

SB 660

Alan Johnson, Comments



SB660 Appropriation: Drug and Alcohol Treatment. Appropriates funds for statewide drug and alcohol treatment.

- ✚ SENATE COMMITTEE ON HEALTH: Senator Green, M.D. Chair; Senator Baker, Vice Chair
- ✚ Monday, Jan. 28, 2012; 1:15 p.m.
- ✚ Conference Room 229

HAWAII SUBSTANCE ABUSE COALITION Supports SB660

GOOD MORNING CHAIR GREEN, VICE CHAIR BAKER AND DISTINGUISHED COMMITTEE MEMBERS. My name is Alan Johnson. I am the current chair of the Hawaii Substance Abuse Coalition (HSAC), a statewide hui of more than twenty non-profit treatment and prevention agencies.

Significant funds were reduced for treatment during the last recession. Since there are only about 20 treatment centers left in Hawaii, almost all programs carry extensive waitlists due to limited resources.

Substance use disorder treatment reduces costs. Extensive studies have proven in recent years that treatment saves \$4 in health costs for every \$1 spent on treatment. When considering other costs, treatment saves \$7 in criminal justice and health costs for every \$1 spent on treatment. Moreover treatment is estimated to save 50 cents on the dollar for the first year of treatment compared to incarceration.

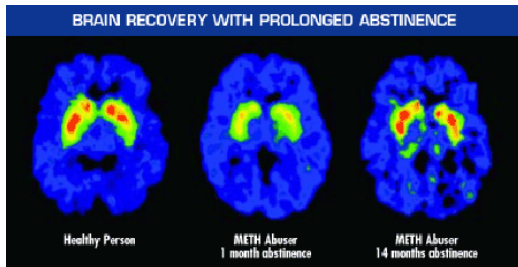
Can addiction be cured?

Not for most people who have chronic dependence. However, addiction need not be a life sentence. Like other chronic diseases, addiction can be managed successfully. Treatment enables people to counteract addiction's powerful disruptive effects on brain and behavior and regain control of their lives.

Can addiction be treated successfully?

Yes. Addiction is a treatable disease. Research shows that behavioral therapy combined with treatment medications, where available, is the best way to ensure success for most people seeking recovery.

Source: The Journal of Neuroscience, 21(23):9414-9418. 2001
These images of the dopamine transporter show the brains' remarkable potential to recover, at least partially, after a long abstinence from drugs - in this case, methamphetamine.²⁶



Treatment must address the whole person.

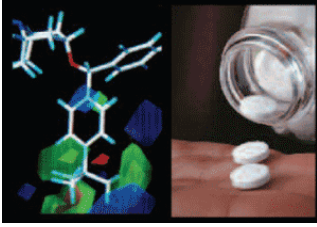
Getting an addicted person to stop abusing drugs is just one part of a long and complex recovery process. When people enter treatment, addiction has often taken over their lives. The compulsion to get drugs, take drugs, and experience the effects of drugs has dominated their every waking moment, and drug abuse has taken the place of all the things they used to enjoy doing. It has disrupted how they function in their family lives, at work, and in the community, and has made them more likely to suffer from other serious illnesses.

Because addiction can affect so many aspects of a person's life, treatment must address the needs of the whole person to be successful. This is why the best programs incorporate a variety of rehabilitative services into their comprehensive treatment regimens. Treatment counselors select from a menu of services for meeting the individual medical, psychological, social, vocational, and legal needs of their patients to foster their recovery from addiction.



- **Cognitive Behavioral Therapy.** Seeks to help patients recognize, avoid, and cope with the situations in which they are most likely to abuse drugs.
- **Motivational Incentives.** Uses positive reinforcement such as providing rewards or privileges for remaining drug free, for attending and participating in counseling sessions, or for taking treatment medications as prescribed.
- **Motivational Interviewing.** Employs strategies to evoke rapid and internally motivated behavior change to stop drug use and facilitate treatment entry.
- **Group Therapy.** Helps patients face their drug abuse realistically, come to terms with its harmful consequences, and boost their motivation to stay drug free. Patients learn effective ways to solve their emotional and interpersonal problems without resorting to drugs

NEW DEVELOPMENT: Medications help treat drug addiction



New drugs are now available to help the treatment of addiction.

As a result of scientific research, we know that addiction is a disease that affects both brain and behavior. Addiction is a treatable disease. Discoveries in the science of addiction have led to advances in drug abuse treatment that help people stop abusing drugs and resume their productive lives. We appreciate the opportunity to provide testimony and are available for questions.



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To: The Hawai'i State Senate Committee on Health
Re: SB660

To: The Honorable Senator Green and the members of the committee.

Aloha,

The Community Alliance for Mental Health along with United Self Help strongly support SB 660. Combatting substance abuse will be a necessary part in the transformation of the delivery of health care to one of our State's most vulnerable populations.

Mahalo,

Robert Scott Wall
Vice-President