

health  chats

**SUBSTANCE**

**ABUSE**



# .Sponsors





.Dr. Rosemary Ku



# .Today's Topics

- What is Substance Use Disorder (SUD)?
- Warning Signs
- Common Myths
- Resources
- Q&A



# .Substance Use Disorders (SUD) 101



- SUD = use of drugs or alcohol that leads to health problems or impaired functioning in work, school, or home life
- Among people ages 12 and older
  - 3 out of 5 have used a substance in the last month (tobacco, alcohol, illicit drug, etc.)
  - 1 in 14 people are affected by SUD
- Only 10% of people with SUD receive any treatment at all
- Drug use and overdose have increased as a result of the pandemic
- Life-threatening if untreated



# .Warning Signs

- Family history
- Mental health issues
- Peer pressure
- Lack of family support
- Childhood adversity
- Trauma
- Younger age of first drug use



# .Risk Factors



- Difficulty stopping the substance despite negative consequences
- Inability to fulfill responsibilities
- Decreased performance at work or school
- Risky behavior associated with substance use
- Cravings
- Withdrawal symptoms
- Social isolation or secretive behavior
- Financial difficulties as a result of drug use
- Worsening mental health



# .Myth #1

SUD is the result of insufficient willpower

- Addiction could impact anyone
- Drug abuse is the result of many complex genetic, neurological, and psychosocial risk factors
- SUD impacts brain function and decision-making
- Early intervention can prevent addiction
  - Be aware of substance use habits
  - Seek treatment for mental health issues
  - Talk to your provider about your risks and concerns





# .Myth #2

It's obvious when someone has (SUD)

- Many people with SUD appear “high functioning”
- Stigma, shame, guilt force people to hide their addiction
- Unhealthy drug use is not just about illicit drugs
  - Alcohol
  - Tobacco
  - Prescription drugs



# .Myth #3

## Addiction is a lifelong disease

- SUD is entirely treatable
- Many different treatment modalities
  - Peer support
  - Behavioral therapy (individual and group options)
  - Medication
  - Inpatient programs
- Ongoing support for relapse prevention



# .Resources

- Health & Wellness Centers
- Teladoc Behavioral Health
- Teladoc MyStrength



.Questions?

