**Leilanie B post to class 10 week 1 intro**

Good Afternoon Class,

My name is Leilanie Baca and I live in a small town in California named Barstow. I have lived here for all 36 years of my life. I have been married now for almost 16 years and together we have 4 children. I have been enrolled here since 2015. In 2019 I obtained my bachelor's degree in psychology with a minor in child development. I then went on to continue working towards my Master's degree in psychology with hopes of doing some sort of social work for the county. I was suppose to complete my master's work by may, however due to unforeseen circumstances I took off 2 months of school. I am now back and ready to tackle these last 3 courses and obtain my master's degree and move on with the next chapter in my life. This past year has really put a lot of this in perspective and made me look at the bigger picture of life and how much we take for granted. With that being said, I now have a different perspective on life and have tried to live more positively and spend as much time family and friends as possible.

Upon reviewing the weekly overviews and given my own personal knowledge and experience I am really looking forward to substance related and addictive disorders. My father was addicted to alcohol for many many years which eventually lead to his untimely death back in 2017 due to cirrhosis of the liver. Recently my husband had to reenter a treatment facility for opioid abuse. Watching my father and husband struggle with substance abuse for many years, it never occurred to me that this could be an addictive disorder. Having never been an addict of anything I guess it was hard for me to relate how one becomes addicted. According to our textbook, "The DSM-5 approach is to define substance use disorder as the core behavior of those who misuse substances. These criteria specify a type of addiction that includes behavioral, physiological, and cognitive symptoms" (Morrison, 2014).

When looking at the different types of substances and addictive behaviors it was shown that males outnumbered females when it came to the abuse of different substances or addictive disorders,  such as alcohol, opioids, inhalants, and even gambling. Men tend to return to familiar environments, thus making it easier for them to relapse and fall back into their addictive behaviors and substance abuse. It has been stated that since the 21st century, there has been a growing access to mind altering substances.

I am eager to learn more about this, how its affecting the men and women differently and maybe help give me a little bit more understanding what my husband has been going through.

Morrison, J. (2014). [DSM-5 made easy: The clinician’s guide to diagnosis](https://ashford.instructure.com/courses/82266/modules/items/4162228). New York, NY: The Guilford Press. Retrieved from https://redshelf.com