



## Community Champions Initiative

Addictive disorders are the number one public health problem in Oklahoma. Employers in the state will spend more than \$600 million annually in additional medical costs for the 200,000 Oklahoma workers suffering from addiction and depression.

The stigma associated with an addictive disorder can be that of a “junkie.” Many people think that those who choose to use could stop if they wanted to. People with addictive disorders cannot simply stop. Research has indicated that addiction is genetic and, therefore out of the individual’s control.

Unfortunately, because of the stigma associated with addictive disorders, those experiencing issues often are too ashamed to seek assistance and often are using substances to alleviate symptoms of a mental health disorder.

Symptoms of someone with an addictive disorder include:

- Chronic, daily use of a substance, such as alcohol, or compulsion to act on a behavior, such as shopping or exercise
- Neglect of daily responsibilities
- Deterioration of relationships
- Loss of control
- Withdrawal symptoms (including sweating, trembling, raised blood pressure)

People with addictive disorders or substance abuse problems should feel like they can seek help. The Oklahoma Department of Mental Health and Substance Abuse Services welcome individuals and families from all backgrounds. Support groups and treatment programs are available.

If you or someone you know is dealing with an addictive disorder call the ODMHSAS Reachout Hotline at 1-800-522-9054 24 hours toll free, visit [www.odmhsas.org](http://www.odmhsas.org) for a list of treatment providers or check out [www.yourlifeoncourse.com](http://www.yourlifeoncourse.com) for additional information.