

2012

SUBSTANCE ABUSE TRAINING MANUAL

Information Guide for Peer Educators

NCCA Field Department
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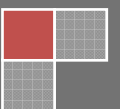


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National Council on Drug Abuse
Substance Abuse Prevention Training Manual for Peer Educators

Training Objectives:

- To educate Peer Educators about the effects, dangers and impact of substance use and abuse

- To build a cadre of persons who will be able to address substance abuse related issues in their field of work

Course Outline:

Session 1

The National Council on Drug Abuse- Structure, Objectives, and Operations.

- ❖ Definition of drugs
- ❖ Categories of drugs
- ❖ Reasons for use and abuse of drugs

Session 2

Commonly abused substances – alcohol, tobacco, marijuana, crack cocaine, amphetamines, steroids.

- ❖ History
- ❖ Characteristics
- ❖ Effects of these substances on the person
- ❖ Signs and Symptoms of Usage

Session 3

Understanding Addiction

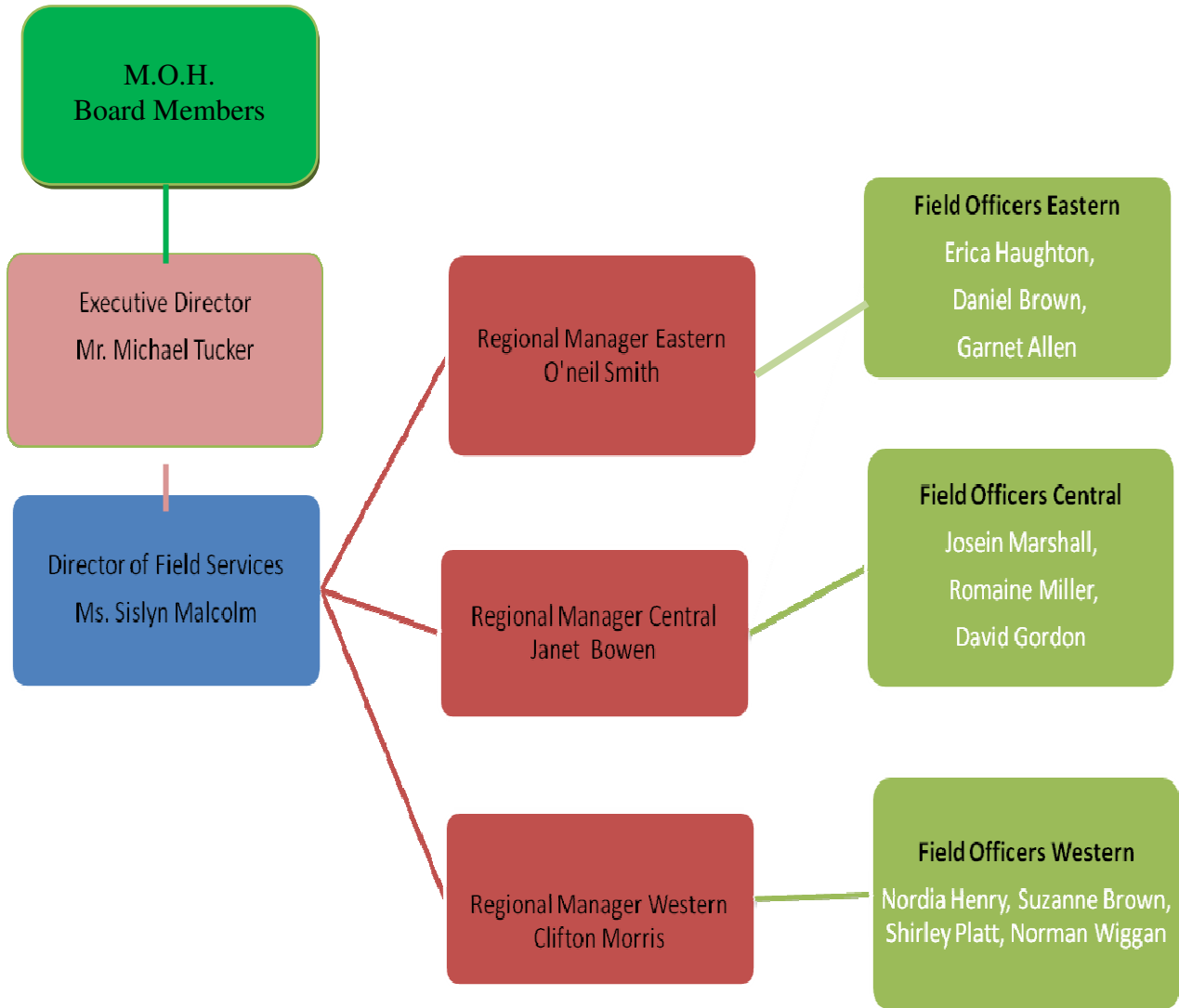
- ❖ Tolerance
- ❖ Dependence
- ❖ Addiction
- ❖ Programmes for Treatment and Rehabilitation
 - Available Centres

Session 4

Life skills

- ❖ Coping Skills
- ❖ Resistance Skills
- ❖ Decision Making Skills
- ❖ Positive Self Esteem/Self Worth/Values
- ❖ Healthy Lifestyle/Physical Condition

FIELD SERVICE DIVISION NATIONAL COUNCIL ON DRUG ABUSE



What is a Drug?

Drugs:

- Substances which affect, alter, or change the natural functions of the body.
- The use of illicit drugs, prescription drugs or over the counter drugs for the purposes other than those for which they were indicated or in quantities other than directed.

Substance Abuse:

- Substance Abuse is defined as a pattern of harmful use of any substance for mood altering processes.
- The uncontrolled or unprescribed use/misuse/abuse of any such substance is defined as Drug/Substance Abuse

Factors Contributing to Drug Use

THE PERSON	THE DRUG\SUBSTANCE	THE ENVIRONMENT
Heredity	Availability	Social
Psychological problems	Accessibility	Cultural
		Economic
		Historical Conditions

■ The Person-

- Curiosity
- Boredom & Idleness
- Inherited Tendencies
- Early Influences/Following Examples
- Dysfunctional Families
- Lack of or Negative Parental Guidance
- Inadequate Life Skills
- Difficulty Coping with Depression & Stress
- Poor Self Image/Self Esteem
- Desire to feel good/high
- Lack of Information
- Misinformation/Myths
- Feeling of Invincibility
- Rebelliousness
- Being deceived/tricked into using
- Illiteracy

- Mental Disturbance
- Poor Physical Health/Illnesses

- Economic
 - Unemployment
 - Lack of Business Opportunities
 - Lack of skills/educational qualifications

- Cultural
 - Cultural Acceptance of certain Drugs
 - Traditional & Adopted/Imported Cultural/Religious practices

- Social
 - Drugs used for socialisation/relaxation
 - Negative influences of Society/Societal Norms
 - Poor Physical Environment/Conditions of living etc

Legal & Illegal Substances

Legal Substances

These are Drugs/Substances for which possession and use is legal and is not punishable by law e.g.

- Alcohol
- Tobacco
- Prescribed & over the counter drugs

Note: Driving under the influence of Alcohol is punishable by law

Illegal Drugs

These are Drugs/Substances whose use and/or possession is illegal and punishable by law e.g.

- Marijuana(Ganja)
- Crack/Cocaine
- Heroin
- The sale of Alcohol by to minors (persons under 18 yrs)

Categories of Drugs

DRUG CLASS	EXAMPLES	ACTION
Stimulants	Cocaine, Amphetamine, MDMA, Caffeine, and Nicotine	Stimulate mood, stimulate processes of the body
Depressants	Alcohol, Benzodiazepines, Rohypnol	Slows down the function of the Central Nervous System
Marijuana (THC)	Ganja, Weed	Impairment of attention processes and brain function.
Inhalants	Glue, Solvents, Gases, etc.	Depress CNS function and/ or block the passage of oxygen to the brain.
Opiates	Heroin	Elevate mood, cause indifference, analgesia
Hallucinogens	LSD, Datura (Joy Juice)	Altered state of perception and feeling; user perceives things differently from reality.

Drugs/substances are categorised based on how the drug affects the Central Nervous System.

Stimulants

These are substances that stimulate or speed up the brain and nervous system e.g.

- Seasoned Spliff
- Amphetamines
- Nicotine (tobacco),
- Caffeine (coffee, tea, Pepsi, etc),

- Cocaine/Crack

Depressants

These are substances (sometimes used to treat mental or other illnesses) that depress or slow down the nervous system e.g.

- Alcohol
- Tranquilisers
- Sleeping pills (e.g. valium)
- Heroin.

Marijuana

It is the dried parts of the cannabis sativa plant and contains over 400 different chemicals.

- Probably brought to Jamaica in the 1840's by Indian migrants
- Grown & used in Jamaica for over 150 years
- Exported illegally for many years
- Illegal, although socially and culturally acceptable in some places

Characteristics

- Green, brown, or gray mixture of dried, shredded leaves of the hemp plant (cannabis sativa)
- Contains over 400 chemicals, some unknown, some harmful, & some beneficial when extracted, e.g.
 - ✓ Canasol for glaucoma
 - ✓ Asmasol for asthma
- Main ingredient-Tetrahydrocannabinol (THC)-causes some who use the drug to experience a calm euphoria (others react differently).
- Scientific Names
 - ✓ Cannabis Sativa
 - ✓ Cannabis Indica
- Street Names
 - ✓ Ganja, Grass, Spliff
 - ✓ Weed, Weed of Wisdom
 - ✓ Sensimila, Sensi
 - ✓ Joint,
 - ✓ Herb, Callie, Callie Weed
- Derivative
 - ✓ Hash, Hash Oil

Methods of Marijuana use

- Dried, crushed, rolled in paper & smoked
- Smoked in a chalice/pipe/chalwa
- Can be swallowed in solid form
- Eaten in/with food
- Drunk as a tea/beverage

Signs of Marijuana Use

- Smell of ganja smoke on clothes/person
- Burns on fingertips
- Neglect of appearance
- Loss of interest in most things
- Loss of motivation
- Possible weight loss/gain
- Change in friends/peers
- Change in sleep patterns

Effects of Marijuana Use

Short Term

- Feel calm, relaxed & sleepy
- Faster heartbeat
- Reaction time slows down
- Throat, mouth, and lips get dry
- Eyes get bloodshot, eyesight blurs
- Lose sense of time
- Impaired perception

Long Term

- Heart & Lung damage
- Lung cancer
- Loss of memory
- Lower ability to fight colds & flus
- Lower sperm count & movement
- Disrupts menstrual periods & ovulation

Inhalants

These are substances that when inhaled will cause mind altering effects.

E.g. of these are normal household or office cleaners, glue, lighter fluid, white-out, gasoline.

These are common household and other products/chemicals that give off mind altering fumes when sniffed or inhaled. e.g. normal household or office cleaners, glue, lighter fluid, white-out, gasoline. Easily available and accessible to the very young.

Types

- ✓ Volatile solvents: gasoline, paint thinners, glue, cleaning solutions.
- ✓ Aerosols: spray paints etc.
- ✓ Anesthetic agents: chloroform, ether, oil and grease solvents.
- ✓ Amyl, butyl and isobutyl nitrites: room and car fresheners.

Effects of Inhalants

Short Term

- Double vision, feel dizzy, get bad headaches,
- Sick stomach, nausea, loss of appetite
- Tired feeling, fatigue, hand tremors
- Slows down body functions
- Bad breath, Chemical odor
- Aggressiveness
- Careless about appearance
- Red or runny eyes or nose
- Speech gets slurred, lack of coordination
- Sneeze, cough, get bloody noses
- Vomiting, diarrhea, urinate & defecate without control
- Moody, restlessness
- Lack of concentration

Long Term

- Muscle loss, weak muscles
- Liver, blood and bone marrow damage
- Spots or sores around mouth
- Permanent brain, lung, & kidney damage
- Deadly when used with alcohol or other depressants
- Death by suffocation

Heroin

This is an addictive substance made from Opium that goes to the brain and alters how the body works. It can be inhaled or injected. Heroin affects the part of the brain that controls emotions, pain and automatic body functions such as breathing and heart rate.

Hallucinogens

These are substances which cause the brain and the nervous system to produce images and/or sounds which are not real; these include

- LSD (lysergic acid diethyl amide)
- PCP (phencyclidine)
- Marijuana/Ganja. (Note: Marijuana-Cannabis Sativa- may also stimulate or depress, and is often placed in a category of its own)

Tobacco

- Comes from the plant *Nicotiana Tabacum*
- Has been used for centuries
- Contains thousands of chemicals
- The main addictive substance is Nicotine
- The addiction produced by Nicotine is as strong as that produced by Cocaine or Heroin
- Is one of the Legal/Social Drugs
- Is not widely thought of as a Drug.

- Is very widely used and socially accepted.
- Its manufacturing is a big industry and provides employment for many.
- The manufacturers target Adolescents in their marketing strategies.

Methods of Tobacco Use

- Smoked in cigarettes, as cigars or in pipes
- Chewed as tobacco
- Sniffed

Signs of Tobacco Use

- Tobacco smell/bad breath
- Stained teeth
- Stained fingers-over the long term

Effects of Tobacco Use

Short Term:

- ✓ Faster heart beat
- ✓ High blood pressure
- ✓ Dizziness
- ✓ Relieves tension & tiredness

Long Term:

- Lung & Heart damage
- Lung, mouth, & throat cancer
- Stomach ulcers
- Reduces sense of taste & smell

Alcohol

- Was an integral part of the slave system and the sugar economy
- Is a byproduct of sugar cane
- Was given to Slaves frequently as part of their “diet”
- Is interwoven with the history, culture and social system
- Is a socially & legally accepted drug (except for those under 18 yrs)
- Scientific name is ethyl alcohol
- Street names are:
 - ❖ Booze
 - ❖ Juice
 - ❖ Brew
 - ❖ Liquor
 - ❖ Waters

❖ John Crow Batty

Method of Alcohol Use

- Liquid form only
- Presented in varying strengths to encourage use, especially among the young people, e.g.
 - ✓ Wine coolers
 - ✓ Light beers
 - ✓ Tonic/stout

Signs of Alcohol Use-

- Smell of Alcohol on the person
- Impaired muscle/limbs coordination
- Impaired judgment
- Slurred, slow speech
- Swaggering walk

Effects of Alcohol Use**Short Term:**

- ✓ Faster & weaker heart beat
- ✓ Confusion & lack of concentration
- ✓ Sick stomach & vomiting
- ✓ Mood changes quickly to violence & depression

Long Term:

- Permanent liver, heart & brain damage
- Liver cancer
- Stomach ulcers
- High blood pressure
- Alcoholism
- Death from overdose
- Death from road and other accidents

Seasoned Spliff

- A combination of crack and ganja
- Crack sprinkled on and rolled in ganja spliff

Method of Use

- Smoked

Signs & Effects of Use:

- Signs & Effects similar to those of Marijuana and Cocaine usage, in addition to:

- ❖ Restlessness
- ❖ Anxiety
- ❖ Short term high followed by depression

Cocaine & Crack

- White powdery substance
- Not indigenous to Jamaica
- Obtained from the Coca Plant which is found mainly in Bolivia & Peru
- Importation may have started during the first quarter of the twentieth century
- Not grown (although crack is produced) in Jamaica

Crack

- Crack is produced by “cooking’ cocaine with baking soda
- It is a more potent and addictive form of cocaine
- It is cut up in small pieces (rocks) resembling small lumps of soap with the texture of porcelain

Street Names

- Coke
- Crack
- White lady

Methods of Use

- Snorted or inhaled in its pure form
- Smoked as crack

Effects of Cocaine/Crack Use

Short term:

- ❖ Faster heart beat
- ❖ Blood pressure rises
- ❖ Body temperature rises
- ❖ Breathe faster
- ❖ Can’t sit still or sleep/Restlessness
- ❖ Become more alert
- ❖ Short term high followed by depression
- ❖ Changes in sleeping/eating habits

Long term:

- ❖ Permanent lung damage
- ❖ Holes & ulcers inside of the nose
- ❖ Personality changes & violent behaviour
- ❖ Fear of people & things (paranoia)
- ❖ See things that aren’t real (hallucinate)

- ❖ Death from overdose

Amphetamines

These are chemically manufactured drugs which stimulate the Central Nervous System, e.g. Dexedrine, Biphedamine, Preludin, and Methedrine. Amphetamines are usually in the form of capsules, pills, and tablets.

Scientific Names:

- Amphetamines
- Dextroamphetamine
- Methamphetamine

Street Names:

- ✓ Speeds, uppers
- ✓ Pep pills
- ✓ Bennies
- ✓ Crank
- ✓ Dexies
- ✓ Moth
- ✓ Ice
- ✓ Crystal
- ✓ Black Beauties

Methods of Use:

- Swallowed as pills or as capsules
- Inhaled into the nose
- Injected into the veins

Signs of Use:

- Excessive activity
- Irritability
- Nervousness
- Mood swings
- Needle marks

Effects of Amphetamines

Short Term

- ✓ Loss of appetite
- ✓ Hallucinations, paranoia, feelings of Alertness and Euphoria
- ✓ Dizziness, headaches, blurred vision, and sweating
- ✓ Dilation of pupils of the eyes
- ✓ Loss of coordination, tremors, convulsions, and physical collapse

- ✓ Sudden increases heart rate & blood pressure from injections resulting in fever, stroke, or heart failure
- ✓ Nervousness, irritability and drastic mood swings
- ✓ User can go without sleep for long periods
- ✓ Causes distorted thinking

Long term:

- ✓ Anorexia and malnutrition resulting from decreased appetite
- ✓ Coma
- ✓ Brain damage
- ✓ Death from overdose

Understanding Drug Addiction

Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the brain – they change its structure and how it works. These brain changes can be long lasting, and can lead to the harmful behaviours as seen in people who abuse drugs

How Drugs work in the brain

- Drugs are chemicals
- Drugs interfere with the way nerve cells normally send, receive and process information
- Some drugs can activate neurons because their chemical structure mimics a natural neurotransmitter
- Other drugs cause the nerve cells to release abnormally large amounts of natural neurotransmitters or prevent the normal recycling of these brain chemicals
- The disruption causes a greatly amplified message
- Drugs directly or indirectly target the brain's reward system
- Excessive use of drugs of abuse disrupts the way critical brain structures interact to control behaviour
- Continued abuse leads to tolerance or the need for higher

Terms to Understand

- Neuron
Nerve cells in the Brain
- Neurotransmitters
Special chemicals released by Neurons which transmit or carry "messages" from one neuron to another, e.g. Dopamine
- Receptors
 - Key sites on neurons to which neurotransmitters attach themselves
- Synapse
 - The space between neurons over which neurotransmitters travel by diffusion, as an electrical impulse

- Dopamine Transporter
 - A pump that assists in the releasing or pumping of dopamine from one neuron to the other
- The Limbic System
 - The section of the brain that controls emotions, such as fear, anger, and feelings of pleasure related to survival, such as those experienced from eating and sex

Communication Process

Neurons communicate by sending messages to each other. This is done by an electrical impulse and the release of neurotransmitters, which diffuse across the synapse, and attach themselves to receptors on the receiving neurons.

Neurons receive messages and carry out the appropriate action, after which the neurotransmitter is pumped back to the sending neuron to complete the Communication Process. This is how the brain functions or communicates normally.

Changes in the Brain:

Some drugs, such as heroin & LSD, mimic or act like natural neurotransmitters. Others, such as PCP, prevent messages from getting through. Other drugs, such as methamphetamines, act by causing neurotransmitters to be released in greater amounts than normal. Cocaine and crack, blocks the dopamine transporter, and prevents the neurotransmitter (dopamine) from being pumped back to the “sending” neuron.

The result is that dopamine, which was blocked from returning to the neuron that sent it, builds up in the synapse or space between the neurons. This allows the dopamine to continue to act on the receiving neuron long after it should have stopped. This causes a sustained “high” or a prolonged feeling of pleasure in a drug user, which only stops after the drug, has worn out.

Although cocaine may make someone feel pleasure for a while, long term use will affect the ability to feel pleasure, and changes the way the brain functions. Long-term cocaine use reduces the amount of dopamine or the number of dopamine receptors in the brain. The neurons at this time must have cocaine to communicate properly, as without the drug, the brain cannot send enough dopamine into the receptors to create a feeling of pleasure.

At this stage, if a cocaine user stops taking the drug, the person feels an extremely strong craving for it, because without it he or she cannot feel nearly as much pleasure, or even normal. These long-lasting changes result in addiction. It is as if there is a “switch” in the brain that “flips” at some point during an individual’s drug use. The point at which this “flip” occurs varies from person to person, but the effect of this change is the transformation of a drug abuser to a drug addict.

Other drugs act on the brain in different ways, or act on other sections of the brain. However, all drugs alter the normal or natural functions of the brain, and addiction occurs when the person is no longer able to feel normal or feel pleasure without the Drug.

Life Skills

UNICEF defines life skills as psychological and interpersonal skills that are generally considered important. The interplay between the skills is what produces powerful behavioural outcomes, especially where this approach is supported by other strategies.

Life skills encompasses of four pillars of learning:

- ❖ Learning to know
- ❖ Learning to do
- ❖ Learning to be
- ❖ Learning to live together

These skills can be classified as;

1. Communication and Interpersonal skills

Interpersonal communication skills

- Verbal/Nonverbal communication
- Active listening
- Expressing feelings; giving feedback (without blaming) and receiving feedback

Negotiation/refusal skills

- Negotiation and conflict management
- Assertiveness skills
- Refusal skills

Empathy

- Ability to listen and understand another's needs and circumstances and express that understanding

Cooperation and Teamwork

- Expressing respect for others' contributions and different styles
- Assessing one's own abilities and contributing to the group

Advocacy Skills

- Influencing skills & persuasion
- Networking and motivation skills

Decision Making

Decision making implies action, and that action carries consequences. If one refuses to make the decision, then it is made for you. As the leader, you need to be responsible for making important decisions regarding the group. It is a good idea to make the decision-making process a participatory one.

The process in cooperates:-

Problem solving skills

- Information gathering skills
- Evaluating future consequences of present actions for self and others
- Determining alternative solutions to problems
- Analysis skills regarding the influence of values and attitudes of self and others on motivation

Critical thinking skills

- Analyzing peer and media influences
- Analyzing attitudes, values, social norms and beliefs and factors affecting these
- Identifying relevant information and information sources

Coping and Self-Management Skills

Skills for increasing internal locus of control

- Self esteem/confidence building skills
- Self awareness skills including awareness of rights, influences, values, attitudes, rights, strengths and weaknesses
- Goal setting skills
- Self evaluation / Self assessment / Self-monitoring skills

Skills for managing feelings

- Anger management
- Dealing with grief and anxiety
- Coping skills for dealing with loss, abuse, trauma

Skills for managing stress

- Time management
- Positive thinking

- Relaxation techniques

Where to get Treatment Help

Help for substance abusers are available at:-

INSTITUTIONS	ADDRESS	TELEPHONE NUMBER
Detox. & Assessment Unit	UWI, Mona, Kingston 7	977-0705
Richmond Fellowship Jamaica (Patricia House)	6 Upper Musgrave Avenue, Kingston 6	978-1670/2324
William Chamberlin	174 Orange Street, Kingston	908-0389
Ward 21	UWI, Mona, Kingston 7	927-2492
NCDA Counselling Services	2-6 Melmac Avenue, Kingston 5	926-9002-4
	RADA Complex, Catherine Hall, Mo-Bay	940-2240/971-1538
RISE Life Management Services	57 East Street, Kingston	967-3777-9
Teen Challenge	10 Shaw Park Road, Ocho Rios, St. Ann	974-5818
Community Group Homes	163 Hope Road	977-1108