

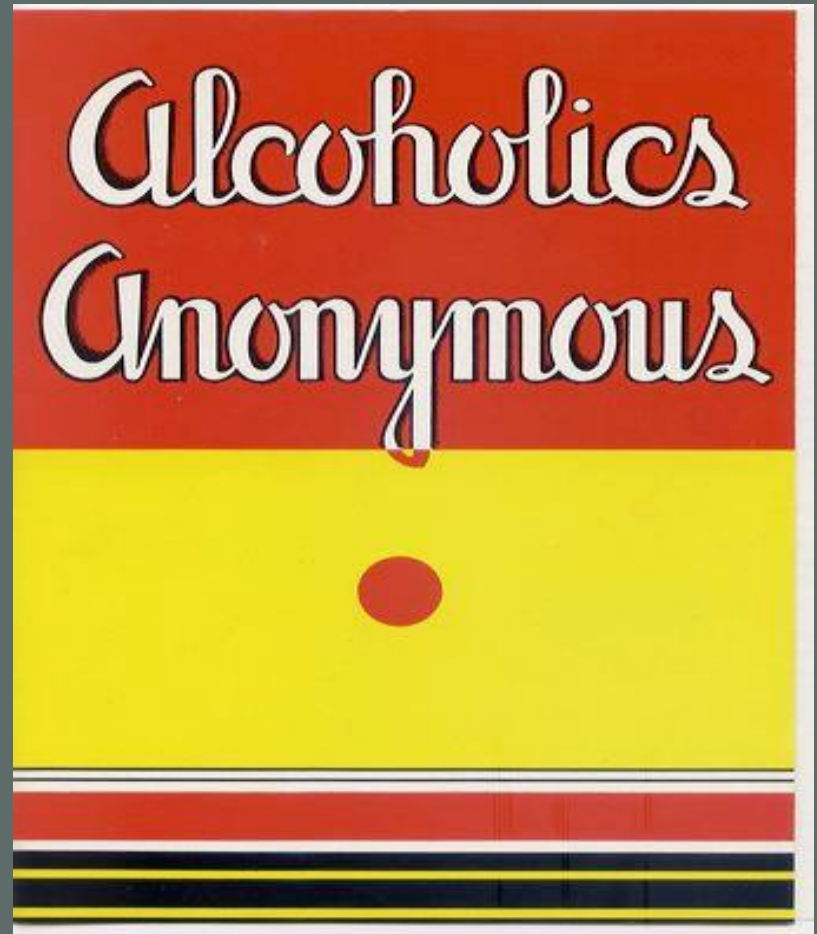
# The Use and Abuse of Mutual Support Programs in Drug Courts

Sara Gordon

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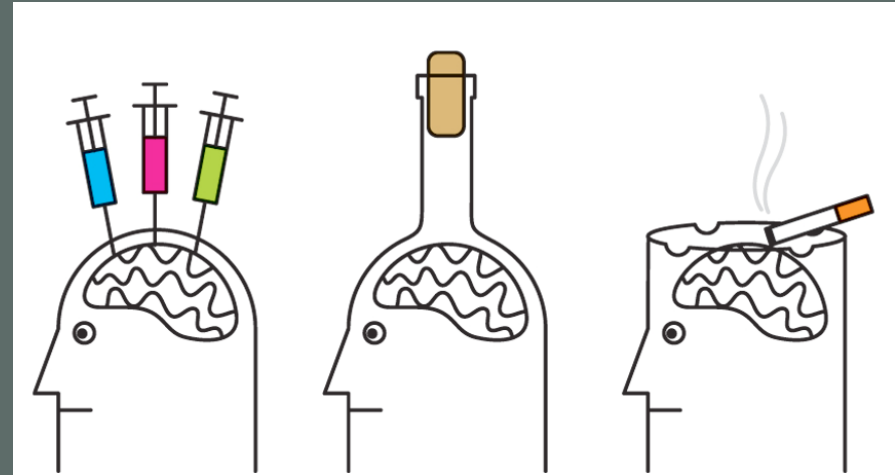
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# Bill Wilson & The AA Origin Story



# What is Addiction?

- Addiction is a brain disease.
- Over time, continued use of substances can alter the structure and function of the brain.
- Growing evidence suggests that structural differences in the brain and genetic factors predispose certain individuals to addiction.



# Addiction by the Numbers

- In 2010, a total of 15.9% of the U.S. population ages 12 and older (40.3 million people) met clinical diagnostic criteria for addiction.
- Addictions involving nicotine and alcohol are the most common, followed by addiction involving illicit drugs and controlled prescription drugs.

Table 3.4  
Prevalence of Addiction in  
U.S. Population, Ages 12+, 2010

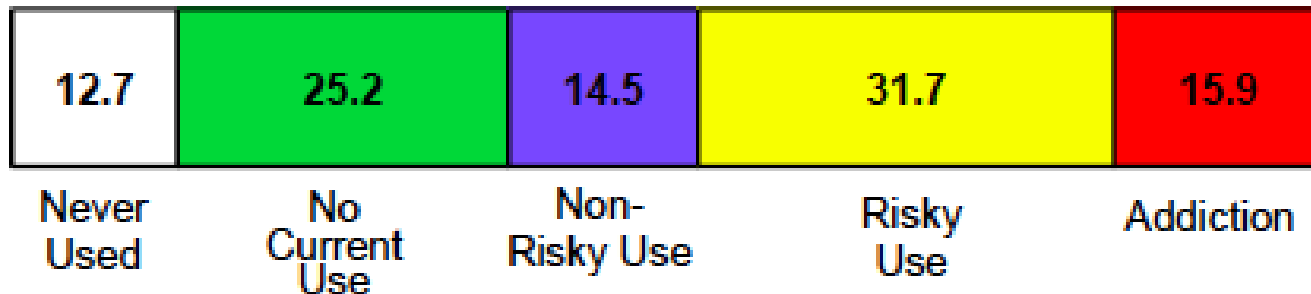
	Percent of Total Population	Number (in Millions)
<b>Total Addiction*</b>	<b>15.9</b>	<b>40.3</b>
Nicotine With/Without Other Substances	9.0	22.9
Nicotine Only	7.1	18.0
Alcohol With/Without Other Substances	7.1	18.0
Alcohol Only	5.0	12.6
Illicit Drugs With/Without Other Substances	2.2	5.6
Illicit Drugs Only	0.8	2.1
Controlled Prescription Drugs With/Without Other Substances	0.9	2.4
Controlled Prescription Drugs Only	0.2	0.6
Multiple Substances	2.7	7.0

Source: Nat'l Center on Addiction & Substance Abuse (2012)

# A Continuum of Substance Use

Figure 1.A  
**Continuum of Substance Use**

**Percent of Population Age 12+  
by Level of Substance Use\***

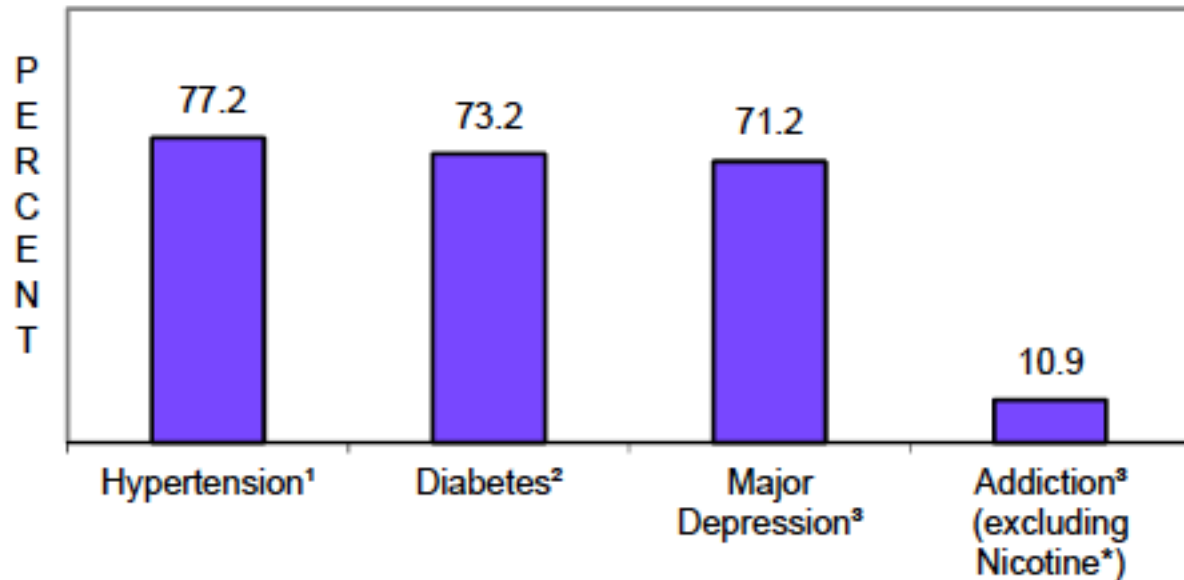


\* Includes tobacco, alcohol, illicit drugs and misuse of controlled prescription drugs.

Source: CASA Columbia analysis of *The National Survey on Drug Use and Health* (NSDUH), 2010.

# Treatment for Addiction

Figure 1.B  
Individuals with Select Medical Conditions  
Who Receive Treatment



<sup>1</sup> Ages 18 and older; Ostchega, Y., Yoon, S.S., Hughes, J. & Louis, T. (2008).

<sup>2</sup> All ages; Centers for Disease Control and Prevention. (2011).

<sup>3</sup> Ages 12 and older; CASA Columbia analysis of *The National Survey on Drug Use and Health* (NSDUH), 2010

\* Due to data limitations.

# Mutual Support Programs

- Alcoholics Anonymous, Narcotics Anonymous, Gamblers Anonymous, etc.
- Groups provide social, emotional and informational support within a group of peers.
- Members share same problem/status.
- Members provide leadership and no charge for membership.
- Lifelong abstinence is the primary goal of AA and other 12-step approaches.
- Most frequently-accessed resource among people with addiction



# Are Mutual Support Programs Effective?

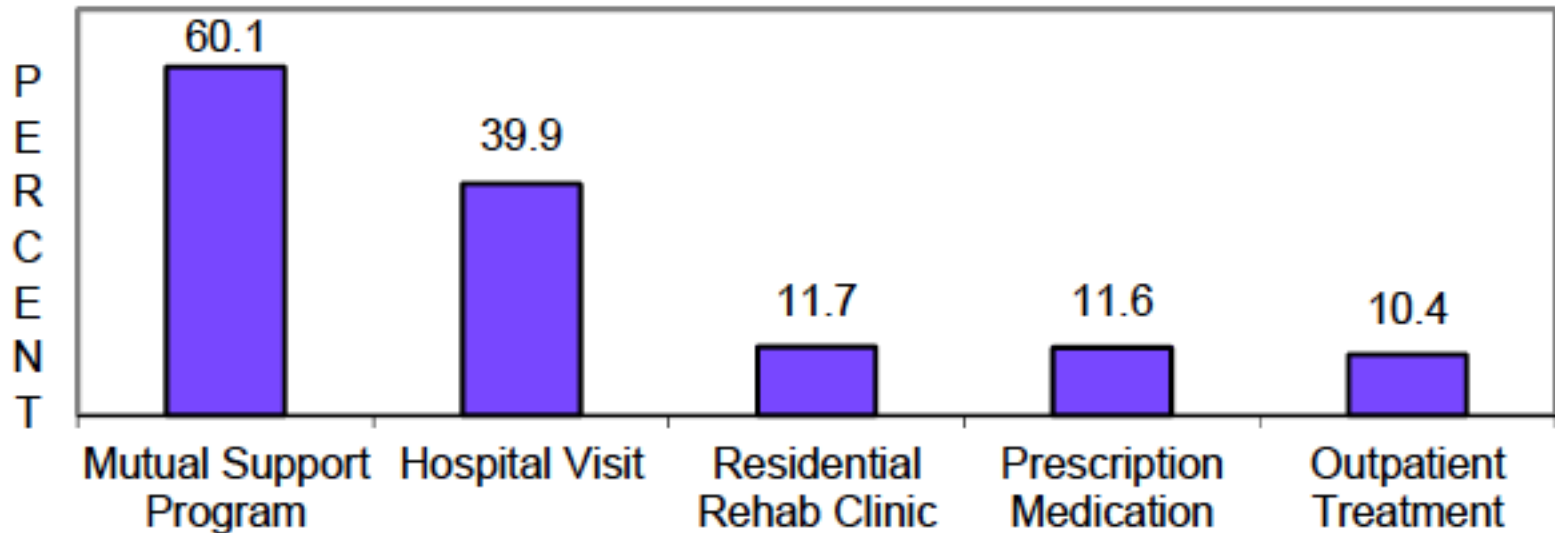
- Participation associated with improved functioning, reduced substance use, and reduced health care costs.
- Methodological problems with studies of mutual support programs.
- Programs attract patients motivated to change.
- Might not be content of program, but that they are free and easily-accessible and support long-term recovery.
- Mutual support programs are not “treatment” as that term is used to describe treatment for other diseases.





# What Does the Public Think Constitutes Addiction Treatment?

Figure 5.C  
**Public Perceptions of the Types of Interventions that Constitute Treatment**



Source: CASA Columbia *National Addiction Belief and Attitude Survey (NABAS)*, 2008.

# Evidence-Based Treatment – Best Practices

- Assessment
- Stabilization
- Acute Care
- Chronic Disease Management
- Support Services



# Evidence-Based Treatment

- Motivational Therapies
- Cognitive Behavioral Therapies
- Community Reinforcement
- Contingency Management
- Family Therapies
- Pharmaceutical Therapies
- Combined Therapies



# The Addiction Workforce

- Many addiction counselors are not medical professionals and often have little education or training in evidence-based treatment. Main qualification is often a history of addiction.
- Addiction treatment facilities and programs are often not adequately regulated or held accountable for providing treatment consistent with medical standards and proven treatment practices.
- Providers trained in the 12-step model are less likely to use other approaches to addiction



# Addiction & the Justice System

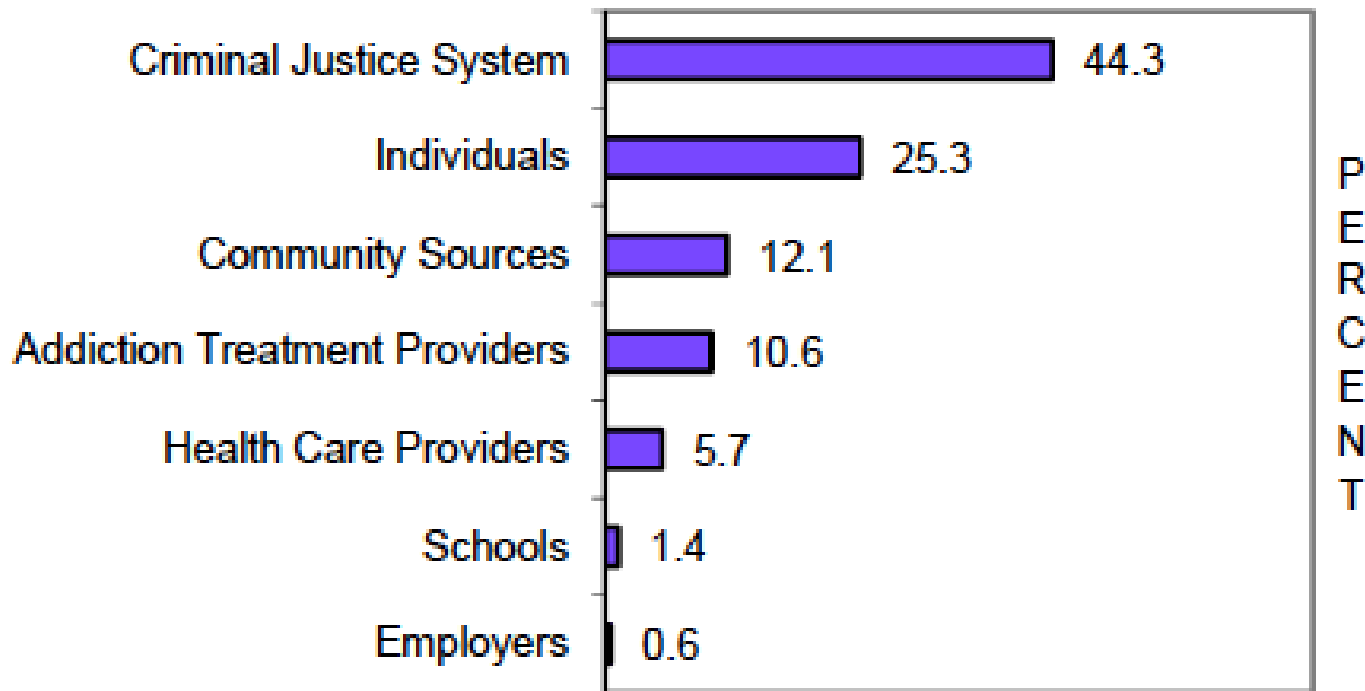
Adolescents (ages 12 to 17) who have ever been arrested are five-and-a-half times as likely to meet diagnostic criteria for addiction (35.6 percent vs. 6.2 percent).

Adults (over 18) who have ever been arrested are three times as likely to meet diagnostic criteria for addiction (36.4 percent vs. 12.5 percent).



# Sources of Referral to Treatment

Figure 1.C  
**Sources of Referral to Publicly-Funded  
Addiction\* Treatment**

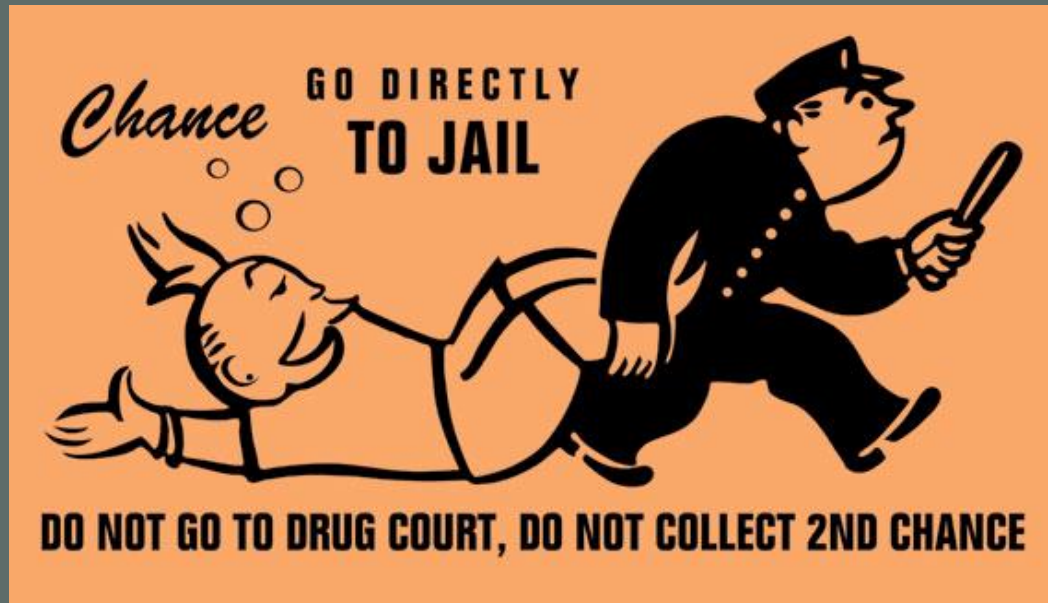


\* Excluding nicotine.

Source: CASA Columbia analysis of *The Treatment Episode Data Set (TEDS)*, 2009.

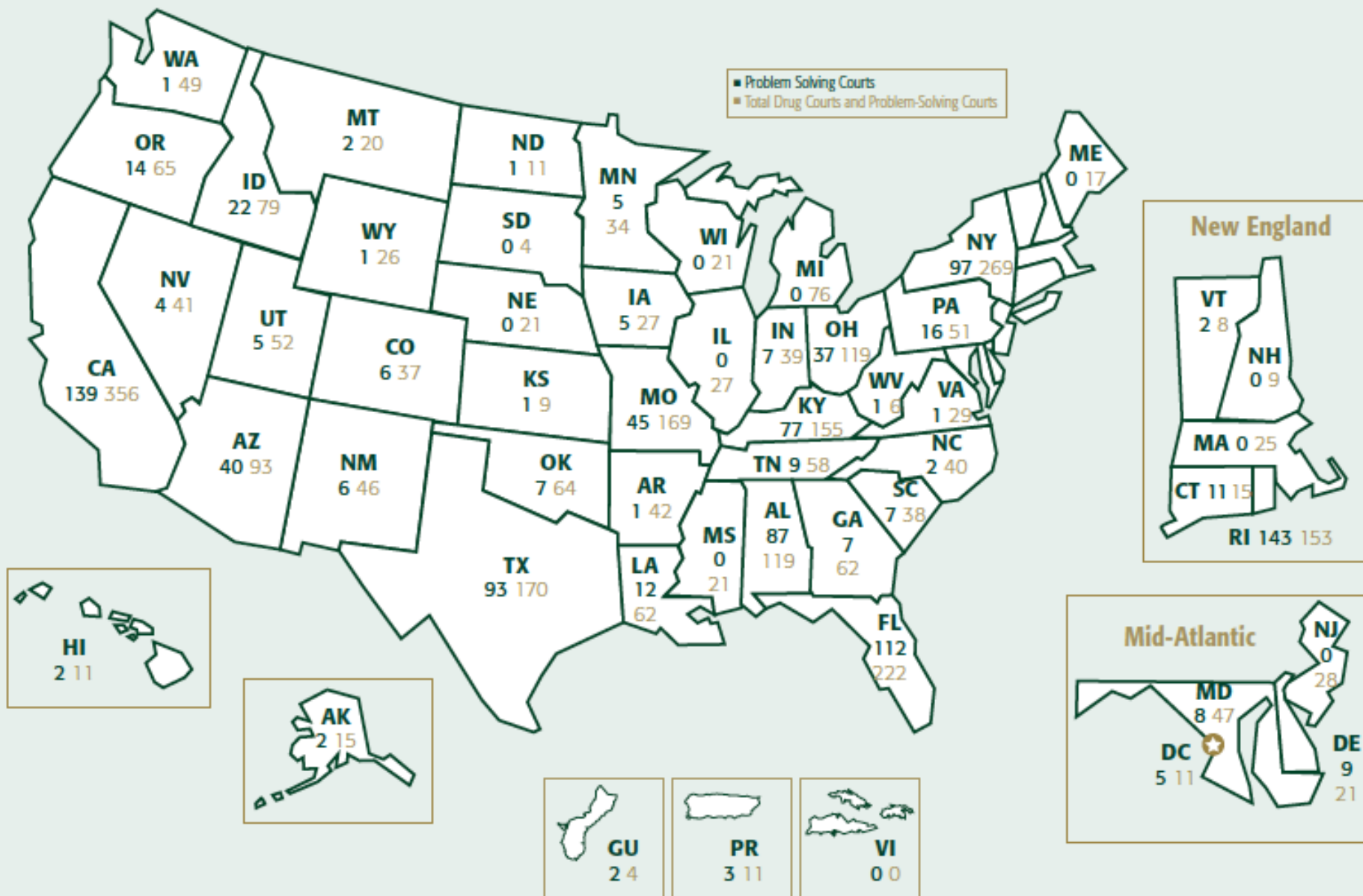
# Specialty (Problem-Solving/Diversion) Courts

## Drug Court



- Mental Health Court
- Veterans Court
- Domestic Violence Court
- DUI Court
- Truancy Court
- Tribal Wellness Court
- Reentry Court

# Total of 3,204 Problem-Solving Courts in the United States (December 2007)





# “Treatment” in Drug Court

- Most specialty courts provide/require residential (84%), intensive outpatient (92%), outpatient individual counseling (97%), outpatient group counseling (98%), drug education (87%), self-help (94%), and relapse prevention (89%). [Source: The Multi-Site Adult Drug Court Evaluation \(2011\)](#)
- 40% of AA's members are required to attend by prisons, employers, and diversion programs. More than half a million Americans per year are required to attend 12-step treatment. [Source: Edwards \(2000\)](#)
- 99% of inpatient treatment facilities recommend abstinence and 93% use the 12-step approach. [Source: Bufe \(1998\)](#)



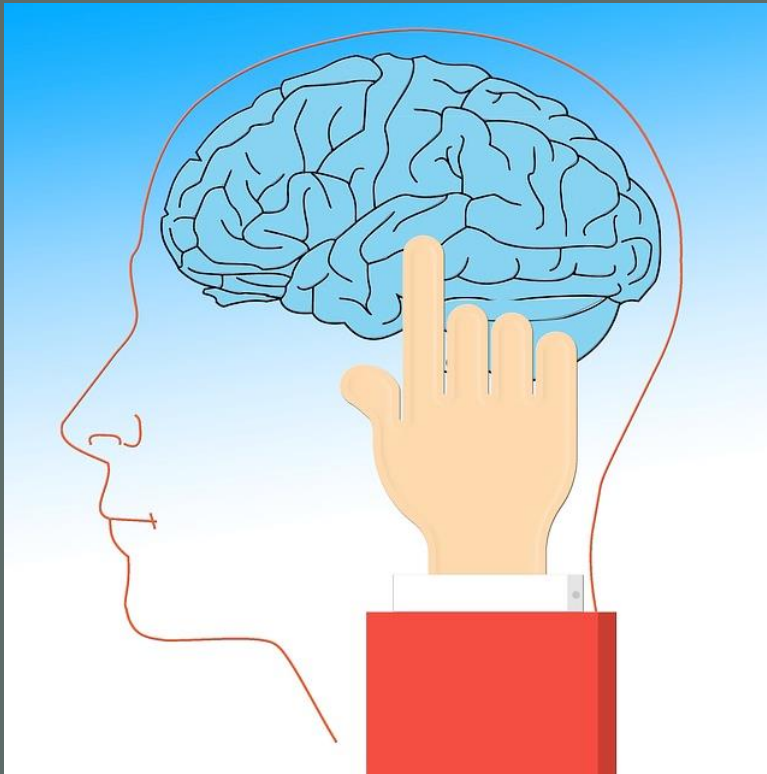
# Less Common Treatment in Drug Courts



Treatment Type	Percent of Courts That Provide Treatment
Detoxification	67.5
Community-based therapeutic community	39.4
Prison or jail-based therapeutic community	29.4
Pharmacological interventions	23.0
Methadone to abstinence	20.9
Acupuncture	18.0
Methadone maintenance	18.0

*Source: Urban Institute Adult Drug Court Survey*  
*Note: N=378 valid responses*

# Addiction Substitution



When treatment focuses on specific substance, instead of causes, manifestations and consequences of addiction, they may not address underlying disease and patients may replace one addiction with another.

# Conclusions

- There is a large gap between what we know about addiction treatment and the education and training received by addiction treatment providers.
- Mutual support groups are helpful and widely available, but should not be the primary treatment intervention for addiction.
- Drug courts and other specialty courts are just one example of ways in which the legal system has not kept up with advancing knowledge about addiction and evidence-based treatment.
- More education is needed for specialty court judges and court personnel about appropriate addiction treatment interventions.

# A Final Quote

“To its detractors, Alcoholics Anonymous is unscientific, smacks of fundamentalist religion, excludes those who do not espouse its views, and is not open to other forms of help for alcoholics. To its admirers, AA is an organization made up of winners.”

-George Vaillant

*The Natural History of Alcoholism*

*Revisited*

# The Use (and Abuse) of Mutual Support Programs by Specialty Courts

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# Pharmaceutical Therapies

Table 5.1  
**Food and Drug Administration (FDA) Approved and Promising Pharmaceutical Therapies and the Types of Substances They Address**

Type of Medication <sup>a 93</sup>	Addiction Involving Alcohol	Addiction Involving Nicotine	Addiction Involving Cocaine	Addiction Involving Opioids	Addiction Involving Marijuana
<b>Reduce Craving/ Withdrawal Symptoms</b>					
Acamprosate (Campral)	X				
Bupropion (Zyban, Wellbutrin)		X			
Nortriptyline (Pamelor, Aventyl)		X*			
Clonidine (Catapres)		X*			
Baclofen (Kemstro, Lioresal, Gablofen)	X*				
Ondansetron (Zofran)	X*			X*	
Gabapentin (Fanatrex, Gabarone, Gralise, Neurontin)					X*
<b>Reward Reduction</b>					
Disulfiram (Antabuse)	X				
Naltrexone (ReVia, Depade, Vivitrol)	X			X	
Varenicline (Chantix)		X			
Modafinil (Provigil, Alertec, Modavigil)			X*		
Topiramate (Topamax)	X*		X*		
Vaccines		X*	X*		
<b>Maintenance/Medication-Assisted Therapies</b>					
Nicotine Replacement Therapy (NRT)		X			
Methadone				X	
Buprenorphine/Naloxone (Subutex, Suboxone)				X	
Oral Tetrahydrocannabinol (THC)					X*