

FACING ADDICTION IN AMERICA

Surgeon General's Report on Alcohol, Drugs, and Health

TABLE OF CONTENTS

LES LIENS EN ROUGE INDIQUENT TRADUCTION FRANÇAISE

OFFICIAL MESSAGES AND CONTRIBUTORS

CHAPTER 1 - INTRODUCTION AND OVERVIEW OF THE REPORT

Chapter 1 Preview 1-1
Substances Discussed in this Report 1-4
Prevalence of Substance Use, Misuse Problems, and Disorders 1-7
Costs and Impact of Substance Misuse 1-12
Vulnerability to Substance Misuse Problems and Disorders 1-15
Diagnosing a Substance Use Disorder 1-16
The Separation of Substance Use Treatment and General Health Care 1-19
Recent Changes in Health Care Policy and Law 1-20
Marijuana: A Changing Legal and Research Environment 1-21
Purpose, Focus, and Format of the Report 1-22
References 1-26

CHAPTER 2 - THE NEUROBIOLOGY OF SUBSTANCE USE, MISUSE, AND ADDICTION

Chapter 2 Preview 2-1
Conducting Research on the Neurobiology of Substance Use, Misuse, and Addiction 2-3
The Primary Brain Regions Involved in Substance Use Disorders 2-5
The Addiction Cycle 2-6
Binge/Intoxication Stage: Basal Ganglia 2-8
Withdrawal/Negative Affect Stage: Extended Amygdala 2-12
Factors that Increase Risk for Substance Use, Misuse, and Addiction 2-21
Use of Multiple Substances and Co-occurring Mental Health Conditions 2-22
Biological Factors Contributing to Population-based Differences in Substance Misuse and Substance Use Disorders 2-23
Recommendations for Research 2-24
References 2-27

CHAPTER 3 - PREVENTION PROGRAMS AND POLICIES

Chapter 3 Preview 3-1
Why We Should Care About Prevention 3-3
Risk and Protective Factors 3-4
Types of Prevention Interventions 3-7
Evidence-Based Prevention Programs 3-8
Evidence-based Community Coalition-based Prevention Models 3-14
Evidence-Based Prevention Policies 3-17
Prevention Interventions for Specific Populations 3-27
Improving the Dissemination and Implementation of Evidence-based Programs 3-32
Recommendations for Research 3-35
References 3-37

CHAPTER 4 - EARLY INTERVENTION, TREATMENT, AND MANAGEMENT OF SUBSTANCE USE DISORDERS

Chapter 4 Preview 4-1
Continuum of Treatment Services 4-3

Early Intervention: Identifying and Engaging Individuals at Risk for Substance Misuse and Substance Use Disorders 4-5
Treatment Engagement: Reaching and Reducing Harm Among Those Who Need Treatment 4-8
Principles of Effective Treatment and Treatment Planning 4-13
[Evidence-based Treatment: Components of Care 4-19](#)
Emerging Treatment Technologies 4-32
Considerations for Specific Populations 4-36
Recommendations for Research 4-40
References 4-43

CHAPTER 5 - RECOVERY: THE MANY PATHS TO WELLNESS

[Chapter 5 Preview 5-1](#)
[Definitions, Pathways, and Prevalence of Recovery 5-2](#)
[Perspectives of Those in Recovery 5-4](#)
Estimating the Number of People "In Recovery" 5-5
Recovery-oriented Systems of Care 5-6
Recovery Supports 5-7
[Mutual Aid Groups 5-8](#)
[Recovery Housing 5-11](#)
Social and Recreational Recovery Infrastructures and Social Media 5-16
[Specific Populations and Recovery 5-16](#)
Recommendations for Research 5-17
References 5-18

CHAPTER 6 - HEALTH CARE SYSTEMS AND SUBSTANCE USE DISORDERS

Chapter 6 Preview 6-1
Key Components of Health Care Systems 6-3
Substance Use Disorder Services Have Traditionally [Been Separate from Mental Health and General Health Care 6-5](#)
A Growing Impetus for Integration 6-6
Financing Systems for Substance Use Disorder Services 6-23
Challenges Facing the Integration of Substance Use Services and Health Care 6-27
Promising Innovations That Improve Access to Substance Use Disorder Treatment 6-34
Recommendations for Research 6-43
References 6-45

CHAPTER 7 - VISION FOR THE FUTURE: A PUBLIC HEALTH APPROACH

Time for a Change 7-2
Specific Suggestions for Key Stakeholders 7-7
Conclusion 7-16
References 7-18

ANNEXES

GLOSSARY OF TERMS 1
LIST OF ABBREVIATIONS 7
LIST OF TABLES AND FIGURES 11
APPENDIX A - REVIEW PROCESS FOR PREVENTION PROGRAMS 15
APPENDIX B - EVIDENCEBASED PREVENTION PROGRAMS AND POLICIES 17
APPENDIX C - RESOURCE GUIDE 41
APPENDIX D - IMPORTANT FACTS ABOUT ALCOHOL AND DRUGS 53