

Alcohol Misuse and Abuse

This guide is provided as a tool for use at the discretion of the referring counselor and/or Substance Abuse Professional. It is intended to help assess an individual's knowledge and understanding of the course and to gauge their level of participation. The results should not be the basis for any diagnosis or treatment decision. This tool is not a substitute for professional medical advice, diagnosis, or treatment.

Part 1 of this oral guide allows individuals to demonstrate their knowledge and understanding of the course. Part 2 focuses on topics unique to the course and can be used to determine an individual's level of engagement.

Click or scan the QR code to review the related content.

Part I – Knowledge

How does alcohol misuse impact critical thinking and decisionmaking? Alcohol impairs memory, reaction time, and judgment, especially dangerous in safety-sensitive roles. Essentially, any substance (legal or illegal) that alters the mind has the potential to impact judgment.



What are the short- and long-term effects of alcohol on the brain?

In the short term, alcohol impairs judgment, slows reaction time, and affects coordination due to its impact on the brain's frontal lobes. Longterm use can lead to permanent brain damage including reduced brain volume, memory loss, cognitive decline.



Why is alcohol misuse especially dangerous for safety-sensitive employees? Safety-sensitive employees must understand that a single incident of alcohol misuse can result in serious, far-reaching consequences.



What kind of impact can alcohol misuse have on family relationships. Emotional distance, broken trust, financial stress, increased risk for children to misuse substances themselves.



True or False: Alcohol is a known carcinogen linked to several types of cancer. True. Ethanol, the intoxicating ingredient in alcoholic beverages, is classified as a known human carcinogen.



Part II – Engagement

Terrifying Video of Drunk Truck Driver. What did the police dash cam show?



Expected Responses

- The semi-truck veering off the right shoulder colliding into a sign
- The driver collapsing onto the highway
- The driver struggling to maintain balance
- Officer retrieved two 1.75-liter bottles of vodka from cab of truck

Describe details of the Carrollton Bus Crash.

Expected Responses

- In May 1988, an alcohol-impaired driver collided head-on with a church youth group's bus.
- Twenty seven people died, 24 children and 3 adults
- The bus was engulfed in flames, making escape difficult
- The drunk driver was convicted of manslaughter and assault



Listen for: The mention of MADD, advocacy, or bus safety improvements
Recognition of the emotional and physical toll on survivors. The tragedy led to change, but the consequences are still felt today

Robert Downey Jr. What were some of the risk factors that may have contributed to his addiction?



Expected Responses

- Family History: his own father had been an addict.
- Early Exposure to Substance
- Hollywood Lifestyle: Drugs and alcohol use available and normalized
- Stress and the pressures of Fame
- Traumatic Incidents.
- Peer Influence
- Lack of Effective Coping Mechanisms:

Discussion: Substance abuse” and “addiction” are related but distinct terms. For safety-sensitive employees, both pose serious risks and must be strictly avoided

“You don’t have to be addicted to misuse a substance that impairs your ability to do your job safely. One incident can change your life — and the lives of others. This message is reiterated throughout all of our courses because every safety-sensitive employee should understand the weight of that responsibility.”