

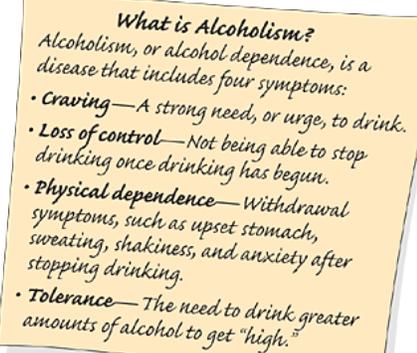
Addiction: Definitions, Facts and Resources

DEFINING ADDICTION | Kuhn, Swartzwelder, and Wilson, *Buzzed*.

The repetitive, compulsive use of a substance despite negative consequences to the user.

Addiction features three or more of these seven characteristics:

1. Increased tolerance
2. Withdrawal
3. Attempts to cut down or control use
4. Use despite adverse social or personal consequences
5. Use despite physical or psychological harm
6. Large quantities of time and effort and money spent on obtaining substance
7. Substance taken in larger quantities or for longer amounts of time than intended



What is Alcoholism?
Alcoholism, or alcohol dependence, is a disease that includes four symptoms:

- **Craving**—A strong need, or urge, to drink.
- **Loss of control**—Not being able to stop drinking once drinking has begun.
- **Physical dependence**—Withdrawal symptoms, such as upset stomach, sweating, shakiness, and anxiety after stopping drinking.
- **Tolerance**—The need to drink greater amounts of alcohol to get “high.”

DEFINING ALCOHOL USE DISORDER (AUD) | Diagnostic and Statistical Manual of Mental Disorders (DSM)

Problem drinking that becomes severe is given the medical diagnosis of AUD.

According to the 2015 National Survey on Drug Use and Health, 15.1 million adults ages 18 and older (6.2 percent of this age group) had AUD. This includes 9.8 million men and 5.3 million women.

Adolescents can be diagnosed with an AUD as well, and in 2015, an estimated 623,000 adolescents ages 12–17 (2.5 percent of this age group) had an AUD.

Under DSM–5, anyone meeting any two of the 11 criteria during the same 12-month period receives a diagnosis of AUD. The severity—mild, moderate, or severe—is based on the number of criteria met. To assess whether you or loved one may have an AUD, here are some questions to ask. In the past year, have you:

1. Had times when you ended up drinking more, or longer than you intended?
2. More than once wanted to cut down or stop drinking, or tried to, but couldn't?
3. Spent a lot of time drinking? Or being sick or getting over the aftereffects?
4. Experienced craving — a strong need, or urge, to drink?
5. Found that drinking — or being sick from drinking — often interfered with taking care of your home or family? Or caused job troubles? Or school problems?
6. Continued to drink even though it was causing trouble with your family or friends?
7. Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
8. More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex)?
9. Continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or after having had a memory blackout?
10. Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
11. Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, or sweating? Or sensed things that were not there?

If you have any of these symptoms, your drinking may already be a cause for concern. The more symptoms you have, the more urgent the need for change. A health professional can conduct a formal assessment of your symptoms to see if an alcohol use disorder is present. However severe the problem may seem, most people with an alcohol use disorder can benefit from treatment.

Unfortunately, only a fraction of people who could benefit from treatment receive help. In 2015, for example, about 1.3 million adults and an estimated 37,000 adolescents received treatment for AUD at a specialized facility (8.6 percent of adults and 5.9 percent of adolescents who needed treatment).

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UNDERSTANDING ADDICTION

Medical Aspects of Addiction | Dr. Weis, Powell Chemical Dependency Center's Previous Medical Director
View in this order:

1. VTS 01 1 <https://www.youtube.com/watch?v=3nqZ8ER9ctU&t=35s>
2. VTS 01 2 <https://www.youtube.com/watch?v=SaXfucIPh4U&t=768s>
3. VTS 01 3 <https://www.youtube.com/watch?v=Dqnfepbwh3o>

State of Addiction: Shining a Light on Iowa's Opioid Problem | Full KCCI Special Report | 04.25.2017
<http://www.kcci.com/article/state-of-addiction-full-kcci-special-report/9562466>

Books | The first two are available to take and read today and the last two are available for review

1. *From Binge to Blackout: A Mother and Son Struggle with Teen Drinking* by Chris and Toren Volkmann
2. *The Cross and the Switchblade: A True Story* by David Wilkerson
3. *Co-Dependent No More: How to Stop Controlling Others and Start Caring for Yourself* by Melody Beattie
4. *Boundaries: When to Say Yes, How to Say No* by Henry Cloud and John Townsend

Selected Facts | <https://pubs.niaaa.nih.gov/publications/AlcoholFacts&Stats/AlcoholFacts&Stats.htm>

1. Children of alcoholics are about four times more likely than the general population to develop alcohol problems.
 2. More than 10 percent of U.S. children live with a parent with alcohol problems, according to a 2012 study.
 3. Roughly 20 percent of college students meet the criteria for AUD.
 4. An estimated 88,000 people (approximately 62,000 men and 26,000 women) die from alcohol-related causes annually, making alcohol the fourth leading preventable cause of death in the United States.
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TREATING ADDICTION | Please let the Compassionate Care Team know of other Treatment Resources!

Alcoholics Anonymous World Services, Inc. (AA and Al-Anon)

<http://www.aa.org>

Powell Chemical Dependency Center (PCDC)

Iowa Lutheran Hospital | 4th Floor

700 East University | Des Moines, IA 50315

515.263.2424

<https://www.unitypoint.org/desmoines/services-alcohol-and-substance-abuse-des-moines.aspx>

PCDC also has a **Family Recovery Program** that meets on Tuesday and Thursday from 5:30 to 8:30 p.m. for twelve sessions. Sessions occur all year long in a continuous twelve week cycle. There is no charge if a family member is being treated at Powell. Contact Teresa Furneaux at 515.263.2424.

Dr. David Kaptain, LMFT, CADC

Family Legacy Counseling

5415 Northwest 88th Street, Suite 100 | Johnston, Iowa 50131

515.727.1338

<http://www.familylegacycounseling.com/dr-david-kaptain/>