

### **Culture of Addiction Enmeshment Scale**

White (1996) has described three patterns in which people with AOD problems relate to a larger culture of addiction. Clients with acultural styles of addiction initiate and sustain their addiction without significant involvement with others who are addicted. Clients with bicultural styles of addiction are involved in the culture of addiction, but maintain relationships and activities in the civilian world as well. Clients with culturally enmeshed styles of addiction relate almost exclusively within the culture of addiction and may have minimal abilities to function outside that culture. The importance of understanding the style of each client is that those with more enmeshed styles of addiction require treatment of greater intensity and duration and may require sustained alteration of their physical environment to initiate and sustain a recovery process.

The questionnaire on the following page is a means of assessing degree of involvement in the drug culture based on interviews with the client and family collaterals.

References: White, W. (1996). *Pathways from the culture of addiction to the culture of recovery: A travel guide for addiction professionals* (2<sup>nd</sup> ed.). Center City, MN: Hazelden.

## Culture of Addiction Enmeshment Scale

The following questions are intended to assess a client's degree of involvement in the culture of addiction.

- YES    NO 1.    Do most of your leisure activities involve alcohol/drug use?
- YES    NO 2.    Have you procured alcohol/drugs from more than five locations in the past 3 months?
- YES    NO 3.    Do most of your friends consume alcohol/drugs in the same frequency and quantity as you do?
- YES    NO 4.    Are there others with whom you regularly share alcohol and drugs?
- YES    NO 5.    Have you stopped seeing friends who don't use alcohol/drugs the way you do?
- YES    NO 6.    Do you own alcohol/drug-related paraphernalia? (contrivances for use, brand symbols, etc.)?
- YES    NO 7.    Have you been involved in criminal activity related to your alcohol/drug use (other than possession) or have close friends who have?
- YES    NO 8.    Do you feel that through your association with others that you know a great deal about alcohol/drugs?
- YES    NO 9.    When you are with your friends, do you find yourselves telling "war stories" about your alcohol/drug escapades?
- YES    NO 10.    Do you feel your identity and whole lifestyle have changed as a result of your alcohol/drug use?

### Collateral Interview Questions

- YES    NO 1.    Does \_\_\_\_\_ (client) spend considerable time with other alcohol/drug users?
- YES    NO 2.    Has \_\_\_\_\_ become more and more detached from family and friends who don't drink/use drugs?
- YES    NO 3.    Have you seen dramatic changes in \_\_\_\_\_'s language, values, appearance, and eating/sleeping habits as a result of his/her drug use?
- YES    NO 4.    Do you feel \_\_\_\_\_, through his/her association with other users, is changing into someone you no longer know?
- YES    NO 5.    Do you feel there are other alcohol/drug users who are a particularly bad influence on \_\_\_\_\_?