



Types of addiction

Vulnerability among adolescents and youth in Palestine today.

Presented by:

Jawad Fatayer, PhD
Clinical Sociologist
College of Medicine
An-Najah National University
Nablus– Palestine



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Definition of terms

- ▶ Addiction is a pathological passion between human and an addictive object be it; material or immaterial.
- ▶ Addiction to alcohol or any illegal substance refers to only one type of addictions.
- ▶ Addiction types will be explained in later part of this work.



Addiction as a Fact !

- ▶ Addiction is one of the most aching , rather threatening facts in human existence.
- ▶ Its one of the worst choices we tend to make in life.
- ▶ No human society is an addiction-free!
- ▶ Addiction is a Rattan human invention.



Human phenomenon

- ▶ Addiction is defined in this work as a pathological passion between human and an addictive object, be it material or immaterial.
- ▶ Addiction is restricted to human due to the cognitive and emotive dimensions in its nature.



Addictive culture

- ▶ Human society reflects the images of an addictive culture.
- ▶ Addictive behavioral patterns are an integral part of every day life .
- ▶ Cultures promote addictive circles as a remedy and as coping mechanisms.
- ▶ Cultures at time nurtures addictions!



Contemporary cultures

- ▶ Addiction has latent serious political–economic dimensions along with the health ;physical–psychosocial aspects.
- ▶ Contemporary cultures suffer health ,security, safety and economic consequences due to addictions.



Misconceptions about addiction

- ▶ The author of this work points about the risk from serious misconceptions and narrow point views on addiction among scholars and professionals world wide.
- ▶ The medical model on addiction is a mere illustration of limited perspective .
- ▶ Holistic health model has strengths which can not be compromised.



Chemical dependency and addiction

- ▶ Addiction to substance involves chemical dependency.
- ▶ Addiction to other addictive objects involves cognitive and emotional dependency.
- ▶ Is there addiction without substance?
- ▶ Could addiction to non- material objects be a myth?



The holistic model to addiction

- ▶ The biopsy social model
- ▶ The medical disease model



Addiction in cultural context

- ▶ Can we explain or understand and address addiction out of its cultural context?
- ▶ Culture as the totality of every thing man has made; material or cognitive–emotional.
- ▶ Culture is a central key in the whole issue
- ▶ We are products of our cultures
- ▶ We are change agents of our cultures



Culture and consciousness

- ▶ The social construction of consciousness building process
- ▶ Addictive sub-cultures: circles and elements
- ▶ Culture and socialization process of adolescents and youth
- ▶ Other socialization agents: role and impact



Addicted consciousness !

- ▶ Consciousness as an intellectual ability
- ▶ addicted consciousness
- ▶ addicted brain
- ▶ the development of consciousness
- ▶ The age factor
 - ▶ 11 – 19
 - ▶ 20 – 29



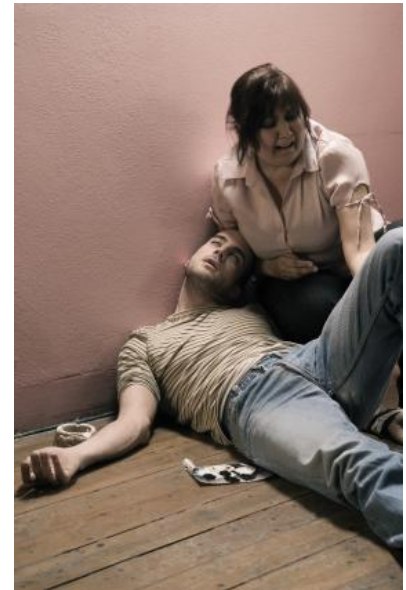
Addiction and beliefs

- ▶ The development of the belief system
- ▶ Childhood and adolescence is the most vulnerable stage in belief building process
- ▶ Adolescents and addictive beliefs
- ▶ Addictive practice is only a natural outcome
- ▶ Beliefs are the spine of the entire mind



Vulnerable target

- ▶ Adolescents are the easy target
- ▶ Youth comes second
- ▶ Hunters won't give up!
- ▶ Very appealing adventure!
- ▶ Deadly risks yet its in its peak
- ▶ No mercy on target



Palestine special circumstances

- ▶ adolescents and youth in occupied Palestine today , live different and rather particular social and emotional conditions.
- ▶ Life experiences has particular impacts on their cognitive and emotional make ups.
- ▶ The extra ordinary circumstances breed susceptibility to all addictive options!



The here and now of the occupation

- ▶ All adolescents are at risk one way or another from being target or victim of addictions
- ▶ Palestinian adolescents and youth are under extra risk and much more susceptibility for all addiction types due to the OCCUPATION.
- ▶ The occupation's emotional and cognitive impacts can not be taken for granted as another factor.



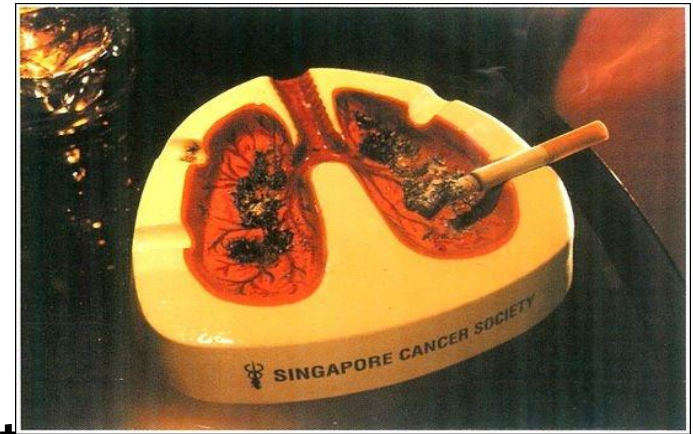
Youth Vulnerability factors

- ▶ Economic hardships
- ▶ Family disintegration
- ▶ School conditions
- ▶ Social networking limitations
- ▶ Sever Emotional environment
- ▶ Repeated physical violence
- ▶ Aggression



Youth Vulnerability cont...

- ▶ Humiliation of adults
- ▶ Daily stress
- ▶ Peer pressure
- ▶ Lack of space and leisure opt
- ▶ Lack of resources



↑ 재떨이를 폐의 형태로 만들어 흡연에 대한 경각심을 일깨운
싱가포르 암 협회의 금연광고.

Addictive options appeal?

- ▶ How healthy behavioral options compete with addictive options?
- ▶ Can we view the occupation as an excuse to blame our failures on?
- ▶ Are we exaggerating ?!



Effects

- ▶ Uncertainties
- ▶ Unpredictability
- ▶ Helplessness among parents and adults
 - CEF syndrome
- ▶ Sense of isolation



Effects cont...

Sense rebellious
Motive to withdraw
Sense of alienation
Motive to be creative in
securing survival by drug
dealing



Addiction options under occupation!

- ▶ The occupation creates specific options among adolescents and youth.
- ▶ Economic and emotional conditions enhance unhealthy behavioral patterns.
- ▶ Coping strategies among adolescents and youth under the occupation.



Is there anybody there?

- ▶ How close are we to our kids?
- ▶ Are we good listeners ?
- ▶ Do we understand what they go through?



Addiction Types

- ▶ Alpha
- ▶ Beta
- ▶ Gamma
- ▶ Delta



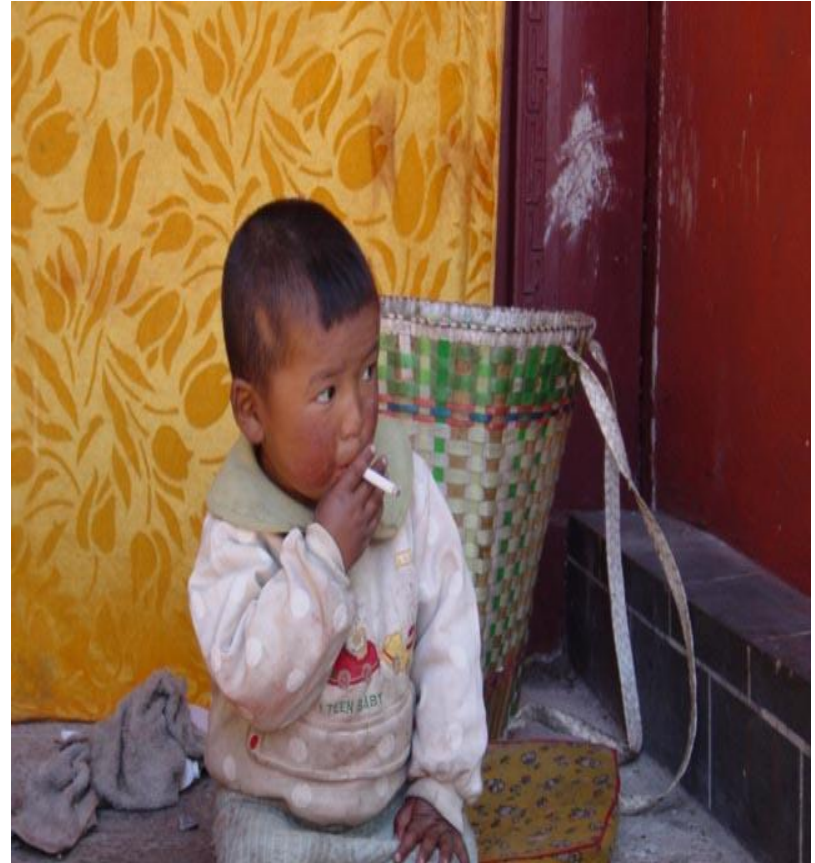
Stages of addiction

- ▶ Exploration
- ▶ Honeymoon
- ▶ De-framing
- ▶ Garage-sale
- ▶ Earth quake



Indicators and facts

- ▶ Net shops
- ▶ Time spent on the Net
- ▶ School performance
- ▶ Sleep pattern
- ▶ Aggression
- ▶ Social withdrawals



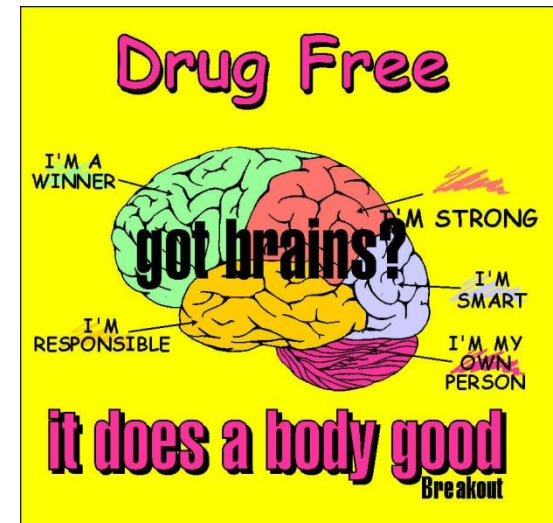
Social Alliance

- ▶ Alliance between family, school and media helps
- ▶ Addiction is a national security matter
- ▶ Prevention makes better outcomes
- ▶ Risks are inevitable



The CEF syndrome!

- ▶ The absence of harmony between words and actions .
- ▶ Inner conflicts raise the risk factor
- ▶ Too fast Change rhythm
- ▶ Generational gap does not help



Anti-addiction strategy

- ▶ Understand
- ▶ Instill healthy Beliefs
- ▶ As early as possible
- ▶ Coordination
(family+school+media+religion)
- ▶ Collaboration
- ▶ Providing alternatives
- ▶ Getting close to our kids



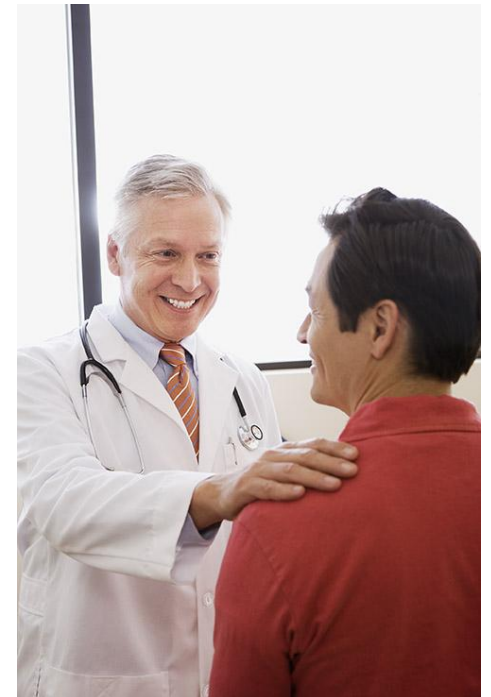
Anti- addiction cont,

- ▶ Addiction remains risk
- ▶ Counseling services at early stage
- ▶ Provide healthy role models
- ▶ Communicate effectively
- ▶ Strict /swift Law enforcement
- ▶ Do not take things for granted
- ▶ Addiction-free option is a myth



Resistance strategies

- ▶ To be able to resist addictive options one must be equipped
- ▶ Healthy BELIEF system is the most essential
- ▶ Prevention programs
- ▶ Monitor mental health status
- ▶ Open bridges with target at risk



Therapy options

- ▶ Re-educate the public about types of addiction
- ▶ Re-define therapy in the minds of the public
- ▶ Addiction types spread like a virus
- ▶ Recovery is a fact
- ▶ Treatment team needs development

