

MODULE 6: SUBSTANCE USE

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Substance Use: Addressing Addiction and Emerging Issues

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Public Health
Learning Modules

Using **Healthy People 2020**
to Improve Population Health



ASSOCIATION FOR PREVENTION TEACHING AND RESEARCH



College of Health Professions
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TEMPLE UNIVERSITY*

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Part 1: Overview of Substance Abuse



Public Health
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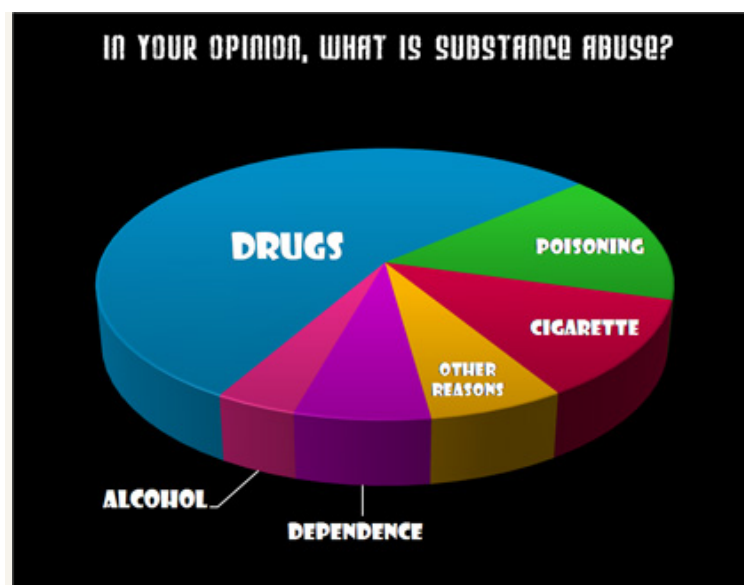
Healthy People 2020 Substance Abuse

- Goal:
 - Reduce Substance Abuse to Protect the Health, Safety, and Quality of Life for All, Especially Children
- Learning Objective Part 1:
 - Increase knowledge of prevalence, challenges and opportunities for addressing current substance abuse problems through policy and preventive programs

Substance Abuse Defined

A set of related conditions associated with the consumption of mind- and behavior-altering negative behavioral and health outcomes.

[Healthy People 2020, 2013]



Centre for Studies on Human Stress [CSHS] 2013
<http://www.humanstress.ca/in-your-opinion-what-is-substance-abuse.html>

Substance Abuse

- 20.6 million persons (≥ 12 years) classified as ‘substance dependence’ or ‘substance abuse’ in past year (8% of population)
 - Illicit drug: ↑ between 2008 (19.6%) and 2010 (21.5%)
 - Marijuana: 18.1 million (7.0%) users (2011) ↑ from 14.4 million (5.8%) users in 2007
 - Pain reliever dependence or abuse increased from 1.4 million to 1.8 million between 2004 and 2011)
 - Underage drinking & driving
- By 2020, behavioral health disorders will surpass all physical diseases as a major cause of disability worldwide
- Annual total estimated societal cost of substance abuse in the US = \$510.8B
- Patient Protection and Affordable Care Act (ACA) expands and enhances substance abuse and mental health resources for prevention and treatment

[NIDA, 2013; CDC, ; Rehm, 2009; NDIC, 2010; SAMHSA, 2012]

Substance Abuse Complexity & Issues

- Classification includes: alcohol, tobacco, regulated and unregulated drugs, and chemicals
- Involves use, misuse, abuse of legal and illegal substances
- Negative societal perspective on substance abuse
- Complex disorders to treat
- Many governmental & private entities involved in addressing specific types of substance abuse

Substance Abuse Policy Issues

- Considered to be criminal behavior rather than health conditions
- Policy challenges: public safety versus public health
- Multiple public and private sector entities are addressing substance abuse
 - Services are not integrated with physical care
 - Less funding for substance abuse and mental health services

Federal Entities Addressing Substance Abuse

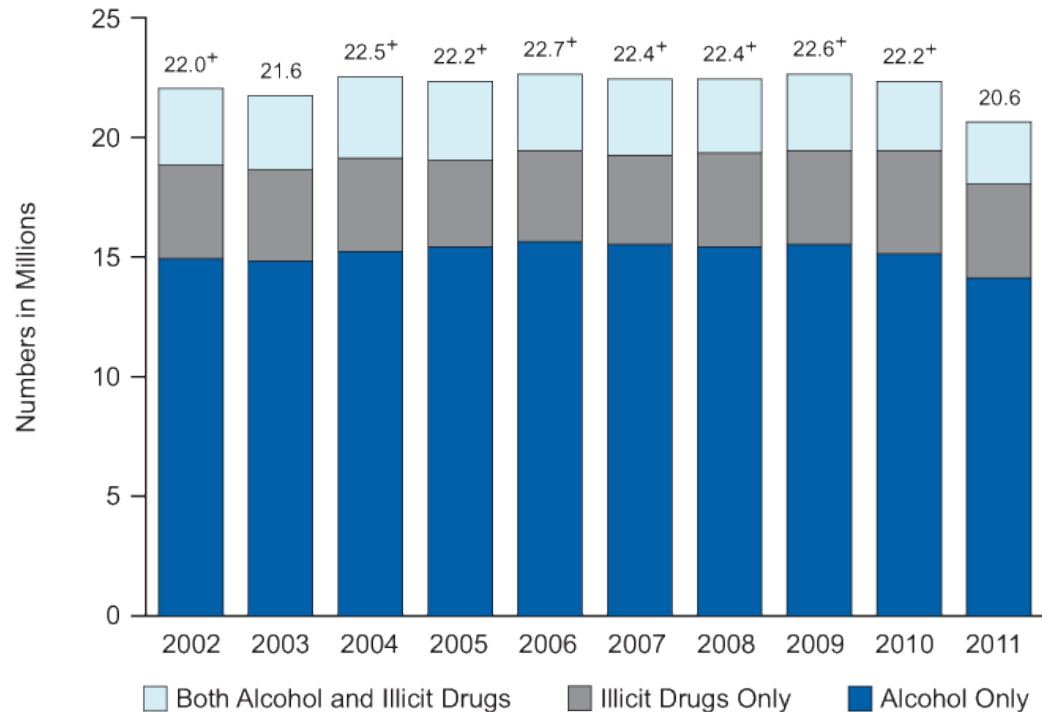
- White House Office of National Drug Control Policy (ONDCP)
- Office of the Surgeon General
- Substance Abuse & Mental Health Services Administration (SAMHSA)
- National Institute on Alcohol & Alcoholism (NIAAA)
- National Institute on Drug Abuse (NIDA)
- Centers for Disease & Control & Prevention (CDC)
- National Highway Traffic Safety Administration (NHTSA)
- Office of Juvenile Justice and Delinquency Prevention (OJJDP)
- Interagency Coordinating Committee on Prevention of Underage Drinking (ICCPUD)
- Occupational Safety and Health Administration (OSHA)
- Department of Education (DoE)

Key National Substance & Abuse Data

- Substance Abuse and Mental Health Services Administration (SAMHSA)
 - “National Survey on Drug Use and Health (NSDUH)”
 - “Drug Abuse Warning Network”
- Centers for Disease Control and Prevention (CDC)
 - “National Vital Statistics System”
 - “School Health Policies and Programs Study”
 - “Behavioral Risk Factor Surveillance System”
- National Institute on Drug Abuse
 - “Monitoring the Future” Survey
- National Highway Transportation Safety Agency
 - “National Driver Register”
 - “Fatality Analysis Reporting System”
 - “National Surveys of Drinking and Driving Attitudes and Behavior”

Prevalence of Substance Misuse & Abuse (2011)

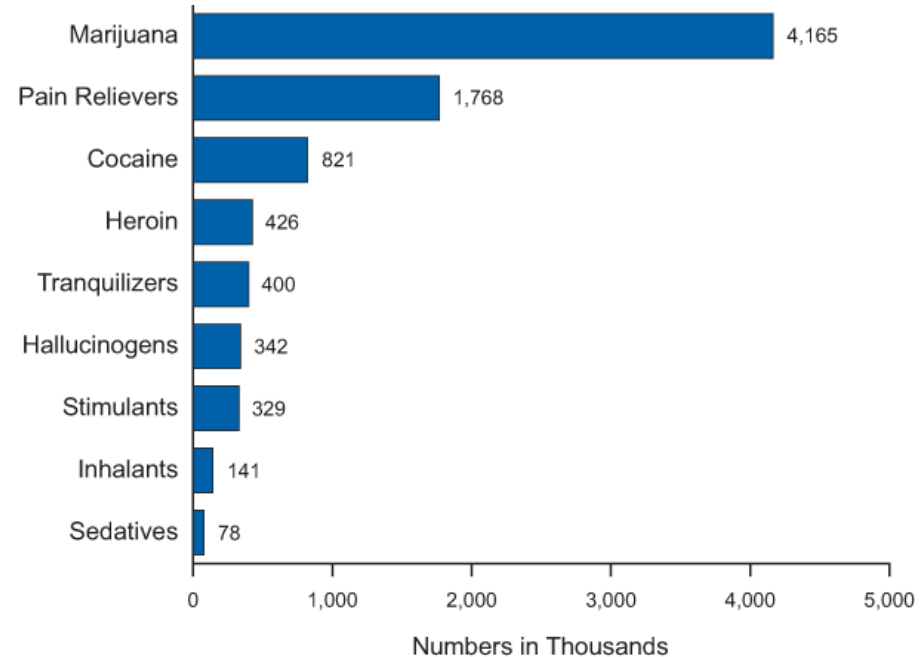
- 20.6 million persons (≥ 12 years) classified as 'substance dependence' or 'substance abuse' in past year (8% of population)
- 14.1 million - alcohol
- 3.9 million - illicit drugs



Substance Dependence or Abuse in the Past Year among Persons Aged 12 or Older: 2002-2011 [SAMHSA, 2012: Fig 7-1]

Prevalence of Substance Misuse & Abuse (2011)

- Marijuana is #1 illicit drug among teens
- Alcohol has 2nd highest dependency and abuse among all drugs
- Almost 95% with substance abuse problems considered 'unaware'



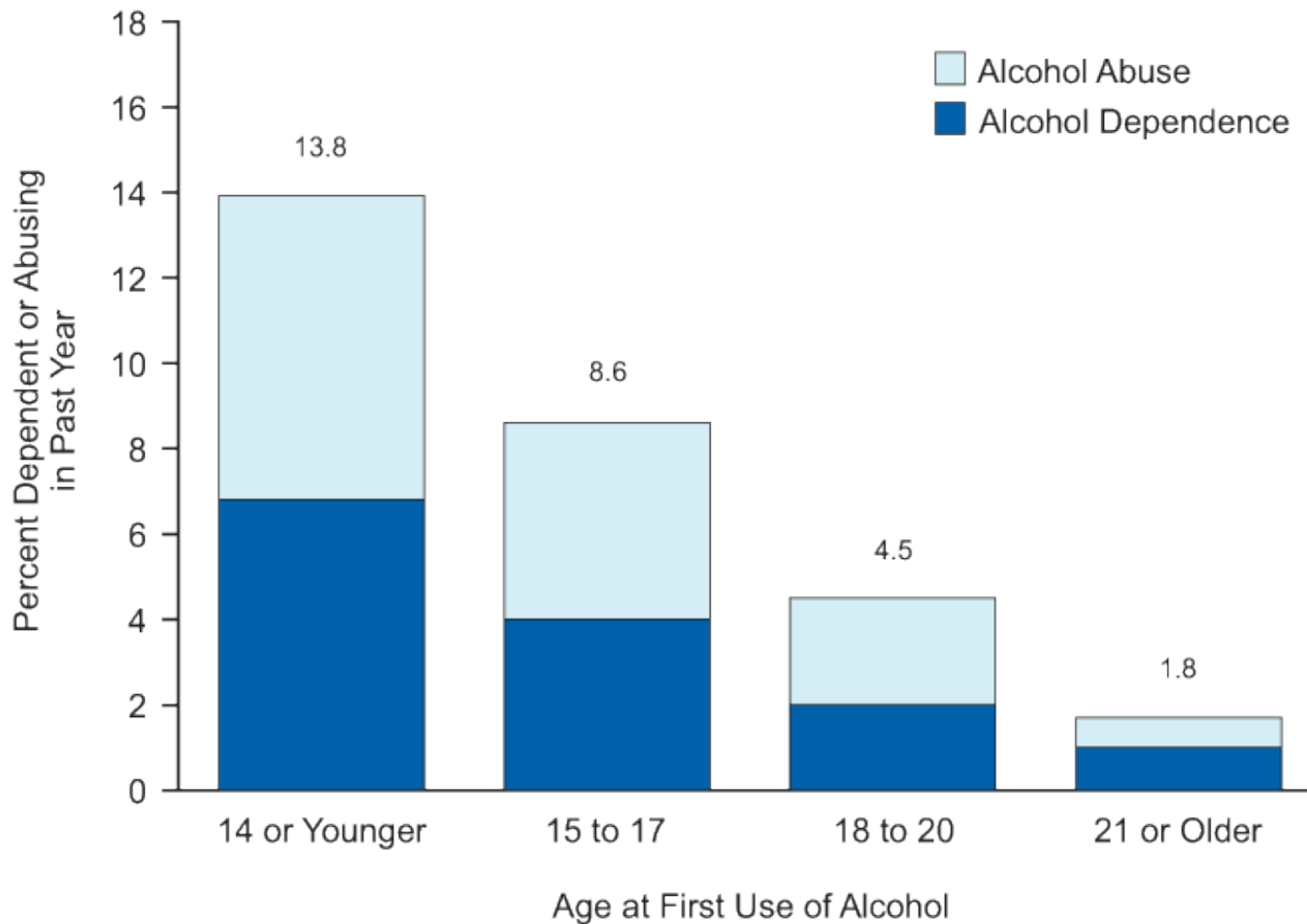
Specific Illicit Drug Dependence or Abuse in the Past Year among Persons Aged 12 or Older: 2011 [SAMHSA, 2012: Fig 7-2]

Trends in Substance Misuse & Abuse: Illicit Drug Use (2008-2011)

- In 2011, illicit drugs: 22.5 million users (≥ 12 yrs): increase between 2008 (8.0 %) and 2010 (8.9%)
 - Illicit drug: ↑ between 2008 (19.6%) and 2010 (21.5%)
- Marijuana
 - 18.1 million (7.0%) users (2011) ↑ from 14.4 million (5.8%) users in 2007
 - Marijuana dependence or abuse did not change between 2002 & 2011.
- Pain reliever dependence or abuse increased from 1.4 million to 1.8 million between 2004 and 2011)
- Cocaine dependence or abuse declined from 1.7 million to 0.8 million from between 2006 and 2011

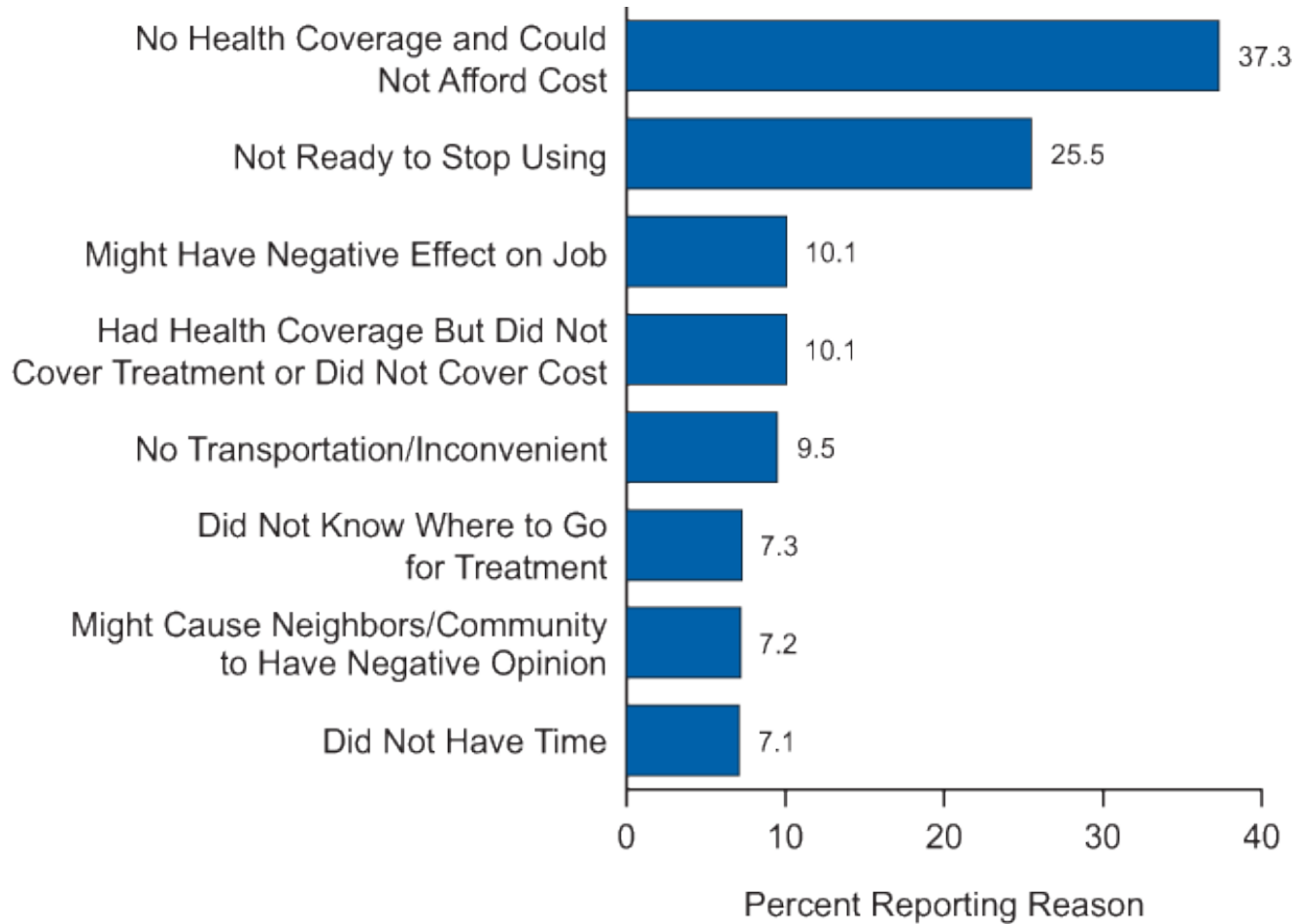
[NIDA, 2013; SAMHSA, 2012]

Alcohol Dependence or Abuse in the Past Year among Adults Aged 21 or Older, by Age at First Use of Alcohol: 2011



[SAMHSA, 2012: Fig 7-4]

Reasons for Not Receiving Substance Use Treatment among Persons Aged 12 or Older (2011)



[SAMHSA, 2012: Fig 7-11]

Impacts of Substance Abuse

- Health
 - Increased rates of injury, violence, abuse, infectious diseases
 - Exacerbates chronic illness
- Mental Illness
 - Of the nearly 33% of people with all mental illnesses, ~50% with severe mental illnesses have substance abuse
 - 1/3 of alcohol and > 1/2 drug abusers have mental illness
 - Dual diagnosis: people with mental illness and alcohol and/or drug problems
 - Treatment for dual diagnosis is more complex than for either condition alone

[NAMI, 2013; NIDA, 2013; CDC, ; Rehm, 2009; NDIC, 2010]

Impacts of Substance Abuse

- Societal
 - Diminishes individual potential, devastates families, neighborhoods, communities
 - Homicide/crime
 - Physical fights
 - Domestic violence/child abuse
 - Academic problems
- Economic
 - \$600B = annual costs associated with alcohol, illicit drugs, tobacco abuse related to healthcare, crime, and lost work productivity
 - Alcohol: \$30B (health care); \$235B (overall costs)
 - Illicit drugs: \$11B (health care); \$193B (overall costs)

[NIDA, 2013; CDC, ; Rehm, 2009; NDIC, 2010]

Barriers to Progress

- Stigma
- Societal misunderstanding & misperceptions
- Fragmentation of treatment
 - Substance abuse/mental health treatment
 - Substance abuse/mental health & medical care
- Inadequate funding for services & research
- Challenges to access to care

[Schroeder, 2005]

Barriers to Progress

- Skepticism about efficacy of treatment
- Society's disparate views on 'treatment' vs. 'punishment'
- Existing legal structure for addressing substance use/misuse/abuse
- Futility/hopelessness of successful treatment
- Attitudes of tolerance of youthful experimentation

[Schroeder, 2005]

Barriers to Progress

- Medication as treatment in the absence of behavioral interventions
- Challenging patients
- Clinical training and experience
- Industries' marketing and political power
- Relapses in addiction
- Recidivism

[Schroeder, 2005]



THE PRESIDENT'S PLAN TO Reform Drug Policy

- 1) **PREVENT** drug use before it ever begins through education
- 2) **EXPAND** access to treatment for Americans struggling with addiction
- 3) **REFORM** our criminal justice system to break the cycle of drug use, crime, and incarceration while protecting public safety
- 4) **SUPPORT** Americans in recovery by lifting the stigma associated with those suffering or in recovery from substance use disorders

Drug policy is a public health issue,
not just a criminal justice issue.

SPREAD THE WORD

www.wh.gov/DrugPolicyReform

#DrugPolicyReform

Key National Prevention & Drug Control Policies

- Expanding and enhancing prevention, screening and integrated treatment programs
- Expanding accessible, quality, coordinated, informed care and treatment
- Advancing law enforcement strategies and criminal justice reform to appropriately deter, treat, rehabilitate and/or prosecute
- Engage and implement innovative community-based safety initiatives to educate and support prevention and law enforcement strategies

[ONDCP, 2013]

Strategic Approaches

- National strategic plans across federal entities
- Coordinated clinical-mental health leadership
- Impact of ACA
- Additional research and future funding
- Improved education of health professionals
- Nongovernmental funding
- More aggressive and targeted substance abuse policies
- Reform of criminal justice system for substance abuse
- Implementation of school-based initiatives

[Schroeder, 2005]

ACA Impact on Substance Abuse & Mental Health Services

- Expanded insurance coverage for uninsured (Medicaid, private)
- Inclusion of mental health & substance abuse care in “Essential Health Benefits”
- Requirement that mental health & substance abuse services to be covered at parity
- Requirement that a minimum number of mental health drugs in each category or class
- Increased funding for substance abuse services

[Mechanic, 2012, Buck, 2011]

ACA Impact on Substance Abuse & Mental Health Services (cont'd)

- Easier access to care
- Better integration of substance abuse services into general health care
- More coordinated and integrated care systems and programs
- Expansion of substance abuse treatment providers
- Shift away from residential & stand-alone programs towards outpatient programs

[Mechanic, 2012, Buck, 2011]

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