

# Substance Use Disorders (SUDs)



## Initiation and Engagement/Treatment (IET)

Drugs are chemical substances that can change how your body and mind work. They include prescription medicines, over-the-counter (OTC) medicines, alcohol, tobacco, and illegal drugs. Often, these result in what is called substance use disorder (SUD). SUD is the continued use of drugs/substances with negative consequences. Disorder occurs when a person becomes dependent on a substance.

SUBSTANCES COMMONLY USED:	CONSEQUENCES & SYMPTOMS:
Alcohol, barbiturates, benzodiazepines (Valium, Ativan, Xanax), chloral hydrate, and paraldehyde	<p>Sudden and/or ongoing:</p> <ul style="list-style-type: none"><li>• Problems at work, school, home, or in personal relationships</li><li>• Poor hygiene</li><li>• Problems with the law</li><li>• Health problems</li><li>• Major appetite and eating changes</li><li>• Physical risks that come with using drugs in dangerous situations</li><li>• Mood swings and/or losing interest in favorite things</li></ul>
Heroin, opioids, codeine, and narcotic pain medicines (prescribed and not prescribed)	
Cocaine and amphetamines (methylphenidate or Ritalin)	
Inhalants (gases, aerosols, and/or solvents)	
LSD, mescaline, psilocybin, mushrooms, and phencyclidine (PCP/angel dust)	
Marijuana (cannabis, weed, or hashish)	

### The Dangers of SUD

Drug use is dangerous and can harm you and/or other people around you. Drug use can lead to addiction. Drug addiction causes a person to take drugs repeatedly, which can change the brain and result in relapsing. SUD and mental illness can occur at the same time and may be diagnosed together.

### Treatment & Support

Treatment begins with recognizing the problem. The next step is getting the help and support you need. Treatments for drug addiction include counseling, medicines, or both. Research shows that combining medicines with counseling provides the best chance of success.

<p><b>Drug overdose:</b></p> <p>May need emergency treatment in the hospital.</p> <p><b>Call: 911</b></p>	<p><b>Detox:</b></p> <p>Is to withdraw from the substance while being monitored by trained medical staff. Usually, this is the first step in treatment (can last seven days).</p>	<p><b>Medicines:</b></p> <p>Are to relieve and control withdrawal symptoms. May also be used to help re-establish normal brain function and decrease cravings.</p>
<p><b>Support groups:</b></p> <p>Are community groups where you talk about fears, frustrations, and anxieties with others who have the same condition and find ways to cope.</p>	<p><b>Talk therapy:</b></p> <p>May occur in individual, family, or group settings. Therapy can help you learn about your illness and ways to cope with symptoms/side effects.</p>	<p><b>Family &amp; friends:</b></p> <p>Are the people you go to for extra support. Let them know what they can do to support you through your recovery.</p>

### Important Phone Numbers

Call **988** if you have concerns about SUD, thoughts of suicide or self-harm, and/or ongoing anxiety or depression.

Call **911** if you or someone around you has overdosed, is in life-threatening danger, is experiencing a medical emergency, or feels unsafe.

Call Member Services at **1-877-617-0390 (TTY: 1-877-617-0392)** if you want a Care Manager to work with you and your doctor to get you the care you need.

### Where to Go for Care

Information about where to go for care is available on our website at [Ambetter.ARHealthWellness.com](https://Ambetter.ARHealthWellness.com).



### References:

- <https://medlineplus.gov/druguseandaddiction.html>
- <https://medlineplus.gov/ency/article/001945.htm>
- <https://medlineplus.gov/ency/article/001522.htm>
- <https://medlineplus.gov/ency/patientinstructions/000794.htm>
- <https://medlineplus.gov/ency/patientinstructions/000796.htm>
- <https://www.samhsa.gov/mental-health>