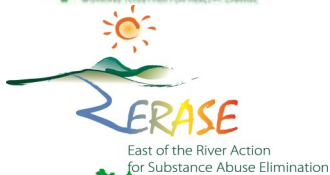




Local partnerships promoting wellness by addressing substance abuse statewide.



The Connecticut Prevention Network (CPN) is an association of the state's 13 community partnership Regional Action Councils (RACs) that work to provide your community with education, training and advocacy for substance abuse prevention and mental health promotion.



Prevention of Underage Drinking & Alcohol Misuse

- Teen brains are not fully developed until mid-20's "...underage drinking can interfere with normal adolescent brain development.
- Youth who drink before age 15 are 4x more likely to develop a lifelong dependency on alcohol
- Most underage drinking is in the form of binge drinking.. Binge drinking is typically
- 5 drinks for males or 4 drinks for females in about 2 hrs.
- Approx. 20% of college students meet the criteria for an Alcohol Use Disorder (AUD) (Source: NIAAA)

PREVENTION includes a multi-strategy approach...

For those *under 21* years of age

Parents/Guardians: (1) Talk Often, Talk Early (SAMHSA). Parents who had clear discussions around the risks of substance abuse before the age of 10 had children who were less likely to initiate using drugs early (Source: Hawkins et al. 1997)

Communities: (1).Support policies that reduce the access, demand and consequences of underage drinking (e.g. Social Host Laws, compliance checks, alcohol pricing and advertising. **(2)** Ensure youth are active participants in community strategies

Schools: Provide: developmentally appropriate information, multiple sessions over multiple years, development of personal, social and resistance skills,

Colleges: Implement alcohol education and screening.

For those *over 21* years of age

1. Review the recommended drinking guidelines. Go

to: rethinkingdrinking.niaaa.nih.gov

2. Understand the dangers of mixing medications with

alcohol. Go to: [http://pubs.niaaa.nih.gov/](http://pubs.niaaa.nih.gov/publications/Medicine/medicine.htm)

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For both youth and adults

1. Support opportunities to implement SBIRT (Screening, Brief Intervention and if

needed, Referral to Treatment Go to: <http://www.samhsa.gov/sbirt>

