Substance Abuse

**Why “Substance Abuse” vs. “Drugs & Alcohol”?**

* “Drugs & Alcohol” suggests the only things that are abused are *illegal* drugs & alcohol.

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* “Drugs & Alcohol” suggests alcohol is not a drug or is considered separate from other drugs.

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* The unit’s focus is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**General Substance Abuse Terminology**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—Proper consumption/application of a substance or product as it is intended
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—Improper consumption/application of a substance or product; generally unintentional or accidental
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—*Intentional* consumption of substances to achieve a desired effect and/or are known to cause health risks/disease, accidents, death, etc.

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| **Examples of Use, Misuse and Abuse** | | | |
| **Substance** | **Use** | **Misuse** | **Abuse** |
| *Medications* |  |  |  |
| *Inhalants* |  |  |  |
| *Alcohol* |  |  |  |
| **REMEMBER:** Even substances used as intended and/or correctly can pose a threat to one’s health. | | | |

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—requiring more and more of a substance to get a desired effect(s)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—a person thinks or believes they have to have a substance in order to behave in a particular manner or feel a particular way (particularly socially)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—the body cannot physically function without the presence of a given substance
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—the state of physical and mental dependence on a substance
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—the process through which a person stops using a substance; various

signs and symptoms can result, including possible death

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—the interaction of two different substances resulting in a greater overall effects
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—results from excessive ingestion of a substance that could lead to coma or death

**Abused Substances Terminology/Categories**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Drugs or “Street Drugs”—substances that are classified illegal by state and/or federal (DEA) law; *cocaine, heroin, fentanyl, LSD, ecstasy*
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Drugs—drugs created in a laboratory that are not organic in nature/origin; *methamphetamine, some inhalants, bath salts, GHB*
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Drugs—may have color, symbols/shapes or flavor to entice abusers; *ecstasy*
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Drugs—drugs commonly seen at clubs or raves; *rohypnol, GHB*
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—substances inhaled into the respiratory system for desired effect(s)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Drugs—substances that may lead to the use of other abused substances, a controversial term; possibly *ethanol alcohol, marijuana, caffeine*
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (OTC) Drugs—medications that can be purchased without a prescription; *acetaminophen, ibuprofen, aspirin, ephedrine/pseudoephedrine, etc.*
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Rx) Drugs—Require a Rx from a licensed medical professional; *Adderall, Zoloft, Oxycodone, Vicodin, etc.*

**Abused Substances by Effect**

* Depressants—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the CNS; *Ethanol Alcohol, GHB*
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—create a sedative effect; *sleep aids, rohypnol*
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—dulls senses, relieves pain, induces sleep; *Oxycontin, heroin, Vicodin, fentanyl, morphine*
* Stimulants—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the CNS; *methamphetamine, cocaine/crack, nicotine, caffeine (coffee, energy drinks, soda, chocolate, caffeine pills, etc.)*
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—frequently Rx drugs sold/taken illegally; *Adderall, Ritalin*
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—produce hallucinations; *LSD, mescaline, PCP, inhalants* (paints, cleaners, glues, aerosols, air fresheners, markers, etc.)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—a category of its own as it can have depressant, stimulant and/or hallucinogenic properties depending on the purity, the abuser’s own physiology, amount, etc.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—a synthetic derivative of the male hormone testosterone

**Alcohol**

* Medically/scientifically termed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* A depressant, organic in origin, legal and THE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—physical and mental impairment resulting from the use of alcohol; impaired judgment, slurred speech, blurred vision, depression, flushed cheeks, unconsciousness, vomiting, etc.

*Short-term Effects of Alcohol*

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—slows the CNS, thoughts are disorganized, memory/concentration dulled, decision making affected
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—responsible for filtering the blood of alcohol and converting it into water, carbon-dioxide and energy (metabolism)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—carries the alcohol to the rest of the body, dilates vessels, heat loss
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—increases heart rate and blood pressure, abnormal heart beats
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—causes kidneys to increase urine production, resulting in frequent urination and ultimately dehydration
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—immediate absorption through the stomach, increases secretion of gastric juices resulting in stomach irritation

*Long-term Effects of Drinking*

* Alcoholism
  + Reverse Tolerance—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Chronic liver problems (i.e. fatty liver, cirrhosis, hepatitis)
* Unplanned Pregnancy/STD’s—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Inhibits the metabolism of fat—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Alcohol Consumption*

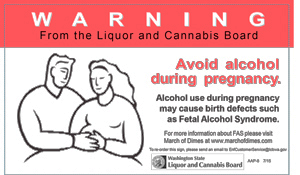
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drinking is defined as consuming 1 drink/day for women, 2 drinks/day for men
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drinking is defined as consuming 8+ drinks/week for women, 15+ drinks/week for men
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drinking, the most common form of excessive drinking, is defined as consuming 4+

drinks for women and 5+ drinks for men during *a single occasion*

*Driving Under the Influence (DUI)*

* BAC—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_% is the legal limit (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

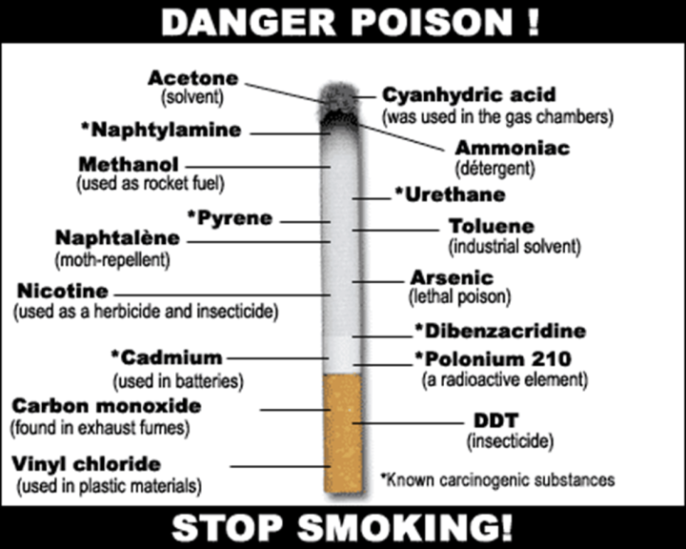
\_\_\_\_\_\_\_\_\_% for minors (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

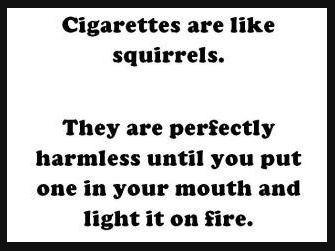
* Factors that influence a person’s BAC:
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Signs of intoxication can begin at a BAC of .02
* Physical manifestations of DUI:
* Reduced ability to judge distances, speeds & turns
* Added forgetfulness to take precautions such as using turn signals or putting on a seat belt
* Reduced ability to judge accurately one’s own capabilities and limitations
* Increased tendency to take risks
* Reduced ability to concentrate
* S l o w reflexes
* Legal ramifications for DUI:
* Possible confiscation of driver’s license
* Arrest and possible trip to jail, court appearance and fine
* Possible suspension of driver’s license
* Possible mandatory jail sentence
* Higher insurance rates
* Possible lawsuits
* Cost of bail

*Alcohol and Pregnancy*

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(FAS)—a condition in which a fetus has been adversely affected mentally and physically by its mother’s alcohol use during pregnancy
  + Alcohol in the mother’s blood is directly sent to the fetus like blood would carry alcohol to any organ
  + FAS is 100% \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, yet each year roughly 40,000 FAS babies are born in the U.S.
  + In 1988, the US Senate passed the bill that requires a warning label about FAS on all alcoholic beverages

**Tobacco**—Nicotine is a legal, organic, stimulant

*Forms of Tobacco*

* Cigarettes
* Cigars
* Smokeless Tobacco
  + Chew/Snuff
  + Vaping/Hooka
* Specialty Cigarettes
* Pipes

*Short-term Effects*

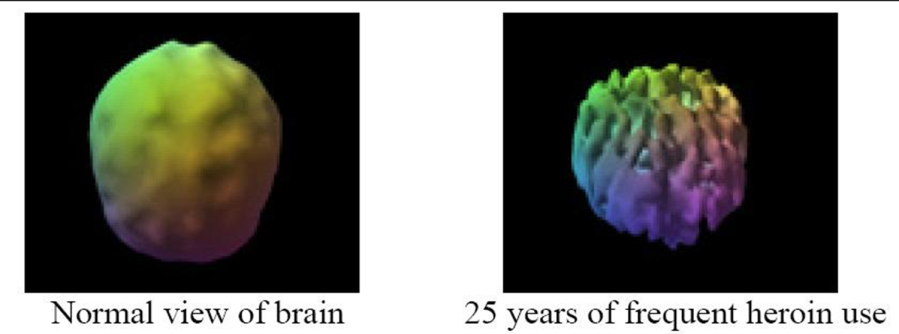
* Appetite suppression
* Increased heart rate
* Constricts blood vessels=increases blood pressure
* Decreased urine output
* Decreased reflex time

*Long-term Effects*

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—irritation of the bronchi resulting in coughing and increased mucus secretion; Smoker’s Cough
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—destruction of the alveoli
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—starts in the bronchi, moves to the lungs; cancer cells can enter the lymphatic system and reach other organs
* Makes heart work harder, speeding up pulse
* Constricts the blood vessels resulting in higher blood pressure and poor circulation
* Plaque build-up in blood vessels
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—thickened, white, leathery appearing spots on the inside of a smokeless tobacco user’s mouth that can develop into cancer of the mouth

*Secondhand Smoke*

* There is no safe amount of secondhand smoke
* Secondhand smoke has been known to cause SIDS, ear infections, respiratory infections and more frequent/severe asthma attacks in children
* It causes heart disease, lung cancer and stroke in adults
* Smoking sections do not protect you from secondhand smoke
* The most common exposure occurs in homes & worksites

****Addiction**

*Disease or Lack of Will Power?*

* Advances in research of the brain indicate that addiction is a *disease*; that is, substance abuse can lead to the brain’s actual change in structure and function
* As there are structural and functional changes, it makes it difficult for a person to overcome the urges to abuse a substance

*“Drugs” are…*

* Chemicals that tap into the brain’s neural pathways and disrupt the way nerve cells normally send, receive and process information
* Two ways they do this:

1. Imitating the brain’s natural chemical messengers (neurotransmitters, like dopamine)
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the “reward circuit” of the brain

*Pleasure to Pain*

* Nearly all drugs directly or indirectly target the reward system, flooding it with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Dopamine is a neurotransmitter that controls movement, emotion, motivation and feelings of pleasure
* Increased release of dopamine results in a euphoric state, ultimately “teaching” a person to use a substance

*Addiction*

* Over time, the brain adapts to the overwhelming surges in dopamine by producing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dopamine and/or dopamine receptors
* The reward system is inhibited as a result
* The decrease in pleasure compels addicts to continue the abuse in an attempt to bring the dopamine levels back to normal and thus, the feelings of pleasure return
* Images of the brain indicate that addicts show changes in areas of the brain responsible for

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* This can lead an addict to violence, crime and other adverse behaviors in order to attain the substance, regardless of the repercussions

*Who is at risk?*

* There is no single factor that can predict a person may become an addict
* Chances are influenced by:
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—heredity, gender, ethnicity and mental disorders
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—relationships (peer-pressure, sexual/physical abuse, stress and lack of

parental involvement) and socioeconomic status

* + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_—the earlier the abuse begins, the more likely it will lead to addiction

**Treatment/Recovery**

* No single treatment is appropriate for all individuals
* Treatment should be readily available so those who want to be treated can find it with relative ease
* Treatment should revolve around the person’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, versus just the addiction problem
* Treatment should be re-assessed often and modified to meet the person’s changing needs
* For treatment to be effective, a person must stick with their program to its completion
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and other behavioral therapies are critical components to treatment
* For certain types of addictions, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are an important element of treatment, combined with counseling/behavioral therapy
* Medical management of withdrawal does little to change long-term drug use, thus it’s not over just because withdrawal symptoms are gone
* Treatment does not need to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be effective (interventions)
* The possibility of drug use during treatment cannot go unabated (frequent drug testing)
* Treatment programs should provide assessment for HIV/AIDS, hepatitis B and C, tuberculosis and other infectious diseases
* As is the case with other chronic, relapsing diseases, recovery from drug addiction can be a long-term process and typically requires multiple episodes of treatment and other forms of continuing care
* Quitting “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” can be dangerous (withdrawal syndrome) and is often unsuccessful
* Treatment requires family members/friends to be involved and active in the addict’s recovery

*Kicking the Nasty Habit*

* Set a specific \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and stick to it
* Set short-term goals to reinforce one’s decision to quit
* Decide what method or methods to use to quit (gums, patches, Rx drugs, etc.)
* Get the environment ready for a smoke-free lifestyle
* Have a support system to help through the process

*Resources for Help*

* Teachers, Counselors, Hotlines, Parents, Coaches, SRO
* TeenLink Directory (PDF version on website)
* http://findtreatment.samhsa.gov/

**Prevention**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Engage in physical activity
* Volunteer work
* Join a youth group
* “Just say ‘no’”—\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Educate yourself about the physical/emotional/mental/legal consequences of substance abuse
* Try intervention techniques with a friend who is using—peer pressure can be *positive*!

*Choose to be Alcohol Free*

* Refusal skills
* Weigh the risks…Did somebody say, “Decision-making model???”
* Avoid “friends” who drink or who would not respect your decision not to
* Avoid situations that could put you at risk of drinking or “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”
* Make a deal with your parents/self

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| **Long-term Effects** |  |  |  |  |  |  |  |  |
| **Short-term Effects** |  |  |  |  |  |  |  |  |
| **Classifications** |  |  |  |  |  |  |  |  |
| **Method(s) of Consumption** |  |  |  |  |  |  |  |  |
| **Forms of Substance** |  |  |  |  |  |  |  |  |
| **Slang and/or Street Names** |  |  |  |  |  |  |  |  |
| **Substance** | Amphetamines | Anabolic Steroids | Bath Salts (Synthetic Cathinones) | Caffeine | Cocaine | Ecstasy | Fentanyl | GHB |
| **Long-term Effects** |  |  |  |  |  |  |  |  |
| **Short-term Effects** |  |  |  |  |  |  |  |  |
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| **Slang and/or Street Names** |  |  |  |  |  |  |  |  |
| **Substance** | Heroin | Inhalants | LSD | Marijuana | Mescaline | Meth | Rohypnol | Synthetic Marijuana (K2/Spice) |