**HUS 4442: Substance Abuse and the Family**

Required Textbooks: Hart, C.L. & Ksir, C. (2014). Drugs, society, and human behavior (17th ed.). New York: McGraw-Hill. ISBN: 9781259913860

**Important Note: Quoted material is not allowed for course work**

Module 3
Uppers and Downers

Drugs affect the central nervous system in many ways. Stimulants, or uppers , like cocaine and speed, may make the user feel more energetic or talkative. Thus, stimulants excite the central nervous system. In contrast, downers such as heroin, benzodiazepines, inhalants, or barbiturates, may create a mellow or calming effect, or inhibit the central nervous system.

Medications that are used to treat mental disorders are not simply uppers or downers. They have much more complicated actions. A variety of medications are used to treat the symptoms of mental disorders such as depression, bipolar disorder, anxiety disorders, ADHD, and schizophrenia. Antidepressants used to treat depression are not stimulants, though they may elevate depressed mood. Tranquilizers used to treat psychotic behavior are not depressants and may not produce the drowsiness that sedatives or sleeping pills commonly do.

In this module, we will look at stimulants such as cocaine and amphetamines, depressants, such as benzodiazepines and barbiturates, inhalants, and medications used for mental disorders.

Required Readings/Viewing:

* Textbook: Chapters 6, 7, 8
* Click on: [I'm Crystal Meth](https://www.youtube.com/watch?v=R4FVLFZqrUM)

Resources:

* [Drugs of Abuse, A DEA Resource Guide](https://www.getsmartaboutdrugs.gov/sites/default/files/publications/Drugs%20of%20Abuse%202020-Web%20Version-508%20compliant-4-24-20.pdf)

Module 3 Discussion Forum

**Substance Dependence and Mental Health - What is the Connection?**

In the textbook this week you read about the use of a variety of drugs in response to mental illness/mental disorders.  But, can those drugs actually “cure” mental disorders?  Some argue that pills have become the first line of treatment for a wide variety of symptoms, ailments and disorders, regardless of their treatment value. Do you think that the pill prescribers are simply making matters worse by facilitating substance addiction in people with mental health issues?

* Submit your first original post of at least **150 words**