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Psychotherapeutic Medications 2008

What Every
Counselor
Should Know

- Generic and Brand Medication Names
- Purpose
- Usual Dose and Frequency
- Potential Side Effects
- Emergency Conditions
- Cautions
- Addiction Treatment Medications for Alcohol, Tobacco and other Drugs

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At the time of publication, Terry L. Cline, Ph.D., served as the SAMHSA Administrator. H. Westley Clark, MD, JD, MPH, served as CSAT Director, Jack B. Stein, LCSW, Ph.D. served as Director of CSAT's Division of Services Improvement, and Catherine D. Nugent, LCPC served as the CSAT Project Officer.

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7th Edition 2008

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Table of Contents

About this Publication	4
Antipsychotics/Neuroleptics	6
Antiparkinsonian Medications	11
Antimanic Medications	13
Antidepressant Medications	17
Antianxiety Medications	22
Stimulant Medications	27
Narcotic and Opioid Analgesics	30
Hypnotics	33
Addiction Treatment Medications	36
Tips for Communicating with Physicians about Clients and Medication	47
References	48
Index	51
Acknowledgments	55
Talking with Clients about Their Medications	56
Brief Counselor Strategies for Tobacco Users—the Five A's	58
Brief Counselor Strategies for Tobacco Users Unwilling to Quit—the Five R's	60

About this Publication

Originally developed as a companion piece to the Mid-America ATTC systems change curriculum, *A Collaborative Response: Addressing the Needs of Consumers with Co-Occurring Substance Use and Mental Health Disorders*, this edition includes adaptations made for inclusion in CSAT's *TIP 42: Substance Abuse Treatment for Persons with Co-Occurring Disorders*. The language has been modified to increase readability for a larger audience and, in keeping with the goal of updating the publication biannually, several new medications are included.

COUNSELORS' USE OF THIS PUBLICATION

A list of generic and brand names is included for the following medications:

- Antipsychotics/Neuroleptics
- Antiparkinsonian Medications
- Antimanic Medications
- Antidepressant Medications
- Antianxiety Medications
- Stimulant Medications
- Narcotic and Opioid Analgesics
- Hypnotics (Sleep Aids)
- Addiction Treatment Medications
 - Alcohol
 - Opioids
 - Tobacco
 - Others

Each section includes the following topics for the different medication types:

Purpose: Describes typical uses of medications, including specific symptoms treated and positive treatment response expected.

Usual dose, frequency, and side effects: Discusses when and how medications are administered, typical side effects, and methods for monitoring side effects.

Potential side effects: Lists common side effects.

Potential for abuse or dependence: Elaborates upon those medications with potential for abuse and/or physical dependence. Discusses withdrawal reactions and management of withdrawal.

Emergency Conditions: Includes risks associated with overdose, withdrawal or other drug reactions.

Cautions: Describes risks associated with use of additional medications (i.e., over the counter), increasing or discontinuing use of medications, adverse consequences with concurrent use of alcohol and/or street drugs.

Special Considerations for Pregnant Women: Describes risks for pregnant women prescribed psychotherapeutic medications. References to research are included. The special role of the substance abuse counselor in encouraging discussion between clients and the prescribing physician is emphasized.

IMPORTANT NOTES ACROSS MEDICATION TYPES

Name brand medications have a limited patent. When the patent expires, the medication may be made as a generic. The generic name of a medication is the *actual name of the medication and never changes*. A generic medication may be made by many different manufacturers. Additionally, manufacturers can make several forms of a single medication with only slight variations. For instance, they may vary the color, size, or shape of the medication. If a person says his or her medication “looks different” AND he or she is experiencing new side effects, *contact the prescriber immediately*.

For ease of reading, some technical terms are defined in accompanying footnotes. All medications are listed in the index along with page numbers for quick reference. When specific brands are discussed in the accompanying text, the name of the medication is **bolded** to assist the reader in finding the reference.

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LIMITATIONS OF THE PUBLICATION

This publication is designed as a quick “desk reference” for substance abuse and mental health treatment providers. It is not intended to be used as a complete reference for psychotherapeutic medications. The section, “Tips for Communicating with Physicians,” is meant to be just that: tips for communicating. The publication assumes providers are knowledgeable about the Health Insurance Portability and Accountability Act (HIPAA) regulations, including issues related to privacy and confidentiality and will use these communication tips in accordance with those regulations. For more information about HIPAA, refer to the SAMHSA Web site “HIPAA: What It Means for Mental Health and Substance Abuse Services” at <http://www.hipaa.samhsa.gov/hipaa.html>.

The section, “Talking with Clients about their Medication,” is a prompt designed to help the provider initiate conversation about medication management and adherence with clients who have co-occurring mental health and substance use disorders. It is not intended as a complete guide to client education. For a more thorough discussion of these co-occurring issues, see the current edition of the American Society of Addiction Medicine’s (ASAM’s) *Principles of Addiction Medicine*, Third Edition (ASAM 2003).

For physicians desiring a more in-depth discussion regarding the challenges of treating specific population groups with substance use disorders (e.g., homeless, older adults, people with HIV / AIDS or hepatitis, pregnant or nursing women, etc.), which include medication compliance, adverse drug interactions, and relapse with the use of potentially addictive medications, refer to the current edition of the American Society of Addiction Medicine’s (ASAM’s) *Principles of Addiction Medicine*, Third Edition (ASAM 2003), and CSAT’s *TIP 42: Substance Abuse Treatment for Persons with Co-Occurring Disorders* (CSAT 2005).

Antipsychotics/Neuroleptics

GENERIC

BRAND

Traditional antipsychotics

chlorpromazine	Thorazine, Largactil
fluphenazine	Prolixin, Permitil, Anatensol
haloperidol	Haldol
loxapine	Loxitane, Daxolin
mesoridazine	Serentil
molindone	Moban, Lidone
perphenazine	Trilafon, Etrafon
pimozide	Orap
thioridazine	Mellaril
thiothixene	Navane
trifluoperazine	Stelazine

Novel or atypical antipsychotics

aripiprazole	Abilify
clozapine	Clozaril
olanzapine	Zyprexa, Zyprexa Zydis
paliperidone	Invega
quetiapine fumarate	Seroquel
risperidone	Risperdal
risperidone long-acting injection	Risperdal Consta
ziprasidone	Geodon

PURPOSE

Antipsychotics (neuroleptics) are most frequently used for persons who experience psychotic symptoms as a result of having some form of schizophrenia, severe depression or bipolar disorder. They may be used to treat brief psychotic episodes caused by drugs of abuse. Psychotic symptoms may include being out of touch with reality, “hearing voices,” and having false perceptions (e.g., thinking you are a famous person, thinking someone is out to hurt you). Antipsychotic medications can be effective in either minimizing or stopping these symptoms altogether. In some cases, these medications can shorten the course of the illness or prevent it from happening again.

Positive treatment response to antipsychotic medications allows many with severe and disabling mental disorders to live and function in the community, often relatively normally. This positive response may include thoughts that are more rational, decreased psychosis¹, paranoia and delusions, behavior that is more appropriate, and the ability to have relationships and work.

All of the older and newer antipsychotic medications are approved by the Food and Drug Administration (FDA) and are thus evidence-based

¹ *psychosis*: A mental disorder characterized by distinct distortions of a person’s mental capacity, ability to recognize reality, and relationships to others to such a degree that it interferes with that person’s ability to function in everyday life.

treatments (EBT) for schizophrenia. The newest antipsychotic medications—**Risperdal**, **Zyprexa**, **Seroquel**, **Geodon**, and **Abilify**—are showing positive effects across a range of disorders. These medications stabilize mood and are also used to treat bipolar disorder. They are being added to antidepressants to treat severe depressions. Some have been shown to be effective at relieving anxiety in low doses, but the FDA does not approve this use. A growing number of the atypical antipsychotic medications have received FDA approval for treatment of manic episodes, and some for extended treatment of bipolar disorder.

USUAL DOSE, FREQUENCY & SIDE EFFECTS

All medications have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken. This information is on the prescription bottle. Many medications are taken once a day, some at bedtime to take advantage of the drowsiness side effect of some antipsychotic medications. Several medications are taken in pill form or liquid form. Others are given by injection once or twice per month to ensure that the medication is taken reliably. It is important to take medications on schedule. It is also important that people talk to their doctor so they know about potential side effects and steps they need to take to monitor their health.

Novel or atypical antipsychotics are different from traditional antipsychotics. These medications are more powerful with treatment-resistant schizophrenia but may also be used with severe depression or other psychiatric illness. Because the atypical antipsychotics work in a slightly different way than traditional antipsychotics, they are less likely to produce serious side effects, such as tardive dyskinesia² or neuroleptic malignant syndrome³. The most common mild side effects are either sedation⁴ or agitation, especially when starting the medications. The most worrisome side effects are weight gain and elevated blood sugar and lipids⁵. There is also some evidence that the use of atypical antipsychotics may lead to the development of diabetes mellitus⁶ (Sernyak et al. 2002). Because diabetes is associated with obesity, it is unclear whether the diabetes is actually caused by certain atypical antipsychotic medications or obesity. These issues can be medically worrisome and can lead to medication noncompliance. Since effectiveness and side effects vary across medications and people, matching the right medication to the right person is the key.

² *tardive dyskinesia*: A central nervous system disorder characterized by twitching of the face and tongue, and involuntary motor movements of the trunk and limbs; occurring especially as a side effect of prolonged use of antipsychotic medications.

³ *neuroleptic malignant syndrome*: A very rare but life-threatening neurological disorder most often caused by a reaction to antipsychotic/neuroleptic medications. Typically developing within the first 2 weeks of treatment; but can develop at any time. The syndrome can also occur in people taking antiparkinsonian medications if discontinued abruptly.

⁴ *sedation*: Inducing a relaxed easy state especially by the use of *sedatives* (drugs).

⁵ *lipids*: Any of various substances including fats, waxes, and phosphatides that with proteins and carbohydrates make up the principal structural components of living cells.

⁶ *diabetes mellitus*: An endocrine disorder in which insulin is inadequately secreted or used by the body.

Clozapine (**Clozaril**) can very rarely cause serious abnormalities or irregularities in the blood cells (blood dyscrasias⁷). Approximately 1 to 2 percent of people who take **Clozaril** develop a condition in which their white blood cell count drops drastically (agranulocytosis⁸). As a result, they are at high risk for infections due to a compromised immune system, and this could be fatal. However, most cases of agranulocytosis can be treated successfully by stopping **Clozaril** treatment. To maintain safety, white blood cell counts must be checked each week for 6 months and every 2 weeks thereafter. The results must be sent to the person's pharmacy before he or she can pick up the next supply of medication.

Risperidone (**Risperdal**) and olanzapine (**Zyprexa**) came soon after clozapine. Both are strong and predictable antipsychotics. Risperidone may cause involuntary movements, tremors, muscular rigidity, and immobility without paralysis, and at higher doses and is moderately sedative. Olanzapine is highly sedative and has more tendency to cause weight gain and other metabolic changes.

Risperidone long-acting injections (**Risperdal Consta**) also a newly approved antipsychotic, is an injection of microencapsulated⁹ medication that releases into the body at a constant level. An injection is usually given every 2 weeks. Side effects are similar to those for **Risperdal**.

Quetiapine (**Seroquel**) is antipsychotic only in higher doses, but is most used for non-psychotic conditions such as bipolar disorder, depression, and PTSD conditions. It is very sedative and calming at moderate to high doses. In some prison settings, there have been reports of "abuse" of both quetiapine and olanzapine, by prisoners feigning psychotic symptoms in order to obtain heavy sedation.

Ziprasidone (**Geodon**) and aripiprazole (**Abilify**) are newer agents and have only moderate sedative and few weight, diabetes, or lipid effects, but their antipsychotic response seems to be less predictable.

Paliperidone (**Invega**) is the newest of the antipsychotics and is related to risperidone but contained in a capsule which distributes the medicine over 24 hours.

Traditional antipsychotics are cheap, and the newer ones are expensive. In general, the newer antipsychotics, when taken in proper dosage, have fewer clinical side effects and a broader treatment response than traditional antipsychotics.

POTENTIAL SIDE EFFECTS

Tardive Dyskinesia

- Involuntary movements of the tongue or mouth
- Jerky, purposeless movements of legs, arms or entire body
- More often seen in women

⁷ *blood dyscrasias*: A disease of the blood usually involving cellular abnormalities (i.e., poorly functioning or fewer than normal platelets, or loss of certain blood proteins called "clotting factors"; poorly functioning or decreased numbers of red and/or white blood cells.

⁸ *agranulocytosis*: A condition in which there are too few of a specific type of white blood cell called neutrophils in the blood. Affected people are susceptible to infections.

⁹ *microencapsulated*: To enclose in a tiny capsule material (as a medicine) that is released when the capsule is broken, melted, or dissolved.

- Risk increases with age and length of time on medication
- Usually seen with long-term treatment using traditional antipsychotic medications; rarely seen with atypical antipsychotic medications

Symptoms of diabetes mellitus (associated with obesity)

- Excessive thirst and hunger
- Fatigue
- Frequent urination
- Headaches
- Slow healing cuts and/or blemishes
- Weight loss

Neuroleptic Malignant Syndrome (very rare)

- Blood pressure up and down
- Dazed and confused
- Difficulty breathing
- Muscle stiffness
- Rapid heart rate
- Sweating and shakiness
- Temperature above normal

Other

- Blurred vision
- Changes in sexual functioning
- Constipation
- Diminished enthusiasm
- Dizziness
- Drowsiness
- Dry mouth
- Lowered blood pressure
- Muscle rigidity
- Nasal congestion
- Restlessness
- Sensitivity to bright light
- Slowed heart rate
- Slurred speech
- Upset stomach
- Weight gain

Note: Any side effects that bother a person need to be reported and discussed with the prescribing physician. Anticholinergic/antiparkinsonian medications like **Cogentin** or **Artane** may be prescribed to control movement difficulties associated with the use of antipsychotic medications.

EMERGENCY CONDITIONS

Contact a physician and/or seek emergency medical assistance if the person experiences involuntary muscle movements, painful muscle spasms, difficulty urinating, eye pain, skin rash or any of the symptoms listed above under *tardive dyskinesia*, and *neuroleptic malignant syndrome*. An overdose is always considered an emergency and treatment should be sought immediately.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken and dosage, including over-the-counter preparations, vitamins, minerals, and herbal supplements (i.e., St. John's wort, echinacea, ginkgo, and ginseng).
- People taking antipsychotic medications should not increase their dose unless this has been *checked with their physician and a change is ordered*.

SPECIAL CONSIDERATIONS FOR PREGNANT WOMEN

For women of childbearing age who may be or think they may be pregnant, the physician should discuss the safety of this medication before starting, continuing, or discontinuing medication treatment. Substance abuse counselors may have a role in encouraging this discussion by suggesting their clients talk with the prescribing physician.

Generally, the use of antipsychotic medications should be avoided in the first trimester unless the mother poses a danger to herself, to others, or to the unborn child, or if the mother shows signs of profound psychosis (Cohen 1989). Tapering and discontinuation of antipsychotic medication 10 days to 2 weeks before delivery is generally advised, though the way this is done varies by medication (Mortola 1989).

Antiparkinsonian Medications

GENERIC

amantadine hydrochloride
benztropine mesylate
diphenhydramine hydrochloride
trihexyphenidyl hydrochloride

BRAND

Symmetrel, Symadine
Cogentin
Benadryl
Artane

PURPOSE

Antiparkinsonian (anticholinergic) medications are used to control the side effects associated with antipsychotic medications. They are called antiparkinsonian because the neurological side effects of antipsychotic medications are similar to the symptoms of Parkinson's disease (i.e., tremors, stiff or rigid muscles, poor balance, and a distinctive unsteady walk).

USUAL DOSE & FREQUENCY

All medications have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken. This information is on the prescription bottle. These medications have very specific doses and taking too much can be harmful. A doctor must be consulted in order to safely change the dose in response to side effects of the antipsychotic medications.

POTENTIAL SIDE EFFECTS

- Constipation
- Dizziness
- Dry mouth
- Heart failure
- Irritability
- Light-headedness
- Stomach upset
- Tiredness

EMERGENCY CONDITIONS

Report immediately any overdose or changes in heart rate and/or rhythm to the doctor.

POTENTIAL FOR ABUSE OR DEPENDENCE

Despite their utility, these medications can be abused by some persons with severe mental illness who require neuroleptics. Survey research has found that many abusers of antiparkinsonians used these medications "to get high, to increase pleasure, to decrease depression, to increase energy and to relax" (Buhrich et al. 2000, p. 929). The survey also found that the misuse of other drugs accompanied the misuse of antiparkinsonian medications. Consequently, in the context of co-occurring mental health and substance use disorders, providers and consumers need to be aware of and openly communicate about the abuse potential of these medications.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken and dosage, including over-the-counter preparations, vitamins, minerals, and herbal supplements (i.e., St. John's wort, echinacea, ginkgo, ginseng).
- People taking antiparkinsonian medications should not increase their dose unless this has been *checked with their physician and a change is ordered*.

SPECIAL CONSIDERATIONS FOR PREGNANT WOMEN

The risk of birth defects associated with **Cogentin**, **Artane**, and **Benadryl** is not clear, although there is some evidence to suggest that amantadine (**Symmetrel**, **Symadine**) may produce a deformed baby (Mortola 1989). For all women of childbearing age who may be or think they may be pregnant, the physician should discuss the safety of this medication before starting, continuing, or discontinuing medication treatment. Substance abuse counselors may have a role in encouraging this discussion by suggesting their clients talk with the prescribing physician.

Antimanic Medications

GENERIC

BRAND

Lithium products

lithium carbonate	Eskalith, Eskalith CR, Lithane, Lithobid, Lithonate, Lithotabs
lithium citrate	Cibalith

Anticonvulsant products

carbamazepine	Tegretol
divalproex sodium	Depakote, Depakote Sprinkle, Depakote ER
lamotrigine	Lamictal

Atypical antipsychotics (see Antipsychotics/Neuroleptics, p. 6 for side effects)

aripiprazole	Abilify
olanzapine	Zyprexa, Zyprexa Zydis
olanzapine plus fluoxetine	Symbyax
quetiapine fumarate	Seroquel
risperidone	Risperdal
ziprasidone	Geodon

Other anticonvulsant products (not FDA approved for the treatment of mania)

gabapentin	Neurontin
levetiracetam	Keppra
oxcarbazepine	Trileptal
tiagabine hydrochloride	Gabitril
topiramate	Topamax, Topamax Sprinkle
valproate sodium	Depakene, Depacon
valproic acid	Depakene

PURPOSE

Antimanic medications are used to control the mood swings of bipolar (manic–depressive) illness. Bipolar illness is characterized by cycling mood changes from severe highs (mania) to severe lows (depression). The “highs” and “lows” vary in intensity, frequency, and severity. Bipolar I conditions include full manic episodes. Bipolar II conditions, by definition do not include full mania, but are characterized more as depression plus a low level of mania (hypomania). Bipolar cycles that occur more often than 3 times a year are considered “rapid cycling,” a condition often found in people with higher rates of substance abuse.

Positive treatment responses to antimanic medications include less hyperactivity, pressured speech and/or illogical thought. They improve the clients’ ability to sleep, concentrate and allow the person to function more normally.

If bipolar disorder is left untreated, the associated mania may worsen into a psychotic state and depression may result in thoughts of suicide. By leveling mood swings with antimanic medications, some of the suicidal and other self-harming behaviors can be decreased. Additionally, appropriate

treatment with antimanic medications can reduce a person's violent outbursts toward others or property.

All of the lithium products, **Tegretol**, **Depakote**, and those products listed under atypical antipsychotics qualify as evidence-based treatments (EBT) for Bipolar I disorder. **Lamictal** qualifies as an EBT for Bipolar II disorder.

USUAL DOSE, FREQUENCY & SIDE EFFECTS

All medications have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken. This information is provided on the prescription bottle. Most medications in this class are given 2 to 4 times per day. Some extended release formulations¹⁰ may be given every 12 hours. Dosage is determined by the active amount of medication found in the person's blood after taking the medication, and by his or her response to the medication. Expect a check of monthly blood levels until the person is at his or her optimal dose.

Lithium products: Most common side effects are tremor, acne, and weight gain. People taking these products may require more fluids than they did before taking the medication. However, too much fluid in a person's diet can "wash" the lithium out of his or her system, and too little fluid can allow the lithium to concentrate in the system. Additionally, anything that can decrease sodium in the body (i.e., decreased table salt intake, a low-salt diet, excessive sweating during strenuous exercise, diarrhea, vomiting) could result in lithium toxicity¹¹. People taking any antimanic medications should have blood levels tested regularly to check the concentration level of the medication in their bodies. Specifically, people taking lithium products, **Tegretol**, **Depakote**, and **Depakene** need their blood levels monitored.

Anticonvulsant products:¹² Most common side effects are sedation and weight gain. **Keppra** is noted for causing mood changes, primarily depression and anger in some people. This may limit its use as a mood stabilizer.

For the most common side effects of atypical antipsychotics, refer to *Antipsychotics/Neuroleptics*, p. 6. It is likely that all of the newer atypical antipsychotics mentioned in the previous section will soon be FDA approved for treatment of mania.

POTENTIAL SIDE EFFECTS

- Blurred vision
- Coma*
- Diarrhea*
- Drowsiness
- Fatigue
- Hand tremor*
- Increased thirst and urination*

¹⁰ *extended release formulations:* Medications that have been made so that they act over a long period of time and do not have to be taken as often; may be referred to as CR (controlled release), ER or XR (extended release), or SR (sustained release).

¹¹ *lithium toxicity:* The quality, state, or relative degree of being poisonous, in this instance because of the presence or concentration of too much of the drug lithium in the blood.

¹² *anticonvulsants:* Usually refers to an agent that prevents or stops *convulsions*; an abnormal violent, involuntary contraction or series of contractions of the muscles.

- Inflammation of the pancreas
- Irregular heart beats
- Kidney damage*
- Liver inflammation, hepatitis
- Nausea or vomiting
- Problems with the blood, both red and white cells
- Rash and skin changes
- Seizures
- Under or overactive thyroid*
- Weakness
- Weight gain

*These side effects are associated with lithium, anticonvulsants, and atypical antipsychotics only. Effects vary greatly between persons.

EMERGENCY CONDITIONS

Lithium overdose is a life-threatening emergency. Signs of lithium toxicity may include nausea, vomiting, diarrhea, drowsiness, mental dullness, slurred speech, confusion, dizziness, muscle twitching, irregular heartbeat and blurred vision. An overdose of any of the other antimanic medications is always considered an emergency and treatment should be sought immediately.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken and dosage, including over-the-counter preparations, vitamins, minerals, and herbal supplements (i.e., St. John's wort, echinacea, ginkgo, ginseng).
- People taking antimanic medications should not increase their dose unless this has been *checked with their physician and a change is ordered*.
- Persons taking antimanic medications are particularly vulnerable to adverse medical consequences if they concurrently use alcohol and/or street drugs.
- Lithium can cause birth defects in the first 3 months of pregnancy.
- Thyroid function must be monitored if a person takes lithium.
- Heavy sweating or use of products that cause excessive urination (i.e., coffee, tea, some high caffeine sodas, use of diuretics) can lower the level of lithium in the blood.
- Blood tests for medication levels need to be checked every 1 to 2 months.
- Use of these medications will lower the effectiveness of birth control medications.

SPECIAL CONSIDERATIONS FOR PREGNANT WOMEN

Some antimanic medications, such as **Depakene** (valproic acid), are associated with several birth defects if taken during pregnancy. If this type of medication must be used during pregnancy, the woman must be told that there is substantial risk of malformations (Robert et al. 2001). Lithium is also a medication that may be harmful to an unborn child. Those exposed to

lithium before week 12 of gestation are at increased risk of heart abnormalities. For women taking lithium, blood levels of the medication should be monitored every 2 weeks. Ultrasound examinations should be performed on the fetus to rule out the development of an enlarged thyroid (goiter) in the unborn child (Mortola 1989).

Generally, the use of antipsychotic medications should be avoided in the first trimester unless the mother poses a danger to herself, to others, or to the unborn child, or if the mother shows signs of profound psychosis (Cohen 1989). Tapering and discontinuation of antipsychotic medication 10 days to 2 weeks before delivery is generally advised, though the way this is done varies by medication (Mortola 1989).

For women of childbearing age who may be or think they may be pregnant, the physician should discuss the safety of these medications before starting, continuing, or discontinuing medication treatment. Substance abuse counselors may have a role in encouraging this discussion by suggesting their clients talk with the prescribing physician.

Antidepressant Medications

GENERIC

BRAND

SSRIs — Selective Serotonin Reuptake Inhibitors

citalopram	Celexa
escitalopram oxalate	Lexapro
fluoxetine	Prozac, Prozac Weekly, Sarafem
fluvoxamine	Luvox
paroxetine	Paxil, Paxil CR
sertraline	Zoloft

Other new antidepressants

bupropion	Wellbutrin, Wellbutrin SR
duloxetine	Cymbalta
mirtazapine	Remeron, Remeron SolTab
nefazodone	Serzone
trazodone	Desyrel
venlafaxine	Effexor, Effexor ER

Tricyclics & quatracyclics

amitriptyline	Elavil
amoxapine	Asendin
clomipramine	Anafranil
desipramine	Nopramin, Pertofrane
doxepin	Sinequan
imipramine	Tofranil
maprotiline	Ludiomil
nortriptyline	Pamelor
protriptyline	Vivactil

Monoamine Oxidase (MAO) Inhibitors

isocarboxazid	Marplan
phenelzine	Nardil
tranylcypromine	Parnate

PURPOSE

Antidepressant medications are used for moderate to serious depressions, but they can also be very helpful for milder depressions such as dysthymia. Most antidepressants must be taken for a period of 3 to 4 weeks to begin to reduce or take away the symptoms of depression but a full therapeutic effect may not be present for several months. Antidepressants are also the first line medications for certain anxiety disorders such as panic disorder, social phobia, and obsessive-compulsive disorders.

Positive early treatment responses to antidepressant medications include improved energy, concentration, and sleep. Later positive treatment responses include improved mood, attitude, and statements of “feeling better.”

Treatment for a single episode of major depression should be continued for 2 years before discontinuing. Since major depression is a chronic recurrent

illness for many people, long-term use of antidepressants is often indicated (much as one would take medication for high blood pressure or diabetes for a long period of time). Discontinuing antidepressant therapy before the depression is completely resolved may result in the person decompensating¹³ and possibly becoming medication resistant. Untreated depression may result in suicide, especially with co-occurring substance use disorders. Therefore, treatment for depression must be taken as seriously as treatment for any other major life-threatening illness.

TYPES OF ANTIDEPRESSANTS

SSRIs are the most frequently prescribed class of antidepressants because of their broad effectiveness, low side effects, and safety. They are thought to affect the serotonin¹⁴ system to reduce symptoms of depression. The extended release formula of fluoxetine (**Prozac Weekly**) can be dosed once per week. **Sarafem** is fluoxetine under another label used for treatment of Premenstrual Dysphoric Disorder. SSRIs include both less expensive generic medications (fluoxetine, citalopram, and paroxetine) and more expensive brand name only versions.

Other new antidepressants, such as venlafaxine (**Effexor**) work on both the serotonin and norepinephrine¹⁵ levels. Bupropion (**Wellbutrin**) is an antidepressant unrelated to other antidepressants. It has more effect on norepinephrine and dopamine levels than on serotonin levels in the brain. In addition, bupropion (**Wellbutrin**) can be “activating” (as opposed to sedating). It is not associated with weight gain or sexual dysfunction like many other antidepressant medications. Bupropion (**Wellbutrin**) should, however, be avoided by people who are at risk for or who currently have a seizure disorder.

The MAO inhibitors and the tricyclic and quatracyclic antidepressants (named for their chemical structures) are older and less commonly used due to safety and side effects. MAOs are used for “atypical depressions,” which produce symptoms like oversleeping, anxiety or panic attacks, and phobias. Also, they may be used when a person does not respond to other antidepressants. The older tricyclics may be preferred in spite of their common side effects because they are inexpensive.

USUAL DOSE, FREQUENCY & SIDE EFFECTS

All medications have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken. This information is provided on the prescription bottle. Several factors are considered before an antidepressant is prescribed: the type of medication, the person’s individual body chemistry, weight, and age. Generally, people are started on a low dose, and the dosage is slowly raised until the optimal effects are reached without troublesome side effects.

¹³ *decompensate*: Loss of the body’s ability to correct a defect by over development of or increased functioning of another organ or unimpaired parts of the same organ; loss of psychological ability to counterbalance feelings of inferiority, frustration, or failure in one area by achievement in another.

¹⁴ *serotonin*: A type of neurotransmitter in the brain.

¹⁵ *norepinephrine*: A hormone secreted by the adrenal gland, which (together with epinephrine) brings about changes in the body known as the “fight or flight” reaction. It works as a neurotransmitter in the brain.

Both mild sedation and mild agitation sometimes occur with SSRI use. The most troubling SSRI side effect is decreased sexual performance, which may be difficult for many persons to discuss. Common side effects specific to both bupropion (**Wellbutrin**) and venlafaxine (**Effexor**) include sleeplessness and agitation. For the older tricyclics, side effects include dry mouth and sedation.

POTENTIAL SIDE EFFECTS

SSRIs

- Anxiety, agitation or nervousness
- Change in appetite (lack of or increase)
- Change in sexual desire
- Confusion
- Decrease in sexual ability
- Diarrhea or loose stools
- Dizziness
- Dry mouth
- Headache
- Heart rhythm changes
- Increased sweating
- Insomnia or sleepiness
- Lack or increase of appetite
- Shakiness
- Stomach upset
- Taste disturbances (**Wellbutrin**)
- Weight loss or gain

Tricyclics & quatracyclics

- Allergic reactions
- Blood cell problems (both white and red cells)
- Blurred vision
- Change in sexual desire
- Changes in heartbeat and rhythm
- Constipation
- Decrease in sexual ability
- Difficulty with urination
- Dizziness when changing position
- Dry mouth
- Fatigue
- Heart block¹⁶
- Increased sweating
- Kidney failure (**Asendin**)
- Muscle twitches
- Neuroleptic Malignant Syndrome (**Asendin**)
- Seizures

¹⁶ *heart block*: A condition where the heart beats irregularly or much more slowly than normal. Sometimes the heart may even stop for up to 20 seconds; caused by a delay or disruption of the electrical signals that usually control the heartbeat.

- Stroke
- Weakness
- Weight gain

MAO Inhibitors

- Blood cell problems (both white and red cells)
- Dizziness when changing position
- Fluid retention (swollen ankles, feet, legs or hands)
- Headache
- High blood pressure crisis¹⁷
- Insomnia
- Lack of appetite
- Rapid heart beat

EMERGENCY CONDITIONS

An overdose of any of the MAO inhibitors, tricyclics, quatracyclics, or other antidepressants is serious and potentially life threatening and *must be reported to a physician immediately*. Symptoms of tricyclic and quatracyclic overdose may include rapid heartbeat, dilated pupils, flushed face, agitation, loss of consciousness, seizures, irregular heart rhythm, heart and breathing stopping, and death.

The potential for a fatal outcome from an overdose with the SSRIs is much less. However, the possibility that a person has attempted suicide should be dealt with as an emergency situation that needs immediate intervention.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken and dosage, including over-the-counter preparations, vitamins, minerals, and herbal supplements (i.e., St. John's wort, echinacea, ginkgo, ginseng).
- People taking antidepressant medications should not increase their dose unless this has been *checked with their physician and a change is ordered*.
- Withdrawal from SSRIs and other new antidepressants can cause flu-like symptoms. Discontinuing antidepressant therapy should be done gradually under a physician's care.
- People taking MAO inhibitors must avoid all foods with high levels of tryptophan or tyramine (e.g., aged cheese, wine, beer, chicken liver, chocolate, bananas, soy sauce, meat tenderizers, salami, bologna, and pickled fish). High levels of caffeine must also be avoided. If eaten, these foods may react with the MAO inhibitors to raise blood pressure to dangerous levels.
- Many medications interact with the MAO inhibitors. It is largely for this reason that they are rarely used. Other medications should not be taken unless the treating physician approves them. Even a simple over-the-counter cold medication can cause life-threatening side effects.
- People using MAO inhibitors should check all new medications with a physician or pharmacist before taking them.

¹⁷ *high blood pressure crisis*: A severe increase in blood pressure that can lead to stroke. Two types—emergency and urgent—require immediate medical attention.

- People taking antidepressant medications are particularly vulnerable to adverse medical consequences if they concurrently use alcohol and/or street drugs.
- If there is little to no change in symptoms after 3 to 4 weeks, talk to the doctor about raising the dose or changing the antidepressant.
- Treatment with antidepressants usually lasts a minimum of 9 to 12 months. Many patients are on long-term antidepressant therapy to avoid the frequency and severity of depressive episodes.

SPECIAL CONSIDERATIONS FOR PREGNANT WOMEN

Using SSRIs is safer for the mother and fetus than using tricyclic antidepressants. Fluoxetine (**Prozac**) is the most studied SSRI in pregnancy and no increased incidence in birth defects has been noted, nor were developmental abnormalities of the nervous system observed in preschool-age children (Garbis and McElhatton 2001). However, possible withdrawal signs have been observed in the newborn. Fluoxetine (**Prozac**) is the recommended SSRI for use during pregnancy (Garbis and McElhatton 2001). MAO Inhibitor use is not advised in pregnancy, and its use should be discontinued immediately if a woman discovers she is pregnant (Mortola 1989).

The physician should discuss the safety of antidepressant medications before starting, continuing, or discontinuing medication treatment with all women of childbearing age who may be or think they may be pregnant. Substance abuse counselors may have a role in encouraging this discussion between their clients and the prescribing physician.

Antianxiety Medications

GENERIC

BRAND

See also SSRI Antidepressants (p. 17)

Benzodiazepines

alprazolam	Xanax
chlordiazepoxide	Librium, Libritabs, Librax
clonazepam	Klonopin
clorazepate	Tranxene
diazepam	Valium
lorazepam	Ativan
oxazepam	Serax

Beta-blockers

propranolol	Inderal
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Other

buspirone	BuSpar
gabapentin	Neurontin
hydroxyzine	Atarax, Vistaril
olanzapine	Zyprexa, Zyprexa Zydis
pregabalin	Lyrica
quetiapine fumarate	Seroquel
risperidone	Risperdal
tiagabine hydrochloride	Gabitril

PURPOSE

Antianxiety medications are used to help calm and relax the anxious person as well as remove troubling symptoms associated with generalized anxiety disorder, posttraumatic stress disorder (PTSD), panic, phobias, and obsessive-compulsive disorders (OCD). The most common antianxiety medications are the antidepressants and the benzodiazepines. Positive treatment response to antianxiety medications varies a great deal by medication class.

SSRI antidepressants have become first line medications for the treatment of panic, social phobia, obsessive-compulsive disorders (in higher doses) and, more recently, generalized anxiety disorder. Positive treatment response to antidepressant medications includes a gradual reduction in anxiety, panic, and PTSD or OCD symptoms over weeks to months.

Benzodiazepines have a depressant effect on the central nervous system. Positive treatment response to benzodiazepines occurs rapidly, within days. However, especially among persons with co-occurring substance use disorders, the response may be short-lived and tolerance develops leading to the need for increased doses. Additionally, benzodiazepines are cross tolerant¹⁸ with alcohol and have a market as street drugs. For these reasons,

¹⁸ *cross tolerant*: Refers to a drug that produces a similar effect as the misused substance but does not produce the “high.” Withdrawal symptoms can be minimized through use of *cross-tolerant* substances (i.e., alcohol withdrawal symptoms can be minimized through use of *cross-tolerant* sedatives, like benzodiazepines).

most addiction medicine physicians only use them for a short time as alcohol withdrawal medicines, or as sedatives in acute¹⁹ psychotic or manic episodes. If used in outpatient settings, careful monitoring for tolerance and abuse is needed.

Beta-blockers work on the central nervous system to reduce the flight or fight response. Propranolol (**Inderal**), occasionally prescribed for performance anxiety, is not addictive.

Buspirone (**BuSpar**) works through the serotonin system to induce calm. It takes 3 to 4 weeks for buspirone (**BuSpar**) to reach adequate levels in the brain to successfully combat anxiety. Hydroxyzine (**Atarax, Vistaril**) is an antihistamine that uses the drowsiness side effect of the antihistamine group to calm and relax. Hydroxyzine works within an hour of being taken. Buspirone (**BuSpar**) and hydroxyzine (**Atarax, Vistaril**) are not addictive.

Low doses of risperidone (**Risperdal**), quetiapine fumarate (**Seroquel**), olanzapine (**Zyprexa**), or other atypical antipsychotics are sometimes used “off label” as non-addictive antianxiety medications. They are usually used when several other medications have failed (though use of atypical antipsychotics is expensive and not FDA approved for treatment of anxiety disorders). Their special formulation works to reduce anxiety and help the person think more clearly, though the mechanism for this is unclear.

Gabapentin (**Neurontin**), tiagabine (**Gabitril**), and pregabalin (**Lyrica**) have all been used to treat anxiety (off label) especially in those persons with an addiction history and for whom antidepressants have been effective. These agents are all mildly sedative, and do not cause a high dependence, or withdrawal. They are thought to enhance the effects of the body’s own naturally produced calmativ agent, gamma aminobutyric acid (GABA)²⁰. None are FDA approved for treatment of anxiety disorders.

USUAL DOSE, FREQUENCY & SIDE EFFECTS

All medications have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken. This information is provided on the prescription bottle. Usually, people are started on a low dose of medication, which is raised gradually until symptoms are removed or diminished. Major factors considered in establishing the correct dose are individual body chemistry, weight, and ability to tolerate the medication.

People taking benzodiazepines for longer than 4 to 8 weeks may develop physical tolerance to the medication. Benzodiazepines have a relatively low potential for abuse in those without addiction histories, but moderate or higher potential in those with addiction histories. Even when taken as directed, withdrawal symptoms may occur if regular use of benzodiazepines is abruptly stopped. Withdrawal from high dose abuse of benzodiazepines may be a life-threatening situation. For these reasons benzodiazepines are usually prescribed for brief periods of time—days or weeks—and sometimes intermittently for stressful situations or anxiety attacks. Except for treating alcohol or benzodiazepine withdrawal, or for acute sedation in manic or psychotic states, benzodiazepines are not

¹⁹ *acute*: Marked by sharpness of severity (an *acute* pain). Having a sudden onset and short duration (*acute* disease). Urgent or critical condition.

²⁰ *gamma aminobutyric acid (GABA)*: A type of neurotransmitter in the brain.

recommended for most people with a past or current history of substance abuse or dependence.

Beta-blockers act on the sympathetic nervous system and are not considered addictive. They also are used to treat high blood pressure, thus side effects might be low blood pressure or dizziness. Beta-blockers may enhance the effects of other psychotropic medications and are inexpensive. Propranolol (**Inderal**) is taken as needed for performance anxiety. It is taken regularly (as prescribed) for treatment of high blood pressure or other heart conditions.

Buspirone (**BuSpar**) is often used to control mild anxiety and is considered safe for long-term therapy but is expensive.

Hydroxyzine (**Atarax** and **Vistaril**) are safe, and nonaddictive medications used to reduce anxiety. They are inexpensive and may be used for longer-term therapy. Common side effects are dry mouth and sedation. A less common side effect is urinary retention in older men; this is a serious condition.

POTENTIAL SIDE EFFECTS

- Blood cell irregularities
- Constipation
- Depression
- Drowsiness or lightheadedness
- Dry mouth
- Fatigue
- Heart collapse (weakened heart muscles)
- Loss of coordination
- Memory impairment (**Inderal**)
- Mental slowing or confusion
- Slowed heart beat (**Valium**)
- Stomach upset
- Suppressed breathing (restrained or inhibited)
- Weight gain

POTENTIAL FOR ABUSE OR DEPENDENCE

Between 11 and 15 percent of people in the U.S. take a form of antianxiety medication—including benzodiazepines—at least once each year. If antidepressants are included, this figure is doubled. Benzodiazepines may cause at least mild physical dependence in almost everyone who uses the medication for longer than 6 months (i.e., if the medicine is abruptly stopped, the person will experience anxiety, increased blood pressure, fast heart beat, and insomnia). However, becoming physically dependent on benzodiazepines does not necessarily mean a person will become psychologically dependent or addicted to the medication. Most people can be gradually withdrawn from the medication—when indicated—and will not develop psychological dependence.

In general, abuse and dependence occur at lower rates with long-acting antianxiety medications (e.g., **Klonopin**, **Serax**, and **Tranxene**). Abuse and dependence are more likely to occur with faster-acting, high-potency antianxiety medications (e.g., **Ativan**, **Valium**, and **Xanax**).

Risk Factors Related to Developing Dependency on Antianxiety Medication:

Less than 1% of persons *who do not have a current substance abuse problem or a history of substance abuse* becomes dependent on antianxiety medications. These people are at ***little or no risk***. They are more likely to skip doses, take lower doses than prescribed, or decrease their dose over time.

People with a prior history of substance abuse or dependence who are in recovery are at increased risk of becoming dependent on antianxiety medications. These people are at ***moderate risk***.

Those with a history of abusing antianxiety medications or those who are opiate users are at ***higher risk*** of becoming dependent on antianxiety medications. Some studies indicate there is a moderately higher risk for alcohol dependent persons to become dependent on antianxiety medications.

EMERGENCY CONDITIONS

High doses of diazepam (**Valium**) can cause slowed heartbeat, suppression of breathing, and stop the heart from beating. Overdose on the older tricyclic antidepressant medications, which are often used for combined anxiety depression disorders, can be life threatening and immediate referral to emergency care is indicated.

Withdrawal from regular use of any of the benzodiazepines and similar medications must be done slowly over a month's time. Abrupt withdrawal from these medications can cause hallucinations, delusions and delirium, disorientation, difficulty breathing, hyperactivity, and grand mal seizures. A protocol for decreasing or tapering off doses of benzodiazepines is needed.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken and dosage, including over-the-counter preparations, vitamins, minerals, and herbal supplements (i.e., St. John's wort, echinacea, ginkgo, ginseng).
- People taking antianxiety medications should not increase their dose unless this has been *checked with their physician and a change is ordered*.
- People should not stop using these medications without talking to a doctor.
- People taking antianxiety medication are particularly vulnerable to adverse medical consequences if they concurrently use alcohol and/or street drugs.
- Using alcohol in combination with benzodiazepines may result in breathing failure and sudden death.

SPECIAL CONSIDERATIONS FOR PREGNANT WOMEN

The current state of knowledge suggests that benzodiazepine therapy in general does not pose as much risk of producing a deformed baby as compared to anticonvulsants (e.g., valproic acid) as long as they are given over a short time period. It appears that short-acting benzodiazepines, like those used to treat alcohol withdrawal (detoxification²¹), can be used in low

²¹ *detoxification*: A medical and biopsychosocial procedure that assists a person who is dependent on one or more substance to withdraw from dependence on all substances of abuse.

doses even in the first trimester (Robert et al. 2001). Long-acting benzodiazepines should be avoided—their use during the third trimester or near delivery can result in a withdrawal syndrome in the baby (Garbis and McElhatton 2001). For use of the SSRIs in pregnancy, see page 21.

During pregnancy, the capacity of many drugs to bind to proteins²² is decreased, including diazepam (a benzodiazepine) and **Methadone** (Adams and Wachter 1968; Dean et al. 1980; Ganrot 1972) with the greatest decrease noted during the third trimester (Perucca and Crema 1982). From a clinical standpoint, pregnant women could be at risk for developing greater toxicity²³ and side effects to these medications. Yet at the same time, increased metabolism of the medication may result, reducing the therapeutic effect (such as with methadone since many women seem to require an increase in their dose of methadone during the last trimester) (Pond et al. 1985). In addition, there is a documented withdrawal syndrome in newborns exposed to benzodiazepines in utero (Sutton and Hinderliter 1990). Onset of this syndrome may be delayed more so than that associated with other drugs.

For all women of childbearing age who may be or think they may be pregnant, the physician should discuss the safety of this medication before starting, continuing, or discontinuing medication treatment. Substance abuse counselors may have a role in encouraging this discussion by suggesting their clients talk with the prescribing physician.

²² *protein binding*: The affinity of a drug to attach (*bind*) to blood plasma proteins. The extent to which a drug is *bound* to plasma proteins can affect the distribution of the drug in the body. In most cases, *binding* to plasma proteins is reversible.

²³ *toxicity*: Poisonous nature; poisonous quality.

Stimulant Medications

GENERIC

d-amphetamine
l & d-amphetamine
methamphetamine
methylphenidate

pemoline
modafinil

BRAND

Dexedrine
Adderall, Adderall CII, Adderall XR
Desoxyn
Ritalin, Ritalin SR, Concerta, Metadate ER, Metadate CD, Methylin ER, Focalin
Cylert
Provigil

Non-stimulants for AD/HD²⁴

atomoxetine hydrochloride
bupropion
guanfacine

Strattera
Wellbutrin
Tenex

PURPOSE

Stimulant medications are used to treat attention deficit/hyperactivity disorder (AD/HD), which is typically diagnosed in childhood but also occurs in adults. Symptoms consistent with AD/HD include short attention span, excessive activity (hyperactivity), impulsivity, and emotional development below the level expected for the person's age. The underlying manifestation of AD/HD is that it severely impacts and interferes with a person's daily functioning. Other conditions that may be treated with stimulants are narcolepsy²⁵, obesity, and sometimes depression.

Positive treatment responses to stimulant medications include increased attention, focus and/or ability to stay on task, less hyperactivity, and moderation of impulsive behavior. People with AD/HD generally report that they feel "normal" when taking stimulants.

Non-stimulant medications for AD/HD differ somewhat. Atomoxetine (**Strattera**) blocks the reuptake of norepinephrine, which helps reduce the symptoms of AD/HD. Guanfacine (**Tenex**) and bupropion (**Wellbutrin**) are non-stimulants that have been used successfully to treat symptoms of AD/HD. The advantage of these medications is that they are non-addictive, and do not cause a "high" even in larger doses. Atomoxetine (**Strattera**) is FDA approved. While studies have shown bupropion (**Wellbutrin**) to be effective, it is not FDA approved.

USUAL DOSE, FREQUENCY & SIDE EFFECTS

All medications have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken. This information is provided on the prescription bottle. With stimulants, there may be periods when the medication is not to be taken. The most common side effects of the stimulants are nervousness, sleeplessness, and loss of

²⁴ *AD/HD*: Refers to two types of disorders. Attention deficit disorder without hyperactivity (**ADD**), and attention deficit disorder with hyperactivity (**ADHD**). The terms are often used interchangeably.

²⁵ *narcolepsy*: A condition characterized by brief attacks of deep sleep.

appetite. Some of these medications are expensive, but others are generic and quite inexpensive.

POTENTIAL SIDE EFFECTS

Stimulants

- Blood disorders (**Ritalin** and **Cylert**)
- Change in heart rhythm
- Delayed growth
- Dilated pupils
- Elevated blood pressure
- Euphoria
- Excitability
- Increased pulse rate
- Insomnia
- Irritability
- Liver damage (**Cylert**)
- Loss of appetite
- Rash
- Seizures (**Ritalin** and **Cylert**)
- Tourette's syndrome (**Cylert**)
- Tremor

Non-stimulants for AD/HD

Strattera side effects include:

- High blood pressure
- Nervousness, and side effects similar to some antidepressants

Wellbutrin side effects include:

- Increased chance of seizure activity

Tenex side effects include:

- Constipation
- Dizziness
- Dry mouth
- Low blood pressure
- Sleepiness

POTENTIAL FOR ABUSE OR DEPENDENCE

Stimulant medications may be misused. Recreational or non-medically indicated uses have been reported for performance enhancement and/or weight loss. People with AD/HD or narcolepsy, however, rarely abuse or become dependent on stimulant medications unless they have an addiction problem with other substances. Most addiction medicine doctors use antidepressants or atomoxetine (**Strattera**) (both non-stimulants) to treat AD/HD in adults with co-occurring substance use disorders. Using stimulant medications to treat AD/HD in children has been shown to reduce the potential development of substance use disorders.

EMERGENCY CONDITIONS

Psychiatric symptoms including paranoid delusions, thought disorders, and hallucinations have been reported when stimulants are used for long periods or taken at high dosages. Overdose with stimulants is a medical emergency. Seek help immediately.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken and dosage, including over-the-counter preparations, vitamins, minerals, and herbal supplements (i.e., St. John's wort, echinacea, ginkgo, ginseng).
- People taking stimulant medications should not increase their dose unless this has been *checked with their physician and a change is ordered*.
- People taking stimulant medications are particularly vulnerable to adverse medical consequences if they concurrently use alcohol and/or street drugs.
- With stimulants, there is the potential for development of tolerance and dependence on the medications with accompanying withdrawal. The potential for abuse and misuse is high, as is true with all Schedule II drugs²⁶.

SPECIAL CONSIDERATIONS FOR PREGNANT WOMEN

For women of childbearing age who may be or think they may be pregnant, the physician should discuss the safety of this medication before starting, continuing, or discontinuing medication treatment. Substance abuse counselors may have a role in encouraging this discussion by suggesting their clients talk with the prescribing physician.

²⁶ *Schedule II drugs*: Drugs classified in *Schedule II* of the Controlled Substances Act; have a high potential for abuse with severe liability to cause psychic or physical dependence, but have some approved medical use.

Narcotic and Opioid Analgesics

Natural opioids

Opium, morphine and codeine products

Pure, semi or totally synthetic derivatives

Heroin, Percodan, Demerol, Darvon, oxycodone, and others

GENERIC

buprenorphine
buprenorphine
butorphanol tartarate
codeine phosphate
codeine sulfate
dihydromorphone hydrochloride
fentanyl transdermal
fentanyl transmucosal
hypromorphone hydrochloride
meperidine hydrochloride
methadone hydrochloride
morphine hydrochloride
morphine sulfate
oxycodone hydrochloride
oxymorphone hydrochloride
pentazocine hydrochloride
propoxyphene hydrochloride
propoxyphene napsylate
tramadol hydrochloride

BRAND

Buprinex
Subutex, Suboxone*
Stadol spray
Codeine tablets
Codeine tablets
Dilaudid-5, Dilaudid HP
Duragesic patches
Fentanyl, Oraley
Dilaudid
Demerol
Methadone
Morphine
Oramorph, Roxanol, Statex
Roxicodone, OxyContin
Numorphan
Talwin
Darvon
Darvon-N
Ultram

*Combined with naloxone²⁷ and taken under the tongue (sublingually).

The following products use a combination of an opioid or narcotic along with aspirin, **Tylenol**, or other pain reliever to treat mild to moderate pain.

Anesxia 5/50	Percocet
Capital with Codeine	Percodan
Darvocet N 100	Roxicet
Darvocet N 50	Roxicet oral solution (contains alcohol)
E-Lor or Wygesic	Roxiprin
Empirin or Phenaphen with Codeine #3	Talacen
Empirin or Phenaphen with Codeine #4	Talwin Compound
Endocet	Tylenol with Codeine
Fioricet with Codeine	Tylenol with Codeine syrup (contains alcohol)
Fiorinal with Codeine	Tylox
Lorcet Plus	Vicodin
Lortab	Vicodin ES

²⁷ *naloxone*: A narcotic antagonist used to reverse the effects of opioids.

PURPOSE

Opiate medications are commonly used to control moderate to severe acute pain. They are typically used for a short time because they cause physiological tolerance (takes more to get the same analgesic effect) and physical dependence (get withdrawal symptoms if abruptly stopped) as amount and duration of doses increase. Longer-term use is indicated to alleviate the chronic pain associated with cancer and certain other conditions, and research has shown that abuse or addiction to these medications rarely occurs in such patients. Severe and chronic pain has long been under treated in the United States due to irrational fears that anyone prescribed opiates will become addicted. This has clearly been shown to be not the case. People with substance use disorders need pain management just like anyone else. Opioids are appropriately prescribed to manage chronic cancer pain—especially oxycodone (**OxyContin**) and methadone.

Methadone is a synthetic opioid used in heroin detoxification treatment programs to maintain sobriety from heroin addiction. Many people who have been addicted to heroin have returned to a productive life because of methadone treatment. **Methadone** is also frequently used to provide relief for specific types of pain, especially in pain clinics. The management of chronic pain in a person who has been opiate abusing and dependent is one of the most challenging tasks in addiction medicine.

Heroin is a drug of abuse.

USUAL DOSE & FREQUENCY

All narcotic and opioid analgesics have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken. This information is provided on the prescription bottle. Many narcotic or opioid medications are taken two or more times a day. Some medications are taken in pill or liquid form. A few are taken in a nasal spray or as transdermal patches. Injectable narcotics are not listed here because they are not often used outside a hospital setting.

POTENTIAL SIDE EFFECTS

- Constipation
- Decreased ability to see clearly
- Decreased ability to think clearly
- Flushing and sweating
- Pupil constriction
- Respiratory depression (slowed breathing rate)
- Stomach upset
- Tolerance

POTENTIAL FOR ABUSE OR DEPENDENCE

With narcotic and opioid medications, there is a potential for the development of tolerance and dependence as well as the possibility of abuse and severe withdrawal reactions. There are many nonaddictive pain medications available for pain management that can be used after acute pain is reduced.

EMERGENCY CONDITIONS

Convulsions and/or cardiac arrest with high dosages.

Overdose may increase pulse rate, result in convulsions followed by coma or death.

Overdose may depress the breathing centers in the brain leading to inability to breathe.

An overdose is always considered an emergency and treatment should be sought immediately.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken and dosage, including over-the-counter preparations, vitamins, minerals, and herbal supplements (i.e., St. John's wort, echinacea, ginkgo, ginseng).
- People taking narcotic and opioid analgesics should not increase their dose unless this has been *checked with their physician and a change is ordered*.
- Persons taking an opioid medication are particularly vulnerable to adverse medical consequences if they concurrently use alcohol and/or street drugs, because alcohol and street drugs can increase the sedation effects of the opioids.
- Potential for development of tolerance and dependence exists.

SPECIAL CONSIDERATIONS FOR PREGNANT WOMEN

For all women of childbearing age who may be or think they may be pregnant, the physician should discuss the safety of this medication before starting, continuing, or discontinuing medication treatment. Both pregnant women and their unborn infants can become tolerant and physically dependent on opioids. This dependence as well as possible withdrawal syndromes needs to be assessed. Substance abuse counselors may have a role in encouraging this discussion by suggesting their clients talk with the prescribing physician. See p. 45 for information about methadone use during pregnancy.

Hypnotics (Sleep Aids)

GENERIC

Barbiturates

secobarbital

Benzodiazepines

clonazepam

diazepam

estazolam

flurazepam

lorazepam

oxazepam

quazepam

temazepam

triazolam

Non-benzodiazepines

anticonvulsants

sedating antidepressants

sedating antipsychotics

zaleplon

zolpidem

BRAND

Seconal

Klonopin

Valium

ProSom

Dalmane

Ativan

Serax

Doral

Restoril

Halcion

Neurontin*, Depakote*, Topamax*

Desyrel, Remeron, Serzone, Sinequan

Seroquel*, Zyprexa*, Zyprexa Zydis*

Sonata

Ambien

*Use of these medications for sleep aid is "off-label."

PURPOSE

Hypnotics are used to help people with sleep disturbances get restful sleep. Lack of sleep is one of the greatest problems faced by those with chemical dependency and psychiatric illnesses. It can cause the symptoms of these disorders to worsen. For example, mood changes, psychosis and irritability increase with insomnia. Lack of sleep diminishes a person's ability to think clearly or process information. Sleep-wake cycles and the body's ability to heal itself also suffer when a person is sleep deprived. Older hypnotics, like barbiturates, cause the body to slow down and "pass out" or sleep. However, they also have a tendency to disturb sleep cycles. For this reason, and because of their potential for abuse and dependence, barbiturates are now rarely used.

Benzodiazepines enhance the body's natural calming agents, which induces sleep. Non-benzodiazepines such as zolpidem (**Ambien**) and zaleplon (**Sonata**) affect one of the body's receptors for the natural calming agent, GABA. These medications are short acting and do not disturb sleep-staging cycles. Rebound insomnia is a side effect of both, however, if the medications are used for more than two weeks and then abruptly stopped.

Sedating antidepressants work by using their sleep producing side effects to induce sleep. They are nonaddictive but have the capacity to produce all the side effects of their class of antidepressant. Sedating antipsychotics use their calming and sedation side effects to induce sleep. They are non-addictive but have the capacity to produce all the side effects of atypical antipsychotics. Anticonvulsants may be used for sedation when treating acute or prolonged withdrawal symptoms from alcohol.

Paradoxically, those with addiction disorders can become rapidly tolerant and dependent on the most commonly used hypnotics, which are the benzodiazepines and even one of the non-benzodiazepines— zolpidem (**Ambien**). Tolerance can lead to decreasing effectiveness, escalating doses, and an even worse sleep disorder when the agent is withdrawn. For this reason, most addiction medicine doctors use sedating antidepressants, anticonvulsants, or sedating antihistamines if the sleep problem continues past acute withdrawal symptoms.

USUAL DOSE & FREQUENCY

All medications have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken. This information is provided on the prescription bottle. All of these medications are generally used for limited periods (3 to 4 days for barbiturates or up to a month for others). All of these medications quickly develop tolerance and eventually the usual dose will no longer help the person sleep.

POTENTIAL SIDE EFFECTS

- Breathing difficulty (**Seconal**)
- Dizziness
- Drowsiness
- Hangover feeling or daytime sleepiness
- Headache
- Lethargy
- Weakness

POTENTIAL FOR ABUSE OR DEPENDENCE

With hypnotics, there is the potential for development of tolerance and dependence on the medications with accompanying withdrawal. The potential for abuse and misuse is high. See *Potential for Abuse or Dependence* for benzodiazepines, p. 24. There are many drawbacks to long-term use of hypnotics such as damaged sleep staging and addiction. Even zolpidem (**Ambien**) and zaleplon (**Sonata**), if taken for longer than 7 to 14 days, can have a discontinuation rebound insomnia effect. Nonaddictive medications are available to treat insomnia.

EMERGENCY CONDITIONS

Overdose with any of these medications can be life threatening. Seek help immediately.

Combinations of alcohol and barbiturates or alcohol and benzodiazepines can be deadly.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken and dosage, including over-the-counter preparations, vitamins, minerals, and herbal supplements (i.e., St. John's wort, echinacea, ginkgo, ginseng).
- People taking hypnotic medications should not increase their dose unless this has been *checked with their physician and a change is ordered*.

- People taking hypnotic medications are particularly vulnerable to adverse medical consequences if they concurrently use alcohol and/or street drugs.
- There is potential for development of tolerance and dependence with accompanying withdrawal. Potential for abuse and misuse is high.

SPECIAL CONSIDERATIONS FOR PREGNANT WOMEN

Barbiturate use during pregnancy has been studied to some extent, but the risk of taking this medication should be discussed with the client (Robert et al. 2001). There also are reports of a withdrawal syndrome in newborns following prenatal exposure to some barbiturates (Kuhnz et al. 1988). For all women of childbearing age who may be or think they may be pregnant, the physician should discuss the safety of this medication before starting, continuing, or discontinuing medication treatment. Substance abuse counselors may have a role in encouraging this discussion by suggesting their clients talk with the prescribing physician.

Addiction Treatment Medications

ALCOHOL

GENERIC

BRAND

Alcohol withdrawal agents*

benzodiazepines (e.g., lorazepam)	Ativan
anticonvulsants (e.g., carbamazepine, divalproex sodium, gabapentin)	Tegretol, Depakote, Neurontin
barbiturates (e.g., secobarbital)	Seconal

*For more information on benzodiazepines, anticonvulsants and barbiturates see Antimanic Medications, Antianxiety Medications and Hypnotics sections in this publication.

Alcohol relapse prevention agents

disulfiram	Antabuse
naltrexone hydrochloride	ReVia
naltrexone extended-release injection	Vivitrol
acamprosate	Campral
nalmefene hydrochloride	Revex
topiramate	Topamax

PURPOSE

Medications involved in alcohol treatment include those used for acute alcohol withdrawal as well as a growing number used for alcohol relapse prevention. Alcohol relapse prevention medications are just starting to be accepted in the field. It is anticipated that within the next few years, medications like naltrexone (**ReVia**) and acamprosate (**Campral**) will be more widely used given the developing body of research indicating that these medications work.

Alcohol withdrawal: Though usually only treated for 1 to 5 days, signs and symptoms of alcohol withdrawal go on for weeks or months. Signs and symptoms especially include sleep disorder, anxiety, agitation, and craving alcohol, knowing that a few drinks may temporarily make the alcoholic with “protracted withdrawal” feel more normal.

Benzodiazepines are by far the most commonly used medications for acute withdrawal. If used longer than a few days, they induce tolerance and dependence. Anticonvulsants such as carbamazepine, divalproex sodium, and gabapentin are more commonly used in Europe. The advantage in using these medications is that they can be prescribed for weeks and months versus only days. A well-designed U.S. study (Malcolm et al. 2002) demonstrated that carbamazepine is much superior to lorazepam, a commonly used benzodiazepine, in treating alcohol withdrawal. Propranolol (**Inderal**), a beta-blocker, is sometimes used in alcohol withdrawal treatment along with either benzodiazepines or anticonvulsants to decrease anxiety, heart rate, sweating, and blood pressure. Antipsychotics may be used if the person develops severe alcohol withdrawal with hallucinations.

Alcohol relapse prevention: The oldest medication used in alcohol relapse prevention is disulfiram (**Antabuse**). It has been used for over 50 years. Disulfiram (**Antabuse**) blocks the breakdown of alcohol, resulting in toxic

acetaldehyde²⁸ levels in the body. This in turn leads to severe nausea and vomiting. Research indicates disulfiram (**Antabuse**) works better than placebo only in persons motivated enough to take it regularly, or in those that receive it in a “monitored” fashion 3 to 5 times per week. It works by causing the person to rethink a move to impulsive drinking, since they know if they have disulfiram (**Antabuse**) on board, they will get sick.

Naltrexone (**ReVia**) was first developed as an opioid receptor blocker and used in monitored treatment programs for opioid dependence. Many opioid addicts, however, stopped taking it and returned to opioid use or they preferred methadone maintenance therapy. In spite of this, clinical observation of persons taking naltrexone showed that those who also used alcohol seemed to drink less and reported that alcohol use affected them less. Subsequent controlled, clinical trials comparing use of naltrexone to placebo condition have shown its effectiveness over placebo to decrease alcohol craving and relapse potential. Research with community populations (where persons are not monitored as closely for medication adherence) has not supported its effectiveness over a placebo condition to promote abstinence.

A new long-acting injectable form of naltrexone is now available. Use of this monthly treatment with even those persons who are less motivated about their recovery has led to a reduction in days drinking; and when drinking does occur, they consume less alcohol. Thus, naltrexone may be best seen as a “harm reduction” medicine versus a “complete abstinence” treatment enhancer.

Naltrexone is nonpsychoactive²⁹ and as an opioid receptor blocker, it can interfere with the use of opioids for treatment of acute pain. For more information on Naltrexone, see *TIP 28: Naltrexone and Alcoholism Treatment* (CSAT 1998).

Acamprosate (**Campral**) was FDA approved in early 2005. It has been available in Europe and other countries for over 10 years. Acamprosate appears to work through the GABA system and holds promise for alcohol craving and preventing relapse through a method different than naltrexone. It is reported to be nonpsychoactive, does not interact with most other medications, and does not cause any kind of tolerance or withdrawal symptoms even if the person uses alcohol when taking the medication.

Unlike the injectable naltrexone, acamprosate does not appear to be effective in persons who are less than moderately motivated to abstain from alcohol use. Because of the way the medication is absorbed in the body, it must be taken several times a day. Outcome studies indicate that acamprosate is best at increasing complete abstinence from alcohol, or increasing the time before the first drink (relapse). The profile of the person for whom acamprosate would be selected is one seeking complete abstinence and who is moderately to highly motivated to abstain from alcohol use.

Nalmefene (**Revex**) is beginning to be used in its oral form to reduce alcohol craving; it is also beginning to be used in gambling and nicotine addictions.

Topiramate (**Topamax**) is an anticonvulsant that at higher doses can cause sedation and confusion.

²⁸ *acetaldehyde*: A chemical compound produced when the body metabolizes alcohol; the liver enzyme, alcohol dehydrogenase, converts ethanol into *acetaldehyde*, which is then further converted into the harmless acetic acid by *acetaldehyde* dehydrogenase.

²⁹ *psychoactive*: Substances or drugs that affect the mind, especially mood, thought, or perception.

OPIOIDS

GENERIC

BRAND

Opioid withdrawal agents

buprenorphine	Subutex
buprenorphine and naloxone	Suboxone
clonidine	Catapres
methadone hydrochloride	Methadone
naltrexone hydrochloride	ReVia
naltrexone extended-release injection	Vivitrol
nalmefene hydrochloride	Revex

Opioid maintenance agents

buprenorphine	Subutex
buprenorphine and naloxone	Suboxone
methadone hydrochloride	Methadone

PURPOSE

Medications for opioid withdrawal and maintenance are a key component in the stabilization of persons addicted to opiates. These medications have shown marked ability to decrease illness, crime, and deaths in this population. **Methadone** maintenance treatment is extensively researched. See *TIP 19: Detoxification from Alcohol and Other Drugs* (CSAT 1995) and *TIP 20: Matching Treatment to Patient Needs in Opioid Substitution Therapy* (CSAT 1995).

Opioid withdrawal: Mild opioid withdrawal can be accomplished with clonidine, a medication for treatment of high blood pressure. Usually clonidine is used in combination with sedatives such as benzodiazepines, antihistamines or even phenobarbital. Major opioid withdrawal is usually treated with either an equivalent dose of methadone gradually decreased over time, or more recently, a single dose of 24 mg of buprenorphine. In pilot studies, buprenorphine appears superior to clonidine.

Opioid maintenance agents: **Methadone** has been used in the U.S. for maintenance treatment of opioid addiction since the 1960s. It is a synthetic, long-acting medication used in heroin detoxification programs to maintain abstinence from heroin use. When used in proper doses, methadone stops the cravings but does not create euphoria, sedation, or an analgesic³⁰ effect. Many people who have been addicted to heroin have returned to a productive life because of methadone treatment programs. **Methadone** also is occasionally used to provide relief for specific types of pain. (See also *Narcotic and Opioid Analgesics*, p. 30.)

Buprenorphine, or **Subutex**, is a prescription medication approved in 2002 for treating opioid addiction. It can be used for both opioid withdrawal and as a substitute for opioids in long-term treatment. Buprenorphine is the first medication available to doctors for use in their office-based practice. At low doses, it acts like methadone and satisfies the dependent person's need for an opioid to avoid painful withdrawal. It does not provide the user with the euphoria or rush typically associated with use of other opioids or narcotics. At moderate to high doses, it can precipitate withdrawal. It is, therefore, safer in overdose than methadone. **Suboxone** is buprenorphine combined

³⁰ *analgesic*: Producing relief or insensibility to pain without loss of consciousness.

with naloxone, a narcotic antagonist³¹ used to reverse the effects of opioids. **Suboxone** is also approved for treating opioid addiction and offers the same benefits as those previously stated for buprenorphine.

Naltrexone and nalmeferne completely block the pleasurable reinforcement that comes from opioids. They are beginning to be more widely used for alcohol relapse prevention (see pp. 36–37). Nalmeferne is more commonly used in its injectable form to reverse the effects of opioids when used for anesthesia. It is beginning to be used in its oral form to reduce alcohol craving; it is also beginning to be used in gambling and nicotine addictions.

TOBACCO

GENERIC	BRAND
<u>Nicotine Replacement Therapies (NRT)</u>	
nicotine patch/transdermal nicotine	Nicoderm CQ, Nicotrol, Habitrol, Prostep
nicotine polacrilex gum	Nicorette
nicotine polacrilex lozenges	Commit
nicotine inhaler	Nicotrol Inhaler
nicotine nasal spray	Nicotrol NS

Pharmacotherapies for Smoking Cessation

varenicline tartrate	Chantix
bupropion, bupropion SR	Wellbutrin, Wellbutrin SR, Zyban
nortriptyline	Aventyl, Pamelor
clonidine	Catapres

PURPOSE

Complete long-term abstinence from all nicotine-containing products is the goal of tobacco cessation therapies. Medications and products for tobacco cessation assist clients with nicotine dependence³² to achieve abstinence by alleviating or reducing common nicotine withdrawal symptoms³³ and cravings. Numerous scientific studies have shown that is easier for individuals to quit tobacco when supported by a medical or a mental health clinician. For this reason, recommended treatment strategies incorporate both behavioral counseling and pharmacotherapy. Nonetheless, pharmacotherapy is contraindicated for some specific populations (i.e.,

³¹ *antagonist*: A substance that blocks the normal physiological function of a receptor site in the brain.

³² *nicotine dependence*: Nicotine dependence is a recognized mental health disorder that is often overlooked by counselors. This addiction significantly reduces the overall quality-of-life and is considered the deadliest yet most preventable disease to be treated. Cigarette smoking is a primary cause of cancers of the esophagus, lung, throat, mouth and is associated with the development of cancers of the bladder, cervix, kidneys, pancreas, stomach and some leukemias. Smoking is also a major cause of heart disease, bronchitis, emphysema, and stroke.

Nicotine, the addictive chemical in cigarettes and other forms of tobacco, crosses the blood-brain barrier and activates the brain's reward center. This causes the brain to release noradrenaline and dopamine, which act as stimulants (implicated in mood, memory, and a sense of well-being). Nicotine remains active for 20-40 minutes in the brain, and then withdrawal symptoms begin, leading to cravings for more nicotine.

³³ *nicotine withdrawal symptoms*: Common nicotine withdrawal symptoms include irritability, anger, impatience, restlessness, difficulty concentrating, insomnia, increased appetite, anxiety, and depressed mood. The replacement of nicotine in the brain during withdrawal produces the sense of "relief" and "relaxation" commonly expressed by individuals when they re-administer nicotine to the body.

pregnant women, smokeless tobacco users, light smokers, and adolescents). Empirically validated tobacco treatment strategies are available as cited in the *2008 Treating Tobacco Use and Dependence Guidelines* (DHHS 2008).

Nicotine Replacement Therapies (NRT) such as transdermal nicotine patch, nicotine polacrilex gum and lozenge, nicotine nasal spray, and nicotine inhaler are FDA-approved. These therapies reduce withdrawal symptoms and cravings by replacing nicotine that would be ingested through chewing tobacco or smoking cigarettes. Numerous clinical trials involving NRT have demonstrated the effectiveness of these products for smoking cessation.

Bupropion, as an antidepressant, can help with withdrawal anxiety and depression. Sustained-release bupropion (bupropion SR) is one of the few non-nicotine pharmaceutical aids that are FDA-approved for smoking cessation. This agent is thought to affect dopamine³⁴ and norepinephrine³⁵ levels, and blocks nicotinic acetylcholinergic receptors,³⁶ thereby decreasing cravings for cigarettes and symptoms of nicotine withdrawal. The use of bupropion roughly doubles cessation rates relative to placebo, and the combination of bupropion with the nicotine patch has shown higher quit rates than using the patch alone.

Varenicline (**Chantix**) is a more recently FDA-approved smoking cessation medication and the first in its class targeting specifically the neurobiology of nicotine addiction. It reduces the smoker's craving for nicotine by binding to nicotine receptors in the brain and thereby reducing withdrawal symptoms as well as resulting in a less satisfying smoking experience. Smokers using varenicline have better rates of smoking cessation compared to those who use bupropion. **Chantix** offers a new option for those who cannot tolerate the adverse effects associated with NRT and bupropion, and represents an alternative for clients with contraindications to such therapies.

OTHERS

Stimulant intoxication: Agitation, paranoia and psychosis are treated with antipsychotics, often combined with benzodiazepines. Both alcohol and stimulant intoxication together commonly appear to cause these symptoms.

Stimulant withdrawal: There are no standard effective agents to treat stimulant withdrawal, though dopamine-enhancing agents such as amantadine, bupropion (**Wellbutrin**), and desipramine have been tried with mixed results. This area has not been well researched.

Stimulant relapse prevention: Again, dopamine-enhancing agents such as bupropion (**Wellbutrin**) and desipramine have mixed results. The National Institute on Drug Abuse (NIDA) is researching agents that might alter how stimulants act on a person, including the development of "inoculation" agents that might inactivate stimulants.

Club Drugs: Little research has occurred in this area. There are reports that SSRI's may be protective of the damage caused to nerve cells by some of these drugs. Antipsychotics and sedatives are used to treat induced psychoses associated with club drug abuse.

³⁴ *dopamine:* A type of neurotransmitter in the brain.

³⁵ *norepinephrine:* A type of neurotransmitter in the brain.

³⁶ *acetylcholinergic receptors:* A type of neurotransmitter receptor in the brain activated by the neurotransmitter acetylcholine.

Marijuana: Recently, a withdrawal syndrome to marijuana dependence has been described and validated. Medications for treating this syndrome have not been adequately tested. THC³⁷, the chief intoxicant in marijuana, is a strong anticholinergic agent and is sedating. Therefore some clinicians have used moderate doses of the older tricyclic antidepressants (e.g., **Elavil** or **Tofranil**) to treat withdrawal from marijuana as they also have anticholinergic and sedating qualities but do not cause a high, nor are they abused.

USUAL DOSE & FREQUENCY

All medications have specific doses and frequencies. The physician will specify the exact amount of medication and when it should be taken; this information is provided on the prescription bottle. Disulfiram (**Antabuse**) should never be given to people without their full knowledge or when they are intoxicated. It should not be given until the person has abstained from alcohol for at least twelve hours. A daily, uninterrupted dose of disulfiram (**Antabuse**) is continued until the person is in full and mature recovery and has reorganized his or her life to maintain recovery. Maintenance therapy may be required for months or even years.

Naltrexone (**ReVia**) in its oral form is usually taken once a day but can be taken at a higher dose every second or third day. It is usually started at full dose. The injectable form of naltrexone (**Vivitrol**) is taken once a month. Because of the way acamprosate (**Campral**) is absorbed, it must be taken as two pills three times a day with each dose separated by at least four hours.

Buprenorphine combined with naloxone (**Suboxone**) is given as a sublingual tablet (it is absorbed under the tongue). It is not absorbed if swallowed or chewed. If injected intravenously, **Suboxone** will cause opioid withdrawal. **Suboxone** and buprenorphine (**Subutex**) can be given by prescription and do not require daily attendance at a clinic. This is an advantage for persons who do not live near a methadone clinic.

People should continue to take naltrexone, acamprosate or **Suboxone** until they have reached full and mature recovery and have reorganized their life to maintain recovery.

Some Nicotine Replacement Therapy NRT medications can be obtained without a prescription, including the nicotine patch, gum, and lozenge. Specific information on how to use NRT products correctly, recommended dosing schedules, symptoms of overdose, and proper storage/disposal of the products are included on the product label or inside the package.

The nicotine patch is available in three strengths and a “step-down” approach is used: 21 mg for 6 weeks, then 14 mg for 2 weeks, then 7 mg for 2 weeks. For those who smoke less than one pack a day, consider starting at 14 mg dose. A new patch needs to be reapplied each day, at roughly the same time each day.

The nicotine polacrilex gum and lozenge are offered in 2 milligrams (mg) and 4 mg. Individuals who smoke fewer than 25 cigarettes per day should initiate therapy with the 2 mg strength, and heavier smokers should initiate with the 4 mg strength. During the initial 6 weeks of therapy, one piece of gum should be chewed every 1 to 2 hours while awake; at least nine pieces of gum daily. The gum should be used for up to 12 weeks and no more than

³⁷ *THC*: Tetrahydrocannabinol: an active chemical from hemp plant resin that is the chief intoxicant in marijuana.

24 pieces should be chewed a day. A “chew and park” technique is necessary for nicotine to absorb correctly and food or beverages should be avoided 15 minutes before or after using the nicotine gum.

Unlike other forms of NRT, which are dosed based on the number of cigarettes smoked per day; the recommended dosage of the nicotine lozenge is based on the “time to first cigarette” of the day. Some studies suggest that the best indicator of nicotine dependence is having a strong desire or need to smoke soon after waking. Clients who smoke their first cigarette of the day within 30 minutes of waking are likely to be more highly dependent on nicotine and require higher dosages than those who delay smoking for more than 30 minutes after waking. During the initial 6 weeks of therapy, clients should use one lozenge every 1 to 2 hours while awake; at least nine lozenges daily. Clients can use additional lozenges (up to 5 lozenges in 6 hours or a maximum of 20 lozenges per day) if cravings occur between the scheduled doses. The lozenges should be used for up to 12 weeks with no more than 20 lozenges used a day. Lozenges should be allowed to dissolve in the mouth and food or beverages should be avoided 15 minutes before or after using the nicotine lozenge.

Bupropion should be started 7-14 days before a targeted smoking cessation date. Generally, for the first 3 days of treatment, individuals take 150 mg, then 150 mg twice a day for 7 to 12 weeks, and for some individuals, up to 6 months to increase the likelihood of long-term tobacco cessation.

The approved course of varenicline (**Chantix**) treatment is 12 weeks; however, an additional 12 weeks of treatment may increase the likelihood of long-term smoking cessation for some individuals. For the first 3 days of treatment, individuals take 0.5 mg once a day, followed by 0.5 mg twice a day for the next four days, and then 1 mg twice a day for the remainder of the treatment period.

For certain groups of smokers, it may be appropriate to continue NRT treatment or pharmacotherapies for periods longer than is usually recommended. In general, the more intense the treatment for tobacco cessation (e.g., combined use of NRT and pharmacotherapies), the higher the likelihood of successful cessation. Specific combinations of first line medications shown to be effective include the nicotine patch and bupropion SR, the nicotine patch and the inhaler, and long-term nicotine patch (greater than 14 weeks) and *ad libitum* NRT use. Chantix is not recommended for use in combination with NRT because of its nicotine antagonist properties.

POTENTIAL SIDE EFFECTS

Potential side effects for disulfiram (Antabuse) (rare at lower doses mostly occur at higher doses > 500 mg day):

- Dark urine
- Drowsiness
- Eye pain
- Fatigue
- Impotence
- Indigestion
- Inflammation of optic nerve
- Jaundice

- Light colored stool
- Liver inflammation
- Loss of vision
- Psychotic reactions
- Skin rashes, itching
- Tingling sensation in arms and legs

Potential side effects for acamprosate (Campral) (Side effects on therapeutic doses of acamprosate are rare, other than mild transient gastrointestinal symptoms during the first week):

- Agitation
- Coma
- Confusion
- Decreased urine output
- Depression
- Dizziness
- Headache
- Irritability and hostility
- Lethargy
- Muscle twitching
- Nausea
- Rapid weight gain
- Seizures
- Swelling of face ankles or hands
- Unusual tiredness or weakness

Potential side effects for opioid treatment medications (See also *Narcotic and Opioid Analgesics*, p. 30):

- Abdominal cramps
- Body aches lasting 5–7 days
- Diarrhea
- Dizziness
- Fatigue
- Headache
- Insomnia
- Nausea
- Nervousness
- Opioid withdrawal (in some cases)
- Runny eyes and nose
- Severe anxiety
- Vomiting

*Potential side effects for NRT and pharmacotherapies for smoking cessation**

Nicotine patch: Skin reactions (i.e., itching, burning, redness or rash at patch site) are usually mild and often resolved by rotating patch site. Other side effects include insomnia and/or vivid dreams.

Nicotine gum: Mouth soreness, hiccups, indigestion, jaw muscle aches. Most of these are mild and subside with continued use of the gum.

Nicotine lozenges: nausea, hiccups, heartburn. For 4mg. lozenge, increased rates of headaches and coughing reported.

Bupropion: dry mouth, insomnia.

Chantix: nausea, trouble sleeping, abnormal/vivid/strange dreams.

*See FDA package insert for each product for a more complete list of side effects.

EMERGENCY CONDITIONS

An overdose of any addiction treatment medication is always considered an emergency and treatment should be sought immediately.

Symptoms of a nicotine overdose may include nausea, vomiting, diarrhea, stomach pain, cold sweats, headache, dizziness, problems with hearing or vision, confusion, an irregular heartbeat, chest pain, seizures, and death.

CAUTIONS

- Doctors and pharmacists should be told about all medications being taken and dosage, including over-the-counter preparations, vitamins, minerals, and herbal supplements (i.e., St. John's wort, echinacea, ginkgo, ginseng).
- People taking disulfiram (**Antabuse**) should be warned to avoid even small amounts of alcohol in other food products or "disguised forms" as this will cause a reaction (i.e., vanilla, sauces, vinegars, cold and cough medicines, aftershave lotions, liniments).
- People taking disulfiram (**Antabuse**) should be warned that consuming even small amounts of alcohol will produce flushing, throbbing in head and neck, headache, difficulty breathing, nausea, vomiting, sweating, thirst, chest pain, rapid heart rate, blurred vision, dizziness, and confusion.
- People taking opioid medications should not increase or decrease their dose unless this has been *checked with their physician and a change is ordered*.
- People taking opioid medications are particularly vulnerable to adverse medical consequences if they concurrently use alcohol and/or street drugs.
- People taking naltrexone or nalmefene should be warned that if they are dependent on opioids, taking these medications will cause opioid withdrawal for up to three days and block the effect of any opioids taken for up to three days.
- Smoking can have an effect on the way the body processes other prescribed medications. Substances found in tar in cigarettes stimulate enzymes in the liver, and fluctuations in an individual's smoking pattern can result in higher or lower doses of medications needed to reach therapeutic levels.
- Although studies have now documented the lack of association between the nicotine patch and acute cardiovascular events, even with individuals who continued to smoke while on the patch, all NRT products should be used with caution for individuals who had a recent (within 2 weeks) myocardial infarction (MI),³⁸ those with severe arrhythmias, or those with unstable angina pectoris.³⁹

- NRT products should be properly disposed of to insure safety of children and pets. Nicotine on hands can get into nose or eyes, causing stinging and redness. Wash hands with soap and water after handling the patch.
- Because seizures have been reported in 0.1% of patients, bupropion is contraindicated in individuals who have a history of seizure disorder, have a current or prior diagnosis of anorexia⁴⁰ or bulimia,⁴¹ are currently using another form of bupropion, are currently using or have used a Monoamine Oxidase (MAO) Inhibitor within the past two weeks. Other factors that might increase the odds of seizure and are classified as warnings for this medication include a history of head trauma, central nervous system tumor, the presence of severe hepatic cirrhosis, and concomitant use of medications that lower the seizure threshold. Bupropion can be used safely in combination with NRT and may be beneficial for use in clients with underlying depression.
- Although varenicline (**Chantix**) is well tolerated in most individuals, recent case reports describe exacerbations of existing psychiatric illness in clients who took varenicline prompting the FDA to add a warning regarding the use of varenicline in February 2008. Specifically, the warning notes that depressed mood, agitation, changes in behavior, suicidal ideation, and suicide have been reported in clients attempting to quit smoking while using varenicline (**Chantix**).
- Because varenicline (**Chantix**) is eliminated almost entirely unchanged in the urine, it should be used with caution in clients with severe renal dysfunction.

SPECIAL CONSIDERATIONS FOR PREGNANT WOMEN

A National Institutes of Health consensus panel recommended methadone maintenance as the standard of care for pregnant women with opioid dependence. Pregnant women should be maintained on an adequate (i.e., therapeutic) methadone dose. An effective dose prevents the onset of withdrawal for 24 hours, reduces or eliminates drug craving, and blocks the euphoric effects of other narcotics. An effective dose usually is in the range of 50–150mg (Drozdick et al. 2002). Dosage must be individually determined, and some pregnant women may be able to be successfully maintained on less than 50mg while others may require much higher doses than 150mg. The dose often needs to be increased as a woman progresses through pregnancy, due to increases in blood volume and metabolic changes specific to pregnancy (Drozdick et al. 2002; Finnegan and Wapner 1988).

Generally, dosing of methadone is for a 24-hour period. However, because of metabolic changes during pregnancy it might not be possible to

³⁸ *myocardial infarction (MI)*: Myocardial Infarction more commonly known as a heart attack is a medical condition that occurs when the blood supply to a part of the heart is interrupted.

³⁹ *unstable angina pectoris*: commonly known as angina, is chest pain due to ischemia (a lack of blood and hence oxygen supply) of the heart muscle, generally due to obstruction or spasm of the coronary arteries (the heart's blood vessels).

⁴⁰ *anorexia*: An eating disorder marked by an extreme fear of becoming overweight that leads to excessive dieting to the point of serious ill-health and sometimes death.

⁴¹ *bulimia*: A condition in which periods of overeating are followed by under-eating, use of laxatives, or self-induced vomiting. It is associated with depression and anxiety about putting on weight.

adequately manage a pregnant woman during a 24-hour period on a single dose. Split dosing (giving half the dose in the morning and half in the evening), particularly during the third trimester of pregnancy, may stabilize the woman's blood methadone levels and effectively treat withdrawal symptoms and craving.

Women who are on methadone may breastfeed their infant(s). Very little methadone comes through breast milk. The American Academy of Pediatrics (AAP) Committee on Drugs lists methadone as a "maternal medication usually compatible with breastfeeding" (AAP 2001, pp. 780–781).

The Federal government mandates that prenatal care be available for pregnant women on methadone. It is the responsibility of treatment providers to arrange this care. More than ever, there is need for collaboration involving obstetric, pediatric, and substance abuse treatment providers. Comprehensive care for the pregnant woman who is opioid dependent must include a combination of methadone maintenance, prenatal care, and substance abuse treatment. While it is not recommended that pregnant women who are maintained on methadone undergo detoxification, if these women require detoxification, the safest time is during the second trimester. In contrast, it is possible to detoxify women dependent on heroin who are abusing illicit opioids by using a methadone taper. For further information, consult the forthcoming.

Buprenorphine has been examined in pregnancy and appears not to cause birth defects but it may be associated with a withdrawal syndrome in the newborn (Jones and Johnson 2001). Buprenorphine has not yet been approved for use with this population. More data are needed about the safety and effectiveness of buprenorphine with pregnant women.

Naloxone should not be given to a pregnant woman even as a last resort for severe opioid overdose. Withdrawal can result in spontaneous abortion, premature labor, or stillbirth (Weaver 2003).

Inderal, **Trandate**, and **Lopressor** are the beta-blockers of choice for treating high blood pressure during pregnancy (McElhatton 2001). However, the impact of using them for alcohol detoxification during pregnancy is unclear.

Nicotine replacement therapy (NRT) is contraindicated during pregnancy.

For all women of childbearing age who may be or think they may be pregnant, the physician should discuss the safety of these medications before starting, continuing, or discontinuing medication treatment. Substance abuse counselors may have a role in encouraging this discussion by suggesting their clients talk with the prescribing physician.

Tips for Communicating with Physicians about Clients and Medication

► **Send a written report.**

The goal is to get your concerns included in the client's medical record. When information is in a medical record, it is more likely to be acted on. Records of phone calls and letters may or may not be placed in the chart.

► **Make it look like a report—and be brief.**

Include date of report, client name and Social Security Number. Most medical consultation reports are one page. Longer reports are less likely to be read. Include and prominently label sections:

Presenting Problem

Assessment

Treatment and Progress

Recommendations and Questions

► **Keep the tone neutral.**

Provide details about the client's use or abuse of prescription medications. Avoid making direct recommendations about prescribed medications. Allow the physician to draw his or her own conclusions. This will enhance your alliance with the physician and makes it more likely that he or she will act on your input.

Do your best to become a "team."

► **When the physician does not respond.**

Professional duty dictates that a report should be updated whenever a client's condition or situation changes in a manner thought to affect the client's general health and/or medical care. Continue attempts to coordinate care when it is in the client's best interest even if the physician appears not to respond.

► **Download *The Substance Abuse Treatment Coordination Report* (available in English and Spanish)—www.ATTCnetwork.org**

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Index

- Abilify 6-8, 13
acamprosatate 36-37, 41, 43
acetaldehyde 37
acetylcholinergic receptors 40
acute 23, 31, 33-34, 36-37, 44, 60
Adderall 27
Adderall CII 27
Adderall XR 27
agranulocytosis 8
alcohol withdrawal agents 23, 25-26, 36-37
alprazolam 22
amantadine hydrochloride 11-12, 40
Ambien 33-34
amitriptyline 17
amoxapine 17
Anafranil 17
analgesic 30-32, 38, 43
Anatensol 6
Anesxia 5/50 30
Anorexia 45
Antabuse 36-37, 41, 42, 44
antagonist 30, 39, 42
anticholinergic 9, 11, 41
anticonvulsants 13-15, 25, 33-34, 36-37
aripiprazole 6, 8, 13
Artane 9, 11-12
Asendin 17, 19
aspirin 30
Atarax 22-24
Ativan 22, 24, 33, 36
atomoxetine hydrochloride 27, 28
Attention Deficit/Hyperactivity Disorder (AD/HD) 27
atypical antipsychotics. 6-7, 9, 13-15, 23, 33
Aventyl 39
barbiturates 33-36
Benadryl 11-12
benzodiazepines 22-26, 33-34, 36, 38, 40
benztropine mesylate 11
blood dyscrasias 8
Bulimia 45
buprenorphine 30, 38-39, 41, 46
Buprinex 30
bupropion 17-19, 27, 39-42, 44, 45
bupropion SR 39-40, 42
BuSpar 22-24
buspirone 22-24
butorphanol tartarate 30
Campral 36-37, 41, 43
Capital with Codeine 30
carbamazepine 13, 36
Catapres 38-39
Celexa 17
Chantix 39-40, 42, 44-45
chlordiazepoxide 22
chlorpromazine 6
Cibalith 13
citalopram 17-18
clomipramine 17
clonazepam 22, 33
clonidine 38-39
clorazepate 22
clozapine 6, 8
Clozaril 6, 8
club drugs 40
codeine phosphate 30
codeine products 30
codeine sulfate 30
Codeine tablets 30
Cogentin 9, 11-12
Commit 39
Concerta 27
cross tolerant 22
Cylert 27-28
Cymbalta 17
Dalmane 33
d-amphetamine 27
Darvocet N 100 30
Darvocet N 50 30
Darvon 30
Darvon-N 30
Daxolin 6
decompensate 18
Demerol 30
Depacon 13
Depakene 13-15
Depakote 13-14, 33, 36
Depakote ER 13
Depakote Sprinkle 13
desipramine 17, 40
Desoxyn 27
Desyrel 17, 33

detoxification	25, 31, 38, 46	Heroin	30-31, 38, 46
Dexedrine	27	high blood pressure crisis.	20
diabetes mellitus.	7-9, 18	hydroxyzine	22-24
diazepam	22, 25-26, 33	hypromorphone hydrochloride.	30
dihydromorphone hydrochloride.	30	imipramine	17
Dilaudid	30	Inderal	22-24, 36, 46
Dilaudid HP.	30	insomnia	19-20, 24, 28, 33-34, 39, 43-44
Dilaudid-5.	30	Invega	6, 8
diphenhydramine hydrochloride	11	isocarboxazid	17
disulfiram.	36-37, 41-42, 44	Keppra	13-14
divalproex sodium	13, 36	Klonopin	22, 24, 33
dopamine.	18, 39-40	l & d-amphetamine	27
Doral	33	Lamictal	13-14
doxepin	17	lamotrigine	13
duloxetine	17	Largactil	6
Duragesic patches	30	levetiracetam	13
Effexor	17-19	Lexapro	17
Effexor ER.	17	Librax	22
Elavil	17, 41	Libritabs	22
E-Lor	30	Librium	22
Empirin	30	Lidone	6
Endocet	30	lipids	7
escitalopram oxalate	17	Lithane	13
Eskalith	13	lithium carbonate	13-16
Eskalith CR.	13	lithium citrate	13-16
estazolam	33	lithium products.	13-16
Etrafon.	6	lithium toxicity	14-15
extended release.	14, 18, 36, 38	Lithobid.	13
Fentanyl	30	Lithonate.	13
fentanyl transdermal.	30	Lithotabs	13
fentanyl transmucosal.	30	lorazepam	22, 33, 36
Fioricet with Codeine	30	Lorcet Plus	30
Fiorinal with Codeine	30	Lortab	30
fluoxetine	13, 17-18, 21	loxapine.	6
fluphenazine.	6	Loxitane.	6
flurazepam	33	Ludomil	17
fluvoxamine	17	Luvox.	17
Focalin	27	Lyrica	22-23
gabapentin.	13, 22-23, 36	maprotiline	17
Gabitril	13, 22-23	marijuana	41
gamma aminobutyric acid (GABA).	23, 33, 37	Marplan.	17
Geodon	6-8, 13	Mellaril	6
guanfacine	27	meperidine hydrochloride	30
Habitrol.	39	mesoridazine	6
Halcion	33	Metadate CD	27
Haldol	6	Metadate ER.	27
haloperidol	6	Methadone	26, 30-32, 37-38, 41, 45-46
heart block	19	methadone hydrochloride	30, 38
		methamphetamine	27

Methylin ER	27	Oraley	30
methylphenidate	27	Oramorph	30
microencapsulated	8	Orap	6
mirtazapine	17	oxazepam	22, 33
Moban	6	oxcarbazepine	13
modafinil	27	oxycodone hydrochloride	30-31
molindone	6	OxyContin	30-31
Monoamine Oxidase (MAO)		oxymorphone hydrochloride	30
Inhibitors	17-18, 20-21, 45	Paliperidone	6, 8
Morphine	30	Pamelor	17, 39
morphine hydrochloride	30	Parnate	17
morphine sulfate	30	paroxetine	17-18
myocardial infarction (MI)	45	Paxil	17
nalmefene hydrochloride	36-39, 44	Paxil CR	17
naloxone	30, 38-39, 41, 46	pemoline	27
naltrexone	36-39, 41, 44	pentazocine hydrochloride	30
narcolepsy	27, 28	Percocet	30
Nardil	17	Percodan	30
natural opioids	30	Permitil	6
Navane	6	perphenazine	6
nefazodone	17	Pertofrane	17
neuroleptic malignant syndrome	7, 9, 19	Phenaphen with Codeine #3	30
Neurontin	13, 22-23, 33, 36	Phenaphen with Codeine #4	30
Nicoderm CQ	39	phenelzine	17
Nicorette	39	phenobarbital	38
Nicotine Dependence	39, 42	pimozide	6
nicotine inhaler	39, 40, 42	pregabalin	22-23
nicotine nasal spray	39, 40	Prolixin	6
nicotine patch /		propoxyphene hydrochloride	30
transdermal nicotine	39-42, 44-45	propoxyphene napsylate	30
nicotine polacrilex gum	39-41, 44	propranolol	22-24, 36
nicotine polacrilex lozenges	39-41, 44	ProSom	33
Nicotine Replacement		Prostep	39
Therapies (NRT)	39-46	protein binding	26
nicotine withdrawal symptoms	39	protriptyline	17
Nicotrol	39	Provigil	27
Nicotrol Inhaler	39	Prozac	17, 21
Nicotrol NS	39	Prozac Weekly	17-18
non-benzodiazepine	33-34	psychoactive	37
Nopramin	17	psychosis	6, 10, 16, 33, 40
norepinephrine	18, 27, 40	quatracyclics	17-20
nortriptyline	17, 39	quazepam	33
novel antipsychotics	6-7	quetiapine fumarate	6, 8, 13, 22-23
Numorphan	30	Remeron	17, 33
olanzapine	6, 8, 13, 22-23	Remeron SolTab	17
olanzapine plus fluoxetine	13	Restoril	33
opioid maintenance agents	38-39, 43-46	Revex	36-38
opioid withdrawal agents	38-39, 41, 43-46	ReVia	36-38, 41
opioids	30-32, 37-39, 43-46	Risperdal	6-8, 13, 22-23
opium	30		

Risperdal Consta	6, 8	Thorazine	6
risperidone	6, 8, 13, 22-23	tiagabine hydrochloride	13, 22-23
risperidone long-acting injection	6, 8	Tofranil	17, 41
Ritalin	27-28	Topamax	13, 33, 36-37
Ritalin SR	27	Topamax Sprinkle	13
Roxanol	30	topiramate	13, 36-37
Roxicet	30	toxicity	14-15, 26
Roxicet oral solution	30	traditional antipsychotics	6-9
Roxicodone	30	tramadol hydrochloride	30
Roxiprin	30	Tranxene	22, 24
Sarafem	17-18	tranylcypromine	17
schedule II drugs	29	trazodone	17
secobarbital	33, 36	triazolam	33
Seconal	33-34, 36	tricyclics	17-21, 25, 41
sedating antidepressants	33-34	trifluoperazine	6
sedating antipsychotics	33-34	trihexyphenidyl hydrochloride	11
sedation . 7-8, 14, 19, 23-24, 32-34, 37-38, 41		Trilafon	6
Selective Serotonin Reuptake Inhibitors (SSRIs)	17-22, 26, 40	Trileptal	13
Serax	22, 24, 33	Tylenol	30
Serentil	6	Tylenol with Codeine	30
Seroquel	6-8, 13, 22-23, 33	Tylenol with Codeine syrup	30
serotonin	17-18, 23	Tylox	30
sertraline	17	Ultram	30
Serzone	17, 33	unstable angina pectoris	45
Sinequan	17, 33	Valium	22, 24-25, 33
Sonata	33-34	valproate sodium	13
Stadol spray	30	valproic acid	13, 15, 25
Staxel	30	varenicline tartrate	39-40, 42, 45
Stelazine	6	venlafaxine	17-19
stimulant intoxication	40	Vicodin	30
stimulant relapse prevention	40	Vicodin ES	30
stimulant withdrawal	40	Vistaril	22-24
Strattera	27-28	Vivactil	17
Suboxone	30, 38-39, 41	Vivitrol	36, 38, 41
Subutex	30, 38, 41	Wellbutrin	17-19, 27-28, 39-40
Symadine	11-12	Wellbutrin SR	17, 39
Symbyax	13	Wygesic	30
Symmetrel	11-12	Xanax	22, 24
Talacen	30	zaleplon	33-34
Talwin	30	ziprasidone	6, 8, 13
Talwin Compound	30	Zoloft	17
tardive dyskinesia	7-9	zolpidem	33-34
Tegretol	13-14, 36	Zyban	39
temazepam	33	Zyprexa	6-8, 13, 22-23, 33
Tenex	27-28	Zyprexa Zydis	6, 13, 22, 33
tetrahydrocannabinol (THC)	41		
thioridazine	6		
thiothixene	6		

Acknowledgements

This 2008 revision was made possible because of the dedication and commitment of many individuals and organizations. It includes an adaptation of the 2004 edition that was modified and enhanced by CSAT for inclusion in their *TIP 42: Substance Abuse Treatment for Persons with Co-Occurring Disorders*.

The Mid-America Addiction Technology Transfer Center gratefully acknowledges the following contributors:

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Talking with Clients about their Medication

Untreated psychiatric problems are a common cause for treatment failure in substance abuse treatment programs. Supporting clients with mental illness in continuing to take their psychiatric medications can significantly improve substance abuse treatment outcomes.

Getting Started. Take 5-10 minutes every few sessions to go over these topics with your clients:

Remind them that taking care of their mental health will help prevent relapse.

Ask how their psychiatric medication is helpful.

Acknowledge that taking a pill every day is a hassle.

Acknowledge that everybody on medication misses taking it sometimes.

Do not ask *if* they have missed any doses, rather ask, *“How many doses have you missed?”*

Ask if they felt or acted different on days when they missed their medication.

Was missing the medication related to any substance use relapse?

Without judgment, ask *“Why did you miss the medication? Did you forget, or did you choose not to take it at that time?”*

For clients who forgot, ask them to consider the following strategies:

Keep medication where it cannot be missed: with the TV remote control, near the refrigerator, or taped to the handle of a toothbrush. Everyone has two or three things they do every day without fail. Put the medication in a place where it cannot be avoided when doing that activity, but always away from children.

Suggest they use an alarm clock set for the time of day they should take their medication. Reset the alarm as needed.

Suggest they use a Mediset: a small plastic box with places to keep medications for each day of the week, available at any pharmacy. The Mediset acts as a reminder and helps track whether or not medications were taken.

For clients who admit to choosing NOT to take their medication:

Acknowledge they have a right to choose NOT to use any medication.

Stress that they owe it to themselves to make sure their decision is well thought out. It is an important decision about their personal health and they need to discuss it with their prescribing physician.

Ask their reason for choosing not to take the medication.

Don't accept *“I just don't like pills.”* Tell them you are sure they wouldn't make such an important decision without having a reason.

Offer as examples reasons others might choose not to take medication. For instance, they:

1. Don't believe they ever needed it; *never were mentally ill*
2. Don't believe they need it anymore; *cured*
3. Don't like the side effects
4. Fear the medication will harm them
5. Struggle with objections or ridicule of friends and family members
6. Feel taking medication means they're not personally in control

Transition to topics other than psychiatric medications. Ask what supports or techniques they use to assist with emotions and behaviors when they choose not to take the medication.

General Approach: The approach when talking with clients about psychiatric medication is exactly the same as when talking about their substance abuse decisions.

Explore the triggers or cues that led to the undesired behavior (either taking drugs of abuse or not taking prescribed psychiatric medications).

Review why the undesired behavior seemed like a good idea at the time.

Review the actual outcome resulting from their choice.

Ask if their choice got them what they were seeking.

Strategize with clients about what they could do differently in the future.

Brief Counselor Strategies for Tobacco Users—the Five A's*

► **ASK** about tobacco use and past quit efforts

Get the conversation started:

“Do you currently use any form of tobacco? Have you used it in the past? How old were you when you started? Tell me about your efforts to quit. What helped, what didn’t help?”

► **ADVISE** abstinence

Advice should be:

Clear: “Quitting is the most important thing you can do for your health. Cutting down is not enough.”

Strong: “You are more likely to die from smoking than from all other drugs and alcohol use combined.”

Personalized: “You have powerful reasons to quit. For example...” [tie tobacco use in with current symptoms or health concerns].

► **ASSESS** willingness for a quit attempt during next 30 days

Determine motivation level to quit:

“On a scale from 1 to 10, with 1 being ‘not at all motivated’ to 10 being ‘extremely motivated,’ how ready are you to quit in the next 30 days?”

If willing to make a quit attempt:

Communicate research in quitting, “Research shows that quitting is possible for all populations. In fact, more people have quit than are still smoking and about 80% of all Americans are smoke-free.”

Discuss effective treatments available, such as nicotine replacement therapies (NRTs), medications, self-help resources (help lines or support groups), and counseling.

Initiate agreed upon treatment plan, “Let’s come up with a plan.”

If unwilling to make a quit attempt, provide motivational intervention (see Five R’s section)

► **ASSIST** quit attempt effort

Develop a quit plan (STAR):

Set a specific quit date, ideally within two weeks, that has some meaning (e.g., anniversary, stress-free weekend)

Tell family, friends, coworkers others about quitting, request extra support and understanding; ask other smokers in the household to not smoke inside; identify at least one non-smoker to talk to when tempted to smoke

Anticipate challenges that will occur including withdrawal symptoms, cravings, and high-risk situations

Remove environmental triggers (e.g., ashtrays, lighters); avoid smoking in ‘favorite’ places (e.g., car, dinner table, easy chair); limit smoking to

uncomfortable places (e.g., outside); recommend visiting only smoke-free establishments

Provide problem-solving strategies and skills training:

Track tobacco use patterns (e.g., time, circumstances) and identify high risk situations:

Internally—mood swings, negative self-talk, smoking urges

Externally—drinking coffee, taking a break, watching TV, driving, seeing other smokers

Identify substitute behaviors to smoking and other cognitive behavioral activities for coping (e.g., keep hands busy with a ‘worry stone,’ chew gum; exercise; engage in ‘self-soothing’ activities such as warm bath, listen to soothing music; imagine telling people you are a non-smoker, practice asking others to not smoke around you or leave cigarettes around; change daily routine)

Provide basic information about smoking and successful quitting (e.g., educate on the addictive nature of smoking; discuss that even a single puff increases the likelihood of a full relapse; withdrawal symptoms typically peak within 1–2 weeks after quitting but may persist for months)

Recommend use of NRTs, tobacco cessation medications:

Explain how these products increase smoking cessation rates and reduce withdrawal symptoms and cravings

Provide materials on dosages, contraindications, side effects, etc.

Assist in obtaining prescription

► ARRANGE follow-up help

Timing:

Schedule first follow-up within one week of quit date and a second within one month; schedule additional follow-ups as indicated, encouraging and allowing phone calls as needed

Make sure that NRTs, medications, and educational materials are received prior to quit date

If abstinent during follow-up:

Congratulate on success; consider giving a certificate or other reinforcement

Check on whether cravings increased for other substances (alcohol, other drugs)

Discuss relapse prevention

Start planning ahead for a smoke-free life

If slip or relapse occurred:

Normalize the difficulty in quitting

Reframe relapse as a learning experience and does not mean failure or necessitate a return to full tobacco use

Motivate to try to quit again immediately

Reassess and re-initiate quit plan

Brief Counselor Strategies for Tobacco Users Unwilling to Quit—the Five R’s*

► **RELEVANCE** of quitting

*Discuss the **Relevance** of quitting for health and economic concerns:*

Encourage identifying why quitting is personally relevant to him/her (health status, family or social situation, age, gender, prior quitting experiences, etc.)

Write down personal incentives for quitting, rank order reasons, focus on them as often as possible, carry around on card in cigarette pack

► **RISKS** of continued use

Discuss short- and long-term impact to person and family:

Highlight risks specific to him/her and prioritize, “Spouses, children, and other people exposed to second-hand smoke are at higher risk to get colds, the flu, ear infections, and lung infections than people who are not around second-hand smoke”

Inform him/her that reducing number of cigarettes, using alternative tobacco products (cigars), or switching brands will not eliminate risks

Discuss acute (e.g., harm to pregnancy) and long-term (e.g., lung and other cancers) risks

► **REWARDS** of quitting

Discuss physical changes (some immediate) as a result of quitting and highlight those most relevant:

Pulmonary benefits:

Carbon monoxide and oxygen levels in the blood return to normal after 8 hours

Bronchial tubes relax, making it easier to breathe after 72 hours

Cilia re-grow in lungs, increasing ability to fight infection after 1-9 months

Coughing, sinus infection, and shortness of breath decrease after 1-9 months

Cardiac benefits:

Blood pressure and body temperature returns to normal after 20 minutes

Chance of heart attack decreases after only 24 hours

Risk of coronary heart disease is half that of a smoker within 1 year

Heart attack risk drops to near normal within 2 years

Stroke risk is reduced after 5 years

Risk of coronary heart disease is the same as non-smokers within 15 years

Reduced cancer risk benefits:

Lung cancer death rates for a former pack per day-smoker is cut in half after 5 years

Risk of throat, mouth, and esophageal cancers is cut in half after 5 years

Lung cancer death rate is similar to that of non-smokers within 10 years

Pre-cancerous cells are replaced within 10 years

Other benefits:

Expect to save \$2000/year or more, list ideas for how to spend money saved

Improved taste and smell, improved smell of home and car, reduce aged appearance

Improved sleep, reduced anxiety, reduced depression, and improved sexual functioning after period of abstinence

Strengthened sobriety from other addictive substances (when sobriety from those substances is already established)

► Identify ROADBLOCKS to quitting

Encourage each individual to discuss his/her perceived barriers to quitting and offer strategies that address these challenges:

Examples of roadblocks could include fear of failure, weight gain, lack of support, mood or emotional problems, withdrawal symptoms, life circumstances, presence of another smoker in the household, enjoyment of tobacco, etc.

► Use REPETITION

Use motivational interventions each session:

Repeat the Relevance, Risks, and Rewards

*The Five As and Five Rs are available in the 2008 update of the Treating Tobacco Use and Dependence Guidelines (DHHS 2008).



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