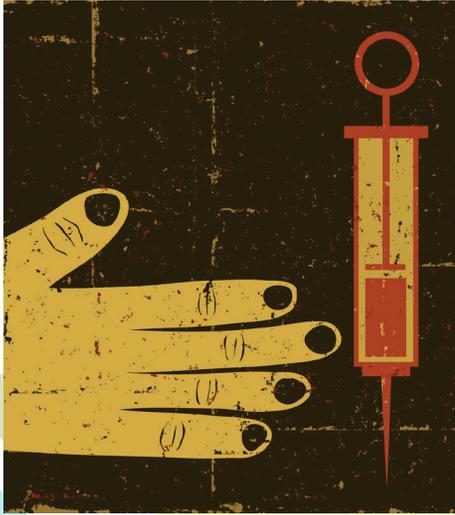


# Substance Abuse

## BAPC FAST FACTS

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Substance use and abuse is an issue that impacts millions of adolescents each year in the United States. Alcohol and tobacco continue to constitute the largest percentage of substances used by adolescents. **According to a 2016 survey, over 850,000 adolescents aged 12-17 reported having smoked cigarettes in the past 30 days. While cigarette use has declined since 2002, about 1 in 8 12-17-year-olds were using tobacco. According to the U.S. Department of Health and Human Services, tobacco use is the number 1 leading cause of preventable death in the United States.** In 2016 around 2.3 million adolescents aged 12-17 were current alcohol users. This represents about 9% of this age group. More alarmingly, nearly 5% of children in this age range reported past 30-day binge alcohol use.

Early use of drugs and alcohol can significantly increase the chances of a person developing an addiction. Addictive tendencies are higher during times of transition, so pre-teens and teenagers are at an elevated risk of falling prey to addiction while moving from middle to high school for example. The National Institute on Drug Abuse proclaims that “Family bonding is the bedrock of the relationship between parents and children.” **Prevention begins at home with parents.** Help your child identify and participate in a rewarding hobby like music, art, or writing to develop your child’s *creativity*. Participation in positive activities helps reduce exposure to situations where they may be tempted by peer pressure to use drugs or alcohol.

Being present for your child can be the key to preventing substance use and abuse. Taking the time to talk to them and more importantly, listen to them makes a huge difference. Offer guidance and establish rules around substance use. Model responsible behaviors around your children. **Know who their friends are, be aware of their environment, and be open to discussing alcohol and drug use.** Equip them with the best information and strongest tools to make responsible decisions. The more information they have about the possible effects of drug and alcohol use, the better their *judgment* will be when evaluating scenarios they find themselves in.

At Beech Acres Parenting Center we believe the best way to help children

is through their parents. You have the strengths you need to raise capable, caring, contributing children and we’re here to help. To learn more about addressing substance abuse or other parenting issues schedule a parent coaching session today.

### Additional Resources:

<https://www.samhsa.gov/find-help/national-helpline>

[http://www.who.int/topics/substance\\_abuse/en/](http://www.who.int/topics/substance_abuse/en/)

<https://lindnercenterofhope.org/details/drug-treatment-cincinnati/>

<https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preventing-drug-abuse-best-strategy>

<https://www.drugabuse.gov/publications/preventing-drug-abuse-among-children-adolescents-in-brief/prevention-principles>

At Beech Acres Parenting Center, we uncover the natural gifts of children by unleashing the power of parents and caregivers. As a contemporary parenting center, BAPC serves over 20,000 people annually through a wide range of services including foster care, adoption, behavioral health support, parent coaching and much more. All of our programs are founded in our Natural Strength Parenting™ framework which enables parents to unlock their own potential by building on their unique strengths. For more information, visit [www.beechacres.org](http://www.beechacres.org).

NATURAL STRENGTH PARENTING™

  
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