

SubstanceEducation.com

Course Information Sheet

Bundled Course: Introduction to Substance Use (9.5 education hours)

Course Description: This course provides an introductory overview of abusive substances and tools for coping. It consists of some of our most popular courses: *Substance Misuse, Tobacco Addiction and Your Health, Cocaine: A Powerful Stimulant, Marijuana: Harmful or Harmless?, What is Alcohol Addiction?*, and *Coping Skills and Substances*.

Course Objectives:

1. Review those substances most misused
2. Explore the impact of misused substances
3. Consider the negative impact on one's well-being
4. Identify the extent and impact of tobacco use
5. Evaluate how tobacco delivers its effects
6. Review the medical consequences of tobacco use
7. Consider treatment options
8. Explore the effects of cocaine on the brain
9. Examine how cocaine is abused
10. Present ways in which cocaine is administered into the system
11. Evaluate research that explains cocaine's addictiveness
12. Review treatments effective for cocaine abusers
13. Identify common ways marijuana is ingested
14. Understand the scientific facts about marijuana and how the body responds to its long-term and short-term use
15. Identify withdrawal symptoms of marijuana
16. Identify the physical and emotional consequences of marijuana use
17. Explore how marijuana impacts the individual's life via a self-help handout based on Motivational Interviewing concepts. This includes sections on self-evaluation, decision balance, questions for reflection, goal setting, and information for obtaining further assistance
18. Discuss reasons why people develop problem drinking
19. Define the "disease concept" of addiction
20. Explain the progression of alcoholism as a disease
21. Differentiate between alcohol "abuse" and "addiction"
22. Explore you own relationship with alcohol
23. Define coping skills

24. Examine coping skills as “tools”
25. Review resilience as related to coping
26. Prepare the Coping Skills worksheet

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<http://substanceeducation.com/moodle-subed/course/view.php?id=42>

