**Substance Abuse**

**Enabling/ Co-Dependency:** Excessive emotional or psychological reliance on a person, typically 1 who requires support due to an illness or addiction..

* Is it my responsibility to say anything?
* I've been taught that t is impolite to confront someone about their drug/alcohol use
* I don't want to hurt their feelings!
* It's their problem not mine?
* It's not part of my job

Examples of reasons we give ourselves to avoid confronting behavior of substance abuser.

**Different ways that we perpetuate or enable the problem to continue**

**1. Avoiding and Shielding**: Any behavior by the enabler which covers up for, or prevents the abuser from experiencing the full impact of the consequences of the drug use

* Making up excuses to avoid social contact
* Throwing away, hiding or destroying the abuser's supply of alcohol or drugs
* Shielding the abuser from a crisis which could have forced him/her into treatment
* Helping the abuser keep appearances up, or covering up around relatives, friends, neighbors or employer

**2. Attempting to Control:** Any behavior by the enabler which is performed with the intent of taking personal control over the abuser's drug use

* Threatening physical violence to get the abuser to quit
* Screaming, yelling, swearing or crying in an attempt to get the abuser to stop
* Threatening to hurt oneself in an attempt to get the abuser's attention to quit
* Telling the abuser to leave until he or she quits the abuse, but then going to look for him/her

**3. Taking Over Responsibilities:** Any behavior by the enabler designed to take over the abuser's personal responsibilities such as household chores or employment

* Waking up the abuser to get them to work
* Doing the abuser's chores : Paying all the bills : Covering the bad checks

**4. Rationalising and Accepting:** Any behavior by the enabler which conveys a rationalization or acceptance of the abuser's drug use

* Believing and/or communicating that the abuser's drug of choice is safer than other drugs
* Believing and/or communicate that the abuser's use helps them to perform better

There are no cures for alcoholism, always in recovery

Closest cure of alcoholism are no cravings

**Costs of drug use to society:** Results from lost work hours and productivity caused by drug related illnesses, jail time, accidents and deaths; health costs and legal fees resulting from illegal drug use; and law enforcement costs and insurance costs from drug related damages, injuries and deaths

**Characteristic- Traits- Feeling and Behaviors of Children of Alcoholics**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name of the game or mode of survival | What you see/ Visible Traits  Outside **Behavior** | What you don’t see or the inside story **Feelings** | What he **represents** to family and why they play along | As an adult **without help** this is very possible | As an adult **with help** this is also possible |
| Family Hero/ Super Kid | “Little mother” “Little Man of the Family” -**Always does what’s right**, over achiever, over responsible, needs everyone’ approval. Not much fun | Hurt, inadequate, confusion, guilt, fear, low self esteem. Progressive disease so never can do enough- these feeling | Provides self worth to the family, **someone to be proud of** | Workaholic, never wrong, marry a dependent person, need to control & manipulate, compulsive, can’t say no, can’t fail | To accept failure, to be able to realize mistakes, good executives. **be responsible only for self,** okay to say no |
| Scare Goat  or Problem Kid | Hostility & defiance, withdrawn & sullen. Gets negative attention, wont complete, **trouble maker** | Hurt and abandoned, anger & rejection, feels totally inadequate and no/low self worth | **Takes the focus/heat** “See what he’s done” -” Leave me alone” | Alcoholic or addict, unplanned pregnancy, cops and prison- Trouble | Recovery, having courage, good under pressure. Can see reality. Can help others. No trouble |
| Lost Child/  Where  Who is he | Loner, day dreamer, solitary/alone rewards i.e: food, withdrawn, drifts & floats through life, not missed for days, quite, shy and ignored | **Unimportant**, not allowed to have feelings, loneliness and hurt & abandoned, defeated and given up. **Fear** | Relief, at least one kid not to worry about | Indecisive no rest, no fun, stays the same, alone or promiscuous, dies early, can't say no | Independent, talented and creative, imaginative, assertive and resourceful |
| Macot of Family/Clown | Super cute, immature and anything for a laugh or attention, fragile and needful of protection, hyperactivity, short attention span, learning disabilities, anxious | **Low self esteem,** terror, lonely, inadequate and unimportant | **Comic relief**, fun and humor | Compulsive, clown, **lampshade** on head, etc. Can't handle stress. Marry a “hero” Always on verge of hysterics | Charming host and person, good company, quiet with good sense of humor, independent, helpful |

**Different Type of Drinkers**

1. **Problem Drinker:** Has purely psychological dependence on alcohol to relieve emotional or bodily pain. Drinking excessive, non compulsive and damages marital and other interpersonal relationships. At this stage the drinker shows no evidence of psychological addiction nor loss of the ability to control or to determine his intake of alcohol.
2. **Hard Drinker**: Characterized by nutritional deficiency diseases: cirrhosis of liver, gastritis and non inflammatory degeneration of the nerves. Has no loss of control, no withdrawal or other addictive manifestations. Often have poor nutritional habits. Dame to body primarily physiological, with reduced earning capacity and consequent reduced family stability and reduced life expectancy.
3. **Periodic Drinker:** Usually abstinent between binges, suffers from manic-depressive mood swings. May begin a binge when skidding into such painful depressive moods. Suffers from loss of control and temporary addictive behavior
4. **Steady Alcoholic:** A type characteristic of vast majority of American alcoholics,has true physiological addictions, withdrawal symptoms, loss of control of intake and a craving for alcohol. Has increased body tissue tolerance for alcohol, suffers from progressive impairment of all areas of the person;s functioning, including health
5. **Plateau Alcoholic:** Identified by need to maintain certain minimum level of inebriation much of the time. Prevalent in France and among women and Skid Row alcoholics in America. May seldom be obviously intoxicated and may be able to hide problem for many years. Social life disintegrates subtly and gradually. Such people suffer from declining health, from addiction and an inability to exercise positive control over alcohol intake

**Psychological and physical effects of alcohol**

|  |  |  |
| --- | --- | --- |
| Drink # | B.A.C | Psychological and physical effects |
| 1 | .02-.03% | No overall effects, slight feelings of muscle relaxation, slight mood elevation |
| 2 | .05-.06% | No intoxication, but feeling of relaxation, warmth. slight increase in reaction time, slight decrease in fine muscle coordination |
| 3 | .08-.09% | Balance, speech, vision and hearing slightly impaired. Feelings of euphoria, increased loss of motor coordination |
| 4 | .11-.12% | Coordination and balance difficult. Distinct impairment of mental faculties, judgement |
| 5 | .14-.15% | Major impairment of mental & physical control. Slurred speech, blurred vision. lack of motor skill |
| 7 | 20% | Loss of motor control, must have assistance in moving about. Mental confusion |
| 10 | 30% | Severe intoxication. Minimum conscious control of mind and body |
| 14 | 40% | Unconsciousness, threshold of coma |
| 17 | 50% | Deep coma |
| 20 | 60% | Death from respiratory failure |

**Slide into Abuse:** Can be gradual and subtle

* Alcohol abuse already occurred when a person automatically reach for alcohol when he has difficulties or emotional problems
* By persistently keeping alcohol in the bloodstream, a person may alter his metabolism and become physically addicted to alcohol as well
* In some alcohol abusers physical and emotional problems occur when they start drinking.
* Sometimes takes years for gradually increasing amounts of drinking to develop into a more noticeable phase of alcoholism. Some people, alcoholism patterns develop weeks of first use. Seemingly lose control starting with first drinks, Slide manifests itself with an increasing preoccupation with alcohol
* Alcoholism,state when cells of a victim’s body, metabolic functioning, and psychological responses become altered through drinking, although alcoholic doesn’t realize it until really serious problems develop and often not even then
* Alcohol offers temporary relief to personal problems or inner cravings. Alcoholics do not see alcohol as cause of problems but solution. Feel it is essential and normal for their functioning.
* As alcoholism progresses. it may reach a point where alcohol tolerance lessens due to cell damage in the liver and nervous system
* Alcoholics must stop using alcohol to have a chance at recovery. Skilled help is virtually always needed to help achieve it

**Progressive Phases**

Most alcoholics go from controlled social drinking to complete addiction in 7 phases

1. Controlled social drinking
2. Purposeful occasional drinking to escape from tensions
3. Frequent escape drinking in which tolerance to alcohol steadily increases
4. Early alcoholic phase with first blackout
5. Progressive preoccupation with alcohol
6. Complete alcohol dependence, danger of withdrawal symptoms
7. social, medical and spiritual help needed or death occurs

Steps an alcoholic takes during the recovery process

*Step 1*: **Admission**: The person admits to having a drinking problem and asks for help

*Step 2*: **Detoxification**: Person goes through detoxification, process in which the body adjust to functioning without alcohol

*Step 3*: **Counseling**: The person receives counseling to help him learn to live without alcohol

*Step 4*: **Recovery**: The person takes responsibility for his own life

**Alcoholism- A Disease :** Wide scope of damage alcoholism does to the human body, mind and spirit, the condition can be described as having become a disease

* Over a period of time, alcohol abuse alters brain cell functions, induces nerve damage, shrinks the cerebral cortex, imbalances the hormonal system and damages vital organs
* Scientists found repetitive alcohol abuse wreaks a certain common havoc on psyche which is perhaps even more insidious than damage sustained by liver, heart and other vital organs
* During early and middle stages, alcoholic may be able to function, but his productivity will be progressively hampered;
* Altered state of psyche prevent him from seeing reality of a situation & thwart normal process of emotional maturing that enables 1 to assimilate & learn from lessons of experience
* Commonly impossible for others to reach them about what their drinking is doing until they hit bottom or confronted with a serious problem. Victims are so dependent on alcohol to function or feel well that they feel there is nothing abnormal about their drinking
* Alcoholic delude themselves that they don’t have a drinking problem.. Many feel this way because they aren't derelicts or Skid Row types
* Alcoholism may lead to high blood pressure, stroke and heart attack; damage to brain, pancreas and kidney; produces stomach and duodenal ulcers, colitis, birth defects and fetal alcohol syndrome, impotence and infertility, premature aging, sleep disturbance, muscle cramps, diminished immunity and other diseases.
* Alcohol abuses and cigarettes are one of the worst possible combinations,greatly increasing the risk of heart disease and cancer

**Sobriety**: Not drinking. Lifelong commitment, means never drinking alcohol

* Where do alcoholic go if they wanted treated: Alcoholic anonymous
* Detoxification : In house hospitalized for 1 week
* Oral Medications: Antabuse, Naltrexone Acamprosate
* **Al Anon:** Offers a program of recovery for the families and friends of alcoholics

Helping an alcoholic get treatment

1. Explain to him what the group will do if he doesn't go for help, not to punish the drinker, but to help them
2. Something extreme : I'm moving away, I'm kicking you out the house
3. Do not make any threats that you are not willing to carry out
4. Time your intervention
5. Choose the time when he is sober or when you're both calm
6. Stop all your codependency
7. You need your own support

* About 40% of violent crimes, totaling about 3 million annually, are alcohol related
* ⅔ of victims who encounter domestic violence report alcohol was a factor
* Nearly half of all homicide victim have alcohol in their bloodstreams

**Heredity Studies**: Biological sons of alcoholics who had been adopted by non related foster families were 4 times as likely to become alcoholics as the adopted sons of nonalcoholics

* Lifetime prevalence of alcoholism as 18% in the biological sons of alcoholics versus 5% in the nonalcoholic sons
* Estimated lifelong rate for alcoholism for males in the U.S is about 3-5% . Females even less
* High rates of alcoholism in sons who had a biological parent who was alcoholic even if the adopted sons were raised by nonalcoholic foster parents. These sons of alcoholics were twice as likely to become alcoholic by their late 20s or earlier and to develop alcoholism serious enough to require professional treatment
* Sweden found adopted sons of alcoholics 3 times more likely to become alcoholic than the adopted sons of nonalcoholic fathers
* Adopted sons whose mothers were alcoholics, twice as likely to become alcoholics as those whose mothers were non alcoholics
* Every family study of alcoholism showed significantly higher rates of alcoholism in relatives of alcoholism than in the general population
* ⅓ of any sample of alcoholics had at least 1 parent who was alcoholic. ⅔ of the studies of alcoholics had fathers who were alcoholics
* Researches find it difficult to untangle relative contribution of heredity and of environment in alcoholic response. Not all alcoholics have alcoholic parents or siblings
* Humans are influenced by their genes which affect physiological or metabolic functioning, and by their social environment
* Genetics alone is not the cause of alcoholism. Must still be created by improper drinking.
* Summary: If one has alcoholism in his family, special concern is warranted. If one does not have alcoholic relatives, concern is still warranted as no can safely assume he is immune. Alcoholism can be created by unthinking, careless use or abuse of alcohol

**Moderate Drinking**: 2 for men and 1 for women, but could be half a drink, per day

Liver has 500 functions, but when drinking only 1, oxidizing the alcohol/filtering the blood

1. Liver store glycogen: Stored form of sugar
2. Also releases glycogen, by doing so it regulates your blood sugar
3. Digestion and Excretion organ: Liver: Helps digest fats, also converts fats into other fat
4. If you drink, the liver for the baby won't turn on as they can't filter the alcohol and is in it longer, plus the size ratio of the baby: Fetal Alcohol Syndrome: Leading known cause of mental retardness: ADHD, Slowed mental development

**Physical Symptoms** : Low birth weight, some head deformities: Cleft palate, Eyes set wider apart, no bridge to the notes:flat, Cleft Lip: Speech problems, excess fingers heart,liver and kidney defects and vision problems,Slowed pulse natal growth: Outside, and poor coordination

Most change in the first trimester; first 3 months

**Wernicke Korsakoff Syndrome**: Actually a **thymine Deficiency**, replaces memory of yesterday with something from years ago, fall down a lot. You can't move your eyes independently. Reduction to brain size

LDL(Low density lipoprotein) and VLDL(very low density lipoprotein) bad

How to measure alcohol in your blood? : They use a breathalyzer

Alcohol is becoming a problem: # 1 symptom denial

* Drinking more than your peers, Increasing tolerance
* Students drinking,
* Using it in appropriate time and places
* Using a loan
* Most people use drinking to socialize
* Using house money, or selling a brand new toaster to get money to buy
* Withdrawal or usual change in friends
* Changes in behavior or changes in appearance

**Heart rate:** Heart Rate increases a little with low amounts as people keep running around

Blood Pressure increases

* At higher amounts to cell respiratory arrest- stop breathing, your heart will stop soon after
* When you're really drunk, it is difficult to maintain body temperature, if you're conscious you will feel freezing
* Exhale 5% through water vapor

**Blood Alcohol Concentration:** Percentage of alcohol in your blood represented as a percentage

* Your physical size is what determines what's going to come up in that breathalyzer
* Gender and size makes a difference
* If you eat before drinking you are going to have a lower concentration for a while
* How much food is in the stomach, slows down the concentration
* How much time between drinks : The number of drinks you consumed
* Condition of your liver, the longer you've been drinking, the faster it breaks down

**What influences behavior :** Experience with alcohol, Tolerance : Current Mood : Environment

Vocab

**Alcohol**: Powerful and addictive drug

**Depressant**: Drug that slows the central nervous system

**Intoxication**: State in which body is poisoned by alcohol or another substance and the person’s physical and mental control is significantly reduced

**Detoxification** is a process in which the body adjusts to functioning without alcohol

**Binge Drinking**: Drinking 5 or more alcoholic drinks at one sitting

**Blood Alcohol Concentration (BAC)**: Amount of alcohol in a persons’ blood, expressed as %

**Alcohol Poisoning:** Severe and potentially fatal physical reaction to an alcohol overdose

**Metabolism**: The process by which the body breaks down substances

**Tolerance**: Condition in which body becomes used to effect of a medicine. Body then requires increasingly larger doses of medicine to produce same effect. Sometimes person will experience “reverse tolerance”. This condition, body requires less of substance to produce desired effect

**Withdrawal:** Occur when a person stops using a medicine on which he has a chemical dependence. EX: Medicine containing codeine can lead to dependence. Symptoms of withdrawal, include nervousness, insomnia, severe headaches, vomiting, chill and cramps, gradually ease over time. Withdrawal sometimes requires medical intervention.

*Short term effect of alcohol use*

**Body Size and gender**: A small person feels the effect of the same amount of alcohol faster than a large person does. In general, alcohol moves into the bloodstream faster in females

**Food**: Food in the stomach slows down the passage of alcohol into the bloodstream

**Amount and rate of intake**: As the amount of alcohol consumed increases, the level of alcohol in the bloodstream also rises. When a person drinks alcohol faster than the liver can break down, intoxication results. When blood alcohol levels become too high, alcohol poisoning can occur.

**Signs of alcohol poisoning:** Alcohol acts as depressant and shuts down involuntary actions: breathing. Common for person who consumed much alcohol to vomit as alcohol is stomach irritant.

* Mental confusion, stupor,coma inability to be roused, vomiting and seizures
* Slow respiration-10 seconds between breaths or fewer than 8 breaths a minute
* Irregular heartbeat : Hypothermia, or low body temperature- pale or bluish skin color
* Severe dehydration from vomiting

*Long Term Effects of Alcohol*

**Changes to the Brain:** Addiction, loss of brain functions, brain damage

**Cardiovascular Changes:** Damage to heart muscle, Enlarged heart from increased workload caused by alcohol, high blood pressure damages the heart and can cause heart attack and stroke

**Liver Problems:** Fatty Liver- fats build up in the liver and cannot be broken down; excess fat blocks the flow of blood to liver cell, inflammation or infection of the liver

**Digestive Symptoms Problems:** Irritation

Pancreas Problems: Lining of the pancreas swells to block the passage from the pancreas to the small intestine. Chemicals the small intestine needs for digestion and pass through the blocked area. The chemicals begin to destroy the pancreas itself, causing pain and vomiting.

**Danger to mix alcohol and other drugs**

* Alcohol may slow down a drug’s absorption by body. This increases length of time that alcohol or drug is in body and increases the risk of harmful side effects from the drug
* Frequent drinking may increase the number of metabolizing enzymes in the body. This can cause medications to be broken down faster, decreasing their effectiveness
* Metabolizing enzymes can change some medications into chemicals that can damage the liver or other organs.
* Alcohol can increase effects of some drug. This effect is especially dangerous if you are operating machinery and or driving

Factors that influence a teen’s decision about substance abuse

* **Peer Pressure**
* **Family Members:** Can help teens resist drugs. Parents who avoid drug use and who discourage drug experimentation influence their teens to abstain from drugs
* **Role Models:** Teens who look up to coaches, athletes, actors and professionals who avoid and discourage drug use have an advantage in resisting drugs
* **Media Messages**
* **Perceptions:** Of society’s drug behavior are often inaccurate. According to the 2003 Youth Risk Behavior Survey, almost 80% of 13 year olds had never used drugs
* In order to make the right choice about drug use, it is important that a teen knows how information from peers, family and the community influences personal health