Deconstructing Substance Use and Wellness From a Sociocultural Perspective

Presented by: Karla Sapp, EdD, LPC-S, LMHC-S, NCC

Webinar Facilitator:
Jessie O'Brien, LCSW, CASAC
- NAADAC, the Association of Addiction Professionals
- www.naadac.org
- jobrien@naadac.org

Loperamide Misuse
Awareness and Prevention

Presented by Karla Sapp, EdD, LPC-S, LMHC-S, NCC
Deconstructing Substance Use & Wellness From A Socio-Cultural Perspective

PRESENTED BY: KARLA L. SAPP, EDD, LPC-S, LMHC-S, NCC, CCMHC, MAC

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About The Presenter
Karla L. Sapp, EdD, LPC-S, LMHC-S, NCC, CCMHC, MAC

Email: drkarlasapp@gmail.com or
umattercounseling@gmail.com
Phone: (912) 495-8440
Social Media:
Instagram: @drk_sapp
Facebook: www.facebook.com/drkarlasapp
Twitter: @DrKSapp
Website: www.drkarlasapp.com
#LiberatingLives #DrKSpeaks

Presentation Objectives:
❖ Participants will be able to identify the four functions that substance abuse serves in society
❖ Participants will be able to discuss substance abuse and wellness from a cultural context
❖ Participants will become familiar with the concept of cultural recovery and how it intersects with wellness
Is There A Difference?

<table>
<thead>
<tr>
<th>Substance Use</th>
<th>Addictions</th>
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<tr>
<td>- Generic term for misuse and use of alcohol, tobacco, and other illicit drugs in a way that it is not intended.</td>
<td>- Hallmark of addiction is compulsive behavior and difficulty in decreasing/treating use.</td>
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<td>- Characterized by experimentation, low frequency and irregular use of alcohol, tobacco, and other illicit drugs.</td>
<td>- Results in clinically significant impairments in functioning.</td>
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<tr>
<td>- Carry a sense of normalcy within society.</td>
<td>- Characterized by cravings and withdrawals.</td>
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<td>- Briefly alters brain.</td>
<td>- Permanently alters brain.</td>
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Substance Use: Differing Perspectives

- **Individualistic Perspective**
  - Models of Addictions focused on the Individual
    - Moral Model
    - Disease Model
    - Psychodynamic Model
    - Social Learning
- **Wider Societal Perspective**
  - Takes into account the family, as a social system.
  - Existence within the wider political, cultural, and historical framework.
  - Model of Addiction that supports addiction as a social behavior and culture.
    - Socio-Cultural

Socio-Cultural Perspective of Substance Use

- Focuses on society as a whole.
- Based on the idea that the type of environment a person lives impact their substance use.
- Links between inequality and substance use.
  - Individuals who belong to groups that are socially & culturally disadvantaged are more likely to experience substance-use problems.
- **Role of Socio-cultural Factor**
  - Studies show wide variations in substance use among U.S. racial, ethnic, and religious groups.
  - Pattern of substance use significantly varies in regards to age, sex, and socioeconomic class.
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**Substance Use Trends**

**General Substance Use Statistics**

- **Overall Lifetime**
  - 50.2% of Americans 12 years or older have used illegal drugs or misused prescription drugs.
  - 61.0% of Americans 12 years or older have used tobacco products.
  - 80.3% of Americans 12 years or older have used alcohol products.

- **Within The Past Year**
  - 20.8% of Americans 12 years or older have used illegal drugs or misused prescription drugs.
  - 26.2% of Americans 12 years or older have used tobacco products.
  - 65.1% of Americans 12 years or older have used alcohol products.

*Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2018 and 2019*

**Substance Use By Demographics**

- **Gender**
  - **Alcohol**
    - Within Last Year: Male 31.3%, Female 35.9%
  - **Tobacco**
    - Within Last Year: Male 32.8%, Female 19.9%
  - **Illicit Drug Use**
    - Within Last Year: Male 23.8%, Female 18.0%

- **Race/Ethnicity/Hispanic Origin**
  - **Alcohol**
    - Within Last Year: White Americans more likely to use than other race, ethnicity, and Hispanic Origin
  - **Tobacco**
    - Within Last Year: White Americans more likely to use than other race, ethnicity, and Hispanic Origin
  - **Illicit Drug Use**
    - Within Last Year: Black/African Americans more likely to use than other race, ethnicity, and Hispanic Origin

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### Substance Use By Demographics

#### GEOGRAPHICAL AREA
- Alcohol and Tobacco
  - Within Last Year
    - Northeast: 35.7% (Alcohol); 24% (Tobacco)
    - Midwest: 36.9% (Alcohol); 29.2% (Tobacco)
    - South: 31.6% (Alcohol); 28.0% (Tobacco)
    - West: 32.2% (Alcohol); 22.1% (Tobacco)

#### COUNTY TYPE
- Alcohol and Tobacco
  - Within Last Year
    - Large Metro: 33.0% (Alcohol); 23.6% (Tobacco)
    - Small Metro: 34.8% (Alcohol); 28.3% (Tobacco)
    - NonMetro: 32.7% (Alcohol); 31.7% (Tobacco)

#### Historical Roots of Substance Use
- Alcohol
  - Documented back to 4000 BC
  - Earlier references to alcohol use found in ancient Sumerian clay tablets
  - Used by Aztecs in Mexico
  - Used by Pima/Papago in SW United States
  - Used by Aleuts in far north of Alaska

- Opium Poppy
  - Cultivated by the Sumerians
    - “hul gil” (plant of joy)
    - Used for medicinal purposes
      - Relieve pain and diarrhea
      - Provide sedation and euphoria
      - Used by Chinese immigrants
      - Heroin later introduced to urban minority groups

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Historical Roots of Substance Use

- Marijuana
  - Origins are more than 6000 years ago in China and later in India
  - Was initially used for fiber
  - It was used for such dates back more than 10,000 years in China
  - Grown by George Washington at Mt. Vernon
  - Second largest crop - after cotton - grown in South pre-US Civil War
  - Introduced by Mexican laborers for psychoactive properties
- Psychoactive Plants
  - More than 1000 compounds originated in Americas
  - Regular smoking (hallucinogens, stimulants (cocaine), tobacco
  - Introduced to North America
  - Introduced to North America in late 1800s

Psychoactive Plants

Psychoactive Plants

Psychoactive Plants

Psychoactive Plants

Changing How We Understand & Address Substance Use
A Socio-Cultural Perspective

Substance Use in Everyday Life.....

- Medicinal Purposes
- Recreational Use
- Pop Culture Glorification
Nature of Social Influences

❖ Social Interaction
❖ Release from Social Obligation
❖ Group Solidarity
❖ Rebel against Societal Norms, Rules, and Values


Social Interaction

❖ Among all drug, alcohol tend to promote more social interaction
  ➢ considered a social lubricant

❖ Studies among adolescent substance use
  ➢ social context is a better predictor versus personalities or expectancies
  ➢ reacts more to external social influences than internal forces

Release from Social Obligation

❖ Time Out Hypothesis
  ➢ Within Culture
    ■ allowances are made for people who use substances excessively
    ■ rules are relaxed and transgressions overlooked
    ■ occurrences determined by the rules and customs of wider society
  ➢ Chemical Vacation
    ■ Escape from and/or Rejection of a society that emphasizes achievement
    ■ Provides an excuse for failure
**Group Solidarity**
- Creates distinct boundaries
- Group Rituals
  - Frat parties
  - Irish Wakes
  - French and Italian Mealtimes
  - Jewish religious observances

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**Rebel against Social Norms, Rules and Values**
- Development of False Norms
- Exaggerated Perception

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**Culture, Substance Use, & Wellness**
Role of Culture & Treatment from a Cultural Recovery Perspective

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Substance Use Culture

❖ Likely have impacted individual substance use and recovery
❖ Has certain shared values, beliefs, customs, traditions, rituals and behaviors that have evolved over time
❖ Share similar ways of dressing, socialization patterns, language, style of communication
❖ Localized to some extent

Substance Use Culture vs. Mainstream Culture

❖ Substance Use Culture is defined in opposition to the mainstream culture
  ➢ Rejects some, if not all, of mainstream culture's shared values and beliefs
  ➢ Provides an alternative sense of social support and cultural activities
  ➢ Helps individuals maintain their culture or subculture

❖ Mainstream Culture
  ➢ Frowns upon substance use
  ➢ Does not have an accepted role for most types of substance use
  ➢ In conflict with older cultures where substance use was accepted (religious rituals, etc.)
  ➢ Attaches immorality to substance use

❖ Relationship is not unidirectional
  ➢ Frowns upon substance use
  ➢ Does not have an accepted role for most types of substance use
  ➢ In conflict with older cultures where substance use was accepted (religious rituals, etc.)

Substance Use Culture: What's The Attraction?

❖ Rituals of Use
❖ Initiating Force for Substance Use
❖ Marginalized adolescents and adults
  ➢ Individual risk factors
  ➢ Family risk factors
  ➢ Social risk factors
❖ Sustaining Force for Substance Use
❖ Participation in Drug Trade - aspect of Drug Culture
  ➢ Economic opportunities
  ➢ Ego gratification
Role of Culture in Substance Use
Assessment, Screening, & Engagement

❖ Assessment, Screening, and Engagement
➢ cultural background
■ role of drug culture
■ types of cultures affiliated with
■ level of involvement
➢ elements of cultural identity and reference groups
■ ethnic/racial
■ gender
■ religious
■ age
■ language

Substance Use Treatment from a Cultural Recovery Perspective

❖ Identifying Alternatives to Drug Cultures
■ Strengthening cultural identity
■ Challenging continued involvement
■ replacement
■ reframing

❖ Developing a Culture of Recovery
■ Individual Commitment
■ Family involvement
■ Role of the community

Addressing Societal View of Substance Use
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Substance Use: A Social and Cultural Issue

- Looking beyond the individual and focusing on wider society
- Substance use is a Social Behavior
- Importance of Sociocultural Factors
- Four Functions of Substance Abuse in Society
- Culture of Substance Use
- Role of Culture in Substance Use Treatment Process
- Cultural Recovery is has a significantly positive influence on Overall Wellness

Questions and Answers with Dr. K.

- Loperamide (brand name Imodium®) is approved to relieve symptoms of diarrhea.
- It is safe and effective when used as directed.
- Some abuse and misuse involving taking very high doses to self-manage opioid withdrawal or to achieve a euphoric high has been reported.
- Cardiovascular warning: Taking more than directed can cause serious heart problems or death.
- Patients with opioid use disorder are most at risk.
- Reported cases and deaths are still rare.

Visit LoperamideSafety.org
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- Visit LoperamideSafety.org to access information and resources and watch a video about loperamide misuse.
- Ask questions and intervene with at-risk patients:
  - Have you been taking loperamide?
  - How much do you take and how often?
  - Are you aware of the serious heart risks?
- Know the signs of loperamide misuse and cardiotoxicity:
  - Palpitations
  - Rapid or irregular heart rhythms
  - Unresponsiveness
  - Cardiac arrest

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