

## Statistics and references

Other useful tools:

[Recovery Ecosystem Index Map \(norc.org\)](https://www.norc.org/)

[National Institute on Drug Abuse- Trends and Stats](https://www.samhsa.gov/data/reports-publications/)

<b>Substance use, treatment, and recovery</b>		
Substance use and prevalence	<p>Between 2021-2022, 46.3 million people aged 12 or older (or 16.5 percent) had a substance use disorder (SUD) in the past year, including 29.5 million who had an alcohol use disorder, 24.0 million who had a drug use disorder, and 7.3 million people who had both an alcohol use disorder and a drug use disorder.</p> <p>The percentage of people aged 12 or older in 2021 with a past year SUD was higher among American Indian or Alaska Native (27.6 percent) or Multiracial people (25.9 percent) than among Black (17.2 percent), White (17.0 percent), Hispanic (15.7 percent), or Asian people (8.0 percent). The percentage was lower among Asian people than among people in all other racial or ethnic groups.</p> <p><b><u>NOTE: The way SAMHSA measure this changed in 2020, which could also contribute to the significant increase in numbers. More info on this can be read here. Although this is from 2020, these are the latest confirmed statistics available.</u></b></p>	<p>Substance Abuse and Mental Health Services Administration. (2022). <i>Key Substance Use and Mental Health Indicators in the United States: Results from the 2020 National Survey on Drug Use and Health</i>. Retrieved from <a href="https://www.samhsa.gov/data/sites/default/files/reports/rpt39443/2021NSDUHNNR122322/2021NSDUHNNR122322.htm#execsumm">https://www.samhsa.gov/data/sites/default/files/reports/rpt39443/2021NSDUHNNR122322/2021NSDUHNNR122322.htm#execsumm</a></p>
Treatment	<p>Among people aged 12 or older in 2021 with a past year illicit drug or alcohol use disorder, 6.3 percent (or 2.7 million people) received any substance use treatment in the past year</p>	<p>Substance Abuse and Mental Health Services Administration. (2022). <i>Key Substance Use and Mental Health Indicators in the United States: Results from the 2020 National Survey on Drug Use and Health</i>. Retrieved from <a href="https://www.samhsa.gov/data/sites/default/files/reports/rpt39443/2021NSDUHNNR122322/2021NSDUHNNR122322.htm#execsumm">https://www.samhsa.gov/data/sites/default/files/reports/rpt39443/2021NSDUHNNR122322/2021NSDUHNNR122322.htm#execsumm</a></p>

		<a href="https://www.cdc.gov/nchs/ndduhnr122322/2021NSDUHNR122322.htm#execsumm">1NSDUHNR122322/2021NSDUHNR122322.htm#execsumm</a>
Recovery without treatment	Recovery from substance use without treatment is however a common occurrence. In fact, approximately only one in four of those who have achieved stable recovery used treatment to do so	Kelly, J., et al. (2017). Prevalence and pathways of recovery from drug and alcohol problems in the United States population: Implications for practice, research, and policy. <i>Drug and Alcohol Dependence</i> , 181, 162-169
<b>Related deaths and overdose</b>		
Drug overdose deaths	In 2021, there were 101,435 drug overdose deaths in America. This is the highest number the country has recorded in history, with figures rising month by month.	Ahmad, F. B., Rossen, L. M., and Sutton, P. (2021). Provisional drug overdose death counts. <i>National Center for Health Statistics: Centers for Disease Control and Prevention</i> . Retrieved from <a href="https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm">https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm</a>
Alcohol related deaths	In 2021, there were 99,017 alcohol related deaths in America – a 26% increase from 2019.	White A. M., et al. (2022). Alcohol-Related Deaths During the COVID-19 Pandemic. <i>JAMA</i> . Retrieved from <a href="https://jamanetwork.com/journals/jama/fullarticle/2790491">https://jamanetwork.com/journals/jama/fullarticle/2790491</a>
Deaths of despair	Deaths of despair — which include those from suicide and alcoholic liver disease as well as overdose — have increased by as much as 387% in some age cohorts over the last two decades in America.	Woolf, S. H., & Schoemaker, H. (2019). Life Expectancy and Mortality Rates in the United States, 1959 - 2017. <i>JAMA</i> . 322(20) doi:10.1001/jama.2019.16932. Retrieved from <a href="https://jamanetwork.com/journals/jama/fullarticle/2790491">Life Expectancy and Mortality Rates in the United States, 1959-2017   Psychiatry and Behavioral Health   JAMA   JAMA Network</a>
Substance use and related deaths - <b><u>STATE LEVEL RESOURCES</u></b>	<a href="#">See page 6</a> onwards for state level resources  To note: Many of these state sources are from news reports. Where feasible, track back to original data source to reference as this will enhance validity	American Medical Association. (2022). Advocacy Resource Centre. Issue Brief: Nation’s drug-related overdose and death epidemic continues to worsen. Retrieved from <a href="https://www.ama-assn.org/system/files/issue-brief-increases-in-opioid-related-overdose.pdf">https://www.ama-assn.org/system/files/issue-brief-increases-in-opioid-related-overdose.pdf</a>
<b>Social networks and communities</b>		
Substance use among networks	Changes in the substance use consumption behavior of a person's social network had a statistically significant effect on that person's	Rosenquist, J. N., Murabito, J., Fowler, J. & Christakis, A. (2010). The spread of alcohol consumption behavior in a large social network.

	subsequent substance use consumption behavior, particularly on the behavior of relatives and friends	Annals of internal medicine, 152(7), 426-433.
The impact of behavior – three degrees of influence	Health behaviors (including smoking, obesity, divorce and even emotions such as happiness), have been found to be contagious (they spread amongst networks). This is proposed in the theory “three degrees of influence”. It is suggested that everything we do or say tends to ripple through our network and impact our friends with around three degrees of separation (friend of a friend's friend)	Fowler, J., & Christakis, A. (2011). <i>Connected: The Surprising Power of Our Social Networks and How They Shape Our Lives</i>
Contagion of recovery	The same has been found for recovery. A sense of hope that recovery is possible transmits amongst networks. This has a knock-on effect (what I refer to as a ripple effect... imagine a drop of water in a pond, and the ripples this creates). As recovery becomes more visible, community cohesion is strengthened	Best, D., & Ivers, J. H. (2022). Inkspots and ice cream cones: a model of recovery contagion and growth. <i>Addiction Research &amp; Theory</i> , 30(3), 155-161.
<b>Impact of COVID-19</b>		
Overdoses and COVID-19	Drug overdose deaths in America rose by 29% during the pandemic, reaching the highest level ever recorded.	Centers for Disease Control and Prevention. (2022). Provisional Drug Overdose Death Counts. Retrieved from <a href="https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm">https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm</a>
Substance use and COVID-19	13% of Americans reported starting or increasing substance use as a way of coping with stress or emotions related to COVID-19.	Czeisler M. E., et al. (2020). Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States. <i>Morbidity and Mortality Weekly Report: Centers for Disease Control and Prevention</i> . Retrieved from <a href="http://dx.doi.org/10.15585/mmwr.mm6932a1">http://dx.doi.org/10.15585/mmwr.mm6932a1</a>
<b>Substance use and the criminal justice system (CJS)</b>		
Substance use and prevalence within the CJS	65% of the prison population in American is reported to have an active SUD, with another 20% reported to not meet the official criteria for an SUD but have been under the influence of substances at the time of their offence	National Institute on Drug Abuse. (2020). <i>Criminal Justice Drug Facts</i> . Retrieved from <a href="https://nida.nih.gov/download/23025/criminal-justice-">https://nida.nih.gov/download/23025/criminal-justice-</a>

		drugfacts.pdf?v=25dde14276b2fa252318f2c573407966
Access to treatment for SU within the CJS	Only 5% of individuals with an opioid use disorder in a jail or prison setting receive medication treatment	National Institute on Drug Abuse. (2020). <i>Criminal Justice Drug Facts</i> . Retrieved from <a href="https://nida.nih.gov/download/23025/criminal-justice-drugfacts.pdf?v=25dde14276b2fa252318f2c573407966">https://nida.nih.gov/download/23025/criminal-justice-drugfacts.pdf?v=25dde14276b2fa252318f2c573407966</a>
<b>Inequalities</b>		
Black Americans disproportionately impacted	Black communities have experienced higher annual percentage increases in overdose deaths compared with their White counterparts each year since 2012. In 2020, Black individuals had the largest percentage increase in overdose mortality (48.8%) compared with White individuals (26.3%)	Friedman, J.R., & Hansen, H. (2022). Evaluation of Increases in Drug Overdose Mortality Rates in the US by Race and Ethnicity Before and During the COVID-19 Pandemic. <i>JAMA Psychiatry</i> . Retrieved from <a href="https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2789697">https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2789697</a>
LGBTQ – substance use trends	Substance use trends amongst sexual minorities <sup>1</sup> are higher compared to those reported by heterosexual adults. For example, 9% of sexual minority adults aged 18 or older reported opioid use (including prescription opioids and heroin use) compared to 3.8% among the overall adult population.	Rosner, B. (2021). Substance use among sexual minorities in the US – Linked to inequalities and unmet need for mental health treatment? Results from the National Survey on Drug Use and Health. <i>Journal of Psychiatric Research</i> (135), 107 – 118.
LGBTQ – substance use and cooccurring conditions	Sexual minorities with SUDs are more likely to have co-occurring conditions. For example, gay and bisexual men and lesbian and bisexual women report greater odds of frequent mental ill-health and depression than their heterosexual counterparts.	Gonzales, G., & Henning-Smith, C. (2017). Health Disparities by Sexual Orientation: Results and Implications from the Behavioral Risk Factor Surveillance System. <i>Journal of Community Health</i> . Retrieved from <a href="https://www.sciencedirect.com/science/article/pii/S0022395620311316">https://www.sciencedirect.com/science/article/pii/S0022395620311316</a>
<b>Music and recovery</b>		
Individual effects of music – mood enhancement	Music is a noted medium of healing and has been reported to reduce levels of anxiety and depression, and enhance self-esteem and self-awareness	Ghetti, C., et al. (2017). Music therapy for people with substance use disorders. <i>Cochrane Database of Systematic Review</i>  AND

<sup>1</sup> Defined in this survey as those who describe themselves as lesbian, gay, or bisexual

		<p>American Music Therapy Association. (2020). <i>Music therapy interventions in trauma, depression, &amp; substance abuse: Selected references and key findings</i>. Retrieved from <a href="https://www.musictherapy.org/assets/1/7/bib_mentalhealth.pdf">https://www.musictherapy.org/assets/1/7/bib_mentalhealth.pdf</a></p>
Individual effects of music - substance use and treatment retention	<p>Music is noted to promote readiness to change in relation to substance use behaviors (more so than traditional modes of therapy), as well as promote substance use treatment retention and subsequently reduce substance use.</p> <p>In a sample of women experiencing a co-occurrence of substance use and anxiety, 85% reported a reduction in levels of anxiety and improvements were noted in self-realization and levels of hope following music interventions.</p>	<p>Silverman, M. (2011). Effects of music therapy on change readiness and craving in patients on a detoxification unit. <i>Journal of Music Therapy</i>, 48(4), 509-531</p>
Social effects of music	<p>Music therapy is known to enhance social functioning and provides individuals with an opportunity to connect with others and develop supportive networks amongst other group members. Through the power of shared experience, music can develop a sense of closeness and connection between members and is an alternative form of communication which provides an opportunity for expression.</p>	<p>Ghetti, C., et al. (2017). Music therapy for people with substance use disorders. <i>Cochrane Database of Systematic Review</i></p> <p>AND</p> <p>Hedigan, J. (2010). Authenticity and intimacy: The experience of group music therapy for substance dependent adults living in a therapeutic community. In D. Aldridge, &amp; J. Fachner (Eds.), <i>Music therapy and addictions</i>, 35-56</p>
<b>Fitness and recovery</b>		
Individual effects of physical activity - substance use	<p>Exercise is known to reduce rates of substance use and withdrawal symptoms among those in recovery, as well as having a positive impact on depression, anxiety or other psychological problems.</p> <p>Exercise is also known to increase self-efficacy, for example, belief in one's</p>	<p>Wang, D. et al. (2014). Impact of physical exercise on substance use disorders: a Meta-analysis. <i>PLoS One</i>, (9), 1.</p> <p>AND</p> <p>Read, J. P., &amp; Brown, R. A. (2003). The role of physical exercise in</p>

	ability to master a particular skill, that might be generalized to self-efficacy in situations which need coping strategies and, therefore, help maintain sobriety	alcoholism treatment and recovery. <i>Professional Psychology: Research &amp; Practice</i> , 34(1), 49–56.
Social effects of physical activity	Through exercising, individuals are known to gain access to pro-social networks and social support which aid their recovery. It also provides a form of meaningful activity, and alternative to using substances.	Read, J. P., & Brown, R. A. (2003). The role of physical exercise in alcoholism treatment and recovery. <i>Professional Psychology: Research &amp; Practice</i> , 34(1), 49–56.
Social effects of physical activity – CrossFit specific	CrossFit members are reported to have significantly higher levels of social capital and belonging compared with traditional gym members. This sense of community is a known factor to support exercise initiation and adherence.	Whiteman-Sandland, J., Hawkins, J. & Clayton, D. (2018). The role of social Capital and community belongingness for exercise adherence: an exploratory study of the CrossFit gym model. <i>Journal of Health Psychology</i> , 12(23), 1545-1556