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ISAAC THIRD THURSDAY WEBINAR SERIES

UNDERSTANDING THE NEXUS OF SEXUAL VIOLENCE AND THE SCIENCE OF ADDICTION

A PROJECT OF THE



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Nurses**

ISAAAC 



A person is silhouetted against a night sky filled with stars. The person is standing on a dark, rocky mountain peak with their arms raised in a celebratory gesture. A large, white speech bubble with an orange border is positioned in the upper right quadrant of the image, containing text.

SHARE

a word of gratitude
in the chat box

A photograph of a theater stage. In the foreground, there are many rows of red upholstered seats facing the stage. The stage floor is a light-colored wood. At the back of the stage, a large white rectangular screen is illuminated. The screen displays the text "This webinar will be recorded." in a black, sans-serif font. Red curtains are visible on either side of the screen. The theater walls are dark, and there are some blue lights on the floor near the sides of the stage.

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Understanding the Nexus of Sexual Violence and the Science of Addiction

THIRD THURSDAY WEBINAR SERIES



indigenous sexual assault & abuse clearinghouse

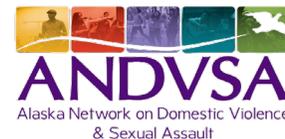


Third Thursday Webinar Series

July 15: Connection Between Trauma and Health Disparities

August 19: Traditional Healing of Trauma: Prevention and Response

Visit www.isaaconline.org/thirdthursday to learn more and register today.





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Today's Speaker

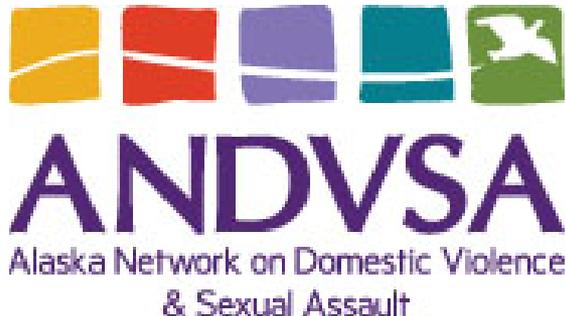


Christina Love (she/her)

Christina, an Alaska Native woman from Chitina, is a consultant, a recovery coach and a civil & human rights activist dedicated to systems change and healing centered care, through her work with Alaska Network on Domestic Violence and Sexual Assault (ANDVSA).

Understanding the Nexus of Sexual Violence and the Science of Addiction

A resource designed to help service providers and policy makers feel educated and empowered about the subject of addiction and trauma



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OVERVIEW

BELIEVING RECOVERY IS POSSIBLE
MAKES IT POSSIBLE.

- Survivors of violence impacted by addiction
- The definitions of addiction
- Science of addiction
- Drugs and the brain
- Progression of addiction
- Cycle of addiction
- Genetic & environmental risk factors

Former Surgeon General



Dr. Vivek Murthy
Dr. Vivek Murthy

Surgeon General 2014-2017

“We need a cultural shift in how we think about addiction.”

For far too long, too many in our country have viewed addiction as a moral failing”

How we got here...

- Science began studying addiction behavior in the 1930's
- People addicted to drugs were thought to be:
 - Morally flawed
 - Lacking in willpower
- These views shaped society's response:
 - Treating drug abuse as a moral failing, instead of a health problem
 - Punishing, instead of preventing or providing care
- The good news? Today:
 - Groundbreaking scientific discoveries have led to valuable information about addiction,
 - Making it possible for us to respond more effectively
- Despite these advances, there's still a prevailing lack of understanding of addiction
- This presentation services to fill that knowledge gap by providing scientific information about the disease of drug addiction

Who is impacted by addiction?



MEDICAL



SOCIAL



ECONOMIC



CRIMINAL JUSTICE

***The consequences of drug abuse are vast and varied,
and affect people of all ages:***

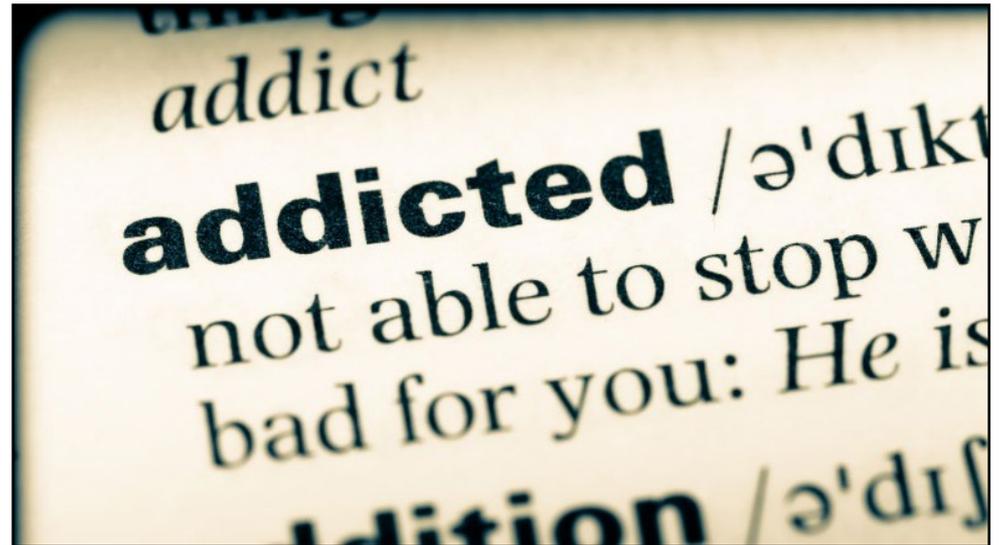
- Babies
- Adolescents
- Adults
- Parents
- Grandparents



Addiction Overview

...

What is Addiction?



Addiction is "a complex disease, often chronic in nature, which affects the functioning of the brain and body.

The most common symptoms of addiction are
severe loss of control,
continued use despite serious consequences,
preoccupation with using,
failed attempts to quit, tolerance and withdrawal."

Addiction IS a disease.

- ❖ Who says so?
 - ❖ The American Medical Association
 - ❖ The American Society of Addiction Medicine
 - ❖ Studies published in top-tier publications like *The New England Journal of Medicine*
- ❖ A disease is a condition that changes the way an organ functions.
- ❖ Addiction:
 - ❖ Changes the brain on a physiological level
 - ❖ Alters the way the brain works
 - ❖ Rewires the brain's fundamental structure

When substance use is considered an addiction (i.e. A Medical Disorder)

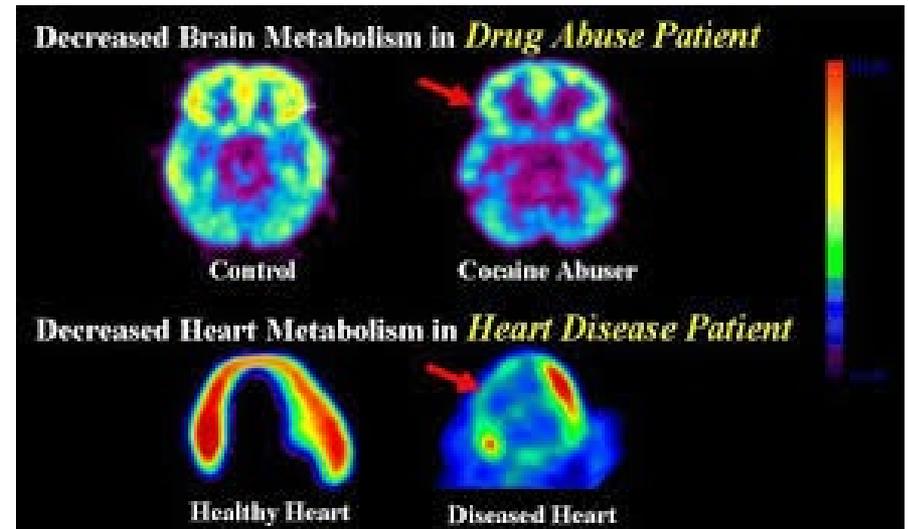
*Based on the criteria of
The American Psychiatric Association (DSM-5)
& World Health Organization (ICD-10)...*

...an addiction must meet at least 3 of the following criteria:

- **Tolerance**
- **Withdrawal**
- **Limited control**
- **Negative consequences**
- **Neglected or postponed activities**
- **Significant time or energy spent**
- **Desire to cut down**

Addiction as a Disease

- ❖ Addiction is similar to other diseases, such as heart disease.
- ❖ Both addiction and heart disease:
 - ❖ Disrupt the normal, healthy functioning of the underlying organ
 - ❖ Have serious harmful consequences
 - ❖ Are preventable and treatable
 - ❖ If left untreated, can last a lifetime



Addiction is Treatable

While there is no cure for addiction:

- There are many evidence-based treatments that are effective at managing the illness
- Like all chronic illnesses, addiction requires ongoing management. That may include:
 - Medication
 - Therapy
 - Lifestyle change
- Once in recovery from substance use disorder, a person can go on to live a healthy and successful life

Addiction is treatable, and recovery should be the expected outcome of treatment.

Why do people take drugs?

To feel good.

- To experience feelings of powerfulness, self-confidence, and increased energy (such as with stimulants like cocaine)
- To experience feelings of relaxation and satisfaction (such as with opiates)

To feel better.

- To lessen feelings of distress from trauma, social anxiety, and stress related disorders

To do better.

- To chemically enhance or improve athletic or cognitive performance

Curiosity and “because others are doing it”

- To explore and/or fit in
- Adolescents are particularly vulnerable to the strong influence of peers

Photo by Anyes Galleani



Why do survivors take drugs?

Some of the reasons include:

- ❖ Because of coercion
- ❖ To cope with or block out traumatic memories
- ❖ To deal with feelings of isolation & loneliness
- ❖ To improve feelings of self-worth & self-esteem
- ❖ To harm or punish themselves for their sexual/physical abuse
- ❖ To cope with mental health issues

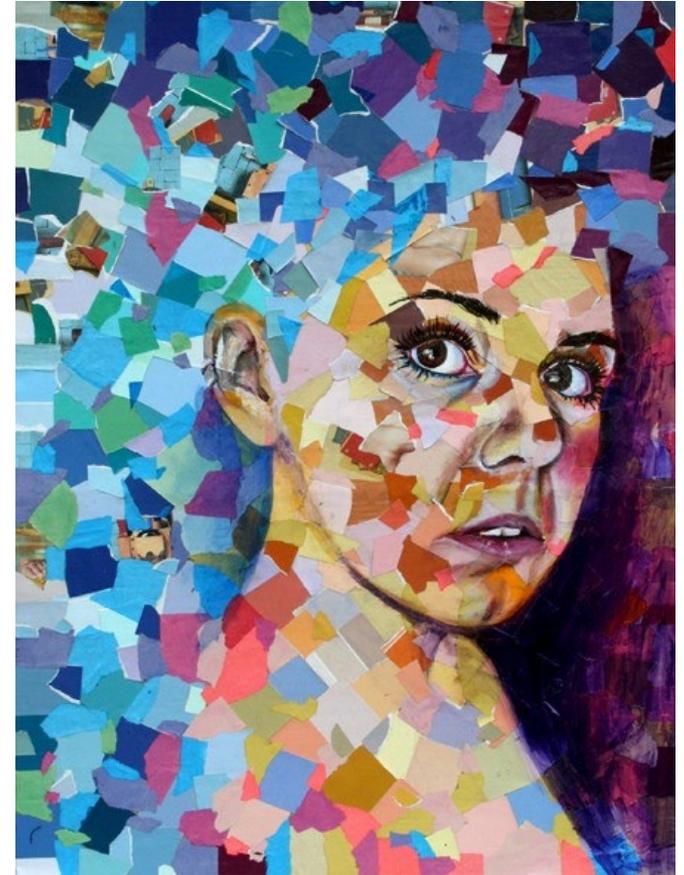


Photo by Anyes Galleani

If taking drugs makes people feel good or better, what's the problem?

- At first:
 - people may perceive what seem to be positive effects with drug use.
 - They also may believe that they can control their use.
- However, drugs can quickly take over their lives.
- Drug users:
 - Reach a point where they seek and take drugs...
 -despite the tremendous problems caused for themselves and their loved ones.
 - May start to feel the need to take higher or more frequent doses (even in the early stages of their drug use)



Photo from Google

Is continued drug use a voluntary behavior?

- The initial decision to take drugs is mostly voluntary.
- However, when drug use takes over...
- ...a person's ability to exert self control can become seriously impaired.
- Brain imaging studies from drug-addicted individuals show physical changes in areas of the brain that are critical to:
 - Judgment
 - Decision making
 - Learning and memory
 - Behavior control



Photo by Anyes Galliani



Nature/Nurture: Impacts on Addiction ...

Nature & Nurture...

Addiction is a chronic disease similar to other chronic diseases such as type II diabetes, cancer, and cardiovascular disease.

- Human studies of addictive behaviors find **BOTH** environmental and genetic influences matter, as well as interactions between the two.



Risk Factors

Addiction

```
graph TD; Addiction[Addiction] --- BrainMechanisms[Brain Mechanisms]; BrainMechanisms --- BiologyGenes[Biology/Genes]; BrainMechanisms --- Environment[Environment]; BrainMechanisms --- Drugs[Drugs];
```

Brain Mechanisms

Biology/Genes

- Genetics
- Mental Health Disorder
- Family History

Environment

- Chaotic Home
- Witnessing violence
- Early physical/sexual abuse
- Community

Drugs

- Early use
- Route of administration
- Effect of drug itself
- Availability

Nurture: The Impact of Adverse Childhood Experiences Study (ACE's)

- Overview of ACEs

- Vincent Felitti study of thousands of adults through their health insurance
 - POINT: when certain bad stuff happened in their childhood → worse physical health outcomes as adults
 - AND worse social health outcomes
 - including substance use
 - Not everyone has ACE's, but when someone does, the likelihood that they have multiple ACE's is really high
 - BUT, not destiny...
- National data: www.cdc.gov/ACE
 - Alaska data: <http://dhss.alaska.gov/abada/ace-ak>

Protective Factors

Resilience

```
graph TD; Resilience --> BrainMechanisms; Resilience --> ChildIndividual; Resilience --> Family; Resilience --> SocialCommunity;
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Brain Mechanisms

Child/Individual

- Genetics
- Social & Emotional Skills
- Family History
- Positive Relationships

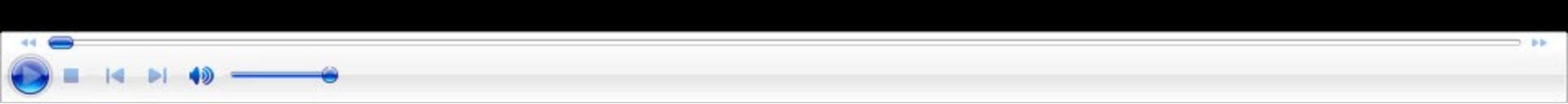
Family

- Stability
- Supportive Parenting
- Strong Family Values
- Connection

Social/Community

- Education
- Support
- Economic Security
- Empowerment





Addiction Overview Summary



Brain hijack recap...

- The human brain is wired to reward us.
- Drugs trigger that same part of the brain—the reward system.
- When someone takes a drug, their brain releases extreme amounts of dopamine.
- The brain overreacts, reducing dopamine production in an attempt to normalize ...**this is how the cycle of addiction begins.**





Progression of Addiction

...

Once someone is addicted, they're not using drugs to feel good — **they're using drugs to feel normal**

- Studies have shown that consistent drug use severely limits a person's capacity to feel pleasure at all.
- Once the brain has been altered by drug use, it requires more and more drugs just to function at a baseline level.



<https://www.serenasartforaddiction.com/artwork>

Once addicted, you lose your power to choose...



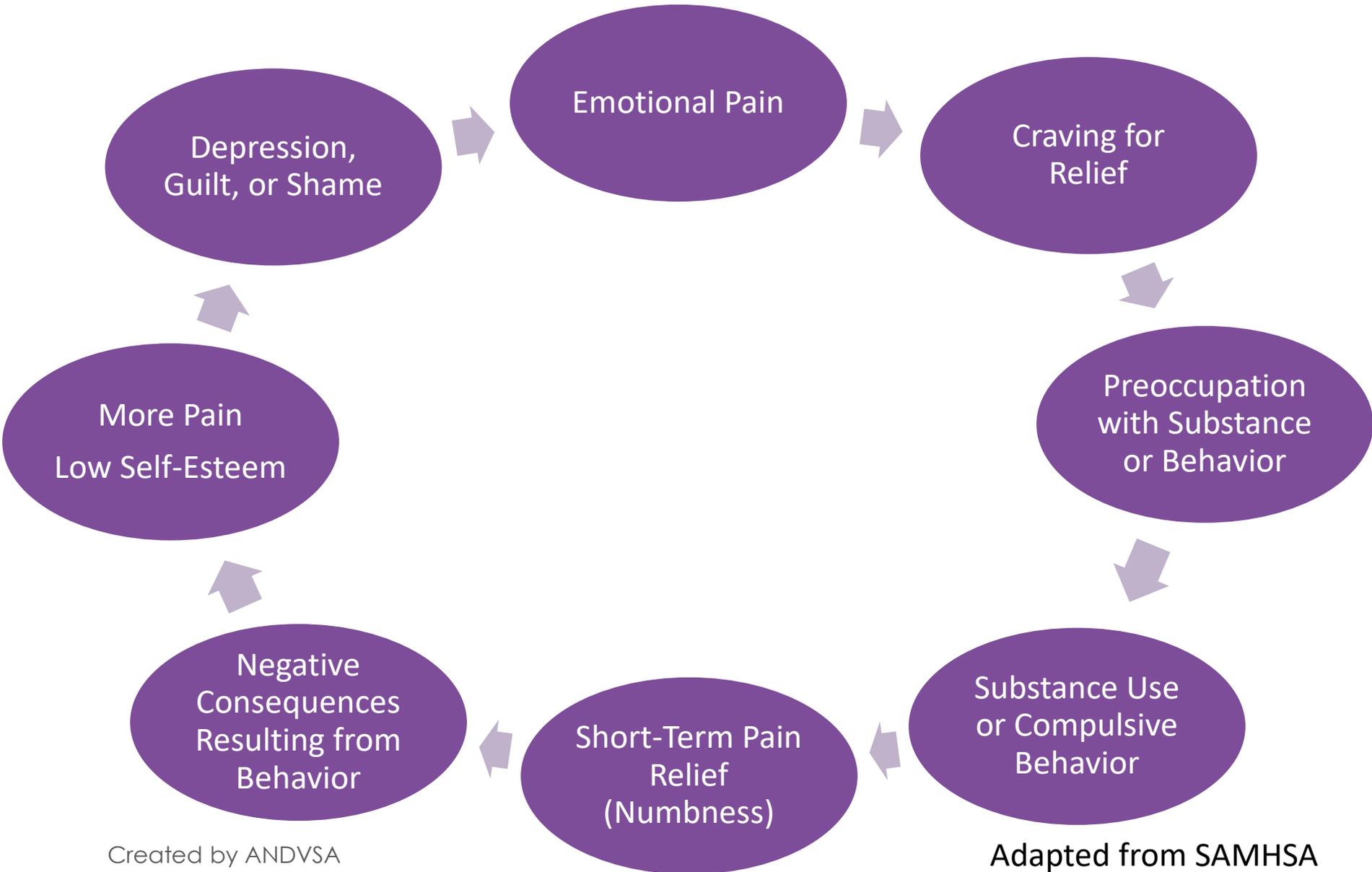
<http://freewilliamsburg.com/horizons-perspectives-on-psychedelics>

- As the brain becomes altered by the use of the substance...
- ...the person suffering from a substance use disorder eventually loses their ability to choose.
- They are at the mercy of the brain's need.
- This disease is very clever in convincing an individual that picking up a drink or using a drug is a very good idea, **no matter the consequences.**

Tributes are needed...

Progression of Addiction: The 5 Stages

Cycle of Addiction







Wrapping up

...

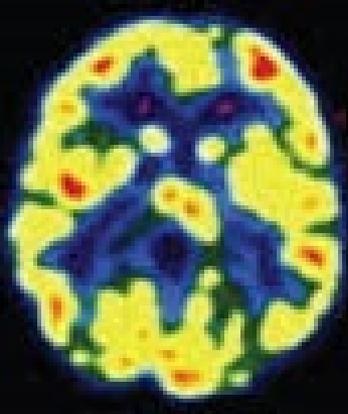
Points to Remember

- Drug addiction is a chronic disease
- The brain changes over time as a result of drug use
- No single factor can predict whether a person will become addicted to drugs
- Addiction is treatable and can be successfully managed
- **Addiction is preventable**

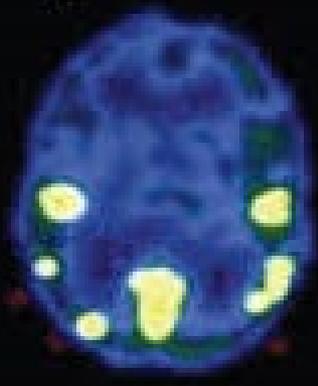


https://www.serenasartforaddiction.com/de/cache/inventory_products/51/1/thumb-no-one-in-the-world-needs-an-elephants-tusk-but-an-elephant.jpg

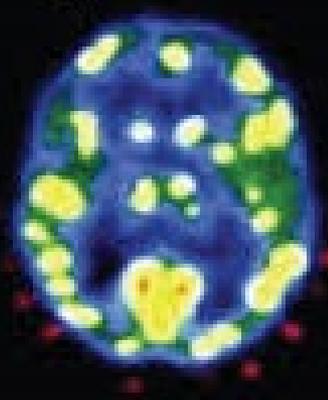
No Drug Use



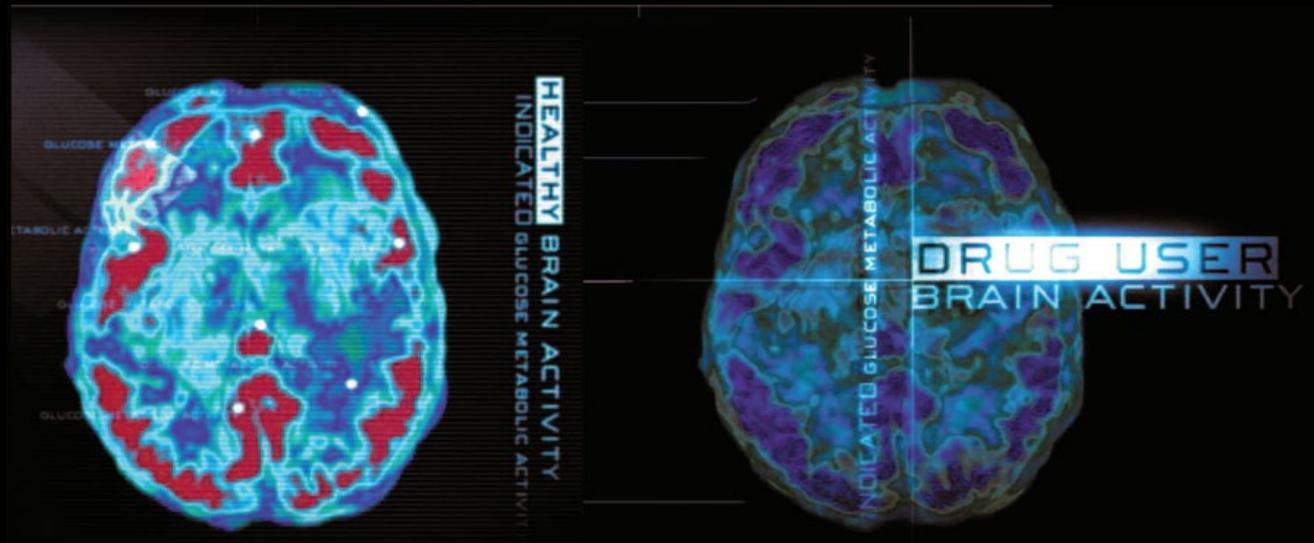
Cocaine Addiction:
10 Days
Without Cocaine



Cocaine Addiction:
100 Days
Without Cocaine



Drug addiction is a brain disease that can be treated!

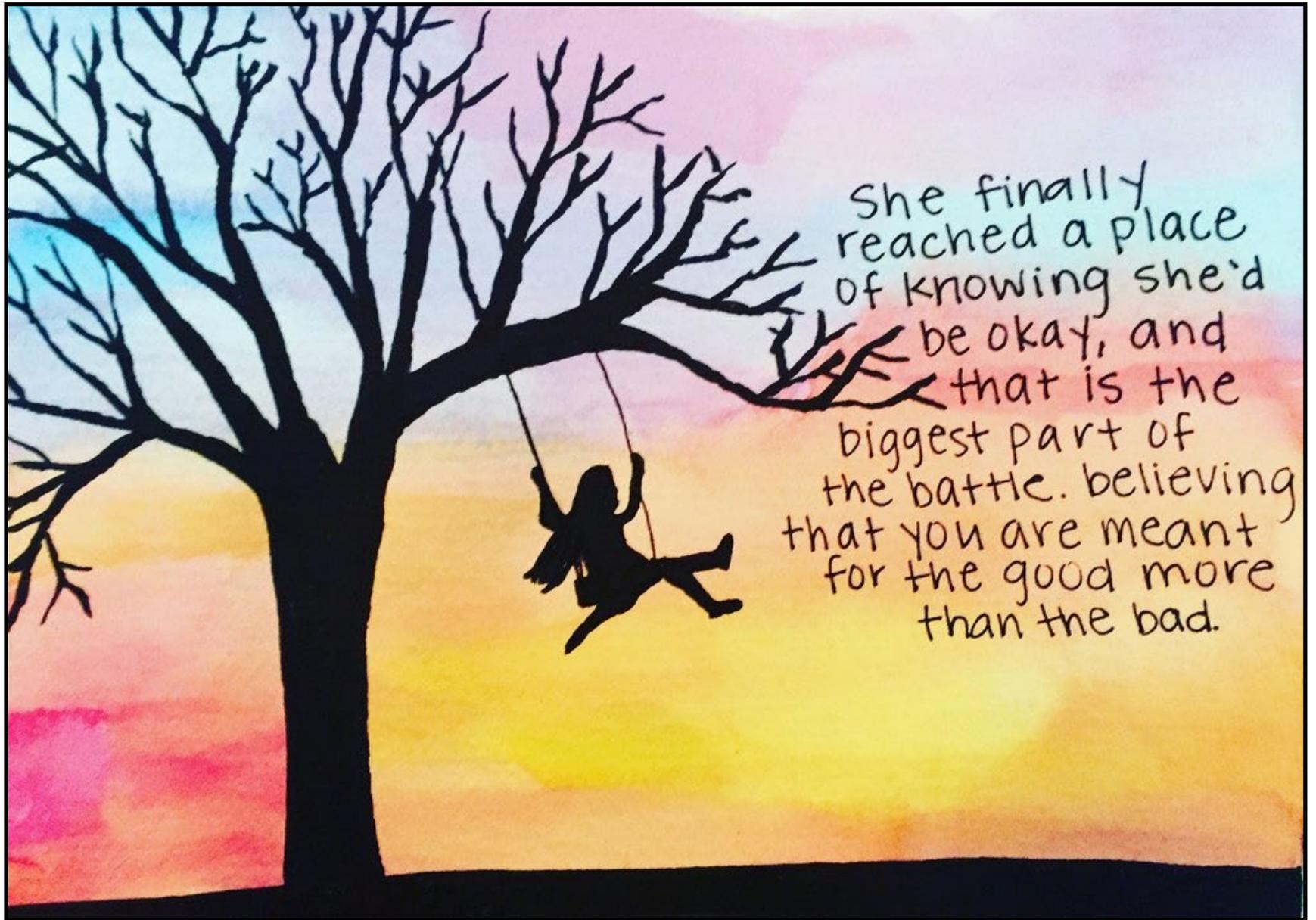


NOT WHY THE ADDICTION, BUT WHY THE PAIN

GABOR MATE

**“Shame and stigma can't coexist with compassion,”
“If you can create a place for compassion, then you
create the space where people can actually heal.”**

Vicky Dulai



She finally reached a place of knowing she'd be okay, and that is the biggest part of the battle. believing that you are meant for the good more than the bad.

QUESTION!



References & Resources

Real Tools: Responding to Multi-Abuse Trauma <http://www.andvsa.org/realtoolsprint/>

National Institute on Drug Abuse. [The Science of Drug Abuse and Addiction: The Basics.](#)

Grant B, Saha TD, Ruan WJ. “Epidemiology of *DSM-5* Drug Use Disorder Results From the National Epidemiologic Survey on Alcohol and Related Conditions–III.” [The Journal of the American Medical Association](#)

ASAM. [Definition of Addiction](#)

Volkow ND, Koob GF, McLellan AT. “Neurobiologic Advances from the Brain Disease Model of Addiction.” [The New England Journal of Medicine](#)

Swendsen J, Burstein M, Case B. “Use and Abuse of Alcohol and Illicit Drugs in US Adolescents: Results of the National Comorbidity Survey–Adolescent Supplement. [The Journal of the American Medical Association](#)

The National Center on Addiction and Substance Abuse. [Addiction Risk Factors.](#)

“Drugs, Brains and Behavior: The Science of Addiction.” [National Institute on Drug Abuse](#)

GREAT VIDEOS THAT ALSO EXPLAIN ADDICTION...

- What is addiction? <https://youtu.be/qRyeAL9tAVs>
- The Choice Argument https://youtu.be/u_scpXuE4rk
- Everything you think you know about addiction is wrong
<https://youtu.be/PY9DcIMGxMs>
- The Power of Addiction and The Addiction of Power
<https://youtu.be/66cYcSak6nE>
- Transcending addiction and redefining recovery
<https://youtu.be/gzpTWaXshfM>
- Addiction 101 <https://youtu.be/gzpTWaXshfM>

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Please also send a list of attendees that have not been formally registered to us at IAFN at isaac@forensicnurses.org.

Next webinar:

“Connection Between Trauma and Health Disparities”
on July 15, 2021 at 2pm EDT

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