

Alcohol

Facts for Schools

School staff members can play a powerful role in the prevention of underage drinking among their students.

Alcohol and Adolescence Don't Mix:

Alcohol is a depressant, which slows down the function of the brain.

Alcohol use during childhood and adolescence can interfere with normal brain development, impacting emotional regulation, learning and memory.

When young people drink, they binge drink, consuming on average 5 drinks on a single occasion. This is a very dangerous way of drinking that can result in serious injury and potentially death.

Alcohol is the most commonly used substance among youth in Arizona.

What You Can Do to Prevent Alcohol Misuse

School Nurse:

- Know the signs of alcohol use and identify students who are at higher-risk for substance use.
- Screen students early and often. The use of substance use screening tools, like BSTAD (Brief Screener for Tobacco, Alcohol, and other Drugs) can be done with students in less than 2 minutes!
- Educate students about the health-risks associated with alcohol use.
- Provide referrals for services and resources across the continuum of care.

Counselors:

- Be a good source of information: Stay up to date on drug and alcohol trends to understand the pressures students face.
- Help students create a plan to get out of potentially harmful situations (e.g. refusal skills or an exit plan).
- Suggest available resources for continuing support if needed, such as treatment or behavioral health services.

Administration:

- Implement prevention education programs and teach students the facts about alcohol and other substances.
- Provide parents with educational materials at school events.
- Provide staff development trainings on youth substance use trends and recognizing signs of use.
- Implement a Student Assistance Program (SAP) or diversion program for students who violate the campus alcohol policy as an alternative to expulsion, suspension, or legal charges.
- Train staff to identify at-risk students and establish a consistent early-intervention and referral process for students in need.

Take Action

- Talk to your students about the real costs of drinking alcohol.
- Regularly screen students for signs of substance use.
- Encourage students to learn the facts at **LearnMoreAZ.org**.
- Get tips on how to talk to youth about alcohol and other substances at **TalkNowAZ.com**.



Helpful Resources

Statewide Resources

- **1-800-662-HELP (4357) | SAMHSA's National Helpline**
Free, confidential treatment referral and information service *available 24/7* (in English and Spanish).
- **Al-Anon.org | Al-Anon**
For people whose lives have been affected by someone else's drinking.
- **DrugFree.org | Partnership for Drug-Free Kids**
Peer support for parents and caregivers. Text **JOIN** to **55753** to get help and hope by text.
- **FindTreatment.gov**
Find treatment resources available in your area.
- **TalkNowAZ.com**
Get tips on talking to youth about alcohol and other substances.

Youth Resources

- Text **HELLO** to **741741** | *Available 24/7*
Text anonymously with a trained crisis counselor for free.
- **Teen Lifeline | Available 24/7 1-800-248-TEEN (8336)**
Arizona support line for teens operated by teens.
- **9-8-8 Suicide and Crisis Lifeline | Available 24/7**
Helps individuals in suicidal crisis with support.
- **Teens Helping Teens | Available 6p to 9p PST**
1-800-TLC-TEEN OR text TEEN to 839863 to speak with another teen.
- **Al-Anon-AZ.org/Teens-2 | Alateen: Arizona Al-Anon for Teens**
For youth whose lives have been affected by someone else's drinking.
- **LearnMoreAZ.org**
Get the facts on underage drinking and other substances.