



DO YOU OR SOMEONE YOU KNOW HAVE A PROBLEM WITH SUBSTANCE ABUSE?

ABOUT SUBSTANCE ABUSE

- ▶ Only 1 in 10 people with substance abuse issues get help.
- ▶ 105 people die from a drug overdose every day. Half are from prescription drugs.
- ▶ In 2012, 10.3 million people reported driving under the influence of drugs.
- ▶ Abusing prescription drugs can be just as dangerous as using illegal drugs.
- ▶ The number of heroin users in the U.S. has almost doubled since 2007.
- ▶ Addiction is a disease. It can be treated. You don't have to hit "rock bottom" to get help.
- ▶ Anyone can be touched by substance abuse.

About 22.2 million Americans age 12 and over have a substance abuse illness.

HOW CAN BEACON HELP YOU?

We offer helpful information for people dealing with substance abuse. We can also help find treatment.

To learn more, call us.

CHIP: 888.287.5403 | STAR: 888.287.5402 | IdealCare: 855.765.9696

tty: 855.539.5876

www.beaconhealthstrategies.com

Substance Abuse and Mental Health Services Administration. Results from the 2012 National Survey on Drug Use and Health: Summary of National Findings. Rockville, MD: Substance Abuse and Mental Health Services Administration 2013

Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. The DAWN Report: Highlights of the 2011 Drug Abuse Warning Network (DAWN) Findings on Drug-Related Emergency Department Visits.

DO YOU THINK YOU OR YOUR LOVED ONE HAS A PROBLEM WITH DRINKING OR DRUG ABUSE?

If so, talk with your doctor or call us.

HOW CAN BEACON HELP YOU?

The **CAGE-AID** and **CRAFFT** screening tools can help you find out if alcohol or substance use is a problem.

If you answer "yes" to one or more of these questions, call your doctor. You could have a problem.

For ages 19 and older:

- ▶ Have you ever felt you should **CUT DOWN** on your drinking or drug use?
- ▶ Have people **ANNNOYED** you by complaining about your drinking or drug use?
- ▶ Have you ever felt bad or **GUILTY** about your drinking or drug use?
- ▶ Have you ever had a drink or drug in the morning (**EYE OPENER**) to steady your nerves or to get rid of a hangover?

For ages 18 and younger:

- ▶ Have you ever driven a **CAR** while you were high or drunk? Or have you ridden in car driven by someone else who was drinking?
- ▶ Do you ever use alcohol or drugs to **RELAX**, feel better about yourself, or fit in?
- ▶ Do you ever use alcohol or drugs when you are **ALONE**?
- ▶ Do you ever **FORGET** things you did while using alcohol or drugs?
- ▶ Do your **FAMILY** or **FRIENDS** ever tell you that you should cut down on your drinking or drug use?
- ▶ Have you ever gotten into **TROUBLE** while you were using alcohol or drugs?

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For more information, contact ceasar@childrens.harvard.edu.

RESOURCES

Talking with your primary care doctor is a good start. There are many free groups in your area that can help with substance abuse.

These groups are private and confidential, and include:

ALCOHOLICS ANONYMOUS

www.aa.org

NARCOTICS ANONYMOUS

www.na.org

AL-ANON/ALATEEN FAMILY GROUP

888.425.2666

www.al-anon.alateen.org

SMART RECOVERY

866.951.5357

www.smartrecovery.org

HELP GUIDE

www.helpguide.org/topics/addiction.htm

NATIONAL INSTITUTE ON DRUG ABUSE

www.easyread.drugabuse.gov

www.teens.drugabuse.gov

SUBSTANCE ABUSE & MENTAL HEALTH SERVICES ADMINISTRATION

www.samhsa.gov

NATIONAL SUICIDE PREVENTION LIFELINE

800.273.8255

www.suicidepreventionhotline.org

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