

Substance Abuse Core Training

- The goals of instruction in the Substance Abuse Core Training Course are to provide the student with:
- An understanding of what chemical dependency is
- Identification of the 30 most common addictions
- Statistics on the impact of chemical dependence in law enforcement
- Information on the addictive personality
- An understanding of the stages of the addictive process
- The chaplain's role for those with substance abuse issues

Definitions

Substance Abuse Core Training

Addicted	The quality or condition of being addicted to a habit-forming substance.
Addiction	To cause to become psychologically or physiologically dependent on a habitual forming substance.
Chemical Dependency	A psychological and physiological habituation to a mood or mind-altering drug.

Thirty Most Common Addictions Substance Abuse Core Training

ALCOHOL	FIGHTS	SEX
CAFFEINE	GAMBLING	SEXUAL ABUSE
THE CHASE	LOVE	SHOPPING
CHRONIC ILLNESS	MALE DEPENDENCY	SOAP OPERAS
COMPULSIVE LYING	MONEY	SUGAR
CHURCH	NICOTINE	TALKING
CREDIT CARDS	OVER EATING	TELEPHONE
OTHER DRUGS	PAIN	TELEVISION
EMOTIONAL ABUSE	PHYSICAL ABUSE	VIDEO GAMES
FEMALE DEPENDENCY	PRESCRIPTION MEDS	WORK

Statistics

Substance Abuse Core Training

General—

- Each year, drug abuse kills about 14,000 Americans and costs taxpayers nearly 246 billion.
- Overall drug use in the U.S. has fallen in half in the last 20 years.
- Illicit drug use among teenagers has remained stable for the last two years in a row, and even decreased in some cases.
- Per year use of illicit drugs among 8th and 10th grades decreased.
- Research shows that for every \$1 spent on drug abuse prevention, communities can save \$4-\$5 in costs for drug abuse treatment and counseling.
- 90% of adults have tried alcohol at least once.
- 18.8 million teens have tried alcohol.
- Alcohol is the most popular drug of abuse-- 85% of the drug addiction problems in the U.S.
- Between 10-15 million people in the U.S. are estimated to be alcoholics.
- The majority of alcoholics are males.
- 25% of all suicides in the U.S. are related to alcohol dependency

Law Enforcement—

- 25% of police officers have serious problems related to alcohol
- Research has indicated a significant positive relationship between alcohol use and stress among police officers.
- Police mortality ratios for alcohol-related cirrhosis of the liver were found to be significantly higher than the general population.
- Alcohol-related problems in police work may lead to other work problems such as high absenteeism, intoxication on duty, complaints by supervisors and citizens of misconduct on duty, traffic accidents, and overall decrease in work performance and spousal abuse.

The Addictive Personality Substance Abuse Core Training

Four natural forms of relationship

- Relationship with the family.
- An intimate caring relationship with one's self.
- A meaningful spiritual relationship.
- The relationship with the community around us.

Stages of Addictive Process in the Development Of the Addictive Personality Substance Abuse Core Training

Stage One

- Internal Change Stage
 - Person experiences mood changes
 - Addicts seek out relief from problems by turning to the object of their addiction
- Negative Conversion Experience
 - Pleasure from the mood change becomes all important
 - Addicts use abnormal form of relationship to deal with human issues
 - With each act of self-betrayal, self-respect, and self-confidence start to diminish
- Addictive Narcissism – Addicts feel different when they are in their addictive side
- Addictive Ritual
 - The self starts to fight the addict
 - Recovery is based on surrendering to one's addiction
 - The addictive personality becomes the primary personality that interacts with the outside world

Stage Two

- Lifestyle Change Stage – Behavioral commitment to the behavioral process
- Addict is in control – not self
 - Learning and spiritual development stop
 - Rituals have a stabling effect
- Reverse Ritual
 - Leads the addict away from healthy rituals and lure into loneliness
 - Family members deal with presence of the addict
 - Person takes on a “victim” attitude in life

Stages of Addictive Process in the Development Of the Addictive Personality Substance Abuse Core Training

Stage Three

- Life Breakdown Stage
 - Addict experiences internal pain and deep depression
 - Addicts feel out of control and their fears grow
- Sincere Delusion
 - Thinking patterns break down, one cannot tell what reality is any more
 - Suicide for many addicts is an act of homicide against the addict
 - Most addicts stay in Stage Three until intervention
 - Recovery allows person to take oppressive nature of addiction and turn it into a healing energy
 - Recovery is joining the human community
- Recovery Has Two Major Goals
 - Sobriety
 - A positive conversion experience
- Spiritual Awakening
 - Person comes to believe in themselves, others, and higher principles
 - Recovery teaches us how to have relationships
 - Relationships that heal and nurture are based on negotiation, not manipulation

Chaplain's Role and Responsibilities Substance Abuse Core Training

- Absolute confidentiality
- Intervention before the addiction becomes a problem
- Chaplain's role is advocacy
- Develop network of resources