### 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