

# Behavioral Health Awareness: Substance Use

## Welcome

Welcome to the Behavioral Health Awareness Module on Substance Use. Additional resources are available by selecting the Resources link in the top right corner of the window. If you have visual or auditory assistance needs, please select the Accessibility On/Off button for help with this training.

## Word Association

When you think about substance use, what are some words that come to mind? Write as many words as you can on the lines below or on a separate piece of paper.

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## Quote

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

## In This Training

Substance Use Disorders can affect people from all walks of life and all age groups. They affect both those who are having a problem with substance use and the friends, family, coworkers, and peers in their lives. Substance use is a part of the human experience throughout history, but



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it's important to not overlook its effects. For those wrestling with problems related to substance use, hope and recovery are possible.

This table of contents provides an outline for what you will learn. In this training, we will discuss how to identify if someone may have a problem with substance use, risk factors for substance use, treatment options, and supporting recovery efforts. We invite you to explore the following chapters that address questions you may have about the topic. You also have the option to move freely about the module using the player menu on the left-hand side of the window. You are free to start, stop, or pause the module at any time.

## Definitions

Certain addictive substances like tobacco and caffeine, show their harmful effects slowly over a long period of time. Others, like opioids, cocaine, alcohol, sedatives, or amphetamines, may lead to a more extreme decline in a person's health and quality of life.

Some, like tobacco and alcohol, are legal under certain circumstances, while others are illegal for all people. When we use the term substance use disorder, we are talking about the official term for what is commonly recognized in society as addiction. Not all people who use substances have a substance use disorder. Substance use disorder symptoms can cause problems in behavior, relationships, and emotional responses.

## Substance Use Continuum

Not all use is problematic. Substance use can be understood on a continuum ranging from abstinence, to cravings, to withdrawal, with varying levels in between. When a person abstains from using, or only uses experimentally or socially, there may be no reason for concern. The person's use might escalate to a point of danger which includes binge using or misusing the substance. Over time, this can cause problems for people in all areas of their life: mental, biological, and social.

## Meeting Iris

Throughout this module, we'll visit a woman named Iris at various points along her journey with substance use. Iris has a big, beautiful family, coworkers she enjoys, and a network of friends. Iris is a sister, daughter, co-worker, and friend. She plays many important roles in her life. Just as Iris plays many roles, the people in our lives who wrestle with substance use problems are our sisters and brothers, our spouses, our children, and our friends. Despite their trials, everyone is worthy of compassion, dignity, and respect.

Throughout high school and college, Iris drank alcohol and occasionally used drugs recreationally.

In her early high school years, her drinking was mostly social, at parties and after school dances. She also experimented with marijuana on occasion.



In college, Iris continued to drink and use drugs socially. On a few occasions, she had episodes of binge drinking where she would pass out and wake up the morning after a party with little to no memory of her experiences.

A couple of mornings, she even missed class due to drinking too much the night before. Apart from a few episodes, her use of substances did not have a negative impact on her performance in school, her relationships, or her overall functioning.

## What Does Substance Use Look Like?

No matter what substance is taken, to be diagnosed with a substance use disorder someone must display several symptoms or behaviors over a period of time. Let's explore these in a little more detail. It is best to seek help from a professional or trusted peer if you or someone you know is experiencing problems due to their use.

### ***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.

### ***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.

### ***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.

### ***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.

### ***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 bingeing on methamphetamine and alcohol, and by Monday morning, he is completely exhausted. His boss has given him a final warning for unplanned absences.



### ***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.

### ***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.

### ***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.

### ***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.

### ***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.

### ***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.

No matter what substance is taken, to be diagnosed with a substance use disorder someone must display several symptoms or behaviors over a period of time. Let's explore these in a little more detail. It is best to seek help from a professional or trusted peer if you or someone you know is experiencing problems due to their use.

## **Misunderstandings About Substance Use**

Negative public opinion about substance use prevents some people from treating others with empathy and respect. Unfortunately, this can sometimes lead to people being unwilling to get help in early stages and can lead to ongoing struggles. Many people believe that substance use is a choice and that people should just be able to quit. Some think that people with strong wills

shouldn't become addicted to substances, while others see misuse as the result of a person's inability to make good decisions. Onlookers might judge their strength or character. These are all harmful beliefs that can make people feel ashamed or unwilling to admit they might have a problem.

## The Reality

The truth is that substance use actually alters the structure of the brain by releasing chemicals that give off feelings of pleasure and reward. Substances can trick the brain into wanting to seek out that pleasure after every use. So, what starts as a voluntary behavior can quickly become compulsive. The person's tolerance changes and their mind and body can become physically dependent on the substance. As the brain changes, the person might start to no longer feel okay without the substance. No matter how strong they are, it takes over like any other disease might take over the body.

## 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

## Fact vs. Fiction - Reflection Point

For each item below, decide whether it is fact or fiction, depending on the truth of the statement.

Correct	Choice
Fact	Substance Use disorders can have many different signs and symptoms
Fact	Substance Use disorder is an illness.
Fact	Substance use alters the structure of one's brain.
Fiction	People with strong characters can't become addicted.
Fiction	It's easy to quit. It's just a choice.
Fact	Substance use can quickly change from voluntary to compulsory.
Fiction	Substance use is always voluntary.
Fiction	Someone either has a substance use problem or they do not.

### ***Feedback When Correct:***

Many misunderstandings exist about substance use disorder. The first step in helping someone or recognizing that someone is struggling with it is learning the facts and fiction about the disorder.

### ***Feedback When Incorrect:***

Many misunderstandings exist about substance use disorder. The first step in helping someone or recognizing that someone is struggling with it is learning the facts and fiction about the disorder.

### ***Additional Feedback:***

These misunderstandings affect people with substance use disorders by contributing to feelings of shame and guilt among people trying to overcome their use. Those battling substance use disorder need to be surrounded by people with supportive attitudes and actions. This starts with each of us individually. We can be the voice of hope, encouragement, and support for people who struggle with substance use.

Not everyone who is exposed to trauma develops PTSD, but many do. No one knows exactly what causes PTSD. Some factors that may influence the development of PTSD include:

- Feeling horror, helplessness, and extreme fear after a traumatic event
- Having little social support after the event
- Dealing with extra stress after the event
- Having a pre-existing mental health or substance use conditions, like depression or anxiety

Someone suffering from PTSD may exhibit a number of symptoms. Symptoms are how PTSD appears. Some symptoms that may tell us someone has PTSD include:

- Re-experiencing the traumatic event as if it were happening again in the present moment, called flashback. Vivid nightmares are also a re-experience of trauma.
- Avoidance - such as staying away from any place or event that remind the person of the trauma.
- Hyperarousal - such as having difficulty sleeping or being jumpy or startled very easily.
- Thinking and mood problems - such as memory difficulties or loss of interest in activities.

## **Why People Use and Misuse Substances**

People use substances for a variety of reasons - for relaxation and pleasure, to facilitate peer interaction and socialization, or even to escape from negative experiences. They can offer temporary relief for feelings of isolation, loneliness, boredom, and despair, but can lead to cravings, tolerance and withdrawal long-term. We know that a tolerance and withdrawal does not develop out of weakness or lack of character. So, why *does* it happen? This question is

complicated. In fact, it's about as complicated as the human brain. We can better understand why people use and misuse substances by talking about what factors can be present that put people at greater risk for substance use.

## Understanding Risk Factors

Our society can be quick to judge those who get DUIs or get arrested for substance use without considering the factors that might be in play. Risk factors help us see why some people may be predisposed to use given their genetic makeup, inherited traits, or environmental stressors out of their control. Understanding risk factors helps us make sense of how and why some people turn to substances while others do not.

### ***Biological Factors:***

Biological risk factors are tied to things that we can't really control, like the genes we inherit from our parents. The presence of a mental health condition like depression or anxiety can contribute to the development of a substance use disorder. However, these biological tendencies are ultimately unlocked by environmental risk factors present in someone's life.

### ***Environmental Factors:***

Many environmental risk factors influence whether someone will develop a substance use disorder. These factors are mostly present during childhood. Some environmental risk factors can include:

- Lack of parental supervision during childhood
- Poor or undeveloped social skills
- Experimenting with substances during childhood or adolescence
- Availability of substances at school or home
- Poor school achievement
- Parents' use of and attitudes about substances
- Community poverty or economic status
- Or a History of trauma, abuse, or neglect

## Protective Factors

If risk factors put people at greater risk of developing a substance use disorder, protective factors do just the opposite. Think of these as *protecting* the individual against risk - they can potentially counter the effects of risk factors, like the ones just mentioned.

Protective factors can include positive connections and relationships with others, community support, and even policies at work or in school.

Protective factors can change and develop over time, even after a person has used or developed a substance use disorder. So, a person's ability to develop and benefit from protective factors



continues throughout their life. Even if a person had no protective factors during childhood, it's never too late, and there is always hope for developing them at a later age. This can include seeking help from others in recovery, new support systems, and professionals.

## Iris' Factors

When we understand risk and protective factors, we have a little bit more insight into WHY someone might develop problems with substances. Let's look at Iris' background and identify the risk and protective factors present in her life.

Iris' father and grandfather both struggled with substance use. Being vulnerable to the use of substances is in her genes. Because of her father's substance use disorder, she grew up in a home where alcohol was readily available. Her father's drinking led to a lot of pain for Iris, and as a child she was often verbally abused by her father who would become aggressive with her and her mother when he was drinking.

Iris had teachers and mentors growing up who knew about her family's situation and did their best to care for her, but despite their influence, Iris surrounded herself with peers who enjoyed recreational drinking and drugs. She participated with them to avoid spending time at home where she knew she was unhappy.

## Factor Blaster

Welcome to *Factor Blaster*. You'll be presented with a series of cards that have a single fact about Iris printed on them. Your goal is to sort these cards as either protective factors or risk factors. Determine if the fact represents a protective factor or a risk factor.

Card Text	Correct Factor	Feedback
Growing up, Iris had teachers and mentors that supported her.	Protective factor	Having people that recognize and support an individual through difficult times is a powerful protective factor, especially while growing up.
Both Iris' father and grandfather have histories of substance use disorder.	Risk factor	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.
Alcohol was readily available in Iris' home growing up.	Risk factor	Having substances in the home can create opportunities for youth and teens to begin using at earlier ages.
Iris' best friend has expressed concern about her recently.	Protective factor	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.



Card Text	Correct Factor	Feedback
Iris' city has a strong support organization for those struggling with substance use disorder.	Protective factor	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.
Iris' father was verbally abusive when he drank.	Risk factor	Childhood trauma, such as physical or verbal abuse can increase an individual's risk of later substance use disorders.

## Commonly Used Substances

Now, let's take a look at the types of substances that are more commonly used.

### ***Opioids:***

Opioid use, often referred to as an epidemic, has affected millions of individuals and their families with high rates of overdose deaths. Many people will be exposed to opioids in their lives for legitimate medical reasons, such as to manage pain after a surgery. Opioids work differently than other substances. They don't just hijack the brain's reward system.

Use of opioids can trigger a serious physical dependency that sends people into dangerous withdrawals when they stop using. Opioids cause more deaths than car accidents. According to the U.S. department of Health and Human Services, over 130 people die each day in the U.S. from an opioid-related overdose.

### ***Alcohol:***

Many people drink alcohol without experiencing the symptoms of a substance use disorder. Some find it hard to recognize when their alcohol use has gotten out of control. Those with an alcohol use disorder can often continue in their job or schooling, concealing the problem until something happens like an arrest for driving under the influence or too many work or school days are missed. Impaired judgment while under the influence of alcohol can result in tragic consequences. Unfortunately, only a small fraction of people with an alcohol use disorder end up receiving treatment.

### ***Smoking and Tobacco:***

According to the Center for Disease Control, smoking and other forms of tobacco use remain "the leading cause of preventable disease, disability, and death in the United States". Smoking and tobacco use remain one of the costliest substances our nation has ever seen. Millions of dollars are spent each year on smoking cessation resources for Texas. E-cigarettes and vaping are also common. While not safe for youth, young adults, or pregnant women, e-cigarettes can be used as a way to help those smoking or using tobacco because they are less harmful and safer alternatives. Resources for smoking cessation are included in the Resource section of this

training.

## ***Multiple Substance Use and Co-occurring Disorders***

There are many more types of substances that are used, like cannabis, anti-anxiety medication, cocaine, and methamphetamines. A person who uses one substance may also be using others simultaneously. Another important point to know is that about 50% of people diagnosed with a substance use disorder have a mental health condition, also referred to as co-occurring disorders. When this is the case, there are professionals in the community who specialize in helping an individual develop knowledge, hope, and skills for managing both mental health and substance use disorders at the same time.

## **Epidemic Quote**

Approximately two people in the U.S. will die from an opioid overdose by the time you finish this module.

## **Iris 3**

At age 24 after graduating college, Iris was prescribed pain medication following a major surgery to help with the pain. After a while, even though her doctor told her the pain should have decreased, she kept needing more and more medication.

After about a year, her doctor told her that he wouldn't prescribe anymore pain medication. Iris felt panicked. She counted down how many days of pills she had left. When she realized she was running low with no refill coming, she began going to multiple doctors hoping to get more prescriptions. She went through a number of doctors that told her they would no longer prescribe her pain medication. Her last doctor told her she needed to seek help to stop taking the medication. Iris developed a need to take pain medication that went well beyond managing her surgical pain. Now, the reality of experiencing withdrawal is an overwhelming fear in her life.

With no other options available, she resorted to stealing pain medication from friends and other older adults she knew. Her relationships with the important people in her life, including her family and some of her closest friends from college, began to suffer. Iris still did not enjoy going home, but now some of her friends no longer trusted her, leaving Iris to feel alone. Her loneliness only made her want to use pain medication even more.

## **Substance Use Prevention**

Prevention programs are meant to occur before a substance use disorder is fully developed. Prevention focuses on reducing the risk of developing problems with alcohol use, prescription drug misuse or illegal drug use.

Think for a moment about how we prevent the problem of car accidents. First, we implement strategies and laws that help prevent accidents from occurring in the first place, like driver vision exams, speed limits, and features on vehicles like automatic brakes.



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So, we do our best to minimize harm when they do, using features like seatbelts, airbags, and median barriers.

These are similar to the strategies used to prevent substance misuse issues from happening. Prevention efforts attempt to both reduce the risk of disorders developing while also minimizing harm when they do.

## Seeking Help

Sometimes, a person's use of substances brings upon so many negative consequences that they may need treatment. Reaching out for help can be scary and the most difficult part of the process, but it is worth it. Many people who are in recovery from substance use talk about the challenge of taking that first step and how incredibly thankful they are that they had the courage to ask. People are likely to reach out to peers and friends for help. Some doctors and counselors specialize in helping people begin the work of recovery by providing encouragement, support, and direction for the best possible treatment options.

## Iris - Rock Bottom

One night, Iris hit her lowest point. She was pulled over, high, and with three different people's prescription bottles for OxyContin in her car. She realized she had no one to call.

This night brought her to a point of recognizing how far she'd gone. She felt ashamed, guilty, and alone, and she had lost relationships with many of her friends and family. She didn't recognize herself. After seeing the consequences her substance use had on her life, she decided to reach out to a local rehabilitation center for help. She knew she needed to repair the relationships in her life and getting help and separation from her pills was the first step.

## Treatment Options

Treatment plans are designed to address individual needs that differ from person to person. Some treatments help individuals reduce the use of a substance so that it is less harmful. This is often referred to as "harm reduction." For example, a person may continue to drink alcohol in excess daily, but they no longer drive after drinking. This reduces the harm to the person of hurting themselves or others.

Treatment may begin with detoxification or detox, the period of time that the body processes or metabolizes substances and clears any toxins from the body. This should take place under the care of a medical professional, and often includes medication to help people manage the physical and emotional symptoms that can happen with withdrawal.

Treatment also commonly includes individual and group counseling. Behavioral therapy helps people modify their attitudes and behaviors related to substance use and includes dealing with the impact substance use has had on the individual, their family, and their community. Behavioral therapy may also help the person address past trauma and poor social skills.



Ideally, recovery can lead to abstinence from all substances.

Peer specialists and support groups can also provide encouragement and support. Connecting with peers who are going through or have been through the process of recovery can provide a non-judgmental space for connection and growth. Organizations such as Alcoholics Anonymous and Narcotics Anonymous are a safe space for people who have a substance use disorder and wish to begin or support their recovery.

## Recovery - Hope

Treatment is not just about reducing or ending the use of substances. It is also about a long-term movement towards recovery.

Recovery is a process of change where people move toward their fullest potential. Treatment looks at the person as a whole and how they can improve their quality of life and participate in society in ways that are meaningful to them. Hope and resilience are possible. Hope means believing that where you are today is not where you will be forever. Recovery is different for every person and one person's goals are not another's.

## Recovery

People recover due to their strengths, not their limitations. The recovery process helps people leverage their strengths to work toward positive change. It's also crucial that people set their own goals and define what recovery looks like for themselves.

### ***Purpose:***

People often find their purpose in their substance use. When the substances are removed, they are left to ask themselves who they are and what they are meant to do. Therefore, people in recovery are encouraged to define what they want their purpose to be. Those in recovery can be encouraged to take up creative activities like dance, music, or art; find new hobbies; take classes; and give back through volunteering. All of these activities can help a person define their purpose.

### ***Health:***

Recovery is about more than just abstaining from substances. For many, recovery is about a continued personal growth, a lifelong journey towards self-improvement, and finding purpose and meaning in their lives. Managing the condition and its symptoms and pursuing physical and emotional well-being are all part of recovery. Small, everyday decisions like getting enough sleep, eating well, and exercising regularly are important. Other self-care techniques like yoga and meditation can also help people pursue a healthy lifestyle.

### ***Community:***

The U.S. Substance Abuse and Mental Health Services Administration defines community as "having relationships and social networks that provide support, friendship, love, and hope." Those in recovery need to be around positive and supportive people. This may involve seeking



out new social groups, spiritual opportunities, or peer-led treatment groups such as Alcoholics Anonymous and Narcotics Anonymous. This also means avoiding people, places, or things that might trigger the craving for the substance.

## **Iris - Recovery**

After checking herself into a rehabilitation center, Iris got the chance to go through detox and receive treatment. Part of her treatment process was meeting with a peer support group. Meeting people who had gone through what she had helped her build feelings of hope again. After losing so many relationships over her substance use, she felt like she had a community who understood her and supported her.

She and some of her new friends took up new hobbies together while in treatment. Iris was able to reconnect with some of her passions she enjoyed before her substance use became a problem. Iris learned to set goals for herself and was determined to repair some relationships with friends and family as part of her recovery.

## **The Effects on Relationships**

A person's substance use can have a major effect on their relationships. The person's substance use may have been the cause of stress in the family or may have put a strain on family or other personal relationships.

They may feel they have isolated people once important to them, or they may have made choices or shown behaviors due to their substance use that have caused problems in their relationships. The recovery process can also help the individual discover strategies to repair damage that may have been done. Recovery can be a process of healing.

For those in recovery who have strong support networks, families and loved ones have the capacity to be a significantly positive force in the individual's life. It is important that family members and others in significant relationships with the individual be involved in the treatment and recovery process. The individual's loved ones may feel a desire to learn about treatment and recovery or attend any appointments or sessions as needed. It is crucial that loved ones strive to be an encouraging and non-judgmental presence throughout the process.

## **Continued Support**

Even those on the path of recovery, relapse happens, just like it happens with other chronic diseases. Relapse, or beginning use again after significant efforts to abstain, can happen at any point during recovery. Recovery is a cyclical, not linear process. People often view relapse as failure, which can cause individuals to give up on their efforts or avoid contact with their health providers. Relapse is most common in a person's early recovery. When people return to use they are at a significant chance of overdose.

A relapse can be viewed as an opportunity for learning and growth. Support in the recovery



process is available from recovery coaches, peers, and support networks like friends and family. Note that if you have a friend or family member who has returned to using opioids, you can seek out Naloxone which can be used to treat an opioid overdose in an emergency. You may be the one who saves a life.

## Iris - Afterwards

One year after checking herself into a treatment facility, Iris has experienced her share of challenges and successes. Iris took the brave step of reaching out to those she had hurt or harmed to make amends. Not every relationship in her life has been fully restored, and she still has the same complicated relationship with her home and family she always had. But Iris now also has peers from her treatment facility who continue to stay connected and make time to check in with each other often.

Every day is another day in Iris's journey, but on her most difficult days, Iris thinks about how far she has come, what is at stake, and what her future has the potential to hold.

## Word Association 2

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

Write as many words as you can on the lines below or on a separate piece of paper.

1. \_\_\_\_\_
2. \_\_\_\_\_
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10. \_\_\_\_\_

## Word Association Comparison

Compare the lists of words you wrote before and after doing this module. Would you remove any of the words you wrote before? What words would you not have thought of before completing this module?

## Not Alone

Substance use is a behavioral health condition that deserves attention and a focus on treatment and recovery, just like any other illness. With appropriate help and encouraging support, people can learn to overcome issues with substance use and experience full lives and reconciled relationships. Help is available, and you are not alone.

## 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.

<http://www.samsha.gov/find-help/national-helpline>

[www.drugfreetexas.org](http://www.drugfreetexas.org)

## 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 any time to review information you feel you may have missed.

## Knowledge Check Question 1

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

Correct	Choice
No	Experiencing cravings and urges to use
Yes	Needing less of the substance over time to get the effect you want
No	Taking the substance for longer than intended or directed
No	Giving up activities in order to use

### ***Feedback When Correct:***

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.

### ***Feedback When Incorrect:***

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.

## Knowledge Check Question 2

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

Correct	Choice
No	True
Yes	False



**Feedback When Correct:**

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.

**Feedback When Incorrect:**

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.

**Knowledge Check Question 3**

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

Correct	Choice
No	True
Yes	False

**Feedback When Correct:**

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.

**Feedback When Incorrect:**

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.

**Knowledge Check Question 4**

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



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

***Feedback When Correct:***

Good Thinking!

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

***Feedback When Incorrect:***

Not Quite.

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

**Knowledge Check Question 5**

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

Correct	Choice
No	True
Yes	False

***Feedback When Correct:***

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.

***Feedback When Incorrect:***

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.



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