

DIRECTIONS IN PASTORAL CARE OF ALCOHOL USE, ABUSE AND ADDICTION (PART 1)

Richard Winter

“Leaving yourself behind”

- ◎ “A culture that promises a liquid makeover – from the inside out”
- ◎ *Drinking: A Love Story*, Caroline Knapp
- ◎ *“I drink alone to get rid of myself, to send myself away. Wine makes a man better pleased with himself.”* Samuel Boswell in *The Life of Johnson*.

Drinking patterns

- ◎ Low risk/"safe" drinking
- ◎ Frequent drinking
- ◎ Binge drinking
 - Men: 5 or more on one occasion
 - Women: 4 or more on one occasion
 - Pass out, miss work, feel sick, drive drunk, fights
 - Damage to body
 - Teens and drinking

Family history

◎ Greater vulnerability

- 4 times risk if you have alcoholic parent or sibling
- “alcohol travels through families like water over a landscape”
- Diminished sensitivity to intoxication
- Heightened sensitivity to anxiety reducing effects
- Higher risk if other psychiatric disorder

Abuse and Dependence (Alcohol Use Disorder)

- Tolerance
- Withdrawal
- Loss of control
- Attempting to cut down or quit without success
- Greater focus on alcohol: Less focus on other things
- Continue despite consequences
 - Ignoring problems – missing work, accidents, relationship problems, financial problems, fights

Assessment tools

◎ CAGE

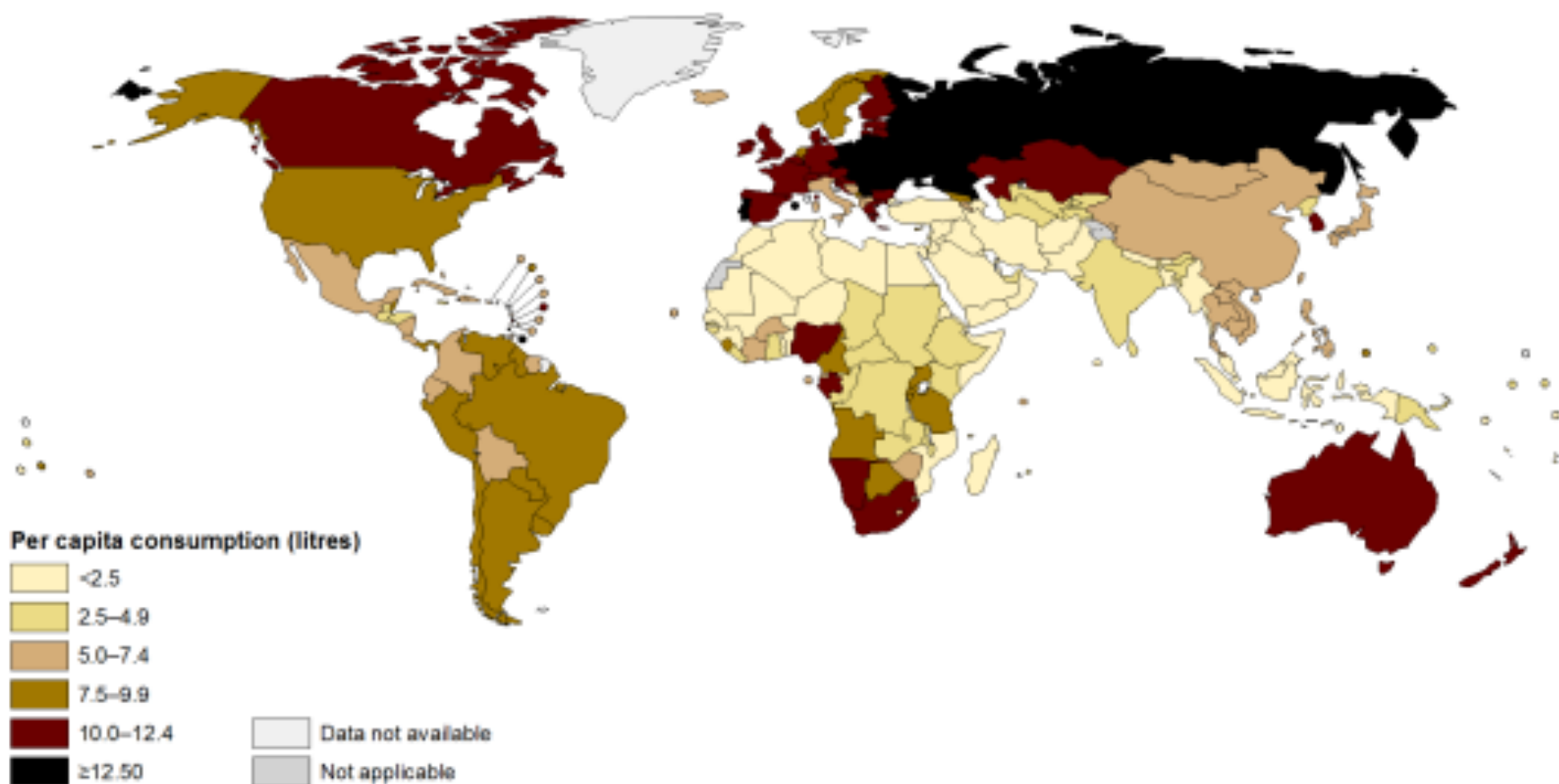
- Have you ever felt you should Cut down your drinking?
- Have people Annoyed you by criticizing your drinking?
- Have you felt Guilty or bad about your drinking?
- Have you had a drink first thing in the morning to steady nerves or get rid of hangover? Eye opener

◎ AUDIT

Typical alcoholic??

- ◎ Young adult (31.5%) –
 - Few mental health disorders and little family history
- ◎ Young antisocial (21%)
 - 50%+ have family history of Alc, depression, anxiety, smoke, + other drugs
- ◎ Functional (19.5%)
 - Middle aged, well educated, stable jobs and families
- ◎ Intermediate family (19%)
 - Middle aged, strong family history of Alc, depression, bipolar, smoke
- ◎ Chronic severe (9%)
 - Started young, criminal behaviors, mental illness, other drugs

Total alcohol per capita (15+ years) consumption, in litres of pure alcohol, 2010



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Data Source: World Health Organization
Map Production: Health Statistics and
Information Systems (HSI)
World Health Organization



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Av amount consumed by 15+ year olds per capita between 2008 and 2010

- 1. Belarus - 17.5 litres
- 2. Rep of Moldova - 16.8
- 3. Lithuania - 15.4
- 4. Russian Federation - 15.1
- 5. Romania - 14.4
- 6. Ukraine - 13.9
- 7. Andorra - 13.8
- 8. Hungary - 13.3
- 9. Czech Rep and Slovakia - 13
- 10. Portugal - 12.9
- 25. Britain - 11.6
- USA - 9.2
- Global average - 6.2

Women and alcohol

- ⦿ Women much more vulnerable to addiction and harmful effects
 - Metabolism
 - History of emotional and/or sexual abuse
 - Complications:
 - Pregnancy and STD
 - Osteoporosis, falls and fractures
 - Premature menopause
 - Infertility and miscarriages
 - Hypertension and cardiovascular disease
 - Breast cancer

Health benefits

- ⦿ Lower risk
 - Heart disease
 - Stroke

- ⦿ But many lifestyle factors involved

Dangers to Health

- ⦿ Digestive problems
 - Liver damage
- ⦿ Heart disease and stroke
- ⦿ Brain damage*
- ⦿ Cancer risk
 - Mouth, throat, oesophagus, liver, colon, breast
 - Alcoholics tend to smoke more
- ⦿ Drinking and driving
- ⦿ Interaction with medications
- ⦿ Dis-inhibition and violence
 - Murder, suicide, sexual offences, assaults, domestic violence, child abuse

Steps to Recovery

Push Past Denial

- Denial, minimization and rationalization
- Deceit of self and others – lies++
- Intervention may be needed – tough love

Steps to recovery

- ◎ There is hope!
 - 10-30% abstain or seriously limit their drinking without treatment
 - With treatment 50% relapse in first 3 months
 - With treatment 17-35% abstinent after 1 year

Steps to Recovery

- ◎ Education
- ◎ Evaluation
- ◎ Is detox necessary? (Valium/librium 2-5 days)
- ◎ Working with pastor, counselor or doctor
 - Insight
 - Identify triggers
 - Relapse prevention skills
 - Medication – Naltrexone, Antabuse
 - Alcoholics Anonymous/sponsor/support group

The 12 Steps

- ① 1. Admission of powerlessness
- ② 2. Belief in ‘higher power’
- ③ 3. Commitment to “God”
- ④ 4. Searching and fearless moral inventory
- ⑤ 5. Confession
- ⑥ 6. Ready to have God remove defects

The 12 Steps

- ⑦ 7. Asked him to remove shortcomings
- ⑧ 8. Make a list for restitution of wrongs
- ⑨ 9. Make direct amends
- ⑩ 10. Continue personal inventory/
confession
- ⑪ 11. Improve contact with God...
- ⑫ 12. Tell the world...

A day at a time

- ⦿ Structure
- ⦿ Discipline
- ⦿ Choices
- ⦿ Emotional immaturity

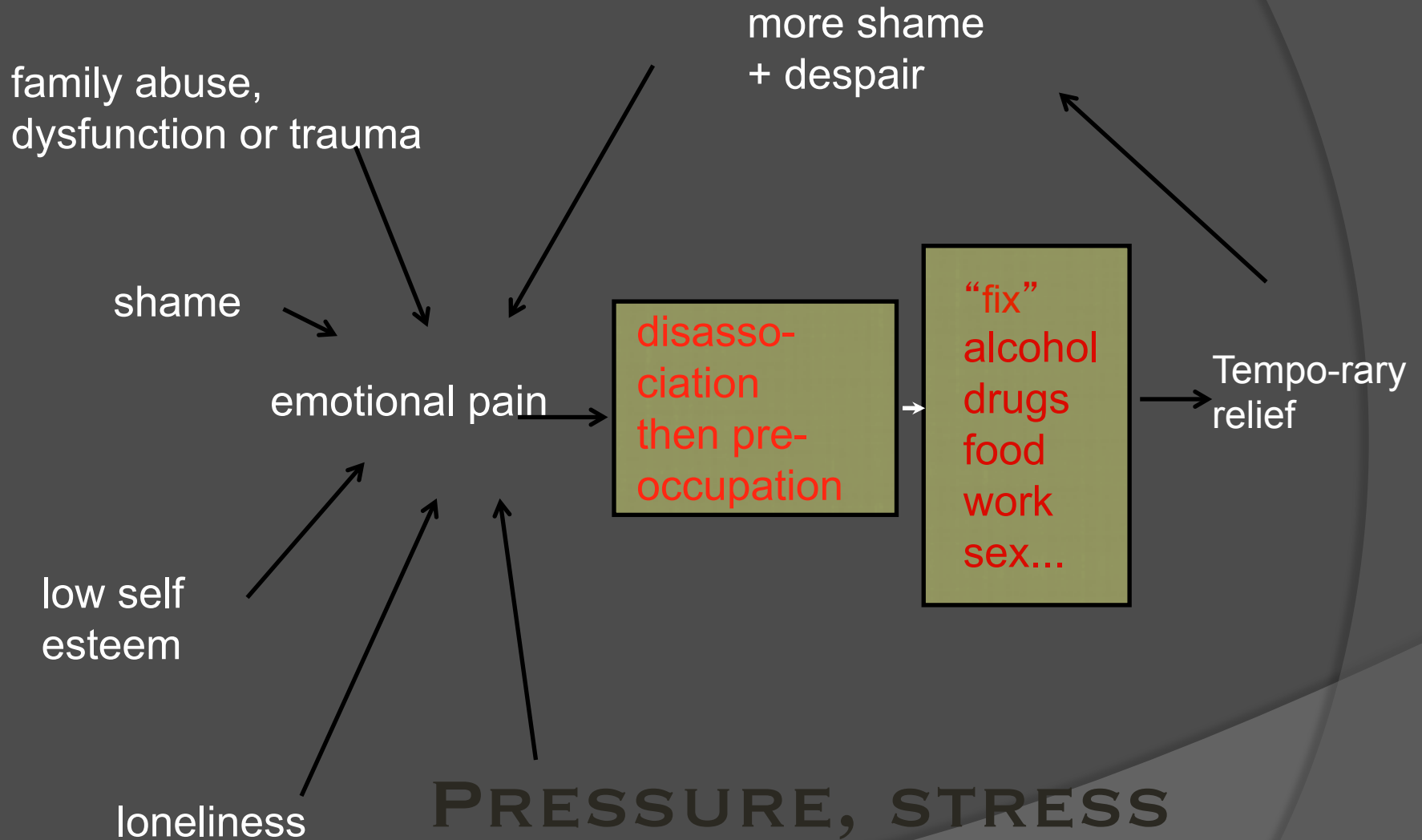
Steps to Recovery

- ⦿ Spiritual awakening
- ⦿ Reclaiming values
- ⦿ Deepening of faith
- ⦿ Forgiveness – receiving and giving

Working with family

- ◎ Effects
 - Don't see, Don't feel, Don't talk
- ◎ Living with alcoholic
 - Unpredictability
 - Continuous uncertainty
 - Fear
 - Shame
 - Frustration and anger
 - Depression and anxiety
 - Hopelessness
- ◎ Problems of adult children of alcoholics

Compulsive addictive cycle



Adapted from Eli Coleman
& Patrick Carnes