

DDP2: ALCOHOL AND DRUG PROGRAM
PARTICIPANT STUDY GUIDE



SAFETY CENTER

INCORPORATED

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Safety Center's Alcohol and Drug Program DDP

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Education Session 1 – Introduction and Effects of Alcohol & Drugs on Driving

Learning Outcomes – To identify the effects of alcohol and drugs on driving and develop alternative strategies to prevent driving under the influence.

According to statistics published by the National Highway Traffic Safety Administration, 26% of California drivers convicted of driving under the influence (DUI) are repeat offenders.

Why do you think this number is so high?

ABCD Model

Activating Event or Situation – How did you get your DUI?

Belief System – How do you feel about the event or situation?





Consequence – How do you feel about your DUI?

Dispute – Are there other points of view to consider in looking at the event or situation?

How do you feel as a result of this experience?

What is a drink?

A standard drink is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons). Below are standard drink equivalents as well as the number of standard drinks in different container sizes for each beverage. These are approximate, as different brands and types of beverages vary in their actual alcohol content.

STANDARD DRINK EQUIVALENTS	APPROXIMATE NUMBER OF STANDARD DRINKS IN:
BEER or COOLER	
 12 oz. ~5% alcohol	12 oz. = 1 16 oz. = 1.3 22 oz. = 2 40 oz. = 3.3
MALT LIQUOR	
 8-9 oz. ~7% alcohol	12 oz. = 1.5 16 oz. = 2 22 oz. = 2.5 40 oz. = 4.5
TABLE WINE	
 5 oz. ~12% alcohol	a 750 mL (25 oz.) bottle = 5
80-proof SPIRITS (hard liquor)	
 1.5 oz. ~40% alcohol	a mixed drink = 1 or more* a pint (16 oz.) = 11 a fifth (25 oz.) = 17 1.75 L (59 oz.) = 39
*Note: Depending on factors such as the type of spirits and the recipe, one mixed drink can contain from one to three or more standard drinks.	

The amount of alcohol in a person's body is measured by the weight of the alcohol in a certain volume of blood. This is called blood alcohol concentration, or BAC. Because the volume of blood varies with the size of the person, BAC establishes an objective measure for determining levels of impairment.

Blood Alcohol Concentrations (BAC) start to affect people before they have reached the legal level for immediate license suspension of .08%.

BLOOD ALCOHOL CONTENT (BAC) Table for Male (M) / Female (F)										
Number of Drinks		Body Weight in Pounds							Driving Condition	
		100	120	140	160	180	200	220		240
0	M	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
	F	.00	.00	.00	.00	.00	.00	.00	.00	
1	M	.06	.05	.04	.04	.03	.03	.03	.02	Driving Skills Impaired
	F	.07	.06	.05	.04	.04	.03	.03	.03	
2	M	.12	.10	.09	.07	.07	.06	.05	.05	
	F	.13	.11	.09	.08	.07	.07	.06	.06	
3	M	.18	.15	.13	.11	.10	.09	.08	.07	
	F	.20	.17	.14	.12	.11	.10	.09	.08	
4	M	.24	.20	.17	.15	.13	.12	.11	.10	Legally Intoxicated
	F	.26	.22	.19	.17	.15	.13	.12	.11	
5	M	.30	.25	.21	.19	.17	.15	.14	.12	
	F	.33	.28	.24	.21	.18	.17	.15	.14	

Subtract .01% for each 40 minutes of drinking.
1 drink = 1.5 oz. 80 proof liquor, 12 oz. 5% beer, or 5 oz. 12% wine.
Fewer than 5 persons out of 100 will exceed these values.

DMV BAC Chart from California Department of Motor Vehicles Handbook

What are some of the factors influencing BAC?

How is BAC measured?

- Blood _____
- Breath _____
- Urine _____

It takes the liver approximately one hour to metabolize one drink.

What factors affect drug absorption, metabolism and elimination?

The most common drug is marijuana and it contains THC (**tetrahydrocannabinol**), which is the chemical that makes you feel high. THC goes quickly into the blood through the lungs, if smoked, and it affects areas of the brain controlling our body's movements, coordination, memory and judgment.

Prescription drugs or over-the-counter medications may impair your driving ability so it is important to read labels and fact sheets and to follow directions for use. Do not drive if the drug may cause drowsiness or if the medication includes the warning: **Do not use while operating machinery.**

Using alcohol or other drugs at the same time as prescription medication can intensify the effects and increase the chances of driving under the influence.

Statistics show people drive 80 times under the influence before an arrest. NHTSA data indicates one in 200 alcohol impaired drivers are detected and arrested.

How do law enforcement officers identify impaired drivers?

The National Highway Traffic Safety Administration (NHTSA) studied 12,000 enforcement stops and developed a guide to driving cues, which are predictive of blood alcohol concentrations (BAC) of .08 percent or greater. These cues are broken down into four categories:

- Problems in maintaining proper lane position _____

- Speed and braking problems _____

- Vigilance problems (lack of close and continuous attention to driving) _____

- Judgment problems _____

California and other states have set the BAC level of .08 as the minimum level requiring immediate license suspension as it is clear that a driver is impaired at this level. Of fatally injured drivers in crashes that involved a drinking driver in 2011, 66% (6,507) had BACs of .08 or higher (NHTSA, 2012).

At .08 BAC, everyone is impaired to the point where driving skills are impaired regardless of age, gender, or driving experience. Critical driving skills that are significantly impaired include braking, steering, lane changing, judgment, and multi-tasking.

Women have higher BACs than men after drinking equivalent amounts of alcohol, even when adjusting for body weight and they are more susceptible to its cognitive effects, e.g., performing complex and simple tasks at the same time and memory, which affects decision-making.

In California, the .08 “legal limit” is a myth. The Department of Motor Vehicles can immediately suspend anyone’s driver’s license if they are suspected of driving under the influence or for refusing to complete a BAC test.

This law, known as Admin Per Se (APS), enables law enforcement to suspend a suspected offender’s driver’s license until the suspension period is over or the charge is found to have no merit at an administrative hearing requested through DMV.

What is the goal you want to reach at the end of the program?

How can you get there?

Where will it make the biggest difference in your life?

In the future, how can you respond differently to the situation that led to your DUI?

What is the most important thing you learned today?

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?

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

Note Page

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Education Session 3 – Substance Use Disorders

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

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

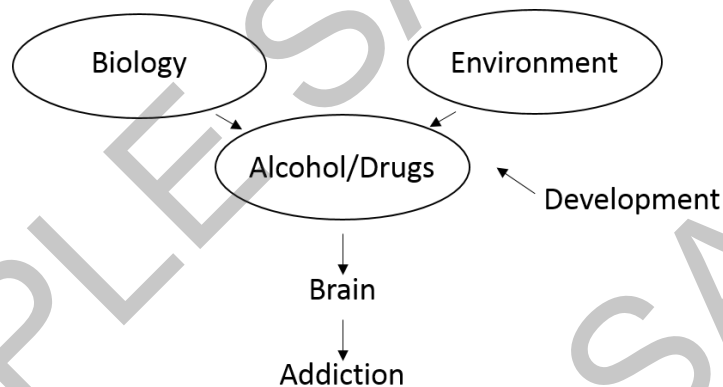
The *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)*, refers to addiction as a substance use disorder. It states that substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, 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?



- Biology influences your risk _____

- Environment can influence your starting and the escalation to addiction _____

- Early age of onset affects brain development _____

How and why does substance use lead to addiction? This is a complex question.

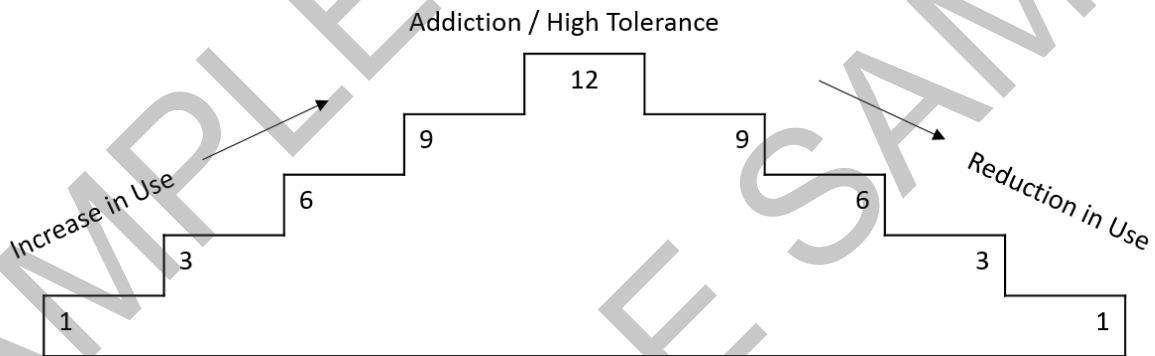
- Iceberg Model – Only 15% of addiction is the behavior we see on the surface. _____

- Over time it changes the structure of the brain. _____

- “Disease Concept” – It becomes an incurable chronic brain disease if it is left untreated. _____

How do we start down the path toward a substance abuse disorder?

The Progression of Substance Use



- 1) Experimental _____

- 3) Social/Recreational _____

- 6) Habitual _____

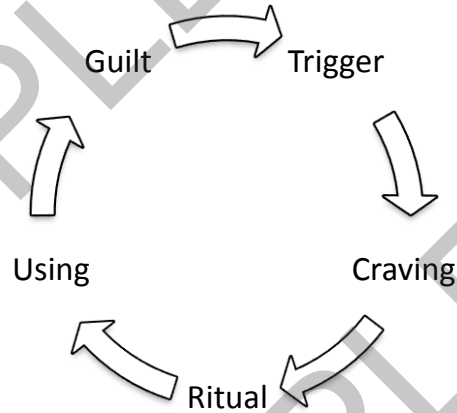
- 9) Abuse/Dependence _____

- 12) Addiction _____

Where are you on the diagram?

How do we stop the Cycle of Substance Use?

Cycle of Substance Use Disorders



Identify "Triggers" that start the cycle of substance use.

- Trigger _____
- Cravings _____
- Ritual _____
- Using _____
- Guilt _____

The process of moving down the bell curve and getting out of the cycle of substance abuse is often referred to in the field of substance use as *recovery*.

Why is "recovery is discovery" an important part of this process? It helps you to understand the reasons for substance use.

- Introspection _____
- Retrospection _____
- Abstinence _____

Recovery from substance use disorders involves making changes to improve your health and wellness, developing a self-directed life and striving to reach your full potential.

The Substance Abuse and Mental Health Services Administration (SAMHSA) has identified four dimensions to support a person in recovery. Each person's path to recovery is different and the route you follow must be relevant to you and your goals for making changes.

1. Health _____

2. Home _____

3. Purpose _____

4. Community _____

Additional information and resources are available at:

www.samhsa.gov

Which area is most important to you? Are there changes you can make to help you to reach your full potential?

How are you balancing Health, Home, Purpose and Community?

Draw a large circle in the space below.

Consider your current situation and divide the pie into slices showing the importance of Health, Home, Purpose and Community in your life.

Ideally how big would you like each slice to be?

How can you begin to change the size of the slices?

Consider your smallest slice and write down one thing you can do this week to increase its size and the people and resources you will use to achieve this goal.

Education Session 4 – Effects on Body and Health

Learning Outcomes – To identify short- and long-term consequences of substance use and develop strategies to reduce health risks.

Where do we get our perception about substance use?

How is alcohol use portrayed in media?

In reality, alcohol is responsible for 10% of all the deaths in the United States.

How can substance use disorders have a negative effect on your life?

Substance use can have a lifelong impact on your health.

Each person is different and genes, environment, and diet all play a role in how a substance use disorder affects your health.

How is your health affected?

Where	How it is Affected	Short-Term Effects	Long-Term Effects
Brain	<ul style="list-style-type: none"> • Disrupts brain activity • Changes the structure of neurotransmitters • Reduces size of brain cells 	<ul style="list-style-type: none"> • Sleep • Mood • Coordination • Memory lapses • Seizures 	<ul style="list-style-type: none"> • Dependence • Memory • Blackouts • Learning • Dementia
Heart	<ul style="list-style-type: none"> • Causes the heart to beat irregularly • Stiffens blood vessels reducing flexibility • Constricts blood vessels 	<ul style="list-style-type: none"> • Weakens the heart muscle • Dizziness 	<ul style="list-style-type: none"> • Hypertension • Arrhythmia • Cardiac arrest • Strokes • Collapsed veins • Bacterial infections
Liver	<ul style="list-style-type: none"> • Build up of fat reduces liver function and alters chemicals that break down scar tissue • Causes harm to the metabolism (MEOS) and interferes with the interaction of medications 	<ul style="list-style-type: none"> • Inflammation 	<ul style="list-style-type: none"> • Jaundice • Diabetes • Hepatitis • Fatty liver • Fibrosis • Cirrhosis
Lungs	<ul style="list-style-type: none"> • Causes breathing to slow and blocks air from entering the lungs 	<ul style="list-style-type: none"> • Bronchitis 	<ul style="list-style-type: none"> • Emphysema • Cancer
Pancreas	<ul style="list-style-type: none"> • Influences metabolic processes • Causes damage by secreting juices inside the pancreas 	<ul style="list-style-type: none"> • Inflammation 	<ul style="list-style-type: none"> • Diabetes • Pancreatitis
Mouth, throat, esophagus, liver, breast	<ul style="list-style-type: none"> • Damages genetic material and reduces ability to repair damage • Increases abnormal production of cells and chemicals linked to cancer 		<ul style="list-style-type: none"> • Cancer
Immune system	<ul style="list-style-type: none"> • Suppresses ability of system to protect against harmful bacteria and to fight infections and viruses 	<ul style="list-style-type: none"> • Pneumonia 	<ul style="list-style-type: none"> • Tuberculosis • HIV infection • Cancer

What are other ways substance use can affect our health and the health of other people we care about?

Hepatitis, HIV/AIDS and other Infectious Diseases – Substance use weakens the immune system and it is linked to needle sharing and unsafe sex, which increases the likelihood of transmitting infectious disease.

www.cdc.gov/std

www.cdc.gov/hiv

Fetal Alcohol Syndrome (FAS) – The same amount of alcohol that is in the mother’s blood is also passed into baby’s blood and it hurts development because the smaller body cannot break it down. FAS is the leading known preventable cause of birth defects that lead to lifelong physical, learning and behavioral problems.

www.cdc.gov/ncbddd/fasd

Sexually Transmitted Diseases (STD)/Sexually Transmitted Infections (STI) – Substance use can cause severe impairment of personal judgment and lower inhibitions to sexual activity. This may include engaging in unprotected sex or another high risk sexual behavior, such as sleeping with multiple partners or having sex in exchange for drugs or money.

www.cdc.gov/std/chlamydia

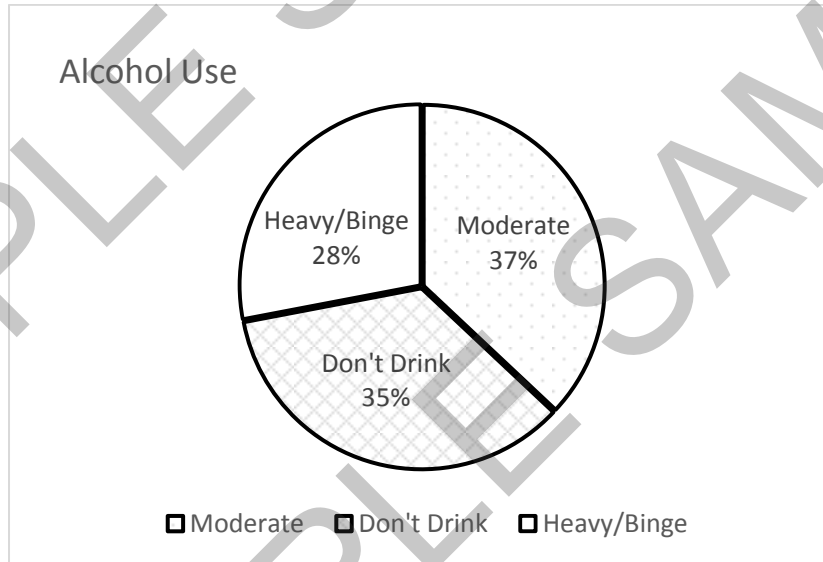
www.cdc.gov/std/gonorrhea

www.cdc.gov/std/syphilis

What are some of the lifestyle changes that may reverse or reduce the affects of substance abuse on your health?

Abstinence is a personal decision and for some people, it may be the only way to reduce or reverse the negative health effects of substance use.

How do you know where you are in your current alcohol use?



- Moderate Drinking – Occasional drinking or up to one drink per day for women and up to two drinks for men
- Binge Drinking – Five for men on the same occasion on at least one day in the past 30 days
- Heavy Drinking – Five or more drinks on the same occasion on each of five or more days in the past 30 days (SAMHSA)

Research shows women become more impaired than men after drinking similar amounts of alcohol, even when doses are adjusted for body weight. They are also more susceptible to the long-term health effects of alcohol.

How can you reduce substance use?

Pre-planning behavior can help you to follow through on lifestyle changes.

