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## Artemidė Motekaitytė







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seek



that he



# **ADDICTION**

- **Can not control it**
- **Use it often and it doesn't matter when**
- **Use it in a small group or even alone**
- **Use big amount**
- **Quality becomes less important**
- **Feel physical and psychological need**

# **PSYCHOLOGICAL ADDICTION**

- **Obsessed with thoughts, feelings, memories and activities about drugs**
- **It becomes lifestyle**
- **You can feel it even after one try**

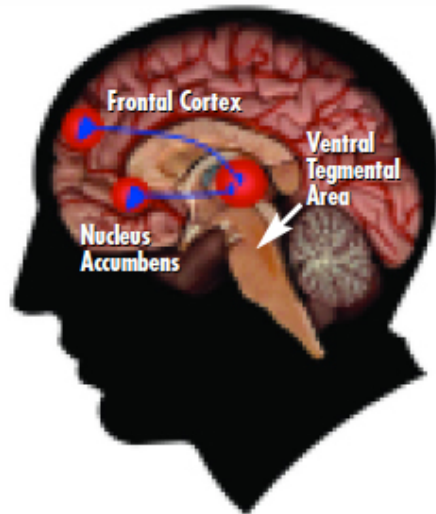


It's all in your head, Alice.



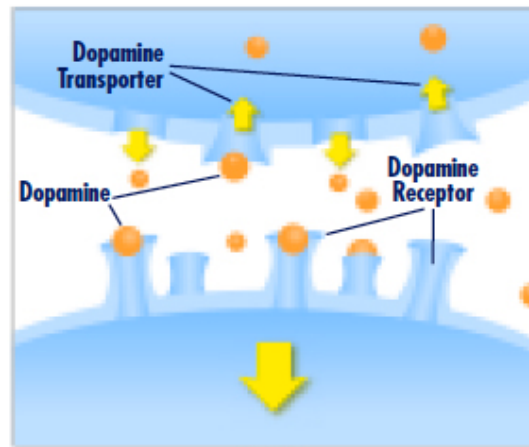
# DRUGS OF ABUSE TARGET THE BRAIN'S PLEASURE CENTER

## Brain reward (dopamine) pathways

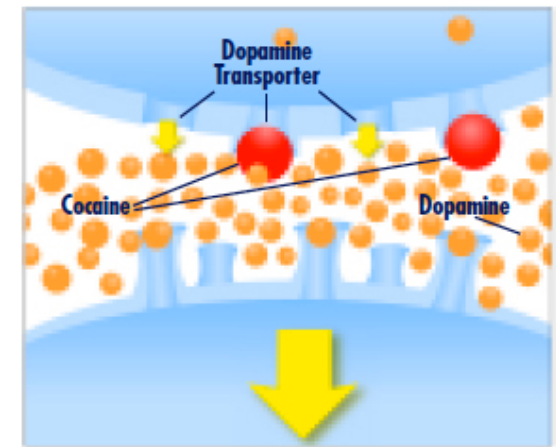


These brain circuits are important for natural rewards such as food, music, and sex.

## Drugs of abuse increase dopamine



**FOOD**



**COCAINE**

Typically, dopamine increases in response to natural rewards such as food. When cocaine is taken, dopamine increases are exaggerated, and communication is altered.

# WHICH ONE?

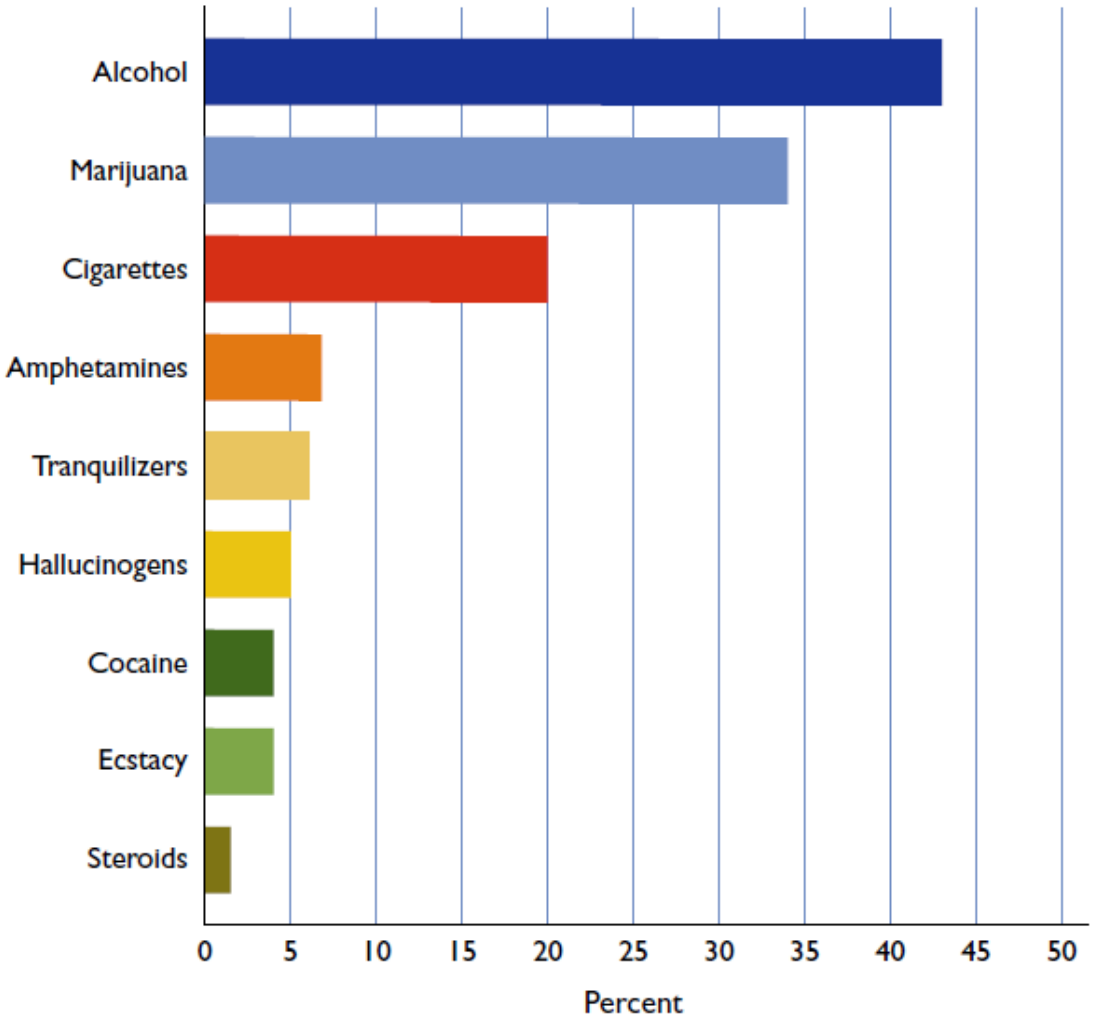
- **Experimental try?**
- **Entertaining use?**
- **Addiction?**



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**FIGURE 1** How many teenagers use drugs? The results of the most recent comprehensive survey of 14,000 high school seniors across the United States show the percentage of respondents who have used various substances for nonmedical purposes at least once. Can you think of any reasons why teenagers—as opposed to older people—might be particularly likely to use drugs? (Source: Johnston et al., 2009.)



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# Cocaine



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# AMPHETAMINES / METHAMPHETAMINE

- Amphetamines such as dexedrine and benzedrine, popularly known as speed, are strong stimulants
- Methamphetamine is a white, crystalline drug that U.S. police now say is the most dangerous street drug, usually known as “Meth”.



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- Increased confidence,
- mood elevation,
- sense of energy and alertness,
- decreased appetite,
- anxiety,
- irritability,
- insomnia,
- transient drowsiness,
- delayed orgasm.



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I suggest we drink before we  
go out drinking.



someecards

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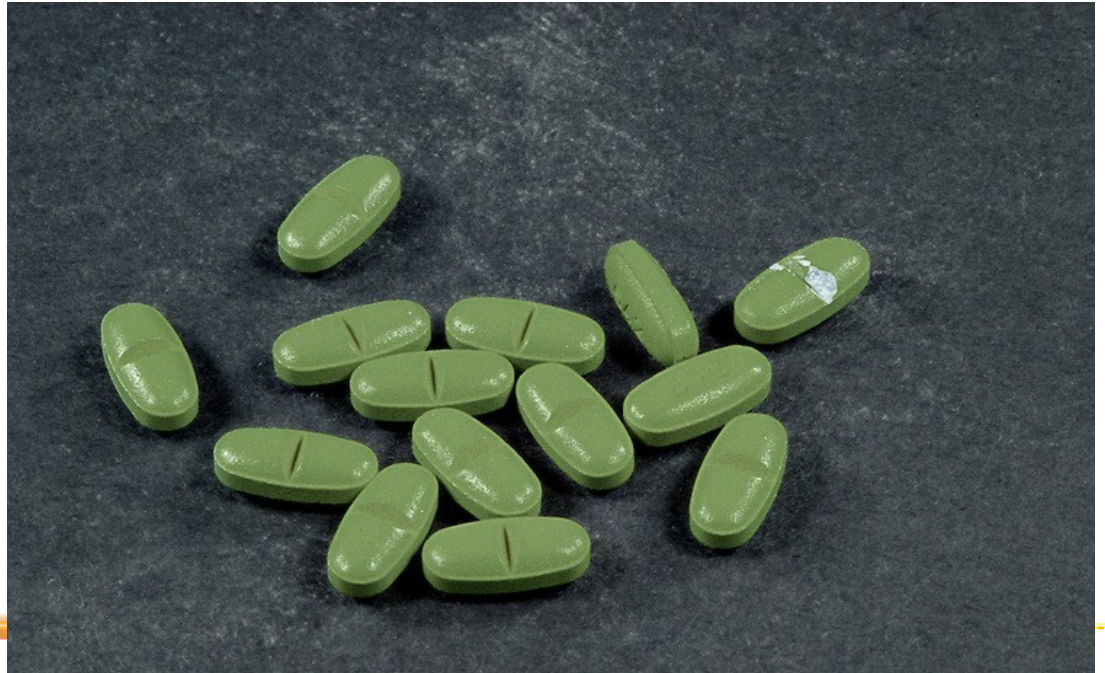
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# EFFECTS OF DEPRESANTS

- **Anxiety reduction**
  - **Impulsiveness**
  - **Dramatic mood swings**
  - **Bizarre thoughts**
  - **Suicidal behavior**
  - **Slurred speech**
  - **Disorientation**
  - **Slowed mental and physical functioning**
  - **Limited attention span**
  - **Muscle relaxation**
  - **Amnesia**
  - **Sleep**
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- Anxiety and pain reduction
- Apathy
- Difficulty in concentration
- Slowed speech
- Decreased physical activity
- Drooling,
- Itching,
- Euphoria
- Nausea



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- Euphoria
- Relaxed inhibitions
- Increased appetite
- Disoriented behavior



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| <b>EFFECTS</b>                          | <b>WITHDRAWAL SYMPTOMS</b> | <b>ADVERSE/OVERDOSE REACTIONS</b>   |
|---|----------------------------|---|
| Heightened sense of Oneself and insight | Depression                 | Severe reactions rare but include panic, paranoia, fatigue, bizarre and dangerous behavior. |
| Feelings of peace                       | Anxiety                    | Increase in body temperature  |
| Energy                                  | Sleeplessness              | Memory difficulties   |
| Empathy                                 |                            |   |





## EFFECTS

## ADVERSE/OVERDOSE REACTIONS

Heightened aesthetic responses

Nausea and chills

Vision and depth distortion

Increased pulse, temperature, and blood pressure

Heightened sensitivity to faces and gestures

Slow, deep breathing

Magnified feelings

Loss of appetite

Paranoia

Insomnia

Panic

Bizarre

Euphoria

Dangerous behavior



| EFFECTS  | WITHDRAWAL SYMPTOMS                                    | ADVERSE/OVERDOSE REACTIONS           |
|--|--|--------------------------------------|
| Aggression   | Symptoms can mimic other Medical problems and Include: | Can lead to swelling and weight gain |
| Depression   | Weakness   |                                      |
| Acne   | Fatigue  |                                      |
| Mood swings  | Decreased appetite                                     |                                      |
| Masculine traits in women and feminine traits in men | Weight loss  |                                      |
|  | Women may note menstrual changes                       |                                      |

# Are you on drugs?

Yes

No

I'm a dinosaur raww!



- **Multidimensional family therapy**
- **Cognitive behavioral therapy**
- **Motivational incentives**
- **Motivational interviewing**




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# MOTIVATIONAL INTERVIEWING

- <https://www.youtube.com/watch?v=SZ-IH-V7oJ4>
  - **It was first described by Miller (1983):**
  - **“Motivational interviewing is a collaborative, person-centered form of guiding to elicit and strengthen motivation for change”**
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