

SUBSTANCE ABUSE AND SUBSTANCE USE DISORDERS.

A global Pandemic Amongst Teenagers and Youths:
Its Implication for Counselling.



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**SUBSTANCE ABUSE AND SUBSTANCE USE DISORDERS. A
GLOBAL PANDEMIC AMONGST TEENAGERS AND
YOUTHS:**

ITS IMPLICATION FOR COUNSELLING.

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Foreword

The publication of this book entitled “Substance Abuse and Substance Use Disorders. A Global Pandemic amongst Teenagers and Youths: Implications for Counseling”, is a most welcome development. Misuse of both legal and illegal substances is a serious national issue that calls for a coordinated effort at all levels of society.

The book is an invaluable item of treasure for the healthcare givers, Counselors, students and the public. The aim of this book is to facilitate an excellent quality healthcare delivery to the patients through effective counselling techniques and therapies.

This book is divided into four sections, in which the First Section discussed on the Epidemiology of Substance Abuse and Substance Use Disorder,

- The Second Section Discussed extensively on the Natural History of Substance Abuse,
- The third section of the book discussed on Substance/Drug Classifications And Its Associated Effects in which the author classified drugs into six (Stimulants, Central Nervous System Depressants (CNS), Hallucinogens, Opioids, Dissociatives and Empathogens)
- The fourth section of this book discussed on Counseling for Substance Abuse and Substance Use Disorder.

The author wrote this book concisely and in simple language for easy reading and comprehension. Therefore it is recommended not only for healthcare givers and counselors but for students and the general public will.

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Preface

Substance Abuse and Substance Use Disorders: A Global Pandemic Amongst Teenagers and youths: its Implication for Counselling is a book revealed, to meet contemporary substance-related challenges. Substance/drug abuse with its associated physical, social and mental pathologies has become a global challenge. ‘Innovative Substances’ exposed in this book have added new dimensions to the problems of substances, especially socio-demographic boundaries.

This author has, in this book, creatively classified the substances in the most understandable typology for ease of reading and comprehension by his diverse target audience. The book dedicates each chapter to a class presenting their brief origins, forms, types, pathogenetic sequences, recognition of symptoms, and management of the abuse/addictions as well as their related disorders.

Exciting classes of substances such as Dissociatives and empathogens (aka entactogens) are new additions to the whole discussion of substances in modern day society.

The book focuses distils to the role of the counselor and counseling in managing substances in our fast moving society. The easy-to-read format of the book should make it appealing to readers. Professionals in the Social Sciences, Education, Health, and other Helping Professions will find the book highly valuable.

Every family also needs to read and keep a copy.

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SECTION 1

EPIDEMIOLOGY OF SUBSTANCE ABUSE AND SUBSTANCE USE DISORDER

1.0 THE CONCEPT EPIDEMIOLOGY

The study and analysis of the distribution, patterns, and determinants of health and disease conditions in a given population is known as epidemiology. It is a cornerstone of public health, influencing policy and evidence-based practice by identifying disease risk factors and preventative healthcare priorities. Epidemiology is the discipline of medicine that studies all of the factors that influence whether or not diseases and disorders exist. Epidemiological study enables us to learn how many people are affected by a sickness or problem, if those numbers are changing, and how the disorder affects society and the economy (LastJM, 2012).

Many epidemiological studies try to figure out how the number of persons affected by a disease fluctuates over time. However, the definition of a condition changes over time, making calculations more challenging. Even scientists working in the same profession may disagree about the best technique to quantify or define a certain illness.

Epidemiological studies of substance use and substance use disorders (SUDs) have yielded a wealth of information on substance use patterns in globally representative populations (Degenhardt et al. 2008; Johnston et al. 2011; SAMHSA 2011). For decades, the National Institute on Drug Abuse (NIDA), the National Institute on Alcohol Abuse and Alcoholism (NIAAA), and the Services Administration for Mental Health and Substance Abuse (SAHMSA) have spent significant resources tracking drug use, abuse, and effects.

Herbs, leaves, and plants have been used to heal and control disease since the dawn of time. If medications are delivered correctly, they do not pose any hazard. (Sambo, 2008). Teenagers are the most vulnerable to substance misuse because they experiment with drugs in various ways.

Substance use is frequent among adolescents, according to epidemiological research, and the age of first use is falling; meaning that adolescents now start using substances earlier than they used to. A considerable number of them thereafter develop a stereotypic pattern of use. It is generally recognized that some psychoactive substances have particularly negative impacts on mental health and cognitive functions, increasing the demand for mental health services for children and adolescents.

This section , further explains the epidemiology of substance abuse and substance use disorders using the following subheadings.

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SECTION 2

NATURAL HISTORY OF SUBSTANCE ABUSE

2.0 Overview

The use of illicit substances, alcohol, and cigarettes contributes significantly to the worldwide burden of disease. Knowledge of the primary features of substance use disorder natural history (incidence, remission, persistence, and relapse) is essential for a more comprehensive knowledge of the course and outcomes of substance use disorders.

The importance of "natural history" or "drug use career" approaches to understanding the process of drug use start, progression, addiction, cessation, and recovery has been increasingly stressed (Anglin et al., 1997, 2001; Hser and Anglin, 1991; Hser et al., 1997; Maddux and Desmond, 1986; Sobell et al., 1993; Valillant, 1988, 1992). According to findings in the United States, patterns of lifetime drug use and related disorders are significantly diverse. Many people try it out and then stop, while others become regular users, and only a small percentage of these become problematic or dependent users (Chen et al., 1997; Warner et al., 1995).

The National Drug Use and Health Survey (DUHS), for example, suggests that non-marijuana illicit drug use is low (marijuana 39 percent, cocaine 14 percent, methamphetamine 5 percent, and heroin 2 percent). Once they begin using, a tiny subset of heavy users tends to continue and accumulate issues until they are 'caught' in the criminal justice, health, or drug treatment systems.

This section , further explains the Natural Causes of substance abuse and substance use disorders using the following subheadings.

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SECTION 3

SUBSTANCE/DRUG CLASSIFICATIONS AND ITS ASSOCIATED EFFECTS



3.0 Drug Classification

A drug can be categorised based on the active ingredient, chemical type or how it is used to treat a specific condition. Each drug is divided into one or more drug classes. A drug's activity can make another medicine less effective. They may equally alter how the medicine is absorbed or used by your body. An interaction that affects one medicine will likely affect others in the same class when categorised by mechanism of action (FDA 2019).

Physicians have long known that different medications have varying effects on different persons. Drugs can, however, be grouped or categorised based on common symptomatology or effects. These long-standing, medically accepted truths underpin the categorizing procedure. Stimulants, Depressants, Cannabinoids, Psychedelics, Opioids, Dissociatives, and Empathogens are the seven different types of drugs. Each of these kinds of drugs has the potential to impact on a person's central nervous system and impair their normal faculties, including their ability to safely operate a motor vehicle (FDA 2019).

This section of the book discussed on Substance/Drug Classifications And Its Associated Effects in which the author classified drugs into six (Stimulants, Central Nervous System Depressants (CNS), Hallucinogens, Opioids, Dissociatives and Empathogens)



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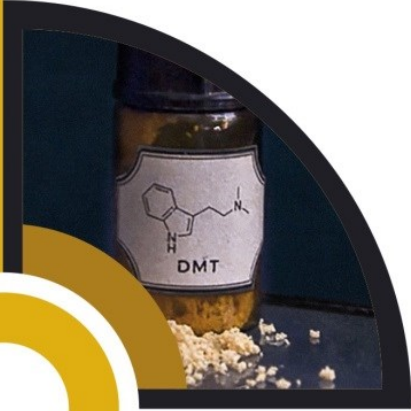
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