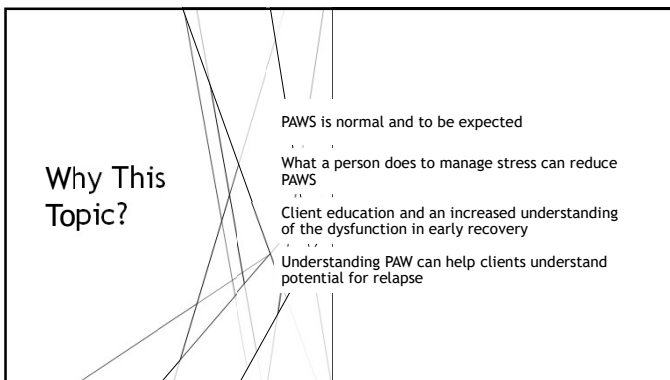
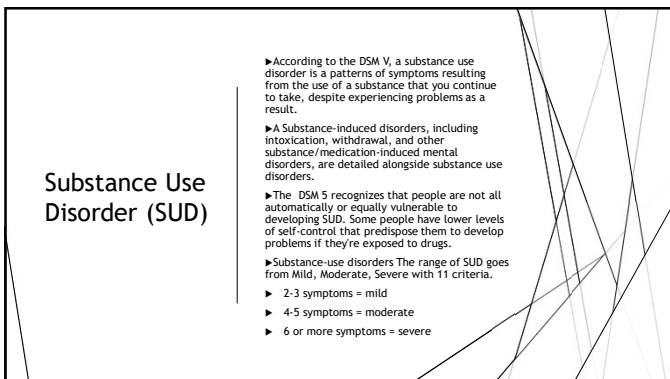


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Progression of Addiction

- ▶ Abstinence - No use
- ▶ Experimental - Exploration, no pattern, limited negative consequences
- ▶ Social/Recreational - Intended use, no established pattern
- ▶ Habitual - Definite pattern; early signs of losing control
- ▶ Abuse - Continued use despite negative consequences
- ▶ Addiction - Compulsion and loss of control

the pickle will never be a cucumber again

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What Is Relapse?

Simply put; A relapse is the return of using a substance or presence of a behavior after it has stopped for a period.

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What is Withdrawal?

▶ Withdrawal is defined as the body's attempt to rebalance after cessation of prolonged use of a substance or compulsive behavior.

****this is not desired which is the reason people choose to continue using****

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Types of Withdrawal

- Acute Withdrawal
- Protracted Withdrawal
- Post Acute Withdrawal (PAWS)

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Acute Withdrawal (AW)

- ▶ Often expected
- ▶ First 48-72 is most critical (Detox)
- ▶ Critical to the individual
- ▶ Can last up to 14 days

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Protracted Withdrawal

- ▶ The environment triggers and cues
- ▶ Sensory triggers
- ▶ Cravings/Urges
- ▶ Last up to six months after use stops


Ex. Smell of burnt matches, seeing a white powder, or being in a place where you used drugs

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Post Acute Withdrawal

- Often expected
- Can last up to 36 months
- Worst in the early months
- Cravings/Urges
- Not critical or life threatening

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Understanding PAWS & RELAPSE
w Rob Mo

Best 4 Minute Explanation

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**Post-Acute Withdrawal (PAW)
(emotional and psychological)**

▶ Changes in appetite	▶ Memory loss
▶ Cravings for sugar	▶ Sleep disturbances
▶ Dreams related to using	▶ Cognitive impairments
▶ Crying	▶ Difficulty managing stress
▶ Irritable mood	▶ Mood swings
▶ Anxiety/ Depression	▶ Sweats/Chills
▶ Shakes	▶ Aggressiveness
▶ Body aches	▶ Diarrhea

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Why people experience PAWS

- ▶ The body needs to stabilize
- ▶ The brain needs to stabilize
- ▶ The stress of:
 - ▶ The addiction and the consequences
 - ▶ The stress of not being numb anymore
 - ▶ Lifestyle change
 - ▶ Lack of coping skills
- ▶ Our current situation due to the pandemic

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Stress Management

Stress → PAW
PAW → Stress

- ▶The more stress the more vulnerable the person is with few skills to cope!
- ▶High need to develop coping skills and healthy supports
- ▶PAWs can't be avoided but can be managed

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Avoid the Potential for Relapse

- ▶Education
- ▶Stress Management
- ▶Support
- ▶Being Positive (Hope)
- ▶Relapse Prevention goal setting:
 - ▶Prevent the development of the disease in nonusers
 - ▶Stop inappropriate behavior in non-dependent users
 - ▶Harm reduction model

It is a challenge to manage PAW if the symptoms are not managed properly

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Treatment Modalities/Interventions

- ▶ Treatment Groups
- ▶ Self help groups
- ▶ Individual
- ▶ Support of family and friends
- ▶ Cognitive- behavioral restructuring
- ▶ Motivational interviewing

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Contact Me

- ▶Nicole Jackson
- ▶Jackson Professional Services
- ▶6815 W. Capitol Drive Suite 304
- ▶Milwaukee, WI 53216
- ▶(P) 414-604-6488
- ▶(email) Jacksonprofessionalservices@gmail.com

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