

# Substance Abuse Prevention

# It takes a toll:

- Abuse of tobacco, alcohol and illicit drugs is costly to our Nation exacting more than \$740 billion annually in costs related to crime, lost work productivity and health care.



# CHILDREN AT RISK

An estimated 9.2 MILLION CHILDREN  
In the United States live in homes where a parent or other adult uses illicit drugs



## Long term cognitive and behavioral risk factors for children prenatally exposed to drugs:

- Low scores in mental development
- Low scores in psychomotor index
- Language difficulties
- Behavioral concerns
- Long term delays in development
- ADHD, Oppositional Defiant Disorder

# Risks for children living in drug endangered environments:

Physical Abuse: Erratic discipline, Increased irritability, Irrational rage.

Neglect: Lack of supervision, lack of necessities, lack of safe & nurturing environment.

Other Risks: Exposure to domestic violence, sexual abuse, emotional abuse, overlay deaths, exposure and ingestion.

# Children growing up in substance abuse environments:

Are denied the fundamental developmental experiences required to self regulate, relate, communicate and think.

Experience neglect, daily chaos, lack of safety, poor communication, violence and disorganization.



# Youth Risk:

In 2014, 9.4 % of 12 to 17 year olds (an estimated 2.3 million youth) reported to using illicit drugs with in the month prior to being surveyed.

Research indicates that adolescent brains are not fully developed until around age 25. Psychoactive substances can alter or damage the development of the adolescent brain. Habits and choices associated with the use of drugs and alcohol slowly become ingrained in the wiring of the brain.

# Warning Signs:

- Although the following signs may indicate a problem with alcohol or other drugs, some also reflect normal growing pains. Experts believe that a drinking or drug problem is more likely if you notice several of these signs at the same time, if they occur suddenly, or if some of them are extreme in nature.
- Mood Changes: flare-ups of temper, irritability, and defensiveness
- School Problems: poor attendance, low grades, and/or recent disciplinary action
- Rebellion against family rules
- Friend changes: switching friends and reluctance to let you get to know the new friends
- A “nothing matters” attitude: sloppy appearance, lack of involvement in former interests, general low energy
- Physical or mental problems: memory lapses, poor concentration, blood shot eyes, lack of coordination, slurred speech

# References:

- [www.drugabuse.gov](http://www.drugabuse.gov)
- [www.nationaldec.org](http://www.nationaldec.org)
- [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)
- [www.dshs.texas.gov/substance-abuse](http://www.dshs.texas.gov/substance-abuse)

# Resources:

Texas Department of State Health Services (512) 776-7111

North Texas Behavioral Health Authority (NTBHA) Serving Navarro County

1-877-653-6363

Lakes Regional Behavior Health Services, Substance Use Disorder Program (903) 872-4680 ext 1824

BreakThru, Navarro Regional Hospital (903) 654-4304

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