



DRUG AND ALCOHOL ABUSE: THE WORKPLACE AND COMMUNITIES

**PREPARED FOR:
NATIONAL DRUG AND
ALCOHOL SCREENING ASSOCIATION**

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**Barry R. McCaffrey
General, USA (Retired)**

BIOGRAPHY OF GENERAL BARRY R. MCCAFFREY, USA (RET.)



General McCaffrey is President of his own consulting firm www.mccaffreyassociates.com. He also serves as a national security and terrorism analyst for NBC News. He is on the Board of Directors for Juvare, Inc.

Barry McCaffrey served in the United States Army for 32 years and retired as a four-star General. At retirement, he was the most highly decorated serving General, having been awarded three Purple Heart medals (wounded in combat three times), two Distinguished Service Crosses (the nation's second highest award for valor) and two Silver Stars for valor.

For five years after leaving the military, General McCaffrey served as the Director of the White House Office of National Drug Control Policy (ONDCP). Upon leaving government service, he served at West Point as the Bradley Distinguished Professor of International Security Studies from 2001-2005; and an Adjunct Professor of International Security Studies from 2006-2010. He previously served as an Associate Professor in the Department of Social Sciences from 1973-1976 teaching American Government, Comparative Politics, and economics of national security.

General McCaffrey is a member of the Council on Foreign Relations. He has served on the Board of Directors of several corporations in the engineering design, technology, healthcare and services sectors.

He attended Phillips Academy, Andover, Mass.; and graduated from West Point with a Bachelor of Science degree. He earned a master's degree in American Government from American University and attended the Harvard University National Security Program as well as the Business School Executive Education Program.

In 2020, he was a recipient of the Andover Alumni Award of Distinction. In 2015 he was selected for the Doughboy Award -- the highest honor the Chief of Infantry can bestow on any Infantryman -- for outstanding contribution to the United States Army Infantry. In May 2010, he was honored as a Distinguished Graduate by the West Point Association of Graduates at the United States Military Academy. In 2007 he was inducted into the US Army Ranger Hall of Fame at the US Army Infantry Center, Ft. Benning, GA. In 2004, Catholic University of America awarded him the James Cardinal Gibbons Medal (Highest Honor), to honor him for distinguished and meritorious service to the United States of America. In 1992 he was awarded the State Department Superior Honor Award for the principal negotiation team for the START II Nuclear Arms Control Treaty.

General McCaffrey is married to Jill Ann McCaffrey. They have three married adult children and six grandchildren. Their son, Colonel Sean McCaffrey, retired from the Armed Forces after a career as an infantry officer. Their daughter Tara Larson is an ICU Nurse. Their daughter Amy McKinney is a teacher.

THE NATURE OF ADDICTION



- Addiction preceded by a history of adolescent drug behavior. (NIDA reports most adults who develop a substance use disorder report having started drug use in adolescence or young adulthood.)
- Neuro-chemical changes in brain function are the definition of addiction. Drug intoxication activates brain circuits involved with reward (nucleus accumbens). Produces loss of control and compulsive drug intake that characterizes addiction. (Source: Dr. Nora Volkow, et al)
- Chemical addiction tied to co-morbidity of mental health issues. (NIDA reports persons diagnosed with mood or anxiety disorders are about twice as likely to suffer also from a drug use disorder.)
- Addiction strongly driven by influence of environment (NIDA risk factors – lack of parental supervision, availability of drugs at school, community poverty, parents or older family members who abuse alcohol or drugs, and aggressive behavior in childhood.)
- The influence of genetics scientifically significant. (Children of addicts 8 times more likely to develop an addiction.)
- Alcohol abuse is the major US addiction problem. 99,000 alcohol related deaths in 2021.
- Prescription drug misuse dramatically up.
- 101,000 dead from overdose last year (2021).

DEALING WITH ADDICTION

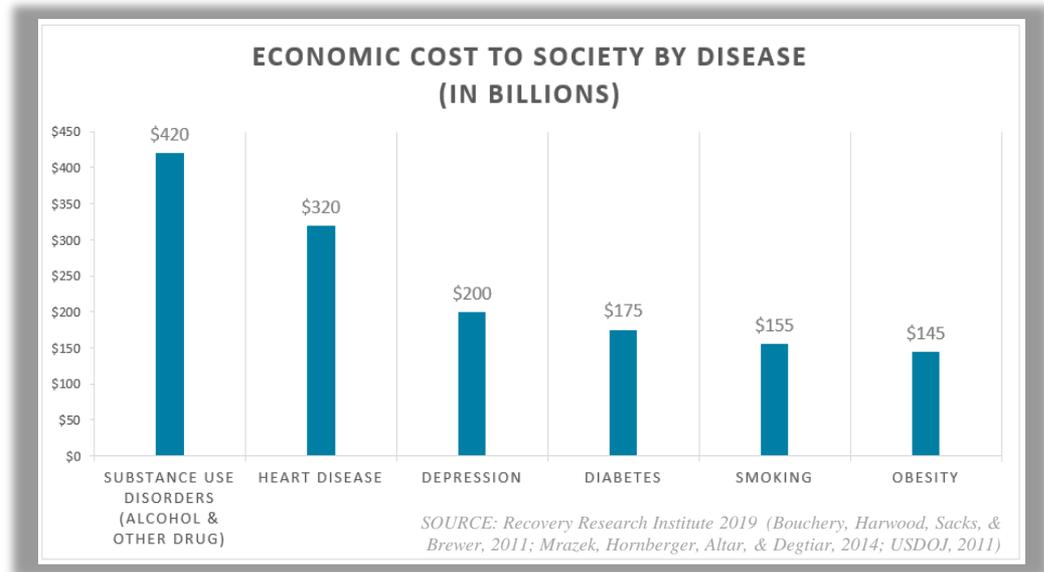


- Prevention and education are the key determinants of community levels of drug abuse. (NIDA -- each dollar invested in prevention produces a savings of up to \$10 in treatment for alcohol and other substance abuse.)
- Science based treatment produces sobriety:
 - 12 step model--- AA and NA.
 - Cognitive theory--- what is wrong with me?
 - Behavioral health care--- multiple tools. Stay in treatment.
 - Medical/Pharmaceutical intervention– methadone, buprenorphine, vivitrol, etc.
 - Maintaining sobriety a day at a time for FIVE YEARS.
- Drug Courts (3000+) and Social Disapproval of illegal behavior.

THE COSTS OF ADDICTION



- The impact of an addict is devastating on the work force, the medical system, public safety, and criminal justice.
- Addiction is a three generation disease.
- Good government is severely affected by corruption and the social malignancy of an addicted population. (2004 – 2018: 200+ US Customs & Border Protection employees arrested or indicted for corruption-related activities.)
- United Nations: drug trafficking, transnational organized crime, the movement of illicit firearms, and money laundering have become integral parts of terrorism.





JUVENILE DRUG USE

- Covid-19 Pandemic drastically decreased percentage of teens reporting illicit drug use in 2021, representing the largest one-year decrease in overall illicit drug use reported since 1975.

- Adolescent drug use directly affects substance use disorder risk in adulthood.
 - NIH current study finds screening for substance use disorder in teens can help predict adult drug use/misuse and prevent overdose.

U.S. Students Reporting Any Past-Year Illicit Drug Use*



*Illicit drug use in this survey was defined as use of marijuana, LSD, other hallucinogens, crack, other cocaine, or heroin; or any use of narcotics other than heroin, amphetamines, sedatives (barbiturates), or tranquilizers not under a doctor's orders.

Source: 2021 Monitoring the Future Survey

- Medical marijuana and legalization has direct effect over adolescent usage.
 - Advertising and promotion of marijuana in states that legalize recreational marijuana use for adults could directly affect teen use rates.
- Adolescent marijuana use rate is drastically lower among 12th graders at 33% in 2021 than the over 50% rate in the 1970s.
- Binge drinking rates among 8th – 12th graders steadied from 2016-2020 until it substantially declined due to the Pandemic.
- Across all grades, past-year use of heroin, methamphetamine, cigarettes, and synthetic cannabinoids* are at their lowest by many measures.



nida.nih.gov

**Above graph and all stats from National Institute on Drug Abuse and the 2020 "Monitoring the Future" Survey

GEN Barry R. McCaffrey, USA (Ret.)

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www.mccaffreyassociates.com

VETERANS – THE NATURE OF ADDICTION



- Intense levels of combat in Afghanistan and Iraq: 7,075 killed, 53,332 wounded.
- NIDA: Illicit drug use is lower among US military personnel than among civilians. Less than 3% of military personnel report use of illicit drugs, compared with 12% of the general population.
- Alcohol, tobacco, and prescription drug abuse is more prevalent and on the rise among US military personnel.
- Recent RAND Corporation study states 1 in 5 veterans of Iraq and Afghanistan reported symptoms of major stress or combat depression and more often report heavy drinking or illicit drug use.
- Co-morbidity of mental health issues likely. Uncertain relation to PTSD and TBI.
- In 2015, less than 1% of service members reported any illicit drug use. 30% reported binge drinking. 30% of all service members were current cigarette smokers.
- Pain-relieving prescriptions written by military physicians quadrupled between 2001 – 2009.
- Suicide death rates in US military jumped by 1% increase 2018 to 2019 from 24.9 deaths per 100,000 to 25.9 deaths per 100,000.
- Suicide deaths highest for male, white, and junior enlisted rank.
- Both civilians and military had similar rates of suicide attempts.

THE HARMFUL IMPACT OF MARIJUANA



- NIDA: “If you start smoking pot as a teen, you’ll be more likely to get addicted.” “If you smoke marijuana heavily as a teenager, it can actually lower your IQ.”
- The American Cancer Society “does not advocate inhaling smoke, nor the legalization of marijuana.”
- The American Academy of Pediatrics (AAP) believes that “a change in the legal status of marijuana, even if limited to adults, could affect the prevalence of use among adolescents.”
- The National Multiple Sclerosis Society (NMSS) states that studies done to date “have not provided convincing evidence that marijuana benefits people with MS.”
- The American Academy of Pediatrics asserted that “from a public health perspective, even a small increase in [marijuana] use, whether attributable to increased availability or decreased perception of risk, would have significant ramifications.”
- The Institute of Medicine (IOM) reported that “smoking marijuana...is a crude THC delivery system that also delivers harmful substances.” The study concluded that “there is little future in smoked marijuana as a medically approved medication.”

DRUG & ALCOHOL ADDICTION



- Being a drug addict or a drunk is a life of misery. The splatter effect of addiction is terrible on families, the workplace, and the community.
- Drug prevention is a must: it must start at the kitchen table; be on the curriculum in schools; and be reinforced in: athletic programs; religious programs; pediatric offices; and in extra-curricular activities.
- Kids that are busy are less likely to abuse drugs. The most dangerous time for kids is when they are home unsupervised after school.
- Prevention programs must be fact-based. There are lots of programs that have been demonstrated to be effective.
- Parent-led and community-supported programs are essential. (CADCA, DARE, and drug-free workplace programs.)