

CHALLENGES AND OPPORTUNITIES

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Mental Health Issues



- How can we protect our children against addiction?
- How can we prevent mental health problems?
- Drug use as self medication
- Increased incidence of mental health problems

Early Opportunities



- Improve maternal mental health
- Improve maternal nutrition
- Post natal support services
- Early detection and treatment

Environmental Issues



- Nuture vs Nature
- What can we do to influence this?
- Pre natal environment
- Nutritional issues

Vitamin D



- 95% UK population suboptimal levels
- Associated with increased depression
- Multiple other health problems
- Levels in pregnancy crucial

Omega 3



- Omega 6/Omega 3 balance
- Associated with increased depression
- Behavioural problems
- Mental health problems

Prevention Mental Health



- Adequate nutrition
- Optimal prenatal environment
- Support for vulnerable families
- Addiction support

Nurse Visitation Programme



- Prof David Olds
- University of Colorado
- Nurse visitation programme
- Vulnerable families, single mothers

Nurse Visitation Programme



- 15 year follow up (Olds/Henderson 1998)
- Significant reduction in child abuse
- Significant reduction in neglect
- Mothers economically independent

Nurse Visitation Programme



- Fewer arrests
- Fewer cigarettes smoked
- Fewer days drinking alcohol
- Fewer sexual partners
- Fewer parental reports of drug use

Nurse Visiting Programme



- 27 year follow up
- Drug use ?
- Non nurse visiting not effective
- Is it transferable ?

To Detox or Not Detox?



- Illicit opiate use
- Opiate receptor dysfunction
- Post detox dysphoria
- Low grade chronic withdrawals

Detox / Maintenance



- Methadone

- Buprenorphine

- Codeine

- Morphine

Post Detox Support



- NA/AA/CA
- Mental health support
- Depression
- Anxiety

Naltrexone



- Naltrexone 25 mg – 200 mg
- Opiate blockade
- Very poor compliance
- Implants – endorphinectomy

Low dose naltrexone



- 1 – 5mg
- Partial blockade
- Rebound increase in endorphins
- Increased metkephalin (Opiate growth factor)

Low dose naltrexone



- Modulates immune system
- Autoimmune disease
- Cancer
- Infertility

Low dose naltrexone



- Increased endorphins
- Detox aid
- Post detox support ?

Summary



- Mental health / Addiction
- Environmental factors
- Nurse visiting scheme
- Post detox support