

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](#)



NFP Wise & Well Resources



NFP Training Center

NFP has developed dedicated landing page for **both you and your employees**, offering holistic support through regularly updated training materials and resources.

[Wise & Well Training Center](#) - For Your Employees

[Here is a flyer](#) that you can share with your employees

NFP Book

Do you have a company book club? Give [Brain ON!](#), a try! Written by Deb Smolensky, New York Times bestselling author and Vitality and Wellbeing Practice Leader at NFP. Get ready to learn to rewire you mind to be more energized, alert, and resilient each workday.

