

Substance Use & Abuse

What's Next?

Substance Use vs. Substance Abuse

Substance Use

- Substance use involves the consumption of alcohol, drugs, or other mind-altering substances. It does not necessarily lead to addiction but can vary from minimal to moderate use, which is often controlled and within legal or socially acceptable limits.

Substance Abuse

- Substance abuse refers to the excessive and harmful use of substances, including illegal drugs, alcohol, and prescription medications, in ways not intended by the prescribing doctor or beyond social norms. This pattern of use can lead to significant impairment or distress in daily life, health issues, or legal problems.

Difference

- The key difference lies in the frequency, intention, and impact of the use. Abuse is characterized by the continual use despite the negative consequences to one's health, daily functioning, and relationships.

Common Substances of Abuse Among Students:

Alcohol

- Often the most accessible and socially accepted, but misuse can lead to serious issues including dependency.

Marijuana (Cannabis)

- Commonly used for its psychoactive effects, legalization in some areas has affected perception and increased usage among teens.

Prescription Medications

- Includes opioid painkillers, stimulants (like those used for treating ADHD), and anti-anxiety medications. Misuse can start from taking medicine not prescribed to them or in a way not intended by the doctor.

Vaping and E-cigarettes

- A rising trend among students, often perceived as a safer alternative to smoking but still carries health risks and potential for nicotine addiction.

Signs and Symptoms of Substance Abuse

Physical Signs

- **Changes in Sleep Patterns:** Irregular sleeping hours, either too much or too little.
- **Bloodshot Eyes:** Frequent redness in the eyes, which can indicate substance use.
- **Sudden Weight Changes:** Noticeable and quick changes in weight, either loss or gain.

Behavioral Signs

- **Drop in Academic Performance:** Noticeable decline in school performance or interest.
- **Changes in Friend Groups:** Associating with new peers, especially if they are known for risky behaviors.
- **Secretive Behavior:** Increased privacy, lying about activities, or being defensive about personal space.

Emotional Signs

- **Mood Swings:** Quick and frequent changes in emotions, which may seem unpredictable.
- **Unexplained Paranoia:** Sudden suspicion or fearfulness without obvious reasons.
- **Lack of Motivation:** Reduced interest in previously enjoyed activities or general apathy towards responsibilities.

Handouts For Substance Abuse Groups

Lauren Gardner



Handouts For Substance Abuse Groups:

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Experience Love's Journey in **Handouts For Substance Abuse Groups** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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