

Am I considered a Substance User or Abuser?

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DEFINITIONS

-Substance Use: Refers to the use of selected substances (tobacco, alcohol, drugs, inhalants) with possible dependence and other detrimental effects.

-Substance Addiction: A neuropsychiatric disorder characterized by a recurring desire to continue taking the drug despite the harmful consequence.

-Substance Abuse: Excessive use of psychoactive drugs (alcohol, pain meds, or illegal drugs) which can lead to physical, social, or emotional harm.

PREVENTION METHODS

Healthy stress- Coping Mechanisms

Look for short meditation-videos,
journal- write down what you are feeling,
what besides alcohol makes you feel better,
find a 5 min. The task you can do.

Psychological therapy

Treatment Methods

Mention AA- alcoholics anonymus , 12 step program
<https://www.aa.org/>

SAMHSA- substance abuse and mental health service

<https://www.samhsa.gov/find-help/national-helpline>



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SBIRT TRAINING

CHALLENGES

- Can be difficult to get substance abusers to open up.

BENEFITS

- Healthcare professionals know how to identify and screen for substance abuse.
- Can help clients get care that meets their needs.

WHEN DOES SUBSTANCE USE BECOME ABUSE?

- Feeling as if you need to use regularly
- Developing a tolerance for the substance
- Spending excessive amounts of money on the substance
- Continuing to use even though it is creating problems in your life