**Morris County Psychological Association**

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**June 12, 2020**

**Working with Parents of Young People Who Use Opioids**

**(Joint meeting with EUCAP)**

Presented by:

Gregg Benson

**Meeting announcements:**

1. Nancy Sidhu: - welcomed all to this joint program w/EUCAP and thanked all involved in the planning of this live virtual program
2. From EUCAP - Monica Indart thanked Sue Corinthe for helping create program today and she gave some Zoom tips for the meeting.
3. Jayne Schachter: Introduced speaker Gregg Benson and Reminded all to sign in and stay for whole program for CE credit. Also, shared that attendees will be monitored by Monica as staying on the webinar until the end to get CE credit.
4. Go to link [www.psychologynj.org/eucap-morris-jun2020](http://www.psychologynj.org/eucap-morris-jun2020) within the next 7 days to pay for and get CE credit for today. NJPA maintains responsibility for this program and its content.  NJPA ensures that permission to use proprietary information, and steps to safeguard such information, are discussed with presenters at NJPA sponsored programs.

This program is approved for 1.5 CE credits. The cost of a CE Certificate is $15 for NJPA members, $25 for non-members, and free for sustaining members.

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**Meeting Attendees:** Sarah Bombino, Randy Bressler, Richard Brewster, Sarah Dougherty, Komal Dutt, Daniel Gallagher, Kenneth Gates, Natalie Gatti, Marc Gironda, Ronald Gironda, Hayley Hirschmann, Melissa Klika Mack, Barbara Semkow Kurlansik, Phyllis Lakin, Roman Lemega, Isabel Lerman, Ilana Lev-El, Elizabeth Matheis, Sharon Ryan Montgomery, Susan Neigher, Carly Orenstein, Marcy Pasternak, Amelia Romanowsky, Francine Rosenberg, Jayne Schachter, Nancy Sidhu, Tamsen Thorpe, Beverly Tignor, Paul Yampolsky, Michael Zito

**Presenter Bio:**

Gregg Benson has been providing clinical services for the evaluation and treatment of Substance Use Disorders and Substance Use Disorders with Coexisting/Co-occurring psychiatric disorders in the adult and adolescent population for over 46 years. He has been in private practice in Morristown, New Jersey since 1980 providing direct clinical, consultation, supervisory and training services.

Gregg received his Bachelor of Science degree from Eastern Michigan University in 1973, majoring in Psychology with additional specialization in child, adolescent and developmental psychology. He received his Master of Arts degree in Counseling from Seton Hall University in 1978 and is ABD (all but dissertation) for a Ph.D. in Counseling Psychology from Seton Hall University as well as postgraduate clinical training in Psychoanalysis, Psychoanalytic Developmental Ego Psychology and Psychotherapy. He is a Licensed Clinical Alcohol and Drug Counselor (LCADC).

Gregg has been a pioneer in the clinical and forensic field of substance use disorders/addictions and substance use disorders/addictions with co-occurring and other associated mental/behavioral disorders for Adolescents, Adults and Families. mental health and addiction services providers as well as to and for the legal community and judiciary. Gregg has been a forerunner and at the forefront in the area of Forensic Substance Use Disorder Evaluations pertaining to child custody, visitation, parenting time and best interests’ issues and concerns in connection with allegations of problematic parental/primary caretaker substance use.

Gregg has served as trainer and consultant for numerous organizationa and is also a past- President of the AFCC-NJ Chapter and chairs the NJ Chapter Addictions Committee.

**Overview and objectives of today’s talk:**

The current crisis and epidemic centering around the use, misuse, abuse and addiction, of and to Opioid/Opiate drugs has clearly become of paramount concern and attention across the spectrum of our multidisciplinary clinical practices. By the time a young person’s use of opioids becomes recognized, whether initially by prescription or otherwise obtained, it is highly likely that it has been occurring for an extended period of time. Further, due to the highly addictive nature of the drug, it is also highly likely that the young person may be both psychologically dependent and physically addicted.

The discovery that one’s adolescent or young adult child is using and/or addicted to opioids is a frightening and highly charged emotional event, often expressed with fear driven anger, interrogation, threats, punishment and other demands.

If we as psychologists, clinical social workers, counselors or other allied mental health professionals are to be of help, it is incumbent upon us to gain at least a working knowledge of the drugs, the signs and symptoms of use, abuse and/or addiction as well as a familiarity with potential resources, treatments, supports and other behaviors that may be helpful to begin addressing these difficult issues. It is important to remember that becoming addicted to the drug(s) was not intentional nor the desired result of using them.

This workshop will serve as an introduction to the nature of the Opioid / Narcotic class of drugs, the benefits and the risks of their use and addiction potential, the signs, symptoms and nature of abuse/addiction and potential intervention and treatment options.

***Learning Objectives:*** participants will gain an understanding and applicability of:

1.      The nature of the Opioid / Narcotic class of drugs with differentiation between Opioids & Opiates.

2.      The benefits, risks and addiction potential of the drugs.

3.      The nature and progression of Opioid/Opiate (Narcotic) Addiction, including Tolerance & Withdrawal Syndrome.

4.      The Signs and Symptoms of Opioid/Opiate Use.

5.      Potential Interventions and Treatment Options.

Note: Opiods are somewhat unique in that they are a NECESSARY class of drugs – need them for recovery from surgeries and painful injury

**Q & A:**

1. **Do opioids work the same on the brain as stimulants like cocaine?**

-similar but Gregg shared that he used slide of amygdala “lighting up” just as an example/illustration to consider management of ones environment as critical

**2) Does opioid use always lead to IV use?**

-often, yes. You rarely find someone who just stays with oral use because tolerance keeps going up and up so what you are taking is not going to be enough over time. Early ID and early intervention could help.

**3) Are there ranges of time of withdrawal during different stages of addiction?**

-with opioids could be within 8-12 hours of last use. In a detox could be 7-8 days of acute symptoms.

**4) Should benzos be avoided when trying to recover from addiction? Antidepressants?**

-Antidepressants are fine. The benzos could create a cross addiction so not recommended unless very highly managed and monitored.

**5) Permanent brain changes?**

-adaptation of neural circuitry is changed in situations of dependency – evidence shows they remain changed

**6) What do you recommend to parents of adult child living at home who is minimizing the problem of their drug use and not seeking treatment?**

-sometimes have to be pretty strong about what boundaries you will set and whether they will continue to have the privilege to live at home – they may need to demand treatment or find somewhere else to live

**7) Can you comment on the idea about the parent becoming responsible for child living or dying – burden on parents?**

– al anon support group for parents helps educate parents and set limits

-parents need to be prepared for severe emotional black male in these situations when kid is in throes of the addiction.

**8) What about people of complex trauma with addictions**

-timing of treatment is important. Need to manage both traumatic memories – very difficult balance – need much support networks for recovery and they need to use those supports because it’s very difficult to achieve recovery in these situations

**9) Are there any programs in NJ you can recommend?**

-New Hope Foundation – one of few that are left in NJ

-Sea Brook House in South Jersey

-Carrier – more short term programs

-tends to refer out of state more PA (Promises, Arizona because tend to be more comprehensive programs

-Sierra Tuscon, Cottonwood in AZ

**Newsletter submitted by:**

**MCPA Secretary – Hayley Hirschmann, PhD**