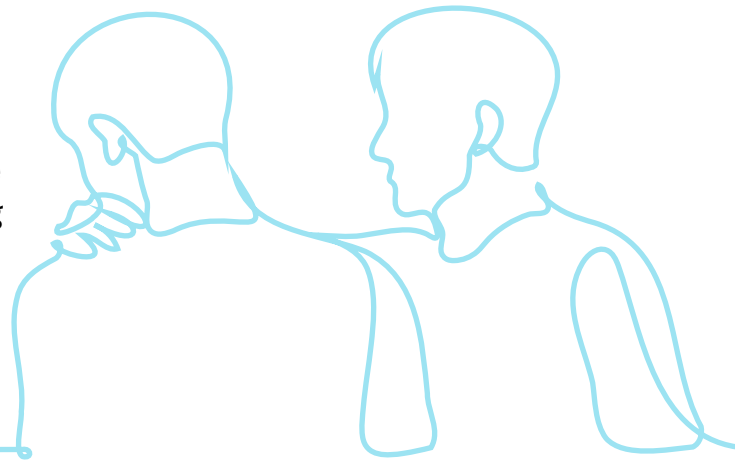


DDD PREVENTION BULLETIN | **SUBSTANCE USE DISORDER**

Substance Use Disorder (SUD) is a treatable condition that involves the inability to control the use of substances like legal or illegal drugs, alcohol, or medication. This risk of Substance Use Disorder has the potential to become high among intellectually/developmentally disabled individuals due to the lack of evidence-based research to guide prevention and treatment efforts.



Commonly Used Substances

- > Prescription Drugs and Over-the-Counter (OTC) Medicine
- > Opioids: Oxycodone, Morphine, Fentanyl
- > Stimulants: Amphetamines, Adderall
- > Anxiety: Xanax, Valium
- > Sleep Medicine: Ambien
- > Heroin-(man-made Opioid)
- > Cocaine
- > Marijuana
- > Cigarettes and Other Tobacco Products
- > Alcohol

Causes/Risk Factors

- > Individuals with Intellectual/Developmental Disabilities may have greater exposure to substance use due to Co-occurring mental health disorders
- > Family history of addiction/genetic predisposition
- > History of involvement with the Criminal Justice System
- > History of trauma and physical or sexual abuse in childhood, adulthood, or both
- > A desire to fit in and social or peer pressures are implicated in substance use initiation

Warning Signs/Behaviors

Physical Warning Signs

- > Sleep difficulties
- > Changes in appetite
- > Tremor, slurred speech, or impaired coordination
- > Sudden weight loss or weight gain
- > Deterioration of physical appearance and grooming habits

Psychological Warning Signs

- > Anxiety or depression
- > Memory problems
- > Mood swings (temper flare-ups, irritability, defensiveness)
- > Lack of motivation

Behavioral Warning Signs

- > Lying
- > Shifting blame
- > Theft
- > Walking away
- > Aggression
- > Self-Injury
- > Property Destruction
- > Neglecting regular responsibilities
- > Causing difficulties in relationships



Health Concerns with Drug Use

- > Seizures and metabolic disorders
- > Impacts on the liver, kidney, heart problems, or cancer
- > Anxiety, depression, schizophrenia, and personality disorder
- > Interactions with prescribed medications



If you or someone you know is struggling with Substance Use Disorder, please contact your Managed Care Organization for assistance and resources.