

National Drug and Alcohol Facts



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Allan Gates is a clinical consultant with Laureate Psychiatric Clinic and Hospital. Allan's more than forty years of mental health treatment experience includes directing and managing both inpatient and outpatient treatment programs for adults and adolescents, with an expertise in substance abuse and chemical dependency.

A natural leader, Allan has both mentored and supervised numerous mental health provider candidates, in addition to having served as an adjunct professor for Southern Nazarene University, helping prepare young mental health students for their careers. Allan's accomplishments include having served as the chairperson of the Oklahoma Department of Mental Health and Substance Abuse Advisory Council, president of the Oklahoma Drug and Alcohol Association, and as an independent evaluator for the National Football League substance abuse program. Allan has authored two books, titled "The Road to Recovery" and "Where's God?" He also served as a crisis responder during the tragic bombing of the Alfred P. Murrah Federal Building in Oklahoma City.

Allan began his career in mental health through serving as a counselor in the United States army, thereafter attaining his undergraduate degree in sociology from Oklahoma Baptist University. He earned his master's of science in psychological services from East Central University and his doctorate of Christian counseling from Louisiana Baptist University.

Oklahoma has some of the highest rates for mental illness and substance abuse disorders in the nation.

Oklahoma ranks 2nd in the nation for rates of any substance abuse disorders. This means that between 700,000 and 950,000 adult Oklahomans need services; most are not receiving the care they need to fully recover from their illnesses.

1. How serious is the substance abuse problem in Oklahoma?

Substance abuse is the number one public health problem in Oklahoma and nationally. The economic cost is staggering, estimated at nearly seven billion annually in Oklahoma and \$414 billion nationwide. Annual costs of substance abuse in Oklahoma are nearly two billion for expenses related to health care, public safety, social services, costs to business and property loss. Another five billion in costs is related to lost productivity. In Oklahoma, drug and

alcohol addiction contributes to 85 percent of all homicides, 80 percent of all prison incarcerations, 75 percent of all divorces, 65 percent of all child abuse cases, 55 percent of all domestic assaults, 50 percent of all traffic fatalities, 35 percent of all rapes and 33 percent of all suicides.

2. How many people in Oklahoma are in need of substance abuse treatment?

The Oklahoma Department of Mental Health and Substance Abuse Services estimates that nearly 140,000 Oklahomans over age 18—about five percent of the population—need treatment for alcohol addiction. Another one percent—about 21,000 people—need treatment for other types of drug addiction. Nearly six percent of the state's 323,000 adolescents—approximately 20,000 teenagers—need treatment for alcohol and drug addiction. Statewide, alcohol addiction surpasses drug addiction by an average of 7.5 to one,

meaning that for every person needing drug treatment, more than seven people need alcohol treatment.

3. What are some signs that I or a family member might need substance abuse treatment?

A person in need of treatment will likely exhibit some of the following symptoms: 1) the substance (drugs or alcohol) is often taken in larger amounts or over a longer period of time than intended; 2) persistent desire or one or more unsuccessful efforts to cut down or control substance use; 3) excessive time spent getting, taking or recovering from the substance; 4) frequent intoxication or withdrawal symptoms when expected to fulfill major role obligations at work, school or home, or when substance use is physically hazardous; 5) important social, occupational or recreational activities are given up or reduced because of substance use; 6) continued substance use despite knowledge of having a persistent or recurrent social, psychological or physical problem that is caused or exacerbated by the use of the substance; 7) marked tolerance—need for increased amounts of the substance (at least a 50 percent increase) to achieve intoxication or desired effect or markedly diminished effect with continued use of the same amount; 8) characteristic withdrawal symptoms; and 9) substance often taken to avoid or relieve withdrawal symptoms. Based on the number and duration of these symptoms reported, a diagnosis of abuse or treatment need may be determined. In adolescents, warning signs often include: changes in sleeping, eating or grooming habits; hypersensitivity or temper tantrums; unexplained weight loss or gain; red or watery eyes; shaking of the hands, feet or legs; frequent nausea or vomiting; excessive sweating; a drop in grades at school; skipping school; loss of interest in family activities previously enjoyed; an “I don’t care” attitude; excessive need for privacy or secrecy; and/or an unexplained need for money or stealing money.

4. What does Laureate offer in terms of substance abuse treatment?

Laureate offers two levels of care for substance abuse. The first is an inpatient stay in a safe and structured environment to provide a person with a medically necessary process for detoxification. The second level of care is the Chemical Dependency Intensive Outpatient Program. The program focuses on psycho-education, encouragement and support to help break the cycle of substance abuse and improve the quality of each participant’s life.

About Laureate

Founded in 1989 by The William K. Warren Foundation, Laureate Psychiatric Clinic and Hospital in Tulsa, OK, provides a full spectrum of psychiatric services as well as research and education for the general public and professional community. At Laureate, we want our patients not only to recover and function, but also experience a fulfilling life within their family, business and community.

Laureate is a private, not-for-profit, freestanding psychiatric facility. The campus is set on 47 acres of rolling hills in a series of related buildings forming a retreat-like atmosphere. Its beautifully landscaped surroundings include wooded courtyards, walking trails, a waterfall and a small lake. Everything on campus, from the outpatient clinic to patient rooms, is designed with patients’ needs in mind.

Laureate is dedicated to providing only the latest diagnostic services and medical technologies. The treatment concepts, the programs, the buildings and the campus itself are an outgrowth of the constant re-examination of how behavioral healthcare should be delivered.

For questions, or to schedule an appointment with a mental health professional, please call the Laureate Outpatient Clinic, Monday - Friday, 8:00 a.m. to 5:00 p.m. at 918-491-3700.