SUBSTANCE USE DISORDERS WORKSHEET

Directions: Please read each description and choose the drug/substance that you think it describes. Fill in the “Who am I?” slot with your answer. Your choices are the following: TOBACCO, MARIJUANA, AMPHETAMINES, METHAMPHETAMINES, ECSTASY, AND HEROIN

Who am I? ____________________ I am an opiate drug and produce a short-term feeling of euphoria, well-being and pain relief. However, when you take me there is a high risk of creating dependence. Some other associated problems include depression, alcohol dependence and criminal behavior. Those who use me are at a higher risk of suicide.

Who am I? ____________________ Individuals who use me are more than twice as likely to have an anxiety disorder or depression, and are more than four times as likely to have symptoms of psychosis. I am also associated with schizophrenia. In fact, the Mayo Clinic estimates that 70 to 90 percent of people with schizophrenia are dependent on me.

Who am I? ____________________ I am a stimulant and I affect the central nervous system. Repeated use of me can lead to addiction, violent behavior, anxiety, confusion, insomnia, and psychotic behavior (including intense paranoia, and visual and auditory hallucination). I can be smoked, snorted, orally ingested, and injected. I come in many different forms and may be identified by color, which ranges from white to yellow to darker colors such as red and brown. I come in a powder that resembles granulated crystals and in a smokable rock form called “ice.”

Who am I? ____________________ I have hallucinogenic properties and am often used as a “party drug.” Users can develop an adverse reaction that in extreme cases can lead to death. Users often report feeling emotionally close to others. Research on people who have used me regularly shows a reduced sexual interest and a range of mental health problems.

Who am I? ____________________ Based on data collected in 2001, more than 12 million Americans age 12 and older used me at least once in the month before surveyed. I am associated with mental health problems. In a long-term study of adolescents using me, it was found that the rate of anxiety disorder and depression in adulthood increased, especially for young women. The more frequent the use, the greater the risk of developing schizophrenia over the following 15 years.

Who am I? ____________________ I am a stimulant and I come in many forms: powder, tablets, capsules, crystals, or liquid. I am known on the street as “crystal,” “speed,” “base,” “ice,” or “shabu.” I can cause “speed psychosis,” which involves symptoms similar to schizophrenia. The only proper use for me is for Attention Deficit Hyperactivity Disorder (ADHD), under the direction of a physician.