

Chapter 1 : Drug and Alcohol Addiction Archives | St. Joseph Institute for Addiction

The relationship between addiction and poverty is complicated. Lower income people are slightly more likely to struggle with drug or alcohol abuse, but this doesn't necessarily mean that poverty causes addiction.

Vincent Ferraro, "Dependency Theory: Routledge, , pp. Prebisch and his colleagues were troubled by the fact that economic growth in the advanced industrialized countries did not necessarily lead to growth in the poorer countries. Indeed, their studies suggested that economic activity in the richer countries often led to serious economic problems in the poorer countries. Such a possibility was not predicted by neoclassical theory, which had assumed that economic growth was beneficial to all Pareto optimal even if the benefits were not always equally shared. The "Value Added" by manufacturing a usable product always cost more than the primary products used to create those products. Therefore, poorer countries would never be earning enough from their export earnings to pay for their imports. The poorer countries would still sell their primary products on the world market, but their foreign exchange reserves would not be used to purchase their manufactures from abroad. Three issues made this policy difficult to follow. The first is that the internal markets of the poorer countries were not large enough to support the economies of scale used by the richer countries to keep their prices low. The second issue concerned the political will of the poorer countries as to whether a transformation from being primary products producers was possible or desirable. The final issue revolved around the extent to which the poorer countries actually had control of their primary products, particularly in the area of selling those products abroad. These obstacles to the import substitution policy led others to think a little more creatively and historically at the relationship between rich and poor countries. At this point dependency theory was viewed as a possible way of explaining the persistent poverty of the poorer countries. The traditional neoclassical approach said virtually nothing on this question except to assert that the poorer countries were late in coming to solid economic practices and that as soon as they learned the techniques of modern economics, then the poverty would begin to subside. However, Marxists theorists viewed the persistent poverty as a consequence of capitalist exploitation. And a new body of thought, called the world systems approach, argued that the poverty was a direct consequence of the evolution of the international political economy into a fairly rigid division of labor which favored the rich and penalized the poor. The debates among the liberal reformers Prebisch , the Marxists Andre Gunder Frank , and the world systems theorists Wallerstein was vigorous and intellectually quite challenging. There are still points of serious disagreements among the various strains of dependency theorists and it is a mistake to think that there is only one unified theory of dependency. Nonetheless, there are some core propositions which seem to underlie the analyses of most dependency theorists. Dependency can be defined as an explanation of the economic development of a state in terms of the external influences--political, economic, and cultural--on national development policies Osvaldo Sunkel, "National Development Policy and External Dependence in Latin America," The Journal of Development Studies, Vol. Theotonio Dos Santos emphasizes the historical dimension of the dependency relationships in his definition: Fann and Donald C. Porter Sargent, , p. The dependent states are those states of Latin America, Asia, and Africa which have low per capita GNPs and which rely heavily on the export of a single commodity for foreign exchange earnings. Second, both definitions have in common the assumption that external forces are of singular importance to the economic activities within the dependent states. These external forces include multinational corporations, international commodity markets, foreign assistance, communications, and any other means by which the advanced industrialized countries can represent their economic interests abroad. Third, the definitions of dependency all indicate that the relations between dominant and dependent states are dynamic because the interactions between the two sets of states tend to not only reinforce but also intensify the unequal patterns. Moreover, dependency is a very deep-seated historical process, rooted in the internationalization of capitalism. Dependency is an ongoing process: Latin America is today, and has been since the sixteenth century, part of an international system dominated by the now-developed nations Latin underdevelopment is the outcome of a particular series of relationships to the international system. Susanne Bodenheimer, "Dependency and Imperialism: In short, dependency theory

attempts to explain the present underdeveloped state of many nations in the world by examining the patterns of interactions among nations and by arguing that inequality among nations is an intrinsic part of those interactions. The Structural Context of Dependency: Is it Capitalism or is it Power? Most dependency theorists regard international capitalism as the motive force behind dependency relationships. Andre Gunder Frank, one of the earliest dependency theorists, is quite clear on this point: Furthermore, these relations are an essential part of the capitalist system on a world scale as a whole. Garden City, New York: Anchor Books, , p. According to this view, the capitalist system has enforced a rigid international division of labor which is responsible for the underdevelopment of many areas of the world. The dependent states supply cheap minerals, agricultural commodities, and cheap labor, and also serve as the repositories of surplus capital, obsolescent technologies, and manufactured goods. These functions orient the economies of the dependent states toward the outside: This division of labor is ultimately the explanation for poverty and there is little question but that capitalism regards the division of labor as a necessary condition for the efficient allocation of resources. The most explicit manifestation of this characteristic is in the doctrine of comparative advantage. Moreover, to a large extent the dependency models rest upon the assumption that economic and political power are heavily concentrated and centralized in the industrialized countries, an assumption shared with Marxist theories of imperialism. If this assumption is valid, then any distinction between economic and political power is spurious: Not all dependency theorists, however, are Marxist and one should clearly distinguish between dependency and a theory of imperialism. The Marxist theory of imperialism explains dominant state expansion while the dependency theory explains underdevelopment. Stated another way, Marxist theories explain the reasons why imperialism occurs, while dependency theories explain the consequences of imperialism. The difference is significant. In many respects, imperialism is, for a Marxist, part of the process by which the world is transformed and is therefore a process which accelerates the communist revolution. Marx spoke approvingly of British colonialism in India: England has to fulfil a double mission in India: For the dependency theorists, underdevelopment is a wholly negative condition which offers no possibility of sustained and autonomous economic activity in a dependent state. Additionally, the Marxist theory of imperialism is self-liquidating, while the dependent relationship is self-perpetuating. The end of imperialism in the Leninist framework comes about as the dominant powers go to war over a rapidly shrinking number of exploitable opportunities. World War I was, for Lenin, the classic proof of this proposition. After the war was over, Britain and France took over the former German colonies. A dependency theorist rejects this proposition. A dependent relationship exists irrespective of the specific identity of the dominant state. That the dominant states may fight over the disposition of dependent territories is not in and of itself a pertinent bit of information except that periods of fighting among dominant states affords opportunities for the dependent states to break their dependent relationships. To a dependency theorist, the central characteristic of the global economy is the persistence of poverty throughout the entire modern period in virtually the same areas of the world, regardless of what state was in control. Finally, there are some dependency theorists who do not identify capitalism as the motor force behind a dependent relationship. The relationship is maintained by a system of power first and it does not seem as if power is only supported by capitalism. For example, the relationship between the former dependent states in the socialist bloc the Eastern European states and Cuba, for example closely paralleled the relationships between poor states and the advanced capitalist states. The possibility that dependency is more closely linked to disparities of power rather than to the particular characteristics of a given economic system is intriguing and consistent with the more traditional analyses of international relations, such as realism. The Central Propositions of Dependency Theory There are a number of propositions, all of which are contestable, which form the core of dependency theory. Underdevelopment is a condition fundamentally different from undevelopment. The latter term simply refers to a condition in which resources are not being used. For example, the European colonists viewed the North American continent as an undeveloped area: Underdevelopment refers to a situation in which resources are being actively used, but used in a way which benefits dominant states and not the poorer states in which the resources are found. The distinction between underdevelopment and undevelopment places the poorer countries of the world in a profoundly different historical context. These countries are not "behind" or "catching up" to the richer

countries of the world. They are not poor because they lagged behind the scientific transformations or the Enlightenment values of the European states. They are poor because they were coercively integrated into the European economic system only as producers of raw materials or to serve as repositories of cheap labor, and were denied the opportunity to market their resources in any way that competed with dominant states. Dependency theory suggests that alternative uses of resources are preferable to the resource usage patterns imposed by dominant states. There is no clear definition of what these preferred patterns might be, but some criteria are invoked. For example, one of the dominant state practices most often criticized by dependency theorists is export agriculture. The criticism is that many poor economies experience rather high rates of malnutrition even though they produce great amounts of food for export. Many dependency theorists would argue that those agricultural lands should be used for domestic food production in order to reduce the rates of malnutrition. The preceding proposition can be amplified: In this respect, dependency theory actually shares a similar theoretical concern with realism. What distinguishes the dependency perspective is that its proponents believe that this national interest can only be satisfied by addressing the needs of the poor within a society, rather than through the satisfaction of corporate or governmental needs. Trying to determine what is "best" for the poor is a difficult analytical problem over the long run. Dependency theorists have not yet articulated an operational definition of the national economic interest. The diversion of resources over time and one must remember that dependent relationships have persisted since the European expansion beginning in the fifteenth century is maintained not only by the power of dominant states, but also through the power of elites in the dependent states. Dependency theorists argue that these elites maintain a dependent relationship because their own private interests coincide with the interests of the dominant states. These elites are typically trained in the dominant states and share similar values and culture with the elites in dominant states. Thus, in a very real sense, a dependency relationship is a "voluntary" relationship. One need not argue that the elites in a dependent state are consciously betraying the interests of their poor; the elites sincerely believe that the key to economic development lies in following the prescriptions of liberal economic doctrine. Some of the most important new issues include: The success of the advanced industrial economies does not serve as a model for the currently developing economies. When economic development became a focused area of study, the analytical strategy and ideological preference was quite clear: Indeed, in the 1950s and 1960s there was a paradigmatic consensus that growth strategies were universally applicable, a consensus best articulated by Walt Rostow in his book, *The Stages of Economic Growth*. Dependency theory suggests that the success of the richer countries was a highly contingent and specific episode in global economic history, one dominated by the highly exploitative colonial relationships of the European powers. A repeat of those relationships is not now highly likely for the poor countries of the world. Dependency theory repudiates the central distributive mechanism of the neoclassical model, what is usually called "trickle-down" economics.

Chapter 2 : Understanding the Nature of Poverty

Addiction and Poverty Defined Poverty. To end the cycle of poverty and addiction we need to first have a working definition of both terms. Poverty is defined as the state of one who lacks material resources.

Checkout *Addiction and Poverty: A Cycle We Can End* My hope is the information on the issue of poverty and addiction will allow you to develop a deeper understanding of the disease and how poverty places an extra layer on overcoming addiction. If we know the problem, we can better address it and provide communities around the world with a solution. As always, Thank you for reading!

Addiction and Poverty Defined Poverty

To end the cycle of poverty and addiction we need to first have a working definition of both terms. Poverty is defined as the state of one who lacks material resources. This might be characterized by cramped housing, living on the streets or in a shelter, and a lack of transportation. People who experience poverty are less likely to go to school, receive adequate health care, and have less access to sanitary living conditions. The longer one experiences poverty, the greater the affects and risks of developing unhealthy relationships with substances.

Addiction

Addiction is defined as a physical, as well as, psychological dependence. It is possible for people to become psychologically dependent without having a physical addiction. Just the thought of going without the substance can fill one with dread and anxiety. The human body is amazing and can adapt to substances ingested, whether healthy or not. A side effect of this phenomenon is the physical dependency which can develop. These symptoms are highly unpleasant and can be fatal. Another outcome could be needing more of the substance to get the same effect. Identifying the causes to seek out a substance give one more tools for dealing with the thoughts, emotions, and feelings as which arise, causing the craving for a substance. This manifests itself as under or unemployment, insecure housing, and leaving school before graduating. This association coupled with other dispositions accumulate to mean some people are more at risk of addiction, although there does not seem to be any one single factor which determines whether someone will form an addiction. It is a mixture of genetic and environmental factors which play a role in forming addictive behaviors.

There are 4 Risk Factors that Lead to Addiction

1. Childhood Experiences Differing childhood experiences can lead to addiction. This means individuals who grow up in a dysfunctional family, or children who are exposed to trauma, may use substances as a means to cope with inner turmoil. There is also an increase in chances of addiction for children exposed to a family member who struggles with substance abuse because the behavior can appear to be normal.
- Genes There is little doubt that addiction passes from one generation to the next. It can be difficult to determine if this is due to sharing an environment or because of genetic factors. Scientists have been unable to find one single gene responsible for addiction, but it seems likely that a combination of genes does play a part. In some cases this other condition will have developed as a result of substance abuse or the substance abuse has led to the addiction.
- Individuals who have problems with impulsivity are more at risk of addiction. Those suffering from addiction can learn and create space between stimuli thought, feeling, emotion and response choosing to use by practicing Mindfulness Based Substance Abuse Treatment or working with a practitioner of Mindfulness Based Stress Reduction
4. Psychological Factors Some individuals have personalities that put them more at risk of falling into addiction. Those people who have an inner need for high degrees of sensory pleasure will often be attracted to drug abuse.

Quality Issues with Poverty and Substance Abuse

A person who has money and social standing can afford to make particular choices with regard to their substance addiction. They can afford to buy alcohol that is higher quality or drugs that are more pure than their impoverished counterparts. Additionally, they will have access to clean needles and other drug equipment and reduce their risk of infection or disease as a result. Those who are poor often do not have these choices. They will consume low quality alcohol that may have health consequences. The drugs that they can afford to purchase may be cut with dangerous adulterants or be toxic.

Cycle of Poverty and Addiction

People become entrenched into poverty due to a number of different factors which we have read about already, but I feel should be reviewed. These include family experience, lack of education, limited access to employment and health care. Without outside intervention to give people access to education and employment, the cycle may continue for generations. With regard to addiction, there is some

evidence to suggest that those in the cycle of poverty who also suffer from substance abuse problems have a significantly more difficult time breaking the cycle and removing themselves from this harmful life than those who are not poor. End the Cycle of Poverty and Addiction Communities need to rally around and support entities which provide healthy food free, subsidized or for purchase, safe places public library or community centers, public education, transportation, health care providers trained in substance abuse treatment, and employment which supports sobriety. Then, those who suffer from poverty and addiction cycles can begin to develop a broader toolbox for continued progress on becoming stable, healthy, members of the community. I experienced this first hand through overcoming my own struggle with temporary poverty followed by addiction. The Solution Continuum of Care Promotion—These strategies are designed to create environments and conditions that support behavioral health and the ability of individuals to withstand challenges. Promotion strategies also reinforce the entire continuum of behavioral health services. Prevention—Delivered prior to the onset of a disorder, these interventions are intended to prevent or reduce the risk of developing a behavioral health problem, such as underage alcohol use, prescription drug misuse and abuse, and illicit drug use. Treatment—These services are for people diagnosed with a substance use or other behavioral health disorder. The more involvement from various sectors, the more in-depth and approachable the prevention strategies will be, allowing for all community members to become active participants. Cultural Awareness and Competency Improving cultural and linguistic competence is an important strategy for addressing persistent behavioral health disparities experienced by diverse communities. Diverse populations tend to have less access to prevention services and poorer behavioral health outcomes. Cultural and linguistic competence includes, but is not limited to, the ability of an individual or organization to interact effectively with people of different cultures. To produce positive change, prevention practitioners must understand the cultural and linguistic context of the community, and they must have the willingness and skills to work within this context. It Takes a Village! It focuses on honoring values and making principle-based decisions, creating a clear plan of action, and using current strengths to reach future goals. The Recovery Coach helps the person access recovery, as well as access systems needed to support recovery such as benefits, health care, etc. Recovery Coaches work with individuals beyond recovery initiation through stabilization and into recovery maintenance. They function as a guide to help with decision-making and support steps toward recovery. Recovery Coaches do not provide clinical services — primary treatment for addiction, diagnosis and recognize that there are many pathways to recovery.

Chapter 3 : Understanding Poverty - Peter Alcock - Google Books

The dynamics of dependency: Family background, family structure, and poverty Debate during the s and s over whether aculture of poverty exists and persists prompted research into the.

The disorder was first identified about ten years ago as the result of years of studying interpersonal relationships in families of alcoholics. Co-dependent behavior is learned by watching and imitating other family members who display this type of behavior. Who Does Co-dependency Affect? Co-dependency often affects a spouse, a parent, sibling, friend, or co-worker of a person afflicted with alcohol or drug dependence. Originally, co-dependent was a term used to describe partners in chemical dependency, persons living with, or in a relationship with an addicted person. Similar patterns have been seen in people in relationships with chronically or mentally ill individuals. Today, however, the term has broadened to describe any co-dependent person from any dysfunctional family. A dysfunctional family is one in which members suffer from fear, anger, pain, or shame that is ignored or denied. Underlying problems may include any of the following: An addiction by a family member to drugs, alcohol, relationships, work, food, sex, or gambling. The existence of physical, emotional, or sexual abuse. The presence of a family member suffering from a chronic mental or physical illness. Dysfunctional families do not acknowledge that problems exist. As a result, family members learn to repress emotions and disregard their own needs. The identity and emotional development of the members of a dysfunctional family are often inhibited Attention and energy focus on the family member who is ill or addicted. The co-dependent person typically sacrifices his or her needs to take care of a person who is sick. How Do Co-dependent People Behave? Co-dependents have low self-esteem and look for anything outside of themselves to make them feel better. Others may develop compulsive behaviors like workaholism, gambling, or indiscriminate sexual activity. They have good intentions. They try to take care of a person who is experiencing difficulty, but the caretaking becomes compulsive and defeating. Co-dependents view themselves as victims and are attracted to that same weakness in the love and friendship relationships. Characteristics of Co-dependent People Are:

Chapter 4 : The Connection Between Poverty and Drug Abuse - Seacliff Recovery

To a dependency theorist, the central characteristic of the global economy is the persistence of poverty throughout the entire modern period in virtually the same areas of the world, regardless of what state was in control.

Weiss Jan 2, Understanding poverty, unemployment, homelessness, drug-addiction, or any other socio-economic stress and unfortunate situation is a challenge for those of us who are so fortunate not have such an affliction. Equally arduous is being close to fellow citizens living with these circumstances. What does it feel like to be homeless or impoverished? What happens when your car breaks down and you are broke—living from paycheck to paycheck? Or you have an acute medical need and no insurance or a high deductible? Sadly, one of these unexpected, disabling events begins a cascade of other troublesome stresses that can ultimately end in joblessness, bankruptcy, homelessness, malnourishment, and illness. The vicious cycle can become multigenerational, overwhelming, and pervasive, extending over entire geographic regions. Interestingly, even in beautiful and balmy Southwest Florida we have an economic divide between coastal and inland Collier County. Huge differences in economic abilities are easy to ignore if you are fortunate to have resources, but hard to take if you are at or below the poverty line. Poverty is relative—if everyone around you has similar circumstances, the differences are not so stark. Ruby Payne, in her Framework for Understanding Poverty, shares some key points to remember. Poverty becomes more apparent when others better off than you are present for comparison. Poverty is ubiquitous across America and all nations, particularly as the middle class shrinks and wealth concentrates. The eight-five richest people in the world have as much wealth as the 3. Economic class is continuous without clear-cut lines of distinction. The poverty thresholds were originally developed in by Mollie Orshansky of the Social Security Administration. Orshansky based her poverty thresholds on the economy food plan—namely, the cheapest of four food plans developed by the Department of Agriculture that would feed a family of two. Larger families would have proportionally larger thresholds. At that time, other family costs were not as great as they are today, e. Thus, now poor families have even greater stress. A very important point about poverty is the distinction between generational poverty and situational poverty. Generational poverty occurs in two or more consecutive generations whereas situational poverty can be the result of illness, death in a family, divorce, unemployment, etc. Situational poverty can and should be addressed as quickly as possible to avoid a further deterioration into generational poverty. Classical family diagrams in the middle class are easy to trace with husband and wife having children and the next generation producing grandchildren. However, family patterns in generational poverty typically center around the mother or maternal grandmother who are the primary care-givers. Anthropologist Oscar Lewis, in his study of cultural poverty one of four horsemen, the other three being pollution, famine, and violence, wrote: The economic traits which are most characteristic of the culture of poverty include the constant struggle for survival, unemployment and underemployment, low wages, a miscellany of unskilled occupations, child labor, the absence of savings, a chronic shortage of cash, the absence of food reserves in the home, the pattern of frequent buying of small quantities of food many times a day as the need arises, the pawning of personal goods, borrowing from local money lenders at usurious rates of interest, spontaneous informal credit devices organized by neighbors, and the use of second-hand clothing and furniture. How well would you survive in poverty? I know which churches and sections in town have the best rummage sales. I can get someone out of jail. I know how to physically fight and defend myself. I know how to get a gun, even if I have a police record. I know how to keep my clothes from being stolen at the laundromat. I know what problems to look for in a used car. I know how to live without a checking account. I know how to live without electricity or a phone. I know how to use a knife as scissors. I can entertain a group of friends with my personality and my stories. I know how to move in half a day. I know how to get and use food stamps. I know where the free medical clinics are located. I am very good at trading and bartering. I can get by without a car. Surviving in middle class is a more comfortable exercise for the vast majority and also comes with a skill set. I know how to get my children into Little League, piano lessons, soccer, etc. I know how to properly set a table. I know which stores are most likely to carry the clothing brands my family wears. My children know the best name brands in

clothing. I know how to order in a nice restaurant. I know how to use a credit card, checking account, and savings account and I understand annuities, term life, disability, medical, homeowners, flood, and replacement insurance. I talk to my children about going to college. I know how to get one of the best interest rates on my new-car loan. I understand the difference among the principal, interest, and escrow statements on my house payment. I know how to help my children with their homework and do not hesitate to call school if I need additional information. I know how to decorate the house for the different holidays. I know how to get a library card. I know how to use the different tools in the garage. I repair items in my house almost immediately when they break or know a repair service to call. Wealth is not immune from having its own framework as noted below. I can read a menu in French, English, and another language. I have several favorite restaurants in different countries of the world. During the holidays, I know how to hire a decorator to identify the appropriate themes and items with which to decorate the house. I have a preferred financial advisor, legal service, designer, domestic-employment service, and hairdresser. I have at least two residences that are staffed and maintained. I know how to ensure confidentiality and loyalty from my domestic staff. I fly my own plane or company plane. I know how to enroll my children in the preferred private schools. I am on the boards of at least two charities. I know the hidden rules of the Junior League. I support or buy the work of a particular artist. I know how to read a corporate financial statement and analyze my own financial statements. Empathy is not pity. Rather, empathy should empower us to understand and help. Many of our current economic stresses could be remedied as impoverished citizens become more productive and simultaneously move into the middle class. Southwest Florida is special in many ways. We can continue to differentiate ourselves as we recognize and address poverty.

Chapter 5 : Drug Addiction and Poverty | Understanding the Connection

Poverty at School. Studies of risk and resilience in children have shown that family income correlates significantly with children's academic success, especially during the preschool, kindergarten, and primary years (van Ijzendoorn, Vereijken, Bakermans-Kranenburg, & Riksen-Walraven,).

Understanding the Nature of Poverty Chris Hawkins teaches history in a high-poverty secondary school. But he gets frustrated in his classes and hits a wall of despair at least once a week. His complaints about his students are common among many who teach economically disadvantaged students: Hawkins complains that his students act out, use profanity, and disrespect others. The recurring thought that goes through his mind is "Retirement is only six years away. Only two short generations ago, policymakers, school leaders, and teachers commonly thought of children raised in poverty with sympathy but without an understanding of how profoundly their chances for success were diminished by their situation. Today, we have a broad research base that clearly outlines the ramifications of living in poverty as well as evidence of schools that do succeed with economically disadvantaged students. We can safely say that we have no excuse to let any child fail. Poverty calls for key information and smarter strategies, not resignation and despair. The word poverty provokes strong emotions and many questions. Persons with income less than that deemed sufficient to purchase basic needs—food, shelter, clothing, and other essentials—are designated as poor. In reality, the cost of living varies dramatically based on geography; for example, people classified as poor in San Francisco might not feel as poor if they lived in Clay County, Kentucky. I define poverty as a chronic and debilitating condition that results from multiple adverse synergistic risk factors and affects the mind, body, and soul. However you define it, poverty is complex; it does not mean the same thing for all people. For the purposes of this book, we can identify six types of poverty: Situational poverty is generally caused by a sudden crisis or loss and is often temporary. Events causing situational poverty include environmental disasters, divorce, or severe health problems. Generational poverty occurs in families where at least two generations have been born into poverty. Families living in this type of poverty are not equipped with the tools to move out of their situations. Absolute poverty, which is rare in the United States, involves a scarcity of such necessities as shelter, running water, and food. Families who live in absolute poverty tend to focus on day-to-day survival. Urban poverty occurs in metropolitan areas with populations of at least 50,000 people. The urban poor deal with a complex aggregate of chronic and acute stressors including crowding, violence, and noise and are dependent on often-inadequate large-city services. Rural poverty occurs in nonmetropolitan areas with populations below 50,000. In rural areas, there are more single-guardian households, and families often have less access to services, support for disabilities, and quality education opportunities. The rural poverty rate is growing and has exceeded the urban rate every year since data collection began in the 1980s. The difference between the two poverty rates has averaged about 5 percent for the last 30 years, with urban rates near 10–15 percent and rural rates near 15–20 percent Jolliffe, The Effects of Poverty Poverty involves a complex array of risk factors that adversely affect the population in a multitude of ways. The four primary risk factors afflicting families living in poverty are Emotional and social challenges. Health and safety issues. Graber and Brooks-Gunn estimated that in 1996, 35 percent of poor families experienced six or more risk factors such as divorce, sickness, or eviction ; only 2 percent experienced no risk factors. In contrast, only 5 percent of well-off families experienced six or more risk factors, and 19 percent experienced none. In other words, one problem created by poverty begets another, which in turn contributes to another, leading to a seemingly endless cascade of deleterious consequences. A head injury, for example, is a potentially dire event for a child living in poverty. Data from the Infant Health and Development Program show that 40 percent of children living in chronic poverty had deficiencies in at least two areas of functioning such as language and emotional responsiveness at age 3 Bradley et al. The following two sections examine how inferior provisions both at home and at school place poor children at risk for low academic performance and failure to complete school. Poverty at Home Compared with well-off children, poor children are disproportionately exposed to adverse social and physical environments. Low-income neighborhoods are likely to have lower-quality social, municipal, and local services. Because of

greater traffic volume, higher crime rates, and less playground safety—to name but a few factors—poor neighborhoods are more hazardous and less likely to contain green space than well-off neighborhoods are. Poor children often breathe contaminated air and drink impure water. Although childhood is generally considered to be a time of joyful, carefree exploration, children living in poverty tend to spend less time finding out about the world around them and more time struggling to survive within it. Poor children have fewer and less-supportive networks than their more affluent counterparts do; live in neighborhoods that are lower in social capital; and, as adolescents, are more likely to rely on peers than on adults for social and emotional support. Low-SES children also have fewer cognitive-enrichment opportunities. Often, poor children live in chaotic, unstable households. They are more likely to come from single-guardian homes, and their parents or caregivers tend to be less emotionally responsive Blair et al. Contrast these children with their peers living in stable two-parent families, who have more access to financial resources and parental time, receive more supervision, participate in more extracurricular activities, and do better in school Evans, Young children are especially vulnerable to the negative effects of change, disruption, and uncertainty. Developing children need reliable caregivers who offer high predictability, or their brains will typically develop adverse adaptive responses. Chronic socioeconomic deprivation can create environments that undermine the development of self and the capacity for self-determination and self-efficacy. Compared with their more affluent peers, low-SES children form more stress-ridden attachments with parents, teachers, and adult caregivers and have difficulty establishing rewarding friendships with children their own age. Instead, poor children often feel isolated and unloved, feelings that kick off a downward spiral of unhappy life events, including poor academic performance, behavioral problems, dropping out of school, and drug abuse. These events tend to rule out college as an option and perpetuate the cycle of poverty. Adverse Childhood Experiences Model Source: Adapted from "Environmental Toxicants and Developmental Disabilities: Weiss, , American Psychologist, 60 3 , pp. Due to issues of transportation, health care, and family care, high tardy rates and absenteeism are common problems among poor students. Unfortunately, absenteeism is the factor most closely correlated with dropout rates. Attendance problems often indicate negative parent attitudes toward school. Poor children are also more likely than well-off children are to attend poorly maintained schools with less-qualified teachers, and their day-care facilities—if available at all—are less adequate NCTAF, In addition, in many cases, low-achieving high school students report a sense of alienation from their schools. Action Steps Deepen staff understanding. Many nonminority or middle-class teachers cannot understand why children from poor backgrounds act the way they do at school. Therefore, an introduction to how students are affected by poverty is highly useful. Consider summarizing information from this chapter or other sources and sharing it with staff. Hold discussions at staff meetings that inform and inspire. Form study groups to explore the brain-based physiological effects of chronic poverty. Debunk the myths among staff members who grew up in middle-class or upper-middle-class households. In the classroom, this translates into blurting, acting before asking permission, and forgetting what to do next. Change the school culture from pity to empathy. When staff members work with children raised in poverty, a common observation is "Bless their hearts, they come from such terrible circumstances. Establish a school culture of caring, not of giving up. You can help foster such a culture by speaking respectfully, not condescendingly, of and to your student population, and by using positive affirmations, both vocally and through displays and posters. And the problem promises to get worse. Children of immigrants make up 22 percent of the total child poverty cases in the United States Rector, , and immigration rates continue to increase. Because of the massive influx of immigrants entering the United States every year, the ensuing competition for low-wage jobs, and the statistical link between low-wage earners and increased childbearing Schultz, , the number of U. We need to address this rising problem, and soon. The timing and duration of poverty matter. Children who experience poverty during their preschool and early school years experience lower rates of school completion than children and adolescents who experience poverty only in later years. Ultimately, these translate to earlier mortality rates Felitti et al. But there is hope. Schools around the world are succeeding with poor students, and yours can, too. We must end the cycle of blame and resignation and embrace a new mission to help all our students fulfill their potential. No part of this publication—including the drawings, graphs, illustrations, or chapters, except for brief quotations in critical

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Chapter 6 : Addiction and Poverty: A Cycle We Can End – Incorporate Wellness

In it supported a similar activity assessing linkages between poverty and forest dependence in Turkey. In general, the projects have better-equipped decision makers both within the Bank and in the project countries with knowledge, tools, and identification of potential actions.

In some cases, addiction causes poverty, rather than the other way around. However, the connection between drug addiction and poverty is more complicated than that. Those who live in poverty and are addicted to drugs have less access to rehabilitation centers and treatment for their condition, which creates serious problems for communities all over the United States. Drug Addiction and Poverty: During that same period, there was a percent increase in heroin use among males and a percent increase among females. The growth in heroin use percent increased dramatically among those between the ages of 18 and years old. We cannot jump to the conclusion that those in poverty are addicted to drugs at a higher rate than those who are wealthier because of their economic situation. However, several studies have concluded people with lower income or those who live in environments that are not conducive to economic growth, are more at risk of falling victims to drug abuse. Drug abuse is not as simple as that. Many factors go into the reasons why people start abusing drugs, including genetics, mental health, psychological factors, and childhood experiences. What Causes Drug Addiction Drug addiction generally starts in the pre-teen or teen years. If the economy is not thriving and jobs are not available, it is more plausible someone who is bored, with nothing else to do to pass the time, would get addicted to drugs. It is not clear why one person can try a drug without getting addicted, while others fall for their effect immediately. If there are no financial resources, there is no access to a rehab center, which can put a person at risk of dying from an overdose or spiraling out of control and becoming lost in their addiction forever. Federal and local governments are doing everything they can to reduce overdose deaths in the country. But those who live in poverty have fewer chances of entering rehab than those who are better off financially merely because they cannot afford to pay for it. On another note, those living in poverty and attempting to quit drugs are often times more exposed to the drug trade. People in poverty stricken areas find that the selling of drugs can offer them fast money. For someone who is not used to having a lot of money, the ideas of making a few hundred dollars in a day by selling drugs is very appealing. Imagine trying to stay sober when you know many people and locations to easily access your drug of choice. Trying to maintain sobriety in an area that is ripe with using and selling drugs is like telling someone addicted to gambling growing up across the street from a casino. Education and Drug Addiction In the past, many people assumed that those who were educated, with a college degree, and a successful career could not possibly get addicted to drugs. That is no longer the case because drugs affect people of all ages, economic, and education backgrounds. While there is no way of knowing for sure, there is more risk of becoming addicted to drugs or alcohol for those without education. The opioid epidemic has shown us that people from all walks of life and economic backgrounds can fall into drug addiction. The constant news about celebrities dying from accidental overdoses is all the example we need. While there is a higher risk of becoming addicted for the uneducated or those who drop out of school, parents need to keep a close eye on who their kids are hanging out with to protect them. In this environment, nobody is safe. Many factors influence a person who decides to use drugs or alcohol in their lives. From education, to family history, and genes, some are more prone than others to becoming addicted. There is little doubt that drug addiction and poverty are related. Whether poverty comes before drug addiction or the other way around, there is evidence that for those without financial resources it is much harder to break the cycle of addiction, than it is for those who have the means to do so. In addition, those in lower income levels have a harder time finding resources to help them recover and turn their lives around. If parents are drug addicts, chances are their children will suffer the same fate from watching them use drugs or from in-utero addiction. Finding Solutions With any poverty issues, jobs would help ending the connection between drug addiction and poverty. People want meaning in life, having a reason to get up every day and earn your own money can make people feel valuable. Jobs can also help people get out of poverty stricken areas, where drug use is common. The jobs needs to be jobs that can provide people the opportunity of moving above the

poverty line. People want meaning, courses that teach life skills and self-actualization along with hobbies can help people gain a purpose in their lives. Of course education is a great way to help get people out of poverty, this can only happen with strong families. If you look at poverty stricken areas, many come from single parent homes. Having strong family role models who encourage their kids to go to school can start building the next generation of getting people out of poverty. There is no quick fix, it starts with a generation that can lay the foundation for the next generation to follow. Free Insurance Verification Not sure if you can afford to go to rehab? Get an online quote from one our counselors today.

Chapter 7 : Understanding the Relationship Between Poverty and Addiction | St. Joseph Institute for Addic

America, considered as an entity with common characteristics, such as poverty, high birthrates, and economic dependence on the advanced countries. The term therefore implies that the third world is exploited, and hat its.

In some cases, financial troubles are the result of a substance use disorder. Poverty Increases Addiction Risk Factors There are several ways in which financial struggles increase the risk of a person developing a substance use disorder: Stress is well recognized as a risk factor for substance abuse and relapse after treatment. Worrying about how to afford shelter, food, and other basic needs causes a tremendous amount of stress. Poverty increases feelings of hopelessness. When meeting daily expenses is difficult, dreams of attending college, buying a home, opening a business, or traveling the world seem impossible. Feeling as though you are powerless over your own future creates a vulnerability to substance abuse. In a culture that values material possessions and financial success, being poor can feel like a moral failing. This can lead to feelings of guilt, shame, and diminished self-worth. According to Psychology Today , people struggling with low self-esteem have an increased vulnerability to developing substance use disorders. Poverty decreases social support. Having the emotional support of friends and family helps people cope with difficult situations in their lives. However, lower income adults are less likely to have strong social support networks simply because they are expending all of their energy on trying to survive from day to day. For example, a UCLA survey found that lower income adults are less likely to be married even though they value marriage just as much as their higher income peers. Poverty decreases access to healthcare. Although the number of uninsured adults has decreased in recent years, the Henry J. Kaiser Foundation found that 45 percent of uninsured adults lacked coverage simply because the cost was too high. Despite the fact that most of these individuals had at least one working adult in the family, 1 in 5 admitted to foregoing recommended medical treatment due to cost. Access to preventative health care is also severely limited for members of this group. Untreated mental health conditions or chronic illnesses that are poorly controlled can lead to the use of drugs or alcohol to self-medicate symptoms. One frequently cited example of how poverty affects addiction risk is the Appalachian opioid epidemic. Stretching from the Southern Tier of New York to northern Alabama, Mississippi, and Georgia, the Appalachian region of the United States has struggled with widespread poverty since the early s. The majority of the available jobs are physically demanding, carrying a high risk of injuries despite their relatively low wages. Residents who begin taking opioids to cope with chronic pain from their employment-related injuries often find themselves spiraling into addiction. The effects of substance abuse make it nearly impossible to keep working, thus perpetuating financial struggles. Someone who is solidly middle class can easily slip into poverty as the result of an untreated drug or alcohol addiction. As an addiction develops, it becomes increasingly likely that a person will have problems performing at work. This might include arriving late, missing shifts, failing to meet project deadlines, or getting into arguments with colleagues. Eventually, this can lead to job loss. Being terminated for performance issues will make it harder to find another job. Middle class individuals can also slip into addiction-related poverty by selling assets or dipping into retirement savings to buy drugs or alcohol. Untreated addiction impairs judgement and critical thinking skills, which can lead someone who is normally very financially responsible to burn through decades of accumulated wealth in just a short time. Promoting Recovery by Treating the Root Causes of Addiction No two people with substance use disorders are exactly alike. This could include providing job skills training, affordable housing resources, or access to community-based assistance programs for low-income individuals in addition to detox and substance abuse counseling. By working to heal the mind, body, and spirit, St. Joseph Institute helps clients move towards a future free from the burden of addiction. With personalized care, you can regain control of your life. To learn more about our programs , please visit our website.

Chapter 8 : Understanding the relationship between poverty and alcohol - A hangover free life

Understanding poverty, unemployment, homelessness, drug-addiction, or any other socio-economic stress and unfortunate situation is a challenge for those of us who are so fortunate not have such an affliction.

Terminology[edit] The term "welfare dependency" is itself controversial, often carrying derogatory connotations that the recipient is unwilling to work. Instead of focusing on how to tackle the root causes of poverty, people focus on attacking the supposed poor character of the recipient. To describe a person as welfare dependent can therefore be interpreted as "blaming the victim," depending on context. Welfare, long-term reliance, and policy[edit] There is a great deal of overlap between discourses of welfare dependency and the stereotype of the welfare queen, in that long-term welfare recipients are often seen as draining public resources they have done nothing to earn, as well as stereotyped as doing nothing to improve their situation, choosing to draw benefits when there are alternatives available. This contributes to stigmatization of welfare recipients. While the stereotype of a long-term welfare recipient involves not wanting to work, in reality a large proportion of welfare recipients are engaged in some form of paid work but still cannot make ends meet. Assistant Secretary of Labor Daniel Patrick Moynihan argued that in the wake of the Civil Rights Act, urban Black Americans would still suffer disadvantage and remain entrenched in poverty due to the decay of the family structure. From to, both the percentage of families headed by single-parent mothers and reliance on welfare payments increased. At the same time, research began indicating that the majority of people living below the poverty line experienced only short spells of poverty, casting doubt on the notion of an entrenched underclass. Ellwood used the Panel Study of Income Dynamics to examine the duration of spells of poverty defined as continuous periods spent with income under the poverty line, looking specifically at entry and exit. They found that while three in five people who were just beginning a spell of poverty came out of it within three years, only one-quarter of people who had already been poor for three years were able to exit poverty within the next two. A small but significant group of recipients remained on welfare for much longer, forming the bulk of poverty at any one point in time and requiring the most in government resources. On the other hand, entry into poverty that was the result of a woman becoming head of household lasted on average for more than five years. Children born into poverty were particularly likely to remain poor. The federal government had been urging single-parent mothers with children to take on paid work in an effort to reduce welfare rolls since the introduction of the WIN Program in, [9] but in the s this emphasis became central to welfare policy. Emphasis turned toward personal responsibility and the attainment of self-sufficiency through work. Conservative views of welfare dependency, coming from the perspective of classical economics, argued that individual behaviors and the policies that reward them lead to the entrenchment of poverty. The Social Obligations of Citizenship argued that American welfare was too permissive, giving out benefit payments without demanding anything from poor people in return, particularly not requiring the recipient to work. Mead viewed this as directly linked to the higher incidence of social problems among poor Americans, more as a cause than an effect of poverty: The recipients seldom have to work or otherwise function to earn whatever income, service, or benefit a program gives; meager though it may be, they receive it essentially as an entitlement. Their place in American society is defined by their need and weakness, not their competence. This lack of accountability is among the reasons why nonwork, crime, family breakup, and other problems are much commoner among recipients than Americans generally. His book *Losing Ground* was also highly influential in the welfare reforms of the s. Overall, four in five exits from poverty could be explained by an increase in earnings, according to their data. The idea of combining welfare reform with work programs in order to reduce long-term dependency received bipartisan support during the s, culminating in the signing of the Family Support Act in. A lack of resources, particularly in relation to financing and case management, stymied JOBS. However, in, expansion of the Earned Income Tax Credit EITC, first enacted in, offered working poor families with children an incentive to remain in work. Also in that year, federal legislation aimed at providing child care to families who would otherwise be dependent on welfare aided single-parent mothers in particular. Such measures were intended to

decrease welfare dependence: The House Ways and Means Committee stated that the goal of the Personal Responsibility and Work Opportunity Act was to "reduce the length of welfare spells by attacking dependency while simultaneously preserving the function of welfare as a safety net for families experiencing temporary financial problems. TANF was administered by individual states, with funding coming from federal block grants. However, resources were not adjusted for inflation, caseload changes, or state spending changes. Even though working could make a woman eligible for the Earned Income Tax Credit, the amount was not enough to make up for the rest of her withdrawn welfare benefits. Work also brought with it related costs, such as transportation and child care. Without fundamental changes in the skill profile of the average single-parent mother on welfare to address structural changes in the economy, or a significant increase in pay for low-skilled work, withdrawing welfare benefits and leaving women with only work income meant that many faced a decline in overall income. Sociologists Kathryn Edin and Laura Lein interviewed mothers on welfare in Chicago, Charleston, Boston, and San Antonio, and found that while working mothers generally had more income left over after paying rent and food than welfare mothers did, the former were still worse-off financially because of the costs associated with work. Degree of Dependence, which can be measured by the percentage of total income from means-tested benefits. Receipt of Means-Tested Assistance and Labor Force Attachment, or what percentage of recipients are in families with different degrees of labor force participation. Rates of Participation in Means-Tested Assistance Programs, or the percentage of people eligible for welfare benefits who are actually claiming them. Dependence Transitions, which breaks down recipients by demographic characteristics and the level of income that welfare benefits represented for them in previous years. Program Spell Duration, or for how long recipients draw the three means-tested benefits. Welfare Spell Duration with No Labor Force Attachment, which measures how long recipients with no one working in their family remain on welfare. In , the Department estimated that 3. In general, measures of welfare dependence are assessed alongside the statistics for poverty in general. If such benefits were excluded from calculations, the dependency rate would be lower. At the time of the Moynihan Report , approximately one-quarter of Black households were headed by women, compared to about one in ten White households. In , official statistics stated that This trap can be eliminated through the addition of work subsidies. This is in large part due to fundamental inequalities in the quality of public education , which are themselves traceable to class disparities because school funding is heavily reliant on local property taxes. Meanwhile, low-skilled jobs have decreased within the city, moving out toward more economically advantageous suburban locations. Under the spatial mismatch hypothesis, reductions in urban welfare dependence, particularly among Blacks, would rely on giving potential workers access to suitable jobs in affluent suburbs. Without appropriate jobs, it can be argued using rational choice theory that welfare recipients would make the decision to do what is economically advantageous to them, which often means not taking low-paid work that would require expensive childcare and lengthy commutes. However, a large proportion of welfare recipients are also in some form of work, which casts doubt on this viewpoint. The persistence of racism[edit] One perspective argues that structural problems, particularly persistent racism , have concentrated disadvantage among urban Black residents and thus caused their need to rely on long-term welfare payments. Economic growth in the s and s did not alleviate poverty, largely because wages remained stagnant while the availability of low-skilled but decent-paying jobs disappeared from American urban centers. Poverty could be alleviated by better-targeted economic policies as well as concerted efforts to penalize racial discrimination. However, William Julius Wilson , in *The Truly Disadvantaged*, urges caution in initiating race-based programs as there is evidence they may not benefit the poorest Black people, which would include people who have been on welfare for long periods of time. Cultural[edit] Oscar Lewis introduced a theory of a culture of poverty in the late s, initially in the context of anthropological studies in Mexico. However, the idea gained currency and influenced the Moynihan Report. There are both liberal and conservative interpretations of the culture of poverty: Cutting the number of individuals receiving welfare payments does not mean that poverty itself has been proportionally reduced, because many people with incomes below the official poverty line may not be receiving the transfer payments they may have been entitled to in previous years. For example, in the early s there was a particularly large discrepancy between the official poverty rate and the number of AFDC recipients due to major government

cuts in AFDC provision. While official welfare rolls were halved between and , many working poor families were still reliant on government aid in the form of unemployment insurance, Medicaid , and assistance with food and childcare. Whereas in the s and much of the s discussions of problems with welfare centered on dependency, the focus in more recent years has come to rest on working poverty. Poverty rates in the United States have risen since the implementation of welfare reform. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. The Department of Work and Pensions has released a report claiming that Disability Living Allowance , the main payment given to people who are severely disabled, "can act as a barrier to work" and causes some recipients to become dependent on it as a source of income rather than looking for a suitable job. The New Deal programs, targeted towards different groups of long-term unemployed people such as lone parents, young people, disabled people, and musicians, gave the government the ability to stop the benefit payments of people who did not accept reasonable offers of employment.

Chapter 9 : Codependency Relationships - Codependent

The Census Bureau's annual poverty report presents a misleading picture of poverty in the United States. Few of the million people identified by the Census Bureau as being "in poverty."

Drugs, Brains, and Behavior: Addiction is defined as a chronic, relapsing disorder characterized by compulsive drug seeking and use despite adverse consequences. Both disrupt the normal, healthy functioning of an organ in the body, both have serious harmful effects, and both are, in many cases, preventable and treatable. If left untreated, they can last a lifetime and may lead to death. Facing Addiction in America: Modified with permission from Volkow et al. These fMRI images compare the brain of an individual with a history of cocaine use disorder middle and right to the brain of an individual without a history of cocaine use left. The person who has had a cocaine use disorder has lower levels of the D2 dopamine receptor depicted in red in the striatum one month middle and four months right after stopping cocaine use compared to the non-user. The level of dopamine receptors in the brain of the cocaine user are higher at the 4-month mark right, but have not returned to the levels observed in the non-user left. Why do people take drugs? In general, people take drugs for a few reasons: Drugs can produce intense feelings of pleasure. This initial euphoria is followed by other effects, which differ with the type of drug used. For example, with stimulants such as cocaine, the high is followed by feelings of power, self-confidence, and increased energy. In contrast, the euphoria caused by opioids such as heroin is followed by feelings of relaxation and satisfaction. Some people who suffer from social anxiety, stress, and depression start using drugs to try to feel less anxious. Stress can play a major role in starting and continuing drug use as well as relapse return to drug use in patients recovering from addiction. Some people feel pressure to improve their focus in school or at work or their abilities in sports. This can play a role in trying or continuing to use drugs, such as prescription stimulants or cocaine. Curiosity and social pressure. In this respect, teens are particularly at risk because peer pressure can be very strong. Teens are more likely than adults to act in risky or daring ways to impress their friends and show their independence from parents and social rules. When they first use a drug, people may perceive what seem to be positive effects. They also may believe they can control their use. Some people may start to feel the need to take more of a drug or take it more often, even in the early stages of their drug use. These are the telltale signs of an addiction. Even relatively moderate drug use poses dangers. Consider how a social drinker can become intoxicated, get behind the wheel of a car, and quickly turn a pleasurable activity into a tragedy that affects many lives. Occasional drug use, such as misusing an opioid to get high, can have similarly disastrous effects, including overdose, and dangerously impaired driving. Do people freely choose to keep using drugs? The initial decision to take drugs is typically voluntary. Brain imaging studies of people with addiction show physical changes in areas of the brain that are critical to judgment, decision-making, learning and memory, and behavior control. Why do some people become addicted to drugs, while others do not? No single factor determines whether a person will become addicted to drugs. As with other diseases and disorders, the likelihood of developing an addiction differs from person to person, and no single factor determines whether a person will become addicted to drugs. In general, the more risk factors a person has, the greater the chance that taking drugs will lead to drug use and addiction. Risk and protective factors may be either environmental or biological.