



National Council for Hospice and Palliative Professionals

BEREAVEMENT PROFESSIONAL SECTION

NCHPP: What is it?



- NCHPP is a collaborative of 15 discipline specific professional sections advancing end-of-life care within their disciplines.
- NCHCPP's on-line resources, forums and networking will help you grow professionally, find new solutions, contribute to the field, and elevate the national profile of your program.

My.NHPCO



- Professional communities
- Discussion Posts
- Monthly Chats
- Library entries
- Blog

Please contact us...



- if you have questions about membership
- if you have topics you would like us to discuss
- if you would like a mentor
- if you would like to become a section committee member

Drugs, Alcohol and Grief



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Drugs, Alcohol and Grief



- **When someone dies from an overdose or substance use**
- **When someone who is grieving is in treatment or recovery from substance use**

Statistics



- 40 million Americans ages 12 and older have substance problems. Addiction and substance abuse affect more Americans than heart conditions, diabetes or cancer
- Another 80 million people engage in risky use of addictive substances in ways that threaten safety, but do not meet the clinical criteria for this disease
- Addiction is a developmental disease: more than 90% of people with a substance problem began smoking, drinking or using other drugs before age 18; more than 96% began using these substances before the age of 21
- 1 in 4 Americans who began using any addictive substance before age 18 has a substance problem, compared to 1 in 25 Americans who started using at age 21 or older

Opiates (CDC)



- Of the 21.5 million Americans 12 or older that had a substance use disorder in 2014, 1.9 million had a substance use disorder involving prescription pain relievers and 586,000 had a substance use disorder involving heroin.
- Drug overdose is the leading cause of accidental death in the US, with 47,055 lethal drug overdoses in 2014. Opioid addiction is driving this epidemic, with 18,893 overdose deaths related to prescription pain relievers, and 10,574 overdose deaths related to heroin in 2014.



- From 2000 to 2014 nearly half a million people died from drug overdoses. 78 Americans die every day from an opioid overdose.
- Four in five new heroin users started out misusing prescription painkillers.
- 94% of respondents in a 2014 survey of people in treatment for opioid addiction said they chose to use heroin because prescription opioids were “far more expensive and harder to obtain.”



WHEN A LOVED ONE DIES FROM AN OVERDOSE OR SUBSTANCE USE

Prevalent emotions after an overdose death



- Feeling the death was avoidable or preventable
- Guilt
- Shame
- Blame
- Stigma and isolation
- Fear and anxiety

What helps the bereaved



- Accepting the role of substances in the death
- Finding a form of expression of feelings and emotions
- Understanding addiction
- Asserting oneself and/or avoiding unhelpful friends and family



**WHEN THE BEREAVED
ARE IN TREATMENT OR
USING**



“Addiction is a family disease..”

**“One person may use, but the
whole family suffers”**

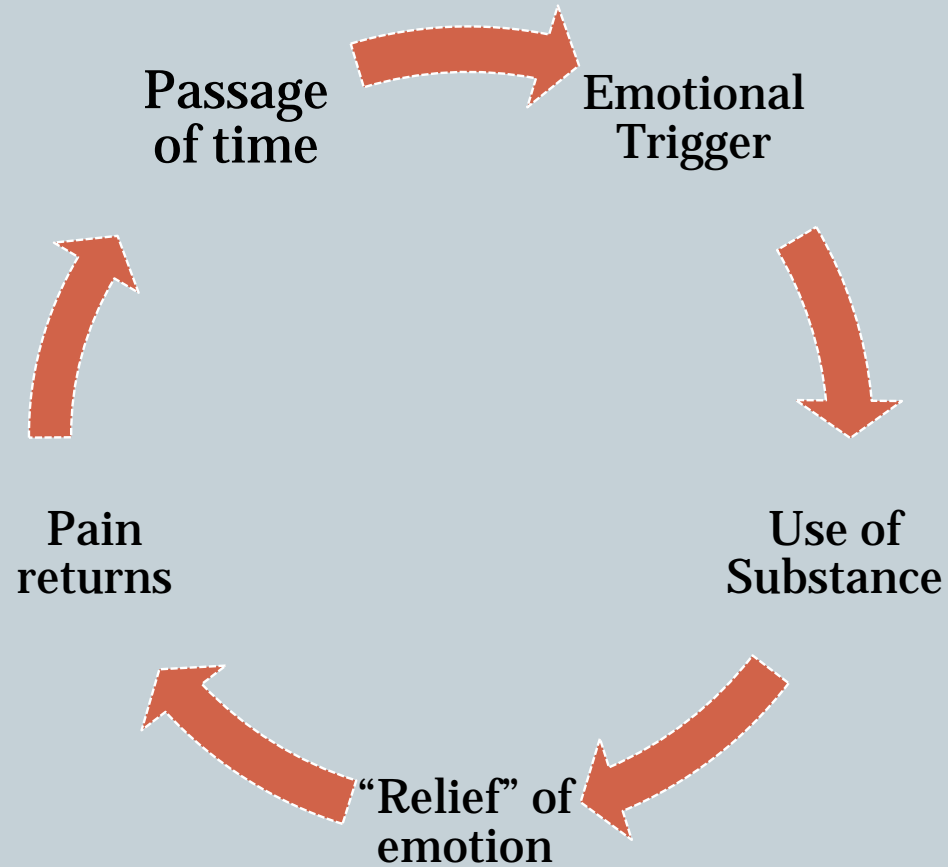
Shelly Lewis

IdentifyProject.org
[12 StepPlant.com](http://12StepPlant.com)



- **Overprotection**
- **Enmeshment**
- **Struggle resolving conflicts**
- **Extreme rigidity**
- **Isolation**

Using to Cope



Treatment Options



- **When substance use disorder is the primary condition**
- **Treat concurrently**



www.nhpco.org



National Hospice and Palliative Care
Organization