



BY 2020
MENTAL AND SUBSTANCE USE DISORDERS
 will surpass all **PHYSICAL DISEASES**
 as a major cause of disability worldwide?



1. Substance Abuse and Mental Health Services Administration, Results From the 2012 National Survey on Drug Use and Health: Mental Health Findings, NSDUH Series H-48, 2009 Publication No. (2012) 54-4887
 2. Substance Abuse and Mental Health Services Administration, "Prevalence of Substance Abuse and Mental Illness: National Comorbidity Survey Replication," 2004, p. 24.
 3. Substance Abuse and Mental Health Services Administration, "Prevalence of Substance Abuse and Mental Illness: National Comorbidity Survey Replication," 2004, p. 24.

When: Saturday 9.25.2015 2pm-4pm

Where: Idaho Statehouse Steps

700 W Jefferson Street=Boise

What: Support Peers, such as Dorian Willes, Chris Johnson, Sue Ottum, and Perry Johnston as they share their inspirational stories of living in Recovery. Stand up with community leaders like Melissa Wintrow-State Representative and William Bones—Boise Chief of Police. Listen as local musician Jerry Fee performs his new single, “We Are The Voices.” Be heard as a community member who supports Recovery Support Services in Idaho.

Idaho's 1st Annual Recovery Rally 2015

According to research that tracks individuals in treatment over extended periods, most people who get into and **remain in treatment stop using drugs**, decrease their criminal activity, and **improve their occupational, social, and psychological functioning**.

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SUBSTANCE USE AMONG AMERICANS

IN 2013

8.8 percent of youth aged 12 to 17 were current illicit drug users¹ and 11.6 percent were current alcohol users.²

5.2 percent of this age group was considered to have a substance use disorder in the past year.³

52% SUBSTANCE USE
8.8% ILLICIT
11.6% ALCOHOL

22.3 percent of full-time college students aged 18 to 22 were currently using illicit drugs⁴ and 59.4 percent were current drinkers.⁵

59.4% ALCOHOL
22.3% ILLICIT DRUGS

9.1% BINGE ALCOHOL USE AMONG 18-24 AGE ADULTS

The prevalence of binge alcohol use among adults aged 65 and older was 9.1 percent or 3,938,000.⁶

National Recovery Month
September 2015

SAMHSA

1. Substance Abuse and Mental Health Services Administration, Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings, NSDUH Series H-48, 2014 Publication No. (DHS) 14-4881. Available: <http://www.samhsa.gov/2k13>
2. Substance Abuse and Mental Health Services Administration, Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings, NSDUH Series H-48, 2014 Publication No. (DHS) 14-4881. Available: <http://www.samhsa.gov/2k13>
3. Substance Abuse and Mental Health Services Administration, Results from the 2013 National Survey on Drug Use and Health: Mental Health Findings, NSDUH Series H-48, 2014 Publication No. (DHS) 14-4882. Available: <http://www.samhsa.gov/2k13>
4. Substance Abuse and Mental Health Services Administration, Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings, NSDUH Series H-48, 2014 Publication No. (DHS) 14-4881. Available: <http://www.samhsa.gov/2k13>
5. Substance Abuse and Mental Health Services Administration, Results from the 2013 National Survey on Drug Use and Health: Mental Health Findings, NSDUH Series H-48, 2014 Publication No. (DHS) 14-4882. Available: <http://www.samhsa.gov/2k13>
6. Substance Abuse and Mental Health Services Administration, Prevalence of Substance Abuse and Mental Health Disorders, Released on February 12, 2010, from <http://www.samhsa.gov/2k10>

DID YOU KNOW?

BEHAVIORAL HEALTH CONDITIONS IN THE UNITED STATES

IN 2013

an estimated 7.7 million adults aged 18 and older (3.2 percent) of adults had CO-OCCURRING MENTAL ILLNESS AND SUBSTANCE USE DISORDERS in the past year.¹

MENTAL ILLNESS
SUBSTANCE USE

BY 2020

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PREVENTION

IN 2013

14.8% ALCOHOL USE STARTING AT AGE 14 OR YOUNGER

2.3% ALCOHOL USE STARTING AT AGE 21 OR OLDER

Adults aged 21 or older who had first used alcohol at age 14 or younger were more likely to be classified with alcohol dependence or abuse in the past year compared to adults who had their first drink at age 21 or older (14.8 vs. 2.3 percent!).

72.6 percent of youth aged 12 to 17 reported having seen or heard drug or alcohol prevention messages from sources outside of school. The prevalence of past month illicit drug use in 2013 was lower among youth who reported having exposure to prevention messages compared with youth who did not have such exposure.¹

72.6% PREVENTION

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1. Substance Abuse and Mental Health Services Administration, Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings, NSDUH Series H-48, 2014 Publication No. (DHS) 14-4881. Available: <http://www.samhsa.gov/2k13>
2. Substance Abuse and Mental Health Services Administration, Results from the 2013 National Survey on Drug Use and Health: Mental Health Findings, NSDUH Series H-48, 2014 Publication No. (DHS) 14-4882. Available: <http://www.samhsa.gov/2k13>

TREATMENT AND RECOVERY

According to research that tracks individuals in treatment over extended periods, most people who get into and remain in treatment stop using drugs, decrease their criminal activity, and improve their occupational, social, and psychological functioning:¹

2/3 of Americans believe that treatment and support can help people with mental illnesses lead normal lives.²

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SAMHSA

1. National Institute on Drug Abuse, Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition), How effective is drug addiction treatment? Retrieved on February 12, 2010, from <http://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/10-quick-facts/10-quick-fact-10-1-effective-drug-addiction-treatment>
2. Social Acceptance is Key to Mental Health Recovery, National Mental Health Anti-Stigma Campaign, The Substance Abuse and Mental Health Services Administration, Released on January 29, 2015, from <http://www.samhsa.gov/2k15/anti-stigma/2015-01-29>, p. 2.