

Raising awareness to addiction



Raising awareness to addiction. Addiction comes in many forms and does not discriminate. It affects people of all ages, intelligence levels and backgrounds. Symptoms, signs and the causes of addiction will vary from person to person, however addiction has a damaging effect on everyone's livelihood and its often unmanaging without professional addiction treatments.



Links for Advice

<https://drugscience.org.uk>
<https://dan247.org.uk>
<https://alcoholchange.org.uk>
<https://drugsandme/en>
<https://drugwise.org.uk>
<https://talktotrunk.com>
<https://rease.org.uk>



Drugs

Some people cannot comprehend why or how other people become addicted to drugs. In reality drug addiction is a complex disease and quitting usually takes more than good intention and strong will. (nida)

When addicted to drugs you can't resist the urge to use them no matter how much harm the drugs cause. (webmd)

Health risks :

- Needing to take more to get the same effect
- High blood pressure and strokes
- Problems with your liver and pancreas
- Development of cancers around the body
- Difficulty obtaining or maintaining an erection
- Problems with orgasms
- Difficulty's becoming pregnant
- Feeling like you must use the drug or alcohol this is known as being dependent
- Withdrawal symptoms, including feeling sick, cold, sweaty, shaky when you don't take them
- Having sudden mood changes
- Having a negative outlook on life
- Loss of motivation
- Depression
- Anxiety
- Problems in relationships
- Being secretive
- Having episodes of drug induced psychosis

Addictions

- Shopping
- Gambling
- Alcohol
- Drugs
- Sex
- Smoking
- food

Problems caused by addiction

- Mental health
- Depression
- Obsessing
- Conflict
- Selfishness
- Financial
- Relapse
- Lying
- Secrecy
- Embarrassment
- anxiety

Alcohol

According to NHS figures, over seven and half people in the UK show signs of alcohol dependence (UKAT) Alcoholism is a major issue in the UK and the numbers of alcohol addiction continue to rise.

Alcohol is the third leading preventable cause of death in the UK after smoking and obesity.

People who depend on alcohol open experience poor mental health, anxiety, depression and suicidal feeling develop when your alcohol dependant.

Short term health risks

- Accidents, crashes, falls
- Violence, homicide, suicide
- Alcohol poisoning
- Risky sexual behaviour e.g unprotected sex, multiply partner and unwanted pregnancies
- Miscarriage and still birth

Long Term Health Risks:

- High blood pressure, heart disease, stroke, liver disease, digestive problems
- Numerous cancers around the body
- Weakness of the immune system and increase the chances of getting sick
- Memory problem e.g dementia
- Mental health
- Social problems



Explanation of poster

The poster depicts that one addiction usually leads to another and there are patterns and trends between them.

I chose to raise awareness for addiction as this is a subject that is awfully close to my heart, it has affected many people around me, most of all my family and me.

I understand the repercussions of addiction and have experienced its devastation 1st hand. I want to raise awareness to young people and their families in the hope that it prevents them using drugs, make them think twice when it comes to peer pressure or being offered drugs. Not only that but if a person finds themselves using substances or alcohol there is still hope and many services to help.

I believe children need to understand the implication when out with friends at the park, taking that 1st drink or smoking that 1st spliff, that this is a gateway and could lead to a very dark and dangerous path that is extremely difficult to turn back from, especially when trying to mask demons and hiding from problems.

With this in mind I feel the audience best to promote my poster too, will be children and young people because as proven addiction does not discriminate and does not just affect problem people.

When thinking about where best to promote my poster, I think of places where children congregate around like schools, parks, buses, bus stops, toilets, youth clubs and lessons in schools.

Educating children at an early age and having people on hand at schools to explain, talk to and confide in will be instrumental in preventing our young people going down the wrong path.

I plan to get young people and schools to help to raise money and funds for our worthy cause, as this will be most beneficial to them. Knowing my target audience, I believe we should involve them, ask them what their ideas are and what we could do to raise money and make people more aware and educate our people.

Doing this will also help our cause not only will we be educating our young people but they'll be helping older generations to set better examples and bringing our community together to fight against addiction and become people who we and our families can be proud of, or in some cases be the 1st person in your family to break cycles and traits given to us genetically.

Thus giving ourselves the respect to want to better than cheap thrills and quick highs but set aspirations and goals. This will not only increase revenues and funds but will also raise profile for future fund raising.

Speech

Good morning, my name is Roxanne finn and my chosen subject is raising awareness to addiction.

Addiction can be defined as a process, by which a behavior that can function both to produce pleasure and to provide escape from internal discomfort. This can be explained by

1. recurrent failure to control behavior (powerlessness)
2. continuations of that behavior despite significant negative consequences (manageability).

There are several reasons I chose to raise awareness for addiction. From an early age addiction played a major part in my life. My father was an alcoholic and my mother was a drug addict. My earliest memories, as a child are riddled with disappointments that go hand in hand with addiction.

This had several implications that carried through to adulthood such as:

Distrust

Conflict

Guilt

Shame

Helplessness

Not only for me but I am sure my parents felt this, not only the psychological effects but effects on finances and the emotional effects, the trauma, and the enablement.

Being so young I must confess the shame and embarrassment that came later in life for me.

The statistics

Over 2% of the world's population has an alcohol or drug addiction.

In the UK approximately 1 in 11 adults aged 16 - 59 years (9.2%) and 1 in 5 adults aged 16 – 24 (18.6%) reported drug abuse year ending June 2022.

Class A drugs are often taken in social situations.

Unfortunately, I have found these statistics to be rather accurate.

I was neglected as a child due to my parents choosing their substances over my basic needs.

When children are neglected, this can cause developmental problems, delayed speech, Mal nutrient and cognitive functioning issues. As well as being at greater risks of health, phycological and social problems.

Children whose parents' misuse drugs or alcohol are nine times more likely to be placed in local authority by their 7th birthday. (safeguarding)

There have been several studies of what causes addiction i.e. trauma, mental health, health struggles and genetic predisposition, however there is no one cause of addiction.

There are six major characteristics of an addictive behavior: salience/mood, modification/ tolerance/ withdrawal/conflict/relapse.

Other factors could include peer pressure, stress, sexual abuse and parental guidance.

There are physiological aspects to consider the mesolimbic dopamine pathway is the part of the brain that causes addiction.

Dopamine surges cause a pleasurable sensation that floods the reward pathway in the brain. This is in itself addictive.

However, when a person is addicted, treatment is always offered. The person just has to want help. There are several programs available on the NHS. Short term and long-term strategies are available in order for recovery to start.

The GP Is a good place to start, talk to frank and local drug treatments.

Therapy can include

Talking therapies (CBT)

Medicines substitutes (methadone)

Detox (helps with withdrawal)

Selfcare (narcotics anonymous)

These therapies can be used at home, in a treatment center or as a patient in a rehab center.

Even when clean, it is a rough road. Every day is a battle.

40% -60% of people will experience relapse.

1 in 5 people who completes treatment, will stay sober for the first year

Everyone makes mistakes, the road to recovery never runs smooth.

My nan always used to say prevention is better than cure.

Explanation of speech

I chose a speech because I felt this would capture my intended audience's attention the best. Also, with this being a subject I feel extremely passionate about, I feel confident delivering a speech/ pitch about something that has affected my life and is remarkably close to my heart.

When delivering a speech, you can be expressive, communication is not just spoken words but 7% words, 38% tone and 55% body language. Using these 3 elements together will encourage effective communication.

My intended audience of children and young people communicate differently from adults, so it is important that I use terminology appropriately and practice. Such as: active listening, explaining feelings and eye contact.

I chose this category of audience as I felt it would have the biggest impact and hopefully prevent addiction.

I believe that educating children and young people/adults is the key to fighting this pandemic of addiction.

I would look to speaking in schools, youth centres, colleges and other youth settings to educate our youth on the dangers of using drugs and getting addicted to substances.

Motivational speaking is a tried and tested method of reaching younger audiences.

Finding a setting where young people feel at ease is a major key to engagement and ultimately retention.

I would also like to link in with local authorities and charities to speak and raise funds for our cause. By utilizing those services, we would tap into existing young people/adults and also bring in new people. This will also help with innovative ideas for fundraising and give us a high profile for future fundraising.

By linking in with the local authorities and charities, this would potentially open the doors to social care grants and things to improve drug and alcohol recovery and prevention systems.

I have experienced the repercussions of addiction and its devastation and the complications that it brings later in life. There are many physiological, emotional, and physical effects. To get ahead of this problem we need to bring our community together, work together with our young people/adults to find ways we can fight together against addiction.

Giving ourselves more options in life to break cycles and have better chances and potential to become people we can be proud of, with aspirations and goals that make us believe in our dreams, without falling into the trap of addiction and trying to hide our demons and ultimately ruining lives and families.

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