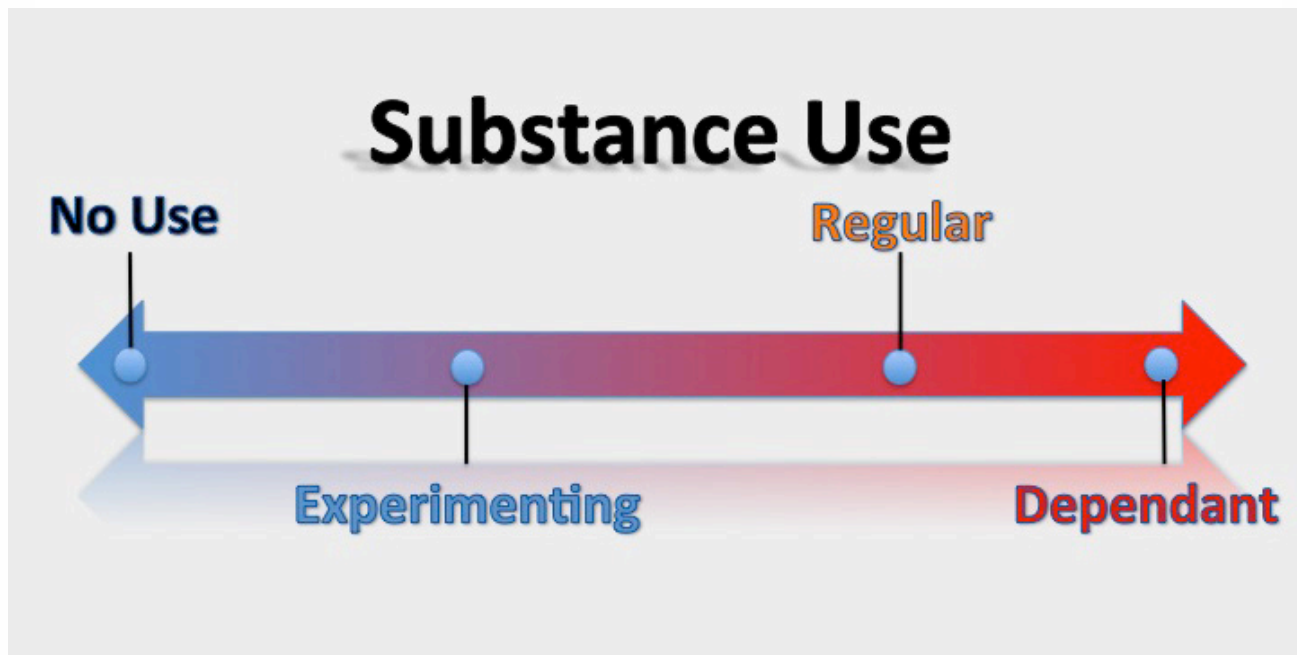


AFTER THE CALL



SUBSTANCE USE

Many studies have focused on drinking behaviours in First Responders (Davey, Obst, & Sheenan, 2001; Bacharach, Bamberger, & Doveh, 2008; Ballenger et al., 2010; Fieldheim et al., 2014). Substance use in First Responders have not received as much focused. There have been, however, a large link between other struggles (e.g. PTSD) and substance use (Brady & Sinha, 2005; van Dam, Vedel Ehring & Emmelkamp, 2012).



- Experimenting** Using the substance a few times, out of curiosity
- Recreation** Use is social, but still made consciously
- Regular** Use is no longer an action of opportunity
- Dependant** Use is now more ingrained. No longer an action of opportunity

The Substance Use Model is applicable to all substances and not specific to any single problem substance use.

*Substance Use model and more information can be found at www.camh.ca