

COURSE OUTLINE

Substance Abuse and Misuse – DOT | 10 hours

– Safety Sensitive Employees

SS.0 – Regulatory Update: Marijuana Rescheduling

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 –

A1.1 – 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)

A1.11 – Video – Never Enough

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
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
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 – Video: 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)