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Essay Sample on Substance Abuse: A Growing Problem Affecting Young People Essay

Introduction

Substance abuse is a growing problem that currently affects young people. Many youths have died from substance-related issues, including overdose and addiction. Due to this problem, the number of emergency room visits and deaths linked to the overdose of substances has increased. Whiteford et al. (2013) defined substance abuse as a maladaptive behavior pattern that entails dependency on drugs or substances that alter the cognitive status, mood, and behaviors. This essay presents a case study of a 25-year-old male, diagnosed with depression and anxiety disorders after struggling with opioid abuse. The patient presents with withdrawal symptoms to our organization for treatment.

Case Presentation

Douglas is a 25-year-old Caucasian male who presents to our facility for opioid and alcohol abuse. He is currently unemployed and lives with his friends because he lacks a stable relationship with his family due to addiction. Recently, Douglas was diagnosed with mood and anxiety disorders after presenting with the following symptoms: extreme sadness, irritability, mania, panic, tense muscles, heart palpitations, sleep problems, shortness of breath, rigid muscles, and loss of concentrations (Minkoff, 1989). For the last two weeks, my client has been consuming 12 bags of heroin intravenously, 42 ounces cans of beer, and has inhaled cocaine worth one hundred dollars per day. According to Douglas, he wants to avoid going to jail, and that is the primary reason the client is seeking help. The probation officer has worked with Douglas and his family to plan for the probation intervention program rather than jail. The client willingly agreed to be assessed for admission to the outpatient treatment facility.

Alcohol and Drug Use History

When Douglas began to use and abuse substances, his drugs of choice were cocaine and heroin. During the examination, Douglas stated that he was first introduced to alcohol and marijuana at the age of 15, although marijuana is not his substance of choice any longer. Five years later, his best friends introduced him to heroin at the time he was undergoing stressful moments in his undergraduate school. At the age of 19, Douglas said that he started consuming alcohol with his friends when they attended a party. His use of substances increased rapidly and began to affect his ability to function.

Douglas tried to stop abusing drugs but in vain. Instead, he switched to the use of anti-anxiety drugs such as valium and opiate painkiller, Vicodin. This attempt to substitute the use of illicit drugs with legal drugs failed. During this period, two of his friends died, ostensibly from overdoses. This incidence not only frightened Douglas to the extent of wanting to withdraw, but it also resulted in deep grief, which plunged him further to substance abuse. At the age of 22, Douglas was hospitalized eight times for detoxification but immediately resumed using drugs each time he was

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H. McConaughy, 2013-02-25 This authoritative work offers guidelines for interviewing children of different ages as well as their parents and teachers and for weaving the resulting data into multimethod assessment and intervention planning K 12 school psychologists and other practitioners learn specific strategies for assessing school issues peer relations emotional difficulties family situations and problem behavior Stephanie H McConaughy is joined by two other leading experts who have contributed chapters on assessing suicide and violence risks In depth case illustrations are woven throughout In a large size format for easy photocopying the book includes over a dozen reproducible interviewing tools Purchasers also get access to a Web page where they can download and print the reproducible materials New to This Edition Incorporates the latest research on child and adolescent problems and clinical interviewing procedures Updated for DSM 5 Additional interviewing tool Semistructured Student Interview which focuses on the topics most relevant to academic and social functioning Guidelines for interviewing culturally and linguistically diverse children and parents Up to date information and assessment strategies related to bullying and victimization inappropriate uses of technology such as cyberbullying and sexting and challenges facing gay lesbian and bisexual youth This book is in The Guilford Practical Intervention in the Schools Series edited by Sandra M Chafouleas [Oswaal CBSE Sample Question Papers Class 12 Geography \(For Board Exams 2024\) | 2023-24](#) Oswaal Editorial Board, 2023-10-04 Description of the product Fresh Relevant with 2024 CBSE SQP Fully Solved Analysed Score Boosting Insights with 500 Questions 1000 Concepts Insider Tips Techniques with On Tips Notes Mind Maps Mnemonics Exam Ready to Practice with 10 Highly Probable SQPs with Actual Board Answer sheets **Oswaal ISC 10 Sample Question Papers Class 12 (Set of 5 Books) Physics, Chemistry, Biology, English Paper 1 & 2 For 2025 Board Exam (Based On The Latest CISCE/ICSE Specimen Paper)** Oswaal Editorial Board, 2024-09-09 Description of the product Fresh Relevant with the Latest ICSE Specimen Paper 2025 Score Boosting Insights with 450 Questions 250 Concepts approx Insider Tips Techniques with On Tips Notes Mind Maps Mnemonics Exam Ready Practice with 5 Solved 5 Self Assessment Papers with Hints Online Courses with Oswaal 360 Courses and sample Papers to enrich the learning journey further Strictly as per the Latest Syllabus Specimen Paper 2025 Issued by CISCE Includes Competency Focused questions based on Bloom s Taxonomy Create Evaluate Analyse Apply Understand and Remember Official Marking Scheme Decoded [Clinical Interviews for Children and Adolescents](#) Stephanie H. McConaughy, Sara A. Whitcomb, 2021-11-20 Widely recognized as an authoritative resource this book has been revised and updated with the latest research and techniques including new material on telehealth services Guidelines are provided for conducting thorough developmentally informed interviews with K 12 students and their parents and teachers for multimethod assessment and intervention planning Extensive case examples illustrate how to elicit information about school functioning peer relations emotional and behavioral difficulties family situations and adolescent concerns Two guest authors have contributed chapters on suicide and violence risk assessments In a convenient large size format the book includes over a dozen reproducible interviewing tools purchasers

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Neuroscience of Alcohol Victor R Preedy, 2019-03-19

Neuroscience of Alcohol Mechanisms and Treatment presents the fundamental information necessary for a thorough understanding of the neurobiological underpinnings of alcohol addiction and its effects on the brain Offering thorough coverage of all aspects of alcohol research treatment and prevention and containing contributions from internationally recognized experts the book provides students early career researchers and investigators at all levels with a fundamental introduction to all aspects of alcohol misuse Alcohol is one of the world's most common addictive substances with about two billion individuals worldwide consuming it in one form or another and three million annual deaths that are associated with alcohol misuse Alcohol alters a variety of neurological processes from molecular biology to cognition Moreover addiction to alcohol can lead to numerous other health concerns and damage virtually every organ system in the body making diagnosis and treatment of individuals addicted to alcohol of critical importance Integrates cutting edge research on the pharmacological cellular and molecular aspects of alcohol use along with its effects on neurobiological function Discusses alcohol use as a component of dual use and poly addictions Outlines numerous screening and treatment strategies for alcohol misuse Covers both the physical and psychological effects of alcohol use and withdrawals to provide a fully formed view of alcohol dependency and its effects

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web put your arms in front of your body with elbows slightly bent pull theraband outwards across your chest hold for 3 seconds slowly return to starting position repeat 10 times shoulder flexion sit or stand with theraband held at hip or waist height point your thumb toward the ceiling

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web triceps help with transfers pressure reliefs and locking the elbow basic home exercise equipment theraband tie a knot in the end of the band and shut the knotted end in a door this allows you to adjust the height for different exercises choose a resistance that you can do for 2 sets of 15 reps if it s too easy

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web keep your upper arms at your side bend from your elbows to pull your lower arms up toward your head 3 repeat times page 4 for exercises 5 and 6 tie a theraband to the head of the bedframe 5 elbow extension 1 bend your elbow and grasp the band 2 straighten your elbow and stretch the band down toward the foot

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