

Speech script and assignments

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Topic: **Effects of Substance Abuse on physical and psychological health**

Pattern of Organization: **Topical**

Introduction- REGAN

Substance abuse is a serious issue within the United States. The number of deaths due to such has increased over the past few years. Many unfortunate causes lead one to substance abuse. Along with physical and psychological effects. These effects take a toll on the body and mind, forever changing the state in which you can properly function. An issue like these should not be ignored, instead properly cared for. We will be discussing the roots of substance abuse and the varying effects that take place. Substance abuse, which is known as a major killer in the United States, affects those through past predispositions of all sorts and neurological disorders.

Transition: **Now that we have a glimpse of how crucial drug abuse is let's get into the various roots of it all. REGAN**

Paragraph #1 REGAN

As the years go by drug abuse has slowly killed and damaged the body of many individuals. Among all ages, there were 67,637 drug overdose death reports in 2018. Many of which vary from opioids, needles, alcohol, etc. There are a vast amount of situations that lead one into the harmful addiction of drug use. The first cause may include you having a genetic predisposition. Meaning that based on your genetic makeup there is an increased likelihood of one developing this habit or disease. Others include peer pressure or childhood trauma. We all know that there are people who come from many different walks of life and their environment growing up may not have been the best. This eventually leads the individual into a downward spiral struggling to find something that eases or helps cope with the issues that have yet to be dealt with. With peer pressure, it can happen at any age in your life. There can be uncomfortable situations where the people around you will pressure or encourage you to do things you're not sure of. Along with that other causes include stress or a history of mental illness. The stress of life can become too overwhelming and potentially affect your mental health. That is why it is also important that we can recognize the signs. Which include neglecting responsibilities, financial trouble, drug-seeking behavior, withdrawal symptoms or cravings.

Transition: **After reviewing, the various causes and the effects of substance abuse psychological and physical it's now important to know the short-term and long-term**

effects of abuse altogether. This is important especially in knowing how your life could change futuristically. **RAJADA**

Paragraph # 2 RAJADA

When you abuse a drug, it takes control of your body physically and psychologically. It alters your mind; it changes the way you act and can sometimes lead you to harm yourself and worst others. The short-term effects of substance abuse might not affect your body physically, but it does mentally. Substances such as cocaine, heroin, alcohol disrupts the mind. It causes your brain to send messages to your body that cause you to act out of character. You become violent, paranoid, also, your actions are unpredictable and sometimes can be unsafe.

However long-term effects of substance abuse will affect your body physically and mentally. Long-term substance abuse will cause many health problems such as lung, liver, kidney, heart, and brain damage. It will also weaken your immune system which will increase the spread of other diseases. Long-term effects will alter the mind as well causing you to have extreme depression, anxiety, and you will become hostile.

Transition: Therefore, knowing the long-term and short-term effects of substance abuse it is important to know what types of treatment and rehabilitation can be offered. **SANDREKA**

Paragraph # 3 SANDREKA

Substance abuse is at an all-time high making it a growing addiction across the United States. This makes it even harder to notice signs and symptoms in yourself as well as a loved one. That is why it is very important to know what little or big things may be a red flag. The first big red flag is taking a drug after it is no longer needed for health or injury-related circumstances. This generally occurs when an individual has pain management from an injury at some point but decides that they still need the pills to fill a void for them. Another red flag may be feeling strange after the drug wears off like you are having withdrawal episodes and other side effects. Lastly, you constantly spend much of your time thinking about the drug. This is when you get immuned to taking the drug that it is hard not to take it regularly. Though there are even more signs and symptoms those are the main ones that are noticed in individuals. As far as treatment research it shows that people typically enroll in a program. Over time these programs have evolved and diversify making them better overall for seekers in need. During these programs, seekers go through a period of detoxification which simply is when the body clears itself of drugs. When this happens seekers are monitored and guided with the help of professionals. There can be good and bad benefits for receiving treatment. According to American addiction centers, programs all of the United States report a 90% success rate which is outstanding. However,

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some include different terms as to what is a success or not so it is hard to tell. You have to have determination when it comes to this.

Transition: Taking the factors into consideration that has been presented it is important to consider them because substance abuse is a life-changing factor that happens regularly and you should be aware. SANDREKA

In conclusion, Substance abuse affects the body physically and psychologically. It ruins many relationships, homes, and bodies, and can sometimes lead to suicidal actions. We should be aware of people who abuse substances and try to assist them if possible, by finding professional help. RAJADA