

COPING WITH CRAVINGS

SCOPE

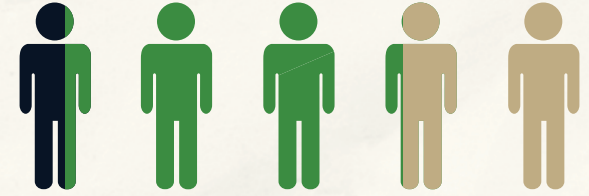
More than half of adult inpatients are dealing with substance use, be it a

Primary

OR

Secondary

DIAGNOSIS



DATA

What do these patients' cravings experiences look like in the 24 hours prior to admission?

SUBSTANCE



HEROIN/OPIATES



BENZODIAZEPINES



STIMULANTS



ALCOHOL



MARIJUANA



INTENSITY

2.61

2.31

2.04

1.97

1.44



FREQUENCY

2.57

2.24

2.02

1.96

1.46



DURATION

2.54

2.23

1.99

1.92

1.37

A substance's craving is nearly identical in Intensity, Frequency, and Duration



Intensity, Frequency, and Duration vary greatly by substance



Not all cravings are equal, but substances are consistent in their impact on cravings

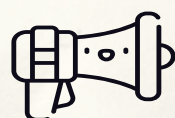
*BSCS - The Brief Substance Craving Scale (BSCS) is a 10-item self-report measure of cravings scored on scale of 0 to 12, where higher scores indicate greater severity.

CONNECTING THE DOTS

Substance use is common in adult inpatients, and cravings are an obstacle to recovery even in those that have a primary mental health diagnosis. Behavioral health programs can help patients in overcoming those obstacles through:



Assessment of substance use and cravings



Awareness of substance of choice impact on cravings



Acknowledgement of cravings in treatment planning