

Chapter 1: Introduction to Substance Abuse Counseling

Objectives

- To provide a historical perspective of the prevalence of drug use and abuse including the impact on current substance abuse issues, ensuing ramifications, and treatments.
- Describe the history, use, impact, and current statistical trends of commonly used drugs such as alcohol, marijuana, and tobacco.
- Identify patterns and societal costs of substance use and abuse.
- Present an organized and logical progression of substance abuse and counseling information and definitions.
- Emphasize the importance of comprehensive training in substance abuse intervention and prevention, which will help address issues such as “process addiction.”
- What are salient issues for substance abuse counselors to consider?
- Why is a continuum model important for substance abuse assessment and interventions?
- What are the multiple factors affecting the choice of treatment setting and results?

Key Terms and Definitions

Biopsychosocial model: Holistic model incorporating all aspects of the individual’s life and the interactive factors of physical, emotional, familial, and societal influences on a person’s growth and development.

Continuum of behavior: View in assessment and diagnosis in recognizing a range in usage patterns to provide more effective and individualized treatment, contrasted to a generalized treatment plan.

Disease concept: View of addiction as a progressive, terminal disease over which the individual has no control as long as the use is continued.

Drug of choice: The specific drug a person would use if given the choice among options used through the years, which is important as the number of polydrug users increases.

Drug misuse: Using a substance in a manner that causes detrimental effects in some area of the person’s life.

Drug use: Intake of a chemical substance, but does not distinguish whether the drug is used therapeutically, legally, or illegally.

Drug user or substance abuser: Person who intentionally takes legal or illegal drugs to alter his or her functioning or state of consciousness.

Enkephalins and endorphins: Neurotransmitters in the brain which are naturally produced pain-killing chemical which have a strong molecular resemblance to alcohol and opiates.

Social learning systems model: View of substance abuse as a learned coping behavior that is regulated and maintained by interacting systems, including the family and society.

Substance or chemical: Terms refer to use of alcohol, nicotine, caffeine, prescription drugs, and illegal drugs.

Substance abuse: Continued use of a psychoactive drug despite the occurrence of major detrimental effects associated with its use, such as, social, vocational, health, scholastic, or economic difficulties.

Tolerance: A higher dosage of is needed to produce the same level of effect over time.

Withdrawal: A specific set of symptoms that occur when use of the drug is discontinued or withdrawn from the central nervous system.

Key Websites

American Psychological Association home page, <http://www.apa.org/>

American Counseling Association home page, <http://www.counseling.org/>

Community Anti-Drug Coalitions of America (CADCA), <http://www.cadca.org>

CSAP Resource Guide, <http://store.health.org/catalog/results.aspx?topic=95>

HHS, National Institutes of Health (NIH), <http://www.nih.gov/>

HHS, NIH National Institute of Mental Health (NIHM), <http://www.nimh.nih.gov/>

HHS, SAMHSA Center for Mental Health Services (CMHS), <http://mentalhealth.samhsa.gov/cmhs/>

History of Drug Use in the United States, <http://www.a1b2c3.com/drugs/gen003.htm>

Iowa Substance Abuse Information Center (ISAIC On-line), <http://www.drugfreeinfo.org/>

Minnesota Institute of Public Health, <http://www.miph.org/links.html>

National Association of Alcoholism and Drug Abuse Counselors (NAADAC), <http://www.naadac.org>

National Association of Social Workers home page, <http://www.socialworkers.org/>

National Clearinghouse for Alcohol and Drug Information (NCADI), <http://www.health.org>

National Council on Alcoholism and Drug Dependence, <http://www.ncadd.org/>

National Household Survey of Drug Use and Health, <http://www.samhsa.gov/oas/nhsda.htm#NHSDAinfo>

National Institute on Alcohol Abuse and Alcoholism (NIAAA), <http://www.niaaa.nih.gov/>

National Institute on Chemical Dependency, <http://www.ni-cor.com/addictions.html>

National Institute on Drug Abuse, <http://www.nida.nih.gov/>

Partnership for Drug-Free America, <http://www.drugfreeamerica.org>

SAMHSA's National Mental Health Information Center,
<http://www.mentalhealth.samhsa.gov/topics/explore/substanceabuse/>

SAMHSA's Office of Applied Studies, <http://www.drugabusestatistics.samhsa.gov/>

Sober Houses, <http://www.sober.com>

Starfish Foundation, <http://www.starfishfoundation.org/>

U.S. Department of Health and Human Services (HHS), <http://www.hhs.gov/>

U.S. Department of Justice (DOJ) & Drug Enforcement Administration (DEA), <http://www.dea.gov>

White House Office of National Drug Control Policy (ONDCP), <http://www.whitehousedrugpolicy.gov>

World Health Organization, <http://www.who.org>

Activities

1. Drugs are often in the news - drug abuse, drug dealing and more. As a class, over a period of several days, search the newspaper for stories that involve drugs.
 - Separate the stories you find into categories under the headings, "Local", "National", and "International".
 - Which type of story is most common in your newspaper?
 - Why do you think that is the case?
2. Look on the internet for recent statistics on local trends in substance use or abuse for your community.
 - How do these patterns compare to the national statistics presented in this chapter?
3. Interview someone about the effect that alcohol and/or drugs have had on his or her family.
 - What are the "costs" (i.e. financial, physical, and psychological) that he or she perceives alcohol and/or drugs have had on his or her family?

4. Think of a client who might be moving along the continuum from use to abuse.
 - How might you explain this progression to that individual?
5. Compare 2 to 3 substance abuse journals (that are both refereed and non-refereed).
 - Discuss the topics, trends, and population samples.
 - What differentiates the journals from each other?
 - Rate the helpfulness of the articles (Would you use these particular types of journals?).
 - What differences, if any, are there between refereed vs. non-refereed journals?
6. Group discussion: There has been a longstanding debate about the pros and cons of legalizing marijuana. Defend your stance on this topic.
7. Group discussion: Identify historical/cultural influences on the ways in which substances have traditionally been used in your community or within your family, e.g. in celebrating religious or national holidays.
 - Would modifying or removing substance use strongly affect community or family traditions?

Essay Questions/ Discussion Starters

1. Discuss the relationship between social structures, culture, and the use of substances throughout history.

Answer

- *Use as medicinal substance*
- *Use in religious rituals*
- *Use in celebratory situations*
- *Use instead of water*

2. Explain the differences between substance use, misuse, abuse and dependence.

Answer

- *Use DSM diagnosis to provide differences in categories*

3. Either from your own experiences, from observing others, or from readings, analyze the factors influencing the use of different drugs—tobacco, alcohol, marijuana, cocaine, etc.

Answer

- *Include social, cultural, familial, genetic and legal aspects of use. Include psychological mindset of individual.*

4. Critique or defend the concept of “we live and always will live in a society of drug use and abuse.” Discuss factors related to this statement and costs involved.

Answer

- *Include aspects of historical overview of the use of drugs throughout history.*
- *Include psychological need as well as medicinal use.*

Multiple Choice Questions

1. Throughout history, drugs have been used for _____ purposes.
 - (a) Medicinal
 - (b) Religious
 - (c) Social
 - (d) All of these

2. Substance abuse _____.
 - (a) Is so prevalent that it is viewed outside of the context of other problems presented by clients
 - (b) Is considered no longer a “major” problem among adolescents
 - (c) Is intertwined with the majority of other problems that clients present in therapy
 - (d) Is affecting a smaller percent of the population today when excluding the misuse of tobacco

3. According to a 2009 SAMHSA survey, the following is true about U.S. tobacco use:
 - (a) Almost 30% (27.7%) of Americans aged 12 or older were current users of a tobacco product
 - (b) Almost 50% (46.6%) of Americans aged 12 or older were current users of a tobacco product
 - (c) Almost 75% (74.4%) of Americans aged 12 or older were current users of a tobacco product
 - (d) Almost 90% (88.8%) of Americans aged 12 or older were current users of a tobacco product

4. Alcohol use is:
 - (a) Highly correlated with suicide attempts
 - (b) A major factor in acts of domestic violence
 - (c) Frequently mentioned in traffic accidents as a mitigating factor
 - (d) All of the above

5. Which of the following is **not** true for marijuana or cannabis?

- (a) Historically, hemp was farmed for use as paper, clothing, and rope.
 - (b) It was used for patients with depression.
 - (c) It has not been recognized by the DEA as having medicinal use
 - (d) It has not been legalized for common usage in most states of the U.S.
6. The most commonly used drug among Americans aged 12 or older is:
- (a) Inhalants
 - (b) Hallucinogens
 - (c) Marijuana
 - (d) Prescription-type drugs used nonmedically
7. Costs associated with ATOD use, abuse and dependency:
- (a) Is estimated to be anywhere from \$180 billion to approximately \$484 billion
 - (b) Includes a cost estimate of \$64 billion in 2000 for health care and productivity losses
 - (c) Represented 8% of the total national health expenditures in 1996
 - (d) Have been estimated to be on the decline due to treatment efficacy and educational programs
8. When referring to a “substance” or “chemical”, the authors include:
- (a) All illegal drugs
 - (b) Prescription drugs and illegal drugs
 - (c) Alcohol, prescription drugs, and illegal drugs
 - (d) Alcohol, nicotine, caffeine, prescription drugs, and illegal drugs

9. Historically speaking:
- (a) Opioids, amphetamines, and hallucinogens are the drugs that have been around and abused for the longest period of time
 - (b) Drug use including that of alcohol, marijuana, and tobacco has been around for centuries
 - (c) Caffeine is an American phenomenon and recently examined as a potential drug
 - (d) Alcohol and marijuana are relatively new drugs used by Western civilization
10. The definition of a drug relates to:
- (a) Its legality
 - (b) Prescription vs. street use
 - (c) The degree of its “instrumentality”
 - (d) Its ability to significantly alter structure, function, or perception
11. The diagnostic categories of “abuse” and “dependence” are separated by the following:
- (a) Tolerance and withdrawal
 - (b) Length of time used and context of use
 - (c) Length of time used and particular drug identified
 - (d) Withdrawal and recidivism
12. The particular nature of withdrawal is contingent on _____.
- (a) The class or type of drug being taken
 - (b) The length of time taken and the amount of the chemical taken
 - (c) The health of the individual
 - (d) All of the above
13. Misuse, abuse, and addiction is a _____ behavior.

- (a) Consistent
- (b) Genetic
- (c) Continuum of
- (d) Fixation of

14. A continuum model implies _____.

- (a) That some users may progress but that other users may fixate at a particular position
- (b) Progression of drug use
- (c) A level of drug use
- (d) None of the above

15. According to the U.S. Department of Transportation, an average of one alcohol-impaired driving fatality occurred every _____ in 2009.

- (a) 48 seconds
- (b) 48 minutes
- (c) 48 hours
- (d) 48 days

16. Friedrich Serturmer found the active ingredient of opium by dissolving it in acid and then neutralizing it with ammonia. The result was _____.

- (a) Alkaloids
- (b) Principium Somniferum
- (c) Morphine
- (d) All of the above

17. Soldiers disease was an addiction to _____.

- (a) Alcohol
- (b) Heroine

- (c) Morphine
 - (d) Oxycodone
18. The Harrison Narcotics Act _____.
- (a) Was aimed to curb drug abuse
 - (b) Required doctors and pharmacists and others who prescribed narcotics to register and pay a tax
 - (c) Created a significant change in the use and availability of opioids
 - (d) All of the above.
19. Marijuana has been legalized in _____ states in the United States.
- (a) 6
 - (b) 16
 - (c) 26
 - (d) 36
20. The American Indian Religious Act in 1978 and its amendment in 1994 provided natives with the right to _____.
- (a) Use peyote (a cactus) in religious services
 - (b) Use a pipe in religious services
 - (c) Dance the traditional American Indian dances in religious services.
 - (d) Hold religious services especially for American Indians
21. Evidence-based practices for treatment have been _____.
- (a) Subjected to randomized clinical trials and other experimental designs
 - (b) Found to be more effective than “treatment as usual”
 - (c) Both a and b
 - (d) None of the above

22. The use of motivational interviewing is an example of _____.
- (a) Collaborative and Positive Treatment Skills
 - (b) “Treatment as usual”
 - (c) Confrontation as treatment
 - (d) All of the above
23. In the 1930’s, what replaced the now-illegal cocaine?
- (a) Heroin
 - (b) Marijuana
 - (c) Synthetic Amphetamines
 - (d) Opioids
24. After 1910, public health officials began to campaign _____.
- (a) Against chewing tobacco
 - (b) For smoking tobacco
 - (c) Against drinking alcohol
 - (d) For drinking alcohol