

SETA Wellness and Safety Awareness Monthly Blast

April 2018



“It is never too late to be what you might have been” - George Eliot

Substance Abuse

According to the Merriam-Webster dictionary, substance abuse is excessive use of a drug (like prescription drugs, alcohol, narcotics or cocaine): [or] use of a drug, without medical justification, legal or not.

Myth: Substance or prescription drug abuse and addiction are actually the same thing.

Fact: Though the terms “abuse” and “addiction” are often confused for one another, they are not the same thing.

Substances abused generally refers to alcohol or drugs (illegal or not). Addicts develop a physical, chemical dependence on drugs. Those who are abusing substances can still experience the euphoric or depressive effects of the drugs more or less as they did when they started taking them. An addict, on the other hand, develops a tolerance to the drug, and requires more and more of the substance to achieve that original “high.”

Myth

Fact

Addiction indicates a lack of will power or personal weakness.

Addiction may stem from genetics, social environment, trauma, illness, and other factors unrelated to will power or virtue.

Addicts can stop using drugs if they really want.

When substance abuse turns into an addiction, stopping may require treatment.

Substance abusers come from lower socio-economic groups.

Addiction can affect all classes and socio-economic groups.

Substance abuse or addiction is incurable.

Difficult times can make addiction seem incurable, but treatment, changing circumstances and social connections can influence its hold on someone.

Substance abusers are not intelligent.

Abuse and addiction can afflict anyone of any level of intelligence.

The best cure is to punish addicts.

Punishment, particularly incarceration, is far less effective than medical treatment, and nearly seven times more expensive in the case of imprisonment.

SETA EMPLOYEE ASSISTANCE PROGRAM

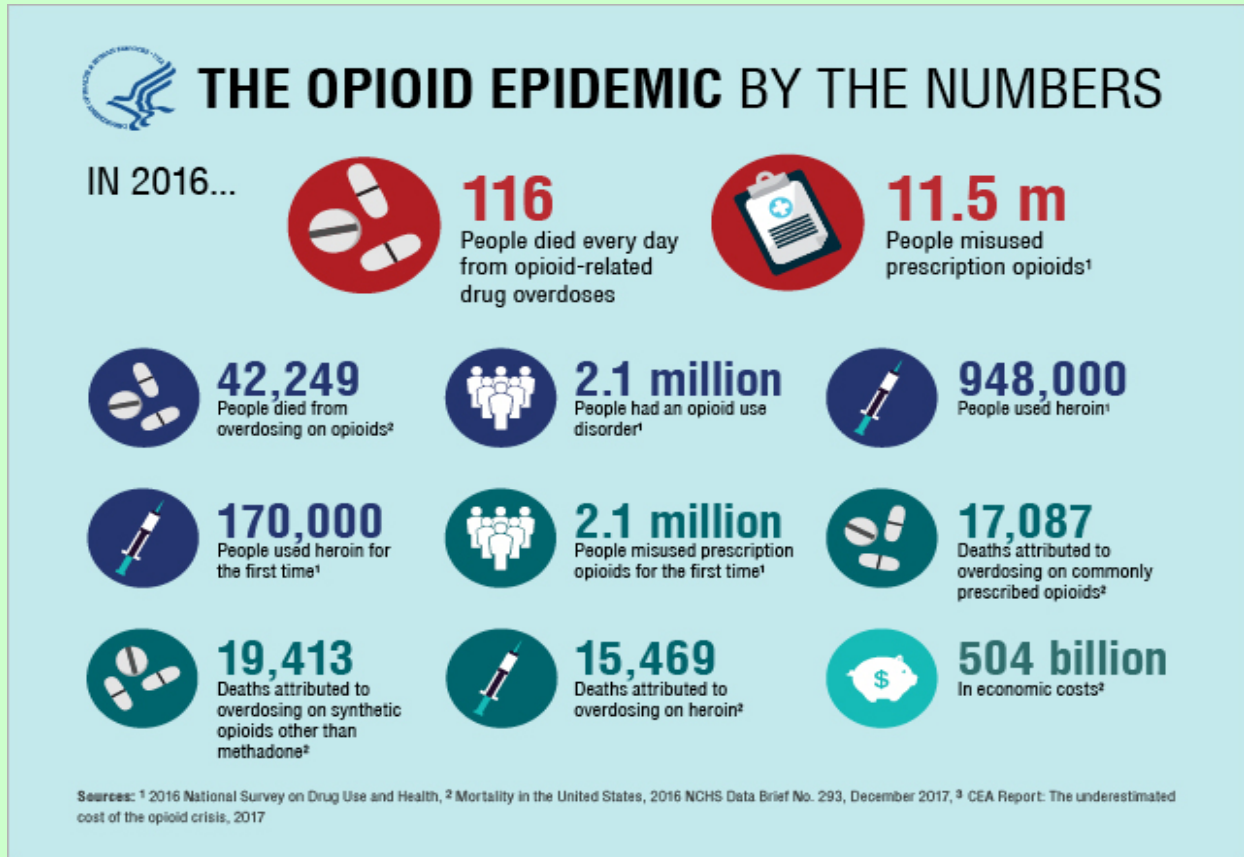
- Check out articles and tips on Alcohol and Drugs
Go to <https://members.mhn.com/external/public/default/login> to login using company code “cityofsacramento”

Informational Links on Substance Abuse & Drug Addiction:

The National Center on Addiction and Substance Abuse <https://www.centeronaddiction.org/> shows that more than 1 in 7 Americans ages 12 and older have a substance problem.

Substance Abuse and Mental Health Services Administration (SAMHSA)
<https://www.samhsa.gov/about-us> US Department of Health and Human Services

More than three out of five drug overdose deaths in the USA involved an opioid. U.S. DHHS
<https://www.hhs.gov/opioids/about-the-epidemic/>



Preventing Substance Abuse

- Teach youth how to deal with peer pressure
- Be aware of tendencies to abuse substances
- Develop healthy habits
- Seek help for mental illness
- Learn coping mechanisms for stress
- Keep a well-balanced life
- Use medication only as prescribed

How to Relax without Drugs

- Read a good book
- Listen to music or join a choir
- Swimming
- Gardening
- Join a cooking class
- Learn to control your breathing
- Yoga/Meditation

FINAL THOUGHT: Addiction is a disease that affects the brain. However, there is good news the brain changes associated with addiction can be reversed with therapy, treatment, meditation and exercise.