

# Talking Points: Substance Use Disorder

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## 3 Key Messages:

**Who is Integral Care?** We support adults and children living with mental illness, substance use disorder and intellectual and developmental disabilities in Travis County.

**What is a substance use disorder?** A substance use disorder is a medical condition where an individual uses one or more substances, like painkillers, drugs or alcohol, that negatively impact their life. It isn't a character flaw. It is a brain-based disorder. Substance use disorder affects people of all ages, from all walks of life.

**What services does Integral Care provide individuals who are experiencing substance abuse disorder?** Integral Care helps individuals who use drugs and alcohol move toward recovery. Services include outpatient care, medication, counseling, peer support and group therapy. Our team works closely with our clients to create individualized treatment plans that support their recovery.

## What is substance use disorder?

- A substance use disorder is a medical condition where an individual uses one or more substances, like painkillers, drugs or alcohol, that negatively impact their life. It isn't a character flaw. It is a brain-based disorder. Substance use disorder affects people of all ages, from all walks of life.
- Substance use disorder is common, recurrent, and serious. It usually requires treatment and ongoing care to prevent to relapse and support recovery.
- It's important to know that substance use disorder is treatable and recovery is possible.

## What services does Integral Care offer to individuals experiencing substance use disorder?

- Integral Care supports adults who experience substance use disorder.
  - Our services include outpatient care, counseling, prevention education, peer support, medications that reduce withdrawal symptoms and cravings, psychiatric medications, group therapy and connection to other community supports.
  - All substance use disorder programs also provide care for mental health issues.
- Staff work closely with clients to develop trust and work together to create individualized treatment plans that support recovery. That can include coping skills, daily living skills, employment support and goal setting.

- Our Chief Medical Officer and Associate Medical Director are addiction psychiatrists and support Integral Care's efforts to integrate substance use disorder treatment across Integral Care's programs and services.
- In FY'18, Integral Care provided 84,003 substance services and trained almost 600 individuals in overdose prevention through four substance use disorder treatment programs.

## **Why are substance use disorder and mental health issues co-occurring?**

- Mental health issues and substance use disorders share some underlying causes, including genetics and exposure to stress or trauma.
- Mental health issues can sometimes lead to alcohol or drug use. For example, an individual experiencing a mental health issue may use substances as a form of self-medication.
- Alternatively, overuse of alcohol and certain drugs can cause people to experience symptoms of a mental health issue, including depression, anxiety and psychosis.

## **How often do individuals experience both substance use disorder and mental health issues?**

- [In 2014, 20.2 million adults in the U.S. had a substance use disorder. And 7.9 million had both a mental illness and substance use disorder.](#)
- Nationally, 45% of people with a substance use disorder have a co-occurring mental illness.
- At Integral Care, we estimate that 60-70% of our clients have co-occurring mental illness and substance use disorder.

## **What is the opioid crisis?**

- Substance use disorder is a public health epidemic.
- Drug overdoses are now the leading cause of death among Americans under 50. This is largely due to prescription opioid, synthetic opioid and heroin use.

## **What is being done to address the opioid crisis?**

- Integral Care has several programs that support adults who are addicted to drugs like heroin and opioid.

- One example is Medication-Assisted Therapy, an evidence-based program that combines access to medication for withdrawal symptoms with mental health services including counseling and case management.

## Who is Integral Care?

- Integral Care helps people build health and well-being so everyone has the foundation to reach their full potential.
- We support adults and children living with mental illness, substance use disorder and intellectual and developmental disabilities in Travis County.
- Our services include a 24-hour helpline for anyone who needs immediate support, ongoing counseling to improve mental health, drug and alcohol treatment to help with recovery, and housing to regain health and independence.
- Integral Care helps provide a strong foundation for well-being.
- Founded in 1967, we are the Local Mental Health and Intellectual and Developmental Disability Authority for Travis County.