



National Drug and Alcohol Facts Week® is an annual health event meant to inspire dialogue about the science of drug use and addiction among youth. It was launched in 2010 by scientists at the National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA) became a partner in 2016. This week long event provides an opportunity to bring together scientists, students, educators, healthcare providers, and community partners—to help advance the science, so that we can improve the prevention and awareness of substance misuse in our own communities and nationwide.

The McHenry County Substance Abuse Coalition was established in 1999 to work on prevention efforts in McHenry County with high schools, agencies, organizations, and within the community. We are excited to participate in National Drug and Alcohol Facts Week by sharing information we feel is significant about our own community and links to information that may be educational and beneficial to individuals, families, schools, and community members as they learn more about the issues surrounding drug and alcohol use and the larger concern of substance use disorder.

STRESS/ANXIETY/DEPRESSION:

- ◆ Millions of young adults are living with a mental or substance use disorder and many either do not realize they have one or are not paying attention to the signs and not seeking help. In fact, of the 8.9 million young adults who reported having a mental illness in 2018, more than 2 in 5 went untreated and of the 5.1 million with a substance use disorder, nearly 9 in 10 did not get treatment. <https://www.samhsa.gov/young-adults>
- ◆ 30% – 45% of adolescents and young adults with mental health disorders have a co-occurring substance use disorder, and 65% or more of youth with substance use disorders also have a mental health disorder.
<https://drugfree.org/wp-content/uploads/2019/02/Substance-Use-Mental-Health-in-Teens-and-Young-Adults.pdf>
- ◆ Nearly half of teens (46%) say they experience high stress . Compared to teens who say their stress level is low, teens who experience high stress are:
 - * Nearly three times more likely to use marijuana
 - * Twice as likely to use alcohol
 - * Almost twice as likely to use tobacco

The report also states that the number one source of stress for teens is academic pressure.

[The National Survey of American Attitudes on Substance Abuse XVII: Teens](#), prepared by the Center on Addiction

ALCOHOL:

- ◆ I am young, Is drinking bad for my health?

Yes. Studies have shown that alcohol use by adolescents and young adults increases the risk of both fatal and nonfatal injuries. Research has also shown that people who use alcohol before age 15 are six times more likely to become alcohol dependent than adults who begin drinking at age 21. Other consequences of youth alcohol use include increased risky sexual behaviors, poor school performance, and increased risk of suicide and homicide.
<https://www.cdc.gov/alcohol/faqs.htm>
- ◆ Mixing alcohol and medicines can be harmful. Alcohol, like some medicines, can make you sleepy, drowsy, or lightheaded. Drinking alcohol while taking medicines can intensify these effects. Mixing alcohol and medicines puts you at risk for dangerous reactions. Protect yourself by avoiding alcohol if you are taking a medication and don't know its effect. To learn more about a medicine and whether it will interact with alcohol, talk to your pharmacist or other health care provider.
<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/harmful-interactions-mixing-alcohol-with-medicines>

- ◆ When alcohol is mixed with caffeine, the caffeine can mask the depressant effects of alcohol, making drinkers feel more alert than they would otherwise. As a result, they may drink more alcohol and become more impaired than they realize, increasing the risk of alcohol-attributable harms. Mixing alcohol with energy drinks is a popular practice, especially among young people in the United States. In 2017, 10.6% of students in grades 8, 10, and 12 and 31.8% of young adults aged 19 to 28 reported consuming alcohol mixed with energy drinks at least once in the past year. Drinkers aged 15 to 23 who mix alcohol with energy drinks are 4 times more likely to binge drink at high intensity (i.e., consume 6 or more drinks per binge episode) than drinkers who do not mix alcohol with energy drinks. <https://www.cdc.gov/alcohol/fact-sheets/caffeine-and-alcohol.htm>

CANNABIS:

- ◆ Cannabis contains tetrahydrocannabinol (THC), a mind-altering chemical. THC over-activates certain brain cell receptors, resulting in effects such as: altered senses, changes in mood, impaired body movement, difficulty with thinking and problem-solving, impaired memory and learning. <http://www.dph.illinois.gov/topics-services/prevention-wellness/cannabis>
- ◆ The Substance Abuse and Mental Health Agency reports that marijuana is the most commonly used illicit substance in the United States, according to results from the [2018 National Survey on Drug Use and Health](#). An estimated 43.5 million individuals reported using marijuana during the past year. Marijuana use is widespread among young people. Some statistics of its use Include:
 - * 3.1 million adolescents aged 12 to 17 (about 1 in 8) used marijuana in the past year
 - * 11.8 million young adults aged 18 to 25 (about 1 in 3) used marijuana in the past year
 - * 14% of 8th graders have used marijuana in their lifetime
 - * 33% of 10th graders have used marijuana in their lifetime
 - * 44% of 12th graders have used marijuana in their lifetime
 - * 22% of 12th graders have used marijuana in the past month
 - * 6% of 12th graders (about 1 in 16) use marijuana on a daily basis
- ◆ Studies have shown that the use of marijuana is associated with reduced cognitive function in teens. One study found that teens who regularly use marijuana lose an average of 5.8 IQ points by the time they reach adulthood. A recent study found that marijuana has a more negative impact on a teenager's cognitive development than alcohol.
- ◆ Other long-term risks associated with marijuana use include respiratory issues, increased chance of lung cancer and heart attack, problems with child development during and after pregnancy, and the development of Cannabinoid Hyperemesis Syndrome (characterized by cycles of severe nausea, vomiting, and dehydration that may require emergency medical attention). <https://americanaddictioncenters.org/marijuana-rehab/effects-of-marijuana-on-teenage-brain>

OPIOIDS:

Prescription opioids that are either misused or are not prescribed to the user remain a primary concern in our community but the number one opioid killing people in our community is fentanyl found in street drugs. Fentanyl is a powerful synthetic opioid that is similar to morphine but is 50 to 100 times more potent. It is less expensive to produce than heroin and is frequently mixed with or substituted for other drugs. In McHenry County fentanyl has been found in cocaine, heroin, cannabis, and other drugs that were sold as mollies, Xanax or Percocet. If somebody is using drugs that were not purchased at a pharmacy it is critical that they test their product for fentanyl before using. (see links at the back to receive free testing supplies)

- ◆ Today's "party culture" is more likely to involve prescription medications combined with alcohol and other drugs, the consequences of which can be very harmful, particularly because people between the ages of 12 and 25 have bodies and minds that are still developing. <https://www.projectknow.com/drug-addiction/party-culture/>
- ◆ Dangerous prescription opioids are no longer just limited to Oxycontin or Vicodin. As reported by the U.S. Centers for Disease Control (CDC) in 2018, entanyl is now considered the number one drug leading to opioid overdose deaths in America. <https://www.drugs.com/illicit/fentanyl.html>
- ◆ While fentanyl has a market as a drug being knowingly bought and sold, it is also in other drugs and samples of black tar heroin, methamphetamine, cocaine, and counterfeit or pressed pills have tested positive for fentanyl. <https://harmreduction.org/issues/fentanyl/>
- ◆ More dangerous adulterants like fentanyl, carfentanil, and U-4770 (Pink) are now commonly cut into street drugs and counterfeit prescription painkillers, and they pose an extreme risk to users. These adulterants contain as much as 100 times the potency of morphine, and even a small amount (the size of a snowflake) can be fatal. <https://www.projectknow.com/drug-addiction/>

LOCAL RESOURCES:

McHenry County Substance Abuse Coalition: www.McHenryCountySAC.org

McHenry County Mental Health Board: MC708.org

McHenry County Crisis Line: <https://www.nm.org/locations/crisis-services-mchenry-county>

McHenry County A Way Out Program: nfo@NDARS.org

Information to receive free fentanyl test strips or naloxone (narcen) opioid reversal kits:

Live 4 Lali.org or 224-297-4393

Resource Guide: People In Need 2021: English: <https://www.mchenry.edu/pin/PINDirectory.pdf>

Spanish: <https://www.mchenry.edu/pin/PINDirectoryspanish.pdf>

ADDITIONAL INFORMATION:

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/understanding-dangers-of-alcohol-overdose>

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/harmful-interactions-mixing-alcohol-with-medicines>

<https://alcoholpolicy.niaaa.nih.gov/>

<https://www.cdc.gov/alcoholportal/index.html>

<https://www.cdc.gov/alcohol/fact-sheets/caffeine-and-alcohol.htm>

<https://www.drugabuse.gov/publications/national-drug-alcohol-iq-challenge>

<https://www.washingtonpost.com/nation/2021/03/08/bowling-green-stone-foltz-hazing/>

ACTIVITIES:

National Drug and Alcohol IQ Challenge:

<https://teens.drugabuse.gov/quiz/national-drug-alcohol-facts-week/take-iq-challenge/2020>

Shatter the Myths: Kahoots Games:

https://create.kahoot.it/pages/test/dea33ab0-584e-4ed0-9464-5a1ec01b22aa?_id=1584372908

Games: <https://teens.drugabuse.gov/teens/games>

Drug Facts Challenge Game: <https://teens.drugabuse.gov/teens/games/drug-facts-challenge>

Classroom Lesson Plans: <https://teens.drugabuse.gov/teachers/lessonplans?sort=changed:desc>

Educational Booklets: <https://teens.drugabuse.gov/teachers/mind-matters>

EVERYBODY NEEDS HELP SOMETIMES

IN A CRISIS? JUST NEED TO TALK?
CAN'T FIND HELP?



McHELP App can be downloaded from Apple Store or Google Play and is a quick click to reach crisis support and information via text. Anonymous access to trained, licensed crisis counselors in times of emergency, concern, anxiety or need.



McHenry County Crisis Services serves as the first point of contact for callers in need of immediate assistance for mental health emergencies, intense personal, family and/or marital problems and referrals to services in the county.

1-800-892-8900



United Way 211 is available 24/7 to make referrals to health and human service agencies - from mortgage, rent, and utility assistance to food banks, child care, health services, job training, clothing, emergency shelter, counseling and more.

2-1-1



The McHenry County Mental Health Board is able to assist with questions regarding mental health and substance abuse resources available in McHenry County.

815-455-2828

McHenry County Cares



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