



# Substance Use Disorder 101

Los Angeles County  
Department of Public Health  
Substance Abuse Prevention and Control



# What Will We Learn Today?



## **Discuss**

General signs and symptoms of a loved one's substance use and/or addiction.

## **Describe**

Two (2) ways that you can provide help for someone with addiction.

## **Identify**

Resources for substance use treatment services and other supportive services.

# What Is Addiction?



**Addiction (aka: Substance Use Disorder) is defined as a chronic, relapsing condition, diagnosable by a qualified health professional.**

Common characteristics that can include:

- **Compulsive behavior** (e.g., drug seeking, fixating on drugs/alcohol)
- **Continued use/abuse of drugs** despite negative and harmful consequences
- Involves **changes in the brain's structure and function**
- Ranges in **severity of use** (mild, moderate, and severe)

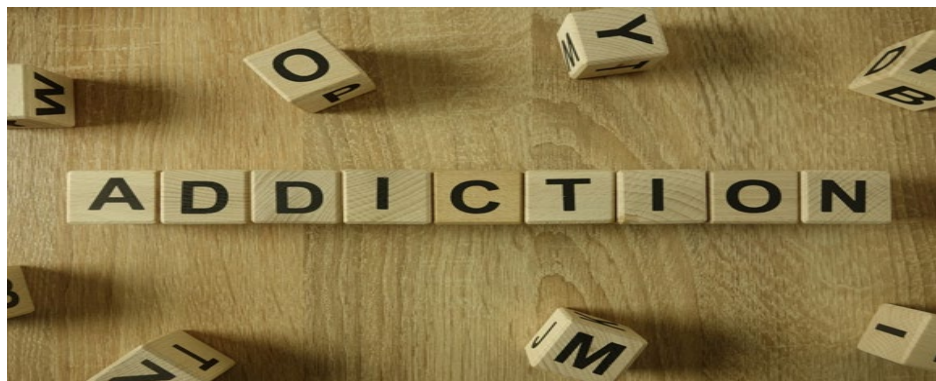


Photo- Getty Image1130260818

# What Does Addiction Look Like?



- **Feeling triggered to use** (for example by an emotion, thoughts, person(s), environment)
- **Cravings to use**
- **Increased tolerance** (need more to get the same feeling)
- **Withdrawal when use stops** (body and mind do not feel good without the substance, feeling sick)

**What signs have you seen in people you think might be using/addicted to drugs and/or alcohol?**

# How Drugs Affect the Brain



**Prolonged substance use changes the brain in fundamental and lasting ways.**

- ❖ Because our brain chemistry changes due to substance use, we may feel that you need alcohol or drugs just to feel “normal.”
- ❖ A substance use disorder occurs when someone continues using substances frequently, even though there are negative consequences.

## Factors That May Lead People To Use And Misuse Substances:

- Loneliness
- Family issues
- Unemployment or financial issues
- Issues at school
- Loss of loved one
- Trauma (past or current)
- History of or current abuse
- Lack of meaningful connections
- Poor self-esteem
- Perceived or actual failure
- Easy access to drugs/social network is using
- Peer pressure
- Anxiety and/or depression

# Why Do Some People Develop Substance Use Disorders While Others Do Not?

## Biological

- Genetics
- Gender
- Mental disorders
- Brain mechanisms

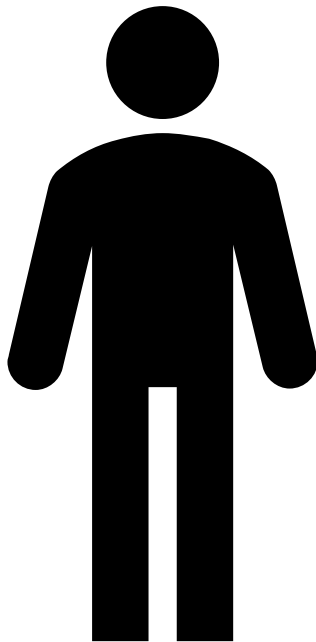
## Environmental

- Trauma
- Social influences
- Community attitudes
- Chronic stress

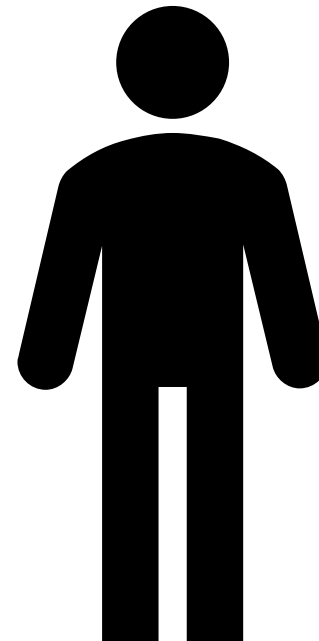
## Substance-Related

- Route of administration
- Effects
- Early use
- Availability/cost

“Substance Abuser”  
“Addict”



“Person Who Has a  
Substance Use Disorder”







- ❖ With treatment (e.g., counseling and/or medication), people can and do recover.
- ❖ People with Substance Use Disorders can live full and happy lives, just like people with other chronic diseases (e.g., asthma, heart disease).



# How To Help Someone with a Substance Use Disorder



## How Do I Know When I Need to have a Conversation with My Loved One?

- ❖ There may not be any clear way to know **when to have a conversation.**
- ❖ **Opening a conversation** is the place to start.
- ❖ Sometimes all you can do is “**check in**” with your loved one and **have an open and honest conversation.**



- ❖ Neglecting responsibilities
- ❖ Using drugs under dangerous conditions or taking risks while intoxicated
- ❖ Experiencing legal trouble
- ❖ Problems in relationships

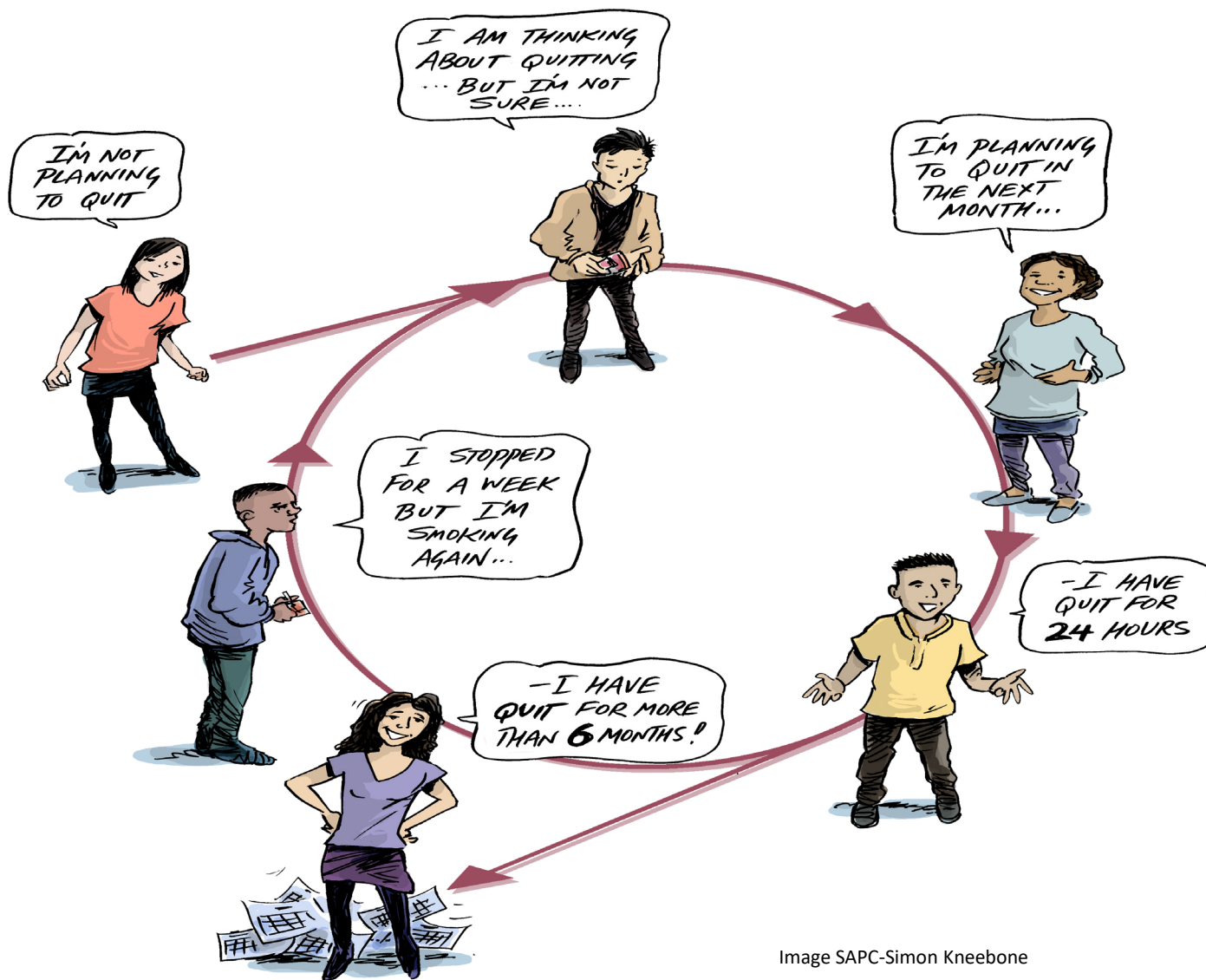
# How You May Feel



When you discover that someone you care about is using or may be addicted to drugs and/or alcohol, you may experience:

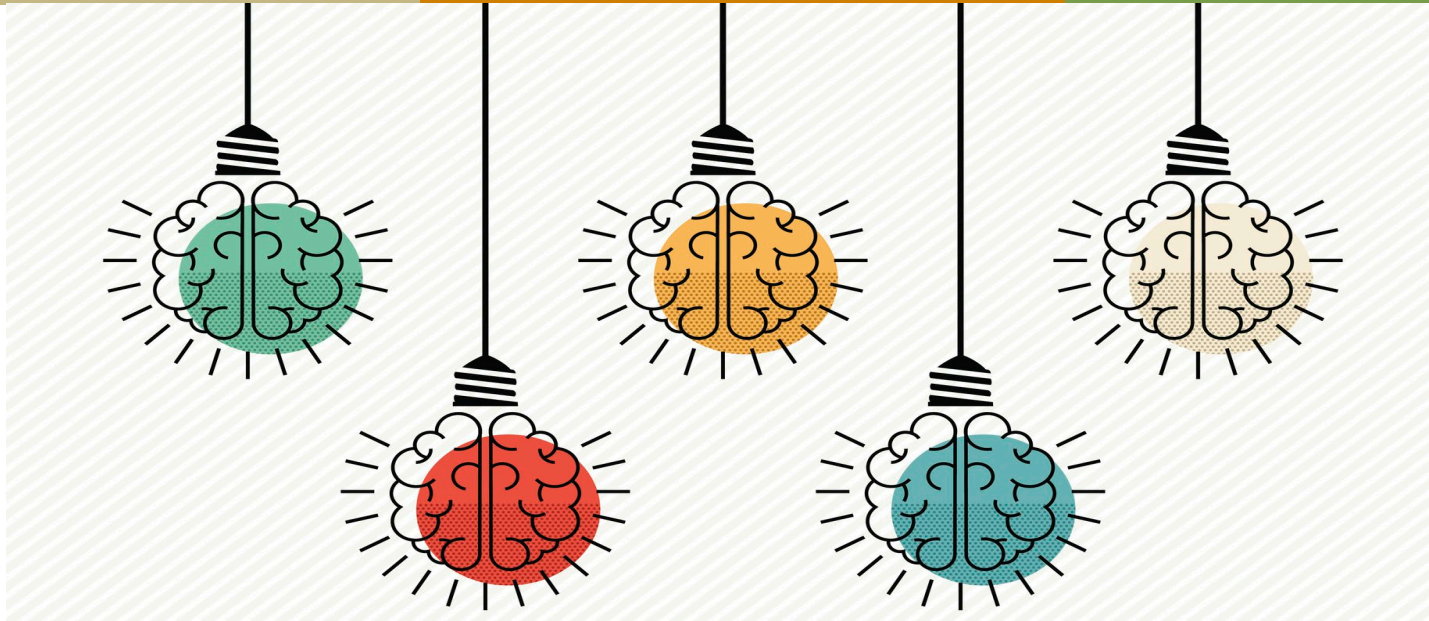
<b>Denial</b> Won't accept that there is a problem	<b>Loss</b> "They won't be the same."
<b>Suppression</b> "It's not a big deal. It's not really a problem."	<b>Confusion</b> "How did this happen?"
<b>Shame</b> Painful feeling of humiliation	<b>Helplessness</b> "There is nothing I can do."
<b>Self-blame</b> "It's my fault... I caused it."	<b>Hesitation</b> "Do I say something?"
<b>Anger</b> "why are they doing this?"	<b>Guilt</b> "I could/should do more."

# What Stage of Change is the person in?





# The First Conversation



- **“There’s something I need to talk to you about...”**
- **“I noticed you’ve been acting differently...”**
- **“I found \_\_\_\_\_ in your room...”**
- **“I’m here when you're ready to talk.”**
- **“I love you no matter what.”**



# Communication Tips



Avoid one-way lectures (ask and listen instead)

Keep the conversations brief

Encourage honest reactions and opinions

Use scenarios to consider: "What would they do if..."

Avoid using put-downs that could prevent someone from opening up

Express clear expectations and values

Voice is clear and consistent

Be prepared for questions

This can be an ongoing conversation

## What's Helpful

- Manage expectations (the conversation may not go as planned)
- Stay calm (take a break if needed)
- Keep focused (on the conversation you're having)
- Listen as much as you talk
- Recognize when you don't have the energy to be a good listener
- Try to put yourself in their shoes
- Be consistent with your words and actions of support
- Keep an open mind and an open door (it can be an on-going conversation)
- Set clear boundaries and seek out support for yourself

## What doesn't help

- Warning or threatening
- Arguing or lecturing
- Disagreeing, judging, criticizing, or blaming
- Shaming, ridiculing, or labeling
- Disregarding the other person's feelings
- Body language counts - avoid finger pointing, looking at your cell phone, crossing your arms, etc.

# RECAP

- Discussing your concerns regarding someone's drug use or abuse can be very difficult.
- It is important to make sure to take care of yourself as much as possible.
- Plan the conversation you want to have with your loved one and be prepared to have an ongoing conversation.
- Whatever you may feel regarding someone's drug use or abuse is OK, and you are not alone.
- Resources for you and your loved ones will be provided at the end of this presentation.



# Overdose Prevention and Naloxone





# Harm Reduction Resources

## LA County Department of Public Health Substance Abuse Prevention and Control (SAPC)

### Harm Reduction

Harm Reduction | Top 5 Myths | Overdose Epidemic | Accessing Naloxone | Finding Services | Resources | FAQ | Contact Us

#### Harm Reduction and Overdose Prevention Resources

Community-based organizations and individuals may utilize the following resources and information designed by SAPCs Harm Reduction Unit to support efforts to expand access to harm reduction and overdose prevention services.

[Fentanyl Resources](#) +  
[Xylazine Resources](#) +  
[Naloxone Resources](#) +  
[Training and Presentations](#) +  
[Local, State and National Resources](#) +

Scan the QR Code to visit the  
Harm Reduction Webpage



For more information, resources, and  
training, please contact the Harm Reduction  
Unit at [HarmReduction@ph.lacounty.gov](mailto:HarmReduction@ph.lacounty.gov)

[ph.lacounty.gov/sapc/public/harm-reduction/](https://ph.lacounty.gov/sapc/public/harm-reduction/)

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Scan QR Code to Access Fentanyl 101 Presentation  
Or [Click This Link on PDF Handout to Access Presentation](#)



Naloxone

Fentanyl Test Strips

Xylaxine Test Strips

These overdose prevention resources can be obtained for **free** at  
[CORE Centers](#) and [EOP Hub Programs](#).

# Engagement and Overdose Preventions (EOP) Hubs in LA County



[Click here or scan QR code to view EOP Hub Program Schedule](#) →



<a href="#"><u>Asian American Drug Abuse Program</u></a> (Compton, Lawndale, Lynwood)	(424) 331-5799
<a href="#"><u>Bienestar Human Services</u></a> * (East Los Angeles)	(886) 590-6411
<a href="#"><u>Homeless Health Care, Los Angeles</u></a> (Los Angeles)	(213) 617-8408
<a href="#"><u>Homeless Outreach Program Integrated Care System</u></a> (Los Angeles)	(323) 423-4399
<a href="#"><u>L.A. Community Health Project</u></a> (Los Angeles, Boyle Heights, Skid Row, Hollywood, Watts)	(323) 380-5469
<a href="#"><u>Tarzana Treatment Center</u></a> (Sylmar)	(818) 342-5897
<a href="#"><u>Venice Family Clinic</u></a> * (Venice)- Safe Place for Youth: <a href="http://www.safeplaceforyouth.org">http://www.safeplaceforyouth.org</a>	(310) 314-5480

\*May accept youth (age 12-17)



# What Kind of Support is Available?

Drug counseling

Your house of worship or  
spiritual leader

Individual therapy

Peer support groups

- What support is in your community?





# Resources



Youth, young adults and adults can access **no-cost** (**no fees**) substance use treatment services at any provider in the network if they meet the following criteria AND meet medical necessity:

**Los  
Angeles  
County  
Resident**



**Medi-Cal Eligible or Enrolled**

*(active benefits are not required at time of screening, referral, or intake)*

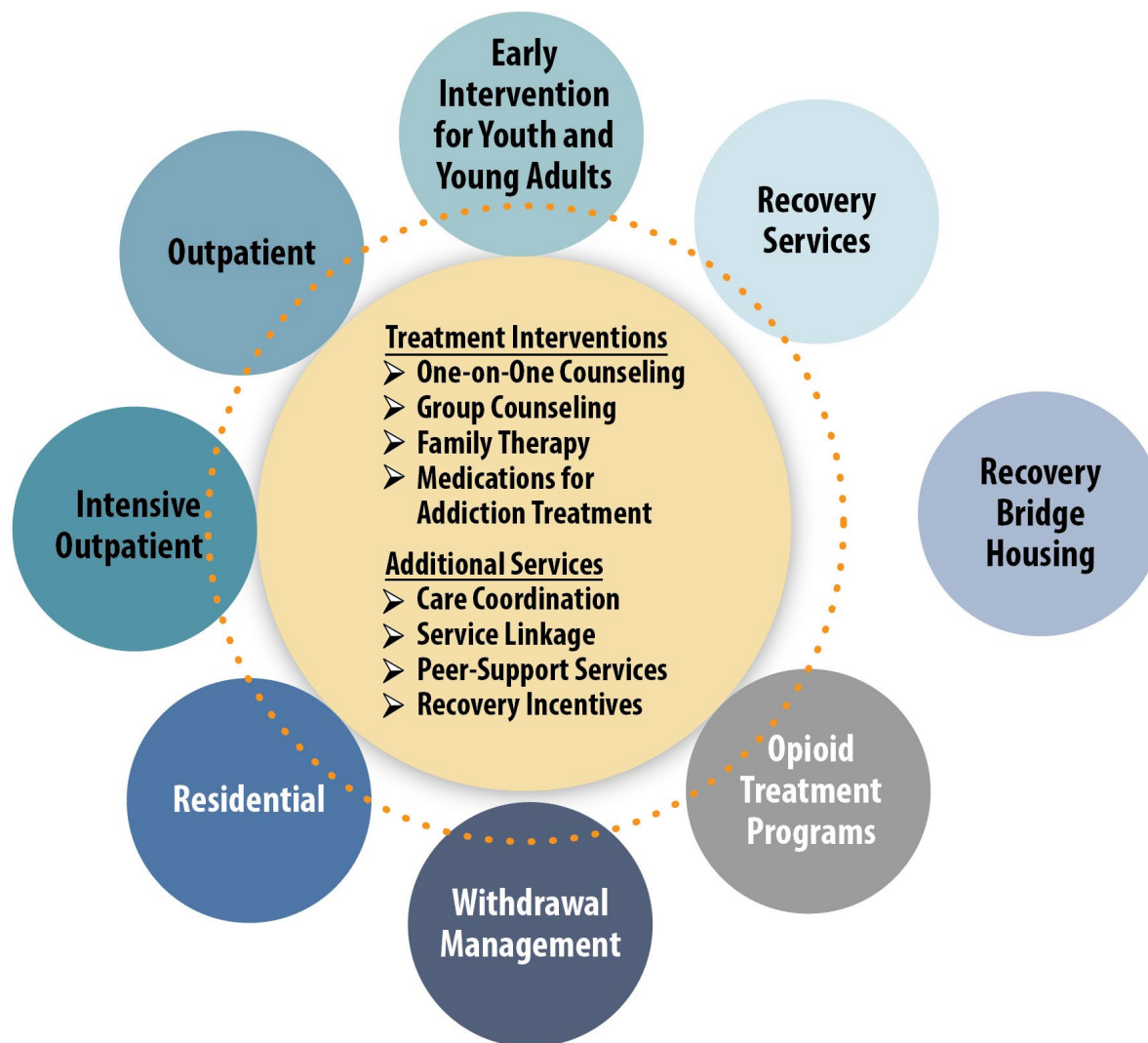
**OR**

**Other County-Funded Program Participant**

*(such as AB 109, Drug Court)*

There are also fee-for-service options for patients that do not meet these eligibility criteria.

# Los Angeles County's Available SUD Benefits



# SAPC | Substance Abuse Prevention and Control

Prevention First • Treatment Works • Recovery is Possible

A 24/7 toll-free helpline to provide screening, resources, and referral directly to a treatment provider.

SUBSTANCE ABUSE SERVICE HELPLINE  
 **1.844.804.7500**



CORE Centers offer sites throughout L.A. County where staff provide education, resources, and in-person screening and linkage to treatment.

 **COREcenter**  
Connecting to Opportunities for Recovery and Engagement



CENS Staff serve as liaisons between state, county, and city agencies and providers conducting in-person navigation, screening, and linkage to treatment.

**CENS**  
Client Engagement  
and Navigation Services



Any person (or their representative) can contact treatment providers directly or by using the Online Provider Directory.

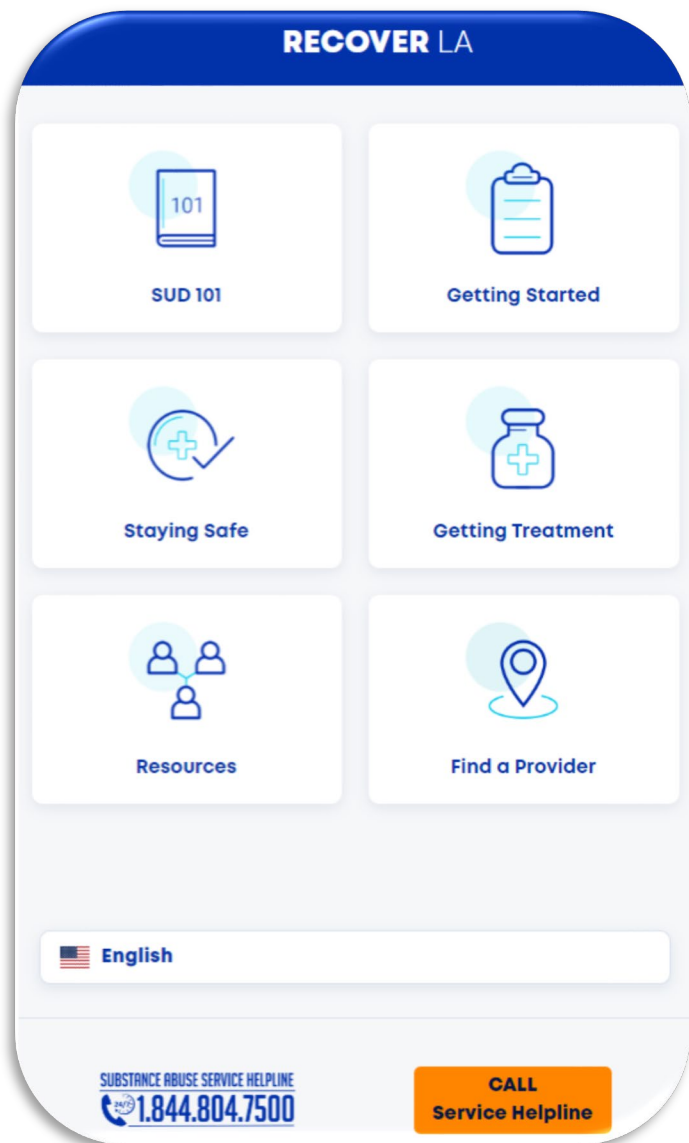
**Service Bed and  
Availability Tool  
(SBAT)**



[No Wrong Door Pathways to Access Alcohol/Drug Treatment](#)




COUNTY OF LOS ANGELES  
Public Health



- Free mobile app
- Provides education and resources for those seeking substance use services for themselves or others
- Available in 13 languages

Visit [RecoverLA.org](https://RecoverLA.org) or use the QR code below to access the app



Install this webapp on your phone:  
Tap  and then Add to Homescreen



# Additional Resources



Name	Description	Call Toll free	Web Address
<b>Los Angeles County Substance Abuse Service Helpline (SASH)</b>	24/7 helpline screening and referral of free substance use disorder treatment services in Los Angeles County.	<b>(844) 804-7500</b> 24 hours per day/ 7 days a week	Web based tool of available Substance Use Disorder Treatment Services in Los Angeles County: <a href="http://sapccis.ph.lacounty.gov/sbat/">http://sapccis.ph.lacounty.gov/sbat/</a>
<b>988 Suicide &amp; Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline)</b>	988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress.	<b>988 Call &amp; Text</b> 24 hours per day/ 7 days a week  Línea de Prevención del Suicidio y Crisis 988  For TTY Users: Use your preferred relay service or dial 711 then 988.	<a href="https://lifeline.org/">Lifeline (988lifeline.org)</a>
<b>Department of Mental Health (DMH) Access Hotline</b>	24/7 Mental Health Services include screening, assessment, referral & crisis counseling.	<b>(800) 854-7771</b> 24 hours per day/ 7 days a week	List of Mental Health Services: <a href="https://dmh.lacounty.gov/our-services/">https://dmh.lacounty.gov/our-services/</a>
<b>Department of Public Social Services (DPSS)</b>	To apply for Medi-Cal, food stamps and income support for low-income families and individuals.	<b>(866) 613-3777</b> Monday-Friday 7:30am - 5:30pm	<a href="http://dpss.lacounty.gov/wps/portal/dpss">http://dpss.lacounty.gov/wps/portal/dpss</a>
<b>Office of Immigration Affairs (OIA)</b>	Connection to free or low-cost attorney if you have questions regarding the “public charge” test and your immigration status.	<b>(800) 593-8222</b> Monday-Friday 8:00am-4:30pm	<a href="http://oia.lacounty.gov">oia.lacounty.gov</a>






# Additional Resources - Continued



Name	Description	Call Toll free	Web Address
<b>Alcoholics Anonymous (AA)</b>	Peer supported program for people in recovery from alcohol use disorder who meet regularly.	<b>(800) 923-8722</b>	<a href="http://www.AA.org">www.AA.org</a>
<b>Narcotics Anonymous (NA)</b>	Peer supported program for people in recovery from other illicit substances who meet regularly.	<b>(800) 974-0062</b>	<a href="http://www.NA.org">www.NA.org</a>
<b>National Alliance on Mental Illness (NAMI)</b>	Provides education support & advocacy to improve the lives of those living with mental illness.	<b>(800) 950-6264</b>	<a href="http://www.nami.org">www.nami.org</a>
<b>Nicotine Anonymous</b>	Peer supported program for people in recovery or who need support to stop use of tobacco and nicotine products who meet regularly.	<b>(877) 879-6422</b>	<a href="https://www.nicotine-anonymous.org/">https://www.nicotine-anonymous.org/</a>
<b>Al-Anon Los Angeles</b>	Members who are worried about someone important to them with a substance use issue.	<b>(888) 425-2666</b> <b>(818) 760-7440</b> - Los Angeles	<a href="http://www.al-anon.org">www.al-anon.org</a>
<b>Medication-Assisted Recovery Anonymous (MARA)</b>	Peer supported program for people in recovery that utilize medication-assisted treatment.	<b>N/A</b>	<a href="http://California MARAInternational(mara-international.org)">California   MARA International (mara-international.org)</a>
<b>Los Angeles Helpline</b>	Central source for providing information/referrals for all health and human services in LA County.	<b>211</b> 24 hours per day/ 7 days per week	<a href="http://www.211la.org">www.211la.org</a>

# Resources for Youth



Name and Description	Website	
<b>L.A. County Youth Suicide Prevention Project</b>	<a href="https://preventsuicide.lacoe.edu">https://preventsuicide.lacoe.edu</a>	
<b>National Crisis Text Line</b>	<a href="https://www.crisistextline.org">https://www.crisistextline.org</a> Text HOME to 741741	
<b>Trevor Project Lifeline</b> Provide support to LGBTQ+ youth and allies in crisis or in need of a safe and judgment-free place to talk	<a href="https://www.thetrevorproject.org/get-help">https://www.thetrevorproject.org/get-help</a> 1-866-488-7386	
<b>LA-HOP</b> L.A. County Homeless Outreach Portal	<a href="https://www.lahsa.org/portal/apps/la-hop">https://www.lahsa.org/portal/apps/la-hop</a>	
<b>Addressing Teen Mental Health Challenges</b> A mental health toolkit for teens	<a href="http://publichealth.lacounty.gov/pie/Education/MentalHealthToolKit/toolkit-teen.htm">http://publichealth.lacounty.gov/pie/Education/MentalHealthToolKit/toolkit-teen.htm</a>	



# How to Locate These Resources:



## Step 1

- Visit the link provided below:
- [LA County Department of Public Health - Substance Abuse Prevention and Control - Reaching the 95% \(R95\) Initiative](#)



## Step 2

- Scroll to the bottom of the page where it says Learn More (see screenshot below) and click on the links below the title “SUD 101 and Accessing Substance Use Treatment in L.A. County Resources.”

### Learn More

SAPC is a state leader in launching innovative SUD tools and programs to enhance access to services by individuals who may need treatment, community stakeholders and the SUD workforce.

Click the [RecoverLA](#) link to learn more about our award-winning mobile-friendly platform that provides SUD service and overdose prevention resources, as well as a filterable service locator.

Click the link to the [Service and Bed Availability Tool \(SBAT\)](#) to locate a treatment provider near you with filters that make searching for specialty SUD services easy: <https://sapccis.ph.lacounty.gov/sbat/>.

- View the [SUD 101 video presentation](#) to learn more about substance use and how to talk to someone with SUD.
- Click the link to the [SUD 101 and Accessing Substance Use Treatment in L.A. County Resources](#) to download the SUD 101 presentation slides and substance use treatment in LA County resources guide.

