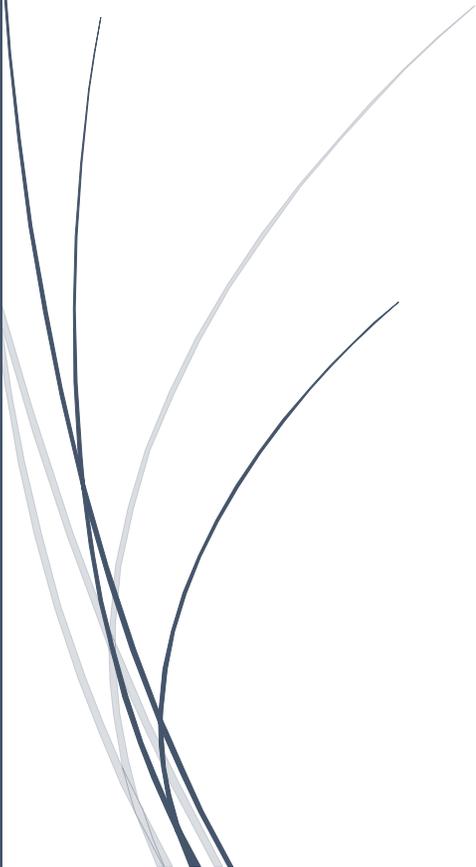




CANAM INTERVENTIONS

Addiction



PREVENTION RESEARCH FACTS

The principles listed below are the result of long-term research studies on the origins of drug abuse behaviors and the common elements of effective prevention programs. These principles were developed to help prevention practitioners use the results of prevention research to address drug use among children, adolescents, and young adults in communities across the country. Parents, educators, and community leaders can use these principles to help guide their thinking, planning, selection, and delivery of drug abuse prevention programs at the community level.

Prevention programs are generally designed for use in a particular setting, such as at home, at school, or within the community, but can be adapted for use in several settings. In addition, programs are also designed with the intended audience in mind: for everyone in the population, for those at greater risk, and for those already involved with drugs or other problem behaviors. Some programs can be geared toward more than one audience.

NIDA's prevention research program focuses on risks for drug abuse and other problem behaviors that occur throughout a child's development, from pregnancy through young adulthood. Research funded by NIDA and other Federal research organizations - such as the National Institute of Mental Health and the Centers for Disease Control and Prevention - shows that early intervention can prevent many adolescent risk behaviors.

<http://www.drugabuse.gov/publications/drugfacts/lessons-prevention-research>

To celebrate recent advances in drug prevention science, the National Institute on Drug Abuse (NIDA), a part of the National Institutes of Health (NIH), sponsored its first virtual town hall meeting. This unique event on September 9, 2009 brought together representatives from key federal agencies involved in preventing and combating substance abuse in the United States.

Could your kids be at risk for substance abuse?

Families strive to find the best ways to raise their children to live happy, healthy and productive lives. Parents are often concerned about whether their children will start or are already using drugs such as tobacco, alcohol, marijuana, and others, including the abuse of prescription drugs. Research supported by the National Institute on Drug Abuse (NIDA) has shown the important role that parents play in preventing their children from starting to use drugs.

OPIOIDS

Heroin is an opioid drug that is synthesized from morphine, a naturally occurring substance extracted from the seed pod of the Asian opium poppy plant. Heroin usually appears as a white or brown powder or as a black sticky substance, known as “black tar heroin”. In 2011, 4.2 million Americans aged 12 or older (or 1.6 percent) had used heroin at least once in their lives. It is estimated that about 23 percent of individuals who use heroin become dependent on it.

How does Heroin affect the brain? How Is Heroin Used?

Heroin can be injected, inhaled by snorting or sniffing, or smoked. All three routes of administration deliver the drug to the brain very rapidly, which contributes to its health risks and to its high risk for addiction, which is a chronic relapsing disease caused by changes in the brain and characterized by uncontrollable drug-seeking no matter the consequences.

Prescription Opioid Abuse: A First Step to Heroin Use?

Prescription opioid pain medications such as Oxycontin and Vicodin can have effects similar to heroin when taken in doses or in ways other than prescribed, and they are currently among the most commonly abused drugs in the United States. Research now suggests that abuse of these drugs may open the door to heroin abuse.

Nearly half of young people who inject heroin surveyed in three recent studies reported abusing prescription opioids before starting to use heroin. Some individuals reported taking up heroin because it is cheaper and easier to obtain than prescription opioids. Many of these young people also report that crushing prescription opioid pills to snort or inject the powder provided their initiation into these methods of drug administration.

MARIJUANA

Marijuana is a dry, shredded green and brown mix of leaves, flowers, stems, and seeds from the hemp plant *Cannabis sativa*. In a more concentrated, resinous form, it is called hashish, and as a sticky black liquid, hash oil. The main psychoactive (mind-altering) chemical in marijuana is delta-9-tetrahydrocannabinol, or THC.

Marijuana is the most common illicit drug used in the United States. After a period of decline in the last decade, its use has generally increased among young people since 2007, corresponding to a diminishing perception of the drug's risks. More teenagers are now current (past-month) smokers of marijuana than of cigarettes, according to annual survey data.

How is Marijuana Abused?

Marijuana is usually smoked in hand-rolled cigarettes (joints) or in pipes or water pipes (bongs). It is also smoked in blunts, cigars that have been emptied of tobacco and refilled with a mixture of marijuana and tobacco. Marijuana smoke has a pungent and distinctive, usually sweet-and-sour, odor. Marijuana can also be mixed in food or brewed as a tea.

METHAMPHETAMINE

Methamphetamine is a central nervous system stimulant drug that is similar in structure to amphetamine. Due to its high potential for abuse, methamphetamine is classified as a Schedule II drug and is available only through a prescription that cannot be refilled. Although methamphetamine can be prescribed by a doctor, its medical uses are limited, and the doses that are prescribed are much lower than those typically abused. Most of the methamphetamine abused in this country comes from foreign or domestic super labs, although it can also be made in small, illegal laboratories, where its production endangers the people in the labs, neighbors, and the environment.

ALCOHOL

What is alcohol?

Ethyl alcohol, or ethanol, is an intoxicating ingredient found in beer, wine, and liquor. Alcohol is produced by the fermentation of yeast, sugars, and starches.

How does alcohol affect a person?

Alcohol affects every organ in the body. It is a central nervous system depressant that is rapidly absorbed from the stomach and small intestine into the bloodstream. Alcohol is metabolized in the liver by enzymes; however, the liver can only metabolize a small amount of alcohol at a time, leaving the excess alcohol to circulate throughout the body. The intensity of the effect of alcohol on the body is directly related to the amount consumed.

Why do some people react differently to alcohol than others?

Individual reactions to alcohol vary, and are influenced by many factors; such as:

- Age
- Gender
- Race or ethnicity
- Physical condition (weight, fitness level, etc)
- Amount of food consumed before drinking
- How quickly the alcohol was consumed
- Use of drugs or prescription medicines
- Family history of alcohol problems

What do you mean by heavy drinking?

For men, heavy drinking is typically defined as consuming an average of more than 2 drinks per day, or more than 14 drinks per week. For women, heavy drinking is typically defined as consuming an average of more than 1 drink per day, or more than 7 drinks per week.

What is the difference between alcoholism and alcohol abuse?

Alcohol abuse is a pattern of drinking that result in harm to one's health, interpersonal relationships, or ability to work. Manifestations of alcohol abuse include the following:

- Failure to fulfill major responsibilities at work, school, or home
- Drinking in dangerous situations, such as drinking while driving or operating machinery
- Legal problems related to alcohol, such as being arrested for drinking while driving or for physically hurting someone while drunk
- Continued drinking despite ongoing relationship problems that are caused or worsened by drinking
- Long-term alcohol abuse can turn into alcohol dependence

- Dependency on alcohol, also known as alcohol addiction or alcoholism, is a chronic disease. The signs and symptoms of alcohol dependence include:
- A strong craving for alcohol
- Continued use despite repeated physical, psychological, or interpersonal problems
- The inability to limit drinking

What does it mean to get drunk?

“Getting drunk” or intoxicated is the result of consuming excessive amounts of alcohol, typically resulting in acute intoxication. Alcohol intoxication can be harmful for a variety of reasons, including:

Impaired brain function resulting in poor judgment, reduced reaction time, loss of balance and motor skills, or slurred speech

Dilation of blood vessels causing a feeling of warmth but resulting in rapid loss of body heat

Increased risk of certain cancers, stroke, and liver diseases (e.g., cirrhosis), particularly when excessive amounts of alcohol are consumed over extended periods of time

Damage to a developing fetus if consumed by pregnant women

Increased risk of motor-vehicle traffic crashes, violence, and other injuries

Coma and death can occur if alcohol is consumed rapidly and in large amounts

LINK: <http://www.cdc.gov/alcohol/faqs.htm#whatAlcohol>

What is a standard drink in the United States?

A standard drink is equal to 14.0 grams (0.6 ounces) of pure alcohol. Generally, this amount of pure alcohol is found in:

- 12-ounces of beer
- 8-ounces of malt liquor
- 5-ounces of wine
- 1.5-ounces or a “shot” of 80-proof distilled spirits or liquor (e.g., gin, rum, vodka, or whiskey)

Is beer or wine safer to drink than liquor?

No. One 12-ounce beer has about the same amount of alcohol as one 5-ounce glass of wine, or 1.5-ounce shot of liquor. It is the amount of alcohol consumed that affects a person most, not the type of alcoholic drink.

What does moderate drinking mean?

According to the Dietary Guidelines for Americans, moderate alcohol consumption is defined as having up to 1 drink per day for women and up to 2 drinks per day for men. This definition is referring to the amount consumed on any single day and is not intended as an average over several days. The Dietary

Guidelines also state that it is not recommended that anyone begin drinking or drink more frequently on the basis of potential health benefits because moderate alcohol intake also is associated with increased risk of breast cancer, violence, drowning, and injuries from falls and motor vehicle crashes.

Is it safe to drink alcohol and drive?

No. Alcohol use slows reaction time and impairs judgment and coordination, which are all skills needed to drive a car safely. The more alcohol consumed, the greater the impairment.

What does it mean to be above the legal limit for drinking?

The legal limit for drinking is the alcohol level above which an individual is subject to legal penalties (e.g., arrest or loss of a driver's license).

Legal limits are measured using either a blood alcohol test or a Breathalyzer.

Legal limits are typically defined by state law, and may vary based on individual characteristics, such as age and occupation.

All states in the United States have adopted 0.08% (80 mg/dL) as the legal limit for operating a motor vehicle for drivers aged 21 years or older. However, drivers younger than 21 are not allowed to operate a motor vehicle with any level of alcohol in their system.

Note: Legal limits do not define a level below which it is safe to operate a vehicle or engage in some other activity. Impairment due to alcohol use begins to occur at levels well below the legal limit.

How do I know if it's okay to drink?

The current Dietary Guidelines for Americans recommend that if you choose to drink alcoholic beverages, do not exceed 1 drink per day for women or 2 drinks per day for men. According to the guidelines, people who should not drink alcoholic beverages at all include the following:

Children and adolescents

Individuals of any age who cannot limit their drinking to a low level

Women who may become pregnant or who are pregnant

Individuals who plan to drive, operate machinery, or take part in other activities that require attention, skill, or coordination

Individuals taking prescription or over-the-counter medications that can interact with alcohol

Individuals with certain medical conditions

Persons recovering from alcoholism

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What is binge drinking?

According to the National Institute on Alcohol Abuse and Alcoholism External Web Site [Icon](#) binge drinking is defined as a pattern of alcohol consumption that brings the blood alcohol concentration (BAC) level to 0.08% or more. This pattern of drinking usually corresponds to 5 or more drinks on a single occasion for men or 4 or more drinks on a single occasion for women, generally within about 2 hours.