

National Drug and Alcohol Facts Awareness Month

Our focus in March is to raise awareness about drug and alcohol use, providing useful and insightful information and debunking myths to help individuals make informed decisions about substance use. Promoting Prevention and Recovery, Educating Communities on Substance Misuse. Substance misuse contributes to high blood pressure, liver disease, and mental health disorders.



This month emphasizes the importance of understanding substance use disorders, their impact on individuals and families, and the importance of prevention and recovery. ❤️ 🚫 🩺

Opioid misuse is a leading cause of overdose deaths in the United States.
Early prevention and education significantly reduce the likelihood of substance use disorders.

In Arkansas, several initiatives align with the objectives of National Drug and Alcohol Facts Week (NDAFW) March 17-23, 2025, focusing on substance abuse prevention and education for youth aged 11 to 21:

Save AR Students Campaign: This statewide initiative aims to enhance substance use prevention across Arkansas's higher education institutions. The campaign includes biannual events coinciding with Arkansas Drug Take Back Days, featuring kickoff rallies at the State Capitol and educational activities on campuses. humanservices.arkansas.gov

Explore educational resources from NIDA at <https://nida.nih.gov/research-topics/national-drug-alcohol-facts-week>

Do You Know? The Facts About Substance Use and Its Impact



Alcohol and drug use can interfere with brain development, particularly in young people. Through research, we found a very resourceful website for parents, youth leaders, and other community advocates.

At Operation Parent, resources as well as current studies involving substance abuse and awareness

on Alcohol, Nicotine, and other Drugs; organizations like Johnny's Ambassadors share facts in a webinar on Unpacking the Risks of Modern Marijuana.

Laura Stack, founder of Johnny's Ambassadors, shares her powerful personal story of loss and sheds light on how high-THC marijuana can lead to addiction, anxiety, psychosis, and even suicide. Backed by science and her own experience, Laura's heartfelt presentation will empower parents to understand the risks and start essential conversations with their kids.

<https://www.operationparent.org/webinars>

Today's marijuana is stronger and more dangerous than ever, with products like dabbing concentrates and delta-8 THC posing serious risks to adolescent brain development and mental health.

Common Myths About Drug and Alcohol Use ❌🧐

Myth 1: "Drinking alcohol helps you sleep better."

Fact: While alcohol may make you feel drowsy, it disrupts your sleep cycle, leading to poor-quality rest.

Myth 2: "Prescription drugs are safe because doctors prescribe them."

Fact: When misused, prescription medications can be just as dangerous and addictive as illegal drugs.

Myth 3: "Marijuana is completely harmless."

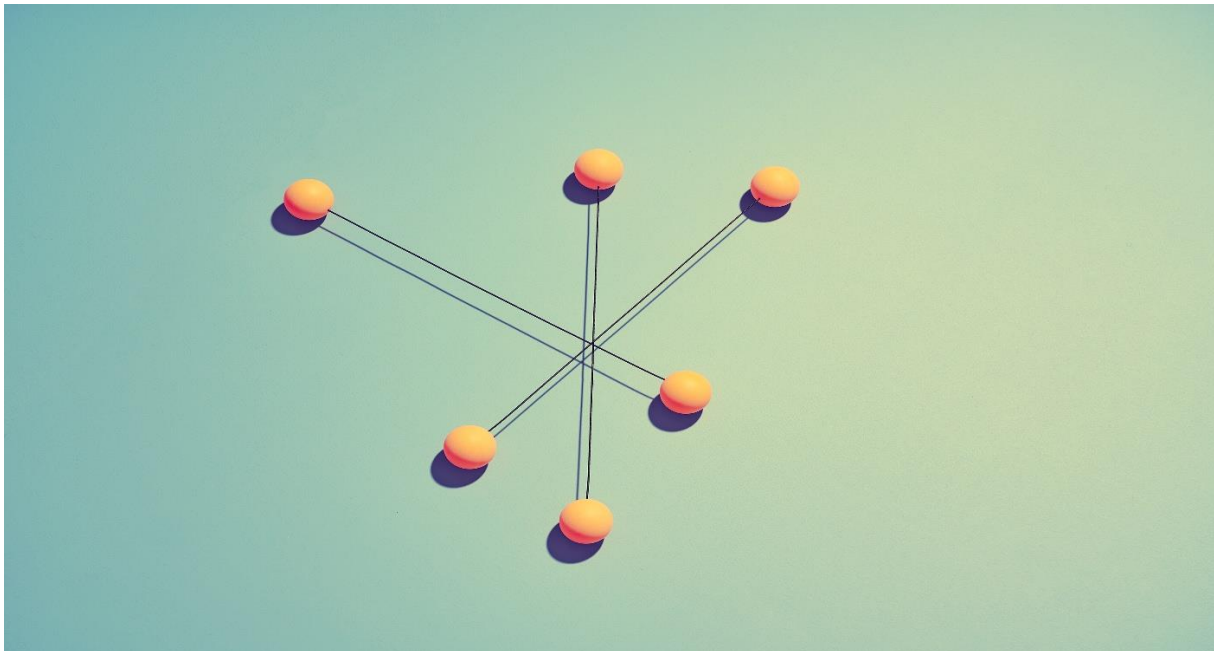
Fact: While some believe marijuana is risk-free, it can impair memory and coordination and increase the risk of mental health disorders in some individuals.

Myth 4: "If I only drink on weekends, I don't have a problem."

Fact: Binge drinking, even occasionally, can have serious health consequences and increase the risk of addiction.

Myth 5: "You can sober up quickly by drinking coffee or taking a cold shower."

Fact: Only TIME can reduce the effects of alcohol; coffee or cold showers do not speed up the process.



Vaping in 2025: What's Changed & What Parents Need to Know

The face of vaping has changed significantly since they first emerged about a decade ago: vapes are bigger and stronger, and distributors have developed new methods to appeal to youth and evade FDA regulations.

Join Operation Parent and Dr. Weiner for an in-depth look at the evolving vaping landscape, the hidden risks to physical and mental health, and practical tips to help you have informed, impactful conversations with your child at <https://www.operationparent.org/webinars>

Staying Safe: Key Messages from the National Institute on Drug Abuse

Know the Truth: Misinformation about drugs and alcohol can be harmful—get facts from trusted sources. Educate Yourself: Read up on drug and alcohol facts from credible sources like the National Institute on Drug Abuse (NIDA) and the Centers for Disease Control and Prevention (CDC).

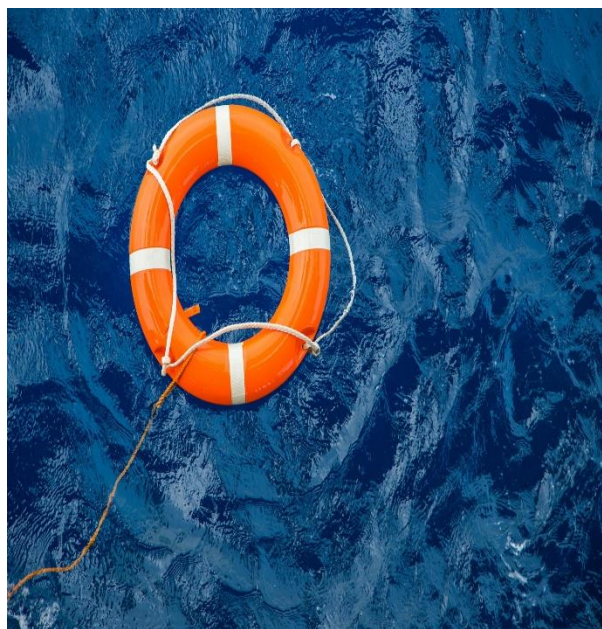
Trusted sites to get facts about drugs and alcohol include:

- National Clearinghouse for Alcohol and Drug Information (NCADI)
- National Council on Alcoholism and Drug Dependence
- National Institute on Drug Abuse
- Substance Abuse and Mental Health Services Administration
- IRETA (reliable sources compiled by IRETA about substance use, substance use disorders, prevention, addiction education, and related issues)

Talk About It: Open communication with family and friends can prevent substance misuse.

Understand the Risks:

Experimentation with drugs or alcohol can lead to long-term addiction and health problems.



Support Recovery: Encourage those struggling with substance use abuse to seek help and access recovery resources.

Prevention Strategies and Resources



Be a Prevention Advocate

Substance misuse will impact families and communities in a negative way, but by spreading knowledge and encouraging prevention, we can be the change we want to see. By taking proactive steps, we can create a healthier future for all.

Attend and create Local Prevention Events: Many community health organizations provide free screenings and education programs.

Regional Prevention Providers across the state, like Research Solutions Inc., are dedicated to educating communities and fostering healthy environments to prevent substance abuse. These providers collaborate with local organizations to implement evidence-based prevention strategies targeting youth and their families.

<https://researchsolutionsinc.org/prevention-projects>

Join Awareness Events: Participate in educational workshops and community discussions. humanservices.arkansas.gov

Volunteer: Support organizations that provide resources for substance misuse prevention and recovery. <https://researchsolutionsinc.org/volunteer-opportunities>

Supporting Families Affected by Substance Use

Create Safe Spaces: Encourage open and judgment-free conversations.

Seek Support Groups for loved ones or yourself and join programs like Al-Anon (www.al-anon.org) or Narcotics Anonymous (www.na.org) for guidance and community.

Resources for Recovery and Support   

SAMHSA's National Helpline: 1-800-662-HELP (4357)

Alcoholics Anonymous (AA): www.aa.org

Narcotics Anonymous (NA): www.na.org

Al-Anon: www.al-anon.org

Codependents Anonymous (CoDA): www.coda.org

Promote Healing: Understand that recovery is a journey that requires patience and support.

Arkansas Collegiate Network (ACN): Managed by the University of Arkansas at Little Rock's MidSOUTH Center for Prevention and Training, ACN provides training and resources to reduce substance use and overdose risks on college campuses. Efforts include overdose response training and the installation of NaloxBoxes—cabinets containing naloxone doses—in strategic campus locations. humanservices.arkansas.gov

Additionally, the Substance Abuse and Mental Health Services Administration (SAMHSA) observes January as Substance Use Disorder Treatment Month, focusing on raising awareness about substance use disorders and promoting treatment resources. While this observance is broader in scope, it complements the preventive efforts of National Drug and Alcohol Facts Week (NDAFW), March 17-23, 2025, by addressing treatment and recovery aspects. samhsa.gov



Encourage yourself and others to make Safe and Healthy Lifestyle Choices. Together, we can host community discussions on the dangers of substance misuse. 🤝 🗣️ ❤️

Stay Active: Exercise regularly to promote mental and physical well-being.

Eat Healthy: A balanced diet supports brain health and overall wellness.

Manage Stress: Use mindfulness techniques, yoga, or deep breathing exercises to cope with stress.

Set Boundaries: Avoid peer pressure and seek supportive relationships that promote healthy choices. Share the Message: Spread awareness about the risks of substance use and the importance of recovery.

Connect with Us: Follow us on Facebook: Prevent and Save
<https://www.facebook.com/Region4PreventionRepresentative>



“Knowledge is power—let’s use it to prevent substance misuse and build stronger communities.”

Check out our [Current Newsletter](#), feel free to **share** it with others, and stay updated on future events and resources! 📧 🌐 ✨ www.researchsolutionsinc.org

