

Introduction to Substance Use Disorders E-Learning Course

Overview

Introduction to Substance Use Disorders is a 2-hour, self-paced course that provides a science-based introduction to substance use, substance use disorders (SUDs), and SUD treatment. It was designed for undergraduate, graduate and health professions students and practitioners who do not have a background in addictions. The course is available on www.healthknowledge.com.

In this course we look at why people start taking substances, the effects of substance use, a continuum of use ranging from abstinence to substance use disorder, substance use disorders and the brain, and three different approaches for treating substance use at every level of the continuum of use.

Successful Completion

This course offers up to 2.0 contact hours for participants. To receive contact hours, participants must submit a completed evaluation and request for credit form and complete the course with a satisfactory grade of 80% or higher on all module quizzes. CNE, NASW, and NAADAC Certificates, as well as Non-CE Certificates of Completion, are available immediately for electronic download upon satisfactory completion of the course. CHES Certificates will be emailed approximately 4 – 6 weeks after satisfactory completion of the course.

Objectives

By the end of the module, participants will be able to:

Module 1:

The focus of Module 1 is on why people start taking substances and the effects of the major categories of substances.

- Identify the main reasons people start using substances.
- Recognize the effects of the most common categories of drugs.
- Explain what a SUD is and how its treatment differs from other chronic diseases.
- Distinguish people-first language from problem-first language.

Module 2:

The focus of Module 2 is the continuum of substance use, the different levels of risk associated with substance use and data on substance use and treatment in the U.S.

- Identify the points along the substance use continuum.
- Assess if drinking habits fall within the NIAAA recommended low-risk limit.
- Explain the effects of alcohol on the body at higher than Low-risk use.
- Recognize the symptoms of Substance Use Disorder as defined by the DSM-5.
- Describe general patterns of substance use in the US by age and substance.

Module 3:

Recall that in Module 1, you learned that a substance use disorder is a brain disease. In this module, you will further examine how a substance use disorder is a chronic, relapsing brain disease.

- Identify ways in which continued substance use changes the brain's structure and functions.
- Describe how Substance Use Disorders (SUDs) are similar to other chronic diseases.
- Identify major risk factors for development of a Substance Use Disorder (including the relationship of age at first use and the development of an SUD).

Module 4:

This last module of the course looks at substance use as a public health concern, the approaches to recovery for each level of use on the substance use continuum, what is known about treatment including the misconceptions about treatment, and the relationship between return to use/recurrence, recovery, and addiction.

- Align the three public health approaches with their corresponding points on the substance use continuum.
- Describe the components of the Early intervention – SBIRT.
- Identify four common misconceptions about treatment.
- Describe how return to use/recurrence, addiction, and recovery relate

Potential Relevant Financial Relationships

In accordance with continuing education guidelines, speakers/contributors and planning committee members may have disclosed relevant financial relationships with ineligible companies which have been mitigated.

Contributors: Maxine Henry, MSW, MBA and Adriana Paez, MSW, do not have any relevant financial relationships with ineligible companies to disclose.

Planning Committee: Erin Hobbs and Angela Bolen do not have any relevant financial relationships with ineligible companies to disclose.

The following planners have disclosed relevant financial relationships, which have all been mitigated.

Tammy Bennett, DNP (c), RN, WHNP, is a consultant with Organon. Kristin Metcalf-Wilson, DNP, WHNP-BC, is a board member for Afazys Pharmaceuticals and a Nexplanon trainer for Organon Pharmaceuticals.

Disclaimer

Opinions expressed herein are the views of the contributors and do not reflect the official position of the University of Missouri-Kansas City School of Nursing and Health Studies (UMKC-SoNHS). No official support or endorsement by UMKC-SoNHS is intended or should be inferred.

Commercial Support – There is no commercial support for this program.

Accreditation Statements:

Continuing Nursing Education:

The University of Missouri-Kansas City School of Nursing and Health Studies is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation.

This program offers up to 2.0 for nurses

National Association of Social Workers (NASW)

This program is Approved by the National Association of Social Workers (Approval # 886867499-8392) for 2.0 continuing education contact hours.

Certified and Master Certified Health Education Specialists (CHES):

Sponsored by the University of Missouri-Kansas City School of Nursing and Health Studies, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This course is designated for Certified Health Education Specialists (CHES) to receive up to 2.0 total Category I continuing education contact hours.

NAADAC

This course has been approved by the University of Missouri-Kansas City School of Nursing and Health Studies (UMKC SoNHS) as a NAADAC Approved Education Provider, for 2.0 CE(s). NAADAC Provider #64973, UMKC School of Nursing and Health Studies, is responsible for all aspects of its programing.”

Enduring Materials – Contact hours will be awarded for this program through November 30, 2025.

Contact Angela Bolen at bolena@umkc.edu or 816-235-6611 if you have questions regarding continuing education credit.