

## COURSE OUTLINE

Substance Abuse and Misuse – DOT: 8 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
  - Common Drug Panel – Quiz
  - SS.Q5 – Common Drug Panel (08/22)
  - SS.6 | When will you get tested
  - SS.7 | Drug Testing
  - SS.8 | Alcohol Testing
  - Alcohol Testing – Quiz
  - SS.Q8 – Alcohol Testing (8/22)
  - SS.9 | Refusal to Test
  - SS.10 | Removal from Safety Sensitive Duties
  - Removal – Quiz
  - 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
  - \*Section Quiz DOT
  - Safety Sensitive Employee (8/22)
  - C1 – David Waymer (8/22)
- 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 –
  - A1.5 – Video: Why Addiction is Not a Choice
  - A1.6 – Risk and Protection –
  - A1.6 – Risk and Protective (8/22)
  - A1.7 – Biological Factors –
  - A1.8 – 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)
  - A1.11 – Video – Never Enough
  - 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
- C1.14 – Methamphetamine
- C1.15 – Video: Lessons Learned from Meth
- RSA.1 | Terrifying Video of Drunk Truck Driver
- C1.14 – Meth (8/22)
- C1.13 – Drugs (8/22)
- C1.14 – Commonly Misused Drugs (8/22/)
- C1.12 – CBD (8/22)
- 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
  - C56.2 – Finding the Truth – Means Thinking Things Through
  - C56.3 – Finding the Truth – Social Use
  - C56.5 – Finding The Truth – Medical Use
  - C56.4 – Finding The Truth – Personal “Adult” Use
  - C56.8 – Finding The Truth
- H1 – Alcohol –
  - H1.1 – Effects on the Body –
  - H1.2 – Video: What Alcohol Does to Your Body
  - H1.3 – Fetal Alcohol Exposure
  - H1.4 – Video: Story of Iyal
  - H1.5 – Alcohol Use Disorder –
  - Alcohol – Quiz
  - H1.8 – Alcohol (8/22)
  - H1.7 – America West Airlines Flight 556 –
  - H1.7 – America West Airlines Flight 556 (8/22)
- Q1 – Consequences –
  - Q1.2 – Infectious Diseases, Cancer, Cardiovascular –
  - Infectious Diseases – Quiz
  - Q1.3 – Respiratory Effects –
  - Respiratory Effects – Quiz
  - Q1.3 – Respiratory Effects (8/26)
  - Q1.4 – Neurological, Hormonal, Prenatal, Mental... –
  - D1.4 – Viral Hepatitis
  - D1.5 – Video: What is Viral Hepatitis

- D1.8 – Drugged Driving –
- Drugged Driving – Quiz
- D1 – Drugged Driving (8/22)
- D1.6 – Video: Addiction a chronic disease –
- Consequences – Quiz
- Q1 – Consequences (8/22)
- Special Populations –
- P1. 1 – Older Adults
- P1. 2 – Prison, Military, LGBTQ and Women Populations –
- Special Populations – Quiz
- P1. 4 – Special Populations (8/22)
- P1.3 – Vaping and marijuana use in college age adults
- Stigma – William Stoehr’s Story
- T1.1 – Addressing the Stigma of Addiction
- T1.2 – Video: Changing the Stigma
- 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 –
- C126.4 – How to Find Treatment –
- C126.3 – Video: What Physicians Should Know About Addiction and Recovery – George
- Recovery and Relapse – Quiz
- C126.5 – Recovery and Relapse (8/22)
- C127.5 Video: Be Recovered: Breaking free from the Disease of Addiction
- P1.2 – Prevention (8/22)
- Post Test (9/23)