

HELPFUL RESOURCES

Houston Department of Health and Human Services
<http://www.houstontx.gov/health/>

Association for the Advancement of Mexican Americans
713-926-9491

CDC—Alcohol and Other Drug Use
<http://www.cdc.gov/HealthyYouth/alcoholdrug/>

Center for Success and Independence
713-426-4545

Center for Recovery & Wellness Resources
<http://wellnessandrecovery.org/>

The Council on Alcohol and Drugs Houston
713-942-4100

The High Road
713-914-0556

Houston Recovery Campus
713-331-2636

IntraCare Hospital
713-790-0949

Lifeway Recovery
713-270-6753

Memorial Hermann Prevention and Recovery Center
713-939-7272

Palmer Drug Abuse Program
281-589-4833

Odyssey House Texas
713-726-0922

Riverside General Hospital
713-331-2611

SAMHSA
<http://www.samhsa.gov/>

Teen and Family Services
713-464-3950

West Oaks Hospital
713-995-0909

Office of Adolescent Health
<http://www.hhs.gov/ash/oah/adolescent-health-topics/index.html>

GET INVOLVED!

Youth⁹

- Try not to isolate yourself: spend time with friends, especially those who are active, upbeat, and make you feel good about yourself.
- Ask for help if you're stressed: If you're dealing with relationship, friendship, or family problems, talk to an adult you trust, talk to a teacher or school counselor if exams or classes seem overwhelming.
- Learn how to establish and maintain healthy peer relationships.

Parents^{9, 11}

- Show interest in your teen's school and extracurricular interests and activities and encourage him to become involved in activities such as sports, music, theater, and art.
- If your teen engages in interactive internet media such as games, chat rooms, and instant messaging, encourage her to make good decisions about what she posts and the amount of time she spends on these activities.

School Personnel^{12, 13}

- Create opportunities to develop self-awareness of behavioral triggers and reasonable accommodations for use in educational and workplace settings.
- Improve generic life skills with family participation.
- Provide opportunities to become involved in positive experiences with others in the school and community.

Community^{14, 15}

- Hold a community forum to encourage teen/adult dialogue.
- Push for ordinances restricting youth access to drugs, tobacco and alcohol.
- Get youth and families involved in creating and implementing prevention and treatment programs.

References and More!

Please visit <http://www.houstontx.gov/health/hdhhs-profiles> for a full list of references.

Other Titles in this Series:

- Teen Pregnancy & Prevention
- Youth Suicide Prevention
- Youth Mental Health
- Youth Violence Prevention
- Teen Dating Violence Prevention
- Youth Immunizations
- Teen Obesity & Prevention
- Youth Homelessness
- Youth Sexual Health, STIs & HIV
- Youth Bullying & Prevention
- Overall Summary of Teen Health Issues

For more information, please contact Adolescent Health and Injury Prevention (AHIP) via the Houston Youth Voice, Health, Safety Coalition at: 4youthvoice@houstontx.gov
Facebook: [4youthvoicehouston](https://www.facebook.com/4youthvoicehouston) Twitter: [@4youthvoice](https://twitter.com/4youthvoice)

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YOUTH IN HOUSTON & HARRIS COUNTY^{1,3}

Population*

Houston: 601,918 (29%)
Harris County: 1,263,889 (31%)

Poverty

Children under 18 living below poverty level:
Houston: 35.3%
Harris County: 27.4%

Education

High School Graduates (ages 18-24):
Houston: 29.3%
Harris County: 30.5%

DEMOGRAPHIC SNAPSHOT OF YOUTH¹⁴

Below is a snapshot of the demographics for youth living in Houston and Harris County.

Gender

Houston:	Harris County:
Male: 51%	Male: 51%
Female: 49%	Female: 49%

Age

Houston:	Harris County:
Under 5 years: 28%	27%
5 to 9 years: 25%	25%
10 to 14 years: 23%	24%
15 to 19 years: 24%	24%

Race/Ethnicity

Harris County:
Hispanic: 51%
White: 23%
Black: 19%
Other: 7%

* Percentages (youth under the age of 19) are representative of the total Houston/Harris County population.
† As of 2010, percentages are based on total population of Houston and/or Harris County under the age of 19.

YOUTH
voice health safety

Adolescent Health and Injury Prevention (AHIP)

YOUTH SUBSTANCE ABUSE & PREVENTION

Profile of the City of Houston & Harris County, Texas

The 2013 National YRBS reports that Substance Abuse is among one of the leading causes of death for persons aged 10-24 years.⁵ Each year, approximately 5,000 young people under the age of 21 die as a result of alcohol-related car crashes, homicides, suicides, alcohol poisoning, and other injuries such as falls, burns, and drowning.⁶ Extended abuse of drugs and alcohol can lead to impaired judgment and increases the risk of death or injury by motor vehicles, infectious diseases (needle-sharing/unprotected sex), and unwanted pregnancies and/or premature births.⁷

Alcohol⁵

National

18.6% of students reported having consumed alcohol before the age of 13, of those, 20% were male, and African American and Hispanic youth were disproportionately affected.

Texas

In 2012, 58% of students in grades 7 to 12 reported ever using alcohol, and 25% reported consuming alcohol in the last month.

Houston

21.1% of students in grades 7 to 12 reported drinking alcohol before the age of 13, and 31% of students currently drink alcohol.

Illicit Drug Use

National⁸

In 2013, approximately 26.4 million Americans beginning at the age of 12 reported using illicit drugs (within a month prior to survey). There were over 2.8 million new users of illicit drugs in 2013, and over half, 54.1%, were under 18 years of age.

Texas⁵

In 2013, the YRBS reported that 38% of Texas high school students in grades 9-12 had ever smoked marijuana, compared with 44% in 2011.

Nearly nine of every 100,000 Texans died from prescription drug overdoses in 2012, most caused by abuse of illegally obtained prescription medications.⁸

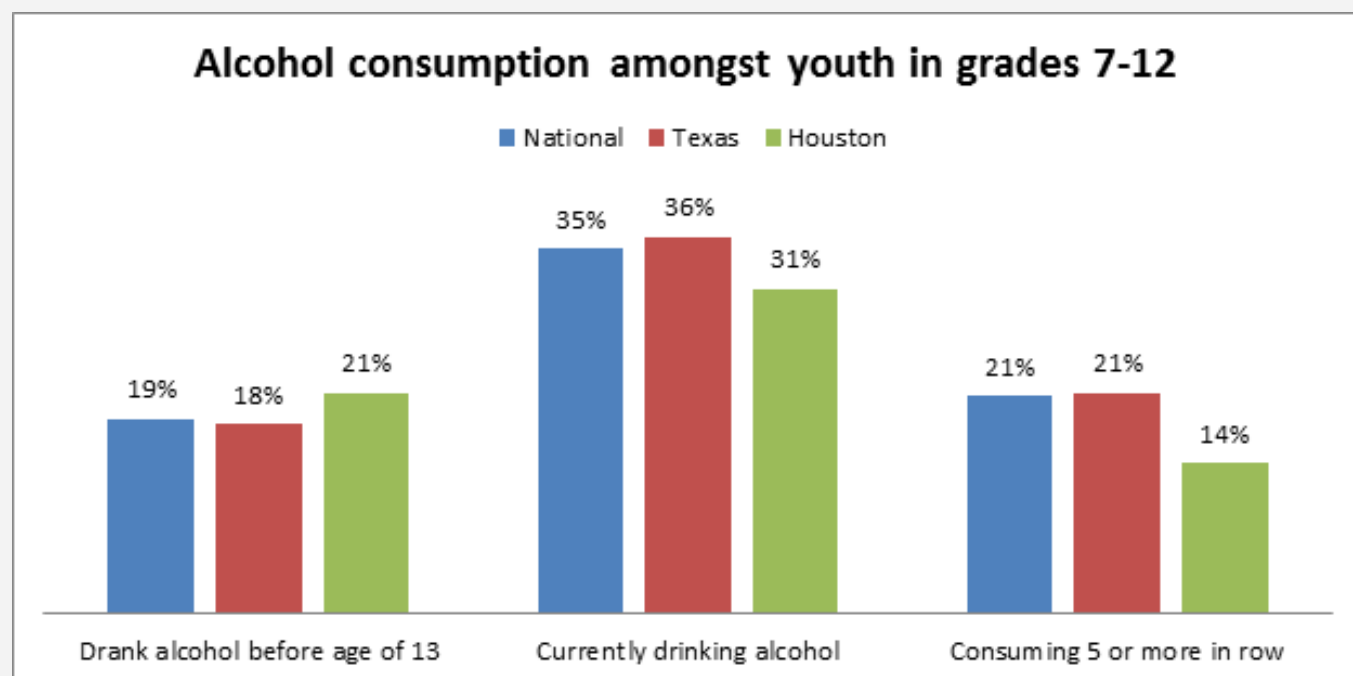
Houston⁵

31% of students in grades 7 to 12 reported using marijuana.

12% of students in grades 7 to 12 report abusing prescription drugs.

Alcohol is the primary drug of abuse in Texas.⁹

ALCOHOL CONSUMPTION ⁵



Common risk factors for teen drug abuse include:¹⁰

- A family history of substance abuse.
- A mental or behavioral health condition, such as depression, anxiety or attention-deficit/hyperactivity disorder (ADHD).
- Early aggressive or impulsive behavior.
- A history of traumatic events, such as experiencing a car accident or being a victim of abuse.
- Low self-esteem or poor social coping skills.
- Feelings of social rejection.
- Lack of nurturing by parents or caregivers.
- Academic failure.
- Relationships with peers who abuse drugs.
- Drug availability or belief that drug abuse is okay.

“An ounce of prevention is worth a pound of cure.” — Benjamin Franklin

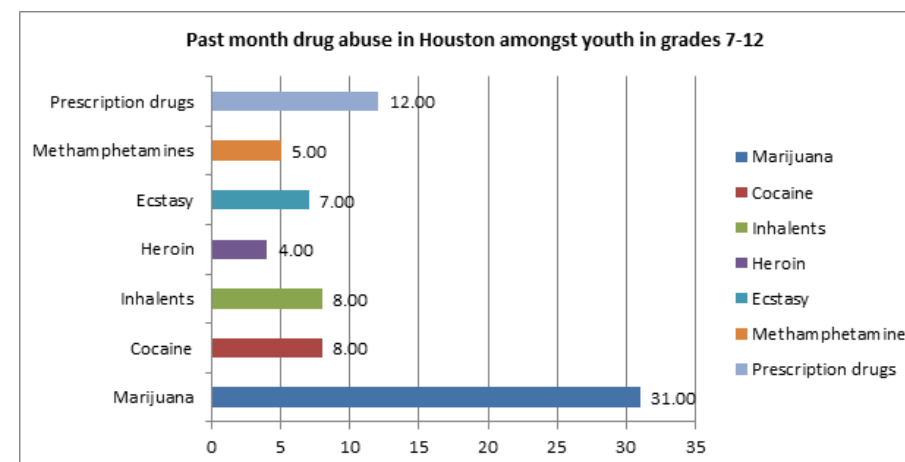
WHAT WORKS?

The programs listed below are a compilation of initiatives, campaigns, and programs that are research informed, apply best practices and have the potential to be implemented in various settings. Below are some examples of these types of programs for substance abuse prevention and intervention.

Program	What Is It?	Website
Drugs: True Stories*	A multimedia intervention designed to prevent drug use among young people in grades 5-12 by positively changing the attitudes of youth and their parents and other caregivers in regard to the use of drugs.	http://www.wordscanwork.com/products/product.html?prod=017
Keep A Clear Mind (KACM)*	A take-home drug education program for elementary school students in grades 4-6 (ages 9-11) and their parents designed to help children develop specific skills to refuse and avoid use of "gateway" drugs.	http://www.keepaclearmind.com/main_index.php
Hip Hop 2 Prevent Substance Abuse and HIV (H2P)*	H2P is designed to improve knowledge and skills related to drugs and HIV/AIDS among youth ages 12-16 with the aim of preventing or reducing their substance use and risky sexual activity.	http://www.ypci.org/projects.html
Keepin' it REAL*	A multicultural, school-based substance use prevention program for students 12-14 years old. Keepin' it REAL uses a 10-lesson curriculum taught by trained classroom teachers in 45-minute sessions over 10 weeks, with booster sessions delivered in the following school year.	http://kir.psu.edu/about.shtml

*Denotes evidence based program as listed by SAMHSA—National Registry of Evidence-based Programs and Practices.

DRUG USE DATA ¹¹



Related Policies and Policy Implications:¹³

Drug Demand Reduction Advisory Committee (DDRAC)

The 77th Texas Legislature (2001) passed **Senate Bill 558** establishing the Drug Demand Reduction Advisory Committee (DDRAC) with a mandate to develop comprehensive statewide strategy and legislative recommendations that will reduce drug demand in Texas. The Statute mandates that 16 state agencies participate in this effort, as well as five at-large members from different geographical areas within the state.

Comprehensive policies are needed which address substance abuse prevention, intervention and tertiary services and supports.

Recommendations:¹²

- Adopt a comprehensive statewide school substance abuse policy that addresses the risk factors.
- Promote partnerships between the school, community, and students.
- Provide staff, parents, and law enforcement with training and education.
- Increase funding to access prevention and treatment services.
- Increase funding for inpatient and residential stays in rehabilitation and treatment facilities.