2015 North Carolina School for Alcohol and Drug Studies

Haight Ashbury Free Clinics: Dawn of Ambulatory Addiction Medicine

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Eighth Edition
I WANT YOU
TO TURN OFF
YOUR CELL PHONE
Tumultuous 1960’s: unpopular war, basic civil/human rights neglect, widening income equality gap & access to health care
Drs. Timothy Leary and Baba Ram Das (Richard Alpert) : “Turn on, Tune in, Drop Out”

Ram Dass (known then as Richard Alpert) collaborated with fellow consciousness explorer Timothy Leary (left) when they were both working at Harvard University in the early '60s.
Magnet of San Francisco’s Haight Ashbury
Public Health Crisis by Mid 1960’s
Rock Impresario Bill Graham: support for foundation of Haight Ashbury Free Clinics
By 2008 > 2,000,000 clients served inc. > 300,000 SRAD

June 7, 1967 Summer of Love, Death of the Hippie
“It’s so good, don’t even try it once”

HEROIN IN PERSPECTIVE

SOCILOGY

DRUG DETOXIFICATION, REHABILITATION AND AFTER CARE PROJECT
By 2008: ~ 100 Residential Beds,
~5,000 Outpatient Slots,
~20 Sites and
~300,000 Addicts treated effectively and safely in the San Francisco Bay Area
Altamont (Woodstock West) 1970
Impetuous for Rock Medicine

As it all came down at Altamont, it was a strange day. Long hair was part of the show, with bright colors. Almost 300,000 young Americans gathered there. They came not only to hear and see the Rolling Stones, but to redefine the identity of their generation, establish an identity. They had a vision of what they could become.

The Stones had worked this concert to be held in San Francisco's Golden Gate Park, with no police or military presence. It was a celebration of American counterculture that they wanted to bring to America in general, to which they had returned after a three-year absence. They hoped it would be a free concert in every sense, an event spiritually apart from the day-to-day lives of the people who had come.

When Golden Gate Park was unavailable to them, they accepted an offer from the director of Sears Point Raceway in San Francisco. It was to be free from law enforcement. But Gold Point Raceway was a thousand miles away. The Stones were told what to expect: It would be a free concert, but no police or military presence.

When the raceway's board members got the Stones accepted on offer from Sears Point, they were a shock to the world. As the Stones were set for Saturday evening, as advertised through Friday night, a few local and county police officers stood by the stage or stood by to be called, while others waited behind a fence for official opening time.
Women’s Need Center

Moving Addicted Mothers Ahead (MAMA)

The smallest sufferers
Drug-addicted babies require long-term care
Haight Ashbury Alcohol Treatment Services

ALCOHOLISM
A major health and social problem
Haight Ashbury Free Clinics Inc
Bill Pone Memorial Unit
Glide Extended Family Recovery Program: Facts on Crack
Allen Temple Baptist Church
Addiction Treatment Services
Faith-Based Treatment
2011 Merger:
Walden House
HA Free Clinic
Rock Medicine
NC Serenity Hs
Asian American Recovery Services
Lyon-Martin Health Services
Women’s Recovery Association
Science of Addiction & Recovery: The Unifying Force in Evolution of HAFMC

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Primum non nocere
Symptomatic Treatment
Least objectionable/addictive/dangerous yet most effective standard medications employed
Prefrontal Cortex

Nucleus Accumbens

Arcuate Nucleus

Ventral Tegmental Area

Dopamine

Glutamate

Opioid Peptides

Courtesy of Dr. John Hart, Portland, Oregon
Uncomfortable to Lethal Withdrawal Process for all Drugs Were Qualified and Quantified Later Leading to Effective Withdrawal Assessment Tools

- **CIWA-Ar** Clinical Institute Withdrawal Assessment of Alcohol-Revised
- **COWS**, Clinical Opiate Withdrawal Scale
- **ACSA**, Amphetamine Cessation Symptom Assessment Scale
- **BWAS**, Benzodiazepine Withdrawal Assessment Scale
- **WAT-1**, Withdrawal Assessment Tool
- **MSSA**, Modified Selective Severity Assessment Detoxification Scoring
Stimulant Use Disorder
e.g. cocaine, methamphetamine

- dysphonic mood, anhedonia, fatigue
- vivid, unpleasant dreams, sleep paralysis
- insomnia or hypersomnia
- increased appetite
- psychomotor retardation or agitation
- hyperthermia
- cravings
Cannabis Use Disorder
pooh poohed in the 1960s & 70s

1. Irritability, anger, or aggression
2. Nervousness or anxiety
3. Sleep difficulties (insomnia, disturbing dreams - REM rebound from suppression)
4. Decreased appetite or weight loss
5. Restlessness
6. Depressed Mood

Plus
Cannabis Withdrawal DSM-5

7. Plus at least one of the following physical symptoms causing significant discomfort:
   • Abdominal Pain
   • Shakiness/Tremors (“cold dog shakes”)
   • Sweating
   • Fever
   • Chills
   • Or Headaches

Most Signs and Symptoms 1 - 7 last for 1 to 2 weeks, Sleep Disturbances can last for more than 30 days.
Opioid Use Disorder

- Bone, joint, & muscular pain
- Anxiety, insomnia
- Sweating, runny nose, chills
- Stomach cramps, vomiting
- Diarrhea, anorexia
- High blood pressure
- Excessive yawning, teary eyes
Alcohol Use Disorder

- ↑ pulse rate >100, sweating, fever
- hand tremors
- anxiety, insomnia, sleep disturbances
- nausea & vomiting
- Visual, tactile or auditory hallucinations/illusions
- psychomotor agitation
- generalized tonic-clonic seizures
- Death
Sedative, Hypnotic or Anxiolytic Use Disorder

- ↑ pulse rate >100, sweating, fever
- hand tremors
- anxiety, insomnia, sleep disturbances
- nausea & vomiting
- Visual, tactile or auditory hallucinations/illusions
- psychomotor agitation
- grand mal seizures
- Death

Especially Benzodiazepines
When You're Up to Your Ass in Alligators it’s difficult to remember that your initial objective was to drain the swamp
Overdosed on Downers

ABC as of 2010 CAB:

✓ Establish and maintain Airway, oropharyngeal insert, prevent aspiration
✓ Ensure and support Breathing
✓ Assess and secure adequate Circulation

Naloxone (Narcan®) parenteral or intra-nasal administration for severely obtunded, Abrupt emergence Reactions and shorter duration of action
All Arounders: Psychedelics, Hallucinogens, Entactogens, Enteogens, Psycho Stimulants, Empathogens, Psychotogens, et al.
All Arounders/Psychodelics: Modulate various neurotransmitters - Serotonin, Acetylcholine, Alpha Psychosin, Norepinephrine, Dopamine, Anandamide, 2-AG

Ecstasy, E = MDMA-Methylenedioxy methamphetamine comes in a wide variety of street tablets i.e. “Molly” Also “Thizz” & “Flatliners” MDMA analogs
The Bum Trip!
(acute anxiety/panic reaction)

The **ARRRT** of the Talk Down intervention

**A** – Acceptance get trust and confidence

**R** – Reduction of Stimuli, quiet nonthreatening environment

**R** – Reassurance remind of use, is in a safe place with safe people, coming down

**R** – Rest, grounding exercises, relax, calm

**T** – Talk Down, avoid discussing anything threatening or anxiety inducing
Addiction Treatment: Both the Unconscious & Conscious Brain Require Treatment

Courtesy of Dr. John Hart

Limbic Area
- Role: Drive Generation (SURVIVAL)
- Intervention: Pharmacotherapy

Prefrontal Cortex
- Role: Executive Function
- Intervention: Counseling
Clinical Treatments Targeted for Cortical (conscious) processes of Addiction
Clinical Interventions: Evidenced-Based & >100 yrs of Practiced-Based Interventions

- National Registry of Evidence-Based Program and Practices: SAMHSA & State
- Cognitive Behavioral Therapies: Motivational Interview/Enhancement, DBT
- Levels of Change
- Individual and/or Group Counseling (process, therapy, education, topical, open)
- Manual Driven Curricula (e.g. Matrix)
- Self-Help Groups (12-Steps, et. al.)
Treatments Targeted for Sub Cortical (unconscious) Processes of Addiction

i.e. ~400 vaccines, genetic therapy, pharmaco-genomics, and ~more medication treatments in developments than any other medical condition
Maintenance pharmacotherapy, replacement therapies, chemically assisted detoxification or recovery; agonist mediated “anti-priming” treatments, pharmacologic restoration of neurohomeostasis, addiction vaccines, pharmacogenomics and genetic treatment “reset-ting” the addicted brain. Such terms would have been incomprehensible or even oxy-moronic in the recovery field just a few short years. Now, increased understanding, Addiction Equity Act of 2008 and Affordable Health Care Act are rapidly increasing the “medicalization” of addiction treatment.
Initial Abstinence: Pharmacological Cue Extinction via naltrexone and acamprosate
Meds for Alcohol Treatment

- disulfiram (Antabuse®)
- naltrexone: (ReVia®, Depade® PO or Vivitrol® IM)
- acamprosate (Campral®)
- chlordiazepoxide (Librium®) or **Off-Label** phenobarbital, other benzodiazepine for short-term detox
- **Off-Label**: clonidine (Catapres®), lofexidine (Britlofex®)
- **Off-Label** Anti-Seizure meds: topiramate (Topamax®), gabapentin (Neurontin®)
- Misc. **Off-Label**: ondansetron (Zofran®), flumazenil in -Prometa, baclofen (Lioresal®), nalmefene (Revex®, Selincro®)
Meds for Nicotine Treatment

• varenicline (Chantix®)

• bupropion (Zyban®, Wellbutrin®)

• Nicotine Replacement Therapies (NRT): gum (Nicorette®), patch (OTC-Nicotrol®, Nicoderm CQ®; Rx-ProStep®, Habitrol®), spray (Nicotrol NS®), inhaler (Nicotrol® aerosol), and lozenge (Commit®)

• Off-Label: nortriptyline, clonidine
Meds for Opioid Treatment

- buprenorphine (Suboxone®, Zubsolv®)
- naltrexone (Revia®, Depade®, & Vivitrol®)
- methadone
- levo-alpha-acetyl-methadol (LAAM)
- Off-Label: clonidine, lofexidine
- Off-Label: Rapid Opioid Detoxification (naloxone or naltrexone with midazolam, lorazepam, clonidine, anesthetics, et al.)
- Illicit in U.S.: Ibogaine
Meds for Stimulant Treatment
Note: None FDA Approved so all are Off-Label

- Antidepressants: SSRI, TCA, bupropion
- MAOI-B: selegiline
- Neuroleptics: resperidone, olanzapine
- Sedatives: buspirone, lorazepam
- Dopaminergic: bromocriptine, amantadine
- Anti-seizures: topiramate, carbamazepine
- Amino Acids: tyrosine, phenylalanine
- Misc.: naltrexone, disulfiram, modafinil, ALKS-33
Meds for Sedative-Hypnotics

Note: None FDA Approved so all are Off-Label

- Usually cross-dependent medication is used and slowly tapered to detox
- Anti-seizure medications: phenobarbital + phenytoin or carbamazepine or gabapentin
- flumazenil post detox to block cravings
- SSRI, TCA, or buspirone for anxiety and/or restlessness
Meds for Marijuana Addiction

Note: None FDA Approved so all are Off-Label

- kynurenic acid
- N-Acetylcysteine dietary supplement
- bupropion
- buspirone
- divalproex
- naltrexone
- lithium
- antidepressants, and
- THC replacement
RECOVERY
The Resilient Brain

8-10 Months Rigorous Uninterrupted Treatment for Reasonable Outcomes

Implies time needed for brain to become functional

Takes up to 2 years for greater functioning to return
Courtesy of Nora Volkow (Volkow, Hitzmann, Wong, et al 1992)
ADDICTION CAN BE TREATED

Partial Recovery of Brain Dopamine Transporters in Methamphetamine (METH) Abuser After Protracted Abstinence

Normal Control  METH Abuser (1 month detox)  METH Abuser (24 months detox)


Dopamine Transporter Binding (DAT) Recovery in Meth Addiction

DAT Recovery with prolonged abstinence from methamphetamine

Volkow et al. J. of Neuroscience 2001
Alcohol Brain Resiliency

Intoxication  Sober: 30 days
7 years Methadone use

Deborah - Methadone 100 mg/day
Xanax 20 mg/day FOR 20 YEARS

ONLY SIX WEEKS FOLLOWING DETOX
Neuronutrient complex “normalization” of caudate, accumbens and putamen regions of heroin addicts demonstrated by fMRI Scan
Recovery

• Continued Abstinence
• Discovery of Natural Highs
• Recovery of neurotransmitters and of natural brain functions
• Positive lifestyles and quality of life enhancements
• Remember: Not an Event but a **Process**

*One does not cure addiction, you treat it and manage it like any other chronic persistent medical disorder*
Treatment Works!

- 3 to 5 Yrs. Continued sobriety = 50% (1yr 80%)
- Decrease Crime = 75%
- $7-$12 Savings for every $1 Spent
- Positive results from 6-8 mo. Treatment
- Coerced treatment better than voluntary
- Decreased Psychiatric (40%), Family/Social (50-60%), Medical (15-20%), Employment Problems (15-20%)
- Culturally consistent better than generic treatments

Belenko, et al. 2005
To Be Seen, Heard, but best of all To Be Loved

Stand Up!

Speak Up!

I WANT YOU TO SIT DOWN & SHUT UP!
Thank You!

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Disclosures: Dominion Diagnostics
North Kingstown, RI; CNS Productions Medford, OR; J. of Psychoactive Drugs, San Francisco, CA
Thank you all for attending this 38th Annual North Carolina Foundation for Alcohol And Drug Studies Summer School.