

Treatment Expansion Terms Defined

Solutions for Treatment Expansion Project (STEP) • May, 2002

Addiction is present when an individual is unable to stop using a substance in spite of the negative consequences of continuing to do so. It is generally agreed that certain inherited characteristics will make some persons more likely to become addicted than others. (See Disease model of addiction.)

Alcohol or drug problems are products of environmental conditions that shape societal as well as individual attitudes and behaviors regarding alcohol and drug use. Some examples of environmental factors are beverage alcohol marketing and laws covering its availability to the public. Alcohol and drug-related problems include illness, injury and even death; family, marital and employment problems; financial problems, destruction of property and other crimes. Addiction is both a result of environmental conditions and a cause of continued problems. Alcohol and drug problems have an impact on individual, family and community levels. They are costly to society, through the heavy burden not only on health and welfare services, law enforcement, the criminal justice system and welfare services, but also on industry, families and individuals. Alcohol, a legal drug, far outpaces other drugs in its costs to society.

Alcohol and/or drug treatment is provided through a program of intervention and recovery for those individuals who are unable to stop their use of alcohol or drugs without help. Treatment is provided in several formats, ranging from non-residential to residential to acute care services. Because of the significant overrepresentation of alcohol and drug problems caused by persons who have become addicted, the greatest immediate reduction in societal alcohol and drug problems can be achieved by providing treatment to those afflicted by addiction.

Alcohol or drug treatment facilities are treatment facilities licensed and/or certified by the California Department of Alcohol and Drug Programs. These programs may include one or more forms of alcohol and/or drug treatment. There are treatment facilities in hospitals and other medical settings, as well as in social model and community-based programs. In San Diego County the majority of alcohol and/or drug treatment is provided by community-based programs.

Community care licensed facilities are licensed by the State Department of Social Services. They are ambulatory or residential care facilities for persons who cannot live alone and who do not need extensive or acute medical services. These facilities provide assistance with medications and personal hygiene and may provide care for individuals with dementia or Alzheimer's disease. They do not treat alcoholics or addicts except under conditions in which the disease has progressed to the point where people no longer have the cognitive skills to participate in a program of recovery and need the caretaking services such facilities offer. Alcohol and drug treatment facilities for adults used to be licensed as community care facilities until the mid 1980s, when the California Department of Alcohol and Drug Programs took over that function. However, to date, adolescent alcohol and drug treatment facilities continue to be licensed as community care facilities.

Conditional use permit (CUP) or major use permit (MUP) allows a city or county to consider special uses which may be essential or desirable to a particular community, such as treatment centers or hospitals, but which are not allowed as a matter of right within a zoning district. A residential program proposing more than six beds needs to apply for a special use permit. A special use permit can provide flexibility within a zoning ordinance. Another traditional purpose of the use permit is to enable a municipality to control certain uses, which could have detrimental effects on the community, such as a concentration of alcohol outlets. A use permit application submitted by a project proponent

is considered at a public hearing and, if approved, is generally subject to a number of pertinent conditions of approval. Depending on local ordinance requirements, hearings are typically held by a board of zoning, the planning commission or a zoning administrator. The owners of property near the site under consideration are sent advance notice of the date, time, and place of the hearing.

Controlled substance is a legal term for any type of substance, the possession and use of which are regulated by law, including narcotics, stimulants and hallucinogens.

Detoxification (or detox) is a specific level of care of treatment for alcoholism or drug addiction designed to manage withdrawal symptoms so that the person may purge the body of intoxicating or addictive substances. Such a program is used as a first step in recovery from addiction but by no means is an effective form of treatment for addiction by itself. It is most effective when followed by participation in a program of recovery.

Disease model of addiction: In 1956, the American Medical Association decided that alcoholism/addiction met criteria to be specified as a codified disease. Being classified as a disease also means that there are specific treatment models and regimens for those persons so diagnosed and seeking treatment. However, there isn't just one disease of addiction any more than there is general liver disease or heart disease. All are combinations of different symptoms and conditions. Addictions have five common symptoms: (1) craving, or a strong need or compulsion to drink or use; (2) impaired control, or inability to limit one's drinking or drug use; (3) being inured to the negative consequences of drinking or using drugs; (4) withdrawal symptoms when alcohol or drug use is stopped; and (5) tolerance, needing increasing amounts of alcohol or drugs in order to feel the effects.

Intervention, when applied to alcoholism or drug addiction, has traditionally meant the process of confronting with intent to change the course of a person's addiction by motivating the alcoholic or addict to seek treatment. Lately, with increased attention focusing on the environmental factors that heavily shape individual behaviors and attitudes about alcohol and drug use, the meaning has expanded to include community action taken to change that environment. An example would be a community limiting the number of alcohol outlets in an area, or limiting public exposure to alcohol advertising.

NIMBY is an acronym for "Not In My Back Yard," in this context a phrase used to describe resistance from citizens to having health or other social services located in their neighborhoods.

Proposition 36 is the Substance Abuse and Crime Prevention Act of 2000, approved by California voters in November of 2000 and implemented July 1, 2001. The law diverts non-violent defendants, probationers and parolees charged with simple drug possession or drug use offenses, from incarceration into substance abuse treatment programs. (See Proposition 36 Fact Sheet.)

Recovery is a process of developing a lifestyle that supports both abstinence from addicting and mind-altering chemicals as well as a healthy quality of life for the addicted person and those close to him or her. Recovery is an extended process rather than a single event.

Relapse means the return to use, after a period of abstinence, of alcohol or other drug substances.

Sober living facility is a residence with six or fewer beds and, as such, does not require a special use permit. Sober living facilities are intended to be alcohol- and drug-free residences that support treatment and recovery services in a community by helping recovering persons maintain an alcohol- and drug-free lifestyle. These facilities currently are not required to be licensed, nor are they eligible for licensure. They do not provide alcohol or drug treatment services.

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