

Teaching project for teenage drug use course work

[Health & Medicine](#), [Alcoholism](#)



\n[toc title="Table of Contents"]\n

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1. [Teaching Project for Teenage Drug Use](#) \n \t
2. [Access to health care services](#) \n \t
3. [The role of the public health nurse](#) \n \t
4. [Treatment regimen](#) \n \t
5. [Maintenance plan](#) \n \t
6. [Future prevention techniques Resource information](#) \n \t
7. [References](#) \n

\n[/toc]\n \n

Teaching Project for Teenage Drug Use

Illicit use of drugs and alcoholism are major causes of death in the United States of America.

It is every parent's nightmare that their child might start experimenting with drugs when they hit puberty. According to the National Institute on Drug Abuse (2011) most teenagers who experiment with prescription drugs before the age of 12 are likely to engage in substance abuse in their teenage years. Illicit drug use and alcoholism has profound negative effect on teenagers, for example, it decreases the teenager's ability to pay attention, teenagers who abuse drugs are more likely to engage in careless sexual behavior and it may cause mental diseases such as depression. This brochure provides an insightful discussion in teenage drug use.

Access to health care services

Asking for help by teenagers who are alcoholics or substance abusers is one of the most difficult things. Most of them lack the will power to get treatment because it is difficult breaking the habit.

However, with the right support from family, friends, and right treatment regimen, substance abusers can be completely cured. There are many treatment resources available for treatment of the disease of drug abuse and alcoholism. The Department of Health's Alcohol and Drug Abuse Division has funded many agencies in all states in America whose major function is providing treatment for teenagers with substance abuse and alcoholism. Most health care facilities offer a treatment regimen and support for the teenagers to prevent them from going back to their old habits and relapsing.

The role of the public health nurse

Public health nurses provide managed care, primary care, and health education to families and individuals who are categorized as high risk and vulnerable in the population. Public health nurses would play a fundamental role in treatment and prevention of substance abuse and alcoholism in the community (Stanhope, & Lancaster, 2004)

The nurses would help in providing treatment to substance abusers and helping them to break the bad habit. In addition, the health care nurse's help in educating the families of teenagers with substance abuse problem so that they can facilitate in treatment and providing support for the teenager after treatment to prevent relapse. Finally, the public health nurses would help in educating teenagers in the community on the effects of drug abuse and the

way they can avoid getting into drug abuse. Final public health nurses will help in collecting data on drug abuse necessary for the formulation of policies

Treatment regimen

Treatment for substance abuse begins with diagnosis through empirical tests such as urine and blood tests.

According to Kaminer and Bukstein (2008) many teenagers with substance abuse disorders also suffer from mental disorder. In case of dual diagnosis, the treatment involves treatment for substance disorder and mental illness. Before the commencement of administering of medication, the teenager must undergo detoxification. Medication varies with the type of addiction the teenager is suffering from, and is administered depending on the coexisting disorder. Medication for alcohol dependency, heroin addition, smoking and abuse of marijuana is Naltrexone, Methadone, and Wellburtrin respectively. The medication is given along side other interventions such as counseling. Counseling of the teenager aims at behavior modification.

Maintenance plan

After treatment, the teenager must be regularly monitored through frequent drug testing. The maintenance also involves development of structures, which the teenager can use to keep away from drugs when he or she feels they are on the verge of a relapse. For example, most rehabilitation agencies have big brother programs where the teenager is given a mature adult who is a recovering drug or alcohol abuser who can mentor the teenager until he or she recovers completely (Kaminer & Bukstein, 2008). The maintenance

programs also involve creation of networks where recovering teenagers can link up and share their experiences. The networks also apply a fundamental role in educating other teenagers on the effect of substance abuse and in helping other addicts to get treatment. Through the networks the teenagers, finds an outlet to vent extra energy contributing positively to the community thus are unlikely to replace into substance abuse.

Future prevention techniques Resource information

The society through its social structure has a fundamental role in prevention of substance abuse in the society. However, over the last decade the family structure has undergone major transformation with relegating the role of socialization to the media.

Through the media negative influence from the media coupled with peer pressure most teenager find them selves suffering from substance abuse and alcoholism. The family unit should provide social structure, which help a teenager to build self-esteem through love and guidance. Additionally learning institutions should ensure teenagers engage in extra curriculum activities so that they can get a positive way to release pent up energy. The government should pass legislations, which will help to create awareness on the negative effects of substance abuse.

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