

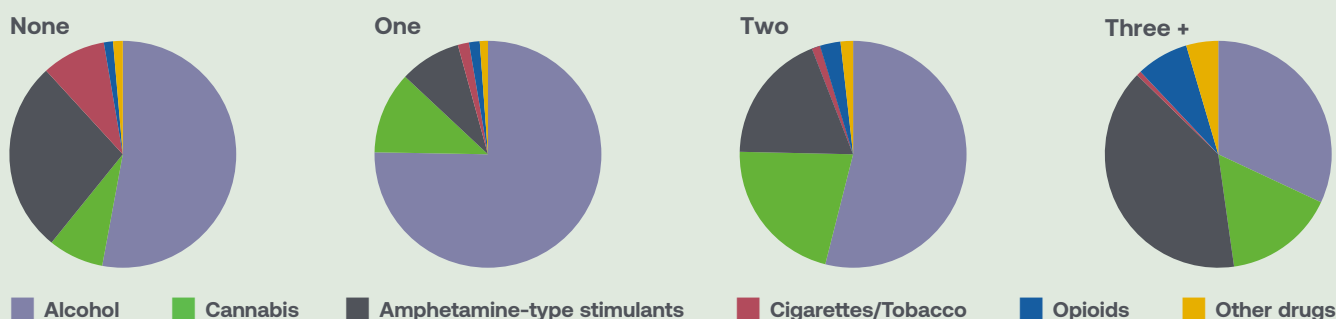
# Polysubstance use affects people's lifestyle, wellbeing and recovery

The Alcohol and Drug Outcome Measure (ADOM) provides tāngata whai ora in community-based outpatient addiction services with a way to track changes in their treatment and recovery journey. It focuses on the frequency of use of substances, lifestyle and wellbeing, and where people are in their recovery.

This infographic uses PRIMHD data for the period October 2020 to September 2021. For more information [read the full report here](#). The primary focus is on information at ADOM treatment start.

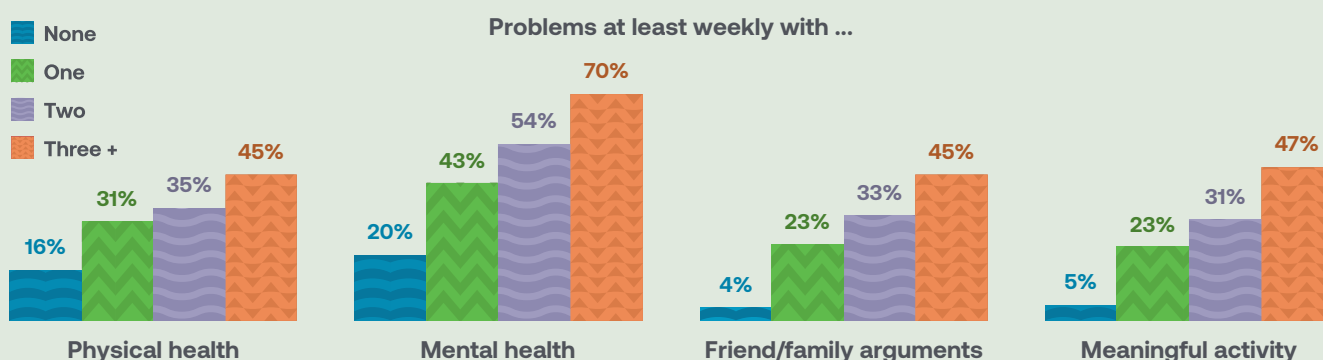
## Main substance of concern<sup>1</sup>

Alcohol is most likely to be the main substance of concern for people who report use of none, one, or two substances. Amphetamine-type stimulants<sup>2</sup> are more likely to be the main substance of concern for people who use three or more substances concurrently.



## Lifestyle and wellbeing problems

Lifestyle and wellbeing problems tend to be greater for tāngata whai ora who use more substances concurrently, with each extra substance adding to this.



## Satisfaction with progress toward achieving recovery goals

Tāngata whai ora who use more substances concurrently tend to be less satisfied with progress in achieving their recovery goals.



<sup>1</sup> Main substance of concern is the substance tāngata whai ora identify as being most problematic for them at this time.

<sup>2</sup> Methamphetamine is the primary amphetamine type stimulant in the Aotearoa New Zealand context.

Source: Te Pou. (2022). *Alcohol and drug outcome measure (ADOM): Concurrent multiple substance use for period October 2020 to September 2021*.