

California WIC Program Presents



Substance Use: Alcohol & Drug Abuse Facilitator's Guide

June 2013

Substance Abuse Training

Who:	<p>Who is this training designed for?</p> <p>The United States Department of Agriculture (USDA) mandates that all programs receiving Food and Nutrition Services (FNS) funding attend substance abuse training once every 12 months. This training is designed for WIC local agency and state staff to meet this requirement.</p>
What:	<p>What is this training about?</p> <p>This training provides information on the dangers and consequences of substance use and abuse. Also covered are practice discussions for staff to talk with participants about use and provide appropriate screening and referrals for help with substance abuse.</p> <p>The required elements of this training are:</p> <ul style="list-style-type: none"> • Screening Participants for Alcohol and Drug Use • Maintaining Participant Confidentiality • Making Appropriate Referrals • Discussing the Dangers of Alcohol and Drug Use <p>The Facilitator’s Guide provides instructions, activities, PowerPoint images, and a list of references. The instructions are written to assist the trainer in facilitating specific segments and gives step-by-step procedures for conducting each training activity. Learner centered activities have been incorporated. Sections of this training written in blue font fall under one of the four required training elements listed above. Sections in red font refer to the Trainee Workbook or Alcohol and Other Drugs Quick Reference Guide for WIC Staff.</p>
Why:	<p>Why is this training required?</p> <p>The United States Department of Agriculture (USDA), Food and Nutrition Services (FNS) establishes policies that require WIC staff to provide education on the dangers of substance abuse, and provide screening and referrals. In addition, this training conforms to Platinum WIC services, the California WIC participant-centered services approach that puts the WIC family at the center of everything we do, and focuses on the strengths of participants, employees, and the community.</p>
Duration:	3.5 hours
Materials:	<p>Trainee Workbooks and Reference Guides Computer, projector, and remote for PowerPoint slides Pens or pencils and Post-it Notes</p>
Set-up:	<p>Small groups (2-10): use pairs Medium groups (10-50): use tables of 4-6 trainees Large groups (50 +): use tables of 4-6 trainees Note: For larger groups, trainer may want to limit sharing from all table groups and focus more on taking a few responses as time permits.</p>

Agenda

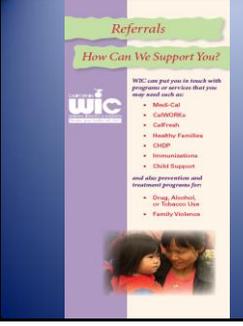
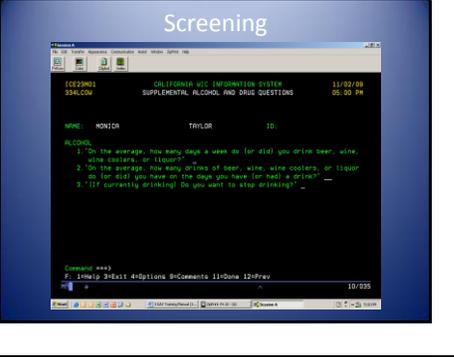
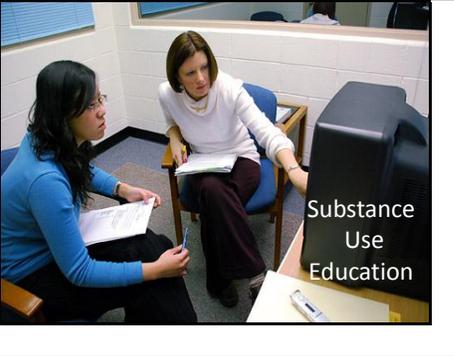
1. Welcome, Introductions, Agenda and Objectives	5 minutes
2. Warm-Up Activity	15 minutes
3. Stages of Addiction	10 minutes
4. Addiction – A Brain Disease	25 minutes
5. Impacts	5 minutes
6. Recovery Happens, Treatment Works	5 minutes
7. Common Substances and Trends	20 minutes
Break	20 minutes
8. Exploring our Ideas about Substance Use	10 minutes
9. Screening	25 minutes
10. Providing Substance Use Education and Referrals	60 minutes
11. Closing Remarks and Evaluation	10 minutes

Objectives

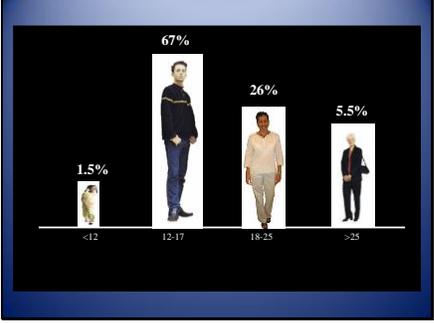
At the end of this training, trainees will have:

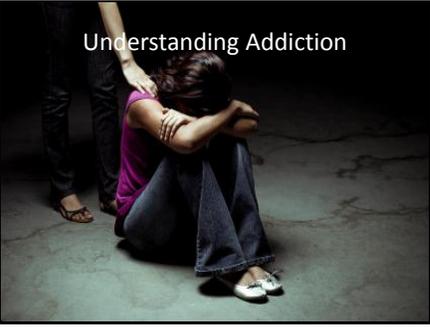
- Explored the science of addiction
- Explored personal attitudes related to substance use
- Explored WIC's process for substance use screening
- Explored and practiced how to discuss the dangers of substance use
- Explored WIC's process for providing substance use referrals

<p>Slide 1</p>		<p>Welcome trainees Introduce trainer Housekeeping: Training duration (3.5 Hours)/break times Review Agenda and Objectives (pg. 3 & 4 in workbook)</p> <p>Warm-Up Activity Ask: Has there ever been anything you just had to have and if you don't get it you became obsessed until you did get it? I'm talking about things like chocolate, coffee, soda, or that afternoon Iced Caramel Macchiato? (share your own story and call on a few to share theirs)</p>
<p>Slide 2</p>		<p>Say: USDA requires staff of all programs that receive Food & Nutrition Services (FNS) funding to attend alcohol and drug training once every 12 months. This training meets that requirement.</p> <p>Training must include:</p> <ul style="list-style-type: none"> • Screening participants for substance use • Maintaining participant confidentiality • Making appropriate referrals • Discussing the dangers of substance use
<p>Slide 3</p>		<p>Say: As you know, WIC's Purpose is to provide supplemental foods...</p>
<p>Slide 4</p>		<p>Nutrition and health information...</p>

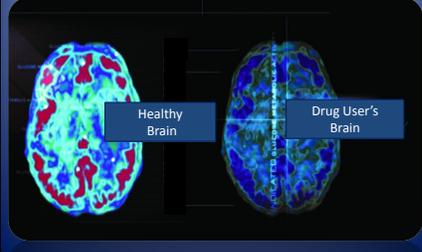
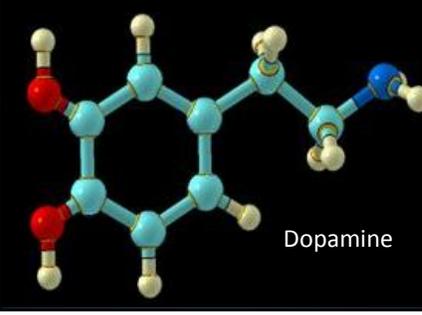
Slide 5	 <p>Breastfeeding</p>	Promote and support breastfeeding, and...
Slide 6	 <p>Resources and Referrals</p>	Provide resources and referrals.
Slide 7	 <p>Screening</p>	This training fits right in with WIC's purpose by exploring how to screen for substance use, and...
Slide 8	 <p>Substance Use Education</p>	provide substance use education and referrals.
Slide 9		<p>Say:</p> <ul style="list-style-type: none"> • This topic may be a sensitive subject for some people • Maybe substance abuse has affected someone close to you • As you participate today, we ask you to use respect and understanding • Later on in the training we will explore why discussing substance use can be difficult

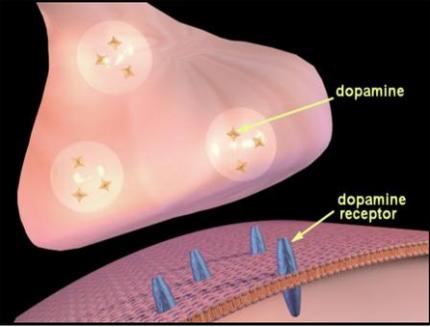
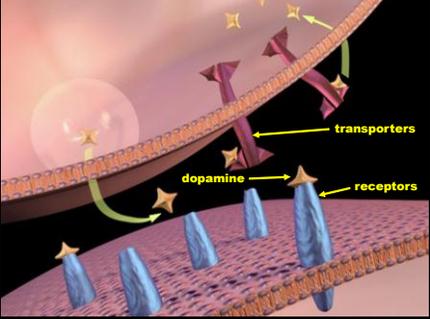
Slide 10		<p>Say: During this next activity, please do not use any names, only numbers. Think of the <u>number</u> of people (friends, co-workers, family members, or yourself) that you know who have had some kind of trouble with a substance. Substances include legal (prescription meds, alcohol) and illegal drugs (marijuana, cocaine).</p> <p>Instruct trainees to write their number on a Post-it Note and have one person at each table bring the total for their table up to the front of the room and post it on the flipchart paper.</p> <p>Ask trainees to share in their table group a situation where someone they know had trouble with a substance and the <u>effect</u> it had on them personally.</p> <p>Ask: Who would like to share what they discussed at their table group. (call on a few people)</p> <p>During Activity: Total the number of people from the post-it notes and write the number in large numerals on the flipchart.</p> <p>Say: There are about __ people in this room today and the total number of people affected by substance use is __.</p> <p>Ask: What comes to mind when you see this number?</p> <p>Probe for: High prevalence of addiction, family involvement, affects not only the individual but also family, friends, workplace and society.</p>
Slide 11		<p>Ask: Why do people take substances?</p> <p>Call on several to share their ideas. After discussion, show next <u>two</u> slides.</p>
Slide 12		<p>Say: To Feel <u>Good</u> - To have good feelings, sensations, experiences, and...</p>

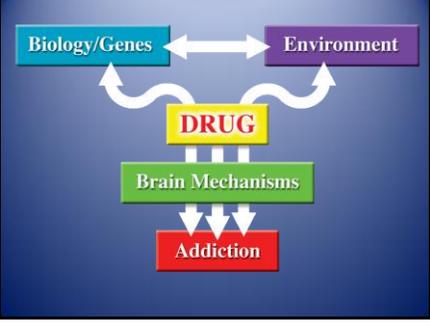
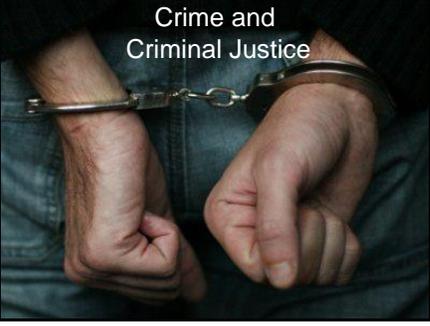
Slide 13		<p>Say: To Feel <u>Better</u> - To feel less:</p> <ul style="list-style-type: none"> • anxiety • worries/fears • depression (mental disorders) • hopelessness
Slide 14		<p>Say:</p> <ul style="list-style-type: none"> • Substance use problems often begin in childhood and adolescence • 14 years old is the average age • <u>Preventing</u> addiction can be as important as <u>treating</u> it <p>Ask: How many of you have family members in the 12-17 year age group?</p>
Slide 15		<p>Stages of Addiction</p> <p>Say: There are several stages of addiction. It usually starts with use</p> <ul style="list-style-type: none"> • Experimentation – Out of curiosity or the urging of peers • Social and recreational – Alcohol is socially acceptable in American society • As a stress reliever <p>Substances are used socially or prescribed by doctors for psychological needs or pain. Drinking with friends or taking a prescribed anti-anxiety or pain medication <u>doesn't always lead to addiction</u>.</p>
Slide 16		<p>Say: Use can move into abuse: when a substance is used in a manner that is illegal or harmful to oneself or others.</p> <p>Ask: What are some examples of the harm that comes from abuse?</p> <p>Probe for:</p> <ul style="list-style-type: none"> • Accidents, injuries, blackouts • Legal problems, incarceration • Poor job performance, loss of a job • Family problems, losing kids • Sexual behavior that increases risk of HIV infection • Decline in health • Damage to the brain • Death

<p>Slide 17</p>	 <p>Addiction</p>	<p>Say: For some, abuse can lead to addiction: the irresistible compulsion to use alcohol and drugs despite negative consequences.</p> <ul style="list-style-type: none"> • Repeated drug seeking • Repeated failure to control use • Increased tolerance (must take more to get the same effect) • Relapse – returning to use after a period of no use • Increased family problems and harmful consequences <p>While the initial decision to use is voluntary, becoming addicted compels a person to become obsessed with obtaining and abusing the substance despite negative consequences. With every additional use, this increases his/her chance of becoming addicted.</p>
<p>Slide 18</p>	 <p>Understanding Addiction</p>	<p>Say: Addiction is:</p> <p>Chronic: Once addiction has developed, they can stop for periods of time, but the disease only goes into remission, <u>it does not go away</u>. When a person attempts to use the substance “normally”, they quickly return to out of control abuse.</p> <p>Progressive – Addiction gets worse over time.</p> <p>Characterized by Denial: the unwillingness or inability to see that his/her use is out of control or causing problems at home/work.</p> <p>Primary – Once addicted, the problem takes on a life of its own and the addiction must be treated as a serious illness. For example, a person with diabetes may not take their insulin or manage their diet if they are addicted.</p> <p>Often Kills – Addiction often leads to disease and/or death. Although there is no cure, <u>complete recovery is possible</u>.</p>
<p>Slide 19</p>	 <p>Environmental Factors</p>	<p>Say: Many environmental factors can contribute to a person’s propensity to abuse substances.</p> <ul style="list-style-type: none"> • Stress • Early physical or sexual abuse • Witnessing violence • Peers who use drugs • Drug availability <p>Ask: What are some causes of stress?</p> <p>Probe for:</p> <ul style="list-style-type: none"> • Low income • Family problems, spousal abuse, • Lack of support • Being a single parent

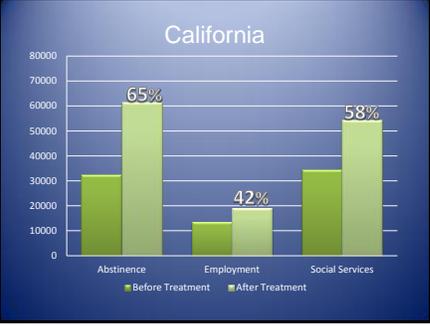
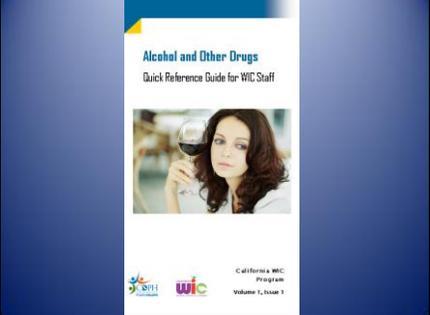
<p>Slide 20</p>		<p>Say: Addiction is a family concern. Some people with a history of substance abuse in their family are more susceptible to developing problems with addiction:</p> <ul style="list-style-type: none"> • Children of alcoholics or addicts are 3 times more likely to become addicted • If both parents are addicted, the children are 5 times more likely to become addicted <p>Factors include:</p> <ul style="list-style-type: none"> • Heredity - Scientists have identified a gene that, when present, may create more pleasurable effects from substances • Learned behavior - Children learn more from watching parents behavior than listening to their advice
<p>Slide 21</p>		<p>Say: People have relied on substances to change the way they feel throughout history.</p>
<p>Slide 22</p>		<p>Say:</p> <ul style="list-style-type: none"> • In the past, people addicted were thought to be lacking willpower. • Society responded by treating it as a weakness and a moral failing rather than a health problem.
<p>Slide 23</p>		<p>Say: These views led to a punishing solution rather than medical treatment. Some of these views have changed in today's society, but many of the outcomes are still the same... jail and prison instead of treatment.</p>

<p>Slide 24</p>	<p style="text-align: center;">Brain Disease</p> 	<p>Addiction – A Brain Disease</p> <p>Say: Today we know that addiction is a disease of the brain. Substances change the brain’s structure and how it works.</p> <p>The image on the left is a healthy brain and the image on the right is a drug user’s brain.</p>
<p>Slide 25</p>	 <p style="text-align: right;">Dopamine</p>	<p>Say: Dopamine is a neurotransmitter. A neurotransmitter is a chemical in our brains that helps in the transmission of signals between cells. Dopamine is present in regions of the brain that regulate many functions such as...</p>
<p>Slide 26</p>	 <p style="text-align: center;">Cognition</p> <ul style="list-style-type: none"> • Attention • Remembering • Problem solving • Decision making 	<p>Fade in pictures:</p> <ul style="list-style-type: none"> • Movement • Motivation • Cognition – which includes attention, remembering, problem solving, and decision making
<p>Slide 27</p>	 <p style="text-align: center;">Pleasure</p>	<p>But most of all, dopamine affects how we feel pleasure.</p>

Slide 28		<p>Say: Here is the brain’s natural pleasure center where dopamine is released between neurons (nerve cells).</p>
Slide 29		<p>Say:</p> <ul style="list-style-type: none"> • Transporters move dopamine from the top neuron to the bottom and place it on receptors. When this happens, we feel pleasure. • Dopamine is then returned to the first neuron for later use. • Drugs hijack this normal process. In the beginning, drug use produces <u>intense</u> pleasure. Eventually, with repeated drug use over time, less pleasure is felt. More and more drugs are needed just to feel “normal” pleasure. <p>Share: Rat Experiment Story In the 1950’s, two researchers conducted an experiment where rats were provided with an electrical current if they entered a certain corner of a cage. They found the rats came back quickly after the first stimulation and even more quickly after the second. In later experiments, they allowed the rats to press the stimulation lever themselves, to the effect that they would press it as many as 700 times per hour. This region soon came to be known as the “pleasure center”.</p>
Slide 30		<p>Say: Let’s explore how substances work in the brain further.</p> <p>Instruct trainees to turn to Page 5 in their workbooks, <i>Substances and the Brain.</i></p> <p>Assign 1-2 questions to each table.</p> <p>Instruct each table to:</p> <ul style="list-style-type: none"> • Review the questions and information • Summarize what they learned • Have a spokesperson report back to the large group <p>Ask trainees what information stood out to them</p>

<p>Slide 31</p>	 <p>The diagram illustrates a causal model of addiction. At the top, 'Biology/Genes' (blue box) and 'Environment' (purple box) are connected by a double-headed white arrow. Below them, a yellow box labeled 'DRUG' has two white arrows pointing up towards the 'Biology/Genes' and 'Environment' boxes. From the 'DRUG' box, three white arrows point down to a green box labeled 'Brain Mechanisms'. From the 'Brain Mechanisms' box, three white arrows point down to a red box labeled 'Addiction'.</p>	<p>Say: In review, biological factors (inherited genes) and environmental factors (stress, abuse, access, etc.), along with substance use, affects brain mechanisms in a way that can eventually lead to addiction</p>
<p>Slide 32</p>	 <p>The image shows a close-up of a person's hands in metal handcuffs. The text 'Crime and Criminal Justice' is overlaid in white at the top of the image.</p>	<p>Impacts</p> <p>Ask: Out of all the people who are in jail or prison right now, how many do you think are there for substance abuse related reasons? Probe for: 85%</p> <p>Explain: There are probably many more but this number came from those easily or self-identified.</p> <p>Ask: What are some other impacts of substance use and abuse?</p>
<p>Slide 33</p>	 <p>The collage features a central image of a man drinking wine. Surrounding it are four smaller images: a pregnant woman, a young girl looking sad, a woman looking distressed, and a young girl looking thoughtful. The word 'Impacts' is written in white at the top center of the collage.</p>	<p>Say: Let's look at a family that might possibly be a WIC family. Let's call the dad Joe. (Fade in pictures as story is told)</p> <ol style="list-style-type: none"> 1) Joe is drinking a lot after work. He's coming home and yelling at the family. 2) Anna, his pregnant wife, is stressed, can't eat much, and continues to cancel her WIC appointments. 3) Joe's daughters are also affected. Mary is distracted at school and is failing. 4) Sierra is very sensitive and she cries all of the time. 5) Jenna is depressed and sleeps all day.
<p>Slide 34</p>	 <p>The image shows a man in a white hard hat and light blue shirt sitting at a desk in what appears to be a prison or industrial setting. A white sign with the words 'YOU ARE FIRED' in red capital letters is placed on the desk in front of him.</p>	<ol style="list-style-type: none"> 6) Joe's boss is tired of Joe being late all the time and calling in sick. 7) Joe gets fired.

<p>Slide 35</p>		<p>8) Joe leaves the office angry and gets in a car accident. 9) He goes to the hospital and 10) Has to have surgery on his broken foot. 11) The doctor prescribes pain pills. Eventually, Joe becomes addicted to the pain pills.</p>
<p>Slide 36</p>		<p>12) Joe drives while under the influence and is arrested. 13) He is sent to jail for 30 days. 14) The family is unable to pay the rent and they are evicted from their home. 15) Anna does not get the prenatal care or referrals she could have received from her WIC office.</p> <p>Ask: How many people were affected by Joe’s substance abuse?</p> <p>Ask: What other impacts can you think of that might happen?</p> <p>Probe for:</p> <ul style="list-style-type: none"> • Losing kids to foster care • Strain on state and local resources • Childhood trauma for witnessing violence
<p>Slide 37</p>		<p>Recovery Happens, Treatment Works</p> <p>Explain: Many people live out their addictions and recoveries in the public eye. Celebrities are usually most vulnerable. Here are just a few people who have suffered from an addiction and achieved recovery at some point in their lives.</p> <ul style="list-style-type: none"> • Keith Urban • Ray Charles • Charlie Sheen • Steven Tyler • Eminem
<p>Slide 38</p>		<ul style="list-style-type: none"> • Nicole Ritchie • Jamie Lee Curtis • Kelly Osbourne • Anthony Hopkins • Robert Downey, Jr. <p>Ask: Can you think of other celebrities that are not listed here? (Brittney Spears, Lindsey Lohan, Tim McGraw, Betty Ford, Robin Williams)</p>

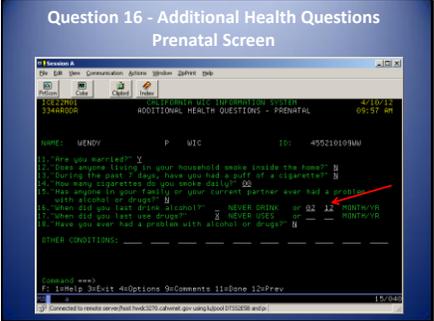
Slide 39	 <p>Treatment</p>	<p>Say: Treatment brings positive outcomes.</p>												
Slide 40	 <table border="1"> <caption>California Statistics</caption> <thead> <tr> <th>Category</th> <th>Before Treatment (%)</th> <th>After Treatment (%)</th> </tr> </thead> <tbody> <tr> <td>Abstinence</td> <td>~30,000</td> <td>65%</td> </tr> <tr> <td>Employment</td> <td>~15,000</td> <td>42%</td> </tr> <tr> <td>Social Services</td> <td>~35,000</td> <td>58%</td> </tr> </tbody> </table>	Category	Before Treatment (%)	After Treatment (%)	Abstinence	~30,000	65%	Employment	~15,000	42%	Social Services	~35,000	58%	<p>Say: California statistics show the effective changes in individuals who receive treatment. Changes shown here compare <u>before treatment</u> (at admission) and <u>after treatment</u> (at discharge):</p> <p>After treatment there is a:</p> <ul style="list-style-type: none"> • 65% increase in abstinence from substance use • 42% increase in employment • 58% increase in the use of social services
Category	Before Treatment (%)	After Treatment (%)												
Abstinence	~30,000	65%												
Employment	~15,000	42%												
Social Services	~35,000	58%												
Slide 41	 <p>Common Substances</p>	<p>Common Substances and Trends</p> <p>Ask: What are some common substances that you have heard about? (let several answer before going to next slide)</p>												
Slide 42		<p>Distribute the <i>Alcohol and Other Drugs Quick Reference Guide</i>. Instruct trainees to look at the guide and notice that each type of substance includes names, effects, and health risks. Have them choose 1 or 2 types of substances that interest them and take a few minutes to review and discuss the substances in their table groups. Choose one person to share what they learned with the large group.</p> <p>Say: Let's take a look at page 12, "Inhalants." Look at the last entry under "Health Risks." Inhalants, also known as <i>bagging</i> or <i>dusting</i>, can be deadly. Huffing has become popular with teenagers and they are dying as a result.</p> <p>Two examples:</p> <ul style="list-style-type: none"> • A 14-year old eighth grade girl in Los Angeles died during her first attempt at huffing computer keyboard cleaner ("canned air"). • A different 14-year old girl in Medford, Oregon, died at a 												

		<p>party from inhaling helium from a pressurized tank.</p> <p>Ask: How will this guide be helpful to you? Ask: Where do you find additional information about specific substances? Refer trainees to the Resources Section on Page 19 of the booklet.</p>
Slide 43		<p>Say: Tobacco includes:</p> <ul style="list-style-type: none"> • Cigarettes • Cigars • Pipes • Smokeless tobacco (chewed or sniffed) • Bidis (alternative cigarettes with flavors added) • Hookahs (water pipes) <p>All tobacco can be addictive. Most substance users smoke tobacco.</p>
Slide 44		<p>Explain: Tobacco causes nearly 1 in 5 of all deaths in the U.S.</p>
Slide 45		<p>Say: Tobacco causes more deaths than (click remote for each item)</p> <ul style="list-style-type: none"> • AIDS • Substance use • Car accidents • Suicides • Murders • Combined
Slide 46		<p>Say: Women have a higher risk than men for developing smoking related diseases.</p>

Slide 47	 <p>Bronchitis and Emphysema</p>	<p>Say: Women are 10 times more likely to die from bronchitis and emphysema.</p>
Slide 48	 <p>Heart Attack</p>	<p>Say: Middle aged women are 3 times more likely to die of heart disease.</p>
Slide 49	 <p>Lung Cancer</p>	<p>Say: Women are 12 times more likely to die of lung cancer. In fact, women's lung cancer deaths increased 500% between 1960 and 1990.</p>
Slide 50	 <p>Prescription Drugs</p>	<p>Say: Prescription drug abuse has become an epidemic in America. Prescription and over-the-counter drug use accounted for most of the top drugs abused by high school seniors in 2010.</p> <ul style="list-style-type: none"> • The number of Americans who died from overdoses of prescription painkillers tripled in the past 10 years. (example: Heath Ledger) • More people now die from painkillers than from heroin and cocaine combined. • Prescription and illegal drugs cause almost as many deaths as those who die from motor vehicle crashes. • Enough painkillers were prescribed in 2010 to medicate every American adult around the clock for a month.

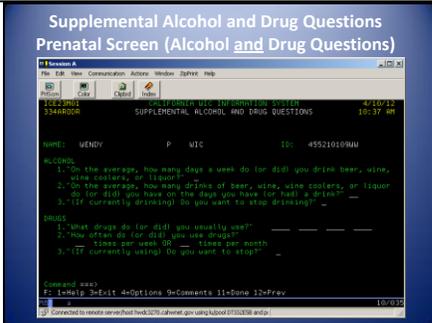
Slide 51		<p>Marijuana:</p> <ul style="list-style-type: none"> • Daily marijuana use increased among 8th, 10th, and 12th graders from 2009 to 2010. • Among 12th graders, it was at its highest point since the early 1980s. • Marijuana is the most commonly used illegal drug <u>in the world</u>.
Slide 52		<p>Say: Now let's talk about alcohol.</p> <ul style="list-style-type: none"> • No amount of alcohol is safe during a woman's pregnancy. • As little as 1-2 drinks can kill brain cells in a growing fetus during early pregnancy. • This killing of brain cells can cause many disorders classified as Fetal Alcohol Spectrum Disorder (FASD), permanent mental and physical damage to a fetus. • The effects on the fetus and child will last a lifetime.
Slide 53		<p>5 Meth slides added here</p>
Slide 54		<p>Say: Let's explore our attitudes, thoughts, and feelings about our WIC participants. Everyone has thoughts and opinions formed by what we've heard, seen, and experienced at our WIC site.</p> <p>Say: What are some of the opinions and judgments (positive or negative) that you have heard about people that use substances? (Chart responses)</p> <p>Probe for:</p> <ul style="list-style-type: none"> • If they loved their children they would stop • All drug addicts are thieves and liars • Alcoholics drink out of a brown paper bag • They could stop if they wanted to <p>Optional Activity</p> <p>Instruct trainees to get comfortable in their chairs, relax, and close their eyes.</p> <p>Say: Now think about that WIC mom who comes in your office, smelling of marijuana, alcohol, or acting like she is on something. Think about your own thoughts and opinions about that participant.</p> <p>Ask: What are they?</p> <p>Ask: Now what are the feelings associated with those thoughts.</p>

		<p>Are they anger, fear, sadness, disgust, disappointment? Remember, feelings are normal. Now just notice your thoughts and feelings. Don't judge them. Just be aware. Instruct trainees to slowly open their eyes. Ask trainees to call out some of the feelings they had.</p> <p>Ask: What happens if a participant feels they are being judged? Probe for: They won't be receptive, will close down, become angry or ashamed; you won't be able to help them. Say: When you sit down with a WIC participant and thoughts of judgment rush in, you can silently acknowledge your thoughts but put them aside for that brief encounter that you have with the participant. Perhaps you can say to yourself, "This person is not well. How can I be helpful today?" This will allow you to be empathetic and provide the support that WIC provides.</p> <p>Instruct trainees to turn to Page 7 in their workbooks, Addiction Myths and Facts. Give trainees a few minutes to review the 9 myths and facts. Ask: What surprised you? Who would like to share one of the myths or facts that surprised you</p>
Slide 55		<p>Screening</p> <p>Ask: Let's talk about the signs and symptoms of substance use. (go to next slide)</p>
Slide 56		<p>(Click to add photo for each questions)</p> <ul style="list-style-type: none"> • What do you see? • What do you hear? • What do you smell? • What do you feel? <p>Probe for:</p> <ul style="list-style-type: none"> • Unusual odor • Fidgeting • Glassy eyes • Falling asleep, nodding off

<p>Slide 57</p>		<p>Say: What behaviors might be displayed?</p>
<p>Slide 58</p>		<p>Say: What emotional signs do you see? (A person might be emotional or moody when NOT on a drug)</p>
<p>Slide 59</p>		<p>Say: There are physical signs of substance abuse. Ask: What are a few things you have seen at your WIC site?</p> <p>Ask: Other than observations, how else does WIC screen for substance use? Probe for: ISIS, Nutrition Questionnaires Say: Let's explore ISIS</p>
<p>Slide 60</p>		<p>Say: When a date is entered on question #16 on the Additional Health Questions - Prenatal screen you will get the (next slide)</p>

<p>Slide 61</p>		<p>Supplemental Alcohol and Drug Questions - Prenatal screen with Alcohol Questions.</p>
<p>Slide 62</p>		<p>Say: When a date is entered on question #17 on the Additional Health Questions - Prenatal screen you will get the ...</p>
<p>Slide 63</p>		<p>Supplemental Alcohol and Drug Questions - Prenatal screen with Drug Questions.</p>
<p>Slide 64</p>		<p>Say: When Y (Yes) is entered on question #18 on the Additional Health Questions - Prenatal screen you will get a Supplemental Alcohol and Drug Questions - Prenatal screen with both Alcohol and Drug Questions.</p>

Slide 65



Ask: Why do you think WIC screens for substance use?

Probe for:

- It's required by USDA
- it can affect the person's health, unborn child, and children's health
- it gives you an opportunity to intervene at a time when women are often willing to make a change... during pregnancy

Instruct trainees to turn to **Page 9** in their workbooks and review **Tips for Substance Use Screening**.

Instruct trainees to choose a partner. One person will be WIC staff and one the participant. Have them follow the instructions at the top of **page 10** to role-play **Script 1** then follow the instructions below the script.

Ask: What was effective and what was not effective?

Chart their answers in two columns on chart paper.

Instruct trainees to switch roles and role-play **Script 2** on **pages 11-12**.

Ask: What was effective and what was not effective?

Chart their answers in two columns on chart paper.

Ask: What gets in the way of asking the screening questions?

Ask the group for tips on how to overcome these difficulties.

Slide 66



Say: On the next screen, I'm going to show you everything that you can share with your coworkers about a participant's substance use.

Blank screen added here -

Say: NOTHING!

Say: Any disclosure of substance use or treatment for addiction or mental illness is confidential and cannot be discussed with coworkers. Discuss with a supervisor only if necessary.

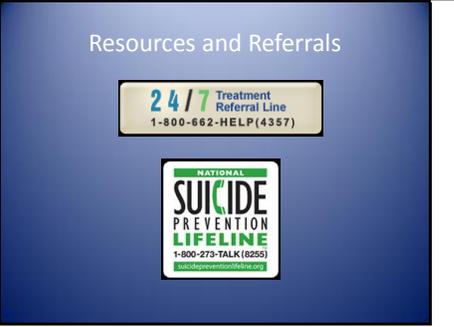
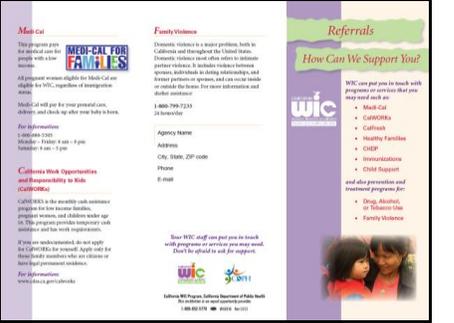
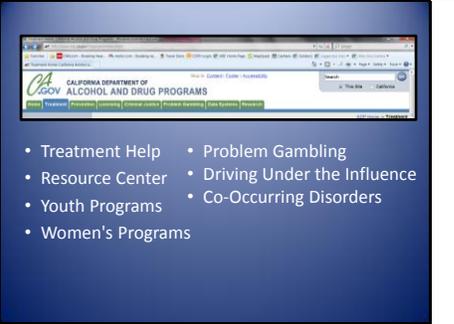
Slide 67



Say: Participants will not always want to share information with you.

Say: Typically a WIC participant who **uses** a substance infrequently may be more apt to ask questions or seek education. They usually don't have a problem and are just interested in getting more information.

Slide 68		<p>Say: A WIC participant who abuses a substance(s) may be less likely to share. There may be some instances where they will reveal some information, but they will often minimize their use.</p>
Slide 69		<p>Say: But participants who are suffering from addiction rarely ask questions or reveal information that they think might come between them and their substance(s).</p> <ul style="list-style-type: none"> • The thought of having to give up their substance(s) is incomprehensible to them. • Remember, they use these substances just to feel normal every day. • They depend on them! • But every once in a while, you will meet someone who wants to change but hasn't been ready or able to.
Slide 70		<p>Explain: Substance use is not usually a topic people feel comfortable discussing.</p> <p>Ask: Why would our WIC participants be reluctant to talk about substance use?</p> <p>Probe for: Shame, guilt, loss of kids, legal fears</p> <p>Instruct trainees to turn to Page 13 in their workbooks, Tips for Providing Substance Use Education, and review number 1.</p> <p>Ask the group what is helpful for them when talking with participants. Hear from a few people.</p> <p>Instruct trainees to work with their partner and follow the instructions for role-playing the script on page 13. Have them use the Alcohol and Other Drugs Quick Reference Guide.</p> <p>Have trainees switch roles and pick another substance and practice one more time.</p> <p>Ask: How did it go? Let's hear from a few people.</p>

<p>Slide 71</p>		<p>Instruct trainees to turn to Page 14 in their workbooks, <i>Tips for Providing Substance Use Referrals</i>. Read 1-4 and then continue their role-play with the script.</p> <p>Ask trainees if they are familiar with their agency’s resource and referral list.</p> <p>Ask: What is on your local referral handouts?</p> <p>Probe trainees to discuss the substance use treatment, support, and other types of referrals on their local referral handouts.</p>
<p>Slide 72</p>		<p>Say: WIC staff are required to provide substance use referrals at every certification.</p> <p>Say: Here is WIC’s <i>Referrals: How Can We Support You?</i> pamphlet</p>
<p>Slide 73</p>		<p>Say: On this pamphlet is a website for the California Department of Alcohol and Drug Programs.</p>
<p>Slide 74</p>	 <ul style="list-style-type: none"> • Treatment Help • Resource Center • Youth Programs • Women's Programs • Problem Gambling • Driving Under the Influence • Co-Occurring Disorders 	<p>Say: If you click on the treatment tab at the top, you will find the information that you see listed on this slide.</p>

<p>Slide 75</p>	 <p>12-Step Programs</p> <p>Alcoholics Anonymous</p> <p>Al-Anon</p> <p>Narcotics Anonymous</p>	<p>Say: 12-step recovery fellowships like AA, NA, and Al-Anon are available to anyone at no cost.</p> <p>Ask: What other 12-step programs have you heard of?</p> <p>Probe for: Overeaters Anonymous, Cocaine Anonymous, etc.</p> <p>Instruct Trainees to turn to Page 15 in their workbooks, What Would You Say? In their table groups, brainstorm how they would handle each situation. Optional: Assign 2-3 scenarios to each table.</p> <p>Debrief by reviewing each question with the group. Encourage trainees to take notes when others are answering questions.</p>
<p>Slide 76</p>		<p>Say: WIC already encourages family dinners which can aide in substance use prevention</p> <p>For teens who sit down to family dinners frequently (5-7 meals per week) compared to infrequently (3 meals or less per week), they are:</p> <ul style="list-style-type: none"> • Nearly 4 times less likely to use tobacco • Nearly 2 times less likely to use alcohol • 2 and ½ times less likely to use marijuana • Nearly 4 times less likely to say they would try substances in the future. <p>WIC makes a difference!</p>
<p>Slide 77</p>	 <p>Planting the Seed</p>	<p>Say: Today we've talked about addiction, screening for substance use, common substances used, and providing referrals.</p> <p>Ask: But what effect, if any, can you make in a participant's life?</p> <ul style="list-style-type: none"> • The truth is, you may have made a huge impact but you may never know it. • Or, you may be talking to someone who is not open to your ideas at all. • But...you may have planted a seed... and that seed may eventually grow when the person is ready. <p>One seed can equal one life!</p> <p>Instruct Trainees to complete training evaluations.</p>

Authority

7 CFR 246.7(a) and (b)

WIC Nutrition Services Standards, 3.A.1.c, 3.B.1.c, and 16.A.2

WIC Program Manual (WPM) Section 190-10

WIC Program Manual (WPM) Section 700-03

References and Resources

Richter, K. P., Ahluwalia, H. K., Mosier, M. C., Nazir, N. and Ahluwalia, J. S. (2002), A population-based study of cigarette smoking among illicit drug users in the United States. *Addiction*, 97: 861–869. doi: 10.1046/j.1360-0443.2002.00162.x

Foundation for a Drug Free World

<http://www.drugfreeworld.org/drugfacts/marijuana.html>

National Institute on Drug Abuse

www.drugabuse.gov/drugs-abuse

California Department of Alcohol and Drug Programs (ADP)

www.adp.ca.gov

American Pregnancy Association

www.americanpregnancy.org/

March of Dimes

www.marchofdimes.com

WIC Breastfeeding Peer Counseling Handbook:

www.cdph.ca.gov/programs/wicworks/Documents/BF/WIC-BF-PCHandbook.pdf

The National Center on Addiction and Substance Abuse, Columbia University

<http://www.casacolumbia.org/templates/NewsRoom.aspx?articleid=652&zoneid=51>

Behind Bars II: Substance Abuse and America's Prison Population 2010, Columbia University