

September 2017

Volume 6, Issue 33

Parents Matter

Havana Area Prevention Team

Fall Semester: The Importance of Youth Substance Use Prevention

-Community Anti-Drug Coalitions of America (CADCA)
August 2017

As back-to-school season kicks off, it is vital to discuss the risks of college drinking and substance use with youth. Whether at middle school, high school or college age, attending school also means the introduction of peer pressure and social situations that may lead to dangerous substance use and behaviors.

According to the National Institute on Drug Abuse (NIDA), abuse of prescription drugs is highest among young adults. When asked how prescription opioids were obtained for nonmedical use, more than half of the 12th graders surveyed said they were given drugs or bought them from a friend or relative.

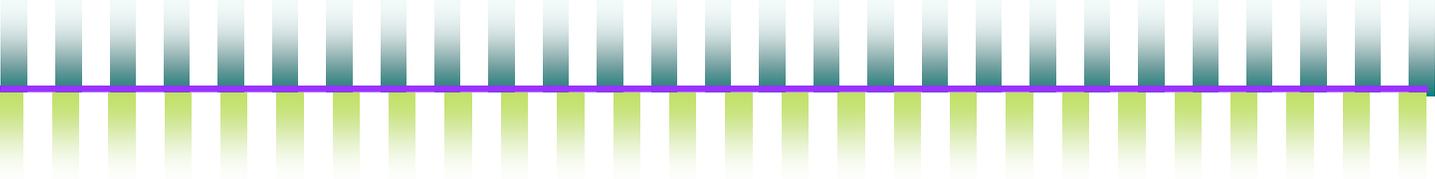
Youth who abuse prescription medications are also more likely to report use of other drugs. Multiple studies have revealed associations between prescription drug abuse and higher rates of cigarette smoking, heavy episodic drinking, and marijuana, cocaine and other illicit drug use among adolescents, young adults and college students in the United States, said NIDA.

According to the 2015 National Survey on Drug Use and Health (NSDUH), 58 percent of full-time college students ages 18 to 22 drank alcohol in the past month, 37.9 percent engaged in binge drinking, and 12.5 percent engaged in heavy alcohol use. The consequences of excessive drinking by college students are more significant, more destructive and more costly than many parents realize.

NIDA states that the influence of parents holds more weight than many note. Research shows that students who abstain from drinking often do so because their parents discussed alcohol use and the negative consequences.

See More:

- National Institute on Drug Abuse: Monitoring the Future [Survey](#)
- Health and Human Services: Substance Use and Adolescent Development
- National Institutes of Health: Patterns of Substance Use Across the First Year of College and Associated Risk Factors [Study](#)



Family Day—September 25th

CASAColumbia *Family Day* is Monday, September 25th. Families, communities, and organizations all over the country are getting ready to celebrate with a variety of fun-filled activities and events. We hope you'll join the celebration! All of the activity surrounding CASAColumbia *Family Day* helps to remind parents that it is vital to keep the lines of communication open, especially during adolescence when kids are at risk of engaging in risky behavior including smoking, drinking or using other drugs. Make every day *Family Day* in your home!

<https://www.casafamilyday.org>

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Promotes comprehensive community-wide prevention efforts.

Empowers youth & families to develop and lead healthy lifestyles.

Havana Area Prevention Team is a non-profit organization that seeks to promote:

- Healthy, happy, and responsible lifestyles for area youth and families.
- Awareness of positive alternatives and support of positive actions and activities for youth and families in and around the Havana area.

Like us on Facebook:

[Facebook.com/HavanaAreaPreventionTeam](https://www.facebook.com/HavanaAreaPreventionTeam)

Too Good For Drugs @ HJHS

Too Good For Drugs is underway at Havana Junior High School! A great program to follow DARE, provides continuing education for our 6th graders on healthy life choices. Sixth-grade students navigate their way to a healthy future in the Too Good for Drugs program. This evidence-based program mitigates risk and helps students build the self-confidence to refuse peer pressure and substance abuse. Core social-emotional skills like goal setting, decision making and emotion management are applied in select lessons to teach students the short and long-term effects of abusing alcohol, marijuana, tobacco, inhalants, and street drugs.

Thanks to all who are making this program happen.

<http://www.toogoodprograms.org/too-good-for-drugs-grade-6-r...>

For more information visit:

www.samhsa.gov/underage-drinking

<https://www.kidsinthehouse.com/teenager/substance-abuse>

<https://www.drugabuse.gov/parents-educators>