

CCPC NEWSLETTER

[FindTreatment.gov](https://www.findtreatment.gov)

SAMHSA's National Helpline
1-800-662-HELP (4357)

[FindSupport.gov](https://www.findsupport.gov)

988 Suicide & Crisis Lifeline
988 or 988Lifeline.org

APRIL

**ALCOHOL
AWARENESS
MONTH**

**HELP IS
AVAILABLE**

SAMHSA

[samhsa.gov/find-help](https://www.samhsa.gov/find-help)

WHY IS THIS IMPORTANT?

Alcohol Awareness Month is crucial for combatting the stigma surrounding alcoholism and substance abuse. It sheds light on denial, a common trait among those struggling with alcoholism and their loved ones. By raising awareness, it enables public health organizations, community centers, and treatment facilities, LIKE YOU, to reach individuals who may not recognize the dangers of excessive alcohol consumption.



[HTTPS://ALCOHOL.ORG/TEENS/](https://www.alcohol.org/teens/)

[HTTPS://WWW.SAMHSA.GOV/NEWSROOM/OBSERVANCES/ALCOHOL-AWARENESS-](https://www.samhsa.gov/newsroom/observances/alcohol-awareness-)

HOW DOES THIS IMPACT OUR YOUTH?

1: For adolescents and teenagers ages 12 and up, this campaign offers essential education about the risks associated with alcohol consumption. By learning about the dangers of underage drinking and the potential consequences of alcohol abuse at a young age, adolescents are empowered to make healthier choices and avoid risky behaviors.

2: The 2021 Youth Risk Behavior Survey found that among high school students, during the past 30 days :

- 23% drank alcohol.
- 11% binge drank.
- 5% of drivers drove after drinking alcohol.
- 14% rode with a driver who had been drinking alcohol.

Approximately one-third of teens have consumed alcohol by the age of 15, and nearly 60% have done so by the age of 18.

3: A combination of biological, environmental, and social factors makes teenagers more vulnerable to alcohol addiction compared to adults. It's essential to address these factors through education, prevention efforts, and early intervention to reduce the risk of alcohol abuse and addiction among adolescents.



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Knowledge of Parenting and Child Development

Social Connections

Concrete Supports in Times of Need

Social & Emotional Competence

Nurturing & Attachment

Parental Resilience



Having access to tangible goods and services to help address family's needs and minimize stress.



Managing stress and functioning well even when faced with challenges, trouble or trauma.



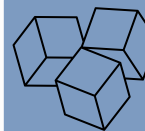
Having family and child interactions that help children develop the ability to communicate clearly, recognize and regulate emotions and establish relationships.



Having positive relationships that offer emotional, informational, instrumental and spiritual support



The emotional tie along with a pattern of positive interactions between the parent and child that develops over time.



Understanding child development and parenting strategies that support physical, cognitive language, social and emotional development

WHY PROTECTIVE FACTORS?

Protective factors are critically important because they act as buffers against Adverse Childhood Experiences (ACEs) and promote resilience in children and families. These factors create a supportive environment that fosters healthy development and reduces the likelihood of negative health outcomes.

Drug-Free Communities



About 64% of U.S. adults reported they had experienced at least one type of ACE before age 18, and nearly 1 in 6 (17.3%) reported they had experienced four or more types of ACEs.

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<https://healthyruralca.org/drug-free-communities/>

<https://www.cdc.gov/violenceprevention/aces/fastfact.html>