

# Shining a Light on Drug Addiction

New York has among the highest number of people using illegal drugs in America. Marijuana along with prescription medication, including sedatives, pain killers, tranquilizers and stimulants are the most used.

## Some facts:



- 1 in 10 Americans suffer from a Substance-Use Disorder.
- 5 in 10 Americans have a loved one suffering from a Substance-Use Disorder.

## Debunking myths about Addiction

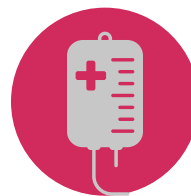
### Addiction is not:

- a sign of weakness, failure, laziness. **It is a chronic, debilitating disease**, and people don't want it any more than they want diabetes or cancer.
- a choice, **RECOVERY IS A CHOICE!**

## What are some of the causes of Addiction?



**Negative life events and stress i.e. trauma**



**Serious medical and/or mental illness**



**Family history and genes**

## Common symptoms related to **Addiction**

**Substance use disorders have a range of psychological, physical, and social effects.** The main symptom of an addiction is a **problematic pattern of use**. Other symptoms include:

- Taking the substance **in larger amounts** or for longer than you're meant to
- Wanting to **cut down** and/or unsuccessful attempts to cut down
- Spending a lot of **time** getting, using, or recovering from use of the substance
- **Cravings and urges** to use the substance
- Not managing to do what you should at work, home, or school because of substance use.
- Continuing to use, even when it **causes problems in relationships**
- Giving up important social, occupational, or recreational activities
- Using substances again and again, even when it **puts you in danger**
- Continuing to use, even when you know you have a **physical or psychological problem** that could have been caused or made worse by the drug
- Increased **tolerance**
- **Withdrawal**

## What are some effective treatments of **Addiction** for adults?



### **Psychological treatment**

such as Cognitive Behavioral Therapy (CBT) treats addiction by helping you cope with stressors, regulate your emotions, and identify and change unhelpful thoughts and behaviors.



### **Addiction treatment**

- Detoxification programs
- Outpatient programs
- Inpatient programs
- Medication Assisted Treatment
- Sober Housing
- Peer-support groups (Twelve-step programs) are strongly encouraged

## Where to get help?

### **NYC Employee Assistance Program (EAP)**

Email: [eap@olr.nyc.gov](mailto:eap@olr.nyc.gov)

212.306.7660