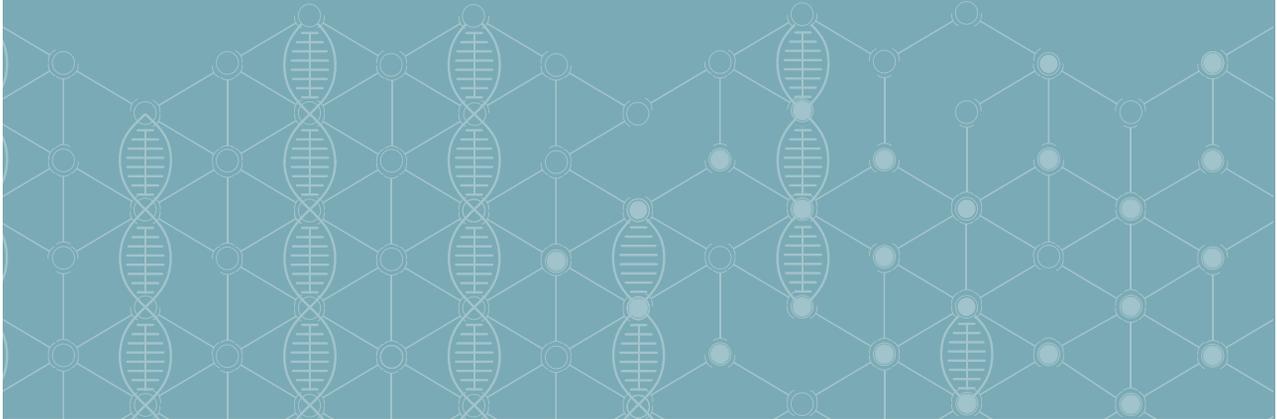


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Longer Treatment, Better Results

In 2016, for the first time ever, the United States Surgeon General published a report on Alcohol, Drugs and Health as a review of what we know about substance misuse and how we



can use that knowledge to address substance abuse and the consequences resulting from it. We present highlights of its findings, in part, because it validates Enterhealth's treatment approach on how much time is needed for recovery: the longer the treatment, the greater possibility for a positive recovery outcome.

In 2015, over 27 million people in the United States reported that they were currently using illicit drugs or misusing prescription drugs, and 66 million people (nearly a quarter of our adult and adolescent population) reported binge drinking. This misuse is taking a toll on individuals, families, neighborhoods and communities – American society

in general. It is estimated that the yearly economic impact of substance abuse is about \$249 billion, and illicit drug use adds up to about \$193 billion.

A typical progression for someone who has a severe substance use disorder might start with 3 to 7 days in a medically managed withdrawal program, followed by a 1- to 3-month period of intensive rehabilitation care in a residential treatment program, followed by continuing care, first in an intensive outpatient program (2 to 5 days per week for a few months) and later in a traditional outpatient program that meets 1 to 2 times per month.



We all know someone with a substance use disorder and many know someone who has lost a family member to it. The majority of people suffering from addiction do not seek help because they either cannot access or afford care, they are afraid of shame and discrimination, or there is no screening available in their general healthcare settings.

40 percent of those who have a problem with drugs or alcohol are not ready to stop using or think that they don't have a problem, which can be a consequence of the neurobiological

changes that profoundly affect the judgment, motivation, and priorities of those with a substance use disorder.

Despite all this, there is hope thanks to ongoing healthcare and criminal justice reform plus clinical, research and information technology advances. New opportunities abound for increased access to effective prevention and treatment services that will be a strong new base for improved addiction care.

This is very good news because in the past, we have treated addiction and misuse of alcohol and drugs as moral weakness or just a willful rejection of society's norms, causing it to be addressed through the criminal justice system rather than the medical community. Because our healthcare system has not given attention to substance use disorders in the same way they have other health concerns, only about 10 percent of people with a substance use disorder actually receive any type of specialty treatment. In addition, 40 percent of them also have a mental health condition, of which fewer than half receive treatment for either disorder. This is a chronic disease of the brain and should be treated at the same rates as diabetes, heart disease and high blood pressure. Not only should everyone suffering from addiction seek treatment, but the Surgeon General's Report (Chapter 4, page 18) also states that the longer the treatment, the greater possibility for a positive recovery outcome.

<https://www.surgeongeneral.gov/library/2016/alcoholdrugshhealth/index.html>



In general, patients with serious substance use disorders are recommended to stay engaged for at least 1 year in the treatment process. This may involve participation in 3 to 4 different programs or services at reduced levels of intensity, all of which are ideally designed to help the patient prepare for continuing self-management after treatment ends.



For more than 10 years now, Enterhealth has based their addiction treatment program upon the National Institutes of Health's model of treatment, which is in agreement with the 2016 Surgeon General's Report. People suffering from addiction deserve sound medical and behavioral health treatment and can have hope.

To learn more about Enterhealth and our comprehensive pain management program, please contact us at **1.800.388.4601**.



Well-supported scientific evidence shows that substance use disorders can be effectively treated, with recurrence rates no higher than those for other chronic illnesses such as diabetes, asthma, and hypertension. With comprehensive continuing care, recovery is now an achievable outcome.