



Indian Health Service 2012 NATIONAL BEHAVIORAL HEALTH CONFERENCE

Welcome

Evolving Drug Addiction and Recovery
Richard Colsen LADC



Mobilizing Partnerships to Promote Wellness

House Keeping

- Please be sure to sign in and out on the Sign In Sheets located near the entrance to this room.
- Please complete the evaluation at the end of this presentation.
- For more information on Continuing Education Units (CEUs), please visit the Registration Desk

Comfort Room

- To promote wellness and self-care, a Comfort Room is available in Atrium Room 8 for your use.
- If you need further assistance, please visit the Indian Health Service Division of Behavioral Health booth.

Partnerships

- Tagwii clients
- Fond du Lac Police Department
- Carlton County Probations & Social Services
- St. Louis County Specialty Courts
- St. Louis County Probation & Social Service

Learning Objectives

- To understand the pharmacology of current drugs of choice, focusing on most commonly abused prescription drugs and synthetics
- To identify Prescription drug abuse and the effects it has on the individual, family and community
- To understand ways that community, family and providers can work together.



Some Drug Trends

Twin Cities, MN

2010

- Alcohol
- Marijuana
- Other Opiates
- Heroin
- Methamphetamine
- Cocaine
- Other
 - SOURCE: Minnesota Department of Human Services, Drug and Alcohol Abuse Normative Evaluation System (DAANES), November 2010.

2009

- Alcohol
- Marijuana
- Opiates
- Heroin
- Cocaine
- Meth
- Other
 - SOURCE: Drug and Alcohol Abuse Normative Evaluation System (DAANES), Minnesota

Fond du Lac Reservation, MN

2009

- Alcohol
 - Opiates/others
 - Marijuana
 - Synthetic Marijuana
 - Bath Salts
 - Methamphetamine
-
- Clients reported drug of choice while in treatment.

2011

- Opiates
- Benzodiazepines
- Synthetic Marijuana
- Marijuana
- Alcohol
- Heroine



Commonly Used Prescription Drugs

Nebulizers

What are they doing now?



Prescription the ones you know about....



Commonly Used

Trade or generic name

- Methadone
- Suboxone
- Opana
- Opiates
- Percocet
- Oxycontin
- Fentanyl
- Tramadol

Street name

- Done, Doilies, Fizzies
- Sub, Bupe
- Stop Signs, Panda Bear
- Tabs, Viks, Hydro's
- Perks, 512
- Oxy, Hillbilly Heroin
- Apache, China white,
- Trams

Not So Common

Generic

- Welbutron
- Gabapentin

Street

- Jail House Meth
- Gabby

Street Pricing Carlton/St. Louis County

As reported by Tagwii Clients 2009

- Methadone \$-1/mg
- Tramadol \$-1/mg
- Opana \$50+ /pill
- Hydrocodones \$5-10/pill
- Percocet \$7-10/pill
- Oxycontin \$15-20/pill
- Fentanyl \$150/patch
- Gabapentin NA

As reported by Tagwii clients 2012

- Methadone \$1/mg
- Tramadol
- Opana \$60-\$80
- Hydrocodones \$5-\$7
- Precocet \$10 for 10mg
- Oxycontin 40 mg for \$60
- Fentanyl \$120 patch
- Gabapentines \$.05-3 a pill
- Suboxone \$5-\$6 a pill

National Street Drug Pricing

- Methadone \$1.50/mg
- Tramadol NA
- Oxymorphone NA
- Lortabs \$3-10
- Percocets \$3-25/pill
- Oxycontin \$20-100/pill
- Fentanyl \$20-70/patch
- Gabapentin NA

– National Drug Intelligence Center 2009

Where do they get them?

- Doctor Shopping
 - Multiple ER, clinics and pharmacies,
 - Crossing state and federal borders
 - Groups traveling together
- Online Ordering
- Rogue pharmacies Apr 6, 2012 ABC News
- Significant others or family members
- Trading for other goods and services
- Stealing



Symptoms of Prescription Drug Abuse

Opioid/painkillers abuse symptoms

- Constipation
- Depression
- Low blood pressure
- Decreased respiration rate
- Confusion

Sedatives and tranquilizers abuse symptoms

- Drowsiness
- Confusion
- Unsteady gait
- Poor judgment
- Involuntary and rapid movement of the eyeball
- www.mayoclinic.com

Stimulants

drug abuse symptoms

- Weight loss
- Agitation
- Irritability
- Insomnia
- High blood pressure
- Irregular heartbeat

- www.mayoclinic.com

Signs of Prescription Abuse and Dependence

- Complaining of vague symptoms to get more medication
- Lack of interest in treatment options other than medications
- Mood swings
- Seeing several doctors and/or pharmacies
- Past history of drug addiction
- On and off relief from anxiety
- Using more than the recommended dose or dosage
- Using prescription pills prescribed for others

- www.mayoclinic.com

Synthetic Marijuana



What are they calling it

Street names

- Legal's
- Legal Bud
- Herbal Smoke
- No Name
- Stuff

Brand names

- Blaze
- Blueberry Haze,
- Dank,
- Demon Passion Smoke,
- Genie,
- Hawaiian Hybrid,
- K2,
- Voodoo Spice.....

Synthetic Marijuana

- First introduced in 2002
- Doesn't trigger positive UA's for THC
- Is not 100% organic
- Sold in head shops, gas stations...
- March 1, 2011 5 types of synthetic THC became illegal
- Manufactures changed formula and continue to sell.
- No scientific studies have been done on effects on humans.
- Some studies being done on mice at this time.
- There are blogs and product reviews on line



Tagwii Recovery Center

TREATMENT MODEL



Tagwii

Tagwii is the star which appears every month, right beside the new moon. This star and the moon travel together. Tagwii is the exuberance of the youth, like the little one running around the bigger one and teasing, “why are you so slow?” It is difficult to be that age-and for the people close to you. A lot of young people go through that rambunctious behavior before they find themselves.

Tagwii is the star that learns- one needs never to walk alone. Men and Women who were seen to never have a chance, to have run in too so many difficulties in their lives, need to walk with one another for a while. Each one needs to contribute to his own well being and find his way – never to travel alone – but by giving of oneself, learn how to walk on one’s own.

Tagwii also speaks of the man or women walking a path on the outside, while taking the same journey on the inside, it is a holistic healing.

Tagwii will bring people together to help each other for a time. Then, through contributing to one’s own life and helping others along the way, each will find a new path to travel and will complete the set, complete the circle.

Tobasonakwut “Peter” Kinew

April 15, 2009



The Program

- The Tagwii Outpatient program is a comprehensive six (6) to twelve (12) month intensive outpatient chemical dependency treatment process designed to meet the needs of clients at differing degrees of addiction by offering cultural specific and flexible programming.

Pre-Admission

- Medical Physical.
- Dental exam.
- Mental Screening: DA, MMPI and BDI/BAI.
- High Risk Screening: IV, HIV, TB and Suicide.
- Comprehensive CD Evaluation.
- Family History.
- Housing, Transportation, and Child Care assessment.
- Gambling Assessment
- Criminal background checks
- Evaluation for proper placement.

The Core Groups & Services

- Early Recovery.
- Relapse Prevention Groups.
- Wellness Groups.
- Family Education Group.
- Family Counseling
- 1:1 Counseling
- Frequent Drug Screening
- Community Service
- Spiritual/Cultural activities

Flexibility in Programming

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Morning	1:1s Paperwork	1:1s Paperwork	1:1s Paperwork	1:1s Paperwork	Process Groups	Week-end Phone Call-in required
Afternoon	Process Groups Education Group	Phase II Group GA Group	Wellness Groups Family Education	Process Groups Education Group Phase II group		
Evening	Process Group Education Group	Phase II Group Tagwii Support group	Wellness Group Family Education	Process Groups Education Group Tagwii Support group	Sweat lodge	



Supportive Service

- Childcare
- Transportation
- Mental Health
- Brain Wave Optimization
- Case Management
- Recovery Support Groups
- Family Support Groups
- Housing
- Employment Education
- Sobriety Feast
- Annual 5k walk/run
- Incentives



Wellness: Walking the Walk

- Nutrition
 - Eating Healthy to improve mood and recovery
- Exercise
 - Traditional and creative
- Recreational activities
 - Simple and inexpensive community activities
- Sleep hygiene
 - Understanding how sleep impacts moods and recovery
- Scheduling
 - Using schedules to balance life.



Spiritual Components



Daily Smudging

Talking Circle

Eagle Feather

Drum & Drum Ceremonies

Sweat Lodge Ceremonies

Pipe Ceremonies

Spiritual Leaders & Advisors

Feast

Traditional Teaching/Story Telling

Gathering

Skirt/Ribbon shirt making or other regalia



SUMMING IT UP

- Match the client to the intensity of programming
- Get to know your client
- Make treatment times flexible
- Break up groups
- Introduce new topic
- Look for community/alumni to assist/mentor clients
- Demonstrate sobriety and sober activities
- Make culture and tradition a part of all activities
- Find or have supportive services available to clients



IHS/MSPI Training Opportunity

- Where: Tagwii Recovery Center
- What is it: Opportunity to come and learn how treatment is done at Tagwii
- Length of Time: 3 weeks with Lodging and millage paid
- Contact: Bunny Jaakola @ bunnyjaakola@fdlrez.com

References:

- www.streetdrugs.org
- Minnesota DAANES Reports
- National Drug Intelligence Center
- www.mayoclinic.com
- www.alcoholism.about.com
- Tagwii clients and staff




Richard Colsen LADC

Fond-du-Lac Human Service/Tagwii Recovery Center

Ph. 218-878-3875

Fx. 218-878-3861

Richardcolsen@fdlrez.com





Crisis Hotline Numbers

Suicide Prevention Lifeline Number:

- 1-800-273-TALK (8255)

National Domestic Violence Hotline:

- 1-800-799-SAFE (7233) or TTY 1-800-787-3224

National Child Abuse Hotline:

- 1-800-4-A-CHILD

Sexual Assault Hotline:

- 1-800-262-9800
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