

# Substance Use & Prevention Toolkit



# Substance Use Definition and Key Statistics



## What it Means

- **Substance use** means using alcohol, prescription medicines, or illegal drugs.
- A **substance use disorder** happens when someone's use of these substances causes health problems, difficulties at home, or problems at work.

## Key Statistics:

- About 60 million people in the United States used illegal drugs in the past month ([SAMHSA](#)).
- Nearly 49 million adults had a substance use disorder in the past year ([SAMHSA](#)).
- Around 30 million people struggled with alcohol use disorder in the past year ([SAMHSA](#)).
- More than 8 million people misused prescription pain medicine in the past year ([SAMHSA](#)).
- Substance use costs U.S. employers about \$81 billion each year through lost productivity, absenteeism, turnover, and healthcare expenses ([National Safety Council](#)).



# Key Indicators Someone May Need Help with Substance Use



## Physical Signs

- Frequent tiredness, changes in sleep, or unusual energy levels
- Noticeable weight changes
- Red eyes or unusual pupils
- Unexplained injuries

## Behavioral Signs

- Decline in work performance
- Secrecy or withdrawal
- Risky behaviors
- Financial problems

## Emotional Signs

- Mood swings or irritability
- Anxiety or sadness
- Loss of interest in activities

## Social and Work-Related Signs

- Strained relationships
- Avoiding social or work events
- Conflict related to alcohol or drugs

## When to Seek Help

- If use affects daily life
- If you can't cut down on your own

## If it causes conflict or safety issues Help is available:

- Call the [SAMHSA](#) Helpline at 1-800-662-HELP (4357)
- Dial 988 for crisis help
- Check your Employee Assistance Program (EAP)
- For emergency, call 911



# Online National Resources



**Reference** the following resources for reputable and updated information to support you and your employees.

## [CADCA \(Community Anti-Drug Coalitions of America\)](#)

Part of NASADAD's list of federal and nonprofit organizations involved in prevention.

## [NASADAD \(National Association of State Alcohol and Drug Abuse Directors\)](#)

Provides a comprehensive list of federal and nonprofit organizations involved in prevention.

## [NIAAA \(National Institute on Alcohol Abuse and Alcoholism\)](#)

Part of NASADAD's list of federal and nonprofit organizations involved in prevention.

## [NIDA \(National Institute on Drug Abuse\)](#)

Part of NASADAD's list of federal and nonprofit organizations involved in prevention.

## [Red Ribbon Campaign](#)

The largest drug-use prevention campaign in the U.S., held annually from October 23–31.

## [SAFE Project](#)

Promotes National Substance Use Prevention Month in October and supports Red Ribbon Week.

## [SAMHSA \(Substance Abuse and Mental Health Services Administration\)](#)

Offers extensive resources for prevention, treatment, and recovery including campaigns like 'Talk. They Hear You.®'.



# Podcasts, Assessments & Apps

## Podcasts

- [Recovery Elevator](#) – Stories and strategies to quit alcohol and live alcohol-free.
- [Addiction Unlimited](#) – Tools for recovery and managing everyday life without substances.
- [SMART Recovery Podcast](#) – Focuses on evidence-based self-help strategies.
- [The Bubble Hour](#) – First-person recovery stories to reduce stigma.
- [NIDA's "Speaking of Science"](#) – From the National Institute on Drug Abuse, covering science and trends

## Assessments

- [ASBIRT Screening Tools \(NIDA/NIAAA\)](#) – Standardized questions for alcohol and drug use risk.
- [UDIT \(Alcohol Use Disorders Identification Test\)](#) – Quick self-check for risky drinking.
- [DAST-10 \(Drug Abuse Screening Test\)](#) – Brief questionnaire to identify possible drug misuse.

## Apps

[WEconnect](#)

[Sober App](#)

[Nomo](#)

