

Did You Know?

June 2020

Father's Day: Each year on Father's Day we get the opportunity to celebrate the influential men and father figures in our lives. The role of a father requires kindness, patience, guidance, and love. Substance use and addiction can interfere with these principles. Fatherhood.gov states, "substance abuse can cause a wide range of problems, issues, and needs within a family as well as between fathers and children. These are serious, but treatable conditions."

What You Should Know:

- The National Institute on Drug Abuse (NIDA) shares:
 - Men are more likely to use illicit drugs than women, and men's illicit use is more likely to result in emergency services.
 - Men's marijuana use disorders are often more severe, resulting in greater personality disorders, and leading to greater use in other harmful substances.
 - Women are less likely to misuse prescription drugs than men.
- The Centers for Disease Control and Prevention report:
 - Approximately 23% of adult men report binge drinking 5 times a month, averaging 8 drinks per binge.
 - Men are almost two times more likely to binge drink than women.
 - Men are more likely than women to commit suicide, and more likely to have been drinking prior to committing suicide.
- Substance Abuse and Mental Health Service Administration (SAMHSA) shares that 1 in 8 children lived in households with at least one parent who had a past year substance use disorder (SUD).

What You Can Do:

- **Communicate Openly:** A comfortable space to communicate is vital in creating a healthy family environment. Having a foundation of open communication and honesty can be beneficial in overcoming and preventing many obstacles, including substance use disorders.
- **Positive Parenting, Not Perfect Parenting:** Realize that as parents (and as humans) we make mistakes. No family is perfect. It's how we handle our mistakes that makes the difference. If you are ever feeling overwhelmed from responsibilities or personal substance use, reach out for professional support (to a family, mental health, and addiction counselor.)
- **Set the example:** No matter how hard we try, there are some aspects of life and family we can't control. As parents, we do however control the example we set for our children. Remember to always aim for positive/healthy choices, and be the person you wish your child to be. If you are still working towards role model status, that's okay. Don't give up! Keep trying! Growth is powerful and inspiring. **You matter, and you can still make a difference.**



Information obtained from: www.cdc.gov; www.drugabuse.gov; www.fatherhood.gov; www.samhsa.gov

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The Erie County Council for the Prevention of Alcohol and Substance Abuse, Inc., publishes Did You Know, a regular update about alcohol & other drugs - - America's #1 public health problem. ECCPASA • 1625 Hertel Ave., Buffalo, NY 14216 • 716-831-2298 • www.eccpasa.org