

# Myths & Misconceptions

Effective strategies to  
safeguard families against the  
perils of substance use

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# AXIS Intervention Services

- \* Addiction Specialists
- \* Intervention
- \* Counselling Services
- \* Assessments & Treatment Placement
- \* Intensive Outpatient Addiction Treatment
- \* School District 22 Adolescent Programs
- \* Recovery Monitoring
- \* Post Treatment/Aftercare Services
- \* Sober Escort/Patient Transfer
- \* Drug Testing

# Misconceptions of Addiction

- \* Morally Flawed (bad person)
- \* Social Environment (bad town, friends)
- \* Upbringing (bad family, Home Life)
- \* All Addicts live on the street, homeless, etc.
- \* Lazy, dumb people
- \* Lack of Willpower
- \* It's a Choice!
- \* Stiffer punishment will solve the problem

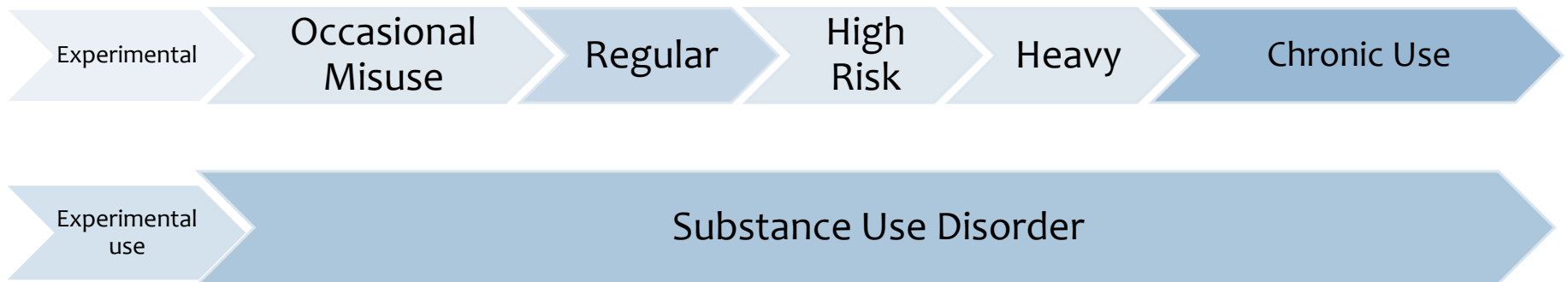
# Addiction can be influenced by a number of major issues:

- Genetic predisposition
- Trauma and abuse (especially in childhood, divorces, deaths, substance misuse in household)
- Early and continuous use
- drug/drink is norm or addiction in family system
- Mental disorders (bi polar, depression, anxiety)
- Psychological disorders (ADD, LD)
- A combination of some or all of the above

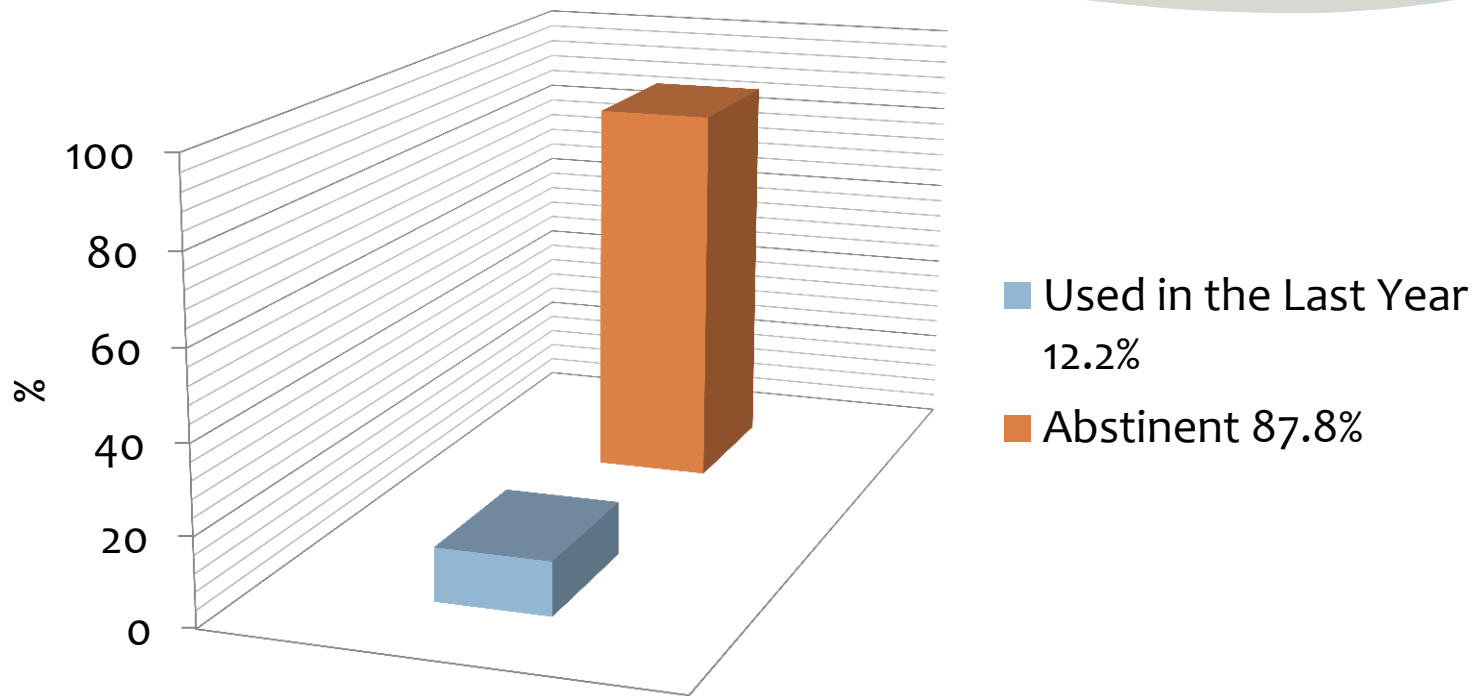
# Genetic Predisposition

- \* 1 addict parent = 4x likelihood to develop addiction
- \* 40-60% of those battling addiction have seen it in their family bloodline
- \* Greater Genetic Sensitivity
- \* Greater Genetic Tolerance

# The Continuum of Addiction



# Myth #1 – Everybody's Doing it!



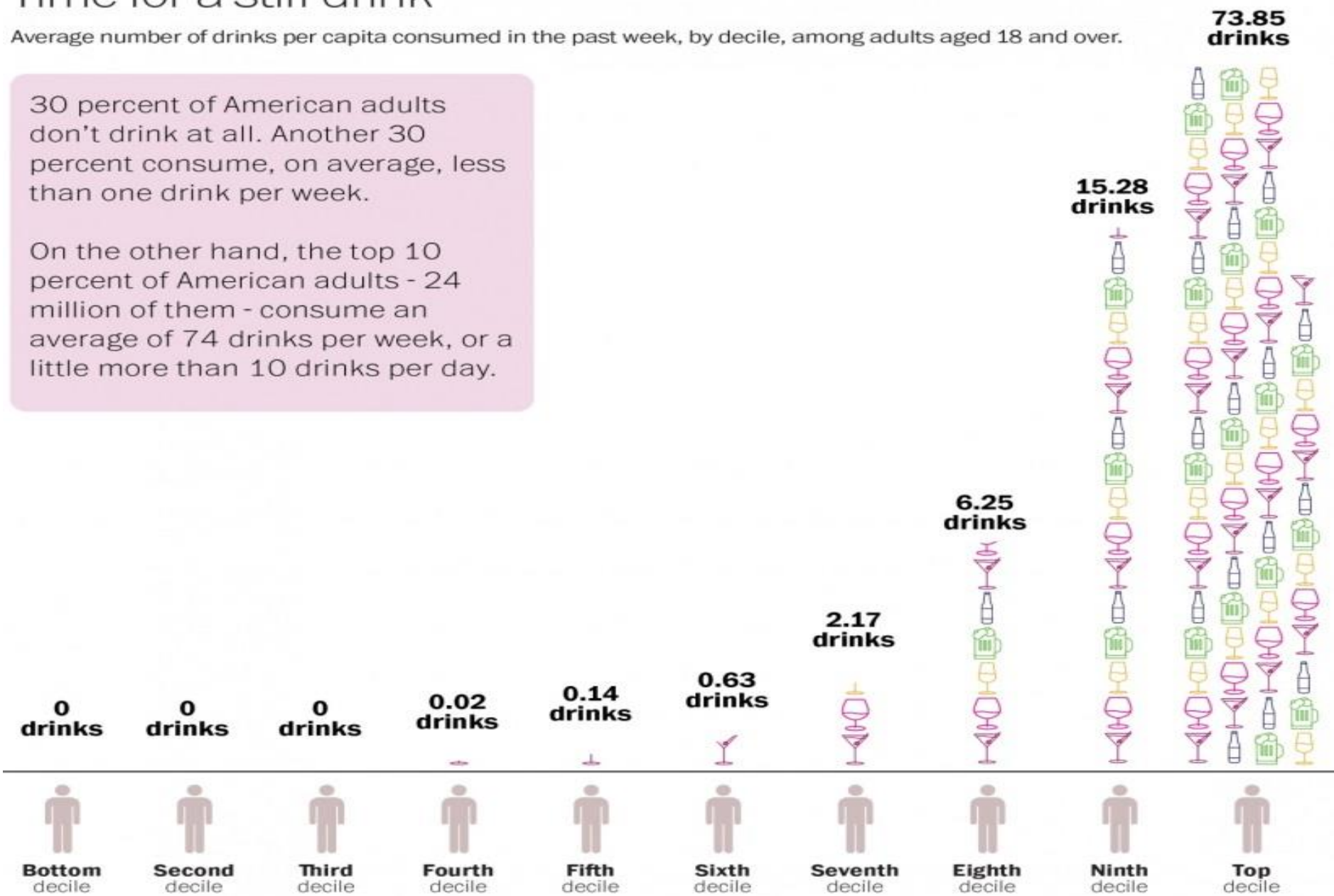
**Marijuana use ages 15+ in the past year**

# Time for a stiff drink

Average number of drinks per capita consumed in the past week, by decile, among adults aged 18 and over.

30 percent of American adults don't drink at all. Another 30 percent consume, on average, less than one drink per week.

On the other hand, the top 10 percent of American adults - 24 million of them - consume an average of 74 drinks per week, or a little more than 10 drinks per day.



# Myth #2 They will Grow out of it - Trauma & Addiction

## The Adverse Childhood Experiences (ACE) Study

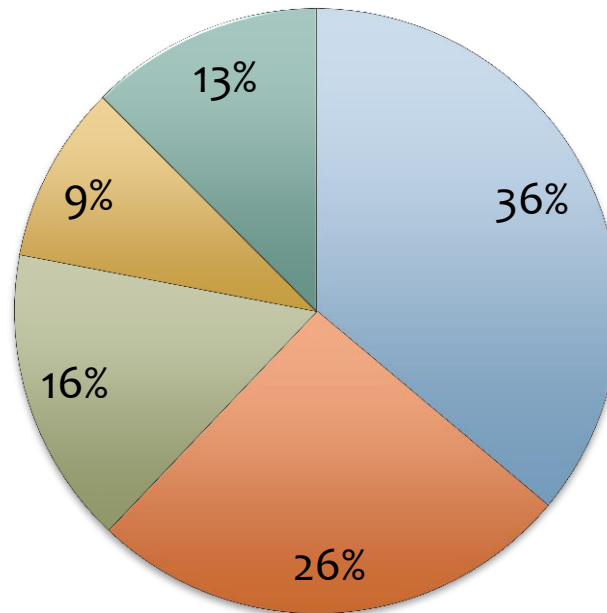
Largest Study of Childhood Trauma - 17,000 individuals over 40 years

- \* Emotional, Physical, Sexual abuse
- \* Neglect
- \* Mentally Ill Family Member
- \* Addicted Parents
- \* Death of Loved one
- \* Witnessing Violence
- \* History of Incarceration of Parents

# Myth #2 They will Grow out of it - Trauma & Addiction

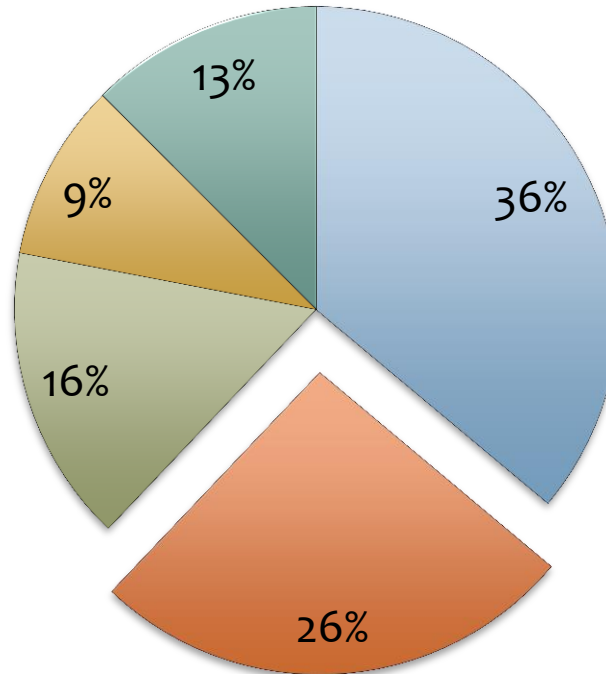
**# of Adverse Childhood Experiences**

■ 0 ■ 1 ■ 2 ■ 3 ■ 4+



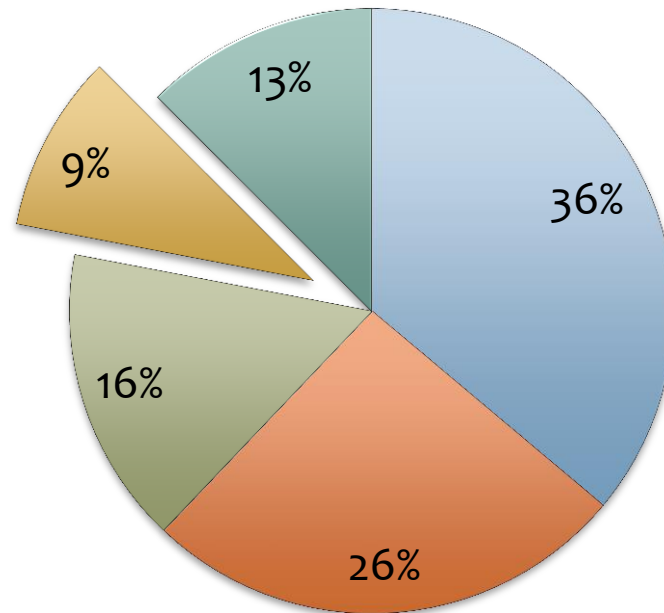
# Myth #2 They will Grow out of it - Trauma & Addiction

■ 1 = 5x More Likely to Increase use of  
Alcohol or Drugs



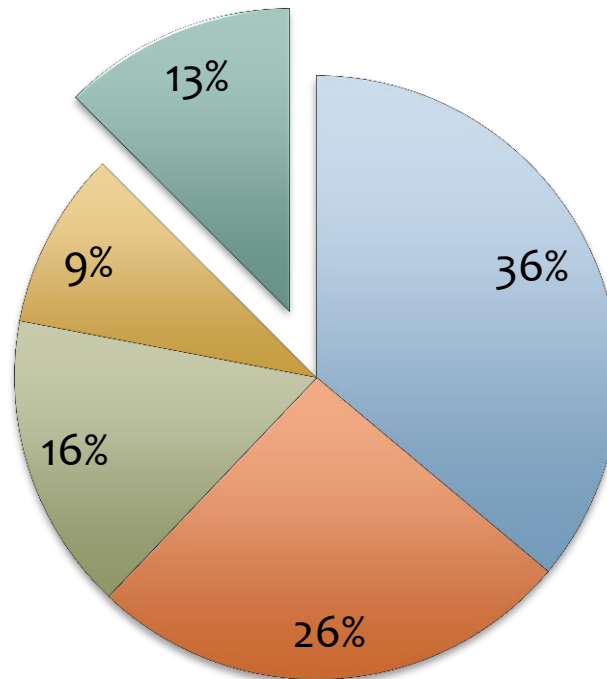
# Myth #2 They will Grow out of it - Trauma & Addiction

■ 3 = 19x More likely to Increase their use of alcohol or drugs



# Myth #2 They will Grow out of it - Trauma & Addiction

■ 4+ = 46x More likely to become  
IV drug users

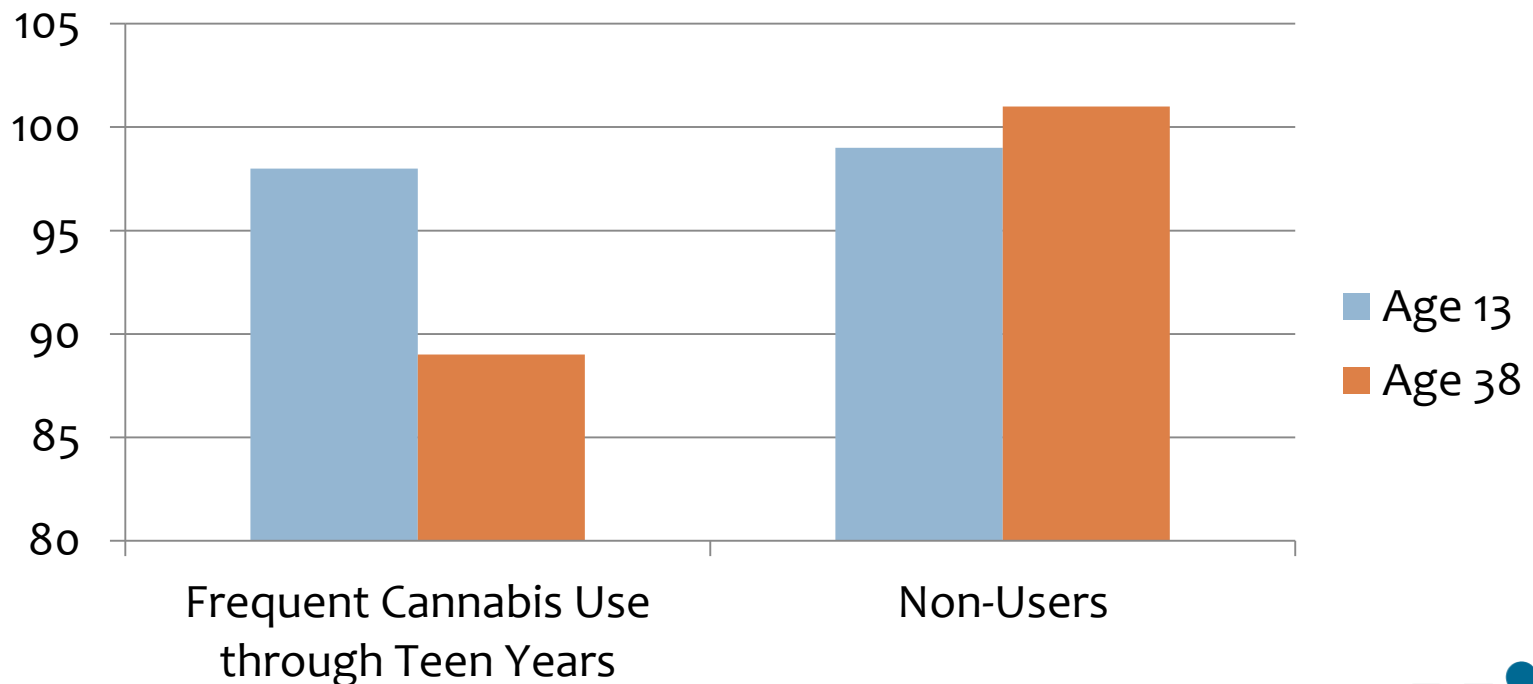


# What can we do with Trauma?

- \* Re-define what trauma is
- \* Get appropriate & timely help!
- \* Learn new tools to become emotionally fluent
- \* Open, Honest dialogue in home
- \* Teach children that it's safe to express feelings

# Myth #3 – At least my kid isn't doing “Hard Drugs”

## IQ Change from Age 13 to 38



# Myth #3 – At least my kid isn't doing “Hard Drugs”

- \* Research shows teens who have their first drink of alcohol before age 15 are close to 50% higher risk of developing Alcohol Use Disorders. \*
- \* Regular teen cannabis users are 18x more likely to become substance dependent and 8x more likely to use other illicit drugs later in life.\*\*
- \* More people access treatment for alcohol use than any other drug

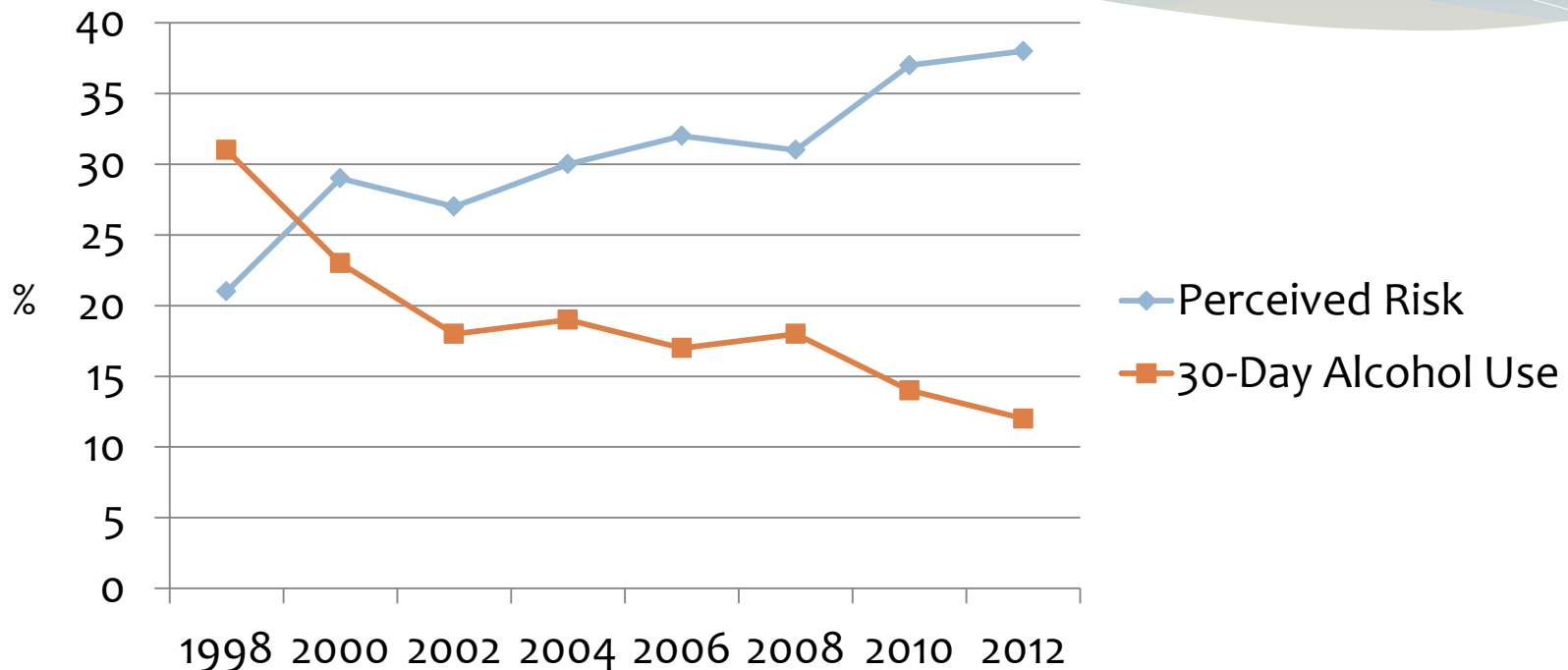
\*National Institute on Alcohol Abuse & Alcoholism (NIAAA)

\*\*The Dunedin Study

# Myth #4 – Teenagers Don't Listen

- \* When teens believe their parents think it's wrong for them to use marijuana they are 5 times less likely to be current marijuana smokers by 10th grade.

# Myth #4 – Teenagers Don't Listen



As the perception of the dangers of alcohol misuse increased, regular alcohol use decreased among teens as shown in the Washington State “Healthy Youth Survey”

# Benefit of being the Primary Influence in your child's life

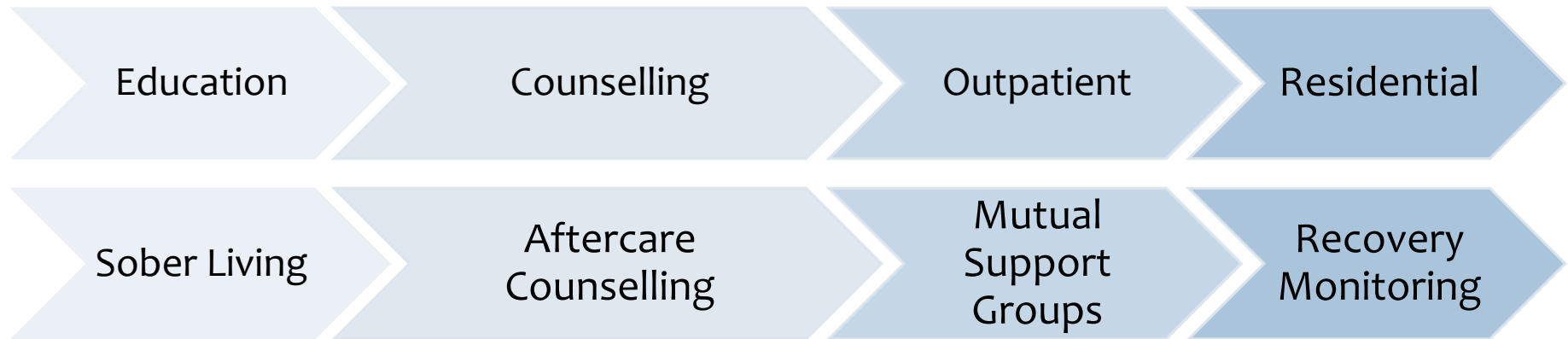
“We are in such a hurry for our children to be able to do things for themselves that we do not see just how dependent they are... When attachment is displaced, dependence is displaced. So is, along with it, the power to parent.”

- Gabor Mate & Gordon Neufeld - *Hold on to your kids*

# Warning Signs

- \* Withdrawing
- \* Isolating
- \* Lack of Interest in usual activities
- \* Different Friends
- \* Grades Slipping
- \* Secretive
- \* Change of Sleep Patterns

# The Continuum of Care



Thank you!

