

## Legal Drug Abuse Exploding - Critical information for addicts and those in recovery

Posted by [dhkerr](#) July 07, 2009 14:30PM

Over a year and a half ago I wrote an essay for NJ.com, predicting the dangerous trend of legal drug abuse and addiction. This sweeping trend has now become so prevalent that the federal government must take action, as well as each individual afflicted with this disease. Here is the link:  
[http://blog.nj.com/njv\\_david\\_kerr/2008/01/a\\_very\\_dangerous\\_trend\\_legal\\_d.html](http://blog.nj.com/njv_david_kerr/2008/01/a_very_dangerous_trend_legal_d.html)

January 6, 2008:

*New data from the U.S. Substance Abuse & Mental Health Services Administration indicates a 'Steep rise in abuse of legal drugs. An estimated 9 million people use prescription drugs for non-medical purposes. One key factor: the Internet. "Between 1995 and 2002, there was a 163 percent increase in the number of emergency-room visits tied to the abuse of prescription drugs," according to the SAMHSA.*

*The abuse can be deadly: Prescription drugs now play a factor in a quarter of all overdose deaths reported in the US. In 2001, deaths from prescription drug overdoses exceeded for the first time deaths from illegal drugs, an alarming trend that continues today." SAMHSA also estimates that three million of the nine million abusers are kids between the ages of 12 and 17 years old.*

*The problem is so serious that in August 2003 the Senate held a hearing before the Committee on Governmental Affairs focusing on "Legal Drugs used for Illegal Purposes - The escalating abuse of prescription medications."*

Today, people like Michael Jackson, who died from legal drug abuse, are just the tip of the iceberg. There are millions of Americans adding more legal drugs to their "daily cocktail." We are a stressed nation with more freedom than most, but we also are abusing our personal liberties when we hurt, or kill, someone else, due to our substance abuse, such as drinking and "drugging" and driving.

In the 1960's, speed-balling, i.e. injecting intravenously a combination of cocaine and heroin, was the thing; but drug addiction was seen as a crime then. My parolee addicts in 1965 had to carry a narcotics card with them at all times or they would be in violation. Soon drug abuse spread to "white suburbia." Addiction has no racial barriers. In the early 1970's, the federal government allotted millions of dollars to states to fix the problem of drug abuse and addiction. Unfortunately, since addiction was seen as a crime, the vast majority of dollars went to law enforcement and punitive measures, rather than treatment. This heavily-weighted **supply side funding** formula is still the case, and in my opinion, much of our billions going to foreign countries to eradicate poppy or cocoa plants could be better spent helping them build homes or for education or medicines.

The use and abuse of legal drugs in this country is a **demand side problem**. People buy their alcohol from the store and their prescription drugs from their pharmacy, approved by their doctor. Some legal drugs are terribly needed by patients, but many addicts will find a way to exacerbate their aches and pains to gain access to more drugs, such as oxycontin, oxycodone, vicodin, percocet, suboxone and other widely abused legal drugs. The problem of addicts in recovery with pain is all too frequent and those who continue using the above mentioned drugs to mitigate their pain will most likely relapse. This is what I have found. I will be commenting on an interview with Dr. Phil Scherer on the approach taken to pain and medicine from the Illinois Institute of Addiction Recovery. Meanwhile, "a federal advisory panel has just recommended that the U.S. Food and Drug Administration (FDA) ban the painkillers Percocet and Vicodin because of their damaging effects on the liver, as reported by the New on July 1, 2009.

### What you can do:

#### ***For those on the fence***

In short, if you have two servings of an alcoholic beverage daily, try not to increase that dose. If you find yourself increasing the amount each day or over a period of time, you may have a problem and unfortunately no one, not even you will know about it until your functioning begins regressing, or you lose your job or your family or some other crisis. You will keep denying it until someone confronts you with what you know to be the truth and you are motivated to go for help. Sadly, you probably won't find the help you are seeking, because you will most likely seek help as most do, with the same expectation that you go to your doctor - fix it so that I can emerge from this living hell. You'll never get the help until you change this attitude as well as your understanding of your addiction.

#### ***For addicts and those in recovery:***

Unfortunately it will never be "fixed" until you take the major responsibility for helping yourself, with the guidance and support of professionals in the field and of others that you know and trust. No magic, no quick fix, nothing you can take -- just hard core discipline with much coaching, a strong spirituality and belief in something or some entity greater than you. Find the God of your understanding and move forward in humility and hope with His guidance. However, that's only the start of the struggle. **The long road to recovery starts with your personal understanding of the illness and the major role you must play in fixing it.** This is often followed by detoxification and then residential treatment. This will begin the long term lifestyle change that you need to maintain and to continue in your recovery. However, you must understand that this is still only the beginning, and the road to recovery is mined with old triggers that will drag you back into your addict lifestyle without you really knowing it, until something dramatic happens. Addiction treatment and recovery is still a common sense art form, but we know that the key person in maintaining your recovery is you and those with whom you associate. People, places and things - beware of the obstacles to your success. You should also look at your relatives. Any alcoholics or addicts? **Any history of family addiction can mean something in terms of your vulnerability and your chances of moving from functional use to a full-blown out-of-control addiction.**

American culture is in the midst of a full-blown burgeoning crisis in the abuse and addiction to alcohol and other legal drugs. Our federal government would be well advised to recognize this and to take steps to counter it, including factual media reports and any information that might help adults and youth prevent and/or treat legal drug abuse.

It can be done when it is done right. Here is a 5-minute video well worth viewing. You will hear from three of Integrity House's women in long term recovery. In order of appearance, one is a corporate executive; one has created her own program working with mothers and children in providing them housing and guidance and spiritual focus, and the third is an Integrity House staff member helping others.

<http://www.integrityhouse.org/videos/intothelight.php>

You can see all of my essays, if you have trouble filling your summer at: <http://blog.integrityhouse.org/>

Categories:

## Comments

### **blarneyboy says...**

This is a superb article, again.

It does seem that finding the doctors with loose prescription pads would be pretty easy, if Trenton tried. Likewise, when people on prescribed drugs are apprehended, any plea agreements should hinge on flipping the MDs who write the prescriptions. They're the ones causing problems, more so than the addict.

Posted on 07/07/09 at 3:24PM

### **danuok says...**

David, you are obviously a well meaning and energetic person. However, you are trying to fix a problem that has failed to be fixed over the last hundred years with the wrong theory of addiction causation. Your model of addictions is the current model, sometimes called the hijacked brain hypothesis, also the AA theory of addictions. This model is scientifically wrong and has been disproved long ago. That's why it doesn't work. The correct model of addictions is the genetic theory. My genetic theory is called Hypoism. You were informed about it a year ago and didn't look into it. This theory fixes all the problems you talk about but in a completely different way, the correct way, by the correct understanding of addictions, their cause, Hypoism, and how Hypoism works. My web site describes and defines this paradigm as does my book, Hypoic's Handbook. You can again chose to ignore this information and the problems you want to fix will remain unfixed. I suggest you learn about Hypoism, inform your friends about it, and begin to use it. I predict that if you do this these problems will be fixed, and if you don't, they won't be fixed. This choice is yours and your friends.

Posted on 07/08/09 at 7:27AM

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