ADDICTION 101
A basic primer on addiction

How do we approach addiction?

"If the only tool you have is a hammer, you tend to see every problem as a nail." (Abraham Maslow)

Definition of addiction

"Alcoholism is a primary, chronic disease with genetic, psychosocial and environmental factors influencing its development and manifestations. The disease is often progressive and fatal. It is characterized by continuous or periodic impaired control over drinking, preoccupation with the drug alcohol, use of alcohol despite adverse consequences, and distortions in thinking, most notably denial."
(National Council on Alcoholism and Drug Dependence, Inc. 2/3/90)

What is a disease?

The causal model:
1. cell, organ or system
2. defect or injury
3. measurable symptoms

A broken leg?

The causal model:
1. bone
2. defect?
3. symptoms?
4. treatment?

Diabetes?

The causal model:
1. pancreas
2. defect?
3. symptoms?
4. treatment?
Alcoholism?

The causal model:
1. brain? liver?
2. defect?
3. symptoms?
4. treatment?

The causal model works for easy diagnosis
- The model favors simple organs.
- Addiction?
- Brain disease? Liver disease?
- In the absence of easy causality, what models work?
  - Moral
  - Personality
  - Environment

Language Problems

Treatment for Hypertension: Did Treatment Work?

Treatment Status Over Time
Hypertension is a chronic disease. Treatment is applied consistently over time (anti-hypertensive therapy with consistent follow-up).

Treatment for Alcoholism: Did Treatment Work?

Treatment Status Over Time
Should we also be using chronic/rehabilitative treatment model INSTEAD of an acute/single episode treatment model?
How do these diseases compare?

<table>
<thead>
<tr>
<th>Disease</th>
<th>Compliance Rate (%)</th>
<th>Relapse Rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>30-50</td>
<td>50</td>
</tr>
<tr>
<td>Opioid</td>
<td>30-50</td>
<td>40</td>
</tr>
<tr>
<td>Cocaine</td>
<td>30-50</td>
<td>45</td>
</tr>
<tr>
<td>Nicotine</td>
<td>30-50</td>
<td>70</td>
</tr>
<tr>
<td>Insulin Dependent Diabetes Medication</td>
<td>&lt;50</td>
<td>30-50</td>
</tr>
<tr>
<td>Diet and Foot Care</td>
<td>&lt;50</td>
<td>30-50</td>
</tr>
<tr>
<td>Hypertension Medication</td>
<td>&lt;30</td>
<td>50-60</td>
</tr>
<tr>
<td>Diet</td>
<td>&lt;30</td>
<td>50-60</td>
</tr>
<tr>
<td>Asthma Medication</td>
<td>&lt;30</td>
<td>60-80</td>
</tr>
</tbody>
</table>


Learning to drink

priming
early experimentation
being adult
designated driver

The mathematics of drinking

The Feeling Chart...Revisited

PAIN NORMAL EUPHORIA

priming
early experimentation
building trust
reliable effect
learning how to use
signature experience

More is better

The Feeling Chart...Revisited

PAIN NORMAL EUPHORIA

priming
early experimentation
building trust
reliable effect
learning how to use
signature experience

The rules of drinking

The Feeling Chart...Revisited

PAIN NORMAL EUPHORIA

priming
early experimentation
building trust
reliable effect
learning how to use
signature experience

How alcoholism develops

The Feeling Chart...Revisited

priming
early experimentation
building trust
reliable effect
learning how to use
signature experience
The lizard brain

MENTAL OBSESSION
CRAVING
tolerance
loss of control
blackouts
physical dependence
withdrawal syndrome

Untreated addiction

FEAR
LONELINESS
hypersensitivity
insecurity
adaptive defenses
delusions
"self will run riot"

What's wrong with these people?

MENTAL OBSESSION
CRAVING
tolerance
loss of control
blackouts
physical dependence
withdrawal syndrome
"the alcoholic drinks as long as he can, stays sober as long as he can...

Escaping a state of pain

The Feeling Chart...Revisited

PAIN NORMAL BUDDHISM

MENTAL OBSESSION
CRAVING
tolerance
loss of control
blackouts
physical dependence
withdrawal syndrome
"self will run riot"
"the alcoholic drinks as long as he can, stays sober as long as he can..."
**Signs and Symptoms**

- personality change
- blackouts
- problems at work/school
- mood/attitude changes
- legal problems
- health problems
- avoiding friends/family
- constant obsession
- appetite/sleep changes
- high tolerance
- lying/dishonesty
- strained relationships
- financial problems
- loss of interests
- accidents
- depression/suicide attempts
- risk-taking behaviors
- changes in appearance

**Definition of Addiction**

Addiction, alcoholism and drug dependence is a chronic, progressive disease characterized by physical and psychological symptoms:

- **CRAVING**
  - The strong need or compulsion to drink

- **DEPENDENCE**
  - Withdrawing symptoms, such as nausea, sweating, shakiness and anxiety when you stop drinking or using after a period of heavy use.

- **COMPULSION**
  - The frequent inability to stop drinking or using once you’ve begun (see Loss of Control)

- **TOLERANCE**
  - You need increasing amounts of drugs/alcohol to get “high”

**Definition of Abuse**

Drug/alcohol abuse may not involve craving, loss of control or physical dependence. Rather, it is a pattern of use that has led to at least one of the following situations within a 12-month period:

- Inability to fulfill major work, school or home responsibilities
- Drinking while driving a car, operating heavy machinery, or while involved in any other physically dangerous activity.
- Relationship problems that are caused or worsened by the effects of use.
- Recurring drug/alcohol-related legal problems, such as being arrested for driving under the influence, or for physically hurting someone while impaired.

**A Disease of Perception**

**NORMAL PERCEPTION**

**ADDICTIVE PERCEPTION**

If “self will run riot” is the problem, what is the solution?

**Traditional Therapeutic Intervention**

**NORMAL PERCEPTION**

**ADDICTIVE PERCEPTION**

**AA’s Counterintuitive Model**

- Attend A.A. meetings regularly
- Read the Big Book
- Get and use a sponsor
- Participate in A.A. service work
- Get a home group of A.A.
- Pray regularly
- Help other alcoholics