

#nowyouknow ALCOHOL IN SOUTHWEST CT

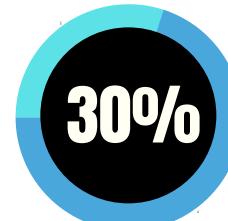


#1

#1 PERCEIVED
PROBLEM
SUBSTANCE
FOR TEENS,
YOUNG
ADULTS, AND
ADULTS UP TO
AGE 65 IN
SOUTHWEST CT

PAST MONTH ALCOHOL USE 2018

**Teens
State & US**



**Teens
Southwest
CT**



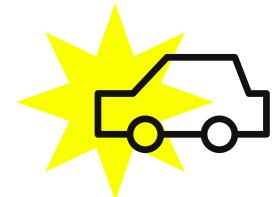
*21%-50% depending on grade and community. 14% of middle schoolers.

Binge drinking was reported by 13% of high school students in a local survey in 2018. 3%-11% of adults in the region binge drank in the past month.



8%-10% of adults in Southwest CT felt a need to cut back on their drinking/drug use in 2018

43% of fatal car accidents in Connecticut in 2017 involved a drunk driver--far above the national rate of **29%**. In Southwest CT, there were 785 DUI arrests in 2016.



Alcohol was involved in 26% of the 117 drug overdose deaths in Southwest CT in 2018. Drugs & alcohol don't mix!

*Get Informed
Get Involved*

ALCOHOL IN SOUTHWEST CT



GET THE FACTS

1. Those who start drinking before age 15 are 4x more likely to develop alcohol dependency.
2. Each year that teens delay drinking reduces their likelihood of alcohol problems by 14%.
3. Binge drinking = 5+ drinks (men) or 4+ drinks (women) within a couple of hours and can lead to alcohol poisoning and other health risks.
4. The social hosting law makes parents liable for underage drinking that takes place on their property--even without their knowledge.

Resources:

- Learn more at www.thehubct.org/alcohol
- Local Prevention Councils, Mothers Against Drunk Driving (MADD) and Students Against Destructive Decisions (SADD) groups work to raise awareness of risky behaviors
- Treatment programs are available as well as recovery options such as 12-step meetings, CT Community for Addiction recovery (CCAR), SMART Recovery, Refuge Recovery and more