Substance Abuse

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**Introduction**

Substance abuse is a health concern that involves the use of harmful and hazardous psychoactive substances that can lead to physiological, behavioral, and cognitive phenomena (WHO, 2019). The primary abused substances include alcoholic drinks such as hard drinks and illicit drugs such as marijuana. The consistence use of these substances makes the body develop a phenomenal desire for drug intake, use control difficulties, physical withdrawal state, and eventually increase intolerance (WHO, 2019). Over the recent past, the percentage of substance abuse in the United States has been on the rise, with the majority being household and school population individuals who tend to use it as a stress reliever. Therefore, to effectively minimize the problem, the significant initiatives should focus on the youth with educative programs running across these learning institutions.

With the legalization of marijuana being on the blink nationally in the United States, there is a significant increment in the overall substance abuse. Over 22 million individuals majorly use battle the substance abuse vice, with more than 4.5 million substance abuse individuals suffering from substance use disorders (Kelly, 2018). However, much the youth in the United States are prominent users to substances; they are significant casualties to the consequences. In 2017 alone, America recorded over seventy thousand substance abuse death, with the majority being youth under the influence of opioids. Consequently, substance abuse repercussions are increasing and adverse with more than eight million mental health and substance use disorders, which lead to economic constraints such as an increase in crime rate, health care cost, and productivity loss (Kelly, 2018).

The survey conducted among the youth of ages 12 and above shows that there is an increase in substance abuse between 2017 and 2018. However, much there is a significant increase in the overall consumption of illicit drugs comparing 2017 and 2018; some substances like cocaine, crack, and heroin have recorded a decrease (SAMHSA, 2019). In 2017 marijuana had a consumption prevalence of 122943000 and 123935000 in 2018, therefore showing an incidental rate increase of 0.8%. Hallucinogens, on the other hand, show a consumption prevalence of 42072000 in 2017 and 43255000 in 2018, thus revealing a 2.8% incidental rate increase. Lysergic acid diethylamide additionally shows a significant consumption increase in 2018 of 1270000, thus showing a 4.9% prevalence compared to 2017 (SAMHSA, 2019).

The substance abuse health concern is not only a problem in the United States but also a significant interest in other American countries such as Salvador, Argentina, and Uruguay. The primary substance abuse explicit in these American countries includes alcohol, tobacco, and electric cigarettes, cannabis inhalants, and ecstasy. The 2019 report shows that the United States has a vast prevalence rate compared to all other American countries. Concerning alcohol, the past month prevalence for Salvador is 9.5% while Uruguay and Argentina are having 52% each. Compared to that of the United States' 2018 3.3%, the conclusion is made that the three countries have a higher alcohol consumption rate than the United States, with the majority being youths in the secondary schools (CICAD & OAS, 2019).

Across the American hemisphere, tobacco consumption is on the decline with only five countries showing tobacco consumption, four among them expresses a decrease in the prevalence rate ranging from 1.8% in Antiqua and Barbuda to 23.7% in Chile. In as much as there is a decline in the use of tobacco, cannabis use is on the rise to majorly youth-both boys and girls- in secondary schools with a past month prevalence ranging from 0.5% to 16% in all American Countries. This survey puts the United States as a significant country where cannabis use is high. Cocaine use in the American hemisphere shows increased use of prevalence range from 0.03% to 2%. With the United States statistics of 2.2%, it comes the significant contributors of cocaine use in the American region (CICAD & OAS, 2019).

Substance abuse majorly affects youth who are deemed to be tomorrow’s societal leaders. The study on the vice has promoted scientific development and inventions of many medications, especially the pharmacological interventions and other cognitive and behavioral interventions (Xu & LaBar, 2019). The vice study also enhances everyone's knowledge of the various neurobiological mechanisms and illness complexity that result from the use of such drugs and even from the substance use disorders. The study also helps physicians to understand the appropriate therapy for various complications caused by multiple substance abuse, thus useful in damage system restoration. The learning of the substance abuse health issue will help to gather information on how external environmental factors interact with human biological systems when under stimulants and depressants (Xu & LaBar, 2019).

To make changes to substance abuse health concern, both the society and the federal government should take part in cohesively to eliminate such vice among the youth. The government and the community at large should embark on serious awareness campaigns by coming up with policies that regulate the use of all substances and educate the public by running several adverts for the dangers (Xu & LaBar, 2019). These awareness campaigns should concentrate on public places where youths are the majority, such as educational centers and market places. Additionally, the United States society should consider declaring substance abuse as a national disaster, thus being a public enemy. With substance abuse being a national disaster, everyone will be against the supply and use of such drugs. Hence, policymakers will come up with necessary laws that prevent the trade and use of hazardous substances. The public enemy notion will reduce demand, which consequently will control the supply of all kinds of substances (Xu & LaBar, 2019).

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