

# Building Bridges in Prevention

## to Support Youth Across the Continuum of Care



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# disclosures

- No relevant financial relationships with any commercial interests



# Learning Objectives

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- Describe youth drug trends, the connection to mental health challenges, and their implications for prevention messaging.
- Articulate the science of the vulnerable developing brain and national data analyses that support a clear public health standard of non-use for youth.
- Access and brainstorm ways to utilize tools and practical handouts for engaging with various audiences on youth substance use prevention in your community.

# Addiction is a **pediatric-onset** disorder

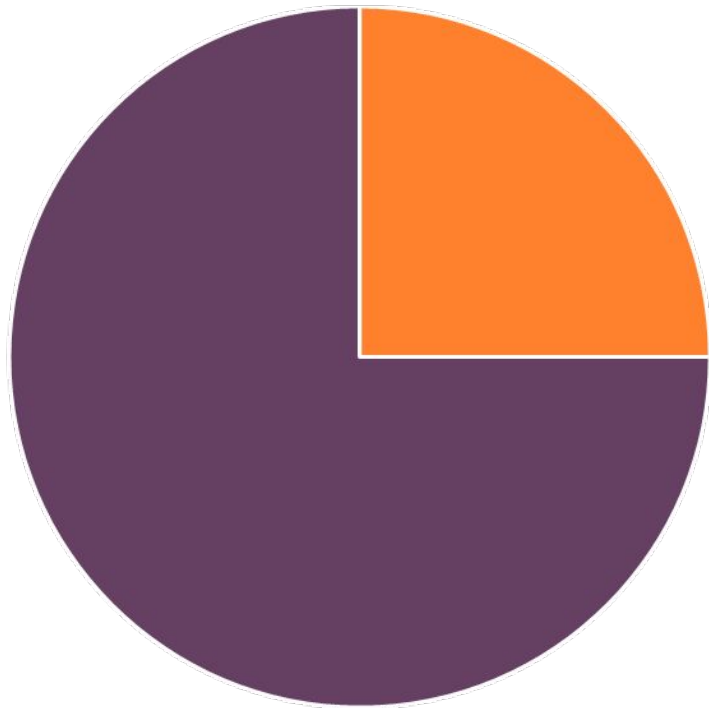
**9 out of 10**

adults (90%) with substance use disorders started using substances before age 18.



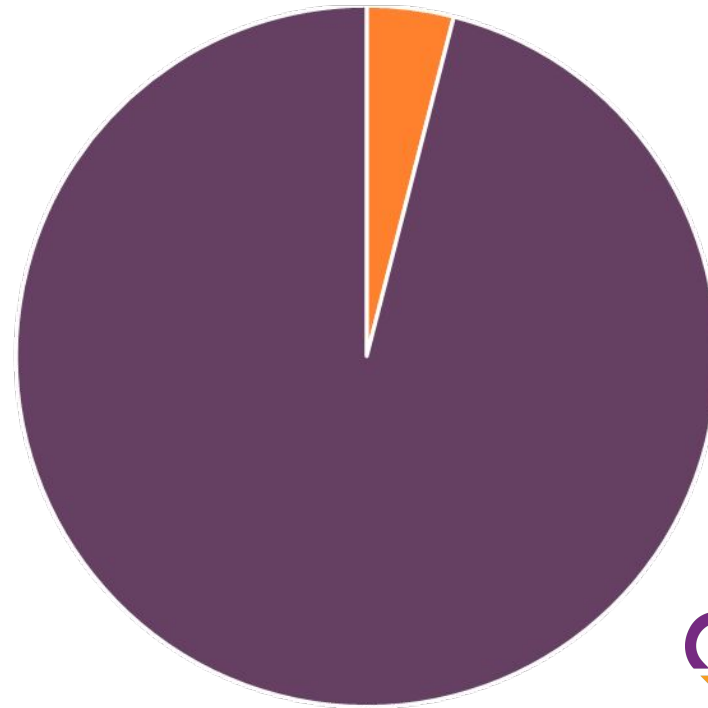
## Substance Use Before Age 18

**1 in 4** chance of  
developing addiction



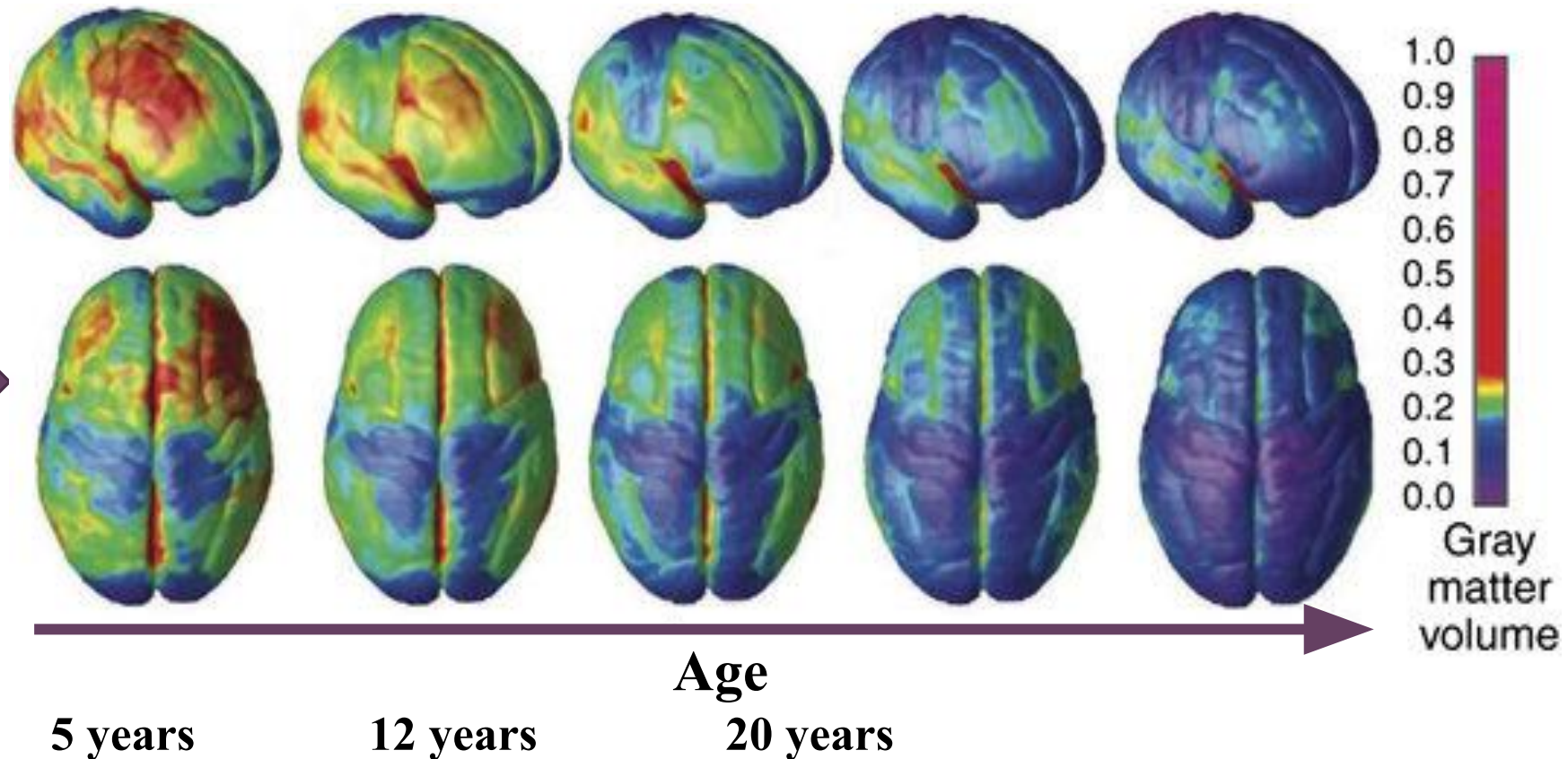
## Substance Use After Age 21

**1 in 25** chance of  
developing addiction



# the developing brain is uniquely vulnerable to substance use

Continues to develop through the mid-20s



# Teen Brain (Ages 12-18): “Use it or Lose it”

## Neural pruning



- Connections no longer needed or not used are pruned away.

## Myelination



- What’s focused on becomes efficient, optimized, entrenched/“hard wired,” Super-highway channels.

The Neural Pathways that **Fire** together **Wire** Together

# Youth Substance Use is spread Socially

- Not malicious – often with perceived good intentions (“helping” or “fun”).
- Teens are likely to choose friends who use substances in a similar way and influence each other over time, growing more alike in their use.



“The degree to which an adolescent’s peers use alcohol or illicit drugs is one of the strongest, **if not the single strongest**, predictor of that adolescent’s own substance use.”

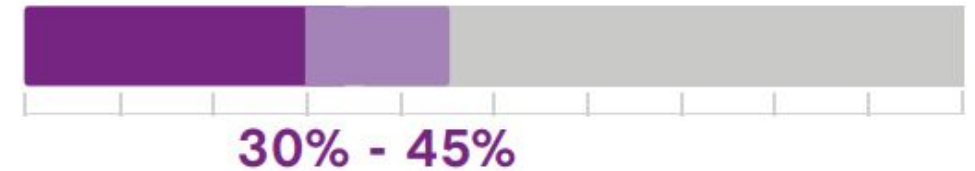


# Substance Use and Mental Health Challenges are **Bi-Directional**

1 in 5 adolescents has a mental health disorder.

Half (50%) of all lifetime mental illness begins by age 14, and 75% by age 24.

Adolescents and young adults with a mental health disorder have a co-occurring substance use disorder



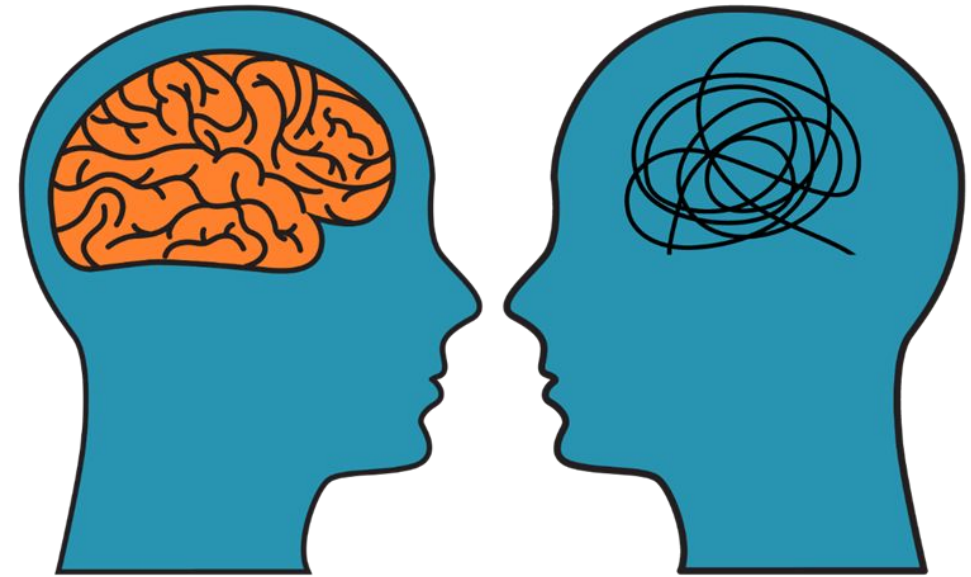
Youth with a substance use disorder also have a mental health disorder



# Intersection of Mental Health & Substance Use

Study of 15K+ high school students:

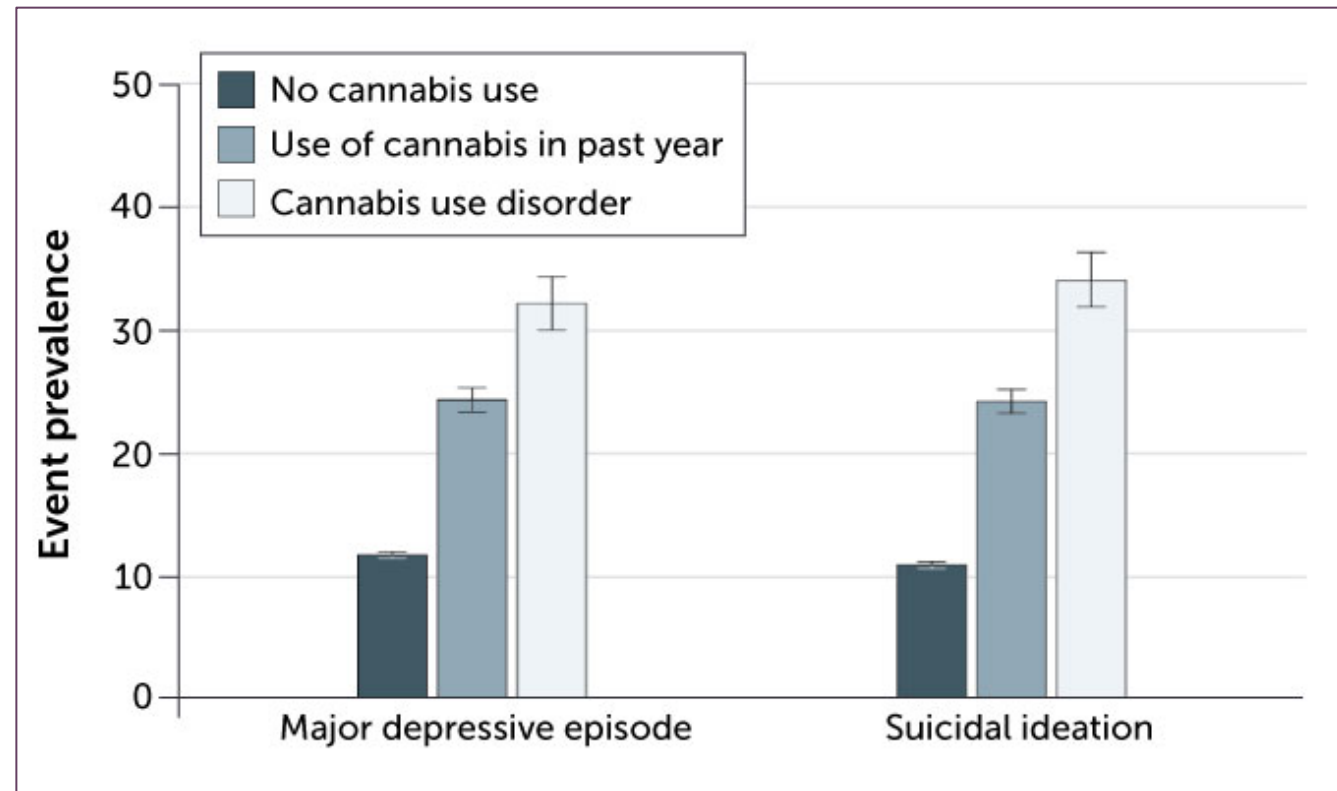
“**Alcohol** use, **cannabis** use, and **nicotine** use were each associated with an increased prevalence of suicidal thoughts as well as depression/anxiety symptoms, psychotic experiences, and attention deficit hyperactivity disorder symptoms.”



# Intersection of Mental Health & Substance Use

National study of 68K+ youth aged 12-17

- Teens with cannabis use disorder had a higher rate of depression and suicidal thoughts than did those who didn't use cannabis.
- Teens who used occasionally (but were not addicted) also had a higher prevalence of depression and suicidal thoughts than those who didn't use.



# Do young People View substance Use as harmful?

Among high school seniors in the US:



- 56.9% don't see having 5 or more drinks once or twice each weekend as a great risk.



- 64.1% don't see using cannabis regularly as a great risk.



- 66.5% of high school seniors don't see trying any prescription opioid (codeine, Vicodin, OxyContin, etc.) once or twice as a great risk.



- Regular cigarette use is viewed as much riskier (70%) than nicotine vaping (54%).



Addiction for-profit industries Target Youth



Enticing New Life-long customers



FOR TEENS

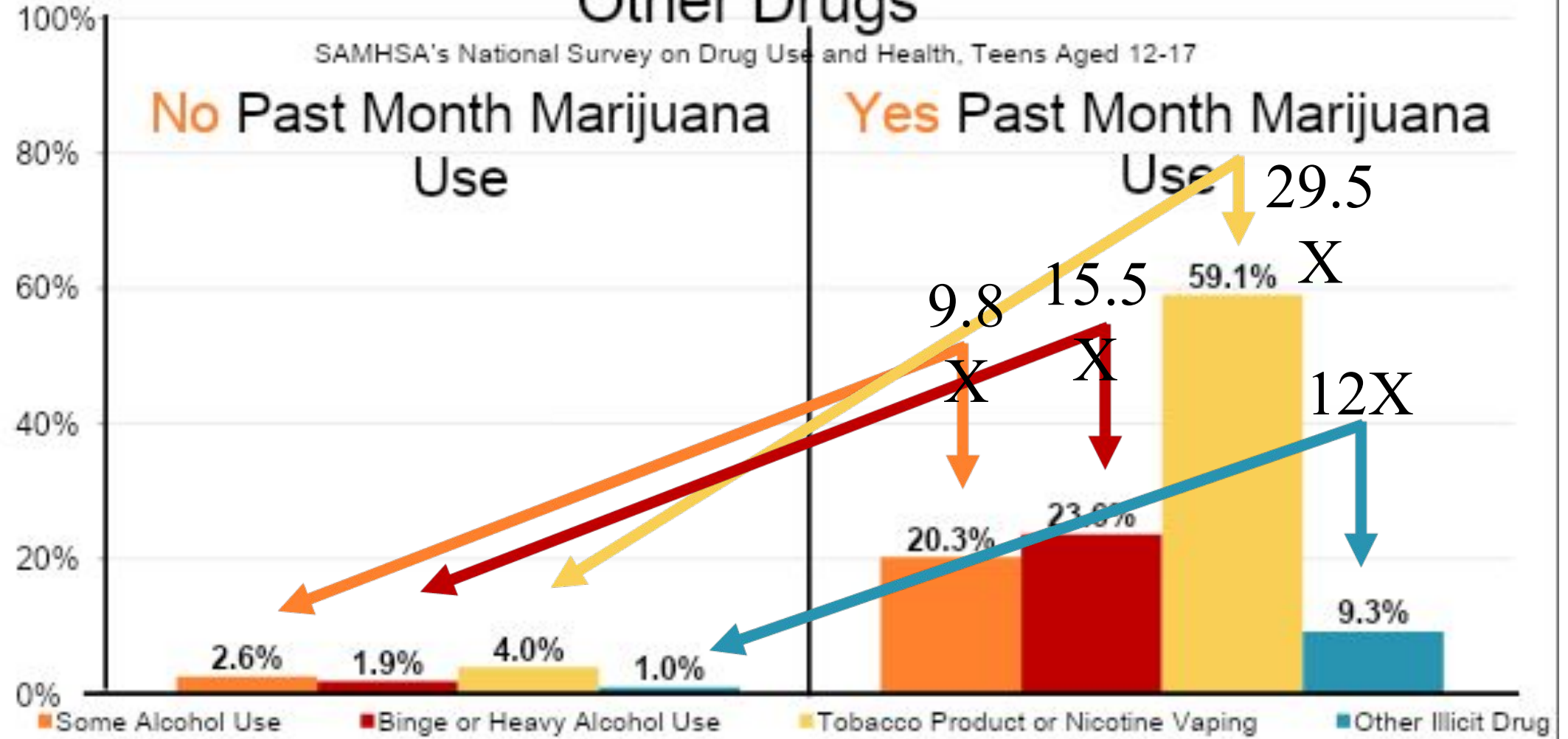
# ALL SUBSTANCE USE IS CONNECTED

The use of any one substance (alcohol, nicotine, or cannabis) dramatically **INCREASES** the risk of using other substances.



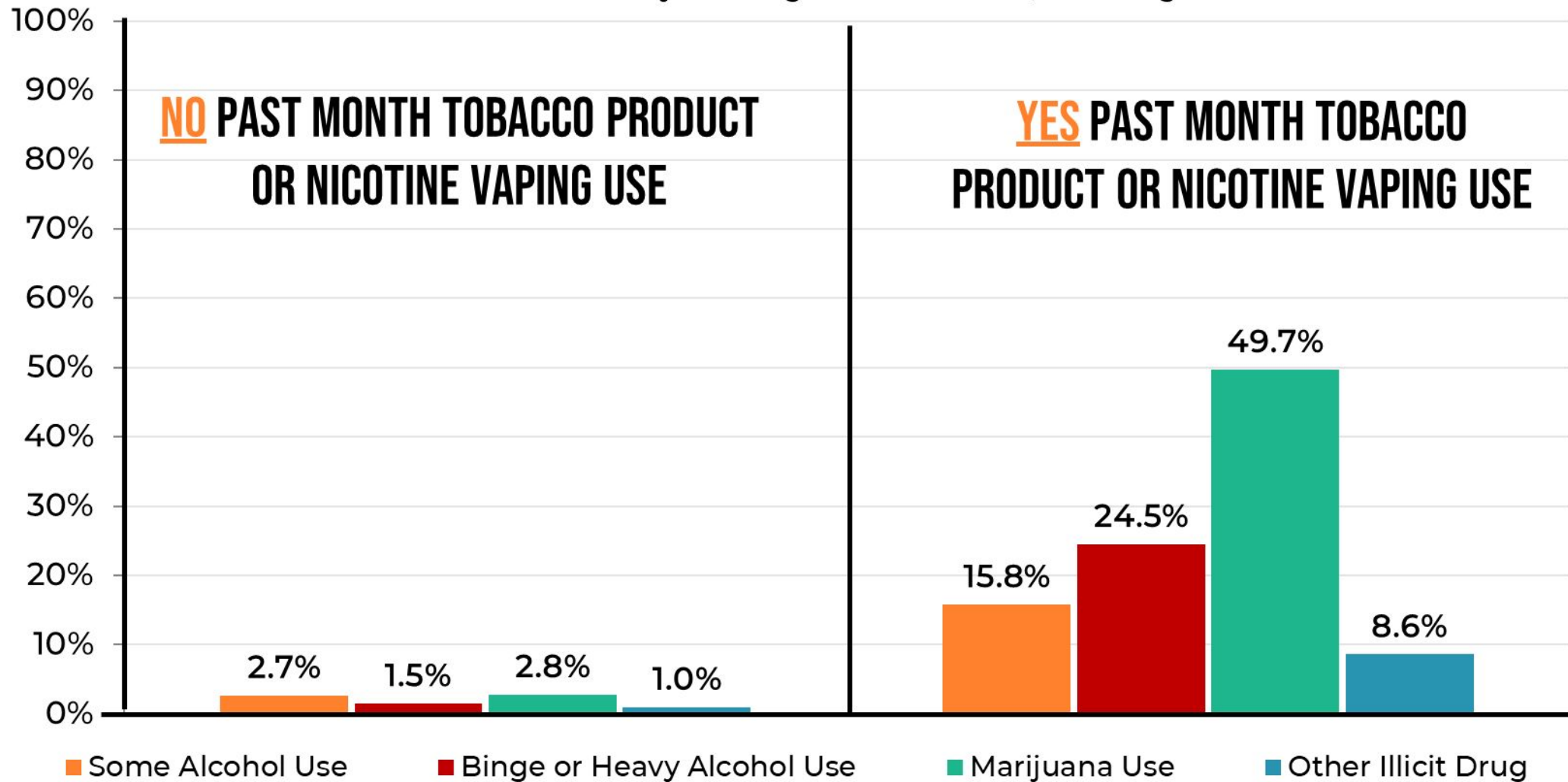
# Teen Marijuana Use is Associated with Higher Use of Other Drugs

SAMHSA's National Survey on Drug Use and Health, Teens Aged 12-17



# TEEN TOBACCO/NICOTINE USE IS ASSOCIATED WITH HIGHER USE OF OTHER DRUGS

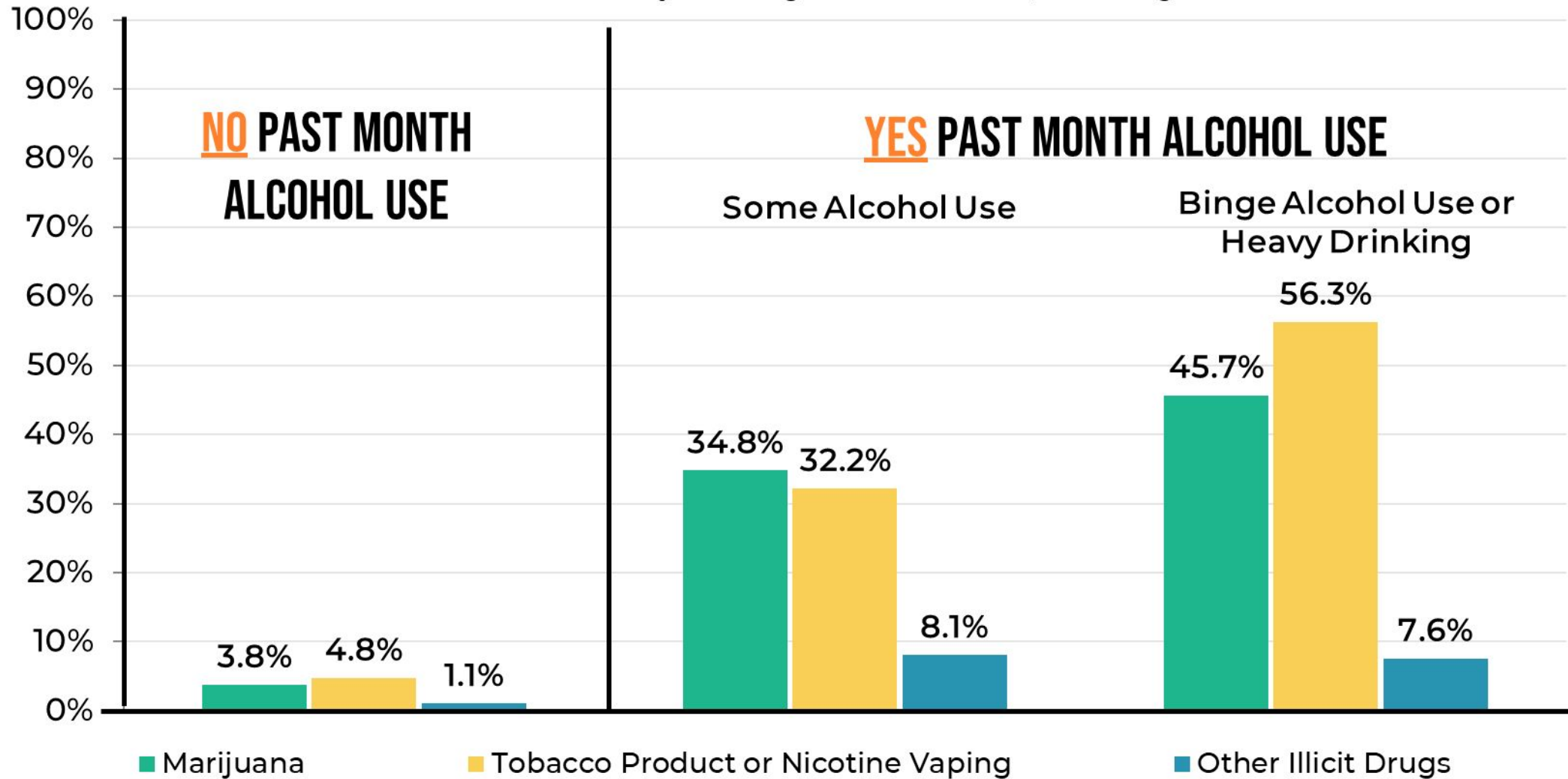
SAMHSA's National Survey on Drug Use and Health, Teens Aged 12-17





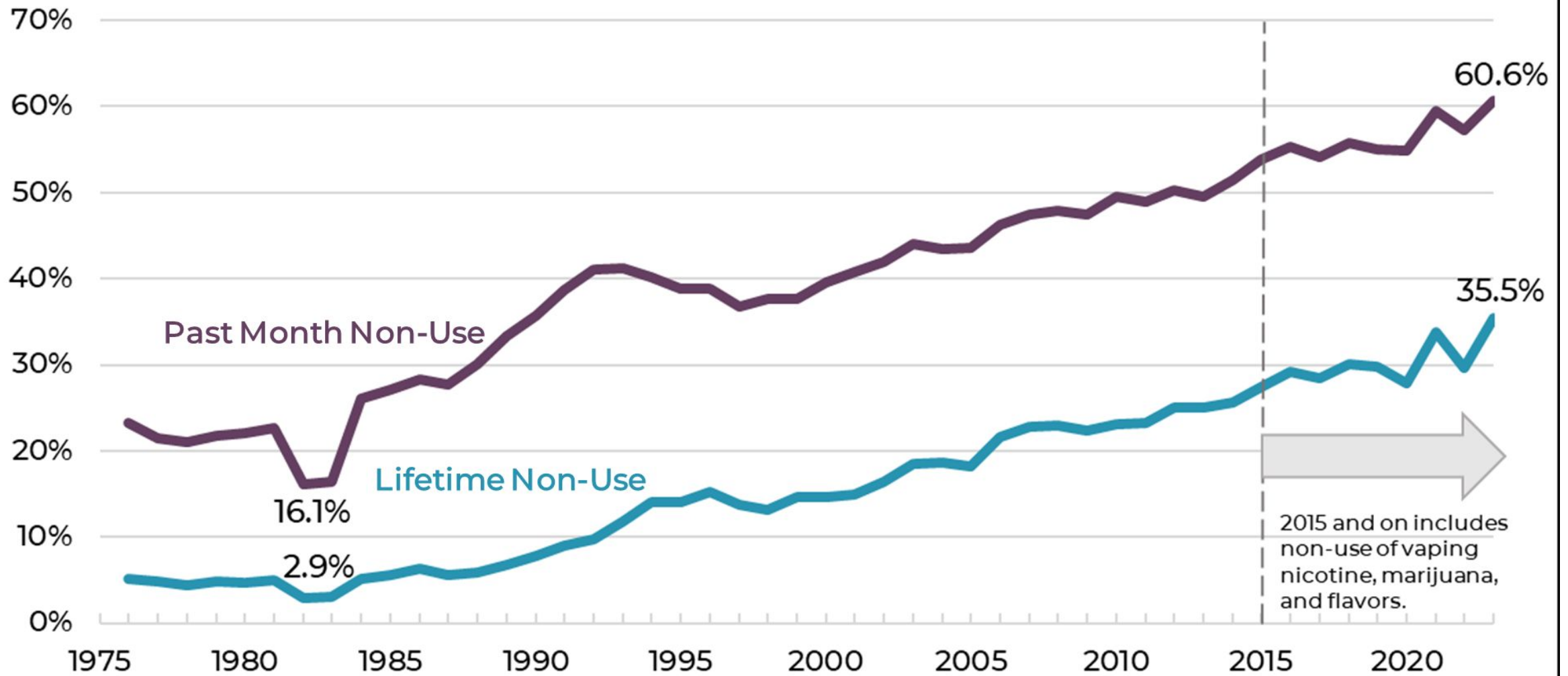
# TEEN ALCOHOL USE IS ASSOCIATED WITH HIGHER USE OF OTHER DRUGS

SAMHSA's National Survey on Drug Use and Health, Teens Aged 12-17



Youth Substance Use is  
Not inevitable.

# NO USE OF ANY SUBSTANCES BY HIGH SCHOOL SENIORS, 1976-2023



# Non-Use is the norm

2024	Lifetime Non-Use	Past Month Non-Use
12 <sup>th</sup> Grade	42.1%	67.1%
10 <sup>th</sup> Grade	57.7%	80.2%
8 <sup>th</sup> Grade	72.4%	89.5%

*No use of any alcohol, marijuana, nicotine products, or vaping.*

# What can we do to support Youth prevention?



Alter teens' perceptions that their friends are using substances



Change the contexts in which risky behavior occurs



Increase protective factors and mitigate risk factors



**Start with a clear goal rooted in health**

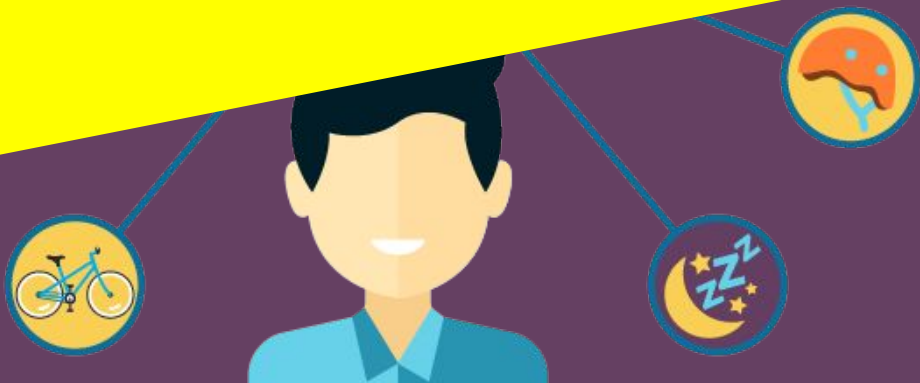
# one choice



No use of any alcohol, nicotine  
cannabis/THC, or  
...

Not a Purity Test – a public health approach

... health standard analogous to  
other standards like using seat belts,  
wearing bicycle helmets, eating  
healthy foods, and exercising  
regularly



# For youth, Non-Use is the Health Standard

**“The non-use message should be reinforced by pediatricians through clear and consistent information presented to patients, parents, and other family members.”**

**American Academy of Pediatrics (AAP)**

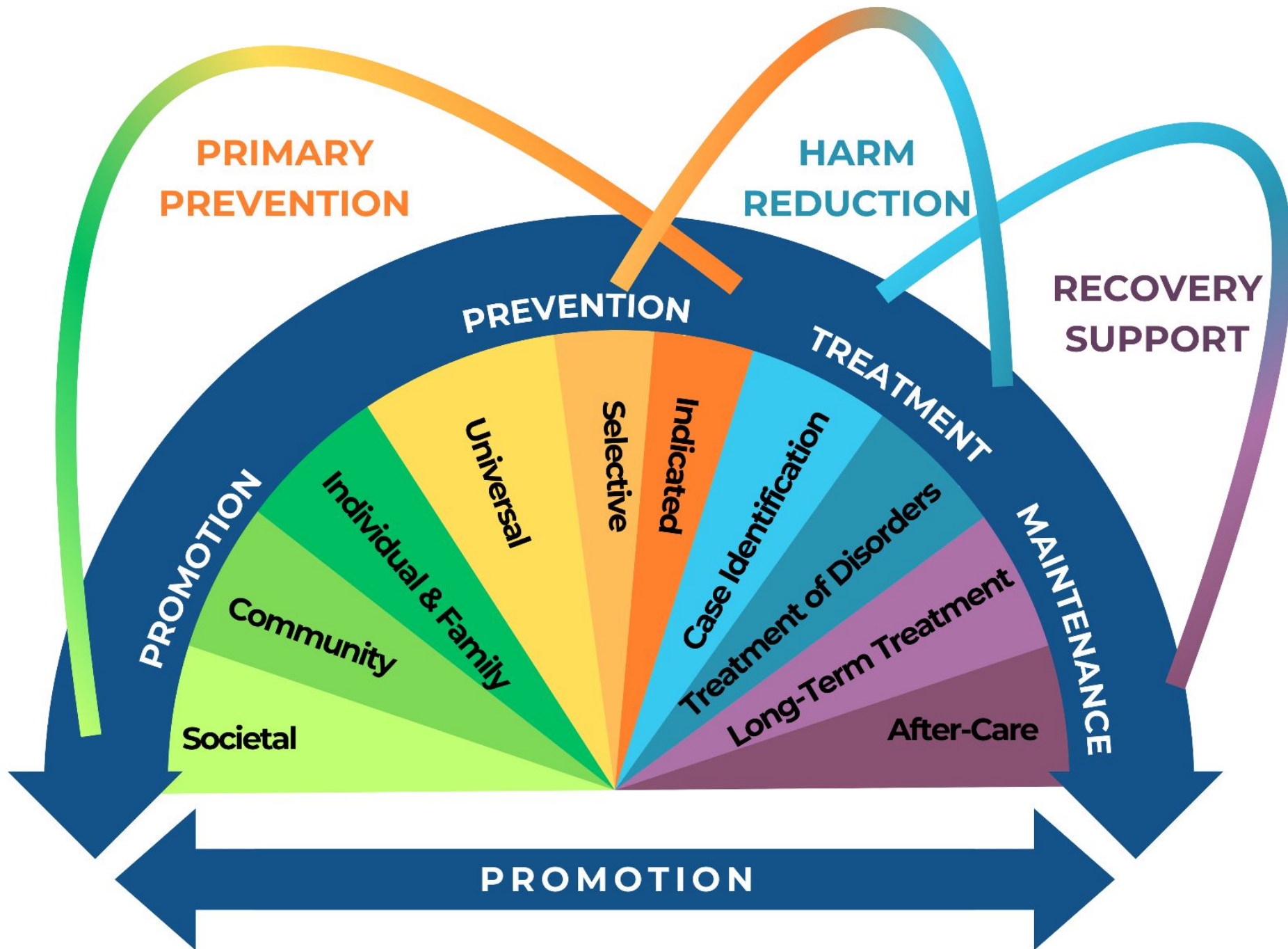
**Policy Statement on Screening, Brief Intervention, and Referral to Treatment (SBIRT)**

# Spectrum of Mental, Emotional, and Behavioral Interventions



Where is Primary Prevention?  
Where is risk Management / Harm Reduction?





# Prevention in Health Care

- American Academy of Pediatrics (AAP) and SAMHSA both recommend Screening, Brief Intervention, Referral to Treatment (SBIRT) as part of routine health care.
- Several validated screening tools available:
  - [Screening to Brief Intervention \(S2BI\) Tool](#)
  - [CRAFFT 2.1+N](#)
  - [Brief Screener for Tobacco, Alcohol, and Other Drugs \(BSTAD\)](#)
- AAP universal screening guidelines:
  - Depression/suicide age 12 (annually).
  - Substance use age 11 (annually).
  - Screen for nicotine use at every clinical encounter.

## Substance Use Pattern

## Definition

## Brief Intervention Goals

### Non-Use

- The time before an individual has ever used drugs or alcohol more than a few sips

- **Prevent or delay initiation** of substance use through positive reinforcement and patient/parent education

### Substance Use Without a Disorder

- Limited use without related problems

- **Advise to stop**
- Counsel about medical harms of substance use
- Promote patient strengths

# Preventi

# on

### Mild-Moderate SUD

- Use associated with a problem
- Use for emotional regulation

- Brief assessment to explore patient-perceived problems associated with use
- **Clear, brief advice to quit**
- Counseling on medical harms of substance use
- Negotiate behavior change to quit or cut down
- Close patient follow-up
- Consider referral to SUD treatment
- Consider breaking confidentiality

# Risk Management/HR & Treatment

### Severe SUD

- Loss of control or compulsive drug use
- Associated with neurologic changes in the reward system of the brain

- **As above**
- Involve parents in treatment planning whenever possible
- Refer to the appropriate level of care
- **Follow up and offer continued support**

How do we bridge

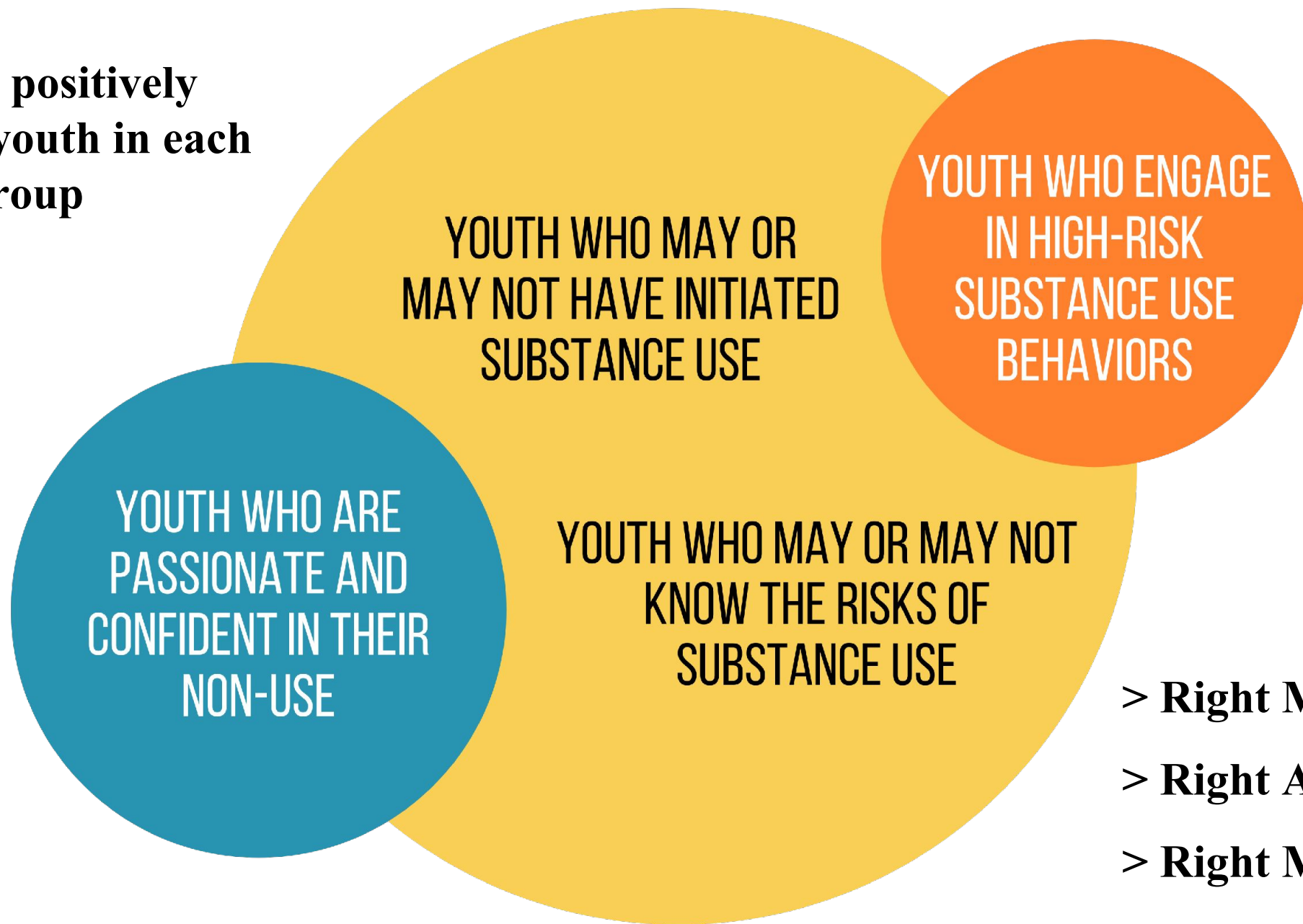
CONNECTING WITH YOUTH

Prevention and

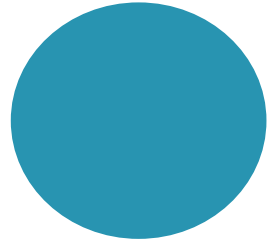
Risk Management for

youth?

**We can positively influence youth in each group**

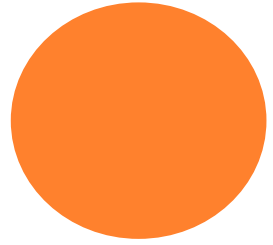


- > **Right Message**
- > **Right Audience**
- > **Right Messenger**



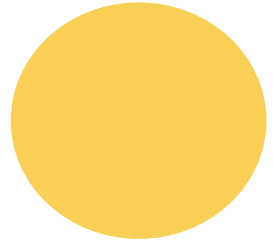
# Youth Who are Confident in their Non-Use

- Be proud of making positive choices for their health.
- Emphasize being compassionate to friends who are making different choices about substance use.
- Understand substance use disorder as a chronic, brain disease – not a moral issue.
- Help remove the stigma around getting help for substance use and mental health challenges.



# Youth Who Engage in High-Risk Substance Use Behaviors

- *Who are we talking to?* Youth who drink regularly, binge drink/heavy alcohol use, high potency cannabis/THC use, regular nicotine use/vaping, use of non-prescribed pills.
- Assess risk and take action to limit risk: e.g., carry naloxone, get a safe ride home.
- Because of the vulnerability of the developing brain, reducing use – and eventually stopping use – is the health goal for youth. (AAP)
- Make the connection between substance use and mental health – these are bi-directional!
- Connect youth to treatment and recovery support when needed.
- Help youth develop healthy coping strategies and engage youth in their own self-care.
- Connect youth to healthy activities and support networks.



# The Many Youth in between

- *Who are we talking to?* Youth who may have tried substances, may not know about the risks of substances, and may be ambivalent about use.
- “Pre-bunk” misinformation about substance use.
- Close the perception gap: youth THINK their peers are using at much higher rates than the reality.
- Recruit young people to the prevention table and engage them in developing community health priorities.



# Prevention for Any audience

**RYEACT** BUILDING BRIDGES IN PREVENTION TIPS FOR ADULTS WORKING WITH YOUTH **one choice** FOR HEALTH

**ENGAGE YOUTH**

- Intentionally build opportunities to engage youth with other interests to collaborate on initiatives, campaigns, or events (e.g., mental health, LGBTQIA+, civic engagement, public policy).
- Cast as wide a net as possible: encourage ALL youth who are interested to get involved—not just those who identify as “non-users.”
- It provides new opportunities to learn from one another, to build relationships and encourage compassion. It also can help reduce stigma around getting help for substance use and mental health challenges.
- Sometimes getting involved in prevention work is the first step toward making One Choice not to use.

**INVEST IN THEM AND IN THEIR IDEAS**

- Find out what matters to them... and then make sure it matters to YOU and other adult community leaders.

**MAKE IT WORK FOR THEM AND DON'T FORGET THE FUN!**

- Be flexible with meetings so you can meet at times and in spaces that work for them.
- Try to have the work happen within the confines of meeting times. Prevention shouldn't be homework.
- Create opportunities for all youth—be sure to build in “behind the scenes” and “front and center” opportunities. Recognize that youth with lived experience can be powerful voices in prevention and allow more youth the ability to see themselves reflected in activities and messaging. Great teams need ALL kinds of leaders and great adult advisors know how to incorporate all voices.
- Don't forget, “What's In It For Me?” Prevention offers connection to like-minded peers, a safe place to have drug-free fun, connection to an issue that matters to them (and power to effect change around that issue), community service and leadership opportunities, etc.

Created as part of the Institute for Behavior and Health's One Choice Prevention initiative in partnership with RYEACT.

**CREATE EFFECTIVE MESSAGING**

- Ask youth and listen to what they say: “Nothing about us without us.”
- Make sure every prevention message connects to issues that matter to youth: #SHOWUP4YOURSELF #SHOWUP4YOURFRIENDS #SHOWUP4PREVENTION
- Create campaign/materials that look visually interesting, youthful, dynamic, and professional: Enlist youth leaders with art/design skills or enlist professional help – or BOTH! Your investment in initiatives and materials they feel proud of increases impact and keeps them invested in the work. With an inclusive mindset, review for stigmatizing language and triggering images.
- There are no bad ideas! When youth offer an over-the-moon idea, try to find a way to incorporate the seed within that idea and add your prevention knowledge to grow a realistic, effective prevention initiative.

**PROVIDE THE RIGHT MESSAGE TO THE RIGHT AUDIENCE FROM THE APPROPRIATE MESSENGER.**

**PREVENTION FOR ANY AUDIENCE**

- Mind the perception gap and share accurate social norms; know and use your local data!
- Lead with brain science when sharing facts about substance use.
- Share information about Good Samaritan Laws and the 988 Crisis Line.
- Provide information about naloxone distribution and training.
- Be sure all messages include access to local resources if youth need help for themselves or a friend.

**PREPARE YOUTH TO RESPOND TO PUSHBACK**

- Provide tools and resources, leadership development and skills training to ensure your youth leaders have what they need to carry out initiatives and messaging campaigns with confidence and success.

**BUILD BRIDGES IN YOUR COMMUNITY**

- Connect with other groups and organizations in your community that care about youth leadership development. They may have things to “give” – talent and skills to teach and connections to make to support youth initiatives.

**one choice** FOR HEALTH

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# Amplify **Youth Voices** in Prevention

Knowing why youth might choose to use substances is invaluable information for identifying risk and protective factors, deciding how to frame conversations and for the selection of prevention messages that will be most likely to resonate.

## **Two ways** of “framing” the conversation —



— were found to **resonate most**.

## **Three others** —



— were identified as **only slightly less motivating**.<sup>3</sup>

# What Youth say

#sHOWUP4urself #showup4urfriends

#showup4prevention

- Cultivate healthy friendships and relationships.
- Prioritize your mental health.
  - Practice self-care.
  - Find healthy ways to cope with everyday stress.
  - Seek help when you need it.
- Steer clear of alcohol, nicotine, marijuana, and other drugs.

**#ShowUp4Yourself #ShowUp4YourFriends #SHOWUP4PREVENTION**

**MAKING HEALTHY CHOICES**  
**MAKE A COMMITMENT TO YOUR OWN HEALTH**

- Cultivate healthy friendships and relationships.
- Surround yourself with people who appreciate your authentic self and support you in making choices that protect health and safety.
- Be that caring friend to others.
- Prioritize your mental health; practice self-care and seek help when you need it.
- Find healthy ways to cope with everyday stress – go for a walk, write in a journal, call a friend, listen to music, etc.
- Know resources are available to help when you need more support (school counselors, social workers, psychologists, substance use disorder treatment and recovery support, etc.)
- Make One Choice for your health. Steer clear of alcohol, marijuana, nicotine, and other substances.

**IDENTIFY A SAFE ADULT**

- Who can you call/text when you need to get out of a risky situation?
- It might be a parent, coach, teacher, neighbor, faith leader, friend's parent.

**FRIENDS SHOW UP FOR FRIENDS**  
**PREVENT A RISKY SITUATION**

- Be honest with your friends about your reasons for not using alcohol, marijuana, nicotine, or other drugs.
- Avoid situations where you know there will be substance use. Work with friends to come up with alternative activities that are fun (video games, hiking, shopping, movies, etc.)
- Make an exit plan with a safe adult and let them know where you will be when going out with friends.

**KNOW WHAT TO DO IN A RISKY SITUATION**

- Put your plan in action: use your code word to make an exit if you need to.
- Don't get in a vehicle with someone who has been using substances.
- Get help if someone is in trouble. Call 911. Most states have Good Samaritan Laws that protect you when you are protecting someone else.
- *I'd rather have my friend be mad at me than lose my friend forever.\**

**BE EMPOWERED**  
**KNOW WHAT YOU CAN DO**

- If you are concerned about a friend (mental health, substance use, suicide, violence, and/or other risky behaviors), let that person know you care.
- Connect that friend to a safe adult.
- You are not alone; ask for help when you need it.
- Know the resources that are around you – in school and in your community (counselors, social workers, psychologists, coaches, teachers, faith leaders).

**FACTS FOR PARENTS**  
**TIPS FOR PARENTS**

**LOCAL RESOURCES**

- Westchester County Crisis Prevention and Response Team (24/7 Mental Health Crisis Support) 1-914-925-5959
- Rye Youth Council RESTORE (Counseling Support) 1-914-222-0988 [restore@ryeyouthcouncil.org](mailto:restore@ryeyouthcouncil.org)
- Rye Police Department (or Dial 911) 1-914-967-1234
- Port Chester-Rye-Rye Brook EMS 914-939-4700

**RESOURCES**  
Health Professionals  
Counselors, Social Workers, Psychologists  
Faculty and Staff  
Strators, Teachers, Counselors, Club Advisors

**QR CODES**  
SCAN ME  
Rye Youth Council  
One Choice  
[WWW.ONECHOICEPREVENTION.ORG](http://WWW.ONECHOICEPREVENTION.ORG)

# What Youth say

#sHOWUP4urself #showup4urfriends

#showup4prevention

- **Identify a safe adult.**
- **Prevent risky situations.**
  - Be honest with your friends about your reasons for not using substances.
  - Avoid situations where you know there will be substance use.
  - Work with friends to come up with alternative activities that are fun.
  - Make an exit plan with a safe adult and let them know where you will be when going out with friends.
- **Know what to do in a risky situation.**
  - Put your plan in action: use your code word to make an exit if you need to.
  - Don't get in a vehicle with someone who has been using substances.
  - Get help if someone is in trouble; call 911.
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# What Youth say

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- **Be empowered**
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  - Connect that friend to a safe adult
  - You are not alone; ask for help when you need it.
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**#ShowUp4Yourself #ShowUp4YourFriends #SHOWUP4PREVENTION**

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**FACTS FOR PARENTS**  
More Than One Choice  
**ONE CHOICE**

**TIPS FOR PARENTS**  
Parents matter. It's why we wear medications (see).

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translating the One Choice  
message for Parents &  
Caregivers

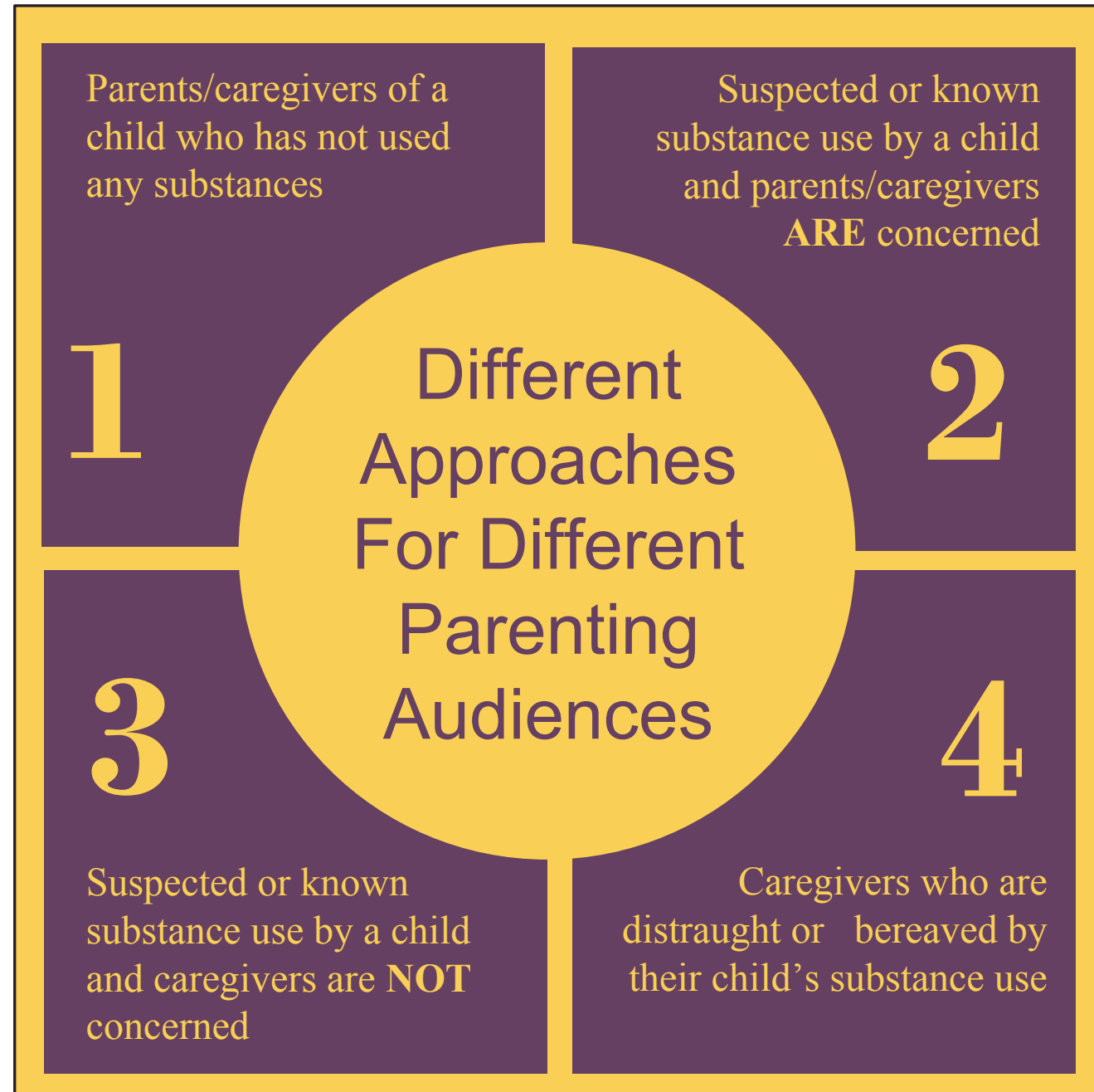
# Supporting Caregivers

- Encourage and reward non-use behavior among youth.
- Talk early and often to reinforce the message.
- Approach the conversation with open-ended questions in a non-judgmental way.
- Be a trusted resource.
- Focus on HEALTH.



# Supporting Caregivers

- Educate caregivers on the developing brain and connection between substance use and mental health.
- Ask about use among peers/friends.
- Help families navigate and access resources for treatment and/or grief.





# One Choice 5 Prevention Framework

1. Know that Substance Use is Not Inevitable
2. Be Brain Development Savvy
3. Be Substance Savvy
4. Talk Early and Often
5. Act Quickly if You Suspect Substance Use

**Youth Substance Use Prevention  
is a Health Priority**

[www.OneChoicePrevention.org/Basics](http://www.OneChoicePrevention.org/Basics)

## PREVENTING YOUTH SUBSTANCE USE

*What Adults Need to Know* 

[www.OneChoicePrevention.org](http://www.OneChoicePrevention.org)

- click on any image for more info -

### 1 KNOW THAT YOUTH SUBSTANCE USE IS NOT INEVITABLE

Most teens do NOT use alcohol, nicotine, marijuana, or other drugs\*



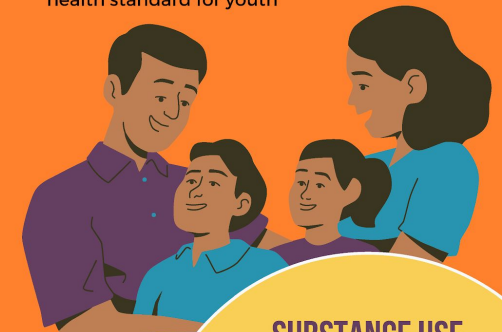
### 2 BE BRAIN DEVELOPMENT SAVVY



The developing brain is uniquely vulnerable to substance use: 9 in 10 adults with a substance use disorder started drinking, smoking, or using other drugs before age 18\*

### 4 TALK EARLY AND OFTEN

Prevention is not a single conversation; look for teachable moments and communicate the clear expectation of no use as the health standard for youth



### 3 BE SUBSTANCE SAVVY

For teens, all substance use is related: using any one substance dramatically increases the likelihood of using other substances\*



### 5 ACT QUICKLY IF YOU SUSPECT SUBSTANCE USE

Substance use puts teens at risk for many negative outcomes; help them make healthy choices and get support when you need it



### SUBSTANCE USE PREVENTION IS A HEALTH PRIORITY

The health standard of no substance use for teens is similar to other health standards like using seat belts, wearing bicycle helmets, exercising, getting enough sleep, and supporting mental health self-care

References: [1] Levy, et al., 2020; Levy, et al., 2018 [2] Cogtay, et al., 2004; National Center on Addiction and Substance Abuse at Columbia University, 2011 [3] DuPont, et al., 2018

# Stress-Joy-Social Check-In

## IN THE LAST 6 MONTHS, DID YOU --

- Experience **stress** (work long hours, family trauma, world events)?
- Experience **joy/celebrate** (have a good day, birthday, wedding, graduation, holiday)?
- **Socialize** with friends or family (attend a sporting event/tailgate, dinner party, reunion)?



Are alcohol, marijuana/THC, or other substances a common part of de-stressing, celebrating, or socializing with friends and family?

If your responses **often or always** include alcohol, marijuana/THC, or other substance use, consider adding responses that do not include substances to model alternative strategies for your kids.



## THE STRESS-JOY-SOCIAL CHECK-IN

"What do you do in moments of stress, joy, and sociability?"



## WHAT ARE HEALTHY WAYS TO DE-STRESS, FIND JOY, AND BE SOCIAL WITHOUT SUBSTANCES?

- Go for a hike
- Call a friend
- Journal
- Read a book
- Light a scented candle
- Do yoga or stretch
- Walk the dog/play with pets
- Listen to music
- Bake/cook a special meal
- Plan an outing with friends
- Drink warm tea
- Close your eyes and listen to the sounds around you

Consider planning activities **without alcohol, marijuana/THC, or other drugs**, especially when they include youth.



## WHY DOES IT MATTER?

Adolescence is a unique time in human development. The brain continues to develop until the mid-20s, and during this time, teens are building a foundation for relationships, emotional connection, and coping skills. Opportunities where teens have to navigate life experiences without substances is one important way they acquire these skills. Parents/caregivers can be intentional in modeling healthy strategies for dealing with stress, finding joy/celebrating, and socializing. They can provide positive social spaces for youth explicitly without alcohol, marijuana/THC, or other drugs present to support their social and emotional growth.



## #1 MIND THE MESSAGE

When adults glorify alcohol (e.g., "nectar of the gods", "wine-o'clock") or marijuana/THC (e.g., "weed mom"), it sends the message to teens that substance use is the norm. Also, when we overemphasize the glory of "glory days", we can overlook or minimize the trauma that went along with those times.

Parents/caregivers are often sensitive to the messages in advertising, media, and music that explicitly endorse substance use but may overlook how substance use is embedded within the home/family life.

Pay attention to the messages your words and behaviors send about substances use.

## #2 PROCESS EMOTIONS OUT LOUD

Kids learn to process their emotions in part by watching parents/caregivers. Consider processing your feelings more outwardly: "I had a hard day at work today."

Instead of "I need a drink", try something else like, "I'm going to go for a walk to de-stress."

Upon return, report back and share if you are feeling positively or negatively, and declare your next step/plan.

## #3 USE SITUATIONS TO START CONVERSATIONS

"Do you think people can have fun at a tailgate/party and not drink alcohol? I just had a blast without drinking."

"Did you notice/was it uncomfortable to see So-And-So drunk/high at the family reunion? What do you think about that?"

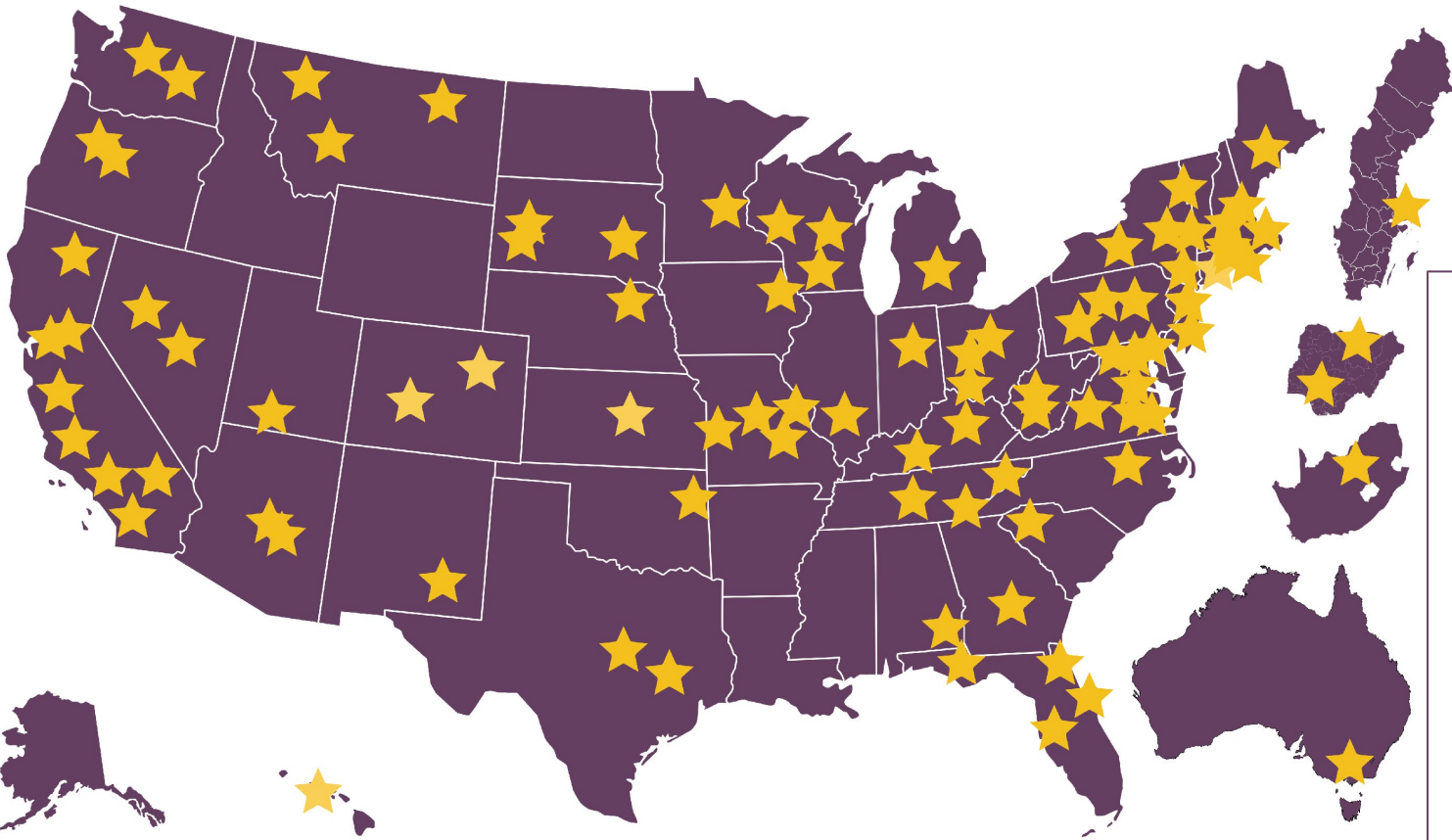
LEARN MORE

[OneChoicePrevention.org](https://www.onechoiceprevention.org)



- What caregivers do matters.
- Consider moments of **stress**, **joy**, and **sociability**.

# one choice community



**NDAFW 2023**  
National Drug & Alcohol  
Facts Week

**KNOW WHAT?**

In today's environment, just trying a drug once can be deadly. That's not a scare tactic, that's just a scary fact. You can make One Choice NOT to use.

#showup4urself

**RyeACT**

NEED HELP?

(Source: PRIDE Survey)

**HOLIDAY SURVIVAL GUIDE**  
Prevention Edition

**DID YOU KNOW?**

THE DEADLY DRUG FENTANYL IS PUT INTO PILLS THAT LOOK LIKE REAL MEDICATIONS.

**Authentic** oxycodone 400 tablets  
**FAKE** oxycodone 400 tablets containing fentanyl

If a pill isn't...  
 • from a pharmacy  
 • prescribed to you  
 • taken as prescribed  
 ...it isn't safe.

#ONEPILLCANKILL

NEED SUPPORT?  
 #showup4urself  
 #showup4urfriends  
 #onechoice

**HOLIDAY SURVIVAL GUIDE**  
Prevention Edition

Help combat social isolation by reaching out to older members of our community this holiday season

*Everyone Benefits!*

#showup4urself  
 #showup4urfriends  
 #showup4prevention  
 #onechoice

NEED SUPPORT?

**PREVENTION IS A HEALTH PRIORITY**

**THE ONE CHOICE 5**

Youth Substance Use Prevention Basics

1. KNOW THAT YOUTH SUBSTANCE USE IS NOT INEVITABLE
2. BE BRAIN DEVELOPMENT SAVVY
3. BE SUBSTANCE SAVVY
4. TALK EARLY AND OFTEN
5. ACT QUICKLY IF YOU SUSPECT SUBSTANCE USE

What do you do in moments of stress, joy, and sociability?  
 Click here to take the *Dress-Up-Social-Check-In*

**Did You Know?**

- Products with high levels of alcohol, nicotine, and THC (the psychoactive ingredient in marijuana) are available and marketed to kids using fruity flavors and colorful packaging. They include alco-pops ("binge drinking in a can"), gummies, cereal, popicles, ice cream, and vaping pods, among others.

It's nearly impossible to tell the difference between legally prescribed/manufactured pills and fake pills that often contain a deadly dose of fentanyl!

LOOKING FOR MORE RESOURCES? [Click Here](#)

**SUPPORT YOUTH MENTAL HEALTH**

**SET GOALS AND EXPECTATIONS**

**PRIORITIZE SAFETY**

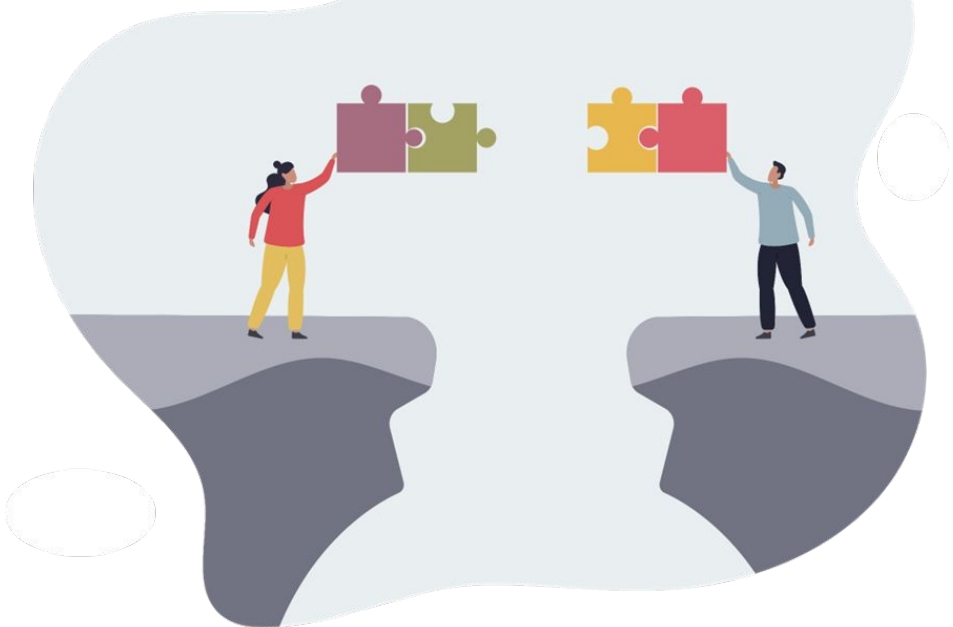
**ENCOURAGE HEALTHY RELATIONSHIPS**

**PREVENT YOUTH SUBSTANCE USE**

**BACK TO SCHOOL ARE YOU READY?**  
 WE HAVE TOOLS THAT CAN HELP

**One Choice**

# We all have a role to play in Prevention!

- Break down the silos: no matter the focus – THC/cannabis, nicotine vaping, alcohol, meth, Rx pills – **for teens, it's all connected.**
  - Include a comprehensive public health message that **normalizes substance non-use for youth.**
  - Connect prevention efforts to **mental health self-care.**
- 
- The illustration shows a large, light blue brain shape. Two stylized human figures are standing on a grey platform that forms the base of the brain. The figure on the left is wearing a red shirt and yellow pants, and is placing a purple puzzle piece into a slot. The figure on the right is wearing a light blue shirt and dark pants, and is placing a red puzzle piece into a slot. The brain shape is composed of several puzzle pieces, with some already in place and others being added. The background is white with some faint, light blue circles.
- **Embrace – never stigmatize** – young people who need support for substance use problems.
  - **Provide the right message** (health promotion, primary prevention, and risk management) **to the right audiences** (both youth and caregivers) **from the right messenger.**

**WE ALL  
NEED  
MENTAL  
HEALTH  
SUPPORT.**



**TEXT**



**MDYoungMinds  
to 898-211**

Teens, get supportive  
text messages.



Scan to learn more



**988**

**SUICIDE & CRISIS  
LIFELINE**

**24/7 CALL, TEXT, CHAT**

**FREE  
MIND**



**one  
choice**<sup>TM</sup>



FOR HEALTH

**THE TREVOR PROJECT**  
*Saving Young LGBTQ Lives*

**i talk**  
they hear you<sup>®</sup>

 **Partnership  
to End Addiction**

  
**operationparent**



# Thank You!

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.ORG](http://WWW.ONECHOICEPREVENTION.ORG)



SCAN ME