

# Substance Use Disorder & Opioid Use Disorder (SUD-OUD)

Drug addiction, also called substance use disorder, is a disease that:

- Affects a person's brain and behavior
- Leads to an inability to control the use of a legal or illegal drug or medication

Substances such as alcohol, marijuana and nicotine also are considered drugs. When you're addicted, you may continue using the drug despite the harm it causes.

Drug addiction:

- Can start with experimental use of a recreational drug in social situations, **and then**
- Becomes more frequent

Opioid addiction:

- Can begin with:
  - Exposure to prescribed medications, **or**
  - Receiving medications from a friend or relative who has been prescribed the medication

## Symptoms

Drug addiction symptoms or behaviors include:

- Continuing to use the drug, even though you know it's causing problems in your life or causing you physical or psychological harm

- Cutting back on social or recreational activities
- Doing things to get the drug that you normally wouldn't do, such as stealing
- Driving or doing other risky activities when you're under the influence of the drug
- Experiencing withdrawal symptoms when you attempt to stop taking the drug
- Failing in your attempts to stop using the drug
- Feeling that you have to use the drug regularly — daily or even several times a day
- Having intense urges for the drug that block out any other thoughts
- Making certain that you maintain a supply of the drug.
- Needing more of the drug to get the same effect over time.
- Not meeting obligations and work responsibilities.
- Spending a good deal of time getting the drug, using the drug or recovering from the effects of the drug.
- Spending money on the drug, even though you can't afford it.
- Taking larger amounts of the drug over a longer period of time than you intended.

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## Risk factors

People of any age, gender, or economic status can become addicted to a drug. Certain factors can affect the likelihood and speed of developing an addiction, including:

- Early use
- Family history of addiction
- Lack of family involvement
- Mental health disorder
- Peer pressure
- Taking a highly addictive drug

## Excessive alcohol use

Drinking too much can be harmful to your health. Most people who drink excessively are not alcoholics or alcohol dependent.

Excessive alcohol use includes:

- Binge drinking (defined as five or more drinks within two or three hours for men, and four or more drinks within two or three hours for women)
- Heavy drinking (15 or more drinks a week for men, eight or more drinks a week for women)
- Any drinking by pregnant people or people younger than 21 years

Excessive alcohol use:

- May increase anxiety, depression, or other mental health
- May increase the risk of long-term health issues, including:
  - Birth defects
  - Cancer
  - Heart disease
  - High blood pressure
  - Liver disease
  - Stroke
- Increases the risk of family problems and violence
- Increases the risk for violence, injuries, and motor vehicle crashes

- May alter your thoughts, judgment, and decision-making
- Worsens sleep quality, which makes it more difficult to deal with stress

## Substance use

Anyone who uses opioids or illegal drugs can become addicted to them. Different drugs can have different adverse effects. For example, taking too many opioids can stop a person's breathing – leading to death.

## Opioid painkillers

Opioid painkiller (e.g., heroin, morphine, codeine, methadone, and oxycodone) are narcotic, painkilling drugs produced from opium or made synthetically.

Sometimes called the "opioid epidemic," addiction to opioid prescription pain medications:

- Has reached an alarming rate across the United States
- Can lead to needing physician-prescribed temporary or long-term drug substitution during treatment

Signs and symptoms of narcotic use and dependence can include:

- Agitation, drowsiness, or sedation
- Confusion
- Constipation
- Constricted pupils
- Depression
- Lack of awareness or inattention to surrounding people and things
- Needle marks (if injecting drugs)
- Problems with attention and memory
- Problems with coordination
- Reduced sense of pain
- Runny nose or nose sores (if snorting drugs)
- Slurred speech

## When to see a doctor

If your drug use is out of control or causing problems:

- Get help – The sooner you seek help, the greater your chances for a long-term recovery
- Talk with your primary doctor
- See a mental health professional, such as a doctor who specializes in addiction medicine or addiction psychiatry, or a licensed alcohol and drug counselor

Make an appointment to see a doctor if:

- You can't stop using a drug
- You continue using the drug despite the harm it causes
- Your drug use has led to unsafe behavior, such as sharing needles or unprotected sex
- You think you may be having withdrawal symptoms after stopping drug use

## Getting help

To overcome your drug addiction and stay drug-free, you may need help from:

- An organized treatment program
- Family
- Friends
- Support group(s)
- Your doctor

## Treatment

Treatment options for you or someone you care may include:

- Beginning and continuing medication-assisted treatment for alcohol or opioid use disorders
- Calling the National Drug and Alcohol Treatment Referral Routing Service (1-800-662-HELP) to speak with someone about an alcohol or substance use problem
- Contacting your healthcare provider

- Locating virtual treatment recovery programs
- Taking medicine as prescribed and continue your therapy, treatment, or support appointments (in person or through telehealth services) when possible

## Prevention

The best way to prevent an addiction to a drug is not to take the drug at all. If your doctor prescribes a drug with the potential for addiction:

- Use care when taking the drug
- Follow the instructions your doctor provides
- Talk to your doctor if you feel you need to take more than is prescribed

## Preventing drug misuse in children and teenagers

Take these steps to help prevent drug misuse in children and teenagers:

- Communicate
  - Talk to children about the risks of drug use and misuse
- Listen
  - Be a good listener when children talk about peer pressure, and be supportive of their efforts to resist it
- Set a good example
  - Don't misuse alcohol or addictive drugs, as children of parents who misuse drugs are at greater risk of drug addiction
- Strengthen the bond
  - Work on the relationship you have with the child/children, as a strong, stable bond between you and the child will reduce the child's risk of using or misusing drugs

# Notice of Availability - Auxiliary Aids and Services Notice

English: Free language, auxiliary aid, and alternate format services are available.  
Call **844-881-4482 (TTY: 711)**.

العربية [Arabic]: تتوفر خدمات اللغة والمساعدة الإضافية والتنسيق البديل مجانًا. اتصل على الرقم **844-881-4482 (الهاتف النصي: 711)**.

Հայերեն [Armenian]: Հասանելի են անվճար լեզվական, աջակցման և այլընտրանքային ձևաչափի ծառայություններ: Չանգահարե՛ք՝ **844-881-4482 (TTY: 711)**:

বাংলা [Bengali]: বিনামূল্যে ভাষা, আনুষঙ্গিক সহায়তা, এবং বিকল্প বিন্যাসে পরিষেবা উপলব্ধ। ফোন করুন **844-881-4482 (TTY: 711)** নম্বরে।

简体中文 [Simplified Chinese]: 我们可提供免费的语言、辅助设备以及其他格式版本服务。请致电 **844-881-4482 (听障专线: 711)**。

繁體中文 [Traditional Chinese]: 我們可提供免費的語言、輔助設備以及其他格式版本服務。請致電 **844-881-4482 (聽障專線: 711)**。

Kreyòl Ayisyen [Haitian Creole]: Lang gratis, èd oksilyè, ak lòt fòm sèvis disponib. Rele **844-881-4482 (TTY: 711)**.

Hrvatski [Croatian]: Dostupni su besplatni jezik, dodatna pomoć i usluge alternativnog formata. Nazovite **844-881-4482 (TTY: 711)**.

فارسی [Farsi]: خدمات زبان رایگان، کمک های اضافی و فرمت های جایگزین در دسترس است. با **844-881-4482 (TTY: 711)** تماس بگیرید.

Français [French]: Des services gratuits linguistiques, d'aide auxiliaire et de mise au format sont disponibles. Appeler le **844-881-4482 (TTY: 711)**.

Deutsch [German]: Es stehen kostenlose unterstützende Hilfs- und Sprachdienste sowie alternative Dokumentformate zur Verfügung. Telefon: **844-881-4482 (TTY: 711)**.

Ελληνικά [Greek]: Διατίθενται δωρεάν γλωσσικές υπηρεσίες, βοηθήματα και υπηρεσίες σε εναλλακτικές προσβάσιμες μορφές. Καλέστε στο **844-881-4482 (TTY: 711)**.

ગુજરાતી [Gujarati]: નિ:શુલ્ક ભાષા, સહાયક સહાય અને વૈકલ્પિક ફોર્મેટ સેવાઓ ઉપલબ્ધ છે. **844-881-4482 (TTY: 711)** પર કોલ કરો.

עברית [Hebrew]: שירותים אלה זמינים בחינם: שירותי תרגום, אביזרי עזר וטקסטים בפורמטים חלופיים. נא התקשר למספר **844-881-4482 (TTY: 711)**

हिन्दी [Hindi]: नि:शुल्क भाषा, सहायक मदद और वैकल्पिक प्रारूप सेवाएं उपलब्ध हैं। **844-881-4482 (TTY: 711)** पर कॉल करें।

Hmoob [Hmong]: Muaj kev pab txhais lus, pab kom hnov suab, thiab lwm tus qauv pab cuam. Hu **844-881-4482 (TTY: 711)**.

Italiano [Italian]: Sono disponibili servizi gratuiti di supporto linguistico, assistenza ausiliaria e formati alternativi. Chiama il numero **844-881-4482 (TTY: 711)**.

日本語 [Japanese]: 言語支援サービス、補助支援サービス、代替形式サービスを無料でご利用いただけます。**844-881-4482 (TTY: 711)** までお電話ください。

This notice is available at **Humana.com/VirginiaDocuments**.

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ភាសាខ្មែរ [Khmer]: សេវាកម្មផ្នែកភាសា ជំនួយ និង សេវាកម្មជូនព្រមទាំងផ្សេងៗដ៏សំខាន់  
រកបាន។ ទូរសព្ទទៅលេខ **844-881-4482 (TTY: 711)**។

한국어 [Korean]: 무료 언어, 보조 지원 및 대체 형식 서비스를 이용하실 수 있습니다.  
**844-881-4482 (TTY: 711)**번으로 문의하십시오.

ພາສາລາວ [Lao]: ມີການບໍລິການດ້ານພາສາ, ອຸປະກອນຊ່ວຍເຫຼືອ ແລະ ຮູບແບບທາງເລືອກອື່ນ  
ໃຫ້ໃຊ້ໄດ້. ໂທ **844-881-4482 (TTY: 711)**.

Diné [Navajo]: Saad t'áá jiik'eh, t'áadoole'é binahjì' bee adahodoonííígíí diné bich'í'  
anídahazt'í'í, dóó łahgo át'éego bee hada'dilyaaígíí bee bika'aanída'awo'í dahóló. Kohjì'  
hodíílnih **844-881-4482 (TTY: 711)**.

Polski [Polish]: Dostępne są bezpłatne usługi językowe, pomocnicze i alternatywne formaty.  
Zadzwoń pod numer **844-881-4482 (TTY: 711)**.

Português [Portuguese]: Estão disponíveis serviços gratuitos de ajuda linguística auxiliar e  
outros formatos alternativos. Ligue **844-881-4482 (TTY: 711)**.

ਪੰਜਾਬੀ [Punjabi]: ਮੁਫ਼ਤ ਭਾਸ਼ਾ, ਸਹਾਇਕ ਸਹਾਇਤਾ, ਅਤੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਸੇਵਾਵਾਂ ਉਪਲਬਧ ਹਨ।  
**844-881-4482 (TTY: 711)** 'ਤੇ ਕਾਲ ਕਰੋ।

Русский [Russian]: Предоставляются бесплатные услуги языковой поддержки,  
вспомогательные средства и материалы в альтернативных форматах. Звоните по номеру  
**844-881-4482 (TTY: 711)**.

Español [Spanish]: Los servicios gratuitos de asistencia lingüística, ayuda auxiliar y  
servicios en otro formato están disponibles. Llame al **844-881-4482 (TTY: 711)**.

Tagalog [Tagalog]: Magagamit ang mga libreng serbisyong pangwika, serbisyo o device na  
pantulong, at kapalit na format. Tumawag sa **844-881-4482 (TTY: 711)**.

தமிழ் [Tamil]: இலவச மொழி, துணை உதவி மற்றும் மாற்று வடிவ சேவைகள் உள்ளன.  
**844-881-4482 (TTY: 711)** ஐ அழைக்கவும்.

తెలుగు [Telugu]: ఉచిత భాష, సహాయక మద్దతు, మరియు ప్రత్యామ్నాయ ఫార్మాట్ సేవలు  
అందుబాటులో గలవు. **844-881-4482 (TTY: 711)** కి కాల్ చేయండి.

(TTY: 711) 844-881-4482 اردو [Urdu]: مفت زبان، معاون امداد، اور متبادل فارمیٹ کی خدمات دستیاب ہیں۔

Tiếng Việt [Vietnamese]: Có sẵn các dịch vụ miễn phí về ngôn ngữ, hỗ trợ bổ sung và định  
dạng thay thế. Hãy gọi **844-881-4482 (TTY: 711)**.

አማርኛ [Amharic]: ቋንቋ፣ አገዥ ማዳመጫ እና አማራጭ ቅርፀት ያላቸው አገልግሎቶችን ይገኛሉ። በ  
**844-881-4482 (TTY: 711)** ላይ ይደውሉ።

Bàsà` [Bassa]: Wuḍu-xwíníín-mú-zà-zà kùà, Hwòdǒ-fáńa-nyo, kè nyo-baŭn-po-kà bɛ́ bɛ́  
nyuɛɛ se wídí pɛ́ɛ-pɛ́ɛ dò ko. **844-881-4482 (TTY: 711)** dá.

Bekee [Igbo]: Asụsụ n'efu, enyemaka nkwarụ, na ọrụ usoro ndị ọzọ dị. Kpọọ **844-881-4482 (TTY: 711)**.

Òyìnbó [Yoruba]: Àwọn isẹ àtilẹhin ìrànlowọ̀ èdè, àti ònà kíkà mírán wà lárọ̀wọ̀tó. Pe  
**844-881-4482 (TTY: 711)**.

नेपाली [Nepali]: भाषासम्बन्धी निःशुल्क, सहायक साधन र वैकल्पिक फार्मेट (ढाँचा/व्यवस्था)  
सेवाहरू उपलब्ध छन् । **844-881-4482 (TTY: 711)** मा कल गर्नुहोस् ।