

# Breaking Down Silos



# The relationship between addiction and trauma

## Band-Aid solutions vs family well being



# My journey



# of healing

# Addiction

In Merriam Webster online retrieved October 7, 2019 from

<https://www.merriam-webster.com/dictionary/addiction> [def.1] the definition of addiction is:

“A compulsive, chronic or physiological or psychological need for a habit- forming substance, behavior, or activity having harmful physical, psychological , or social effects and typically causing well defined symptoms (such as anxiety, irritability, tremors, or nausea) upon withdrawal or abstinence: the state of being addicted”

# Forms of Addiction

## Process addiction

- Gambling
- Shopping
- Sex
- Pornography
- Exercise
- Dieting
- Gaming
- T.V., electronics
- Programs
- Religion

# Forms of Addiction

## Substance addiction

- Alcohol
- Prescription drugs
- Street drugs
- Food
- Diet pills
- Coffee
- Cigarettes
- Inhalants
- Steroids

# Trauma

An experience where your mental, emotional, spiritual or physical safety is perceived to be at risk....

- Compounding
- Complex
- Intergenerational/transgenerational
- Vicarious
- Secondary
- Episodic

# How trauma and addiction intersect in family well being work

- Self medicating
- Masks what is below the surface
- Symptom of the trauma
- Stages of change-people get stuck in action stage
- People who have experienced life long trauma have learnt to survive, therefore can present very well (regurgitate information)
- Once sobriety is achieved the self destructive and dissociative behaviours continue (hurt, anger, anxiety, depression etc.)
- People replace one addiction for another
- Sobriety does not equal healing/well being



## How our system perpetuates band aid solutions versus healing

- Families are mandated to treatment/ sobriety support programs
- People are not mandated to address their trauma through counselling, therapy or cultural interventions
- Timelines within the CFCSA do not allow for healing
- Programs fixated in the action stage and rush through preparation stages and maintenance is often ignored fully
- Child protection is not always conducive with family well being
- When trauma is not addressed the behaviors that put people and children at risk increase or remain the same

# Activity

- How can we break down the silos and support well being/healing instead of band aid solutions.