

# Substance Use Disorders

## 1.1 Introduction



## 1.2 Word Association

**When you think about substance use, what are some words that come to mind?**

Fill in as many boxes as you can.

Type Here	Type Here
Type Here	Type Here
Type Here	Type Here
Type Here	Type Here
Type Here	Type Here

## Quote (Slide Layer)

“Above all, we can never forget that the faces of substance use disorders are real people. They are a beloved family member, a friend, a colleague, and ourselves.”

– Surgeon General Vivek Murthy, 2016

[Begin](#)

## 1.4 In This Training

**In This Training...**

- Substance Use Disorders**
  - What are the signs someone may have a substance use disorder?
  - What are some more commonly used substances?
- Risk Factors**
  - What factors put people at risk for developing a problem with substance use?
- Treatment Options**
  - What treatment options are available?
  - How can I play a role in getting someone the help they need?
- Recovery Support**
  - What are components of the recovery process?
  - How do I support someone who is in recovery?

## 1.5 Definitions



## 1.6 Substance Use Continuum



## 1.7 Meeting Iris



## 1.8 What Does Substance Use Look Like?




### Layer 1 (Slide Layer)

**What Does Substance Use Look Like?**

**Taking the substance in larger amounts or for longer than intended:**

Alex tells his wife he's going to happy hour to celebrate a co-worker's birthday. He'll have 1-2 drinks then will be home by 6:30pm for dinner with the kids. Alex frequently arrives home at 9:00pm and is inebriated.



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## Layer 2 (Slide Layer)

### What Does Substance Use Look Like?

**Wanting to cut down or stop using the substance but not managing to:**

Lavonda swears to herself she won't use cocaine again. Yesterday was the last time! Two days later, she uses again with her friends.



Back

## Layer 3 (Slide Layer)

### What Does Substance Use Look Like?

**Spending a lot of time obtaining, using, or recovering from its effects:**

Maria wakes up, and her first thought of the day is how to get more Adderall. She spends hours texting connections to try to get money for more, and even uses going out with men as a way to find more connections. When her high is over, she crashes for about 12 hours, only to wake up and start the process all over again.



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## Layer 4 (Slide Layer)

### What Does Substance Use Look Like?

**Cravings and urges to use the substance:**

Janette wakes up with a hangover once again and has a difficult time getting her young kids up and ready for school. She promises herself she won't do this again. By 4pm, Janette is thinking about how she can sneak in a drink before she arrives home, just to take the "edge" off her stress.



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## Layer 5 (Slide Layer)

### What Does Substance Use Look Like?

**Not managing to do what you should at work, home, or school because of substance use:**

Nick has called in sick to work multiple times this past month, mostly on Mondays. He spends his weekends binging on methamphetamine and alcohol, and by Monday morning, he is completely exhausted. His boss has given him a final warning for unplanned absences.



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## Layer 6 (Slide Layer)

### What Does Substance Use Look Like?

**Continuing to use, even when it causes problems in relationships:**

Missy's mom and dad vocalized their concern over Missy's use of valium, saying she doesn't make any sense when she's talking and slurs her words. She ignores their repeated "lectures," often causing arguments ending in her leaving family gatherings early and angry.



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## Layer 7 (Slide Layer)

### What Does Substance Use Look Like?

**Giving up important social, occupational, or recreational activities because of substance use:**

Keisha was an amazing artist...is an amazing artist. However, she hasn't painted in the past six months since she was introduced to ecstasy. It's consumed her life, and she hasn't had any interest in her art, which used to be her passion.



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## Layer 8 (Slide Layer)

### What Does Substance Use Look Like?

**Using substances repeatedly even when it puts you in danger:**

Ryan was arrested for a DUI over the weekend. He slammed his car into the back of a large truck and had to be taken to the ER for stitches to his face. This is his 3<sup>rd</sup> DUI.



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## Layer 9 (Slide Layer)

### What Does Substance Use Look Like?

**Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance:**

Ellen has been diagnosed with a severe form of depression. She knows that using Xanax and smoking marijuana together makes her feel even more depressed, but the only way she can "cope" right now is to check out by using.



Back

## Layer 10 (Slide Layer)

### What Does Substance Use Look Like?

**Needing more of the substance to get the effect you want (tolerance):**

Thomas was prescribed Hydrocodone for a back injury. He took 40 mgs as prescribed in the morning. Now, he needs a second and third pill per day for his back pain.



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## Layer 11 (Slide Layer)

### What Does Substance Use Look Like?

**Development of withdrawal symptoms, which can be relieved by taking more of the substance:**

Anita drinks heavily most evenings, 6-8 beers usually. In the morning, she usually needs to drink a beer to "take the edge off" her anxiety and stop her hands from trembling.



## 1.10 Misunderstandings About Substance Use

### What Do People Misunderstand About Substance Use?

JUST QUIT!



I COULD NEVER!



WEAK CHARACTER!



BAD CHOICES!



## 1.11 The Reality

### The Reality



Alters the structure of the brain

Voluntary becomes compulsive

Experience tolerance and withdrawal

## 1.12 Illness Quote



"If [Substance Misuse] is seen as a **MORAL FAILING**, it will be **CONDEMNED...**

If [it] is considered **ILLEGAL**, it will be **PROSECUTED...**

If viewed as an **ILLNESS**, it will be **TREATED."**

- Carlo C. Diclemente

## 1.13 Fact vs. Fiction - Reflection Point

(Drag and Drop, 10 points, 1 attempt permitted)

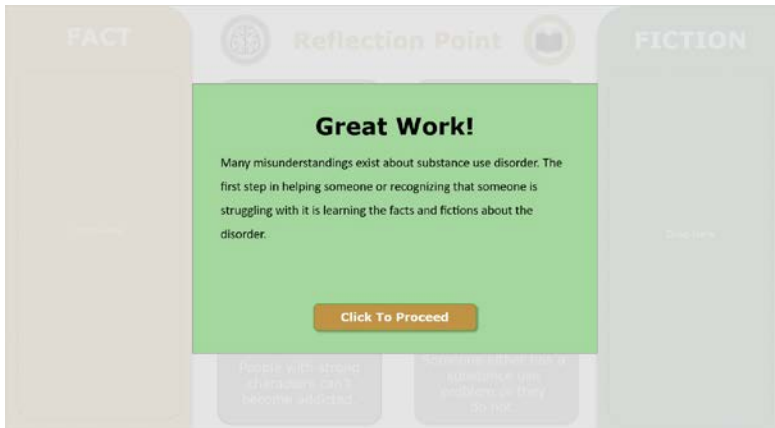
FACT	Reflection Point	FICTION	
Drop Here	<p>Substance use disorder is an illness.</p> <p>Substance use disorder can have many different signs and symptoms.</p> <p>Substance use alters the structure of one's brain.</p> <p>People with strong characters can't become addicted.</p>	<p>It's easy to quit. It's just a choice.</p> <p>Substance use can quickly change from voluntary to compulsive.</p> <p>Substance use is always voluntary.</p> <p>Someone either has a substance use problem or they do not.</p>	Drop Here

### Directions (Slide Layer)

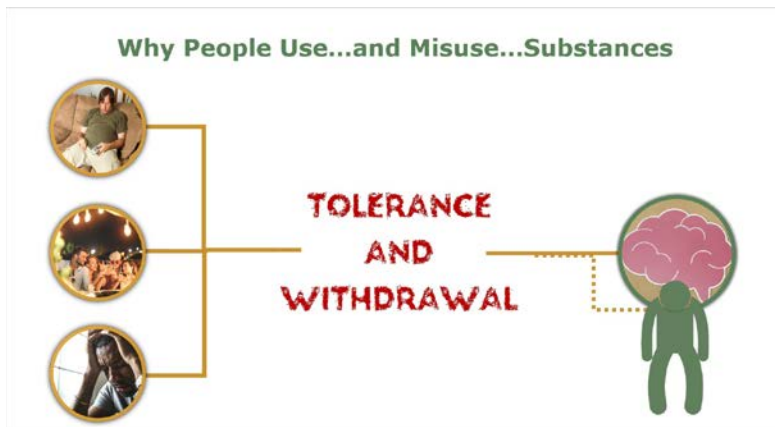
FACT	Reflection Point	FICTION
	<p>Substance use</p> <p>It's easy to quit.</p>	
<p><b>Reflection Point</b></p> <p>Drag and drop each grey box to the fact box on the left if it is a fact, or to the fiction box on the right if it's not true.</p> <p><b>Begin</b></p>		
	<p>People with strong characters can't become addicted.</p> <p>Someone either has a substance use problem or they do not.</p>	



## Correct (Slide Layer)



## 1.16 Why People Use and Misuse Substances



## 1.17 Understanding Risk Factors




## Biological (Slide Layer)

### Understanding Risk Factors

**Biological Risk Factors**

- Factors that can't be controlled:
  - Genes we inherit
  - Mental health conditions
    - Depression
    - Anxiety
- Unlocked by environmental factors



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## Environmental (Slide Layer)

### Understanding Risk Factors

**Environmental Risk Factors**

<ul style="list-style-type: none"><li>• Lack of parental supervision during childhood</li><li>• Poor or undeveloped social skills</li><li>• Experimenting with substances during childhood or adolescence</li><li>• Availability of substances at school or home</li></ul>	<ul style="list-style-type: none"><li>• Poor school achievement</li><li>• Parents' use of and attitudes about substances</li><li>• Community poverty or economic status</li><li>• History of trauma, abuse, or neglect</li></ul>
--	--

Hover over these icons for extra information

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## 1.19 Protective Factors



## Accessible (Slide Layer)

Slide 14 Accessible Version - Narrated

### Protective Factors

- Protecting against risk factors
  - Include
    - Positive relationships with others
    - Community support
    - Policies at work or school
- 
- Can develop at a later age
    - Seeking help from others in recovery
    - New support systems
    - Professional help

## 1.20 Iris' Factors



## 1.21 1/6 Factor Blaster

(Pick One, 10 points, 1 attempt permitted)



**FACTOR BLASTER**  
Question 1 of 6

Growing up, Iris had teachers and mentors that supported her.

**PROTECTIVE**      **RISK**

The interface features two large vertical buttons: a gold shield icon on the left and a green house with a DNA helix icon on the right. Below the text are two circular buttons labeled 'PROTECTIVE' and 'RISK'.

## Correct (Slide Layer)



## Incorrect (Slide Layer)



## Directions (Slide Layer)



## 1.23 2/6 Factor Blaster

(Pick One, 10 points, 1 attempt permitted)

**FACTOR BLASTER**  
Question 2 of 6

Growing up, Iris had teachers and mentors that supported her.

Both Iris' father and grandfather have histories of substance use disorder.

**PROTECTIVE** **RISK**

### Correct (Slide Layer)

**Good Thinking!**

Both Iris' father and grandfather having histories of substance use disorder means it is likely a genetic trait that runs in Iris' family. Thus, she is at greater risk for a substance use disorder.

[Click to Proceed](#)

### Incorrect (Slide Layer)

**Not Quite.**

Both Iris' father and grandfather having histories of substance use disorder means it is likely a genetic trait that runs in Iris' family. Thus, she is at greater risk for a substance use disorder.

[Click to Proceed](#)

## 1.24 3/6 Factor Blaster

(Pick One, 10 points, 1 attempt permitted)

**FACTOR BLASTER**  
Question 3 of 6

Growing up, Iris had teachers and mentors that supported her.

Alcohol was readily available in Iris' home growing up.

Both Iris' father and grandfather have histories of substance use disorder.

**PROTECTIVE** **RISK**

### Incorrect (Slide Layer)

**Not Quite.**

Having substances in the home can create opportunities for youth and teens to begin using at earlier ages.

[Click to Proceed](#)

### Correct (Slide Layer)

**Good Thinking!**

Having substances in the home can create opportunities for youth and teens to begin using at earlier ages.

[Click to Proceed](#)

## 1.25 4/6 Factor Blaster

(Pick One, 10 points, 1 attempt permitted)

**FACTOR BLASTER**  
Question 4 of 6

Growing up, Iris had teachers and mentors that supported her.

Iris' best friend has expressed concern about her recently.

Both Iris' father and grandfather have histories of substance use disorder.

Alcohol was readily available in Iris' home growing up.

**PROTECTIVE** **RISK**

### Correct (Slide Layer)

**Good Thinking!**

Having close friends and family that someone struggling may confide in and people that can recognize when one is suffering from substance use disorder is a major protective factor.

[Click to Proceed](#)

### Incorrect (Slide Layer)

**Not Quite.**

Having close friends and family that someone struggling may confide in and people that can recognize when one is suffering from substance use disorder is a major protective factor.

[Click to Proceed](#)

## 1.26 5/6 Factor Blaster

(Pick One, 10 points, 1 attempt permitted)

**FACTOR BLASTER**  
Question 5 of 6

Growing up, Iris had teachers and mentors that supported her.

Iris' best friend has expressed concern about her recently.

Iris' city has a strong support organization for those struggling with substance use disorder.

Both Iris' father and grandfather have histories of substance use disorder.

Alcohol was readily available in Iris' home growing up.

**PROTECTIVE**      **RISK**

**Incorrect (Slide Layer)**

**Not Quite.**

Community organizations often offer information and support for those struggling with substance use disorder and their loved ones. Having organizations in the community means that someone suffering from substance use disorder, even without any other protective factors, has someplace to find help.

[Click to Proceed](#)

**Correct (Slide Layer)**

**Good Thinking!**

Community organizations often offer information and support for those struggling with substance use disorder and their loved ones. Having organizations in the community means that someone suffering from substance use disorder, even without any other protective factors, has someplace to find help.

[Click to Proceed](#)

**1.27 6/6 Factor Blaster**

*(Pick One, 10 points, 1 attempt permitted)*



**FACTOR BLASTER**  
Question 6 of 6

Growing up, Iris had teachers and mentors that supported her.

Iris' best friend has expressed concern about her recently.

Iris' city has a strong support organization for those struggling.

**PROTECTIVE**

**RISK**

Iris' father was verbally abusive when he drank.

Both Iris' father and grandfather have histories of substance use disorder.

Alcohol was readily available in Iris' home growing up.

### Correct (Slide Layer)

**Good Thinking!**

Childhood trauma, such as physical or verbal abuse can increase an individual's risk of later substance use disorders.

[Click to Proceed](#)

### Incorrect (Slide Layer)

**Not Quite.**

Childhood trauma, such as physical or verbal abuse can increase an individual's risk of later substance use disorders.

[Click to Proceed](#)

## 1.33 Commonly Used Substances

**Commonly Used Substances**

Click each image to learn more.



### Opioids (Slide Layer)

**Commonly Used Substances**

**Opioids**

- Epidemic
- High rates of overdose deaths
- Legitimate reasons:
  - Manage pain
- Serious physical dependency
  - Dangerous withdrawals
- Over 130 people die in the U.S. each day



[Back](#)

### Alcohol (Slide Layer)

**Commonly Used Substances**

**Alcohol**

- Hard to recognize
- Continue with jobs or school
- Concealing until caught:
  - Driving under the influence
  - Too many missed days
- Tragic consequences
- Few receive treatment



[Back](#)

## Smoking & Tobacco (Slide Layer)

### Commonly Used Substances

#### Smoking & Tobacco

- "...leading cause of preventable disease, disability and death in the U.S." (CDC, 2017)
- Costliest substance ever seen
- E-cigarettes and vaping
  - Not safe for youth and pregnant women
  - Less harmful alternative



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## Multiple Substances (Slide Layer)

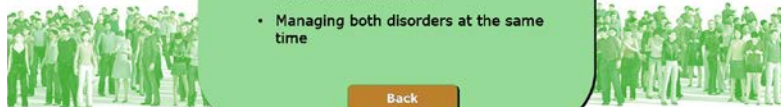
### Commonly Used Substances

#### Multiple Substances/ Co-Occurring Disorders

- Many more substances
- May be using other substances simultaneously
- 50% of people diagnosed with a substance use disorder have a mental health condition
- Managing both disorders at the same time



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## 1.35 Epidemic Quote

### The Opioid Epidemic

Approximately **2 PEOPLE IN** the US will die from an opioid overdose  
by the time **YOU FINISH THIS MODULE.**



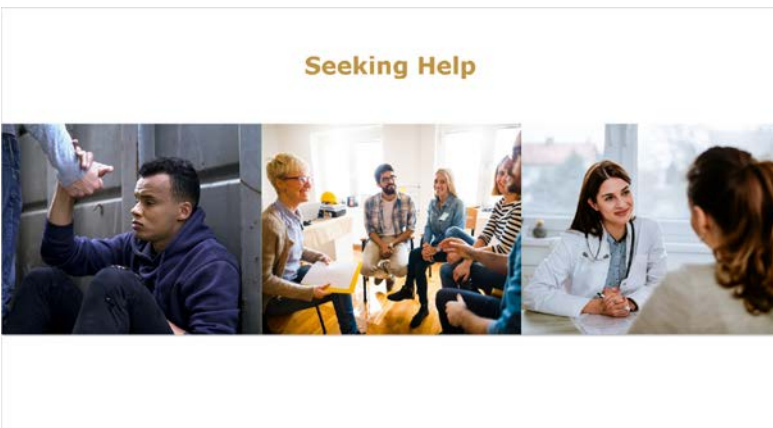
### 1.36 Iris 3



### 1.37 Substance Use Prevention



### 1.38 Seeking Help



### 1.39 Iris - Rock Bottom



### Accessible (Slide Layer)




### 1.40 Treatment Options

Treatment Options

A graphic titled "Treatment Options". On the left is a black silhouette of a person. To its right are three green checkmarks in a vertical column. Further right are several circular images: one showing pills, one showing a person's face, one showing a person in a car, one showing a person in a room, and one showing a person in a room. Below these images are the text labels "Alcoholics Anonymous" and "Narcotics Anonymous".

## 1.41 Recovery - Hope

**Recovery**




A process of change where people move toward their fullest potential.

When you're today is not where you will be forever.

## 1.42 Recovery

**Recovery**

Click on each icon to learn more about these aspects of recovery.



## Purpose (Slide Layer)

**Recovery**

**Purpose**

- Who am I?
- What am I meant to do?
- Define their purpose
  - Creative activities
  - New hobbies
  - Take classes
  - Volunteering

[Back](#)

## Health (Slide Layer)

### Recovery

#### Health

- Continued personal growth
  - Self-improvement
  - Purpose
  - Meaning
- Recovery:
  - Condition and symptoms
  - Physical and emotional
- Small decisions
- Self-care techniques

Back

## Community (Slide Layer)

### Recovery

#### Community

- "Having relationships and social networks that provide support, friendships, love, and hope." (SAMHSA, 2019)
- Positive and supportive people
  - New social groups
  - Spiritual opportunities
  - Peer-led treatment groups
- Avoiding triggers

Back

## 1.43 Iris - Recovery



## 1.44 The Effects on Relationships

### The Effects on Relationships



## 1.45 Continued Support

### Continued Support



## 1.46 Iris - Afterwards





## 1.47 Word Association 2

**When you think about substance use now, what are some words that come to mind?**

Fill in as many boxes as you can.

Type Here	Type Here
Type Here	Type Here
Type Here	Type Here
Type Here	Type Here
Type Here	Type Here

## 1.49 Word Association Comparison

**Take a look!**

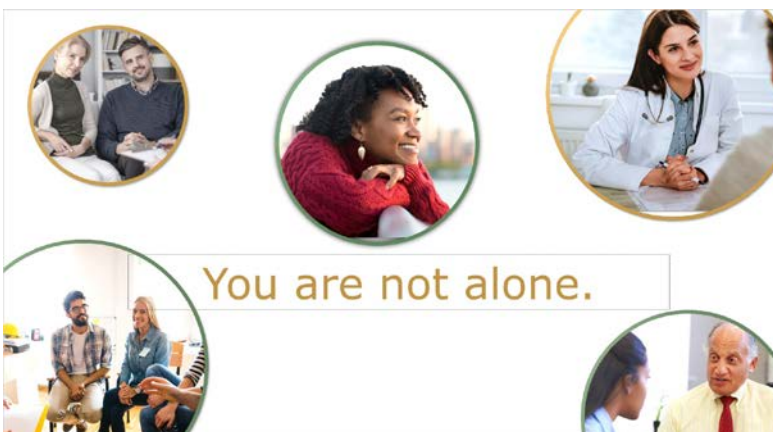
**Did anything change?**

Would you remove any of the words you wrote before?

What words would you not have thought of before completing this module?

Before	After
%WA_1%	%2WA_1%
%WA_2%	%2WA_2%
%WA_3%	%2WA_3%
%WA_4%	%2WA_4%
%WA_5%	%2WA_5%
%WA_6%	%2WA_6%
%WA_7%	%2WA_7%
%WA_8%	%2WA_8%
%WA_9%	%2WA_9%
%WA_10%	%2WA_10%

## 1.50 Not Alone



## 1.51 Needing Help?

### Needing Help?

**1-800-662-HELP (4357) SAMHSA's National Helpline** is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

<https://www.samhsa.gov/find-help/national-helpline>  
[www.dmgfreetexas.org](http://www.dmgfreetexas.org)

## 1.52 Knowledge Check Question 1

(Pick One, 10 points, 1 attempt permitted)

Which of the following is not a sign of a substance use disorder?

Experiencing cravings and urges to use

Giving up activities in order to use

Needing less of the substance over time to get the effect you want

Taking the substance for longer than intended or directed

Question 1 of 5

## Directions (Slide Layer)

Experiencing cravings and urges to use

### SEE WHAT YOU HAVE LEARNED

Next is a short five question quiz to see what you've learned from this module. Feel free to go back at anytime to review information you feel you may have missed.

Begin

than intended or directed

Question 1 of 5

## Correct (Slide Layer)

Which of the following is not a sign of substance use disorder?

**Good Thinking!**

Cravings, giving up activities, and taking the substance longer than intended are all signs of a substance use disorder. Tolerance refers to needing more of a substance to get the effect you want. Having an increased tolerance for the substance is also a signal of a substance use disorder.

Click To Proceed

Question 1 of 5

## Incorrect (Slide Layer)

Which of the following is not a sign of substance use disorder?

**Not Quite.**

Cravings, giving up activities, and taking the substance longer than intended are all signs of a substance use disorder. Tolerance refers to needing more of a substance to get the effect you want. Having an increased tolerance for the substance is also a signal of a substance use disorder.

Click To Proceed

Question 1 of 5

## 1.54 Knowledge Check Question 2

(Pick One, 10 points, 1 attempt permitted)

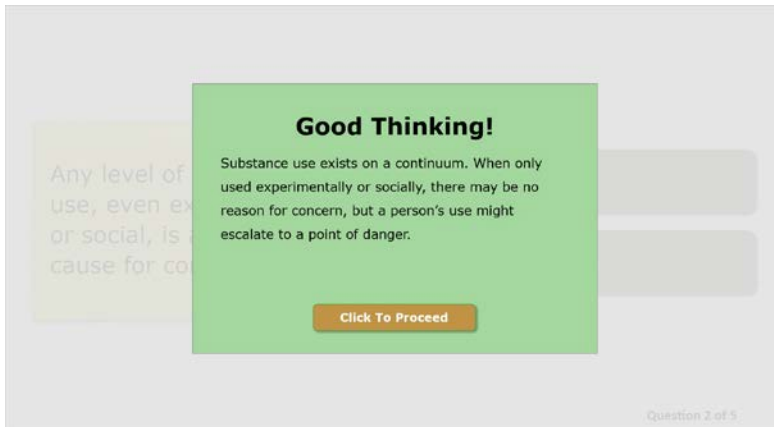
Any level of substance use, even experimental or social, is always cause for concern.

True

False

Question 2 of 5

## Correct (Slide Layer)



Any level of use, even experimental or social, is a cause for concern.

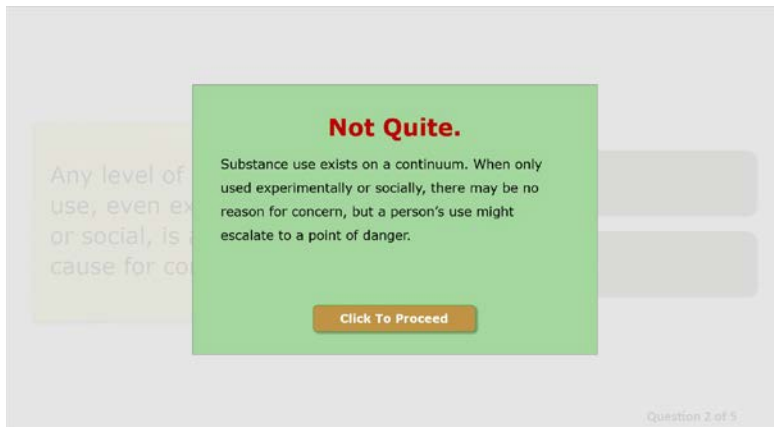
**Good Thinking!**

Substance use exists on a continuum. When only used experimentally or socially, there may be no reason for concern, but a person's use might escalate to a point of danger.

Click To Proceed

Question 2 of 5

## Incorrect (Slide Layer)



Any level of use, even experimental or social, is a cause for concern.

**Not Quite.**

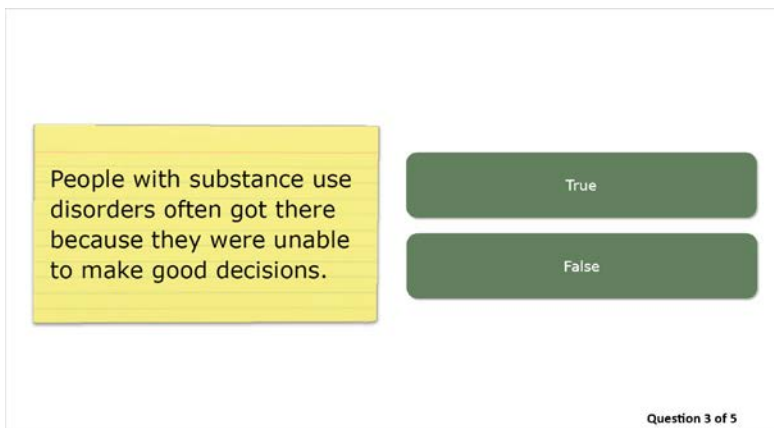
Substance use exists on a continuum. When only used experimentally or socially, there may be no reason for concern, but a person's use might escalate to a point of danger.

Click To Proceed

Question 2 of 5

## 1.56 Knowledge Check Question 3

(Pick One, 10 points, 1 attempt permitted)



People with substance use disorders often got there because they were unable to make good decisions.

True

False

Question 3 of 5

## Correct (Slide Layer)

**Good Thinking!**

Some people believe substance use disorders develop out of a lack of good judgment or an inability to make good decisions. These are misconceptions that can lead people to feel shameful and even avoid getting the help they need.

Click To Proceed

Question 3 of 5

The slide features a green background with a white text box containing the feedback message. A yellow box on the left side of the slide contains the text: "People with disorders often avoid getting help because they feel ashamed to make good decisions." There are two grey buttons on the right side of the slide.

## Incorrect (Slide Layer)

**Not Quite.**

Some people believe substance use disorders develop out of a lack of good judgment or an inability to make good decisions. These are misconceptions that can lead people to feel shameful and even avoid getting the help they need.

Click To Proceed

Question 3 of 5

The slide features a green background with a white text box containing the feedback message. A yellow box on the left side of the slide contains the text: "People with disorders often avoid getting help because they feel ashamed to make good decisions." There are two grey buttons on the right side of the slide.

## 1.58 Knowledge Check Question 4

(Pick Many, 10 points, 1 attempt permitted)

Select all environmental risk factors that increase the likelihood for a person to develop a substance use disorder:

- History of trauma or abuse
- Underdeveloped social skills
- Coming from a community of poverty
- Lack of parental supervision

Question 4 of 5

The interface shows a yellow box with the question text on the left. On the right, there are four dark green buttons, each containing one of the risk factors listed. The buttons are arranged vertically. The question number "Question 4 of 5" is located at the bottom right of the interface.

## Correct (Slide Layer)

Select all environmental risk factors that contribute to the likelihood of developing a substance use disorder.

**Good Thinking!**

All of these are environmental risk factors that might contribute to a person's likelihood to develop a substance use disorder.

Click To Proceed

History of trauma or abuse  
Social skills  
Quality of poverty  
Supervision

Question 4 of 5

## Incorrect (Slide Layer)

Select all environmental risk factors that contribute to the likelihood of developing a substance use disorder.

**Not Quite.**

All of these are environmental risk factors that might contribute to a person's likelihood to develop a substance use disorder.

Click To Proceed

History of trauma or abuse  
Social skills  
Quality of poverty  
Supervision

Question 4 of 5

## 1.59 Knowledge Check Question 5

(Pick One, 10 points, 1 attempt permitted)

Recovery is a linear process by which people work through their substance use toward abstinence.

True

False

Question 5 of 5

## Correct (Slide Layer)

**Good Thinking!**

Recovery is cyclical, not linear in nature. People might begin using again after a time of abstaining. Recovery looks different for every person, and while some will work towards abstinence, others might focus on different goals as part of their recovery.

Exit Course

Question 3 of 5

## Incorrect (Slide Layer)

**Not Quite.**

Recovery is cyclical, not linear in nature. People might begin using again after a time of abstaining. Recovery looks different for every person, and while some will work towards abstinence, others might focus on different goals as part of their recovery.

Exit Course

Question 3 of 5