

Fact Sheet

Addiction and Recovery



Facts About Substance Abuse

(Sources: State of NM Epidemiology Report; NM State Senate Memorial 56)

- Among New Mexico Counties, Taos County ranks:
 - » Second in unintended overdose deaths from prescription medication, and third in all unintended overdose deaths
 - » Fourth in deaths from alcohol-related injuries, and fifth in alcohol-related vehicle crash fatalities
 - » First in reported drinking and driving by adults
- The Taos County average of DUI/DWI “repeat offenders” is 43.6% - the average for the state is 41.8%
- New Mexico youth are more likely to try heroin than the national average, and use drugs at younger ages - as young as 12 years old
- New Mexico High Schoolers are almost twice as likely to use heroin as High School youth in other states

Facts About Addiction

(Sources: U.S. Substance Abuse and Mental Health Services Administration; World Health Organization)

- Addiction is a chronic disease, like asthma, hypertension, or diabetes.
- Like asthma, hypertension, or diabetes, there is no known cure.
- Like other chronic diseases, addiction can be treated and controlled, and those who have the disease can live healthy, happy lives.
- About one in every eight Americans suffers from some form of addiction: About thirty million people.
- The “cause” of addiction is a complex mix of hereditary and non-hereditary factors. Prevention can reduce the likelihood that a vulnerable individual will develop the disease.

Facts About Recovery

(National Institute on Drug Abuse, University of New Mexico CASAA, Rutgers University)

- Treatment can help addicted individuals stop using, avoid relapse, and successfully recover their lives.
- As with other chronic diseases, more than one treatment episode may be needed to help an individual establish recovery.
- Treatment moderates the harmful effects of addiction even when individuals aren’t able to achieve complete abstinence in the following 12 months.
- There are many effective treatment options, including behavioral treatments, medication, and other therapies. What works for one individual may not be as effective for another.
- Participating in long term recovery support such as 12-step and other group programs significantly improves outcomes.