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ADHD and drugs use ...

a dilemma for clinicians

Professor Edward Ogden PSM

MA MBBS BMedSc DipCrim GradCertMgt(TechMgt) FRAGP FAChAM(RCPA) FFCFM(RCPA)

Addiction Medicine Specialist







I wish to acknowledge the original owners of the land on which we gather. I pay my respects to their Elders and the members of the community I call my friends.

I celebrate the oldest continuing culture in the world and acknowledge the memory of their ancestors.



I Acknowledge people with Lived/Living Experience



- I recognise the experience and wisdom of people with ADHD
- I celebrate their strengths
- I acknowledge the important contribution that they make to

health and community services.



Objectives

- ADHD and SUD
- Challenges
 - SPAM
 - Training problems
 - Regulations
- A better model





Laura's story

- Laura is 28
- Grew up in a little country town
- Went to a 2 teacher primary school
- Described herself as
 - Chatterbox 'Laura stop talking'
 - Daydreamer 'Laura pay attention'







Drugs and alcohol are not my problem – reality is my problem. Drugs and alcohol are my solution.

THE REAL PROPERTY.

Russell Brand

🔐 quotefanci

Laura at high school

- Went to high school in rural city
- Really enjoyed athletics and basketball
- Increasingly tension over school work
 - Stressed
 - Could not concentrate
- Started smoking dope to relax





Laura at high school



"It is estimated that those with ADHD receive 20,000 more negative messages by age 12 than those without the condition."

William Dodson, M.D.



- Enjoyed all sports
- Increasingly tension over school work
 - Stressed
 - Could not concentrate
- Started smoking dope to relax





Laura drops out

- School becomes more difficult
- Brain racing with too many thoughts
- Only daydreaming and cannabis help
- Starts hanging around with the pot smokers
- Drops out
- Starts having weird thoughts





Laura needs help!

- Several episodes of psychosis
- Diagnosed with
 - Drug induced psychosis ? Schizophrenia
 - Borderline Personality Disorder
 - Bipolar Disorder
- Have you met Laura?
- Want to work but ...
- Tried studying but ..







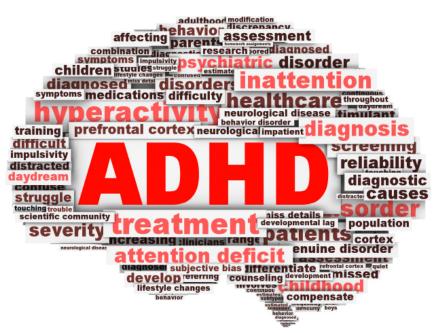
DISTRACTED?











ADHD Overview



ADHD affects

- 281,200 children and adolescents
- 533,300 adults (aged 20+) in Australia.
- Total cost of ADHD in Australia in 2019
 - Financial costs of \$12.83 billion
 Wellbeing losses of \$7.59 billion.
- Productivity losses \$9.98 billion = \$17,483
 for each Australian with ADHD.
- Costs of crime and justice \$307 million.

Deloitte.



The social and economic costs of ADHD in Australia

Report prepared for the Australian ADHD Professionals Association

Deloitte Access Economics

ADHD cost Australia \$20 billion

in 2019



Dysregulation of Attention

- Laura's brain is so busy
 - Easily distracted,
 - Can't pay attention
 - Can't listen or remember
 - Disorganised and overwhelmed
- Laura can hyper-focus
 - When the topic is exciting, frightening, urgent or emotional
- Sometimes Laura seems super bright other times lazy and stupid





Dysregulation of Movement

- Laura always feels restless
 - Fidgety
 - Can't easily sit still
 - Driven by a motor
 - Always talking
- And this irritates others
 - but she can't stop it
- She only feels really normal when she is moving





Dysregulation of Impulses

es

- Can't wait her turn
- Often interrupts
- Blurts out things
- Makes impulsive decisions
- Accident-prone



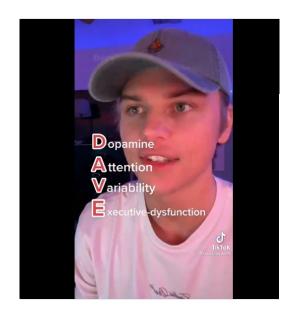




- Laura's emotions are
 - Out of proportion to the triggers
 - Hard to manage
- Laura experiences extreme
 - Anger, impatience, rage
 - Rejection Sensitivity
 - Dysphoria
 - Social anxiety, panic



Getting an ADHD diagnosis from TikTok





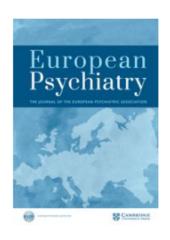
ADHD prescriptions on the rise amid 'superpower' TikTok craze

Medication dispensing statistics for Australian kids have soared, almost doubling since 2013 as a new trend takes hold of TikTok.

Kinda mad (but not really) that I've learnt more about my ADHD from tiktok and Twitter during the past year than therapists, doctors and educational specialist my entire 27 years of being alive.

Social media can be wrong!

- rong!
- Yeung, A., Ng, E., & Abi-Jaoude, E. (2022). TikTok and attention-deficit/hyperactivity disorder: a cross-sectional study of social media content quality. The Canadian Journal of Psychiatry, 67(12), 899-906.
- 100 videos 52% inaccurate
- Longshore, A. M. Perception Inflation of ADHD Prevalence in American Adults After Watching TikTok Videos.



Is TikTok increasing the number of self-diagnoses of ADHD in young people?

Published online by Cambridge University Press: 01 September 2022

R. Gilmore, J. Beezhold, V. Selwyn, R. Howard, I. Bartolome and N. Henderson

Show author details >

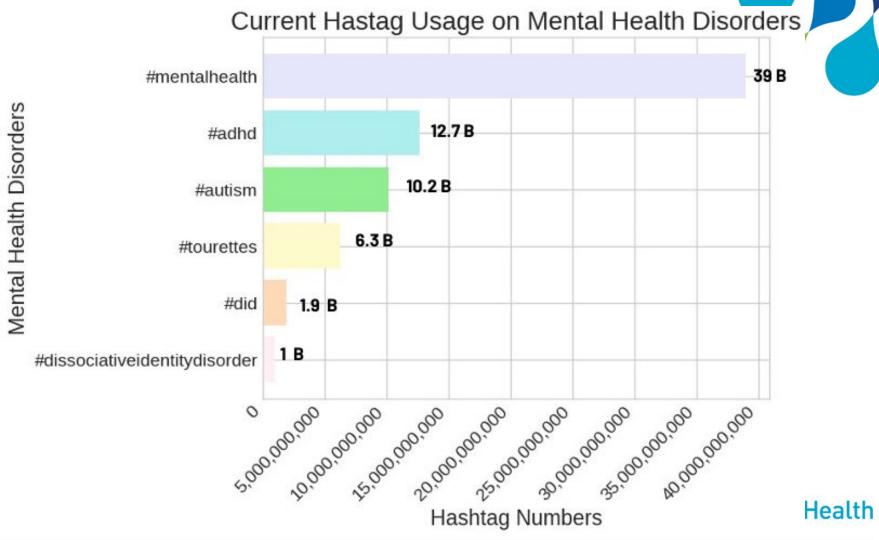
Article

Comments

Metrics



Mental Health on Tiktok



Diagnostic overlap



TRAUMA

- Feelings of fear, helplessness, uncertainty, vulnerability
- Increased arousal, edginess and agitation
- Avoidance of reminders of trauma
- · Irritability, quick to anger
- Feelings of guilt or shame
 - Dissociation, feelings of unreality or being "outside of one's body"
 - Continually feeling on alert for threat or danger
 - Unusually reckless, aggressive or self-destructive behavior

OVERLAP

- Difficultyconcentrating and learning in school
 - · Easily distracted
 - Often doesn't seem to listen
 - Disorganization
 - · Hyperactive
 - Restless
 - Difficulty sleeping

ADHD

- Difficulty sustaining attention
 - Struggling to follow instructions
 - Difficulty with organization
 - · Fidgeting or squirming
 - Difficulty waiting or taking turns
 - Talking excessively
 - Losing things necessary for tasks or activities
 - Interrupting or intruding upon others

Let's agree that Laura



ADHD

Cannabis Use Disorder

Drug Induced Psychosis



Let's agree that Laura



ADHD

Cannabis Use Disorder

Drug Induced Psychosis



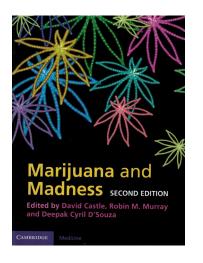
Laura seeks referral



- The GP referral lists
 - Drug induced psychosis
 - Borderline Personality Disorder
 - Bipolar Disorder
 - ? Schizophrenia



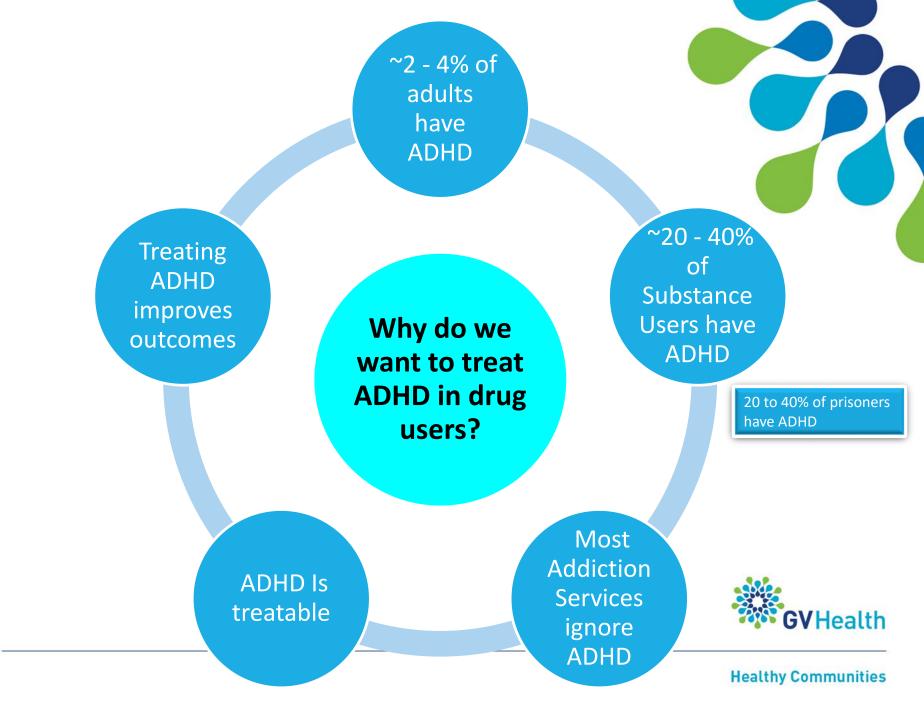
Laura is rejected

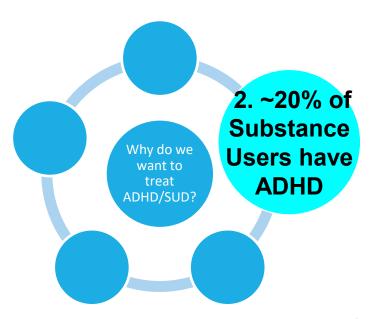




- 'I don't (can't) treat people who use drugs'
- Come back after detox and rehab

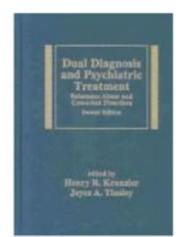




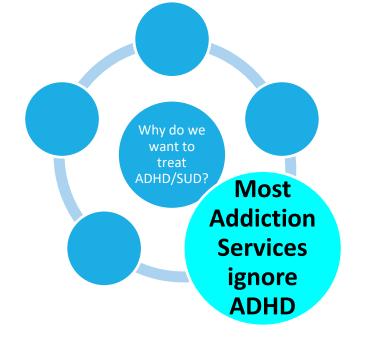




- ADHD 6-7% of kids and 3-4% adults
- Adults with ADHD
 - 33% have alcohol use disorder
 - 20% have drug use disorder
- Substance use disorder
 - 17% to 50% have ADHD







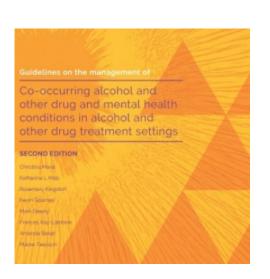


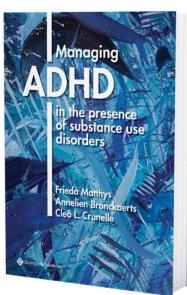
Myths

- Adults don't have ADHD
- Women don't have ADHD
- They will abuse stimulant medication
- We "don't believe in ADHD"
- You can't treat ADHD in drug users
- You can't treat ADHD in people with mental illness

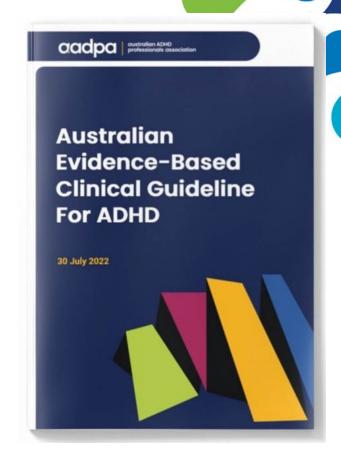








ICASA 2018



Australian Guidelines 2022







- ADHD increases the risk of going off the rails in life ... but the downward life spiral can be arrested by the right treatment. Interview with Dr Maija Konstenius, Sweden
- "The drugs were just something I needed to make me feel normal. It was only when I didn't do them that I felt crazy." Swedish research participant
- "I haven't used ice since I started treatment for ADHD" Victorian female patient





We don't have people like that here!

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The theme for today is ...







- **Stigma** (against the drug use)
- Prejudice (against drug users)
- Anger (moral judgement)
- Misunderstanding (about what to do)

SPAM leads to widely-held inaccurate beliefs, as compared to research-generated facts)

Laura has ADHD



- Enters residential rehabilitation
- Commences treatment as part of her recovery
 - Dexamfetamine/Ritalin
 - Mood stabliser
- 'Wow this is how I am meant to feel!'



Barriers?

- Lack of diagnostic skills
 - Most of us were not taught about ADHD
 - Most practitioners were not taught about drug use
- Lack of community resources
 - Prescription requires a psychiatric opinion
 - Who will treat patients who use drugs?
 - ADHD coaching is not covered by Medicare



Is it worth it?

Treat both issues together!

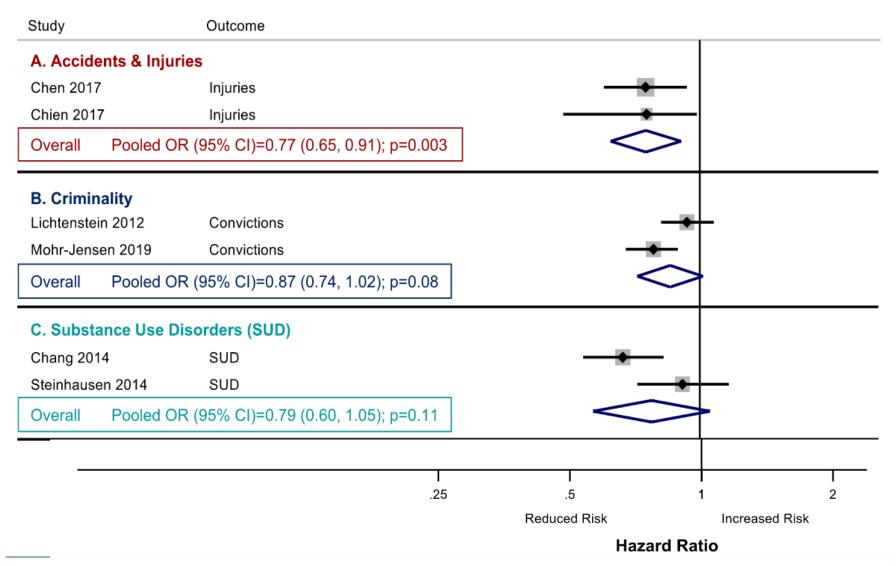


- Treatment (n=40,000 over 4 years)
 - No substance misuse
 - 30% lower substance use

Chang, Zheng, Paul Lichtenstein, Linda Halldner, Brian D'Onofrio, Eva Serlachius, Seena Fazel, Niklas Långström, and Henrik Larsson. "Stimulant ADHD medication and risk for substance abuse." *Journal of Child Psychology and Psychiatry* 55, no. 8 (2014): 878-885.







Boland, H., DiSalvo, M., Fried, R., Woodworth, K. Y., Wilens, T., Faraone, S. V., & Biederman, J. (2020) Healthy Communities A literature review and meta-analysis on the effects of ADHD medications on functional outcomes. Journal of psychiatric research, 123, 21-30.

So what about Laura?

- Laura is now a mature age student
 - Free of substance misuse
 - Working full-time
- Other indicators of success
 - Relationships improved
 - Watched first movie EVER
 - Read her first book!



Issues to tackle

- Still 'non-believers' and sceptics
- 'It is not a problem'
- Poor education
 - Medical students
 - GPs
 - Psychiatrists



Regulations

- Every jurisdiction has different rules
- The regulations are not clinical
- Important drugs are not on the PBS for adults e.g.
 - Atomoxetine
 - Guanfacine
 - Bupropion

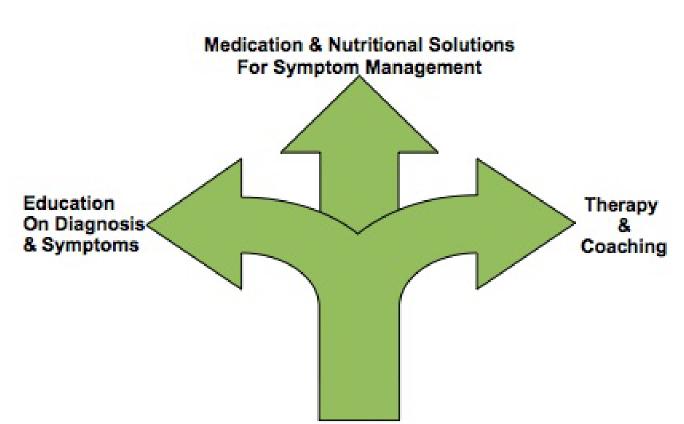


Better models

- In Canada
 - ADHD is diagnosed and managed in GP
 - Training and support is available
 - Rates of diagnosis are similar to US and Europe
- International Collaboration on ADHD and Substance Abuse (ICASA)
 - Published guidelines
 - Ongoing research







ADD/ADHD Treatment Model

Lodestar Counseling Jupe Johnson, LMHC



Senate Inquiry 2023

'The barriers to consistent, timely and best practice assessment of ADHD and support services for people with ADHD'



Community Affairs References Committee

Assessment and support services for people with ADHD

Status: Accepting Submissions

Date Referred: 28 March 2023

Submissions Close: 09 June 2023

Reporting Date: 27 September 2023

Assessment and support services for people with ADHD

On 28 March 2023, the Senate referred an inquiry into the Barriers to consistent, timely and best practice assessment of attention deficit hyperactivity disorder (ADHD) and support services for people with ADHD to the Senate Community Affairs References Committee for inquiry and report by 27 September 2023.



Questions?





