

to drink or use drugs before the age of 15 are four times more likely to become addicted than if they wait until they are 21 to drink, regardless of other hereditary or environmental factors.

Getting Help

Effective substance abuse prevention programs teach skills and support the development of a healthy lifestyle that includes:

- Having good relationships with family and friends
- Involved parents who set and enforce rules
- Success in school
- Involvement with family, school and religious organizations
- A belief that illegal drug use is unacceptable

Your local healthcare or mental health professional can suggest ways to cope and better understand substance abuse problems. There is a network of mental health facilities in the Kansas City metro area that can help with these problems. The Community Mental Health Centers listed provide a network of treatment, referrals and support. For more information, visit our website at www.mentalhealthkc.org.

Resources

Treatment and Information Community Mental Health Centers

MISSOURI

Comprehensive Mental Health Services, Inc.
10901 Winner Road
Independence, MO 64052
816-254-3652
www.thecmhs.com

ReDiscover

901 NE Independence
Lee's Summit, MO 64086
816-246-8000

TMC Behavioral Health

300 W. 19th Terrace
Kansas City, MO 64108
816-467-1400
www.trumed.org

Swope Health Services

3801 Blue Parkway
Kansas City, MO 64130
816-923-5800
www.swopeparkway.org

Tri County Mental Health Services

3100 NE 83rd Street
Kansas City, MO 64119
816-468-0400

KANSAS

Johnson County Mental Health Center
6000 Lamar, Suite 130
Mission, KS 66202
913-831-2550
<http://mentalhealth.jocogov.org>

Wyandot Centers

3615 Eaton Street
Kansas City, KS 66103
913-831-9500
www.kumc.edu/wmhc

Mental Health America of the Heartland

739 Minnesota Ave.
Kansas City, KS 66101
913-281-2221
HelpLine 913-281-1234

Substance Abuse



Substance Abuse

Alcohol and other drug abuse and addictions are major health and safety concerns in the United States, with costs running into the billions of dollars annually for health care, related injuries and loss of life, property destruction, loss of productivity and more. The information in this fact sheet will help you to recognize risk factors and symptoms of substance abuse and where you can go locally to get help.

Did you know?

- Alcohol is the most commonly used addictive substance in the United States-17.6 million people, or one in every 12 adults, suffer from alcohol abuse or dependence. An estimated 20 million Americans aged 12 or older used an illegal drug in the past 30 days.
- Overall, an estimated 48 million people have abused prescription drugs, representing nearly 20% of the U.S. population.
- Up to 40% of all hospital beds in the United States (except for those being used by maternity and intensive care patients) are being used to treat health conditions that are related to alcohol consumption
- Nearly 13,000 people are killed each year in alcohol-related accidents. Hundreds of thousands more are injured. Alcohol-related crashes cost taxpayers over \$100 billion
- The estimated cost of drug abuse to society exceeds \$190 billion, including \$130 in lost productivity, \$20 billion in health care costs and \$40 billion in legal costs.

- Nearly 80% of offenders in jail and prison inmates abuse drugs or alcohol, with nearly 50% clinically addicted. Approximately 60% of individuals arrested for most types of crimes test positive for illegal drugs at arrest.

Statistics from the National Mental Health Association and National Council on Alcoholism and Drug Dependency.

Risk Factors For Substance Abuse Problems

The causes of alcohol or other drug abuse and addiction are complex, with heredity, environment, and social factors all playing a part. However, some specific risk factors are associated with substance abuse by youth.

These risk factors are:

- Children of alcohol and other drug-abusing parents are at higher risk for
- Poor parenting skills
- Lack of positive relationships
- Poor social skills
- Gets easily frustrated
- Poor school performance
- Excessively shy and/or aggressive behavior
- Socializing with others who abuse drugs and/or alcohol

It is important to address risk factors early. The younger a person starts drinking or using drugs, the more likely that person is to develop an addiction. In fact, young people who begin

Signs and Symptoms of Abuse and Addiction

This self-administered tool can help you decide if you or a loved one needs substance abuse help. Ask these four questions:

C – Have you ever felt the need to **C**ut down on your drinking/drug use?

A – Do you get **A**nnoyed at criticism by others about your drinking/drug use?

G – Have you ever felt **G**uilty about your drinking/drug use or something you have done while drinking or using other drugs?

E – **E**ye-opener: Have you ever felt the need for a drink early in the morning?

Although denial may be a problem for some people, one positive answer provides an indication that the person may be at risk for developing a problem with alcohol or other drugs.