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Neurorestorative Healthcare: The Brain Tells us What Works

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Neurorestorative Healthcare

The Brain Tells Us What Works

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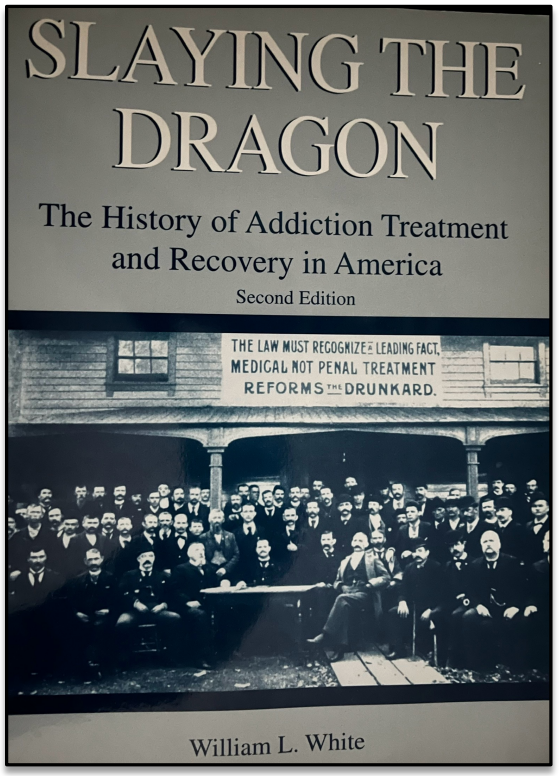
Learning Objectives

- Identify key areas of the brain impacted by substance use disorders
- Describe how today's technologies can diagnose and assess brain dysfunction
- Understand the use of brain health assessments to better target SUD treatment and how to use these to measure outcomes (healing)

Historical Overview



Early 20th Century

Mid-20th Century

1970s

1980s – 1990s

2000s - Present

- Stigmatized and Punitive
- Alcoholics Anonymous (AA)
- "War on Drugs"
- Bio*psychosocial* and CBT
- EBTs and medications

Arborists
"The Tree Surgeons"

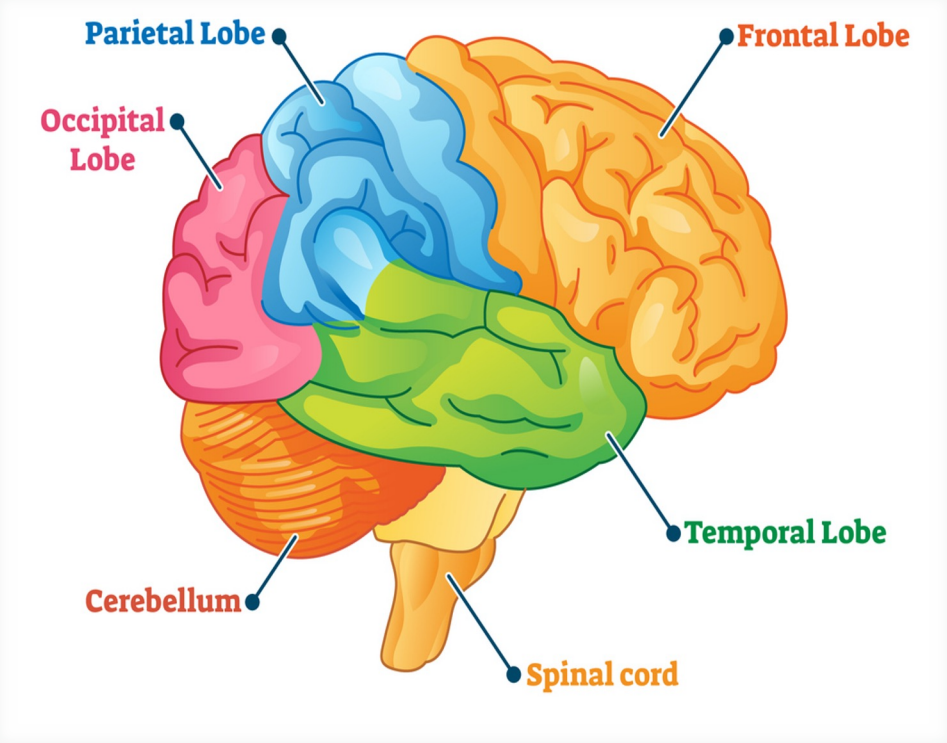
- Assessment
- Disease Diagnosis
- Determining Extent of Damage
- Developing Treatment Plan & Treat Accordingly
- Managing ongoing care
- Reassessment

What is Neurorestorative Healthcare?

- **Focusing on the Brain:**
  - Targets the primary organ of addiction - “the brain”
- **Optimizing Functionality:**
  - Focused on healing the brain and optimizing its functionality
- **Restoring Neuropathways:**
  - Restores or creates neuropathways
- **Integrating Care:**
  - Comprehensively integrates all aspects of care
- **Applying Science:**
  - Clinically applies modern neuroscience to SUD and other BHD
- **Supporting Long-Term Recovery:**
  - Supports lasting recovery

Substance Impacts on Multiple Systems: The Brain

The Lobes of the Human Brain

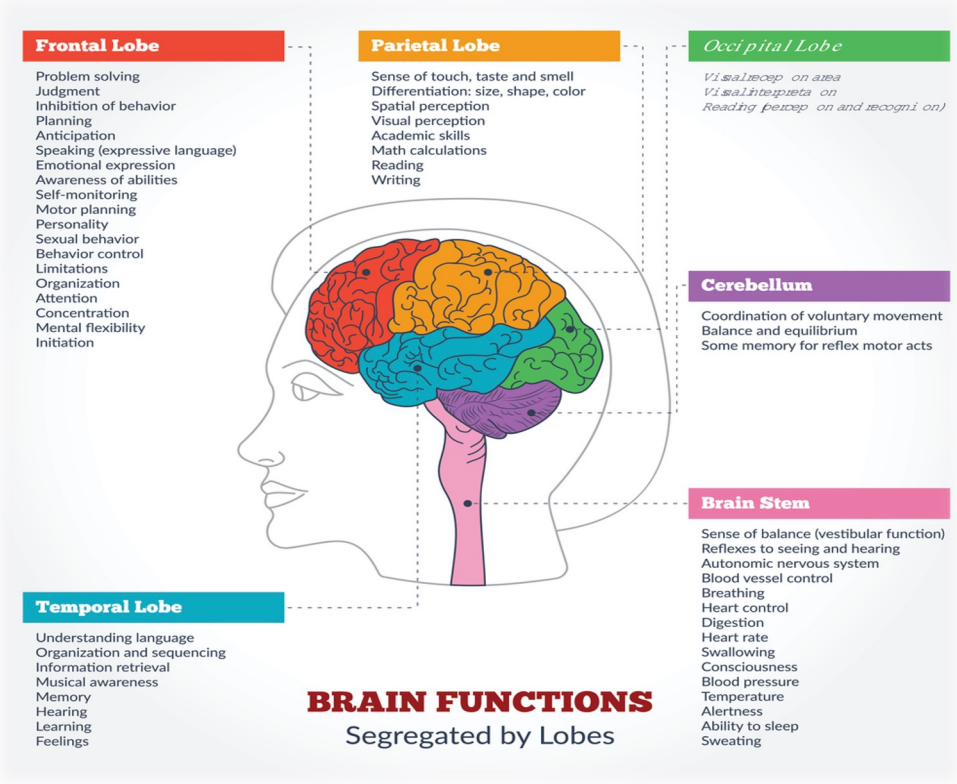


Common Regions Impacted

- *Ventral Tegmental Area (VTA):*
  - Releases dopamine, reinforcing drug use
- *Nucleus Accumbens:*
  - Central to pleasure and reward
- *Prefrontal Cortex*:
  - Governs decision-making and impulse control
- *Amygdala*:
  - Involved in emotion, affects anxiety during withdrawal
- *Hippocampus*:
  - Key in memory formation, impaired by substance use
- *Cerebellum*:
  - Affects coordination and balance
- *Brainstem*:
  - Controls vital life functions, risk in opioid use

Substance Impacts on Multiple Systems: Cognitive Functioning

What, How, and Where?



- Short & Long-term Memory
- Attention & Working Memory
- Emotional Regulation & Impulse Control
- Executive Functions "CEO":
  - Decision-making
  - Problem-solving
  - Planning & Organization
  - Judgement
- Processing Speed
- Motor Coordination
- Perception and Sensory Processing
- Verbal and Language Abilities

Substance Impacts on Multiple Systems: Mood & Emotions

Emotional & Psychological Impacts of Substance Use by Type

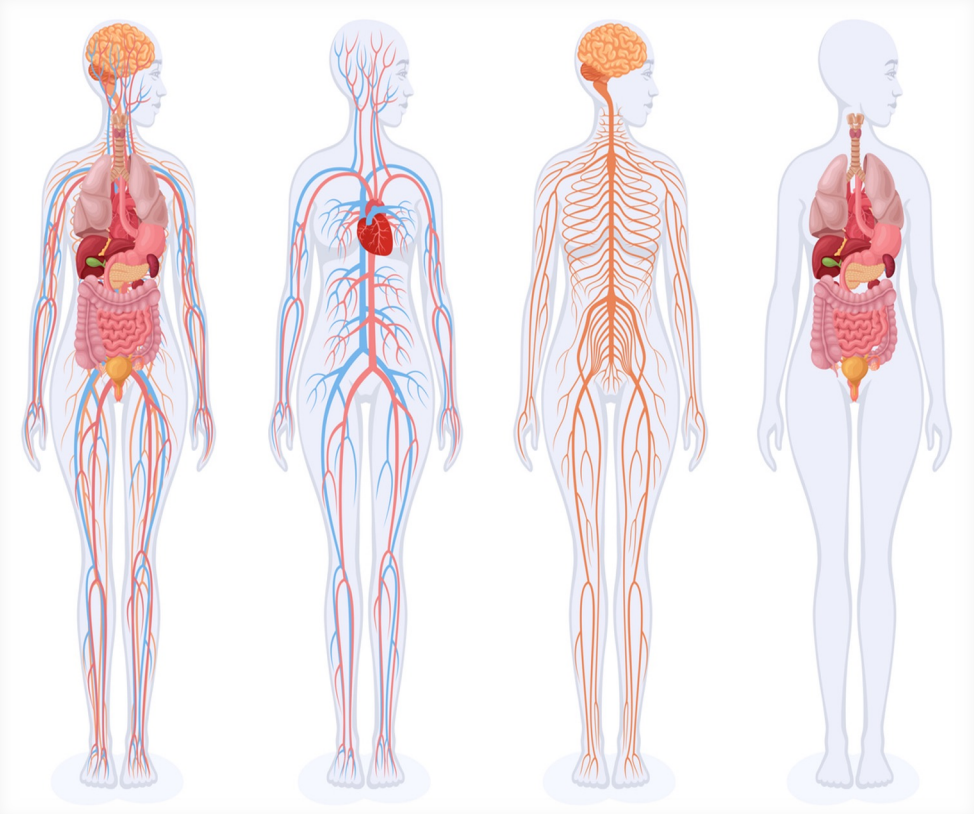
- Alcohol:
  - Depression, anxiety, mood swings, aggression
- Stimulants (e.g., cocaine, methamphetamine):
  - Increased anxiety, paranoia, euphoria, mood disturbances
- Opioids (e.g., heroin, prescription painkillers):
  - Apathy, mood instability, reduced emotional responsiveness
- Cannabis:
  - Anxiety, paranoia, euphoria, motivation loss
- Benzodiazepines:
  - Emotional blunting, mood instability, anxiety with withdrawal
- Hallucinogens (e.g., LSD, psilocybin):
  - Altered perceptions, intensified emotions, hallucinations
- Inhalants:
  - Mood swings, aggression, depression

Substance Impacts on Multiple Systems: Personality

Increased Risk for Substance Use

- Early Use:
  - Risks before personality is fully formed.
- Self-Medication:
  - To cope with emotional distress.
- Impulsivity:
  - Leads to risky behaviors including substance use.
- Social Problems:
  - Loneliness or conflict driving substance use.

Substance Impacts on Multiple Systems: The Body



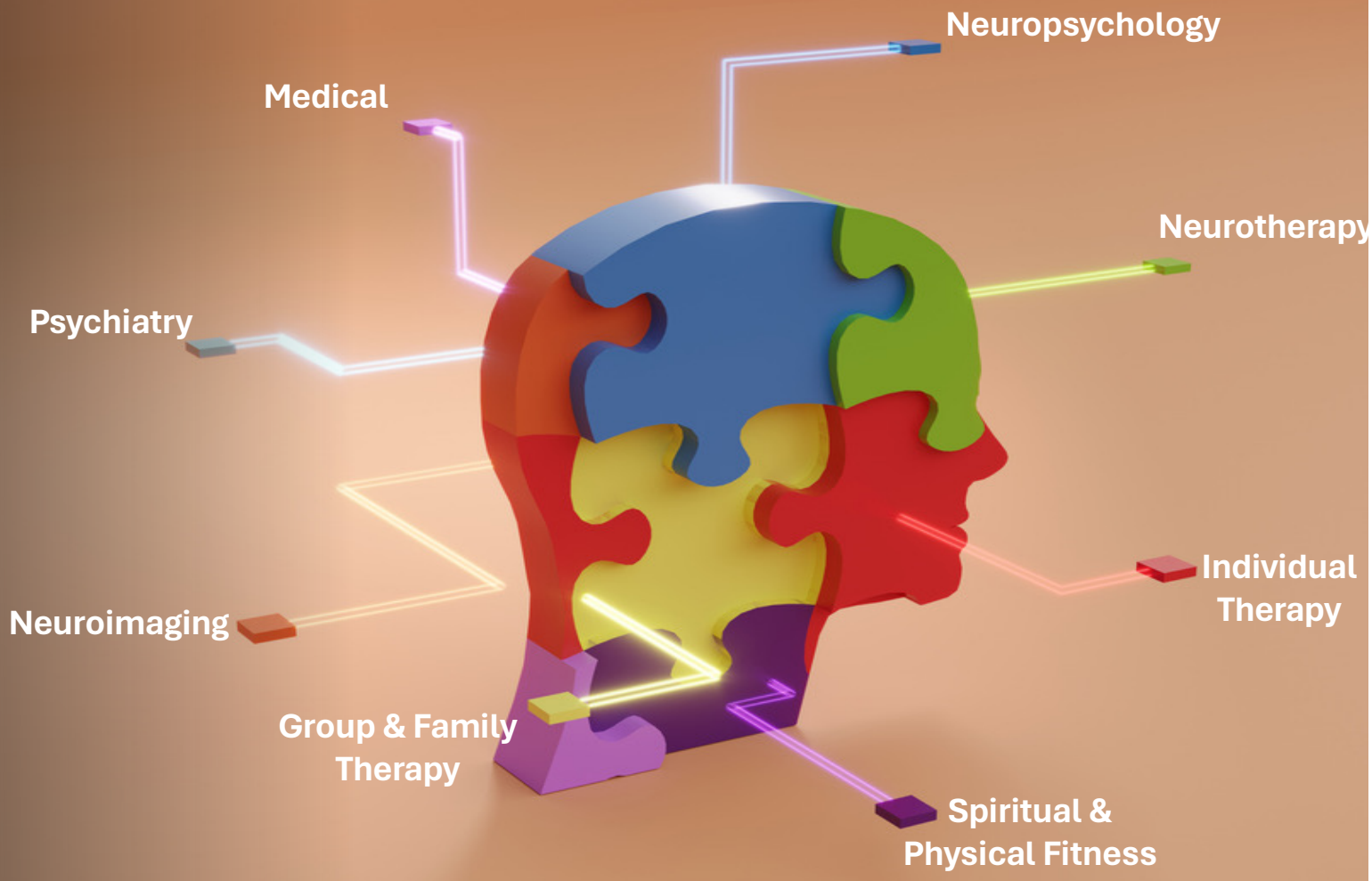
- **Cardiovascular System:**
  - Heart disease, hypertension, arrhythmias
- **Respiratory System:**
  - Lung disease, respiratory depression
- **Gastrointestinal System:**
  - Ulcers, liver disease, pancreatitis
- **Nervous System:**
  - Seizures, stroke, neuropathy
- **Immune System:**
  - Increased susceptibility to infection
- **Endocrine System:**
  - Hormonal imbalances
- **Musculoskeletal System:**
  - Muscle wasting, reduced bone density
- **Renal System:**
  - Kidney damage, failure
- **Reproductive System**:
  - Sexual dysfunction, fertility issues
- **Dermatological:**
  - Skin infections, poor wound healing

Substance Impacts on Multiple Systems: **Family Systems & Relationships**

- Marital/Partner Relationships:
  - Increased conflict, domestic violence, breakdown of trust, separation or divorce.
- Parent-Child Relationships:
  - Neglect, abuse, role reversal (children taking care of parents), emotional instability.
- Sibling Relationships:
  - Strained interactions, resentment, neglect of needs, role shifting (siblings taking on parental roles).
- Extended Family Relationships:
  - Strain due to financial support issues, legal problems, emotional distress.
- Social Relationships:
  - Isolation, loss of friendships, decreased social interaction, reputation damage.
- Workplace Relationships:
  - Decreased productivity, conflicts with coworkers, job loss.

A Neurorestorative Healthcare Model

- Detoxification
- Neuro-Integrated Assessment
- Multidisciplinary Approach to SUD Treatment
- Neural Regeneration & Rehabilitation
- Progress Monitoring
  - Objective vs Subjective Outcome Data
- Continuity of Care



Neural Regeneration & Rehabilitation

- Abstinence & Healing
  - Natural Recovery
    - Neuroplasticity
    - Neurogenesis
- Improved Health & Healing
- Proven Healing with Neurotherapies
  - Brain Training
    - Proven
      - IMPACT Study
      - ACTIVE Study
      - IHAMS Study

The Brain's Beautiful Capacity to Heal

Measuring Outcomes:

The Power of Objective & Quantifiable Data

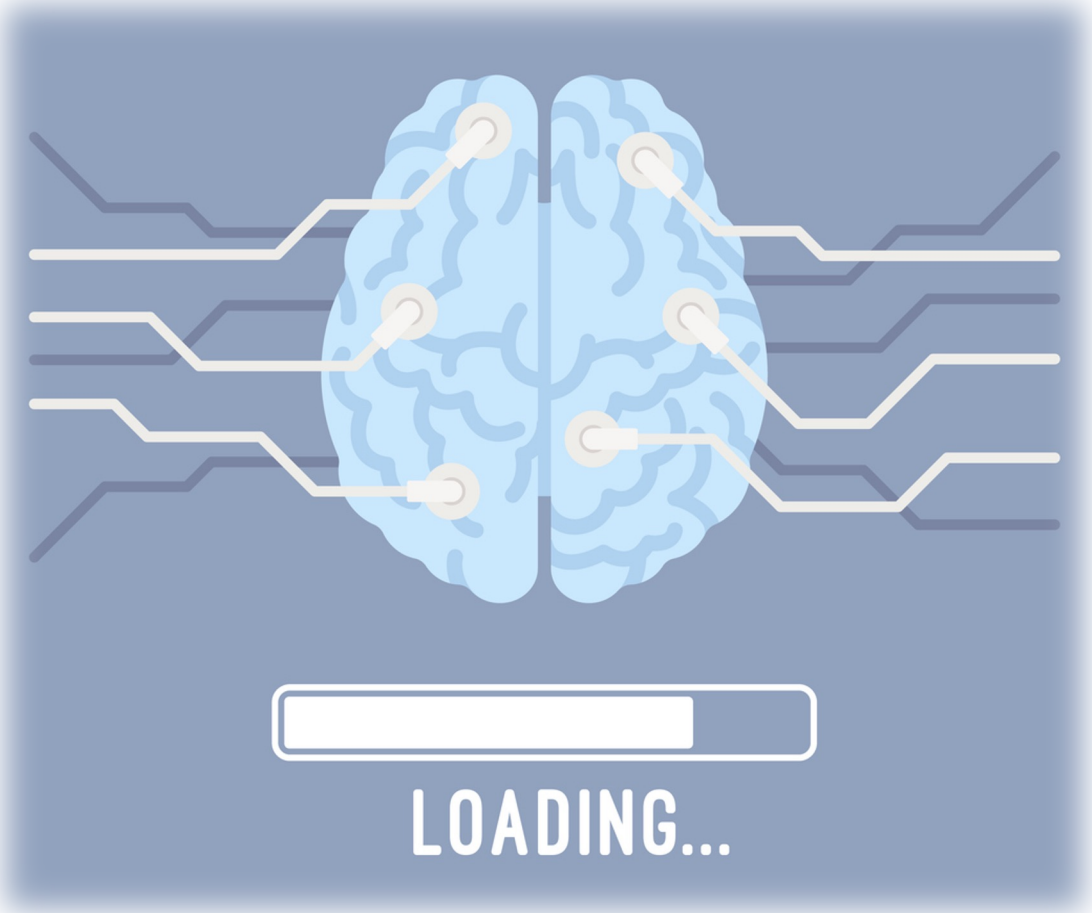
The Brain Tells Us What Works!

Subjective & Qualitative

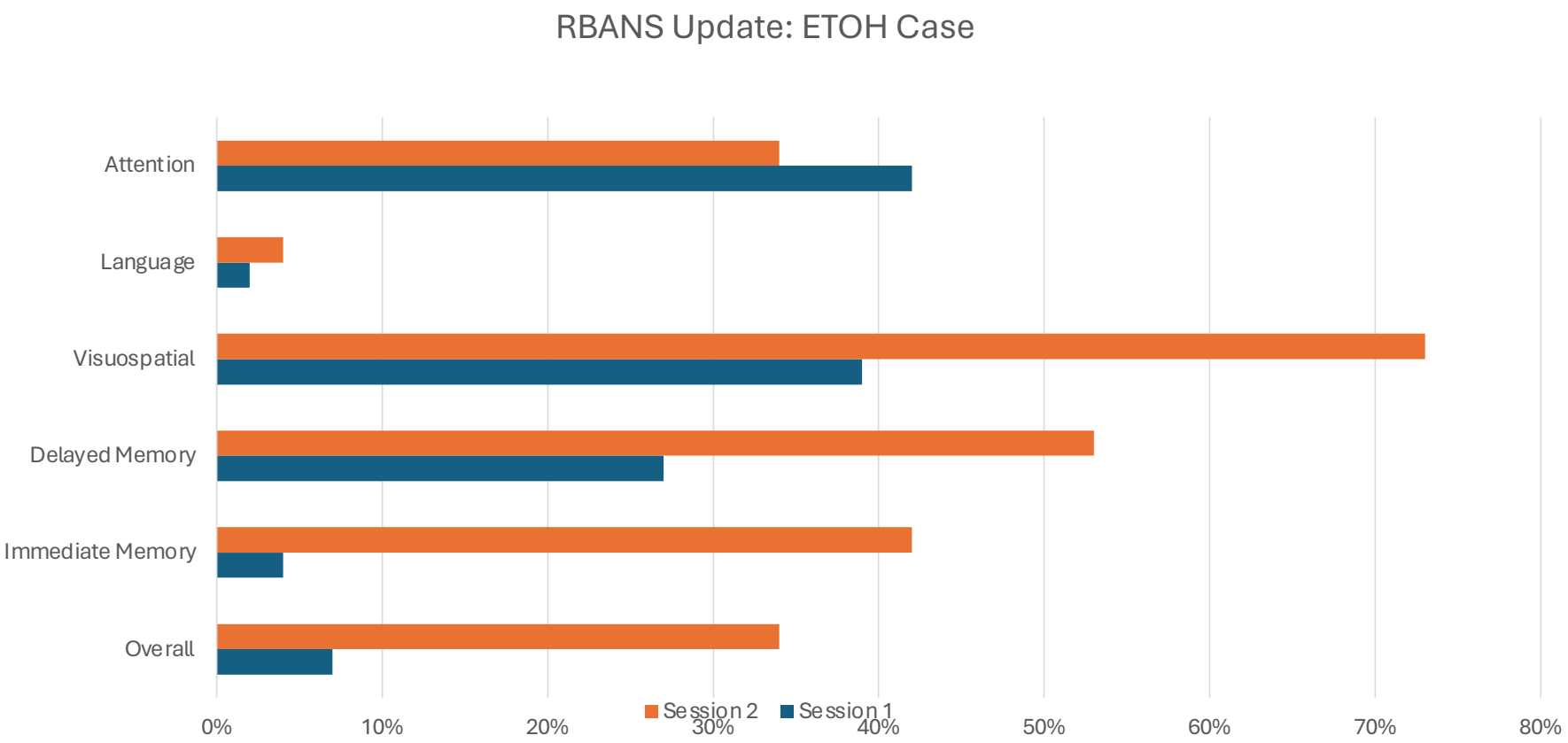
- Self-Report Measures
- Patient-Family Surveys

Objective & Quantifiable

- Neuropsychology
- Neurotherapy
- Clinical Psychology
- Neuroimaging
- Medical & Psychiatry

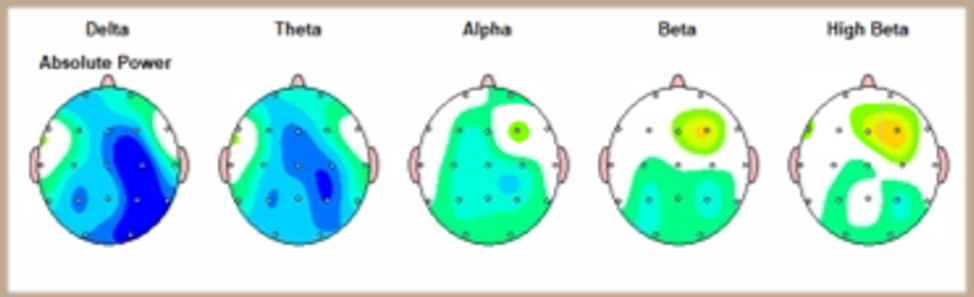


Neuropsychology:
Improvement in Cognitive Functioning



Neurofeedback Therapy:

Improvement in Brain Activity



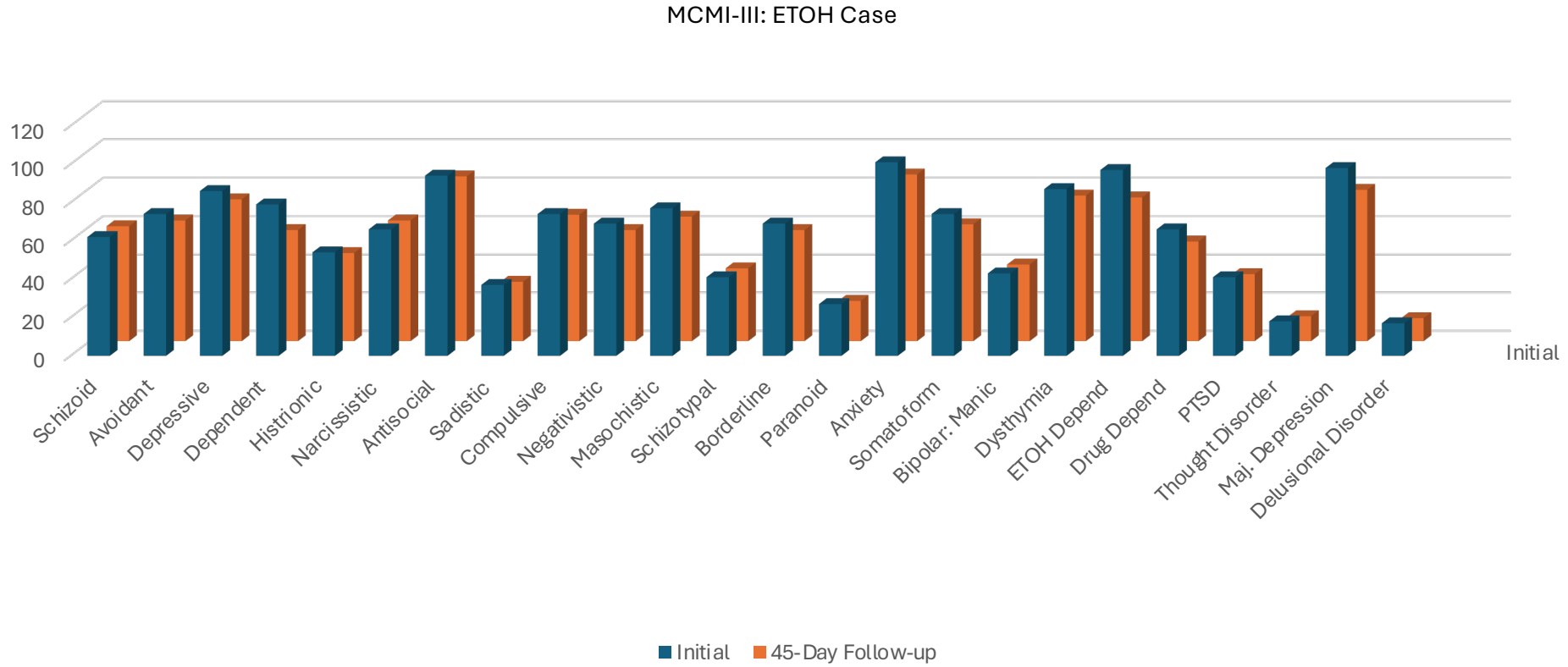
Initial NFB Session

Post 20 NFB Sessions

Individual with substance use disorder

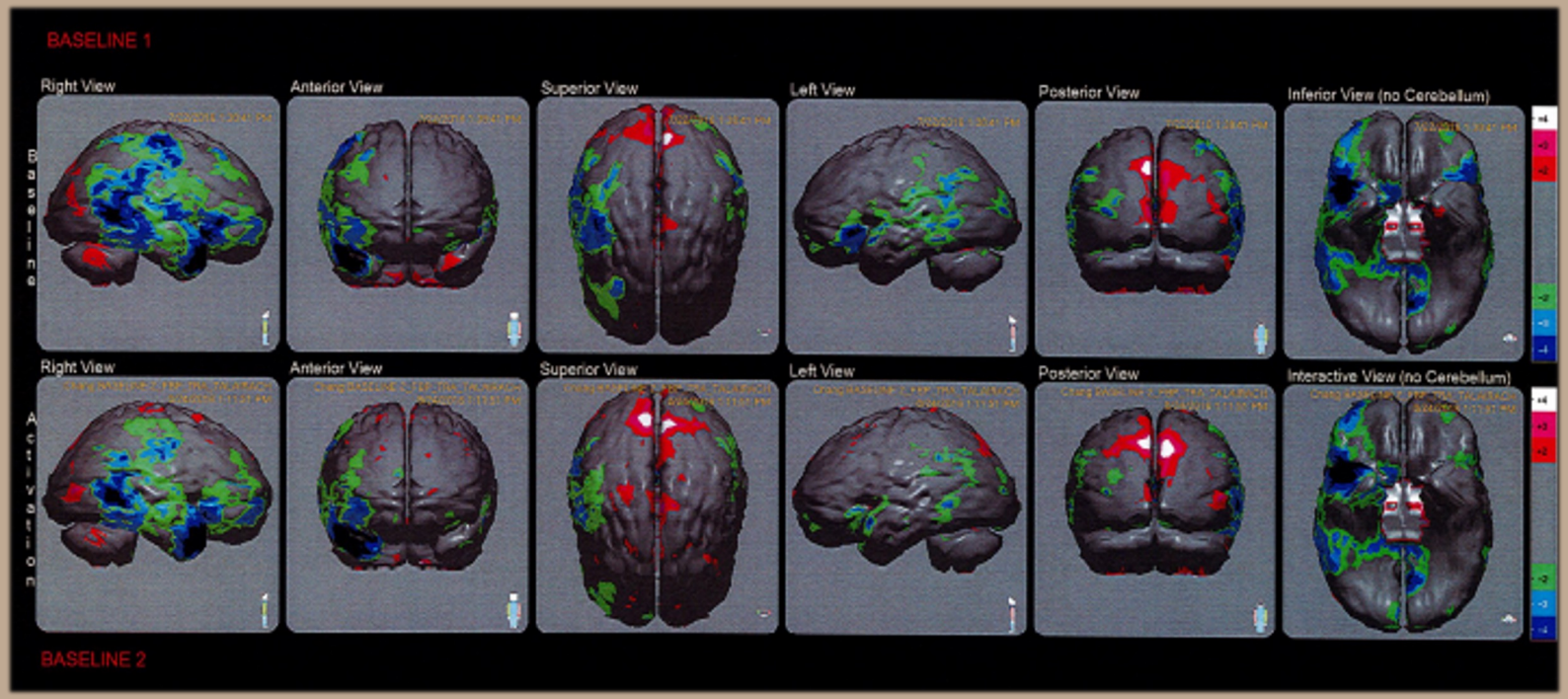
(Primary Substance: Alcohol)

Clinical Psychology:
Improvement in Psychological & Personality Functioning



Neuroimaging:

Improvement in Brain Profusion



Individual with substance use disorder

(Primary Substance: Alcohol)

“If we only treat what we **see**, we cannot achieve lasting **recovery**.”

– Dr. Amber Deckard

Thank You!

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Upcoming Sessions

12:30-2:00	CEO-to-CEO Leadership Lunch: Clinical Leadership within Business Healthcare Plaza Ballroom E
2:00-3:00	Uniting Lived and Professional Expertise To Strengthen he Continuum of Care: SAMHSA's New Federal Efforts to Expand Recovery and Prevent Overdose Plaza Ballroom A
3:00-3:45	Closing Session: Launching NAATP National 2025 Ice Cream Social & Prize Raffle Plaza Ballroom A

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