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Substances are anything ingested that affect a person's ability to function by creating a high or altering the senses (AllPsych Online, 2004). Substances include "illicit" or "street" drugs that are illegal due to their high potential for abuse and addiction. Substances may also be obtained with a prescription, utilized for pleasure rather than medical reasons. Substance use becomes a problem when a person repeatedly and excessively uses to achieve a certain effect (Helpguide, 2009).

According to the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders IV*, abuse of a substance causes significant impairment to normal functioning and "one of the following must be present within a 12 month period: (1) recurrent use resulting in a failure to fulfill major obligations at work, school, or home; (2) recurrent use in situations which are physically hazardous (e.g., driving while intoxicated); (3) legal problems resulting from recurrent use; or (4) continued use despite significant social or interpersonal problems caused by the substance use" (All Psych, 2004). People are considered be dependent on a substance when exhibiting "(1) sudden weight loss or gain; (2) for snorted drugs, chronic sinus problems and nosebleeds; (3) for smoked drugs, a continual cough or bronchitis; (4) cycles of excessive sleep; and (5) cycles of increased energy, restlessness, and inability to sleep (often seen in stimulants)" (Helpguide, 2009).

Prevalence

In 2008, approximately 22.2 million Americans, or 8.9% of people older than 12 years, were diagnosed with substance abuse or dependence based on the criteria described above. Of substance users, 3.1 million abused or were dependent on both alcohol and drugs, 3.9 million abused or were dependent on drugs alone, and 15.2 million abused or were dependent on alcohol alone. Of the drug abusers, the most commonly used substances in 2008 included marijuana (4.2 million), followed by pain relievers (1.7 million), and cocaine (1.4 million), (Substance

Abuse and Mental Health Services Administration (SAMHSA), 2009). In Texas, alcohol is currently the most abused substance that causes people to seek treatment (Maxwell, 2009).

Substance abuse appears to have some correlation with a diagnosis of serious psychological distress and/or major depression. Among the 2.5 million adults with both psychological and substance abuse problems in 2008, 60.5% received mental health care or substance abuse care; 11.4% received both mental health care and substance abuse care, 45.2% received only mental health care, and 3.7% received only substance abuse care. Along the same lines, 7.8% of the adult population without major depression abused or were dependent on substances compared to 20.3% of those who did experience major depression (SAMHSA, 2009).

Drug and alcohol addiction is a significant national problem that creates impaired health, harmful behaviors, and major economic and social hardships. In 2010, the President requests \$15.1 billion in support of the four key policy areas that will aid in the reduction of drug abuse: (1) Substance Abuse Prevention, (2) Substance Abuse Treatment, (3) Domestic Law Enforcement; and (4) Interdiction and International Counterdrug Support (Office of National Drug Control Policy, 2009). In 2006, a total of 38,396 persons died from drug-related causes in the United States (Heron, M., Ph.D., et al., 2009). In Bexar County during 2004, 849 people died alcohol related deaths, while 234 died directly or indirectly as a result of drugs (Office of National Drug Control Policy, 2008).

Treatment

Substance abuse treatment programs range vastly in intensity and expense. Regardless of whether the program is considered inpatient or outpatient, rehabilitation professionals typically follow three

stages of treatment, described by the Partnership for a Drug-free America (2006).

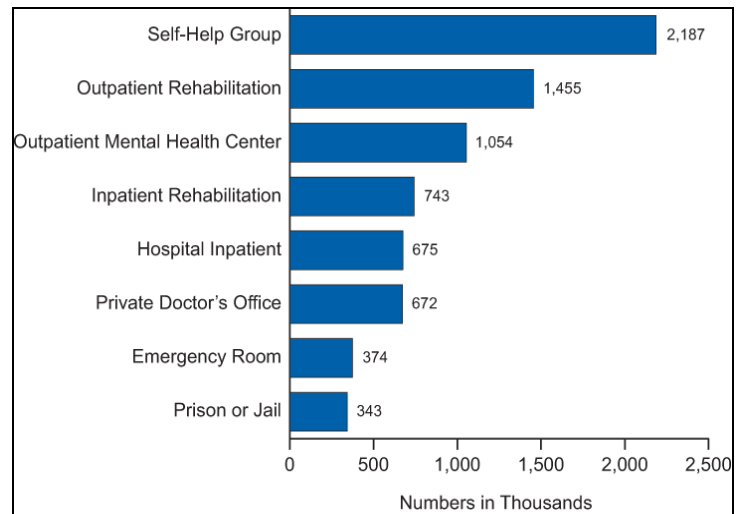
- **Acute Care:** Utilizes medically supervised detoxification/ stabilization techniques to safely and comfortably remove toxins from the body.
- **Rehabilitation:** Teaches skills necessary to permanently change behavior and reduce threats to progress.
- **Aftercare or Continuing Care:** Maintains changed behavior, supports healthy living, and monitors threats of relapse.

In addition, treatment professionals recognize the following principles necessary for treating those with substance abuse:

1. *No single treatment is appropriate for all individuals-* matching treatment to individual needs and problems is critical to treatment success.
2. *Have treatment facilities ready* once addicts do seek treatment as many addicts can be lost if immediate treatment is not provided.
3. *Effective treatment* attends to other needs of addicts, including medical, social, vocational and psychological needs.
4. *Treatment and services plans* must be assessed continually and modified as necessary to ensure that the plan meets his/her changing needs.
5. *Duration of treatment* directly affects its effectiveness; three months is often considered a milestone for clients to reach upon which further progress can be facilitated for ongoing recovery.
6. *Counseling* (individual and/or group) and other behavioral therapies are critical components of effective treatment for addiction.
7. *Medications* are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies.
8. *Co-existing mental disorders* should be treated in an integrated way.
9. *Detox* is usually a precursor to effective drug addiction treatment and involves the safe management of acute symptoms and withdrawal associated with stopping drug use.
10. *Treatment does not need to be voluntary* to be effective; sanctions or enticements can increase treatment entry, as well as retention and success rates.
11. *Possible drug use during treatment* must be monitored continuously through tests.
12. *Provide assessment for coexisting diseases* and counseling to help patients modify or change behaviors that increase risk of infection.
13. *Recovery can be a long-term process* and frequently requires multiple episodes of treatment as there is no “cure” for drug addiction.

(National Institute on Drug Abuse, 2009).

The following chart depicts locations where substance abuse treatment was received in the United States during 2008:



(U.S. Department of Health and Human Services, 2009)

In 2008, 20.8 million people with a substance abuse problem did not receive treatment. Of those people, only 4.8%, or 1.0 million people, reported feeling that they needed treatment. Of those who wanted treatment, 23.3% attempted to get treatment but were unable to find care (SAMHSA, 2009). On the other hand, full recovery after substance abuse treatment is possible. Based on data from the 2001-2002 National Epidemiologic Survey on Alcohol and Related Conditions, more than one-third (35.9%) of U.S. adults with alcohol dependence of more than one year were currently in full recovery. One-quarter (25%) of individuals with alcohol dependence of more than one year were still dependent, 27.3% were in partial remission, and 12.5% were asymptomatic risk drinkers with no symptoms but whose consumption increased the chance of relapse (Dawson, D., et al., 2005).

Services in Texas and San Antonio

In 2004, the Texas Commission on Alcohol and Drug Abuse integrated into the Texas Department of State Health Services (DSHS). This agency provides funding for the prevention, intervention, and treatment of substance abuse. They maintain contracts with approximately 200 Texas organizations that serve more than 750,000 people each year. DSHS receives more than \$130 million in federal funds and \$27 million in state general revenue, with additional funding from interagency contracts and fees (Texas Department of State Health Services, 2008). 2002 admissions information for some of the San Antonio region programs funded by DSHS/Texas Commission on Alcohol and Drug Abuse appears in the following chart:

Admissions to Texas Commission on Alcohol and Drug Abuse (TCADA) funded Substance Abuse Treatment Programs (2002)				
	Bandera	Bexar	Comal	Kendall
Adult				
Substance Abuse Treatment Clients	19	3,119	49	35
Average age of first use	17	20	18	19
Average age of admission	37	34	32	34
Youth				
Substance Abuse Treatment Clients	<4	373	11	<4
Average age of first use	n/a	12	12	n/a
Average age of admission	n/a	16	16	n/a

(Texas Department of State Health Services, n.d.)

According to the Substance Abuse & Mental Health Services Administration (SAMHSA, n.d.), there are 31 substance abuse treatment facilities located in San Antonio and another 35 situated within a 100 mile-radius. Six of the San Antonio facilities offer detoxification services in addition to their other programs (SAMHSA, n.d.). Locally, Lifetime Recovery (formerly known as the Alcoholic Rehabilitation Center of Bexar County), the Alpha Home, and the Patrician Movement are all partially state funded. Lifetime Recovery (2009) provides counseling, education, and training classes. The Alpha Home (n.d.) treats only women and currently provides residential care to women with children and outpatient treatment to women with and without children. At the current time, this organization has begun charging for their services. The Patrician Movement (n.d.) also offers many services, including detoxification, inpatient, and outpatient treatments, which can all be subsidized through state funding.

In 2006, 523 Texas substance abuse treatment facilities responded to the National Survey of Substance Abuse Treatment Services (N-SSATS). It was reported that there were 34,099 people involved in substance abuse treatment in Texas on March 31, 2006. Other information about the type of facilities, services, and payment options offered throughout Texas is listed in the following chart:

2006 Texas Substance Abuse Treatment Services		
<i>Type of facility</i>	<i>Number of Facilities</i>	<i>Number of Clients</i>
Private non-profit	251	12,246
Private for-profit	224	17,283
Local government	15	1,217
State government	12	560
Federal government	20	2,776
Tribal government	1	17
Focus of facility		
Substance abuse treatment	388	27,918
Mental health services	36	959
Both mental health and substance abuse	82	3,519
Type of abuse treated		
Drugs	364	14,158
Alcohol	323	3,966
Drugs and alcohol	408	15,942
Total	463	34,099
Type of Care		
Outpatient	431	83%
Residential	162	31%
Hospital Inpatient	50	10%
Type of payment accepted		
Cash	472	90%
Private health insurance	308	59%
Medicare	122	23%
Medicaid	187	36%
Sliding fee scale	290	55%
No charge for clients who cannot pay	293	56%
No payment charged	19	4%

(SAMHSA, 2006)

Alcoholism and substance abuse continue to be major health problems in the United States. According to the Physician Leadership on National Drug Policy (2002), law enforcement costs 15 times more than drug treatment to achieve the same degree of benefit in reduced cocaine consumption, reduced crime and reduced violence. Treatment methods that are designed according to individual needs and a strong support system are critical in overcoming such disorders.

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