# Drug & Alcohol Abuse Resources

Jim Honour Wyoming Liaison



## **Objectives**

- Identify four reliable web resources with information about alcohol abuse and/or drug abuse
- Identify three commonly abused club drugs
- Identify two diseases related to alcohol abuse



## MeSH Pubmed.gov

Alcoholism - A primary, chronic disease with genetic, psychosocial, and environmental factors influencing its development and manifestations.

Alcohol abuse Alcohol dependence

Substance-Related Disorders -Disorders related to substance abuse, the side effects of a medication, toxin exposure, and ALCOHOL-RELATED DISORDERS.

Drug abuse
Drug dependence
Drug addiction



## NIDA http://www.nida.nih.gov





### **Medical & Health Professionals**



### **Resource Links**



Resources for Medical and Health Professionals

#### Screening for Tobacco, Alcohol and Other Drug Use

- NIDA-Modified Alcohol, Smoking, and <u>Substance Involvement Screening Test</u> (NMASSIST)
  - o Online Screening tool
  - NIDA recommends reading the <u>additional resources</u> before using the screening tool.

#### NIDAMED Videos

The importance of building trust between the drug user and doctor.

#### NIDA Centers of Excellence

NIDA in collaboration with the American Medical Association has established several <u>Centers of</u> Excellence for Physician Information.



NM **ASSIST** 

#### Treatment and Prevention

- Principles of Drug Addiction Treatment: A Research-Based Guide Second Edition
- Principles of Drug Abuse Treatment for Criminal Justice Populations: A <u>Research Based Guide</u> - Guide for treating drug abusers within criminal justice settings.
- <u>Principles of HIV Prevention in Drug-Using Populations</u> including a Q&A section
- Preventing Drug Abuse among Children and Adolescents
- <u>Buprenorphine Information and Treatment Resources</u> (Archives)
  - Buprenorphine Information from the Substance Abuse and Mental Health Administration (SAMHSA)



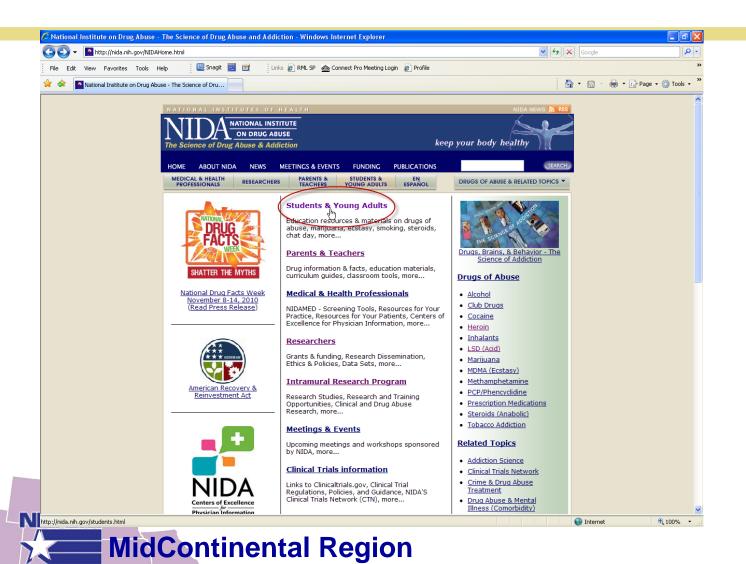
#### **Important News & Links**

Order Publications

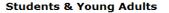
- NIDA Launches Drug Use Screening Tools for Physicians (4/20/09)
- Message from the NIDA <u>Director on NIDAMED</u> initiative
- National Institute on Drug Abuse to Unveil NIDAMED, Physicians' Outreach Initiative (4/15/09)
- NIDA News Releases



### **Students**



## **Students & Young Adults**



These materials were developed specifically for students and young adults. For more information about specific drugs, please see Drugs of Abuse & Related



Teens.drugabuse.gov - NIDA for Teens web site.

- · Facts on Drugs
- Real Stories
- Videos
- Downloads and activities



#### Marijuana, Facts for Teens

La marihuana - Información para los adolescentes



Brain Power! The NIDA Junior Scientist Program science education materials on the brain and the effects

of drugs. Available for Grades K-1, for Grades 2 -3, Grades 4-5, and for Grades 6-9.



#### Mind Over Matter

The Effects of Drug Abuse on Your Body & Brain for Grades 5-9

- Cocaine
- Opiates
- Prescription Drug Hallucinogens <u>Abuse</u>
- Inhalants
- Steroids
- Marijuana
- (Anabolic)
- Methamphetamine
- · Tobacco Addiction



#### Heads Up

Real News About Drugs and Your Body for Grades 6-10 Scholastic and NIDA cooperative education project

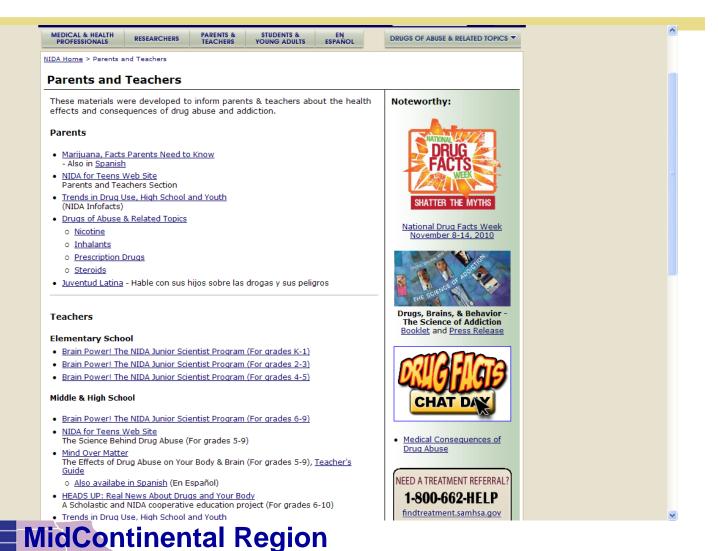




### **Parents and Teachers**



### **Resource Links**



### Websites





## Steroidabuse.gov



## http://smoking.drugabuse.gov



## **Related Topics**



MidContinental Region

### NIAAA



#### **News Highlights**

#### New Compound Improves Obesity-Related Health Complications

An experimental compound appears to improve metabolic abnormalities associated with obesity, according to a study led by NIAAA scientists Dr. George Kunos and Dr. Joseph Tam.

July 26, 2010

#### <u>Scientists Identify Brain Circuits Related to Movement Sequences</u>

NIAAA neuroscientist Xin Jin co-authored a study identifying brain activity in mice that can signal the initiation and termination of newly learned action sequences.

July 22, 2010

#### NIAAA Seeks Director, Division of Treatment and Recovery Research (DTRR)

The Director, DTRR, provides national leadership for research on the treatment of alcohol use disorders. Applications will be accepted through September 15, 2010, or until the position is filled.

June 30, 2010

Why Alcoholism Meds Work for Some People, but Not for Others

#### **Upcoming Events**

September 23, 2010: Advisory Council meeting

October 4, 2010: NIAAA's 40th Anniversary Symposium

October 26, 2010: Mark Keller Honorary Lecture

February 17, 2011: Advisory Council meeting

#### Featured Links

#### **About NIAAA**

Organizational Information, Keller and Mendelson Honorary Lectures

#### **News and Events**

Upcoming Events, News Releases and Advisories, Research Gallery

#### <u>Publications</u>

Alcohol Research & Health, Alcohol Alert, Pamphlets and Brochures

#### Resources

Clinical Guidelines, Data and Statistical Tables

#### Research Information

Extramural Research, Intramural Research

#### **Frequently Asked Questions**

FAQ for the General Public, FAQ for Extramural Researchers



Printer-Friendly Version

#### What's New

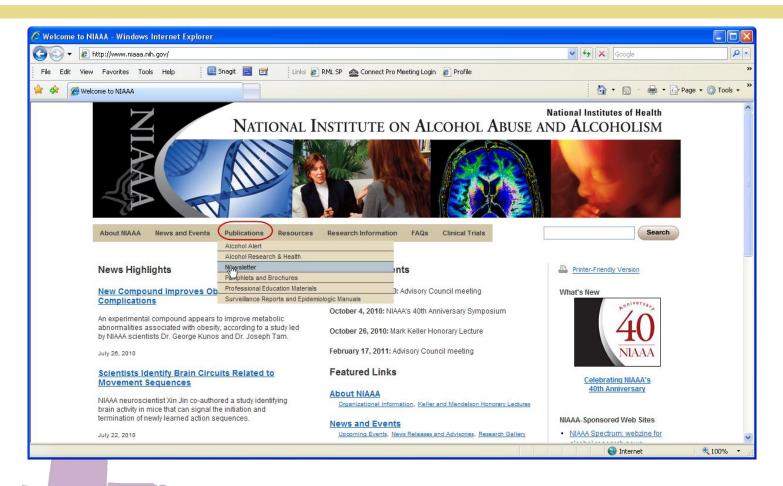


Celebrating NIAAA's 40th Anniversary

- NIAAA Spectrum: webzine for alcohol research news
- Rethinking Drinking: alcohol and your health
- The Cool Spot: alcohol info for young teens
- College Drinking Prevention
- Alcohol Policy Information System (APIS)
- <u>Leadership to Keep Children</u>
   Alcohol Free
- Intergnency Coordination



### **Publications**



### Researchers/Public



Back to: NIAAA Home

#### For Researchers I Health Professionals

- Alcohol Alert
- Alcohol Research & Health
- Helping Patients Who Drink Too Much: A Clinician's Guide
- Other Professional Education Materials (manuals, monographs, and reports)
- Teacher Resources and Curricular Materials
- Surveillance Report | Epidemiologic Data Manuals | Directories
- NIAAA Five Year Strategic Plan
- Health Disparities Materials
- 10th Special Report to the U.S. Congress on Alcohol & Health IPDFI - only available on website

#### For the Public

- · Pamphlets | Brochures | Fact Sheets | Posters
- · Publicaciones en Español
- Public Service Announcements
- NIAAA Spectrum: webzine for alcohol research news

#### Newsletters

NIAAA Newsletters







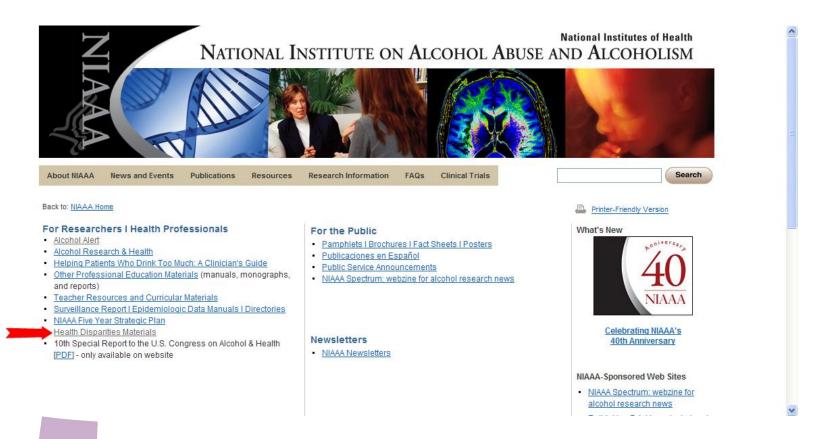
Celebrating NIAAA's 40th Anniversary

#### NIAAA-Sponsored Web Sites

 NIAAA Spectrum: webzine for alcohol research news



## **Health Disparities Materials**





## **Health Disparities Plan**



of the NATIONAL INSTITUTES OF HEALTH

SITE SEARCH		] (
	► Advanced Search Page	

#### **Publications**

Back to: NIAAA Home > Publications

#### NIAAA's Strategic Plan to Address Health Disparities

IAAA-supported research reveals that about one-third of Americans do not drink at all and the majority of people who drink do so without adverse consequences. The NIAAA is committed to

increasing and strengthening efforts to address health disparities in the context of our primary mission of conducting and supporting research. A broad range of epidemiological, psychosocial and biomedical research suggests that some minority groups suffer greater adverse effects from alcohol than do other populations. Groups of particular concern include African Americans, Hispanics/Latinos, American Indians/ Alaska Natives, Asian Americans, and Native Hawaiians and other Pacific Islanders. In addition, we recognize significant variability between subgroups within populations and we are committed to promoting research designed to explore the causes and consequences of these differences.

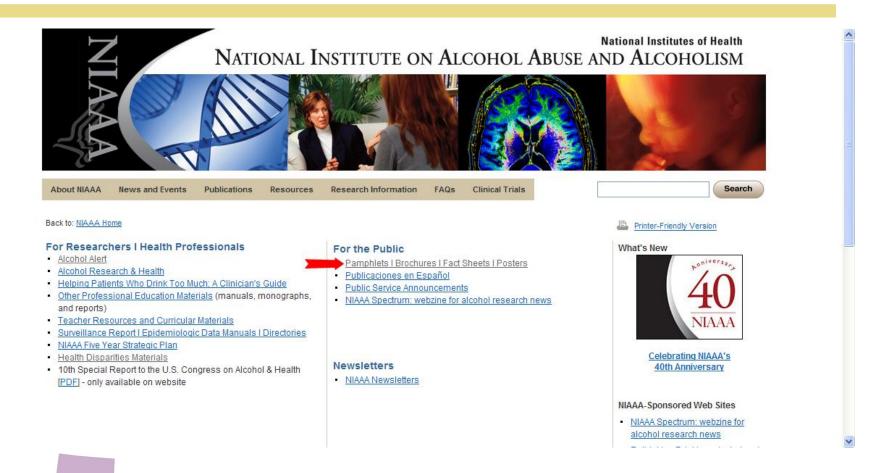
The NIAAA reaffirms a long-term commitment to addressing health disparities consistent with the three broad NIH goals: (a) support research; (b) expand community outreach; and (c) expand research capacity. The NIAAA investment in programs targeted to minority populations in these three broad categories has increased almost five-fold since 1989. Our progress is due in part to an ongoing partnership with NIH's, National Center for Minority Health and Health Disparities (NCMHD) In addition to co-funding initiatives aimed at reducing health disparities, NCMHD actively supports high-risk, high-impact projects designed to increase alcohol research in minority-serving institutions.

A. Support Research on Health Disparities

This strategy requires actively encouraging established alcohol researchers to incorporate issues related to minority populations in their work. Alcohol research programs, which span a wide range



## Pamphlets, etc.





## **FAQs**



## **FAQs Page**

News and Events

Publications

FAQs Clinical Trials

Search

Back to: NIAAA Home > FAQs

About NIAAA

#### FAQ for the General Public

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) routinely receives a variety of questions about alcohol. We would like to share the following frequently asked questions and their answers.

Resources

Research Information

It is important to understand that these answers are not meant to provide specific medical advice, but to provide information to better understand the health consequences of alcohol abuse and dependence (alcoholism). Please consult your physician or other health care provider if you or a loved one has an alcohol problem.

- What is alcoholism?
- 2. Is alcoholism a disease?
- Is alcoholism inherited?
- 4. Can alcoholism be cured?
- Can alcoholism be treated?
- 6. Which medications treat alcoholism?
- 7. Does alcoholism treatment work?
- 8. Do you have to be an alcoholic to experience problems?
- 9. Are specific groups of people more likely to have problems?
- 10. How can you tell if someone has a problem?
- 11. Can a problem drinker simply cut down?
- 11. Can a problem uninker simply cut down!
- 12. If an alcoholic is unwilling to get help, what can you do about it?
- 13. What is a safe level of drinking?
- 14. Is it safe to drink during pregnancy?
- 15. Does alcohol affect older people differently?
- 16. Does alcohol affect women differently?
- 17. Is alcohol good for your heart?
- 18. When taking medications, must you stop drinking?
- 19. How can a person get help for an alcohol problem?





Celebrating NIAAA's 40th Anniversary

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- <u>Leadership to Keep Children</u>
   Alcohol Free
- Interagency Coordinating
   Committee on Fetal Alcehol



## **NIAAA Sponsored Sites**

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July 26, 2010

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A genetic variant may determine who responds effectively to the drug naltrexone for treating alcoholism, as presented in a lecture by NIAAA clinical director Dr. Markus Heilig.

May 14, 2010

October 26, 2010: Mark Keller Honorary Lecture

February 17, 2011: Advisory Council meeting

#### Featured Links

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Information for Patients, Information for Physicians



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- Interagency Coordinating Committee on Fetal Alcohol Spectrum Disorders (ICCFASD)
- Underage Drinking Research Initiative
- Helping Patients Who Drink Too <u>Much: A Clinician's Guide with</u>

   Free CME/CE Credits



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### **Web Site**





### **Teen Focus**

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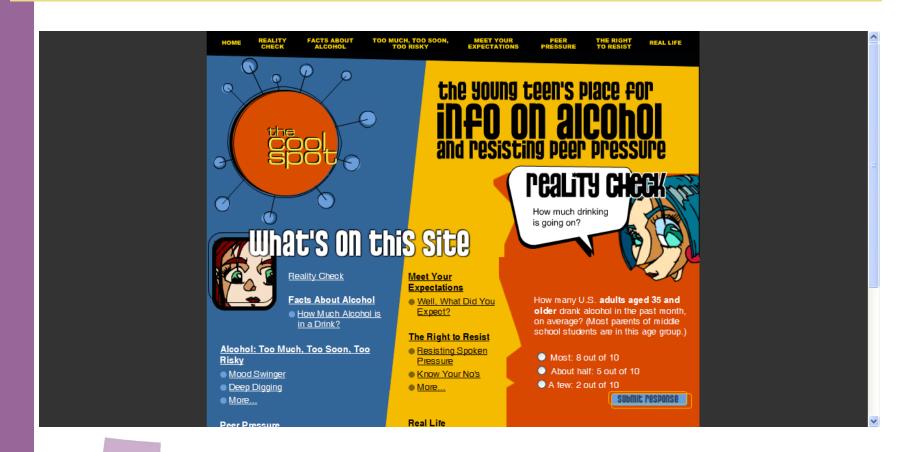
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NN/LM National Network of Libraries of Medicine MidContinental Region

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## **The Cool Spot**





### **Alcohol & Public Health**

- http://www.cdc.gov/alcohol/index.htm
- 50% of adults in the U.S. were regular drinkers (at least 12 drinks past year)
- 14 % of adults were infrequent drinkers (1-11 drinks in the past year)

Source: http://www.cdc.gov/nchs/data/series/sr\_10/sr10\_242.pdf



### **CDC** Resource



#### Centers for Disease Control and Prevention

Your Online Source for Credible Health Information

SEARCH

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#### Alcohol & Public Health

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### Alcohol & Public Health

- Alcohol use is very common in our society. Drinking alcohol has immediate effects that can increase the risk of many harmful health conditions.
- Excessive alcohol use, either in the form of heavy drinking (drinking more than two drinks per
  day on average for men or more than one drink per day on average for women), or binge
  drinking (drinking 5 or more drinks during a single occasion for men or 4 or more drinks during
  a single occasion for women), can lead to increased risk of health problems such as liver
  disease or unintentional injuries.
- According to the Behavioral Risk Factor Surveillance System (BRFSS) survey, more than half of the adult U.S. population drank alcohol in the past 30 days. Approximately 5% of the total population drank heavily, while 15% of the population binge drank.
- According to the Alcohol-Related Disease Impact (ARDI) tool, from 2001–2005, there were
  approximately 79,000 deaths annually attributable to excessive alcohol use. In fact, excessive
  alcohol use is the 3rd leading lifestyle-related cause of death for people in the United States
  each year.
- · Alcohol use poses additional problems for underage drinkers.

Text size: S M L XL

Email page

Print page

Bookmark and share

Alcohol-Related Disease Impact (ARDI) software generates estimates of alcohol-related deaths and Years of Potential Life Lost (YPLL) due to alcohol consumption.

#### Highlights

#### New Report:

Youth exposure to alcohol advertising 데

Binge Drinking Video

Effective Prevention Strategies-Community Guide 대

Caffeinated Alcoholic Beverages





CDC Home

#### Centers for Disease Control and Prevention

Your Online Source for Credible Health Information

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#### Alcohol & Public Health

#### Frequently Asked Questions

#### Introduction to alcohol

- What is alcohol?
- How does alcohol affect a person?
- · Why do some people react differently to alcohol than others?
- · What is a standard drink in the United States?
- · Is beer or wine safer to drink than hard liquor?
- · What are caffeinated alcoholic beverages (CABs)?

#### **Drinking levels**

- What does moderate drinking mean?
- . Is it safe to drink alcohol and drive?
- · What does it mean to be above the legal limit for drinking?
- · How do I know if it's okay to drink?

#### Excessive alcohol use

- · What do you mean by heavy drinking?
- What is binge drinking?
- What is the difference between alcoholism and alcohol abuse?
- · What does it mean to get drunk?

#### Drinking problems

- · How do I know if I have a drinking problem?
- · What can I do if I or someone I know has a drinking problem?
- · What health problems are associated with excessive alcohol use?

#### 

#### Contact Us:

Centers for Disease Control and Prevention 1600 Clifton Rd Atlanta, GA 30333



**■ ▼ 800-232-4636** (

TTY: (888) 232-6348 24 Hours/Every Day

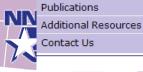
□ cdcinfo@cdc.gov

### **Fact Sheets**



#### Alcohol and Public Health





Public Health Surveillance About CDC's Alcohol

Program

### Online Tools



#### Centers for Disease Control and Prevention

Your Online Source for Credible Health Information

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#### Online Tools

Alcohol-Related Disease Impact (ARDI) software

To assist professionals in state and local public health departments to estimate the impact of alcohol-related deaths and years of potential life lost (YPLL)—a measure of premature death—the Centers for Disease Control and Prevention (CDC) funded the development of the Alcohol-Related Disease Impact (ARDI) software. Originally released in 1989, ARDI software was specifically designed to allow states to calculate alcohol-attributable deaths, YPLL, direct health-care costs, indirect morbidity and mortality costs, and non-health-sector costs associated with alcohol misuse.

In 2002, with support from a grant from the Robert Wood Johnson Foundation, the Alcohol Program in CDC's National Center for Chronic Disease Prevention and Health Promotion began updating ARDI and migrating it to the Internet to be more accessible to state-based epidemiologists and other users. In September 2004, the new version of ARDI was released in conjunction with a Morbidity and Mortality Weekly Report entitled Alcohol-Attributable Deaths and Years of Potential Life Lost — United States, 2001. That report highlighted that approximately 75,000 alcohol-attributable deaths occurred in 2001 resulting in approximately 2.3 million YPLLs. In February 2008, additional years of data were added, which resulted in 5-year average annual estimates of health impacts based on the years 2001-2005. This was done to produce more



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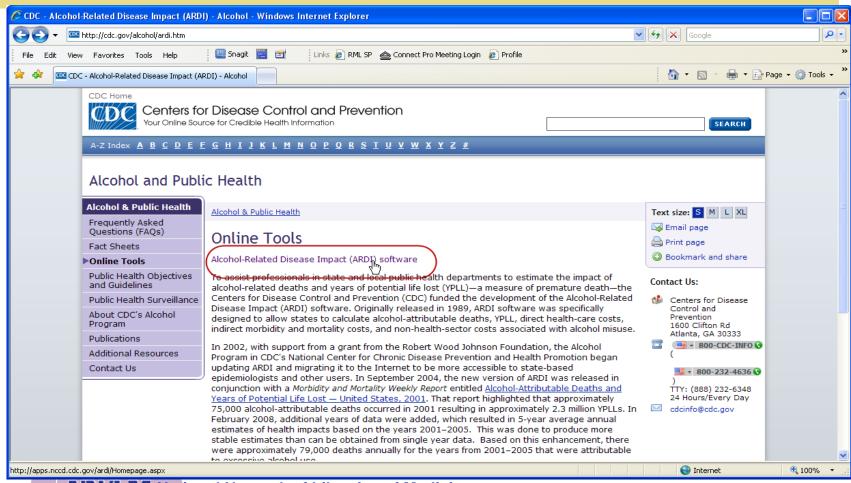






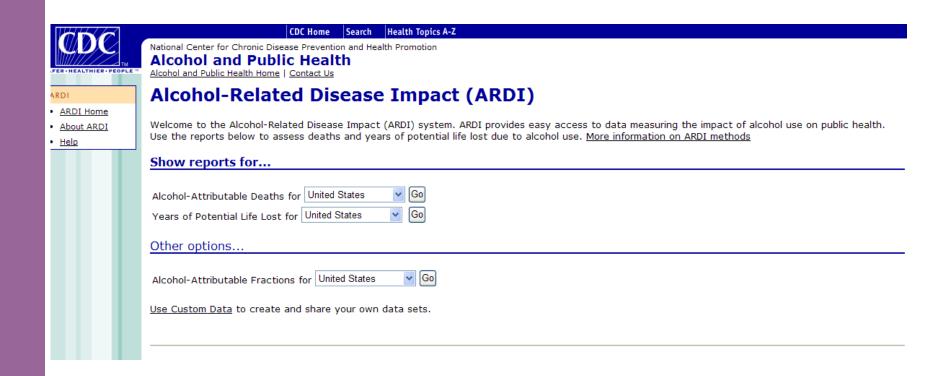


### Link



NN/LM National Network of Libraries of Medicine
MidContinental Region

## ARDI https://apps.nccd.cdc.gov/ardi/Homepage.aspx



NN/LM National Network of Libraries of Medicine

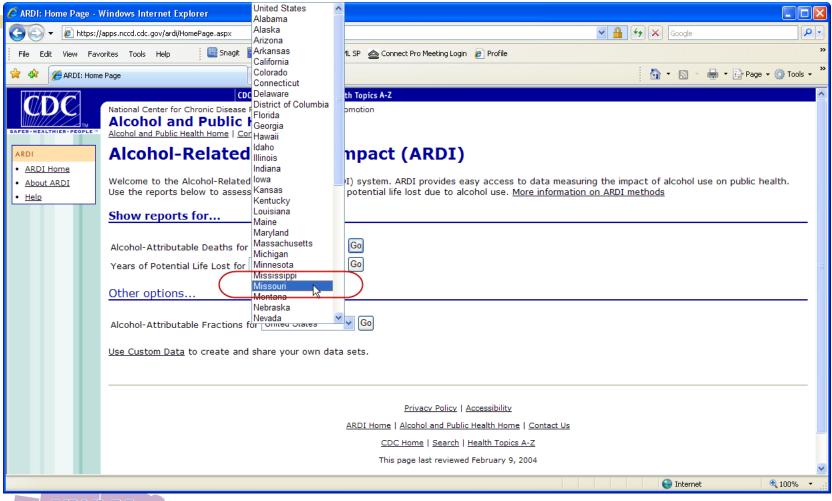
**MidContinental Region** 

### **Alcohol Attributable Deaths**





## **Choose report**

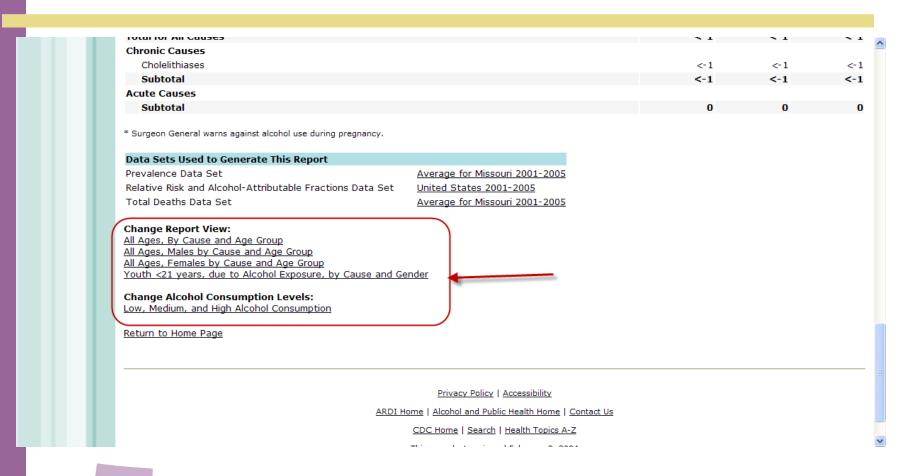


### Missouri





## **Change report**





### **Exercise 1**

In "All ages by cause & gender" what were the total deaths caused by alcoholic liver disease in Massachusetts? How many were male and how many female?



### **Exercise 2**

In Colorado, what age group of females had the highest number of deaths attributed to falls and what was that number?

What age group of females had the lowest number of deaths reported from "acute cases"?



## **Other Helpful Links**



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### Alcohol and Public Health

Alcohol & Public Health	Alcohol & Public Health	Text s
Frequently Asked Questions (FAQs)	Public Health Surveillance: National Surveys That Collect	Em
Fact Sheets		Pri
Online Tools	Information About Alcohol Consumption	O Bo
Public Health Objectives and Guidelines	CDC-Sponsored Surveys	Contac
Public Health Surveillance	Behavioral Risk Factor Surveillance System (BRFSS)     World's largest telephone survey that tracks health behaviors, chronic diseases, and	₩ 00
About CDC's Alcohol Program	preventive health practices among non-institutionalized adults in the United States. It collects data on current drinking; the number of drinking days; average number of drinks per occasion; maximum number of drinks consumed per drinking occasion; and frequency of binge	Pr 16 At
Publications	drinking.	<b>3</b>
Additional Resources	Youth Risk Behavior Surveillance System (YRBSS)	,
Contact Us	Mgnitors six categories of priority health-risk behaviors among high school youth at the petional, state, and local levels. This biennial survey specifically collects data on age at first drink of alcohol, frequency of drinking, frequency of binge drinking, drinking on school property, and drinking associated with other behaviors, such as driving and sexual activity.	) Ti 24

National Health Interview Survey (NHIS)

Multi-purpose health survey that monitors the health of the non-institutionalized adults and children in the United States. This survey collects information on a broad range of health topics, including current alcohol use and binge drinking among adults.

National Health and Nutrition Examination Survey (NHANES)

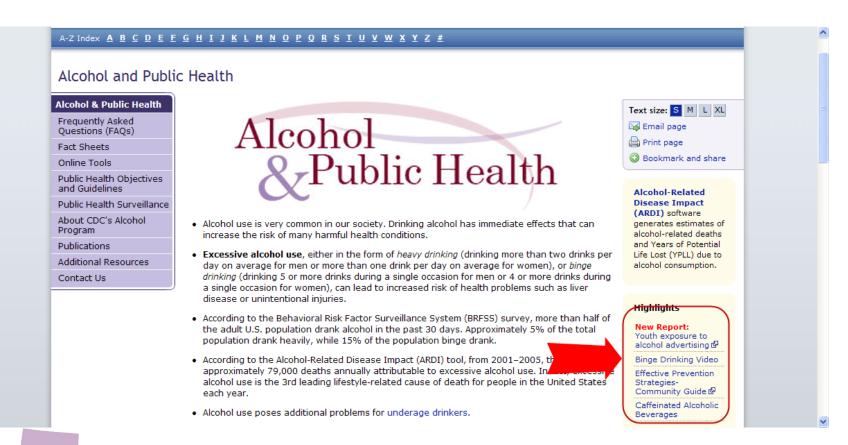
Collects health and nutrition data through interviews and health examinations of the civilian, non-institutionalized U.S. population. The survey specifically collects information on age of first drink, lifetime alcohol use, current alcohol use, and binge drinking

Pregnancy Risk Assessment Monitoring System (PRAMS)

Survey collects state-specific, population-based data on maternal attitudes and experiences among women two to six months after having a live birth. This survey collects information on alcohol consumption before, during, and shortly after pregnancy.

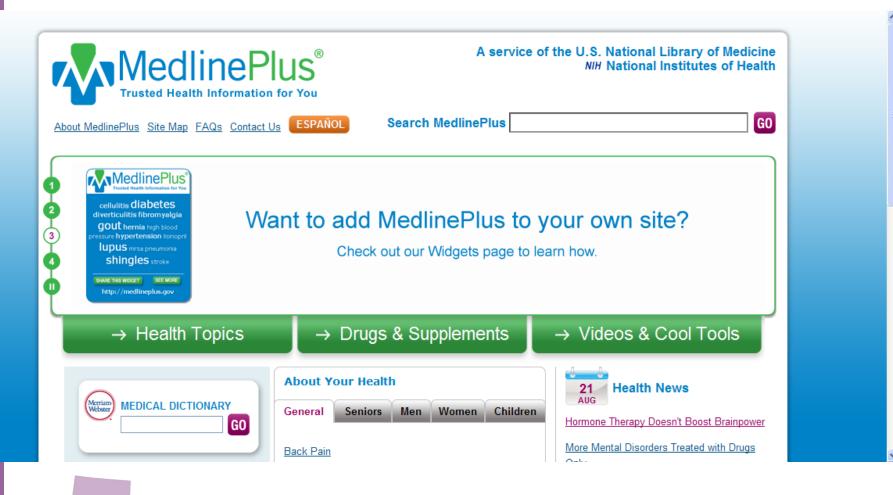


### **Highlights**





### M +



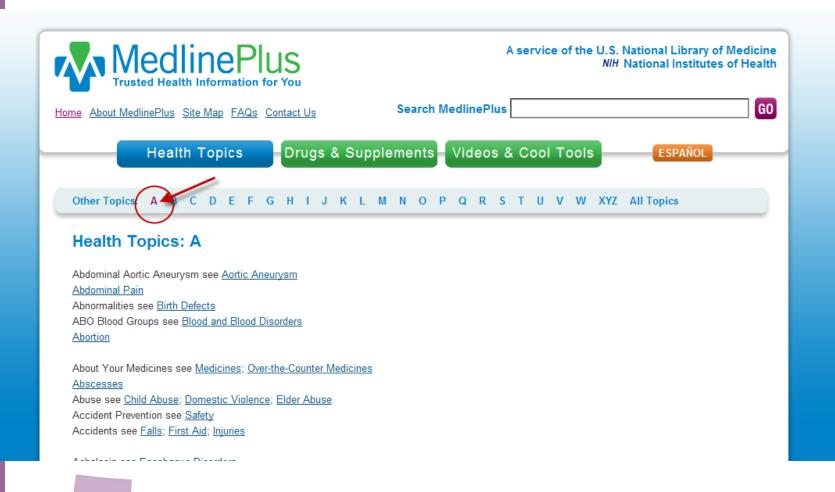


## **Health Topics**



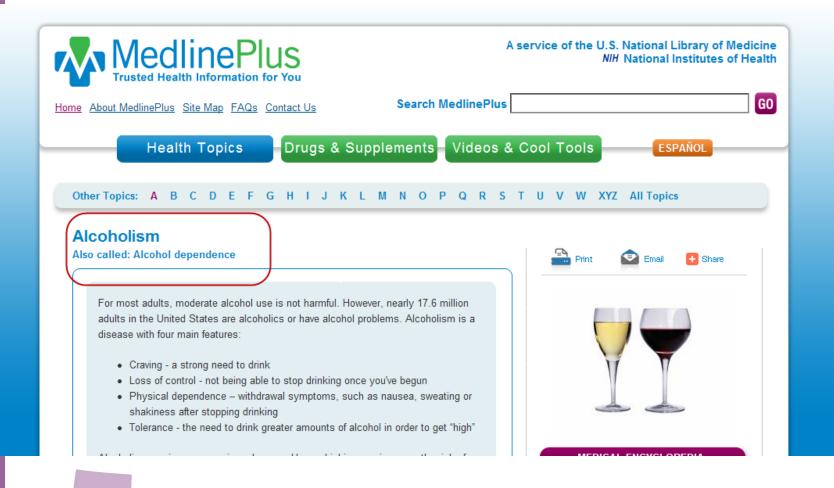


### **Alcoholism or Alcohol Dependence**

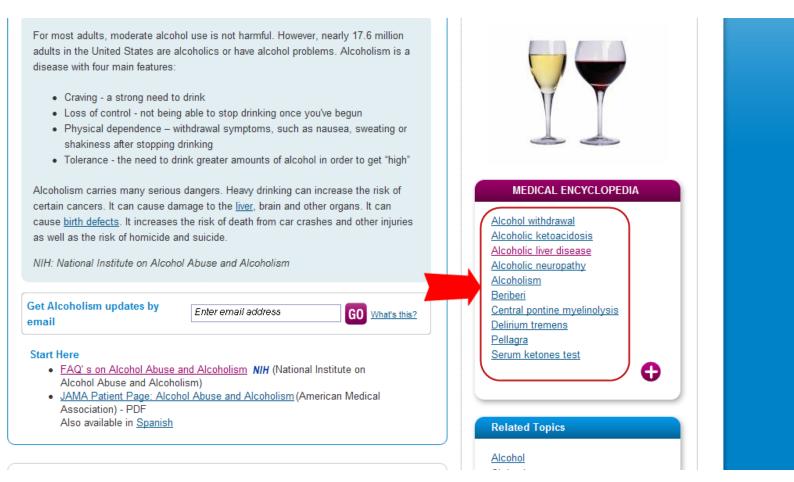




### **Alcoholism**

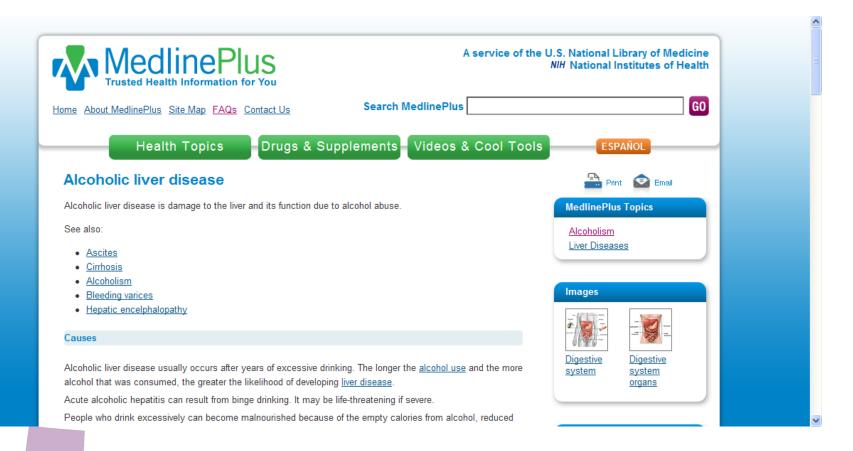


## Medical Encyclopedia

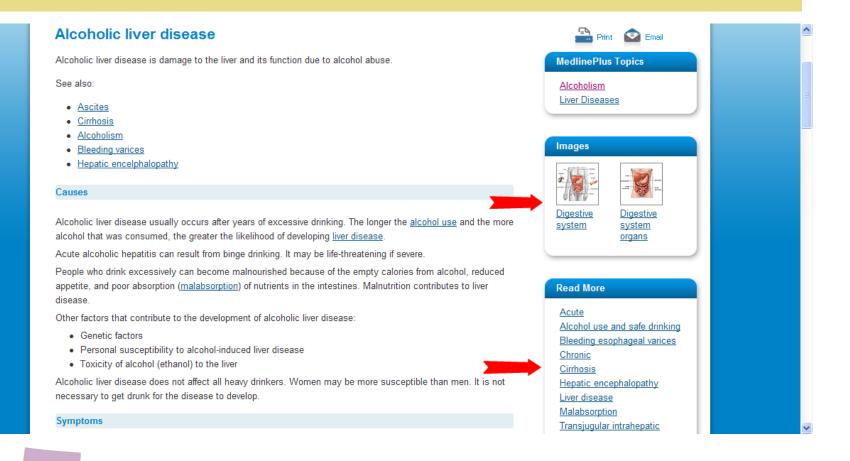




### **Alcoholic Liver Disease**



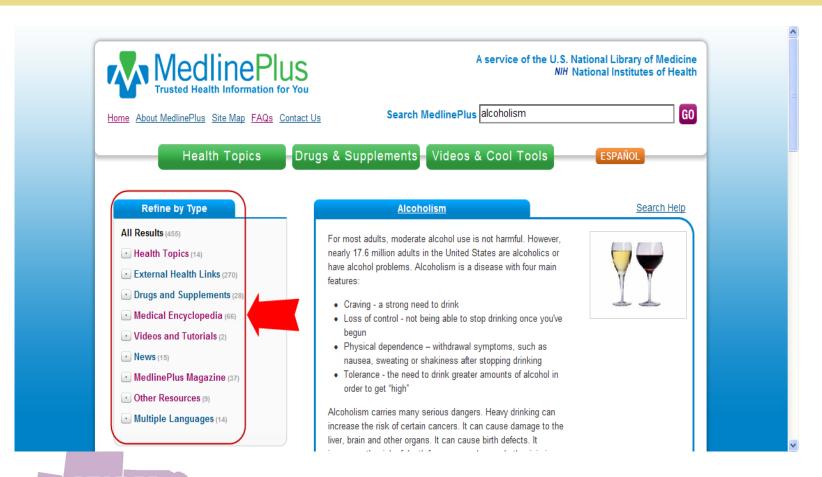
### **Additional Information**



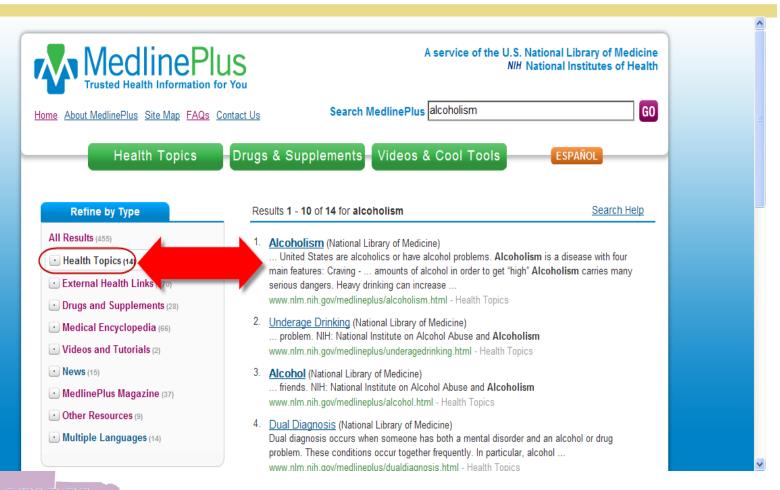
### M + Search Box



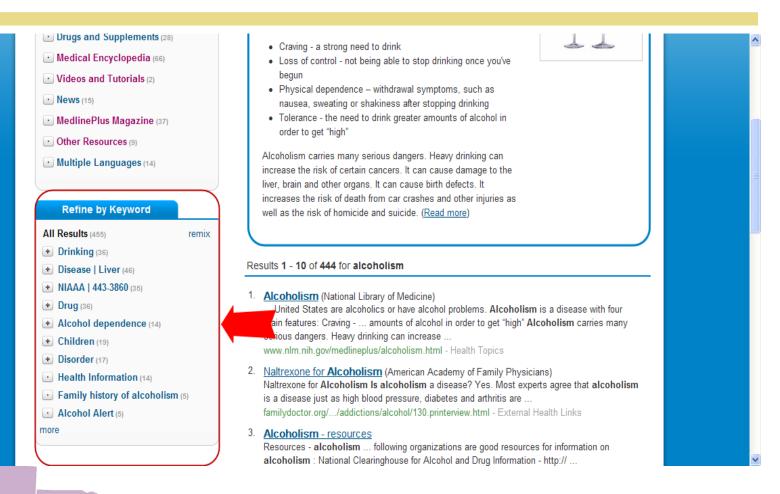
## Refine by Type



## **Health Topics**



# Refine by Keyword





# **Drinking**



Niushealth.org/teen/urug\_alconor/alconor/orige\_unink.html - External Fleatth Elinks

- Alcohol: A Women's Health Issue NIH (National Institute on Alcohol Abuse and Alcoholism)
  - ... often to drink. What Are Alcohol Abuse and Alcoholism? Alcohol abuse is a pattern of drinking that ... ongoing alcohol-related tensions with friends and family. Alcoholism or alcohol dependence is a disease. It is ...

pubs.niaaa.nih.gov/publications/brochurewomen/women.htm - External Health Links

- Alcohol Alert: Underage <u>Drinking</u>: Why Do <u>Adolescents Drink</u>, What Are the <u>Risks</u>, and <u>How Can Underage <u>Drinking Be ...</u> NIH (National Institute on Alcohol Abuse and Alcoholism)
  </u>
  - ... 1 The National Institute on Alcohol Abuse and Alcoholism [NIAAA] defines binge drinking as a pattern of ... the serious drinking problems (including what is called alcoholism) typically associated with middle age actually begin to ...

pubs.niaaa.nih.gov/publications/AA67/AA67.htm - External Health Links

- Alcohol Alert: Young Adult <u>Drinking</u> NIH (National Institute on Alcohol Abuse and Alcoholism)
  - ... to the National Institute on **Alcohol Abuse and Alcoholism** [NIAAA], men may be at risk for alcohol- ... in some families (34). This family connection to **alcoholism** may be the result of a genetic link ...

pubs.niaaa.nih.gov/publications/aa68/aa68.htm - External Health Links

- 5. <u>Underage **Drinking NIH**</u> (National Institutes of Health) PDF
  - ... families where a parent has a history of **alcoholism** and for individuals with no parental history of **alcoholism**. Therefore, while parental history clearly contributes to the ... www.nih.gov/.../UnderageDrinking.pdf External Health Links
- <u>Drinking and Your Pregnancy</u> Easy-to-Read NIH (National Institute on Alcohol Abuse and Alcoholism)
  - ... GET HELP. You may have a disease called **alcoholism**. There are programs that can help you stop ... address: http://www.aa.org National Council on **Alcoholism** and Drug Dependence (NCADD) 244 East 58th Street ...

NN/LM National Network of Libraries of Medicine MidContinental Region

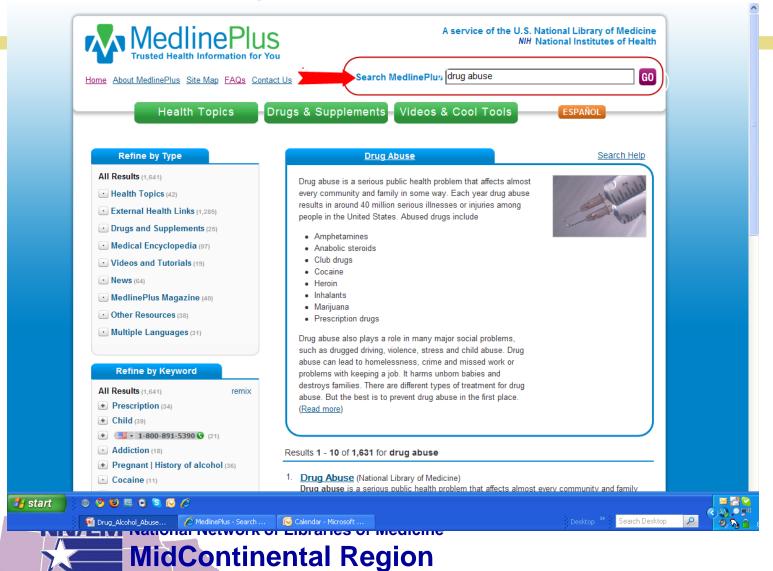
### **Exercise**

What alcoholic related disease has the following symptoms - numbress in extremities, muscle weakness, heat intolerance? What can be done with the diet to treat this condition?

Name one of the "club drugs" and its associated street name.



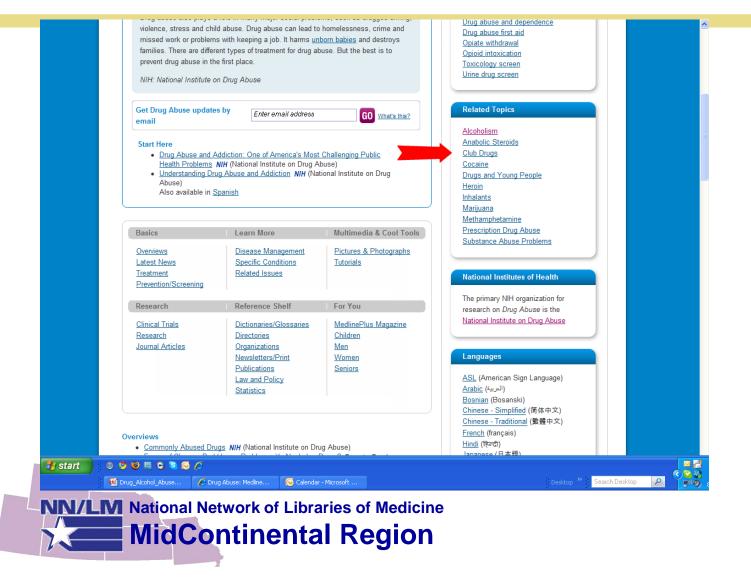
## M + Drug Abuse



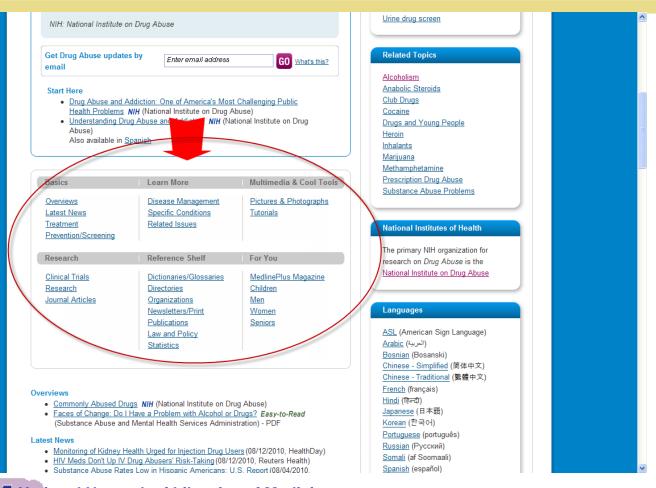
## Medical Encyclopedia



## **Related Topics**



## **Directory**



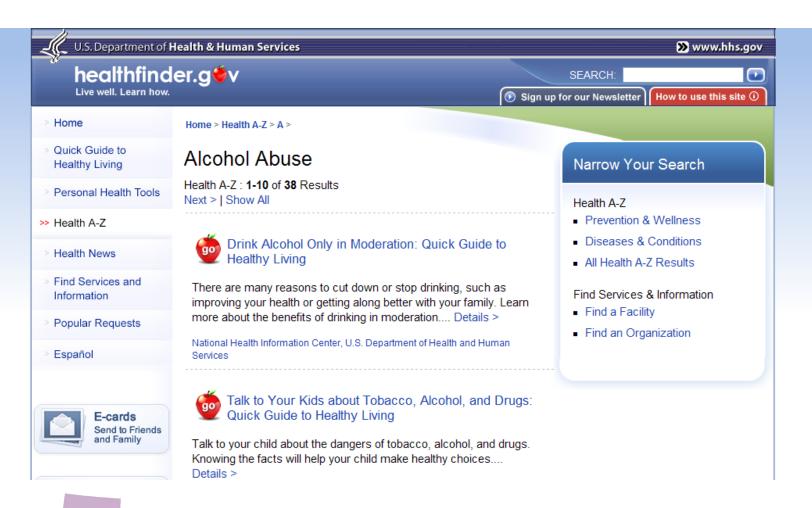
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## Healthfinder.gov



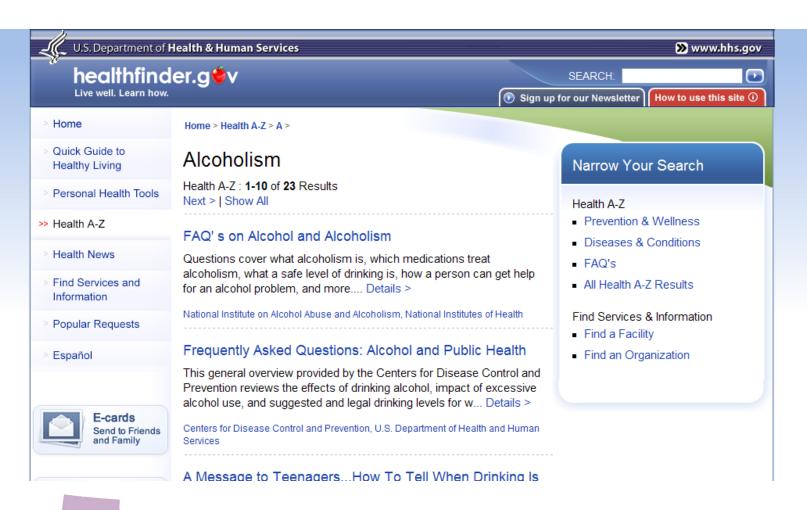


### **Alcohol Abuse**





### **Alcoholism**





## www.samhsa.gov



United States Department of Health and Human Services Substance Abuse & Mental Health Services Administration "A Life in the Community For Everyone"



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- ▶ Buprenorphine Physicians & Treatment Program
- ▶ Opioid Treatment

You can also get help finding treatment services near you by calling our 24-Hour Helpline at

■ - 1-800-662-HELP •

**1-800-662-4357 ()** 

### **BROWSE BY TOPIC**

- ▶ Advisory Councils
- ▶ Budget & GPRA
- ▶ Children & Families
- ▶ Communities That Care
- ▶ Contract Information
- Co-Occurring Disorders

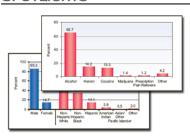
### LATEST HEADLINES

- SAMHSA Joins Forces with Tennessee State Agencies and National Guard in Hosting a Military Immersion Training for Behavioral Health Providers
- SAMHSA Announces FY 2011 Guidance for Submission of National Registry of Evidence-Based Programs and Practices (NREPP)
- Droposed BP Funding Levels of Gulf Oil Spill Behavioral Health Needs Welcome; Administration Will Continue to Work to Secure
- New Report Pinpoints Substance Use Problems in Individual Localities Throughout the Nation
- SAMHSA Accepting Applications for Prevention Fellowship Program

### FEATURES

- DBP Gulf Oil Spill Mental Health Awareness in Times of Emotional Distress
- DBP Gulf Oil Spill HHS Health Response
- HHS Strategic Plan 2010-2015: Open for Comment
- SAMHSA's 10 Strategic Initiatives

### **SPOTLIGHTS**



### **OAS Data Spotlight**

One Fifth of Substance Abuse Treatment Admissions among Persons Aged 50 or Older Are Homeless. Read more about it here.

What a Difference a Friend Makes

What do you do if your friend is dealing with mental health problems? Everything you've already been doing. Friends can make all the difference in the recovery process by just being there and offering support, friendship, strength and

### **WEBCASTS**

### SAMHSA Webcast

Applying Substance Abuse **Confidentiality Regulations** to Health Information Exchange (HIE)

Watch the Videobcast

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### I NEED HELP WITH...

 A Substance Abuse Problem

