



OVERCOMING ADDICTION



Addiction

Addiction is a chronic, relapsing disorder. It involves doing or taking the same thing again and again, despite the damage it may cause.

Drug addiction is also called **substance use and misuse disorder**. It is considered a brain disorder.

Long term misuse can lead to addiction, which can cause significant damage to health, wellbeing, relationships, financial, and career prospects.

You might feel addiction has a strong hold on you, and that you continue using despite the harm it causes.

Addiction is when you can't go a single day without another hit of that substance.

Trust in others, resources, respect, culture, language, and location can all contribute to enabling addiction.

But they also play a big part in helping to **overcome addiction**.



Why do people take drugs?

To try something new

Often, the first use of a drug can come from curiosity. You might be thinking of trying it because you have heard it in the news, or in your social group. But don't feel you need to take drugs because others do.

To feel good

Some drugs can produce intense feelings of pleasure. For example, stimulants such as cocaine can create strong feelings of power, self-confidence, and increased energy. But this euphoria will gradually fade into the 'come down', as the temporary boost wears off.

To feel better

Some people use drugs to overcome feelings of anxiety, stress, and depression. But overuse can turn into dependence, to the point you feel anxious and depressed **because** you don't take it.

To do better

Some people feel pressure to improve their focus in school or at work, or their abilities in sports. Taking unprescribed drugs to improve your performance can be damaging for your health and your reputation, and could lead to a prison sentence.



Overall... around 1 in 11 adults aged 16 to 59 years admit to taking a drug in the past year. Drug use was much more common among younger adults"

Source: ONS data, on Drug misuse in England and Wales: year ending March 2020 ons.gov.uk

Causes of addiction

There's no single reason why someone becomes an addict, but there are factors which may make addiction more likely.

Family history of addiction

Addiction is often more common in families if there is an open culture of drug use. Younger children may grow up thinking it is a normal family and social behaviour.

Lack of support from family and friends

Some people believe drugs can help when they don't have someone in their life they can turn to when dealing with a difficult situation.

Biology, including mental health disorder

Some people are born predisposed to a particular addiction. Others may turn to a substance to help control mental health conditions such as anxiety and depression.

Taking a highly addictive drug

Your body becomes dependent on taking it, and it can feel impossible to go a single day without it.

Peer pressure and co-dependency

In some circumstances, people closest to you may be playing a part in triggering or encouraging your addiction.

This is living with, or being in a relationship with, someone who is addicted.

Co-dependency is common relationships were:

- You are both abusing drugs
- Close adult family members or significant others to you are using drugs
- Children who are influenced and maybe copy your addiction



Journey of addiction

Everyone's addiction experience is different, but there are similar steps that people may go through as addiction starts to take hold.

Step 1

Taking the drug a few times, probably just to try it

Sometimes people will stop here

Taking the drug more often, even when not encouraged to by others

Step 2

Step 3

Taking the drug frequently, as part of your regularly day to day

You're becoming dependent on taking the drug. You feel that you can't go a day without it

Step 4

Types of substances

Some substances (nicotine, alcohol, heroin, fentanyl) can lead to critical dependency. The risk of addiction and how fast you become addicted varies by drug.

Substances can include:



Alcohol



Nicotine



Marijuana



Heroin



Cocaine



Fentanyl



Oxycodone



Ecstasy

You can see a full list of all different types of drugs and substances online

Visit talktofrank.com/

Visit informationisbeautiful.net/visualizations/drugs-world/



Addiction in the BAME community

Barriers to help

There are many different reasons why a BAME person may find it more difficult to find help for their addiction.

If you feel that you have experienced barriers like these, you can find details of charities and communities at the back of this guide you can contact.

Education

Unsure of what 'excessive substance use' means, and the impact that it has on your health.

Awareness

Not sure of what help is available to you because of language, location, and time barriers.

Complicated health services

If you do find a place that can help, you might be waiting a long time or find it difficult to access the help you need.

Stigma and exclusion

You feel (or are made to feel) that people in your community may look at you in a negative way, and that your situation will bring shame to yourself and those around you.

Trust

Feeling that you can't trust anyone – family or friends – to talk about the difficulties you're having.

Social factors

According to a University of Central Lancashire study, black people in Britain **were more likely** than other ethnic groups to be:

- Unemployed
- Have physical health problems
- Living in poverty
- Excluded from school
- Caught up in the criminal justice system
- Homeless

All of these issues can be both triggers for addiction, and obstacles to treatment.

Source : <https://www.ukat.co.uk/blog/society/racial-inequality-in-treatment>

Cultural influences

Culture, religion, and family traditions, can all influence a person's journey with addiction.


Certain **cultural practices** within black communities may also contribute towards substance abuse rates being so high.

While statistically many white UK communities have adopted atheism (no god) or agnosticism (nothing is known about god), **religion** still plays a large part in many black communities.

Some religious groups and cultures still view mental health and addiction as shameful, which can mean that people living with health difficulties **do not seek help** out of fear of being shunned.

Cultural expectations and prejudices can lead to a **high rate of undiagnosed mental health conditions in communities**, and a significant number of people within the black community who are **self-medicating with drugs and alcohol**.

Source: ukat.co.uk/blog/society/racial-inequality-in-treatment/



Ethnic minority groups are more likely to experience limited access and poor engagement in addiction services.

Statistics from a 2015 – 2016 study showed that 85% of people in **addiction treatment** were White British (Public Health Matters).

A GOV UK study from 2018 showed that less than 1% of black people receive treatment for addiction in the UK.

Sources:

priorygroup.com/blog/addiction-amongst-ethnic-minority-groups

gov.uk?governmentstatisticsisubstance:misuse-treatment-for-adults-statistics-2017-to-2018/alcohol.and-drug-treatment-for-adults-statistics-summary-2017-to-2018

The true cost of addiction

Addiction can affect all areas of our lives.

There are signs you can look for if you think you're becoming addicted, or you're worried about someone else



FINANCIAL

Paying for your habit can quickly drain your income and savings



CRIMINAL

Possession, dealing, and taking drugs can lead to jail time, which affects every other part of your life



SOCIAL

Losing touch with friends and family, following bad influences, losing your job



FAMILY

Tensions at home and with loved ones

The ripple effect

Many people who start taking drugs believe they will never become addicted. They may think they're too healthy and smart to become addicted, and that they can control the drug.

Think of drug taking as being similar to the ripples in a lake when you throw a stone.

With each stone you put into the water you turn one ripple into another. And another. And another.

Each time you take the drugs, your behaviour affects the people around you.

You can stop the ripples by working to stop your addiction.

Signs of addiction



MONEY

Constantly struggling to fund your habit, by relying on savings, credit cards, hand-outs, and maybe turning to theft



SOCIAL

Choosing to ignore people who care for you, and instead following those who enable your addiction



RESTLESSNESS

Constant moving, not feeling comfortable, feeling itchy or worn out



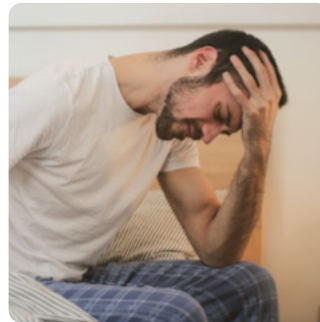
MOOD SWINGS

Prone to mood swings when under the influence



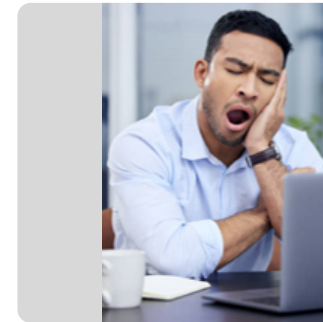
ANXIETY

Feeling uneasy about getting the next hit, worrying about what others think, how to pay for it



APPEARANCE

Blisters on your face and body
Bad breath
Scars and bruises
Hair and teeth falling out
Rapid weight changes
Looking exhausted and gaunt



CAREER

Managers or work friends noticing you're turning up late, acting strangely, and not interested in speaking to people

Drug classification

Different drugs carry different punishments and potential prison time if you're caught using, creating, or supplying them to others.

	CLASS A	CLASS B	CLASS C
Drug	Crack cocaine Cocaine Ecstasy (MDMA) Heroin LSD Magic mushrooms, Methadone, Methamphetamine (crystal meth)	Amphetamines Barbiturates Cannabis Codeine Ketamine Methylphenidate (Ritalin) Synthetic cannabinoids Synthetic cathinones (for example mephedrone, methoxetamine)	Anabolic steroids Benzodiazepines (diazepam) Gamma hydroxybutyrate (GHB) Gamma-butyrolactone (GBL) Piperazines (BZP) Khat
Possession	Up to 7 years in prison, an unlimited fine or both	Up to 5 years in prison, an unlimited fine or both	Up to 2 years in prison, an unlimited fine or both (except anabolic steroids - it's not an offence to possess them for personal use)
Supply and production	Up to life in prison, an unlimited fine or both	Up to 14 years in prison, an unlimited fine or both	Up to 14 years in prison, an unlimited fine or both

Source: gov.uk/penalties-drug-possession-dealing

Support

Addiction can feel like a personal illness. But the feelings you're having are likely being felt by your loved ones.

PERSON WITH ADDICTION

LOVED ONE

What you might be feeling

Depression - this is all I have, I feel like a failure.

Frustration - I want to stop, but how?

Hopeless - I don't know what else to do.

Depression - I hate seeing someone, I care about go through this, I wish I could take this pain from them.

Frustration - why can't they stop, it should be simple.

Helpless - I really want to help, but how?

Asking for help

What is it I'm trying to avoid?
I can't trust myself to do this alone, but I don't know how to ask for help.

What's the best and right way I can help?
They shouldn't feel ashamed, everyone needs help sometimes.

Talking to your child about your addiction

Talking to your child about your addiction might seem impossible at first, but there are steps you can take to make sure they feel safe and that you are doing everything you can to get better.

Reassure them, and take responsibility

Never blame your child for your addiction and never suggest to them that they are the reason why you take drugs. You might feel that drugs help you with stress or difficulties in day-to-day life, but no child should feel that they are the cause.

Find the right time

There's no perfect time to tell them, but it's important to find moment where your child isn't distracted by schoolwork or another stressful issue.

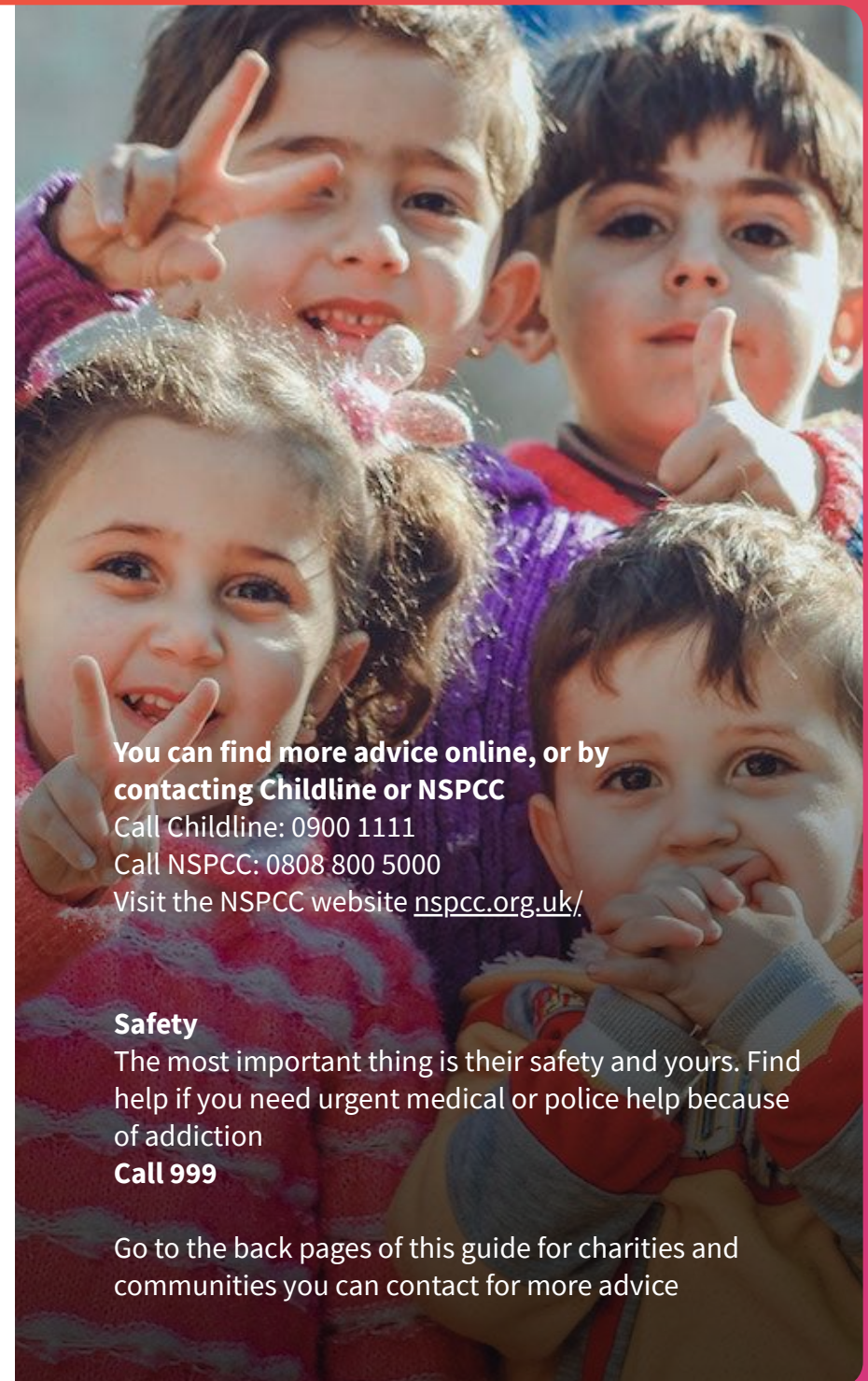
Find a place that is quiet and safe for them to feel comfortable in and have time for themselves if they need it.

Give them space to think

All children are different, and some may need time than others to process the situation. It's also OK for them to ask questions, and you can use metaphors or examples to help them understand. Try to avoid language or examples which make drug taking sound positive or exciting.

Let them share their feelings

Like you, your child may be feeling a whole range of emotions. Give them time and ways to share how they're feeling. Some children might prefer to talk or shout, but others can take time and may use other ways to express themselves, like writing or painting.



You can find more advice online, or by contacting Childline or NSPCC

Call Childline: 0900 1111

Call NSPCC: 0808 800 5000

Visit the NSPCC website [nspcc.org.uk/](https://www.nspcc.org.uk/)

Safety

The most important thing is their safety and yours. Find help if you need urgent medical or police help because of addiction

Call 999

Go to the back pages of this guide for charities and communities you can contact for more advice

If your parents or family members take drugs

Not all drugs are bad or harmful, such as cough medicine or paracetamol.

Some parents or carers may also drink alcohol, like wine or beer. In small amounts this is OK.

But, if you are worried that they are taking too much and acting differently, then you can talk to someone for help.

Some things you might notice if they are taking too much alcohol or drugs

- **Their behaviour changes** – they might be aggressive or full of energy, or even completely quiet and very tired all the time
- **They are more angry** – they might shout more or say things they don't normally say
- **They want to take more** – they always talk about taking more drugs, and act worried if they are not getting enough

What to do

- Do not hide their drugs or drinks
- Instead, talk to someone you trust, like a teacher or neighbour if you are worried
- Do not try any of their drugs, and always say no if they offer you any drugs



If you need to talk to someone...

Call Childline: 0900 1111

Call NSPCC: 0808 800 5000

Visit the NSPCC website [nspcc.org.uk/](https://www.nspcc.org.uk/)

Support across UK

Drugs and alcohol

Alcoholics Anonymous (AA)

A fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

alcoholics-anonymous.org.uk/

BAC-IN 2Life

Recovery and rehabilitation services for people from Black, South Asian and Minoritised Communities.

bac-in.org/

KIKIT

A BME specialist drug and alcohol support service that provides a range of services to meet the needs of vulnerable people.

kikitproject.org/

Muslim Youth Helpline (MYH)

Holistic approach to counter the effects of drug abuse in the community

muslimhands.org.uk/home

NO MORE PRETENDING

Starting point for Punjabi families who struggle with alcohol use and are seeking help for themselves or a loved one.

nomorepretending.co.uk/

Spinney Hill

Drugs and alcohol information, advice, and support to young people and adults, as well as concerned family and friends.

spinneyhill.org.uk

SMART recovery

Self Management and Recovery Training programme provides training for people who want to change their problematic addiction to drugs, alcohol, cigarettes, gambling, food, shopping, Internet use.

smartrecovery.org.uk/smart-recovery-programme/

Local support

There are charities and communities across Greater Manchester that offer specialist support for people from ethnic minorities.

Drugs and alcohol

Acorn Recovery

An innovative charity providing a range of recovery services that enable individuals and their families to break free from drugs, alcohol and other addictions.

acornrecovery.org.uk/

ROAR Rochdale and Oldham Drug & Alcohol Turning Point

ROAR provides integrated drug and alcohol service across the boroughs of Rochdale and Oldham. It offers medically-assisted recovery programme with support to help deal with addiction issues and access to detoxification and rehabilitation programmes.

www.turning-point.co.uk

MOSAIC

Free and confidential support service for anyone under the age of 25 who need help with drug and alcohol issues

Call 0161 218 1100

High Level (Northern) Trust

Addiction recovery service which aims to empower people to take control of lives and avoid repeating addictive behaviours.

hlnt.org.uk/

My Recovery – Tameside

Advice about a whole range of substances, including drugs, alcohol and over the counter medication.

changegrowlive.org/my-recovery-tameside/ashton

Recovery Republic

Self help wellbeing centre in Heywood

recoveryrepublic.co.uk

Social and community care

Motiv8

Support for people aged 25+ who are not in employment or training to get their life back on track and move them forward and into training, job searching and employment.

motiv8mcr.org/

The River Manchester

Support for people who have experienced social and emotional difficulties from domestic violence, trauma and abuse, prostitution, alcohol and drug abuse, being in debt, self harm, or in fear of their lives

therivermanchester.org.uk/

People First

Support for people losing losing their accommodation, and/or need short term support to help them maintain or establish their independence. Resettlement support if you have experienced issues with alcohol and drug use, homelessness, or offending behaviour.

pfha.co.uk/

Mental health and addiction

Mental Health

Lantern Initiative CIC

Support for mental health issues in the Muslim community, to help break down the associated stigma and to empower communities.

thelanterninitiative.co.uk

Muslim Hands

Free and confidential faith and culturally-sensitive support helplines targeted at vulnerable young people in the UK.

myh.org.uk/

Nilaari

Culturally appropriate and responsive social care support and talking therapies to support your emotional wellbeing and mental health, e.g. with alcohol dependency.

nilaari.co.uk/

Sikh Recovery Network

A network of recovery services for people who are struggling with drug addiction in the Punjabi Sikh community.

sikhrecoverynetwork.org/

How to talk to an addict

Very well mind

Whether you want to better manage stress, understand a mental health disorder, or learn why we dream, get the guidance you need to be healthy and happy.

verywellmind.com/how-to-talk-to-an-addict-22012

Dan24/7

You can contact DAN 24/7 anytime day or night for advice.

Call 0808 808 2234

dan247.org.uk/

NHS

If you need treatment for drug addiction, you're entitled to NHS care in the same way as anyone else who has a health problem.

nhs.uk/live-well/addiction-support/drug-addiction-getting-help/

Treatment centres

UK Addiction Treatment Centres

ukat.co.uk

FRANK - find support near you

talktofrank.com/get-help/find-support-near-you

Thank you to our volunteers, staff, and partner organisations of the RDC in helping us create this guide.

RDC is a community group, focused on projects for the BAME community of Rochdale.

Contact us to find out more about our projects or any feedback/comments on this pack.

Web: www.rochdaledawah.co.uk

Email: info@rochdaledawah.co.uk



#RochdaleDawahCentre

