**Men & Substance Abuse**

Last newsletter issue we looked at the topic of women and substance abuse, and the importance of gender differentiation when understanding addiction, treatment and risk factors. Examining men and substance abuse is also a crucial piece of the puzzle. Generally, across the board men are dependent or abuse substances at greater rates than women. In Hawaii, 63% of treatment admissions to facilities funded by the state Alcohol and Drug Abuse Division (ADAD) were men in FY06-07. Also, the last Hawaii teen Alcohol, Tobacco and Other Drug (ATOD) Use Study, done in 2003, shows the highest rates of any illicit drug in the last 30 days compared to teen females.

Some physical differences in substance abuse and addiction among men come with the severity of use generally being higher than women. Men tend to have a higher degree of alcohol dependence, and are more likely to have co-occurring alcohol problems when they are dependent on cocaine or heroin. The study found that men are also more likely to abuse amphetamines (speed, ice, etc.) than women. Women’s depression is common in those abusing cocaine, for men depression is more likely to manifest after their drug use, where women tend to suffer from depression before their drug use (suggested self-medication in women). Researchers say the difference could be the amount of cocaine used (men tend to use more) resulting in more damage to the brain, but cannot say for sure. Again, with cocaine, the risk for stroke and negative brain effects are greater for men.

Violence is often linked to men and substance abuse, sometimes to a fault. Use of illicit drugs has been strongly associated with intimate partner homicide, and while this is alarming, male unemployment was much more strongly associated with intimate partner homicide. However, we also see that the average frequency of partner sexual abuse is higher with men in substance abuse treatment than with men in treatment for violent behaviors. Men who are dependent or abuse substances are also generally more linked to criminality and criminal activities.

Research finds that male retention and completion of substance abuse treatment programs isn’t as helped by single gender treatment schemes, whereas this is a powerful tool for women in treatment. Also, men are more likely to enter treatment under legal pressures, such as being court ordered by a judge; likely a result of the higher rates of criminality mentioned above.

Relapse for men in recovery can also follow different patterns. Men in recovery are at a higher risk for relapse when in positive situations. Where women tend to relapse due to negative life events, men are more likely to relapse when things are going well or they are feeling good, perhaps promoting feelings of “I can handle” or rewarding themselves. In situations like this when relapse occurs, men tend to rationalize and attempt to justify their behavior more than women.

Men face unique challenges with substance abuse and the few issues discussed here are just the tip of the iceberg. While research is growing and trends can give us hints how to prevent and treat substance abuse problems with men and women, they cannot provide the entire answer. We are individuals and experience substance abuse as individuals; one answer doesn’t fit all. This type of gender knowledge is meant to form a foundation for personal action and prevention efforts when we encounter the issues of substance abuse in our lives.

Written by Alissa Schneider, Prevention Resource Center Coordinator (Information gathered through: M. Santen, 2001; NIDA, McKenry, Roomsville & Wiedel, 2007; Family Violence Prevention Fund)

**Campaigns and Initiatives**

April is Alcohol Awareness Month

Sometimes when people think of alcohol abusers, they picture teenagers sneaking drinks before high school football games or at unsupervised parties. However, alcohol abuse is prevalent within many demographic groups in the United States. People who abuse alcohol can be college students, pregnant women, professionals as well as senior citizens. To recognize the serious problem of alcohol abuse, April is designated as “Alcohol Awareness Month.” The campaign website provides links to resources for many populations from teens to older adults. Locally, the Town Hall meetings will be held around Hawaii about the subject of preventing underage drinking (see reverse for more information).
Underage Drinking Prevention Town Hall Meetings

Underage drinking continues to be a leading public health problem in the United States. Alcohol use threatens the safe and healthy development of more young people than any other substance—even more than tobacco and illicit drugs!

These Town Hall Meetings are part of a national effort to increase understanding and awareness of underage drinking and its consequences, and to encourage individuals, families, and communities to address the problem. The meetings are open to everyone—youth, parents, teachers, community members—everyone!

Get involved & make a difference for Hawaii’s communities!

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<thead>
<tr>
<th>Date &amp; Time</th>
<th>Location</th>
<th>Contact</th>
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<tbody>
<tr>
<td>March 31, 6pm</td>
<td>Hickam Theater</td>
<td>Hickam EUDL Project, 218-8492</td>
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<tr>
<td>April 2, 6pm</td>
<td>Farrington High School</td>
<td>Coalition for a Drug-Free Hawaii, 545-3228 x37</td>
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<td>Waipahu Intermediate School Cafeteria (5:30)</td>
<td>WCA Weed &amp; Seed, 677-6939 x25</td>
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<td>Wailuku, Maui; Neighborhood Place of Wailuku</td>
<td>Maui-HPPUD, 270-7805</td>
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<td>Kapolei High School</td>
<td>Kapolei Parents Association, 497-5948</td>
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<td>April 3, 6pm</td>
<td>Kona</td>
<td>About Face Program, 936-1991</td>
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<td></td>
<td>Windward Community College (Hale Akoakoa Room 105)</td>
<td>Community Works 96744, 235-7747</td>
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<td>Kauai, War Memorial Convention Center</td>
<td>Anti-Drug Program, 241-6647</td>
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<tr>
<td>April 4, 5:45pm</td>
<td>Waianae High School Cafeteria</td>
<td>Representative Karen Avana, 586-8465</td>
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www.daddds.ws

Dads Against Doing Drugs (DADDS) mission is to organize a foundation of fathers to provide a positive role model by applying positive actions for safer neighborhoods and communities free from drugs. This network of fathers is to be placed strategically in perpetuating strong and healthy communities. DADDS is a 4-part fold in Prevention, Intervention, Rehabilitation and Revitalization. The DADDS organization is a community of fathers and fathers to be who are willing to make a difference in the lives of our keiki in the State of Hawai’i and across our vast nation.

www.mentalhealth.samhsa.gov/dadsarechamps

This project in Baltimore Maryland has been created to raise awareness about the importance of fathers and male care givers spending time each day listening and talking with their children. The listening Dads Are Champs project is part of the national campaign 15+ Make Time to Listen, Take Time to Talk which involves mothers, fathers, and care givers of children throughout the country.

www.niaaa.nih.gov

The National Institute on Alcohol Abuse and Alcoholism has been created to support and promote the best science on alcohol and health for the benefit of all by: increasing the understanding of normal and abnormal biological functions and behavior relating to alcohol use, improving the diagnosis, prevention and treatment of alcohol use disorders, and enhancing quality of care.

Addiction Severity Index (ASI) Training Sponsored by ADAD

Audience: Professionals in mental health & substance abuse

Date & Location: April 14-15, 8:30 - 4:00, Tokai University

Cost: $40 including refreshments, parking & lunch

Registration Deadline: March 28, or first 75 registrants

Contact: Lilia Calivo, 692-7522


Please register online at www.ivatcenters.org. Contact Prevent Child Abuse Hawai‘i at 951-0200 or Aileen Deese at adeese@preventchildabusehawaii.org about available registration and air scholarships.

For information on trainings offered or approved by the State Alcohol and Drug Abuse Division: (808) 692-7506
http://www.state.hi.us/health/