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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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*Impact of Substance Abuse on Children and Families* Christine Fewell Huff,2012-12-06 Help children overcome the increasing dangers they face because of their parents addictions *Impact of Substance Abuse on Children and Families* addresses the growing concern over children at risk of developing physical and mental health problems because of their parents addictions to alcohol and other drugs AOD including a chapter on the troubling increase of methamphetamine abuse by parents The book s contributors examine current research findings from the United States Australia Ireland and Israel to provide much needed insight into the effects of addiction on family dynamics parental attachment styles and family characteristics The book also looks at the impact of addiction on school aged children and on mothers in residential treatment with their children survey assessment instruments and treatment outcomes and the value of Student Assistance Services for older children Almost 25 percent of children in the United States live in a household where a parent or other adult is a heavy or binge drinker More than 10 percent live in family where illicit drugs are used Children of alcoholics are nearly 10 times more likely to develop an alcohol use disorder as other children and often develop behavior problems such as depression anxiety attention deficit hyperactivity disorder conduct disorder and oppositional defiant disorder Children of illicit drug abusers are more likely than other children to demonstrate immature impulsive or irresponsible behavior to have lower IQ scores and poorer school attendance *Impact of Substance Abuse on Children and Families* focuses on these critical and often ignored aspects of addiction providing the latest evidence based qualitative and quantitative research findings as well as a summary of available literature *Impact of Substance Abuse on Children and Families* examines the impact on children at various developmental stages the role of the family as a treatment resource alcohol problems and marriage parental attachment styles of drug using fathers family cohesion and adaptability self in relations theory family centered service models the Strengths and Difficulties Questionnaire SDQ adolescent substance abuse treatment online treatment options *Impact of Substance Abuse on Children and Families* is an essential resource for both academics and practitioners working in social work addictions counseling sociology psychology public health and family and children s studies

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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

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**Alcohol/Drug Screening and Brief Intervention** Mark Galanter, Richard Saitz, 2023-08-04 Get a better understanding of what is known and what is not known in this widespread practice Screening and brief intervention SBI has been around for over 40 years and is a widely recognized practice *Alcohol Drug Screening and Brief Intervention Advances in Evidence Based Practice* provides a valuable exploration of the present literature the effectiveness and cost effectiveness of screening and brief intervention and methodological challenges in studying these practices Respected leaders in the field discuss ways to measure the use of screening and brief intervention in practice the multiple risk factor context in which unhealthy alcohol use occurs clinician training issues effective strategies to screen adolescents which patients are most likely to change from SBI and what research is needed in the future Screening and brief intervention are presently being used in numerous settings such as hospitals primary care settings trauma centers and college health services *Alcohol Drug Screening and Brief Intervention Advances in Evidence Based Practice* examines in detail original research and cutting edge research issues in these settings to provide an important review of what is known and what is not known about the practice Methodological issues are extensively discussed This valuable book provides crucial information on the detection of small effects standards of analysis reporting interpretation the risks of bias and the need to ensure that results have the potential to be applied in

practice Health professionals and addiction specialists get an important critical re evaluation of the growing practice and are provided direction for future research Other topics in Alcohol Drug Screening and Brief Intervention Advances in Evidence Based Practice include results of research on screening brief intervention and referral to treatment SBIRT exploration of data assessing the effectiveness of screening and brief alcohol intervention evaluation of clinical alcohol screening with the AUDIT C cost effectiveness and cost benefit of SBI in medical settings research into SBIRT for Emergency Departments data on primary care patients with multiple risk factors research on feasibility and efficacy of no contact interventions and more Alcohol Drug Screening and Brief Intervention Advances in Evidence Based Practice is essential reading for alcohol and drug researchers screening and brief intervention program practitioners physicians nurses health promotion advocates Public Health Practitioners and the State Departments of Public Health      *Maternity and Pediatric Nursing* Susan Scott Ricci, Terri Kyle, 2009 Authors Susan Ricci and Terri Kyle have teamed up to deliver a unique resource for your students to understand the health needs of women and children This new combination book Maternity and Pediatric Nursing will empower the reader to guide women and their children toward higher levels of wellness throughout the life cycle The textbook emphasizes how to anticipate identify and address common problems to allow timely evidence based interventions Features include unfolding case studies throughout each chapter multiple examples of critical thinking and an outstanding visual presentation with extensive illustrations depicting key concepts A bound in CD ROM and a companion Website include video clips and NCLEX style review questions

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