

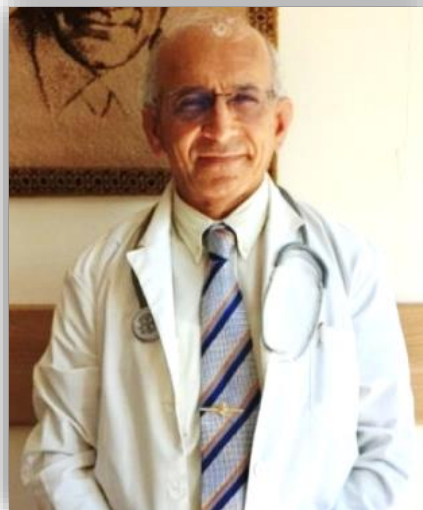
# Addiction & Burden on Family and Community

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At its origin, “**Addiction**” simply referred to “giving over” or being “*highly devoted*” to a person or activity or engaging in a behavior habitually which could have positive or negative implications. (<https://www.mdpi.com/1660-4601/8/10/4025/htm>)



**Phase 3 lecture, 2023 - 24**

**academic year, spring semester**

**11th March 2024, Ankara - TURKIYE**

[www.ahmetsaltik.net](http://www.ahmetsaltik.net)

# Learning objectives....

At the end of this lecture, students are expected to :

- **Define** the addiction type of behaviour disorders
- **Classify** the addiction types and categories 11.03.2024
- **Recognise** the early symptoms and findings of addictive behaviour disorders and problems
- **Council** with the addictive patient and the family
- **Recognise** related institutions for fighting against this problematic issue
- **Realise** the different dimensions of the problem on the patients, family and the community
- **Conceive** the prevention measures and get liaison among psychiatrist



# The World Health Organization (WHO) recognizes that addiction has far-reaching consequences-1..

- ❑ Not only for individuals but also for their families and communities. Here are some key points regarding the impact of addiction on families:
- ❑ **Family Strain:** Addiction places significant strain on family members.

They often experience emotional distress, financial burdens, and social isolation due to their loved one's addiction.

*[Ref. Challenges in addiction-affected families: a systematic review of qualitative studies | BMC Psychiatry | Full Text \(biomedcentral.com\)](#)*

## The World Health Organization (WHO) recognizes that addiction has far-reaching consequences-2..

### Negative Consequences :

Families dealing with addiction face a sequence of challenges:

- **Initial Shock:** Families encounter shock and confusion when addiction becomes apparent.
- **Social Isolation & Stigma:** Addiction can lead to social isolation & stigmatization of family members.
- **Emotional Decline:** Family members may experience emotional distress.
- **Negative Behavioral Experiences:** The behavior of the addicted individual affects family dynamics.
- **Mental Disturbance:** Addiction-related stress impacts mental health.
- **Physical Degeneration:** The toll of addiction extends to physical health.
- **Family Burden:** Families bear the weight of addiction-related challenges

*[Ref. Challenges in addiction-affected families: a systematic review of qualitative studies | BMC Psychiatry | Full Text \(biomedcentral.com\)](#)*

## The World Health Organization (WHO) recognizes that addiction has far-reaching consequences-3..

- ❑ **Internal Family Chaos:** Relationships within the family become unstable.
- ❑ **Financial collapse**, confrontation with the drug-using member, and other chaos ensue.
- ❑ **Self-Protection:** Family members seek information, support, and coping mechanisms to navigate the effects of addiction.

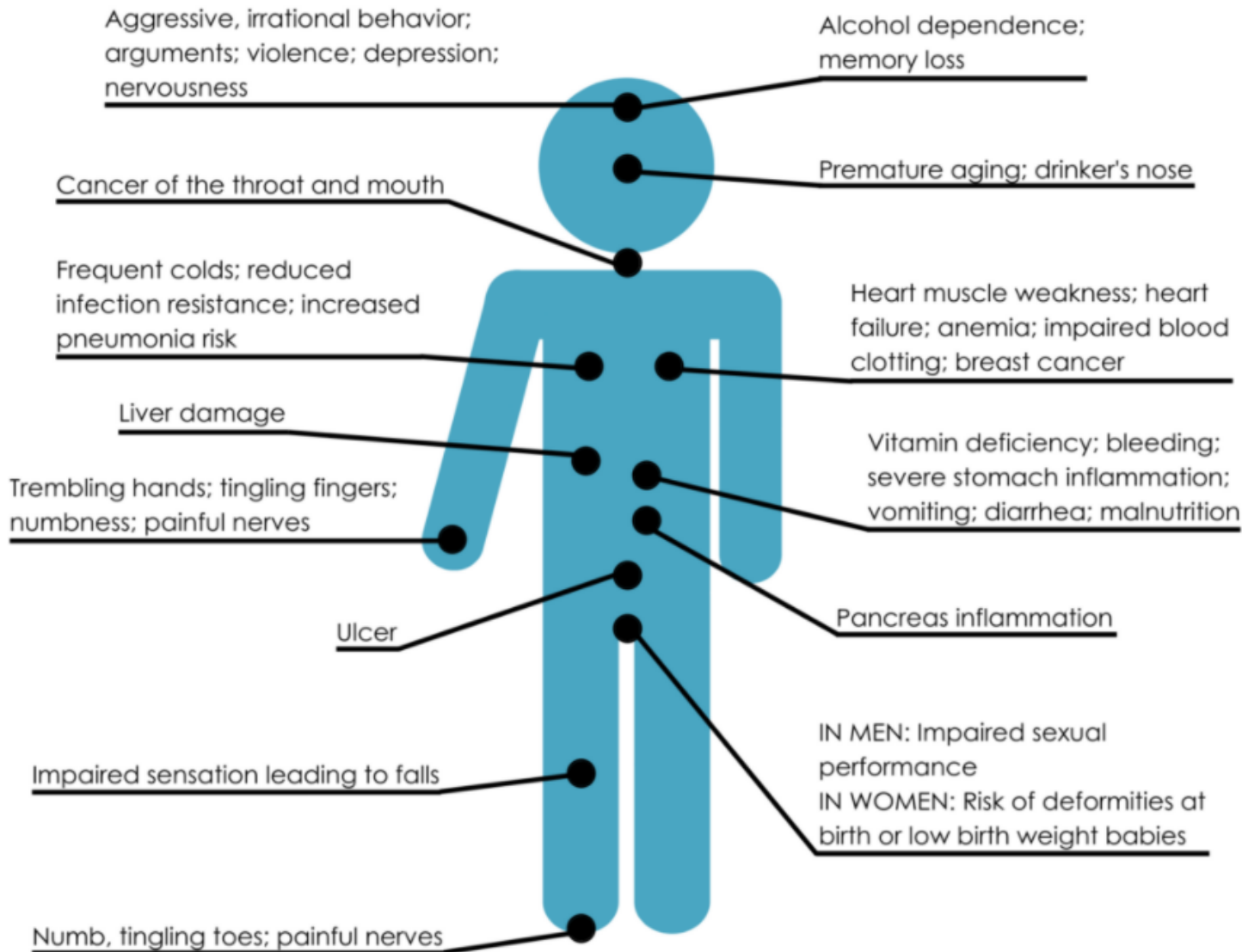
**In summary** : Addiction-affected families face complex issues related to financial, social, cultural, mental, and physical health.

Experts in the field must investigate and implement measures to alleviate the burdens carried by these families.

**The WHO** emphasizes the need for policies and interventions that address addiction's impact on families and promote their well-being.

*[Ref. Challenges in addiction-affected families: a systematic review of qualitative studies | BMC Psychiatry | Full Text \(biomedcentral.com\)](#)*  
*[\(PDF\) Substance use and family burden: A narrative review \(researchgate.net\)](#)*

# Physiological Effects of Heavy Drinking



## DEFINITION :

**Addiction** is a primary, chronic, neurobiologic disease with genetic, psychosocial, and environmental factors influencing its development and manifestations.

## ADDICTION IS CHARACTERIZED BY BEHAVIORS THAT INCLUDE:

- *Impaired control over drug use*
- *Compulsive use*
- *Continued use despite harm*
- *Cravings*

Most experts recognize 2 types of addiction:

- 1. Chemical addiction.** This refers to addiction that involves the use of substances.
- 2. Behavioral addiction.** This refers to addiction that involves compulsive behaviors. These are persistent, repeated behaviors that you carry out even if they don't offer any real benefit.



# The economic costs associated with **substance abuse** and compare to other health problems

## 1. Opioid Use Disorder (OUD):

1. In the United States, the annual economic costs associated with OUD alone are estimated at a staggering **\$787 billion**. [These costs include healthcare resource utilization and other related expenses.](#)

## 2. Tobacco-Related Harm:

1. Tobacco-related harm constitutes a significant economic burden.  
[In Australia, tobacco-related costs amount to \\$35.8 billion \(45% of total costs\).](#)

## 3. Alcohol-Related Harm:

1. [Alcohol-related harm follows closely, accounting for \\$22.6 billion \(28% of total costs\).](#)

## 4. Other Drug-Related Harm:

1. [Harm related to other drugs contributes \\$12.9 billion \(16% of total costs\).](#)

[Alcohol, tobacco & other drugs in Australia, Economic impacts - Australian Institute of Health and Welfare \(aihw.gov.au\)](#)

## Other Harms Associated with High-Risk Drinking Include Increases In:

Psychomotor impairment

Cardiovascular disease

Neuropsychiatric conditions

Gastrointestinal conditions

Emotional changes

*Not for social drinking..  
But for heavy,  
harmfull or  
abuse of alcohol...*

Infectious disease (e.g., HIV)

Low birth rate in children

Maternal and perinatal conditions

Central Nervous System (CNS) effects

Acute toxic effects

Psychosocial effects



Accidents

Poor impulse control

Self-inflicted injury

Cancer

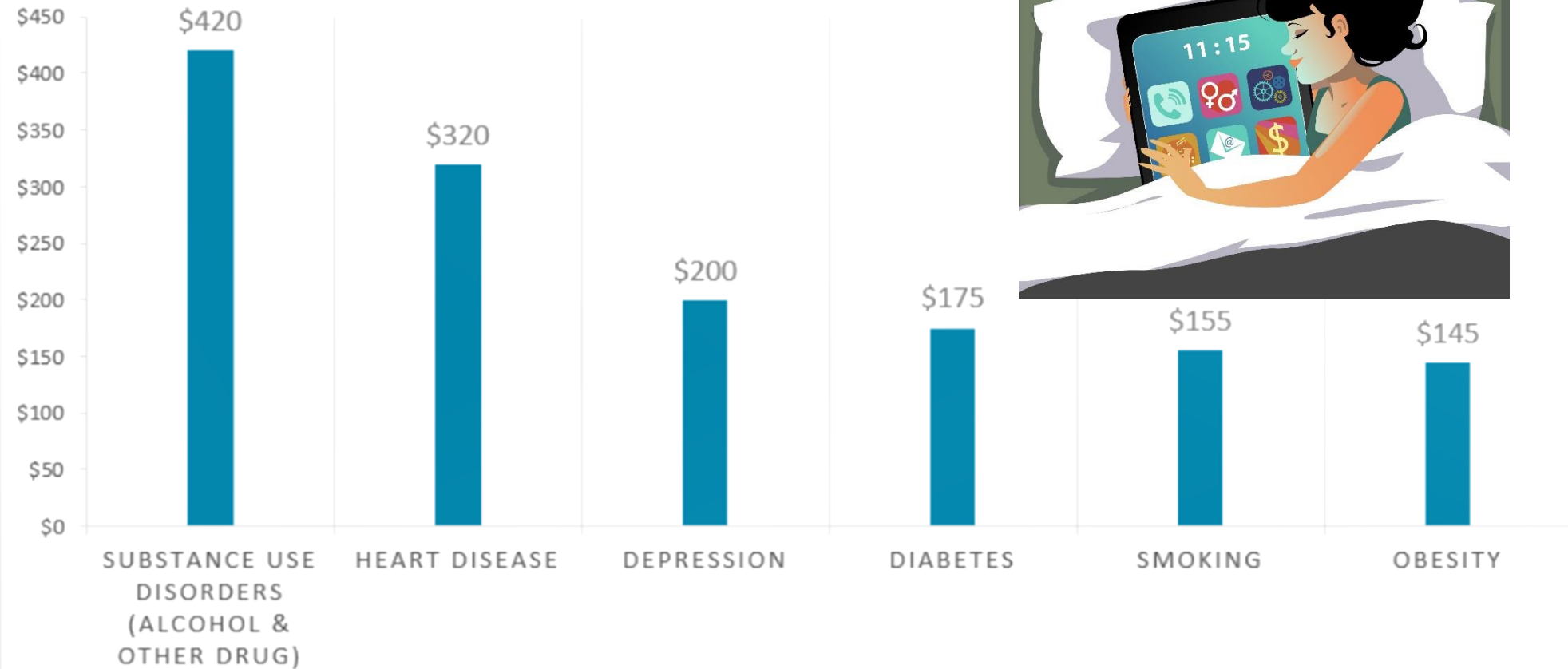
Violence

Diabetes

Overdose



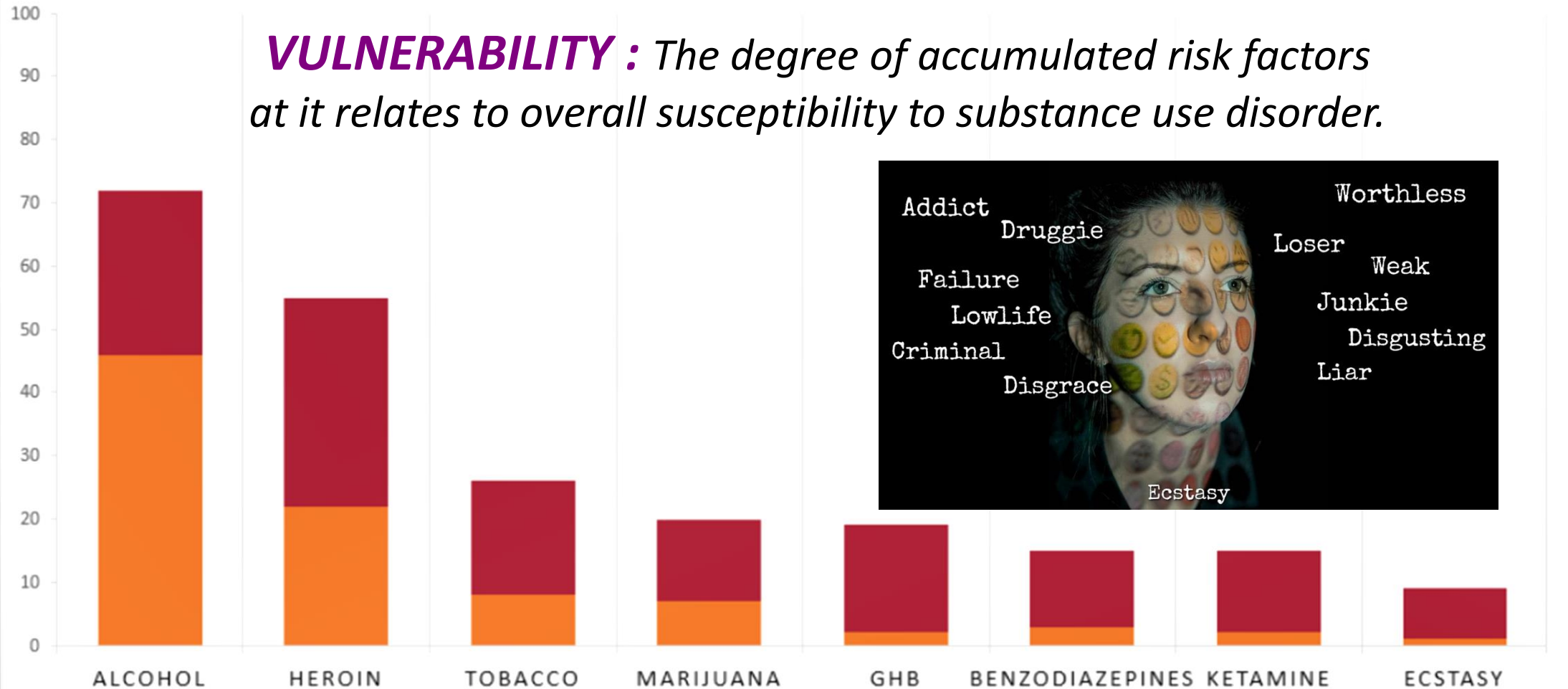
## ECONOMIC COST TO SOCIETY BY DISEASE (IN BILLIONS)



*SOURCE: Bouchery, Harwood, Sacks, Simon, & Brewer, 2011; Mrazek, Hornberger, Altar, & Degtiar, 2014; USDOJ, 2011*

## OVERALL HARM TO USERS & OTHERS BY SUBSTANCE

■ HARM TO USERS ■ HARM TO OTHERS



**VULNERABILITY** : *The degree of accumulated risk factors at it relates to overall susceptibility to substance use disorder.*



SOURCE: Nutt et al., 2010

# Substance use and family burden

## Effect on family

Domestic violence

Family stress and burden

Psychiatric symptoms

Codependence

Stigma

Financial resource drain

## Family as support

Take for treatment

Supervise treatment

Religious observations

Nagging to motivate

Provide alternate company

Provide refuge

**Etiology** is the investigation of factors and influences over time that lead to **substance use** disorder development.

## ETIOLOGICAL RESEARCH

Etiological research works to identify the likely causes and correlates of **drug use**. There are **multiple factors** that have been identified that contribute to the development of a **substance use disorder**. However, no one factor, or no one set of factors, will affect all individuals similarly or explain drug use completely.

The utility of etiological theories are often judged by if they have:

- Descriptions of common influences (risk and protective)
- Transitions in life (e.g., age of first regular use, age of substance use disorder onset)

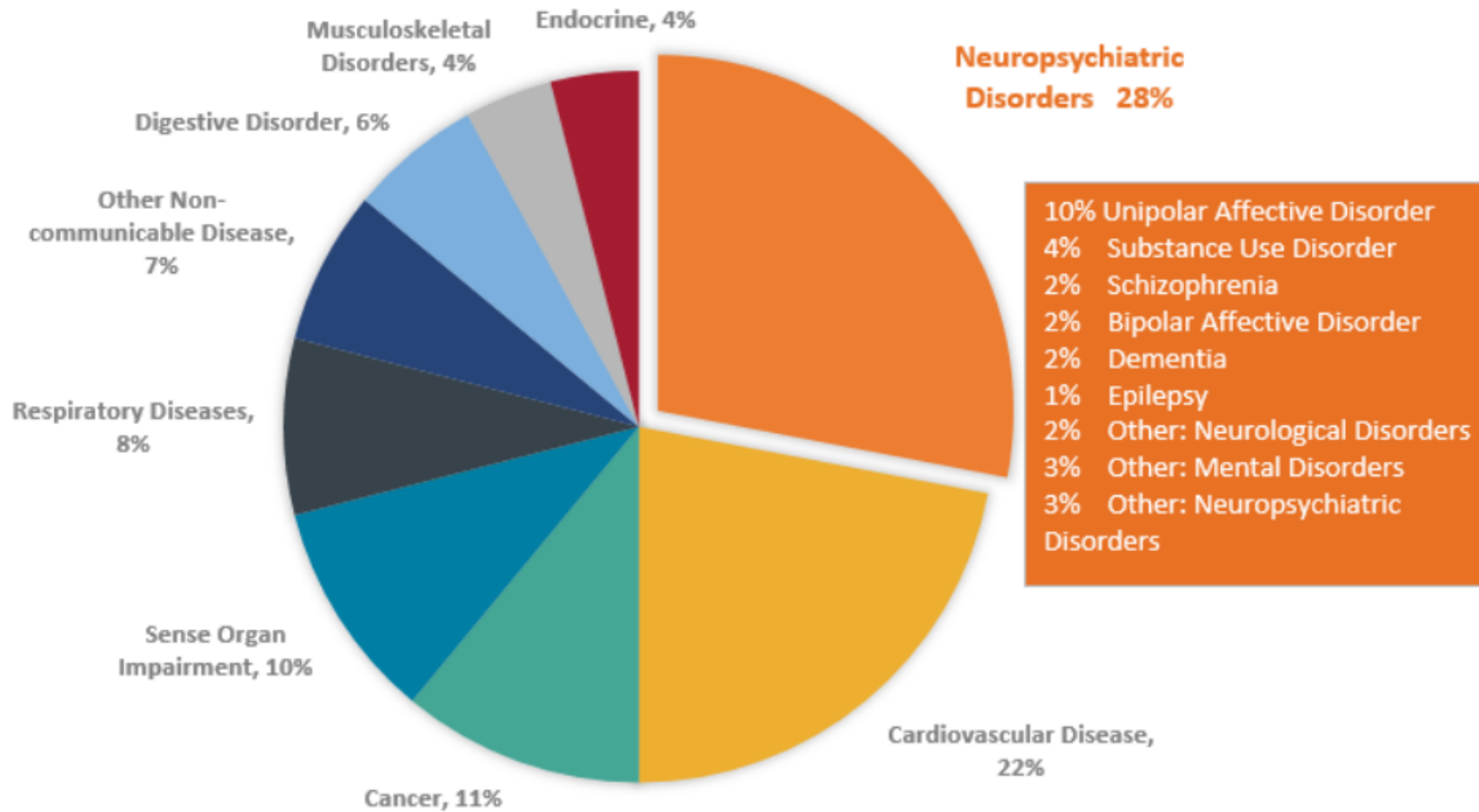
## FAMILIAL FACTORS

- **RISK**
  - Having a parent or sibling that has a substance use disorder
  - Lack of family involvement, parental supervision, or support
  - Poor quality of the child-parent relationship
  - Family disruptions such as divorce, acute or chronic stress
  - Social isolation
  - Abuse (e.g. sexual, physical, emotional)
- **PROTECTIVE**
  - Positive mutual attachment between parent and child
  - A parent's drug use can be offset by the non-use of the other parent
  - Marriage
  - Child-rearing responsibilities

<https://www.apa.org/pi/about/publications/caregivers/practice-settings/intervention/substance-abuse>

**Family members** have increased prevalence of illness and **domestic violence**, in addition to deteriorated psychological and interpersonal functioning, including problems with social adjustment, the relationship with the drug using person, family cohesion, **enmeshment**, interpersonal **conflict, stress**, and in the case of children, **behavior problems**. Family members of substance abusers also must deal with **legal and financial problems**. The combination of problems can have substantial and **widespread impact**. For example, the families of drug users have health care utilization rates that potentially can be 4 times greater than that of average families.

## GLOBAL BURDEN OF DISEASE



*In the pie chart above, burden is measured in disability-adjusted life years lost (DALYs), which is calculated by the number of years lost due to ill-health, disability or premature mortality. Alcohol and illicit drugs represent 2 of the 10 highest risk factors for disability-adjusted life years lost in higher-income countries (WHO, 2009).*

## GLOBAL HEALTH IMPACT

*Substance use disorders* account for a high amount of *disease burden* throughout the world. Neuropsychiatric illnesses are the largest contributors to the global burden of disease, among which *substance use disorders* make up the 2nd largest proportion of this burden (4%) after depression. **Alcohol** is the leading risk factor for death for men of working age worldwide.

<https://www.recoveryanswers.org/addiction-101/impact/>

## **RISK FACTORS**

Factors or variables that increase the likelihood for development of a substance use disorder. They are factors that increase the probability of an individual developing a disease or vulnerability, which is a predisposition to a specific disease process.

## **PROTECTIVE FACTORS**

Factors or variables that decrease the likelihood for development of a substance use disorder (they protect the individual). They are factors that moderate the effects of risk conditions to reduce vulnerability and enhance individual resiliency.



# REDUCING THE IMPACT OF SUBSTANCE USE DISORDERS

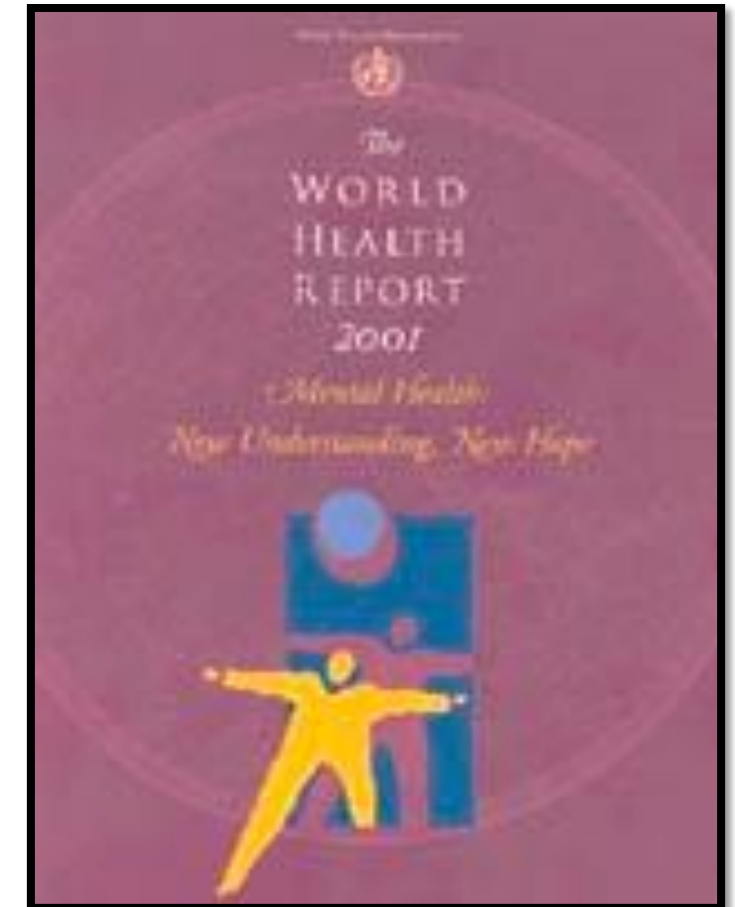
## The impact of Substance Use Disorder Can Be Reduced with Early Intervention in the United States (NDIC, 2017)

- Substance use disorder treatment costs the country approximately \$36 billion per year in healthcare and approximately \$417 billion per year overall
  - On average, substance use disorder treatment costs \$1,583 per patient and is associated with a cost offset of \$11,487, which represents a greater than 7:1 ratio of benefits to costs
- Cost-to-Benefit of Early Intervention
  - Every \$1 in treatment saves \$4 in healthcare costs
  - Every \$1 in treatment saves \$7 in law enforcement and other criminal justice
  - Medicaid cost reduction
    - \$185-\$192 per member per month after receiving a brief intervention
    - \$238-\$269 per member per month in costs associated with inpatient hospitalization from emergency department admissions

# The world health report - 2001

## *Mental health: New understanding, new hope*

- The 2001 Report focuses on the fact that **mental health - neglected for far too long - is crucial** to the overall well-being of individuals, societies and countries.
- The report advocates policies that are urgently needed to ensure that **stigma** and **discrimination** are broken down and that **effective prevention and treatment** are put in place.





# COMMUNITY MENTAL HEALTH



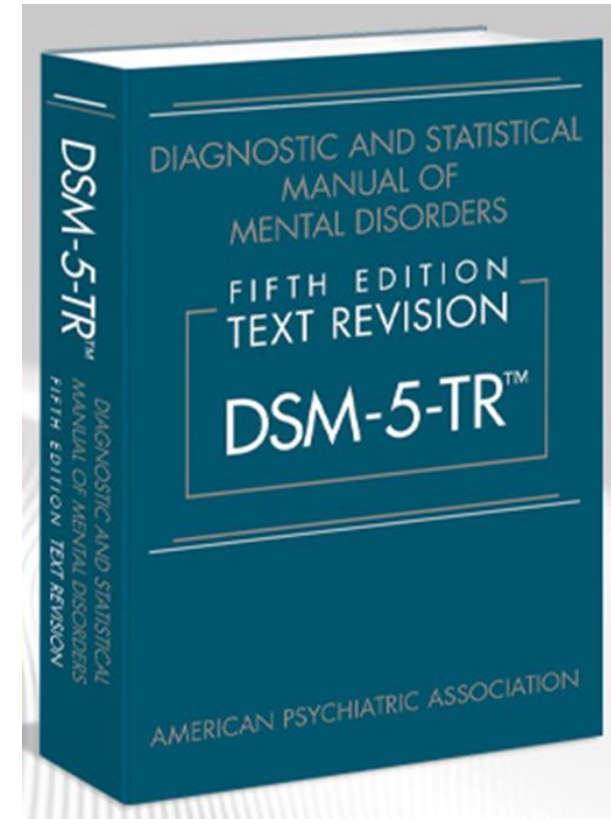


# Diagnostic and Statistical Manual of Mental Disorders DSM by APA

*The Diagnostic and Statistical Manual of Mental Disorders*, 5th Edition, Text Revision (DSM-5-TR), is the most comprehensive, current, and critical resource for clinical practice available to today's mental health clinicians and researchers. DSM-5-TR includes the fully revised text and references, updated diagnostic criteria and ICD-10-CM codes since DSM-5 was published in 2013. It features a new disorder, Prolonged Grief Disorder, as well as codes for *suicidal behavior* available to all clinicians of any discipline without the requirement of any other diagnosis.

*DSM-5* was released in May 2013

[www.ahmetsaltik.net](http://www.ahmetsaltik.net)

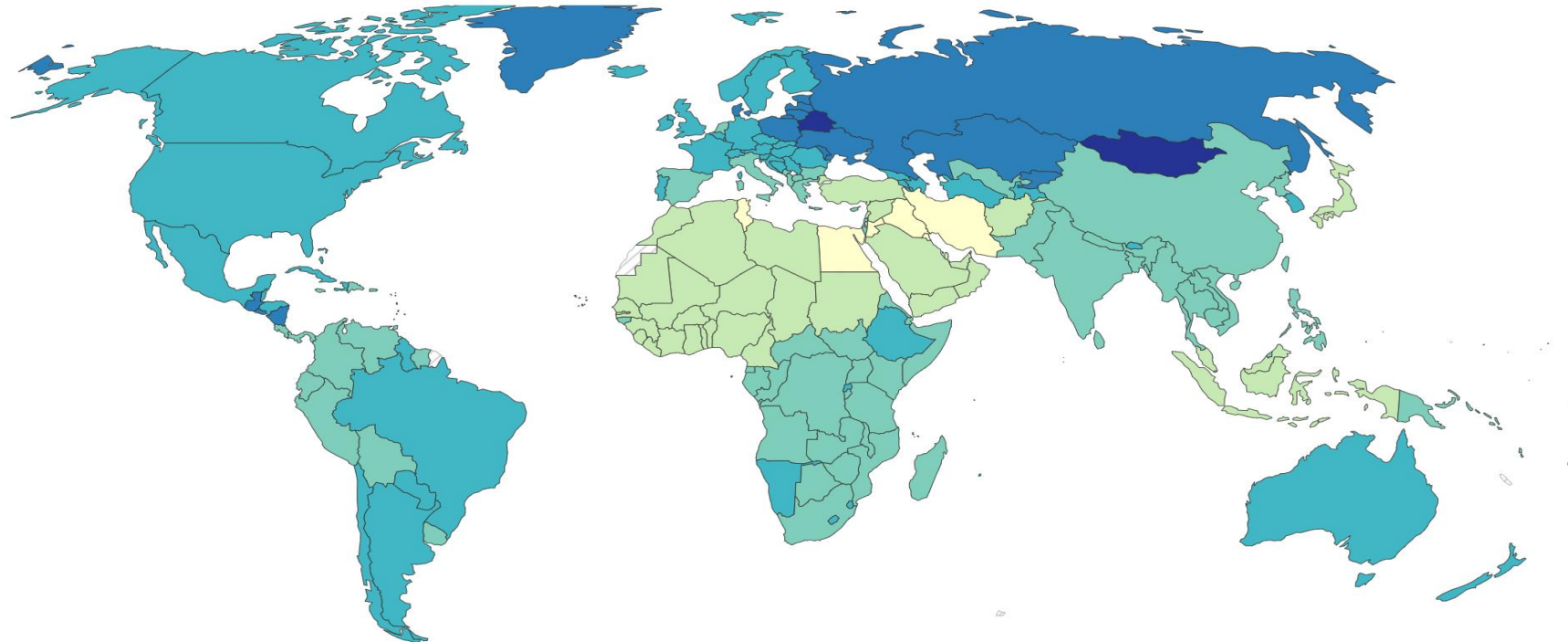


# The disease burden from alcohol use disorders, 2019

Age-standardized DALYs (Disability-Adjusted Life Years) from alcohol use disorders per 100,000 individuals. DALYs are used to measure total burden of disease – both from years of life lost due to premature death and years lived with a disability. One DALY equals one lost year of healthy life.

Table Map Chart

World



1990 2019

Data source: IHME, Global Burden of Disease (2019) – [Learn more about this data](#)  
OurWorldInData.org/alcohol-consumption | CC BY

Download Share Full Screen



# Abraham Maslow

1908-1970

The father of humanistic psychology and creator of Maslow's Hierarchy of Needs.

## Maslow's hierarchy of needs

Self-actualization

morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts

Esteem

self-esteem, confidence, achievement, respect of others, respect by others

Love/belonging

friendship, family, sexual intimacy

Safety

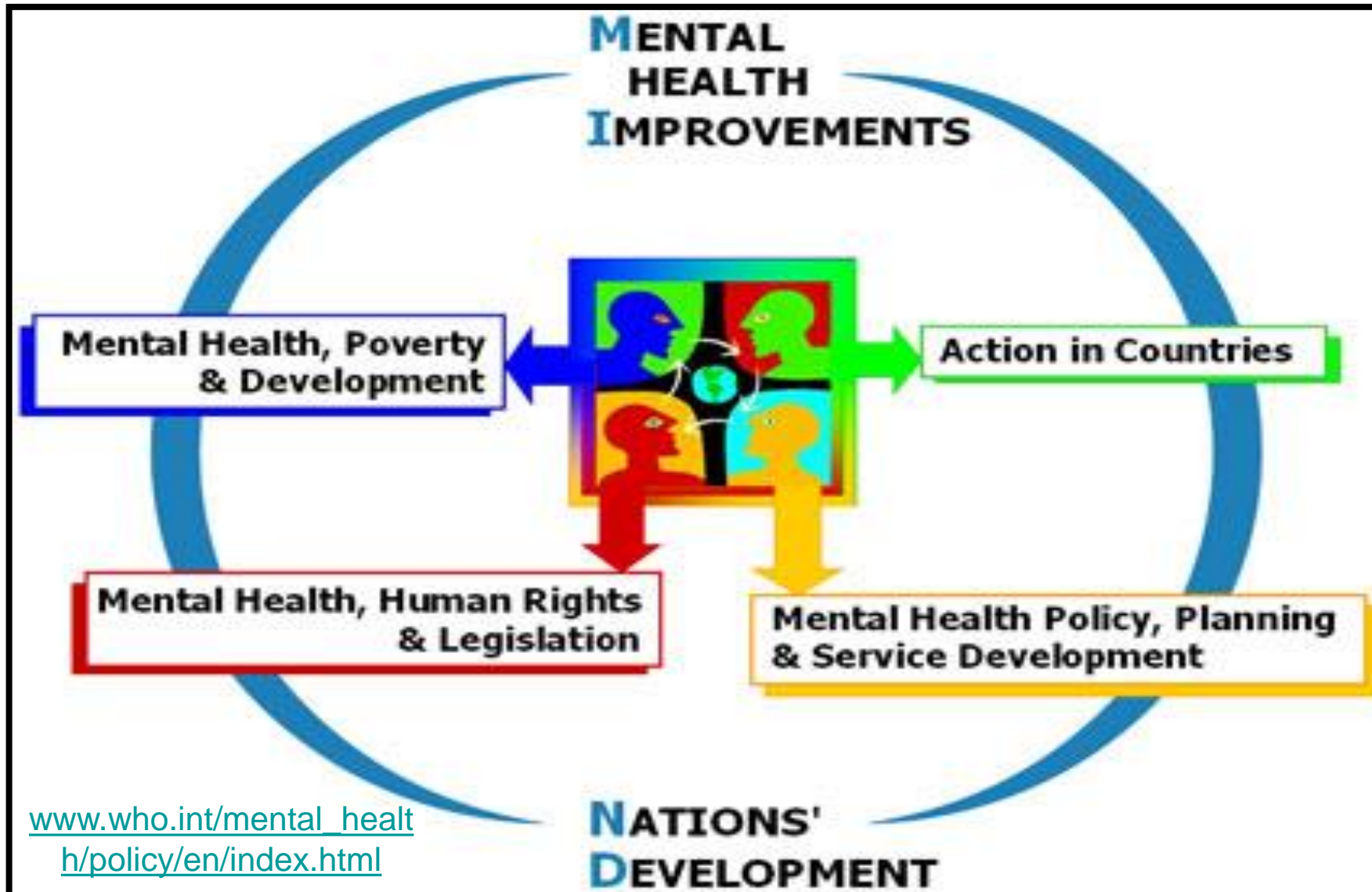
security of: body, employment, resources, morality, the family, health, property

Physiological

breathing, food, water, sex, sleep, homeostasis, excretion



# Improvement of mental health



It is quite possible that there is no theory that could justify one *precise concept of addiction* that would cover all the phenomena of concern, including encompassment of all 5 definitional elements. Or not - it depends on further empirical and theoretical work. Much work remains to be done to fine-tune the *definition of addiction*, which will entail theoretical modeling.

<https://www.mdpi.com/1660-4601/8/10/4025/htm>

# Articles of the 1982 Constitution on Mental Health in Turkiye

Art. 19 : .. the fulfillment of the measures taken in accordance with the principles specified in the law for the treatment, education or rehabilitation of a **mentally ill person**, drug or alcohol **addict**, 'vagrant' (*Article 5/e of the UDHR*) or a person who poses a danger to the society, in a health institution.

No one shall be deprived of his liberty  
except in cases of.



# Articles of the 1982 Constitution on Mental Health in Turkiye

Art. 56 : *Everyone has the right to live in a healthy and balanced environment. It is the (common) duty of the State and citizens to improve the environment, protect environmental health and prevent environmental pollution. The state fulfills this duty by making use of health and social institutions in the public and private sectors and by supervising them. {More.. →}*



# Articles of the 1982 Constitution on Mental Health in Turkiye

Md. 56 : .... The state is to ensure that everyone lives in physical and mental health; It organizes health institutions to plan and provide services from a single source in order to realize cooperation by increasing savings and efficiency from human and material power. General Health Insurance (GSS) can be established by law in order to provide health services widely.

➤ *Why is there no “socially” goodness in the Constitution?*



# Articles of the 1982 Constitution on Mental Health in Turkiye

## Art. 58 : *Protection of Youth*

The state takes the necessary measures to protect young people from *addiction to alcohol, drugs, quilt, gambling and similar bad habits and ignorance.*

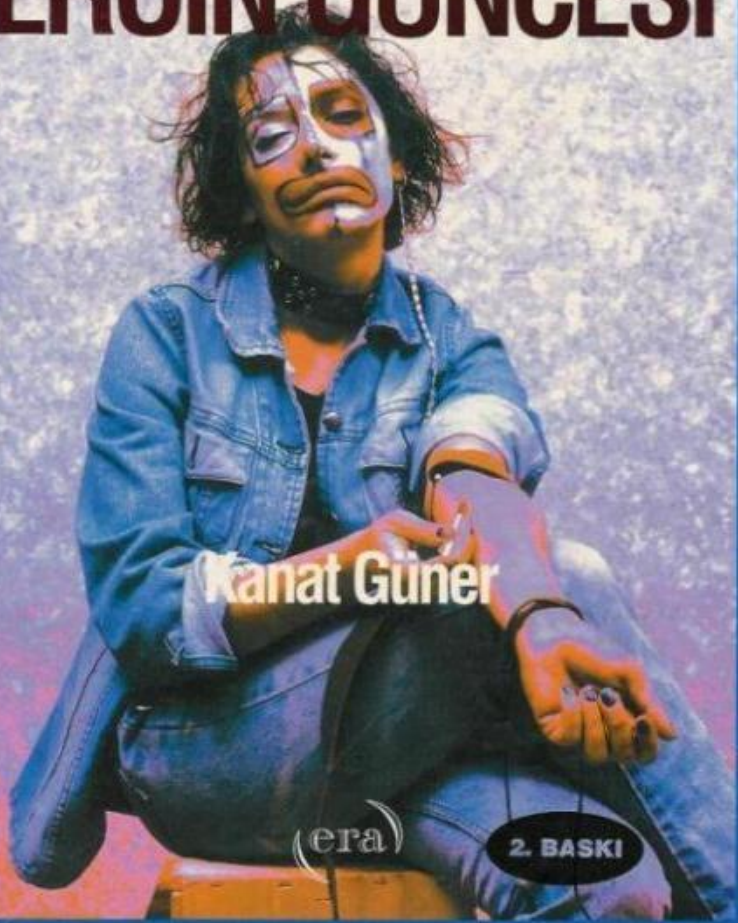
## Art. 60 : *Everyone has the right to social security.*

By providing this security, the state takes the necessary measures and establishes the organizations.





# EROİN GÜNCESESİ



*Painful story*  
*Cerrahpasa*  
*Medical School*  
*student*  
*Kanat Güner :*  
**The Diary of**  
**Heroin**

There is widespread knowledge that the negative consequences of **drug abuse** are not limited to the person using substances; rather, they **impact the families** of drug abusers in particular. Still little if any research has looked at the caregiver role of family members and significant others and theories that view the caregiver as character-flawed -- or co-dependent, are still widely held.



# 8 Ways to Help You Keep Loving Someone with an Addiction



## Educate Yourself

Not only empowering yourself to make good decisions, but educating yourself will prepare you to be ready with information if and when your partner is ready to seek help.

- Enroll in a Narcan course.
- Learn about the nature and risk factors for addiction.
- Stay up to date on the latest research on recovery.

## Be Patient



Expect recovery, but be prepared for relapse. Some individuals achieve long-term recovery on their first attempt, for others, it may take multiple attempts over multiple years. Keep your hope up, as substance use disorder is known as a 'good prognosis disorder' in that the majority of people can and do recover.

## Practice Self Care



You will not be able to help your family member or friend, if you cannot help yourself. Work to maintain a healthy routine that includes nutritious meals, daily exercise, and a good nights sleep.



## Try Immediate Rewards

Alcohol and drugs affects the brain's reward system. Try incorporating immediate and consistent rewards for healthy decisions. This method is shown to shape positive behavior.

## Set Boundaries



Create firm limits about what you will and will not tolerate from your loved one, limiting feelings of frustration or being taken advantage of.

Some examples include:

- No communication when intoxicated (e.g. phone calls or text messages)
- No alcohol or drugs allowed in the house

## Get Outside Input



The stigma of addiction often leads to secrecy, isolation, and shame. It is therefore important to seek outside input early and often.

- Peer Support (e.g. Al-Anon)
- Professional Help (e.g. Therapist)

## Consider Comorbidity



The likelihood of a mental illness diagnosis doubles for individuals suffering from substance use disorder. Look for common symptoms and seek professional guidance. Some individuals will be more receptive to dialog and treatment of mental illness than addiction.



## Stay Safe

If you feel like you may be in danger, or that your relationship is not healthy, you may need to end the relationship.

# Message to the youth :

Educators who strive to live skillfully with knowledge, no matter what they teach young people, should strive to convey the following message to their souls and inner worlds during that teaching process:

*“You are whole. Inside and outside. With emotion and mind. Respect your desires and people. Know your inner world that will make you a unique person. Equip it with the beauty of knowledge that you will present to all people. Do not be afraid of your inner world. It is the source of all original thoughts and inventions.”*

(Prof. of Philosophy Ahmet İNAM, METU  
**Cumhuriyet**, annex of Science -Technology, 17.09.05)



❑ ***“Expenditures to protect the health of the human society are the sole cause of that country's wealth.”***



**Dr. Albert CALMETTE**

*(1863-1933)*

***French physician who found tuberculosis bacillus with Dr. Rene Guérin together.***





ADDICTION TREATMENT AND  
RECOVERY OPTIONS

## The Multiple Pathways to Recovery

Learn More About the Large  
Variety of Evidence-based  
Addiction Treatment and Recovery  
Options Available

[READ MORE](#)

# The burden on family and the burden on the community related to addiction

These aspects are crucial for medical students to understand.

Here are five important points for each:

## **Burden on Family :**

- 1. Emotional Distress :** Families dealing with addiction often experience significant emotional distress. Witnessing a loved one struggle with substance abuse can lead to anxiety, depression, and feelings of helplessness.
- 2. Financial Strain :** *Addiction can drain family resources. Expenses related to treatment, legal issues, and lost productivity due to addiction can create financial burdens.*
- 3. Role Reversal :** Family members may take on roles they are unprepared for, such as becoming caregivers or managing household responsibilities due to the addicted individual's inability to function.
- 4. Co-dependency :** *Family members may inadvertently enable addictive behaviors by trying to protect or cover up for the person with addiction. This codependency can perpetuate the cycle.*
- 5. Stigma and Isolation :** Families often face social stigma associated with addiction. Isolation from friends and community due to shame or fear of judgment can exacerbate the burden.

# The burden on family and the burden on the community related to addiction

These aspects are crucial for medical students to understand.

Here are five important points for each:

## **Burden on Community :**

- 1. Healthcare Costs :** Communities bear the cost of addiction-related healthcare services, including emergency room visits, detoxification, rehabilitation, and mental health treatment.
- 2. Crime and Safety :** *Substance abuse contributes to criminal activity, including theft, violence, and drug-related offenses. This affects community safety and law enforcement resources.*
- 3. Lost Productivity :** Addiction leads to absenteeism, reduced work performance, and unemployment. The community suffers from lost productivity and economic impact.
- 4. Strained Social Services :** *Community organizations, shelters, and social services are overwhelmed by the needs of individuals with addiction. These services face strain due to increased demand.*
- 5. Impact on Children :** Children in families affected by addiction experience disrupted home environments, educational challenges, and emotional trauma. Schools and child welfare services must address these issues.

Understanding these burdens is **essential for medical students** to provide holistic care and support to both individuals with addiction and their communities



# Just finishing...

dünyada en fazla yatağı yitirmine yol açan  
en hastalıklı ve bşşöl  
ruhsal hastalıklar olmaktadır

ruh ve beden sağığı bir bütündür



daha kaliteli bir yaşam için,  
ruh sağığıınızı koruyun

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*For everyone every where  
common, accessible  
**mental health service.**  
Protect your mental health  
for a healthy future..  
However, the physical  
and mental health of the  
employee can be protected  
in a secure and safe  
working environment.*

**Turkish Psychiatric  
Association**



# The CDC recognizes the significant impact of addiction on families and communities-1

**Family Challenges:** Addiction affects not only the individual but also their family members.

Families face **emotional, financial, and social burdens** due to a loved one's addiction.

These challenges include:

- 1.Initial Shock:** Families experience shock and confusion when they first encounter addiction.
- 2.Social Isolation and Stigma:** Addiction can lead to social isolation and negative labeling.
- 3.Sequence of Disorders:** Families deal with emotional decline, negative behaviors, mental disturbances, physical health issues, and overall burden.
- 4.Internal Family Chaos:** Relationships become unstable, and financial collapse may occur.
- 5.Self-Protection:** Family members seek information, support, and coping mechanisms.

[Ref. Challenges in addiction-affected families: a systematic review of qualitative studies | BMC Psychiatry | Full Text \(biomedcentral.com\)](#)

# The CDC recognizes the significant impact of addiction on families and communities-2

**Family Challenges:** Addiction affects not only the individual but also their family members.

Families face **emotional, financial, and social burdens** due to a loved one's addiction.

These challenges include:

- ❖ **Support and Awareness:** Education, awareness, and recognizing signs of substance use disorders (SUDs) are **crucial**.  
Being supportive and seeking help for affected family members can prevent adverse consequences and save lives.
- ❖ **Policy and Practice:** The findings from research on addiction-affected families can inform policy and practice.  
Experts in the field need to investigate and implement measures to alleviate the burdens carried by these families.

**In summary:** Addressing addiction's impact on families is essential for holistic care and community well-being.

**Medical students** should understand the complexities and challenges faced by addiction-affected families to provide effective support and interventions.

Ref. Challenges in addiction-affected families: a systematic review of qualitative studies | BMC Psychiatry | Full Text (biomedcentral.com)

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*We, as human beings and humanity  
should in fact, need a through*

**SOLIDARITY  
CO-OPERATION  
CO-ORDINATION**

**A FAIR SOCIAL-ECONOMIC ORDER**

*Ending exploitation of each other  
Decreasing huge population growth  
Paying respect the Environment  
Being patient, living modest  
Loving each other with passion  
Peace at home, peace in the World  
A humanising education  
Developing self esteem  
Learning share and a bit altruism  
Limiting aggression and selfish ego..*

**Any QUESTIONS?  
or COMMENTS??**

*f o r*

*Thank you  
for joining..*



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Slides available at :  
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