

Substance Use Disorders in the Latino Population

4-Part Learning Series

Module 4:

Stimulant Use Disorder Screening and Treatment

Presented By

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Acknowledgment

Presented in 2023 by the National Hispanic and Latino Addiction Technology Transfer Center (ATTC) Network, National Latino Behavioral Health Association (NLBHA) P.O. Box 1360, Pena Blanca, NM 87041.

<https://attcnetwork.org/centers/national-hispanic-and-latino-attc/home>

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D., served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

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This work is supported by grants 5H79T1081174-04 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

Presented 2023



The use of affirming language inspires hope and advances recovery.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.



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Fredrick Sandoval, MPA
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NLBHA's Mission

The Mission and Goal of The National Latino Behavioral Health Association is to influence national behavioral health policy, eliminate disparities in funding and access to services and improve the quality of services and treatment outcomes for Latino populations.





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NLBHA's Objectives

NLBHA's Objective is to provide national leadership on mental health and substance abuse concerns of the Latino community. NLBHA's Policy Priorities are:

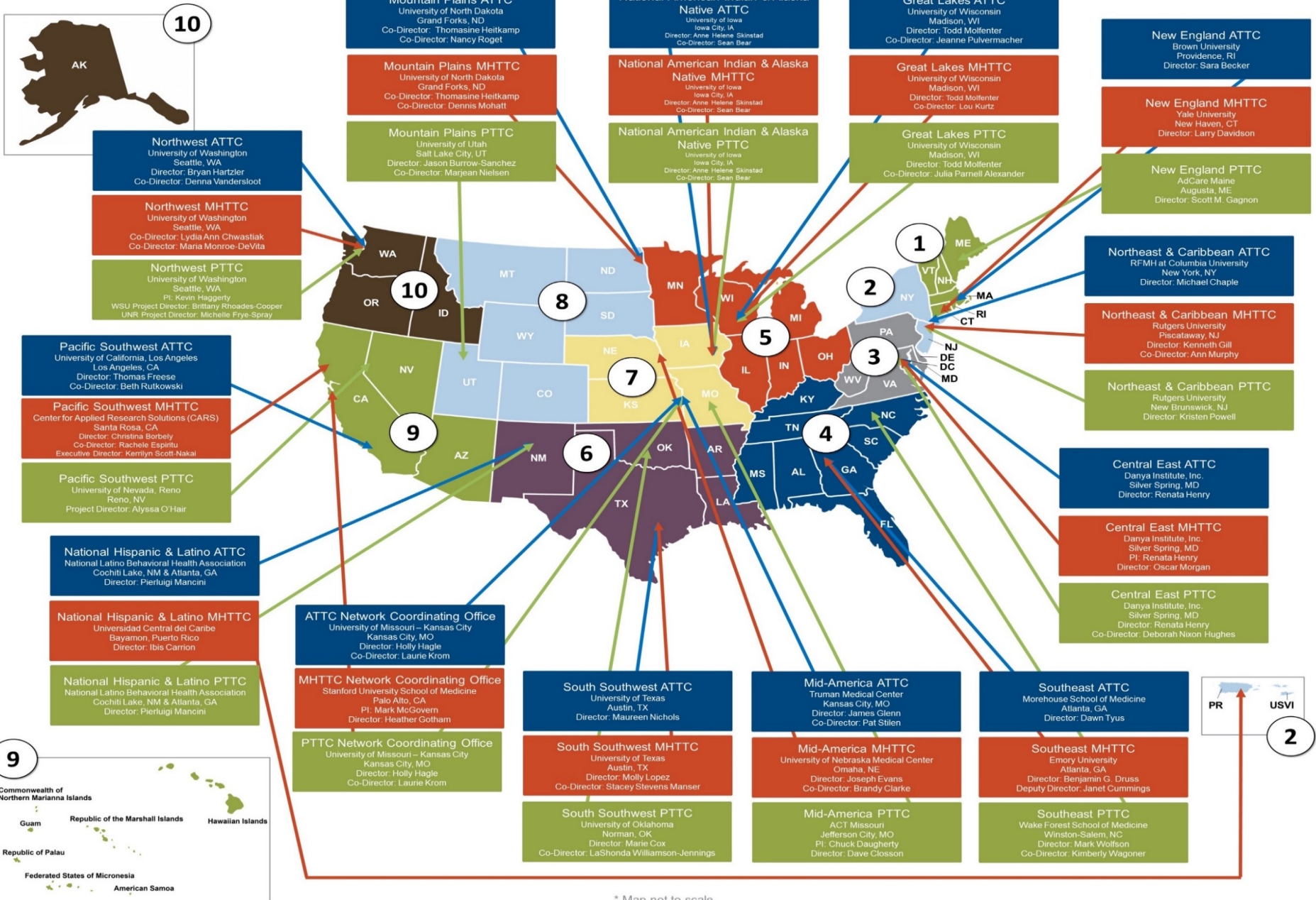
1. Targeted Capacity Expansion of Mental Health Services for Latinos
2. Latino Behavioral Health Evidenced-Based Practices
3. Legislation to increase the number of Counselors/Therapists/Other Behavioral Health Practitioners
4. Funding for Co-Occurring Disorders of Alcohol and Substance Abuse
5. Opioid Crisis in the Latino Community
6. Suicide Prevention



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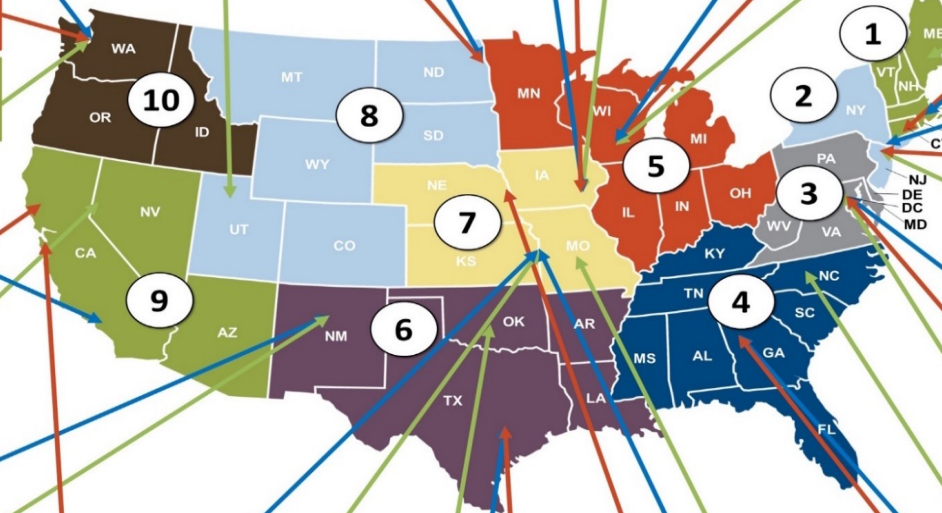
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* Map not to scale.



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National Hispanic and Latino ATTC Mission

The mission of the National Hispanic and Latino Addiction Technology Transfer Center is to provide high-quality training and technical assistance to improve the capacity of the workforce serving Hispanic and Latino communities in behavioral health, treatment, and recovery. We disseminate and support the implementation of evidence-based and promising practices to enhance service delivery, promote the growth of a diverse, culturally competent workforce, and bridge access to quality behavioral health services. We are committed to increasing health equity and access to effective culturally and linguistically grounded approaches.



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Course Outline



Module 1. Alcohol and SUD Screening and Treatment



Module 2. Tobacco and SUD Screening and Treatment



Module 3. Opioids and SUD Screening and Treatment



Module 4. Stimulants and SUD Screening and Treatment



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Module 4 Overview

- Introduction to Stimulant Use
- Stimulant Use in the Latino Population
- Screening and Treatment of Stimulant Use Disorder in Latino Populations



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Introduction- Substance Use Disorders (SUD) among the Latino population living in the United States

The Diagnostic and Statistical Manual of Mental Disorders 5 (DSM-5) defines SUD as a constellation of behaviors involved in compulsive drug seeking including impaired control of substance use, impaired social interactions with others because of substance use, risky drug use (e.g., substance use in hazardous settings), and pharmacological changes (e.g., experiencing withdrawal symptoms).



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Addiction is the most severe, chronic stage of the SUD diagnosis, which is characterized by substantial loss of self-control, manifesting in compulsive drug-seeking behavior despite the desire to discontinue.



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Question to consider

What are the risk factors for stimulant use disorder?

Gender - Men are more likely than women to use almost all illicit drugs. However, women have the same risk as men to develop a substance use disorder.

Psychiatric disorders - People with depression, attention deficit, and other psychiatric disorders are more likely to abuse drugs, including stimulants.

Alcohol use - Alcohol shares a common metabolite that extends the “high” of stimulant use.



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Stimulant Use Disorder



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Stimulant drug use

- Stimulant drugs are used globally to produce euphoria, increase confidence, sociability, energy, and wakefulness, and reduce hunger.
- These drugs include a broad spectrum of natural and synthetic compounds, but cocaine and amphetamines (particularly methamphetamine) have been a focus of attention because of the global scale of their extra medical use and the serious harms related to their use.





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Types of stimulants

- **Coke, crack, meth, speed.** Those are some shorthand terms for different types of stimulants that belong to a highly addictive class of drugs frequently used in the United States.
 - Stimulants increase alertness, attention, and energy while also elevating blood pressure, heart rate, and breathing. While stimulants such as Adderall and Ritalin are legally prescribed for conditions such as attention deficit hyperactivity disorder (ADHD), recreational versions such as cocaine and methamphetamine are illegal.
- **Cocaine**, an illegal drug made from the coca plant that's often, injected, snorted or smoked.
 - **Methamphetamine**, an illegal and particularly potent amphetamine drug.
 - Prescription stimulants such as **Adderall, Dexadrine, Ritalin** and **Concerta**, which are used to treat attention deficit hyperactivity disorder.
 - **MDMA**, commonly known as ecstasy or **Molly**, which has stimulant and hallucinogenic properties.



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Common street names

■ Amphetamines

- R-ball
- Skippy
- The smart drug
- Vitamin R
- Kibbles and bits
- Speed
- Truck drivers
- Bennies
- Black beauties
- Crosses
- Hearts
- LA turnaround
- Uppers
- Amps
- Pick-me-ups

■ Cocaine and Crack

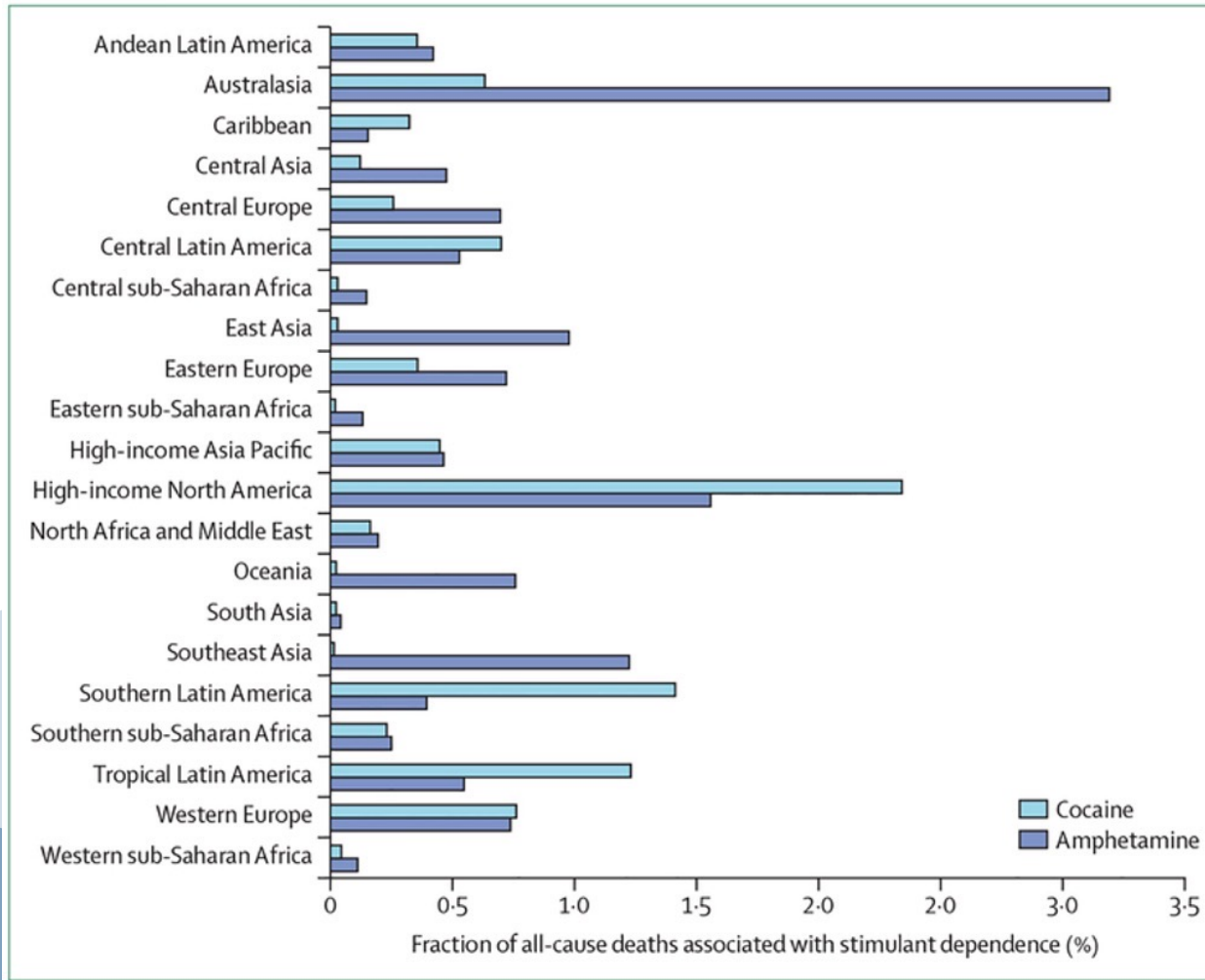
- Coke
- Snow
- 8-ball
- Flake
- Powder
- Dust
- Candy
- White
- Kryptonite
- Cookies
- Strong
- Speedball is cocaine + heroin





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Image from DEA

Cocaine is trafficked from source countries (mainly Bolivia, Colombia, and Peru) through transit countries to markets in North America and Europe. Amphetamines (primarily methamphetamine) are manufactured using precursor chemicals in laboratories, so their production is geographically wider.

Methamphetamine can be efficiently synthesized from pharmaceutical ephedrine and pseudoephedrine with readily available chemical reagents. Its ease of manufacture has created lucrative burgeoning markets for amphetamines in lower-income countries that have weak regulations on precursor chemicals.



Image from DEA





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Methamphetamine

- The first wave of the meth epidemic in the **1990s and early 2000s was worse in the southwestern US: Nevada, New Mexico, Oklahoma, Arizona, and Utah all have meth mortality rates greater than 7 in 100,000.**
- New **hot spots** have also emerged outside the **Southwest**, largely in places hit hard by the opioid epidemic including West Virginia, Kentucky, Tennessee, Indiana, and Ohio.
- **Methamphetamine: Annual average rate per 1,000 adults aged ≥ 18 years (2015-18); White, non-Hispanic had the higher proportion of MUD 7.5 (6.9–8.2), Followed by Hispanic 6.7 (5.5–8.1), followed by Other Non-Hispanics and Blacks Non-Hispanics.**



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Methamphetamine

- Methamphetamine, a Schedule II substance under the Controlled Substances Act, can be:
 - Inhaled or smoked
 - Swallowed in pill form
 - Snorted or injected when dissolved in water or alcohol





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Methamphetamine

- Street names for methamphetamines include "speed," "meth," and "crank"
- Crystallized methamphetamine known as "ice," "crystal," or "glass," is a smokable and more powerful form of the drug
- Methamphetamine use causes a euphoric experience that can alter brain functioning, memory, decision-making, and mood, and potentially damage the central nervous system
- Chronic or long-term methamphetamine use can result in irreversible physiological and psychological damage





Methamphetamine: points to remember

A person can overdose on methamphetamine. Because methamphetamine overdose often leads to a stroke, heart attack, or organ problems, first responders and emergency room doctors try to treat the overdose by treating these conditions.

Methamphetamine is highly addictive. When people stop taking it, withdrawal symptoms can include anxiety, fatigue, severe depression, psychosis, and intense drug cravings.

Researchers do not know yet whether people breathing in secondhand methamphetamine smoke can get high or experience other health effects.





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Amphetamines

- Amphetamines Use (AU): Acute effects include hypertension and tachycardia, increased confidence, sociability, and energy as well as suppressed hunger and fatigue. Users can later experience irritability, restlessness, anxiety, depression, lethargy, and insomnia.
- Amphetamine can be ingested, snorted, and less commonly injected.
- Legal amphetamines:
 - Adderall
 - Dexedrine
 - Vyvanse
 - Focalin





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- **MDMA:** A synthetic substance abbreviated from methylenedioxy-methylamphetamine, and **commonly known as ecstasy**. It is commonly found in **tablet or pill form**. **Can also be found as powders or capsules**. Its effects slightly differ from the amphetamines and other stimulants: euphoria increased sensory awareness, and mild CNS stimulation.
- **MDMA is primarily ingested but it can be snorted, inhaled, or injected in powder form.**
- Products sold as **Molly** often contain synthetic **cathinone** instead of **MDMA**. The drugs are referred to by different names: **Bliss, Cloud Nine, Lunar Wave, Vanilla Sky, White Lightning.**



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- **Khat** is an herbal product consisting of the leaves and shoots of the shrub *Catha edulis*.
- Fresh leaves of khat contain the **stimulants cathinone** and cathine, both of which increase the release of dopamine from CNS dopamine terminals.
- **Khat's natural range extends throughout East Africa from Ethiopia, Eritrea, and Somalia, through to South Africa; it is also found in Rwanda, Zaire, Malawi, and Zimbabwe.**



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COST OF STIMULANT MISUSE TO SOCIETY



In 2018, there were **27,342 stimulant overdose deaths** – roughly **40%** of all overdose deaths in the United States.



Stimulant-related offenses accounted for more than **75%** of all federal drug offenses.



Amphetamine-related hospital costs totaled **\$436 million** in 2003, and increased to **\$2.17 billion** by 2015.

Image from SAMHSA





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Image from cultural social

Sociocultural Factors of Substance Use Disorders



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Etiology of substance use disorders: social factors

- Substance use prevalence rate for Latinos
 - Mirror those of the general U.S. Population
- A number of indicators of assimilation to U.S. culture as well as socio-demographic variables predict substance use among Latinos
 - Gender roles – machismo
 - English Language proficiency
 - Regional differences in patterns of substance use among “within group Latinos
 - Immigrant generations are at greater risk for mental health problems
- Access to treatment
 - Latinos have less access to substance use treatment and must wait longer to access such services as compared to non-Hispanics.
 - Some of the disparities in treatment that occur within the Latino community can be resolved through the increased availability of culturally informed treatments.

Wells et al, 2001
Chartier et al, 2016





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Screening and Treatment of Stimulant Use Disorder in Latino Populations



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SUD screening and treatment tools

SELF-REPORT- ASUS-R (ADULT SUBSTANCE USE SURVEY)

APA SUBSTANCE USE DISORDER CRITERIA

MOTIVATIONAL INTERVIEWING

COGNITIVE BEHAVIORAL THERAPY





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How is stimulant use disorder diagnosed?

Diagnosis

Doctors use the American Psychiatric Association's most recent criteria for substance use disorders to identify stimulant addiction.

For someone to be considered addicted to stimulants, he or she must meet at least two of 11 criteria, which include an inability to reduce consumption, cravings to use a stimulant, continuing to use a stimulant despite it causing relationship problems, and needing to use increased amounts of a stimulant to achieve the desired effect.

Health effects

Cocaine and methamphetamines are highly addictive, and withdrawal symptoms include strong cravings for the drug, mood swings, insomnia, hallucinations and headaches.

Effects of chronic stimulant use may include paranoia, anxiety, confusion and decreased sexual function, as well as potential damage to the respiratory, cardiovascular and central nervous systems.

Chronic methamphetamine use has additional mental and physical side effects such as aggression, hallucinations, tooth decay, sores, weight loss and aging skin.

As with some other illegal drugs, stimulant use can increase a person's risk of suicide.



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Adult substance use survey (ASUS-R)

The ASUS-R, which contains all scales of the original ASUS, is a 96-item psychometric-based, adult self-report survey comprised of 15 basic scales and three supplemental scales. It is appropriate for clients 18 years or older and maybe self or interview administered. The ASUS-R meets the needs of a self-report instrument that is an essential component of a convergent validation approach to the assessment of patterns and problems associated with the use of alcohol and other drugs (AOD).



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How is stimulant use disorder treated?

Behavioral therapy

Behavioral therapy is the most effective treatment for stimulant use disorder. One such method, contingency management, gives patients tangible rewards for positive behaviors, aiding their efforts to stop using stimulants.

Most effective in treating SUD

Involves psychiatry, emergency medicine, and general internal medicine.





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Motivational interviewing

Client-centered counseling

Motivational interviewing (MI) is a treatment approach that helps individuals overcome ambivalent feelings and insecurities.

Goal

- Reduce the number of days of stimulant use
- Reduce the number of stimulants used per day
- The approach is intended for use across gender, ages, races, and ethnicities



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Fourth Module Summary

Here is what we learned

1.) Knowledge reminder

Addiction is the most severe, chronic stage of the SUD diagnosis, which is characterized by substantial loss of self-control, manifesting in compulsive drug-seeking behavior despite the desire to discontinue.

2.) Knowledge reminder

Coke, crack, meth, speed. Those are some shorthand terms for different types of stimulants that belong to a highly addictive class of drugs frequently used in the United States.

3.) Knowledge reminder

Behavioral therapy is the most effective treatment for stimulant use disorder. One such method, contingency management, gives patients tangible rewards for positive behaviors, aiding their efforts to stop using stimulants.





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<https://europepmc.org/backend/ptpmcrender.fcgi?accid=PMC6924572&blobtype=pdf>

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