### Signs, Symptoms & Early Intervention

#### Addiction Facts
- 20 Million: In the United States, over 20 million people suffer from addiction - that's one in seven people.
- Alcohol: Alcohol use disorder is the most prevalent addiction in the U.S. followed by marijuana and opioids.
- 90% of Americans with a substance use disorder began using substances before the age of 18.

#### Levels of Severity
- As Risk
- Mild
- Moderate
- Severe
- Addiction

#### Risk Factors
- **Genetic Risks**: Research also suggests that genetic factors account for about half of a person's likelihood of developing a substance use disorder.
- **Individual Risks**: Individual risk factors include parental substance misuse, trauma, and a lack of social attachments.
- **Environmental Risks**: Environmental factors include high drug availability, poverty, a lack of laws and enforcement, and social norms.

#### Symptoms & Warning Signs
- **Change in weight, eating or sleeping habits**
- **Changes in mood such as acting withdrawn, frequently tired or depressed, or hostile**
- **Loss of interest in overall health, hygiene, preventative and dental care**
- **A decline in performance at work or school**
- **Change in peer group**
- **Secrecy regarding phone**
- **Inability to be present when in conversation**

#### Symptoms & Warning Signs
- Because substance use disorder is a progressive disease, intervening in the early stages greatly improves outcomes. Families should take warning signs seriously. Concerned significant others may report these signs and symptoms:
- Don't Wait for Rock Bottom
  - The idea that we should wait for the disease to get worse before seeking treatment is dangerous. Imagine if we waited until stage 4 to treat cancer. Substance use disorders get worse over time. Decades of research has proven that the earlier someone is treated, the better their outcomes—and that treatment works just as well for patients who are compelled to start treatment by outside forces as it does for those who are self-motivated to enter treatment.

#### Don't Wait for Rock Bottom
- Early  
- Late