Mental Health and Substance Use Disorders:

Information gathered from the Substance Abuse and Mental Health Services Administration (SAMHSA)

Co-occurring Mental and Substance Use Disorders
The coexistence of both a mental health and a substance use disorder is referred to as co-occurring disorders. It has also been referred to as Dual diagnosis and MISA treatment.

According to SAMHSA’s 2014 National Survey on Drug Use and Health (NSDUH) approximately 7.9 million adults had co-occurring disorders in 2014. During the past year, for those adults surveyed who experienced substance use disorders and any mental illness, rates were highest among adults ages 26 to 49 (42.7%). For adults with past-year serious mental illness and co-occurring substance use disorders, rates were highest among those ages 18 to 25 (35.3%) in 2014. (https://www.samhsa.gov/disorders, retrieved 01/08/2019)

Alcohol Use Disorders:
Data from the National Survey on Drug Use and Health (NSDUH) show that in 2014, slightly more than half (52.7%) of Americans ages 12 and up reported being current drinkers of alcohol. Most people drink alcohol in moderation. However, of those 176.6 million alcohol users, an estimated 17 million have an Alcohol Use Disorder (AUD).

Alcohol use by students in grades 9-12 in Pennsylvania in 2017: HHS.gov
Use before age 13: 12%
30 day use (used in 30 day period prior to survey) 31%
Binge* drank at least once in 30 day period prior to survey 13%

Marijuana use by students in grades 9-12 in Pennsylvania in 2017:
Lifetime use (ever used) 33%

Misuse of Pain relievers in students in grades 9-12 in Pennsylvania in 2017:
Used drug not prescribed by Dr., or misused a prescription: 3%

The definitions for the different levels of drinking include the following:

**Moderate Drinking**-According to the Dietary Guidelines for Americans, moderate drinking is up to 1 drink per day for women and up to 2 drinks per day for men.

**Binge Drinking**-SAMHSA defines binge drinking as drinking 5 or more alcoholic drinks on the same occasion on at least 1 day in the past 30 days. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines binge drinking as a pattern of drinking that produces blood alcohol concentrations (BAC) of greater than 0.08 g/dL. This usually occurs after 4 drinks for women and 5 drinks for men over a 2 hour period.

**Heavy Drinking**-SAMHSA defines heavy drinking as drinking 5 or more drinks on the same occasion on each of 5 or more days in the past 30 days.

(https://www.samhsa.gov/disorders/substance-use)
SUBSTANCE USE DISORDERS: DEFINITION AND CRITERIA: DSM V definition and criteria:

Substance use disorder in DSM-5 combines the DSM-IV categories of substance abuse and substance dependence into a single disorder measured on a continuum from mild to severe. Each specific substance (other than caffeine, which cannot be diagnosed as a substance use disorder) is addressed as a separate use disorder (e.g., alcohol use disorder, stimulant use disorder, etc.), but nearly all substances are diagnosed based on the same overarching criteria. In this overarching disorder, the criteria have not only been combined, but strengthened.

Whereas a diagnosis of substance abuse previously required only one symptom, mild substance use disorder in DSM-5 requires two to three symptoms from a list of 11; four or five symptoms is moderate concern; six or more is severe substance use disorder.

11 Criteria:

1. Taking the substance in larger amounts or for longer than you're meant to.
2. Wanting to cut down or stop using the substance but not managing to.
3. Spending a lot of time getting, using, or recovering from use of the substance.
4. Cravings and urges to use the substance.
5. Not managing to do what you should at work, home, or school because of substance use.
6. Continuing to use, even when it causes problems in relationships.
7. Giving up important social, occupational, or recreational activities because of substance use.
8. Using substances again and again, even when it puts you in danger.
9. Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance.
10. Needing more of the substance to get the effect you want (tolerance).
11. Development of withdrawal symptoms, which can be relieved by taking more of the substance.

Drug craving will be added to the list, and problems with law enforcement will be eliminated because of cultural considerations that make the criteria difficult to apply internationally.