



**Schizophrenia in Long-Term Care: Four-part Webinar Series, Part 4**  
**Dual diagnosis: Schizophrenia with Substance use disorder**  
May 23, 2024



CENTER OF  
**EXCELLENCE**  
FOR BEHAVIORAL HEALTH  
IN NURSING FACILITIES

# Today's Event Host

## **Nikki Harris, MA, CBHC-BS**

**COE-NF TRAINING AND EDUCATION LEAD**

For the past 20 years, Nikki has provided program implementation, development, management, external and internal trainings, policy development, quality assurance, and managed training coordination and technical support throughout the southeast region.

Previously, she served as the program manager for the Division of Behavioral Health and Substance Use Services within the South Carolina Department of Corrections.

She has a B.A. in psychology from the University of South Carolina, a M.A. in counseling from Webster University and is a certified behavioral specialist.





# Today's Presenter

## Dr. Abhilash Desai

**MEDICAL DIRECTOR, IDAHO MEMORY & AGING CENTER**  
**ADJUNCT ASSOCIATE PROFESSOR, UNIVERSITY OF WASHINGTON SCHOOL OF MEDICINE**

Dr. Desai is a board-certified geriatric psychiatrist, medical director of Idaho Memory & Aging Center, P.L.L.C., and an adjunct associate professor in the Department of Psychiatry at University of Washington School of Medicine. He is the co-author (along with his mentor Dr. George Grossberg, a national and international leader in Geriatric Psychiatry) of the book *Psychiatric Consultation in Long-term Care: A Guide for Healthcare Professionals*, 2nd Edition published by Cambridge University Press in 2017. His practice focuses on helping individuals with serious mental illness and their family members live the best life possible in all care settings – home, long-term care, hospital and hospice. He has been in practice for 24 years.



# Financial Disclosures

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- I receive royalties from Cambridge University Press for my book (co-author George Grossberg MD) titled *Psychiatric Consultation in Long-Term Care: A Guide for Healthcare Professionals*. 2<sup>nd</sup> Edition. 2017.
- I have no other relevant financial relationships to disclose.
- I do not intend to discuss any off-label, investigative use of commercial products or devices.

# Part 4 - Dual Diagnosis: Schizophrenia with Substance Use Disorder

Learn the unique challenges posed by co-occurrence of schizophrenia and substance use disorder and simple, practical strategies to address the challenges and successfully treat both conditions.

- Learning objectives:

1. Discuss signs and symptoms that help early identification of substance use disorder in individuals with schizophrenia.
2. Identify at least two best practices in management of substance use disorders in persons with schizophrenia.

# Prevalence of Schizophrenia Co-occurring with Substance Use Disorder (SUD)

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- High in the community (80% if tobacco use is included)
- SUD has higher prevalence in individuals with schizophrenia compared to general population.

Hunt GE, et al: Prevalence of comorbid substance use in schizophrenia spectrum disorders in community and clinical settings, 1990-2017: Systematic review and meta-analysis. Drug Alcohol Depend 2018; 191:234–258

# Common Substance Use Disorders in Individuals with Schizophrenia

- Nicotine / tobacco use disorder
- Cannabis use disorder
- Alcohol use disorder
- Cocaine use disorder

Manseau and Bogenschutz. Substance use disorders and schizophrenia. Focus 2016.

# Less Common SUDs in Individuals with Schizophrenia

- Methamphetamine use disorder
- Opioid use disorder
- Anti-Parkinson/anti-cholinergic medication misuse



# Tips for Early Identification of SUD

- Non-judgmental approach
- Withdrawal symptoms
- Psychotic symptoms not improving with antipsychotics
- Worsening of apathy
- High index of suspicion
- Routine use of screening tests (NIDA quick screen, urine drug screen)

# Differentiating Between Two Psychotic Disorders

- If psychotic symptoms persist beyond one month after last exposure to implicated substance (per DSM 5 TR), then they are not due to the implicated substance.
- One month is somewhat arbitrary.

Tandon and Shariff. Substance-Induced Psychotic Disorders and Schizophrenia: Pathophysiological Insights and Clinical Implications. Am J Psychiatry 2019.

# Progression from Substance Induced Psychosis to Schizophrenia

- 11% of individuals with substance-induced psychosis progress to schizophrenia over seven (7) years.
- Cannabis and stimulant induced psychosis is more likely to progress to schizophrenia than alcohol induced psychosis.

Tandon and Shariff. Substance-Induced Psychotic Disorders and Schizophrenia: Pathophysiological Insights and Clinical Implications. Am J Psychiatry 2019.

# Schizophrenia, SUD Interaction and Violence

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- In a paranoid individual, use of alcohol or drugs increases the risk of violence
- Inquire about owning a gun, history of threatening someone using a weapon, etc.

# Antipsychotic – Substance Use Interactions

- Chronic cigarette smoking lowers the blood levels of clozapine and olanzapine
- Alcohol-induced liver disease and antipsychotic drug levels
- Cannabis (THC) and antipsychotics and other psychiatric meds drug interactions
- Opioids + sedating antipsychotics resulting in increased risk of overdose events, overdose complications and overdose deaths



# Strategies for Success

- Treat schizophrenia and SUD simultaneously and in an integrated way
- Use of FDA approved medications for SUD
- Modification of motivational enhancement techniques

Manseau and Bogenschutz. Substance use disorders and schizophrenia. Focus 2016.

# Strategies for Success

- Specialized mutual support groups (Double Trouble in Recovery, Dual Recovery Anonymous)
- Residential treatment
- Avoid benzodiazepines if the individual is actively misusing alcohol or opioids

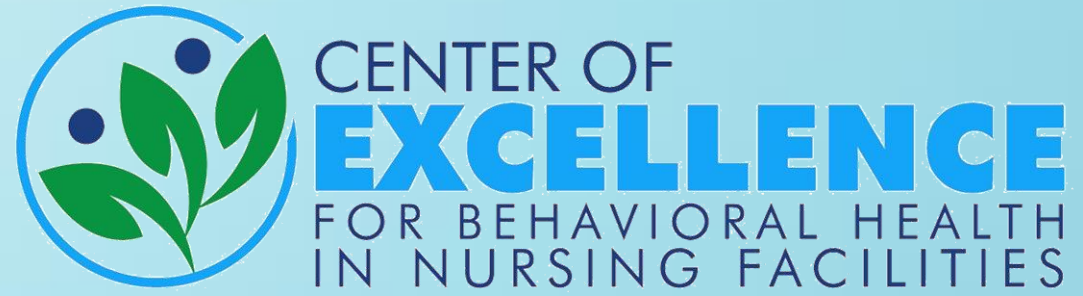
Manseau and Bogenschutz. Substance use disorders and schizophrenia. Focus 2016.

# Modification of motivational enhancement techniques

- More prompts
- Frequent review and reminders
- Active reflection
- Periodic summarization

# FDA Approved Medications for SUD

- Nicotine use disorder: nicotine patch, gum, lozenges, bupropion, varenicline
- Alcohol use disorder: naltrexone, acamprosate, disulfiram
- Opioid use disorder: buprenorphine, naltrexone, methadone, lofexidine



# Questions?





# COE-NF Resources



## Schizophrenia Facts

### What is Schizophrenia?

Schizophrenia is a complex mental health condition with a range of symptoms that affect a person's thoughts, emotions, and behavior. It is a lifelong brain disorder that interferes with a person's ability to live independently.

With treatment, the positive symptoms of schizophrenia may reduce substantially and stay reduced for long periods. The risk of self-harm and of violence to others is greatest when the mental health condition is untreated.

Most people with schizophrenia are not violent. Overall, people with schizophrenia are more likely than those without the mental health condition to be harmed by others.

### Common Symptoms of Schizophrenia

Schizophrenia symptoms can differ from person to person. Many of these symptoms are shared with other mental and physical disorders. Symptoms of schizophrenia are categorized in three ways: positive, negative, and cognitive

- **Positive symptoms, also known as psychosis:** include delusions, hallucinations, and disorganized thinking.
- **Negative symptoms:** include detachment, withdrawal, inability to express emotions, apathy (lack of motivation).
- **Cognitive symptoms:** include problems with attention, concentration, and memory.

### Diagnosis

Diagnosis should be made by a qualified health professional.

People with schizophrenia are usually first diagnosed between the ages of 16 and 30. The steps to determine a diagnosis of schizophrenia include:

- **A physical exam:** to rule out medical problems or other mental health conditions.
- **Tests and screenings:** These may include screening for substance use and bloodwork. The doctor may also order MRI or CT scans.
- **Psychiatric evaluation:** A doctor conducts a thorough review of the person's medical, psychiatric, and family history as well as observation of the resident.



Older adults rarely have a new diagnosis of schizophrenia. To learn more about the risks of antipsychotic drugs for older adults with dementia-related psychosis, review the [FDA black box warning](#).

Sources: Substance Abuse and Mental Health Services Administration (SAMHSA), World Health Organization (WHO), and the American Psychiatric Association.

### For Help and More Information

- For comprehensive on-demand training on schizophrenia and additional resources visit [www.nursinghomebehavioralhealth.org](http://www.nursinghomebehavioralhealth.org).
- Information is also available in [Appendix PP of the State Operations Manual](#) (F-tags 658, 740, and 758) and the [Minimum Data Set 3.0 Resident Assessment Instrument Manual](#).

This material was prepared by the Center of Excellence for Behavioral Health in Nursing Facilities. This work is made possible by grant number 1H79SM007155 from the Substance Abuse and Mental Health Services Administration (SAMHSA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Substance Abuse and Mental Health Services Administration.



Scan the QR code or visit the link below to view this resource.

## Schizophrenia Fact Sheet

<https://bit.ly/SchizophreniaFactSheet>



# COE-NF Resources



## Ten Ways You Can Support a Resident With a Schizophrenia Diagnosis

Supporting a resident who has schizophrenia can be challenging. Try to see beyond the symptoms and connect with the resident on a personal level. Ensure that residents with a diagnosis of schizophrenia get the support, appropriate level of counseling, and psychiatric care in your facility.



Here are 10 tips for supporting a resident diagnosed with schizophrenia:

1. Foster open communication with the resident and the family.
2. Educate your entire team.
3. Support social connections for the resident.
4. Create an individualized care plan.
5. Create a structured environment.
6. Offer therapeutic activities such as art, music, cognitive exercises, or group activities based on the individual's needs, abilities, strengths, and preferences.
7. Be aware of warning signs that may signal a need for additional support.
8. Use behavioral strategies shared by the resident and family that help with symptom management.
9. Manage medications in collaboration with the individual and the interdisciplinary team to ensure the lowest effective dose. Monitor resident reactions.
10. Work toward gradual dose reduction in medications.



Nursing facilities should work with their psychiatric providers and medical directors to ensure the appropriate professional standards and processes are being implemented related to diagnosing and treating people with schizophrenia.

Sources: [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#), [World Health Organization \(WHO\)](#), and the [American Psychiatric Association](#).

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## Ten Ways You Can Support a Resident With a Schizophrenia Diagnosis

<https://bit.ly/TenWaysYouCanSupport>



# COE-NF Resources

## Schizophrenia and Antipsychotics



Scan the QR code or  
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**Bite-sized Learning: Schizophrenia and  
Antipsychotics**

[https://bit.ly/BSL\\_SchizophreniaandAntipsychotics](https://bit.ly/BSL_SchizophreniaandAntipsychotics)

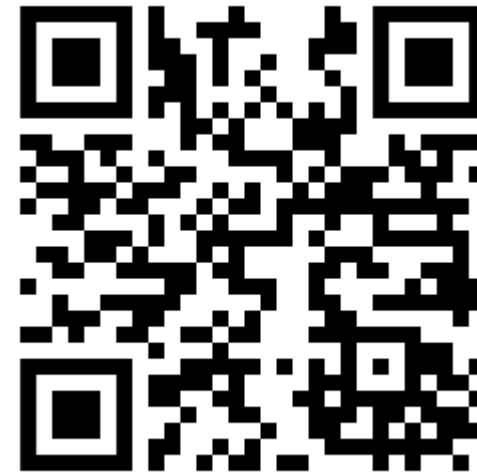


# COE-NF Resources

Scan the QR code or  
visit the link below to view this resource.

## Schizophrenia Module

[https://bit.ly/Module\\_Schizophrenia](https://bit.ly/Module_Schizophrenia)



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