

2012



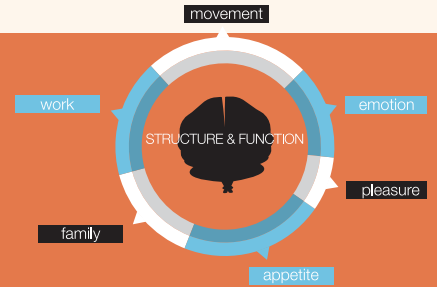
addiction is a disease

Addiction is a disease just as diabetes and cancer are diseases. It is not a weakness. People of all ages, classes, and ethnic backgrounds can get an addiction.

it changes the brain

“Drug addiction is a chronic disease... drugs change the brain. Physically changes it. And these changes are very long lasting, and persist for a long period of time after the person stops taking the drug.”

~ Nora D. Volkow, MD, Director, National Institute on Drug Abuse



Dopamine: is a neurotransmitter present in regions of the brain that control movement, emotion, motivation, and feelings of pleasure. The overstimulation of this system, which normally responds to natural behaviors that are linked to survival (eating, spending time with loved ones, etc), produces euphoric effects in response to the drugs. This reaction sets in motion a pattern that “teaches” people to repeat the behavior of abusing drugs.

the disease
the stages

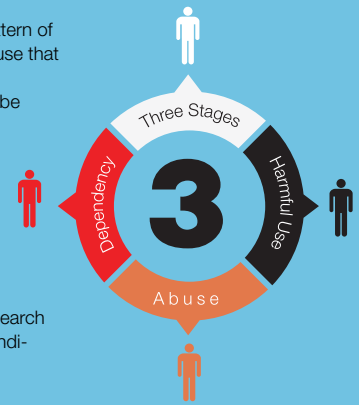
Drug addiction is a brain disease because the abuse of drugs leads to changes in the structure and function of the brain.

There are three stages from first use to addiction. Drug use easily moves to addiction because the brain functions are altered.

Harmful Use: A pattern of psychoactive substance use that is causing damage to health. The damage may be physical or mental

Abuse: (user loses focus on daily activities, use can become secretive, thinks solely about using drugs)

Dependence: the search for a drug dominates an individual's life



22.6 MILLION



22.6 million (8.9%) Americans aged 12 or older use illicit drugs like marijuana/ hashish, cocaine (including crack), heroin, hallucinogens, inhalants, or prescription-type psychotherapeutics used non-medically.

More than half of Americans aged 12 or older drink alcohol (51.8%). This is 131.3 million people.

6.7% drink heavily (16.9 million people)

16.9 million heavy drinkers (31.8%) also use illicit drug

Most adult binge and heavy alcohol users are employed.

- ◆ Among 56.6 million adult binge drinkers, 42.3 million (74.%) were employed either full or part time.
- ◆ Among 16.5 million heavy drinkers, 12.2 million (74.0%) are employed.

It's Widespread

23.1 million persons aged 12 or older needed treatment for an illicit drug or alcohol use problem (9.1%). But only 2.6 million (11.2%) of those who needed treatment it, get it.

The societal costs of addiction are substantial

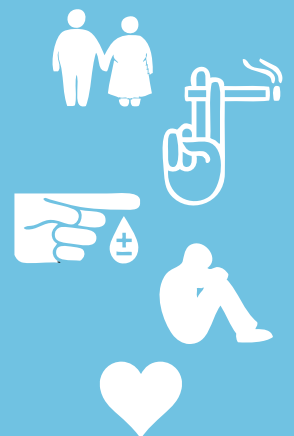
Obesity: \$147 billion

Smoking: \$157-billion

Diabetes: \$174 billion

Addiction: \$193 billion

Heart Disease: \$316 billion



Stages of Change

People with drug and alcohol problems may not want to change. The person could be in any of the following stages:

Precontemplation: The person sees no need to change.

Contemplation: The person has thought of the pros and cons of their substance use but is not sure about changing.

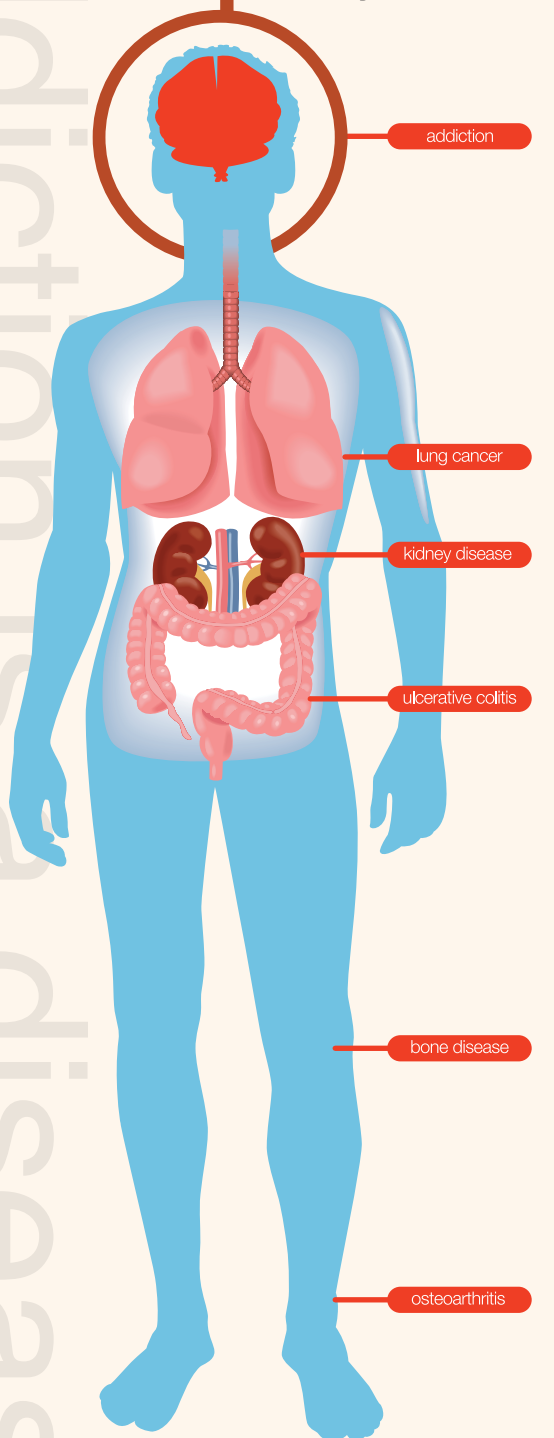
Preparation: The person is ready to take action to change.

Action: The person is attempting to change and avoid situations that might trigger substance use.

Maintenance: The person has changed and is working to prevent a relapse.

Relapse: The person may relapse once or several times before changing their pattern.

addiction connection
body & brain



Addiction is a Disease JUST LIKE

Cancer; Diabetes; Heart Disease; Multiple Sclerosis...

> DO I HAVE AN ADDICTION?

Boston University School of Public Health's website provides online tests to gauge drug use and advice about cutting down or getting professional help. www.drugscreening.org.

> TREATMENT WORKS

There are 13,339 addiction treatment facilities in the U.S. Go to www.findtreatment.samhsa.gov to find one near you. Or call 1-800-662-HELP.

> PROFESSIONALS CAN HELP

A variety of health professionals can help people with a substance use disorder. They include:

- ◆ Primary care physicians
- ◆ Addiction specialists
- ◆ Mental health professionals
- ◆ Peer recovery support staff
- ◆ There are always ways to help yourself or your loved one.
- ◆ The Addiction Workbook is a self-help guide may assist some people to overcome their alcohol or other drug dependence disorder. [<http://store.samhsa.gov/product/Addiction-and-the-Family-Healing-and-Recovery/DVD252>]
- ◆ Responsible Drinking: A moderation management approach for problem drinkers with worksheet assist people who are not addicted to alcohol but wish to curb their use. <http://store.samhsa.gov/product/Addiction-and-the-Family-Healing-and-Recovery/DVD252>

> SOURCES

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www.addiction411.com

<http://easyread.drugabuse.gov/what-is-addiction.php>

<http://m-addicted.blogspot.com/2011/05/types-of-addictions.html>

Mental Health First Aid: www.mentalhealthfirstaid.org

National Institute of Drug Abuse

<http://www.drugrehabadvice.org/stagesofaddiction.html>

Drug Abuse, Addiction, and the Brain: WebMD Medical Reference

<http://www.apa.org/topics/addiction/index.aspx>

http://www.who.int/substance_abuse/terminology/definition2/en/index.html

<http://www.ncbi.nlm.nih.gov/books/NBK44358/>

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INTERESTING DATA

<http://www.samhsa.gov/data/spotlight/Spot067AlcoholDrugAbuse2012.pdf>

<http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/drinking-statistics>

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