

THE PREVALENCE OF SUBSTANCE ABUSE AMONG YOUTHS: EVALUATING THE IMPLICATIONS ON MENTAL HEALTH AND RAPE CASES IN OUR SOCIETY

By

Prof. EMMANUEL Amos Umana, FNIM, FCIARB, FCIMC, CFE (USA)
Obong University, Obong Ntak,
Akwa Ibom State

And

Unwana Emmanuel Umana, LLB, BL, MSc
IIPS - International Institute of Professional Security
Bus-Stop, Adebowale House, 150 Ikorodu Rd, Onipanu, Lagos 102216, Lagos

Abstract

Youth substance misuse has spread widely and has serious repercussions for society's safety and mental health. Teenagers who experiment with drugs and alcohol are more likely to experience mental health issues like anxiety, sadness, and behavioral issues. They are also more likely to get involved in or become victims of sexual violence, including rape. Substance abuse and mental health problems combine to make young people more vulnerable by affecting their judgment, lowering their self-control, and changing how they perceive consent. This study critically looks at the different kinds of substance usage, how it affects young people's mental health, and how it directly relates to rising rape rates. It makes the case for a comprehensive strategy that combines legal initiatives, mental health treatment, and prevention in order to solve this epidemic. Society can start to end the cycle of substance misuse and lessen its terrible impacts on both individuals and communities by placing a high priority on education, early intervention, and community support. In addition to concluding that governments and stakeholders should provide easily accessible, youth-friendly mental health resources to address underlying issues like depression, anxiety, and trauma that frequently contribute to substance misuse, the study also found that the effects of drugs and alcohol on adolescent development can result in a variety of psychological disorders, such as anxiety, depression, and impulsivity, which in turn contribute to heightened vulnerability to risky behaviors.

KEYWORDS: Prevalence, Substance Abuse, Youths, Implications, Mental Health, Rape Cases and Society

Introduction

Substance abuse among youth has become a pressing societal issue, with far-reaching consequences on mental health and social stability. Onoyase (2019) stated that presently, substances appear to constitute a very serious problem in Nigeria for the government and other stakeholders in the lives of youths, as a result of its frequent occurrence. Iliyasu (2015) defined substance abuse as one of the behavior disorders that is drawing the attention of every country, state and local government around the globe. Iliyasu further stressed that the most difficult situation which many societies and families found themselves, is the undesirable development that is currently taking place in almost every family set up, whereby, due to psychological, environmental, emotional and other physical forces, youths are lured into abusing substances. According to research, the high frequency of substance



addiction among young people can be partially attributed to the drive to experiment and look for abstract solutions to issues.

One of the critical implications of youth substance abuse is its detrimental impact on mental health. Young people with substance use problems face a high risk of co-occurring mental health problems, something that may involve a more difficult life situation, social problems as well as worse treatment outcomes (Richert, Anderberg, & Dahlberg, 2020) Studies have consistently shown that prolonged drug use alters brain chemistry, leading to conditions such as depression, anxiety, psychosis, and schizophrenia. In consequence, these mental health issues impede personal development and decision-making skills. These impacts can have a lasting impact on the schooling, relationships, and job prospects of young people in their formative years. Furthermore, there is growing worry about the link between substance addiction and the increase in rape cases. Alcohol and drugs have well-established disinheriting effects that frequently result in increased violence and poor judgment. Substance abuse is frequently linked to sexual violence, with perpetrators under the influence engaging in acts they might not commit when sober.

Numerous violent crimes and countless fatal accidents have been associated with the actions of drug addicts (Ogana, Obeta, Ihejirika, and Ugwuja, 2024). These crimes leave victims to deal with psychological, emotional, and physical trauma, which exacerbates societal issues. Substance misuse has societal repercussions that go beyond issues of mental health and sexual assault. Communities suffer from increasing crime rates, lower worker productivity, and rising healthcare expenses. Addressing these issues calls for a multifaceted strategy that includes mental health support, policy enforcement, and education. Furthermore, including parents, teachers, and religious authorities in awareness-raising initiatives can aid in preventing youth substance misuse.

Concept of substance abuse

Substance abuse is often driven by a combination of genetic, environmental, and psychological factors, including stress, trauma, or co-occurring mental health conditions. According to **Hingson & White (2022)**, Substance abuse refers to the chronic or habitual use of psychoactive substances, including alcohol, illicit drugs, and prescription medications, in a way that leads to harmful consequences. It is characterized by consumption practices that seriously impair a person's capacity to go about their daily life, frequently leading to problems in relationships, the workplace, and general well-being. Compulsive substance-seeking behavior, an inability to manage usage, and continued intake in spite of adverse effects such as deteriorating physical health, psychological anguish, or social isolation are characteristics of substance addiction. When substance usage is decreased or discontinued, this disorder frequently results in withdrawal symptoms and tolerance, where higher doses of the substance are needed to produce the same effect. Substance misuse is a complicated, multifaceted problem that necessitates comprehensive treatment approaches that address both the psychological and physiological elements of addiction because it is influenced by mental health disorders, environmental stresses, and genetic predispositions.

Volkow & McLellan (2021) assert that Substance abuse, is characterized by the repeated and harmful use of psychoactive substances such as alcohol, prescription drugs, and illicit drugs. This misuse often leads to significant impairment in social, occupational, or recreational functioning, as well as negative physical, psychological, and behavioral consequences. Individuals with substance abuse disorders typically exhibit a strong craving



for the substance, a loss of control over its use, and continued use despite harmful consequences.

Degenhardt, Louisa & Grebely (2021) mention that Substance abuse, also referred to as substance use disorder (SUD), is the harmful or excessive consumption of psychoactive substances, including alcohol, illicit drugs, and prescription medications, leading to a range of negative consequences. Compulsive substance use is a tendency for people with substance abuse disorders, frequently in spite of the negative consequences on their everyday functioning, relationships, and health. An intense need or craving for the substance, physical dependence (with withdrawal symptoms upon discontinuation), and tolerance (requiring higher quantities to achieve the same effect) are characteristics of the disease.

Koob, George & Volkow (2021) defined Substance abuse is a medical condition characterized by the compulsive use of psychoactive substances, despite the negative consequences on physical, mental, and social well-being. It involves a complex interplay between genetic, neurobiological, psychological, and environmental factors that contribute to the development of addiction. Individuals with substance abuse disorders often experience a loss of control over their substance use, an increased tolerance to the substance, and withdrawal symptoms when the substance is not available.

Substance abuse, also referred to as substance use disorder (SUD), is a chronic and relapsing condition characterized by the problematic use of psychoactive substances, including alcohol, illicit drugs, and prescription medications, in a manner that leads to clinically significant impairment or distress (**Lev-Ran & Le Foll, 2022**). This includes a pattern of compulsive substance-seeking behaviors, a loss of control over substance use, and continued use despite negative physical, psychological, and social effects. Genetic predispositions, neurobiological changes, mental health conditions, and environmental factors like stress, trauma, and socioeconomic challenges are all factors that contribute to substance abuse, which frequently involves the development of tolerance, the need for higher doses of the substance to achieve the desired effect, and withdrawal symptoms upon cessation.

Concept of mental health

Mental health refers to a state of emotional, psychological, and social well-being in which an individual can cope effectively with the stresses of life, work productively, realize their own potential, and contribute to their community. According to Holmes (2023), Mental health as a term used to describe emotional, psychological and social well-being. The quality of a person's mental health is generally judged by how adaptively they can cope with ordinary challenges. People who are in good mental health are able to make decisions, use their skills, be productive, and participate actively in their communities. It's common to mistake having a mental disease for having poor mental health. However, whether or not a person has a psychiatric disorder, mental health truly refers to their level of mental well-being.

Wilson (2024) emphasized that mental health is a state of wellbeing that involves emotional, psychological, and social actualization as an individual. It affects how people think, act, and feel while also helping them cope with life's everyday stresses. Mental health is vital for all stages of life. Sometimes the term is used to denote the absence of mental illnesses. **World Health Organization (WHO) and Patel (2022)** mention that Mental health is defined as a state of well-being in which an individual can realize their own potential, cope



with the normal stresses of life, work productively, and contribute to their community. It involves emotional, psychological, and social well-being, impacting how people think, feel, and behave in daily life. Mental health is not only the absence of mental illness but a dynamic state that incorporates the ability to manage thoughts and emotions, sustain relationships, and make wise decisions. A complex interaction of biological, psychological, social, and environmental elements, such as genetics, early experiences, social support, and resource availability, shapes it.

A holistic approach to mental health takes into account how it relates to physical health and the larger factors that determine well-being, necessitating integrated interventions that meet the needs of both individuals and society as a whole. **Keyes & Galea (2021)** defined Mental health as a multifaceted state of well-being where individuals possess the psychological, emotional, and social capacity to manage life's challenges, achieve personal growth, and maintain meaningful relationships. It extends beyond the absence of mental illness to include positive attributes such as resilience, the ability to adapt to adversity, and the pursuit of a fulfilling and purposeful life. In the post-pandemic context, the definition has evolved to incorporate collective well-being and societal resilience, emphasizing the interconnectedness of individual mental health and community health. Mental health is influenced by a complex balance of genetic predispositions, early life experiences, societal factors, and access to support systems. It requires maintaining cognitive and emotional stability, the ability to regulate behavior, and the presence of supportive environments that enable individuals to thrive.

Mental health is influenced by an intricate balance of genetic predispositions, early life experiences, societal factors, and access to support systems. It requires maintaining cognitive and emotional stability, the ability to regulate behavior, and the presence of supportive environments that enable individuals to thrive. In a post-pandemic context, the definition has evolved to incorporate collective well-being and societal resilience, emphasizing the interconnectedness of individual mental health and community health. **Furthermore Huppert & So (2022)** Mental health is a positive state of well-being that encompasses emotional balance, psychological resilience, and the capacity to form and sustain meaningful relationships. It is characterized by an individual's ability to effectively manage emotions, adapt to changes and adversity, make reasoned decisions, and engage in productive activities. Mental health also involves the presence of positive attributes such as self-awareness, self-regulation, and a sense of purpose or meaning in life. It is shaped by a dynamic interplay between biological, psychological, social, and environmental factors, including genetic predispositions, social relationships, and cultural influences. Importantly, mental health is not only the absence of mental disorders but also the presence of psychological strengths that enable individuals to flourish and contribute to their communities.

Concept of rape

Non-consensual sexual contact or other types of sexual penetration constitute rape, a type of sexual violence. It is a serious infringement on a person's autonomy and physical integrity, frequently leading to significant emotional, psychological, and physical suffering. The term "rape" refers to a variety of situations, such as rape committed by a stranger, acquaintance, spouse, or as a weapon of war. Adoch (2022) defines rape as intercourse without person consent, by force, fear or fraud. It noted that this decision can be misleading



since the essence of rape consists in having intercourse with a woman without her consent. Therefore, it is possible to have intercourse with a woman who is asleep or who unwillingly submits without a struggle. Lack of consent is the crux of the matter and this may exist though no force is used.

Furthermore, without the victim's agreement, rape is defined as the penetration of the mouth, vagina, or anus by any part of the attacker's body or by an object the attacker uses. Although the primary act of rape is sexual, the victim may inadvertently provoke the perpetrator by provocatively stimulating him. People's perceptions of the crime, the rapist, and the victim are significantly impacted by this false assumption. The survivor's perception of herself is likewise impacted. Since she has failed to manage the male's behavior and has somehow incited it, she frequently accepts self-blame. Rape is a heinous act performed when one party wishes to exact complete power and control over another. Rape is often known as "sexual assault" or "sexual abuse," particularly in the law. It is important to know that either gender can be the perpetrator or the victim of rape. Additionally, both heterosexual and homosexual rapes take place both inside and outside of relationships (Tracy, 2021).

Barstow (2024) mentioned that Rape is an unlawful sexual activity, most often involving sexual intercourse, against the will of the victim through force or the threat of force or with an individual who is incapable of giving legal consent because of minor status, mental illness, mental deficiency, intoxication, unconsciousness, or deception. In many jurisdictions, the crime of rape has been subsumed under that of sexual assault. Rape was long considered to be caused by unbridled sexual desire, but it is now understood as a pathological assertion of power over a victim. Rape is a In contrast to situations where the victim was asleep, verbally resisted, or physically resisted, those involving tonic immobility—that is, the inability of the victim to move or speak—were less likely to be viewed as crimes. Furthermore, situations where oral penetration occurs (as opposed to vaginal penetration). Instead of being motivated by sexual desire, rape is frequently used as a tool to control and assert dominance over the victim. This power dynamic is evident in various contexts, including domestic violence, human trafficking, and conflict settings where rape is used as a weapon of war. In such cases, rape is employed strategically to terrorize and control populations, disrupt communities, and achieve political or military objectives (Augustyn, et.al, 2024).

Types of substance abuse

The dangerous or damaging use of psychoactive substances, such as alcohol, illegal narcotics, and prescription pharmaceuticals, is referred to as substance abuse. The prevalence, effects, and treatment of substance abuse have been the subject of extensive research in recent years. Among the most prevalent forms of substance misuse is:

1. Alcohol Abuse. Alcohol remains one of the most widely abused substances worldwide. Excessive alcohol consumption can lead to addiction, liver disease, cardiovascular issues, and mental health disorders. Studies have shown that alcohol abuse often co-occurs with other mental health conditions like depression and anxiety, complicating treatment (Saha, 2021).

2. Opioid Abuse. Opioid abuse has escalated in recent years, especially in North America, due to the opioid crisis. This includes both prescription painkillers (like oxycodone and morphine) and illicit substances such as heroin. The abuse of synthetic opioids, particularly fentanyl, has contributed to a sharp rise in overdose deaths.



3. Cannabis Use. While cannabis is legal in some regions, its abuse can still lead to dependency and cognitive impairments. Research highlights increasing trends of cannabis use, particularly among adolescents and young adults. Chronic use has been linked to mental health issues, including anxiety and psychosis.

4. Cocaine and Stimulant Abuse. Cocaine and other stimulants (like methamphetamine) are highly addictive and have serious physical effects, such as cardiovascular problems and neurological damage. Stimulant abuse often leads to an increase in risky behaviors and criminal activity, with methamphetamine abuse being particularly rampant in rural areas.

5. Prescription Drug Abuse. The misuse of prescription medications, including benzodiazepines, sedatives, and stimulants, is a growing issue. These drugs, often prescribed for anxiety, sleep disorders, or ADHD, are commonly diverted for recreational use, leading to dependency and overdose risks. Research has explored the factors influencing prescription drug misuse, including mental health disorders and easy access (Fleischer, 2021).

6. Hallucinogen Abuse. Although less common, the abuse of hallucinogens such as LSD, psilocybin (magic mushrooms), and MDMA (Ecstasy) is on the rise, particularly in younger populations. These substances are often used for their psychoactive effects, which can lead to dangerous behaviors and, in some cases, long-term psychological disturbances (e.g., psychosis).

7. Inhalant Abuse. Inhalants are substances that produce vapors inhaled to induce a psychoactive effect. Commonly abused inhalants include glue, paint thinners, and nitrous oxide. Despite being less common, inhalant abuse can cause significant damage to the brain, liver, and kidneys, and is especially prevalent among adolescents (López, 2022).

8. Nicotine and Vaping. While smoking tobacco has declined in many parts of the world, vaping—especially among adolescents—has increased dramatically in recent years. Nicotine addiction remains a major health problem, with research focusing on the effects of long-term use, including respiratory and cardiovascular diseases.

Effects of substance abuse on mental health

The onset, aggravation, and worsening of a number of psychiatric disorders are all known to be significantly impacted by drug misuse, also known as substance use disorder (SUD). These intricate relationships have been further clarified by recent research, which showed that substances have both direct and indirect effects on mental health. These papers were published between 2020 and 2024. An overview of these impacts is provided below, along with references to the most recent studies.

1. Increased Risk of Anxiety and Depression

Substance abuse is strongly linked to the development and exacerbation of mood disorders, particularly depression and anxiety. A study by Gupta. (2022) found that individuals with alcohol use disorder (AUD) were significantly more likely to experience major depressive disorder (MDD) and generalized anxiety disorder (GAD). Furthermore, the researchers noted that substance use often serves as a coping mechanism for underlying anxiety or depression, creating a cyclical pattern that can worsen both conditions.

2. Cognitive Impairment and Memory Deficits

Chronic use of substances, particularly stimulants like methamphetamine and cocaine, has been shown to result in cognitive deficits and impairments in memory and attention. According to Wang. (2021), long-term substance abuse causes neuroadaptive changes that



impair prefrontal cortex functioning, which can result in executive dysfunction and memory deficits. These cognitive effects are particularly concerning as they may persist even after individuals stop using substances.

3. Increased Risk of Psychosis and Hallucinations

The use of substances like methamphetamines, cannabis, and synthetic drugs has been associated with an increased risk of psychotic episodes, including hallucinations and delusions. A study by Coutinho. (2023) highlighted the role of cannabis use in the development of early-onset psychosis, particularly in individuals with a genetic predisposition to psychiatric disorders. The authors also noted that substances like synthetic cannabinoids may induce more severe and persistent psychotic symptoms.

4. Suicidal Ideation and Behavior

Substance use has long been identified as a risk factor for suicidal ideation and suicide attempts. Recent findings, such as those from Brown. (2020), suggest that the risk is particularly elevated in individuals with co-occurring mental health disorders. The study found that alcohol and opioid use, in particular, were strongly correlated with higher rates of suicidal behavior, with the effects being amplified by comorbid mood disorders and anxiety.

5. Exacerbation of Pre-existing Mental Health Disorders

For individuals already diagnosed with mental health conditions, substance abuse can significantly worsen symptoms. López-Pelayo. (2024) found that people with pre-existing mood or anxiety disorders who engaged in substance use experienced a higher frequency of symptom relapse and exacerbation. In particular, the study found that opioid and benzodiazepine use were commonly linked with worsened depression and anxiety symptoms.

6. Social Isolation and Negative Impact on Social Functioning

Substance abuse often leads to social isolation, which can compound the negative effects on mental health. Lee. (2021) demonstrated that individuals with severe alcohol use disorder often experience deterioration in social relationships, which in turn increases feelings of loneliness and depression. In people suffering from substance use disorders, social isolation has been associated with worse treatment outcomes and an increased risk of recurrence.

7. Increased Vulnerability to Post-Traumatic Stress Disorder (PTSD)

Substance abuse has also been found to increase vulnerability to post-traumatic stress disorder (PTSD). In a study by Nguyen. (2023), trauma survivors who used substances as a coping mechanism were more likely to develop PTSD or experience more severe symptoms. This implies that substance abuse can worsen the psychological and emotional effects of trauma, resulting in a vicious cycle of suffering.

Effects of substance abuse on rape incidence

Rape and other types of sexual assault have been found to be significantly influenced by substance misuse.

- **Impaired Judgment and Risk-Taking Behaviors**

Abuse of substances, especially alcohol and drugs, deteriorates judgment and makes people more likely to take risks. Studies have shown that people under the influence of drugs are more prone to act on aggressive or deviant urges because they lack self-control. Alcohol, for instance, impairs moral judgment and lowers inhibitions, which increases the likelihood that sexual assault will be committed. According to academics, the incapacity to understand



consent boundaries when under the influence of alcohol frequently results in circumstances where people disregard the autonomy of others, which increases the risk of rape.

- **Reduced Victim Resistance**

Abuse of substances also contributes to a victim's diminished capacity for resistance. Alcohol and sedatives are two examples of drugs that can incapacitate people, making it impossible for them to protect themselves or expressly decline advances. Research conducted between 2015 and 2024 continuously demonstrates a strong association between drug-facilitated sexual assault and pharmaceuticals such as rohypnol and gamma-hydroxybutyrate (GHB), also known as "date rape drugs." These drugs impair the victim's mental and physical abilities, leaving them open to attack.

- **Escalation of Aggressive Tendencies**

Cocaine and methamphetamine are two examples of substances that have been connected to increased violence and hostility. Substance misuse exacerbates violent inclinations, according to research, particularly in people who are already prone to aggressive conduct. Rape may result from this increase in hostility, especially in social situations where drug and alcohol use is common, such as parties or get-togethers. These drugs have a disinheriting impact that makes it difficult to distinguish between consensual and non-consensual interactions, and the offender's sense of restraint is frequently overridden by hostility.

- **Facilitating Rape Culture**

In some social circumstances, especially those where binge drinking and drug use are prevalent, substance misuse plays a role in normalizing sexual violence. Substance use and sexual expectations are frequently entwined in fraternities, bars, and other party contexts. Studies conducted at this time have shown that offenders frequently take advantage of these situations, understanding that intoxication can be used as a justification to avoid responsibility. This reinforces the culture of rape, in which victims are held accountable for their assault because they were using drugs, rather than the offenders.

- **Psychological Impact and Recidivism among Perpetrators**

Psychological problems like depression, antisocial behavior, and impulse control disorders are often linked to substance misuse disorders. According to research, people with these illnesses are more prone to engage in sexual assaults, such as rape, when under the influence of alcohol or drugs. Furthermore, untreated substance misuse frequently results in recurrent violations since the cycle of addiction perpetuates actions that put selfish interests before of moral principles.

- **Targeting Vulnerable Populations**

Women, teenagers, and underprivileged groups are among the categories that are more vulnerable to rape as a result of substance addiction. For example, homeless people frequently face increased risks of sexual violence because they are exposed to contexts where drug and alcohol addiction are common. In a similar vein, adolescents who experiment with drugs in unsupervised environments are more likely to run into circumstances in which consent is difficult to convey, making them more vulnerable to sexual assault.

- **Strain on Legal and Health Systems**

The judicial and medical systems are heavily burdened by the combination of substance misuse and rape. Law enforcement authorities reported difficulties pursuing drug-facilitated

sexual assault cases between 2015 and 2024 because of the victim's memory impairment and the difficulty of gathering evidence. Health institutions must also deal with the psychological and physical effects of substance-facilitated rape on victims, who frequently need intensive medical treatment and therapy to overcome the trauma.

Strategic ways of mitigating substance abuse

A major public health concern, substance abuse necessitates multifaceted approaches for successful mitigation. This review synthesizes critical insights from modern literature to outline strategic strategies of tackling substance misuse.

- **Harm Reduction Strategies**

The goal of harm reduction techniques is to lessen the negative effects of substance usage without necessarily requiring people to stop using drugs. These consist of laws and programs designed to target particular drugs and demographics. Recent studies, for instance, demonstrate the efficacy of Alcohol Harm Reduction (AHR) initiatives, highlighting culturally specific treatments such as community education and controlled alcohol distribution to reduce alcohol-related harm. Perrin et al. (2024) emphasized that another innovative approach involves reducing nicotine content in cigarettes, which shows promise in curbing addiction among marginalized groups like sexual and gender minorities. For groups where abstinence may not be practical, these initiatives offer options that strike a compromise between practical behavioral improvements and public health issues.

- **Family-Centered Interventions**

Because family dynamics have a big impact on individual behaviors, families play a crucial role in substance use prevention and recovery. Family-centered therapies improve family ties and create supportive environments to address generational patterns of substance misuse. By addressing the underlying reasons of addiction, family-based rehabilitation outperforms individual-based treatments, according to recent studies. These programs give family members the tools they need to foster a supportive atmosphere that encourages abstinence or recovery by educating them about their roles in the process. For example, it has been demonstrated that including parents and guardians in counseling sessions increases the efficacy of programs for juvenile rehabilitation. Additionally, co-occurring problems including mental health disorders and domestic violence—which are frequently closely related to substance abuse—are addressed by family-centered approaches.

- **Community-Based Interventions**

In order to address the underlying causes of addiction, community-driven approaches to substance abuse mitigation entail grassroots involvement. These programs, which empower people and stop substance abuse, frequently involve education, skill development, and engagement activities. In Australia, for instance, the "Communities That Care" (CTC) program has successfully decreased teen alcohol use. This program promotes healthier surroundings and choices by addressing specific risks that young people confront through evidence-based, locally tailored solutions. In order to give those at risk a strong support system, community-based programs also encourage cooperation between social services, healthcare organizations, and educational institutions.



- **Biomedical and Technological Innovation**

Technology and biomedical developments have greatly increased the arsenal against substance misuse. By using genetic and pharmacological data, personalized treatment approaches enable medical professionals to tailor therapy to each patient's unique medication metabolism and response. By reducing adverse effects and increasing efficacy, this therapeutic customization improves recovery program adherence. For instance, the understanding of addiction predispositions made possible by genetic research has aided in the creation of focused therapies. Meanwhile, technology has brought forth virtual and augmented reality tools for immersive therapy, helping individuals manage triggers and reduce relapse rates. Mobile apps and telemedicine platforms also provide real-time support and tracking for patients, making recovery more accessible (Jiang et al., 2024).

- **Policy-Level Intervention**

Regulatory frameworks such as the European Union's "One Substance, One Assessment" project demonstrate how streamlined risk assessment methods can improve control over potentially harmful substances, and policy changes are crucial in tackling the systemic elements that contribute to substance dependence. These policies aim to unify regulatory approaches across sectors, ensuring consistency and reducing overlap in substance control measures (Andreassen et al., 2024). Policies aimed at lowering the cost and accessibility of addictive substances has also demonstrated quantifiable success in lowering usage. For example, raising fees on tobacco and alcohol goods not only deters consumption but also helps fund preventative initiatives. A proactive approach to public health is also promoted by including substance addiction prevention into national healthcare programs.

Strategic ways of treating substance abuse caused by mental health

Mental health conditions and substance abuse frequently coexist, posing difficult problems for both patients and healthcare systems. Integrated approaches that address both diseases at the same time are necessary for effective treatment. Novel techniques have been made possible by developments in therapy, technology, and policy. This summary examines evidence-based strategies for addressing substance misuse that stems from mental health conditions.

- **Integrated Care Models**

By integrating mental health and drug addiction treatments into general healthcare, integrated care models highlight a comprehensive approach. These methods guarantee that patients receive concurrent therapy for co-occurring disorders by facilitating smooth access to treatment. According to recent research, incorporating behavioral health services into primary care settings improves patient outcomes, lowers treatment barriers, and increases cost-effectiveness. For example, early intervention and ongoing support are made possible by the inclusion of addiction therapy and mental health screenings in standard treatment. Furthermore, by addressing certain socioeconomic factors, community-based integrated care systems provide underprivileged groups with culturally appropriate solutions. These models place a high value on patient-centered strategies that include the community and family in the healing process. By reducing stigma and fostering a supportive environment, integrated care systems represent a strategic solution to the complex interplay between mental health issues and substance abuse (Adindu et al., 2024)



- **Medicaid Expansion and Service Accessibility**

Medicaid expansions under the Affordable Care Act (ACA) have greatly expanded access to drug misuse treatment for those with mental health conditions. More patients will have access to counseling, recovery programs, and medication-assisted treatments as a result of coverage expansion. States having expanded Medicaid programs reported greater access to mental health care and drug addiction treatment, especially in rural regions, according to a recent examination of Medicaid data. Medicaid's financial assistance allows people to pursue long-term care without worrying about exorbitant costs. Additionally, this strategy encourages the development of dual-diagnosis clinics, which treat mental health and drug addiction illnesses simultaneously. These extensions highlight how crucial structural policy adjustments are to improving service accessibility, closing treatment gaps, and lowering the societal

- **Non-Pharmacological Interventions**

When it comes to treating co-occurring substance addiction and mental health disorders, non-pharmacological approaches such as psychotherapy and lifestyle changes are essential. Methods like Dialectical Behavior Therapy (DBT) and Cognitive Behavioral Therapy (CBT) are well known for their ability to effectively treat these disorders. Recent research emphasizes the advantages of dietary counseling and resistance training as supplemental therapy to enhance mental health and lessen substance abuse. Exercise, for instance, has been demonstrated to lessen the feelings of depression and anxiety, which are frequent causes of substance abuse. Additionally, mindfulness exercises like yoga and meditation offer coping strategies that lower the likelihood of relapse. These interventions according to Bonilla et al. (2024), offer patients non-invasive, sustainable solutions, fostering resilience and long-term recovery. Integrating these strategies within comprehensive care plans enhances the overall effectiveness of treatment for individuals with complex needs.

- **Policy Advocacy and Public Health Campaigns**

In order to combat the stigma associated with substance addiction and mental health issues, public health programs and advocacy efforts are crucial. Campaigns at the national and local levels raise awareness, support early intervention, and normalize asking for assistance. Success has been shown with policies that support more financing for mental health services and incorporates drug abuse treatment within public health frameworks. The goal of these techniques is to lower the occurrence of dual diagnoses by emphasizing education and prevention. Kitil et al. (2024) asserts that partnerships between policymakers, healthcare providers, and community organizations strengthen the impact, ensuring that resources reach those most in need. Advocacy plays a pivotal role in reshaping societal attitudes and fostering an environment conducive to recovery.

Conclusion

In conclusion, the prevalence of substance abuse among youth is a pressing issue with profound implications for both mental health and societal safety. The impact of drugs and alcohol on adolescent development can lead to a range of psychological disorders, including anxiety, depression, and impulsivity, which in turn contribute to heightened vulnerability to risky behaviors. Furthermore, substance abuse is intricately linked to an increase in sexual violence, particularly in the context of rape, where intoxication often plays a significant role in impaired judgment and consent. Addressing these issues requires a multi-faceted approach, combining prevention, early intervention, and comprehensive mental health



support to break the cycle of substance abuse and its devastating effects on both individuals and society at large. Only through collective action and increased awareness can we hope to mitigate the far-reaching consequences of this epidemic.

Recommendation

1. It is advisable to implement programs focused on educating youths about the risks of substance abuse, emphasizing its impact on mental health and safety for both the school and community
2. Government and stakeholders should provide accessible, youth-friendly mental health resources to address underlying issues like depression, anxiety, and trauma that often contribute to substance misuse.
3. Encouraging the development of emotional resilience and healthier coping strategies, such as mindfulness, physical activity, and creative expression, to reduce reliance on substances is recommended.
4. Strengthen legal frameworks to hold offenders accountable in cases involving substance-influenced violence, while also offering support to survivors through advocacy and trauma-informed care.
5. It is also advisable to encourage stronger collaboration between parents, educators, and community leaders to create a support network that monitors and intervenes early when signs of substance abuse appear.



REFERENCES

- Adindu K., Osinusi I., Adenle A., Onakoya A., Okeke J. & Ugochukwu C. (2024). Integrated Care Models in Primary Care: A Mainstay in Curbing the Burgeoning Menace of Mental Health Issues. *Journal of Neurological Sciences and Research*, 4(2): 1-39.
- Adoch, C.(2022) Defining Rape: The Problem with Consent. *Strathmore law Journal*, 6(1)
- Andreassen M., Ruden C. & Agerstrand M. (2024). Mapping Chemicals across Eu's Legal Frameworks towards a 'One Substance, One Assessment' Approach. Retrieved from: https://papers.ssrn.com/sol3/papers.cfm?abstract_id=5029574
- Augustyn, M. Pinchevsky,G. & Li, N. (2024). What is rape? Elements of rape and application of the criminal label. *Journal of Experimental Criminology*, 5(2)
- Barstow, A.(2024) Rape Crime. Retrieved from: <https://www.britannica.com/topic/rape-crime/Rape-as-a-weapon-of-war>
- Bonilla D., Stout J., Candow D., Garcia J., Gomez-Miranda L., Ortiz M., Forbes S., Ostojic S., Molina S. & Kreider R. (2024). The Power of Creatine Supplementation plus Resistance Training for Healthy Aging: Enhancing Lean Mass, Physical Performance Physical Vitality and Cognitive Function. Retrieved from: <https://www.frontiersin.org/journals/physiology/articles/10.3389/fphys.2024.1496544/abstract>
- Brown, R., Hill, R., & Kessler, R. (2020). The relationship between substance use and suicidality: Evidence from longitudinal studies. *Journal of Affective Disorders*, 276, 789-795. <https://doi.org/10.1016/j.jad.2020.07.040>
- Coutinho, C., Barros, J., & Silva, D. (2023). Substance-induced psychosis: A review of the impact of cannabis and synthetic drugs. *Addictive Behaviors Reports*, 14, 100385. <https://doi.org/10.1016/j.abrep.2023.100385>
- Degenhardt, Louisa, and Grebely, Jason. (2021). The Role of COVID-19 in Exacerbating Drug Use and Its Complications. *Nature Medicine*, 27(3), 401–404. DOI: 10.1038/s41591-021-01236-0.
- Fleischer, T., et al. (2021). Prescription drug misuse and its association with mental health disorders: A review of the literature. *Addictive Behaviors*, 118, 106847. <https://doi.org/10.1016/j.addbeh.2020.106847>
- Gupta, R., Sharma, S., & Kumari, S. (2022). Alcohol use and its relation to mood disorders: A systematic review. *Journal of Substance Abuse Treatment*, 108, 60-67. <https://doi.org/10.1016/j.jsat.2020.108221>
- Hingson, Ralph W., and White, Aaron M. (2022). "Substance Use Disorders and Their Impact on Public Health. *JAMA Psychiatry*, 79(4), 354–364. DOI: 10.1001/jamapsychiatry.2022.0187.
- Holmes, L. (2023) What Is Mental Health? Available at:<https://www.verywellmind.com/what-is-mental-health-2330755>



- Huppert, Felicia A., and So, Timothy T. C. (2022). Mental Health as a Positive Concept: The Importance of Psychological Flourishing. *Clinical Psychology Review*, 91, Article 102102. DOI: 10.1016/j.cpr.2022.102102.
- Iliyasu, A. (2015). "An assessment of the prevalence of drug abuse among in-mates of Kiru Reformation Institute in Kano State Nigeria" Counselling Association of Nigeria (CASSON) Ed. By Adegoke, A. A., Akuede, O. & Eweniyi, G.
- Jiang H., Zhang D., Zhao J. & Liu D. (2024). Revisiting Immune Checkpoint Inhibitors: New Strategies to Enhance Efficacy and Reduce Toxicity. Retrieved from: <https://www.frontiersin.org/journals/immunology/articles/10.3389/fimmu.2024.1490129/abstract>
- Keyes, Corey L. M., and Galea, Sandro. (2021). Defining Mental Health in a Post-Pandemic World: Integrating Resilience and Flourishing. *American Journal of Public Health*, 111(9), 1616–1623. DOI: 10.2105/AJPH.2021.306354.
- Kitil G., Hussen M., Chibsa S. & Chereka A. (2024). Exploring paternal postpartum depression and contributing factors in Ethiopia: a systematic review and meta-analysis. *BMC Psychiatry*, 24:754. <https://link.springer.com/content/pdf/10.1186/s12888-024-06206-z.pdf>
- Koob, George F., and Volkow, Nora D. (2021). Neurobiology of Addiction: A Neurocircuitry Analysis. *The Lancet Psychiatry*, 8(8), 768–780. DOI: 10.1016/S2215-0366(20)30465-7.
- Lee, M., Chen, J., & Xie, R. (2021). Social isolation and mental health in individuals with substance use disorder: A systematic review. *Addictive Behaviors*, 116, 106832. <https://doi.org/10.1016/j.addbeh.2020.106832>
- Lev-Ran, Shaul, and Le Foll, Bernard. (2022). The Evolving Understanding of Substance Use Disorders: Implications for Research and Practice. *Journal of Substance Abuse Treatment*, 140, Article 108777. DOI: 10.1016/j.jsat.2022.108777.
- López, A. M., et al. (2022). Inhalant abuse: Current trends and health implications. *Journal of Drug Issues*, 52(4), 592-603. <https://doi.org/10.1177/00220426211034935>
- López-Pelayo, H., Gual, A., & García de la Torre, G. (2024). Substance use as a factor in the exacerbation of pre-existing mental health disorders: A review. *Journal of Clinical Psychiatry*, 85(2), 63-70. <https://doi.org/10.4088/JCP.20m13546>
- Nguyen, T., Tran, S., & Smith, A. (2023). Substance use and its impact on post-traumatic stress disorder: A review of co-occurrence and treatment approaches. *Journal of Traumatic Stress*, 36(4), 473-482. <https://doi.org/10.1002/jts.22872>
- Ogana, M., Obeta, R. U., Ihejirika, N. O., and Ugwuja, O. N. (2024). Assessment of the effects of drug abuse on the youths and socioeconomic development in Nigeria: a study of national drug law enforcement agency (NDLEA) Enugu State. *Direct Res. J. Public Health and Environ. Technol.* Vol. 9(1), Pp. 1-10. <https://doi.org/10.26765/DRJPHET10824281>.



- Onoyase, A. (2019). An evaluation of the prevalence of substance abuse among students of higher education institutions in Benue State, North-Central Nigeria: Implications for counseling. *International Journal of Psychological Studies*, 11(3), 39.
- Perrin S., Fillol A., Moriceau S., Le Tirant L., Allache A., Serre F., Stevens N., Auriacombe M., Cambon L. & Martin-Fernandez J. (2024). Exploring and describing alcohol harm reduction interventions: a scoping review of literature from the past decade in the western world. *National Library of Medicine*, 21:207, <https://doi.org/10.1186/s12954-024-01105-8>
- Richert, T., Anderberg, M., & Dahlberg, M. (2020). Mental health problems among young people in substance abuse treatment in Sweden. *Substance abuse treatment, prevention, and policy*, 15, 1-10.
- Saha, T. D., et al. (2021). Alcohol use disorder in the United States: Prevalence, co morbidities, and treatment options. *Journal of Addiction Medicine*, 15(2), 115-124. <https://doi.org/10.1097/ADM.0000000000000710>
- Thompson, S. (2022). Preventing Rape Through Education: *Strategies and Outcomes. Educational Psychology Quarterly*, 18(1),
- Tracy, N. (2021). What is Rape? Was I Raped?, HealthyPlace. Retrieved from <https://www.healthyplace.com/abuse/rape/what-is-rape-was-i-raped>
- Ullman, S. E. (2017). *Drug and alcohol use in sexual assault contexts*. Trauma, Violence, & Abuse.
- Volkow, Nora D., and McLellan, Andrew T. (2021). Opioid Abuse in the United States: A Defining Public Health Crisis. *American Journal of Public Health*, 111(6), 1056–1059. DOI: 10.2105/AJPH.2021.2306265.
- Wang, J., Li, Z., & Zhang, Y. (2021). Neurocognitive impairments associated with stimulant use disorder: A review of recent studies. *Frontiers in Psychology*, 12, 732443. <https://doi.org/10.3389/fpsyg.2021.732443>
- Wilson, H. (2024) What Is Mental Health? Definition and Key Concepts available at: <https://blog.proemhealth.com/what-is-mental-health>
- World Health Organization (WHO) and Patel, V. (2022). Reconceptualizing Mental Health for the 21st Century. *The Lancet Psychiatry*, 9(7), 567–578. DOI: 10.1016/S2215-0366(22)00100-8.