

# ALCOHOL AND DRUG ABUSE RESOURCES

- **SouthLight** – a private, non-profit organization whose mission is to eliminate addiction, abuse and misuse of drugs and alcohol in the community. [www.southlight.org](http://www.southlight.org)
- **First Step Services, LLC** – provides alcohol & drug abuse counseling and mental health counseling for adults, adolescents and families. [www.firststepgarner.com](http://www.firststepgarner.com)
- **The Anti Drug** – parenting advice – This course notes the most popular communication tools used by teens and offers help to parents in monitoring their teen’s activities. [www.theantidrug.com](http://www.theantidrug.com)
- **Foundation for a Drug-Free World** – “The best solution to the drug problem is education. Much of what kids hear on the streets about drugs comes from those selling them.” The website provides resources for anyone—kids, parents, teachers, counselors, law enforcement officers, youth workers, drug prevention and rehabilitation specialists, and health professionals. [www.drugfreeworld.org](http://www.drugfreeworld.org)
- **The Passage Group** – “We define today’s toxic culture as: sex as sport; drugs and drunkenness as normal; and violence and death as entertainment.” – a drug and alcohol prevention program – [www.thepassagegroup.com](http://www.thepassagegroup.com)
- **Wake County Alcoholism Treatment Center** – [www.wakegov.com](http://www.wakegov.com)  
(919) 250-1500
- **Turning Point Youth & Family** – [www.maps.google.com](http://www.maps.google.com)  
(919) 781-8161, 781-4389
- **HELPGUIDE** – Drug abuse treatment, recovery, and help – [www.helpguide.org](http://www.helpguide.org)
- **Alcohol & Drug Abuse Services** – [www.maps.google.com](http://www.maps.google.com)  
(919) 733-4670
- **Narcotics Anonymous** – [www.capitalareancna.com](http://www.capitalareancna.com)  
(877) 590-6262
- **Fellowship Health Resources** – [www.fellowshiphr.org](http://www.fellowshiphr.org)  
(919) 573-6520
- **Wake County Human Services** – [www.wakegov.com](http://www.wakegov.com)  
(919) 856-6400



# ALCOHOL & DRUG USE FACTS & STATISTICS

*(US Department of Health and Human Services, National Institute on Drug Abuse, The Center for Disease Control, The National Household Survey on Drug Abuse, [www.theantidrug.com](http://www.theantidrug.com), [www.thepassagegroup.com](http://www.thepassagegroup.com))*

**JUST THINK  
FIRST**  
personal responsibility

- 40% of those who start drinking at age 13 develop alcohol dependence; 10% who start at age 17 develop dependence.
- 63% of youth who drink first got alcohol from their home or a friend's home.
- Alcohol kills 7 times more teenagers than all other drugs. It is used by more young people in the US than tobacco and illicit drugs.
- Excessive alcohol consumption is associated with over 75,000 deaths per year in the US. It is a factor in over 41% of all deaths by motor vehicle.
- Current alcohol use among high school students remains at 50%. In 2009, 25% of high school students reported episodic binge drinking.
- Almost half of Americans 12 and older reported being drinkers of alcohol in the year, 2000.
- In 2000, 20% of those aged 18-25 reported driving under the influence of alcohol.
- Nicotine is considered to be the #1 entrance drug into other substance abuse problems.
- Marijuana is the most commonly used illicit drug among youth in the US. 25% of 8th graders report they have used marijuana.
- Marijuana use has been linked to schizophrenia in later years.
- The use of drugs and alcohol at an early age contribute to a teen's lack of motivation and performance in school and, the risk of depression later in life.
- In the year 2000, over 14 million Americans were current illicit drug users.
- Among youths who were heavy drinkers in 2000, 66% were also illicit drug users.
- Pharma parties are becoming popular today. A pharma party is where prescription drugs are thrown into a large bowl; students then grab a handful and take them.
- Prescription medications most commonly misused by teens include: pain relievers, tranquilizers, stimulants, and depressants.
- According to the National Household Survey on Drug Abuse, 17 million Americans have tried huffing or inhaling intoxicating fumes from common products.
- Drug use contributes to the HIV epidemic and to infant morbidity and mortality.
- An estimated 7 million persons reported driving under the influence of an illicit drug at some time in the past year.