Title: Describe common substance and non-substance addictions in New Zealand, their effects, and types of addictive behaviour

Level: 4
Credits: 8

Purpose: People credited with this unit standard are able to describe: common substance and non-substance addictions in New Zealand, and their effects on addiction service users and their natural supports; and types of addictive behaviour of addiction service users.

Classification: Health, Disability, and Aged Support > Mental Health and Addiction Support

Available grade: Achieved

Entry information

Recommended skills and knowledge: Unit 26984, Describe mental health and addiction issues and the potential impact of co-existing problems, or demonstrate equivalent knowledge and skills.

Explanatory notes

1 Legislation relevant to this unit standard includes:
Alcoholism and Drug Addiction Act 1966;
Children, Young Persons, and Their Families Act 1989;
Criminal Justice Act 1985;
Criminal Procedure (Mentally Impaired Persons) Act 2003;
Health and Disability Commissioner (Code of Health and Disability Services Consumers’ Rights) Regulations 1996;
Health Practitioners Competence Assurance Act 2003;
Intellectual Disability (Compulsory Care and Rehabilitation) Act 2003;
Mental Health (Compulsory Assessment and Treatment) Act 1992;
Misuse of Drugs Act 1975;
Privacy Act 1993;

2 New Zealand Standards relevant to this unit standard include:
NZS 8134.0:2008 Health and disability services Standards – Health and disability services (general) Standard;
NZS 8134.1:2008 Health and disability services Standards – Health and disability services (core) Standards;
NZS 8134.2:2008 Health and disability services Standards – Health and disability services (restraint minimisation and safe practice) Standards;
3 Primary references
Substance addictions –
Non-substance addictions –
The Problem Gambling Foundation of New Zealand offers a comprehensive range of fact sheets, frequently asked questions (FAQs), an on-line library catalogue, and related links for publications and information; available at [http://www.pgfnz.org.nz/Home/0,271,1132,00.html](http://www.pgfnz.org.nz/Home/0,271,1132,00.html).
Substance and non-substance addictions –

4 References
Definitions

Addiction refers to a ‘maladaptive pattern of substance use or problem gambling that leads to a clinically significant impairment or distress. Substance use disorders and pathological gambling disorder are characterised by dyscontrol, [increased] tolerance, withdrawal, and salience [conspicuous behaviour], and they are considered chronic relapsing conditions’ (Let’s get real, ‘Glossary’, p. 25).

‘Maladaptive’ in the context of this definition refers to any pattern of substance use or problem gambling that is unconstructive or disruptive, and which does not assist or promote the ability of a person to adjust the addictive behaviour which he or she is exhibiting.

Addiction service user in the context of this unit standard refers to a person accessing services in a mental health or addiction setting. Service users may also be known as consumers, clients, patients, tūrōro, or tangata whai ora in particular contexts and settings.

Common substance addictions refers to depressants, stimulants, cannabis, opioids, hallucinogens, and phencyclidines.

Effects on addiction service users and their natural supports refers to physical, social, cognitive, cultural and/or spiritual, and psychological effects.

Natural supports refers to any assistance, relationships, or interactions provided to addiction service users by family/whānau, friends, peers, co-workers, or community volunteers. In a specifically Māori context, natural supports may include but are not limited to: kaumātua, kuia, tohunga, whānau, iwi, and hapū.

Non-substance addictions refers to addictions such as those related to gambling, internet, work, food, sex, risk-taking, shopping.

Outcomes and evidence requirements

Outcome 1

Describe common substance addictions in New Zealand, and their effects on addiction service users and their natural supports.

Range evidence is required for five common substance addictions in New Zealand, one of which is alcohol.

Evidence requirements

1.1 Common substance addictions in New Zealand are described in terms of their classifications under the DSM-IV-TR.

1.2 The effects on addiction service users as a result of common substance addictions in New Zealand are described in accordance with the primary references.

Range evidence is required for two effects on addiction service users for each addiction.
1.3 The effects on the natural supports of addiction service users as a result of common substance addictions in New Zealand are described in accordance with the primary references.

Range evidence is required for two effects on natural supports for each addiction.

Outcome 2

Describe common non-substance addictions in New Zealand, and their effects on addiction service users and their natural supports.

Range evidence is required for three common non-substance addictions in New Zealand, one of which is gambling.

Evidence requirements

2.1 The effects on addiction service users as a result of common non-substance addictions in New Zealand are described in accordance with the primary references.

Range evidence is required for two effects on addiction service users for each addiction.

2.2 The effects on the natural supports of addiction service users as a result of common non-substance addictions in New Zealand are described in accordance with the primary references.

Range evidence is required for two effects on natural supports for each addiction.

Outcome 3

Describe types of addictive behaviour of addiction service users.

Range three types of addictive behaviour.

Evidence requirements

3.1 Types of addictive behaviour are described in terms of motivating factors.

Range motivating factors may include but are not limited to – anxiety, stress, inadequacy in managing anxiety, stress and or painful emotions, physical dependence, mood change and mood management, learned behaviour or modelling, value to the person of continuing the behaviour.
3.2 The characteristics of types of addictive behaviour that may be demonstrated by addiction service users are described.

Range characteristics of types of addictive behaviour may include but are not limited to – hiding the behaviour, denial of problems with the behaviour, personal control and loss of control of the behaviour, blackout, depression.

3.3 Actions that may be taken to address addictive behaviour are described in accordance with the primary references and references.

Range evidence is required for a minimum of three actions.

### Planned review date

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### Consent and Moderation Requirements (CMR) reference

0024


### Please note

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMR). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

### Comments on this unit standard

Please contact the Community Support Services ITO Limited info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.