

Implications of COVID-19 & Complex PTSD for Opioid Use Disorder

- ▶ INCREASE STRESS
- ▶ ANXIETY
- ▶ SOCIAL IMPACT
- ▶ ECONOMIC

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Training Agenda

- ▶ Introduction & Agenda
- ▶ COVID – 19 Update
- ▶ Complex PTSD Overview
- ▶ Opioid Use Disorder Summary
- ▶ Impacts of COVID-19 on Complex PTSD & Opioid Use
- ▶ Epidemic & Pandemic Affects
- ▶ Strategies Working with Individuals in Recovery
- ▶ Cultural Competence Address/BLM
- ▶ Q&A

An interactive conversation to
discuss the impact of COVID-19,
Complex PTSD, and strategies
working with individuals with
Opioid Use Disorder.



How has COVID-19 effected you?

- ▶ Please share any impacts you have experienced due to COVID-19
- ▶ Life already has anticipated stresses and anxiety and COVID-19 adds additional hardships
- ▶ It is important to find a relaxation strategy to cope with added stress of virus
- ▶ COVID impacts on recovery

COVID-19 Update

- As of July 1st, the CDC has confirmed 3.48M cases, 1.3M recovered and 138k deaths.
- The AMA is reporting an increased number of opioid-related mortality
 - More than 35 states have reported increased in opioid-related mortality and expressed concerns for individuals with mental illness and substance use disorder (SUD)

Implications COVID-19 & Complex PTSD

What is Complex PTSD?

A psychological disorder that can develop in response to prolonged, repeated experience of interpersonal trauma in a context in which the individual has little or no chance of escape

PTSD vs Complex PTSD

PTSD usually develops following a single episode of trauma

Patients have the capacity to forget and move on after some time

Associated with behavioral issues and reckless activities like binge eating, abnormal sexual activities and drug or alcohol abuse

Treatment methods involve short-term counseling and drug therapy

Complex PTSD involves several traumatizing events on a long-term basis

Patients will get flashbacks and nightmares associated with insomnia from time to time

Patients are also diagnosed with borderline personality disorders and dissociative disorders

Treatment methods involve multiple therapeutic sessions lasting for a longer time

Complex PTSD Symptoms

- ▶ This can include having nightmares or flashbacks
- ▶ Avoiding certain situations
- ▶ Changes in beliefs and feelings about yourself and others
- ▶ Hyperarousal refers to constantly being on-alert or jittery

Complex PTSD Symptoms

- ▶ Lack of emotional regulation (uncontrollable feelings, such as explosive anger or ongoing sadness)
- ▶ Changes in consciousness e.g., forgetting the traumatic event or feeling detached from your emotions or body, dissociation
- ▶ Negative self-perception feelings of guilt or shame

Complex PTSD Symptoms

- ▶ Difficulty with relationships avoiding relationships with other people out of mistrust or a feeling of not knowing how to interact with others
- ▶ Loss of systems of meanings, refer to your religion or beliefs about the world

U.S. Opioid Use Disorder

- ▶ 128 people die daily from an Opioid overdose
- ▶ Opioids were involved in 69.5% of all drug overdose deaths in 2018
- ▶ 808,000 people used heroin in 2018
 - ▶ 81,000 of these were first time users
- ▶ 10.3 million people reported opioid prescription misuse in 2018
 - ▶ 2 million of these were first time users

Epidemic & Pandemic



- ▶ People have difficult time enough time maintaining a recovery routine
- ▶ Adding social isolation and a pandemic into the mix has been a life threatening combination
- ▶ Recovery is not only about sobriety, but connection

Strategies Working with Individuals in Recovery

- ▶ A large part of the solution to moving forward in recovery is building social connections through meetings and social supports
- ▶ Removing that piece places individuals at risk
- ▶ The recovery community is a like a tight knit family
- ▶ When they see each other they embrace one another, hug one another, and share that they care deeply about one another

Strategies Working with Individuals in Recovery

- ▶ These norms that have been in practice for decades are now being challenged
- ▶ As a result of the isolation encouraged during covid-19 individuals who use opioids are a greater risk to use alone
- ▶ Without having anyone to rescue them, individuals are an increased risk for overdose deaths

Goals & Objectives:

Complex PTSD

Explore and resolve issues relation to history of
Complex PTSD

Learn about typical long term/residuals effects of
traumatic life experiences

Develop to strategies to help cope with stressful
reminders/memories

Goals & Objectives: Anxiety

Develop strategies to reduce symptoms or reduce anxiety and improve coping skills

Be free of panic episodes (100%)

Recognize & plan for top five anxiety-provoking situations

Develop strategies for distraction when fixating on the future

Goals & Objectives: Decision Making

- ▶ Make short and simple “to do” lists and complete three tasks each day
- ▶ Celebrate little successes each day using positive self talk and/or journaling
- ▶ Identify three options for any major decisions
- ▶ Be able to weigh options make simple decisions within 5 minutes

Cultural Competence

Address/BLM

- ▶ Current tension between police and black and brown communities in Midwest
- ▶ COVID-19 in relation to Cultural Climate
 - ▶ Lack of technology
 - ▶ Lack of resources
 - ▶ Technology Illiteracy
- ▶ Black Lives Matter Movement and DRP

Resources

- ▶ Substance Abuse and Mental Health Services Administration (SAMHSA)
- ▶ National Institute on Drug Abuse (NIDA)
- ▶ National Institute of Mental Health (NIH)
- ▶ U.S. Department of Health & Human Services
- ▶ Wisconsin Great Lakes ATTC (Kris & Team)
- ▶ Detroit Recovery Project, Inc. (DRP)



Questions or Comments?