



# ADDICTION POLICY FORUM

August 28, 2018

Rural Community Infrastructure Roundtable Meetings

## Who We Are

Addiction Policy Forum is a 501(c)3 organization that brings together a diverse partnership of impacted families, policymakers and field stakeholders committed to working together to elevate awareness around addiction and to improve policy through a comprehensive response.

## Our Vision

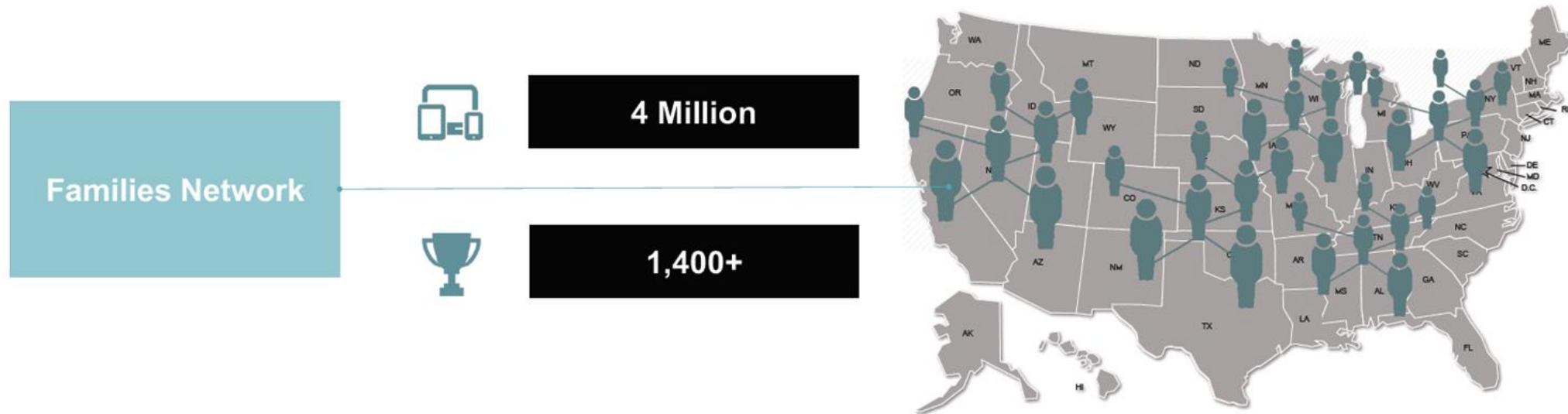
We envision a world where fewer lives are lost and help is readily available for the millions of Americans affected by addiction every day.



ADDICTION  
POLICY FORUM



# Network of Families



# The Problem

Substance misuse has had a devastating impact on families in the United States.

According to the Centers for Disease Control, 174 people per day die of drug overdoses while admissions to treatment for prescription opiates has increased 500 percent.

**We can do better.**



In 2015, 21.7 million people in the United States needed substance use disorder treatment, but only 11% received it.



Over 23 million Americans are in recovery from addiction to alcohol & other drugs.



Abuse of tobacco, alcohol, and illicit drugs is costly to our Nation, exacting more than \$700 billion annually in costs related to crime, lost work productivity and health care.



Fifty percent of people incarcerated are classified as being dependent on drugs.



**Emmett** was one of the 174 people who die in our country each day from a drug overdose.

**We can change this national epidemic. Find resources at [174aDay.org](https://www.174aday.org) for addiction prevention, treatment, recovery support, and advocacy.**

**174ADAY**

[#174aDay](https://www.174aday.org)





**April** was one of the 174 people who die in our country each day from a drug overdose.

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**174ADAY**

[#174aDay](https://www.174aDay.org)



**Terry and Annette** were two of the 174 people who die in our country each day from a drug overdose.

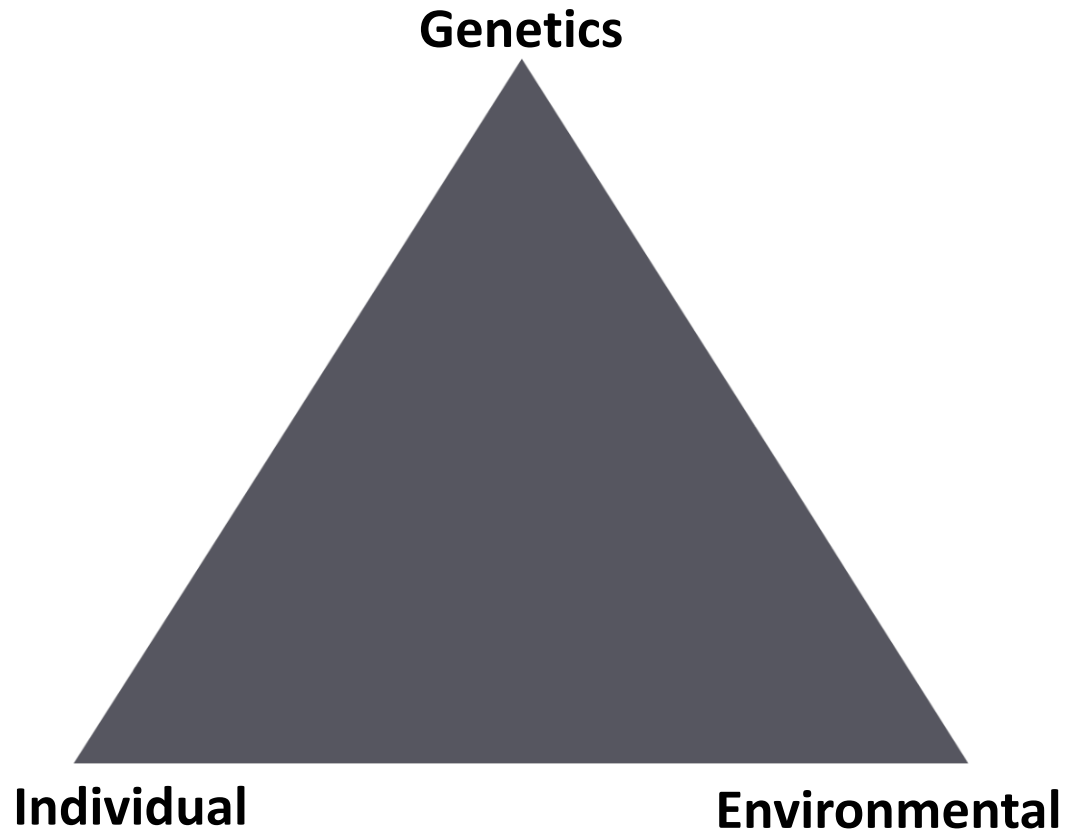
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**174ADAY**

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# Why not everyone?

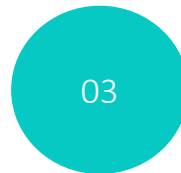
Why doesn't everyone who uses alcohol or drugs become addicted?



At the **individual level**, risks include lack of parental monitoring, unstable home, lack of attachment to your community or school and early onset of use of alcohol, marijuana or other drugs.



**Environmental factors** include high drug availability, normalizing alcohol and drug use so adolescents feel like it's normal behavior, poverty and crime.




Family studies suggest that as much as half of a person's risk of becoming addicted to nicotine, alcohol, or other drugs depends on his or her **genetic makeup**.



# Signs a Loved One May Need Help

**HOW DO I KNOW IF I HAVE A PROBLEM WITH SUBSTANCE USE?**



If you can't seem to stop taking drugs or alcohol – even if you want to – or if the urge to use is too strong to control and you know it is causing harm, you might have a substance use disorder.

**ASK YOURSELF:**

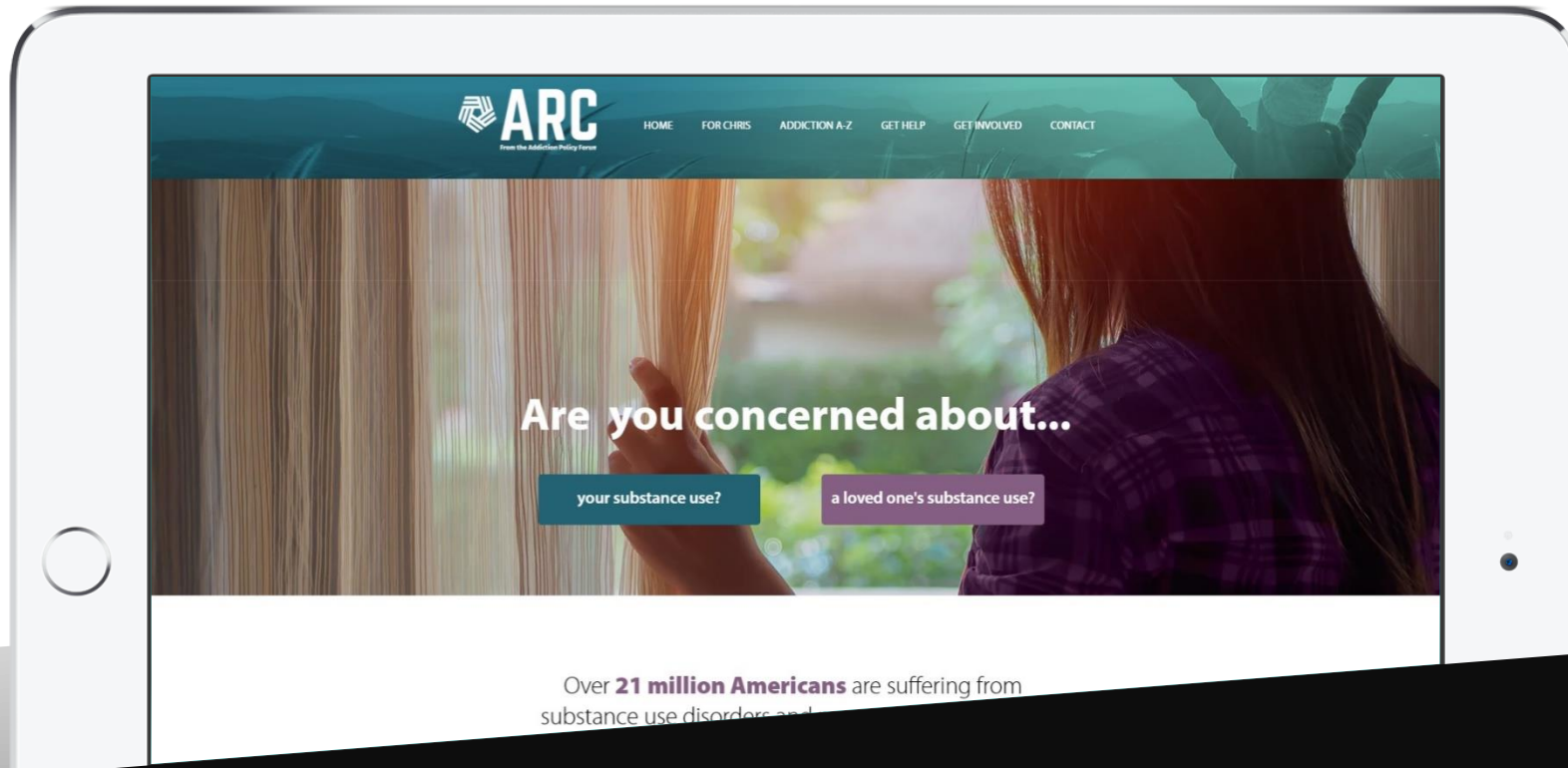
<b>1</b>   Do you think about or crave drugs or alcohol often?	<b>7</b>   Have you ever made a mistake at a job or at school because you were using drugs or alcohol?
Have you ever tried to stop or cut down on drug or alcohol use but couldn't? <b>2</b>	Does the thought of running out of drugs or alcohol scare you? <b>8</b>
<b>3</b>   Have you ever felt as though you wouldn't be able to fit in or have a good time without being under the influence of drugs or alcohol?	<b>9</b>   Have you ever stolen drugs from someone or stolen in order to pay for drugs?
Do you find yourself using more than you meant to or needing more to get the same effect? <b>4</b>	Have you ever been arrested or hospitalized because of your drug or alcohol use? <b>10</b>
<b>5</b>   Have you ever used a drug without knowing what it was or how it could impact you?	<b>11</b>   Have you ever overdosed?
Have you ever taken one drug to get over the effects of another? <b>6</b>	Has using drugs or alcohol hurt your relationships with family and friends? <b>12</b>





**Other signs include:**

- Disinterest in activities that were previously enjoyable
- Change in daily routine
- Changes in mood
- Change in weight or appearance
- Change in sexual behavior
- Change in eating or sleeping habits
- Decline in performance at work or school
- Change in peer group
- Secrecy regarding the phone
- Tendency to disappear for hours at a time
- Deteriorating relationships
- Inability to be present when in conversation



## VIDEOS

Learn more about the brain science of substance use disorders.



## ASSESSMENTS

If you or a loved one are worried about addiction, there are resources that can help you proactively seek consultation or care.



## ADDICTION A-Z

Whether you or someone you love has a substance use disorder, learning about the illness and what to expect can help you cope.

# ADDICTION RESOURCE





# **Employee Assistance Programs**



**1-833-301-  
HELP**

# Resource Line

**By calling 1-833-301-HELP (4357),** patients and families impacted by addiction will receive compassionate and confidential support, information about local treatment or recovery resources, and education about substance use and addiction.



relation or from  
point of view.

# Questions?

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**Addiction**

some habit, comp



# THANK YOU

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@addictionpolicy

[www.addictionpolicy.org](http://www.addictionpolicy.org)