ADDICTION FACTS - NEED TO KNOW

SUBSTANCE ABUSE - is the use of any substance to the extent that it causes physical, mental or emotional damage that is either temporary or permanent.

ADDICTION - is a lasting and persistent brain disorder, that is treatable. People lack control for their need for alcohol or drugs.

Brain from marijuana abuse

18 y/o — 3 year history of 4x week use

Brain from alcohol abuse

16 y/o — 2 year history of daily abuse
PHYSICAL ADDICTION - body is dependent on the abused substance to function

PSYCHOLOGICAL ADDICTION - mind/brain is overcome by desire to have the substance abused

TOLERANCE - need for more of the drug or harder drug to get "high".

WITHDRAWAL - symptoms occur when the body and/or brain crave the abused substance (shaking, vomiting, headache, diarrhoea, sweating)
SIGNS OF POSSIBLE DRUG ABUSE

1) BEHAVIORAL
* changes in behavior or personality
* lying, cheating
* attention-getting behavior
* denial of any problems

2) PHYSICAL
* poor coordination
* changes in appearance
* slurred speech
3) SOCIAL
*friends suspected of abusing drugs
*withdrawal from normal activities/friends
*poor school performance

RISK FACTORS THAT CAN PROTECT OR INFLUENCE DRUG ABUSE:
1) FAMILY
2) SOCIAL (friends, role models)
3) PERSONAL (example - stress)
THE 4 STAGES OF ADDICTION

STAGE ONE:

MISUSES OF SUBSTANCES

a) emotional and mental addiction

b) feels the need, comfort or excitement from the substance and becomes uncomfortable without it.

c) begins to experience the negative effects in their relationships, work and health.
STAGE TWO:  
ABUSE OF SUBSTANCES  
a) change in dealing with life and personal relationships  
b) cravings for abused substance develops  
c) legal consequences  
d) makes excuses for drug use/hides abuse
STAGE THREE: DEPENDENCY

a) tolerance is developed
b) mind and/or body becomes used to the drug and needs more for the same relief/high.
c) abuser withdraws further from loved ones
d) makes excuses, minimizes problems and blames others.
STAGE FOUR:
FINAL STAGE OF ADDICTION

a) physical symptoms when withdrawing
b) tolerance now means the abuser needs to drink or use more stronger drugs to not only get high but also to prevent withdrawal

c) physical and mental health deteriorates
d) personal relationships and finances deteriorates