

Substance Use Disorder, Trends, & Treatment Resources

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What is a Substance Use Disorder (SUD)?

- ▶ A brain disease expressed as a compulsive behavior
- ▶ The continued abuse of alcohol or drugs, despite negative consequences
- ▶ A chronic, potentially relapsing disorder

What causes SUD?

- ▶ Biology- genetic factors account for about half of addiction vulnerability
- ▶ Environment- factors such as peer pressure, abuse, stress, and parental involvement
- ▶ Early adolescent use increases risk of SUD

Substance Use Trends: What's happening now?

Substance Use Trends

- ▶ Heavy marijuana use: “I have used marijuana on 10 or more days in the past month.” --12% of Thurston County 12th graders (HYS 2014)
- ▶ Marijuana is perceived as not harmful: “No/low risk from using once or twice a week.” -- 46% of Thurston County 12th graders (HYS 2014)
- ▶ Problem or heavy drinking “3 or more days in the past month and/or one or more binge drinking episodes.” -- 22% of Thurston County 12th graders (HYS 2014)

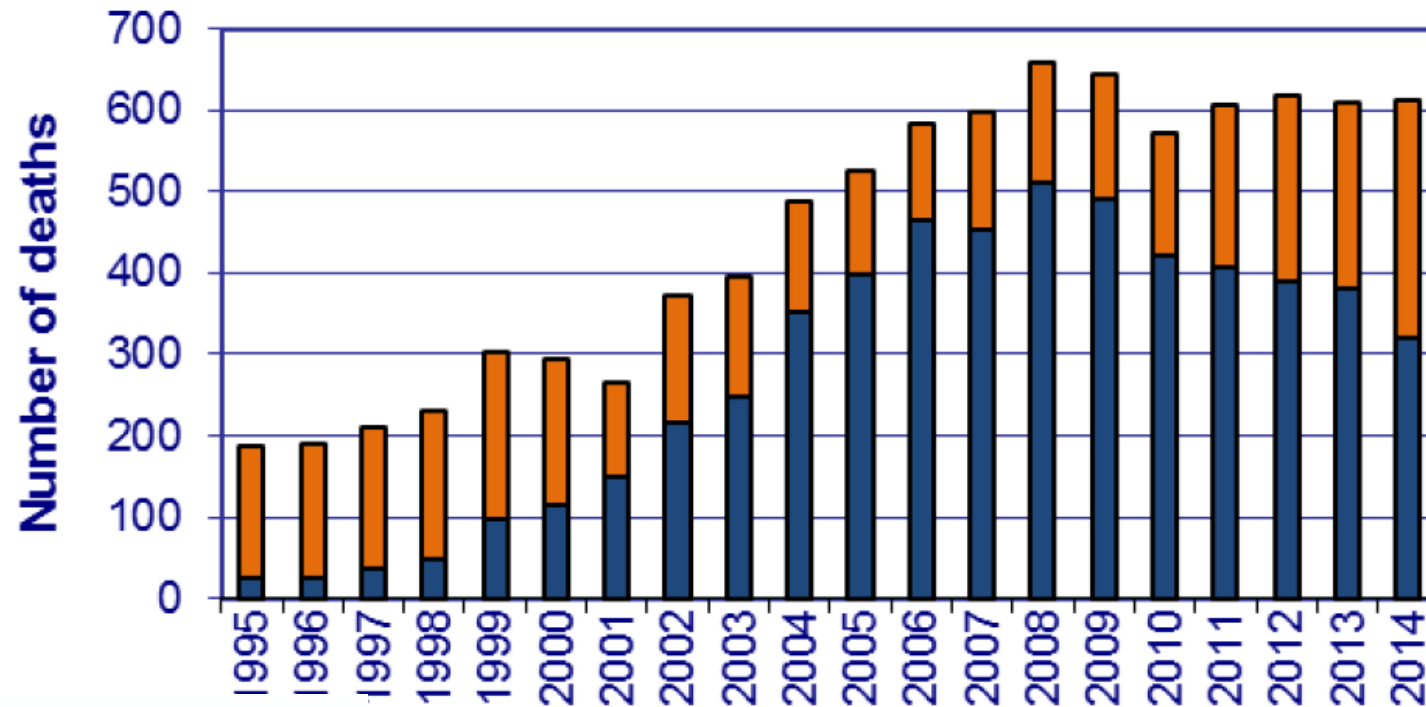
Substance Use Trends: What SUD treatment agencies are seeing..

- ▶ Significant increase in “dabbing” and edibles
- ▶ THC levels up to 4 times higher in urinalyses
- ▶ Emergency Department reports higher incidents of Marijuana psychosis

A Nationwide Opioid Epidemic

- ▶ Opioids are drugs that reduce the transmission of pain signals throughout the body.
- ▶ Opioids are prescribed as Vicodin, Percocet, Morphine, etc., or used illicitly as Heroin.
- ▶ 52,404 Americans died from drug overdose in 2015, according to the Centers for Disease Control and Prevention.

A Nationwide Opioid Epidemic



What resources are available?



Thurston-Mason Behavioral Health Organization (TMBHO) administers mental health and substance use disorder services for publicly funded citizens of Thurston and Mason Counties.



SUD Treatment in Thurston County

- ▶ Outpatient
- ▶ Residential
- ▶ Detox
- ▶ School-based treatment
- ▶ Community-based treatment
- ▶ Co-Occurring Disorders



Treatment in Thurston County

2015

- ▶ Adult Outpatient: 1,200
- ▶ Youth Outpatient: 300

2016

- ▶ Adult Outpatient: 1,963
- ▶ Youth Outpatient: 350

SUD Residential Treatment

2015

- ▶ Adult: 470
- ▶ Youth: 65

2016

- ▶ Adult: 785
- ▶ Youth: 96

Treatment Providers

Outpatient Substance Use Disorder Treatment Providers

- Alternatives Professional Counseling
- Behavioral Health Resources
- Crisis Clinic of Thurston and Mason Counties
- Evergreen Treatment Services - South Sound Clinic
- Family Education and Support Services
- Northwest Resources
- Pierce County Alliance -Thurston County Drug Court
- Providence St. Peter Chemical Dependency Center
- Sea Mar Community Health Center
- True North Student Assistance Program - ESD 113

Treatment Providers

Residential Substance Use Disorder Treatment Providers

- Daybreak Youth Services
- Northwest Resources
- Prosperity Wellness Center
- Lifeline Connections
- Olalla Recovery Center
- Seadrunar
- American Behavioral Health Systems Inc.
- Cowlitz Family Health Center
- Excelsior Youth Center
- New Horizon Care Centers
- Pioneer Human Services
- Sea Mar (Adults & Youth)
- Sundown M Ranch (Adults & Youth)
- Triumph Treatment Services

Resources

- www.tmbho.org
- <http://www.co.thurston.wa.us/health/personalhealth/chronicdiseaseprevention/marijuana.html>
- www.Stopoverdose.org
- <http://adai.uw.edu/wastate/thurston.htm>
- <http://www.crisis-clinic.org/>
- For questions or a copy of this presentation, please contact: Joe Avalos
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