

Substance Abuse

Substance Abuse: Definition

- It refers to the harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs.
- Policies which influence the levels and patterns of substance use and related harm can significantly reduce the public health problems attributable to substance use, and interventions at the health care system level can work towards the restoration of health in affected individuals

Psychoactive substances : Definition

- Psychoactive substances are substances that, when taken in or administered into one's system, affect mental processes.
- This term and its equivalent, psychotropic drug, are the most neutral and descriptive term for the whole class of substances, licit and illicit, of interest to drug policy.
- 'Psychoactive' does not necessarily imply dependence-producing.

Substance Abuse: Global Facts

- Recent estimates are that in 2008, 155 to 250 million people, or 3.5% to 5.7% of the world's population aged 15-64, used other psychoactive substances, such as cannabis, amphetamines, cocaine, opioids, and non-prescribed psychoactive prescription medication.
- Globally, cannabis is the most commonly used (129-190 million people), followed by amphetamine type stimulants, then cocaine and opioids.

Substance Abuse: Global Facts

- Injecting drug use reported in 148 countries, of which 120 report HIV infection among this population.
- 60 disease and injuries causally related to alcohol. consumptions = 1.8 million deaths annually.
- Heroin production tripled since 1985.
- 13.5 million people take opiates/9.2 heroin.
- European heroin injectors have 20 to 30 times the likelihood of death compared to nonusers.

Substance Abuse: Global Facts

- Alcohol and other drugs contribute to over 50 percent of all suicides and over 50 percent of all violent crimes.
- Over 50 percent of all traffic accidents involve the use of drugs or alcohol, with many of these being fatal.
- It is estimated that drugs and alcohol are a factor in at least 80 percent of domestic violence incidents.

Substance Abuse: Global Facts

- The average age of first experimentation with drugs is 13, and for alcohol it is even younger.
- Drug use has been classified as a major problem for kids as early as fourth grade by the students themselves.
- More than 60 percent of college women who have contracted sexually transmitted diseases, herpes or AIDS were intoxicated at the time of infection.

Substance Abuse: Causes

- Many people feel that it is necessary to drink or experiment with drugs when at parties and social gatherings.
- Some people drink or abuse drugs as a way to cope with the daily stress and tension from school or work, or to cope with other problems such as marital distress or even physical illness.
- Alcohol and drugs may become a substitute for satisfying personal relationships, challenging work or self-fulfillment.
- Some may use alcohol and drugs as a way to compensate for feelings of guilt, shyness or low self-esteem.



Substance Abuse: Effects

- Acute physical effects.
- Acute mental Effects.
- Long Terms Effects.
- Social effects.

Substance Abuse: Acute Physical Effects

- Increased heart rate and skin temperature.
- Impaired muscle control causing poor coordination, slurred speech, impaired motor skills.
- Dizziness, vomiting, vision problems.
- Loss of consciousness, respiratory arrest and death.

Substance Abuse: Acute Mental Effects

- Judgment is frequently the first mental capacity affected by alcohol and drugs. Poor decision making, rapid decision making, not being realistic in decisions is common
- Poor attention and concentration.
- Loss of inhibitions-we say things or do things that we normally would not.
- Exaggerated emotion (anger, fear, anxiety, sadness).
- Blackouts with loss of memory for events.

Substance Abuse: Long Term Effects

- Nutritional deficiencies effecting mental abilities;
- Damage to physical organs including the brain, liver, heart, stomach.
- Breakdown of bone and muscle tissue.
- Memory loss or impairment.
- Impaired attention and concentration.
- Inability to get along with others.
- Difficulty coping with school or employment demands
- Alcohol withdrawal effects-tremors, excessive perspiration, hallucinations.

Substance Abuse: Social Effects

- Isolation:
 - Isolation is the most common social effect of drug abuse.
 - The drug abuser eventually maintains a connection only with his drug of choice.
- Financial:
 - Depending upon the drug of choice, the financial strain can be devastating.
 - Buying drugs becomes more important to the drug addict than daily responsibilities.

Substance Abuse: Social Effects

- Relationships:
 - Close connections to the drug abuser are affected.
 - Relationships become dysfunctional, as the co-dependent recognizes the effects of the drugs.
- Family:
 - Social effects on the family can be felt long after the addiction.
 - The family can be dissolved, children can develop emotional issues and trust can be shattered.

Substance Abuse: Social Effects

- Professional Life:
 - Drug abuse can lead to unexplained absences, depleted sick days and eventually job loss.
 - The severity of the drug abuse will determine the time line.

Substance Abuse: Final Words

- Go out and do good things. Remember the rules of the road and use them to guide you on your own road to success.
- It's all about respect. It's all about leadership.



