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How Substances Affect People Facilitator Notes

Main Learning Points:

This is the first session. Every session except this one will begin with a review of the Main Learning Points from the last session.

The goal of this workbook is to provide participants with information and education about the possible effects of alcohol and drugs on their mental illnesses and their lives. This workbook is not designed to be substance abuse treatment or therapy. These sessions can reinforce and support the intent to achieve or stick with a “clean and sober” lifestyle.

Tips for this Session

1. The goal of this workbook is to provide participants with information about the effects alcohol and drugs may have on their mental illness and their lives. The sessions also will help participants make informed decisions about using substances (if they have not used before) or may help them learn how to reach or maintain a “clean and sober” lifestyle (if they have used or are currently using substances).
2. The primary goal of this session is to create an open, accepting, and non-confrontational setting in which participants can be comfortable talking without fear of judgment or being lectured to. People with substance use issues may have high levels of shame and guilt about these problems. In addition, denial and minimization of the effects of substance use are common in people who use or abuse substances. Before completing the “My Experiences Using Substances” worksheet, encourage an open discussion of different types of substances, their effects, and how they may interact with mental illnesses. A flipchart, white board or chalk board can be used to write down participants’ thoughts about substances.
3. You want participants to be comfortable and safe sharing information about themselves. It is expected that everyone respect the privacy of all members of the session. If they do use or have used substances, this information may help them better understand their own experiences. However, what is shared in the group should not be discussed with anyone outside of the session.

General Tips for this Workbook

1. Different cultures have different views on what constitutes substance use and abuse. In many cultures (either ethnic or spiritual), some forms of substance use are a part of their daily lives. If you work with a culturally diverse population, be aware of the role of substances in their lives.
2. Some sessions in this workbook are designated as good to use in family sessions or groups. Look for this icon in the Table of Contents to see which sessions may be used easily in family work.



Suggestion for Topic Introduction and Relevance to Participants

Introduce yourself and then ask each person to introduce himself or herself and tell something interesting about himself or herself (for example, a personal hobby or his or her favorite holiday). Thank the participants for joining the session.

“How many of you are here today because you want to better manage your symptoms and move forward in achieving your life goals? Understanding how substances like alcohol, tobacco, and drugs affect your ability to stay well is very important. Today we will be talking about substances people may often use and how it may affect them.”

“Let’s answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic.”

Topic Assessment Answer Key

1. B 2. A 3. B 4. A

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. Substances change a person's:

- A. Housing situation.
- B. Thoughts, feelings, or behavior.
- C. Educational experience.
- D. Personality to make them more adaptable to life.

2. Substances can include drinks, foods, tobacco products, medicines, or drugs.

- A. True
- B. False

3. Substances:

- A. Never have the same effect on anyone.
- B. Can affect people differently.
- C. Always have the same effect on everyone.
- D. Have no effect on most people.

4. There are common effects of substances that many people experience.

- A. True
- B. False

5. I feel confident that I understand what has happened to me with my illness.

- | | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree | Unsure |

Topic Assessment



6. This information is important for me to know.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly
Disagree | Disagree | Neither Agree
Nor Disagree | Agree | Strongly
Agree |

8. What I liked about this session: _____

9. How this session could have been better for me: _____

How Substances Affect People

Objectives for this Session

1. Recognize 3 common effects of substances.
2. Identify at least 1 substance you know about and the effects of that substance.

Many people use substances such as alcohol and drugs. Although different substances can have effects that people like, they can also cause problems for people who have a mental illness. In this session, we will talk about the different types of substances people often use and their effects on thoughts, feelings, and behaviors.

The brain is the organ that brings together our five senses, perceptions and memories. These make up our individual awareness and understanding of what's going on in the world. Although we do not fully understand exactly how the brain works, we do have a basic understanding of how our thoughts, feelings, and views tend to guide our daily lives.

What are Substances?

The word “substance” refers to any type of drink, food, tobacco product, medicine, or drug that changes a person’s thoughts, feelings, or behaviors. Some substances also change perceptions. “Perceptions” refers to the information we get from our five senses. So certain substances change what we see, hear, taste, smell, and touch. Some substances can be bought legally at stores, like alcohol, cigarettes, or over-the-counter medicines. Some substances are medicines that require a prescription from a doctor or nurse practitioner, like anti-anxiety or pain medicines. Some substances are illegal drugs, but still may be commonly used, like cocaine and marijuana.

Main Learning Point #1

Substances change people’s thoughts, feelings, or behavior.

What are some reasons that people might want to change their thoughts, feelings, or behavior? _____

How Substances Affect People

(continued)

Commonly Used Substances.

A lot of different substances are used by people. The substances a person uses may depend on what they can get, what it costs, what other people around them use and how the substances make them feel. “Effects” refers to what a substance does to a person. There are some common effects of using substances that many people experience. However, each person is unique in his or her own response to alcohol or drug use.

On the next page is a list of different substances that are often used. Slang words for the substances and the effects they can have on people are included. If you have used substances before, you may think, write or talk about your own experiences with different substances listed. Your experiences may be related to your own use or to the use of others who are important to you. You may want to circle each substance you know about and circle the effects you have noticed. There are also places to write in any effects you noticed that are not listed.

Whether or not you share any experiences with other group members, and how much you share, is up to you.

My Experiences with Substances



Circle the Substances You Are Familiar With	Common Slang Words	Circle the effects you have noticed
Alcohol (beer, wine, or “hard” liquor like scotch, whiskey, or gin)	Booze, brew, or beer	Relaxed, sleepy, slowed down, less self-conscious, more likely to do and say things without thinking, other: <hr/>
Cannabis (marijuana or hash)	Pot, weed, grass, reefer, or dope	Relaxed, feel good, hungry, tired, more anxious, paranoid, fearful, other: <hr/>
Cocaine (crack or powder cocaine)	Coke, rock, or snow	More alert, more energy, feel good, increased sex drive, more anxious, paranoid, fearful, tense, other: <hr/>
Amphetamine (methamphetamine, or medicines such as Dexedrine®)	Speed, crystal meth, crank, or uppers	More alert, more energy, feel good, increased sex drive, more anxious, paranoid, fearful, tense, other: <hr/>
Narcotics (heroin, opium, or medicines, such as Vicodin® and some other pain medicines)	Heroin: smack, horse, or H	Feel very high, less pain, sleepy, slowed down, other: <hr/>
Hallucinogens (LSD, PCP, MDMA, peyote, mushrooms, or mescaline)	LSD, acid, windowpane, MDMA, ecstasy, adam, XTC, hug, PCP, or angel dust	Enhanced or distorted perceptions (changes all senses), feel good, more outgoing, restless, less need for sleep, psychotic symptoms (hallucination, see things), other: <hr/>

My Experiences with Substances

(continued)



Circle the Substances You Are Familiar With	Common Slang Words	Circle the effects you have noticed
Sedative and anti-anxiety medicines such as Klonopin®, Ambien®, Xanax® and Ativan®	Sleeping pills	Relaxed, less anxious, sleepy, less coordinated, more likely to do and say things without thinking, less self-conscious, other: _____
Inhalants (glue, aerosols, nitrous oxide, or freon)	Huffing, nitrous oxide, or laughing gas	Altered perceptions (changes all senses), disoriented, confused, other: _____
Tobacco (cigarettes, cigars, chewing tobacco, or snuff)	Cigarettes: cigs, smokes, or butts	More alert, relaxed, other: _____
Over-the-counter medicines (cough medicines, antihistamines and similar medicines)		Sleepy, tired, other: _____
Caffeine (coffee, tea, chocolate, caffeine drinks and pills)	Coffee, java, or joe	More alert, jittery, restless, other: _____

Have you ever seen two people act very differently after drinking alcohol? For example, have you ever known someone who is generally quiet, shy, or withdrawn, but when he or she is drinking that person is more active, social, and talkative? You may also know someone who is sensible and responsible when he or she is sober, but takes risks or shows anger or impulsiveness when he or she is drinking.

Main Learning Point #2

Substances can affect people differently, but there are also common effects.

My Experiences with Substances

(continued)



You may think, write or talk about your answers to these questions about substance use:

1. What effects are most important to you?

2. What substance do you use most often or have used most often (including tobacco and caffeine)?

3. What are the reasons you chose that substance?

4. If you are not currently using any substances (including tobacco or caffeine), what questions or concerns do you have about substance use?

Substance use and mental disorders.

Using alcohol or drugs can feel good for a little while, and some substances can change how people experience the world. However, using substances can also interact with your mental illness in a harmful way. In the next session we will talk about how substances can affect a person's recovery from a mental illness.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____

Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support network. I will ask _____ to read it and talk with me about how substances affect people.
- 3. LIST.** I will make a list of all the substances (including tobacco and caffeine) that I have used or use now. I will think about why I have used these substances and how it might affect my recovery.
- 4. OTHER:** _____

Take an *“Extra Step Forward”* (optional)

- 5. DISCUSS.** I will talk with _____ about any substances I have ever used (including tobacco and caffeine).

If there is time left before the end of the session, you might talk about your personal practice goals. How will you **remember** and **complete** your goal by the next session?