

**Substance Use and Misuse:
Everything Matters
Third Edition**

Rick Csiernik

Instructor's Manual

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Instructor's Manual

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SAMPLE
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Section I: Fundamental Concepts

Lecture Suggestions

Group Activity/Class Discussion Questions

1. The addiction field is a very ambiguous one filled with myth, belief, half-truths, and ignorance. What are your core beliefs, perception, and knowledge of addiction?
2. What do you think addiction entails?
3. What is the difference between an addiction and a dependency?
4. What is the difference between an addiction and an eating disorder?
5. Who uses drugs in our society?
6. What global drug issues pertaining to psychoactive drugs are you aware of?
7. Discuss the intersection between economics, drug use, and addiction.

Multiple Choice Questions

1. A psychoactive drug
 - a) is any chemical substance that alters the central nervous system
 - b) is a substance classified under the Controlled Drugs and Substances Act of Canada
 - c) must be used via injection, either intramuscular, intravenous, or subcutaneous
 - d) includes common over-the-counter products like antihistamines, decongestants, aspirin, and insulin
2. Addiction
 - a) occurs with games of chance like roulette or poker
 - b) is a chronic brain disease
 - c) is a bio-psycho-social phenomenon
 - d) is the domain of neurobiologists

3. Physical dependency

- a) is a physiological state of cellular adaptation occurring when the body becomes so accustomed to a drug that it can only function normally when the drug is present
- b) needs to be considered in terms of how it disorganizes individuals' lives and how it creates crises in lives
- c) occurs to games of chance like craps and blackjack
- d) occurs when a drug becomes so important to a person's thoughts or activities that the person believes that they cannot manage without the substance

4. Psychological dependency

- a) is a physiological state of cellular adaptation occurring when the body becomes so accustomed to a drug that it can only function normally when the drug is present
- b) needs to be considered in terms of how it disorganizes individuals' lives and how it creates crises in lives
- c) occurs to games of chance like craps and blackjack
- d) occurs when a drug becomes so important to a person's thoughts or activities that the person believes that they cannot manage without the substance

5. To which of the following can you NOT become addicted?

- a) Sex
- b) Alcohol
- c) Cannabis
- d) Caffeine

6. To which of the following CAN you become addicted?

- a) Food
- b) Shopping
- c) Internet
- d) Cannabis

7. The reason a majority of soldiers returning from the Vietnam War who had used heroin in combat were no longer addicted to the drug when they returned to the United States was

- a) that heroin does not produce physical dependency
- b) that heroin does not produce psychological dependency
- c) the change in their environment
- d) that it became more difficult to obtain heroin

8. Differences in the cognitive ability of children born to crack-using mothers in urban centres in the United States during the 1980s and 1990s from the national average was due to
- the use of crack by their fathers and mothers
 - the trauma in their environment
 - lower school attendance
 - the use of crack by their mothers
9. A distinguishing difference between distressed gambling and addiction is
- social factors
 - the lack of withdrawal
 - psychological dependency
 - nothing; there is no difference between the two
10. When a person has first contact with a drug and moves to the experimental stage,
- they quickly stop
 - the most common outcome is a move to excessive use
 - and they reach the state of addiction, premature death is the likely outcome
 - the most common outcome is integrated use
11. The most commonly used drug by Canadian youth is
- cannabis
 - solvents and inhalants
 - tobacco
 - alcohol
12. Illicit global drug use is
- greatest in South America
 - greatest in higher socio-economic nations
 - lowest in higher socio-economic nations
 - not an issue in drug-producing countries
13. Per capita opioid consumption is greatest in
- the United States
 - the Golden Triangle (Laos, Myanmar, Thailand)
 - the Golden Crescent (Afghanistan, Iran, Pakistan)
 - China
14. Per capita alcohol-related road injuries are greatest in
- Canada
 - Great Britain

- c) Russia
 - d) Australia
15. The greatest increase in student drug use over the past decade has been with
- a) nicotine
 - b) alcohol
 - c) cannabis
 - d) magic mushrooms (psilocybin)
16. The mostly costly drug to the Canadian economy is
- a) fentanyl
 - b) alcohol
 - c) cannabis
 - d) cocaine

True or False Quiz: Foundations of Pharmacology

1. Inhalation is the quickest way to administer a drug to produce a change in the central nervous system.
True or False
2. Tolerance indicates the length of time that it takes for a drug to be metabolized by the body.
True or False
3. While the liver is responsible for the majority of elimination of a drug from the body, the lungs still remove approximately 35%.
True or False
4. Intravenous injection is the slowest method of injection administration.
True or False
5. Transdermal administration is the least common method of administration.
True or False
6. Addiction consists of physical and psychological dependency.
True or False
7. Psychological dependency is more powerful than physical dependency.
True or False

8. Serotonin and dopamine are related.

True or False

Answers can be found in Appendix A at the end of the Instructor's Manual.

Assignment Suggestions

Critical Thinking Essay

1. Define addiction and its significance.
2. What distinguishes addiction from compulsive behaviours? Why is it important to have this distinction?
3. Discuss drug use in the Canadian context. What is needed to respond to this national issue?
4. What are the social and economic implications of addiction? Consider local, national, and international issues.

Take-Home Assignment Questions

1. Describe a personal incident that underscores your understanding of the social implications of addiction. It may relate to your work or volunteer experience, your travel, your counselling practice, or something from the media. The intent is to show how drug use is a global phenomenon that affects us all.
2. What makes it important to distinguish between an addiction and other compulsive behaviours? Or do we even need to bother?
3. A) Define dependency and explain the significance of your definition.
B) Define addiction and explain the significance of your definition.
C) What is the difference between those two definitions? Why is this important for those in the addiction profession to understand?
D) Distinguish between the casual everyday and media use of addiction and the more precise definition provided in Chapter 1. What are the treatment and counselling implications for these two definitions?
4. What are the reasons a person becomes addicted to a psychoactive drug? How do those reasons align with the ideas from your discussion in Question 1?

5. What is the difference between an addiction and
 - i) a compulsive behaviour
 - ii) an eating disorder
 - iii) a compulsive behaviour
6. A) What are the differences between drug use in Canada and drug use in different nations?

B) Was the incidence of drug use greater or less than you thought prior to completing the reading?

C) What factors influenced your thoughts on how many people in Canada and globally were using psychoactive drugs?
7. Which is the (a) quickest and (b) slowest way for a drug to enter the body and produce an effect?
8. What system(s) is/are responsible for the elimination of drugs from the body?
9. What is the significance of half-life?
10. What are the fastest practical methods for administering
 - i) cocaine
 - ii) alcohol
 - iii) opioids
11. What are the basic neurotransmitters associated with addiction?
12. What are the most popular drugs young people are using?
13. What differences are there between provinces in Canada in terms of drug use by young people?
14. What patterns do you see in terms of global drug use?
15. What are the economic patterns of drug use internationally?

Additional Resources

Websites:

Canadian Tobacco, Alcohol and Drugs Survey (CTADS): summary of results for 2017
<https://www.canada.ca/en/health-canada/services/canadian-tobacco-alcohol-drugs-survey/2017-summary.html>

Canadian Alcohol and Drugs Survey (CADS)

<https://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&SDDS=5289>

Global Drug Trade

<http://www.globalresearch.ca/cocaine-heroin-cannabis-ecstasy-how-big-is-the-global-drug-trade/>

United Nations Office on Drugs and Crime

<http://www.unodc.org/>

Videos:

Hinterland: Spiders on Drugs

<https://www.youtube.com/watch?v=sHzdsFiBbFc>

Johann Hari: Everything you think you know about addiction is wrong

https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong?language=en#t-5820

Stanton Peele: Is Addiction a Disease?

<https://www.youtube.com/watch?v=05ANXZKdCg0>

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