

## CHAPTER 2

### SUBSTANCE ADDICTIONS

#### Journaling Exercises:

- (1) Spend some time reflecting on the information provided in this chapter. How did you respond to the descriptions of the effects of addictive substances? Were you surprised by anything you learned? Have your views of any of the substances changed?
- (2) Have you ever tried to stop consuming a substance (alcohol, other drugs, caffeine, sweets, etc)? What was your experience? Have you watched others try to stop? What sorts of thoughts and feelings did you notice in each case? What thoughts or feelings got in the way of your success reducing or abstaining from use, or made it difficult to support others in their efforts? What helped?
- (3) What role have drugs and alcohol played in your life? What is your experience with their effects on individuals, families, and society? What impact do you think your background will have on your ability to be an effective counselor to people with addictions?

#### Discussion Exercises:

- (1) Pay attention to portrayals of addiction and recovery in the media. What themes do you notice? How are different substances and types of users portrayed? How might these images and messages impact clients in recovery?
- (2) Do you think that psychological or physical dependence has more influence over addictive processes? Is one more or less important at various stages of the addictive or recovery process?
- (3) There are some very serious and disturbing long-term consequences of addictive behavior, for example the changes in the brain of many alcoholics. How would you address these consequences with your clients? What is your job to educate?

#### Group Exercises:

- (1) Ask groups of students to find personal stories about addiction and recovery and present short case studies to the class based on what they found. What factors shape the experiences? What issues are relevant to different people's use and recovery?
- (2) Play a game with the class in which the students identify which drugs are associated with a range of effects and outcomes.
- (3) Invite a panel of people who are recovering from different forms of substance use disorder to speak to the class. How do their experiences compare? What is similar and what is different?

## Quiz Items

### True/False:

1. 20.1 million people age 12 or older struggle with an addiction.
  - a. True
  - b. False
2. Substances are classified into the following categories: depressants, stimulants, and opioids.
  - a. True
  - b. False
3. To better determine the potency of ethanol, the term proof is used to indicate the beverage's strength or percentage of pure ethanol.
  - a. True
  - b. False
4. One cannot die from too much consumption of alcohol.
  - a. True
  - b. False
5. Benzodiazepines, even taken as prescribed by a physician, are toxic to the brain.
  - a. True
  - b. False

### Multiple Choice:

1. According to your textbook, which one of the following is the most abused mood-altering substance?
  - a. Cannabinoids
  - b. Hallucinogens
  - c. Alcohol
  - d. Opioids
2. Which of the following is a true statement?
  - a. 1 in 15 students reported recreational use of prescription drugs ranging from OxyContin to Adderall.
  - b. There is strong correlation between substance use, mental health diagnoses, and childhood trauma.
  - c. Tranquilizers, are frequently prescribed for a wide range of symptoms, including sleeplessness, anxiety, muscle strains, and seizures

- d. All of the above.
3. The center for disease control has declared overdose prevention for which of one of the substances below as one of its top five public health challenges for 2014?
- a. Alcohol
  - b. Marijuana
  - c. Methamphetamine
  - d. Opioid
4. How many people die annually in the United States from tobacco use?
- a. 1 out of every 5
  - b. 1 out of every 10
  - c. 1 out of every 15
  - d. 1 out of every 20
5. What part of the brain's structure is home to the reward pathway?
- a. The Ventral Tegmental Area (VTA)
  - b. Nucleus accumbens
  - c. Prefrontal Cortex
  - d. The Limbic System

**Matching:**

- 1. \_\_\_\_\_ Ethanol
  - 2. \_\_\_\_\_ Benzodiazepines
  - 3. \_\_\_\_\_ Nicotine
  - 4. \_\_\_\_\_ Lysergic acid derivatives (LSD)
  - 5. \_\_\_\_\_ Marijuana
- a. Sedative
  - b. Hallucinogen
  - c. Alcohol
  - d. Cannabinoids
  - e. Stimulant

**CHAPTER 2**

**True/False**

- 1) a
- 2) b
- 3) a
- 4) b
- 5) a

**Multiple Choice**

- 1) c

- 2) d
- 3) d
- 4) a
- 5) d

**Matching**

- 1) c
- 2) a
- 3) e
- 4) b
- 5) d