

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

20 32 **LIVE**

CHILD PROTECTION WEEK

SCHOOL AND COLLEGE ADDICTION AWARENESS **eNCA**
NO FEAR. NO FAVOUR.

10 PERSONALITY JOHN BERKS DIES, AGED 80 | SA RECORDS 2,028 NEW COVID-19 CASES | AT LE

Watch full interview: <https://www.youtube.com/watch?v=8xBtCt2r0eQ>

School & College **addiction** awareness.

This month I had the incredible privilege of being invited to speak on eNCA *“Talking Point”* during Child Protection Week about my addiction awareness presentations to Schools, Colleges and communities around the country.

For once it was so good to talk about addiction as it is, an inherited chronic mental disease, and not as a moral issue which unfortunately has amplified the stigma of addiction that prevents so many caught in the grip of addiction to raise their hands and ask for help!

This month I have been up to Johannesburg where I was invited to speak at **St.Peters College, HeronBridge Collage and St.Peters Prep School.**

I so enjoyed spending time with the students of each of these schools and their enthusiasm to understand what addiction is and what to be aware of.

I gave the student talk **“The Sleeping Tiger”** as well as the parent talk **“The Tiger in the Room”** in the early evening. I find that it has become so important for both talks to be given, one so the students get a understanding of the disease of addiction, and two that not only do the parents hear some of what I have told the students but also to help parent to recognise active addiction physical and mentally but to understand what enabling an addict is.and how to prevent active addiction.



JUNE 2022



Now what?

St Peters College is here to support each and every student and family at our school. If you feel that you need help, reach out to any teacher or Grade Head that you feel comfortable with. There is no disciplinary action taken against someone who is suffering with the disease of addiction.

**We are here to help.
But you need to ask for it.**

The places listed below can also help, there are counselors and facilitators that can assist:

- Nar-anon (Support group for family and friends of addicts): <https://nar-anon.org.za/>
- Narcotics Anonymous: <https://na.org.za/jhb/>
- Al-Anon (Support group for family and friends of addicts): <https://www.alanon.org.za/>
- Alcoholics Anonymous: <https://www.aasouthafrica.org.za/>
- H.E.A.L Ministries (Support group for addicts and family): <http://www.healministries.com/>

Addiction Awareness

Thank you to all the parents and students who attended the Addiction Awareness talk presented by the renowned addiction and recovery specialist, Chris West-Russell.

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.

With help and support, this tiger can be put back to sleep but never put back into its cage.

Addiction is a life long battle, but living a life of recovery is possible.

Addiction is...

- An existing mental illness that is activated by circumstances, environment, or building a habit to fill a void.
- An inherited disease.
- A sleeping tiger, that when woken up is hard to control or put back to sleep.
- A life long disease.

Addiction is NOT...

- A moral issue.
- Curable, but it can be arrested.
- Shameful.
- Discriminatory.
- Caused by a desire to hurt others

YOU ARE NOT ALONE



ADDICTION AND RECOVERY PODCASTS

anchor.fm/chris-west-russell



Chris West-Russell & Daniel Dobrowsky recording the new series "Why the 12 step program"

Exciting news, I have just completed recording and mixing the latest series for the Addiction and Recover podcasts collection. The latest series is called "*WHY the twelve step program?*" Helping me put this seven episode series together is my guest Daniel a fellow addict in remission of his addiction.

Daniel gives his life story in seven parts and explains how the 12-step program helped him in his journey into recovery from the start of his remission thought to today. He talks about his childhood, teenage years, to adulthood in his life story. He elaborates on his personal experiences as a child and how circumstance, experience and trauma had determined a road map for the next part of his life. Today Daniel is on a new recovery road map, but as you will hear he has faced all the things that have warped his understanding of what he thought love was, acceptance, and abandonment, through to today were he speaks freely about those experiences and realises who he was intended to be. He has realised his shame, guilt and anger through forgiveness and being forgiven, he has restored his truth and no longer lives the lie that controlled him. He has started to love himself for the person he has become and understands the triggers that might and could cause him to relapse.

Daniel has given all the glory to his Higher Power, that being Jesus Christ, and the new way of life he has discovered in the 12 step program of recovery in Narcotics Anonymous and now lives a life free from the day-to-day grip of active addiction that was slowly killing him mentally, physically and spiritually leading to his inevitable death had he not made the decision to stop.

Listen to the addiction and recovery podcasts on : anchor.fm/chris-west-russell

Just a thought!

The future our children must be aware of:

Why does addictive medication not have warning on packs like alcohol & cigarettes?

WARNING!

This medication is addictive if used for more than 7 days and can activate the life changing disease of addiction.

There has been an addiction issue that has baffled me for many years. Why do professionals prescribe an opioid medication without a clear legal written or verbal warning that such medication can activate addiction if taken over a recommended specific length of time?

Last weekend I was listening to Radio 702 hosted by Sara-Jayne King. The program was supporting addiction awareness month, her guest was, a member of the South African Society of Psychiatrists. He spoke about addiction and addictive prescribed drugs. He confirmed it had become a widespread problem in South Africa, and in particular, mentioned how codeine-based medication was one of the main culprits. Codeine is not only used in painkillers but also cough mixtures bought over the counter. He went on to explain that the metabolic structure of codeine is classified as an opioid, similar to heroin. He was then asked by Sechaba, responding to some caller's messages some who had been addicted to such medication, why Doctors don't warn patients about these dangers. He responded that Doctors should warn patients about the addictive potential of these medications and inform them they should not take them for more than a specified time to prevent possible active addiction, but not all doctors do.

Podcast: <https://omny.fm/shows/weekend-breakfast-capetalk/the-prescription-painkiller-pandemic>

As an addict in remission of addiction as well as a wellness counsellor specialising in addiction recovery, this is madness! Patients suffering from pain or a common cough are not made fully aware of the dangers of codeine side effects as well as any other opiate-based medication. So my question is, why is there not a warning sign put on all packets, bottles or any form of containers containing such medication?

We see such warnings on cigarette packs and alcohol containers. Having such labels on medication packaging would at least inform the general public about the dangers and possible addictive side effects if the Doctor might not have mentioned it to you clearly when prescribing such medication.

The question I have is this: has, and is, the pharmaceutical industry allowing greed to get the better of the well-being and long-term quality of life for all of us? If they really are the caring businesses we like to believe they are, I'm sure they would be more than happy to protect us all against the dangers of addiction from codeine and opioid medication prescribed or bought over the counter and agree to label all such medication with a warning sign that is clear and blunt. The paper information leaflet inside such packaging is what is called small print, which is not acceptable. In this case, I don't believe we, the general public, should be expected to take responsibility for the side effects, specifically active addiction, because we didn't read the leaflet, written mostly in medical lingo. So, if by not instituting such health and safety legislation for the well-being of the general public, could it be possible most pharmaceutical manufacturers have a more profitable agenda behind not informing us of the devastating, life-changing side effects of certain addictive medications by not having such warning labels on their medication packaging?



If you haven't watched the series "Dopesick" on Disney +, I fully recommend you take the time to watch this true story.

"Dopesick" trailer: <https://youtu.be/EzrLrUG2QVk>

It focuses on the drug OxyContin, a highly addictive medication produced by a pharmaceutical company called Purdue Pharma founded, owned and controlled by the Sackler family. The latest legal case against the Sackler family in a bankruptcy court was completed in late 2021. The outcome was the Sackler family members board won immunity from any related Opioid Lawsuits.

Watch the series to understand how insane this outcome is, and how greed and power within such pharmaceutical companies tend to give little value to life.

Bloomberg article on the case: <https://www.businesslive.co.za/.../2022-03-04-us-states...>

Go figure, thousands of people's lives have been destroyed by such drugs. What they thought was a way to have pain relief, became an addiction nightmare. Watching "Dopesick" and reading about Purdue Pharma and the Sackler family I have concluded that they are equivalent to a drug cartel under the disguise of a Pharmaceutical manufacturing company that was once trusted and admired but promoted by lies.

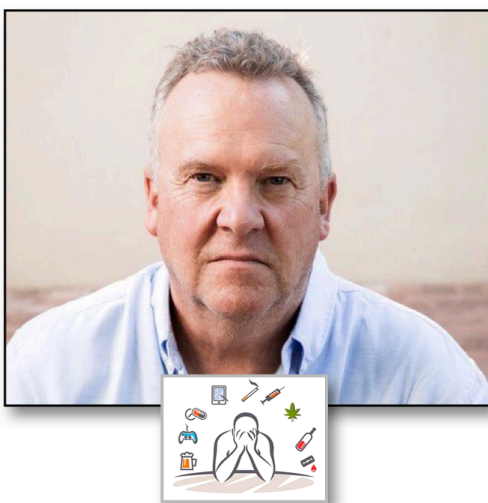
Keep up to date on my addiction talks on my app **"Addiction Awareness"** to easily stay updated.

Join me on this link: <http://wix.to/r0DIBq4?ref=so>.

Got the app? Use the invite code: OO10TQ

Addiction and Recovery links and websites:

1. www.addictionandrecovery.expert
2. www.anchor.fm/chris-west-russell
3. www.facebook.com/addictionandrecoveryexpert
4. www.linkedin.com/in/christopher-west-russell



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Addiction **is** not a passing **phase**, its a **chronic** mental illness.

The opposite of **addiction** is connection and communication

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School & College Speaker **and**
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