

SUBSTANCE ABUSE PREVENTION MONTH

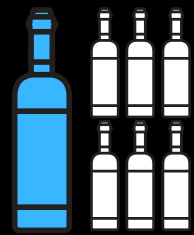
HOW TO BE THE UPSTANDER YOUR FRIENDS NEED



*WHAT IS
SUBSTANCE ABUSE?*

**"THE HARMFUL OR HAZARDOUS
USE OF DRUGS OR ALCOHOL
WHICH CAUSES ISSUES IN ONE'S
PERSONAL & ACADEMIC OR
PROFESSIONAL LIFE."**

THE **FACTS** ABOUT SUBSTANCE ABUSE



1 in 7 young adults reported having substance abuse disorder



87% of those young adults with substance abuse disorder go untreated



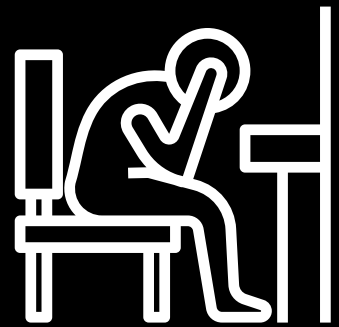
Students enrolled in college are twice as likely to abuse drugs and alcohol



- Using drugs/alcohol more frequently
- Buying the drug when they can't afford it
- Loss of interest in hobbies/friends
- Extreme mood changes
- Changes in appetite/weight
- Not meeting school/work responsibilities
- Engaging in high-risk activities



THE **IMPACT** OF SUBSTANCE ABUSE



19% of college students between the ages of 18 and 24 met the criteria for alcohol abuse or dependence, but only 5 percent of these students sought treatment



19.3 million people aged 18 or older had a substance use disorder, 3 in 4 of those with struggled with alcohol use



Each year an estimated 1,825 college students between the ages of 18 and 24 die from alcohol related unintentional injuries, including motor vehicle crashes per year

97,000

About 97,000 students between the ages of 18 and 24 report experiencing alcohol-related sexual assault or date rape per year

WILL'S STORY

Intervene to Save a Life

Will attended college at the University of Arkansas in Fall of 2014. He joined a fraternity his first year and while pledging he began to drink and use prescription drugs. Then one of his brothers introduced him to injecting and smoking the pills. Will tried heroin soon after and fell into addiction.

He overdosed the summer of 2015 and was admitted to rehab in 2016. After many months of being in recovery, Will relapsed and tragically passed away.



William "Will" Christian Doerhoff
May 18, 1996 - Oct. 14, 2016

Learn more about Will's story at: justthinktwice.gov



Intervene to Support a Friend

Steph was known as the girl who "blacked out a lot" in high school. This continued through her first two years of college. She would drink excessively at parties, and wake up the next morning with the urge to drink whatever alcohol was left out from the night before. That soon turned into days of drinking where she would skip school and work to keep the buzz going.

Steph came to terms with her drinking problem in her junior year of college and began seeing a therapist. She has been sober for 6 months now.

Learn more about Steph's story at: funshitblog.com.

STEPH'S STORY

MISSED OPPORTUNITIES FOR INTERVENTION

01

Steph's boyfriend remembers her asking "'Do you think it's weird that I blackout so much?' and he responded, 'Of course not, I was basically blacked out too, we're in college don't worry about it.'"

02

After Will's death, texts in his phone indicated that his drug use was well-known amongst his college peers. But no one confronted Will or offered to help him – either because they were scared or did not know what to do.

CHECK IN

- be non-judgmental in raising your concerns about their substance use

PLAN AHEAD

- be an accountability partner, set drink limits and secure a sober ride home

ALTERNATIVES

- suggest alternative substance-free ideas to spend time together

HOW YOU CAN HELP

SUPPORT

- explore options for support such as self-screener tools or referral to your campus health counselor

FOLLOW UP

- follow up with them and offer an ear to listen and encouragement to keep going

PERSIST

- supportive friends and family increase the odds of recovery, don't give up

HOW YOU CAN HELP

INTERVENTION

- CHECK IN: "Hey, you've had a lot more to drink tonight than usual, are you doing okay? Let's get some water and talk."
- SUPPORT: "If you're feeling like your drug use is out of your control, I think it would be helpful to talk to a counselor. I can go with you."
- FOLLOW UP: "How are things going? Was the counselor helpful? Is there anything I can do to support you through this?"

PREVENTION

- PLAN AHEAD: "Before we go out, let's both commit to drinking no more than 4 drinks all night."
- ALTERNATIVES: "Hey, instead of going out drinking this weekend, do you want to go hiking and have a movie night instead?"
- PERSIST: "I know this is hard and I want you to know I'm going to be here for you every step of the way. Now let's go study for that test."



For more on Will's story and others like it, visit:

justthinktwice.gov/true-stories

Just Think Twice provides young people with straightforward information on the consequences of drug use, including health, social, and legal consequences.



For more on treatment and how to support peers, visit:

samhsa.gov/young-adults

SAMHSA's mission is to reduce the impact of substance misuse and mental illness on America's communities.



For more on the effects of alcohol & other drug misuse, visit:

niaaa.nih.gov/alcohol-effects

NIAAA's mission is to generate and disseminate fundamental knowledge about the effects of alcohol on health and well-being.



For more about Steph's story and her sobriety journey, visit:

funshitblog.com

Steph's blog, instagram and YouTube are centered on building an alcohol free/sober/sober-curious community.

SOURCES & RESOURCES

Additional Sources:

- getsmartaboutdrugs.gov
- addictioncenter.com/college
- findtreatment.gov
- drugabuse.gov

For more on Bystander Intervention and Peer-to-Peer Alcohol Education, visit:

- withus.org
- awareawakealive.org

Be the lifeline

Join our Upstander Movement
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