

Text to join NCJTC email list

- 1) Text NCJTC to 22828
- 2) You will receive an email
- 3) You can update preferences

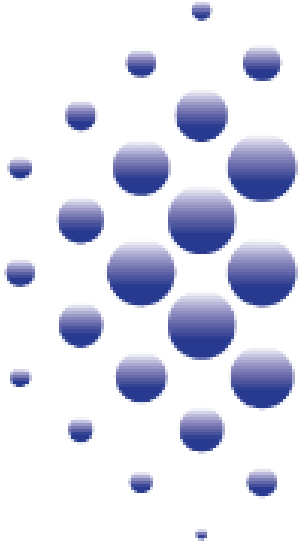
Live transcript/captions available at <https://www.streamtext.net/player?event=IASA>

Ask the Expert:

***Neurobiology of Addiction –
Beyond the Basics***

May 4, 2021

Presented by: Dr. Anjali Nandi, PhD, MAC, LAC



BJA's

Comprehensive Opioid, Stimulant, and Substance Abuse Program

Webinar Disclaimer

This project was supported by Grant No. 2019-MU-BX-K031 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

Pre-Webinar Information



Participants will be muted for the duration of the webinar.

The panelists will be taking your questions after a brief introduction. Submit your questions via the question box in the control panel.



Presentation slides, instructor bios, and corresponding resources can be found in the Handouts section of the control panel.

Live transcript/captions available at <https://www.streamtext.net/player?event=IASA>



Post-Webinar Information

- A recording of this webinar will be available in the coming weeks at www.ncjtc.org.
- A certificate of attendance will be sent to attendees within 2 weeks.
- Please complete the brief survey at the conclusion of this webinar.

**Dr. Anjali Nandi,
PhD, MAC, LAC**

Associate,
National Criminal Justice
Training Center

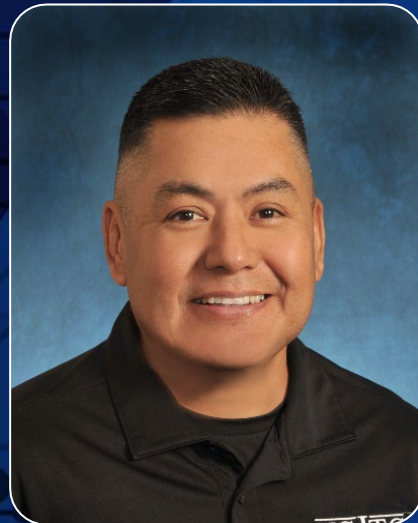
anjalinandi@hotmail.com



Kevin Mariano

Program Coordinator,
National Criminal Justice
Training Center

mariano@fvtc.edu



Greg Brown

Program Manager,
National Criminal Justice
Training Center

browngr@fvtc.edu



Justine Souto

Program Manager,
National Criminal Justice
Training Center

souto@fvtc.edu

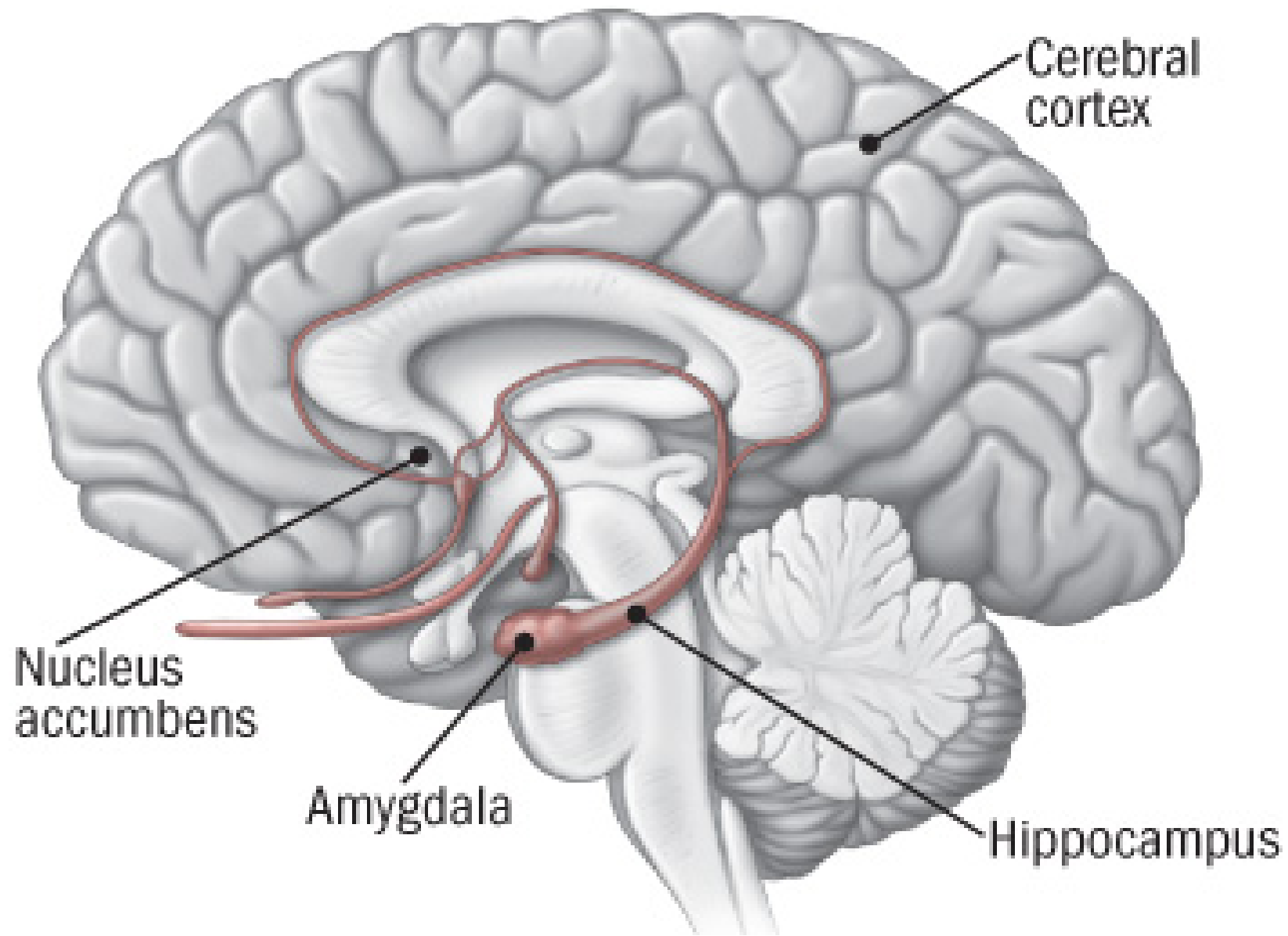
Learning Objectives

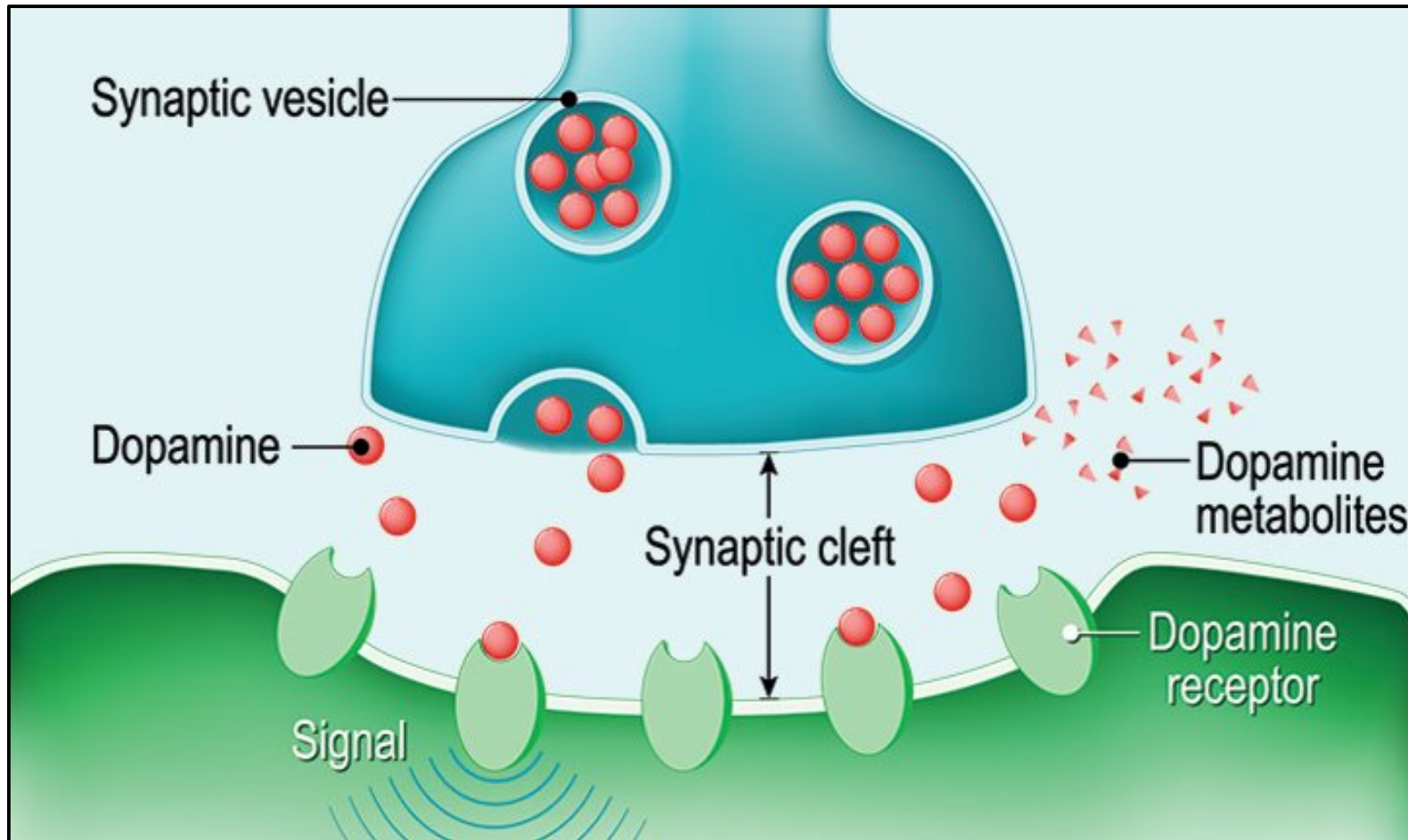
- ✓ Provide a deeper understanding of decision-making related to treatment of addiction
- ✓ Develop a deeper familiarity with the steps to building skills for long-term relapse prevention
- ✓ Implement strategies to effectively facilitate long-term behavior change out of a pattern of addiction.

A vertical rectangular image on the left side of the slide. It features a dark silhouette of a person's head and upper torso against a light blue background with a repeating geometric pattern. The person's right hand is pressed against the patterned surface.

What is Addiction?

- Treatable brain disease
- Chronic, recurring, relapsing illness
- Craving and seeking
- Persists in spite of negative consequences
- Behavior is harmful
- Diagnosable





Understanding the Impact

- Exogenous versus endogenous Dopamine
- Relative Craving

What is MAT?

Medication Assisted Treatment (MAT) is using a combination of medication and counseling to treat a substance use disorder.

MAT is more successful at treating opiate addiction than using counseling or behavioral therapies alone.

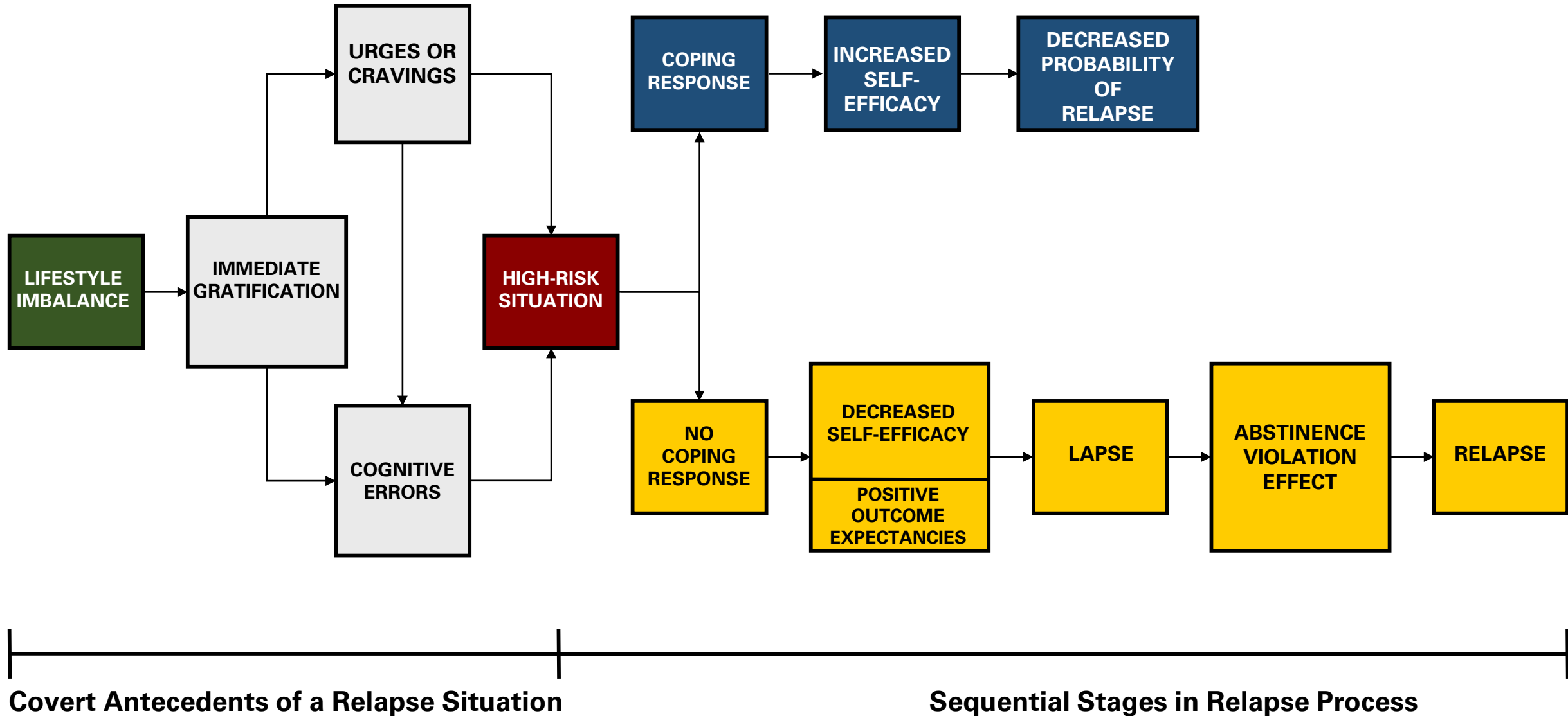
MATs

MATs are Food and Drug Administration (FDA) approved for alcohol use disorder and opioid use disorder.

FDA approved MATs for alcohol use disorder: acamprosate, disulfiram, and naltrexone

FDA approved MATs for opioid use disorder: buprenorphine, methadone, and naltrexone

Cognitive-Behavioral Model of the Relapse Process





Restructuring Thinking

1. Identify thoughts
2. Thoughts vs. feelings
3. Thought stopping
4. Challenging
5. Replacing
6. Emotional tolerance

Techniques for Emotional Management

- ✓ Emotional awareness
- ✓ Naming emotions
- ✓ Tolerating emotions (distress tolerance)
- ✓ How does the emotion inform my action
- ✓ Self-regulating techniques





Social Skills

Relational Awareness

- Cognitive empathy
- Affective empathy

Relational Management

- Conversation skills
- Conflict resolution
- Giving and receiving feedback
- Assertiveness
- Boundaries



Building Motivation

- Identify the target
- Develop productive discomfort
- Explore ambivalence
- Utilize friction
- Get client to argue for change
- Use rewards
- Celebrate successes

**Dr. Anjali Nandi,
PhD, MAC, LAC**

*Associate,
National Criminal Justice
Training Center*

anjalinandi@hotmail.com



Greg Brown

*Program Manager,
National Criminal Justice
Training Center*

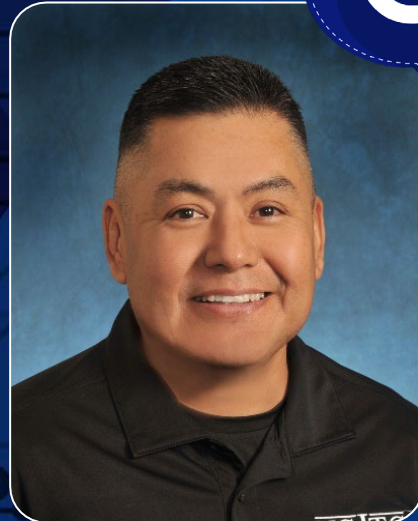
browngr@fvtc.edu



Kevin Mariano

*Program Coordinator,
National Criminal Justice
Training Center*

mariano@fvtc.edu



Justine Souto

*Program Manager,
National Criminal Justice
Training Center*

souto@fvtc.edu

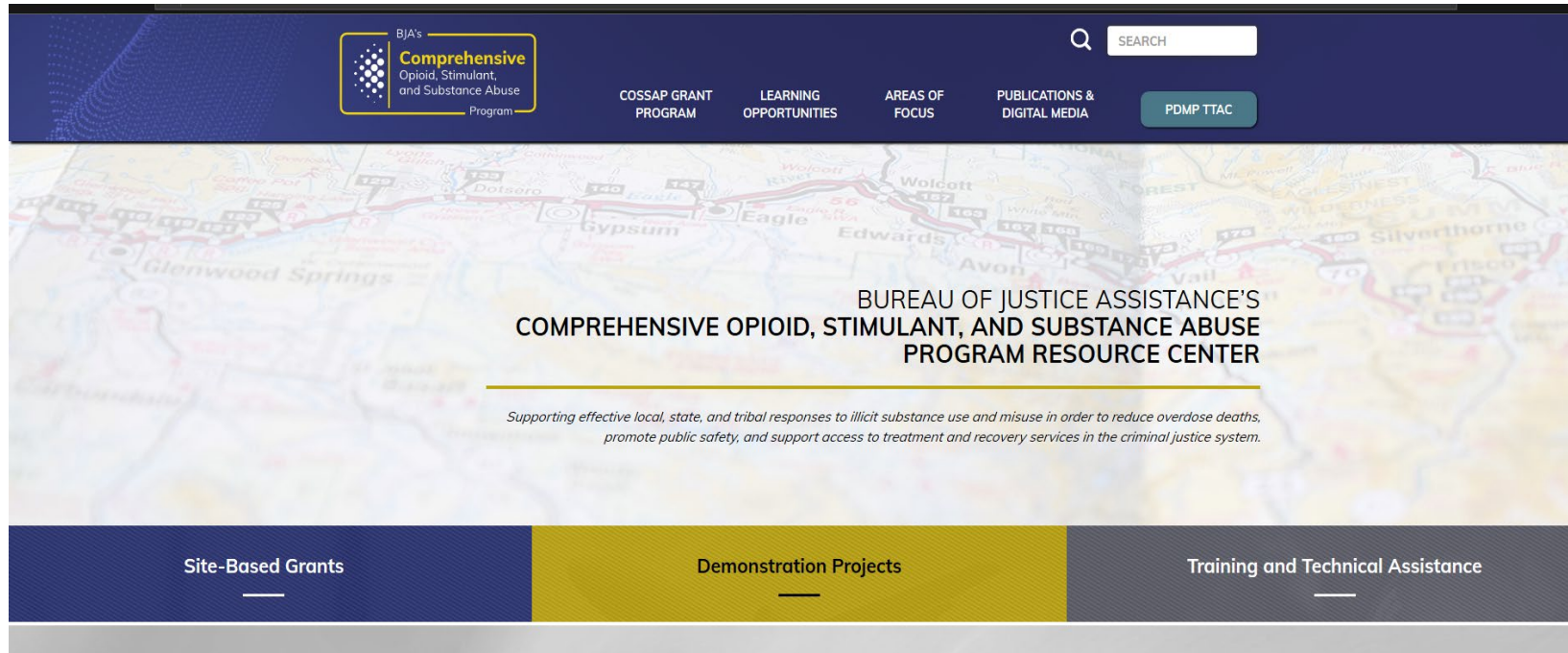
General Inquiries –

info@ncjtc.org | www.ncjtc.org | (855) 866-2582

Upcoming Training & Technical Assistance Opportunities

*Watch your inbox and visit
www.ncjtc.org/iasaptraining
to view upcoming webinars and live online
instructor-led trainings.*

Bureau of Justice Assistance's Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP) Resource Center



www.cossapresources.org

COSSAP Resources

Tailored Assistance — The COSSAP training and technical assistance (TTA) program offers a variety of learning opportunities and assistance to support local, tribal, and state organizations, stakeholders, and projects in building and sustaining multidisciplinary responses to the nation’s substance abuse crisis. ***You do not need to be a COSSAP grantee to request support.*** TTAs are provided in a variety of formats, including virtual and in-person training events, workshop and meeting presentations, and online resources. Request TTA to support your activities at <https://cossapresources.org/Program/TTA/Request>.

Funding Opportunities — Current COSSAP and complementary funding opportunities are shared at <https://www.cossapresources.org/Program/Applying>.

COSSAP Webinars — All COSSAP webinars are recorded and made available online at <https://www.cossapresources.org/Media>.

Join the COSSAP community! Send a note to COSSAP@iir.com with the subject line “Add Me” and include your contact information. We’ll be happy to ensure you receive the latest-and-greatest COSSAP opportunities, resources, and updates.



REMINDER

- A recording of this webinar will be available in the coming weeks at www.NCJTC.org.
- A certificate of attendance will be sent to attendees within 2 weeks.
- Please complete the brief survey at the conclusion of this webinar.

This presentation was produced with grant funding awarded under the Coordinated Tribal Assistance Solicitation Category 3: Responses to Alcohol and Substance Abuse and Comprehensive Opioid Abuse Training and Technical Assistance Programs provided by the Bureau of Justice Assistance, Office of Justice Program, U.S. Department of Justice.

Neither the U.S. Department of Justice nor any of its components operate, control, are responsible for, or necessarily endorse this presentation (including, without limitation, its content, technical infrastructure, policies, and any services or tools provided).

Additionally, points of view or opinions expressed are those of the presenter(s) and do not necessarily represent the official position or policies of the National Criminal Justice Training Center of Fox Valley Technical College.