



**Athletes and Substance Use Disorders**

Cody Adams, MA, LADC  
6.27.19

Hazelden Betty Ford Foundation

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**CODY ADAMS, MA, LADC**

**Addiction Counselor**  
Hazelden Betty Ford Foundation

Cody is a graduate of the Hazelden Betty Ford Foundation Graduate School of Addiction Studies and has worked across different levels of care within the addiction treatment field and is currently a Men's Outpatient Counselor with a special interest working with young adult males, helping to foster growth and awareness, along with healthy recovery support systems.

Cody can be reached at [CAdams@HazeldenBettyFord.org](mailto:CAdams@HazeldenBettyFord.org)  
Phone: 651-292-2416

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70 YEARS OF HOPE & HEALING

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**WORLD'S LEADING NONPROFIT ORGANIZATION SINGULARLY DEDICATED TO COMBATING ADDICTION TO ALCOHOL AND OTHER DRUGS**

With a full continuum of services, including:

- Recovery Services
- Research
- Higher Education
- Publishing
- Prevention
- Advocacy

**NATIONAL SYSTEM OF CARE**

- 17 Locations, including 12 Outpatient Centers
- 800 Residential Beds
- 1,550 Mission Focused Employees
- Provided Healing and Hope to Over 23,000 Patients and Families in 2018

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## The Disease of Addiction

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## Definition

"Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors." (ASAM, 2011)

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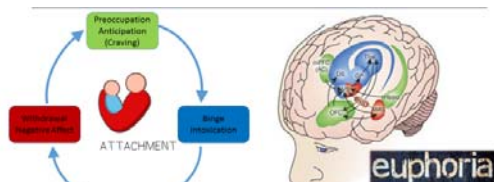
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## Neurobiology of Addiction



Adapted from: Koob GF, Lloyd GK, Meunier BJ (Nat Rev Drug Discov 2009) and Koob GF, Volkow ND (Neuropsychopharmacology 2010)

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### Signs & Symptoms of Use

- Changes in social circle
- Mood
- Motivation
- Sleep
- Isolation
- Over or under active
- Dilated pupils
- Rhinorrhea

- Malnourishment
- Change in eating habits
- Irritability
- Defensiveness
- Missing work/ school/ practice
- Blame
- Rationalizing
- Denial

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### Signs & Symptoms of Withdrawal

**Alcohol & Sedatives**

- Tremors
- Seizures
- Insomnia
- Nausea
- Anxiety
- Restlessness
- Increased depressive symptoms
- Sweating
- Pulse increase

**Cannabis**


- Irritability
- Anger
- Anxiety
- Sleep issues
- Increased appetite
- Weight loss
- Restlessness
- Depressed mood

**Stimulants**

- Dysphoric mood
- Fatigue
- Vivid, unpleasant dreams
- Insomnia
- Increased appetite
- Psychomotor issues

**Opioids**

- Dysphoric mood
- Stomach issues
- Muscle aches
- Rhinorrhea
- Flu-like symptoms
- Diarrhea
- Sleep issues

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### Impact on Athletes

- Decreased performance
- Increased length of recovery time from injury
- Missed practices and games
- Injury
- Increased mental health concerns

- Decreased concentration and focus
- Psychomotor retardation
- Headaches
- Increased health concerns

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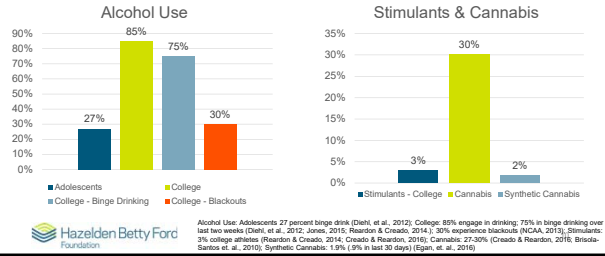
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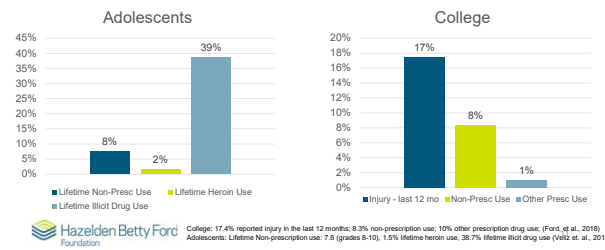
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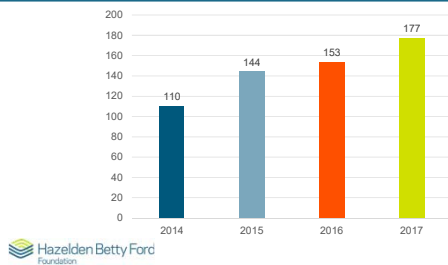
## Prevalence of Use in Athletes Alcohol | Stimulants | Cannabis



## Prevalence of Use in Athletes Opioids



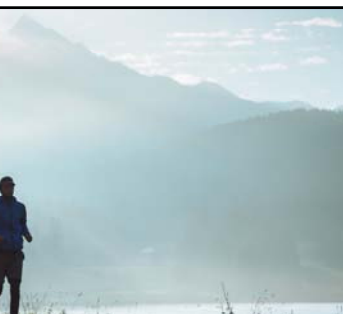
## Overdose Deaths in Hennepin County




## THERE IS HOPE

### Treatment Options

- Assessments
- Hospital/ Detox (ASAM 4)
- Residential/ Inpatient Services (ASAM 3.1-3.7)
- Partial Hospitalization/ Intensive Outpatient (ASAM 2.1-2.5)
- Outpatient (ASAM 1.0)





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## Recovery Support and Resources

- Psychosocial treatment
- Mutual- help programs
  - AA, NA, Wellbriety, SMART, Celebrate Recovery, etc..
- Medication-assisted treatment
  - Disulfiram, Methodone, Buprenorphine, Naltrexone, Acamprosate



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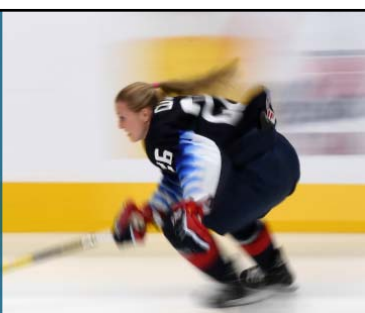
REACH OUT TODAY.  
WE'RE HERE FOR YOU  
AND YOUR PATIENTS.

**HazeldenBettyFord.org**  
**1-855-348-7018**

THANK YOU!



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