

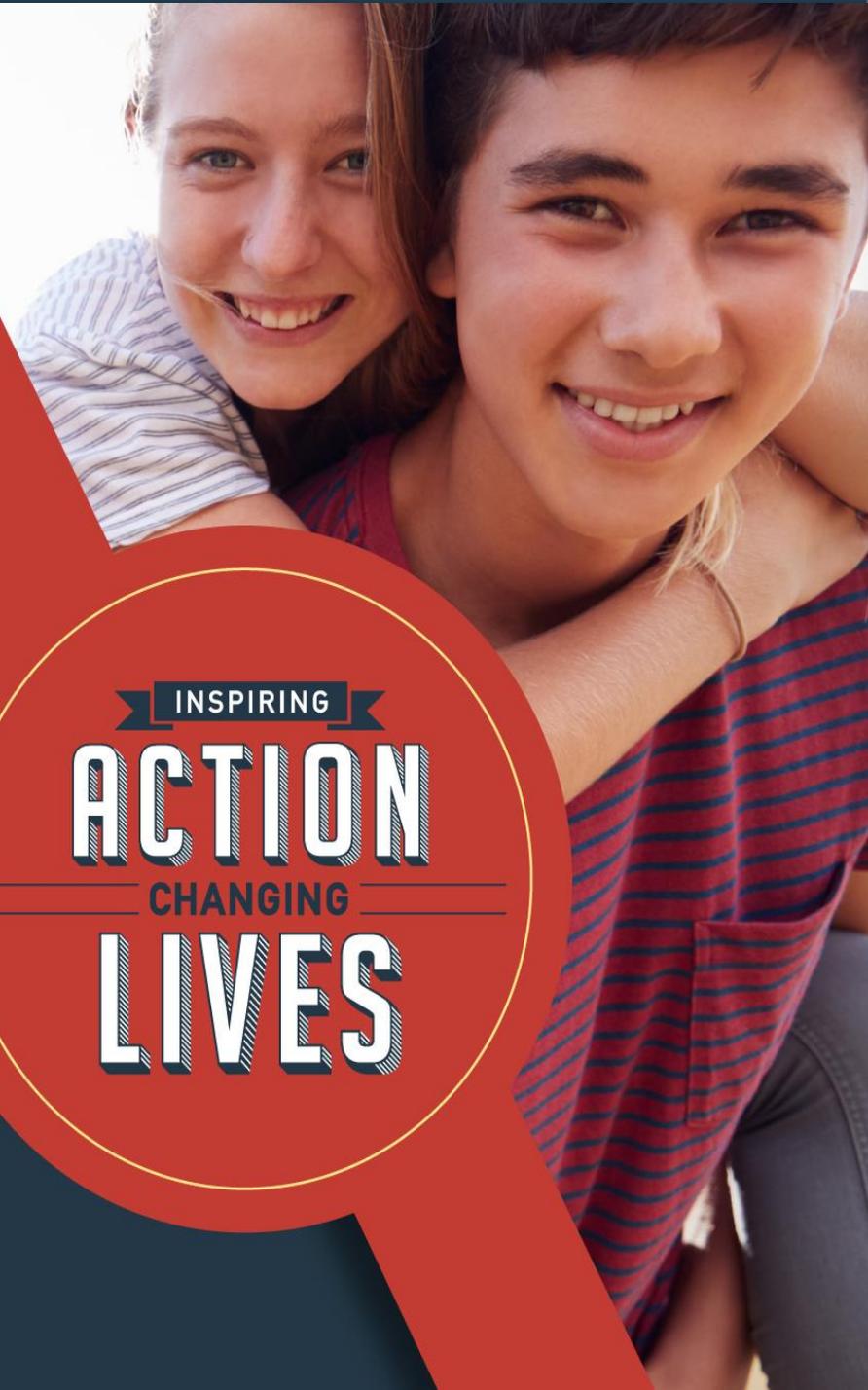
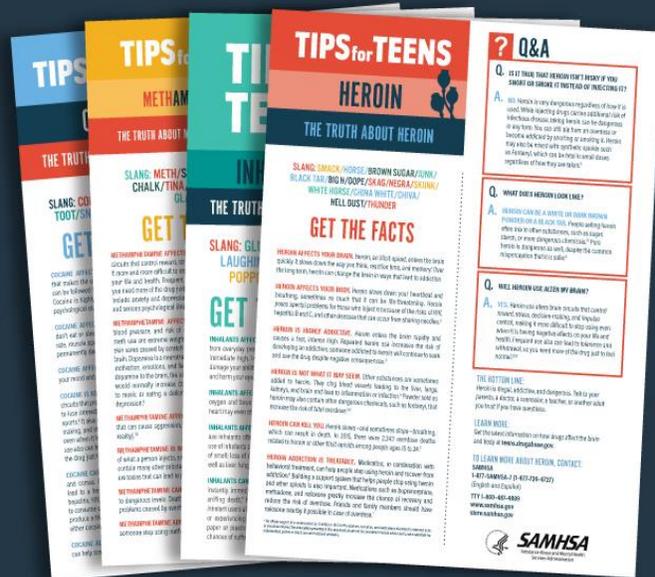


WEBINAR

TIPS FOR TEENS

Youth Champions and Resources Engaging Teens in Substance Use Prevention

MAY 16, 2019
2-3:30 P.M. EDT



HAPPY NATIONAL PREVENTION WEEK 2019!

In the chat pod, share with us:

Who is your **#PreventionChampion?**

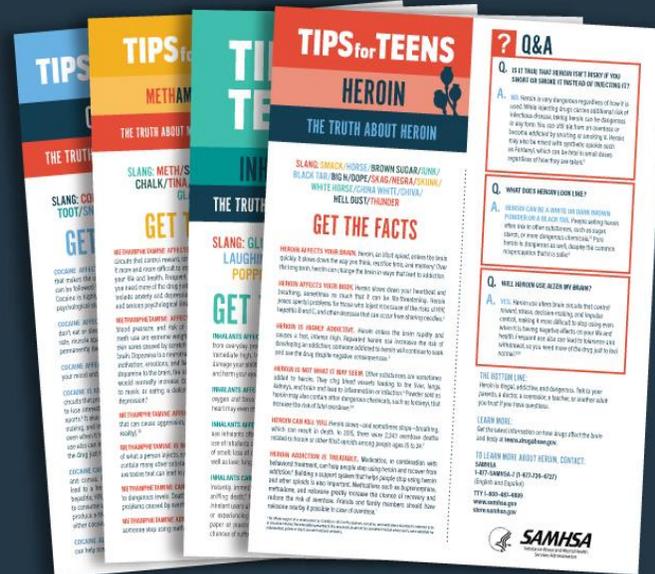


WEBINAR

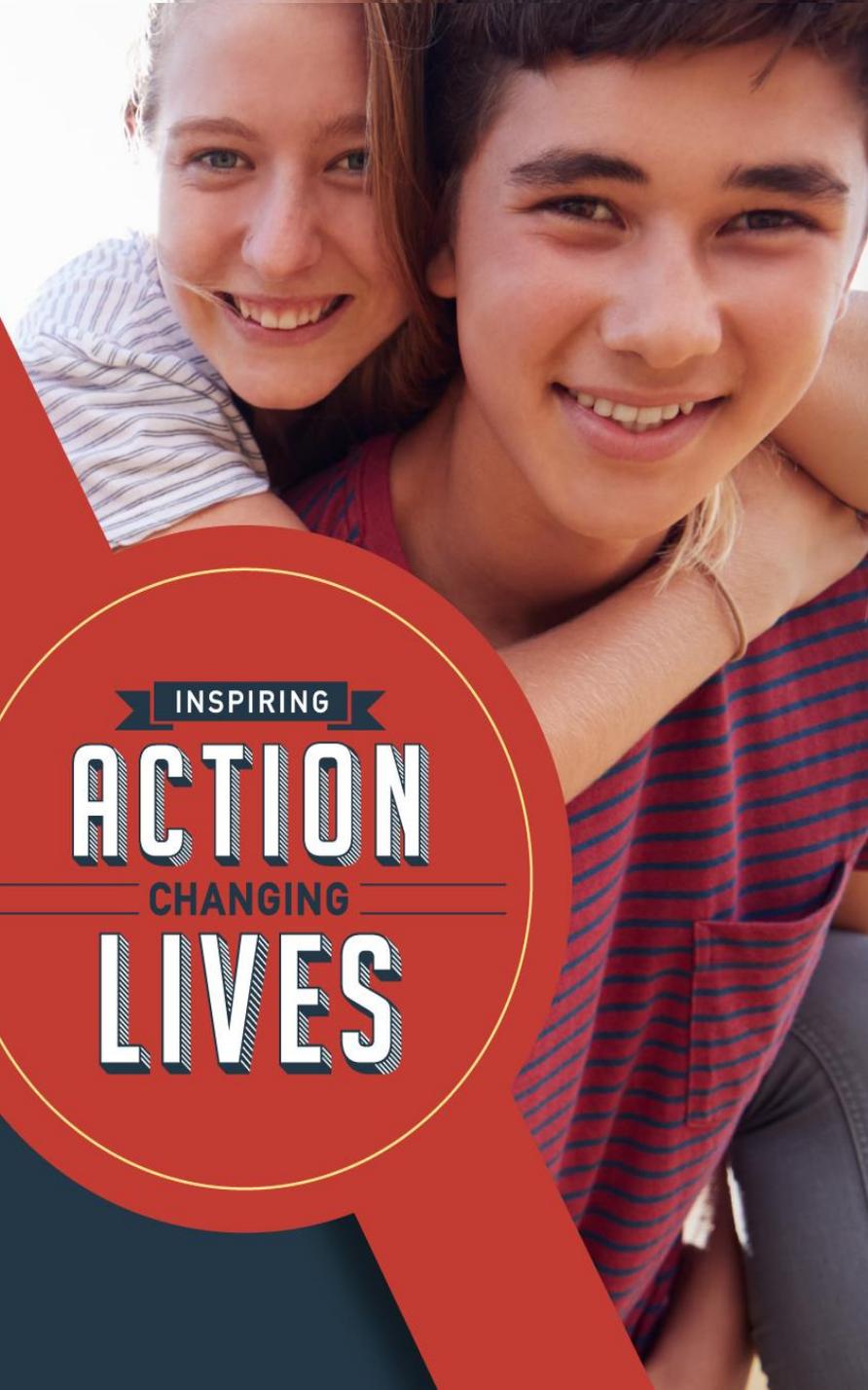
TIPS FOR TEENS

Youth Champions and Resources Engaging Teens in Substance Use Prevention

MAY 16, 2019
2-3:30 P.M. EDT



INSPIRING
ACTION
CHANGING
LIVES



Tips for Teens: Youth Champions and Resources Engaging Teens in Substance Use Prevention

National Prevention Week Webinar
May 16, 2019



SAMHSA
Substance Abuse and Mental Health
Services Administration

This meeting will be recorded for archiving purposes.



David Lamont Wilson

NPW Coordinator

Public Health Analyst, Center for Substance Abuse Prevention
Substance Abuse and Mental Health Services Administration



SAMHSA
Substance Abuse and Mental Health
Services Administration



Brian Marquis
Public Liaison Officer
National Institute on Drug Abuse



SAMHSA
Substance Abuse and Mental Health
Services Administration



David Lamont Wilson

NPW Coordinator

Public Health Analyst, Center for Substance Abuse Prevention
Substance Abuse and Mental Health Services Administration



SAMHSA
Substance Abuse and Mental Health
Services Administration

Today's Youth and Young Adult Panelists

- **Mackenzie Raimond**, Burrillville Tobacco-Free Teen Alliance, Students Against Destructive Decisions (SADD)
- **Amir Oliver**, “Talk. They Hear You.” Campaign Artist, Student at New York University
- **Morgan Pettis**, Baylor University’s Peer Allies Coalition, ACCEPT Texas, Youth MOVE

SAMHSA

Substance Abuse and Mental Health
Services Administration



INSPIRING

ACTION

CHANGING

LIVES



2019 NATIONAL PREVENTION WEEK

MAY 12–18, 2019

TELL US ABOUT YOUR NPW 2019 EVENT!



Event Submission Form

Share your National Prevention Week event details with us and get inspired by what others are doing.

Submitter's Name *

Host Organization *

Supporting URL

Email *

Event Date *

Event Location *

Event Summary *

www.samhsa.gov/prevention-week/community-events/submit-events

NPW Planning Guide and Resource Calendar



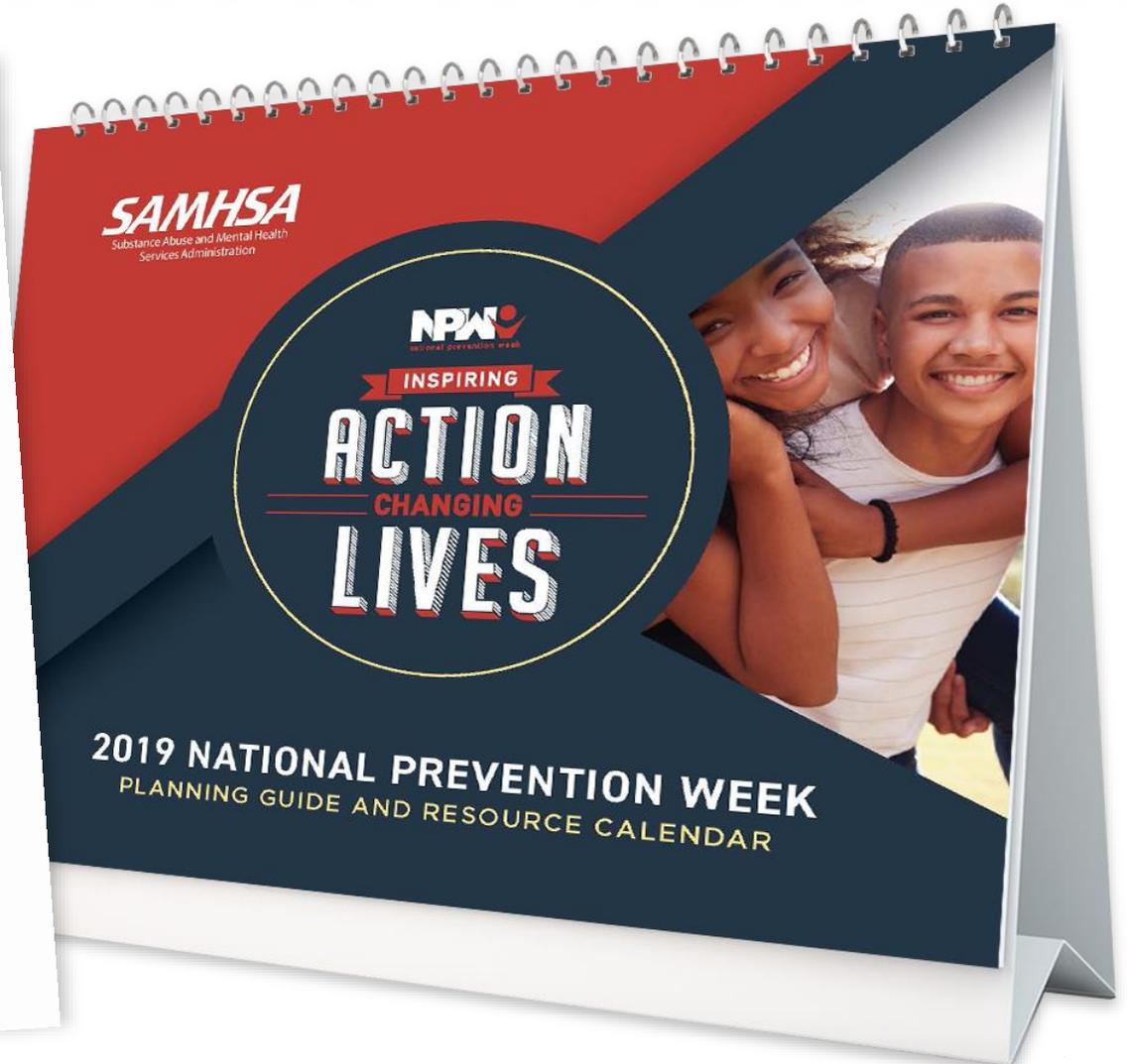
NATIONAL PREVENTION WEEK

National Prevention Week is here! How are you inspiring action and changing lives? Share your prevention stories online using #NPW2019!

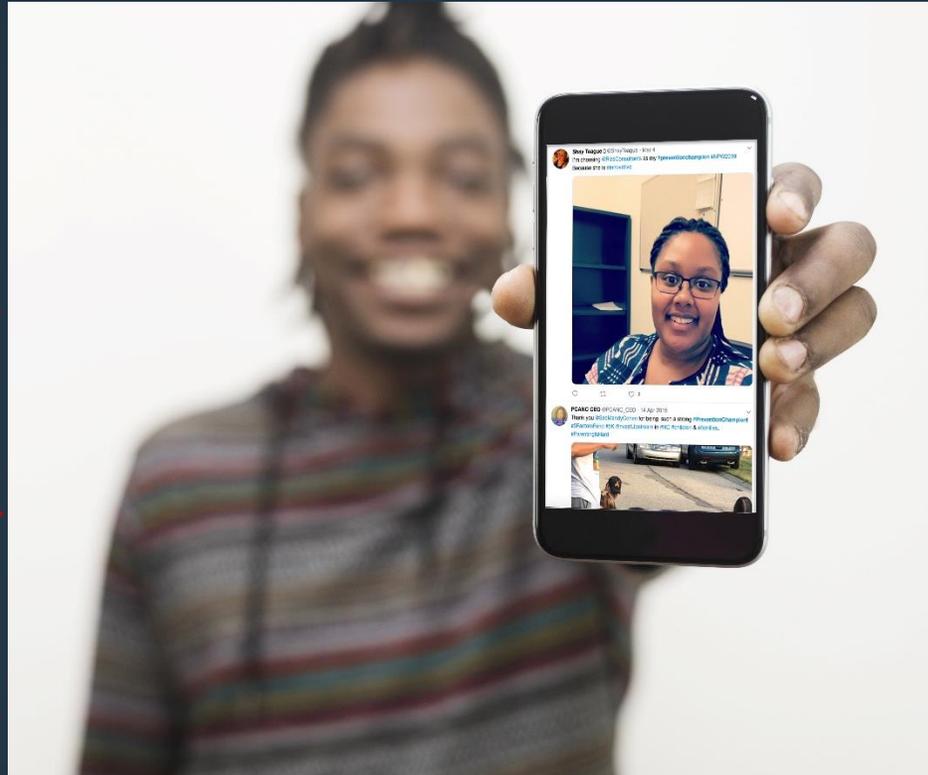
samhsa.gov/prevention-week

MAY 2019

- 12 SUN NATIONAL WOMEN'S HEALTH WEEK
MOTHER'S DAY
- 13 MON PREVENTING PRESCRIPTION AND OPIOID
DRUG MISUSE
- 14 TUE PREVENTING UNDERAGE DRINKING AND
ALCOHOL MISUSE
- 15 WED PREVENTING ILLICIT DRUG USE AND YOUTH
MARIJUANA USE
- 16 THU PREVENTING YOUTH TOBACCO USE
(INCLUDES E-CIGARETTES AND VAPING)
- 17 FRI PREVENTING SUICIDE
- 18 SAT HIV VACCINE AWARENESS DAY



Pre·ven·tion Cham·pi·on



Noun: a person, activity, program, or organization that inspires others to take **prevention actions** every day that **change lives**.



NPW
national prevention week

INSPIRING

ACTION

CHANGING

LIVES

WHO OR WHAT IS YOUR PREVENTION CHAMPION?



TAKE A PHOTO OR VIDEO.

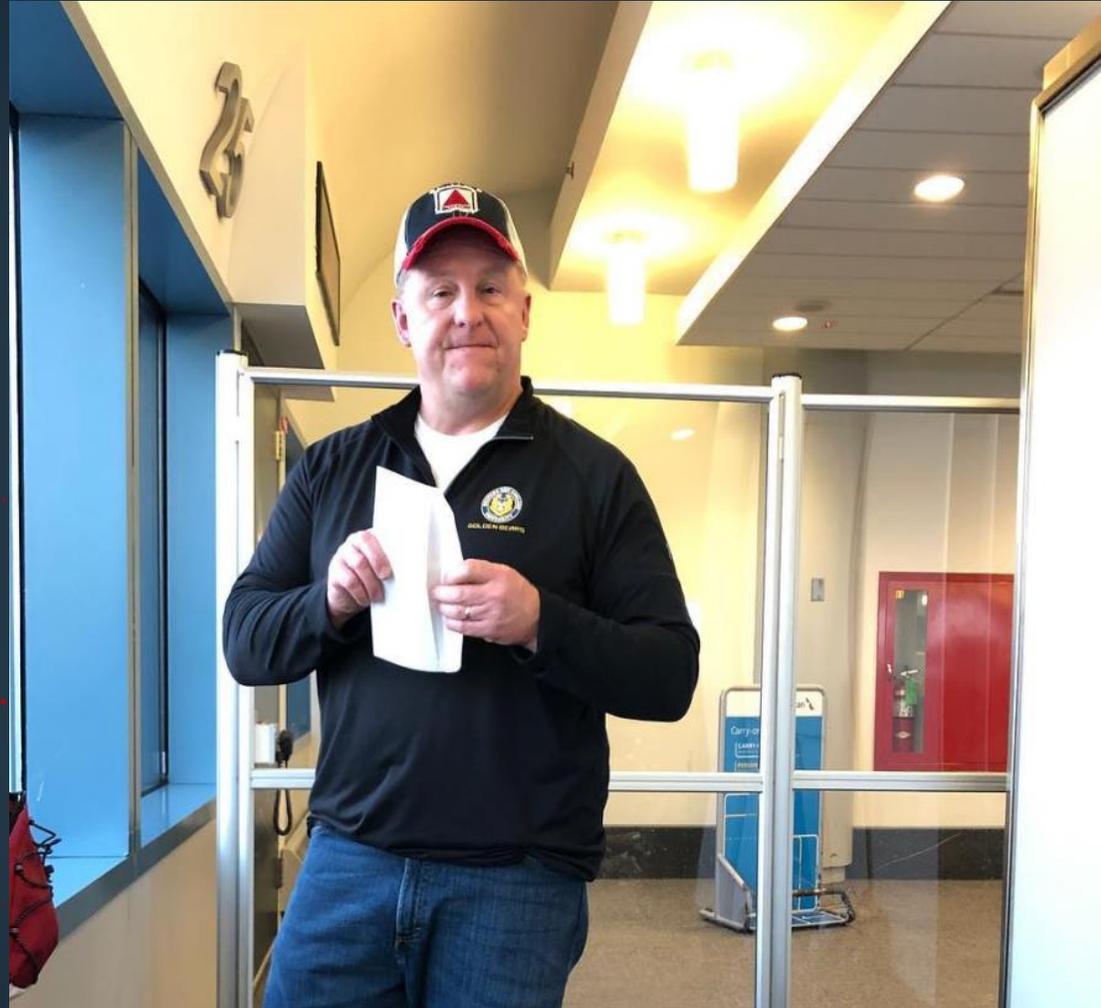


ADD THAT ONE WORD.



SHARE YOUR
#PreventionChampion

Who is your #PREVENTIONCHAMPION?



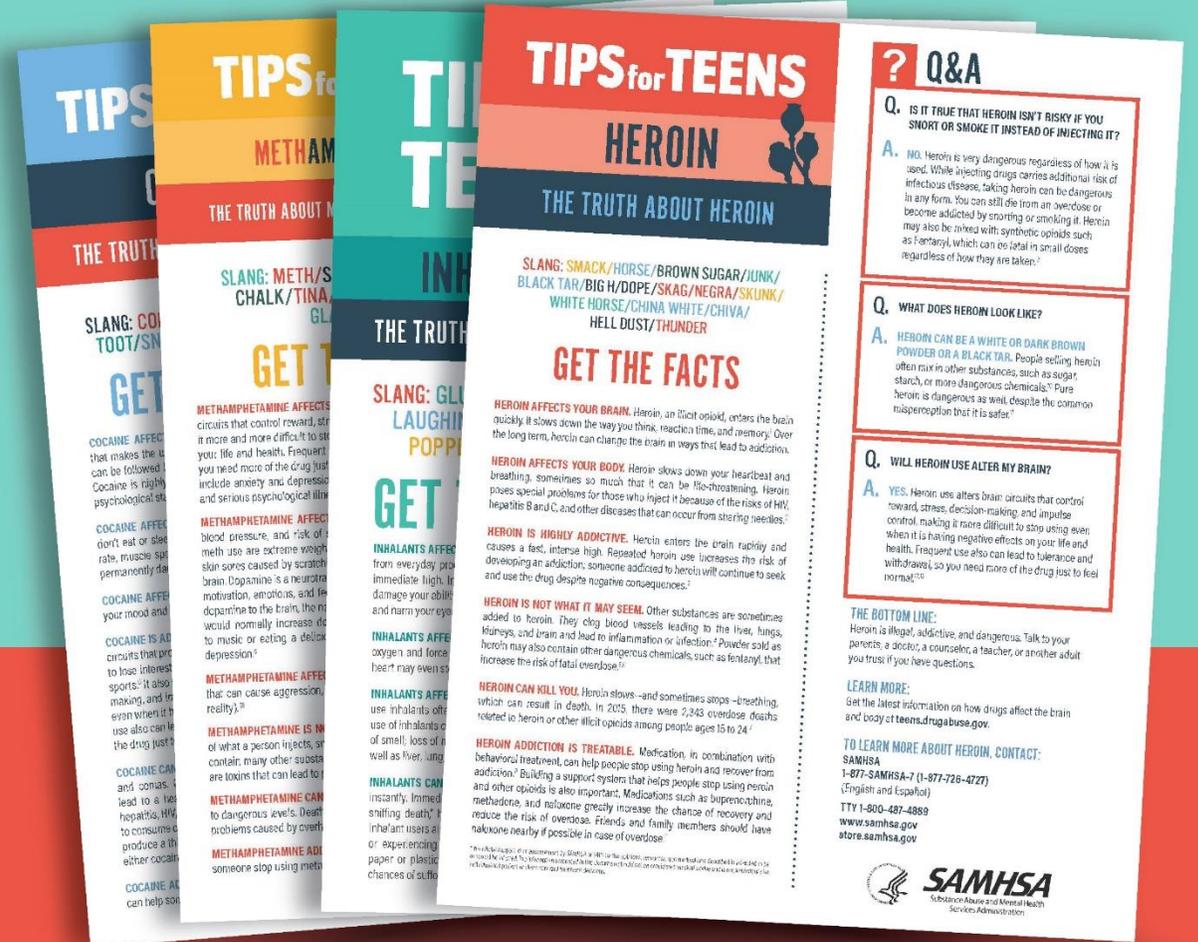
[jaydalessio](#) • [Follow](#)

[jaydalessio](#) I have known Officer Menard since 2003 and he has been a staple at our high school since 1997!!! Kids respect him immensely....Junior Michael Talaia says of Menard "Officer Menard is a quality dude." Sophomore Dan Ducey says "he helps me feel safe at school and makes it easier to focus on learning". Junior Alex Karpinski says "he makes me feel safe while at school". As a teacher I see kids approach Officer Menard in a comfortable fashion & it inspiring to all!!!
#PreventionChampion #npw2019

TIPS for TEENS

SERIES

Available at [store.SAMHSA.gov](https://store.samhsa.gov).



TIPS for TEENS HEROIN THE TRUTH ABOUT HEROIN

SLANG: SMACK/HORSE/BROWN SUGAR/JUNK/BLACK TAR/BIG H/DOPE/SKAG/NEGRA/SKUNK/WHITE HORSE/CHINA WHITE/CHIVA/HELL DUST/THUNDER

GET THE FACTS

HEROIN AFFECTS YOUR BRAIN. Heroin, an illicit opioid, enters the brain quickly. It slows down the way you think, reaction time, and memory. Over the long term, heroin can change the brain in ways that lead to addiction.

HEROIN AFFECTS YOUR BODY. Heroin slows down your heartbeat and breathing, sometimes so much that it can be life-threatening. Heroin poses special problems for those who inject it because of the risks of HIV, hepatitis B and C, and other diseases that can occur from sharing needles.¹

HEROIN IS HIGHLY ADDICTIVE. Heroin enters the brain rapidly and causes a fast, intense high. Repeated heroin use increases the risk of developing an addiction; someone addicted to heroin will continue to seek and use the drug despite negative consequences.²

HEROIN IS NOT WHAT IT MAY SEEM. Other substances are sometimes added to heroin. They clog blood vessels leading to the liver, lungs, kidneys, and brain and lead to inflammation or infection.³ Powder sold as heroin may also contain other dangerous chemicals, such as fentanyl, that increase the risk of fatal overdose.⁴

HEROIN CAN KILL YOU. Heroin slows—and sometimes stops—breathing, which can result in death. In 2015, there were 7,243 overdose deaths related to heroin or other illicit opioids among people ages 15 to 24.⁵

HEROIN ADDICTION IS TREATABLE. Medication, in combination with behavioral treatment, can help people stop using heroin and recover from addiction.⁶ Building a support system that helps people stop using heroin and other opioids is also important. Medications such as buprenorphine, methadone, and naltrexone greatly increase the chance of recovery and reduce the risk of overdose. Friends and family members should have naloxone nearby if possible in case of overdose.

? Q&A

- Q. IS IT TRUE THAT HEROIN ISN'T RISKY IF YOU SNORE OR SMOKE IT INSTEAD OF INJECTING IT?**
- A. NO.** Heroin is very dangerous regardless of how it is used. While injecting drugs carries additional risk of infectious disease, taking heroin can be dangerous in any form. You can still die from an overdose or become addicted by snoring or smoking it. Heroin may also be mixed with synthetic opioids such as fentanyl, which can be fatal in small doses regardless of how they are taken.⁷
- Q. WHAT DOES HEROIN LOOK LIKE?**
- A. HEROIN CAN BE A WHITE OR DARK BROWN POWDER OR A BLACK TAR.** People selling heroin often mix it with other substances, such as sugar, starch, or more dangerous chemicals.⁸ Pure heroin is dangerous as well, despite the common misperception that it is safer.⁹
- Q. WILL HEROIN USE ALTER MY BRAIN?**
- A. YES.** Heroin uses alters brain circuits that control reward, stress, decision-making, and impulse control, making it more difficult to stop using even when it is having negative effects on your life and health. Frequent use also can lead to tolerance and withdrawal, so you need more of the drug just to feel normal.¹⁰

THE BOTTOM LINE: Heroin is illegal, addictive, and dangerous. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

LEARN MORE: Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT HEROIN, CONTACT:
SAMHSA
1-877-SAMHSA-7 (1-877-726-4727)
(English and Español)
TTY 1-800-487-4889
www.samhsa.gov
store.samhsa.gov



TIPS for TEENS

E-CIGARETTES



Available at store.SAMHSA.gov

TIPS for TEENS

E-CIGARETTES

THE TRUTH ABOUT E-CIGARETTES

**SLANG: E-CIGS/E-HOOKAHS/
VAPE PENS/VAPES/
TANK SYSTEMS/MODS**

GET THE FACTS

E-CIGARETTES ARE A WAY TO INHALE NICOTINE AND MARIJUANA. The aerosol emitted can also contain other harmful substances, including heavy metals such as lead, volatile organic compounds, and cancer-causing agents.¹

E-CIGARETTES COME IN MANY SHAPES AND SIZES. Some resemble pens, USB sticks, and other everyday items. Larger devices such as tank systems, or "mods," do not resemble other tobacco products.

E-CIGARETTE USE HARMS THE DEVELOPING BRAIN. E-cigarettes typically deliver nicotine, a harmful drug to the youth brain and body. Teens are particularly vulnerable to the effects of nicotine since the brain is still developing during these years and through young adulthood.² People who use marijuana in an e-cigarette may experience the same side effects as they would if they smoked marijuana—all of which can be heightened if the person uses marijuana with another substance, such as alcohol.³

? Q&A

Q. AREN'T E-CIGARETTES SAFER THAN SMOKING CIGARETTES OR USING SMOKELESS TOBACCO?

A. Regular cigarettes are extraordinarily dangerous, killing half of all people who smoke long-term. However, youth use of tobacco products in any form is unsafe, including e-cigarettes. More research is needed to fully understand their impact on health.

Q. CAN'T E-CIGARETTES HELP ME QUIT SMOKING REGULAR CIGARETTES?

A. E-cigarettes may help non-pregnant adult smokers⁴ quit as a complete substitute for all cigarettes. However, there is no conclusive evidence that using e-cigarettes helps someone quit smoking for good. The U.S. Food and Drug Administration (FDA) has approved seven "quit aids" for quitting smoking, but e-cigarettes are not currently one of them.

Q. AREN'T E-CIGARETTES USED MORE OFTEN BY ADULTS, NOT YOUTH?

A. Youth are more likely than adults to use e-cigarettes. In 2018, more than 3.6 million U.S. middle and high school students used e-cigarettes in the past 30 days, including 4.9 percent of middle school students and 20.8 percent of high school students.⁵

THE BOTTOM LINE:

E-cigarettes are unsafe for young people. Whether a young person uses nicotine or marijuana in an e-cigarette, there can be dangerous health consequences.

LEARN MORE:

Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT E-CIGARETTES, CONTACT:

SAMHSA
1-877-SAMHSA-7 (1-877-726-4727)

(English and Español)

TTY 1-800-487-4889

www.samhsa.gov

store.samhsa.gov



SAMHSA
Substance Abuse and Mental Health
Services Administration

TIPS for TEENS

OPIOIDS

Available at [store.SAMHSA.gov](https://store.samhsa.gov)



TIPS for TEENS

OPIOIDS

THE TRUTH ABOUT OPIOIDS

SLANG: O.C./OXY/PERCS/VIKE/M/MONKEY/
WHITE STUFF/LEAN/SCHOOLBOY/SIZZURP/
PURPLE DRANK/LOADS

GET THE FACTS

OPIOIDS AFFECT YOUR BRAIN. Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone, hydrocodone, codeine, morphine, and many others.¹ They affect both the spinal cord and brain to reduce the intensity of pain-signal perception as well as brain areas that control emotion.² They can also affect the brain to cause euphoria or "high."³

OPIOIDS AFFECT YOUR BODY. Opioids slow down the actions of the body, such as breathing and heartbeat. Even a single dose of an opioid can cause severe respiratory depression (slowing or stopping of breathing), which can be fatal; taking opioids with alcohol or sedatives increases this risk.⁴

OPIOIDS ARE ADDICTIVE. Even though heroin is highly addictive, more people struggle with addiction to prescription pain relievers.⁵ Many young people who inject heroin report misuse of prescription opioids before starting to use heroin.⁶

OPIOIDS CAN KILL YOU. Drug overdose is the leading cause of accidental death in the United States, with 88,600 drug overdose deaths between March 2017 and March 2018.⁷ More than 46,000 of those deaths involved opioids.⁸

OPIOID ADDICTION IS TREATABLE. Methadone, buprenorphine, and naltrexone are medications that are FDA-approved to treat opioid use disorder. For more information, visit <https://www.drugabuse.gov/publications/research-reports/medications-to-treat-opioid-addiction/efficacy-medications-opioid-use-disorder>.

? Q&A

Q. MY DOCTOR PRESCRIBED ME OPIOIDS. DOESN'T THAT MEAN THEY'RE SAFE?

A. Prescription opioids—when used long term or incorrectly—can cause the brain to become reliant on the drug and are addictive.⁹

Q. IF I USE OPIOIDS, WILL I BECOME ADDICTED?

A. Prescription opioids can cause physical dependence when used as directed or addiction if misused; illegal opioids such as heroin are also highly addictive. People who regularly use prescription opioids or heroin often develop tolerance, which means that they need higher and/or more frequent doses of the drug to get the desired effects.¹⁰

THE BOTTOM LINE:

Many people are prescribed opioids out of medical necessity, but opioids can still be dangerous and addictive. Even if someone is prescribed one of these medications—such as hydrocodone, oxycodone, and morphine—misuse of these substances is rampant. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

LEARN MORE:

Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT OPIOIDS, CONTACT:

SAMHSA
1-877-SAMHSA-7 (1-877-726-4727)
(English and Español)
TTY 1-800-487-4869
www.samhsa.gov
store.samhsa.gov



TIPS for TEENS

MARIJUANA

Available at [store.SAMHSA.gov](https://store.samhsa.gov)



TIPS for TEENS

MARIJUANA

THE TRUTH ABOUT MARIJUANA

SLANG: WEED/POT/GRASS/REEFER/
GANJA/MARY JANE/BLUNT/JOINT/TREES

GET THE FACTS

MARIJUANA AFFECTS YOUR BRAIN. Tetrahydrocannabinol (THC), the chemical responsible for most of marijuana's psychological effects, affects brain cells throughout the brain, including cells in circuits related to learning and memory, coordination, and addiction.¹

MARIJUANA AFFECTS YOUR SELF-CONTROL. Marijuana can seriously affect your sense of time and your coordination, impacting things like driving.

MARIJUANA AFFECTS YOUR LUNGS. Marijuana smoke deposits four times more tar in the lungs and contains 50 percent to 70 percent more cancer-causing substances than tobacco smoke does.²

MARIJUANA USE IS NEGATIVELY LINKED WITH OTHER ASPECTS OF YOUR HEALTH. Chronic marijuana use has been linked with depression, anxiety, and an increased risk of schizophrenia in some cases.³

MARIJUANA IS NOT ALWAYS WHAT IT SEEMS. Marijuana can be laced with substances without your knowledge.⁴ "Blunts"—hollowed-out cigars filled with marijuana—sometimes contain crack cocaine.

MARIJUANA CAN BE ADDICTIVE. Not everyone who uses marijuana becomes addicted, but some users develop signs of dependence.

? Q&A

Q. ISN'T SMOKING MARIJUANA LESS DANGEROUS THAN SMOKING CIGARETTES?
A. NO. Both marijuana and cigarette smoke can be harmful. More research is needed to fully understand the connection between marijuana and long-term effects such as cancer.⁵

Q. CAN PEOPLE BECOME ADDICTED TO MARIJUANA?
A. YES. Marijuana use can lead to a marijuana use disorder, which takes the form of addiction in severe cases.⁶

Q. WHAT ARE THE OTHER RISKS ASSOCIATED WITH MARIJUANA USE?
A. In addition to the physical and mental risks associated with marijuana use, people who use marijuana have also reported less academic and career success, as well as lower life satisfaction and more relationship problems.⁷

THE BOTTOM LINE: Marijuana affects the development of teen brains. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

LEARN MORE: Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT MARIJUANA, CONTACT:
SAMHSA
1-877-SAMHSA-7 (1-877-726-4727)
(English and Español)
TTY 1-800-487-4889
www.samhsa.gov
store.samhsa.gov



TIPS for TEENS

TOBACCO USE



Available at store.SAMHSA.gov

TIPS for TEENS

TOBACCO USE

THE TRUTH ABOUT TOBACCO USE

SLANG FOR CIGARETTES:
SMOKES/CIGS/BUTTS

SLANG FOR SMOKELESS TOBACCO:
CHEW/DIP/SPIT TOBACCO/SNUFF

GET THE FACTS

TOBACCO USE DAMAGES YOUR HEALTH. Smoking, which is the most common cause of lung cancer, is also a leading cause of cancer of the mouth, throat, bladder, pancreas, and kidneys.¹

TOBACCO USE AFFECTS YOUR BODY'S DEVELOPMENT. Smoking—including vaping, cigars, and hookah use—is particularly harmful for teens because your body is still growing and changing. Evidence shows that smoking has an impact on nearly every organ in a person's body.²

TOBACCO CONTAINS ADDICTIVE INGREDIENTS. Tobacco is a plant grown for its leaves, which are dried and fermented to put in tobacco products. It contains nicotine, an ingredient that can lead to addiction. The younger you are when you begin to smoke, the more likely you are to become addicted to nicotine.³ According to the 2014 Surgeon General's Report, nearly 9 out of 10 adult smokers first tried smoking before age 18.⁴

TOBACCO USE CAN KILL YOU. Cigarette smoking is responsible for about 480,000 deaths per year in the U.S.⁵ Worldwide, tobacco smoking and secondhand smoke combined cause nearly 7 million deaths per year.⁶

Q&A

Q. ISN'T SMOKING COOL?
A. Advertisements often portray smoking as glamorous and sophisticated, but these ads are created to sell products and use youth-oriented themes.

Q. IS SMOKELESS TOBACCO SAFE?
A. **NO.** No form of smokeless tobacco is safe. It contains at least 30 chemicals that are known to cause cancer.⁷

Q. DO MOST TEENS SMOKE?
A. **NO.** Although the majority of teens don't smoke,⁸ it's important to remember that cigarette use among teens is still harmful and should be prevented from becoming more popular.

Q. DOESN'T SMOKING HELP YOU RELAX?
A. **NO.** Use strategies such as exercise or talking to your friends to help calm your nerves.⁹

THE BOTTOM LINE:
Tobacco use is dangerous and can be deadly. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

LEARN MORE:
Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT TOBACCO, CONTACT:
SAMHSA
1-877-SAMHSA-7 (1-877-726-4727)
(English and Español)
TTY 1-800-487-4889
www.samhsa.gov
store.samhsa.gov

TIPS for TEENS

STERIODS

Available at store.SAMHSA.gov



TIPS for TEENS

STERIODS

THE TRUTH ABOUT ANABOLIC STEROIDS

SLANG: ARNOLDS/GYM CANDY/
PUMPERS/STACKERS/
WEIGHT TRAINERS/JUICE

GET THE FACTS

STERIODS AFFECT YOUR HEART. Steroid use and misuse have been associated with cardiovascular disease, including heart attack and stroke. Researchers found that steroid users had significantly weaker hearts than those who never used steroids.¹

STERIODS AFFECT YOUR MOOD. Steroids can cause paranoid jealousy, extreme irritability, and impaired judgment. Extreme mood swings also can occur, including "roid rage"—angry feelings and behavior that may lead to violence.²

STERIODS INCREASE YOUR RISK OF INFECTION. Sharing needles or using dirty needles to inject steroids puts you at risk for diseases such as HIV/AIDS and hepatitis.³

? Q&A

Q. WHAT ARE ANABOLIC STEROIDS?

A. Anabolic steroids, commonly referred to as steroids, are medications related to testosterone, some of which are medicines approved for certain therapeutic uses. Bodybuilders and athletes may misuse steroids to build muscle, often taking doses much higher than would be prescribed for a medical condition, such as delayed puberty or muscle loss due to disease. Using them this way is not legal or safe.⁴

Q. ARE STEROIDS ADDICTIVE?

A. Yes, they can be. Withdrawal symptoms include mood swings, suicidal thoughts or attempts, fatigue, restlessness, loss of appetite, and loss of sleep.⁵

Q. WHAT CAN I DO TO EXCEL IN SPORTS IF I DON'T USE STEROIDS?

A. Focus on eating a proper diet and getting plenty of rest. These are important factors in mental and physical health and conditioning. Millions of athletes excel in sports without using steroids.

THE BOTTOM LINE:

Many people are prescribed steroids for medical reasons, but steroids can still be deadly. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

LEARN MORE:

Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT STEROIDS, CONTACT:

SAMHSA

1-877-SAMHSA-7 (1-877-726-4727)

(English and Español)

TTY 1-800-487-4889

www.samhsa.gov

store.samhsa.gov





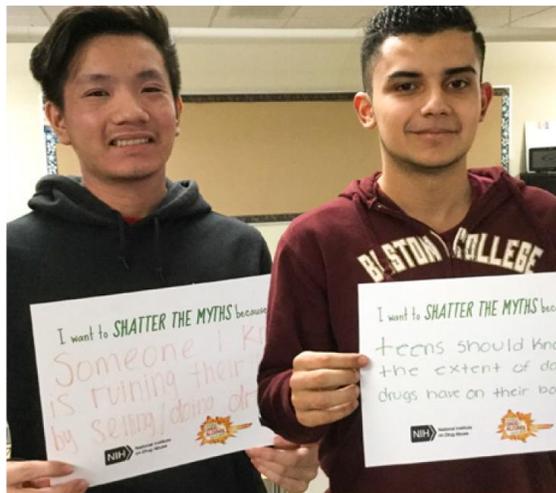
Brian Marquis
Public Liaison Officer
National Institute on Drug Abuse



SAMHSA
Substance Abuse and Mental Health
Services Administration



Join NIDA for the 10th Anniversary of National Drug and Alcohol Facts Week



Talk About Moving the Needle!

Across all grades (8th, 10th, and 12th), past-year use of heroin, methamphetamines, cigarettes, and synthetic cannabinoids hovers near historic lows since the 2000s.*



Miech, R. A., Schulenberg, J. E., Johnston, L. D., Bachman, J. G., O'Malley, P. M., & Patrick, M. E. (December 17, 2018). "National Adolescent Drug Trends in 2018." Monitoring the Future: Ann Arbor, MI. Retrieved 01/07/2010 from <http://www.monitoringthefuture.org>



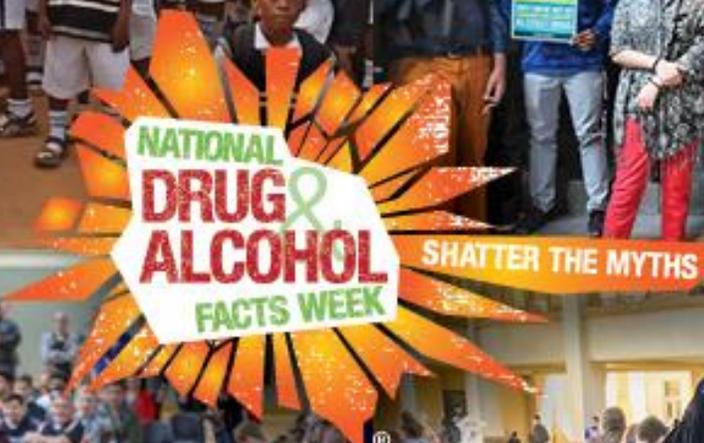
POLL:

Are you familiar with National Drug and Alcohol Facts Week (NDAFW)?

NDAFW in Nigeria—Events aimed at reaching up to 40,000 teenagers



Ohio's Metro High School students toured the office of Ohio AG Mike DeWine and brought attention to NDAFW



NOYS-BACODA Signature Event



High school students from Chandler, Arizona showed off how they want to Shatter the Myths® during NDAFW

Let NIDA Be Your Trusted Source

NIDA provides year-round information on:

- The science of drug use, misuse, and addiction
- Substance use and misuse prevention and treatment
- Illicit drugs and their medical consequences
- Prescription drug misuse
- The link between drug use and HIV/AIDS
- The annual Monitoring the Future survey (8th, 10th, and 12th graders and college students)



Getting Involved Is Easy and Fun



Access NIDA's toolkits for activity ideas on specific topics.



Hold educational events.



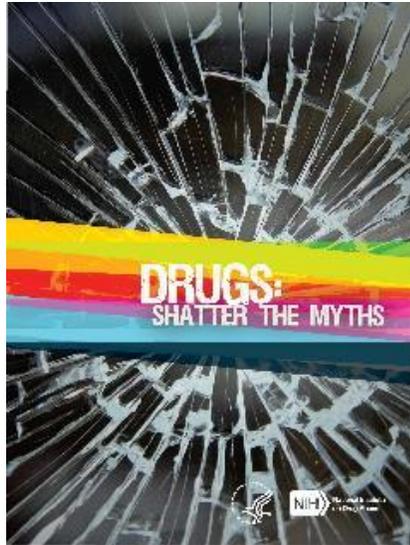
Hold virtual events.



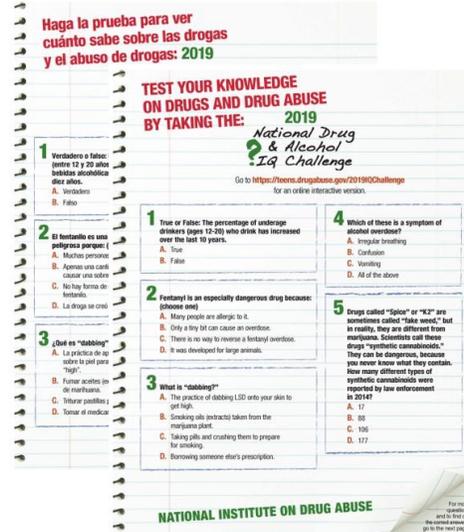
Create contests and scavenger hunts.

Distribute NIDA's *free* materials.

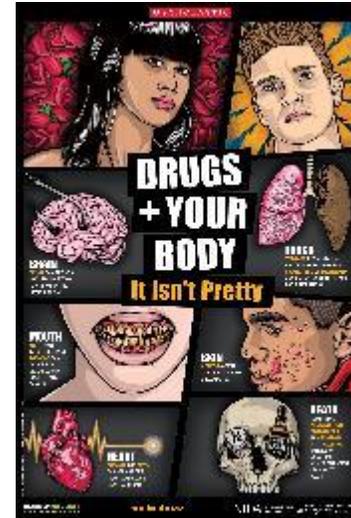
Free Resources From NIDA



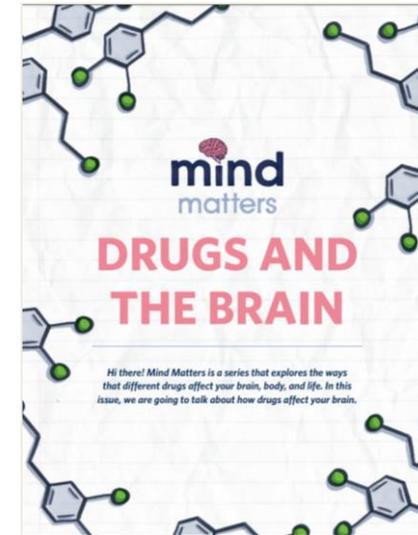
Drugs: Shatter the Myths booklets



National Drug & Alcohol IQ Challenge activity



Drugs + Your Body: It Isn't Pretty posters



Mind Matters series

And don't forget about our dozens of free online resources.



Tools for Educators and Counselors



NIH National Institute on Drug Abuse for Teachers
Advancing Addiction Science

Teens | Teachers | Parents | Drugs & Health Blog | National Drug & Alcohol Facts Week®

Have a drug problem—need help?

Lesson Plan and Activity Finder

Find FREE science- and standards-based classroom lessons and multimedia activities on teens and drugs – all funded or created by NIDA.



Drug Type: All Drug Types

Related Topics: All Related Topics

Grade Level: All Grade Levels

Classroom Subject: All Subjects

Teens

Drug Facts

PRINT

 **Alcohol**
Booze, Brew, Liquor
Provided by the National Institute on Alcohol Abuse and Alcoholism

 **Methamphetamine (Meth)**
Chalk, Crank, Crystal, Fire, Glass, Go Fast, Ice, Speed, Tina

 **Anabolic Steroids**
Juice, Roids

 **Prescription Drugs**
Barbs, Candy, Oxy, Percs, Reds, Speed, Tranks, Vikes

 **Prescription Depressant Medications**
A-minus, Barbs, Candy, Downers, Phennies, Red Birds,



NIDA's Here to Help



NIDA is at your service! We can:

- Help you generate ideas, register, and plan your event.
- Connect you with a scientist.
- Provide the materials you might need.

Please email Brian Marquis at drugfacts@nida.nih.gov if you have questions.

Mark your calendar for the next National Drug & Alcohol Facts Week: **January 21–26, 2020!**

Follow NIDA on social media!



Newsletter

Sign up to receive *National Drug & Alcohol Facts Week*[®] updates.

SIGN UP NOW



Mackenzie Raimond

Burrillville Tobacco-Free Teen Alliance, Rhode Island
Students Against Destructive Decisions (SADD)



SAMHSA
Substance Abuse and Mental Health
Services Administration

MACKENZIE RAIMOND

- ❖ Current senior at Burrillville High School in Rhode Island
- ❖ VP of Communications for the Student Leadership Council
- ❖ Volunteer with Special Olympics Rhode Island
- ❖ Committed to The College of Saint Rose with a double major in public health and political science

- ❖ **Students Against Destructive Decisions**
 - The premier youth health and safety organization

- ❖ **Burrillville Tobacco Free Teen Alliance**
 - A community group that focuses on teen-led prevention

- ❖ **Burrillville Prevention Action Coalition**
 - A coalition that focuses on community based prevention

THE IMPORTANCE OF PREVENTION

- ❖ Prevention seeks to spread awareness about the dangers of substances.
- ❖ It is prevention that spreads knowledge and information to others to promote healthy choices.
- ❖ Youth-based prevention is necessary for the youth to make informed decisions for their futures.



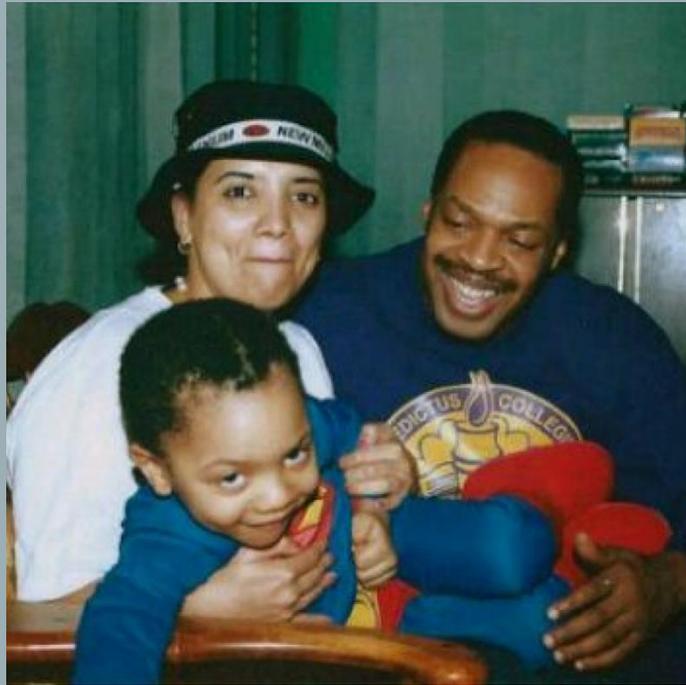
Amir Royale

“Talk. They Hear You.” Campaign Artist
Student, New York University



SAMHSA
Substance Abuse and Mental Health
Services Administration

AMIR ROYALE



ABOUT ME

- Actor, recording artist, and entrepreneur from Saint Albans, NY.
- I attend New York University's Clive Davis Institute of Recorded Music.
- Recorded a soundtrack for the new "Talk.They Hear You." campaign, encouraging teen mentorship, family strengthening, and interconnected adult and adolescent relationships.

PREVENTION IS IMPORTANT TO ME BECAUSE...

- I've lost family members and know friends who have lost loved ones due to a lack of it.
- There are other ways to heal our pains and other ways to explore our joys.
- Prevention is something that can work if it becomes a natural, genuine interest of the youth listening—it's not about making them want to prevent others, it's about helping build more responsible generations to come forth after us.



Morgan Pettis

Baylor University's Peer Allies Coalition Founder & President
ACCEPT (Allies Cultivating Change by Empowering Positive
Transformation) Texas Treasurer
Youth MOVE National



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Peer Allies Coalition

- The PAC serves as a community-based organization that does both substance use prevention and relapse prevention through a recovery capital perspective.
- We do educational initiatives at age-appropriate levels such as our “What’s Your Relationship to Alcohol?” event in April for college students.
- We partner with other organizations and departments on campus such as Active Minds, Peers Against Tobacco, and Angel Paws therapy dogs in order to make allies that naturally serve our mission.

WHAT'S YOUR RELATIONSHIP TO ALCOHOL?

Howdoyouscore.org

I MIGHT NEED HELP

I HAVE A HEALTHY RELATIONSHIP

I THINK I NEED MORE RESEARCH:

 **Sr. Coordinator for Recovery Services**
Lilly Ettinger
Lilly_Ettinger@baylor.edu
254-710-7089

WHAT RESOURCES ARE AVAILABLE ON CAMPUS?

Counseling Center: 254-710-2467
Baylor.edu/counseling_center/

One-Key (Young people's AA group)
Anonymous support. Meets **T/R 6-7pm at the BARC (in East Village).**

You can also stop by the BARC anytime! (We're in East Village)

I KNOW SOMEONE WHO NEEDS HELP:

There is a list of ways to be supportive on the counseling center's website Resources → Friends Resources

You can submit a private concern to those who can help. Scroll down to the "CARE Report" link.
baylor.edu/reportit/

Al-anon (support group for friends and family of alcoholics) meets **Mondays 5-6pm at the BARC (in East Village).**

I WANT TO HELP!

Join the Peer Allies Coalition!
Morgan_Pettis@baylor.edu



THE IMPORTANCE OF PREVENTION

- *Prevention minimizes long-term health risks associated with substance use.*
- *Prevention education allows adolescents to educate their peers.*
- *Prevention helps adolescents develop healthy coping mechanisms.*

PUGS



NOT DRUGS



INSPIRING

ACTION

CHANGING

LIVES



David Lamont Wilson

NPW Coordinator

Public Health Analyst, Center for Substance Abuse Prevention
Substance Abuse and Mental Health Services Administration



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Substance Abuse and Mental Health
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Brian Marquis
Public Liaison Officer
National Institute on Drug Abuse



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Mackenzie Raimond

Burrillville Tobacco-Free Teen Alliance, Rhode Island
Students Against Destructive Decisions (SADD)



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Please use the chat feature to share your questions and thoughts with us.

Prevention Every Day!



samhsa.gov/prevention-week
#NPW2019

Prevention Happens **Here.**

Please fill out the post-meeting survey that will pop up once this meeting ends.

David Lamont Wilson

NPW Coordinator, SAMHSA

David.Wilson@samhsa.hhs.gov

(240) 276-2588



MAY 12-18
2019

For more information, visit:
www.samhsa.gov/prevention-week



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