Western Hamilton County Fire Chiefs Association
Western Hamilton County Training Group
Present:

**Alcohol and Drug Addictions it is a Disease**
**There are Solutions**

May 28, 2013  7:00 PM to 9:00 PM

**Nathanael Greene Lodge**
6394 Wesselman Rd.
Cincinnati, OH 45248.

Invitation extended to all Hamilton County Fire Department Personnel, Spouses and Friends

**NO COST – CONTINUING EDUCATION CREDITS GIVEN**

**Presenters:**
- Michael G. Kroeger, Retired Assistant Fire Chief Cincinnati FD
- David Jennings, Fire Fighter Deerfield Twp. FD
- Robert Hogland, Fire Captain Dayton FD
- Jim Liebertau, Pharmacists Rehabilitation Organization (P.R.O., Inc.)
- Andy Parker, Fire Fighter Green Twp. FD

**Topics Discussed:**
- It's a disease – discuss solutions
- Cincinnati Sobering Center – an alternative to the costly and mostly ineffective ER Treatment
- How to improve rehab – why does it take several times for some individuals
- Current proposed solutions in our area that will help relieve the huge numbers of alcohol and drug related responses.
- Fire Fighters are not immune to the disease of addiction:
- Personal stories from fire fighters on their road to recovery
- **ERIN = Emergency Responders In Need.** Is recovery a joke?

W.C. Fields

* Now don't say you can’t swear off drinking. It's easy. I've done it a thousand times.

**Note:** This photo is for illustrative purposes only.
Alcohol is the significant factor in:

- 50% of all auto fatalities
- 83% of all fire related deaths
- 70% of all drowning
- 50% of all serious household accidents
- 50% of all successful suicides are alcoholics
- 50% of all homicides
- 70% of family violence, including homicide
Alcohol by the Numbers

• It is accepted that 10% of the adult population drink excessively.

• One third of the adult population does not consume alcohol at all for cultural, religious, health or personal reasons.

• Of the remaining two thirds of the adult population who do consume alcohol, over one in seven drink excessively.

• Those who drink excessively, drink over half of all alcohol consumed.
  – WC Fields had two bars in his home, one on either end. His rationale was, “You never know when half of your house will burn down.”
Why Alcohol?

• We laugh about it!

  – A woman drove me to drink and I didn't even have the decency to thank her.

  – Always carry a flagon of whiskey in case of snakebite and furthermore always carry a small snake.

W.C. Fields

Source: John Phillips, Esq. presentation to Northeast Lawyers Club (2011)
W.C. Fields

• Now don't say you can't swear off drinking; it's easy. I've done it a thousand times.

Source: John Phillips, Esq. presentation to Northeast Lawyers Club (2011)
W.C. Fields’ Death Certificate

- Cirrhosis of the Liver
- Chronic Alcoholism

Source: John Phillips, Esq. presentation to Northeast Lawyers Club (2011)
Alcoholism in the legal profession

• Approximately 60% of discipline prosecutions involve alcoholism.

• Over 60% of all malpractice claims involve alcohol abuse.

• More significantly, a recent study has suggested that 90% of serious disciplinary matters involve alcohol abuse.
Table 3.3  Illicit Drug, Marijuana, and Heavy Alcohol Use in the Past Month among Full-Time Workers Aged 18 to 64, by Occupational Categories: Percentages and Numbers in Thousands, Annual Averages Based on 2002-2004 (continued)

<table>
<thead>
<tr>
<th>Occupational Category</th>
<th>Past Month Illicit Drug Use</th>
<th>Past Month Marijuana Use</th>
<th>Past Month Heavy Alcohol Use</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Percentage</td>
<td>Number (in Thousands)</td>
<td>Percentage</td>
</tr>
<tr>
<td>Healthcare Practitioners and Technical Occupations</td>
<td>6.1</td>
<td>463</td>
<td>3.9</td>
</tr>
<tr>
<td>Health Diagnosing and Treatment Practitioners</td>
<td>4.4</td>
<td>159</td>
<td>2.6</td>
</tr>
<tr>
<td>Registered Nurses</td>
<td>4.6</td>
<td>95</td>
<td>3.3</td>
</tr>
<tr>
<td>Health Care Technical and Support Occupations</td>
<td>7.6</td>
<td>303</td>
<td>4.9</td>
</tr>
<tr>
<td>Nursing, Psychiatric, and Home Health Aides</td>
<td>7.5</td>
<td>117</td>
<td>5.7</td>
</tr>
<tr>
<td>Protective Service Occupations</td>
<td>3.4</td>
<td>89</td>
<td>2.4</td>
</tr>
<tr>
<td>Protective Service Managers and Supervisors, Firefighter and Prevention Workers, Law Enforcement Workers</td>
<td>1.5</td>
<td>25</td>
<td>1.1</td>
</tr>
</tbody>
</table>
Table 3.4  Substance Dependence or Abuse in the Past Year among Full-Time Workers Aged 18 to 64, by Occupational Categories: Percentages and Numbers in Thousands, Annual Averages Based on 2002-2004 (continued)

<table>
<thead>
<tr>
<th>Occupational Category</th>
<th>Past Year Illicit Drug Dependence or Abuse</th>
<th>Past Year Alcohol Dependence or Abuse</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Percentage</td>
<td>Number (in Thousands)</td>
</tr>
<tr>
<td>Healthcare Practitioners and Technical Occupations</td>
<td>1.4</td>
<td>103</td>
</tr>
<tr>
<td>Health Diagnosing and Treatment Practitioners</td>
<td>0.8</td>
<td>29</td>
</tr>
<tr>
<td>Registered Nurses</td>
<td>0.8</td>
<td>17</td>
</tr>
<tr>
<td>Health Care Technical and Support Occupations</td>
<td>1.9</td>
<td>74</td>
</tr>
<tr>
<td>Nursing, Psychiatric, and Home Health Aides</td>
<td>2.0</td>
<td>31</td>
</tr>
<tr>
<td>Protective Service Occupations</td>
<td>1.0</td>
<td>25</td>
</tr>
<tr>
<td>Protective Service Managers and Supervisors, Firefighter and Prevention Workers, Law Enforcement Workers</td>
<td>0.2</td>
<td>4</td>
</tr>
<tr>
<td>Other Protective Service Workers</td>
<td>2.5</td>
<td>21</td>
</tr>
</tbody>
</table>
The Progression of the Alcoholic

• Alcoholism is a progressive disease and a lawyer (for example) may practice law as a social drinker without difficulty or repercussions for many, many years.

• Perhaps after 20 years or more, that same lawyer may cross the line from being a social drinker to a problem drinker.

• It may be 5 or 10 years beyond that before he or she progresses to alcoholism.
A model of Alcoholic progression involving four phases:

• Phase 1, is characterized by the use of alcohol to relax and to deal with the everyday tensions and anxieties of life.

• Phase 2, is ushered in by the experience of blackouts, sneaking drinks, growing preoccupation with drinking and drinking situations, defensiveness, rationalization and feelings of guilt.
A model of Alcoholic progression involving four phases:

- Phase 3, the crucial phase, consists of frank addiction. Physiological dependence is clearly evident, loss of control, job loss, marital conflict, separation and divorce, general interpersonal difficulties and increased aggressive behavior. The individual is willing to risk everything to continue drinking.

- Phase 4 alcoholism in the chronic phase; advanced physiological diseases, withdrawal, severe depressions, manic behavior, hopelessness, suicidal thoughts, panic and self-loathing.

Dr. E.M. Jellinek, a pioneer in the scientific analysis of alcoholic use and abuse.
The Typical Alcoholic

- Most Alcoholics have families and homes, jobs and careers.

- Most Alcoholics are in denial and feel that they cannot be addicts since they still have these homes, families, and offices, together with their law practice.

- Since the Alcoholic is not on “skid row,” the Alcoholic remains in denial.
  - FACT: Less than 5% of alcoholics and drug addicts live on “skid row.”
The progression of Alcoholism

• The progression towards Alcoholism can be very, very gradual.

• Usually, colleagues, employees and family members do not notice the gradual change over many years.

• The onset of the disease may be evidenced by increased consumption on a daily basis or by binge drinking on weekends or long weekend benders every few months.

• Finally, Alcoholism may be evidenced by constant drinking including blackouts.
Why is it difficult to spot the Alcoholic?

• The pressures and difficulties of a professional provide ready excuses for outbursts of temper, confusion or delay, exhaustion, inattention, or anxiety.

• Further, others may be reluctant to discuss symptoms of addiction with anyone.
Three things you should know about Alcoholism

1. Alcoholism is a progressive disease. It gets worse, but never better.

2. Usually the addict seeks relief from anxiety and inner tension primarily by using alcohol.

3. Repetitive use of alcohol for relief firmly establishes this progressive addiction. When the alcoholic starts using again - even after a long period of "being on the wagon", his condition rapidly becomes as bad or worse as it was when he quit.
ADDICTION “A BRAIN DISEASE”

• JAMES F. LIEBETRAU, R.Ph., CDCA
ALCOHOLISM/DRUG ADDICTION IS A PRIMARY, CHRONIC, PROGRESSIVE AND POTENTIALLY FATAL DISEASE

WORLD HEALTH ORGANIZATION (WHO)

AMERICAN MEDICAL ASSOCIATION (AMA)

TREATMENT IS ESSENTIAL: SOMETIMES REPEATED AND PROLONGED TREATMENT IS NEEDED

TREATMENT IS BEHAVIORAL/MEDICAL
“A BRAIN DISEASE”

✓ ALCOHOL/DRUGS ACT DIRECTLY ON THE PRIMATIVE AREA OF THE MID-BRAIN

✓ “HIGHJACKS” THE HIGHER FUNCTIONING CEREBRAL CORTEX’S ABILITY TO STAY IN CONTROL

✓ ALCOHOL/DRUGS OVERRIDE THE CORTEX AND THERE IS A LOSS OF REASONING AND CONTROL

✓ SUFFER LARGE NEGATIVE CONSEQUENCES AND CONTINUE TO DRINK OR USE DRUGS
✓ ALCOHOL/DRUGS PRODUCE A PLEASURABLE EVENT OR “REWARD”

✓ ALCOHOL/DRUGS ARE MISTAKENLY BELIEVED TO BE ESSENTIAL TO SURVIVAL LIKE EATING AND DRINKING WATER IN THE ADDICTED BRAIN

✓ ALCOHOL/DRUG ADDICTION SHOULD BE TREATED LIKE ANY OTHER DISEASE SUCH AS DIABETES; HYPERTENSION; HEART DISEASE ETC.
ERIN (Emergency Responders In Need)

The ERIN Program is a voluntary alcohol and other drug recovery program designed for emergency responders, including, fire, EMS, police, dispatchers, and their families.

ERIN is part of the South-West Ohio Critical Incident Management team and also provides support for affected coworkers and families.
Current Agencies Represented in the ERIN Program Development

• Southwest Ohio CISM Team
• The Alcoholism Council
• Cincinnati Fire Department
• CCAT – Center for Chemical Addictions Treatment Center
• Ohio Pharmacist’s Rehabilitation Program
• Ohio Lawyer’s Assistance Program
• Firefighters Union Local #48
• Deerfield Township FD
• Forest Park FD
• City of Montgomery PD
• Ohio Department of Public Safety – Education
The Program’s long-term goals are:

1. Establish a confidential program for emergency responders throughout Ohio

2. Encourage Ohio EMS Board to require one hour of continuing education requirement for EMS, and Fire.

3. Get other CISM teams nationwide to start similar programs.
7/06 Ohio Legislature Establishes CISM Privilege Communication

1. **Ohio Rev. Code 2317.02** Privileged communications - for critical incident stress management team member(s) or team member means an individual specially trained to provide crisis response services as a member of an organized community or local response team that holds membership in the Ohio critical incident stress management network.

2. **Ohio Rev. Code 2305.28** Immunity of Peer or professional standards committee or counseling and assistance committee of a professional organization. – just add to paragraph B “public safety service organizations” seeking sponsorship for bill July 17th.
How can I be assured of confidentiality?

• Confidentiality for those seeking help must be maintained throughout the recovery process and thereafter.

• The recovering individual may reveal circumstances as he or she sees fit.

• The recovering individual must be confident that his or her confidentiality will be respected at all times by others involved in the recovery process.

• Ohio Revised Code 2317.02 Privileged Communications
The ERIN PROGRAM CURRENTLY MEETS THE 3RD THURSDAY OF EVERY MONTH.

Location: Cincinnati Alcoholism Council, located at 2828 Vernon Place, Cincinnati, Ohio 45219. 9:30 – 11:00 AM. More information contact at the Alcoholism Council (513) 281-7880.
Families Need Help Also

• Recovery programs also focus on the problems faced by those close to an Alcoholic / Druggie

• The only person you can change is yourself

• http://www.cincinnatiafg.org/Home_Page.php
ERIN – Emergency Responders in Need
“If you choose to drink that is your business – If you want to stop – We can help”

Contact Numbers

- Alcoholism Council: 513-281-7880
  http://www.alcoholismcouncil.org/

- Alcoholics Anonymous Cincinnati: (513) 351-0422
  http://www.aacincinnati.org/

- Narcotics Anonymous Cincinnati: (513) 820-2947
  http://www.nacincinnati.com/

- ERIN: 513-563-2172
  http://www.cism-southwestohio.org/

- PEAP: 513-421-7600
  http://www.cityofcincinnati.trihealth.com/program-details/peap-your-employee-assistance-program/

- Mike Kroeger (513) 368-1373  mgkroeger@cinci.rr.com

- Dave Jennings (513) 378-0947  djjennings@zoomtown.com
DAWN
Deaths Avoided With Naloxone

Project DAWN is named in memory of Leslie Dawn Cooper, who struggled with addiction for years before dying of a witnessed opioid OD on October 3, 2009

• Portsmouth Ohio started a NPP – Naloxone Prescription Program

• New Mexico, New York, Connecticut, North Carolina, California, Illinois, Washington – all have NPPs started up and running
DAWN

• Each day, 4 Ohioans die because of drug overdose. Currently #1 cause of accidental death in Ohio

• There were 327 fatal drug ODs in 1998 growing to 1,544 annual deaths in 2010

• Nearly 2/3 (63%) ODs in 2010 involved opioids

• Drug ODs cost Ohioans $3.5 billion/year; non-fatal hospital admitted drug poisonings cost an additional $31.9 million/year
DAWN Participants are trained in:

- Recognizing the signs and symptoms of OD
- Distinguishing between different types of OD
- Performing Rescue Breathing
- Calling Emergency Medical Services
- Administering Intranasal Naloxone
What are some common opioids?

- Hydrocodone (Lorcet and Vicodin)
- Oxycodone (Percocet)
- Long acting opioids (Oxycontin, MS Contin, Methadone)
- Patches (Fentanyl)
- Other brand name opioid pain medications
  - Opana ER, Avinza, Kadian
More Information

Ohio Department of Health

Project DAWN (Deaths Avoided with Naloxone)

http://www.healthyohioprogram.org/vipp/drug/ProjectDAWN.aspx

SOLACE Ohio Chapter

http://www.youtube.com/watch?v=6q6l3JDk74s&feature=player_embedded#
http://www.youtube.com/watch?v=wniZ_NsWJms&feature=player_embedded#
http://www.youtube.com/watch?v=GBARmDzbVvE
Video – Fire Lt with Alcohol on Breath

UC Fire Science web page:
http://aerospace.ceas.uc.edu/FireScience

click CONTINUING EDUCATION

Direct Link:
http://aerospace.ceas.uc.edu/content/dam/aero/docs/fire/erin_roundtable.asx

- We deal with alcohol and drug abuse daily
- It is important to know:
  - The Disease Process
  - There are Solutions
  - We are NOT Immune to this Disease
- ERIN - If you choose to drink that is your business – If you want to stop – We can help