

COURSE OUTLINE

Substance Abuse and Misuse – DOT | 20 hours

- Safety Sensitive Employees
 - 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.7 | Drug Testing
 - SS.8 | Alcohol Testing
 - SS.Q8 – Alcohol Testing (8/22)
 - 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
- A1 – Addiction –
 - A1.11 – Video – Never Enough
 - A1.1 – What is addiction –
 - A1.2 – What is Addiction (8/22)
 - 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 –
 - A1.5 – Video: Why Addiction is Not a Choice
 - A1.4 – Is it a choice – (8/22)
 - 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
 - A1.10 – Driver in 101 big-rig wreck was 5 times the DUI limit
 - A1.9 – The Brain (8/22)
 - A1.12 – Video: Elizabeth Vargas talks about her addiction
 - A1.13 – Prevention
 - A1 – Addiction (08/22)
 - A1 – Driver in 101 big-rig wreck was 5 times the DUI limit-(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)
- 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 – Video: Story of Iyal
 - H1.4 – Fetal Alcohol Exposure (8/22)
 - H1.5 – Alcohol Use Disorder –
 - H1.5 – Alcohol Use Disorder (8/22)
 - H1.7 – America West Airlines Flight 556 –
 - H1.7 – America West Airlines Flight 556 (8/22)
 - 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 – Addiction a chronic disease –
 - 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 – Consequences (8/22)
- Q1 – Activity – Risk and Protective Factors (8/22)
- Special Populations –
 - P1. 2 – Prison, Military, LGBTQ and Women Populations –
 - P1. 1 – Older Adults
 - P1. 5 – Older Adults (8/22)
 - P1.3 – Vaping and marijuana use in college age adults
 - *Jackie’s Story
 - P1. 4 – Special Populations (8/22)
- Hazing (8/22)
- T1 – The Stigma of Addiction
 - T1.1 – Addressing the Stigma of Addiction
 - T1.2 – 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
 - P1.5 – A patient speaks – Michelle (8/22)
 - P1.6 – Treatment Options –
 - P1.6 – Treatment Options (8/22)
 - P1.2 – Prevention (8/22)
- C1 – Cannabis – This Is For You
 - C16.1 – Not Knowing Is Not An Excuse
 - C16.2 – Sometimes All It Takes Is A Single Incident
 - C16.3 – Cannabis Use – Pause, Reflect, Respond
- C2 – Cannabis – the Basics
 - 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 – 1995-2014
 - 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
 - C56.8 – Finding The Truth
- 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
 - 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
 - C76.6 – Quiz – The Science
- 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
C116.23 – CBD
Post Test (9/23)