

Addiction Facts

THE NEED FOR CHANGE



DELAWARE RANKED #3 AMONG ALL STATES FOR RATE OF OVERDOSE DEATHS IN 2021¹

 **536** overdose deaths in Delaware in 2022.²

6 OUT OF 10
PILLS COULD CONTAIN A
LETHAL DOSE OF FENTANYL



ONLY 19%

 **80%** of overdose deaths involve Fentanyl.



of those in the U.S. who need substance abuse treatment actually receive care.³

FAITH AND ADDICTION

Medicine and counseling are an important part of rescue and recovery. However, religious beliefs, practices, and belonging, as well as spiritual programs inspired by faith, can contribute to the prevention of and recovery from substance abuse.

 **MORE THAN 85%**
of Americans believe in God or some other greater power.⁴



Adults and adolescents who attend religious services regularly are **LESS LIKELY TO USE** illicit drugs, tobacco, or alcohol.

ADOLESCENTS
who don't attend religious services are

4x
MORE
LIKELY
TO USE



3x
MORE
LIKELY
TO BINGE



as those who regularly attend services.

ADULTS
who don't attend religious services are

5x
MORE
LIKELY
TO USE



7x
MORE
LIKELY
TO BINGE



as those who regularly attend services.

¹ CDC Opioid Overdose Delaware State Snapshot 2020

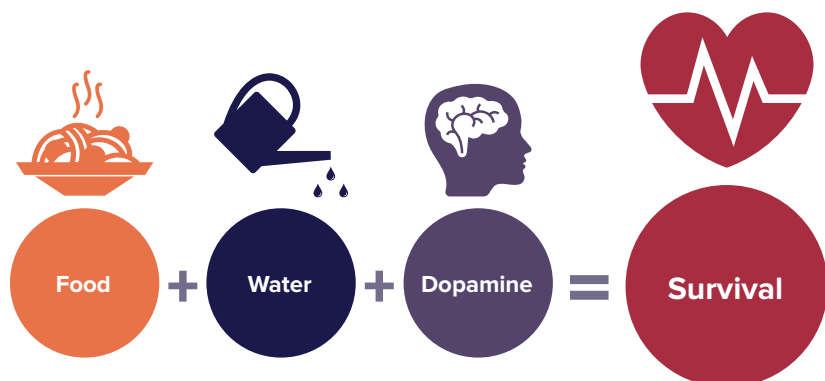
² Delaware Drug Overdose Fatality Review Commission 2020 Annual Report

³ SAMHSA 2018

⁴ Pew Research Center, Religious Landscape Study 2019

WHAT IS ADDICTION?

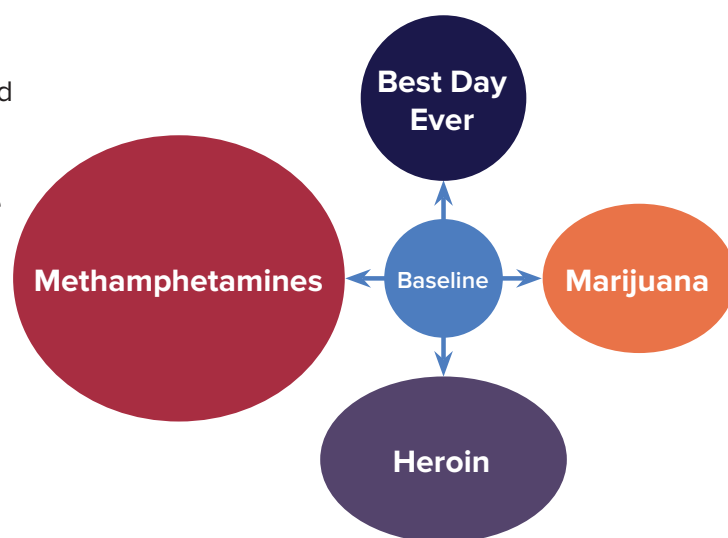
Addiction is a chronic brain disease that affects the brain's pleasure center.



Dopamine is a chemical in our brain that affects our reward or pleasure center. It does the job by motivating us when we need something — water when we're thirsty, food when we're hungry. We need dopamine to live. It's responsible for our survival.

But substance use affects those dopamine levels too. It can push them to extremes, causing the brain to demand more and more of whatever it's been getting to feel pleasure. That's when dependence and addiction can happen. For example, marijuana use can cause dopamine to rise to four times our "best day ever" level. Heroin and opioids boost it to seven or eight times that baseline level. And methamphetamines can push dopamine to 11 times "best day ever" levels.

Other factors may also contribute to addiction. Where people live and socialize, genetics, and even trauma early in life — including violence, poverty, and racism — also play a role.



THE POWER OF PRAYER

Belief in the healing powers of prayer spans generations and cultures across the planet. Recent studies have shown that people are energized by faith, particularly when they are dealing with a traumatic event or circumstance.

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| PRAYER: | Is associated with well-being and physical health | Contributes to perceptions of life having meaning | Is psychologically beneficial | Inspires forgiveness and reduces anger | Is a personal resource that complements and facilitates thoughtful action ¹ |
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¹ Pew Research Center, Religious Landscape Study; Journal for the Scientific Study of Medicine, Praying for Others, Financial Strain, and Physical Health Status; Association for the Sociology of Religion, Prayer, Attachment to God, and Symptoms of Anxiety-Related Disorders Among U.S. Adults; National Review, What Prayer Is Good For