

# Mindful Continuing Education

## Understanding Drug Cultures

**1. Treatment providers should consider how drug cultures reinforce substance use, substance disorders, and relapses, and how the ever-changing diverse drug cultures in which clients participate may reinforce behaviors.**

- A. True
  - B. False
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### What are Drug Cultures?

**2. A drug culture has certain shared values, beliefs, customs, traditions, and behaviors that evolve over time, as well as its own:**

- A. Community
  - B. Conventions
  - C. Practices
  - D. History
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### Exhibit 6-1: How Drug Cultures Differ

**3. Each of the following is an accurate statement about how drug cultures differ EXCEPT:**

- A. Drug cultures differ according to geographic area
  - B. They differ based on substance used, although they tend to be very similar among people from comparable ethnic and social backgrounds
  - C. Drug cultures can differ according to other social factors such as socioeconomic status
  - D. Even drug cultures involving the same drugs and the same locales change over time
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### The Relationship Between Drug Cultures and Mainstream Culture

**4. Subcultures may reject some, if not all of the values and beliefs of the mainstream culture in favor of their own, and they will often adapt some elements of the culture in ways quite different from those originally intended.**

- A. True
  - B. False
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## **Exhibit 6-2: The Language of a Drug Culture**

**5. One of the defining features of any culture is the language it uses, and use of slang regarding drugs and drugs activity is a well-recognized aspect of drug culture, while a lesser known factor is the diversity of the language and:**

- A. How it becomes a source of pride
  - B. How it creates harmony
  - C. How it protects the culture
  - D. How it varies over time and place
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**6. Which is NOT one of the ways that drug culture may impact individuals who feel marginalized or discriminated against?**

- A. The drug culture enables such individuals to view substance use as their right and a way to feel valued
  - B. Marginalized people may be proud of their lifestyle and celebrate their drug-related identity with other members of the culture
  - C. Social stigma aids in the formation of oppositional values and beliefs that can promote unity among members of the drug culture
  - D. The immorality that mainstream society attaches to substance use and abuse can unintentionally serve to strengthen individuals' ties with the drug culture
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## **Understanding Why People Are Attracted to Drug Cultures**

**7. Activities such as rituals of use, which make up part of the drug culture, provide a focus for those who use drugs when the drug themselves are unavailable, and help them shift attention away from problems they might otherwise need to face.**

- A. True
  - B. False
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**8. The culture provides a way for people new to drug use to learn what to expect and how to appreciate the experience of getting high, which is considered a sustaining force for use and abuse.**

- A. True
  - B. False
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## **Exhibit 6-5: The Rituals of Drug Cultures**

**9. Individuals develop their own drug-related rituals through the influence of other members of the culture and through \_\_\_\_\_, which allows them to determine which works best for them to maximize the drug's effect and minimize related problems.**

- A. Observation and awareness
  - B. Access and connections
  - C. Trial and error
  - D. None of the above
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## **The Role of Drug Cultures in Substance Abuse Treatment-Drug Cultures in Assessment and Engagement**

**10. The first step in understanding the role a drug culture plays in a client's life is to learn how the drug culture has influenced the clients habits, actions, and attitudes.**

- A. True
  - B. False
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**11. Clients who are heavily enmeshed in their drug culture are very likely to self-identify as members of the drug culture in the same way that they would identify as an African-American or Asian-American, for example.**

- A. True
  - B. False
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## **Developing a Culture of Recovery**

**12. While developing a culture of recovery, clinicians can teach clients about drug cultures and their influence, show how elements of drug culture can be replaced by a culture of recovery, and:**

- A. Emphasize the importance of changing their environment to a healthier one
  - B. Establish trust and equality within the therapeutic relationship
  - C. Work to shape peer culture within the program and involve family members when appropriate
  - D. Highlight personal rituals, cultural traditions, and spiritual well-being as a means of feeling empowered outside of the drug culture
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