



Schedule for today

- 9-10 Background – Theory
- 10-11 Theoretical Approaches – Interventions
- 11-12 Evidence-based or Practice-Based research Journal Articles
- 12-1pm Assessment Queries - Tutorial time

There will be breaks, but this is just to give you an idea of the overall structure for the day.



Addiction - NHS

- Addiction is defined as not having control over doing, taking or using something to the point where it could be harmful to you.
- Addiction is most commonly associated with gambling, drugs, alcohol and nicotine, but it's possible to be addicted to just about anything, including:

- **work** – some people are obsessed with their work to the extent that they become physically exhausted; if your relationship, family and social life are affected and you never take holidays, you may be addicted to work
- **internet** – as computer and mobile phone use has increased, so too have computer and internet addictions; people may spend hours each day and night surfing the internet or gaming while neglecting other aspects of their lives
- **solvents** – volatile substance abuse is when you inhale substances such as glue, aerosols, petrol or lighter fuel to give you a feeling of intoxication
- **shopping** – shopping becomes an addiction when you buy things you don't need or want to achieve a buzz; this is quickly followed by feelings of guilt, shame or despair

National Institute of Drug Abuse (NIDA)

<https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/introduction>

Addiction is defined as a chronic, relapsing disorder characterized by compulsive drug seeking and use despite adverse consequences.

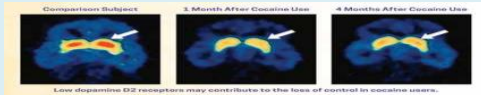
It is considered a brain disorder, because it involves functional changes to brain circuits involved in reward, stress, and self-control, and those changes may last a long time after a person has stopped taking drugs.

Addiction is a lot like other diseases, such as heart disease. Both disrupt the normal, healthy functioning of an organ in the body, both have serious harmful effects, and both are, in many cases, preventable and treatable. If left untreated, they can last a lifetime and may lead to death.

Brain images

- Source: *Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health*.

Modified with permission from Volkow et al. 1993.



What causes addictions?

- There are lots of reasons why addictions begin. In the case of drugs, alcohol and nicotine, these substances affect the way you **feel**, both **physically and mentally**.
- These feelings can be enjoyable and create a powerful urge to use the substances again.

Gambling

- Gambling may result in a similar mental "high" after a win, followed by a strong urge to try again and recreate that feeling. This can develop into a habit that becomes very hard to stop.

Withdrawal

- Being addicted to something means that not having it causes withdrawal symptoms, or a "come down". Because this can be unpleasant, it's easier to carry on having or doing what you crave, and so the cycle continues.
- Often, an addiction gets out of control because you need more and more to satisfy a craving and achieve the "high".

What are the effects of Addiction

- Damage work life, and relationships.
- Psychological and physical implications

Biological Factors

- Biological factors that can affect a person's risk of addiction include their genes, stage of development, and even gender or ethnicity. Scientists estimate that genes, including the effects environmental factors have on a person's gene expression, called epigenetics, account for between 40 and 60 percent of a person's risk of addiction.²⁷ Also, teens and people with mental disorders are at greater risk of drug use and addiction than others.

Substance Abuse and Mental Health Services Administration. Mental and Substance Use Disorders. <https://www.samhsa.gov/disorders>. Published June 20, 2014. Accessed June 4, 2018.

WHAT ENVIRONMENTAL FACTORS increase the risk of addiction?

- **Home and family.** The home environment, especially during childhood, is a very important factor. Parents or older family members who use drugs or misuse alcohol, or who break the law, can increase children's risk of future drug problems.
- **Peers and school.** Friends and other peers can have an increasingly strong influence during the teen years. Teens who use drugs can sway even those without risk factors to try drugs for the first time. Struggling in school or having poor social skills can put a child at further risk for using or becoming addicted to drugs.

RISK OF ADDICTION?

- Early use
- How the drug is taken.

The Science

- Take a look at the NIDA Report
- What is this saying?

Therapeutic Approaches/Treatments

- What is out there?
- Working in groups of 2-3, utilise the next 30 minutes of outlining therapeutic treatments and interventions.
- What are your experiences?

Research – Evidence-based, Practice Based Evidence.

- Journal Articles?
- Current Organisations

Support is Swansea Area

WCADA Welsh Centre for Action on Dependency and Drug Addiction <http://www.wcada.org/aboutwcada.html>
 Port of Call <https://portofcall.com/find-rehab/wales/swansea/>
 Barod <https://barod.cymru/>
 Inform Swansea <http://www.informswansea.co.uk/advice-support-centre/support/drug-alcohol-gambling/>