

# Adventist Health

## Priority Area Overview



### Substance Abuse

Substance misuse includes the use of illegal drugs and the inappropriate use of legal substances, such as alcohol and tobacco. Includes overindulgence in alcohol, misuse of prescription medication, or use of illegal drugs. More than 15,000 people died from overdoses of prescription opioids in 2015 alone. 88,000 people die each year from alcohol-related injuries, the third most common preventable cause of death in the United States.

## IMPLICATIONS

**Health:** Drug use can have a wide range of short- and long-term, direct and indirect effects. These effects often depend on the specific drug or drugs used, how they are taken, how much is taken, the person's health, and other factors. Short-term effects can range from changes in appetite, wakefulness, heart rate, blood pressure, and/or mood to heart attack, stroke, psychosis, overdose, and even death. These health effects may occur after just one use. Longer-term effects can include heart or lung disease, cancer, mental illness, HIV/AIDS, hepatitis, and others. Long-term drug use can also lead to addiction.

**\$740+**  
Billion/Year

Substance abuse costs related to crime, lost work productivity and health care.

## POTENTIAL PARTNERS



PUBLIC HEALTH DEPARTMENTS



HEALTH CENTERS



SCHOOL



LOCAL SOCIAL SERVICE ORGANIZATIONS

## SUBJECT-MATTER EXPERTS



PUBLIC HEALTH OFFICER



COUNSELING CENTER ADMINISTRATOR



LOCAL LAW ENFORCEMENT LEADERSHIP

## GLOSSARY OF COMMON TERMS:

**Dual Diagnosis:** Having a mental health disorder and an alcohol or drug problem at the same time.

**Early Intervention:** Diagnosing and treating a mental illness when it first develops.

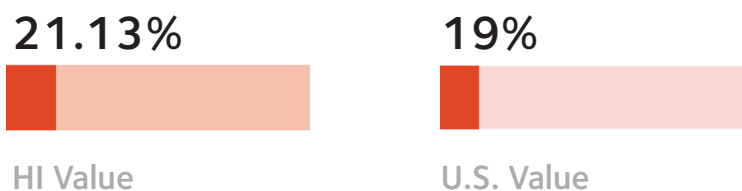
**Evidenced Based Practice:** Treatments that are supported by clinical research.

**Intervention:** An action intended to help treat or cure a condition.

**Recovery:** The process by which people with mental illness return or begin to work, learn and participate in their communities. For some individuals and their families, recovery means the ability to live a fulfilling and productive life.

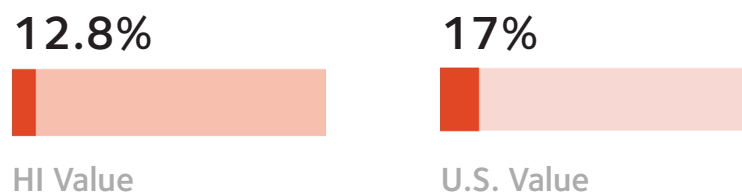
## Adults who Drink Excessively

POM: 2017  
Sources: County Health Rankings



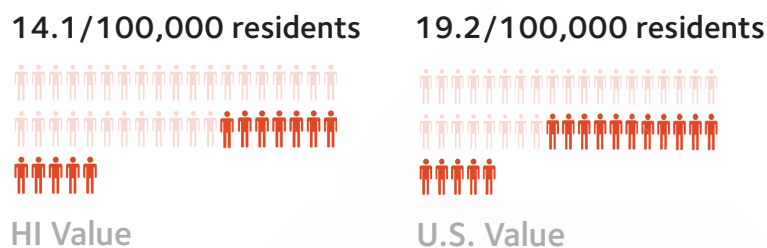
## Adults who Smoke

POM: 2017  
Sources: County Health Rankings



## Death Rate due to Drug Poisoning

POM: 2016-2018  
Sources: County Health Rankings



# Spotlight

## Project Restoration, Adventist Health Clearlake

Project Restoration, a cross-sector collaboration for vulnerable populations, has resulted in a 44% reduction in hospital utilization, an 83% reduction in community response system usage and a 71% reduction in costs for the population. Visit our Promising Practices database for more details about this and many other programs.

**Promising Practices:** The Promising Practices database within our Adventist Health Community Wellbeing Accelerator Platform includes local and national documented approaches to improving community health and quality of life.

## RESOURCES

**National Institute of Mental Health (NIMH):** The lead federal agency for research on mental disorders.

**National Alliance on Mental Illness (NAMI):** The nation's largest grassroots mental health organization.

**Substance Abuse and Mental Health Services Administration (SAMSHA):** The agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

**MentalHealth.gov** provides one-stop access to U.S. government mental health and mental health problems information.