

Alcohol, Tobacco and other Drugs

Definition

What is the definition of a drug?

A substance other than food that affects a person's mental, emotional, or physical state.

Psychoactive drugs

Mood altering-affecting mental/emotional states.

What is the definition of an addiction.

Continuing to engage in a behaviour despite the negative consequences.

Types of drug use

Drug use

Taking a drug for medically intended purpose in an appropriate manner.

Drug misuse

Taking drugs for its medically intended purpose, but in an inappropriate manner.

Drug abuse

The deliberate taking of a drug for other than medical purpose and in a manner that may damage your health.

Cycle of drug addiction

Endorphins i.e dopamine

Responsible for natural highs you feel from everyday activities "brain's reward system"

When a drug is introduced...

This causes a dopamine release that is stronger, more intense and longer lasting.

Causes more dopamine receptors inside the brain.

Brain cannot repeat; cannot fill receptors naturally.

No longer feel good from everyday activities.

Need drug to feel normal.

Drug hijacks brain's natural reward system.

Tolerance

Need more of the drug to get the same effect.

Types of addiction

Physical Addiction

Once your body becomes accustomed to the drug it cannot function without it. If you stop the drug, you go through **withdrawal symptoms**-pain, sickness.

Use drug to avoid painful withdrawal symptoms

Mental Addiction

Driven by overwhelming desire to repeat the feelings from the initial high "chasing the high"

Using the drug becomes the focal point of their lives.

Cannabis	Hallucinogens	Depressants	Stimulants
Marijuana	Magic Mushrooms	Alcohol	Methamphetamine
Hashish	Ecstasy	Heroin	Khat-Miraa