SEX AND GENDER DIFFERENCES

Research has shown that women often use drugs differently, respond to drugs differently, and can face unique obstacles to effective treatment, as simple as not being able to find child care or being prescribed treatment that has not been adequately tested on women.

SEX AND GENDER DIFFERENCES

Men are more likely than women to use almost all types of illicit drugs, and illicit drug use is more likely to result in emergency department visits or overdose deaths for men than for women.

MEN VERSUS WOMEN

Men
- More likely to use alcohol
- More likely to use other drugs
- More likely to use prescription drugs
- More likely to use illegal drugs
- More likely to use substances to excess
- More likely to have substance use disorder

Women
- More likely to use prescription drugs
- More likely to use illegal drugs
- More likely to use substances to excess
- More likely to have substance use disorder
- More likely to have substance use disorder starting in adolescence
PRESCRIPTION OPIOIDS

- Some research indicates that women are more sensitive to pain than men and more likely to have chronic pain, which could contribute to the high rates of opioid prescriptions among women of reproductive age.

MARIJUANA (CANNABIS)

- Similar to other addictive drugs, fewer females than males use marijuana.
STIMULANTS (COCAINE AND METHAMPHETAMINE)

HEROIN

- Women, compared to men, who use heroin are:
  - Younger
  - Likely to use smaller amounts and for a shorter time
  - Less likely to inject the drug
  - More often by sharing (social partners)

ALCOHOL
GENDER SPECIFIC TREATMENT

- Gender-specific treatment is a special kind of treatment for those struggling with substance use disorders.
- It tailors its plan to best fit the needs of the gender in question.
- Gender-specific treatment also considers that distractions may arise from having members of different sexes. These distractions are a barrier to the efficient execution of the programme.

BENEFITS OF GENDER SPECIFIC TREATMENT

- Power distractions
- Easy relations
- Comfort in treatment
- Concentration on gender-specific issues
FIVE PRINCIPLES TO GUIDE YOU

• Express empathy
• Develop discrepancy
• Avoid accommodation
• Collide with resistance
• Support self-efficacy

THANK YOU

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