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# What works in treating substance use disorders?

Exploring the mystery & finding a few answers

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The background of the slide is a close-up photograph of several red plastic cups, some of which are tipped over, creating a sense of motion or aftermath. The cups are a vibrant red color and have a glossy finish. A semi-transparent white circle is overlaid on the left side of the image, containing the main text and a list of statistics.

## Young adulthood – A period of heavy use?

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- 1 in 3 report binge drinking in the past 30 days<sup>1</sup>
- 1 in 11 is a heavy drinker<sup>1</sup>
- 1 in 10 has an AUD<sup>1</sup>
- 1 in 7 has SUD<sup>1</sup>
- > 43% of 19 to 22-year-olds used THC in past year<sup>2</sup>

<sup>1</sup>2018 National Survey on Drug Use & Health

<sup>2</sup>NIDA (2019) Marijuana use at Historic Highs among college age adults



92.6%

of US population

had NO  
past year  
substance use  
disorder

7.4%

alcohol: 73%  
cannabis: 22%

Rx pain  
cocaine  
meth  
heroin

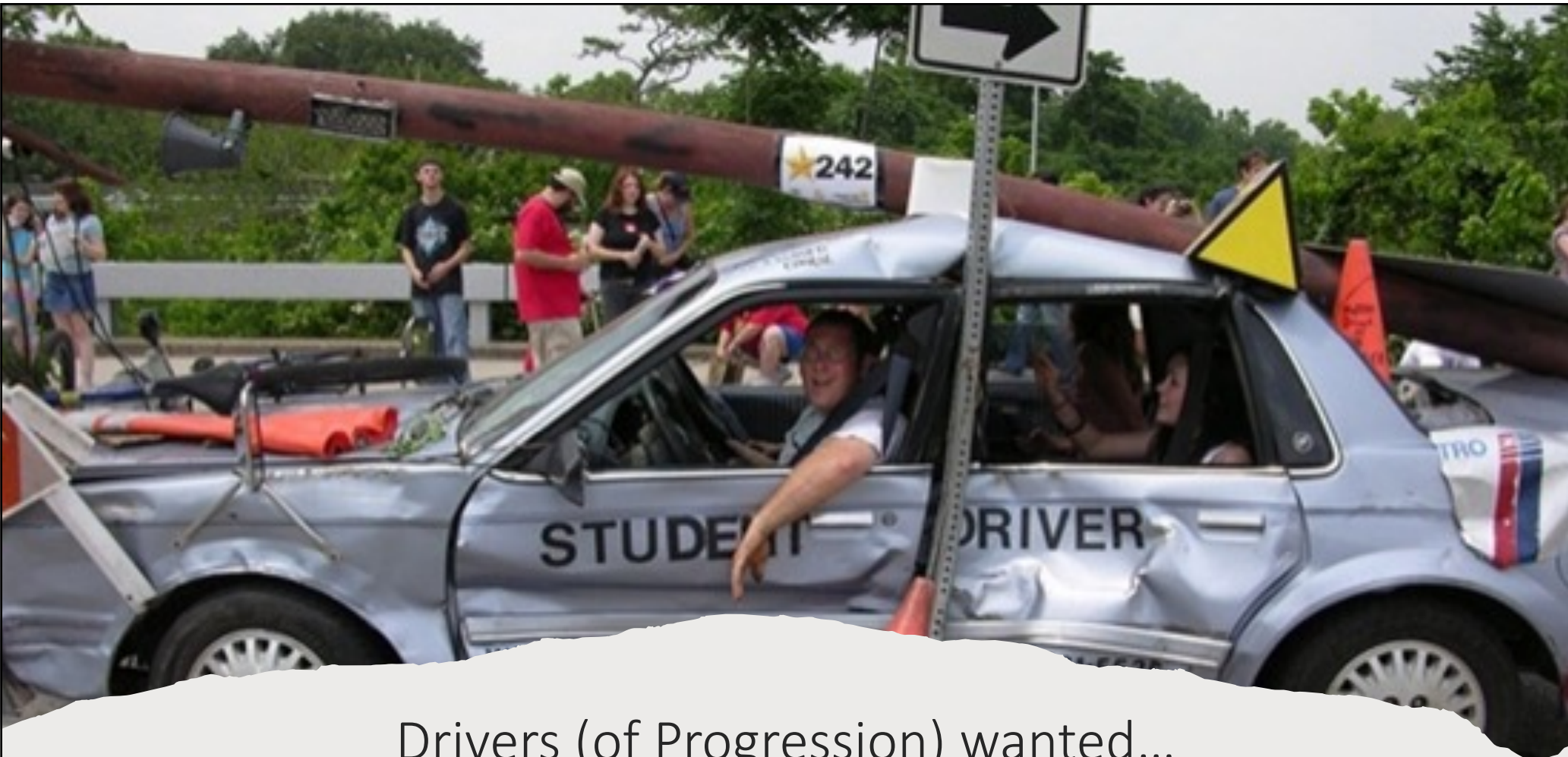
21%





Kind of person?





Drivers (of Progression) wanted...



# Biology

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- Family History
- Unusual Pleasurable Response
- High Tolerance

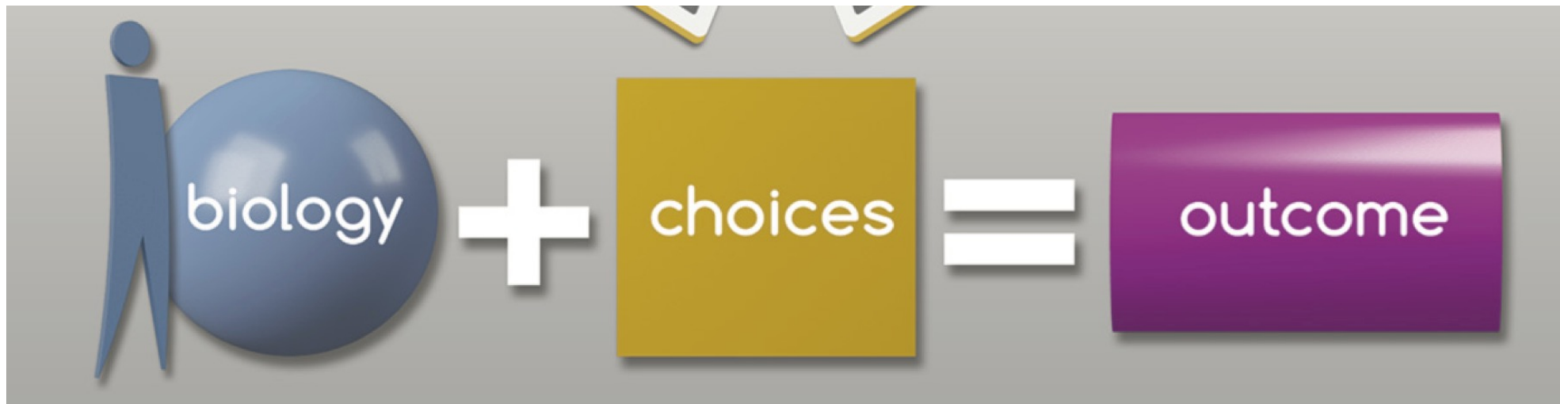


A row of several glasses of beer, likely pilsners, are lined up on a wooden surface. The glasses are filled with a golden beer and topped with a thick layer of white foam. The focus is sharp on the glasses in the foreground, while the ones in the background are slightly blurred, creating a sense of depth. The lighting is warm and soft, highlighting the texture of the foam and the clarity of the beer.

# Two Types of Tolerance

Physical & Mental

# A Simple Formula





# Psychological Factors



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## Social Factors



psychological  
influences

social  
influences



+

choices

=

outcome



Life-Style Related Health Problems



low-risk guidelines

0 1 2 3

peripheral

important

core

