



12 NOVEMBER 2022 - 40 YEARS



FREE FROM ACTIVE ADDICTION.



NEWSLETTER

Chris West-Russell - School & College Addiction Speaker.

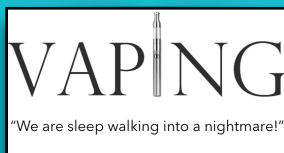


Connection and Communication is the opposite of Addiction.

Addiction is a registered **chronic fatal disease**, not a weakness that can and does kill. It starts with something so subtle as **vaping, smoking, gaming and social media**, generally accepted as normal, harmless and common coping mechanism for students struggling with anxiety, stress and fear.

Understanding the four stages of addiction, we can all help prevent an outcome of active addiction. Understand that addiction is a chronic mental condition, and the antidote for this condition is **Connection and Communication**.

Having an addiction education program in all schools will help students to learn what addiction is and how to communicate overwhelming feelings through a support system.



VAPE TO HEROIN

The dangers of such an regulated product.

[Click here for full story on Vaping](#)



RITALIN

The good, the bad and the ugly.

[Click here for full story on Ritalin](#)

WARNING!

Addictive medication

PRESCRIPTION

Addiction is out of control.

[Click here for full Story Prescription](#)



"The Sleeping Tiger"

Students Grade 7-12.

[Click here for more information](#)



"The Tiger in the Room"

Parents of students

[Click here for more information](#)



"Who let the Tiger out"

Educators.

[Click here for more information](#)



Understanding Addiction

Endorsement by

Simon Crane

[Click here to watch](#)

Recent presentation reviews:



I am quite certain that in my 28-year career in education, I have heard a minimum of 75 motivational speakers. There is no doubt in my mind that Chris is one of the best I have experienced. Cooper College had the good fortune of inviting Chris to talk to our students and parents about addiction and how it takes hold of you by using a tiger to put the message in a more visual perspective.

Hesna Muller - Executive Head - Cooper College All Schools

Chris was asked to do three different talks in addiction, but each one with a unique theme ranging from gaming and vaping to identifying symptoms, reaching out for help and offering support. These talks included our Grade 9s and 10s as well as the entire academic staff.

Herman Visagie - HOD Life Orientation



MICHAELHOUSE



Chris's testimony was honest and real, which added to the authenticity of the presentation captivating our students for the duration of his talk. Chris also address our parent and teachers, adapted for the different groups. The objective of the Addiction talk was to make us all aware and recognise how close we are to active addiction, particularly in terms of how easy it is to cross "the line" whether it be vaping, computer games or social media for example.

Karl Bresler - Deputy Head - Clifton College

Chris's message could not have been better received. He was engaging, entertaining, poignant and the content of his talk tapped into the need that is so tangible amongst our teenagers and their parents. Chris has an easy rapport with young people, and this was completely in evidence during his generously afforded time given to small group chats after the presentation.

Simon Crane - Deputy Head - HeronBridge College



Chris West-Russel compared addiction to a sleeping tiger. When you are born the tiger is sleeping in a cage but can be released by circumstances, environment or the need to fill a void.

Brian Armitage - Deputy Head: Student Affairs

The epidemic we are facing, particularly our teenagers with regards to addiction is frightening. Chris focussed on gaming and gave the boys information and points to recognise addiction and discussed as he puts it 'waking the tiger within themselves'. This analogy really resonated with the boys. The truth about the disease addiction was clearly and factually stated.

Catherine Steenhoff - Headmistress - St Peters Prep School



"Understanding Addiction" talks 2022 - Thank you

"The internal silent pain".



"When a habit becomes an addiction."



"Connection & Communication are the opposite of addiction."



"Safety is not a lack of threat, safety is the presents of connection."

DENIAL - "The refusal to accept and unacceptable truth or emotion or to admit it in to consciousness used as a defence mechanism."



"Rigorous authenticity."



"It's no longer if, but when you get exposed to an addictive activity."



"Addiction is an inherited chronic disease."



Some of the proceeds from the school presentations enable me to help educate and support communities in the fight against addiction.

Freedom community training conference 2022.



The Recovery Course Training Day



Reunited with a very good friend in recovery together we started the first NA meeting 38 years ago in Johannesburg ,possibly in South Africa.



The Recovery Course Lofdal Addiction Restoration Centre. Kraaifontein



eNCA News; Fight against drug abuse.



Addiction and Recovery. Record new podcast series.



On-Line Support Group.



eNCA News; South African mental health awareness month



Community Support Groups.



Recent interviews on eNCA



“Addiction awareness month.”

[Click here to watch interview](#)



“Mental health awareness month.”

[Click here to listen to interview.](#)



“The fight against drug abuse”

[Click here to listen to interview.](#)





Chris West-Russell

School & College Addiction Speaker/Educator.

Registered **Addiction** Counsellor.

ASCHP:WC20/794



"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".



"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..



Chris has an almost uncanny ability to gain trust and respect immediately by virtue of the depth of his knowledge on issues facing today's teenagers, as well as our community in general. Moreover, the students' response to Chris was unprecedented.



"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.

"I am quite certain that in my 28-year career in education, I have heard a minimum of 75 motivational speakers. There is no doubt in my mind that Chris is one of the best I have experienced".

"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

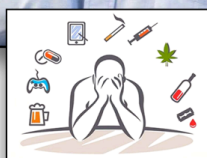
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www.addictionandrecovery.expert

Contact Chris directly if you have any questions or would like to book him to present the "Understanding Addiction" school or college students, educators and parents. I look forward to meeting you.

email



Teaching about addiction, the disease, how to recognise it and to educate prevention by connection and communication.

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**.

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