

Substance Abuse: What You Need to Know and Where To Go

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Faculty

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The Burden of Substance Abuse

- Substance abuse, including smoking, illegal drugs, and alcohol costs our Nation more than \$484 billion per year
 - Illicit drug use alone accounts for about \$161 billion

The Burden of Substance Abuse

- Drug abuse is linked with adverse effects such as infectious diseases, crime, accidents, and unplanned pregnancy
- About half of those living with a chronic alcohol or drug abuse problem also have a chronic psychiatric disorder

The Burden of Substance Abuse

- Hundreds of thousands of ER and hospital visits, many of which are not paid for

What is Addiction?

- Addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences to the addicted individual or those around him / her

What Are The Consequences?

Alcohol

- Approximately 80,000 deaths each year in the United States are attributed to excessive alcohol
 - This makes excessive alcohol use the 3rd leading cause of lifestyle - related death

Alcohol

- According to the *Dietary Guidelines for Americans*, if you drink, do so in moderation: 1 drink per day for women and 2 drinks per day for men
- Binge Drinking: 4 or more drinks during a single occasion for women and 5 or more drinks for men during a single occasion

Alcohol

- Heavy Drinking: More than 1 drink per day for women and more than 2 drinks per day for men
- ***Who should not drink? Anyone under the age of 21, anyone taking OTC or prescription medications, pregnant women, recovering alcoholic, medically vulnerable, or anyone participating in activities that require skill (such as driving)

Alcohol

- Immediate Health Risks
 - Injury
 - Violence
 - Risky sexual behavior
 - Miscarriage and Stillbirth
 - Alcohol Poisoning

Alcohol

- Long - Term Health Risks
 - Dementia, Stroke and Heart Attack
 - Psychiatric Disorders (Depression and Anxiety)
 - Family Problems and Unemployment
 - Cancer
 - Liver Disease
 - Gastrointestinal Problems

Marijuana

- **Most commonly abused illicit drug used in the United States**
- **Adverse impact on learning and memory that can last for years after the user last uses**
- **Heavy smokers lose on average 8 IQ points between age 13 and 38**
- **Cognitive abilities cannot be regained**

Marijuana

- **Increased heart rate**
- **5 times more likely to have a heart attack than non - users**
- **Persistent cough**
- **Chest infections**
- **Lung infections**
- **Respiratory illness**
- **Weight gain**

Marijuana

- **Can produce temporary psychotic reaction (hallucinations and paranoia)**
 - **There is a significant link between marijuana use and later development of psychosis and mental illness**
- **Anxiety**
- **Depression**
- **Suicidal thoughts**

Marijuana

- **Personality disturbances**
- **Lack of motivation**
- **Weight gain**

Molly and Ecstasy

- **Stimulant and Hallucinogen**
- **Increased energy, euphoria, feeling of social closeness, distortions in sensory and time perception**
- **Effects last 3-6 hours**
- **Releases a surge of serotonin, dopamine, and norepinephrine into the brain and triggers the release of oxytocin and vasopressin hormones**

Molly and Ecstasy

- **Health effects:**
 - **Heart Disease**
 - **Muscle Tension**
 - **Nausea**
 - **Dental Problems (Because of teeth clenching)**
 - **Chills or Sweating**

Molly and Ecstasy

- High Body Temperature
- Blurred Vision
- Liver Failure
- Kidney Failure

Prescription and OTC Medications

- Most commonly abused prescription drugs:
 - Pain relievers - Vicodin and Oxycontin
 - Stimulants - Aderall, Concerta and Ritalin
 - Depressants - Valium and Xanax

Prescription and OTC Medications

- Most commonly abused OTC drugs:
 - Cough Suppressants containing DXM

Prescription and OTC Medications

- Abuse
 - Taking a medication prescribed to someone else, even if it belongs to a family member
 - Taking a drug in a higher quantity or in another manner than prescribed

Prescription and OTC Medications

- Effects on Health:
 - Cardiovascular Problems
 - Respiratory Failure
 - Loss of Consciousness
 - Loss of Coordination
 - Numbness

Prescription and OTC Medications

- Nausea
- Increased Heart Rate
- Increased Blood Pressure
- Sexually Transmitted Diseases

Methamphetamine

- CNS Stimulant
- Highly Addictive
- White, odorless, bitter - tasting crystalline powder, and easily dissolvable
- Wakefulness
- Increased Activity
- Decreased Appetite

Methamphetamine

- Increased Breathing Rate
- Rapid Heart Rate
- Irregular Heart Beat
- Increased Blood Pressure
- Increased Body Temperature
- HIV and Hepatitis B

Club Drugs (GHB, Ketamine and Rohypnol)

- GHB and Rohypnol
 - Colorless
 - Odorless
 - Frequently combined with drinks
 - Usually taken orally (liquid or powder) or snorted

Club Drugs (GHB, Ketamine and Rohypnol)

- Ketamine
 - Usually snorted or injected into muscle

Club Drugs (GHB, Ketamine and Rohypnol)

- Insomnia
- Anxiety
- Tremors
- Sweating
- Coma
- Seizures

Club Drugs (GHB, Ketamine and Rohypnol)

- High Blood Pressure
- Respiratory Problems

“Bath Salts”

- **Contain chemicals similar to amphetamines**
- **Can be snorted, injected, or taken orally**
- **Produce euphoria**
- **Increased sex drive**
- **Increased sociability**

“Bath Salts”

- **Paranoia**
- **Agitation**
- **Hallucinations**
- **Psychotic behavior**
- **Panic attacks**

Where Do I Go For Help?

- **Montgomery Mental Health Authority**
 - **(334) 279-7830**
- **Lighthouse Counseling Center**
 - **(334) 286-5980**
- **Chemical Addictions Program (CAP)**
 - **(334) 269-2150**

Where Do I Go For Help?

- **Bradford Health Services**
 - **(334) 244-0702**
- **Faith Rescue Mission**
 - **(334) 262-6024**
- **911**
- **Local Emergency Room**