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# Substance Use Disorder



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What is SUD?



01

# Defining Substance Use Disorder

## Definition

Substance Use Disorder (SUD) is a chronic, treatable disease characterized by compulsive drug seeking and use despite harmful consequences. It significantly impacts brain circuits controlling reward, stress, and self-control.



## Symptoms

Symptoms include intense cravings, escalating doses to achieve the same effect, unsuccessful efforts to cut down, and time consumed by obtaining and recovering from the substance.



## Impact

SUD affects individuals across all demographics, straining health systems, families, workplaces, and communities. It has significant economic costs, exceeding hundreds of billions annually.





## Scope and Impact Today



### Prevalence

In 2022, over one in six Americans aged 12+ experienced SUD. It affects every demographic, highlighting the widespread nature of the disorder.



### Economic Costs

The economic burden of SUD is substantial, with costs exceeding hundreds of billions annually. This underscores the urgency of effective prevention and treatment strategies.





# Recognizing SUD

02



# Core Diagnostic Symptoms

## Cravings

Individuals with SUD experience intense cravings for the substance, often overshadowing other thoughts and daily activities.



## Tolerance

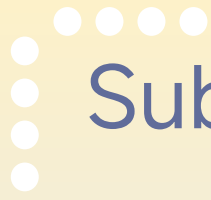
Over time, individuals need larger doses of the substance to achieve the same effect, indicating a developing tolerance.

## Failed Attempts to Cut Down

Despite the desire to reduce or stop substance use, individuals often find themselves unable to do so, highlighting the compulsive nature of SUD.

## Time Consumed

A significant amount of time is spent obtaining, using, and recovering from the substance, impacting daily life and responsibilities.



# Substance-Specific Warning Signs



## Opioids

Opioid use can cause pinpoint pupils, drowsiness, and constipation. Withdrawal symptoms include agitation, muscle aches, and insomnia.

## Stimulants

Stimulants like cocaine and methamphetamine can lead to hyperactivity, dilated pupils, and rapid speech. Users may experience irritability and paranoia.

## Cannabis

Cannabis use can result in red eyes, memory issues, and impaired coordination. Long-term use may lead to cognitive deficits and respiratory problems.





Root Causes



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# Biological and Psychological Drivers

## ○ Genetic Vulnerability

Genetic factors account for up to half of the risk of developing SUD. Neuroadaptations in the brain's reward pathways contribute to the compulsive nature of the disorder.

## ○ Co-occurring Disorders

Mental health disorders such as depression and PTSD often co-occur with SUD, intensifying self-medication patterns and complicating treatment.







## • • • • • • Social and Environmental • Triggers



### ○ Peer Pressure

Peer influence and social environments can significantly impact substance use initiation and continuation, especially among adolescents.

### ○ Stress

Chronic stress can drive individuals to seek relief through substance use, making stress management a crucial component of prevention and treatment.

### ○ Trauma

Experiencing trauma, whether physical or emotional, can lead individuals to use substances as a coping mechanism, increasing the risk of SUD.

### ○ Availability

Easy access to substances, whether through legal means or otherwise, plays a significant role in the prevalence and persistence of SUD.





# Treatment Pathways



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## ● Detoxification

The initial phase of treatment involves detoxification to safely manage withdrawal symptoms and stabilize the individual.

## ● ● ● ● ● Evidence-Based Treatment Overview

### ● Medication-Assisted Treatment

Medications are often used to reduce cravings and withdrawal symptoms, improving treatment retention and outcomes.

### ● Behavioral Therapies

Behavioral therapies, such as cognitive-behavioral therapy and motivational interviewing, address the psychological aspects of SUD and promote lasting change.





# Medications for Opioid Use Disorder

## ○ FDA-Approved Medications

Methadone, buprenorphine, and naltrexone are FDA-approved medications that effectively reduce cravings and withdrawal symptoms, improving treatment outcomes.

## ○ Combination with Counseling

Combining pharmacotherapy with counseling yields superior results compared to either approach alone, addressing both the physical and psychological aspects of addiction.







# Behavioral and Psychosocial Therapies



## Cognitive-Behavioral Therapy

CBT helps individuals recognize and disrupt learned associations between substance use and environmental cues, reducing the likelihood of relapse.

## Contingency Management

This approach reinforces abstinence through positive reinforcement, such as monetary rewards or vouchers, promoting sustained recovery.

## Motivational Interviewing

MI helps individuals resolve ambivalence about change, strengthening their motivation and commitment to recovery.

## Family Therapy

Family therapy addresses relationship dynamics and communication issues, providing support and fostering a healthy environment for recovery.



Recovery & Support

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# Long-Term Management

## Recovery



### Ongoing Monitoring

Recovery is an ongoing process that requires continuous monitoring and periodic counseling to address any challenges and prevent relapse.

### Lifestyle Changes

Sustained recovery involves making significant lifestyle changes, including developing healthy coping mechanisms and avoiding triggers.





## Family and Community Roles

### Family Support

Educated and supportive families can provide emotional support, recognize early warning signs, and encourage treatment engagement.

### Community Resources

Communities can expand access to naloxone, safe disposal sites, and employment opportunities, reducing stigma and reinforcing recovery-oriented systems of care.

### Peer Support Groups

Peer support groups like Narcotics Anonymous offer accountability, shared experiences, and a sense of community, fostering long-term recovery.



Hope & Action



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## Taking the Next Step Together

### ○ Seeking Help

Substance Use Disorder is treatable, and recovery is achievable. Whether seeking help for yourself or supporting someone else, start with a confidential screening and consult healthcare professionals.





Thank You