



National Drug and Alcohol Facts Week is recognized in the United States every March. The goal of this awareness event is to dispel any myths students and teens may believe about substance use and to connect them with scientific facts instead. Drugs and alcohol can have significant negative effects on the bodies and minds of individuals who misuse them, and can be particularly harmful for teens.

Several circumstances can lead to teen substance use: curiosity, peer pressure, stress, emotional struggles and more. At Centerstone, we work to prevent teens from engaging in risky behaviors through education and emotional support. Knowing the long-term effects of substances on a person's mind and body can help prevent their misuse in the first place!



Alcohol:

- Alcohol is the most commonly used substance by adolescents. In 2019, 29% of high school students reported drinking alcohol in the past 30 days and 14% reported binge drinking.
- Addiction to alcohol can lead to physical and mental health problems, including heart and liver disease, depression, and even cancer.
- Underage drinking is a significant factor in the deaths of people younger than 21 from motor vehicle crashes, homicides, overdoses, falls, burns, and accidents.



Marijuana:

- Marijuana is the second most commonly used substance by adolescents. In 2019, 1.3% of 8th graders, 4.8% of tenth graders, and 6.4% of 12th graders reported using marijuana daily.
- When a person uses marijuana, they can experience a loss of coordination, slower reactions, and an altered sense of time.
- Long-term use of marijuana can cause memory problems, breathing problems, cough or lung sickness, and severe nausea and vomiting.



Tobacco:

- In 2019, 0.8% of 8th graders said they smoke cigarettes daily, and 1.9% said they vape nicotine daily.
- Smoking tobacco products can cause lung, mouth, stomach, kidney, and bladder cancers.
- Smoking tobacco products can cause lung problems and lead to heart disease, eye problems, and yellow teeth.
- Smokeless tobacco products can cause oral cancer and heart and gum disease.



Other Substances:

- Long-term effects of opioid misuse can lead to addiction, heart infection, lung infection, and muscle pain.
- Long-term use of methamphetamine can lead to anxiety and confusion, itchy skin causing sores from scratching, and extreme weight loss.
- Bath salts can make a user hallucinate and turn violent, and can lead to kidney problems, heart problems, and weak muscles.
- Misusing prescription stimulants can lead to high blood pressure, sleeping problems, angry reactions, and heart problems.

Resources for additional information on substance use:

Centerstone: centerstone.org/teen/#drugs-and-alcohol

Centers for Disease Control and Prevention (CDC): www.cdc.gov/ncbddd/fasd/features/teen-substance-use.html

Substance Abuse and Mental Health Services Administration (SAMHSA): www.samhsa.gov/

Society for Adolescent Health and Medicine:

www.adolescenthealth.org/Resources/Clinical-Care-Resources/Substance-Use/Substance-Use-Resources-For-Adolesc.aspx

If you or someone you know are struggling with substance use and need help, call Centerstone at 1-877-HOPE123 (877-467-3123) or visit centerstoneconnect.org.

About Centerstone

Centerstone is a not-for-profit health system providing mental health and substance use disorder treatments. Services are available nationally through the operation of outpatient clinics, residential programs, the use of telehealth and an inpatient hospital. Centerstone also features specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs. Centerstone's Research Institute provides guidance through research and technology, leveraging the best practices for use in all our communities. Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives.



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