



UNIVERSITY OF EMBU



Relationship between Alcoholism, Drug Abuse and Mental Health

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**An estimated 208 million people
internationally consume illegal drugs for
different reasons**



What is a Drug

A drug is any substance that alters/affects your normal physiological body functions when ingested or otherwise introduced into the body.

Drugs pass through the body and interfere with the brain's neurotransmitters

Classification of Drugs

- ✓ Pharmaceutical drugs e.g. Aspirin, Paracetamol, Ibuprofen
- ✓ Recreational drugs e.g. Marijuana, Alcohol, nicotine





Drug Abuse

Drug abuse is the non-permissive consumption of certain substance that may lead to physical, physiological and psychological dependence



Commonly abused drugs:

- ✓ Marijuana
- ✓ Cocaine
- ✓ Heroin
- ✓ Alcohol
- ✓ Prescription drugs
- ✓ Inhalant and solvents

Sometimes sedatives and coffee, can all be used to harmful excess



Cont'd...

The most commonly used illegal drug is marijuana

According to the United Nations 2008 World Drug Report, about 3.9% of the world's population between the ages of 15 and 64 abuse marijuana.



Why do people use drug?





4C's of Addiction:

1. **Control-** Loss of Control
2. **Compulsion-** Overpowering urge to fuel the addiction
3. **Consequences-** Use despite negative consequences
4. **Cravings-** Manifests as restlessness, insomnia and lack of appetite



Risk Factors

- Peer pressure
- Alienation from peer or family
- Anti-social behavior
- Age
- Lack of academic motivation
- Drug availability in society
- Low socio-economic status
- Parent/sibling drug use
- Mental illness i.e. Attention Deficit Hyperactive Disorder, Depression or Anxiety
- Men more than women



Note:

- Abused drug causes a surge in levels of dopamine in your brain, which trigger feelings of pleasure.
- Changes in your brain interfere with your
 - Ability to think clearly
 - Exercise good judgment
 - Control your behavior
 - Feel normal without drug



Physical Warnings

✓ Bloodshot eyes



- Pupils larger or smaller than usual
- Changes in appetite or sleep patterns
- Sudden weight loss or weight gain
- Deterioration of physical appearance
- Unusual smells on breath



Behavioral Changes

- ✓ Poor work
- ✓ Decline in performance
- ✓ Financial problems
- ✓ Secretive behaviors
- ✓ Sudden change in friends and associates
- ✓ Accident or trouble prone
- ✓ Lack of motivation and withdrawn



Effects of Drug Abuse

Drug abuse leads to:

- Loss of coordination
- Poor judgment
- Slowed reflexes
- Distorted vision
- Memory loss



Relationship between mental health and Drug Abuse

Co-occurring substance abuse problems and mental health issues are more common than many people realize. According to reports published in the *Journal of the American Medical Association*:

- Roughly 50 percent of individuals with severe mental disorders are affected by substance abuse.
- 37 percent of alcohol abusers and 53 percent of drug abusers also have at least one serious mental illness.
- Of all people diagnosed as mentally ill, 29 percent abuse alcohol or drugs.



Cont...

There are different ways drugs can affect your mental health. For some people, taking drugs can lead to long-term mental health problems. Regular cannabis use can increase your risk of anxiety or depression. There's also a link between using stronger cannabis and developing psychosis or schizophrenia.



Cont...

People with a mental illness are twice as likely to have a substance use disorder compared to the general population. For people with schizophrenia, the number may be as high as 50%.



Substance Abuse and Mental Health: 5 Facts You Need to Know

- Substance use disorders (SUDs) and mental illness often occur simultaneously.
- Substance use disorder is a mental health condition.
- Mental disorders and SUDs can have common risk factors.
- Mental health conditions can lead to substance misuse.
- Substance use during adolescence may increase vulnerability to the later development of an SUD.



Prevention and Control

- Avoid undue Peer Pressure/Assertiveness
- A child should not be pressed unduly to do beyond his/ her capacities, be it studies, sports etc.
- Education and Counselling
- Organizing Youth Centers
- Decision-making/Critical Thinking
- Drug addiction may be caused due to the feelings of isolation, loneliness, anxiety etc. Hence, social service organizations/CBO/ NGO's to establish youth centers to overcome such feelings



Remedial Steps

1. Individual steps

- Send drug dependent persons to rehabilitation facilities
- A humanistic form of treatment is said to be the most widely used and effective of all forms of treatment.
- Awareness and prevention must start at home, with parents



2. The Role of Government

- Reduce the scale of unemployment.
- Drugs cartels should be taken down and removed altogether. Strict action against these cartels may help reduce the amount of drug dependents substantially



Treatment for Drug Addiction

- Accept that you have a problem and that you need help
- Hospitalization-Rehabilitation, Detox
- Behavioral Therapies e.g. Cognitive Behavioral Therapy to address use of inappropriate ways to deal with drug abuse
- Occupational Therapy i.e. engage in sports and hobbies
- Change in Addict's Social Environment
- Family therapy-to address issues such as family members being ENABLERS and their awareness of the same



Conclusion

Drug abuse is a complex problem thought to result from a combination of psychological, biological, spiritual, cognitive and environmental factors.

Identification of drug abuse is a difficult first step on the road to recovery because of the methods many abusers use to hide their addiction, the inability of family members to recognize or accept the problem, and the relatives' enabling behavior

ADA Policy link

- https://drive.google.com/file/d/1oylkUkzKQ_8JZ7pa1igVHswe8c03lH00/view



THANK YOU