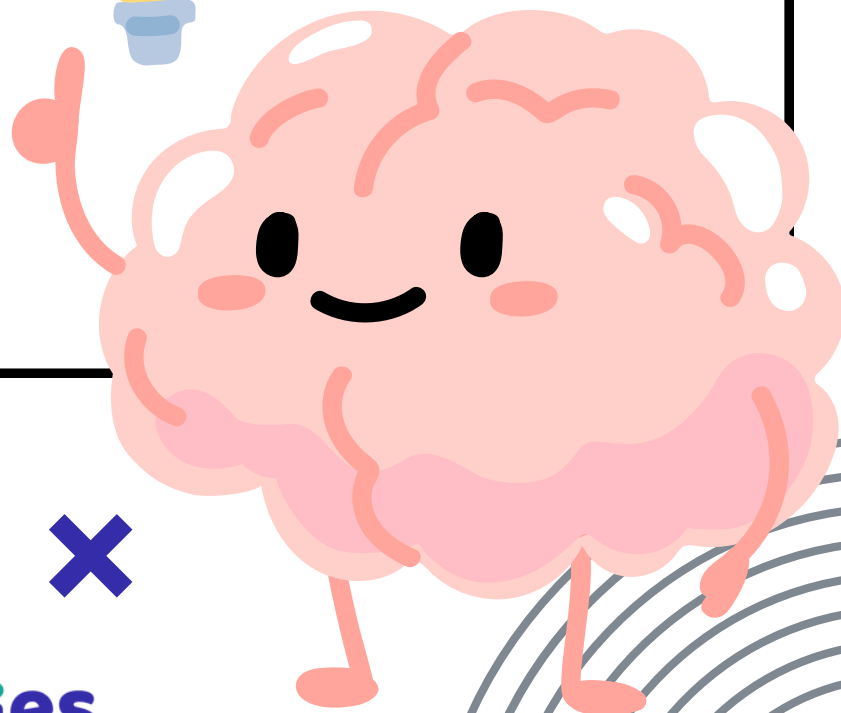




DID YOU KNOW?



**January is Substance Use Disorder
Treatment Month**



**Families
Together**
in NYS **YouthPower!**




Substance Abuse and Mental Health Services Administration (SAMHSA) has launched Substance Use Disorder (SUD) Treatment Month January 2025

The purpose of this is to raise awareness of different treatments and medications used to help those with SUD, eliminate stigma surrounding treatment, and encourage those to start their treatment and recovery journey.



CDC Data:

- 15% of high school students reported having ever used select illicit or injection drugs—cocaine, inhalants, heroin, methamphetamines, hallucinogens, or ecstasy.
 - 14% of students reported misusing prescription opioids.
 - Students who report ever using prescription drugs—without a doctor's prescription—are more likely than other students to have been the victim of physical or sexual dating violence.
 - Drug use is associated with sexual risk behaviors, experiencing violence, exploitation and mental health and suicide risks.
- 



<https://www.samhsa.gov/about/digital-toolkits/substance-use-disorder-treatment-month>

<https://www.cdc.gov/youth-behavior/risk-behaviors/substance-use-among-youth.html>

DID YOU KNOW?



4.5 MILLION youth (ages 12-17) had a major depressive episode in the past year, of which nearly 1 in 5 also had a substance use disorder






What does it mean to have co-occurring disorders?

Individuals with Substance Use Disorder (SUD) may also have other mental health disorders and those who struggle with mental health may also struggle with substance use. Though people might have both a SUD and a mental disorder, that does not mean that one caused the other

Some examples of other disorders can be:

- Anxiety
- Depression
- Attention-deficit hyperactivity disorder (ADHD)
- Bipolar disorder
- Personality disorders
- Schizophrenia

To find treatment services in your area:

- SAMHSA National Helpline at 1-800-662-HELP(4357)
 - Visit findtreatment.gov
 - Text your ZIP code to 435748
- 



DID YOU KNOW?



Your Words Matter



Compassion & Person-First Centered Language

✓ Person with a substance use disorder

✗ Addict

✗ Junkie

✗ Substance or drug abuser

✓ Drug addiction

✓ Use

✓ Misuse

✗ Habit

✗ Abuse

✓ Person in recovery

✓ Person who previously used drugs

✗ Former Addict

✗ Reformed addict

✓ Person with alcohol use disorder

✓ Person who misuses alcohol/engages in unhealthy/hazardous alcohol use

✗ Alcoholic

✗ Drunk

For more details and information, check out the link!

<https://nida.nih.gov/research-topics/addiction-science/words-matter-preferred-language-talking-about-addiction>

DID YOU KNOW?




There are many different treatment approaches for youth struggling with substance use





What can these treatments look like?



- **Outpatient Programs:** Many youth participate in outpatient treatment, where they can attend therapy and counseling while continuing their daily lives. This often includes individual counseling, group therapy, and family therapy.
 - **Inpatient Treatment:** For some youth with substance use disorders, inpatient or residential programs may be required. These programs provide intensive support, 24/7 supervision, and a structured environment to help teens detox and recover.
 - **Therapeutic Communities:** These are long-term treatment facilities where teens live in a structured, peer-based environment designed to help them learn about substance misuse and emotional regulation. This is especially effective for those with co-occurring mental health disorders.
 - **Family-Based Approaches:** Programs like Multidimensional Family Therapy (MDFT) and Functional Family Therapy (FFT) focus on improving family dynamics and creating supportive environments at home, which are key to long-term recovery.
 - **Medication for SUD:** In some cases, especially with opioid use disorder, medications may be utilized for youth. This involves using FDA-approved medications, along with therapy, to manage withdrawal and cravings.
- 
- 