



Escalator Jeopardy – Note to the counselor/group leader who will “host” this game: Some of the answers are easy but some are challenging so this may be better suited with a group who has previous experience with Taking the Escalator methodology, information and activities. Also if the group is struggling it can be OK to provide hints such as “*The answer begins with the letter ____*” The goal is more to discuss some of these topics rather than just play the game to win. Finally, remind the group that when answering it is important to try to provide the general answer that defines the clue, rather than giving specific examples. People do not need to answer in the form of a question “What is ____” as in the Jeopardy television show. When someone gets the answer correct mark their initials in the box that was answered.

| What Makes an Addiction? | What's He Using? | If its Negative in Your Life then Make it Positive | Managing the Mind (Mental Health) | Basic Building Blocks of Positive Change | Challenges and Obstacles | Lost Lives through the Decades (Due to Drugs) |
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| <p>100 Physically addictive substances used daily can bring these uncomfortable physical symptoms</p> <p>Withdrawal</p> | <p>100 The oldest known intoxicating substance used specifically for recreational purposes (even dating back to biblical times)</p> <p>Alcohol</p> | <p>100 We make dozens if not hundreds of these a day with our mind and one of the best ways to improve our lives is to practice making good ones:</p> <p>Decisions/Choices</p> | <p>100 We experience these in our mind, heart and gut and it is important to learn how to manage our reaction to them</p> <p>Feelings/ Emotions</p> | <p>100 The essential Inner drive, focus and desire, that brings about positive change and attainment of goals</p> <p>Motivation</p> | <p>100 A strong addictive urge that can pull you in a way you may not want to go if you are not careful</p> <p>Craving</p> | <p>100 - (2000's) This artist was referred to as the King of Pop, died due to complications from prescription drugs in 2009</p> <p>Michael Jackson</p> |
| <p>200 It takes more and more of a substance to get the same effect which often fuels the desire and need for using larger amounts</p> <p>Tolerance</p> | <p>200 Class of drugs used medicinally for thousands of years to relieve physical pain but nowadays often abused to relieve emotional pain</p> <p>Opiates/Opioids</p> | <p>200 This describes overall the way we present and express ourselves. If we have a negative one we should want to change it to grateful and positive</p> <p>Attitude</p> | <p>200 It is important to learn to manage this uncomfortable mental experience that can occur when we worry or stress over things</p> <p>Anxiety</p> | <p>200 The ability to look inside yourself honestly and truthfully: Self-Awareness</p> <p>Insight</p> | <p>200 You may have went backwards a little bit but still you didn't completely relapse</p> <p>Setback</p> | <p>200 (1990's) Singer of one of the most popular grunge bands in the 1990's shot himself in the head in 1994 at the age of 27, addicted to heroin</p> <p>Kurt Cobain</p> |
| <p>300 Failure to recognize the truth about a problem, particularly an addiction, is often referred to as this</p> <p>Denial</p> | <p>300 Even though life may be spiraling out of control with dependency clearly increasing, some people may believe that they are not addicted just because they may be obtaining drugs this legal medical way</p> <p>Prescription</p> | <p>300 This categorizes and includes all that is most important in your life and, what you care about the most, and what has the most worth to you</p> <p>Values</p> | <p>300 These changing temporary states of mind can be make us feel high, low and everything in between so it is important to be able to regulate these</p> <p>Moods</p> | <p>300 Something just about everyone needs when overcoming a difficult challenge, because it is so difficult to do it alone</p> <p>Support</p> | <p>300 Some people may try to deal with substance use issue by attempting use less, or change to a less harmful substance. If that isn't working you may need to consider this more basic old option</p> <p>Abstinence/Sobriety</p> | <p>300 (1980's) John Belushi was a legendary actor and comedian who shocked the world when he overdosed and died from mixing cocaine and heroin in 1982 at the height of his fame. He was on the original lineup of what longstanding TV show (Still airs today)</p> <p>Saturday Night Live</p> |



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| <p>400 Every bad choice we make can mean we have to face these later. Addiction can cause people to foolishly ignore these repeatedly</p> <p>Consequences</p> | <p>400 The vast majority of people who use this legal plant use it as often as 10 or 20 times a day despite knowing it is the number one killer of all addictive substances in the world</p> <p>Tobacco</p> | <p>400 You can have ups and downs along the way but what matters most is that you keep moving forward. If that is true then you are steadily making this</p> <p>Progress</p> | <p>400 It is essential to learn to eliminate this negative emotion which stems from holding on to anger and grudges</p> <p>Resentment</p> | <p>400 Building insight and motivation lead to this powerful experience defined by a strong sense of positive mental stimulation to try make things better</p> <p>Inspiration</p> | <p>400 With more severe addiction, particularly opioid, if the withdrawal or cravings are overwhelming it may be wise to consider seeing a doctor for this</p> <p>Medication or Medication Assisted Treatment</p> | <p>400 (1970's) This iconic musician is one of the top earning dead celebrities today, still earning over 50 million/year for his music despite dying from complications of prescription drug addiction back in 1977</p> <p>Elvis Presley</p> |
| <p>500 When you spend too much, use too much or too often and life problems are steadily piling up, it is a good sign you have lost this</p> <p>Control</p> | <p>500 Stimulants such as cocaine, speed and methamphetamine, when taken for long periods can induce a mental state of hallucinations and extreme paranoid delusions called:</p> <p>Psychosis (Or stimulant-induced psychosis)</p> | <p>500 This involves all the people, places and things that you surround yourself with and that you choose to be <u>connected</u> to</p> <p>Associations</p> | <p>500 Sometimes addiction can be directly linked to deeply disturbing or distressing experiences that occurred earlier in life all of which is referred to as: _____</p> <p>Trauma/PTSD</p> | <p>500 If you find and discover this it can help you define your goals and add meaning and direction in your life</p> <p>Purpose</p> | <p>500 They say relapse doesn't suddenly happen out of nowhere – It's not an event, it is often much more of a gradual _____</p> <p>Process</p> | <p>500 (1960's) This world famous movie star shocked the world in 1962 from a barbiturate overdose which some say was accidental, some say was suicide and others say was murder</p> <p>Marilyn Monroe</p> |

Final Jeopardy Question:

Topic- PLANTS

Question: Name the two plants that opiates and cocaine are derived from respectively

Answer: Poppy (Opiates) and Coca (Cocaine)