

SUBSTANCE USE DISORDER FACT SHEET

Alcohol Use Disorder

- Data from NSDUH show that more than 50% of Americans reported being current drinkers of alcohol.
- Most people drink in moderation however of 176.6 million alcohol users, an estimated 17 million have an AUD.

Different levels of drinking:

- **Moderate Drinking** – Moderate drinking is up to 1 drink per day for women and up to 2 drinks per day for men.
- **Binge Drinking** – Binge drinking is drinking 5 or more alcoholic drinks on the same occasion on at least 1 day in the past 30 days. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines binge drinking as a pattern of drinking that produces blood alcohol concentrations (BAC) of greater than 0.08 g/dL. This usually occurs after 4 drinks for women and 5 drinks for men over a 2 hour period.
- **Heavy Drinking** – Heavy Drinking is drinking 5 or more drinks on the same occasion on each of 5 or more days in the past 30 days.

Cannabis Use Disorder

- 22.2 million people ages 12 and up reported using marijuana during the past month.
- There are 2.6 million people in that age range who had used marijuana for the first time within the past 12 months.

In the past year, 4.2 million people ages 12 and up met criteria for a substance use disorder based on marijuana use.

Marijuana's immediate effects include:

- Distorted perception
- Difficulty with thinking and problem solving
- Loss of motor coordination

Long-term use can:

- Contribute to respiratory infection
- Impaired memory
- Exposure to cancer-causing compounds
- Increased risk for developing mental illness and poorer cognitive functioning in youth

Stimulant Use Disorder

Stimulants increase alertness, attention, and energy. They elevate blood pressure, heart rate, and respiration.

- The most common abused stimulants are Amphetamines, Methamphetamine, and Cocaine
- They are usually taken orally, snorted, or intravenously
- An estimate 900,000 people ages 12 and older had a stimulant use disorder because of cocaine use, and an estimated 475,000 people had a stimulant use disorder from using other stimulants besides methamphetamines.

Symptoms of stimulant use disorders include:

- Failure to control use when attempted
- Continued use despite interference with major obligations or social functioning
- Use of larger amounts over time
- Development of tolerance
- Spending a great deal of time to obtain and use stimulants

Hallucinogen Use Disorder

Hallucinogens can be chemically synthesized (lysergic acid diethylamide or LSD) or may occur naturally (psilocybin mushrooms or peyote). These drugs can produce visual and auditory hallucinations, feelings of detachment from one's environment and oneself, and distortions in time and perception.

Symptoms of hallucinogen use disorder include:

- Craving for hallucinogens
- Failure to control use when attempted
- Continued use despite interference with major obligations or social functions
- Use of larger amounts over time.
- Use in risky situation like driving
- Development of tolerance
- Spending a great deal of time to obtain and use hallucinogens

Opioid Use Disorder

Opioids reduce the perception of pain but can also produce drowsiness, mental confusion, euphoria, nausea, constipation, and depending upon the amount of drug taken, can depress respiration. Illegal opioid drugs, such as heroin and legally available pain relievers such as oxycodone and hydrocodone can cause serious health effects in those who misuse them. Some people experience a euphoric response to opioid medications and it is common that people misusing opioids try to intensify their experience by snorting or injecting them. These methods increase their risk for serious medical complications, including overdose. Other users have

switched from prescription opiates to heroin as a result of availability and lower price. Because of variable purity and other chemicals and drugs mixed with heroin on the black market, this also increases risk of overdose.

In 2014, and estimated 1.9 million people had an opioid use disorder related to prescription pain relievers and an estimated 586,000 had an opioid use disorder related to heroin use.

Overdoses with opioid pharmaceuticals led to almost 17,000 deaths in 2011.

Symptoms of opioid use disorder include:

- Strong desire for opioids
- Inability to control or reduce use
- Continued use despite interference with major obligations or social functions
- Use of larger amounts over time.
- Use in risky situations like driving
- Development of tolerance
- Spending a great deal of time to obtain and use opioids

Data from SAMHSA

We are here to help. Call (301) 367-7190 or email info@WorkforceRecoverySolutions.com today! We look forward to working with you!