# Addictions & Compulsions

PURPOSE:

* To educate trainees on the various addictions, with specific emphasis on:
  + Heroin / Cocaine / Fentanyl/ Alcohol
* Discuss how addictions & compulsions (including gaming, gambling, food, etc) affect family members and loved ones.
* Discuss family members' roles with the addicted individual.
* Explore and educate on available resources in our community.
* Discuss various methods on appropriate handling of callers who are under the influence, including Caring Confrontation when / if necessary.

OBJECTIVE:

* Through a variety of approved resources, links and handouts, Instructor will introduce trainees to informational data and updated overall research on addictions and compulsions which currently plague individuals in our community and helplines.
* Expose HST’s to CONTACT APPROVED links and resources to provide to callers when/if needed.
* Emphasize the ONLY resources permitted to provide to callers are ONLY those which have been Director approved and included in our databases.
  + Provide instruction on the process of forwarding any current, unexplored Resource information which a HST feels may be of benefit to callers. to the Executive Director for approval.
* Through Role Play, explore different methods for handling such calls.

GOALS:

* Understand the characteristics and psychological dynamics of the Addicted caller.
* Gain an overall awareness of various substance abuse, compulsions and verbalize understanding of how the addictions affect loved ones.
* Demonstrate complete UPR and empathy towards individuals who are afflicted with addictions and compulsions.
* Become familiar and demonstrate the ability to provide Outreach Resources to callers when needed, in the following areas:
  + Inpatient and outpatient programs
  + Self-help and Step programs
  + Emergency Detox Facilities
  + Aftercare programs, Etc.
* Trainees will realize that “help” cannot be gained until the individual has achieved awareness, disgust in self, their own choices and ultimately directly requests help.
* Recognize the limitations of help by telephone for the intoxicated caller.
* Re-enforce HST’s are to practice self-preservation and not accept or engage in any form of verbal abuse with intoxicated callers, but instead use a Caring Confrontation OR an Intoxicated Caller Policy *if applicable.*
* Understand and accept that addictions are the primarily result of illness, not choice and especially, NOT lack of love for family.