

COURSE OUTLINE

Substance Abuse and Misuse – DOT | 24 hours

– Safety Sensitive Employees

SS.0 – Regulatory Update: Marijuana Rescheduling

SS.1 – What is Substance Abuse

SS.Q1 – What is Substance Abuse (08/22)

SS.2 | DOT Drug and Alcohol Testing Overview

SS. 3 | What is Part 40

SS.4 | Prohibited Conduct

SS.5 | Common Drug Panel Tests

SS.Q5 – Common Drug Panel (08/22)

SS.6 | When will you get tested

SS.8 | Alcohol Testing

SS.Q8 – Alcohol Testing (8/22)

SS.7 | Drug Testing

SS.9 | Refusal to Test

SS.10 | Removal from Safety Sensitive Duties

SS.10 – Removal (8/22)

SS.11 | DOT Return to Duty

SS.12 – Treatment, Prevention and Confidentiality –

SS.13 – Critical Thinking and Risk Reduction Tips

SSQ – Safety Sensitive Employee (9/23)

A1 – Addiction –

A1.1 – What is addiction –

A1.2 – Why do our brains get addicted?

A1.3 – Substance Abuse and Misuse Who Suffers

A1.3 – Who Suffers (8/22)

A1.4 – Is it a Choice –

A1.4 – Is it a choice – (8/22)

A1.5 – Video: Why Addiction is Not a Choice

A1.6 – Risk and Protection –

A1.6 – Risk and Protective (8/22)

A1.7 – Biological Factors –

A1.7 – Biological Factors (8/22)

A1.8 – Video: Rewriting the Story of My Addiction

A10 – Driver in 101 big-rig wreck was 5 times the DUI limit

A1 – Driver in 101 big-rig wreck was 5 times the DUI limit-(08/22)

A1.11 – Video – Never Enough

A1.12 – Video: Elizabeth Vargas talks about her addiction

A1.13 – Prevention

A1.11.24 – The Craving Brain –

A1 – Addiction (08/22)

C1 – Commonly Misused Drugs

C1.1 – Marijuana (Cannabis)

C1.2 – Cannabidiol (CBD)
C1.3 – Video: CBD oil
C1.0 – CBD Is Everywhere
C1.5 – Cocaine
C1.6 – Heroin
C1.7 – Hallucinogens and Dissociative Drugs
C1.8 – Inhalants
C1.9 – MDMA (Ecstasy/Molly)
C1.10 – Synthetic Cathinones (Bath Salts)
C1.11 – Opioids
C1.12 – Opioids II
C1.13 – Opioids III
C1.14 – Methamphetamine
C1.14 – Meth (8/22)
C1.15 – Video: Lessons Learned from Meth
C1.16 True Story – Addiction and Redemption
RSA.1 | Terrifying Video of Drunk Truck Driver
C1 – David Waymer (8/22)
C1.13 – Drugs (8/22)

H1 – Alcohol –

H1.1 – Effects on the Body –
H1.1 – Effects on the Body (8/22)
H1.2 – Video: What Alcohol Does to Your Body
H1.3 – Fetal Alcohol Exposure
H1.4 – Fetal Alcohol Exposure (8/22)
H1.4 – Video: Story of Iyal
H1.5 – Alcohol Use Disorder –
H1.5 – Alcohol Use Disorder (8/22)
H1.6 – Alcohol and work performance –
H1.7 – America West Airlines Flight 556 –
H1.7 – America West Airlines Flight 556 (8/22)
H1.8 – Rodney's story of Alcohol Addiction and recovery
H1.8 – Alcohol (8/22)
H1.9 – Risks

D1 – Drugs Health Consequences

D1.1 – Health Consequences Part 1 –
D1.2 – Health Consequences Part 2 –
D1.3 – Health Consequences Part 3
D1.4 – Viral Hepatitis
D1.5 – Video: What is Viral Hepatitis
D1.6 – Video: Addiction a chronic disease –
D1.7 – Chasing the dragon
D1.7 – Chasing the Dragon
D1.8 – Drugged Driving –
D1.9 – Losing someone to addiction
D1 – Drugged Driving (8/22)

Q1 – Consequences –

- Q1.1 – Comorbidity –
- Q1.1 – Comorbidity (8/22)
- Q1.2 – Infectious Diseases, Cancer, Cardiovascular –
- Q1.3 – Respiratory Effects –
- Q1.3 – Respiratory Effects (8/26)
- Q1.4 – Neurological, Hormonal, Prenatal, Mental... –
- Q1.5 – Steven's Story of Addiction

Special Populations –

- P1. 1 – Older Adults
- P1. 5 – Older Adults (8/22)
- P1. 2 – Prison, Military, LGBTQ and Women Populations –
- P1.3 – Vaping and marijuana use in college age adults
- *Jackie's Story
- Hazing (8/22)
- P1. 4 – Special Populations (8/22)

T1 – The Stigma of Addiction

- T1.1 – Addressing the Stigma of Addiction
- T1.2 – Video: Changing the Stigma
- T1.3 – The Stigma of Addiction – Tony Hoffman

P1. – Prevention Treatment and Confidentiality –

- P1.1 – Prevention –
- P1.2 – Video: Let's quit abusing drug users
- P1.3 – Prevention Alcohol –
- P1.4 – What is Treatment –
- P1.5 – Video: What physicians should know about addiction and recovery: Michelle
- P1.6 – Treatment Options –
- P1.2 – Prevention (8/22)

C2 – Cannabis – the Basics

- C26.0 | Let's Learn Some Cannabis Terms & Definitions
- C26.1 | Interesting Facts About Cannabis
- C26.2 – A Brief History of Cannabis
- C26.3 – Video: Where Did the Cannabis Plant Come From?
- C26.4 – Types of Cannabis
- C26.5 – Names for Cannabis: From Marijuana to Delta 9
- C26.6 – Better Buns
- C26.7 – What is Cannabis

C3 – Cannabis – the Histories

- C36.1 – Trends in History
- C36.3 – Federal Government's Stance on Safety
- C36.4 – A Brief History of Cannabis in the U.S.
- C36.5 – Real Life – Why I Quit – Miley Cyrus
- C36.6 – Quiz – The History of Cannabis

C4 – Cannabis Past And Present

- C46.1 – Changes in Cannabis
- C46.2- Changes in Cannabis

- C46.3 – Changes to Cannabis – CBD
- C46.4 – Real Life – Why I Quit – Brad Pitt
- C46.5 – Past versus Present – Pause, Reflect, Respond
- C46.6 – Quiz – Changes in Cannabis over the last 30 years
- C5 – Finding The Truth – Why People Use Cannabis
 - C56.2 – Finding the Truth – Means Thinking Things Through
 - C56.3 – Finding the Truth – Social Use
 - C56.4 – Finding The Truth – Personal “Adult” Use
 - C56.5 – Finding The Truth – Medical Use
 - C56.6 – Finding the Truth – To Summarize
 - C56.7 – Video: How to see past your own perspective and find the truth
 - C56.8 – Why I Quit – Lady Gaga
 - C56.9 – Finding The Truth – Pause, Reflect, Respond
- C6 – Methods of Use – Objectives and Terms
 - C66.1 – Methods of Use – Inhalation
 - C66.2 – Method of Use: Oral Ingestion & Sublingual
 - C66.3 – Method of Use – Topical
 - C66.4 – Real Life – Why I Quit – Weedless.org
 - C66.5 – Method of Use – Pause, Reflect, Respond
 - C66.6 – Quiz – Method of Use
- C7 – Cannabis the Science
 - The Science – Objectives and Terms
 - C76.1 – The Science – THC versus CBD
 - C76.2 – The Science – The Brain on THC
 - C76.3 – The Science – The Body on THC
 - C76.4 – Real Life – Why I Quit – Kid Cudi
 - C76.5 – The Science – Pause, Reflect, Respond
- C8 – Cannabis Effects
 - C86.1 – Effects of Marijuana Use on Physical Health – Respiratory System
 - C86.2 – Video: 17-year-old speaks out after double lung transplant due to vaping
 - C86.3 – Effects – Circulatory System
 - C86.4 – Effects – Central Nervous System
 - C86.5 – Effects: Digestive System
 - C86.6 – Video: Build A Brain
 - C86.7 – Effects Immune System
 - C86.8 – Effects – Reproductive System
 - C86.9 – Video: Medical Marijuana and Fertility
 - C86.11 – Effect – Pause, Reflect, Respond – Physical Health Effects
 - C86.11 – Effects of Cannabis (8/22)
- C9 – Effects of Marijuana Use on Mental Health
 - C96.1 -Effects – Mental Health
 - C96.2 -Mental Health
- C10 – Effects of Cannabis On the Job
 - C106.1 – Impairment
 - C106.2 – Many Drivers Never Return To Work
 - C106.3 – What Does The Law Say

C106.4 – The Law, Employees, & Employers
C106.5 – Effects Job – Pause, Reflect, Respond
C106.6 – Effects On the Job (8/22)

C11 – CBD

C116.1 – Learning the Language
C116.2 – So What is Marijuana And What is Cannabis?
C116.3 – Let's Visualize
C116.4 – CBD Basics
C116.5 – Why Do People Use CBD?
C116.6 – Kinds of CBD
C116.7 – CBD Extraction Methods
C116.8 – How is CBD used?
C116.9 – Common Methods Continued
C116.10 – Side Effects of CBD
C116.11 – Concerns About CBD
C116.12 – CBD And THC Approved Medications
C116.13 – FDA Warnings
C116.14 – Selling CBD
C116.15 – Video: Amazon prohibits CBD sales
C116.16 – CBD Mislabeling and Contamination
C116.17 – Operation CBDeceit
C116.18 – Risks Of CBD
C116.19 – Interactions
C116.20 – Narrow Therapeutic Index
C116.21 – Risk Of CBD In Pregnancy
C116.22 – CBD Stories – A Trucker, Train Engineer and Flight Attendant
C1.12 – CBD (8/22)

OP – Opioids

OP.1 – What Are Opioids
OP.2 – Opioids and Addiction
OP.3 – Opioid Epidemics in America
OP.4 – Prevalence of Opioid Misuse
OP.5 – Using Opioids Safely
OP.6 – Opioid Safety Protocols
OP.7 – Side Effects of Opioid Use
OP.8 – Overdose
OP.9 – Misuse of Opioids
OP.10 – Is Opioid Addiction a Disease?
OP.11 – Effects of Opioid Addiction
OP.12 – Treatment for Opioid Addiction
OP.13 – Opioids – Long Term Recovery
OP.14 – References
Post Test (9/23)