Bath Salts, Spice, Khat, Ecstasy, Rophies, K2, DXM, PCP, GHB, Mdma, Salvia, Embalming Fluid, 25-i, E-cigarettes, etc.

DR. ROBERT R. PERKINSON
The DOT big five
Synthetic/Designer Drugs
The Synapse

1. Incoming electrical signal
2. Neurotransmitters
3. Vesicles
4. Synaptic gap
5. Ion gate
6. Chlorine ion
7. Sodium ion
8. Potassium ion
9. Reuptake port
10. Auto receptor

Transmitted signal
Neurotransmitters

- Acetylcholine
- Substance “P”
- Norepinephrine
- Anandamide
- Epinephrine
- Glycine
- Dopamine
- Histamine
- Endorphin
- Nitric oxide
- Enkephalin
- Glutamic acid
- Serotonin
- Cortisone
- GABA
Survival goals before and after addiction

1. Water  
2. Food  
3. Kill  
4. Sex  

Drug

Water
Food
Kill
Sex
Dopamine Pathways

Frontal cortex
Striatum
Hippocampus
Nucleus accumbens
Substantia nigra/VTA
Raphe

Functions
- reward (motivation)
- pleasure, euphoria
- motor function (fine tuning)
- compulsion
- perseveration

Serotonin Pathways

Functions
- mood
- memory processing
- sleep
- cognition
History
Current History
GHB
Salvia Spice and K2
Bath Salts K Hat MDMA (Eatasy or Molly), FLAAKA
Rophies
DXM
Ketamine
E-Cigarettes
Embalming Fluid
Zohydro
Substance induced psychosis
Treatment
Common Core Beliefs

“"I am a totally worthless human being.""

“"I am incapable of loving others.""

Yalom, 1995
Causes of Death in America

- 435,000 die of tobacco
- 85,000 die of alcohol
- 29,000 die of firearms
- 25,000 die of improper diet and exercise
- 20,000 die of sexual behavior
- 17,000 of illegal drugs

Center for Disease Control
25% of Americans Die of Substance Abuse

- 19% TOBACCO
- 5% ALCOHOL
- 1% ILLEGAL DRUGS

CENTER FOR DISEASE CONTROL
Addiction

A state in which an organism functions normally only in the presence of the addictive substance

Manifested as a physical disturbance when the using stops (withdrawal)
Causes of Addiction

Genetic factors in addiction
- 10% in general population
- x3 if one parent is an addict
- x4 if two parents are addicts
- x8 if both parents and a grandparent are addicts

Environmental stress

Personality (Temperament + Character)

Environmental toxins or diseases
Substance Abuse in 2011

- 23.35 million persons aged 12 or older were classified with substance abuse/dependence.
- 90% Think they don’t need treatment
- 3.8 million received treatment.

National Institute on Drug Abuse
SPECT scan of a normal brain
Alcohol abuse for 20 years
Marijuana abuse for 12 years
Chronic heroin abuse
Methamphetamine abuse for 8 years
During Substance Abuse Free

One Year Substance
Treatment is a journey to the truth
Recovery Skills

- Get honest
- Go to meetings and help others
- Get on a spiritual journey
Naltrexone
Acamprosate
Relapse Triggers

35% NEGATIVE EMOTIONS
20% SOCIAL PRESSURE
16% INTERPERSONAL CONFLICT
12% POSITIVE EMOTIONS
5% TEST PERSONAL CONTROL

MARLATT, 1998
RECOVERY RATES FOR THE FIRST YEAR

- 4% quit on their own
- 50% quit with treatment
- 70% quit with treatment and meetings
- 90% quit with treatment, meetings and aftercare
The Recovery Community

- Counselor
- Sponsor
- Clergy Person
- Spiritual Director
- New Peer Group
- Probation Officer
- AA/NA/GA Group
- Family
- Physician
Five Year Treatment Contract

- 12-step groups with a log sent in each month
- Attend all therapy recommended
- Take medications
- Meet with sponsor
- Random drug screens (patch, hair, urine, blood)
- Treatment for relapse
Step Eleven
Peace

- There is a God
- God loves me
- God has a purpose for my life
- God will show me the way
Never forget