

Understanding Substance Misuse

Objectives

Define addiction and warning signs of substance misuse.

Identify when it's time to get help.

List resources to help with recovery.

What is addiction

Substance misuse

Substance dependence

Two different types of addiction

Substance

Process

Warning signs of misuse

How do you know if you have a problem with misuse?

You experience intense cravings

Your tolerance has increased

You experience withdrawal symptoms when you stop

You're physically and psychologically dependent

Your life revolves around getting, using and finding ways and means to get more

Other warning signs of misuse

You continue to use despite negative consequences

You've begun to do things you never thought you'd do in order to get drugs or get high

You hide or downplay your drug use

You've begun to change your circle of friends to accommodate your drug use

Life seems to have no meaning

Signs someone I know may be struggling

Changes in social groups, new and unusual friends, odd phone conversations

Drug or alcohol paraphernalia or stashes such as unusual pipes, cigarette papers, small weighing scales, etc.

Financial problems

Behavioral signs someone may be struggling

Lying

Repeated unexplained outings, often with a sense of urgency

Secretiveness

Stealing

How do I know it's time to seek help

You have a higher tolerance to the substance than you used to

You use substances to cope with stress or anxiety

You are no longer interested in the things you used to enjoy

Your health, both physical and mental, is declining

You are noticing distinct mood changes

When it's time to seek help

Your withdrawal symptoms make you want to use again

Your performance is suffering

Your relationships are negatively impacted

You are dishonest about your use

You've tried to stop on your own, but can't

Resources for recovery

Peer focused groups

Alcoholics Anonymous (AA)

Narcotics Anonymous (NA)

Celebrate recovery

Smart recovery

Refuge Recovery

Al-anon

Professional help and resources

SAMHSA's National Helpline, [1-800-662-HELP \(4357\)](tel:1-800-662-HELP) (also known as the Treatment Referral Routing Service) can help connect you to a treatment center near you

[Substance Use Disorder \(SUD\) Program - Locations \(va.gov\)](https://www.va.gov/directory/guide/SUD) specifically for veterans

www.va.gov/directory/guide/SUD

Reach out to your EAP for counseling referrals in your area

Your Program

Call toll-free or visit us on the web

24 hours a day/7 days a week

Thank you!

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