INSTRUCTOR’S MANUAL

RESPONDING TO THE OPPRESSION OF ADDICTION
CANADIAN SOCIAL WORK PERSPECTIVES, THIRD EDITION

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Canadian Scholars/Women’s Press
Toronto
Responding to the Oppression of Addiction
Canadian Social Work Perspectives, Third Edition

Instructor’s Manual
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Canadian Scholars’ Press Inc.
425 Adelaide Street West, Suite 200
Toronto, Ontario
M5V 3C1

www.canadianscholars.ca

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Canadian Scholars’ Press Inc. gratefully acknowledges financial support for our publishing activities from the Government of Canada through the Book Publishing Industry Development Program (BPIDP) and the Government of Ontario through the Ontario Book Publishing Tax Credit Program.
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Chapter 1: Creating a Social Work Understanding of Addiction

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**LECTURE SUGGESTIONS**

**Group Activity/Class Discussion Questions**

1. Who uses drugs and what drugs do they use? Consider age, sex, nationality, culture, and sexual orientation along with other demographic differences.

2. Define addiction.

3. What is the difference between dependency and addiction?

4. What are the reasons individuals become addicted to drugs?

5. What is your understanding of oppression?

6. How would you apply oppression to addiction?

**ASSIGNMENT SUGGESTIONS**

**Critical Thinking Essay**

1. What are the implications of a social work definition of addiction?

2. How does the idea of oppression apply to addiction?

3. Discuss the significance of the opening quotation by Huxley in the context of social work practice in the addiction field.

4. What is the intersection of the Four Pillar Model, developed in Canada, with a social work understanding of addiction?

**Take Home Assignments**

1. Based upon the information provided, write your own definition for:
   
   i) a psychoactive drug
   
   ii) addiction
   
   iii) a) physical dependence   b) psychological dependence
   
   iv) tolerance
   
   v) withdrawal
2. How has your thinking regarding addiction changed based upon what you have read in this chapter? Prior to this first unit, what were the major factors that influenced your understanding of what addiction is?

3. What issues arise from Hachman, Link, and Casey’s model (Figure 1.1)?

4. What are the national and global implications of addiction?

5. Apply Thompson’s Model of Oppression to addiction.

**ADDITIONAL RESOURCES**

**Websites**

Canadian Centre on Substance Abuse
http://www.ccsa.ca/Pages/default.aspx

Centre on Addiction and Mental Health
http://www.camh.ca/en/hospital/Pages/home.aspx

National Institute on Drug Abuse
http://www.drugabuse.gov/

United Nations Office on Drugs and Crime
https://www.unodc.org/

**Videos**

Craig Ferguson: Rehab Monologue
http://www.youtube.com/watch?v=05GijqfkLnk

Spiders on Drugs
https://www.youtube.com/watch?v=sHzdsFiBbFc

**GLOSSARY**

**Addiction**
Addiction is the intersection of biological, psychological, and social factors. When using the term not only must both physical and psychological dependency be considered but also the social context of drug use on the micro, mezzo, and macro levels.

**Four Pillars Model**
Four Pillars model is a holistic approach to responding to addiction with four distinct focuses: treatment, prevention, harm reduction, and law enforcement.
Physical Dependency
Physical dependence is a physiological state of cellular adaptation occurring when the body becomes so accustomed to a psychoactive drug that it can only function normally when the drug is present. Without the drug the user will experience physical disturbances or illnesses, known as withdrawal. Withdrawal symptoms can be prevented or promptly relieved by the administration of a sufficient quantity of the original drug, or often by one with similar pharmacological activity. The latter case, in which different drugs are used interchangeably in preventing withdrawal symptoms, is called cross-dependence.

Psychological Dependency
Psychological dependence occurs when a drug becomes so important to a person’s thoughts or activities that the individual believes that they cannot manage without it. Psychological dependence may range from a mild wish to a compelling, emotional need for periodic or continuous use of a drug and may include feelings of loss or even desperation if the drug is unavailable. In the case of psychological dependence a person begins to feel, or believe, that they need the drug affect in order to cope with a variety of life situations and eventually all life situations.

Oppression
Oppression refers to a mode of unjust human relations that involves the economic, social, political, and psychological exploitation, marginalization, and domination between social groups and classes within and between societies. It relates to the feelings of being both mentally and physically burdened, devalued, and deprived of privileges including the ideas of cultural imperialism and violence. Oppression is a multidimensional, dynamic process, and once it becomes ingrained into a society’s institutional order, into its unconsciousness, it becomes the norm and is not typically overtly challenged. Oppression bestows power and advantage on one group, who are deemed to be the norm, at the expense of the other because of their otherness.
Creating a Social Work Understanding of Addiction
I could have e-mailed you my PowerPoint deck, and you could have read it in five minutes.

But I prefer making you sit here for an hour while I read each bullet point in slow motion.

Point number one... yank this as hard as you can.
THE BEST ICE BREAKER EVER ...
WHAT’S YOUR FAVOURITE DRUG SLANG?

• Name

• Where Born

• Experience Working/Volunteering in the Addiction Field

• One Thing Wish to Learn

• Favourite Drug or Drug Slang
Definitions

- Psychoactive Drug
- Dependency
- Addiction
Psychoactive Drug

• Substances that alter brain functioning by decreasing, increasing, or disrupting central nervous system activity

• This in turn produces changes in mood, perception, sensation, need, consciousness, and other psychological functions and ultimately produces changes in behaviour

• These substances influence a great number of physiological functions mediated by the autonomic nervous system that are outside the realm of conscious control such as respiration, cardiovascular function, and hormonal balance
Psychoactive Drugs & Addiction

- Biological
- Biosocial
- Psychosocial
- Psychological

ADDICTION
"Take one to help you relax. Get your affairs in order. Then – take the rest."
What is the Concern?

• Jeff is a 22 year old parent of two small children. His partner is concerned about his increased feelings of anxiety and thinks it may be related to drug use. Jeff has trouble sleeping, difficulty concentrating, is irritable and restless, and feels continuously tense, all of which is impacting his ability to work and to parent.

• Which drug may cause this?
Categories

- **Depressants** – Benzodiazepines, Barbiturates, Alcohol, Solvents, Antihistamines
- **Opioids** – Codeine, Morphine, Oxycontin, Heroin, Methadone
- **Stimulants** – Cocaine, Amphetamines, Ritalin, Decongestants, Nicotine, Caffeine
- **Hallucinogens** – LSD, Ecstasy, Ketamine, Cannabis
- **Psychotherapeutic Agents** – Anti-Depressants, Anti-Psychotics, Mood Stabilizers
What Psychoactive Drugs Do

- Coma
- Convulsions
- Spasms
- Irritability, violent behaviour
- Agitation
- Excitement
- Euphoria

Neutral
- Euphoria
- Relaxation
- Sedation
- Drowsiness
- Stupor
- Unconsciousness
- Coma

Death
What is NOT an Addiction

- Eating Disorders
- Compulsive Behaviours: Shopping, Internet Use, Sex
- Problem Gambling

Why are these not addictions?

- No Psychoactive Change to Brain
- Different Treatment Approach
- Different Treatment System
- Different Policies
“Good news ... We found your lost luggage ...
Well, actually, the drug dog found it.”

Reprinted from Funny Times / PO Box 18530 / Cleveland Hts. OH 44118
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Oppression and Addiction
Thompson Model of Oppression
Four Pillar Model