

Substance Use



February 5, 2018

Nick Zaller, Ph.D.

Know the Facts:

- **Addiction:** a brain disease, characterized by constant drug seeking and use.
 - Common symptoms:
 - Severe loss of control
 - Continued use despite serious consequences
 - Preoccupation with using
 - Failed attempts to quit
 - Tolerance and withdrawal
- **Substance abuse:** the repeated use of alcohol and/or drugs that cause significant damage, including health problems, disability, and failure to meet major obligations.
 - Common withdrawal symptoms:
 - Restlessness
 - Muscle and bone pain
 - Insomnia
 - Diarrhea
 - Vomiting
 - Cold flashes with goose bumps
 - Leg movements

Types of Substance Abuse:

- Alcohol use disorder
- Tobacco use disorder
- Cannabis use disorder (marijuana)
- Stimulant use disorder (amphetamines, methamphetamine, and cocaine)
- Hallucinogen use disorder (LSD or peyote)
- Opioid use disorder (oxycodone, hydrocodone, morphine, & codeine)
- Synthetic cannabinoids (K2)
 - Growing number of artificial mind-altering chemicals sprayed on dried, shredded plant material or vaporized to get high.



Opioid dependence abuse and overdose...

...cost the U.S. \$504 billion in 2015

...were involved in deaths of nearly 50,000 Americans in 2016, more than any year on record.

Arkansas Statistics:

120,000

- People 12 and older had an alcohol use disorder in 2014-2015.

Over 7,000

- People were enrolled in alcohol or drug treatment on any given day in 2015.

401

- Drug overdose deaths occurred in 2016.

2nd Highest

- Opioid Prescription rate in the country with 114.6 per 100 people.

So many pills are prescribed, that every man, woman and child can take 80 pills each for a YEAR!

What can I do?



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How do I cope with the situation?

Things you can do for the addict:

- Educate yourself on addiction and recovery
- Recognize that your family member or friend needs professional help from a licensed treatment provider or family physician.
- Talk to your family member or friend about your feelings, this may help the individual seek professional help. It's ok to feel angry or upset.
- Provide a sober environment that will reduce triggers for using.
- Allow the addict to go to meetings.
- Do not enable, provide excuses, or cover up for the addict
- Behave the same way you would if the addict was diagnosed with a serious illness.

Things you can do for yourself:

- Put your safety and the well-being of your family first. If you feel that you are at risk, have a plan for if an emergency occurs.
- Recognize that substance abuse is a disease
- Avoid self-blame.
- Make time for yourself
- Remember that you are not the person to blame for your loved ones addiction.



Addiction Treatment Help and Services:

- Arkansas Alcoholics Anonymous (AA)
<http://www.arkansascentraloffice.org>

Hotline: (501) 664-7303

Dumas Group

121 West Waterman St.
Dumas, AR 71639
(870)501-2809
(870)489-1166

First Recovery

1210 South Cherry St.
Pine Bluff, AR 71601

How it Works Group

Grace Episcopal Church
4101 South Hazel St.
Pine Bluff, AR 71603
(870)550-4971

Dermott Group

604 South Pecan St.
Dermott, AR 71638

Monticello Winners Group

St. Mary Episcopal Church
836 North Hyatt St.
Monticello, AR 71655
(870)723-6568

- Arkansas Medicaid: Call 1-800-482-8988 to see if you qualify.

- Behavioral Health Treatment Providers:

New Beginnings

C.A.S.A.
207 2nd St.
McGehee, AR 71654
(870)222-3930

Delta

Counseling
Associates, Inc.
741 Hwy 65 S.
Dumas, AR 71639
(870)382-4001

- Arkansas Regional Service Committee of Narcotics Anonymous:

<http://www.arscna.org>
Toll free: (800)338-8750

- Tobacco Quitline: For free help to quit, call 1-800-QUIT-NOW (784-8669), 24 hours a day, or visit www.stampoutsmoking.com.
- Arkansas Crisis Center: Talk to someone about substance abuse, from 6-11 p.m., 7 days a week. Dial 1-888-CRISIS2 (274-7472).



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