New York State
Alcohol and Drug Abuse Identification Training

Overview of Units, Lessons, and Objectives
Unit 1

Overview of Substance Related Disorders

Importance

Substance related disorders pose a significant obstacle to your client’s abilities to achieve financial self-sufficiency by getting a keeping a job.

This overview unit is designed to:

• Raise your level of awareness about the effects of substance related disorders on the individual and the family, especially on women who are single parents in the TANF population.

• Provide you information about the stages of abuse, dependence and recovery in order to help you understand the breadth and depth of the problem.

• Show you the benefits of early identification and treatment not only for yourself but also for the community at large.

Overview

This unit consists of four lessons.

• Introduction to Alcohol and Drug Abuse Identification Training

• Understanding Substance Abuse and Dependence

• Affects of Substance Dependence on the Family

• Recovery, Relapse, and Treatment

Continued on next page
Objectives
By the end of this unit, you will be able to:

- Recognize the breadth and depth of issues related to substance abuse and substance dependence as it relates to clients achieving self-sufficiency.
- Describe the disease model of addiction.
- Recognize behavioral and physiological signs of substance abuse and substance dependence.
- Define recovery and relapse.
- Recognize the continuum of treatment options for people who have substance related disorders.
- Have increased empathy for the problems faced by TANF population who have substance related disorders.

Lessons and Topics
Lessons and topics included in this unit can be referenced on the following pages in this manual:

<table>
<thead>
<tr>
<th>Lessons and Topics Covered</th>
<th>See Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lesson 1: Introduction to Alcohol and Drug Abuse Identification Training</td>
<td>5</td>
</tr>
<tr>
<td>Quick Quiz</td>
<td>6</td>
</tr>
<tr>
<td>Welfare Reform and Substance Abuse</td>
<td>8</td>
</tr>
<tr>
<td>Substance Abuse Identification for the Welfare Population</td>
<td>12</td>
</tr>
<tr>
<td>Special Issues for Women</td>
<td>15</td>
</tr>
<tr>
<td>Substance Abuse Identification and Treatment Process</td>
<td>18</td>
</tr>
<tr>
<td>Activity: WIFU, What’s in it for Us?</td>
<td>20</td>
</tr>
<tr>
<td>Lesson 2: Understanding Substance Abuse and Substance Dependence</td>
<td>23</td>
</tr>
<tr>
<td>Activity: Profile of an Addict</td>
<td>25</td>
</tr>
<tr>
<td>Substance Abuse Continuum</td>
<td>26</td>
</tr>
</tbody>
</table>

Continued on next page
Lesson 2: Understanding Substance Abuse and Substance Dependence (continued…)

- Activity: Determining the Level of Use 30
- Disease Model of Addiction 34
- Effects of Alcohol and Cocaine 37
- Stages of Dependence 41
- Progression of Alcohol Dependence 45
- Progression of Cocaine Dependence 51
- Behavioral and Physical Signs of Dependence 54
- Defense Mechanisms and Substance Related Disorders 56
- Activity: Defense Mechanisms 60

Lesson 3: Affects of Substance Abuse and Dependence on the Family

- Substance Dependence as a Family Disease 64
- Progression of the Family Dysfunction 66
- Family Stories 69
- Common Emotions in Families with Substance Abuse and Dependence 70
- Activity: Rules of the Game 73
- Family Roles 79
- Affect of Substance Abuse and Dependence on Children 86
- Children’s Stories 90

Lesson 4: Recovery, Relapse, and Treatment

- Recovery 93
- Relapse 98
- Treatment Options 101
- 12 Step and Other Self-Help Options 105
- Women’s Recovery Issues 109
- Case Study: A Woman’s Story 113
Unit 2

Screening for Alcohol and Drug Abuse

Importance
This unit will help you administer the screening tool more effectively.

The eligibility worker:
- Creates an atmosphere where clients feel comfortable enough to respond honestly to the questions
- Sets the tone for how the client feels about a referral and possible treatment
- Plays a critical role in helping clients and their families move along the road to recovery.

Overview
This unit consists of two lessons:
- Analyzing Attitudes to Alcohol and Drug Abuse and Dependence
- Using the Alcohol and Drug Abuse Screening Form

Objectives
By the end of this unit, you will:
- Develop awareness of your attitudes towards alcohol and drug abuse and dependence.
- Develop a strategy for managing your attitudes so you can work more effectively with clients who are alcohol and drug abusers.
- Demonstrate effective communication skills while asking the screening questions, including active listening, empathy, and effective questioning.
- Complete the screening and behavioral observation portions of the screening instrument.
- Make an effective referral for assessment.
## Lessons and Topics

Lessons and topics included in this unit can be referenced on the following pages in this manual:

<table>
<thead>
<tr>
<th>Lessons and Topics Covered</th>
<th>See Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lesson 1: Analyzing Attitudes to Alcohol and Drug Abuse and Dependence</td>
<td>3</td>
</tr>
<tr>
<td>Perception and Attitudes</td>
<td>4</td>
</tr>
<tr>
<td>Activity: Examining Attitudes Towards Substance Abuse</td>
<td>6</td>
</tr>
<tr>
<td>Common Feelings Towards Substance Abuse</td>
<td>8</td>
</tr>
<tr>
<td>A Worker’s Story</td>
<td>10</td>
</tr>
<tr>
<td>Activity: Identifying the Sources of Your Attitudes</td>
<td>12</td>
</tr>
<tr>
<td>A Process for Managing Attitudes</td>
<td>15</td>
</tr>
<tr>
<td>Words of Wisdom on Attitude</td>
<td>17</td>
</tr>
<tr>
<td>Lesson 2: Using the Alcohol and Drug Addiction Screening Form</td>
<td>19</td>
</tr>
<tr>
<td>Eligibility Worker’s Role in Screening for Substance Abuse</td>
<td>21</td>
</tr>
<tr>
<td>Purpose and Organization of the Form</td>
<td>24</td>
</tr>
<tr>
<td>Instructions for Completing the Form</td>
<td>27</td>
</tr>
<tr>
<td>Activity: Identifying Factors Affecting the Client Worker Interactions</td>
<td>32</td>
</tr>
<tr>
<td>Guidelines for Asking Questions</td>
<td>35</td>
</tr>
<tr>
<td>Activity: Working with the Questions</td>
<td>41</td>
</tr>
<tr>
<td>Guidelines for Making a Referral</td>
<td>44</td>
</tr>
<tr>
<td>Role Play: Administering the Screening Instrument</td>
<td>47</td>
</tr>
</tbody>
</table>