



FOOD, MOOD & SUBSTANCE USE *Symposium*

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Nancy A. Roget, MS, MFT, LADC



Pacific Southwest **ROTA-R**

Substance and alcohol use disorders impose large health and economic burdens on individuals, families, communities, and society.

(Uhl, Koob, and Cable, 2019)

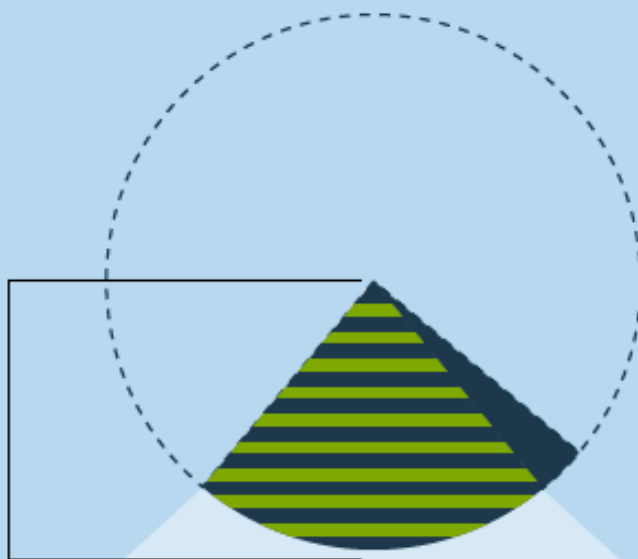


Pacific Southwest **ROTA-R**

Illicit Drug Use in the Past Year

NSDUH asked respondents aged 12 or older about their use of drugs in the 12 months before the interview.

70.3 million
1 in 4
(24.9%) used
illicit drugs in
the past year.



24.7 million
(8.8%) used illicit drugs
other than marijuana in
the past year.



61.9 million
(22%) used marijuana
in the past year.

Central Nervous System Stimulant Misuse in the Past Year

NSDUH asked respondents aged 12 or older about their use of types of central nervous system (CNS) stimulants in the 12 months before the interview.

Misuse of CNS Stimulants 10.2 million people

Among people aged 12 or older, 3.6% misused CNS stimulants, including 1.9% who used cocaine, 1.5% who misused prescription stimulants, and 1.0% who used methamphetamine.



Cocaine Use
5.3 million



Misuse of Prescription Stimulants
4.3 million



Methamphetamine Use
2.7 million

Fentanyl Misuse in the Past Year



Illegally made fentanyl (IMF)

IMF is sometimes present in products that are sold as heroin or in counterfeit prescription drugs. However, people who use IMF are often not aware they are doing so.



991,000 (0.4%)

misused prescription fentanyl or used IMF in the past year.

686,000 (0.2%)

used IMF in the past year.

Misuse of fentanyl is relatively rare,

with around 1 in 250 people having misused fentanyl in the past year.

This includes IMF, which was used by around 1 in 500 people in the past year.

Because people who used IMF may have been unaware that they used it, caution must be taken in interpreting estimates of IMF use; these estimates are almost certainly a substantial underestimate of true IMF use.⁵

Briefly, in the US in 2022...

- Drug overdose deaths exceeded almost **108,000**
- **70.3 million** people used an illicit substance in the last year
- **1 in 30** people aged 12 or older misused CNS stimulants
- **17.3%** of the population had an SUD



About 107,500 people died from a drug overdose in 2023, according to data from the US Centers for Disease Control and Prevention's National Center for Health Statistics — about 3,500 fewer than in 2022.

Substance misuse impacts approximately half of all families living in the United States. (Saad, 2019)



An estimated 321,566 children lost a parent to drug overdose in the US from 2011 to 2021, with significant disparities evident across racial and ethnic groups.

(Jones, et al., 2024)

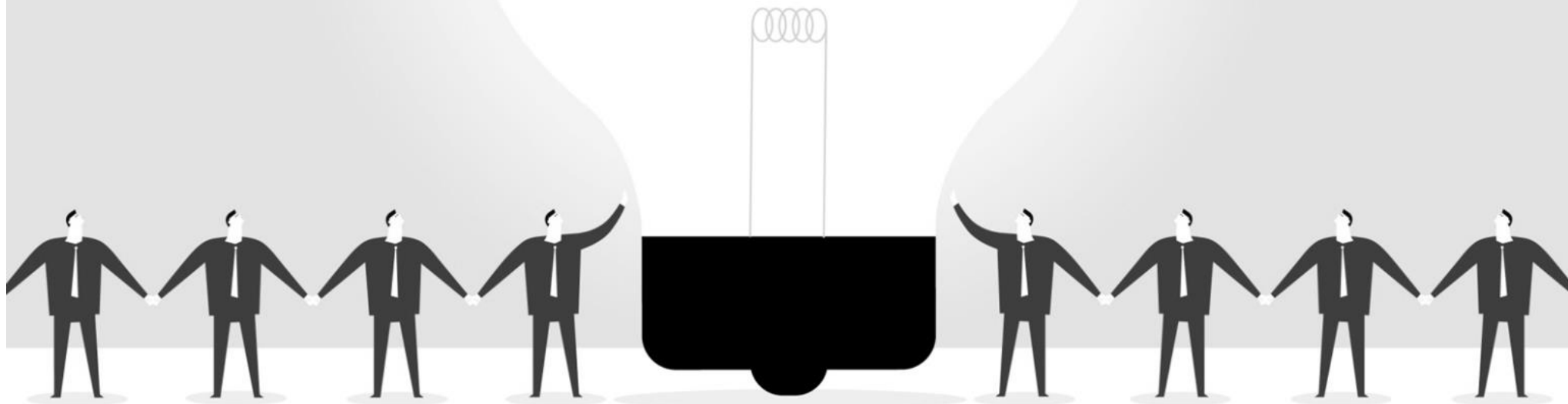


Adult Recovery in the Past Year

NSDUH asked respondents aged 18 or older whether they thought they ever had a problem with their use of drugs or alcohol. Respondents were also asked whether they ever had a problem with their mental health.



There is a growing consensus that recovery is more than simply abstinence from alcohol and other drugs.



Definition of Recovery

'An individualized, intentional, dynamic, and relational process involving sustained efforts to improve wellness.'



SAMHSA

has delineated

4 major dimensions

that support a life in RECOVERY

Health, Home, Purpose, & Community

According to people identifying as being in recovery, recovery is...

- A process of growth or development.
- Being honest with myself.
- Taking responsibility for the things I can change.
- Reacting to life's ups and downs in a more balanced way than I used to.

4 Challenges for People Living in Frontier/Rural Areas Seeking SUD Treatment/Recovery

Accessibility

Distance people must travel to reach an urban area large enough to support behavioral health care services, with some residents traveling over one hour one-way.

Affordability

SUD treatment/recovery services are difficult to sustain due to high delivery costs which impacts the affordability of services- Medicare recognizes cost factors and has payment considerations

Availability

Workforce shortages negatively impact the availability of SUD treatment/recovery services.

Acceptability

The perceived lack of confidentiality and support for entering treatment in small community influences the acceptability of entering treatment (stigma)

Stigma

- **‘Stigma is a social construct wherein negative attitudes are assigned to a group of people, resulting in prejudice and discrimination.’**

(Link & Phelan, 2001)

- Stigma drivers-
 - factors fueling stigma, such as fear of people who use drugs
 - facilitator influences that can either increase or decrease stigma depending on exposure
- Health stigmas intersect with other stigmatized identities, such as race, gender, or socioeconomic status.

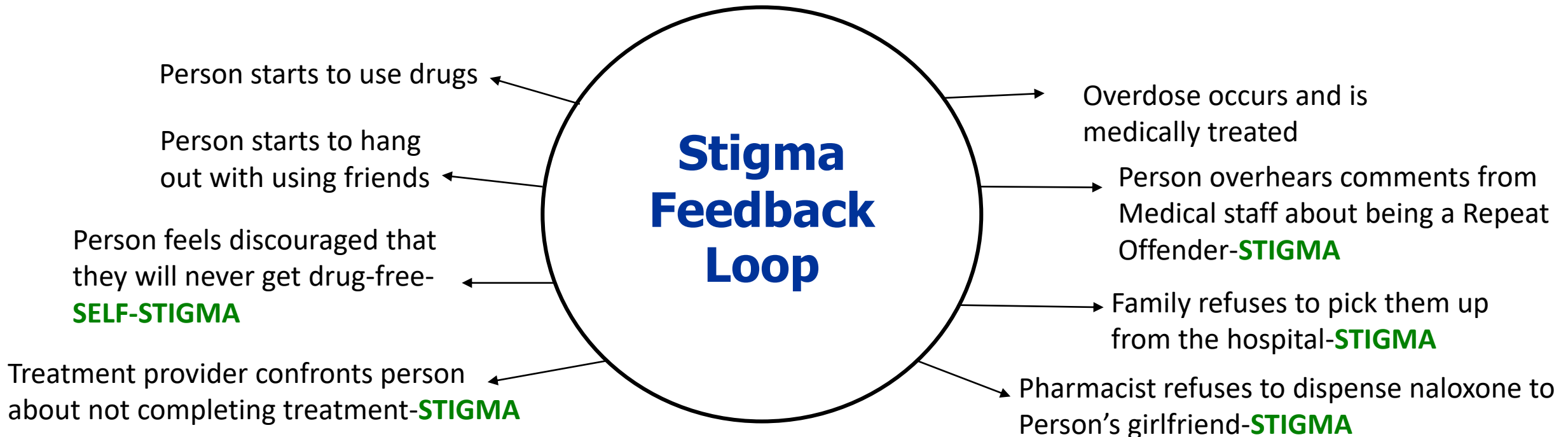
STIGMA

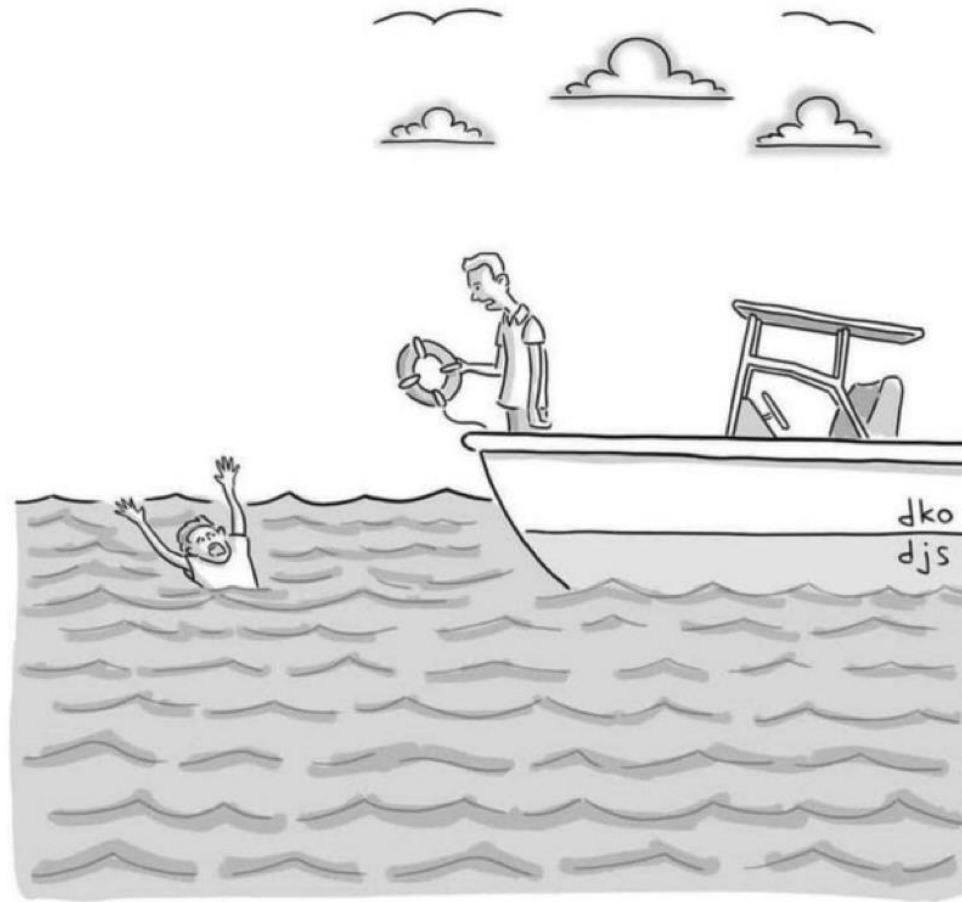
STIGMA

STIGMA

Stigma

- The cultural and religious landscapes in many rural areas often emphasize addiction as a moral failing and encourage **self-reliance and self-sufficiency** over **help-seeking and social support**.
- If a PWUD experiences stigma during their treatment of an overdose, their risk of future overdoses increases



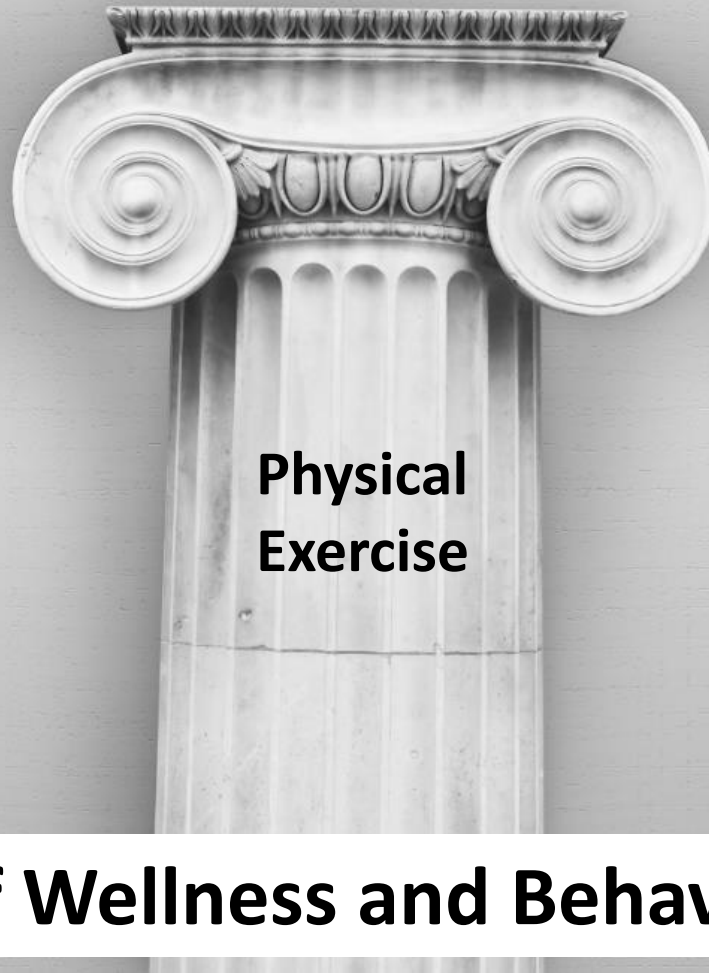


“How do I know you won’t use this for drugs?”

Serving Rural People/Communities



**Substance
Use
Prevention,
Treatment
& Recovery**



**Physical
Exercise**



Nutrition

Pillars of Wellness and Behavioral Health

Serving Rural People/Communities

Pillar of Wellness and Behavioral Health

