

# Youth Substance Use

NH is ranked in the **TOP TEN** states for past month\* **marijuana** use among 12 – 20 year olds.

NH ranked **2<sup>nd</sup> in the nation** for past month\* **alcohol** use among 12 – 20 year olds.

**1 in 6** NH teens have abused **prescription drugs**.

*\*a gauge for “current use”*

[2013 Youth Risk Behavior Survey Results](#)

[2012 National Survey for Drug Use and Health](#)

NH ranked in the TOP TEN states for past month marijuana use among 12-20 year olds.



Partnership for a  
**drug free NH** ★

[ChecktheStatsNH.org](http://ChecktheStatsNH.org)

# Best Practice Prevention Strategy: *Don't Assume Your Kids Know*

- Youth are up to **50% LESS likely** to use substances if parents communicate their disapproval & engage in regular dialogue about making healthy choices.
- For tips on how to talk to your child – *from elementary through high school* – visit:  
[www.checkthestatsnh.org](http://www.checkthestatsnh.org)

# Regional Update

**We are creating opportunities for all community sectors to come together:**

- 1) Continuum of Care** – A roundtable discussion with Prevention, Early Intervention, Treatment and Recovery Supports to identify region’s resources and gaps.
- 2) Collective Impact Training** – Learning how to move from collaboration to integration in our work.
- 3) Regional Substance Misuse Summit** - Bringing community together to focus on best practices in substance misuse prevention, and promotion of treatment and recovery.

# Adolescent Behavioral Health Treatment Resources

## *Outpatient Services:*

- Child & Family Services, Laconia, 518-4382
- Horizons Counseling Center, Gilford, 524-8005
- Genesis Behavioral Health, Laconia, 524-1100



Hope for NH Recovery is a grassroots alliance of people in recovery, their families and friends, and concerned members of the community.

**Goal is to advocate for, educate, and improve the public perception about those in recovery from substance use disorders.**

They collaborate with local resources to provide recovery support services such as telephone support, recovery coaching, and community based trainings.

[www.hopefornhrecovery.org](http://www.hopefornhrecovery.org)