

Calla Yesitis

Sample Learning Opportunity #3

Name: Prevention Methods of Addiction

Domain: Cognitive and Affective

Target Population: Young Adults ages 18-25

Unit Objective: Following this unit, participants will recognize different prevention methods and treatment options including how to reverse an overdose.

Enabling Objectives:

1. Following instruction, participants will list 5 signs and symptoms of substance abuse disorder with a partner.
2. Following instruction, participants will name 4 personal reasons to abstain from drug use in a journal.

Introduction:

Participants will enter the room with journals and pens/pencils at each seat ready for them. A powerpoint will be open and ready to present once all participants are present and seated. The instructor will introduce today's lesson and themselves. The powerpoint will then begin and it will be discussing what participants will know about substance abuse, including statistics, most commonly used drugs, and signs and symptoms of substance abuse disorder. Following instruction will be the hands-on activity. The instructor will read the prompt as follows: "You all will now open your journals and list 4 personal reasons as to why you yourself

should abstain from drug use.” Following will be an open and optional discussion of what individuals have listed. If participants choose not to speak then the instructor will provide some examples themselves (ex. Better for mental and physical health, family/friend relationships, financial reasons etc.) .

Description of implementation procedure:

1. Following the introduction there will be a presentation that discusses the following topics:
 - a. What you need to know: Facts and statistics regarding substance abuse (National Center for Drug Abuse Statistics. (2022, April 6). *Substance abuse and addiction statistics [2022]*. NCDAS. <https://drugabusestatistics.org/>)
 - b. Most commonly used substances: with examples of what kinds, how they’re taken and or why they're used. (National Institute on Drug Abuse. (2020). *Common substances of abuse*. NIDA Archives.
<https://archives.drugabuse.gov/publications/diagnosis-treatment-drug-abuse-in-family-practice-american-family-physician-monograph/definitions/common-substances-abuse>).
 - c. Signs and symptoms of substance abuse (Mayo Clinic. (2017, October 26). *Drug addiction (substance use disorder)*. Mayo Clinic.
<https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112>).
2. Following the presentation will be a hands-on activity and participants will open their journals and list 4 personal reasons to abstain from drug use.

3. Following the hands-on activity, there will be an optional and open discussion with all participants about what they had written in their journal. (If participants choose not to participate then the instructor will provide some examples themselves).

List of materials and equipment needed: PowerPoint, Journals, Pen/Pencils, Projector, Projector Screen, Computer

Examples of material:

1. Presentation: https://docs.google.com/presentation/d/17F6RVrRuCU36T_nXdZ8NXLhJoiKYcK9h8ovm6VXjB7U/edit?usp=sharing
 - a. This powerpoint presentation discusses facts and statistics regarding substance abuse, most commonly used substances with examples of what kinds, how they're taken and or why they're used, and signs and symptoms of substance abuse.
2. Journal entry example answers: Better for mental and physical health, family/friend relationships, financial reasons
 - a. These are examples that can be provided during the group discussion if participants are unwilling to share their personal journal entries (which is totally fine, our participants should feel comfortable with this lesson).

Time: 1 hour

References

Mayo Clinic. (2017, October 26). *Drug addiction (substance use disorder)*. Mayo Clinic.
<https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112>

National Center for Drug Abuse Statistics. (2022, April 6). *Substance abuse and addiction statistics [2022]*. NCDAS. <https://drugabusestatistics.org/>

National Institute on Drug Abuse. (2020). *Common substances of abuse*. NIDA Archives.
<https://archives.drugabuse.gov/publications/diagnosis-treatment-drug-abuse-in-family-practice-american-family-physician-monograph/definitions/common-substances-abuse>