



Working with Dependency

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MONEY
ADVICE TRUST

How common is dependency?

There were 290,635 adults in contact with drug and alcohol services between April 2022 and March 2023. This is a small rise compared to the previous year (289,215).

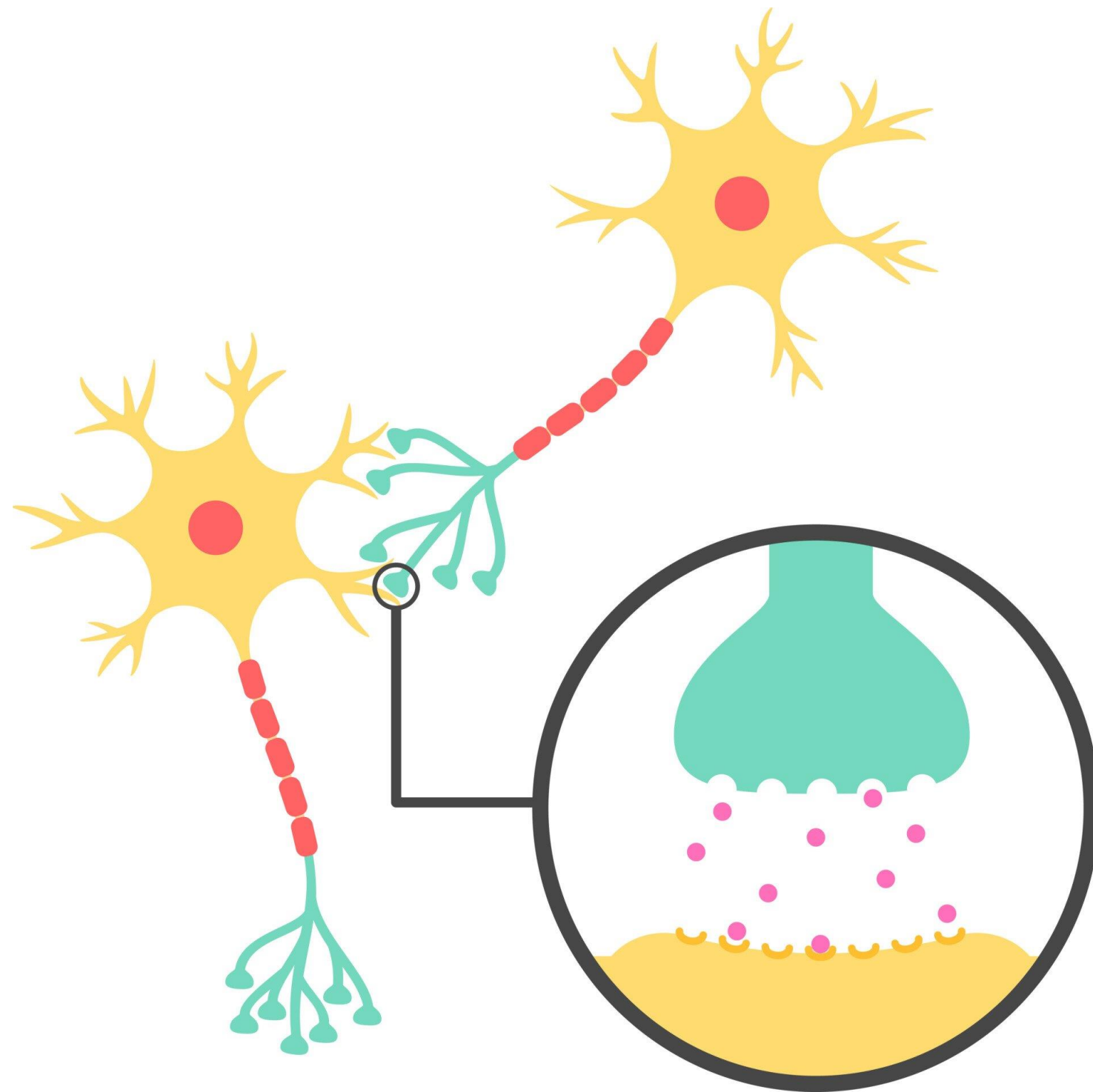
In a typical month, a full-time adviser will encounter 7 clients who disclose an addiction issue (gambling problem - 1 client; drug issue - 2 clients; alcohol problem - 4 clients).



Advisers also reported challenges in supporting clients with gambling problems – ranging from concealed information, ‘black holes’ in budgets, to deciding whether advice delivery is ‘realistic’.

Q: What drugs are we likely to come across?

How does dependency occur?



Neuron (Nerve Cell)

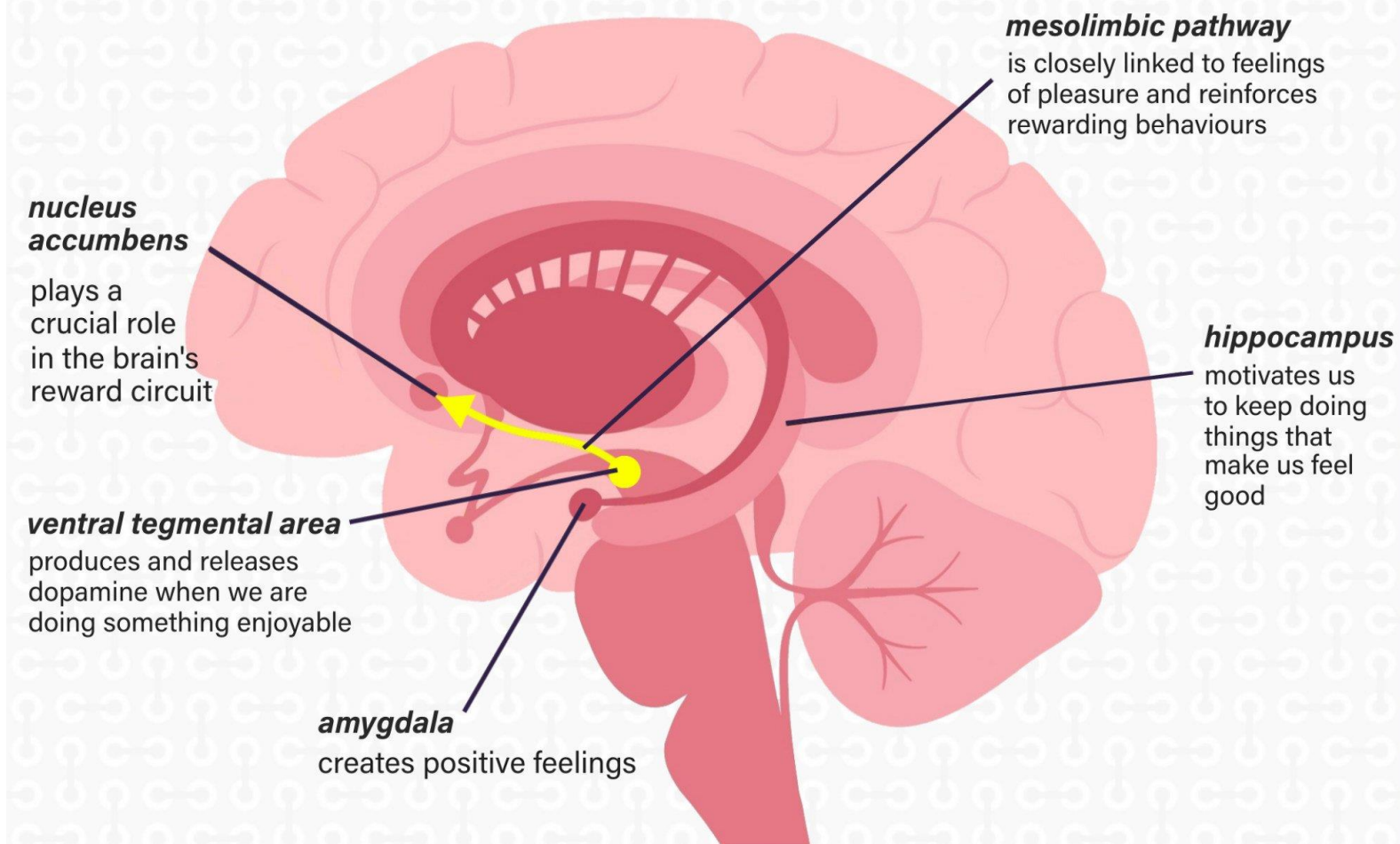
Synapse

Neurotransmitters

How does dependency occur?

More about the brain's reward system

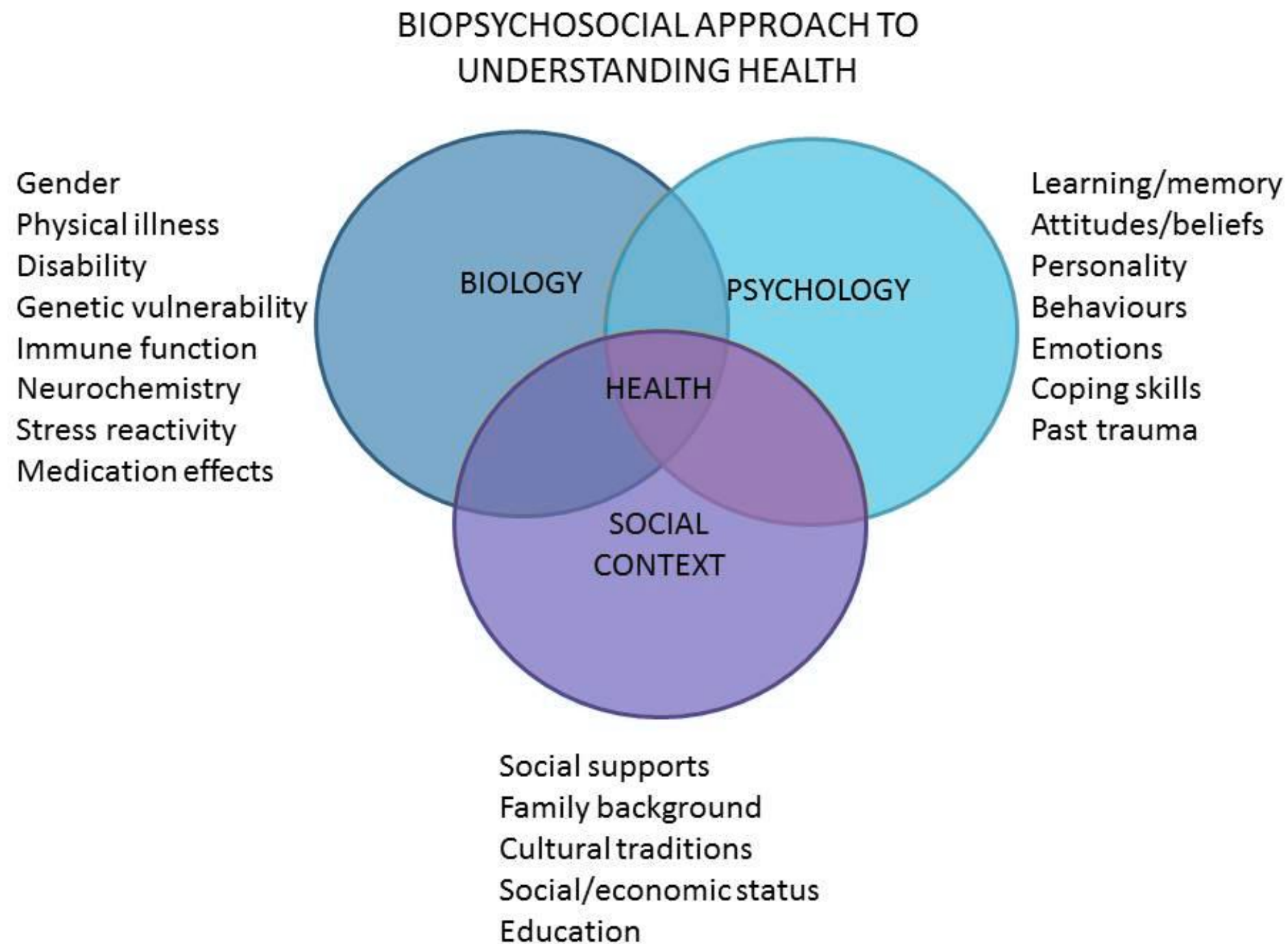
- 1** Dopamine is sent to the **nucleus accumbens** when we enjoy something, like eating yummy food.
- 2** The **nucleus accumbens** is linked to the **amygdala** and the **hippocampus**.
- 3** Our brain creates a pleasant connection between the experience (remembered in the **hippocampus**) and the positive feeling (registered in the **amygdala**).



Source: Simply Psychology

Graphic: Doris Wai

Bio-Psycho-Social Model



Identifying potential dependencies



F.R.A.M.E.S

F.R.A.M.E.S:

F - Feedback

R – Responsibility

A – Advice

M – Menu of Options

E – Empathy

S – Self Efficacy
