

## Substance Abuse For Judges

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- “You are not in control”
  - You do control the consequences but not the decision of what to do about the substance abuse (SA)
- Stages of Change - characteristics & interventions
  - “I don’t have a problem...” (pre-contemplative)
  - “I might have a problem...” (contemplative)
  - “I’ve got a problem and want to work on it” (Action)
  - “I used again, what do I do?” (Relapse and recovery)
- Interventions
  - Direct intervention
  - Counseling & AA appears to be the most successful
- Factors affecting prevalence towards SA
  - Genetics
  - Family & extended family eg grandparents
  - Community
  - Family abuse
  - Mental illness ( use drugs to cover up symptoms of mental illness) – can be very dangerous
- Types of addiction
  - Periodic
  - Social Drinker
  - Binger
  - Heavy drinker
  - Out of control
  - Under-cover drinker
- Jellinek’s Curve - see <http://www.in.gov/judiciary/ijlap/jellinek.pdf>
- “The most successful intervention” – AA
- Relapse & Recovery
- Rehab characteristics
- Only drugs one can die of in withdrawal
  - ETOH alcohol
  - Barbiturates
  - Benzodiazepines
- Australian study on people 6 weeks after stopping smoking THC marijuana
- Pit-falls of recovery programs
- Addicts are probably the most manipulative and smartest at getting their drug of choice

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- while still using with no desire, their drug of choice (DOC) has priority over EVERYTHING in their life.
- Danger's while in black-outs
- Help for the family w/ some liabilities
  - Help family to know they are not alone
- Suicide potential
- Weapon potential
- Hiding DOC's
- CAGE assessment
  - CAGE Questions Adapted to Include Drug Use (CAGE-AID)
  - 1. Have you ever felt you ought to cut down on your drinking or drug use?
  - 2. Have people annoyed you by criticizing your drinking or drug use?
  - 3. Have you felt bad or guilty about your drinking or drug use?
  - 4. Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover (eye-opener)?
    - Scoring
    - 0 for a "NO"
    - 1 for "yes"
    - Score of 2 or more is "clinically significant" - indicates a high potential for problem w/ SA
- Decisions
- Cycle of Use – see attachment