

# Substance Use Prevention Collaboration in Action

## How does collaboration make prevention more effective?

Investments in proven prevention strategies are working to keep most youth alcohol and drug-free, however, prevention programs are not available in every community. Effective prevention requires many partners in every community, working together to address substance abuse.

Young people need consistent, non-use messages and support throughout their community to help them make healthy choices. Consider ways you can engage partners in the following actions. For examples and stories about collaboration from other communities, visit <https://captcollaboration.edc.org/>.

### Actions for Parents

- **Bonding:** Kids who feel close to their parents are less likely to use alcohol or marijuana. It's important to stay involved and support their interests.
- **Set boundaries:** Set clear rules and expectations about no alcohol or marijuana use. Talk with your kids early and often about the importance of staying alcohol and drug-free. Never give alcohol or marijuana to anyone under the age of 21.
- **Monitoring:** Always know where your kids are, who they are with and what they will be doing. Check with other parents to make sure they are home to supervise.
- **Lock up any alcohol, marijuana or prescription drugs at home.**
- **Teach your kids about the ways substance use can harm their health and future plans.** Kids who learn about the risks of drugs at home are less like to use them (*Partnership Attitude Tracking Study*). Get tips for talking with kids at [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- **Take action if you think your teen is using alcohol or marijuana.** Talk to your school's counselor, or for confidential information and referrals to help in your area, call the **Washington Recovery Help Line at 1-866-789-1511**.

### Actions for Schools

- **Ensure your district's policies that prohibit alcohol and drugs on campus are clearly visible to all students.** Remind students regularly what the consequences are for violations and that all students will be held accountable.



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- At the beginning of each school year, remind students, parents and staff about the policy and consequences. Let everyone know how to get help for substance use, anxiety and depression, or problem gambling. TeenLink is a free, confidential service staffed by trained teens: **1-866-833-6546**.
- Mentor students in organizing clubs to promote healthy and fun activities and peer-led prevention campaigns. Use Healthy Youth Survey data to show students that most of them are not using alcohol or other drugs.

## ● Actions for Faith-based Organizations

- Encourage parents to be healthy role models and network with other parents to monitor kids.
- Schedule speakers to provide parents with information about risk and protective factors for teen substance use.
- Create 'prayer partners' with those concerned about underage substance use.
- Partner with others in your community to recognize youth for making positive choices.

## ● Actions for Health Care Providers

- Provide brochures or handouts in waiting areas with substance use prevention strategies for parents. Get information at [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- Educate patients about the unhealthy use of alcohol or other drugs, including how much alcohol is considered one drink.
- Screen patients for substance use disorders, and refer at-risk individuals for an alcohol/drug assessment. For educational materials and screening information and tools visit [www.dshs.wa.gov/wasbirt](http://www.dshs.wa.gov/wasbirt).
- Follow up with at-risk patients to see if they received screening and treatment services. Patients can get free, confidential referrals by calling the [Washington Recovery Help Line: 1-866-789-1511](tel:1-866-789-1511).
- Get information about opioid prescribing guidelines and preventing and reversing overdose at [www.stopoverdose.org](http://www.stopoverdose.org).

## ● Actions for Retailers

- Train employees on how to avoid selling to minors. Educate them about the consequences for selling to minors.
- Monitor staff to make sure they follow policies and laws.
- Place alcohol in an area that minimizes the risk of theft.
- Keep alcohol products in one location in the store. Do not place alcohol next to products that are popular with young people, such as candy, soda pop, games and toys.
- Minimize alcohol and tobacco advertising in your store, and make sure it doesn't appeal to youth.