

**"Where there is
life, there is hope"**

JULY NEWSLETTER

Awareness On Substance Abuse

What is Substance Abuse?

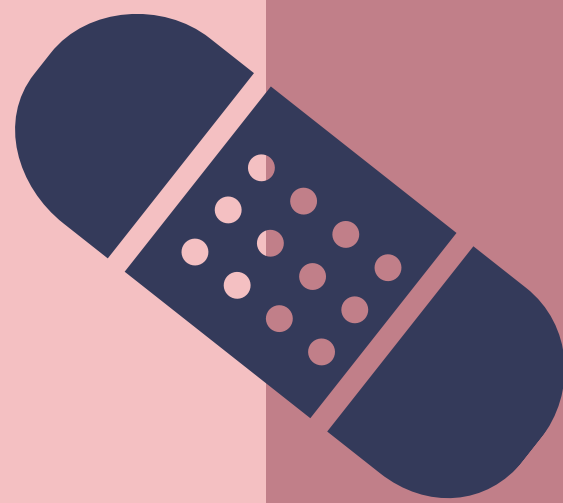
Substance abuse is the repeated harmful use of any substance, including drugs and alcohol. The substances may be legal, prescription drugs or banned substances as well, some that are not even classified as drugs.

Substance abuse occurs in any age group, but it is especially prevalent in people aged adolescents and people in their mid-twenties.

In one survey of around a thousand adolescents between 12-17 years old, 75% said they felt peer pressure or influence to engage in either drug or alcohol use when they saw their peers smoking or drinking on social media

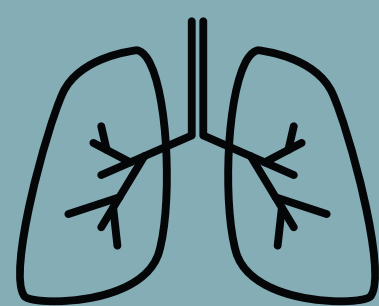
Side effects of drug addiction may include:

● A weakened immune system, increasing the risk of illness and infection.



● Nausea and abdominal pain, which can also lead to changes in appetite and weight loss.

● Lung disease.



● Heart conditions ranging from abnormal heart rates to heart attacks and collapsed veins and blood vessel infections from injected drugs.

● Increased strain on the liver, which puts the person at risk of significant liver damage or liver failure.

● Seizures, stroke, mental confusion, and brain damage.

● Problems with memory, attention, and decision making, which make daily living more difficult

How can substance abuse be prevented?

While there is no one way or guaranteed way to

prevent someone from abusing drugs and alcohol, there are things that everyone can do to prevent substance abuse.

Here are the top five ways to prevent substance abuse:

- **Understand how substance abuse develops.**
- **Avoid temptation and peer pressure**
- **Seek help for mental illness.**
- **Examine the risk factors.**
- **Keep a well-balanced life**

Causes, Risks, and Prevention

Substance abuse is a condition in which there is uncontrolled use of a substance despite harmful consequences. The people with Substance abuse have intense focus on using a certain substance such as alcohol, tobacco, or drugs to the point that it impairs their ability for day-to-day functioning.

Causes in Teens:

There are multiple factors influencing it like social pressure, individual characteristics, psychiatric problems, and genetic vulnerability. Parental and peer substance use are two of the most common factors contributing to youthful decisions regarding substance abuse.

Some adolescents are at a higher risk of developing substance abuse with one or more of following conditions:

- 1) Children of substance abusers
- 2) Victims of physical, mental, or sexual abuse
- 3) Mental health problems like depressed or suicidal teens.
- 4) Physically disabled adolescents

Risks and consequences of substance abuse:

- a) Affect the growth and development of teens, especially brain development.
 - b) Associated with other risky behaviors like rash driving, violence.
 - c) In the future, it contributes to developing health issues like heart disease, high blood pressure and sleeping disorders.
 - d) No useful constructive contribution to the society or career
 - e) Risk of influencing contacts for substance abuse.
- The earlier teens start using substances, the greater their chance of continuing using the substance later in life

Prevention:

School based prevention programs - provide drug and alcohol education and interpersonal and behavior skill training.



Family focused prevention program – involves parent training, family skill training, family self-help group

Community based programs - involve media and aim for parents and community groups.

Youth Substance Abuse

Substance abuse has become a large phenomenon in the past two decades affecting all segments of society. The use of alcohol, tobacco and various drugs among youths is an issue of national importance. Concerns have focused not only on the physiological and behavioural impact of substance abuse on the youths but also on the public health hazards.

Now one may ask, what are the consequences of Youth Substance Abuse?

There are consequences for family members, the community, and the entire society.

Broadly consequences of substance abuse can be explained in following headings:

Academics

Declining grades, absenteeism from school/college and other activities, and increased potential for dropping out of school/college are problems associated with youth substance abuse.

It is estimated that there are about 62.5 million alcohol users, 8.7 million cannabis users and about 2 million opioid users in India. There are an estimated 250 million tobacco users of age 10 and above.



Health and Safety

Drugs affect our nervous system and act by altering a person's feelings, thoughts and behaviour. They act by directly affecting the brain leading to various complications, health and behavioural problems, Injuries due to accidents, physical disabilities and diseases as well

Social and economic consequences

In addition to personal adversities, the abuse of alcohol and other drugs by youth jeopardizes many aspects of family life, sometimes resulting in family dysfunction. The social and economic costs related to youth substance abuse are high, hence increased burdens for the support of adolescents and young adults who aren't self supporting, and greater demands for medical and other treatment services for the youth.



EVERY DAY IS A SECOND CHANCE

Every year thousands of teenagers suffer due to substance abuse because they are not happy with their lives and feel they can solve it by taking drugs.

There are many people who have overcome addiction by seeking appropriate medical help and going to rehab centres.

The following points are some of the motivating factors that have helped people come out of addiction:

TALKING TO OTHERS AND REDISCOVERING HAPPINESS INSIDE YOU

Love and care from your friends and family is definitely one of the main keys to recovery.

SEEKING APPROPRIATE ADVICE

makes you feel better as it prevents you from taking drugs again.

REDISCOVER your talent and move towards your goal.

We as a society should move towards the betterment of the future. Every day is a second chance. A popular quote says:

“SOMETIMES YOU CAN ONLY FIND HEAVEN BY BACKING AWAY FROM HELL”

Scroll to find an infographic with an overview of everything discussed here!



SUBSTANCE ABUSE



THE DANGERS OF IT.

Drugs of abuse do more than just altering your moods. They can cloud your judgement, distort your perceptions, alter your reactions and their timings. For many legal substances too, the line between use and abuse is not clear. Generally, in these situations, only the individual himself can determine where use ends and abuse begins. The question to ask yourself is, "Is this causing me harm?"



WHAT DOES IT MEAN?

Substance abuse can be defined as a pattern of harmful use of any substance for mood-altering purposes. These substances may include alcohol, drugs, etcetera.



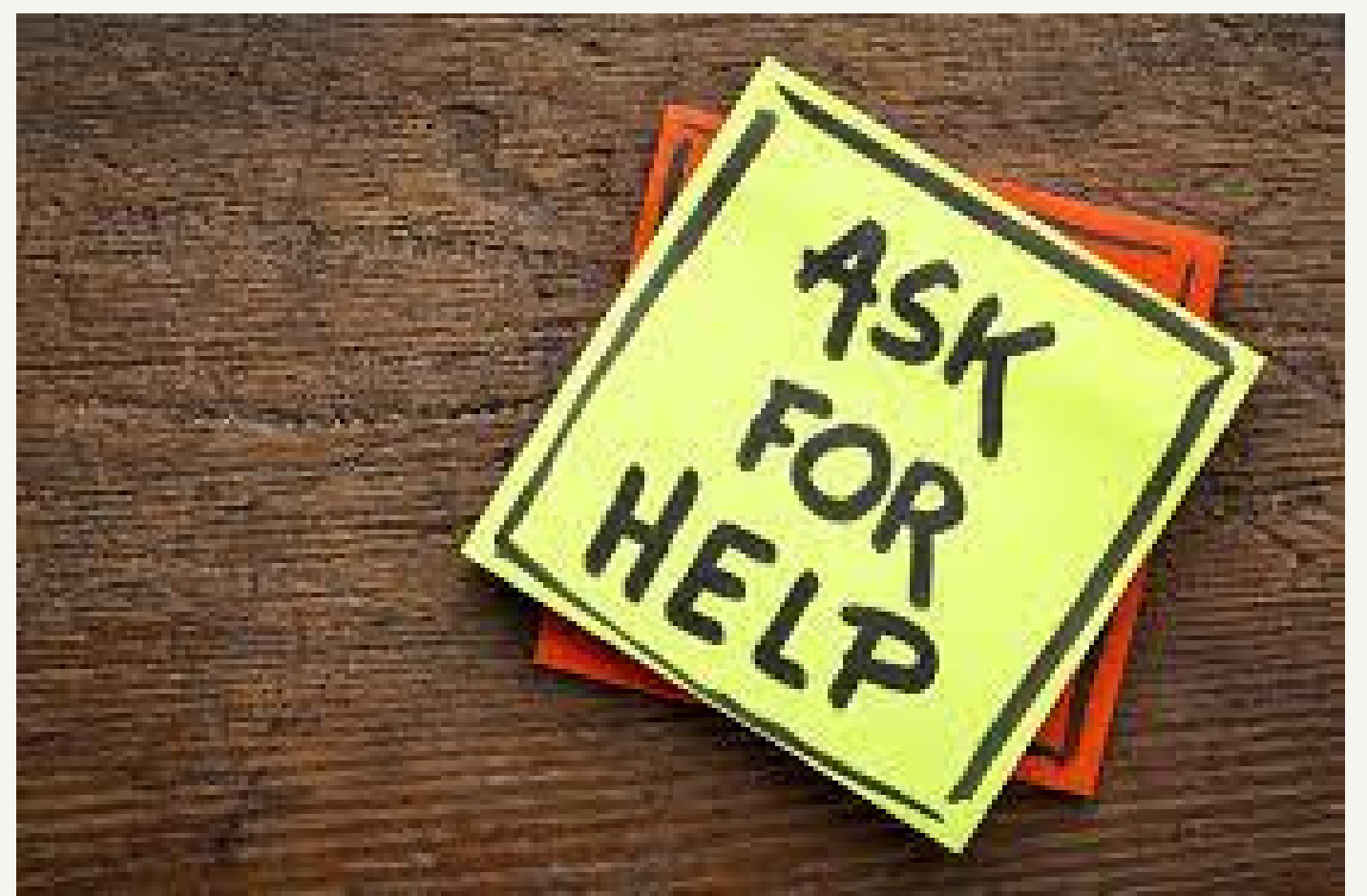
HOW DO DRUGS AFFECT THE BRAIN?!

Different drugs do different things. But they all affect the brain, Repeated drug use can reset the brain's pleasure meter so that without the drug, you feel hopeless and sad. Eventually, everyday fun stuff like spending time with friends or playing with your dog doesn't make you happy anymore.

BUT REMEMBER, YOU ARE NOT ALONE.

Getting clear on your goal before putting it into practice is helpful for success in changing addictive behavior.

Approaching an adult (parent, teacher, etc.), Consulting a doctor, addiction counselor, or psychologist is particularly helpful at this stage, as these professionals can help you understand the risks and what can help alleviate them.



PREPARE TO CHANGE!

Once you are clear on your goal, you may still need to prepare to change. Preparations include removing addictive substances from your home, as well as eliminating triggers in your life that may make you more likely to use those substances again. Take time to contact friends and family who will support you in your goals without being judgmental if times become hard and you slip up.

Time
TO
CHANGE

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FOR MORE INFORMATION:
[HTTPS://WWW.VERYWELLMIND.COM/OVERCOMING-ADDICTION-4157285](https://www.verywellmind.com/overcoming-addiction-4157285)

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