Addiction Overview

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Addiction Overview

• Concept: There is a Primary Disease associated with addiction

• Addiction is a sign/ symptom of “The Disease.”

• Three Factors related to Addiction
Three Factors

1) Genetics determine our level of neurotransmitters in the brain

**Lower levels of neurotransmitters negatively affect a person’s:**

- Energy
- Sleep
- Appetite
- Social Connectedness
- Tension Levels (anxiety)
- Attention/ability to focus
Factors con’t.

2) Stress
Less neurotransmitters + stress = “lessor”

3) Chronic Use:
   I need more & more to achieve the same results (tolerance).
NOW I am addicted.
Sensitivity to Chemicals

• Less Neurotransmitters + Drug Use = More neurotransmitters released (I feel better.)

• Genetics determine when a person has:
  1- Less neurotransmitters available
  2- Less receptor sites available

• The number of receptor sites affects sensitivity.
Synthetic Chemicals

“Manmade” or synthetic or altered natural chemicals tend to be more addictive.

Cocaine ---- crack
Heroine ---- oxycodone
Progression of Illness

1) Physical effects

2) Mental/ Emotional effects

3) Recovery Process must occur
Receptor Sites

• Each abused substance has a specific receptor site that it attaches to in the synaptic gap.

• Alcohol attaches to ALL other Receptor Sites.

• Cocaine and Illicit (high risk) Sex utilize the same receptor site.
Preoccupation of Thought

• Thought + Repetition = Obsession
  (drains our energy)

• Obsession that is repeated = Compulsion
  (experienced physically in your body/gut)

• Gut feelings/”nervous” stimulate = Craving

• Craving for abused substances = Relapse
• Craving for abused substances can be overwhelming.

• Understanding the Thought Process can OVERCOME Denial and Relapse!!
The Brain

• Genetics:
  1. less (neurotransmitters)
  2. receptor sites
  3. pain/pleasure center

Limbic System/ survival level

  EAT   - HIDE – SEX

Pain and Pleasure
Adolescence

• Time to learn tasks which create patterns in the brain.
• Early drug use leads to:
  • -being emotionally immature
  • -difficulty dealing with:
    Anger, Loneliness, Boredom

Lower threshold for Pain and Pleasure
Identity Formation

• WHO?
Inner Person
Who Am I?

• VALUE?
I attach to it
Am I valuable?

• Behavior is only an outside reflection of my identity and value.

• You may say I’m valuable, but only my estimation of me matters/my self hatred is often hidden from me.
Adolescents “Under the Influence”

• No emotional growth

• No developmental learning

• Learning is stunted

• Experience feelings without rational or cognitive functioning to interpret feelings.
Progression of The Disease

• Physical deterioration

• Mental/ Emotional deterioration

• Spiritual suffering

• Other Factors Affecting Development:
  Identity
  Family Stressors
Seeking Treatment: Physical

• Physical Illness is an Inevitable Progression depending on:
  1. Genetics
  2. Stress
  3. Use of synthetic substances
Seeking Treatment: Mental/Emotional

• Progression depends on:
  1. Stress in the Brain
  2. Functioning during childhood & adolescence.
  3. Patterns set within brain- patterns for dealing with emotional issues
  4. Age of onset of use
Seeking Treatment: Spiritual

• Spiritual Progress not a “God” issue

• Inner Identity: learned from caregivers

• Sense of Morals: Right and Wrong

• Continued substance abuse speeds degeneration - What do my “insides” say?
Spiritual Dilemma

• How different is my outside from my inside?

• Result: core inner person is defined by:
  • Guilt: I’ve done bad things
  • Shame: I am bad
Character Defects

• These develop to keep us from feeling inner pain from:
• Guilt & Shame
• We use emotions and masks and roles such as:
• Anger
• “Con” / Charmer
Causes of Disease

1. Genetics: out of person’s control.
2. Stress
3. Chronic Use
   NO Control- physical/ mental/ emotional/ spiritual.
Genetics determines:

1) Less (neurotransmitters)
2) Receptor sites
3) Pain/ Pleasure levels
4) Metabolism
Recovery

• Physical:
  • Don’t USE!
  • Address Metabolism: vitamins, supplementation, exercise, rest
Recovery con’t.

• Mental/ Emotional

• Dealing with adolescent brain

• Stuck with patterns and processes

• Person MUST LEARN something new in order to change something new.
Recovery con’t.

• Spiritual Dynamics

• When you go against what you believe, your beliefs begin to change.

• Denial is in place.
Recovery

• Recovery Process = Accomplishing Developmental TASKS/ ACTIONS Which Actually OCCUR/ Happen in Time!

Recovery Requires deeds NOT just talking!!
Denial Levels

• Mild- lacks understanding of use behavior

• Moderate- consciously aware of use/chooses to use anyway.

• Severe- not recognizing denial
Denial

- Mild - abuse understated
  patterns of use being developed
Denial con’t.

- Moderate- lies protect the use adjust personal values
  Negative consequences blamed on others.

Victim Mentality:
It’s not MY FAULT, it’s because of:
  my family of origin; my sexual abuse;
  my spouse, authority figures, God, etc.
Denial con’t.

• Severe – greater distortion of reality
  Absence of Real Feelings in core
  No remorse, no shame, no guilt

Character Defects:
  Perfectionism, Anger, Chemical Dependency; Grandiosity, “Con”/Manipulator, etc.
Recovery Process

• Alive, Active and Ongoing!!

Applies on multiple levels and contexts:

• Psychological Level- teach recovery process and understanding addiction issues
• 12 Step Level- application/ action/ accountability w/ other people
• Christian Level- First John/ New Testament, New Creation in Christ/ Meet and Know Your Higher Power
Tasks Must be Learned

• Types of Tasks:
  Legal; social; family; financial; mental, etc.

• 1) Can’t Use                      Problem
• 2) Can’t EVER Use                 Pain
• 3) Make a commitment to a Program =
  Accepting I need HELP from Others.
Recovery: Developmental Process
Stage 1

**Transition**: Step 1
- 3 to 18 months of not using
- Can’t Use
- Can’t Use EVER
- Commit to a Program of Recovery/ admit my need for help from others
Stage 2

• **Stabilization**: Steps 2 and 3

• After 18 months clean

• Changes in metabolism, sleep, accidents less, craving lessens, overwork tendency
Stage 3

- **Early Recovery**: Steps 4 and 5
- Internal changes: Identity Changes
  Deal with abuse issues; Values;
  Bonding and Boundary Issues.
Ingredients

• 1) Grace - a Gift

• 2) Truth – NOT mistaken beliefs I act on

• 3) Time – good time = NOW
  bad time = past/ future with blaming or regretting or being anxious
Preoccupation of Thoughts

• Thoughts + Repetition  = Obsession

• Obsession Repeated   = Compulsion

• Compulsion in Body   = Craving
Stage 4

• **Middle Recovery**: Steps 6 and 7

• Time varies

• External change issues;

• Internal character defects: ask God to remove
Stage 5

- **Late Recovery:** Steps 8 and 9

- God takes hurt & harm and makes it better.
- Family issues- forgiveness goes from inside to outside
- Make amends.
Stage 6

- **Maintenance**: Steps 10, 11, and 12
- Daily Moral Inventory; give out to others
- Ongoing commitment to Process of Recovery.