

Let's Talk About :

Substance Use Disorders

Lobos - Can you Identify substance use disorders?

"The harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs" - WHO

New Mexico leads the US for alcohol related deaths & has high rates for drug use

Step One - Understand Risk Factors

- Poverty in the community
- Drug experimentation
- Lack of parental supervision
- Availability of drugs at school
- Poor refusal skills and social skills
- Friends, family, and peers using substances
- Poor school performance

Step Two - Understand Solutions

- Begin educating young students about substance use disorders
- Provide financial assistance to communities and encourage education
- Provide counseling to those with drug or alcohol addictions

Step Three - Break the Stigma

- Encourage those battling substance use disorders to seek help
- Rehabilitation is the best way to help - avoid punishment
- Share information regarding resources in the community
- Discuss substance use disorders and consequences with your family and friends
- Show support - regardless if one is addicted or not

For More Resources Visit:

NMPrevention.org

AAAP.org

SAMHSA.gov

DrugAbuse.gov