

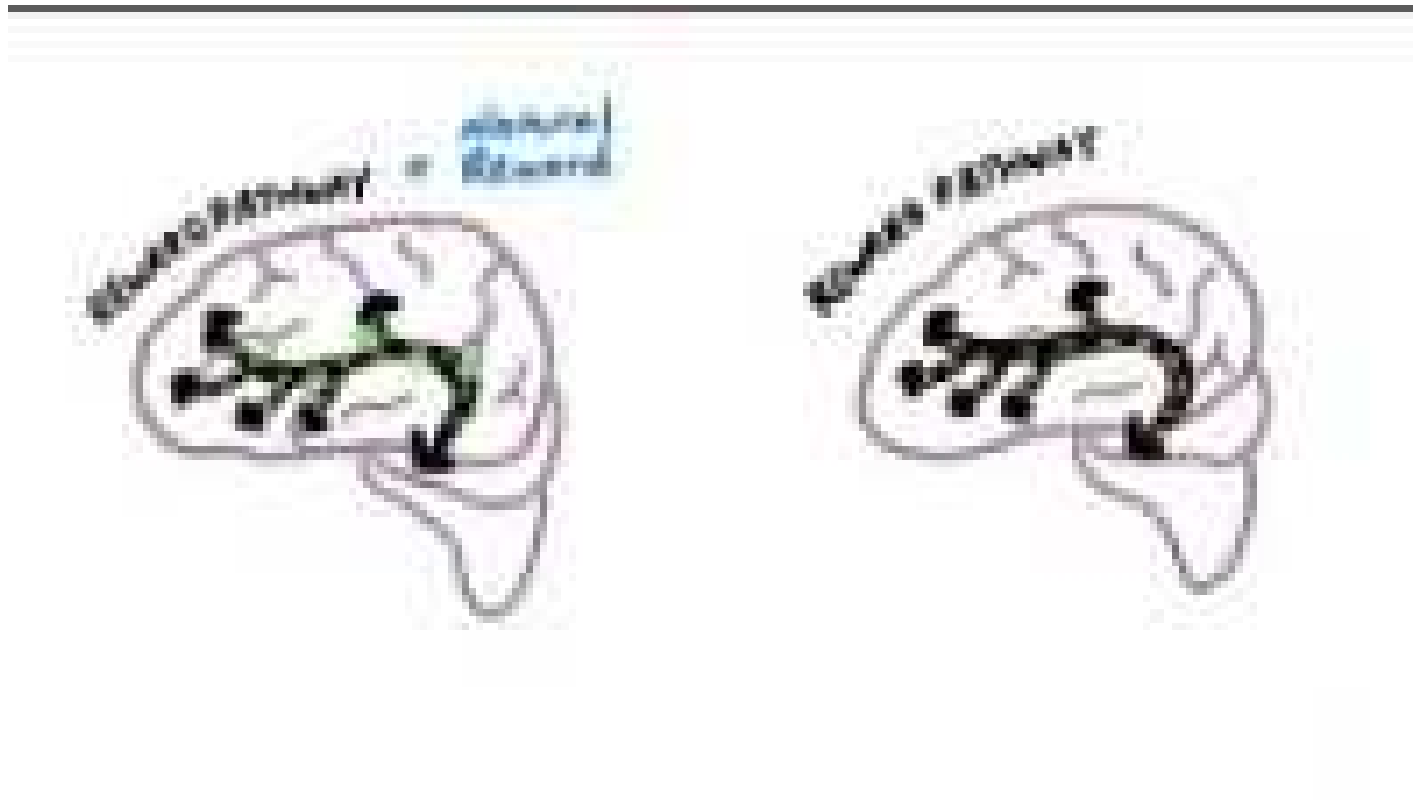
Cornerstone College **Understanding Addiction**

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Mr. Jan Greyvensteyn

SHAMAR CLINIC

Addiction and the Brain



Addiction is a neuropsychological disorder characterised by a persistent and intense urge to engage in certain behaviors (only one of which is the usage of a drug/substance), despite substantial harm and other negative consequences.

<https://taylorcounselinggroup.com/blog/the-neuroscience-behind-self-injury/>

“The three main neurochemicals that are released when one uses substances are the same neurochemicals released when one self-injures and in fact, they all serve a very real purpose in our bodies. As you can see, this makes it very hard for someone to just quit(stop) self-injuring because they are getting a really impactful response from it that serves them in regulating their emotions, however unhealthy emotional regulation it may be.

The three main neurochemicals in the brain that are involved when someone self-injures include:

- a. **Serotonin-** Calms us down, (calms anxiety and depression) calms impulsive behaviour
- b. **Endorphins-** Numbs us out, helps us not feel pain
- c. **Dopamine-** Feeling good, feeling pleasure”

Adrenaline and Dopamine

- Dopamine and noradrenaline are crucial neuromodulators controlling brain states, vigilance, action, reward, learning, and memory processes
- Dopamine works like an endorphin at times, which means that it is experienced as a “happy hormone”, and it can relieve the pain/distress that a person is feeling
- Endorphins are released by the hypothalamus and pituitary gland in response to pain or stress, this group of peptide hormones both relieves pain and creates a general feeling of well-being.

Do you know what triggers and why?

Triggers can be caused by trauma, or underlying anxiety

The craving is to ESCAPE reality, it is to rid yourself of uncomfortable feelings

This is an URGE, behaviour, or impulse that you use in relation to the craving to make the pain go away

The “use” can be any kind of addictive behaviour that you use to numb the painful emotions/memories

This can be guilt, shame, regret, or anger at oneself. Guilt is also a painful emotion and only acts as a trigger to want to escape once again



PRETORIA WEST 29 Dec 2022
R95 000 – Crystal Meth and Khat

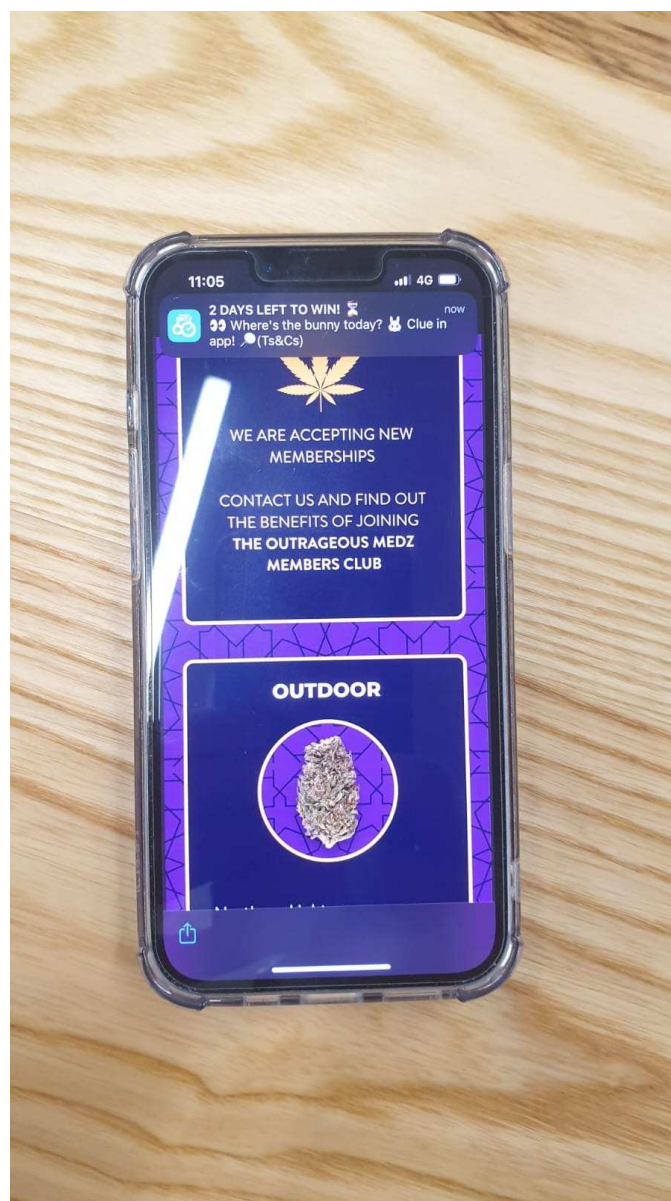


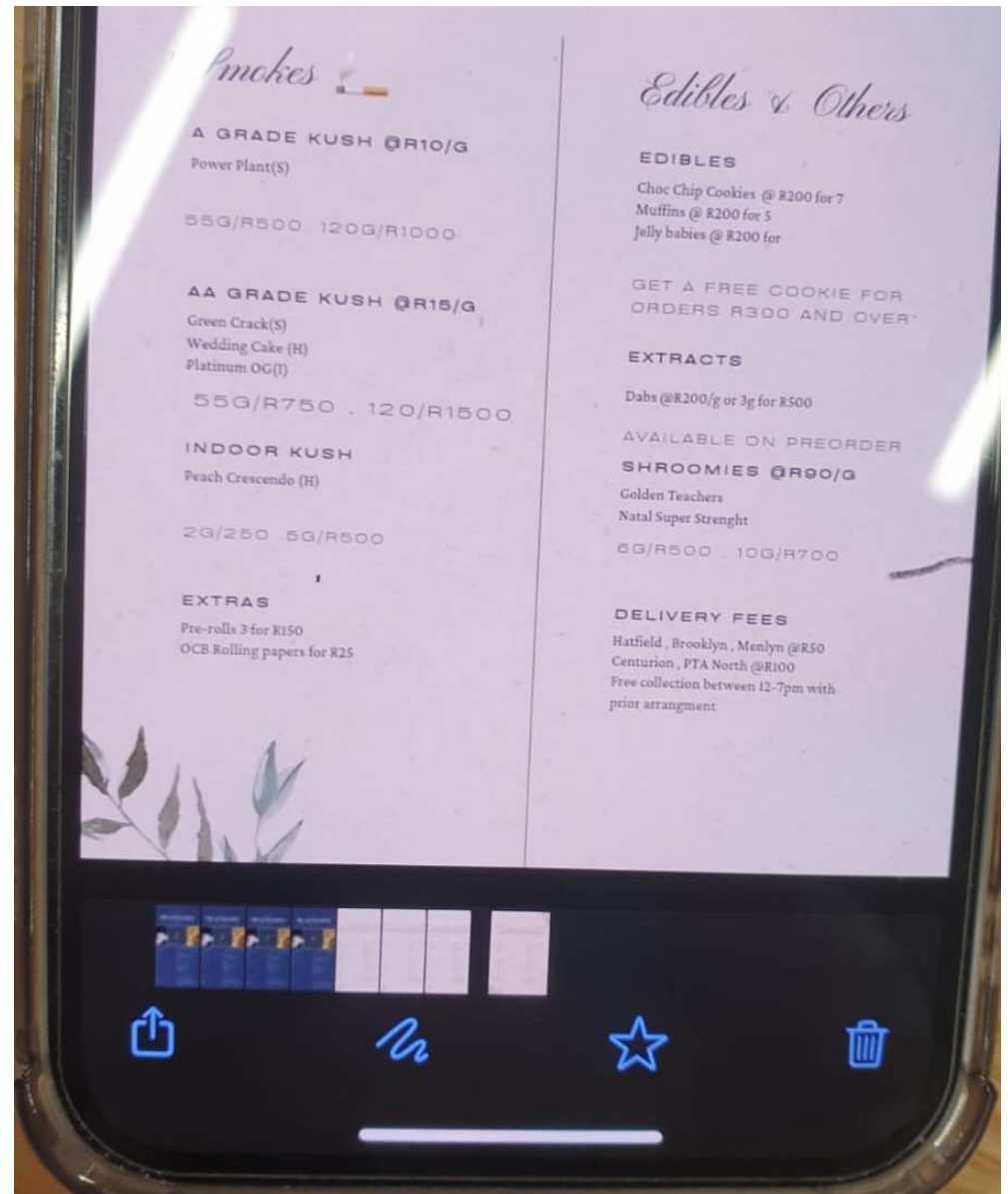
**EERSTERUST 170 bags - Crystal Meth
and Hammanskraal R500 000 -CM**



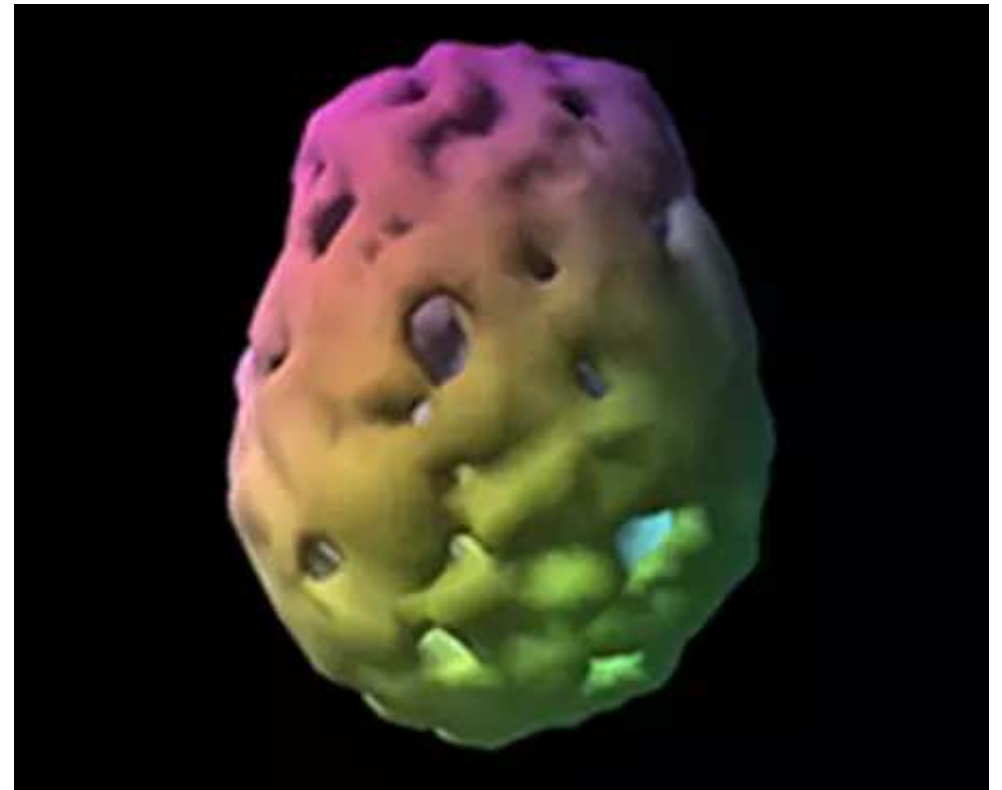
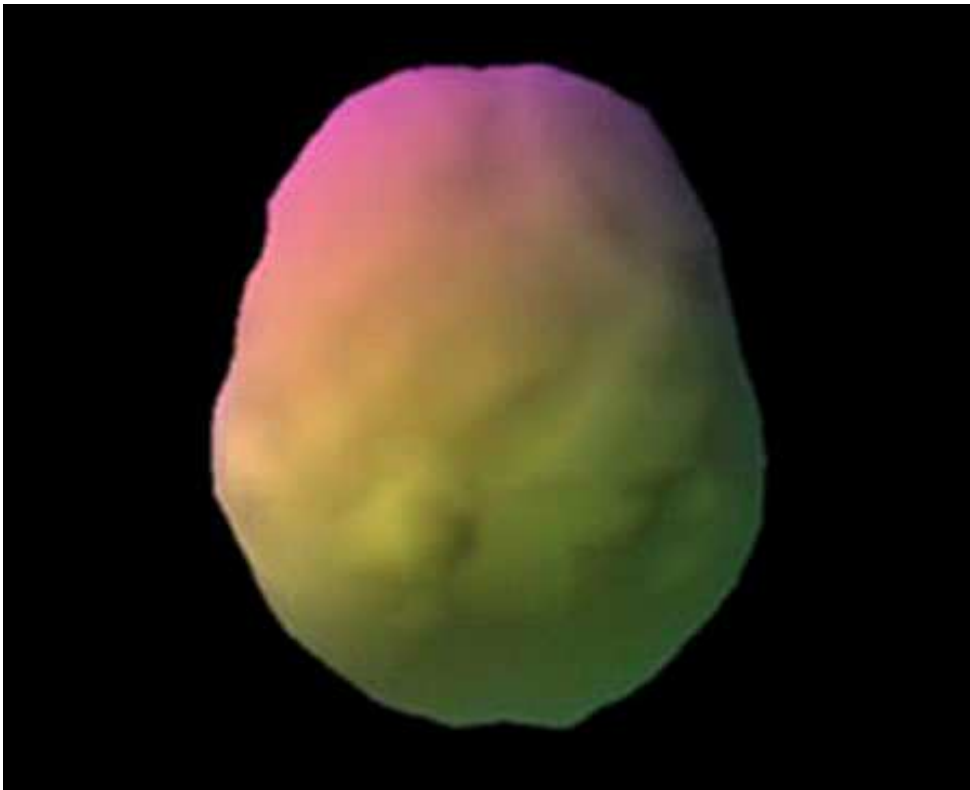
PRICES

Drug	Min	Typical	Max
Ecstasy-type substances	R220	R440	R660
Cocaine salts	R220	R330	R440
Methamphetamine	R165	R250	R330
Heroin	R165	R220	R275
Hashish	R65	R145	R220
LSD	R75	R120	R165
Coca paste / cocaine base	R65	R100	R135
Marijuana (herb)	R1.50	R3.00	R4.50





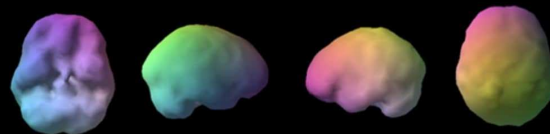
Why does it Matter in any case?



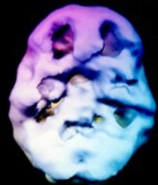
WHICH BRAIN DO YOU WANT?



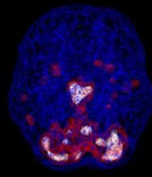
These are brain SPECT (single photon emission computed tomography) images that assess blood flow and activity. Holes show areas significantly low in activity. You can make your brain healthy again. Visit www.amendclinics.com to learn how.



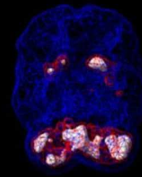
HEALTHY BRAIN



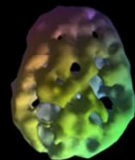
ADD / ADHD



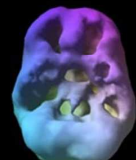
DEPRESSION



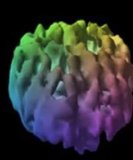
ANXIETY



ALCOHOL



MARIJUANA



HEROINE

Do you have Connection? (the real one, not the digital one!):

- Boundaries with screens need to continue to be consistently applied
- Our children are starting to battle to function adaptively within relationship – we cannot have a generation of such relators
- Usual boundaries / rules:
 - Specified times for screens
 - “a before b”
 - Contract in place with kids with rules and consequences: let the kids suggest their own consequences (spot-checks, cyberbullying, searches, content watched, apps downloaded etc)
 - Monitoring software

Do you have Connection? (the real one, not the digital one!):

- Do not be a family in isolation – build intentional relationships and create community. This will give your children an opportunity to feel a sense of belonging, and it will allow them to build solid relationships with other responsible adults.
- Look out for any form of behavioural change and then make time to discuss it with your child calmly. This is not an act of discipline, this would be an act of relationship and connection.
- Have open debates that are safe contexts in which your children can question tough topics, and you can hear what they might be debating inwardly.
- No-judgement chats.
- Relationship should be our primary goal, to ensure that our kids feel connected with us. Repair ruptures in relationship, and take opportunities to chat, e.g. car rides
- Use media to your advantage – news headlines, movies, series, etc. Ask questions that can allow for safe conversations.
- Alongside relationship should always be boundaries that are communicated and respected – do not be afraid of this with your teens.

Monitoring and Filtering Software

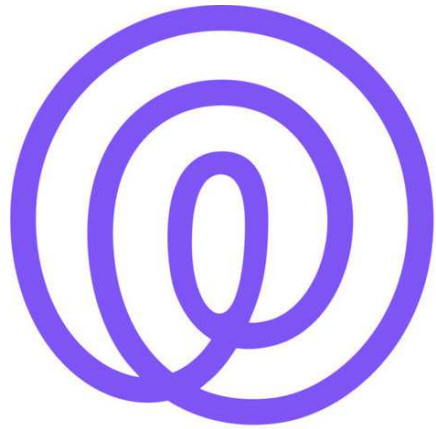
- The Chat

<https://thechat.co.za/monitoring-and-filtering-software/>



Google Family Link





Life360









SHAMAR TEENS

RESTORE • EQUIP • RELEASE

Contact Us!

Administrator:

Jessica Smith

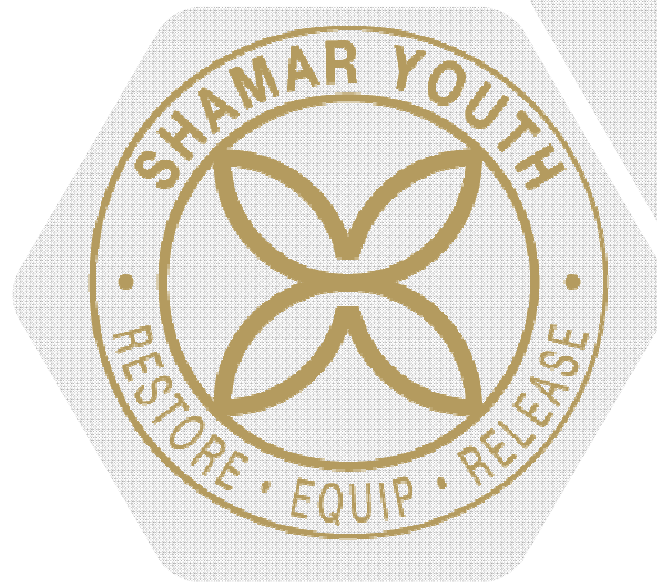
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- Adolescent and Child Out-Patient Treatment Programmes (weekends)
- Individual Therapy
- Group Therapy
- Restorative Programmes
- Assessments
- Learner Support
- Addiction Support
- Trauma Recovery