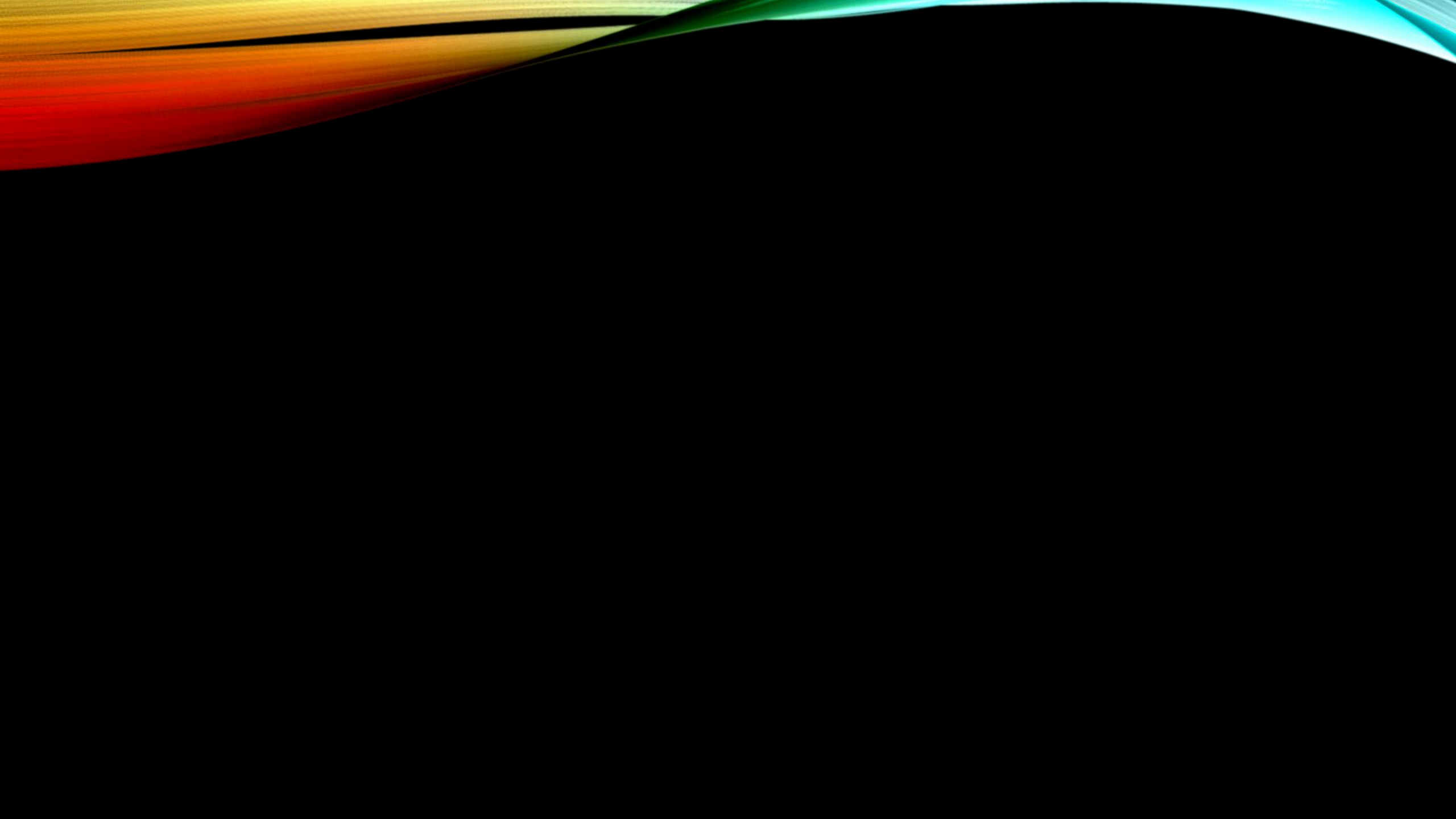
Medication is taken as prescribed





# MISUSE

Non medical use of prescription medications





# ABUSE

Taking differently than prescribed

Mixing with alcohol or other drugs

impairment in social, psychological, emotional, physical functioning  
continued use despite these negative consequences



# PHYSICAL DEPENDENCE AKA PSEUDO ADDICTION

Increased Tolerance

Physical withdrawal

# ADDICTION

- Inability to consistently abstain
- Impairment in behavioral control
- Craving
- Diminished recognition of significant problems in relationships and behaviors
- Dysfunctional emotional responses

# Problems With Accurate Diagnosis

Lack of Accurate Information

Poor Historians Due to Shame and Memory Issues

Lack Of Adequate Training

Personal history with addictions in self or family fosters denial

“Grandma got run over by a reindeer, she needs her meds”



# CONTRIBUTING FACTORS

Sex Drugs and Rock and Roll Attitudes

Life stage issues

Multiple medical issues and prescribers lack of coordination of care

Combination of age related complex disorders and drugs

Physical, psychological dependence—under reporting and symptom inflation

Self-diagnosis or diagnosis by friends/family

# CO-OCCURRING CONDITIONS AND DISORDERS

Pain

Grief and Loss

Trauma From Earlier Life Experiences

Medical Conditions

Prescription Drug Interactions

Dementia and Other Cognitive Problems

Falls

Mood Disorders : Depression and Anxiety



# GENERATIONAL VALUES AND DIFFERENCES

- Traditionalists 1900-1945
- Baby Boomers 1946-1964
- Generation X 1965-1980
- Millennials 1981-2000

# CORE VALUES TRADITIONALISTS

- Don't Talk About Personal Problems
- Pull Yourself Up By The Bootstraps
- Adhere to Rules
- Conformers
- Contributing to Good of the Whole
- Don't Question Authority
- Family Focus
- Loyalty
- Respect For Authority

# CORE VALUES BABY BOOMERS

- Anything is Possible
- Question Everything
- Personal Growth
- Trust no One Over 30
- Want To Make A Difference
- Extremely Loyal To Children
- Don't trust The Man
- Sex Drugs and Rick And Roll!



# CORE VALUES GENERATION X

Independent

Self-reliance

Skeptical/Cynical

Suspicious of Boomer Values

Techno literacy



# ACTION STOPPING BELIEFS

Personal opinions

Three Layers of Denial


It's their last pleasure

# WHAT DO OLDER ADULTS CARE ABOUT ?

- Dementia
- Losing Their Health
- Independence
- Family Legacy
- Role in the Family
- Feeling Valued and useful

# TRUST MEDICAL PROFESSIONALS

- Family Physician
- Only 2% believed treatment is effective
- Ave number of prescription drugs are 15 per year
- 94% of PCP's missed Diagnosis of chemical dependency
- More than 50% reported not asking about substance abuse
- (National Center on Addiction and Substance Abuse at Columbia University )

- 
- Use
  - Misuse
  - Abuse
  - Dependence
  - Addiction



# WAYS OLDER ADULTS MISUSE MEDICATIONS

- Unintentional Misuse
- 23% given inappropriate medications
- Multiple doctors
- Mix alcohol and Prescription Medications
- Take others medications for self-diagnosed conditions
- Doctor shop

# MORE COMPLEX TREATMENT NEEDS

- Addiction Medicine Physician
- Treatment for co-occurring conditions
- Extended detox
- Medical care for other medical complications
- Individual therapy
- Replacement medications
- Residential Treatment
- Structured Living
- Recovery Mentor
- Case management
- Family Involvement

# SPECIAL NEEDS

- Shorter sessions longer rest periods
- Need to be in age specific treatment programs
- More time in detox
- More one on one than group therapy
- More family involvement than younger population
- More medical professionals and psychologists on staff
- Grief groups and counseling
- Life transition groups
- Recreation and leisure groups
- Multi discipline approach to pain management

# ACCESSING TREATMENT

- Understanding the extent of the problem
- Getting Accurate History
- Making Differential Diagnosis
- Choosing the Best Programs
- Dealing with Family and Individual Denial
- Assessing Appropriate interventions
- Mobilizing Intervention Team
- Dealing with Objections



# PROMISING PROGRAMS

Continuing Care Approach for a chronic and relapse prone illness  
Modeled after what was learned from physicians health programs



# EIGHT ESSENTIAL ELEMENTS

- Positive Rewards For Recovery Behaviors and Appropriate Consequences For Addictive Behaviors
- Twelve Step Programs and Abstinence Standard
- Viable Role Models and Recovery Mentors
- Modified Lifestyles
- Active And Sustained Monitoring
- Active Management of Relapse
- A Continuing Care approach



# ACCESSING TREATMENT

Intervention is the answer to the question

How can I help someone who refuses help ?



# MYTHS ABOUT INTERVENTION

You can't help someone who doesn't want help ?

Treatment won't work

We've already tried everything



# FAMILY INVOLVEMENT

Family has power and influence but feel helpless

Essential for most accurate history

Have influence and leverage

Friends and children most Influential

Education , Support , Groups , Counseling

# LEVELS AND TYPES OF INTERVENTION

Informal discussion from professional or family

Traditional Model : high planning and structure  
based on surprise

Arise: Less structure invitational



# TYPES OF TREATMENT PROGRAMS

Take Older Adults

Have a Track for Older Adults

Have a Specialized Program For Older Adults

Medication Assisted Treatment

# PROGRAMS THAT TAKE OLDER ADULTS

- Fellowship Hall , Greensboro ,NC
- Pavillon , Mill Springs , NC
- Willingway , Statesboro , GA
- Beach House , Juno Beach, FLA
- Promises Scotsdale,AZ
- Meadows Wickenburg, AZ

# PROGRAMS THAT HAVE SPECIAL TRACKS FOR OLDER ADULTS

Betty Ford Center Rancho Mirage ,CA [www.bettyfordcenter.org](http://www.bettyfordcenter.org) (866) 831-5700

Ridgeview Atlanta, GA [www.ridgeviewinstitute.org](http://www.ridgeviewinstitute.org) (844) 350-8800

Hemet Valley Hemet Valley,CA [www.hemetvalley](http://www.hemetvalley) medicalcenter.com  
(951)765-4900



# SPECIAL PROGRAMS FOR OLDER ADULTS

Origins At Hanley  
Pine Grove



# PAIN MANAGEMENT

Las Vegas Recovery Center

# TREATMENT RESOURCES

## Triangle Area Therapists

Dr. Sophia Caudle- [Raleigh Bull City Psychotherapy.com](http://RaleighBullCityPsychotherapy.com) (919) 698-7061

Ginny Mills Full -Life Counseling Winston Salem [fulllifecounseling.com](http://fulllifecounseling.com) (336) 923-7526

Greg Letoumeau Wings Of Change of Forsythe [wocof.net](http://wocof.net) (336) 750-0230





## ASHEVILLE AREA

Geriatric Psychiatry: Dr. Nancy Lehman (828) 252-0015

Park Ridge Medical Associates

Dr. Philip Lartey (828) 684-1115

Sue Strain- therapist (828) 684-1115

# MEDICATION ASSISTED TREATMENT

VIVITROL Providers [www.vivitrol.com](http://www.vivitrol.com)

Naltrexone Implant  
[www.naltrexoneimplantcenter.com](http://www.naltrexoneimplantcenter.com)

Suboxone/Subutex [www.suboxonedoctors.com](http://www.suboxonedoctors.com)

# FIVE STRATEGIES TO ADDRESS OPIOID CRISIS

## HEALTH AND HUMAN SERVICES DEPARTMENT

Improve access to treatment and recovery services

Promoting targeted availability of overdose-reversing drugs

Increase understanding through better public health and data reporting

Support for cutting edge research on pain management and addiction

Advancing better practices for pain management