

DDP: ALCOHOL AND DRUG PROGRAM
PARTICIPANT STUDY GUIDE
EDUCATION SESSIONS SAMPLE

SAMPLE
DO NOT PRINT

Education Session 2 – Impairment of Driving Abilities, Skills & Judgment

Learning Outcomes - To identify how alcohol and drugs impair your ability to drive and develop strategies to prevent driving under the influence of alcohol or drugs.

Statistics from the National Highway Transportation Safety Administration (NHTSA) state that three out of ten people will be killed or injured by an alcohol- or drug-impaired driver.

How many times do you think you have driven under the influence? _____

How many times has it resulted in your being in a crash? _____

How did you perceive the risk of driving under the influence when you got your DUI?

How do people close to you perceive driving under the influence?

2013 statistics from the National Highway Transportation Safety Administration (NHTSA) state:

- Three out of ten people will be killed or injured by an alcohol- or drug-impaired driver.
- An average of one alcohol-impaired driving fatality occurred every 52 minutes

Why do you think there are such a high number of people killed or injured in alcohol or drug-impaired car crashes? *Ask for volunteers to share with the group. Possible responses:*

What are the three stages to a collision?



1. Vehicle Crash _____

2. Human Crash _____

3. Internal Crash _____

Driving under the influence can lead to risky behavior including the decision to drive, speeding or not wear a seatbelt.

Impaired driving means your ability to operate a vehicle and perform critical driving tasks is reduced or impaired by alcohol and/or other drugs.

What skills and abilities do we need to drive safely?

How do alcohol and drugs affect you?

These are just a few of the effects; there are more.

The additive (or synergistic) effect is the reaction of two or more chemicals (alcohol and/or any type of drug) with a combined effect greater than the sum of the individual effects.

People taking prescription drugs or over-the-counter medications may not be aware that using alcohol at the same time can intensify the effects and increase the chances of driving under the influence.

All of the effects of alcohol and other drugs we are discussing will affect each individual differently.

How do drugs affect driving behaviors?

Drug Type	Drug Effect	Driving Behavior
Depressants		
<ul style="list-style-type: none"> • Alcohol • Tranquilizers • Barbiturates • Antihistamines • Gamma-hydroxybutyrate • Ketamine • Rohypnol 	<ul style="list-style-type: none"> • <i>Drowsiness</i> • <i>Reduced alertness</i> • <i>Slow reactions</i> • <i>Intense emotions</i> • <i>Impaired judgment</i> • <i>Loss of concentration</i> • <i>Dizziness</i> • <i>Risky behavior</i> • <i>Reduced coordination</i> 	<ul style="list-style-type: none"> • <i>Inconsistent driving speeds</i> • <i>Hard weaving</i> • <i>Driving too close to shoulders or curbs</i> • <i>Driving on the wrong side of the road</i> • <i>Driving without headlights</i> • <i>Driving at a slow speed</i>
Cannabis		
<ul style="list-style-type: none"> • Marijuana • Hashish • THC 	<ul style="list-style-type: none"> • <i>Slow reactions</i> • <i>Difficulty concentrating and anticipating risks</i> • <i>Depth perception distortion</i> • <i>Reduced short-term memory</i> • <i>Altered sense of time and space</i> 	<ul style="list-style-type: none"> • <i>Staying in lane/tailgating</i> • <i>Jerky starts and stops</i> • <i>Passing without enough room</i> • <i>Overshooting and/or disregarding traffic control devices</i>
Inhalants		
<ul style="list-style-type: none"> • Glue • Aerosols • Paint • Nitrites 	<ul style="list-style-type: none"> • <i>Visual hallucinations</i> • <i>Severe mood swings</i> • <i>Violent behavior</i> • <i>Loss of coordination/spasm</i> • <i>Hearing loss</i> 	<ul style="list-style-type: none"> • <i>Running red lights</i> • <i>Tailgating</i> • <i>Cutting off drivers</i> • <i>Entering intersections without checking</i>
Stimulants		
<ul style="list-style-type: none"> • Caffeine (coffee and energy drinks) • Tea • Cocaine • Amphetamines • Nicotine • Diet and pep pills • MDMA 	<ul style="list-style-type: none"> • <i>Impulsiveness/impatience</i> • <i>Aggressiveness/hostility</i> • <i>Over activity and excitability</i> • <i>Less coordination and/or concentration</i> • <i>Irritability</i> 	<ul style="list-style-type: none"> • <i>Tailgating</i> • <i>Running red lights</i> • <i>Unreasonably fast or slow speed</i> • <i>Hard weaving</i> • <i>Honking or flashing lights</i>
Narcotics		
<ul style="list-style-type: none"> • Codeine • Heroin • Morphine • Opium • Methadone 	<ul style="list-style-type: none"> • <i>Impaired vision</i> • <i>Slow reactions</i> • <i>Impaired motor skills</i> • <i>Difficulty concentrating</i> • <i>Restlessness</i> 	<ul style="list-style-type: none"> • <i>Overdriving headlights</i> • <i>Failure to dim high-beam lights to oncoming traffic</i> • <i>Driving too slowly</i> • <i>Riding the brakes</i>

Drug Type	Drug Effect	Driving Behavior
Hallucinogens		
<ul style="list-style-type: none"> • LSD • Ecstasy • Peyote • Mescaline • PCP 	<ul style="list-style-type: none"> • <i>Hallucinations</i> • <i>Confusion and suspicion</i> • <i>Time and distance distortion</i> • <i>Slow reactions</i> • <i>Lack of coordination</i> • <i>Forgetfulness</i> • <i>Rapid mood swings</i> • <i>Violent behavior</i> 	<ul style="list-style-type: none"> • <i>Tailgating</i> • <i>Overshooting/disregarding traffic control devices</i> • <i>Riding the brakes</i>
Prescription Medication		
<ul style="list-style-type: none"> • Antihistamines • Anti-anxiety drugs • Cough syrups containing alcohol or a narcotic • Narcotic pain medications • Sedatives • Tranquilizers • Muscle relaxants • Antidepressants • Blood pressure medications • Anti-inflammatory drugs 	<ul style="list-style-type: none"> • <i>Drowsiness</i> • <i>Slow reaction time</i> • <i>Impaired judgment</i> • <i>Dizziness</i> • <i>Mental confusion</i> • <i>Breathing difficulty</i> 	<ul style="list-style-type: none"> • <i>Weaving</i> • <i>Inconsistent driving speeds</i> • <i>Driving too close to shoulders or curbs</i> • <i>Driving on the wrong side of the road</i> • <i>Stopping without cause</i> • <i>Braking erratically</i> • <i>Turning abruptly</i> • <i>Driving without headlights</i>
Over-the-Counter		
<ul style="list-style-type: none"> • Decongestants • Cold and flu remedies • Motion sickness medications • Pain relievers • Allergy medications • Nighttime cold remedies • Herbal remedies (interaction with other drugs) 	<ul style="list-style-type: none"> • <i>Drowsiness</i> • <i>Slow reaction time</i> • <i>Impaired judgment</i> • <i>Dizziness</i> • <i>Mental confusion</i> • <i>Breathing difficulty</i> 	<ul style="list-style-type: none"> • <i>Weaving</i> • <i>Inconsistent driving speeds</i> • <i>Driving too close to shoulders or curbs</i> • <i>Driving on the wrong side of the road</i> • <i>Stopping without cause</i> • <i>Braking erratically</i> • <i>Turning abruptly</i> • <i>Driving without headlights</i>

Overall, marijuana is the most prevalent drug detected in impaired drivers, fatally injured drivers and motor vehicle crash victims.

Marijuana contains THC (**tetrahydrocannabinol**), which is the chemical that makes you feel high. The THC content in marijuana is four times higher than 20 years ago, rising from 4% to 14%.

Research studies have found that recent use of cannabis doubles the risk of causing a crash. Why do you think this is the case?

Studies have found that many impaired drivers test positive for alcohol and THC.

The synergistic effect of using THC simultaneously with alcohol increases the risk factor by 14 times because it increases the impairment in areas of reaction time and coordination.

How can you prevent impaired driving on medication?

1. Ask your pharmacist or doctor, "Can I drive while taking this?"
2. Read medication labels and fact sheets. Follow directions for proper use and suggested dose.
3. Do not drive if the drug may cause drowsiness or if the medication includes the warning: **Do not use while operating machinery.**
4. Consult your pharmacist or doctor about medications and potential reactions or interactions.

Are there other effects of alcohol or drugs or in combination?

It is impossible to know for sure the effect of mixing alcohol and/or other drugs with additional drugs will have on an individual.

In general, women have less body water than men of similar body weight, so women have higher concentrations of alcohol in the blood after drinking equivalent amounts of alcohol.

How do you think older people could be high risk for harmful alcohol–medication interactions?

Some studies show that people who get DUI are risky drivers. Are there other high risk behaviors you engage in as a driver?

Risky Driver Quiz

Behavior	Always	Often	Sometimes	Never	Score
Get angry with slow drivers	4	3	2	1	
Pursue someone who cuts you off	4	3	2	1	
Compete with other drivers	4	3	2	1	
Tailgating slow drivers to get them to move over	4	3	2	1	
Weave in and out of traffic	4	3	2	1	
Make gestures or yell at other drivers	4	3	2	1	
Speed up when someone tries to pass you	4	3	2	1	
Use high beams or your horn to speed others up	4	3	2	1	
Get angry in traffic jams	4	3	2	1	
Always try to be first at the intersection	4	3	2	1	
Total Score					

Scores:

- 30-40 – You may be an aggressive driver
- 20-29 – At times you can be an aggressive driver
- 11-19 – Most of the time, you are a safe driver
- 10 – You don't take actions that could put you or other drivers at risk

How can you prevent risky driving behavior?

Additional Information:

<http://www.sciencedaily.com/releases/2015/05/150527112728.htm>

http://pubs.niaaa.nih.gov/publications/Medicine/Harmful_Interactions.pdf

Education Session 3 – Substance Use Disorders

Learning Outcomes – To identify behaviors related to substance use disorders and consider areas where they can make positive changes

What is your perception of someone who is addicted to alcohol or drugs?

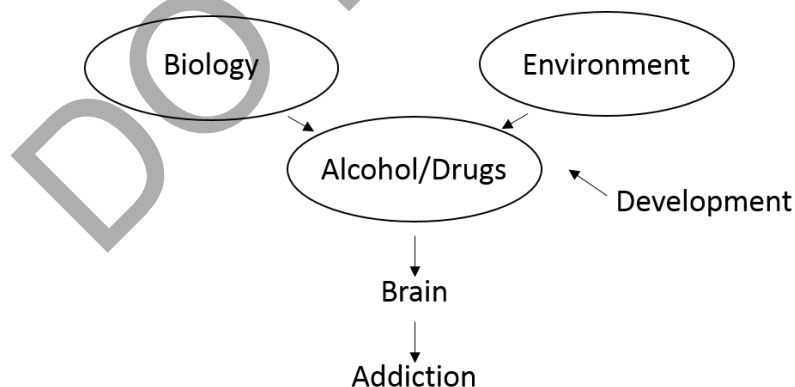
The *Diagnostic and Statistical Manual of Mental Disorders*, Fifth Edition (DSM-5), refers to addiction as a substance use disorder. It states that substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home. – *Substance Abuse and Mental Health Services Administration (SAMHSA)*

Have you experienced any of the 11 symptoms of substance use disorder?

Behaviors related to substance use disorders:

- Use in larger amounts over a longer time than intended
- Persistent desire and unsuccessful in efforts to cut down or control use
- A great deal of time is spent in obtaining, using, or recovering from its effects
- Craving, or strong desire or urge to use
- Results in failure to meet major responsibilities at work, school, or home
- Continued use in spite of social or interpersonal problems it creates
- Social, job or recreational activities are given up or reduced because of use
- Leads to risky driving or other physically hazardous situations
- Continued use despite recurring physical or psychological problems it causes
- Higher tolerance requiring increased amounts to get the desired effect
- Experience withdrawal symptoms when you cut down or try to stop

How is it that some people become addicted and others do not?



DO NOT PRINT
SAMPLE

Safety Center Incorporated Copyright © 1999, 2012, 2016, 2017

All Rights Reserved Revised 5/6/2016