

ADDICTION

CONTINUING INVOLVEMENT
MOOD-ALTERING
~~ACTIVITY OR SUBSTANCE~~
HARMFUL CONSEQUENCES



HABIT VS. ADDICTION

- **HABIT**
 - BEHAVIOR RESULTING FROM REPETITION
- **ADDICTION**
 - COMPULSION TO REPEAT BEHAVIOR
 - ABSTINENCE SYNDROME
 - PATHOLOGICAL BEHAVIOR
 - SIGNS OF ADDICTION
 - COMPULSION
 - LOSS OF CONTROL
 - NEGATIVE CONSEQUENCES
 - DENIAL

ADDICTION

- **RECEPTOR CENTERS**
 - FOOLED INTO BELIEVING ENOUGH NEUROTRANSMITTERS ARE BEING PRODUCED...
- **TOLERANCE**
- **WITHDRAWAL: DT'S**
- **THEORIES OF ADDICTION**
 - INFLUENCE & RELATIONSHIP OF
 - GENETIC-BIOLOGICAL NATURE
 - METABOLIZE DIFFERENTLY?
 - NEUROTRANSMITTERS
 - PSYCHOLOGICAL & SOCIOCULTURAL
 - ROLE MODELS - FAMILY - LIFE EVENTS



EFFECTS ON FAMILY & SOCIETY



- **DYNAMICS OF FAMILY DYSFUNCTION:**
 - ROLES ARE NOT RELIABLY FULFILLED
 - AVOID TALKING ABOUT REAL PROBLEM
 - CHILDREN ARE ESPECIALLY AFFECTED
 - BROKEN PROMISES - SUPPORT
 - CODEPENDENT HAVE DIFFICULTY WITH
 - SELF-ESTEEM & BOUNDARIES
 - OWNING THEIR OWN REALITY
 - TAKING CARE OF ONES NEEDS
 - ENABLE ADDICT TO CONTINUE IN ADDICTION
- **IN HEALTHY FAMILIES**
 - RULES ARE CLEAR, BASED ON RESPECT AND A NEED FOR PROTECTION)

INTERVENTION & TREATMENT

- **INTERVENTION**
 - PLANNED PROCESS OF CONFRONTATION
- **GOAL**
 - BREAK THROUGH THE DENIAL
 - CONFRONT- DESTRUCTIVE BEHAVIOR
- **PEOPLE COLLECTIVELY SHARE CONCERNS**
- **TREATMENT**
 - ADMIT PROBLEM
 - PROGRAMS
 - EDUCATIONAL & SELF-HELP
- **RECOVERY**
 - NEW WAYS OF COPING WITH LIFE

RELAPSE

ADDICTION & RELAPSE

■ STAGES OF ADDICTION

- NONINVOLVEMENT-EXPERIMENTATION
- FREQUENT INVOLVEMENT
- HARMFUL INVOLVEMENT
 - NEGATIVE CONSEQUENCES BUT CONTINUES
- COMPULSIVE INVOLVEMENT



■ RELAPSE

- MOST RELAPSE MORE THAN ONCE
- RELAPSE PREVENTION
 - TEACHES "SIGNS" OF IMMINENT RELAPSE
 - PLAN FOR RESPONDING TO THESE SIGNS

CAFFEINE
(DERIVED FROM XANTHINES)

- ◆ COFFEE, TEA, CHOCOLATE, SOFT DRINKS
- ◆ MILD CNS STIMULANTS
 - INCREASE H.R., 0-2 CONSUMPTION, METABOLISM, URINE
- ◆ SIDE EFFECTS...
 - INSOMNIA, WAKEFULNESS, IRREGULAR HEART BEAT, NAUSEA, DIZZINESS, INDIGESTION
 - DIURETIC: FLUID DOESN'T GET INTO THE CELLS
 - REDUCES ABSORPTION OF CALCIUM
- ◆ CAFFEINE: COFFEE = ~100mg TEA = ~35mg
COKE = ~45mg PEPSI = ~37mg CHOC BAR = 25
"NO DOZ (2) = 200mg ANACIN (2) = 64mg

CAFFEINE ADDICTION

- ◆ CAFFEINE "WEARS OFF" :
 - LET DOWN, PHYS/MENTALLY DEPRESSED, EXHAUSTED, WEAK
 - TOLERANCE DEVELOPS
- ◆ CAFFEINISM:
 - INSOMNIA, JITTERS, IRRITABILITY, NERVOUSNESS, ANXIETY, MUSCLE TWITCHING
 - WITHDRAWAL...HEADACHES
 - APPROX. 6-15% OF AMERICANS AFFECTED