

ADDICTION IN THE 21ST CENTURY HOW CAN THE CHURCH RESPOND?

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PLAN FOR THE HOUR

- ✘ Interactive!
- ✘ Part 1: Outline of addiction / substance misuse
 - + from an NHS perspective
 - + Biblical perspective
- ✘ Part 2: The bible and addiction
- ✘ Part 3: Our response

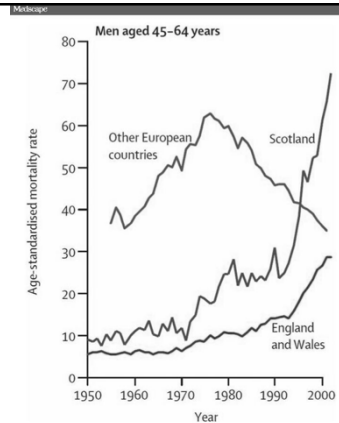
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THE SIZE OF THE PROBLEM: PATIENTS PRESENTING TO A&E

- **Accident and Emergency patients** (*J R S Med*, 1987;80: 486-9)
 - +13% of all patients had +ve Blood Alcohol Level
 - +60% of all assault patients had +ve Blood Alcohol Level
 - +19% of "home accident" patients had +ve Blood Alcohol Level
- **A&E attendance and subsequent admission** (*QJM* 2000; 93: 291.5)
 - +15,931 attenders
 - +12% alcohol related problems
 - +28% admitted
 - +3000 outpatient visits in subsequent 18 months
- 40% of all A & E workload is attributable to alcohol
- 80% of patients presenting at night have +ve Blood Alcohol Level

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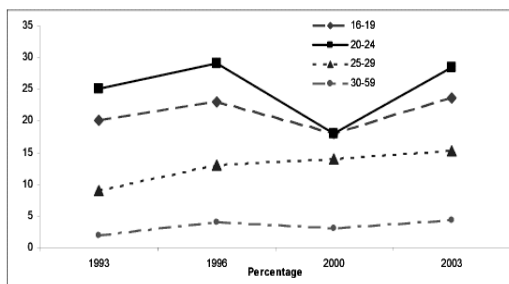
Increase in deaths from cirrhosis, largely attributed to alcohol consumption



ALCOHOL

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PERCENTAGE OF RESPONDENTS USING ILLICIT DRUGS EVER, IN THE LAST YEAR AND IN THE LAST MONTH SCOTTISH CRIME SURVEY 2003



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PAUSE FOR THOUGHT

- ✘ Where are these people in our church?
- ✘ In small groups consider you church / place of worship:-
 - ✘ Where in your church life do you encounter addiction issues?
 - ✘ Do you have suitable support?
- ✘ 5 minutes

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CHEMICAL ADDICTION IS A BRAIN DISORDER

And it often needs medical attention

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BUT NOT JUST A BRAIN DISEASE...

- ✗ Addiction as a consequence of the fall: Jeremiah 13;13

“I will fill everyone in this land with drunkenness.. I will smash them against each other, even parents against children”

- Individual responsibility

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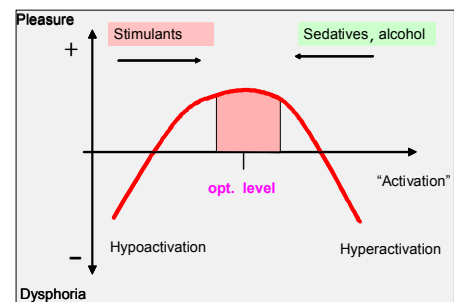
WHY DO PEOPLE USE AND MISUSE DRUGS

- ✗ We all regulate our own emotions
- ✗ What if you had this to deal with?
 - + Peer pressure to come to a rave?
 - + Parents who use drugs/alcohol
 - + Living as a street worker
 - + Multiple trauma / abuse
 - + No consistent parenting
 - + Chronic pain or chronic ill health (mental or physical)

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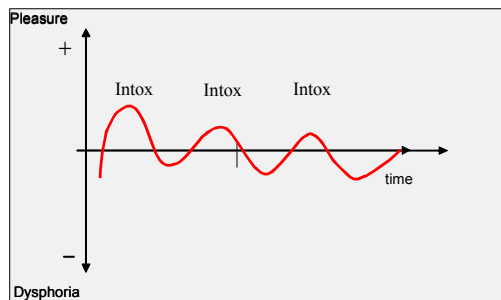
WHY DO PEOPLE TAKE SUBSTANCES?

(COMP. BERLYNE, GRÜSSER-SINOPOLI)



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EFFECTS OF TOLERANCE -NOTE INCREASING DYSPHORIA



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WAKE UP CALL! IN PAIRS YOU HAVE 60 SECONDS!

- ✗ What do you do to help you become more alert when you need to be?
- ✗ What do you do to help you wind down?
- ✗ Describe a situation in your recent experience
- ✗ Describe a situation in real life.

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DEFINITIONS: RECREATIONAL DRUG USE

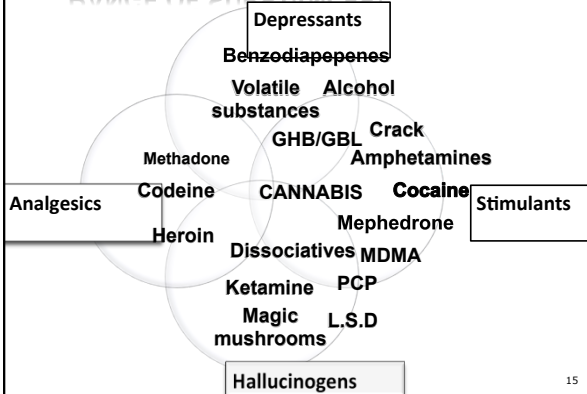
The use of psychoactive drugs for recreational purposes rather than for work, approved medical or spiritual reasons. Can be occasional or regular (many define this as monthly or weekend use).

A problem? A sin? OK?

PROBLEMATIC DRUG USE (INCLUDING ADDICTION, DEPENDENCE)

Can either be dependent or recreational. Not necessarily the frequency of drug use which is the primary 'problem' but the effects that drug taking has on the user's life (social, financial, psychological, physical or legal problems)

RANGE OF SUBSTANCES!

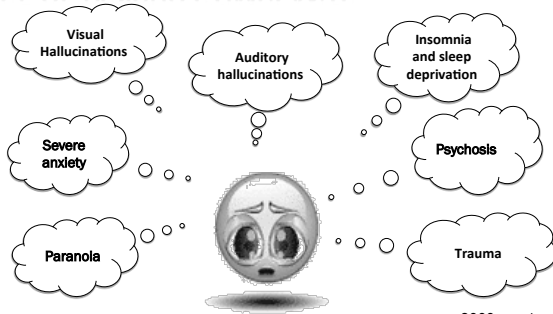


SOME DEFINITIONS..

Psycho-stimulants are drugs which excite the central nervous system and have mood enhancing properties.

Legal Highs are substances made from assorted herbs, herbal extracts and 'research chemicals', which emulate the effects of some illegal drugs such as Cannabis, LSD, Cocaine, or others.

PSYCHOLOGICAL CRISIS FROM USE OF PSYCHO-STIMULANTS



WHAT ABOUT BENZODIAZEPINES?

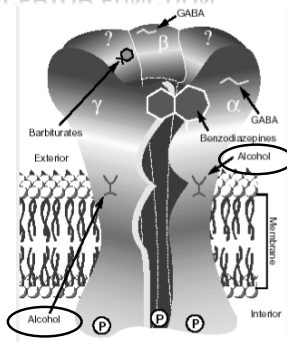


Prescription drugs
Increasingly abused
Very addictive
Hard to come off
Difficult to work with.
Eg Vallium ("blues")

ALCOHOL : MODULATES GABA- BENZODIAZEPINE RECEPTOR FUNCTION.

Acutely : alcohol
increases GABA-ergic
function leading to
- *reduced anxiety, ataxia,
slurred speech, sedation,
disinhibition, reduced levels
of consciousness.*

Chronically :
GABA-ergic function
is reduced: tolerance



OPIATE DEPENDENCE

- × Four treatment types:
 - + Agonist (replacement)
eg methadone
 - + Antagonist (blocker) eg naltrexone
 - + Partial agonist eg buprenorphine
 - + Symptom relief during detox
 - × eg lofexidine



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THE MOST RESEARCHED DRUG IN THE WORLD

- × Methadone proven to:
 - + Reduce death rates
 - + Reduce spread of HIV
 - + Reduce crime
 - + Reduce complications of intravenous use
 - + Increase health and wellbeing
- × But NOT a cure!

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BARRIERS TO RECOVERY

- × Complex issues
- × **Stigma**
- × Fatalism
- × Low priority – “self inflicted”
- × Feeling that nothing can be done
- × Social / spiritual rather than medical problem?

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Maintenance – not a cure!

*“getting an adequate replacement dose
is simply the first step in initiating
treatment”,*

long-term outcomes depend on the
quality of the accompanying maintenance
program

Scotland now addressing this in
“the Road to recovery”

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MAINTENANCE AND RECOVERY

- × Maintenance allows the person to stop the drug seeking lifestyle
- × Once stable can work on underlying problems –
 - + past trauma
 - + Mental and physical health, poor self esteem
 - + Financial problems
 - + Literacy and training
- × Often have 10 – 20 years of addictive lifestyle to overcome
- × Frequent lapses and relapses

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WITHDRAWAL IS VERY UNPLEASANT

e.g. For vallium withdrawal

Depression, Shaking
Feeling unreal, Appetite loss
Muscle twitching, Memory loss
Motor impairment
Nausea, Muscle pains
Dizziness
Apparent movement of still objects
Feeling faint Peculiar taste
Pins and needles
Light, Noise, Touch and smell hypersensitivity
Sore eyes Hallucinations

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Detoxification – not a cure!

“first step in initiating treatment”

long-term outcomes depend on the quality of the subsequent abstinence support program

AA, SMART recovery, belonging to a community outside addictive lifestyle

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PART 2:

WHAT DOES THE BIBLE SAY ABOUT ADDICTION?

- ✘ Those who are addicted or “given to much wine” (Titus 1:7; 2:3), “drunkards” (1 Timothy 3:3) or “heavy drinkers” (1 Timothy 3:8) are disqualified from teaching or holding a position of authority in the church.
- ✘ “drunkards . . . shall not inherit the kingdom of God” (1 Corinthians 6:10).

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ADDICTION IS “TO OCCUPY (ONESELF) WITH OR INVOLVE (ONESELF) IN SOMETHING HABITUALLY OR COMPULSIVELY.”

“love the Lord, your God, with all your heart and with all your soul and with all your might” (Deuteronomy 6:5), which is, according to Jesus, the first and greatest commandment (Matthew 22:37-38).

We can conclude, then, that an addiction to anything other than God Himself is wrong.

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LIFE ABOVE APPROACH

- ✘ born-again Christians are further constrained by a mandate to live above reproach for the sake of the Gospel (1 Corinthians 10:32; 2 Corinthians 4:2; 6:3; Titus 2:1-8; 2 Peter 3:14).
- ✘ . To pollute or harm our bodies is to desecrate the House of God (1 Corinthians 3:16-17)

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SMALL GROUP WORK

- ✘ What is your understanding of God’s message to people with addiction?
- ✘ How would you share your faith with someone with addiction?
- ✘ 5 minutes

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PART 3: OUR RESPONSE

- ✦ Pray
 - ✦ For repentance of the nation – remember Jeremiah
- ✦ Consider your church / place of worship
 - ✦ Is there a welcome for people with addiction?
 - ✦ Can you find the information you need to help?
- ✦ Individual response:...

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USEFUL TIPS WHEN GETTING ALONG WITH SIDE PEOPLE WITH ADDICTION

- Unconditional positive regard
- See the person – not the behaviour (addiction drives behaviour)
- Don't be afraid to ask questions! "the elephant in the room syndrome"
- Meet the person where they are- don't assume what they are seeking
- Consider carefully what you are willing to do – don't be afraid to say "no". Always get support.



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WHAT CAN WE DO?



- Give encouragement
- Meet with non-judgmental attitude (Core conditions)
- Acknowledging difficulty in asking for support.
- Being aware of agencies to refer to
- Being aware there may be other problems (depression, anxiety, ok to ask!)

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ADDICTION AS A SPIRITUAL ILLNESS

- ✦ Addiction reflects deep spiritual problems
- ✦ God has the power to heal
- ✦ His word is living and active and can penetrate (Hebrews 4:12)

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THE DIFFERENCE BETWEEN "ABSTINENCE" AND RECOVERY –

- Quitting the active use of alcohol and drugs can be quite easy compared to the really big challenge of developing a new, healthy chemical-free lifestyle.
- Without the right sort of help, addicts will inevitably fall back into active use of chemicals



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RECOVERY AND THE "SINFUL NATURE"-

- ✦ The sinful nature is still active!
- ✦ May rise up and cause a lapse
- ✦ Help needed to renew the mind (Romans 12:2) and to walk in the spirit (Galatians 5:16)
- ✦ Denial can be a particular problem
- ✦ Easy to self deceive – but God sees the heart
- ✦ The truth will set you free (John 8:32)

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THE CENTRAL ADDICTION HUB

- ✘ Vision for an inter church resource
- ✘ Prayer for addiction in Scotland
- ✘ Directory of Christian and secular resources
- ✘ Monthly accessible services

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PLEASE JOIN US

- ✘ Complete the response form and leave at the back of the hall
- ✘ Write down on the blue card all any resources that you know of – with contact details if known
- ✘ Talk to us after the service

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- questions?

OPEN MIKE
DO YOU HAVE ANYTHING TO SHARE?

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