**Addiction 101**

**A Little History**

**🖰1**

Humans have used drugs of one sort or another for thousands of years.

We read of drunkenness in the Bible from almost the beginning of time

narcotics from 4000 B.C.;

and medicinal use of marijuana has been dated to 2737 B.C. in China.

It wasn’t until the 19th cent. A.D. that active substances in drugs began

to be extracted.

Thus began the discovery substances—morphine, laudanum, cocaine

began to be used for medical purposes. – and of course abused

Speaking of creating substances – Who was the genius that thought up meth –

Paint thinner                       
Freon                               
Camp stove fuel Anhydrous ammonia10  
Drain cleaner  
Muriatic acid  
Battery acid

But we gotta use Sudafed

-who thinks of that!!  
**🖰2**

From 1898 through to 1910 heroin was marketed   
 as a non-addictive morphine substitute and cough suppressant.   
Bayer marketed heroin as a cure for morphine addiction   
 before it was discovered that heroin is rapidly metabolized into morphine,  
 and as such, "heroin" was basically only a quicker acting form of morphine.

World trade in illicit drugs lies somewhere around the $US 400 billion level

accounting for approximately 8% of international trade.

In 1994 that figure would have been larger than the international trade

in iron and steel, and motor vehicles.

Measuring Global Drug Markets

*Peter Reuter & Victoria Greenfield* 1997

Estimated 20,000,000 drug users in the US every month

And 200,000,000 drug users around the world

And those numbers don’t even include alcohol.

There is a stigma to drug abuse that somehow it makes it a “worse” sin,

and the users are “worse” sinners. – although the consequences can be

devastating

* We know that the consequences of all sin is devastating (Romans 3:23)

Dr Jimmy Lee in the Living Free Curriculum

– uses the term that we have all used in Teen Challenge for addiction “

Life-controlling problem”

Because we realize there is more to it than a chemical problem.

**🖰3**

He says that “Life-controlling problems are anything that master our lives

and block our spiritual growth.”

**🖰**Other terms used to describe an addiction or life-controlling problem are (?ask-allow others to share their ideas before sharing this list)

**🖰**dependency, stronghold, besetting sin, slavery, compulsive behavior.

Chemical addiction and other life-controlling problems have a common bond

– they master a person.

**🖰4**

Keith Miller says:

An addiction is a state of compulsion, obsession, or preoccupation that enslaves desire and creates the state of dependency.

The word addiction has become generalized and is no longer confined describing addition to drugs. People are seen as “addicted” to different things such as food, smoking, gambling, work, spending money, play, video games, sex, pornography.”

* *Sin: Overcoming the Ultimate Deadly Addiction*; Keith Miller; 1987

**🖰5**

In addition Dr Lee says

- We may be trapped by emotions that overwhelm us as well (?ask-allow others to share their ideas before sharing this list)

**🖰** – grief, depression, anger, fear

**🖰**Or life controlling problems can be sinful attitudes such as bitterness, envy or lust.

**🖰6** We ALL have something that wants to master us.

**🖰**1 Corinthians 6:12

Everything is permissible for me – but I will not be mastered by anything.

Romans 7: 14-24 describes sin – listen and see if this doesn’t sound like addiction

As a director I was willing to take students with life-controlling problems

Other than just chemical addiction because at the core it is all a sin problem

– a heart problem and because I believe the basic root issue is the same

– I believe the path out is basically the same.

For this session we will focus on substance abuse.

When you look at the hugeness of the problem

it can become overwhelming

– but as any missionary has a specific people group they reach out to

– we as Teen Challenge have a our mission field.

A specific people group (unfortunately there is a growing population) that needs love, grace and hope

In the end they are hurting empty people looking for an answer.

Looking for hope.

When Teen Challenge showed up on the scene

there was not much hope for a drug addict –

Once a drug addict always a drug addict

Path out: Romans 7:25 – 8:1,

**🖰7** **Why do people get into addiction or substance abuse?**

There is no single easy answer?

We know that there is no simple indicator that will show us who will

become addicted.

Addiction can and does happen to anyone

–there is not a demographic that is left unscathed.

–Middle class, upper class, big city, Podunk

(Podunk is a word in the dictionary)

Whatever the reason, substance abuse starts with the choice to try drugs,

to use them.

One thing is known for certain

– if you don’t try or experiment with drugs or alcohol,

then you will not become addicted.

Profound – I know!

The reason’s that a person becomes addicted to drugs are complex

and unique to each individual.

**🖰8**

We do know that people are most vulnerable to experimentation with drugs

between the ages of 12 and 20.

If they don’t get into drugs then,

the chances that they will later in life are greatly diminished

– although it does happen.

Alcohol and prescription drugs especially at an older age

**🖰9**

1. **Three Models of Dealing with Addiction**

Try to explain why people get into addiction

and their model for dealing with addiction

The Medical model for dealing with addiction says there is a physical/chemical

reason and considers it a disease:

* That is it has a cause – using drug
* Produces signs and symptoms
* Has a clinical course (we just reviewed that)
* Without “treatment” is fatal
* This model tends to excuse the need for personal responsibility.

**🖰**And of course the Psychological model

Psychological cause with Psychological strategies and solution to overcome.

They focus on what you might call the soul – mind, will, emotions

We do know that it affects all aspects of a person’s life

-body

-Soul – mind, will and emotions

-Spirit

**🖰**But both these models ignores the spiritual component

– which we know is **thee** component.

**🖰**The Christian Discipleship model of course recognizes that.

A model mocked by secular society.

Drug abuse is not just a drug problem.

Drugs are more and more used to fill the place in human hearts

that only God himself can fill.

**🖰10**

1. **Contributing Factors**

Even though there is not a single answer to explain why people use and why they become addicted we can identify contributing factors.

That said we do know that there are often contributing factors

Factors that have a major impact on adolescents and adults

and increase their chances of deciding to try drugs:

They are –

1. The dysfunctional family
2. Lack of self-esteem
3. Peer pressure
4. Experimentation (curiosity)
5. Cultural influence
6. Parental drug abuse
7. Lack of moral and spiritual values

**🖰** These are not causes of drug abuse

– the unfortunate choice to try drugs and then to continue using them

is the main cause.

**🖰11**

Drugs are a coping mechanism for dealing with pain

An escape from the realities of life.

Users think drugs are a solution but they become the problem.

As a society, we have come to believe that

having any kind of pain is unacceptable.

In reality, pain is a normal and necessary part of life.

Pain motivates us to change, to grow, to stay out of trouble.

We learn to deal with pain,

learning to trust God through it,

live Biblically to avoid self-inflicted pain

and to overcome or find our way through the pain

and stress of normal living.

Drugs as well as any other life controlling problem are an attempt

to fill emptiness and mask pain.

Rather emptiness and pain should drive us to God

to fill the void that only he was meant to fill.

**Steps to Addiction**

**🖰12**

1. Experimentation

The users learn that the substance or behavior makes us feel good.

The user doesn’t have any initial serious negative consequences.

Return to normal feelings after isolated indulgences.

**🖰13**

1. Social Use – Occasional use

Practice the behavior regularly but set limits for themselves about when, where, how they use.

The rules the user makes help him/her to feel safe and appropriate.

The user seeks friends who also indulge.

🖰**14**

1. Daily Preoccupation – Harmful abuse

Without warning, the behavior or the substance becomes a problem.

The user violates their value system and begins

to feel the pains of addiction.

The user loses control and breaks the rules he has set for himself.

Life begins to deteriorate.- school, job, relationships

The behavior becomes the center of his/her life.

Activities revolve around drugs and drug using friends.

The delusion grows deeper until they no longer recognize the truth.

**🖰15**

1. Using to feel normal

At this point the user is only using to feel normal

Out of control.

Pain is constant.

The only times the user feels normal is

when they are using the substance.

The brain chemistry has changed so that the drug

is now a part of the “normal” functioning of the brain.

Different drugs act on the brain in different ways

or act on different sections of the brain.

However, all drugs alter the normal or natural functions of the brain,

and addiction occurs when the person is no longer able to feel normal

or feel pleasure without the drug.

If they don’t have the drug cravings and withdrawal set in.

Again, the user is using the drug to feel normal.

People become addicted because the chemical affects them

not only physically but also emotionally

– emotional pain or strong negative emotions are temporarily forgotten.

In stage one they Learn the mood swing

* Temporary euphoria
* Learn to trust or enjoy the drug

In stage two they seek the mood swing

Stage thee is harmful dependence

* Become dependent on those mood swings

Stage four – Using to feel normal

**🖰16**

**Affects of Drug Addiction:**

All drug abuse affects the brain.

They work primarily in the limbic system

–the part of the brain where feeling and pleasure take place.

Drugs interfere with or substitute the brain’s natural chemicals ,

called neurotransmitters or dopamine.

Dopamine is a chemical that carries a signal from one brain cell to another.

When we feel good it is because our brain cells have released

a dose of dopamine.

**🖰17**

Drugs cause “good feelings” in several ways:

-by imitating the brain’s dopamine

-by speeding up their release

-by prolonging their presence

That is what the process of getting high is about.

Once the drugs out of the brain, the effect is gone.

However, when a person begins to use drugs regularly,

the brain chemistry is altered by the drug and the drug becomes a part

of the normal functioning of the brain.

A vicious cycle starts

– the more one use a drug the more the brain chemistry is affected by it,

the more the person craves the drug

– the more they need it just to feel normal, so the more they use.

So the whole neurotransmitter, dopamine thing is all messed up!

<http://www.drugabuse.gov/Scienceofaddiction/brain.html>

**🖰18-24**

Look what happens to the brain – (PowerPoint)

The most overlooked addicting drug?

**🖰25** Nicotine:

In fact it is considered as addicting as heroin.

Nicotine acts as stimulant to the brain and this is apparently

why addiction develops.

Nicotine also affects the muscles, working as a muscle relaxant

which is why people who are uptight use it to “relax”.

The “high” only lasts about an hour – hence the frequency of use.

**🖰26**

We know the toll that addiction takes not only on the brain, but also (?ask)

**🖰**-the body – just look at before and after pictures of students

-dignity, self-esteem

-relationships

-spiritual state

-financial issues arise

-legal issues arise

**🖰**You create more pain

Taken to avoid pain but when addiction comes

– then you begin to create what you trying to avoid – pain

Avoiding pain emptiness – more is created.

**🖰27**

Suffering and consequences become severe and consistent.

That is usually when the abuser will seek help.

Family and friends can shorten the pain and suffering time if:

1. 🖰 Doing an Intervention
2. 🖰 Stop Enabling
3. 🖰 #3 a little prayer might help too.

Users that come into Teen Challenge and are off of drugs for a few days or weeks

often think that because they have gotten off the drug

and stopped using that they are ok

– accounting for some of the reasons students drop out of the program quickly.

**🖰28**

The change that needs to take place is-

1. 🖰spiritual – restored relationship with God

But also

1. 🖰 Beliefs
2. 🖰thinking and
3. 🖰behavior have to change

Reboot and Reprogram your computer

This chart is not taken from anything TC – form book mentioned below

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| The Steps to Recovery | | | | |  | **Recovery** | **Step 7** |
|  |  |  |  |  |  | **Step 6** | Helping Other |
|  |  |  |  |  | **Step 5** | Growing spiritually |  |
|  |  |  |  | **Step 4** | Accountable, responsible |  |  |
|  |  |  | **Step 3** | Letting God change you |  |  |  |
|  |  | **Step 2** | Self-examination |  |  |  |  |
|  | **Step 1** | Committing Life to God |  |  | *Counseling for Substance Abuse and Addiction*; Gary Collins Ph.D; Word Publishing; pg 105 | | |
| **Addiction** | Admitting  Helplessness |  |  |  |

Notice a few things – doesn’t that apply for any life-controlling problem

Basically explains Christian Discipleship

Wait – that is what is involved in discipleship

Wait – don’t we do those things in Teen Challenge

**Source Documents**

*Counseling for Substance Abuse and Addiction*; Gary Collins Ph.D; Word Publishing

Living Free; Dr. Jimmy Ray Lee; Turning Point Ministries