

Substance Use Disorders: How to Identify When Help is Needed

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Colorado Market



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Objectives



- Review types of changes that can occur or be observed in someone suffering from SUD
- Discuss how to approach a friend or family member who may need help
- Learn tools that can be used to guide someone to a higher level of care



WHO IS AFFECTED?

**7.7
MILLION**

Adults have co-occurring mental and substance use disorders. This doesn't mean that one caused the other and it can be difficult to determine which came first.

Of the 20.3 million adults with **substance use disorders**,

37.9%

also had **mental illnesses**.



Among the 42.1 million adults with **mental illness**,

18.2%

also had **substance use disorders**.



Source: Han, et al. Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders. 2017.

“46% of U.S. adults say they have a family member or close friend who is addicted to drugs or has been in the past”

Source:

[46% in U.S. have friend or family member who's been addicted to drugs | Pew Research Center](#)



For more information about finding treatment for yourself or a loved one, visit drugabuse.gov/related-topics/treatment.



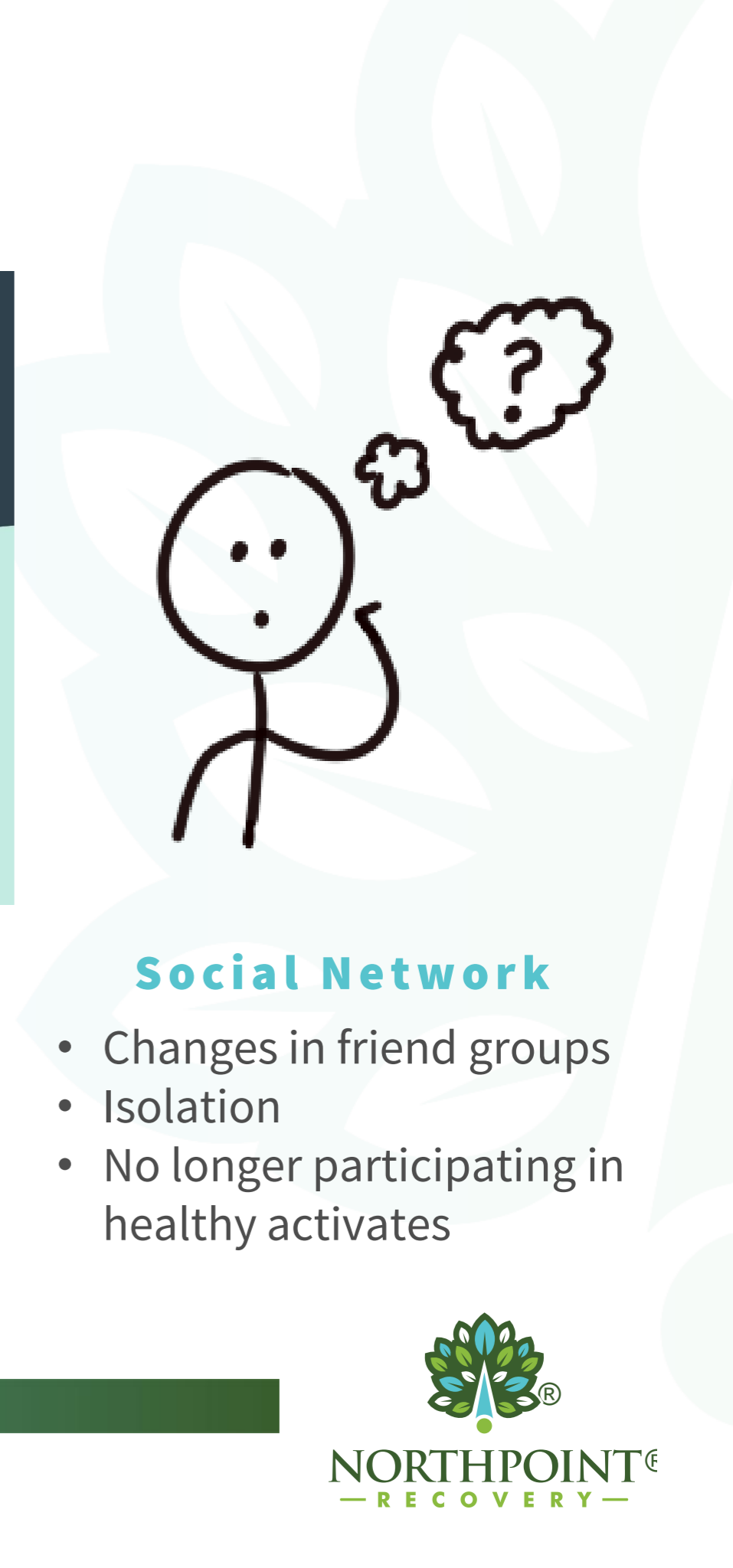
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What to Look for

Physical Signs of Addiction

The infographic features five icons on a light green background with a dark blue header. From left to right: a pair of eyes, a nose, a bandage, a person, and a person with a dizziness symbol. Each icon is accompanied by a text label describing a physical sign of addiction.

- Bloodshot or droopy eyes
- Bloody, runny or sniffling nose
- Pale skin, bruises or track marks
- Weight loss or weight gain
- Lack of coordination & slurred speech



Appearance

- Hygiene
- Personality
- Exhibiting Unusual Behavior

Daily Routine

- Sleeping & Eating Patterns
- Eating Patterns

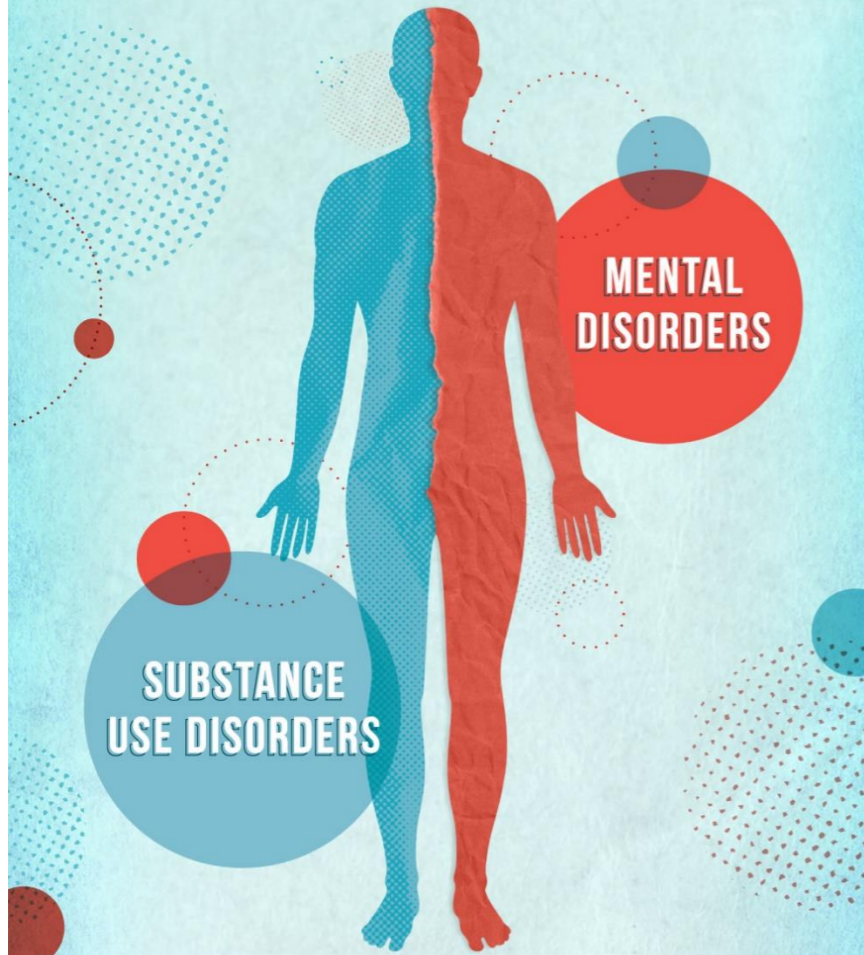
Social Network

- Changes in friend groups
- Isolation
- No longer participating in healthy activities



COMORBIDITY

Substance Use and Other Mental Disorders



**MENTAL
DISORDERS**

**SUBSTANCE
USE DISORDERS**

COMORBIDITY:

When a person has two or more disorders at the same time or one after the other. This occurs frequently with substance use and mental disorders. Comorbidity also means that interactions between these two disorders can worsen the course of both.

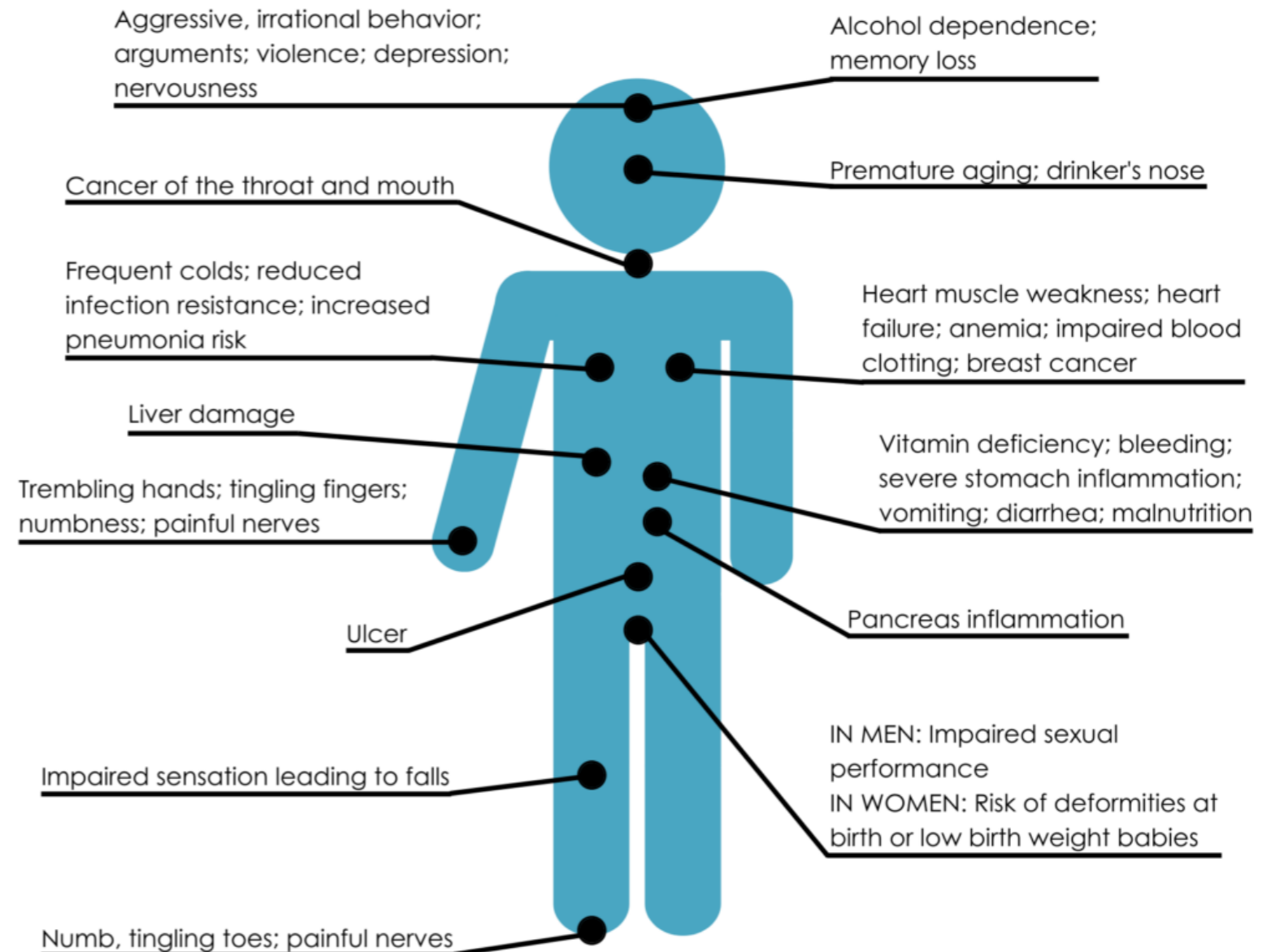
Source: Han B, Compton WM, Blanco C, Colpe LJ. Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders. *Health Aff Proj Hope.* 2017;36(10):1739-1747. doi:10.1377/hlthaff.2017.0584



NIH National Institute on Drug Abuse

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Physiological Effects of Heavy Drinking



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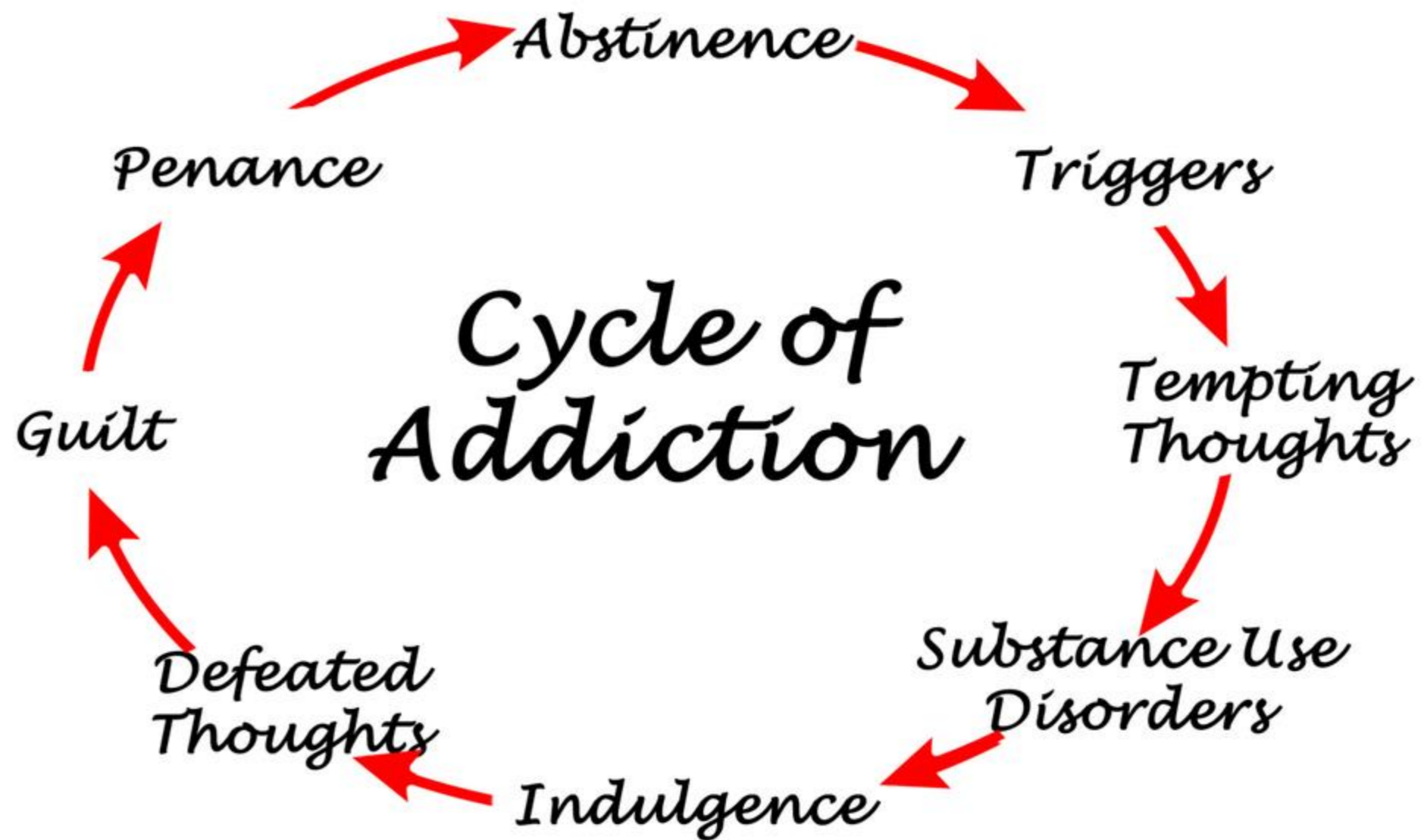
Approaching A Loved One



DOS AND DON'TS OF HELPING A SUFFERING FAMILY MEMBER

- ✗ Don't Become An Enabler**
- ✗ Don't Sweep The Issue Under The Rug**
- ✓ Help Your Loved One Seek Professional Help**
- ✓ Approach With Honesty and Open Communication**





**Figure 1. Substance Use Disorder
Continuum of Care**



About Northpoint Colorado

Levels of Care

- Inpatient Detox Services
- 28 Day Residential Treatment
- Day Program – 5 days/week
9-2pm; lunch included
- Intensive Outpatient
- (In-Person & Virtual)-Up to 5 per
days/week- morning, midday and
evening hours



What We Offer



New Modern Facility

- Admission and IOP Group Check-in
- BA's & UA's
- Assessments
- Firepit and Seating Available
- Mini Golf and Gazebo offered in Courtyard
- 2 Fitness Centers
- Alumni Services Offered



Private Room & Bath

- Ipads provided for patients detoxing
- 24/7 Nursing Support
- Beautiful Mountain Views
- View of Boyd Lake in Loveland, CO



Cafeteria

- Provide 3 meals and 2 snacks per day
- Coffee, Tea, Soda, Juice & Water available 24/7





Thank you!

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