*Trivia Questions: Substance Use / Recovery*

**100 Point Question:**

**Q1: What is the name of the mutual support program for people whose lives have been affected by someone else’s drinking?**

 a: Al-Anon

Al-Anon is one of the oldest and largest support groups in the world for friends and family of who have been affected by a loved one’s drinking.

You can search for local meetings at al-anon.org/al-anon-meetings.

**100 Point Question:**

**Q2: In \_\_\_\_\_\_\_\_\_\_\_ we celebrate national Recovery Month?**

 a: September

Every September, the Substance Abuse Mental Health Services Administration (SAMHSA) sponsors **Recovery Month** to increase awareness and understanding of mental and substance use disorders and celebrate the people who recover.

To learn more about Recovery Month visit: <https://www.recoverymonth.gov/>.

To find treatment options visit: <https://findtreatment.samhsa.gov/>

**100 Point Question:**

**Q3: It is illegal for any person to operate a vehicle with a blood alcohol concentration of what?**

 a. 0.08% or higher

Alcohol and/or drugs can impair your judgement, especially while driving. In California, the law also applies to driving under the influence (DUI) of alcohol or drugs. The law also extends to prescription and over-the-counter medications which can impair your ability to drive safe.

To learn more about the driving under the influence laws in California: <https://www.dmv.ca.gov/portal/dmv/detail/pubs/hdbk/actions_drink>

**200 Point Question:**

**Q4: The use of marijuana before what age may have an impact on brain development?**

 a: 25

There are basically three ages to remember: 18, 21, and 25. You must be 18 or older and have either a current doctor’s recommendation or medical marijuana ID card to buy medicinal marijuana. You must be 21 or older to use, carry, buy, or grow recreational cannabis in California. Even when it’s legal, a young person’s brain is still developing until age 25. Use of marijuana before age 25 can impact brain development.

To learn more visit cannabisdecoded.org

**200 Point Question:**

**Q5: In 2017, \_\_\_\_\_\_\_ was responsible for more than 28,000 deaths in the US, which is more deaths than from any other type of opioid.**

 a: Synthetic opioids or Fentanyl

Fentanyl is a synthetic (man-made) opioid that is 50x more potent than heroin and 100x more potent than morphine. It can be prescribed in the form of patches, tablets, lozenges, or nasal sprays, as well as illegally made and mixed into other drugs such as marijuana, heroin, or cocaine.

To learn more about fentanyl visit: <https://www.cdc.gov/drugoverdose/data/fentanyl.html>

**300 Point Question:**

**Q6:** **\_\_\_\_\_\_ is the use of FDA-approved medications, in combination with counseling and behavioral therapies to provide a “whole-patient” approach to the treatment of substance use disorders.**

 a. Medication-Assisted Treatment (MAT)

According to the Substance Abuse and Mental Health Services Administration (SAMSHA) research has shown that a combination of medication and therapy can successfully treat substance abuse disorders and for some individuals struggling with addiction, MAT can help sustain recovery. MAT is primarily used for the treatment of addiction to opioids such as heroin and prescription opioids such as oxycontin.

To learn more about Medication-Assisted Treatment: <https://www.samhsa.gov/medication-assisted-treatment/treatment>

**300 Point Question:**

**Q7: What is the name of the medication that is designed to rapidly reverse opioid overdose?**

 a: Naloxone

Naloxone is an opioid antagonist, meaning that it binds to opioid receptors and can reverse and block the effects of opioids. For an individual who has overdosed, their breathing will slow down or stop, naloxone will quickly restore normal breathing. Naloxone is a life-saving drug that anyone can receive over the counter and without a prescription.

To learn more about opioid overdose: <https://www.cdc.gov/drugoverdose/index.html>

**300 Point Question:**

**Q8: What is the best way to dispose of old or unused medications?**

 a. Drop off at safe disposal sites

Research has found that around 50% of people who abuse, or misuse prescription medications get them from a friend or relative. Throwing your old prescriptions in the trash is not always the safest way to dispose of them as people can retrieve them and flushing them down the toilet can potentially contaminate the water supply. Disposing of your old or unused medications at a safe disposal site, often located at pharmacies or law enforcement departments, is one way to help prevent abuse and misuse.

You can learn more about safe disposal sites, as well as find ones near you here: <https://safe.pharmacy/drug-disposal/>

Source: <https://www.samhsa.gov/data/sites/default/files/report_2686/ShortReport-2686.html>

**400 Point Question:**

**Q9: Name three signs of opioid overdose.**

 a: See list below. To receive points the response must contain three answers, if they don’t have three answers from the list below, then zero points.

* Small and constricted “pinpoint pupils”
* Falling asleep or loss of consciousness
* Slow and shallow breathing
* Choking or gurgling sounds,
* Limp body,
* Pale, blue, or cold skin.

At times, it’s difficult to tell whether a person is high or experiencing an overdose. If you are not positive, it’s best to treat it like an overdose. If you believe someone has overdosed take these steps: Call 9-1-1, administer naloxone (opioid reversal drug), try to keep the person awake and breathing, put the person in a recovery position and lastly stay with the person until emergency workers have arrived.

To learn more about responding to an overdose visit: <https://odprevention.org/responding-to-an-overdose/>

**400 Point Question:**

**Q10: Name three types of support groups for addiction recovery.**

 a: See list below. To receive points the response must contain three answers, if they don’t have three answers from the list below, then zero points.

* Al-Anon Family Groups
* Adult Children of Alcoholics,
* Alcoholics Anonymous (AA)
* Cocaine Anonymous
* Narcotics Anonymous (NA)
* Secular organizations for sobriety
* SMART Recovery
* Women for Sobriety

Support groups or self-help groups can be a vital part of a person’s recovery process. These (typically free) groups are designed to provide a shared space for individuals with similar lived experiences to receive support.

To learn more or find local support or self-help groups in your area search here: <https://www.mhanational.org/find-support-groups>

**400 Point Question:**

**Q11:** **Name five things that will affect how many drinks it will take an individual to get intoxicated.**
 a: See list below. To receive points the response must contain five answers from the list below, if they don’t have five answers then zero points.

* A person’s body size and composition
* Overall health
* What and how much someone recently ate
* Dehydration
* Percentage of alcohol content in drinks consumed
* Rate and amount of alcohol consumption,
* Ethnicity
* Hormones
* Sleep
* Our mood
* Mixing alcohol with energy drinks or carbonated beverages
* Mixing alcohol with other drugs

A number of factors can increase an individual’s ability to get intoxicated. For example, women have less of the enzyme that metabolizes alcohol, so alcohol remains in the bloodstream longer. Our mood while consuming alcohol can also play a role as strong feelings of anger, fear and loneliness can speed up impairment. What and how much we eat, how fast we drink, and the type of alcohol someone consumes all influence intoxication. Alcohol mixed with carbonated beverages will be absorbed more quickly into the bloodstream. Energy drinks mask the effects of alcohol by giving a person the false sense that they are not that intoxicated and mixing alcohol (a depressant) with energy drinks (a stimulant) can also lead to heart failure.

**400 Point Question:**

**Q12:** **Name four examples of an opioid drug**

 a: See list below. To receive points the response must contain four answers, if they don’t have four answers from the list below, then zero points.

Opioids include heroin, as well as prescriptions such as hydrocodone (Vicodin), oxycodone (Oxycontin, Percocet), oxymorphone (Opana), morphine (Kadian, Avinza), codeine, and fentanyl.

In 2017, more than 70,000 people died from drug overdoses, making it a leading cause of injury-related death in the United States. Of those deaths, almost 68% involved a prescription or illicit opioid.

To learn more about opioid overdose: <https://www.cdc.gov/drugoverdose/index.html>