

# OCTOBER 2023

## A MESSAGE FROM NEWTON CCW

October is National Youth Substance Use Prevention Month. Prevention strengthens protective factors and reduces risk factors — in individuals, families, schools, communities, and across society. According to SAMHSA’s 2020 National Survey on Drug Use and Health, 8.2 percent of adolescents aged 12 to 17 drank alcohol in the past month, and 13.8 percent of adolescents aged 12 to 17 used illicit drugs in the past year. Early intervention is vital for youth. Every year that substance use is delayed while the adolescent brain develops, the risks of addiction and substance misuse decrease.

During National Youth Substance Use Prevention Month, Newton CCW wants families to know that they have support navigating this challenging topic. For more resources, we recommend SAMHSA’s “Talk. They Hear You” campaign that helps parents and caregivers, educators, and community members get informed, be prepared, and take action to prevent underage substance use. The campaign’s mobile app helps parents and caregivers prepare for some of the most important conversations they may ever have with their kids. It shows them how to turn everyday situations into opportunities to talk with their children about alcohol and other drugs, and equips them with the necessary skills, confidence, and knowledge to start and continue these conversations as their kids get older.



Newton Coalition  
for Community Wellness  
Addressing Substance Use with Care,  
Compassion and Connection

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