

Resources for Staying Aware of the Signs and Symptoms of Addiction:

Guide to Addiction Symptoms



Parent & Caregiver Resources

NIH Mind Matters Series



Drug Education

Prevention Curriculum and Lessons



Resources for Quitting



Stay Informed:

12 fl oz of regular beer



8-9 fl oz of malt liquor



5 fl oz of table wine



1.5 fl oz of 80-proof spirits (whiskey, gin, rum, vodka, tequila, etc.)



about 5% alcohol



about 7% alcohol



about 12% alcohol



about 40% alcohol

Get In Touch



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Helping Inspire Gifts of Hope, Trust, and Service

Substance Use Prevention & Education

Tobacco & Vapes

Tobacco use harms every organ in your body. Smoking tobacco products can cause lung, mouth, stomach, kidney, and bladder cancers. It can also cause lung problems like coughing and can also lead to heart disease, eye problems, and yellow teeth.

Truth

"Many young people turn to nicotine to deal with stress, anxiety, and depression, but don't know it may be making them feel worse."

"Smokeless tobacco contains nicotine, which is highly addictive"

CDC

Facts

- Nearly 1 in 3 adolescents in the United States has used tobacco products, including e-cigarettes.
- The average vape contains 100 to 300 puffs.
- The average cigarette contains 10-12 puffs.

This is Quitting [from TRUTH]

Free and Anonymous Texting Program:

Text "DITCHVAPE" to 88709 to access this helpful resources

Adolescents

- In 2019, 7.4% of adolescents aged 12 to 17 years old had a substance use disorder.
- About 39% of 12th graders reported using illicit drugs in their lifetime.
- Children of parents who use drugs or alcohol are more likely to initiate substance use at an earlier age, and may be more likely to develop substance use disorders.

Substance Use Facts

- North Carolina reports a 40% increase of death by substance misuse in 2020 compared to 2019. - NCDHSS
- "More than 50,000 people in Western North Carolina struggle with Substance Use Disorder" - Dogwood Health Foundation
- The newer cannabis variations: Delta-8, 10, 11; HHC; and THCP have not been proven safer than THC.
- 7% of students ages 12 to 17 reported using pain relievers for nonmedical reasons - NCDHHS (2018)
- Adverse Childhood Experiences (ACES) are a significant risk factor for substance use disorders and can impact prevention efforts.

Alcohol

Alcohol prevention and education initiatives play a pivotal role in promoting healthier communities and reducing the negative impacts of alcohol misuse. By raising awareness about the risks associated with excessive alcohol consumption, these programs aim to empower individuals to make informed decisions regarding their alcohol intake.

Alcohol Use Disorder (AUD)

More than 400,00 adolescents received an AUD diagnosis.

Binge Drinking in North Carolina

According to the Carolina Center for Recovery:

- 1,307,000 people binge drink each year.
- 69,000 people who binge drink are between the ages of 12 and 17 years old.
- 333,000 people who binge drink are between the ages of 18 and 25 years old.
- 906,000 people who binge drink are older than the age of 26 years old.