



Alcohol Use Disorder (AUD)  
Prevention & Treatment  
December 16, 2025

## Agenda

### DMHAS Role

Continuum of Care: Promotion,  
Prevention, Treatment, Recovery



### Prevention Data

National Survey on Drug Use and  
Health

CT School Health Survey

### Prevention Programs

- Underage Drinking Prevention Strategies
- Adult Use Alcohol
- Enforcement and Retailer Education

### Treatment Data

DMHAS Annual Statistical Report

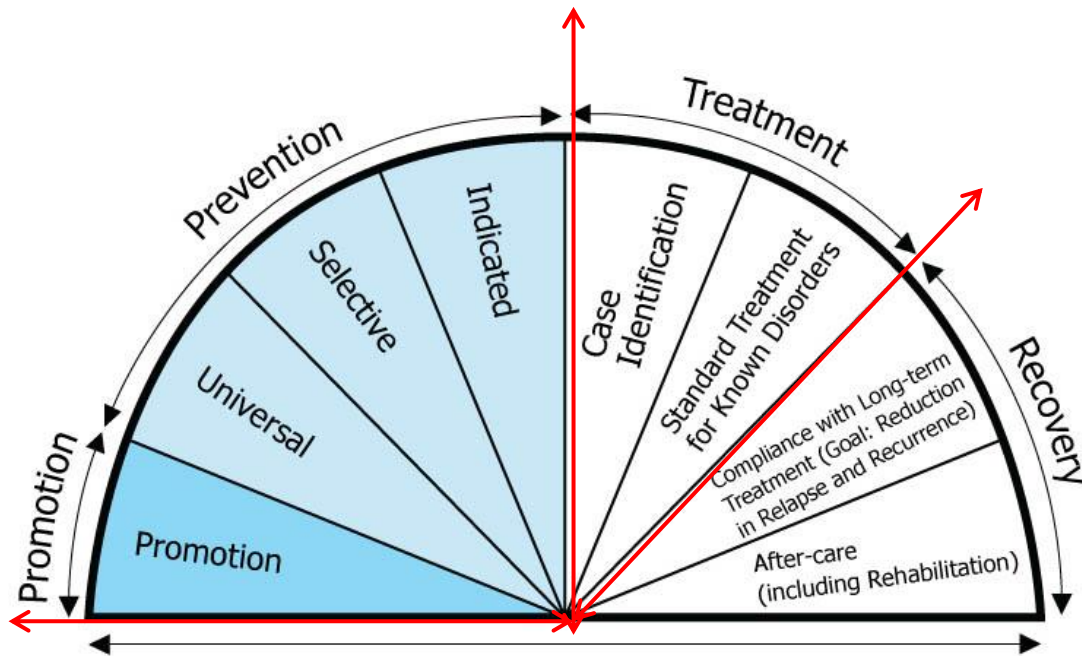
DMHAS Statewide Utilization Data

### Treatment Programs

- Access
- Residential Services
- Outpatient Services
- Medications for AUD

# DMHAS Role

Promotion. Prevention. Treatment. Recovery



[Institute of Medicine Continuum of Care](#)

- **Promotion**

- Individual-focused to system-level change

- **Prevention**

- Facts, skills, knowledge to stop the onset of SUD

- **Treatment**

- Clinical and Supportive Services

- **Recovery**

- Long-term services to achieve treatment goals

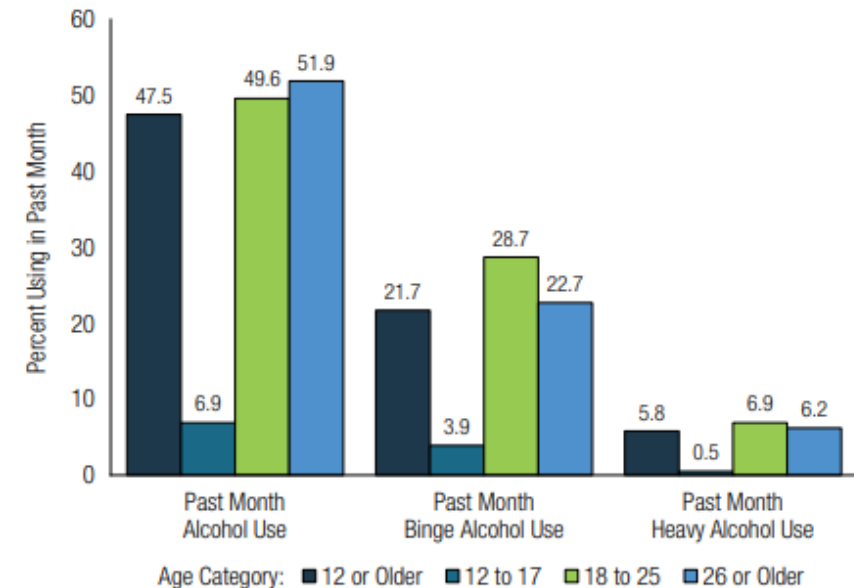
# Prevention Data

2023 National Survey on Drug Use and Health.

## National Survey for Individuals aged 12 and above.

- **134.7 million** people reported consuming alcohol (47.5%)
- **61.4 million** people reported binge drinking (21.7%)
- **16.4 million** people reported heavy alcohol use (5.8%)

**Figure 8. Past Month Alcohol Use, Past Month Binge Alcohol Use, or Past Month Heavy Alcohol Use: Among People Aged 12 or Older; 2023**



Note: Binge Alcohol Use is defined as drinking five or more drinks (for males) or four or more drinks (for females) on the same occasion on at least 1 day in the past 30 days. Heavy Alcohol Use is defined as binge drinking on the same occasion on 5 or more days in the past 30 days; all heavy alcohol users are also binge alcohol users.

# Prevention Data

2023 CT School Health Survey.

## Out of the CT High School Students surveyed...

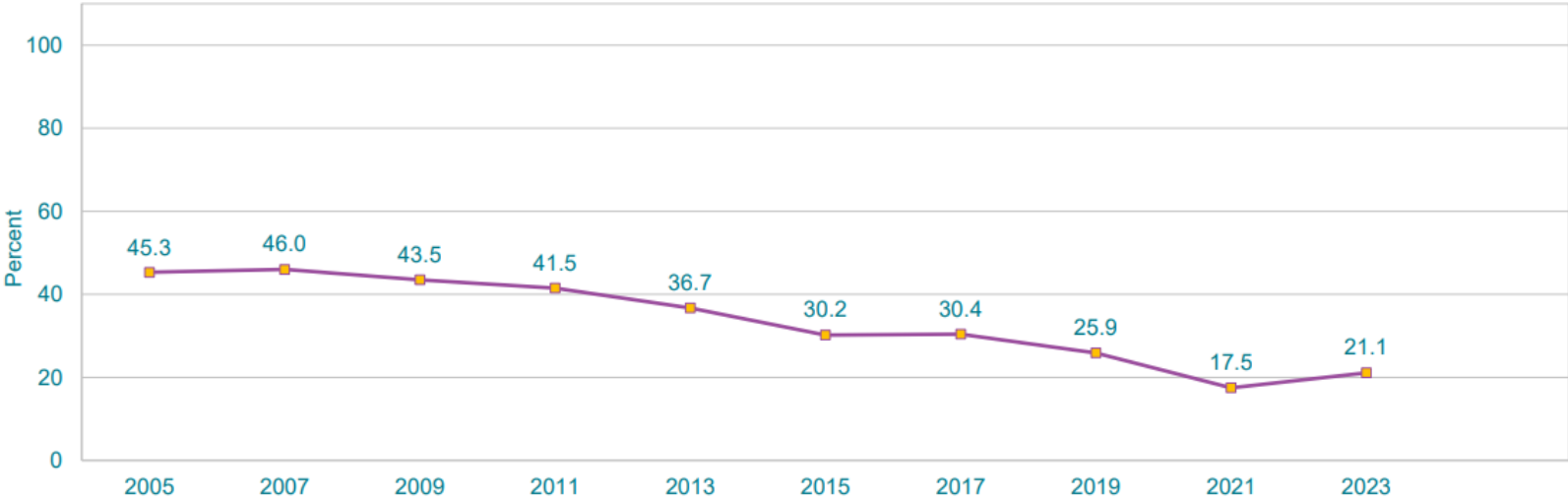
- **13.8%** have been in a vehicle with a driver under the influence of alcohol.
- **5.5%** have driven a vehicle under the influence of alcohol.
- **10.7%** had their first drink of alcohol before age 13.
- **21.1%** report currently drinking alcohol.
- **11.6%** report binge drinking.



# Prevention Data

## 2023 CT School Health Survey.

Percentage of High School Students Who Currently Drank Alcohol,\* 2005-2023†



\*At least one drink of alcohol, on at least 1 day during the 30 days before the survey  
†Decreased 2005-2023, no change 2005-2009, decreased 2009-2023 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade ( $p < 0.05$ ). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]  
This graph contains weighted results.

Connecticut - YRBS, 2005-2023 - QN42

# Underage Drinking Prevention Strategies

Prevention in CT Communities (PCC)

- **July 1, 2021 – June 30, 2026**
  - Burlington, Ellington, Groton, Haddam, Harwinton, Killingworth, Middletown, New Haven, Southington, Windham
- **Strategies:**
  - Local Marketing Campaigns
  - Information Dissemination
  - Education & Training
  - Building Local Capacity
  - Enforcement





# Underage Drinking Prevention Strategies

Partnerships for Success (PFS)

- **Sept. 30, 2022 – Sept. 29, 2027**

- Ansonia, Ashford, Bolton, Brooklyn, Chaplin, Derby, East Hartford, East Haven, East Windsor, Southbury, Stamford, Thomaston

- **Strategies:**

- Building Local Capacity
- Information Dissemination
- Small Group Activities
- Enforcement
- Education & Awareness

## EAST WINDSOR LOCAL PREVENTION COUNCIL

**BUILDING A COALITION FROM THE GROUND UP**

**OUR GOAL:**  
Engage all community sectors, ensuring our efforts address local needs.



**OUR MISSION:**  
Raise awareness and offer support in regard to substance use and mental health in East Windsor.



### MENTAL HEALTH AND SUBSTANCE MISUSE PREVENTION

**WHAT WE DO:**

- Provide resources
- Host trainings
- Offer a platform to discuss substance use and mental health concerns



**HOW WE'VE SUPPORTED THE COMMUNITY:**

- Conducted a **Youth Voices Count (YVC)** survey in EWPS
- Secured **\$8,020** in state grant funding
- Awarded State Opioid Response (SOR) **Mini-Grant**
- **Tobacco Treatment Specialist** trainings
- Operation Parent

**EVENTS WE'VE PARTICIPATED IN:**

- Screenagers: Dinner & Community Conversation
- EWPR Summer Concert Series
- National Night Out
- EW High School Open House
- EWHS vs. EWPD Basketball Game (with NCDHD)

**THANK YOU TO OUR PARTNERS:**

- East Windsor Public Schools (EWPS)
- East Windsor Parks and Recreation (EWPR)
- East Windsor Police Department (EWPD)
- North Central District Health Department (NCDHD)

**KEEP UP WITH US**

 EAST WINDSOR LPC  
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 Amplify



# Adult Alcohol Use

## Regional Behavioral Health Organizations

- **Goal**

- Implement the SPF to address adult alcohol use and co-occurring mental health conditions

- **Strategies:**

- Implement the SPF
- Build Capacity within Towns
- Increase Awareness & Access to Services
- Education & Trainings

- **Service Area**

- Region 1: Bridgeport, Stratford
- Region 2: Ansonia, Derby, East Haven
- Region 3: Chaplin, Hampton, Killingly, New London, Norwich, Putnam, Windham
- Region 4: Bolton, East Hartford, East Windsor
- Region 5: Southbury, Thomaston

# Enforcement, Retailer Education & STOP Act Survey.

Collaboration with CT Department of Consumer Protection

- **Alcohol Compliance Checks**

- FFY24: **246** off-premise inspected
  - **68.70%** compliant (169)
- FFY25: **217** off-premise inspected
  - **82.03%** complaint (178)

- **Retailer Education**

- Required training for retailers to obtain Liquor Permits from DCP
- DCP, DMHAS and DOT collaboration



# Alcohol Use Disorder

## DMHAS Client Demographics – State Fiscal Year 2024

Substance Use Treatment Level of Care	Number of Episodes of Care with AUD <sup>1</sup>
SA Intensive Res. Rehabilitation 3.7	2,498
Intermediate/Long Term Res.Tx 3.5	2,865
Recovery House	1,293
Standard Outpatient	50,003

**70,795**  
total Substance Use Treatment  
Episodes of Care in SFY 2024 <sup>2</sup>

**80%**  
of those episodes of care were  
for clients with an AUD diagnosis

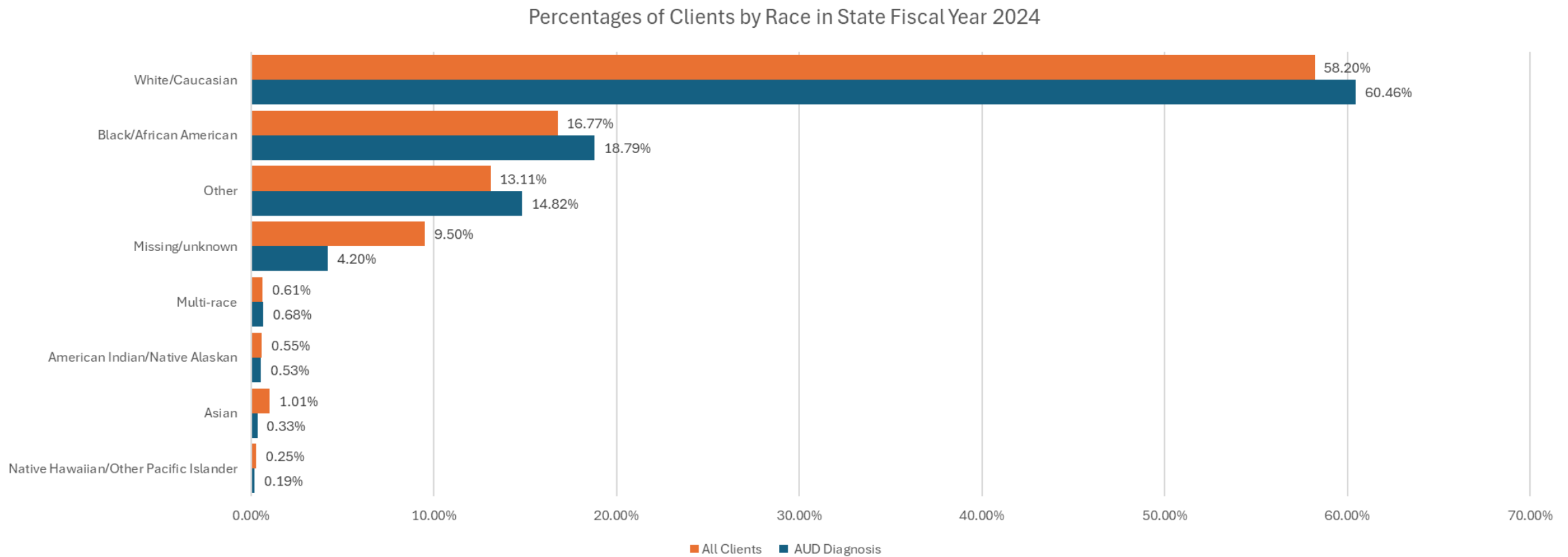
Mental Health Treatment Level of Care	Number of Episodes of Care with AUD <sup>1</sup>
ACT	674
Community Support	5,026
Outpatient	50,563

**85,263**  
total Mental Health Treatment  
Episodes of Care in SFY 2024 <sup>2</sup>

**66%**  
of those episodes of care were  
for clients with an AUD diagnosis

# Alcohol Use Disorder

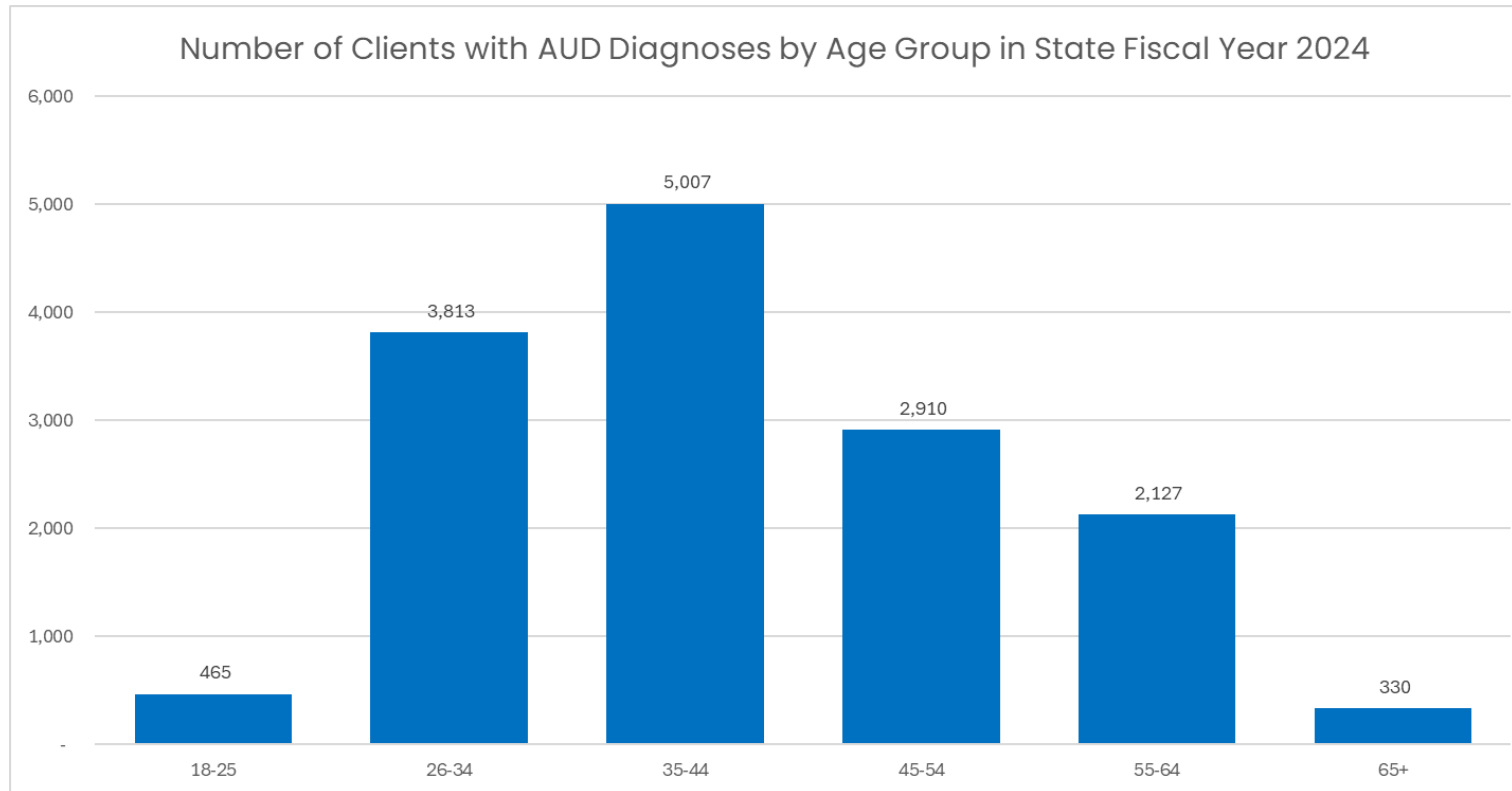
## DMHAS Client Demographics – State Fiscal Year 2024



\* Many but not all who identified as “Other” for race were noted to identify as Latino/a/e or Hispanic

# Alcohol Use Disorder



## DMHAS Client Demographics – State Fiscal Year 2024



- Of the 14,655 clients with an AUD diagnosis in State Fiscal Year 2024, the greatest percentage (34%) were in the 35-44 age range
- 80% of the clients with an AUD diagnosis were between the ages of 26 and 64

# Alcohol Use Disorder

## DMHAS Client Demographics – State Fiscal Year 2024

	Unduplicated Clients SFY 2024 <sup>1</sup>	Unduplicated Clients with AUD Diagnosis SFY 2024 <sup>2</sup>	Unduplicated Clients with AUD Diagnosis SFY 2020 <sup>2</sup>
	<b>54,563</b> males in treatment in SFY 2024  <b>58%</b> of all clients were male in SFY 2024	<b>10,921</b> males in treatment with an AUD diagnosis in SFY 2024  <b>75%</b> of those with AUD diagnoses in SFY 2024  <b>20%</b> of all males treated in SFY 2024	<b>13,903</b> males in treatment with an AUD diagnosis in SFY 2020  <b>67%</b> of those with AUD diagnoses in SFY 2020  <b>23.7%</b> of all males treated in SFY 2020
	<b>39,577</b> females in treatment in SFY 2024  <b>42%</b> of all clients were female in SFY 2024	<b>3,725</b> females in treatment with an AUD diagnosis in SFY 2024  <b>25%</b> of those with AUD diagnoses in SFY 2024  <b>9.4%</b> of all females treated in SFY 2024	<b>6,916</b> females in treatment with an AUD diagnosis in SFY 2020  <b>33%</b> of those with AUD diagnoses in SFY 2020  <b>17%</b> of all females treated in SFY 2020

\* Note- less than 1% of clients were not reported as either male or female. This percentage includes those who identify as transgender, “other”, or for whom the information is not listed.

# Facilitating Access to Services

- Bed website: [www.ctaddictionservices.com](http://www.ctaddictionservices.com)
- ACCESS Line – 24/7/365
  - ~ 3500 calls/month
- Transportation
  - to withdrawal management, SUD residential treatment, recovery houses
  - ~ 350 transports/month
- New universal referral form



# Levels of Care / Types of Services

State Operated and Private Non-Profit Providers

- Withdrawal Management (200 beds)
- Residential Treatment (ASAM 3.7–3.1) (~800 beds)
- Recovery Houses (200 beds)
  - New Medically Enhanced Recovery House opening January 2026
- Sober Houses
- Outpatient / IOP
- FDA-approved medications for AUD
  - Acamprosate, disulfiram, naltrexone



# Contact Information

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