ALCOHOLISM, ADDICTION AND THE FAMILY: THE IMPACT OF REDUCING STIGMA

2013 CIGNA DRUG AND EDUCATION SERIES

Presented in partnership with Cigna

National Council on Alcoholism and Drug Dependence, Inc.

Speaker:

ROBERT J. LINDSEY, M.ED., CEAP
PRESIDENT/CEO

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Over 65 Years of Offering Hope, Help and Healing for individuals, families and communities

NCADD Mission Statement

The National Council on Alcoholism and Drug Dependence, Inc.
(NCADD)
and its National Network of Affiliates
is a Voluntary Health Organization
dedicated to fighting the Nation's #1 Health Problem-
Alcoholism, Drug Addiction
and the devastating consequences of alcohol and other drugs
on individuals, families and communities.

- Adopted by NCADD Board of Directors- April 2010

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Foundation of NCADD

Founded by Marty Mann in 1944

- Alcoholism and Addiction is a disease and the alcoholic and addicted person is suffering from an illness;
- The alcoholic and addicted person can be helped and is worth helping;
- This is a Public Health Problem and therefore a public responsibility

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

NCADD Affiliates: Core Services

- **Information and Referral:** Objective information & referral for individuals and family members seeking help for alcoholism & drug dependence;
- **Prevention and Education:** Community-based Prevention and Education Programs, and local Media Advocacy Campaigns;
- **Community Presentations:** Increase awareness through school presentations, senior citizen centers, civic organizations and other groups;
- **Advocacy:** For alcoholic and addicted persons and their families at the individual, local, state and national level;
- **Resource Center:** Serve as a resource center for information, literature and audiovisual materials.

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

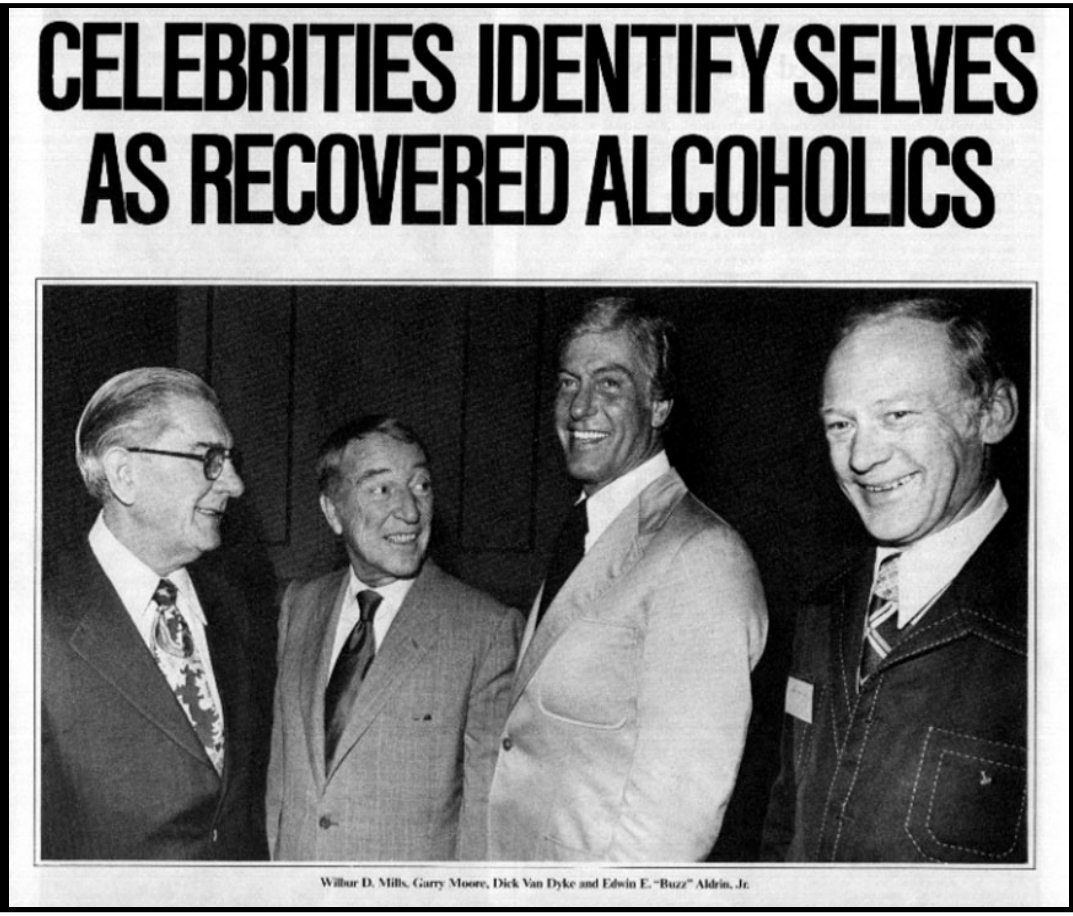
NCADD National Network of Affiliates

Over 46 million reached last year!

- **705,600 Information and Referral Calls**
- 833,650 participants- Community Education Programs
- 42,000,000 reached through Media Campaigns
- 385,250 students- Participants in School-Based Prevention
- 67,874 attendees- Professional Training Programs
- 87,705 Participants in Drinking Driver Programs and Intervention
- 256,250 Served through Recovery Support and Advocacy Services

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

NCADD Operation Understanding: Challenge to Stigma



CELEBRITIES IDENTIFY SELVES AS RECOVERED ALCOHOLICS

Wilbur D. Mills, Garry Moore, Dick Van Dyke and Edwin E. "Buzz" Aldrin, Jr.

NCADD ground-breaking news conference where 52 prominent individuals publicly acknowledge their recovery from alcoholism:

- Congressman Wilbur Mills
- Senator Harold Hughes
- Buzz Aldrin- Astronaut
- Mercedes McCambridge- Actress
- Dick Van Dyke- Actor
- Robert Young- Actor
- Jason Robards- Actor
- Garry Moore- Actor
- Dana Andrews- Actor
- R. Brinkley Smithers
- James Kemper- Insurance
- Marty Mann- NCADD Founder
- Ryne Duren- NY Yankees
- Don Newcombe- Dodgers

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Who Is NCADD ? :

- **Passage of the Hughes Act** which created the National Institute on Alcohol Abuse and Alcoholism (NIAAA),
- **Health Warning Labels** of alcohol products,
- **National Minimum Age 21** for alcohol purchase law,
- **Parity in Health Insurance** coverage for substance abuse services,
- **Coverage in Americans with Disabilities Act** for alcohol and drug dependent persons
- **Affordable Care Act** expanded access to insurance and treatment
- **Second Chance Act** which provides access to treatment for persons in criminal justice system addicted to alcohol and drugs.

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

The Public Health Challenge

- 3.4 Million: Both alcohol and illicit drugs
- 3.7 Million: Illicit drugs: No Alcohol
- **15.4 Million: Alcohol: No illicit drugs**

Source: National Survey on Drug Use and Health (NSDUH)

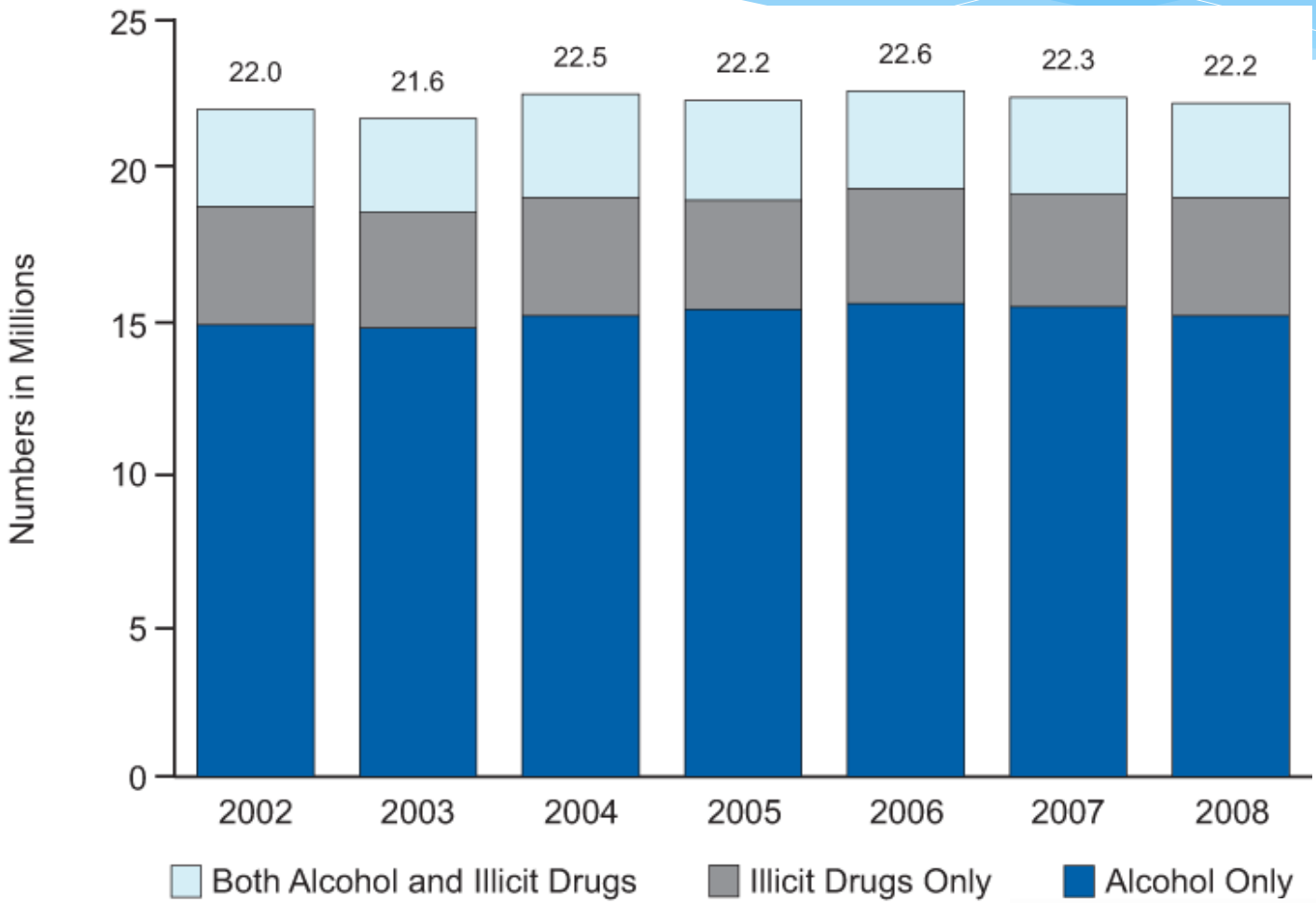
NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Drinking and drugged driving is responsible for what percent of alcohol and drug-related deaths?

12%
33%
46%
72%

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

22.3 Million Persons Aged 12 or Older: 2002-2008



NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Cost of Alcohol and Drug Problems

- $225 Billion per year (almost 2x annual New York State Budget) ($719/person/year)
- $164 Billion- Lost Productivity- **73%**
  500 Million lost workdays per year
- $31 Billion- Medical Costs/Treatment– **14%**
- $30 Billion- DWI, Crime, Property- **13%**

DWI: 9,878 deaths/year
Only 12.4% of all alcohol-related deaths

All Illegal Drugs: $181 Billion per year

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Drinking and Driving
Prevention, Intervention & Treatment/Recovery

	1982	2011	% Change
Alcohol-Related Fatalities	26,172	9,878	- 16,294 – 62.3%
Total Fatalities	43,945	32,367	- 11,578 - 26.4%
% Alcohol-Related	59.6%	30.5%	- 29.1%

Source: NHTSA- National Highway Traffic Safety Administration and NIAAA- National Institute on Alcohol Abuse and Alcoholism

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Underage Drinking…Some Basics….

- 1st Use Before Age 15: 5X more likely to become alcohol dependent
- 1,700 College Students Die Each Year
  Drinking and Driving- About 33%
- 700,000 Assaults
- 100,000 victims of sexual assault or date rape
- Estimated Cost: $ 62 Billion
- Underage Drinking: 16% of alcohol sales
- Emergency Room Visits: 189,000 in 2010

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Marijuana….Some Basics……

- Marijuana has become more potent – 175% increase in THC content -- over the last 14 years
- Start marijuana use in Teens: 1 in 6 risk for marijuana dependence
  First Start Age 14 or Younger: 12.6% dependent
- 9% of those who use marijuana become dependent
- 3 million dependent on marijuana
- 7% of all treatment admissions in 1993
  18% of all treatment admissions in 2009
- 376,467 Emergency Room Admissions in 2009

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Prescription Drugs….Some Basics…

- 48 million people have abused prescription drugs- 20% of U.S. population
- 12 to 17 years old: 7.4% percent reported past-year nonmedical use of prescription medications
- 28,000 unintentional drug overdose deaths in 2007
- ***"At first the pills came off as a miracle drug but it wasn't long before I developed an unshakable amphetamine dependence that reduced me to the likes of a wired zombie. Fast forward 8 months, I was arrested in a campus drug bust for selling some of my prescription. Long story short, I not only overdosed and nearly died from America's favorite study aid, it cost me my full scholarship, it led to thousands in legal fees, and it ruined my life for quite some time."***

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Prescription Drugs: Increased Non-Medical Use

- 70.0% free from friend or relative
- 18.0% from one doctor
- 4.3% from drug dealer or stranger
- .4% purchased on internet

Source: National Survey on Drug Use and Health- (NSDUH)

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Addiction to alcohol and drugs is a matter of choice or will power.

True

False

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Disease of Alcoholism and Drug Dependence

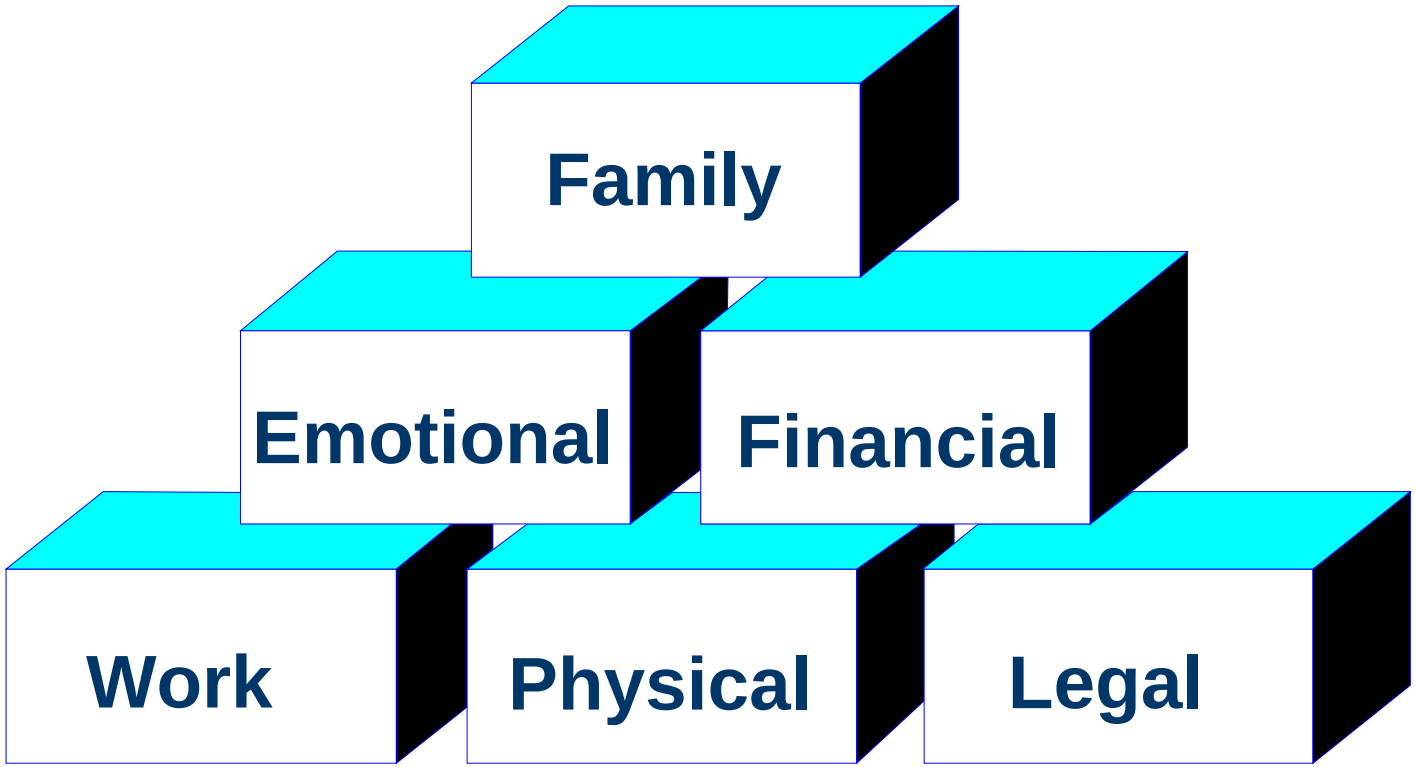
- Primary disease (AMA- 1956)

- Genetically predisposed
- Chronic
- Progressive
- And, fatal if untreated

- **But, recovery is a reality for 20 million+**

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Practical Definition: Alcoholism and Drug Dependence



Continued use despite negative consequences

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Addiction: Signs and Symptoms

Loss of Control

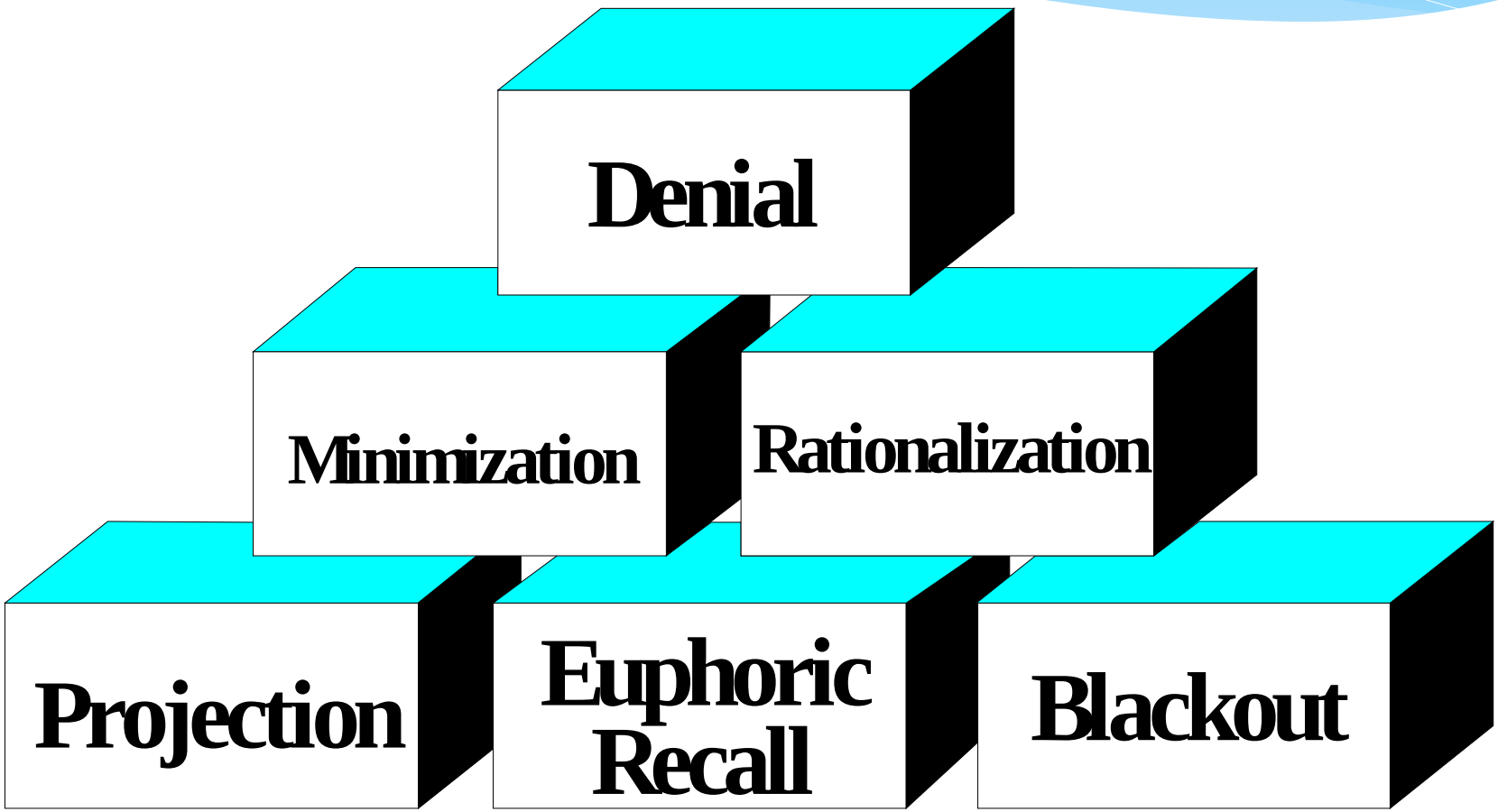
Tolerance

Guilt and Remorse

Blackouts

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Why can't they see they have a problem?



NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Alcohol and Drug Treatment

- Detoxification
- Outpatient and Intensive Outpatient
- Inpatient
- Recovery Housing
- Continuing Care and Recovery Support
- Family Education and Support
- **Mutual Aid/Support:** Alcoholics Anonymous (AA); Narcotics Anonymous and Family Support: Al-Anon and Nar-Anon

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

If concerned about someone's alcohol or drug use, what is the best thing to do?:

Drink and drug with them
Make up excuses and cover up for them
Look the other way
Be patient, it will get better
None of the above

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Alcoholism: Impact on The Family

- 18% of adults (1 in 5)- alcoholism in family
- 38% of adults at least 1 relative- alcoholism
- 76 million (43%) affected by alcoholism
- 10 million people married to an alcoholic
- 13-25% of Children of Alcoholics (COA's) develop alcoholism

Children of alcoholics are at high risk for developing problems at school, live with pervasive tension and stress, have high levels of anxiety/depression and coping problems.

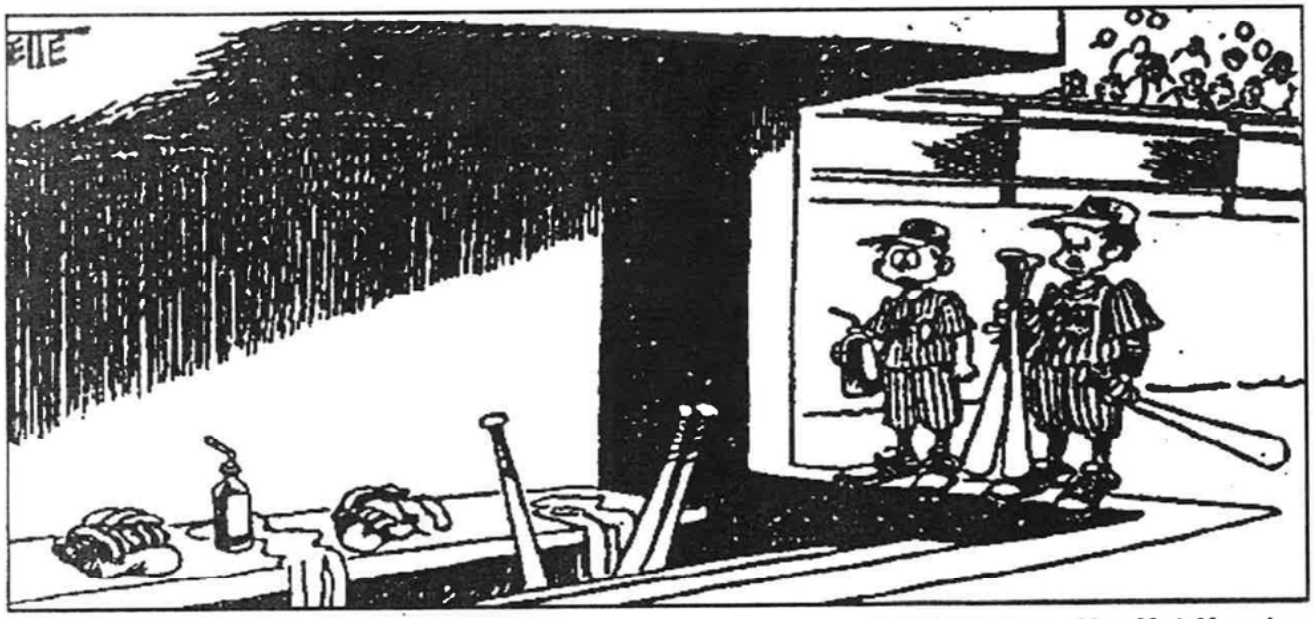
NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Medical Costs: Family Alcoholism/Addiction

- Higher use and costs of health care in every medical department:
- Adults: $ 611/year- +31% non CD Family
- Kids: $ 242/year- +28% non CD Family

Source: Weisner- UCSF- Kaiser Permanente 3.3 million- 40% of California
(A/D Families- 50,000 and Non A/D Families- 150,000)

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org



© 1989 Marlette—New York Newsday

'The manager was thrown out for gambling, the shortstop was suspended for steroids, the pitcher's in drug rehab, the catcher's at Betty Ford, and the rest of the team's doing a Miller Lite commercial.'

Copyright 1989, Newsday, Inc.

CADE News

January, 1990

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

What Can I Do To Help?

Our responsibility to engage all aspects of our **community** to accept responsibility

Volunteer, Board Member, Professional Skills, Engage Others

Invest: Donate: Time, Talent and $$

We all have a role to play…..

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

We Face Denial at Every Level

Individual, Family, Workplace,
Decision Makers, Policy Makers & Community

We Face Barriers and Resistance

We Face Stigma and Discrimination

Overcome through Mission:
Passion, Persistence and Perseverance

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Hope, Help and Healing: Personal Stories of Recovery

- **"I Ran Out of People to Blame"-** All Ages
- **"I Wasn't Having Fun Anymore"-** Under 21
- **"We Realized It Was Beyond Our Control"-** Family
- Veterans, Women, MD's, RN's, Prescription Drugs, Workplace, Intervention, Teachers, Criminal Justice, Lawyers, etc.

Change understanding of alcoholism & addiction:
Focus on Recovery!

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Personal Stories of Recovery

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Believe in Recovery

Bravelets™
be brave

Over 65 Years of Offering Hope, Help and Healing for individuals, families and communities

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

NYC RECOVERY RALLY:

NYC RECOVERY RALLY:

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

NCADD's Online Resources:

NCADD Website: www.ncadd.org

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Find us on Facebook

National Council on Alcoholism and Drug Dependence-NCADD National Office

follow us on twitter

@NCADDNational: http://twitter.com/NCADDNational

YouTube™

NCADDNational: http://www.youtube.com/user/NCADDNational

GET HELP

Within this section of the NCADD website, we offer valuable information about:

- ❑Local Resources: Provides information about how to find help near you, including NCADD's National Network of Affiliates.
- ❑Family Education: Overview of the impact of alcohol and drugs on the family
- ❑Intervention: Overview, tips and guidelines.
- ❑Mutual Aid and Support Groups: Information and links for mutual aid, also called self-help groups
- ❑Medication-Assisted Recovery: Includes NCADD's booklet: **"A Consumer's Guide to Medication-Assisted Recovery."**
- ❑Stories of Recovery: Compelling, first-hand stories of recovery from people like you who now lead rich and fulfilling lives because of their long-term recovery.

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

NCADD's Online Self-Tests:

1. For Teenagers: How Are Alcohol and Drugs Affecting Your Life?
Are you a teen concerned about your use – abuse – of alcohol and other drugs in your life? http://ncadd.org/index.php/for-youth/self-test-for-teens

2. **Am I Alcoholic?: Are you wondering if you have an addiction to alcohol?**
Are you concerned about the role alcohol plays in your life? With 26 questions, this self-test will help you determine if you or someone you know needs help.
http://ncadd.org/index.php/learn-about-alcohol/alcohol-abuse-self-test

3. **Am I Drug Addicted?: Are you wondering if you have a drug problem?**
Are you concerned about your use — or abuse — of drugs? Are you concerned about someone else? This simple 20-question self-test may help you to identify if your drug use is a problem or if a friend or family member may have a problem.
http://ncadd.org/index.php/learn-about-drugs/drug-abuse-self-test

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

NCADD National Network of Affiliates:

Find An Affiliate: NCADD's Online Directory

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

LEARN ABOUT ALCOHOL

Within this section of the NCADD website, we offer valuable information about:

- ❑Frequently Asked Questions/Facts
- ❑Signs and Symptoms: Some of the signs to look for about alcohol-related problems and alcoholism
- ❑Alcohol and Crime
- ❑Drinking and Driving
- ❑Fetal Alcohol Effects: Information about drinking alcohol and pregnancy- Fetal Alcohol Effects (FAE) and Fetal Alcohol Syndrome Disorder (FASD)
- ❑Seniors, Veterans and Women
- ❑Workplace: Information on alcohol in the workplace and Employee Assistance Programs (EAP's)

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

LEARN ABOUT DRUGS

Within this section of the NCADD website, we offer valuable information about:

- Frequently Asked Questions/Facts
- Marijuana: Information about the most commonly used and abused illegal drug
- Prescription Drugs: Information on the growing abuse of prescription drugs
- Drugged Driving
- Drugs and Crime
- Seniors, Veterans and Women
- Workplace: Information on drugs in the workplace and Employee Assistance Programs (EAP's)

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

FOR PARENTS

Within this section of the NCADD website, we offer valuable information about:

- ❑Frequently Asked Questions/Facts
- ❑Talking With Children: Guidelines on talking with your kids about alcohol & drugs
- ❑Tips for Prevention
- ❑What to Look For: Signs and Symptoms? What should I look for?
- ❑Family History and Genetics: Understanding the key role played by family history and genetics is very important in working with your kids
- ❑Help for Parents: Information about help and support for parents
- ❑Stories from Parents: Parents sharing their experiences and hope

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

FOR YOUTH

Within this section of the NCADD website, we offer valuable information about:

- ❑Frequently Asked Questions
- ❑Facts on Underage and Binge Drinking
- ❑Alcohol, Drugs and Crime: An overview of the impact of alcohol, drugs and crime, including some information on the number of victims
- ❑Alcohol Energy Drinks
- ❑Concerned About Someone?: If you are concerned about a friend or family member, here is some important information for you
- ❑Tips for Prevention
- ❑Stories of Recovery: Young people sharing their experience in recovery with the hope that it can help other young

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

FOR FRIENDS AND FAMILY

Within this section of the NCADD website, we offer valuable information about:

- ❑Frequently Asked Questions/Facts
- ❑Signs and Symptoms: Includes two online quizzes on **Are You Troubled By Someone's Drinking** and **Do You Need Nar-Anon**
- ❑Helping Someone You Are Concerned About
- ❑Family Education – information about what friends and families need to learn
- ❑Intervention: Information about Intervention as a way to engage family and friends in a program of education aimed at helping someone accept treatment
- ❑Family Disease and Recovery: Information about the Family Disease of alcoholism and addiction as well as information about getting help and recovery
- ❑Recovery Stories From Family Members

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

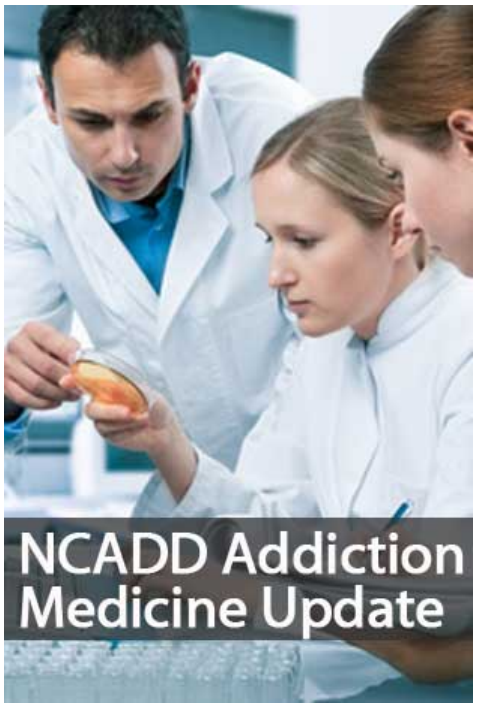
FOR PEOPLE IN RECOVERY

Within this section of the NCADD website, we offer valuable information about:

- Local Resources: How to Find an NCADD Affiliate, find a physician who is certified in addiction medicine and other resources.
- Celebrate Recovery: An opportunity to Share Your Story, learn about NCADD's Operation Understanding and other opportunities to celebrate recovery.
- Definition Of Recovery
- Advocacy With Anonymity
- Mutual Aid/Support Groups -- information about the importance and value of mutual aid/support groups and links to major groups.
- Recovery Events: Information about National Alcohol and Drug Addiction Recovery Month celebrations all across the country.

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

NCADD Addiction Medicine Update:



Developed by the members of the NCADD Medical-Scientific Committee, expert leaders in the field of addiction medicine, the NCADD Addiction Medicine Update provides important medical updates on a wide variety of topics:

- ❑ Falling Dominoes: Or, Why You Can't Have "Just One"
- ❑ Bath Salts
- ❑ Alcohol and Women
- ❑ Recovery from Alcoholism and Addiction
- ❑ Prescription Drugs (3 Part Series)
- ❑ Prevention of Substance Use Disorders (3 Part Series)
- ❑ Intervening on Alcohol

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

Never Forget Why We Are Really Here

"Never forget that we deal with human beings, that our first responsibility is to help each of them, individually –

We must not become so fascinated with long range goals that we forget our prime and immediate obligation is to people."

- Marty Mann

Founder of NCADD

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org

"Never doubt that a small group of thoughtful, committed citizens can change the world.

Indeed, it is the only thing that ever has"

- Margaret Mead
Anthropologist (1901-1978)

NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.
www.ncadd.org