



## Substance Abuse

Substance abuse isn't something you should take lightly. It occurs when you use alcohol, prescription medicine, and other legal and illegal substances too much or in the wrong way.

Substance abuse differs from addiction. Many people with substance abuse problems are able to quit or can change their unhealthy behavior. Addiction, on the other hand, is a disease. It means you can't stop using even when your condition causes you harm.

### Risk Factors

- Chaotic home environment
- Ineffective parenting
- Academic failure
- Perceived external approval of drug use (peer, family, and community)
- Parental substance abuse and mental health
- Little mutual attachment and nurturing

### Protective Factors

- Strong family bonds
- Parental engagement in a child's life
- Clear parental expectations and consequences
- Academic success
- Strong bonds with peers, family, and community

### Who is responsible for prevention efforts? It takes a village.

Responsibility for prevention belongs to many individuals and groups. Adolescents--Peer mentoring and leadership programs.

**Schools**--Programs that are age-specific, developmentally appropriate, and culturally sensitive should be repeated throughout the grades and re-enforced by youth, parent, and community prevention efforts.

**Parents**--Parents provide role models, define expectations, set limits, and provide consequences for risky behaviors. Regarding drug and alcohol abuse, parents must talk early and talk often.

**Communities**--Even subtle pro-alcohol and drug abuse messages should be examined and countered. Effective drug and alcohol abuse prevention is everyone's responsibility - adolescents, schools, parents and communities. If you know someone who may need help; reach out to the following resources or your family advocate for additional resources.

#### Idaho:

Friendship Club:  
745 S. 1st Ave. Pocatello, ID  
83201 - (208-232-9565)

#### Utah:

Bear River Health Department  
655 E. 1300 N. Logan, UT 817  
W. 950 S. Brigham City, UT  
84302 Logan: 435-792-6420  
Brigham: 435-730-2793  
Tremonton: 435-257-3318  
www.brhd.org

#### Online:

My Recovery: Social networking  
and resource site for people in  
addiction recovery including  
online AA meetings.  
Myrecovery.com Substance  
Abuse and Mental Health  
Service-Hotline samhsa.gov