

October 2016

Volume 5, Issue 25

# Parents Matter

*Havana Area Prevention Team*

## Special points of interest:

- Substance Abuse Awareness Month
- What you can do
- HAPT Contact Info

## National Substance Abuse Prevention Month

NATIONAL SUBSTANCE ABUSE PREVENTION MONTH! Why do we recognize National Substance Abuse Prevention Month?

Every day, many Americans are hurt by alcohol and drug use. From diminished achievement in our schools to greater risks on our roads and in our communities, to the heartache of lives cut tragically short, the consequences of substance use are profound. Yet, we also know that they are preventable. Preventing drug use before it begins—particularly among young people—is the most cost-effective way to reduce drug use and its consequences. The best approach to reducing the tremendous toll substance use exacts on individuals, families, and communities is to prevent the damage before it occurs.

The President's National Drug Control Strategy promotes the expansion of national and community-based programs that reach young people in schools, on college campuses, and in the workplace with tailored information to help them make healthy decisions about their future.

In fact, research has shown that every dollar invested in a proven school-based prevention program can reduce social costs, including those related to substance use, by an average of \$18.10.

This month, we pay tribute to those working to prevent substance use in our communities and rededicate ourselves to building a safer, drug-free America.

It takes a village to keep our kids safe and drug free. To check out local efforts in our community visit the Havana area Prevention Team Facebook page. Get weekly updates about important topics related to underage drinking, and other drug use. Want to do more? Come to a meeting, HAPT meets the first Tuesday of every month at 4pm at the Mason County Ag building, in the board room located in the basement.

**October Is  
National Substance Abuse  
Prevention Month**

**Early intervention and education work.**



# *Havana Area* **PREVENTION TEAM**

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**Promotes comprehensive community-wide prevention efforts.**

**Empowers youth & families to develop and lead healthy lifestyles.**

Havana Area Prevention Team is a non-profit organization that seeks to promote:

- Healthy, happy, and responsible lifestyles for area youth and families.
- Awareness of positive alternatives and support of positive actions and activities for youth and families in and around the Havana area.

**Like us on Facebook:**

**[Facebook.com/HavanaAreaPreventionTeam](https://www.facebook.com/HavanaAreaPreventionTeam)**

## **National Substance Abuse Prevention Month— What you can do!**

Alcohol and drug use can stand in the way of academic achievement, jeopardize school safety, and limit a young person's possibilities. By talking with your student early and often about the dangers of drug and alcohol use, we can help set them firmly on a path toward a brighter future.

Let's work to prevent substance abuse before it begins. By promoting evidence-based prevention programs, we can provide individuals with the tools and information they need to make smart choices, avoid needless tragedy, and lead healthy, fulfilling lives.

You can help make the difference:

- Model a healthy lifestyle for those around you.
- Talk openly with youth about the dangers of drug and alcohol use and help them reach a future where opportunity knows no bounds.
- Encourage and utilize positive youth development practices.

This month take a moment to foster positive, safe environments in our towns and cities.



## **Resources**

**Get Started - Check out:**

**[PEERx Choose Your Path Video Series, NIDA](#)**

**[Too Smart to Start Campaign, SAMHSA](#)**

**[Free Downloadable Tips for Teens on Series, SAMHSA](#)**

*Cited from The EXCHANGE, Youth & Family Services Bureau*