



Adolescent Substance Use Group (Multiple Choice)

This is a [Kahoot exercise](#) which can be done online using smart phones by clicking the link below and following the instructions (It's a lot of fun). If you do not have access to the online kahoot exercise, the questions and answers are all listed below and can be done through discussion instead

➤ The link to the kahoot exercise is - <https://create.kahoot.it/share/adolescent-substance-use-group/ac21b5e4-fd7d-41a1-a190-324a6f839853>

➤ Correct answers are in red below

1 - Quiz

Warm up 1 - Who is this?

- Arachnid Arnie
- Incredible Bug Snuffer
- Batman's mother in tights
- **Spiderman**



Discussion: Yes, it's the non-other than the Amazing Spiderman

2 - Quiz

Warm up 1 - Are you ready to play?

- **Yes**
- I like turtles
- I dunno
- Nope and I never will be

Discussion: Hopefully everyone was ready to play. The game is just for fun, but the discussion is what matters. The goal is to learn something.

3 - True or False

Alcohol is a stimulant

- **False**
- True

Discussion: Even though some people may feel energized or enthusiastic when drinking, biologically alcohol is a depressant (the opposite of a stimulant) because it slows down the brain and central nervous system



4 - True or False

Using inhalants (or huffing) just one time can kill you

- False
- **True**

Discussion – Sudden Sniffing Death Syndrome refers to abrupt death caused by inhalant use. The body can go into shock when inhalants are used which can cause the heart to stop. This can happen within minutes after any single use of inhalants

5 - True or False

When you have TOLERANCE you need more of a drug to get the same high

- False
- **True**

Discussion: Drug tolerance “occurs when a subject’s reaction to a drug decreases so that larger doses are required to achieve the same effect. In addicted patients, the resulting pattern of uncontrolled escalating doses may lead to drug overdose.” (wikia.org) Drug tolerance is one of the main factors that can fuel addiction because of the increasing need for more substances to achieve the desired “high”

6 - True or False

Addiction negatively impacts the part of our brain that makes decisions

- False
- **True**

Discussion: In the brain, drugs and alcohol affect the basal ganglia, which plays a role in motivation, pleasure and the formation of habits and routines. This area of the brain is often referred to as the brain’s “pleasure center”. Also affected in the brain is the extended amygdala, which plays a role in stressful feelings and anxiety, and also the prefrontal cortex, which “powers our ability to think, plan, solve problems and exert self-control over impulses.” (drugabuse.gov)

7 - Quiz

Which of the following is NOT a symptom of addiction

- Increasing risks to obtain and use substances
- **Good health and happiness**
- Legal, social and family problems
- Difficulty stopping once starting

Discussion: Addiction often increases risk taking behavior (especially as it progresses), leads to problems with the law and difficulties with families and friends. Further, addiction is often defined by difficulty stopping once starting. All of these can make life more difficult especially over time as these issues increase. Addiction, however, rarely, if ever, leads to good health and happiness.



8 - Quiz

Something that initiates an impulse, craving, thought or desire to get high is called a....

- Intervention
- Infatuation
- **Trigger**
- The Munchies

Discussion: Triggers (often referred to as relapse triggers) can be people, places, things, thoughts, mood states, events, or other experiences that somehow cause a desire or urge to get high. Someone can be doing well not using, but then face a trigger (like an old friend who has drugs and is willing to share) then drug or alcohol use may continue once again. Triggers can also be internal (come from within) as feelings and mood states, like depression or anxiety, can set off a desire to get high. It is extremely important to be aware of your triggers

9 - Quiz

Which type of prescription drug can often be the start of an opioid addiction down the line

- **Painkillers**
- Anti-convulsant
- Anti-psychotics
- Chewable Vitamins

Discussion: Opioid painkillers are often the starting point for opioid addiction. It is a very common story, unfortunately, that when someone gets an injury or goes to the dentist and gets a prescription for opioid pain medication this can later lead to dependence. If addiction has taken hold of a person, often when the prescription runs out and there is no way to get any of the substance legally, then illegal means are at times used to obtain opioids. Some people sadly turn to heroin because it is cheaper. This does not mean that you should never take prescribed opioid pain medication. Not everyone who is prescribed pain medication becomes addicted but there is always some potential risk involved. Therefore, if you are ever in a situation where you are prescribed opioids, you should be very careful, make sure your parents/guardians are aware of how much you are taking, and you all should keep a close eye on if any addictive behaviors or signs of dependency are starting to occur.

10 - Quiz

Which of these are risk factors for addiction? (Choose the best answer)

- Genetics (Family history)
- Early onset (Starting using when young)
- Co-occurring mental health issues
- **These are all considered to be addiction risk factors**

Discussion: Genetics, early onset, and co-occurring mental health issues are all proven risk factors for addiction. Having one or more of these risk factors does not mean that someone is destined to become addicted however it just means that the chances are higher. We know from adoption studies that addiction can pass from one generation to the next genetically. We know that more people who become addicted started using early in life than those who didn't. Struggling with mental health issues such as depression, anxiety, ADHD, or Bipolar disorder can increase the likelihood of addiction especially when someone gets high to try to manage these symptoms instead of learning health coping skills. Again, even if you have risk factors, you still can make healthy decisions now to prevent addiction from occurring in your life



11 - Quiz

The vast majority of adults who are addicted to a substance started getting high....

- In their 20's
- **In their teens or younger**
- In the womb
- In their car

Discussion: When you are young, this is the time when you are just learning to cope with the challenges and stresses of life. If you are already using non-prescribed substances as a way to escape or self-medicate problems at an early age, this can be a hard habit to break later on down the line which can lead to an unhealthy dependence on mood-altering substances. Carefully prescribed medications for mental health conditions are different when overseen by a qualified prescriber who understands addiction

12 - Quiz

Another name for insight is...

- Growth
- Self-destruction
- Indigestion
- **Self-awareness**

Discussion: Insight or self-awareness is one of the key aspects of personal growth. The ability to look inside yourself and recognize your true thoughts, feelings and motives can be so important in defining who you really are as a person and it is a strong determining factor with regard to where you will end up in life. It can be so helpful in a substance use program to do your best to try to gain insight by being open to learning and talking about who you really are on the inside instead of trying to put up a front or mask.

13 - Quiz

What you consider to be most important in your life are called your...

- **Values**
- Circumstances
- Fears
- Conspiracies

Discussion: Our values are a huge part of defining who we are. What we think about, how we spend our time and what we often focus on is directly tied to our values. When something is important to us, we value it, and therefore we make these values a priority in our lives. If we value constructive and positive things, it is more likely we will have positive outcomes in life. If our values are misguided, this can be problematic in life. It is important to examine what is most important to you because we all have a limited amount of time and other resources, so it is best to have positive values and positive priorities. Just about everyone who gets older who has lost track of their lives will say something like "I wish I had my values and priorities in order when I was younger, then I wouldn't be in this situation now"



14 - True or False

People become addicted to substances usually because they are just weak minded

- **False**
- True

Discussion: People can be strong, intelligent, and determined but still fall prey to the power of addiction. Often it is the people who think that they are too strong minded for it to happen to them who find out before it is too late that addiction took control when they were not expecting it. Instead it is important to be honest with yourself about the risk factors associated with addiction and never let yourself fall into the trap that “it can never happen to me” It is better to focus on making positive life choices about who you associate with and how and where you spend your time to prevent addiction from becoming an issue in your life.

15 - Quiz

Which of the following are helpful in preventing addiction (Best answer)?

- Learning good decision-making skills
- Learning positive coping skills for stress and anxiety
- Resist social peer pressure and negative influences
- **All of these are helpful in preventing addiction**

Discussion: Hopefully this one was obvious. If you can make good decisions and you have positive coping skills to deal with life stress and anxiety, and when you avoid negative peers and places, then your chances of avoiding addiction have increased greatly. It is important to take the time to learn these skills as a young person as this can benefit you for the rest of your life.

16 - Quiz

Which is the best way to prove yourself in life?

- Your words
- Your appearance
- **Your actions**
- Who you know

Discussion: You’ve heard it before that “actions speak louder than words” because the saying is true. Talk is cheap so saying things like “This can’t happen to me” or “I know I’ll never let that happen” may sound good and it is nice to have confidence in these areas but just saying it alone does not mean much. Many people who became addicted swore that they would never let it happen, however their actions did not support that. Instead, focus on letting your actions do the talking by making positive choices and reaping the benefits



17 - Quiz

If you can still keep going even after mistakes, failure or adversity you are:

- Resistant
- Rebellious
- Simple minded
- **Resilient**

Discussion: To be resilient literally means to “bounce back”. People who are resilient in life are often more successful. It is inevitable that we all fall and fail at times but how you handle failure and adversity says a lot about who you are as a person. If you can get up and keep going when trouble comes your way you are resilient. You can build resilience by increasing your level of support and your ability to use effective coping skills. If you do not feel you are resilient, do not worry, resilience can be learned, practiced and increased

18 - Quiz

Detox from which of these substances is most dangerous?

- Opioids and Heroin
- Cocaine and Methamphetamine
- **Alcohol and Benzodiazepines**
- None - Detox is never dangerous

Discussion: Withdrawal and detoxification for any substance has its risks and dangers. However, withdrawal related specifically to alcohol or benzodiazepine (Xanax, Valium, Klonopin, Ativan) dependence brings with it a seizure risk that can be deadly. Therefore, detoxification from these substances should take place in a setting which is monitored by trained medical staff who are aware of the risks. Sadly, young people may experiment with benzodiazepines (aka “benzos”) such as Xanax, thinking that there is little risk or harm, but in reality, if you become dependent there is a significant health and safety risk.

19 - Quiz

If you are going to make progress, learn and grow in life, it helps to be:

- **Open-minded**
- Rageful
- Argumentative
- Stubborn

Discussion: To be open-minded means “willing to consider different ideas or opinions” (merriam-webster.com) When you think about it, how is someone supposed to learn and grow if they are not willing to change their mind and consider different viewpoints? Surely you now see things differently than when you were a child, and this is because you opened your mind to new ideas and experiences along the way. Becoming an adult and beyond also requires an open mind to grow. Being stubborn or argumentative or getting angry when someone questions you about what you believe is sure to keep you stuck in the same place for years on end.



20 - Quiz

Which of the following is the most valuable to your growth as a person in the long term?

- Blaming others
- Scamming the system
- Apathy
- **Taking Responsibility**

Discussion: *To be responsible is to be able to answer for your actions and to be accountable. Closely aligned with being responsible is to be reliable and trustworthy. People can get over and even temporarily get ahead by lying, deceiving, or scamming the system but over time that tends to catch up with you. Learning responsibility in your youth will be of lasting value throughout your lifetime as you will learn to be self-sufficient and to take care of business when needed instead of avoiding problems or waiting for someone else to save you.*

21 - Quiz

Finally, if you are going to get the most out of this program, you should...(best answer)

- Try to learn something about positive coping skills
- Try to learn more about yourself
- Learn about what it takes to succeed as an adult
- **Do all of these things**

Discussion: *Some people enter a substance use program thinking that they will use their time and energy to try to get over and to avoid having to change. That, of course is your right, but you should ask yourself if that is the best way to choose to participate in the program. Instead, doesn't it make more sense to try to use the time in the program to learn more about yourself, learn about ways to deal with life (because life is rarely if ever easy for anyone) and then use what you learn to work toward self-improvement? Regardless of why you may be in the program, everyone has room for growth and learning. It makes sense to make the best of your situation by being as positive as possible and by trying to get something out of the experience*
