

Forewarned
is
Forearmed

Knowledge over
ignorance.



**“THE SLEEPING
TIGER”**

STUDENT PRESENTATION



**“THE TIGER IN THE
ROOM”**

PARENT PRESENTATION



**‘WHO LET THE TIGER
OUT’**

EDUCATOR PRESENTATION

NEWSLETTER



Clifton College and prep school Durban.



Addiction Education & Support Talks

Following the guidelines of the World Health Organisation (WHO) definition of the disease of addiction, my talks are designed to educate students with the truth around the disease of addiction.

In my presentation, I incorporate my personal journey of addiction and how it affected my life, my experience of active addiction, as well as my remission of 40 years from my disease.

Addiction.

“An existing mental illness activated by circumstances, environment, trauma or building a habit to fill a void mainly created by these experiences.”

World Health Organisation

The presentation will show that most of us are not immune to the disease of addiction. I share how to recognise our own symptoms of behavioural changes often in relation to a compulsive obsessive nature. The main question that I pose to the students is "why"? What causes such a void in our gut that we need to fill it with gaming, social media, and drugs, in order to cope and escape from certain experiences and circumstances in our lives? What has affected our ability to cope normally and why do we turn to a quick fix to escape?

I also discuss how to recognise when habits are becoming more than a habit and becoming a need that we no longer can control. This is the dormant disease of addiction becoming active. I explain the route of what activates the disease and what are the alternative choices we can make. I explain the value of communication to our parents, teachers, mentors or someone we trust. That our internal silent pain is not exclusive to just you. We all have a silent internal pain, we just don't talk about it. We fear what others might think should we share how we are feeling.



I have two presentations one for the students and another for their parents. The presentation to the parents covers the same explanation of addiction as given to the students. I explain the WHO acknowledgement of addiction being a mental health disease and how to recognise the behavioural changes in their children that might indicate an obsessive compulsive disorder that is becoming a problem, and how to handle such a situation. I explain that most parents unintentionally become enablers to their child's compulsive needs, in the way they try to help which in turn become an addiction in itself by rescuing. Both presentations show ways to deal with addiction, how to recognise it and how to get help.

World Health Organisation.

"Addiction is a registered mental health disease and must be treated like any other mental health disease".



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is



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"Communication is something so simple and yet so complicated that we can never explain it in words".
T.S. Matthews

Finally both presentations are interactive, educational, fun, and life changing. I recommend that if you are considering the student presentation **“The Sleeping Tiger”** that you would also have the parent presentation **“The Tiger in the room”** the same day, or the following morning to encourage an open communication between students and parents about what they have heard and equip them to be able to approach the subject of addiction and address it together.

Simon Crain, Deputy Head of Heron Bridge Collage introduces you to the presentations:

<https://youtu.be/n6CVHM5iPjY>



Heron Bridge
COLLEGE

Chris West-Russell

School & College Addiction Speaker/Educator.

Registered **Addiction** Counsellor.
ASCHP:WC20/794



PARKTOWN
HIGH SCHOOL FOR GIRLS

“One of the most honest, thought provoking and enlightening talks I have been to”.

“The talk opens the conversation of addiction and what addiction really is as well as all the different forms it comes in”.



GREENSIDE HIGH SCHOOL

“We went to the school talk last night - it was mind blowing how ignorant we as parents”.



ST PETER'S BOYS PREP SCHOOL

“The objective of the addiction talk is to make us all aware of how close we are to the disease of addiction particularly in terms of how easy it is to cross ‘the line’, whether it be with computer games, internet, etc..”



CLIFTON

“His message could not have been better-received. He was engaging, entertaining, poignant and the content of his talk tapped into a need that is so tangible amongst our teenagers and their parents.”



Rand Park High School

*“He covered **addiction** in its broader sense, including gambling, gaming and eating disorders in the talk”.*



“Our children were very affected by the talk and needed to hear the talk and facts at this very vulnerable age in their lives where they are faced with so many possible risky choices and decisions”.



Chris West-Russell
+27 (0)82 4461286
Email: cdwestrussell@gmail.com
www.addictionandrecovery.expert




Specialist for **anyone** caught in the **grip** of addiction.
Changing **lives** through **care** and understanding.

Chris West-Russell

Addiction **and** Wellness Counsellor.
ASCHP reg. no WC20/794

Addiction **and** Recovery

School & College Speaker Educator
*specialising in **addiction**.*

*Changing lives through **care**, understanding and **teaching**.*



Cell: +27 (0)82 446 1286
Email: cdwestrussell@gmail.com
Web: www.addictionandrecovery.expert