

Addiction

Presenters:

Marisa Mutty (mlm5ca)

Quinn Weber (qsw5f)

Video

Key Points of Video

- Defense Mechanisms
 - Denial
 - Rationalization
 - Blaming
 - Deflection
 - Minimizing
- Distraction
- Irritability
- Impatient

Background

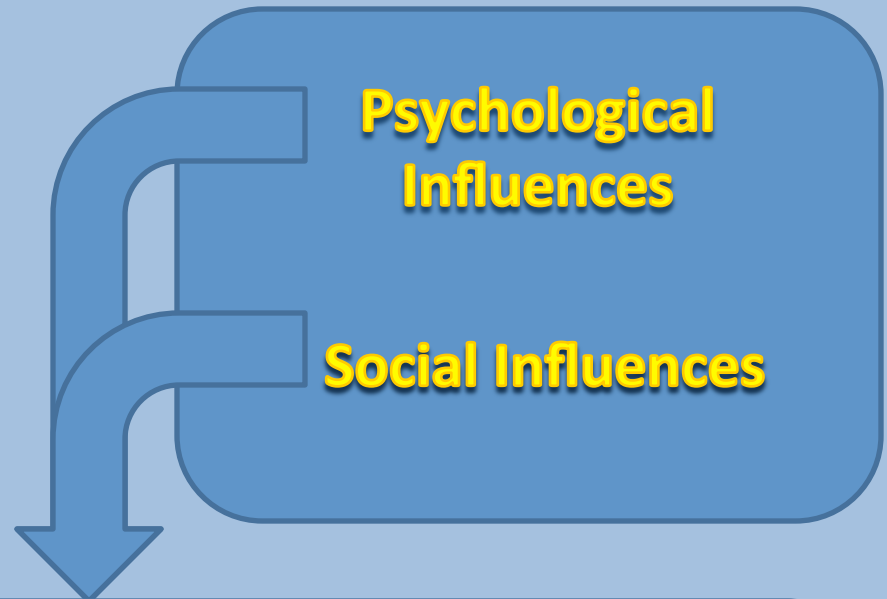
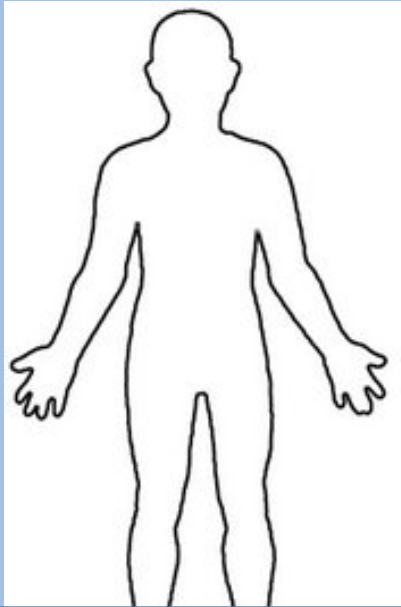
4 Phases of Addiction

- Low Risk Choices
- High Risk Choices
- Psychological Dependence
- Physical Addiction

0-1-2-3

- **0 Per Day** – No problems
- **1-2 Per Day** – Live longer than abstainers
- **> 2 Per Day** – Health problems, shorter life
- **> 3 On Any Day** – Health problems common

Addiction



**Body, Brain,
Biology**

**family history and
tolerance**



High-Risk Choices

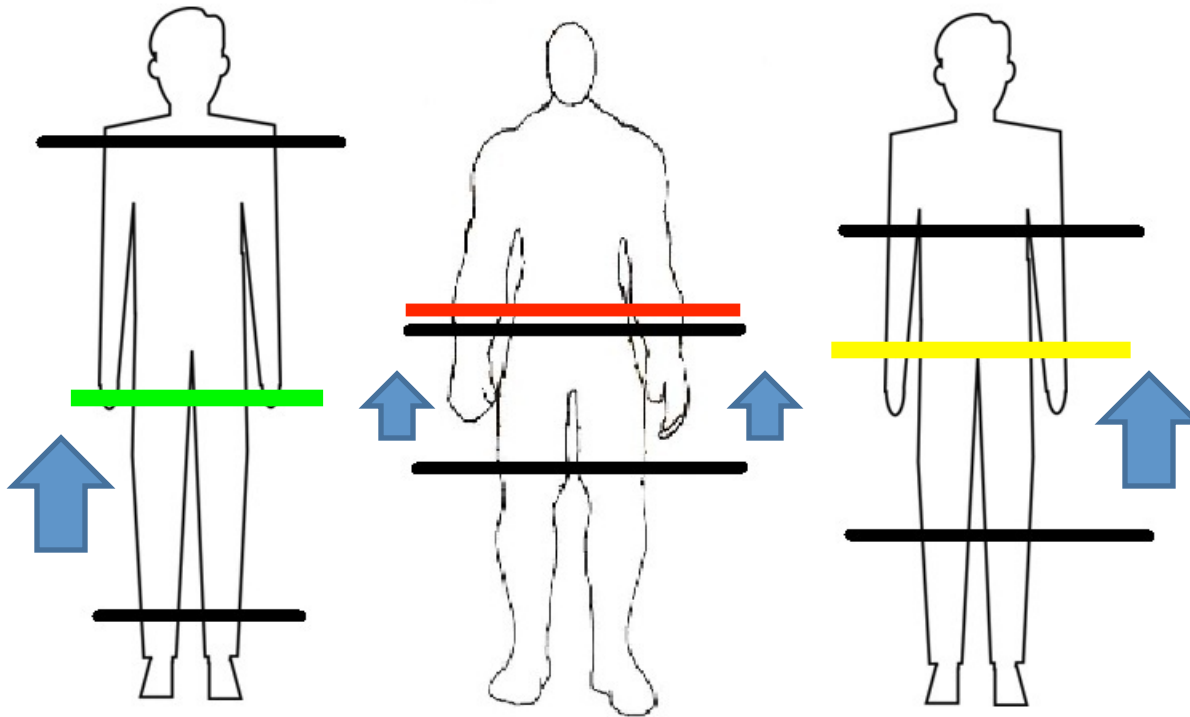


Outcome

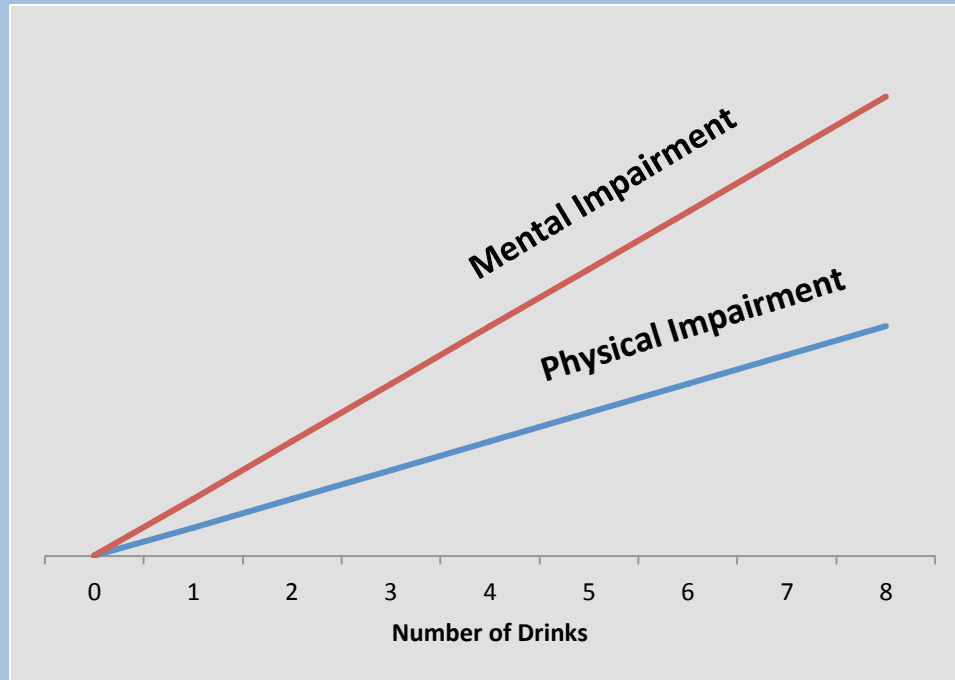
Psychological Influences

- Common traits of addictive people
 - Sensation seeking
 - Gregarious
 - Rebellious
 - Impulsive

Tolerance and Trigger Levels



How Tolerance Can Trick Us



Recognize

Indicators of Addiction

- 1) Periodic Loss of Control
- 2) Varying Degrees of Withdrawal
- 3) Multiple Negative Outcomes
- 4) Changes in Psychological Dependence
- 5) Intensified Blackouts
- 6) Changing Tolerance

Indicator 1: Periodic Loss of Control

- Impossible to consistently drink low-risk amounts
- High-risk drinking happens without conscious decision
- No internal mechanism to say “enough”
- Feels like a loss of willpower

Indicators of Addiction

- 1) ~~Periodic Loss of Control~~
- 2) Varying Degrees of Withdrawal
- 3) Multiple Negative Outcomes
- 4) Changes in Psychological Dependence
- 5) Intensified Blackouts
- 6) Changing Tolerance

Indicator 2: Varying Degrees of Withdrawal

- Periodic increase of tolerance level
- Body treats presence of alcohol as normal
- Dropping below new “normal” level leads to withdrawal

What is withdrawal?
What substances can cause it?
What are the symptoms?

Withdrawal

- Body attempting to function without substance
- Caused by smoking, drugs, alcohol, caffeine
- Symptoms
 - Headache, nervousness, irritability, lack of concentration, craving

Indicators of Addiction

- 1) ~~Periodic Loss of Control~~
- 2) ~~Varying Degrees of Withdrawal~~
- 3) Multiple Negative Outcomes
- 4) Changes in Psychological Dependence
- 5) Intensified Blackouts
- 6) Changing Tolerance

Indicator 3: Multiple Negative Outcomes

- Pattern of negative outcomes
- Addict does not see it as abnormal
 - Experienced them in phase 3
- In some cases, addict experiences none

What are some of these negative outcomes?

Negative Outcomes

- Problems with family, friends, job
- Arrests, loss of job, injuries, family violence
- Aggravates existing problems
 - Leads to addicts not attributing it to alcohol
- Some alcoholics keep problems away

Indicators of Addiction

- 1) ~~Periodic Loss of Control~~
- 2) ~~Varying Degrees of Withdrawal~~
- 3) ~~Multiple Negative Outcomes~~
- 4) Changes in Psychological Dependence
- 5) Intensified Blackouts
- 6) Changing Tolerance

Indicator 4:

Changes in Psychological Dependence

- Relationships
 - Relationships limited to others in phase 4
- Integration into life
- State dependent learning
- Defense Mechanism
- Little else in life may matter
- More complicated defense mechanisms

Indicators of Addiction

- 1) ~~Periodic Loss of Control~~
- 2) ~~Varying Degrees of Withdrawal~~
- 3) ~~Multiple Negative Outcomes~~
- 4) ~~Changes in Psychological Dependence~~
- 5) Intensified Blackouts
- 6) Changing Tolerance

What is a blackout?

Indicator 5: Intensified Blackouts

- Higher frequency
- Tolerance is so high shows no signs of impairment
- Gradually caused by smaller amounts

Indicators of Addiction

- 1) ~~Periodic Loss of Control~~
- 2) ~~Varying Degrees of Withdrawal~~
- 3) ~~Multiple Negative Outcomes~~
- 4) ~~Changes in Psychological Dependence~~
- 5) ~~Intensified Blackouts~~
- 6) Changing Tolerance

Indicator 6: Changing Tolerance

- Increases up until addiction begins
- Body is increasingly damaged
- Unpredictable response
- Decrease in tolerance in late stages
- Body is breaking down

Test Your Skills At Spotting an Addict

- Watch clip of “The Office”
- What are some clues that Meredith is an addict

Recap: Indicators of Addiction

- 1) Periodic Loss of Control
- 2) Varying Degrees of Withdrawal
- 3) Multiple Negative Outcomes
- 4) Changes in Psychological Dependence
- 5) Intensified Blackouts
- 6) Changing Tolerance

Two Big Risk Factors

- High Tolerance
- Family History

React

The 5 Point Formula

- I Care
- I See
- I Feel
- I Want
- I Will

Resources

- Hoos In Recovery
- Office of Health Promotion
- CAPS
- CASE
- ADAPT