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NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.

Alcohol-Drug Combinations Account for Nearly 37 Percent of Substance Abuse Treatment Admissions

A new report shows that 37.2 percent of substance abuse treatment admissions involve both alcohol and drug abuse.

According to a report by the Substance Abuse and Mental Health Services Administration (SAMHSA), 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 or more drugs.

When alcohol is used with other drugs, it tends to be ingested in greater quantities than when used alone.

Combining alcohol with other drugs can be dangerous. For example, taking benzodiazepines concurrently with alcohol increases the chances of serious injury or death.

"Even by themselves, alcohol and drug abuse can be devastating to one's health and well-being, but a combination of drug and alcohol abuse increases one's risk of serious, life-threatening consequences even more," said SAMHSA Administrator Pamela S. Hyde. "If you or anyone you know has a problem with drugs and alcohol, together or by themselves please seek help immediately – it is available and it can help."

Professionals and individuals who need to identify appropriate drug and alcohol treatment services in their area can access SAMHSA's online treatment locator.

The report, "Nearly 40 percent of Substance Abuse Treatment Admissions Report Alcohol-Drug Combinations" is based on SAMHSA's Treatment Episode Data Set (TEDS) received during 2009 and up through Nov. 3, 2010. TEDS is a compilation of data on the demographic characteristics and substance abuse problems of admission to substance abuse treatment facilities in the United States, primarily facilities that receive public funding. The report can be found online by clicking here.