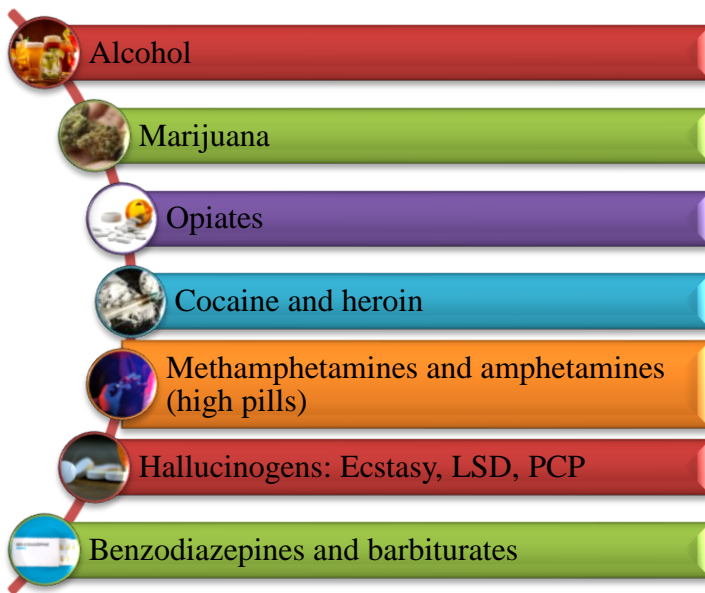


Substance Use and Abuse



Frequent use of legal and illegal substances causes serious changes in physical and mental health, family relationships, and can lead to a variety of social problems. Frequent use of these substances causes changes in the brain in the areas that are responsible for self-control, stress management and the reward system. For this reason, under the effects of these substances, you can experience momentary pleasure, pain relief, decrease in the number of thoughts and concentration. Feeling these sensations in the body can lead the person to think that its use is beneficial, thus causing physical and mental dependence on the substance. However, because general functioning is affected, the use and abuse of these substances will impair judgment, memory, learning, and behavior. And those changes can persist long after the person has stopped using them.

Commonly used substances



- Low self-esteem
- Economic problems
- Exposure and access to substances in the home or community
- Being a victim of domestic violence
- Being a victim of physical, psychological, or sexual abuse
- Exposure to violent environments
- Group pressure
- Significant losses such as the death of a loved one, a new health diagnosis, or unemployment.

Addiction symptoms

- Confusion
- Lack of control to reduce consumption or experiment with new substances
- Absences from work or school and isolation
- Depend on the substance to function
- Changes in eating and sleeping
- Neglect of hygiene or physical appearance
- Neglecting health in general
- Economic problems

Risk factor's

There can be many reasons why people use and/or abuse substances, among them:

- Family history of substance abuse or mental health illness
- Mental health illness
- Irritability, poor tolerance, and aggressiveness



Professionals involved in the treatment

Overcoming substance abuse is possible. Receiving the appropriate treatment from professionals who are experts in the process is crucial to achieving recovery. Some of them are:

- Doctors
- Psychiatrists
- Addiction counselors
- Psychologists
- Social Workers



Treatment alternatives

- Long-term residential treatment
- Outpatient treatments
- Support Groups: Narcotics Anonymous (NA), Alcoholics Anonymous (AA), and Youth Alateen
- Other support groups in your community
- Support from loved ones
- Family therapy



Early prevention

There are educational programs on substance abuse for children and adolescents aimed at making them aware of the types of substances and the consequences of addiction. This serves as a tool for parents to identify risk factors in minors. Take the following steps to prevent substance use:

Communicate

It is important to talk about the risks of substance misuse.

Listen	Be alert to children and adolescents about social pressure to use substances. Show support in the situation.
Be an example	Do not use substances inappropriately. Children and adolescents who grow up with drug-using adults around them are at increased risk for substance abuse or addiction.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can deal with emotional and physical concerns that occur during and after your treatment, please visit your primary doctor or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References:

<https://nida.nih.gov/es/publicaciones/drug-facts/opioides-de-prescripcion-medica#:~:text=Con%20frecuencia%20los%20opioides%20se,la%20tos%20y%20la%20diarrea>

Prepared by licensed Health Educators.
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