

# Data Spotlight

Treatment Episode Data Set

July 24, 2012

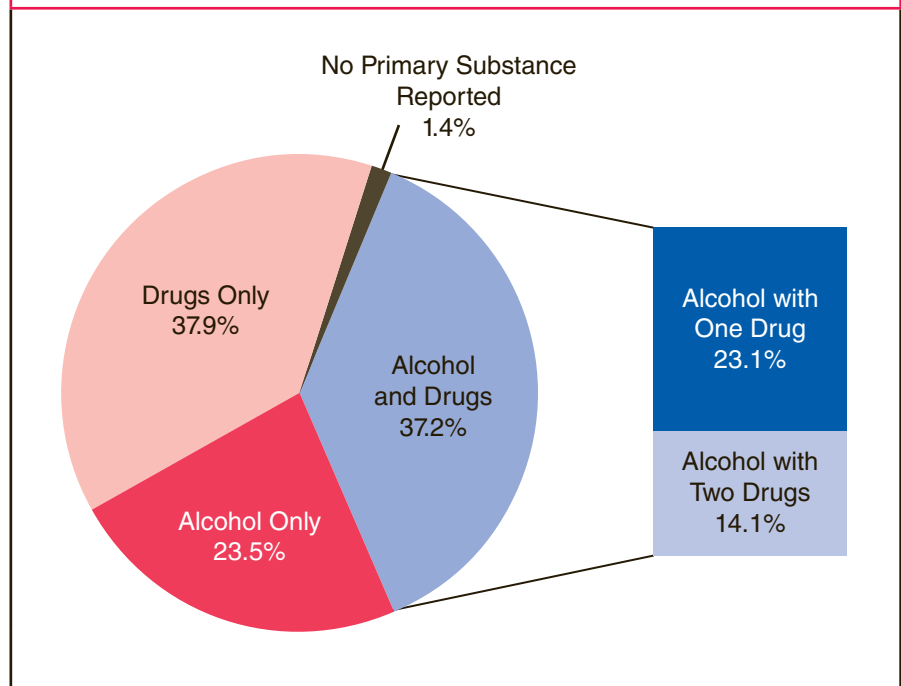
## Nearly 40 Percent of Substance Abuse Treatment Admissions Report Alcohol-Drug Combinations

People often arrive in substance abuse treatment programs with multiple problems—including dependency on or addiction to both alcohol and drugs.<sup>1,2</sup> National data from the Treatment Episode Data Set (TEDS) for 2009 show that 730,228 substance abuse treatment admissions (37.2 percent) reported abuse of alcohol and at least one other drug; 23.1 percent of all admissions reported the abuse of alcohol and one other drug, and 14.1 percent reported the abuse of alcohol and two other drugs (Figure).

When alcohol is used with other drugs, it tends to be ingested in greater quantities than when used in their absence.<sup>2</sup> Combining alcohol with other drugs is dangerous. For example, taking benzodiazepines concomitantly with alcohol increases the chances of benzodiazepine-involved death.<sup>3,4</sup> It is important for treatment providers to identify patients who use alcohol with other drugs since that is an especially dangerous usage pattern.

Referring professionals and individuals who need to identify appropriate drug and alcohol treatment services in their area can access the Substance Abuse and Mental Health Services Administration's online treatment locator at: <http://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jspx>.

**Substance Abuse Treatment Admissions Aged 12 and Older, by Substances of Abuse: 2009**



<sup>1</sup> Pape, H., Rossow, I., & Storrø, E. E. (2009). Under double influence: Assessment of simultaneous alcohol and cannabis use in general youth populations. *Drug and Alcohol Dependence*, 101(1-2), 69-73.

<sup>2</sup> Barrett, S. P., Darredeau, C., & Pihl, R. O. (2006). Patterns of simultaneous polysubstance use in drug using university students. *Human Psychopharmacology*, 21(4), 255-263.

<sup>3</sup> Charlson, F., Degenhardt, L., McLaren, J., Hall, W., & Lynskey, M. (2009). A systematic review of research examining benzodiazepine-related mortality. *Pharmacoepidemiological Drug Safety*, 18(2), 93-103.

<sup>4</sup> Linnoila, M. I. (1990). Benzodiazepines and alcohol. *Journal of Psychiatric Research*, 24(Suppl 2), 121-127.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Episode Data Set (TEDS), 2009, based on data received through November 3, 2010. TEDS is a compilation of data on the demographic characteristics and substance abuse problems of admissions to substance abuse treatment facilities in the United States, primarily facilities that receive public funding. TEDS is one component of the Behavioral Health Services Information System (BHSIS), an integrated data system maintained by the Center for Behavioral Health Statistics and Quality, SAMHSA. For more information on the TEDS see <http://www.dasis.samhsa.gov/teds09/teds2k9nweb.pdf>.

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