

# Glossary

This Glossary lists many of the terms used in the manual and provides definitions for them. The definitions apply to the terms as they are used by those who concern themselves with alcohol and drug problems. A number of the terms may have broader or different meanings when they are used in general speech. For example, when **abstinence** is used in this manual it has reference to the avoidance of alcohol and drugs, but when used generally it can apply to other matters, such as the avoidance of sexual behavior. For purposes of brevity and emphasis, the meanings of the terms in general speech are omitted from this Glossary.

Note: Number in parentheses following each glossary item indicates chapter where term is first defined; in some cases, there may be another meaning/definition, and these are noted.

**absorption** (5): The process that occurs when a drug moves across membrane barriers into the bloodstream.

**abstinence** (1): To refrain voluntarily from the consumption of alcohol or other drugs.

**acculturation** (3): A process of taking on the characteristics of another culture, resulting in new and blended patterns. The term is typically used to refer to a process that affects a smaller, “different culture” that is exposed to a larger, “dominant culture,” although strictly speaking, acculturation occurs both ways.

**active treatment phase** (7): A stage of treatment typically started with an assessment to determine the appropriate intervention, treatment, and stabilization.

**acute problem** (1): An immediate and usually newly occurring problem; a problem of recent appearance.

**acute treatment stage** (7): A stage of treatment that primarily addresses acute problems and that may include emergency treatment, detoxification, withdrawal, and/or screening to determine the need for future treatment.

**affinity** (5): An attractive force between chemicals and receptors that causes them to enter into and remain in combination (unique for each drug).

**age-stages** (4): The stages of the life cycle: infancy, toddlerhood, childhood, adolescence, early adulthood, middle adulthood, later adulthood.

**agonist** (5): A chemical substance that binds to certain receptors selectively and produces specific pharmacological effects.

**antagonist** (5): A chemical substance that can bind to the same receptor as an agonist, but does not produce their effects.

**anxiety disorders** (5): Phobias, anxiety reactions, panic disorders, obsessive-compulsive disorders, and post-traumatic stress.

**assessment** (7): A process by which the nature and extent of the problem is objectively evaluated, as well as the strengths and weaknesses of the individual who has the problem.

**assimilation** (3): To absorb into the cultural tradition of a population or group.

**attitudes** (4): Feelings or emotions about a fact, object, or activity.

**autonomic nervous system** (5): A group of neural structures including nerves, nuclei, and ganglia which manage involuntary functions such as the regulation of blood pressure and body temperature.

**axon** (5): The nerve fiber that conducts information away from the nerve cell body to the axon terminal.

**basal ganglia** (5): A group of structures in the brain just below the cortex that are important in the coordination of body movements.

**behavior** (4): The way people act both physically and mentally.

**biological models** (7): Explanation of problems based on the belief that they are caused by genetics or a malfunction in the body.

**biophysical treatment** (7): A type of treatment employing various physical agents or procedures to induce a change in the biology of the individual.

**brain stem** (5): Structures in the lower part of the brain.

**brief intervention** (7): Treatment of short duration.

**case management** (7): Decision-making and guidance pertaining to directing individuals through the complex treatment process, as well as acting as their advocates with the numerous service providers that they will encounter.

**central nervous system** (CNS) (5): The brain and spinal cord portions of the nervous system.

**cerebellum** (5): A small globe-like structure that overlies the medulla and pons and that maintains equilibrium, coordination, and mobility.

**cerebral cortex** (5): The largest part of the human brain, this structure is responsible for all higher-level function such as thinking and creativity; the cerebrum.

**chronic disorder** (1): A problem of long standing; one that has been “in place” for quite awhile.

**class** (3): Level of status within society (power, access to, and control of resources).

**classical conditioning** (4): A type of learning wherein one can produce a very strong physiological effect (such as fear) even if there is nothing external to react to.

**co-dependence** (4): To be preoccupied with the welfare of others to such an extent that your own needs are severely neglected.

**cognition** (4): Ways that people think and the frameworks people use to understand themselves and the world around them.

**co-morbidity** (6): The presence of co-existing problems/disorders.

**confluent education movement** (7): Educational approaches that focus on multiple parts of a person: how they think and feel about things, their physical health and well-being, their knowledge and skills, their approach to learning, etc.

**course** (6): What takes place after a condition is established.

**culture** (3): The ways each society organizes and defines itself.

**database** (10): A repository of information in computer files, books, and journals.

**decriminalization** (8): The reduction or abolition of legal penalties for personal possession and use of illegal substances.

**demographic information** (10): Vital statistics about background characteristics, such as age, educational level, gender, marital status, and so forth.

**dendrites** (5): Fibers that conduct information toward the nerve cell body of a neuron.

**depressants** (5): Sedatives, hypnotics, and tranquilizers such as Seconal<sup>®</sup>, Halcion<sup>®</sup>, Valium<sup>®</sup>, and ethanol—or beverage alcohol.

**depression** (5): The experience of feeling sadness, “down,” “blue,” and self-deprecating. In its more severe forms, it may be a more chronic and debilitating condition.

**developmental change** (4): Shifts in behavior and functioning in different life stages. Change may be internally produced (as in the shift from prepuberty to puberty), or triggered by environmental demands (e.g., retirement)

**deviance; deviant** (3): Behavior which is unusual or different from most people.

**developmental perspective** (6): An approach that involves understanding the dynamic relationship between the individual and the environment, and that seeks to explain why stability and change, growth, and aging take place over time.

**discrimination** (3): Negative attitudes and stereotypes which influence people's judgments about others.

**distribution** (2): The arrangement of cases over a geographic area; (5) the process by which a drug moves through the bloodstream and into the brain and other tissues.

**drug testing** (5): A measurement of how much drug is present in a body fluid or tissue.

**drugs** (1): Substances which, although unnecessary for survival under most circumstances, acquire such a perceived, powerful, positive value that some people will avidly pursue their use even when there is significant harm to their health, their occupation, and the status of their interpersonal relationships; (5) substances which have an effect on the structure or function of the body.

**efficacy** (5): Maximum effectiveness of a drug; also, whether a given treatment works.

**empirical evidence** (7): Observational and experimental data on a phenomenon, as contrasted with opinion or belief.

**Employee Assistance Programs (EAPs)** (8): Programs that provide confidential consultation, case management, and/or treatment for employees.

**endorphins** (5): Substances made by the body and belonging to the opioid class of substances; also called *opioid peptides*.

**epidemiology** (2): The occurrence and distribution of events and characteristics in a population; also, a scientific discipline that studies the locational characteristics of disease and how disease rates vary both geographically and demographically.

**ethnic and gender competence** (9): The knowledge and skills needed to work effectively and respectfully with people who (a) differ on important sociocultural dimensions, and (b) have experienced negative social consequences because they fall into a social category that is not valued within the larger society.

**ethnic group** (3): A subculture within a larger culture.

**ethnicity** (3): One's relationship to (or membership in) races or large groups of people classed according to common traits and customs.

**etiology** (6): The study of causes; also, the causal structure for processes and outcomes.

**excretion** (5): A process by which a substance passes from the body, or from a bodily organ, usually into the blood stream; this can be through urine, sweat, exhalation, and feces.

**expectancy** (4): One's anticipations about outcomes, involving both cognitive (thought) and affective (feeling) components; notions about what *will* happen, based upon constructions and reconstructions of past happenings.

**family** (3): A "primary group" or system, whose core functions are to provide intimacy, affection, and protection for group members, and that typically also has the core function of producing and socializing children.

**feedback** (7): Using information based on earlier experience as a base to adjust and redirect one's current behavior and goals; in clinical contexts, using knowledge of outcome from previous experience to assist in selecting the most appropriate treatment for others who may have similar characteristics.

**flashback** (5): A recurrence of drug-like sensations after not using the specific drug for weeks or months.

**functional psychosis** (5): Major disturbance of reality testing that has no clearly identifiable organic cause.

**gender** (3): Biological differences as they are understood and interpreted socioculturally.

**gender identity** (3): A person's sense about which gender he or she is.

**gender role** (3): Behavioral expectations that we associate with gender in a given society and

that change over the life cycle.

**genotype** (6): Genetic disposition; structure and/or function that is genetically determined.

**goal** (7): The end toward which effort is directed.

**grouping** (4): A set of objects combined in a group.

**half-life** (5): The amount of time it takes to eliminate half of the drug present in the body.

**hallucinogens** (5): A category of substances that produce a distortion of objective reality; sometimes called *psychedelics*, *phantastics*, or *psychotomimetics*.

**heterogeneous** (1): Things of different kinds rather than just one type.

**hippocampus** (5): An area of the brain that plays a critical role in consolidating new memory.

**hypothalamus** (5): A brain structure involved in the processing of sensory information and controlling vital body functions such as breathing, circulation, and body temperature; the hypothalamus makes certain that all of these functions remain stable in the face of internal or environmental stress.

**identification** (7): Detection of people with alcohol and other drug problems through systematic screening.

**inhalants** (5): Volatile solvents and nitrites that are used by inhalation.

**integrative model** (7): A model that combines several “single-theory” models (e.g., moral, spiritual, biological, psychological, and sociological) into a comprehensive explanatory structure.

**interact** (9): To act upon one another.

**interventions** (1): Activities relating to both prevention and treatment that are designed to produce beneficial change.

**learning** (4): Acquisition of knowledge or skill acquired by instruction or study.

**legalization** (8): Elimination of all legal sanctions for personal use and sales of illicit drugs.

**limbic system** (5): A group of subcortical regions of the brain that are linked together and are associated with emotion.

**lipophilic** (5): Fat soluble (“lipid loving”) drugs; all psychoactive drugs tend to be lipophilic.

**maintenance stage** (7): Continuing care after formal treatment has ended; interventions or strategies to ensure continued recovery.

**managed care** (8): Care which places the prime responsibility for determining the type, degree, duration, and even the personnel involved with delivery of care in the hands of a third-party professional (insurance, HMO) rather than a direct service provider.

**matching** (7): Selecting from among the treatment options available those most likely to be effective in a given case.

**medulla** (5): The lowest part of the brain, just above the spinal cord; this region maintains the basic drive and rhythms of essential functions like breathing and blood pressure.

**metabolism** (5): The chemical changes in living cells by which energy is provided for vital processes, substances are broken down, and new material is assimilated to maintain structure and function of the body.

**midbrain** (5): A region of the brainstem that influences the excitability of higher centers.

**mixed agonist/antagonist** (5): A chemical substance that produces an effect at a low dose, but at a higher dose limits its own effect.

**modality** (7): The kind of treatment to be provided.

**model** (6): An organizing framework, typically stated in shorthand form.

**modeling** (4): The imitation of the actions of other people who are typically in positions of admiration and power.

**moral model** (7): A concept asserting that the excessive use of alcohol or other drugs is morally repugnant, and that the individual needs to exert his or her will to avoid this kind of behavior.

**morbidity** (2): Harmful physical, social, and behavioral consequences associated with the use of alcohol and other drugs.

**mortality** (2): Death due to alcohol and other drugs.

**mortality data** (2): Statistics that report death in the population.

**narcotics** (5): *See* opioids.

**negative reinforcement** (4): Actions which work to suppress (or push down) specific activities; also, punishment.

**neuron** (5): A nerve cell, consisting of a soma (or cell body), dendrites, and an axon.

**neurotransmitters** (5): Chemical substances that transmit information across synapses to other neurons.

**nitrites** (5): Drugs in the inhalant category; sometimes referred to as “poppers” and “snappers.”

**norms** (3): Shared standards of acceptable and unacceptable behavior.

**opioid antagonists** (5): Drugs that bind to opioid receptors without producing any effects.

**opioid peptides** (5): *See* endorphins.

**opioids** (5): All of the natural and synthetic substances that act like the primary active drug we get from the opium poppy, morphine.

**organic psychosis** (5): Major disturbances of reality testing due to a dysfunction of the brain.

**outcome evaluation** (7): Determining whether a treatment intervention provided produced its

desired effect(s) after the treatment is completed.

**outreach or case-finding** (7): Promotion of intervention or educational services to populations who are not currently in the treatment system; searching to find those clinically in need, who are either not aware of the problem, or simply need a contact in order for help to be provided.

**overdose** (2): Dose of a drug that produces toxic effects.

**parasympathetic** (5): A component of the autonomic nervous system.

**partial agonists** (5): A drug that produces less than the full effect expected of an agonist.

**peer group** (3): A group to which a person belongs outside their family and which typically includes persons similar in age or interest.

**perceptions** (9): How one sees the world and the people in it.

**peripheral nervous system** (5): A portion of the nervous system which is comprised of sensory and motor nerves.

**personality** (4): The internally organized system of individual characteristics which guides and directs our behavior, and which has some degree of consistency across situations and stability over fairly long periods of time.

**pharmacological treatments** (7): The use of medications of various kinds to assist an individual to overcome alcohol or other drug problems.

**phenotype** (6): Characterization determined by the visible attributes of an individual, as distinguished from their hereditary characteristics (i.e., their genotype).

**philosophy** (7): In terms of treatment, the basic view of the problem being treated.

**physiological dependence** (5): The altered biological state of a person who uses an addictive substance excessively and repeatedly; abstinence results in a physical withdrawal syndrome.

**placebo effect** (4): Experiencing effects based on what one *thinks* a substance should do, rather than on its pharmacological action (also, “expectancy effects”).

**pons** (5): Area of the brain just forward of the medulla.

**potent** (5): Drugs that produce more of an effect at a particular dose than others; they are *relatively* stronger.

**prejudice** (3): Negative attitudes and stereotypes which influence people’s judgments about others, and make it much more difficult to have one’s work evaluated fairly.

**prevalence** (2): How common the problem is within a given population; the number of cases of a disorder, or behavior, usually expressed as a rate or percentage of the population.

**prevention** (1): Activities reducing the probability or severity of a problem.

**primary (first-level) prevention (7):** Promotion of health and resilience to reduce or eliminate conditions of risk before the problem behaviors start.

**prognosis (6):** The expected longer-term outcomes for a disorder, or a behavioral adaptation.

**Prohibition (1):** A period of time during which the United States forbid by law the sale, manufacture, and transportation of alcoholic liquors as beverages.

**provider (7):** The individual or program giving treatment.

**psychoactive (1):** Drugs which affect emotions, thoughts, and behavior.

**psychological dependence (5):** The strongly held belief that a regular schedule of alcohol or other drug use is a necessity for normal functioning.

**psychological model (7):** Concept that relates alcohol and drug problems to the thoughts, feelings, and behavior of the individual.

**psychological treatment (7):** Treatments that influence people through (a) talking and other forms of interaction that convey various feelings and thoughts, or (b) that focus on the regulation and change of specific behaviors that are a part of the alcohol and other drug-taking event.

**psychoses (5):** Major disturbances of reality testing that also typically involve major changes in sense of self and ability to consciously control and regulate one's own behavior.

**psychotropic drug (5):** A substance that alters mood, thought processes, and perception of reality, and possesses a "rewarding" influence.

**public health approach (7):** A model that considers a problem in terms of the host (afflicted person), agent (drug), and environment; it considers all interventions on a spectrum of prevention.

**randomized controlled trial (7):** A trial in which all of the individuals exhibiting a particular kind of problem are assigned by a coin flip or other "chance" procedure to different treatment conditions: treatment condition(s) and comparison ("control," or no treatment) condition(s).

**rate (2):** The number of cases per unit of population; e.g., 350 cases of alcoholism per 100,000 people.

**receptor (5):** A site on a cell membrane that has a complementary chemical structure to a neurotransmitter.

**reference group (3):** A special kind of peer group that we use to help define who we are or wish to be.

**referral** (7): A recommendation that a client seek help, evaluation, or treatment from another provider; frequently, involves a recommendation for specialized treatment for individuals with substantial or severe problems often after brief intervention has proven ineffective.

**regulation** (1): A mechanism to limit access to a specific drug, or constraints on how or by whom a particular drug may be used.

**rehabilitation** (3): Treatment to assist an individual in recovering their previous self, skills, and performance.

**reinforcement** (4): The presentation of a positive (or negative) stimulus that occurs along with something we are doing.

**risk factors** (7): Characteristics which are statistically correlated with the later appearance of a problem, which may be the basis for identifying a high-risk population in need of early intervention; may also be causes of the later difficulty, but they are present before the problem is obvious.

**role model** (3): An individual who is influential in a person's life that one looks up to, admires, and wants to be like; *see also* modeling.

**schedules** (5): Categories of psychotropic drugs according to their potential for abuse, dependency, and the existence of an acceptable medical use in this country.

**secondary (second-level) prevention** (7): Prevention that strives to identify a problem or pathology at its earliest stages, but after it has already shown up as trouble.

**“self-concept”** (4): An organized structure of ideas and beliefs about who one is.

**setting** (7): The spatial and temporal arrangements in which treatment occurs.

**sexual object choice** (3): That which arouses someone sexually.

**socialization** (3): The process of teaching and learning by which the culture provides its rules about how to live, how to relate to other people, and the rules of right and wrong.

**sociocultural competence** (9): An ability to understand the aspects of other people's culture and relate effectively on those grounds.

**sociocultural model** (7): Concept that relates the use of alcohol and other drugs to social circumstance and tradition.

**sociocultural perspective** (3): View of a situation shaped by social and cultural factors.

**sociocultural treatments** (7): Treatments that exercise their influence by exposing the individual to particular social settings.

**soma** (5): One of the three main parts of the neuron; cell body.

**spiritual and existential model** (7): Conceptual frameworks asserting that alcohol and other drug problems may occur in individuals who lack a sense of ultimate meaning or purpose in their lives.

**stabilization** (7): Part of the active treatment stage; maintaining the individual at the level where he or she can cope with their alcohol or other drug problems.

**stage specificity** (7): The view that particular interventions are most appropriately carried out during the acute, active, or maintenance stages of treatment.

**stereotypes** (3): Widely shared sets of expectations about how someone in a particular role or with particular characteristics is likely to behave.

**stimulants** (5): A category of psychotropic drugs; stimulants can increase the user's alertness, sense of strength, and sense of well being, and decrease appetite.

**strategy** (7): The specific means by which a treatment achieves its effect.

**sympathetic** (5): Nerves that comprise one component of the autonomic nervous system; when stimulated, sympathetic nerves produce an elevation of blood pressure, increase in pulse rate, and a rise in body temperature.

**synapse** (5): The space across which information is transmitted between neurons.

**target** (7): The focus of a given treatment.

**temperament** (4): The stylistic characteristics of behavior; how Joe or Jane usually act—not what they are doing.

**Temperance Movement** (1): A popular movement that espoused a belief in moderation or abstinence from the use of intoxicating drink.

**tertiary (third-level) prevention** (7): Activities targeting persons or situations in which the problems of concern have already developed, to reduce the long-term effects of the problems; long-term treatment and rehabilitation.

**thalamus** (5): A brain structure involved in the processing of sensory information.

**time-frame** (7): The duration of treatment.

**tolerance** (5): Decreased effect of the same dosage of alcohol or other drug; adaptation to their effects, such that higher dosages are required to produce the same effect.

**transactional approach** (9): Method of intervention based on the concept that communication between people is dynamic, interactive, and dependent on each person's perception of the other(s).

**transitions** (3): Times of major life change.

**trauma** (2): A disordered psychic or behavioral state resulting from mental or emotional stress or physical injury.

**treatment** (1): Intervention for people who show signs of a disorder to reduce the immediate and long-term consequences; i.e., disability associated with a chronic disorder.

**typologies** (6): Systems for classifying subgroups (types) of individuals with common characteristics.

**values** (4): Those elements in our lives that we hold inherently valuable, such as family, education, health, etc.

**vesicles** (5): Sacs that store neurotransmitters that are located in the axon terminals.