

LIST OF TABLES AND FIGURES



CHAPTER 1. INTRODUCTION AND OVERVIEW OF THE REPORT

Figure 1.1	Past Month Rates of Substance Use Among People Aged 12 or Older: Percentages, 2002-2014, 2014 National Survey on Drug Use and Health (NSDUH)	1-2
Table 1.1	Categories and Examples of Substances	1-5
Table 1.2	Past Year Substance Use, Past Year Initiation of Substance Use, and Met Diagnostic Criteria for a Substance Use Disorder in the Past Year Among Persons Aged 12 Years or Older for Specific Substances: Numbers in Millions and Percentages, 2015 National Survey on Drug Use and Health (NSDUH)	1-9
Figure 1.2	Trends in Binge Drinking and Past 30-Day Use of Illicit Drugs among Persons Aged 12 Years or Older, 2014 National Survey on Drug Use and Health (NSDUH)	1-10
Table 1.3	Past Year Alcohol Use, Past Month Binge Alcohol Use, and Met Diagnostic Criteria for a Substance Use Disorder in the Past Year Among Persons Aged 12 Years or Older: Numbers in Millions and Percentages, 2015 National Survey on Drug Use and Health (NSDUH)	1-11
Table 1.4	Past Year Substance Use, Past 30-Day Illicit Drug Use, and Met Diagnostic Criteria for a Substance Use Disorder in the Past Year Among Persons Aged 12 Years or Older: Numbers in Millions and Percentages, 2015 National Survey on Drug Use and Health (NSDUH)	1-11
Table 1.5	Criteria for Diagnosing Substance Use Disorders	1-17

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

Figure 2.1	A Neuron and its Parts	2-4
Figure 2.2	Areas of the Human Brain that Are Especially Important in Addiction	2-5
Figure 2.3	The Three Stages of the Addiction Cycle and the Brain Regions Associated with Them	2-7

Figure 2.4	The Binge/Intoxication Stage and the Basal Ganglia	2-9
Figure 2.5	Actions of Addictive Substances on the Brain	2-10
Figure 2.6	Major Neurotransmitter Systems Implicated in the Neuroadaptations Associated with the Binge/Intoxication Stage of Addiction	2-11
Figure 2.7	The Withdrawal/Negative Affect Stage and the Extended Amygdala	2-13
Figure 2.8	Time-Related Decrease in Dopamine Released in the Brain of a Cocaine User	2-14
Figure 2.9	Major Neurotransmitter Systems Implicated in the Neuroadaptations Associated with the Withdrawal/Negative Affect Stage of Addiction	2-15
Figure 2.10	The Preoccupation/Anticipation Stage and the Prefrontal Cortex	2-16
Figure 2.11	Major Neurotransmitter Systems Implicated in the Neuroadaptations Associated with the Preoccupation/Anticipation Stage of Addiction	2-17

CHAPTER 3. PREVENTION PROGRAMS AND POLICIES

Figure 3.1	Past-Month Alcohol Use, Binge Alcohol Use, and Marijuana Use, by Age: Percentages, 2015 National Survey on Drug and Health (NSDUH)	3-3
Table 3.1	Risk Factors for Adolescent and Young Adult Substance Use	3-5
Table 3.2	Protective Factors for Adolescent and Young Adult Substance Use	3-6
Table 3.3	Cost-Benefit of EBIs Reviewed by the Washington State Institute for Public Policy, 2016	3-14
Figure 3.2	Alcohol- Versus Non-alcohol-related Traffic Deaths, Rate per 100,000, All Ages, United States, 1982-2013	3-19
Figure 3.3	Trends in 2-Week Prevalence of 5 or More Drinks in a Row among 12th Graders, 1980-2015	3-21
Table 3.4	Status of Selected Evidence-Based Strategies in States for Preventing Alcohol Misuse and Related Harms	3-24

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

Figure 4.1	Substance Use Status and Substance Use Care Continuum	4-4
Table 4.1	Evidence-Based Screening Tools for Substance Use	4-7
Table 4.2	Principles of Effective Treatment for Substance Use Disorders	4-14
Table 4.3	Detailed Information on Substance Use Disorder Assessment Tools	4-16
Table 4.4	Pharmacotherapies Used to Treat Alcohol and Opioid Use Disorders	4-19
Table 4.5	Examples of Technology-Assisted Interventions	4-33

CHAPTER 6. HEALTH CARE SYSTEMS AND SUBSTANCE USE DISORDERS

Figure 6.1	Substance Use Disorders Services: Past and Future	6-8
Figure 6.2	A Continuum of Collaboration between Health Care and Specialty Services	6-14
Figure 6.3	Eligibility for Affordable Care Act Coverage Among the Nonelderly Uninsured by Race and Ethnicity, as of 2015	6-16
Figure 6.4	Percentage Distribution of Spending on Substance Misuse Treatment by Setting, 1986–2014	6-24

APPENDIX B. EVIDENCE-BASED PREVENTION PROGRAMS AND POLICIES

Table B.1	Evidence-Based Interventions for Children Under Age 10	17
Table B.2	Evidence-Based Interventions for Youth Aged 10 to 18	20
Table B.3	Evidence-Based Interventions for Age 18+	27
Table B.4	Evidence-Based Community Implementation Systems/ Coalition Models and Environmental Interventions	29
Table B.5	Community Preventive Services Task Force Recommendations for Preventing Alcohol Misuse	32