

Group Treatment for Substance Abuse Week 2

HANDOUT P/C/P-4.1

Drug Screening Inventory

Instructions:

The following questions ask about your drug use (not including alcohol) during the past year. The term "drug use" refers to any and all drugs you have used for the purpose of getting high or intoxicated, or to feel good. Circle "Yes" or "No" for each question below based on your experiences in the past 12 months.

In past 12 months . . .

- | | | |
|---|-----|----|
| 1 has your drug use affected your ability to take care of your responsibilities (e.g., affected school/work performance or household duties)? | Yes | No |
| 2 have you used drugs in situations where you could have been physically hurt (e.g., driving under the influence)? | Yes | No |
| 3 has your drug use resulted in cravings, or strong desires or urges to use? | Yes | No |
| 4 have you kept using drugs even though it caused problems with family, friends, or other people? | Yes | No |
| 5 have you had to use larger amounts of a drug to get the same effect as before? | Yes | No |
| 6 have you experienced withdrawal symptoms (such as anxiety, irritability, tremors, sleep problems) <i>or</i> used drugs to make withdrawal symptoms go away? | Yes | No |
| 7 have you used larger amounts of drugs or used drugs for a longer time than you meant to? | Yes | No |
| 8 have you often wanted to cut down on your drug use, <i>or</i> tried to cut down and couldn't? | Yes | No |
| 9 have you spent a great deal of time getting, using, or getting over the effects of drugs? | Yes | No |
| 10 have you given up important activities because of drug use (e.g., given up work-related activities, doing things with friends, or hobbies)? | Yes | No |
| 11 have you kept using drugs even though you knew it could make you more physically sick or emotionally upset than usual? | Yes | No |

Total:

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Scoring the Drug Screening Inventory

PART I

For questions 1 through 4, for each "Yes" that you circled, write a "1" on the line to the right of the question. For each "No" that you circled, write an "O" on the line to the right of the question. For questions 5 through 11, for each "Yes" that you circled, write a "5" on the line to the right of the question. For each "No" that you circled, write a "O" on the line to the right of the question. Then, add those numbers to get a "Total" at the bottom of the page.

PART II

The following categories describe what various total scores on the inventory mean.

- 0** **No problems reported-** If you scored in this range and are using drugs, your drug use has not yet reached a harmful level. You may want to start paying attention to see if any of the items on the exercise start happening.
- 1 to 4** **Moderate level-** If you scored in this range, your use has begun to affect different areas of your life, and you may have gotten yourself into dangerous situations when using drugs.
- 5 to 14** **Substantial level-** If you scored in this range, you may have noticed that it is difficult to stop using, or that your drug use has affected your ability to take care of your responsibilities.
- 15 to 39** **Severe level-** If you scored in this range, you may be feeling that you have lost control of your drug use, and it may be getting harder to function on a daily basis.

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HANDOUT P/C/P-4.3

STIMULANTS

Cocaine/Crack

Using cocaine can produce irritability, mood disturbances, restlessness, paranoia, and auditory hallucinations. Cocaine use has been linked to many types of heart disease. Cocaine has been found to trigger chaotic heart rhythms and heart attacks; accelerate heartbeat and breathing; and increase blood pressure and body temperature. Physical symptoms may include chest pain, nausea, blurred vision, fever, muscle spasms, convulsions, and coma. In addition, strokes, seizures, and headaches are not uncommon in heavy users.

Regularly snorting cocaine can lead to loss of sense of smell, nosebleeds, problems with swallowing, hoarseness, and an overall irritation of the nasal septum, which can lead to a chronically inflamed, runny nose. Longer periods of snorting cut off the blood flow in the nostrils and can cause membranes to die, resulting in a hole in the septum. The hole typically does not heal on its own but can sometimes be repaired. The worst-case scenario is the collapse of the entire nose.

Ingested cocaine can cause gangrene (the death of soft tissue) in the intestines due to reduced blood flow in the digestive tract. People who inject cocaine may also experience an allergic reaction, either to the drug or to some additive, which can result in death. Because cocaine often causes reduced food intake, many chronic cocaine users lose their appetites and can experience significant weight loss and malnourishment.

Methamphetamine

Methamphetamine can cause many types of cardiovascular problems. These include rapid heart rate, irregular heartbeat, increased blood pressure, and irreversible, stroke-producing damage to small blood vessels in the brain. Chronic methamphetamine use can also result in inflammation of the heart lining and, among users who shoot up, damaged blood vessels and skin abscesses. Psychotic symptoms can sometimes persist for months or years after use has ceased. Also, research indicates that meth use during pregnancy may result in prenatal complications, increased rates of premature delivery, and altered behavioral patterns in the infant, such as abnormal reflexes and extreme irritability.

Designer Drugs

Synthetic stimulants include such drugs as MDMA (Molly or Ecstasy), "bath salts," or cathinones (a synthetic form of the chemical found in the khat plant), and others. Bath salts are a combination of two powerful stimulants that, instead of wearing off after a couple of hours, can continue to produce full effects for days or even weeks. Agitation, increase in body temperature, and excessive sweating, as well as increased heart rate and blood pressure, are all possible side effects. Seizures are common. Individuals may experience hallucinations and paranoia, tear their clothes off, and try to tear off parts of their body. Suicides have occurred.

As with bath salts, MDMA's adverse effects can last a week or more after using the drug; depression is common after using it. Taken in higher amounts, MDMA can produce anxiety, muscle cramping, and nausea. The drug can result in a large increase in body temperature and high blood pressure, as well as kidney and heart failure. Death can occur, usually from heatstroke and dehydration.

(continued)

OPIATES

Heroin

Chronic heroin abuse can result in scarred and/or collapsed veins, bacterial infections of the blood vessels and heart valves, abscesses (boils) and other soft-tissue infections, and liver or kidney disease. Lung complications (including various types of pneumonia and tuberculosis) may result from the poor health condition of the abuser as well as from heroin's depressing effects on respiration. Sharing needles can lead to some of the most severe consequences of heroin abuse-infections with hepatitis B and C, HIV, and many other blood-borne viruses, which drug users can then pass on to their sexual partners and children.

Other Opiates

These include prescription drugs such as fentanyl, codeine (cough syrup, Vicodin, and Lortab), methadone, and oxycodone (OxyContin, Percocet). All affect the body by slowing down the central nervous system, which regulates breathing and heart rate. Taken alone or in conjunction with alcohol or benzodiazepines, they can result in overdose, since all of these substances are depressants. Signs of overdose include shallow breathing, cold skin, blue lips or fingertips, or loss of consciousness. Nausea, vomiting, and constipation can also result.

DEPRESSANTS/SEDATIVES

These prescription drugs are primarily benzodiazepines such as Xanax, Klonopin, Ativan, Valium, or barbiturates. Short-term effects can include impaired vision, motor coordination, and speech as well as confusion and impaired thinking. Breathing can become depressed and may result in coma or death, especially when these drugs are combined with alcohol.

The Brain and Substance Misuse

Neuroscientists have determined that many parts of the brain are affected by alcohol or other drug use. The impact of substances on these regions influences a person's decisions and behaviors. The following functions of the brain are affected by substance misuse:

Reward-Using a drug begins to establish the effects of the drug as a reward. After repeated use, even cues such as the sight of drug paraphernalia or a beer advertisement can activate small spurts of a chemical called dopamine. This causes the brain to crave more of the drug.

Motivation-Repeated drug use can strengthen an individual's motivation to seek out the drug. The structure of the brain changes with ongoing use of drugs such that people with an addiction eventually come to regard drugs as they do food or water, as crucial to survival.

Memory and learning-Over time, substance use can alter the functioning of the brain in a way that conditions the brain to react strongly to drug cues and leads to compulsive drug use.

Inhibition-Chronic drug use can modify activity in parts of the brain that have to do with self-control, leading to decreases in one's ability to make rational and responsible decisions and increases in impulsivity and relapse.

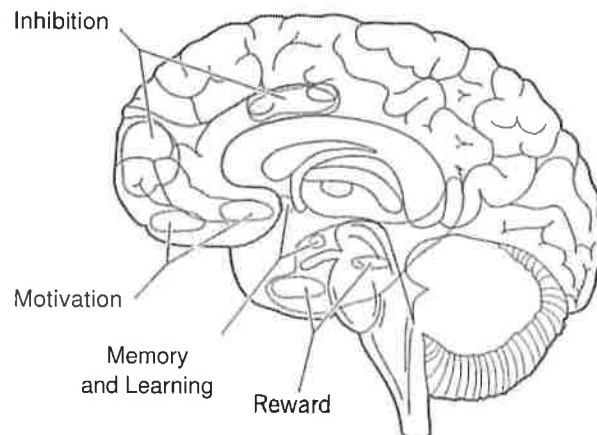


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HANDOUT P/C/P-5.2

"Stop," Not "Go"

The altered functioning of the brain caused by substance use plays a major role in the way a person reacts to certain cues. Since the "stop" function in the brain of a substance abuser has been weakened, the rush of dopamine from cues makes cravings much stronger. In order to manage these cravings, it is important to be able to recognize cues and develop strategies to strengthen your "stop" abilities.

Below are some examples of responses that may or may not fit for you but have worked for other clients:

What triggers my strongest cravings to use?

Friends who use drugs

Bars

My old hangouts

Stressful Situations

What triggers might I have that are very subtle?

Certain music or songs

Liquor advertisements

Particular scents

What can I tell myself about craving in a matter-of-fact way?

This does not mean that I'm doomed to relapse or that I'm not motivated.

If I make a healthy choice right now, I'll get through this episode. It will be easier in the future.

What are some times when I was or am able to resist cravings? How was I able to do that?

When I came home from work and was stressed, I went for a run instead of having a beer.

What might be some additional behavioral strategies that I can use when I have an episode of craving?

Make a 5-minute contract with myself to not give in to the urge, but to do something that distracts me instead.

(continued)

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HANDOUT P/C/P-5.2. **"Stop," Not "Go"** (page 2 of 2)

Instructions:

As you fill out the worksheet, consider your craving triggers and how you might use some strategies to deal with them based on your ideas and past successes.

What triggers my strongest cravings to use?

What triggers might I have that are very subtle?

What can I tell myself about craving in a matter-of-fact way?

What are some times when I was or am able to resist cravings? How was I able to do that?

What might be some additional behavioral strategies that I can use when I have an episode of craving?

My Expectations about Substance Use

Instructions:

Circle "T" for true or "F" for false for the following statements:

- | | | |
|---|---|---|
| Using alcohol or other drugs makes me feel less shy. | T | F |
| I'm more likely to do stupid things when drinking or using drugs. | T | F |
| I'm more romantic when I use alcohol or other drugs. | T | F |
| Alcohol or other drugs make the future seem brighter to me. | T | F |
| When I use alcohol or other drugs it is easier to tell someone off. | T | F |
| Using alcohol or other drugs makes me feel good. | T | F |
| I'm more likely to say embarrassing things after drinking or using other drugs. | T | F |
| Alcohol or other drugs help me sleep better. | T | F |

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WARNING!!!

The Chestnut Health Systems staff cares about you, and we want the best for you. We know that you want to stay clean and work a program of recovery. But, if you make the decision to use any substances again, there is something you need to know...

Any time you abstain from using substances for more than a couple of days...YOUR TOLERANCE TO SUBSTANCES DECREASES!

A decrease in your tolerance means that if you try to use the same amount that you were using before abstaining, it will affect you much more than it did when you were using regularly.

It is very important that you are aware that, **IF YOU RETURN TO USING PRE-TREATMENT AMOUNTS, YOU COULD DIE!**

We encourage you to use all of the tools that you have learned to stay clean, but if you return to substance use, please be careful.