



## Defense Health Agency (DHA) Clinical Communities Speaker Series

### October 2021 CCSS: Promising Practices in Military Health Care

#### S02: Time to Break the Silence: Addiction – A Family Disease in Need of Multisectoral Collaboration

##### Resource List

The Centers for Disease Control and Prevention (CDC) produced an [Alcohol and Substance Misuse](#) (2020) report as part of the Workplace Health Resources. This report includes factsheets that are designed to provide facts, risk factors, and signs and symptoms of alcohol and substance use disorders as well as a factsheet that describes substance abuse and co-occurring disorders such as depression. Links to recommended screening and intervention tools and Substance Abuse and Mental Health Services Administration (SAMHSA) resources are included.

The report, “Ending Discrimination Against People with Mental and Substance Use Disorders” (2016) has a chapter titled [Understanding Stigma of Mental and Substance Use Disorders](#). The term “stigma” is used throughout the report to represent the complex of attitudes, beliefs, behaviors, and structures that interact at different levels of society (i.e., individuals, groups, organizations, systems) and manifest in prejudicial attitudes about and discriminatory practices against people with mental and substance use disorders.

The Health.mil website has a dedicated webpage for [DOD Policy Guidance on Substance Misuse](#) (n.d.). This page contains Department of Defense Instructions (DoDI) for the Problematic Substance Use by DOD Personnel, Military Personnel Drug Abuse Testing Program, and the DoD Civilian Employee Drug-Free Workplace Program. Mental health care is addressed with a DoDI for Command Notification Requirements to Dispel Stigma in Providing Mental Health Care to Service Members. Service-specific guidance for the Air Force, Army, Coast Guard, Marine Corps, and Navy are also included.

The U.S. Food and Drug Administration (FDA) produced a report on [The Modern Science of Addiction](#) (2016). This report provides details on the prevalence of drug abuse in the United States and the vulnerability to develop addictions. Genetics, environment, and drug-induced effects are described as factors that contribute to vulnerability to develop a specific addiction. The neurobiology of how an addiction is developed is explained, including specific details of how drugs alter normal brain networks and chemicals.

As part of its response to the national opioid public health crisis, the National Institutes of Health (NIH) developed the [Helping to End Addiction Long-term \(HEAL\) Initiative](#) (2018) as a trans-NIH effort to improve prevention and treatment strategies for opioid misuse and addiction and to enhance pain management. The HEAL Initiative Multi-Disciplinary Working Group is comprised of experts in pain and addiction research external to NIH. The working group engages leaders in the private sector and academic research community, provides a transparent venue for stakeholders and members of the public to discuss NIH HEAL Initiative research, and facilitates exchange of scientific information.

The U.S. Department of Veterans Affairs (VA) has [Substance Use Treatment for Veterans Programs](#) (2020) that provide options for Veterans seeking treatment for substance use problems. The services offered depend on the specific needs of the participant. Programs such as counseling, therapy, medically managed detoxification, and drug substitution therapies are offered.



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### References

Centers for Disease Control and Prevention (CDC). (2020). *Alcohol and Substance Misuse*. CDC.gov.

<https://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/alcohol-substance-misuse.html>

Committee on the Science of Changing Behavioral Health Social Norms. (2016, August 3). *Understanding Stigma of Mental and Substance Use Disorders*. Nih.gov; National Academies Press (US).

<https://www.ncbi.nlm.nih.gov/books/NBK384923/>

Health.mil. (n.d.). *DoD Policy Guidance on Substance Misuse*. Military Health System.

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Kreek, M., Patrick, M., & Haggerty, B. (2016). *The Modern Science of Addiction*. Science Board – U.S. Food and Drug Administration. <https://www.fda.gov/media/96423/download>

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<https://heal.nih.gov/>

U.S. Department of Veterans Affairs. (2020, June 26). *Substance use treatment for Veterans*. Veterans

Affairs. <https://www.va.gov/health-care/health-needs-conditions/substance-use-problems/>