

Alcohol & Substance Abuse: (Know The Trap)

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This presentation focuses on:
Alcohol and Substance abuse and its management



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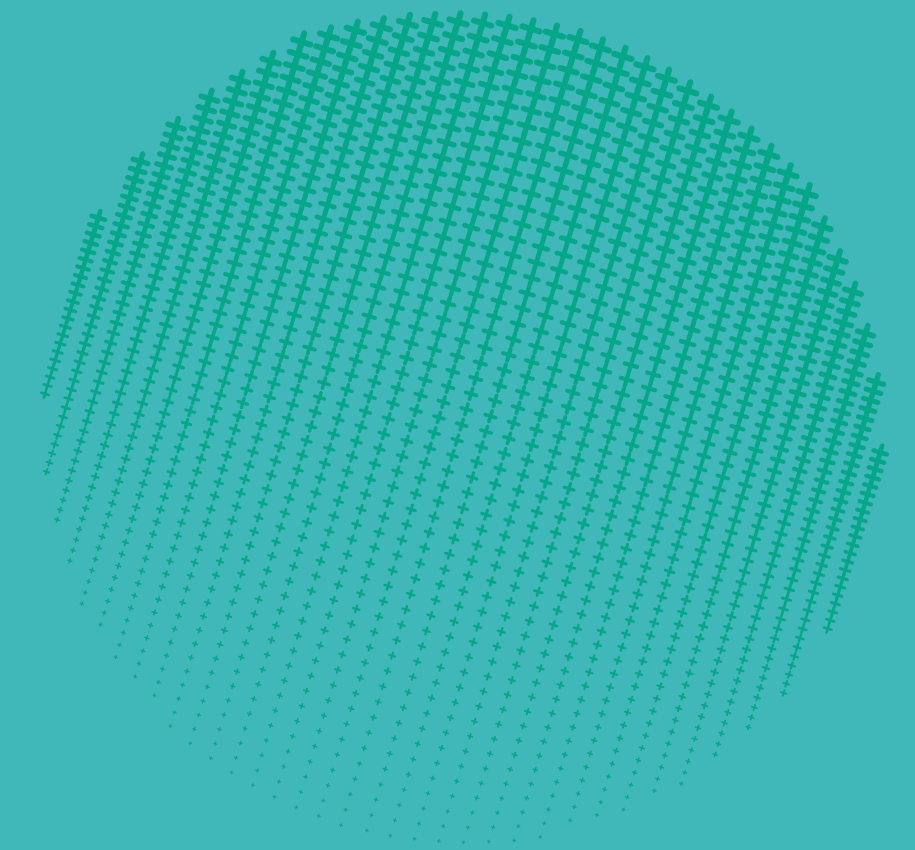
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Introduction



Addiction is when your **body** and **mind** become dependent on alcohol or drugs. You start needing it to feel “normal” — even when it’s harming you.

Two types of addiction:

- ❖ **Physical Addiction:** Your body craves it.
- ❖ **Mental Addiction:** You believe you can’t cope without it.

Addiction doesn’t start big — it starts small but grows quietly until it controls you.

“If you can quit for a day, you can quit for a lifetime.”

~ Benjamin Alire Sáenz

Types of Drugs

Drugs can be categorized in many ways, but one common classification system is based on their **effects on the body and mind**. Here are **9 major types of drugs**, with a brief description and examples for each:



1. Stimulants

Effect: Increase alertness, energy, and attention.

Examples:

- ✓ Cocaine
- ✓ Amphetamines (e.g., Adderall)
- ✓ Caffeine
- ✓ Nicotine

2. Depressants (Sedatives)



Effect: Slow down brain activity; used to treat anxiety and sleep disorders.

Examples:

Alcohol

Benzodiazepines (e.g., Valium, Xanax)

Barbiturates

3. Opioids (Narcotics)



Effect: Relieve pain and produce euphoria; highly addictive.

Examples:

Heroin

Morphine

Oxycodone

Fentanyl

4. Hallucinogens



Effect: Cause hallucinations and altered perceptions.

Examples:

LSD (Acid)

Psilocybin (Magic Mushrooms)

DMT

Mescaline

5. Dissociatives



Effect: Distort perception of sight and sound; produce feelings of detachment.

Examples:

Ketamine

PCP

DXM (found in cough syrups)

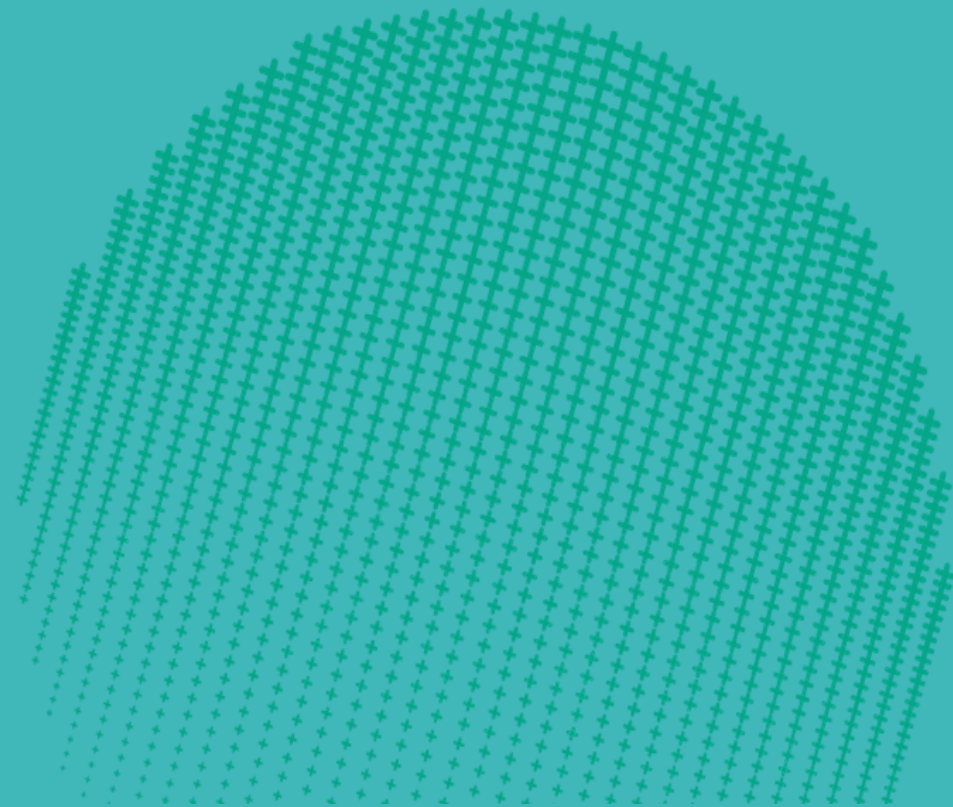
6. Inhalants



Effect: Substances inhaled to produce a mind-altering effect.

Examples:

- ✓ Glue
- ✓ Paint thinners
- ✓ Nitrous oxide
- ✓ Gasoline



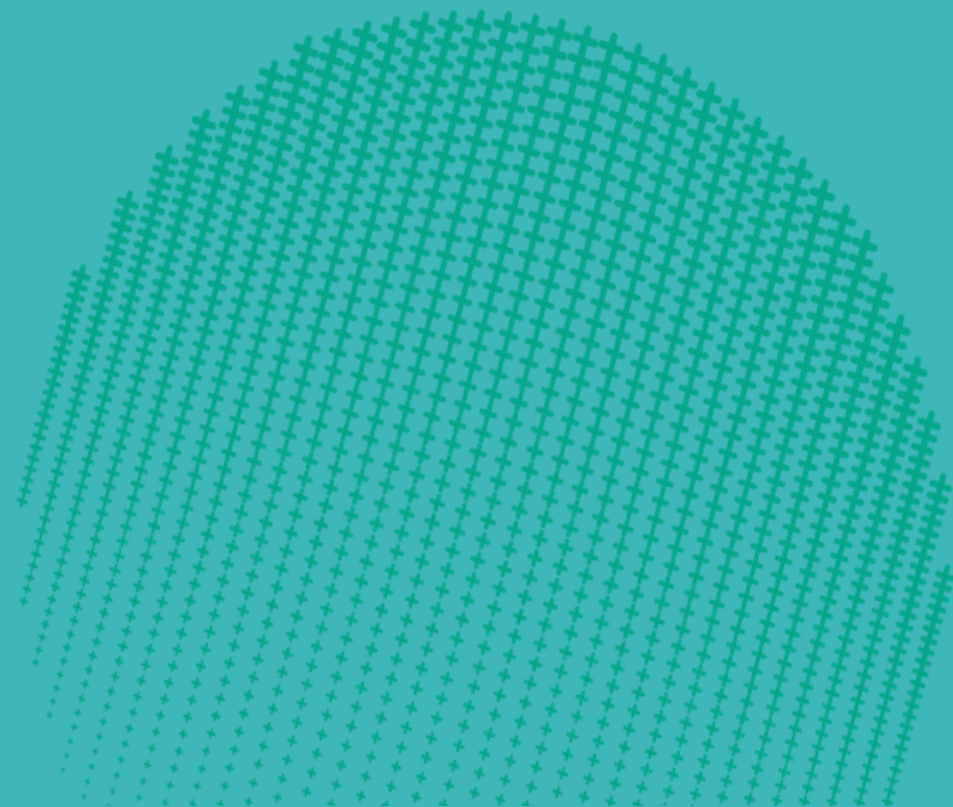
7. Cannabis



Effect: Mild hallucinogenic and depressant effects; used medically and recreationally.

Examples:

- ✓ Marijuana
- ✓ Hashish
- ✓ THC oils or edibles



8. Anabolic Steroids



Effect: Promote muscle growth and enhance physical performance; often abused in sports.

Examples:

- ✓ Testosterone
- ✓ Dianabol
- ✓ Winstrol

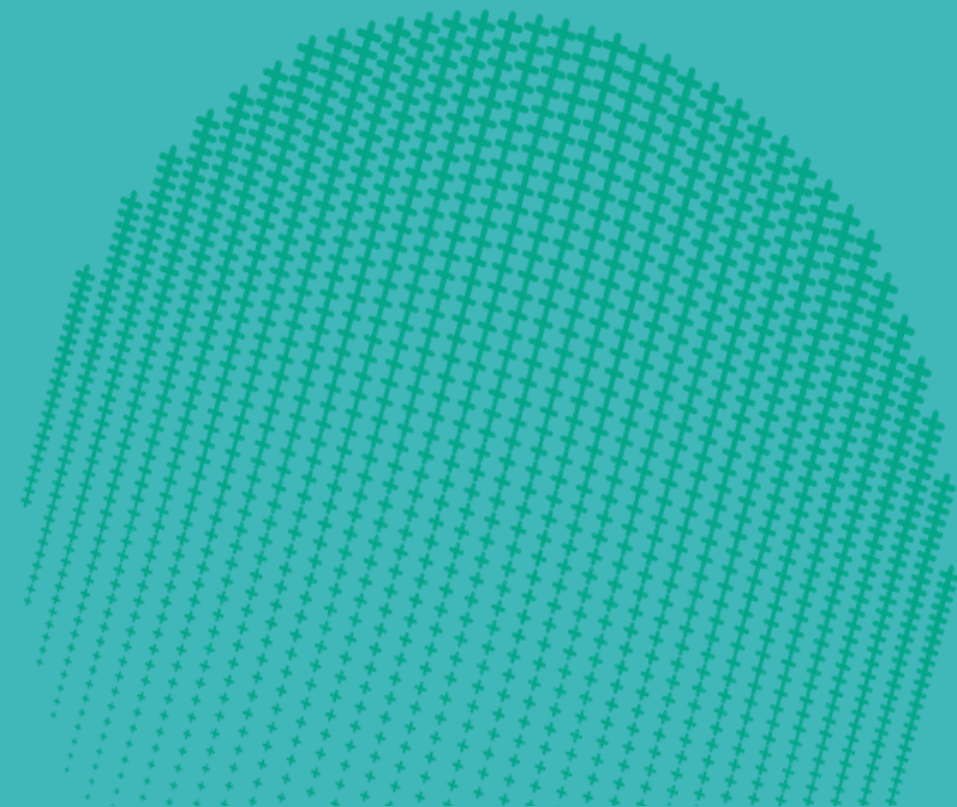
9. New Psychoactive Substances (NPS) / Designer Drugs



Effect: Chemically modified substances designed to mimic other drugs; often unregulated.

Examples:

- ✓ Synthetic cannabinoids (e.g., Spice, K2)
- ✓ Synthetic cathinones (e.g., bath salts)
- ✓ Research chemicals (e.g., 2C-B, NBOMe)



Signs & Symptoms of Addiction

You or someone you know might be addicted if:

- ✓ You need more and more to feel “good”
- ✓ Spending all your money on alcohol or drugs
- ✓ Skipping school or work
- ✓ Losing interest in hobbies
- ✓ Sudden mood swings
- ✓ Physical changes – red eyes, tiredness, weight change
- ✓ Only hanging out with other users
- ✓ Lying or hiding your use



How Addiction Affects Life

Health:

- ✓ Liver damage, lung problems, brain damage
- ✓ Risk of HIV/AIDS from unsafe drug use

Family & Friends:

- ✓ Broken trust, fights, loss of respect

School & Work:

- ✓ Dropping out, losing jobs

Law & Safety:

- ✓ Arrests, jail time, accidents

Your Dreams:

- ✓ Wasted time and opportunities that you can't get back



How to Avoid & Overcome Addiction



Five stages of addiction recovery

1. Precontemplation

What it is: The person is not yet acknowledging that they have a problem.

Mindset: Denial or defensiveness; little to no intention of changing behavior.

Key challenge: Awareness — helping the person see the consequences of their addiction.

2. Contemplation

What it is: The person is aware of the problem but not yet committed to action.

Mindset: Ambivalence — “I know I should quit, but I’m not ready.”

Key challenge: Resolve internal conflict and increase motivation to change.

3. Preparation

What it is: The person intends to take action soon and may begin making small changes.

Mindset: Committed — actively thinking about how to change.

Key challenge: Create a solid plan, identify support systems, and set a quit/start date.



4. Action

What it is: The person actively takes steps to change their behavior.

Mindset: Empowered — making real changes, often with help (e.g., therapy, rehab).

Key challenge: Avoiding relapse and maintaining new behaviors.

5. Maintenance

What it is: The person sustains the new behavior and works to prevent relapse.

Mindset: Committed to long-term change.

Key challenge: Ongoing self-care, support, and coping strategies to handle triggers and stress.





CONCLUSION

Your mind is your greatest tool. Don't let substances steal it.

Protect your **health**, your **happiness**, and your **future**.

Talk. Heal. Grow.

THANK YOU

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