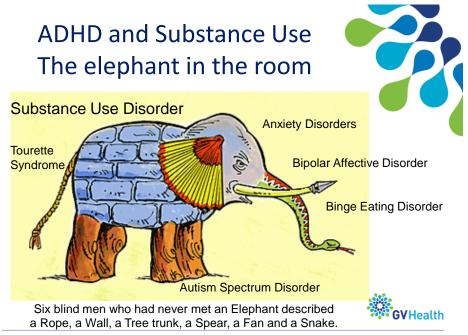


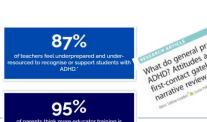
**Healthy Communities** 

26 October 2022



### Jamie's Story

- Jamie is 37
  - Diagnosed with ADHD in primary school
  - Started on medication 'which really helped'
  - Father was against 'giving pills to the boy'







**Healthy Communities** 

### **Jamie**

- Struggled to complete an apprenticeship
- Introduced to ICE on a construction site
- Added heroin to reduce overstimulation
- Became a dealer
- Went to gaol







## People use drugs for a reason that makes sense to them



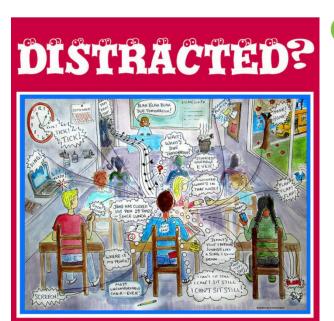
To feel good To have novel: feelings sensations experiences AND to share them



To feel better To lessen: anxiety worries fears depression hopelessness



**Healthy Communities** 













- Easily distracted,
- Can't pay attention
- Can't listen or remember
- Disorganised and overwhelmed
- Jamie can hyper-focus
  - When the topic is exciting, frightening, urgent or emotional
- Sometimes Jamie seems super bright other times lazy and stupid



### **Dysregulation of Movement**

- Jamie always feels restless
  - Fidgety
  - Can't easily sit still
  - Driven by a motor
  - Always talking
- And this irritates others
  - but she can't stop it



He only feels really normal when he is moving

**Healthy Communities** 

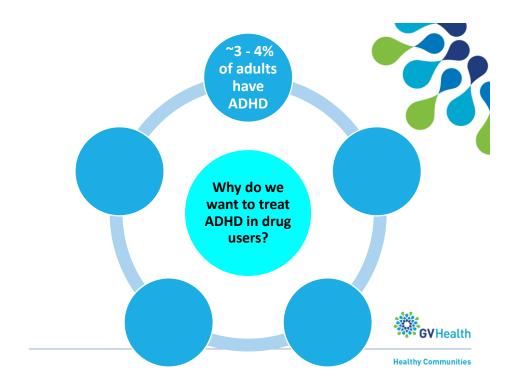
**GV**Health

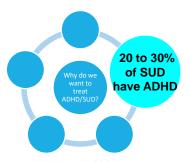
### **Dysregulation of Impulses**

- Can't wait her turn
- Often interrupts
- Blurts out things
- Makes impulsive decisions
- Accident-prone









# It's not a secret that ADHD & SUD are close friends

Waid, et al. 2004

In: Kranzler and Tinsley:

#### **Dual Diagnosis and Psychiatric Treatment**

Prevalence childhood ADHD in general population: 6-9% Prevalence adult ADHD in general population: 2-4%

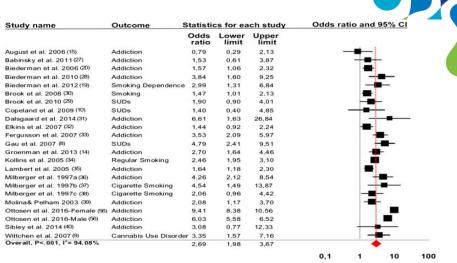
About 33% of adults with ADHD have history of AUD About 20% of adults with ADHD have history DUD

Dual Diagnosis
and Psychiatric
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Treatment seeking alcoholics have *childhood* ADHD in 17-50% Treatment seeking drug addicts have *childhood* ADHD in 17-45%

Treatment seeking SUD patients have adult ADHD in about 23% →

### ADHD and risk of SUD



Groenman, A. P., et al. (2017). "Childhood psychiatric disorders as risk factor for subsequent substance abuse: a meta-analysis." <u>Journal of the American Academy of Child & Adolescent Psychiatry</u> **56**(7): 556-569.

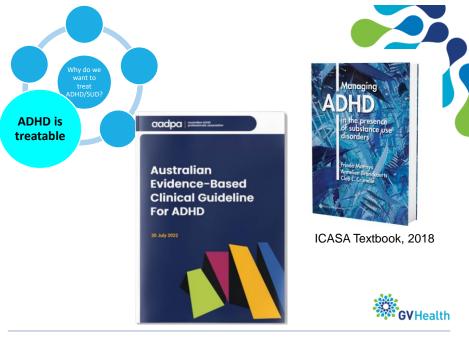




- Adults don't have ADHD
- Women don't have ADHD
- They will abuse stimulant medication
- · You can't treat ADHD in drug users
- You can't treat ADHD in people with mental illness

**Myths** 

**GV**Health



AADPA Guidelines, Australia, 2022







- ADHD increases the risk of going off the rails in life ... but the downward life spiral can be arrested by the right treatment. Interview with Dr Maija Konstenius, Sweden
- "The drugs were just something I needed to make me feel normal. It was only when I didn't do them that I felt crazy." Swedish research participant
- "I haven't used ice since I started treatment for ADHD" Victorian female patient



### How to treat Jamie?

- Clinical questions
  - Should he be abstinent before treatment? Probably not
  - Do we use stimulants?
    - Long-acting more preferable?
  - How do we manage the comorbid SUD?
  - Should we do UDS?

YES

Definitely

**Treat ADHD** 

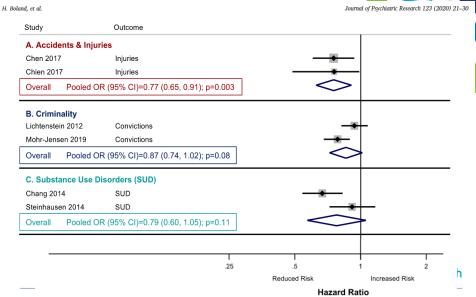
Probably not



**Healthy Communities** 

### Is it worth it?





Boland, H., DiSalvo, M., Fried, R., Woodworth, K. Y., Wilens, T., Faraone, S. V., & Biederman, J. (2020). A literature review and metaanalysis on the effects of ADHD medications on functional outcomes. *Journal of psychiatric research*, 123, 21-30.

