

## **Understanding Substance Use Disorders E-Learning Course**

### **Overview**

This 2-hour self-paced course provides a science-based introduction to substance use, substance use disorders (SUDs), and SUD treatment. This course was designed to give a broad introduction to SUDs to those without formal training in the topic. It is also a useful refresher for those with gaps in their knowledge of the current language and science associated with substance use disorders, treatment, and recovery. The course is available on [www.healthknowledge.com](http://www.healthknowledge.com).

### **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. NAADAC Certificates and 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**

Each lesson has learning objectives:

#### **Lesson 1**

By the end of the lesson you will be able to:

1. Identify the main reasons people start using substances.
2. Recognize the effects of the most common categories of drugs.
3. Describe how substance use disorders (SUDs) are treated differently from other chronic diseases.
4. Distinguish person/people-first language from problem-first language.

#### **Lesson 2: Continuum of Use**

By the end of the lesson you will be able to:

1. Identify and describe the points along the substance use continuum.
2. Assess if drinking habits fall within the recommended low-risk drinking limits.
3. Recognize the DSM-5 diagnostic criteria for SUD.
4. Describe general patterns of substance use in the US by age and substance.

#### **Lesson 3: A Brain Disease**

By the end of the lesson you will be able to:

1. Identify ways continued substance use changes the brain's structure and functions.
2. Describe how substance use disorders (SUDs) are similar to other chronic diseases.
3. Identify major risk factors for development of an SUD.
4. Describe the relationship between age of first use and the development of an SUD.

#### **Lesson 4: A Public Health Approach**

By the end of the lesson you will be able to:

1. List public health approaches that respond to points on the substance use continuum.
2. Describe the components of early intervention (SBIRT).
3. Recognize common myths about addiction.
4. Identify the frequently used methods of treatment.
5. Recognize medications typically used in medication-assisted treatment (MAT).

### **Conflict of Interest**

In accordance with continuing education guidelines, speakers and planning committee members have disclosed financial relationships with commercial interests that may create a potential conflict of interest. Kendra Barker, MEd, Angela Bolen, Heather Gotham, PhD, Jessica Hildreth, BA, Sarah Knopf-Amelung, MA-R, Laurie Krom, MS, Martha Lofgreen, APRN, WHNP-BC, Pat Stilen, LCSW, Edna Talbo, PhD, Monica Talbo, MS, MBA have nothing to disclose, Jacki Witt, JD, MSN, WHNP-BC, SANE-A, FAANP – Advisory Boards for Afaxys (Resolved).

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

**Certified and Master Certified Health Education Specialists (CHES & MCHES):**

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) and/or Master Certified Health Education Specialists (MCHES) to receive up to 2.0 total Category I continuing education contact hours.

**NAADAC**

This course has been approved by the Addiction Technology Transfer Center (ATTC) Network Coordinating Office, 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 programming.”

**Enduring Materials** – Contact hours will be awarded for this program through December 31, 2024.

Contact Angela Bolen at [bolena@umkc.edu](mailto:bolena@umkc.edu) or 816-235-6611 if you have questions regarding continuing education credit.