

ADDICTION AND ADDICTIVE SUBSTANCES.

Dr Aneesh bhat
Asso Prof And HOD
Department of Psychiatry

Know the Facts About Alcohol!

- Alcohol is a contributing factor in at least half of all murders, suicides, and car accidents.
- Heavy drinking along with drunk driving increases your chances of serious injury or death.

Cont..

- Heavy drinking along with sex increases your chances of getting a sexually transmitted disease (STD) and HIV or AIDS.
- Heavy drinking is also linked with physical fighting, destroyed property, school and job problems, and trouble with law enforcement authorities.

It won't affect me...

- Drinking alcohol leads to:
 - Loss of coordination
 - Poor judgment
 - Slowed reflexes
 - Distorted vision
 - Memory lapses
 - Blackouts
 - Lowered inhibitions
 - Impaired judgment



Say Cheeeeeeese.....



- Drinking alcohol can make you gain weight and give you bad breath as well as...

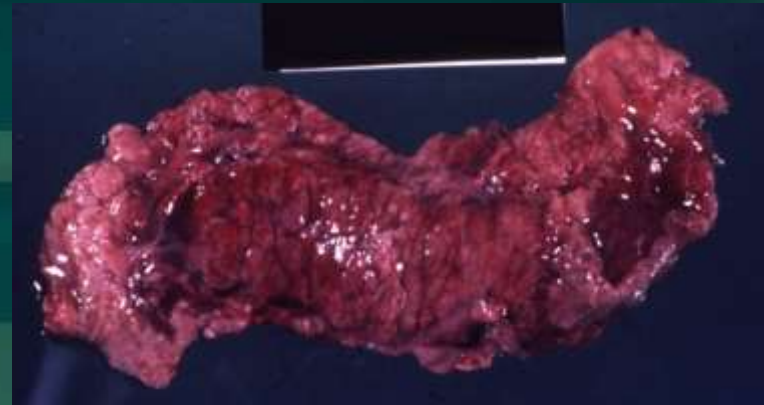
**Liver Failure caused
by Alcoholism**



**36 year old, sores caused by
diabetes and alcohol abuse.**



Effects of Alcohol Use...



**Bleeding Pancreas of an Alcoholic,
he's now dead!**

How do you think these people turned out?

Signs of Alcohol Abuse

- Problems remembering things you recently said or did
- Getting drunk on a regular basis
- Lying about how much alcohol you are drinking
- Thinking that alcohol is necessary to have fun

Who's drinking?

- 62.5 million alcohol users estimated in India.
- Sale of alcohol has been growing steadily at 6% and is estimated to grow at the rate of 8% per year.
- People drink at an earlier age than previously . The mean age of initiation of alcohol use has
- decreased from 23.36 years in 1950 to 1960 to 19.45 years in 1980 to 1990.
- Profile of clients in addiction treatment centers in 23 states (including states with prohibition)
- showed that alcohol was the first or second major drug of abuse in all except one state.

What are the Stats?

- 15 to 20% of traumatic brain injuries
- were related to alcohol use. Thirty seven percent of injuries in a public hospital was due to alcohol.
- . Seventeen point six percent of psychiatric emergencies were caused by alcohol
- . Thirty four percent of those who attempted suicide were abusing alcohol

Work place

- . Twenty percent of absenteeism and 40% of accidents at work place are related to
- alcohol.
- . Annual loss due to alcohol was estimated to be Rs.70 000 to 80 000 million
- .In a public enterprise, number of workplace accidents reduced to lesser than one
- fourth of the previous levels after alcoholism treatment.

Family:

- Eighty five percent of men who were violent towards their wives were frequent or daily users of alcohol.
- More than half of the abusive incidents were under the influence of alcohol.
- An assessment showed that domestic violence reduced to one tenth of previous levels after alcoholism treatment.
- 3 to 45 % of household expenditure is spent on alcohol.
- Use of alcohol increases indebtedness and reduces the ability to pay for food and education.
- Alcohol abuse leads to separations and divorces and causes emotional hardship to the family.
- The emotional trauma cannot be translated in terms of money but the impact it has on quality of lives is significant.

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Know the Facts!

- One drink can make you fail a breath test.
- In some states, people under the age of 21 who are found to have any amount of alcohol in their systems can lose their driver's license, be subject to a heavy fine, or have their car permanently taken away!
- **It is illegal to buy or possess alcohol if you are under 21.**

What are the drugs which are commonly abused?

- Tobacco - cigarettes and 'zarda'
- Alcohol - beer, wine and hard liquors
- Cannabis - ganja
- Brown sugar - heroin
- Medically used prescription drugs

Marijuana



- Street names include *pot, herb, weed, boom, Mary Jane, and chronic*
- Average age of first use is 14
- The amount of tar inhaled and the level of carbon monoxide absorbed are 3-5 times greater than cigarette smokers.

Effects of Marijuana Use

- **Physical Effects of use:** Dry mouth, nausea, headache, decreased coordination, increased heart rate, reduced muscle strength, increased appetite and eating
- **Mental Effects of use:** Anxiety, paranoia, confusion, anger, hallucinations, tiredness, possible suicidal thoughts

Other effects of Marijuana

- **Reproductive Problems in Guys:** smaller testicular size, lower testosterone hormone levels, impotence, decreased sexual desire, change in sperm size, amount and strength.
- **Reproductive Problems in Girls:** Period problems, abnormal eggs, decreased sexual desire, reduced fertility in your future children
- **If used during pregnancy,** it can decrease the size of the baby and increase the risk of the baby developing leukemia later in life.



Inhalants

- Chemicals that are “huffed” or “sniffed” like paint thinners, gasoline, glue, butane lighters, propane tanks, aerosol sprays, nail polish remover, etc.
- **Effects of Use:** Slows down the body’s functioning, loss of body control, passing-out, permanent hearing loss, permanent muscle spasms and twitches, cancer, brain damage, bone damage, liver & kidney damage, heart failure and possible death.
- **The vast majority of teens aren't using inhalants.** According to a 1998 study, only 1.1% of teens are regular inhalant users and 94% of teens have never even tried inhalants.

Club Drugs



- MDMA (Ecstasy), Rohypnol (date rape drug-Roofies), GHB, and Ketamine (Special K or Vitamin K) are among the drugs used in nightclubs, bars, raves, or the trance scene.
- These are man-made drugs that can cause seizures, amnesia, anxiety, tremors, sweating, coma, high body temperature that can lead to death and long term brain damage that affects the parts of the brain that involve thought, memory and pleasure.

Hallucinogens



- *LSD, Acid, PCP, Angel Dust, Mushrooms or Shrooms* are all hallucinogens that alter the time, reality and environment around you.
- Long term effects can include flashbacks, schizophrenia and severe depression.
- According to a 1999 study, only 1% of teens use hallucinogens regularly and 94% of teens had never even tried hallucinogens.



Methamphetamine



- *Meth, Speed or Chalk* is taken by mouth, by snorting the powder, by needle injection, and by smoking.
- **Effects of Use:** Brain damage, confusion, anxiety, paranoia, anger, stroke, high body temperature, and convulsions which can lead to death.
- Everybody doesn't think it's okay to take methamphetamine. A 1999 National High School Survey indicates that over 80% of teens disapprove of using meth even once or twice.

Cocaine & Heroin

- Both drugs can be snorted, smoked or injected by needle into a vein.
- Prolonged cocaine snorting can result in sores of the inside of the nose and can damage the cartilage enough to cause it to collapse.
- Heroin is ranked second as the most frequently mentioned drug in drug-related deaths.



Cocaine & Heroin

- The IV drug user is at risk for transmitting or acquiring HIV infection/AIDS if needles or other injection equipment are shared.
- **Bad Effects:** Infected veins, hepatitis liver disease, pneumonia, heart infections, paranoia, depression, miscarriage, overdose and even death!
- **Good News:** According to a 1998 study, less than 1% of teens are regular cocaine users. In fact, 98% of teens have never even tried cocaine.



Physical Effects of Drug Use

1990



1995



Same user of Methamphetamines 5 years later



Infection from IV drug use

What's Your Anti-Drug?

- What stands between you and drugs?
- Do you have a hobby, passion or person that keeps you from the downward spiral?
- **Some popular anti-drugs:** music, dancing, computers, basketball, family, singing, friendship, life, football, track, rock climbing, volunteering.
- To learn more about alcohol & drugs and how to keep yourself clean, check out

RECOVERY

from

ADDICTION



THE RECOVERY PROCESS

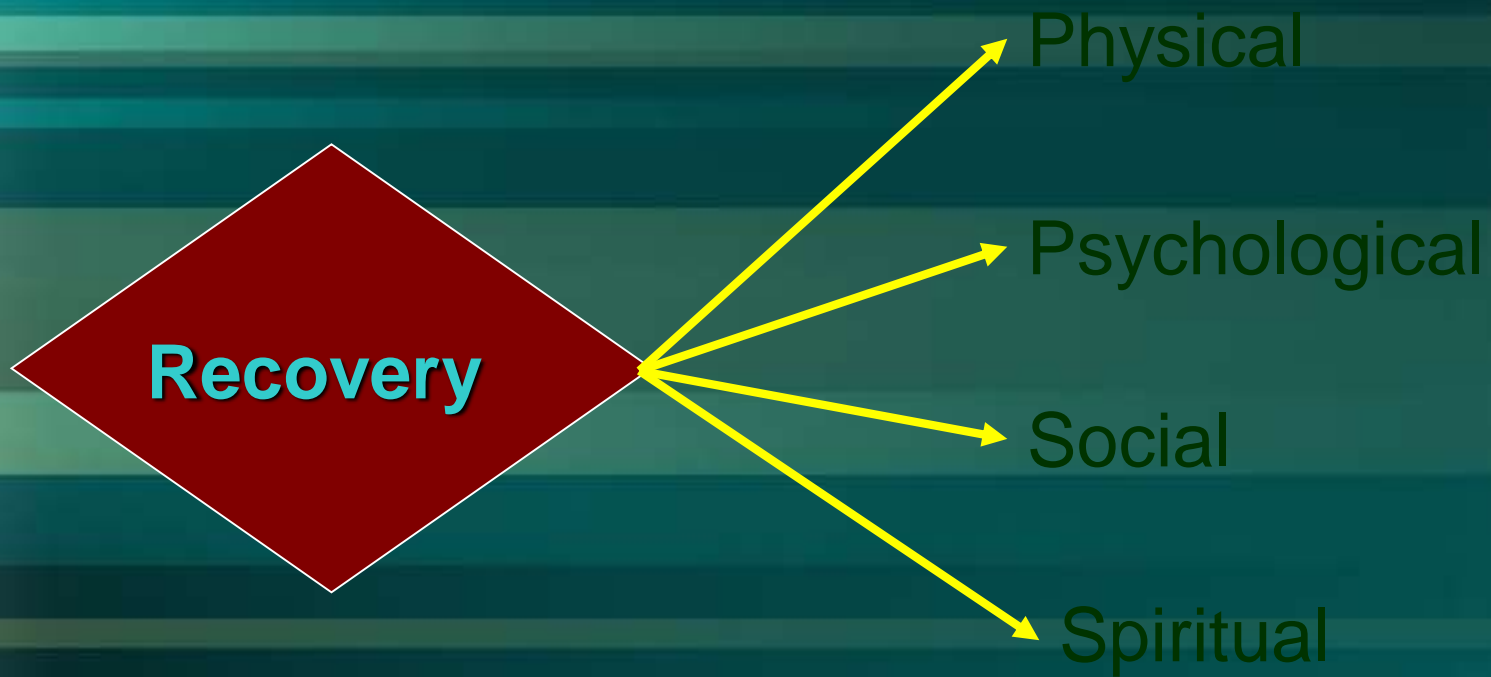
Abstinence from addictive drugs

+

Conscious efforts to make positive life style
changes



RECOVERY FROM ADDICTION



WHAT IS RECOVERY ?

- Learning to cope with drug cravings and social pressures
- Finding new ways of responding to emotional stress and physical pain
- Getting integrated into a new social network
- Learning to find pleasure in drug free activities

Making qualitative progress in terms of



- Physical health
- Psychological well being
- Work performance
- Family relationships
- Financial management
- Value based life style

THE THREE STAGES OF RECOVERY

- Commitment and motivation (preparation)
- Implementation of the specific behavioural change (cessation)
- Maintenance of behavioural change

RECOVERY PLANS AT THREE LEVELS

Recovery is a process of change in terms of

- Restructuring thinking pattern
- Managing feelings appropriately
- Implementing changes in behaviour pattern

RESTRUCTURING THINKING PATTERN

- Reminding oneself on a daily basis of the pain and damage caused by addiction
- Recollecting two good things that happened due to sobriety on a daily basis
- Repeating motivational statements aloud
- Reinforcing the positive thought that 'millions have given up drugs. I too can'.

MANAGING FEELINGS APPROPRIATELY

- Avoiding loneliness and getting active
- Overcoming loss and grief by open sharing
- Handling guilt feelings by making amends
- Managing anger through appropriate communication
- Overcoming fear through planning 'one day at a time'

IMPLEMENTING BEHAVIOUR CHANGES

- Avoiding people and places associated with addiction
- Remembering the 'HALT principle' – hunger, anger, loneliness and tiredness
- Handling craving by



IMPLEMENTING BEHAVIOUR CHANGES

- Leading a structured life style
 - Living `one day at a time
 - Reciting the serenity prayer
 - Developing new interests



IMPLEMENTING BEHAVIOUR CHANGES

- Getting into a new social network
- Identifying healthy methods of having fun
- Maintaining regular follow-up with the treatment centre and self-help groups
- Learning assertive skills to resist invitation to try alcohol / drugs



IMPLEMENTING BEHAVIOUR CHANGES

- Regular intake of deterrent drugs to safeguard sobriety
- Reviewing relapse prevention strategies periodically



HOW CAN SIGNIFICANT OTHERS BE SUPPORTIVE?



- Modeling the desired behaviour
- Creating a supportive interpersonal environment
- Helping the addict to avoid or cope with stress

SIGNIFICANT OTHERS

(contd..)

- Helping him to overcome a specific temptation to lapse
- Providing encouragement for continued progress
- Monitoring his behaviour and helping him to identify relapse cues



THANK YOU

