

Substance Abuse



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

- “Drugs & Alcohol” suggests the only things that are abused are *illegal* drugs & alcohol.
- “Drugs & Alcohol” suggests alcohol is not a drug or is considered separate from other drugs.
- 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.

Examples of Use, Misuse and Abuse

Substance	Use	Misuse	Abuse
<i>Medications</i>			
<i>Inhalants</i>			
<i>Alcohol</i>			

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.*
- _____ (R_x) Drugs—Require a R_x 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 R_x 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

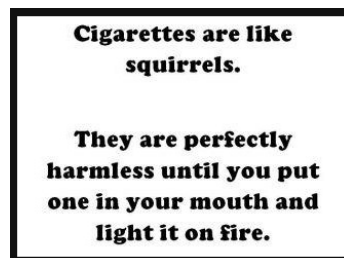
- _____(FAS)—a condition in which a fetus has been adversely affected mentally and physically by its mother's alcohol use during pregnancy
- Alcohol in the mother's blood is directly sent to the fetus like blood would carry alcohol to any organ
- FAS is 100% _____, yet each year roughly 40,000 FAS babies 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

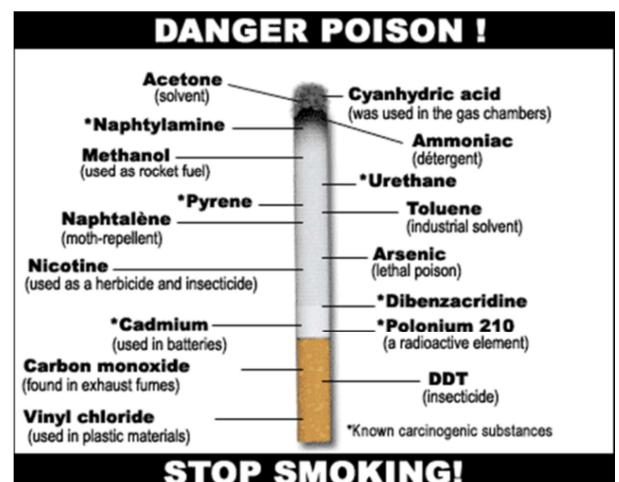


Short-term Effects

- 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



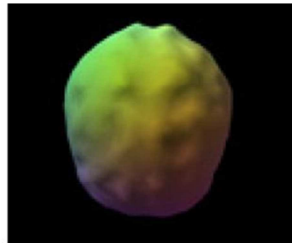
Secondhand Smoke

- 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

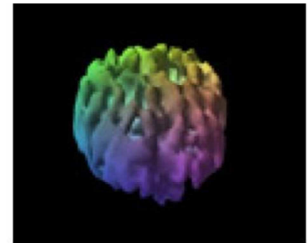
Addiction

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



Normal view of brain



25 years of frequent heroin use

"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

Substance	Slang and/or Street Names	Forms of Substance	Method(s) of Consumption	Classifications	Short-term Effects	Long-term Effects
Amphetamines						
Anabolic Steroids						
Bath Salts (Synthetic Cathinones)						
Caffeine						
Cocaine						
Ecstasy						
Fentanyl						
GHB						

Substance	Slang and/or Street Names	Forms of Substance	Method(s) of Consumption	Classifications	Short-term Effects	Long-term Effects
Heroin						
Inhalants						
LSD						
Marijuana						
Mescaline						
Meth						
Rohypnol						
Synthetic Marijuana (K2/Spice)						