



6<sup>th</sup> World Congress on

## Addiction Disorder & Addiction Therapy

August 29-31, 2017 | Prague, Czech Republic

# Keynote Forum

## Day 1

Addiction Congress 2017

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## Pierre Joseph Morais

*Scared Straight Tour, Canada*

### Fentanyl pandemic: A street level view from the worst drug infested ghetto in North America

The purpose of this presentation is to give the conference attendees some insight into how impactful the current fentanyl crisis is, and how they might prepare in future, for how it will impact them. Because Vancouver, BC's downtown eastside is the most drug-addled (and poorest) district, in North America, the impact of shifts in the drug scene has always been felt here first and most severely. Consequently, this district, the city of Vancouver, the Province of British Columbia and the Canadian government, has been both overwhelmed and quite devastated. Communities and addiction experts around the world would benefit from understanding how wide spread the crisis is here and the enormous impact it has had on the death rate due to overdoses (a 400% increase in one year. An overwhelmed emergency demand for First Responders who are unable to cope up with the proportional rise in number of emergencies (commonly up to 50 OD calls per day in a 12 block area. The therapeutic centres as well are unable to cope with this new drastic increase and changed situation with high rise demand for treatment and detoxification (no testing available for drugs like carfentanyl and W-18). The prevention services such as safe-infection sites, have had to improvise and set up tents in back alleys and parks in order to try to ensure the survival of the people who are using drugs, without knowing if they are laced with the powerful opioids we are recognizing being mixed in with other drugs today. Despite significant attempts to scramble, to try to address this crisis, they have, so far, had little success at stemming the devastation of this latest change. The presentation will also show that there is no safe street drugs anymore, and that this new trend is ushering in a major shift on the streets, which will impact all services and all levels of government, in the same way that the resurgence crystal meth did 25 years ago.

### Biography

Pierre Joseph Morais is a Certified Clinical Counsellor specializing in Addictions who holds a Master's in Counselling Psychology. He is the Founder of The Scared Straight Tour and of Morais & Associates. His work in Vancouver's downtown eastside, as well as his own recovery 30 years ago from an addiction which almost cost him his life, has given him some very refined and profound insights into addiction and trends in the drug scene that makes him a highly sought after speaker. His programs have been the subject of numerous TV and radio news cast and he has appeared on national television, talking about his views on legalizing marijuana.

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## Michelle Patterson

*University of Prince Edward Island, Canada*

### Computer based training for cognitive behavioral therapy (CBT4CBT): An innovative new substance abuse therapy for Canada

Created by Dr. Kathleen Carroll at the Yale School of Medicine, CBT4CBT is a revolutionary new substance abuse treatment program that is currently being rolled out in the United States. Introductory trials conducted among urban populations in the US have demonstrated CBT4CBT's effectiveness in providing a meaningful treatment option at moderately low cost and with lasting effects. A recent collaboration between Dr. Carroll and Drs. Juergen Krause and Michelle Patterson of the Centre for Health and Community Research (CHCR) will bring this innovative treatment program to Canada for the first time. CBT4CBT is currently being implemented and evaluated in sub-populations of high-need individuals as part of a CIHR funded pilot project and will subsequently be rolled out across Canada. The pilot program aims to determine the effectiveness of this computer-based treatment option for addiction therapy within specific rural Canadian populations through randomized controlled trials. CBT4CBT is offered at trial sites which have been selected as representative of high-needs populations who may benefit from improved addiction treatment options and support. The trial populations include First Nations, youth (age 18-24 years), post-secondary students, individuals maintained on methadone, and individuals transitioning out of inpatient facilities. Preliminary results from each of these populations will be discussed. A larger-scale implementation of CBT4CBT across Canada will offer an innovative and in-demand therapeutic option for individuals struggling with substance abuse. A roll-out plan for the implementation of CBT4CBT across Canada is under development, and a list of priority revisions and enhancements for future iterations the program is being established.

### Biography

Michelle Patterson has been the CHCR's Research Project Manager since 2014. She received her PhD in Medical Physics from UPEI and also serves as Adjunct and Graduate Faculty in the UPEI Department of Biomedical Sciences. She is responsible for facilitating the formation of new national and international collaborations, developing multiple research projects, and applying for funding grants. She oversees and manages all research projects conducted by the CHCR and is responsible for the development and enhancement of all new and current projects.

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## *Abd Halim Mohd Hussin*

*National Anti Drug Agency, Malaysia*

### Post-modernism counseling in treating addictive disorder: From obstacles to optimism

Traditional addicton counseling became accustomed with the assessment of clients' past life, where they may have failed, and the focus of counseling interventions tend to be surrounded on investigating "why" the clients have continued to 'relapse' back to a drug-involved lifestyle. The repeated conversation on causes of problems and failures about the clients can often be self-fulfilling. When a counselor reviews a client's history, a mind-set develops about the client. If the mind-set is about client being resistant, reluctant, and defensive, the client action will be regarded in that fashion regardless of their behavior. This mind-set can be a form of sabotaging the client treatment even before it has begun. Post-modernism counseling moves away from this paradigm. With that being said, a post-modernist counselor posits that drug addicts' being reluctant and defensive are something constructed in the session using language between the counselor and the client. That means, solution is also can be constructed in the session. Viewing clients from solution-oriented could benefit clients with addictive disorder. The purpose of this study is to describe the use of post-modern ideas in addiction counseling in treating clients with addictive disorder at a residential setting in Malaysia. Methodology and Theoretical Orientation: A case study is presented to illustrate the use of post-modern ideas in addressing hope and solutions in a drug addict client. The guidelines of post-modernism counseling is adhered to Solution-Focused Brief Therapy (SFBT). Findings: this study indicated a significant reduction in dysfunctioning behavior and improvement in psychological well-being. Conclusion and Significance. The positive outcomes from this study calls for support to further investigate the use of post-modern ideas in addicton counseling. The underlying theoretical rationale of SFBT, such as being a brief therapy and a focus on strength, can be part of an effective and cost-efficient strategy to treat clients with addicitive disorder.

### Biography

Abd Halim Mohd Hussin is currently the Director General of National Anti-Drugs Agency, Malaysia under the Ministry of Home Affairs, Malaysia. He earned his first degree in counselling from UPM, Malaysia and Master's Degree in counselling from Indiana University, Bloomington, USA. He is currently the President of Malaysian Counselling Association, Fellow Researcher at Asian Centre For Research On Drug Abuse and Fellow Executive of Malaysia-Indonesia Counselling Association.

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## Ahmed Elkashef

*National Rehabilitation Center, UAE*

### Pharmacological treatments for Addictive Disorders

Alcohol and illicit substances' addiction pose a major public health and economic burden on societies worldwide. Approved medications are available for alcohol (disulfiram, naltrexone and acamprosate) and opiates addiction (methadone, buprenorphine and naltrexone). Currently, there are no approved pharmacological treatments for stimulants or cannabis addictions. Psychotherapeutic interventions remain the main way of treatment; however, high rates of relapse make the process of finding effective medications an urgent task. Recently few medications have been showing positive signals for cannabis withdrawal and for both cocaine and methamphetamine addiction. Modafinil (provigil), topiramate (topamax), disulfiram (antabuse) and bupropion (zyban/wellbutrin) are four such promising medications for stimulant dependence. Buspirone (buspar), nefazadone and marinol are promising for cannabis withdrawal. Recently, advances in immunotherapy led to the development of vaccines and monoclonal antibodies against addictive drugs; most promising of them are nicotine and cocaine. An overview of available medications for addiction will be presented as well as data from clinical studies of other promising medications.

### Biography

Ahmed Elkashef is an Addiction Psychiatrist Board Certified in General Psychiatry and Addiction Medicine. He completed his Internship and Residency Training in Psychiatry in 1990 at the University of South Carolina and the University of Maryland, followed by Neuropsychiatry Fellowship at the National Institute of Mental Health, Neuropsychiatry branch in 1992, where he stayed on as a Senior Staff Fellow till 1996. In 1997, he moved to the National Institute on Drug Addiction (NIDA) as the Chief of the Clinical Trials branch in the division for Medications Development till 2010. In 2011, he joined the National Rehabilitation Center in Abu Dhabi as the Head of Research and Studies section. He is also an Assistant Professor of Psychiatry at George Washington School of Medicine. His research focus and publications are in addiction, psychopharmacology and neurobiology of mental illness. He has published extensively in peer reviewed journals and authored many book chapters and scientific reviews.

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## Erry Wijoyo

*Kapeta Foundation and University of Indonesia, Indonesia*

### **The good behavior game - a universal classroom behavior management method to reduce aggressive and disruptive behavior as contributing factors for initial substance use on adolescent**

Study of human temperament stated that a person with disruptive and aggressive behavior in the middle childhood or early adolescence has been shown to be more vulnerable to develop substance use behaviour in later life. Such behavior has been identified mostly in the classrooms at school. The good behavior game (GBG) is an evidence-based classroom-wide, teacher-implemented intervention that aims to improve classroom behavior by reducing off-task and aggressive, disruptive behavior, and/or increase appropriate behavior. This method will help and promote the adolescent about the good role of a student and develop new sets of skills. These procedures basically involves identifying target behaviors, posting rules, identifying reinforcers, dividing classes into two equal teams, identifying rule violators by name and stating their infractions, debiting public team for infractions, and awarding daily and weekly prizes to the team with the least infractions. Many researches have shown that the GBG is an effective way to prevent initial substance use behavior in the school settings. This study method was conducted in the School of Kak Seto Indonesia for 30 to 60 min per day depending on the school schedule for up to 3 months. The entire study involved an initial adaptation period, including training for teachers and mentors, followed by a follow-up phase. This study may be considered as the first evidence-based approach for school-based drug prevention program that was applied in Indonesia, since the scare tactics and direct inoculation were still common techniques that are being used in most of the schools in Indonesia.

### **Biography**

Erry Wijoyo is the Director of Kapeta Foundation, a non-profit organization for substance use disorder and HIV-AIDS programme. He is one of the first and also the few in Indonesia who has credentials as an International Certified Addiction Counselor and Therapist. He is also one of Indonesia's National Trainer for Universal Treatment Curriculum of Colombo Plan.

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## Wai Kwong TANG

*The Chinese University of Hong Kong, Hong Kong*

### Ice induced Psychosis: A literature review

**Background and objectives:** To identify the risk factors, frequency, symptoms, pathomechanism and treatment of IIP through a comprehensive literature review.

**Main outcome measures:** The first author screened the titles and abstracts of all 288 records. One hundred and two studies that do not meet the eligibility criteria. Full-text version of the remaining 186 articles (151 original articles and 35 review articles) were then screened by the principal investigator. After this screening, 14 original articles and 3 review articles were excluded, leaving 169 articles (137 original articles and 32 review articles).

**Results:** Psychotic symptoms are common amongst Ice users, the frequency of any psychotic symptoms ranged from 16% to 81%, with a median of 78%. The prevalence of IIP ranged from 24% to 76%, the median of prevalence of IIP is 42%. The most frequently reported symptoms of IIP are delusions of persecution and auditory hallucinations.

**Conclusions:** Long-term studies that track the Ice users for a decade or more are necessary to collect sufficient evidence to understand the relationship between Ice use and the development of IIP.

### Biography

Wai Kwong TANG was appointed as professor in the Department of Psychiatry, the Chinese University of Hong Kong in 2011. His main research areas are Addictions and Neuropsychiatry in Stroke. He has published over 100 papers in renowned journals, and has also contributed to the peer review of 40 journals. He has secured over 20 major competitive research grants. He has served the editorial boards of five scientific journals. He was also a recipient of the Young Researcher Award in 2007, awarded by the Chinese University of Hong Kong.

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## Wai Kwong TANG

*The Chinese University of Hong Kong, Hong Kong*

### Evidence of brain damage in chronic ketamine users – A brain imaging study

**Background and objectives:** The objectives of this study were to ascertain the pattern of grey and white matter volume reduction and regional metabolic and activation abnormalities in chronic ketamine users, and to evaluate the correlations between these brain abnormalities and cognitive impairments in chronic ketamine users in Hong Kong.

**Design:** Cross-sectional observational study.

**Setting:** Counselling Centre for Psychotropic Substance Abusers in Hong Kong.

**Participants:** One hundred and thirty-six participants were recruited from October 2011 to April 2014. The participants were divided into two groups: ketamine users (79) and healthy controls (57).

**Main outcome measures:** All of the participants underwent magnetic resonance imaging of the brain.

**Results:** Many of the participants in the ketamine group also frequently used cocaine and cannabis. Among the ketamine users, 12.6% were diagnosed with a mood disorder and 8.9% with an anxiety disorder. The participants in the ketamine group had worse performance than the healthy controls on tests of general intelligence, verbal, visual and working memory and executive functioning. In terms of grey matter volumes, the right orbitofrontal cortex, right medial prefrontal cortex, left and right hippocampus and possibly the left orbitofrontal cortex were smaller in the ketamine group. A functional connectivity examination of the default mode network revealed significantly decreased connectivity in the medial part of the bilateral superior frontal gyrus, left middle frontal gyrus, bilateral gyrus rectus, left superior temporal pole, left inferior temporal gyrus, bilateral angular gyrus and bilateral cerebellum crus II in the ketamine group.

**Conclusions:** Longitudinal or prospective studies would help to strengthen the evidence on the reversibility of the structural and functional brain damage caused by ketamine.

### Biography

Wai Kwong TANG was appointed as professor in the Department of Psychiatry, the Chinese University of Hong Kong in 2011. His main research areas are Addictions and Neuropsychiatry in Stroke. He has published over 100 papers in renowned journals, and has also contributed to the peer review of 40 journals. He has secured over 20 major competitive research grants. He has served the editorial boards of five scientific journals. He was also a recipient of the Young Researcher Award in 2007, awarded by the Chinese University of Hong Kong.

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