



Did You Know?

May 2019

National Prevention Week: May 12th marks the start of National Prevention Week 2019. This year the Substance Abuse and Mental Health Services Administration (SAMHSA) annual week of prevention awareness focuses on the theme “Inspiring Action. Changing Lives.” This theme grants us the opportunity to reflect on how impactful small changes can be on a community. SAMHSA states, “Every day and everywhere, whether we make healthy choices for ourselves or inspire others to do so, the small actions we take can change lives for the better.”

What You Should Know:

- National Prevention Week (NPW) is held during the third week of May each year. It’s a time for community organizations to emphasize the importance of prevention while ushering in the summer months. The National Survey on Drug Use and Health (NSDUH) finds that the majority of first-time adolescent and young adult substance use is highest during this time. SAMHSA urges parents to create an open dialogue with their children on the risks associated with substance use.
- The National Institute on Drug Abuse (NIDA) reports that prevention programs for middle and high school students increase academic and social competence, study habits, academic support, communication skills, peer relationships, self-efficacy, assertiveness, drug resistance skills, anti-drug attitudes and strengthen personal commitments against drug abuse.
- Youth.gov states that intervening early—before high school—is critical. Patterns of substance abuse become worse in the high school years. Individuals who begin using alcohol or tobacco when they are very young are more likely to abuse them later in life.
- According to the National Institute of Health (NIH), ten percent of US adults have a substance use disorder at some point in their lives. Their research states that the majority of Americans suffering from a substance use disorder never receive any form of treatment.

What You Can Do:

- **Be An Advocate:** As this year’s theme states, we must inspire change. Take time to educate yourself on the issues that affect your community, and how you can help make a difference. Whether it’s organizing a support group or something as simple as sharing prevention related information on social media, your efforts matter. Change may not occur overnight, but if we all collectively work together, even small acts could save lives.
- **Participate In Events:** Reach out to local organizations, schools, and community centers for opportunities to participate in planned prevention-based events. Activities such as school assemblies, town meetings, 5k races, awareness fairs, physical activities, social media campaigns and PSAs may be available.
- **Know Your Resources:** If you or someone you know may be suffering from a substance use disorder, seek help. You can contact The Erie County Council for the Prevention of Alcohol and Substance Abuse by dialing 716-831-2298, or the National Drug and Alcohol Treatment Referral Routing Service, available at 1-800-662-HELP.



Information obtained from: www.cdc.gov; www.drugabuse.gov; www.nih.gov; www.samhsa.gov; <https://youth.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