

ADDICTION

HELPING YOURSELF & OTHERS

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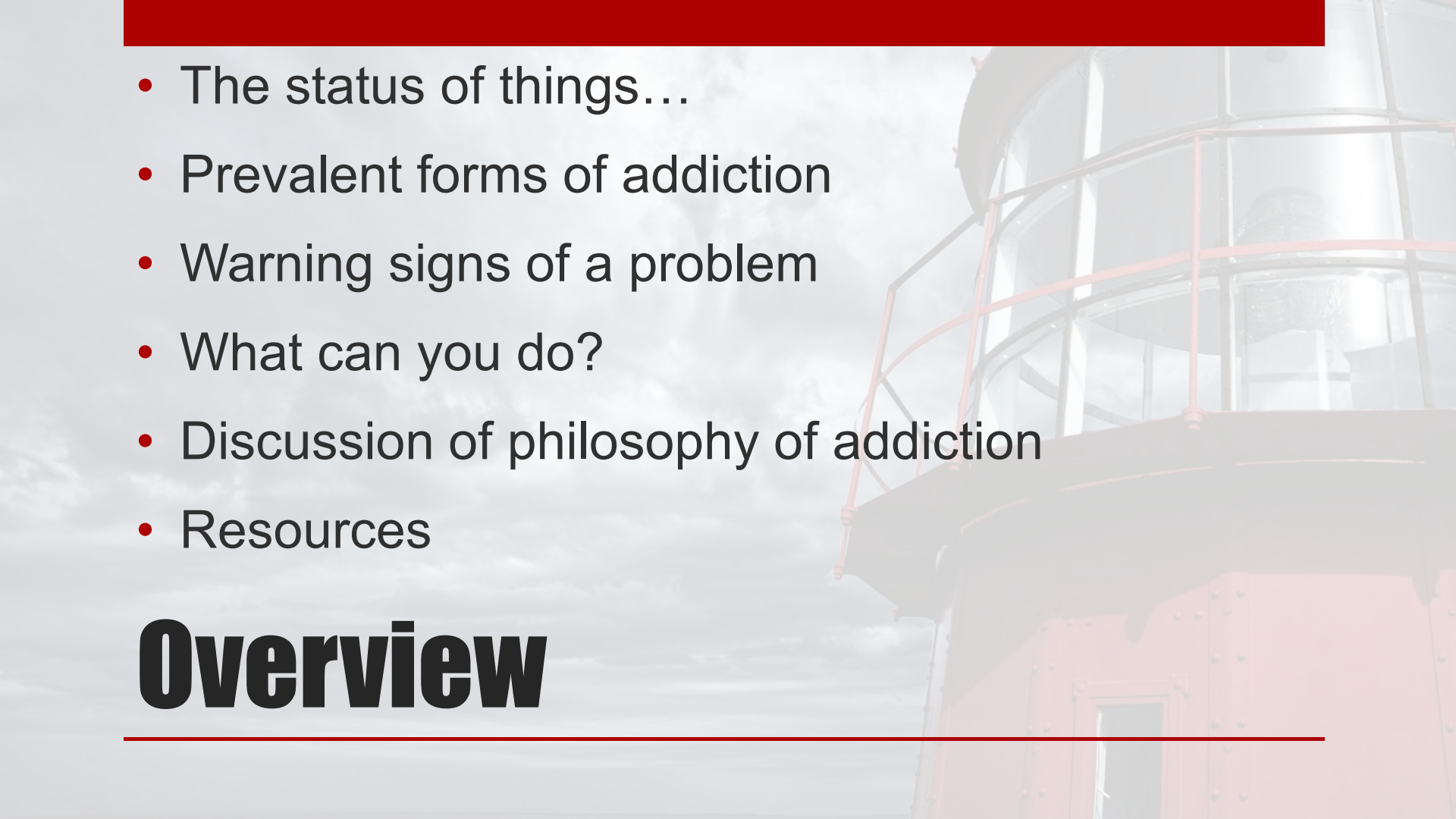
WLCFS-Christian Family Solutions

2019 CHRISTIAN LEADERSHIP EXPERIENCE



- “It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age” (Titus 2:12).
- “No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it” (1 Corinthians 10:13-14).

And God’s Word Tells Us...

- 
- The status of things...
 - Prevalent forms of addiction
 - Warning signs of a problem
 - What can you do?
 - Discussion of philosophy of addiction
 - Resources

Overview




What is an “addiction”?

- A pattern of compulsive behavior
- The pattern continues despite negative consequences
- A chronic, potentially relapsing disorder
- *However, many of these individuals can still “function.”*

What is an “addiction”?



The status of things...

- 
- **“Addictions” are often divided into 2 categories:**
 - Substance-related
 - Behavioral
 - However, the difference is largely arbitrary.


The status of things...

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- **The Three “A’s” of Addiction Potential**
 - Anonymous
 - Affordable
 - Accessible


The status of things...




What “fuels” addictions?

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- **How does our culture impact addictions?**
 - **Two prominent themes:**
 - Instant gratification (feel good/better)
 - Avoidance of pain/discomfort (lessen the unpleasant)

What “fuels” addictions?

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- **To feel good...**
 - **To have novel:**
 - feelings
 - sensations
 - experiences **AND** share them

What “fuels” addictions?

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- **To feel better...**
 - **To lessen:**
 - anxiety
 - worries
 - fears
 - depression
 - hopelessness

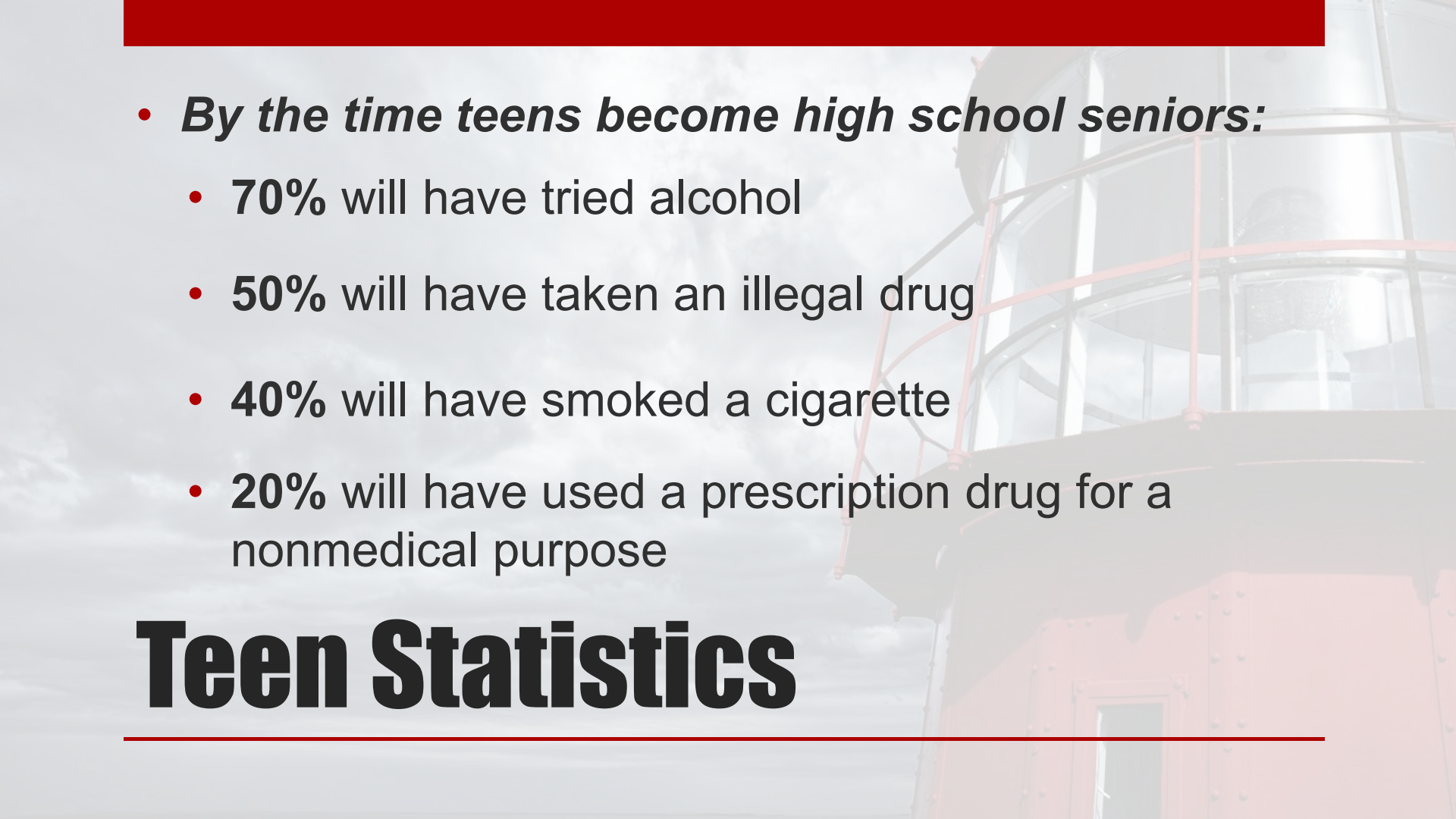
What “fuels” addictions?



The status of things...

- 50% of Americans have a loved one who is suffering from a drug abuse problem at any given time
- The average age for young people to start...
 - ...using tobacco is 12
 - ...drinking alcohol is 13
 - ...smoking marijuana is 14
- Young people who start drinking alcohol before age 15 are...
 - ...4 times more likely to develop an alcohol abuse disorder later on in life than someone who delays the start of drinking until age 21

The status of things...

- 
- *By the time teens become high school seniors:*
 - 70% will have tried alcohol
 - 50% will have taken an illegal drug
 - 40% will have smoked a cigarette
 - 20% will have used a prescription drug for a nonmedical purpose

Teen Statistics



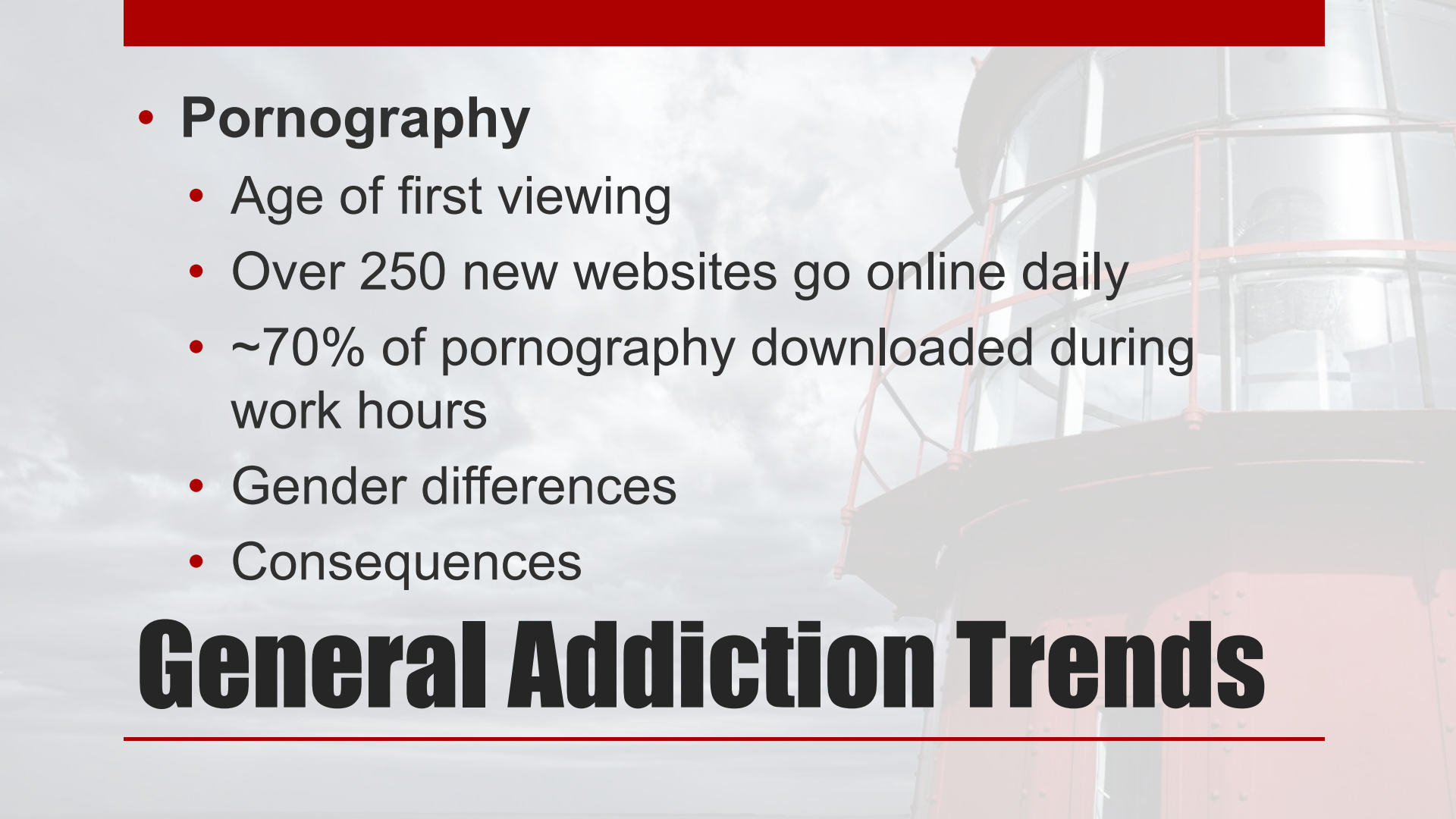
- **Addictions on the rise...**

- Marijuana, e-cigs, prescription medications, heroin, and drug use among the Baby Boomers

- **Addictions not changing or on the decline...**

- Cocaine, methamphetamine, tobacco, and alcohol
- However, with alcohol we have to remember many of us live in Wisconsin

General Addiction Trends

- 
- **Pornography**
 - Age of first viewing
 - Over 250 new websites go online daily
 - ~70% of pornography downloaded during work hours
 - Gender differences
 - Consequences

General Addiction Trends

C A G E




Warning Signs of a Problem



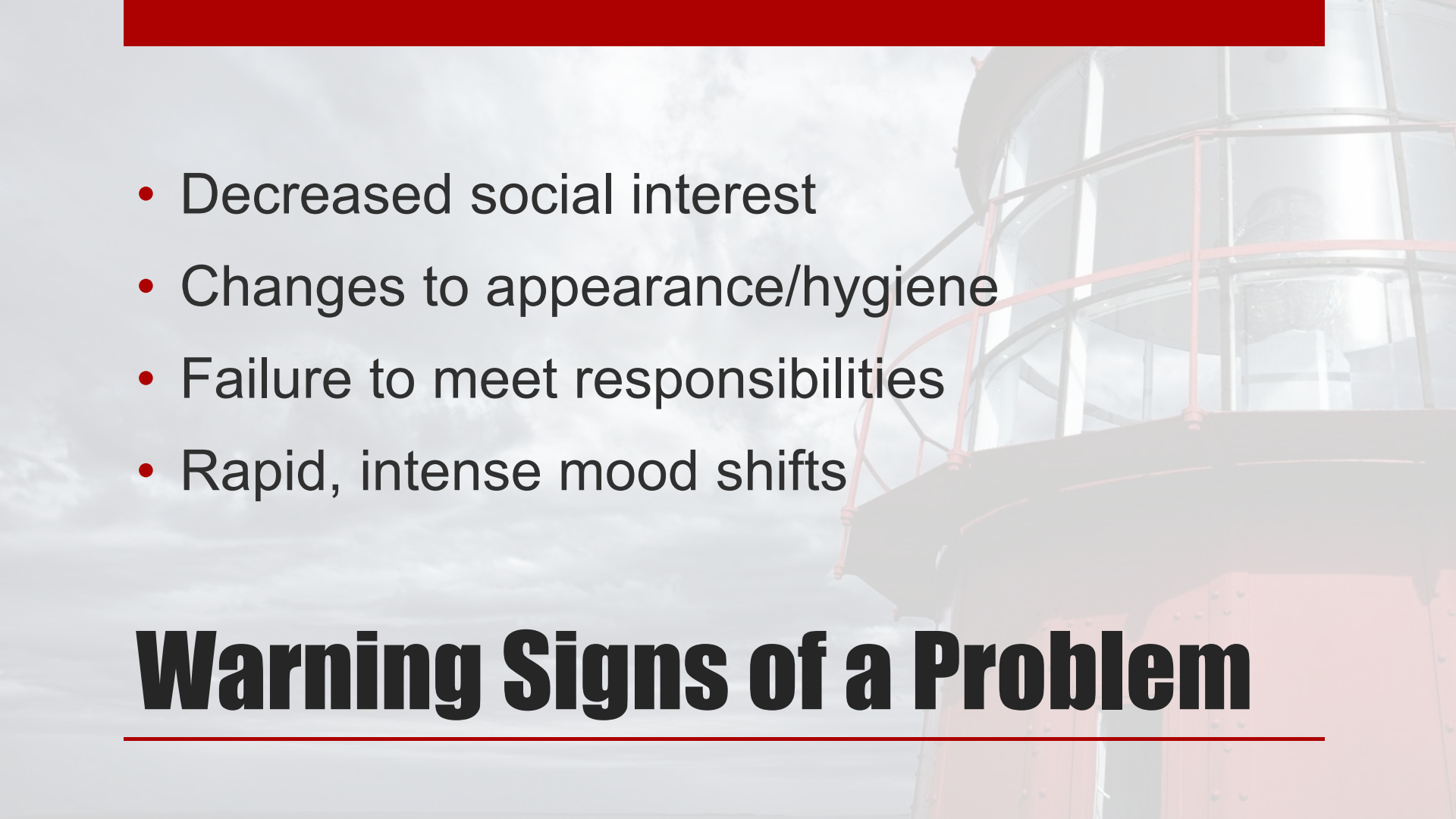
- **CAGE Questions:**

- Have you ever felt you should **C**ut down on your drinking?
- Have people **A**nnoyed you by criticizing your drinking?
- Have you ever felt bad or **G**uilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (**E**ye opener)?

Warning Signs of a Problem

- 
- Time
 - Cost
 - Sexual objectification
 - Noticeable change in preferences/interest


Warning Signs of a Problem

- 
- Decreased social interest
 - Changes to appearance/hygiene
 - Failure to meet responsibilities
 - Rapid, intense mood shifts

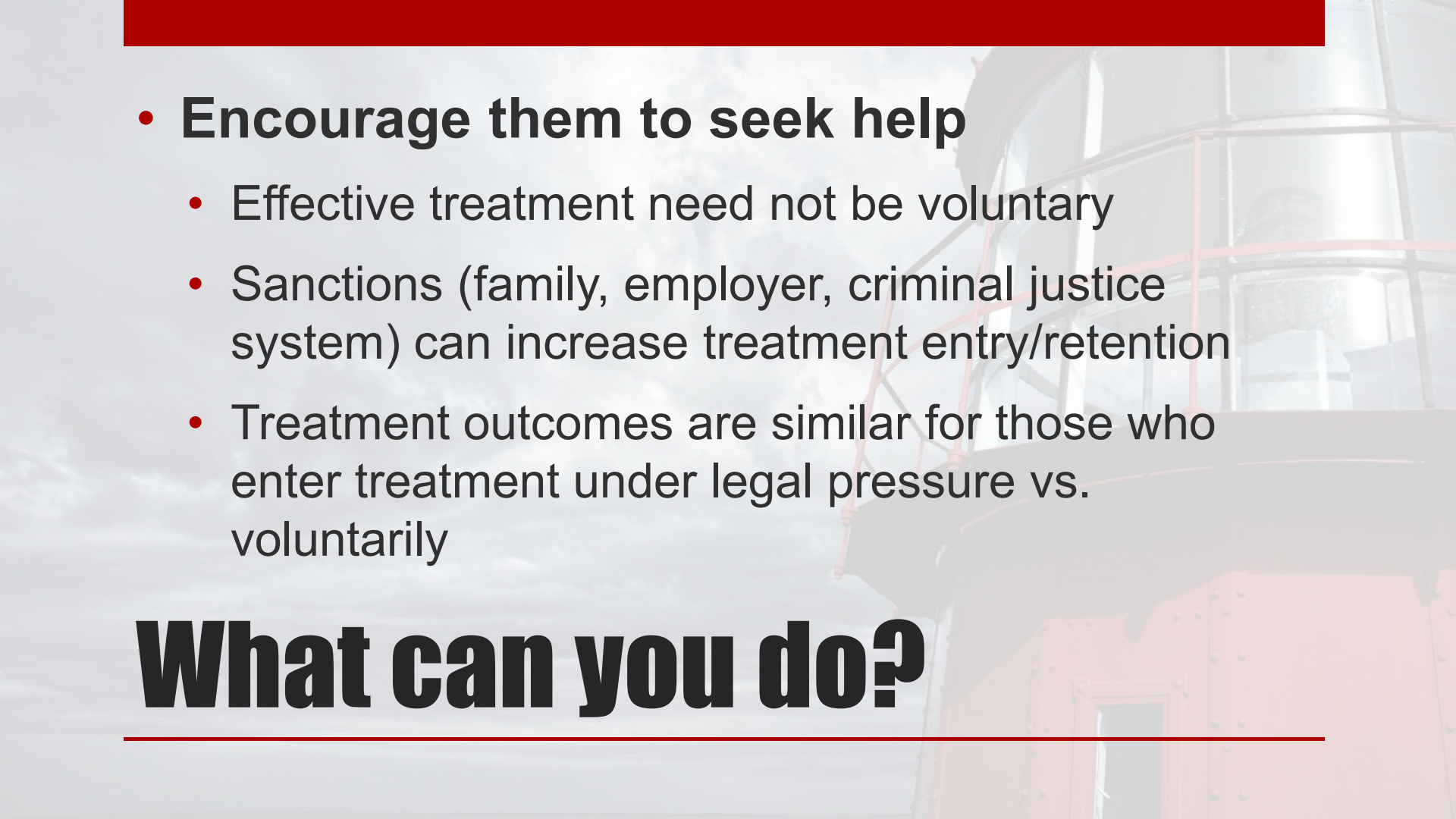
Warning Signs of a Problem



What can you do?

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- Pray for them!!
 - Allow them to experience negative consequences
 - Don't make idle threats

What can you do?

- 
- **Encourage them to seek help**
 - Effective treatment need not be voluntary
 - Sanctions (family, employer, criminal justice system) can increase treatment entry/retention
 - Treatment outcomes are similar for those who enter treatment under legal pressure vs. voluntarily

What can you do?



- **Focus on the facts**

- Avoid minimizing the situation—it's not so bad...things will get better when...
- Blaming, criticizing, lecturing—has it worked yet?

What can you do?

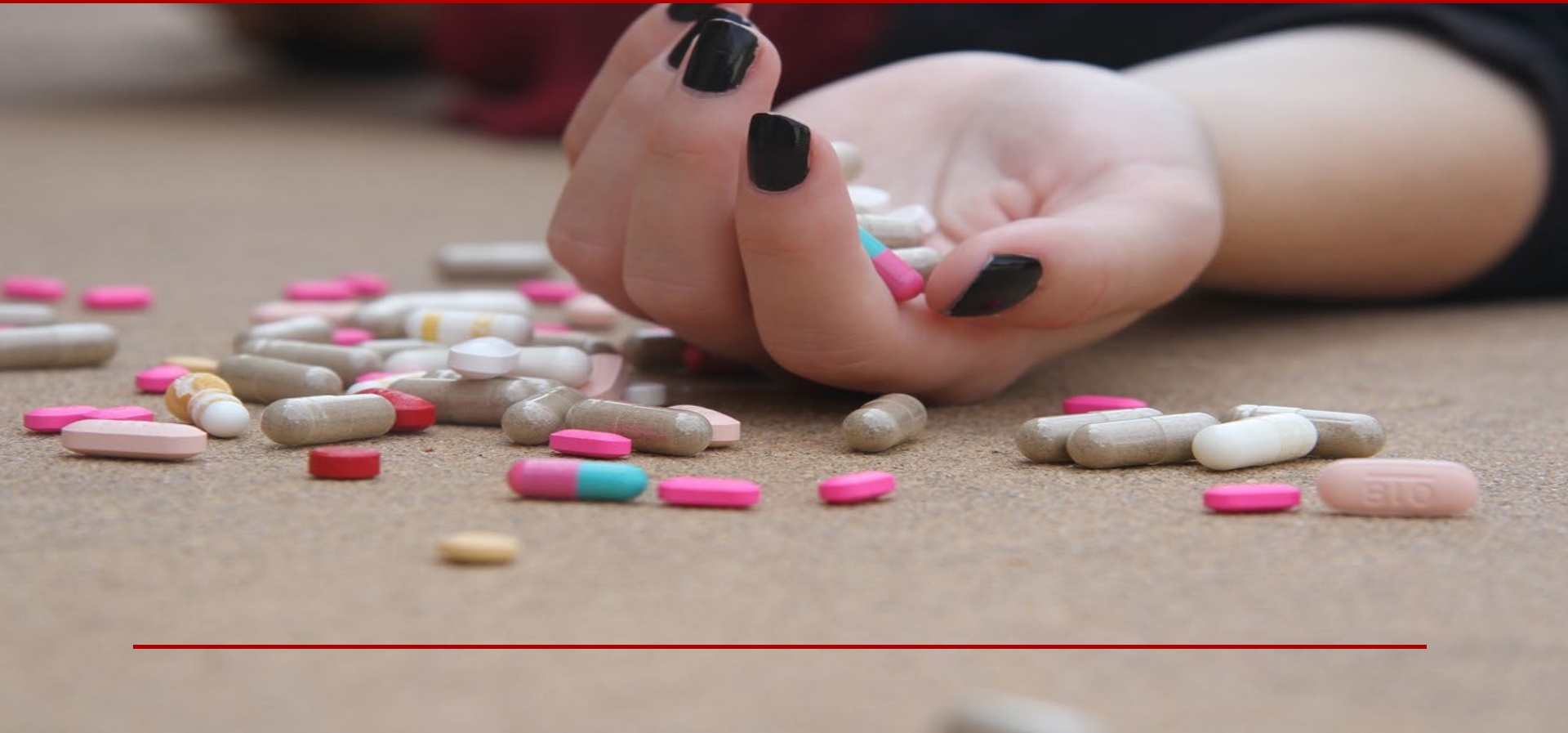
Philosophy and Addiction



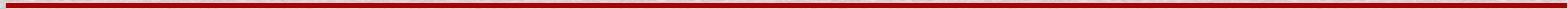
Case Study #1



Case Study #2



Case Study Review



Philosophy & Addiction

- “I do not understand what I do. For what I want to do I do not do, but what I hate I do” (Romans 7:15).
 - This is the mantra of nearly every addict and the confounding question that guides every individual who desires to help those with an addiction.
 - Is addiction a disease or a choice?
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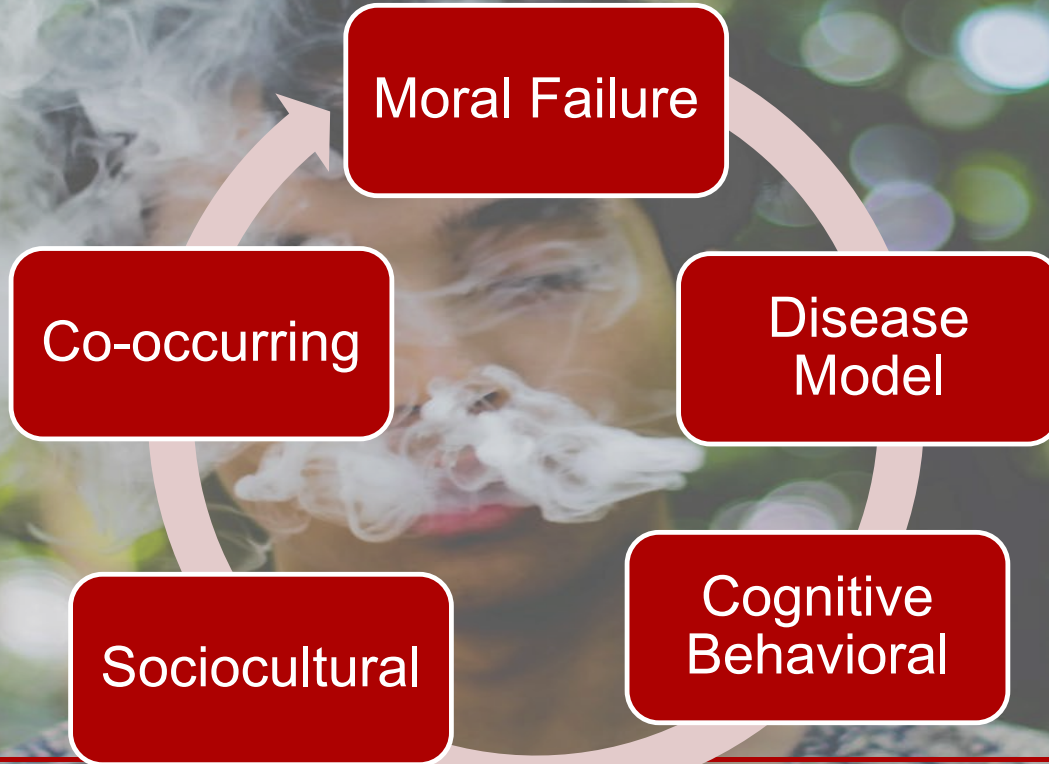
AKRASIA

**Willing participants in the
self-destruction of addiction**

Philosophy & Addiction

- Examining the origins and motivations for addiction will help us all understand that we are all addicts
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Theories of Addiction



Why Addiction Isn't Necessarily a Moral Failing



Theories of Addiction—Medical Model

- Addiction as a brain disease
 - A medical model that sees addiction as a disease characterized by compulsive and relapsing drug use over which the addict has little or no control
 - “The emerging paradigm treats addiction as a chronic, relapsing brain disorder to be managed with all the tools at medicine’s disposal. The addict’s brain is malfunctioning, as surely as the pancreas in someone with diabetes.”
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Theories of Addiction—Medical Model

- Biological heredity
 - Lessened moral culpability
 - Brain compulsion
 - The initial decision to take drugs is voluntary. However, with continued use, a person's ability to exert self-control is seriously impaired.
-

Theories of Addiction—Medical Model

- Brain imaging studies from people addicted to drugs show physical changes in areas of the brain that are critical for judgment, decision-making, learning, memory, and behavior control. These changes alter the way the brain works and may help explain the compulsive and destructive behaviors of a person who becomes addicted.
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The Opposite of Addiction Is Connection



Johann Hari | TEDGlobalLondon

Everything you think you know about addiction is wrong

Relying on God has to begin
all over again every day as if
nothing had yet been done.

C. S. Lewis

quotefancy

Addiction as a Void of Purpose



Addiction as an Idol

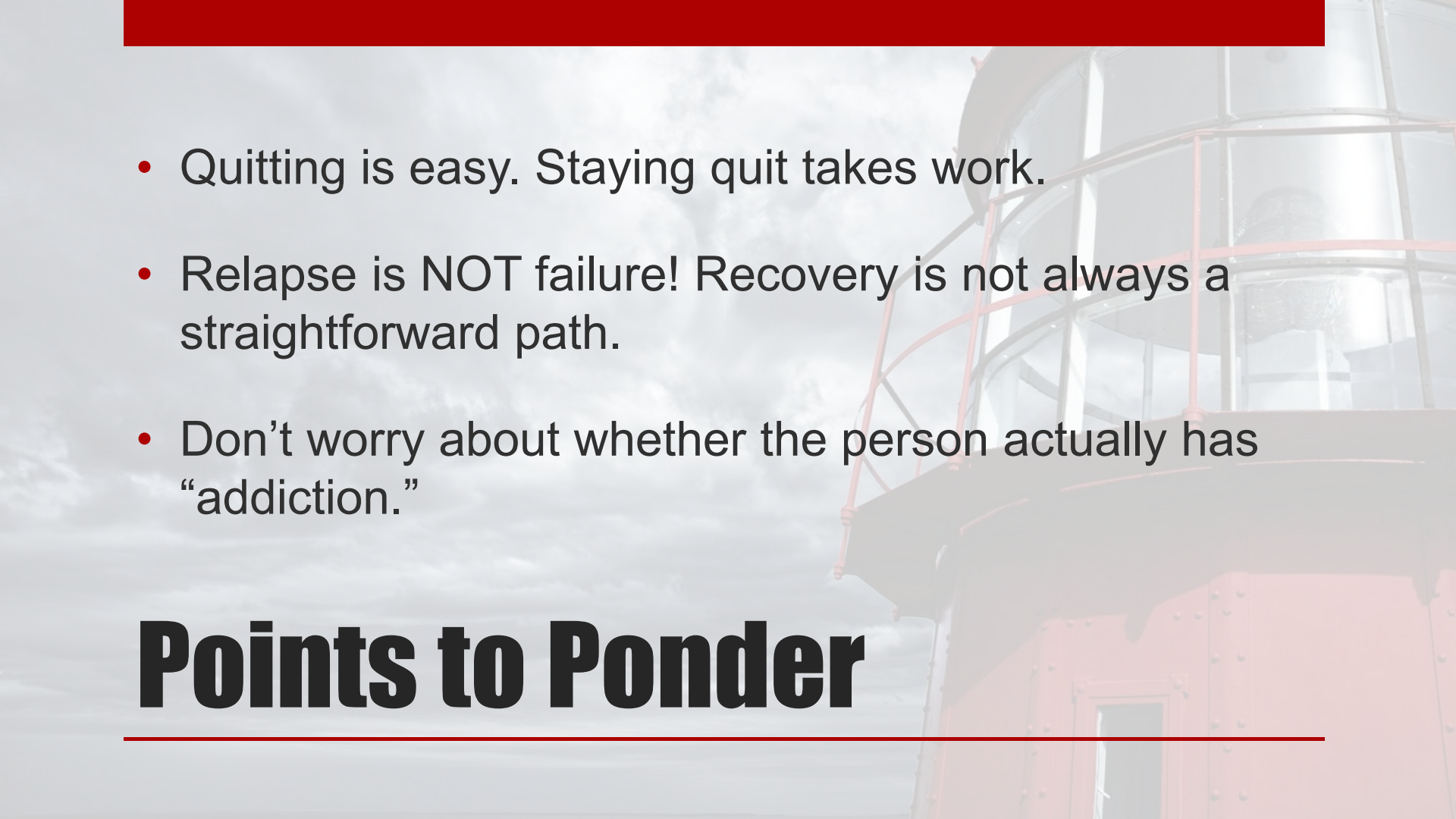


the hand of god by yongsung kim

Cling to Christ



Points to Ponder

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- Quitting is easy. Staying quit takes work.
 - Relapse is NOT failure! Recovery is not always a straightforward path.
 - Don't worry about whether the person actually has "addiction."

Points to Ponder

- Families Anonymous
 - (www.familiesanonymous.org)
- Al-Anon/Ala-Teen
 - (www.al-anon.alateen.org)
- Celebrate Recovery
 - (www.celebraterecovery.com.au)
- Setting Captives Free
 - (www.settingcaptivesfree.com)

Resources



- **Books**

- *Helping the Addict You Love*

- Dr. Laurence Westreich

- *Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening*

- Robert Meyer and Brenda Wolfe

Resources



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WLCFS-Christian Family Solutions
800.438.1772
www.ChristianFamilySolutions.org

Questions?

