



Grayken Center
for Addiction
at Boston Medical Center

PAIN IN THE NATION: THE DRUG, ALCOHOL AND SUICIDE EPIDEMICS AND THE NEED FOR A NATIONAL RESILIENCE STRATEGY

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These epidemics share many of the same risk factors

At the individual level – examples include

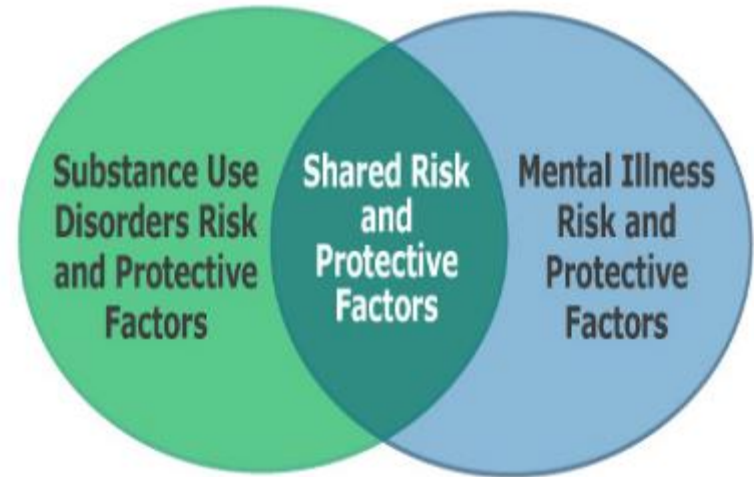
- genetic pre-disposition
- negative self image
- adverse childhood event
- early use
- no access to healthcare

At the family level – examples include

- parental substance use
- lack of parental supervision

At the community level – examples include

- community and school policies and norms
- availability/price
- advertising
- poverty
- lack of educational and economic opportunity
- lack of social cohesion
- housing instability
- insufficient treatment infrastructure



Public Health Prevention/Early Intervention Approaches

Individual Level Programs

- Life Skills Training
- Screening and Brief Intervention
- Mental Health First Aid

Family Programs

- Guiding Good Choices
- Strengthening Families Program

Community Interventions

- Communities That Care
- Reduce Alcohol Outlets
- Increase Price
- Reduce Overprescribing of prescription medications
- Invest in Early Childhood programs
- Build mental health and SUD infrastructure – integrate with medical care
- Engage multi-sector community coalition