

COURSE OUTLINE

Substance Abuse and Misuse – DOT | 10 hours

- Safety Sensitive Employees
 - SS.1 – What is Substance Abuse
 - 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
 - C1 – David Waymer (8/22)
 - Safety Sensitive Employee (8/22)
- A1 – Addiction –
 - A1.11 – Video – Never Enough
 - A1.1 – What is addiction –
 - A1.2 – Why do our brains get addicted?
 - What is Addiction – Quiz
 - A1.2 – What is Addiction (8/22)
 - 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
 - A1.10 – 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)
 - A1.13 – Prevention
- 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
- C1.7 – Hallucinogens and Dissociative Drugs
- C1.6 – Heroin
- C1.8 – Inhalants
- C1.9 – MDMA (Ecstasy/Molly)
- C1.10 – Synthetic Cathinones (Bath Salts)
- C1.11 – Opioids
- C1.14 – Methamphetamine
- C1.14 – Meth (8/22)
- C1.15 – Video: Lessons Learned from Meth
- RSA.1 | Terrifying Video of Drunk Truck Driver
- C1.14 – Commonly Misused Drugs (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
 - C26.4 – Types of Cannabis
 - What is Cannabis
 - C26.5 – Names for Cannabis: From Marijuana to Delta 9
 - C26.6 – Better Buns
 - C116.2 – So What is Marijuana And What is Cannabis?
 - C26.7 – What is Cannabis
- C3 – Cannabis – the Histories
 - C36.1 – Trends in History
 - C36.3 – Federal Government's Stance on Safety
 - C36.5 – Real Life – Why I Quit – Miley Cyrus
- 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
- C5 – Finding The Truth – Why People Use Cannabis
 - C56.1 – Finding The Truth
 - C56.3 – Finding the Truth – Social Use
 - C56.5 – Finding The Truth – Medical Use
 - C56.4 – Finding The Truth – Personal “Adult” Use
 - C56.6 – Finding the Truth – To Summarize
 - C56.8 – Why I Quit – Lady Gaga
- 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
- C7 – Cannabis the Science
 - C76.1 – The Science – THC versus CBD
 - C76.3 – The Science – The Body on THC

- C76.2 – The Science – The Brain on THC
- C76.4 – Real Life – Why I Quit – Kid Cudi
- C8 – Cannabis Effects
 - C86.1 – Effects of Marijuana Use on Physical Health – Respiratory System
 - C86.3 – Effects – Circulatory System
 - C86.4 – Effects – Central Nervous System
 - C86.5 – Effects: Digestive System
 - C86.7 – Effects Immune System
 - C86.8 – Effects – Reproductive System
 - C96.1 -Effects – Mental Health
 - C86.11 – Effects of Cannabis (8/22)
- 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
 - C106.6 – Effects On the Job (8/22)
- H1 – Alcohol –
 - H1.1 – Effects on the Body –
 - H1.2 – Video: What Alcohol Does to Your Body
 - H1.1 – Effects on the Body (8/22)
 - 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)
 - H1.9 – Risks
 - H1.8 – Alcohol (8/22)
- Q1 – Consequences –
 - Q1.1 – Comorbidity –
 - Q1.2 – Infectious Diseases, Cancer, Cardiovascular –
 - Q1.3 – Respiratory Effects –
 - Q1.4 – Neurological, Hormonal, Prenatal, Mental... –
 - D1.4 – Viral Hepatitis
 - D1.5 – Video: What is Viral Hepatitis
 - D1.8 – Drugged Driving –
 - D1 – Drugged Driving (8/22)
- Special Populations –
 - P1. 1 – Older Adults
 - P1. 5 – Older Adults (8/22)
 - P1.3 – Vaping and marijuana use in college age adults
 - P1. 2 – Prison, Military, LGBTQ and Women Populations –
 - P1. 4 – Special Populations (8/22)
- T1 – The Stigma of Addiction

- T1.1 – Addressing the Stigma of Addiction
- T1.2 – Changing the Stigma
- Prevention, Treatment, Recovery –
 - P1.1 – Prevention –
 - P1.2 – Video: Let's quit abusing drug users
 - P1.2 – Prevention (8/22)
 - 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 –
- C126.4 – How to Find Treatment –
- C126.3 – Video: What Physicians Should Know About Addiction and Recovery – George
- C126.5 – Recovery and Relapse
- C127.5 Video: Be Recovered: Breaking free from the Disease of Addiction
- Post Test (9/23)