



# Neuroscience of Addiction FACT SHEET 2018

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## Partner Organizations

Addiction Education Society (AES)

New Leaf Treatment Center (NLTC)

Teachers Curriculum Institute (TCI)

Sequoia Healthcare District (SHD)

Stanford Dept. of Psychiatry &

Behavioral Science

## Program Funders

Teachers Curriculum Institute (TCI)

Sequoia Healthcare District (SHD)

Sequoia Union H.S. District (SUHSD)

CEJ Business Holdings

The Johnson Foundation

## Program Testimonials

*"Thank you for opening my eyes to the consequences of drugs." -Enrique, 9<sup>th</sup> grade*

*"I learned way more about drugs and the reasons you could get addicted. I also learned ways to help others in not becoming or getting them out of addiction." -Jonathan, 11<sup>th</sup> grade*

*"I learned that students lack essential knowledge about the neuroscience of addiction. Students as well as me, as a teacher, were engaged and took away truly valuable concepts by learning of the pleasure scale. I appreciated developing teacher support and planning learning prior to class." -David, teacher at EPAA*

**Background:** The Neuroscience of Addiction is an interactive curriculum that effectively communicates to high school students the brain processes underlying the disease of addiction. The students understand how all addictions develop, who is at risk, and coping strategies. The program incorporates elements of Dr. Stalcup's treatment model called Craving Identification and Management.

**Benefits:** The speaker is Dr. Alex Stalcup who has helped and treated thousands of recovering addicts for decades.

- The students in the video are drug users, the relaxed and humorous tone is quite different than "Just say No" warning programs.
- The real friendship that develops between Dr. Stalcup and the teens is what students hear and like.
- The tone is not alarmist but realistically educational
- It does not focus on individual drugs but rather on the brain patterns common to all addictions.
- Students consistently give the program high marks for its authenticity and valuable information.

## Product and Services:

- Program fits into six 50-minute class periods
- Outside guest speakers are not needed.
- The program cost is low: materials and one professional development training required.
- Each session has about 20 minutes of video broken into segments
- Each video pause incorporates structured student interaction or class activities, recorded in each student's workbook.
- The students try to give up something mildly addictive (soda, social media, video games) for 4 days and analyze the craving experience.
- Program aimed at 9<sup>th</sup> graders but works well with older students too.
- Teachers can customize the program in their own classrooms.
- Incorporates online surveys before and after to measure learning.

## Program piloting milestones @ Sequoia Union High School District

- Oct./Nov. 2016, program piloted with 420 students in 15 classrooms
- Oct./Nov. 2017, program piloted with 1,500+ students in 52 classrooms. The majority of the students were 9<sup>th</sup> graders, but 278 students were juniors and seniors.
- Hosted professional development training with 22 teachers.
- Developing Craving Experiment interface & Program access dashboard

## What are the fees

Training costs vary based on program location and district/school needs. Teacher professional development and one-one trainings available.

- Program materials include: Teacher binder, student workbook & video
- Automated student pre and post surveys & outcome reporting.