

## **Substance Use Disorders: Group Exercise**

Define the following:

**Substance Abuse:**

**Substance Dependence:**

**Tolerance:**

**Substance Withdrawal**

**Substance Intoxication:**

## Substance Use Disorders (SUDs): Group Exercise

### Purpose:

To emphasize the importance of being able to differentiate between the diagnosis of substance abuse and substance dependence, withdrawal and intoxication and to define tolerance.

**Time Needed:** 20 minutes

### Material Needed:

- Substance Use Disorders Worksheet (for each trainee)
- Writing surface (flip sheet or blackboard) on which trainer records group definitions

### Instructions:

- **ASK:** With a show of hands, how many of you feel you have a basic understanding of substance use disorders?
- Have the trainees divide into small groups of 5. Each group should generate a definition for each of the five substance use disorders noted on the handout. Ask trainees not to refer to any of their handouts.
  - Substance Abuse
  - Substance Dependence
  - Tolerance
  - Substance Withdrawal
  - Substance Intoxication
- Ask each group to designate a reporter to provide the group's definition for each term as it is covered later in the class.
- The trainer may note key points from each group's definition on a flip sheet or writing board
- Follow the trainee's definitions with the DSM criteria for this term (referring to the slides and the handouts).
- Discuss how accurate (or not) the definitions generated by the trainees were.

### Comments:

### Source: