Great Lakes (HHS Region 5)
PTTC Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Resources for Substance Misuse Trends and Prevention Strategies for Older Adults

The resources included in this document provide information for practitioners in substance misuse prevention and related fields, families, and caregivers to assist them in providing effective substance misuse prevention and support specific to older adults.

Unique Risks Resources

Alcohol Use Among Older Adults
Institute for Healthcare Policy and Innovation, University of Michigan, 2021 *This report from the National Poll on Healthy Aging outlines new data about the health risks and implications of drinking alcohol for older adults*.

A Day in the Life of Older Adults: Substance Use Facts
Substance Abuse and Mental Health Services Administration, 2017
This fact sheet includes data about substance use among adults aged 65 or older, information on substance use on an average day, receipt of substance use treatment, and emergency department visits. The report draws on combined data from the 2007 to 2014 from three SAMHSA data collections.

Data Resources

A Guide to Cannabis for Older Adults
Canadian Centre on Substance Use and Addiction, 2020
A guide and infographic created about cannabis for older adults. It outlines what cannabis is and how it is used, as well as the health risks and potential benefits of cannabis use. It is intended to support adults aged 65 and over in making informed choices about using cannabis.

Screening for Alcohol Use and Brief Counseling of Adults - 13 States and the District of Columbia, 2017
Centers for Disease Control and Prevention, Morbidity & Mortality Weekly Report, March 13, 2020
A report about screening for alcohol in adults and how to reduce binge drinking.

Other Resources

Get Connected: Linking Older Adults with Resources on Medication, Alcohol, and Mental Health – 2019 Edition
Substance Abuse and Mental Health Services Administration, 2019
Designed for organizations that provide services to older adults, this toolkit offers information

and materials to help in understanding the issues associated with substance misuse and mental illness in older adults. The toolkit also contains materials to educate older adults.

Engage, Educate, Empower for Equity: E4 Center of Excellence for Behavioral Health Disparities in Aging

The mission of the E4 Center is to engage, empower, and educate health care providers and community-based organizations for equity in behavioral health for older adults and their families. E4 will achieve this through the provision of education, implementation resources, and technical assistance regarding mental health, substance use, and their intersection with physical health.

Rethinking Drinking: Alcohol & Your Health

National Institute on Alcohol Abuse and Alcoholism, 2022

This booklet and website was produced as part of the "Rethinking Drinking" campaign to help people who want to reduce their consumption of alcohol. Descargar el documento en español.

Guide to Online Registries for Substance Misuse Prevention Evidence-based Programs and Practices

Pacific Southwest Prevention Technology Transfer Center, 2021

A guide summarizing many available federal registries and online databases of evidence-based prevention programs, policies, and practices.

Peer-Reviewed Articles

Alcohol Use Disorders in Elderly People: Fact or Fiction?

Dar, K. (2006). *Advances in Psychiatric Treatment, 12*, 173–181.

This article describes how alcohol use disorders are common among the elderly population but are rarely diagnosed and/or recognized. Training of healthcare professionals and research in this area should be prioritized to improve detection and treatment for this population.

Disparities by Sex and Race and Ethnicity in Death Rates Due to Opioid Overdose Among Adults 55 Years or Older, 1999 to 2019

Mason, M., Soliman, R., Kim, H., Post, L. (2022). *JAMA Network Open,* 5(1). *This article discusses the increase of opioid overdose deaths by older adults stratified by sex and by race used data from the Multiple Cause of Death database from the Centers for Disease Control and Prevention Wide-Ranging Online Data for Epidemiologic Research.*

Marijuana Use Among Adults 50 Years or Older in the 21st Century

Lloyd, S. & Striley, C. (2018). *Gerontology & Geriatric Medicine*, *4*.

This article reviews the increase in marijuana use amongst older adults in the United States and what the potential effects are on the growing older adult population.

Motivational Interviewing and the Older Population in Psychiatry

Bugelli, T. & Crowther, T. (2008). *Psychiatric Bulletin, 32*(1), 23-25.

This paper reviews and discusses the main principles of motivational interviewing with some necessary adaptions to meet the needs of the older adult populations.

Trends in Cannabis Use Among Older Adults in the United States

Han, B. & Palamar, J. (2020). *JAMA Internal Medicine*, *180*(4), 609–611. *This analysis of National Survey on Drug Use and Health data examines recent trends in cannabis use among older adults in the United States.*