



Gateway to Hope
Training Program of HHCI

Substance Abuse

What is Substance Abuse?

- “An illness of the will” that is characterized by a repeated pattern of abuse that can result in tolerance, withdrawal, and compulsive drug-taking behaviors

Know the Symptoms

- **Tolerance**

- when an individual progressively uses more of the substance over time to achieve a particular high

- **Withdrawal**

- a set of unpleasant physical symptoms when the drug is abruptly discontinued

- **Compulsive drug-taking behaviors**

- includes uncontrolled use of the drug, craving the drug, and excessive time obtaining the drug

Types of Substance Abuse

- Alcohol
- Caffeine
- Cannabis
- Hallucinogens
- Inhalants
- Opioids
- Sedatives
- Stimulants
- Tobacco
- Other Substances

Treatments and Therapies

- **Detoxification**

- Addictive substances are removed from the patient's body under the supervision of a medical doctor

- **Psychotherapy**

- Patients are taught to handle stress and situations and to alter self-defeating thoughts and irrational beliefs

Treatments and Therapies

- **Relapse Prevention**

- Twelve-step programs use biblical concepts to significantly change the way a person lives in order to avoid a relapse

- **Pharmacotherapy**

- Medications used to discourage substance abuse and reduce cravings and pleasure received from addictive substances