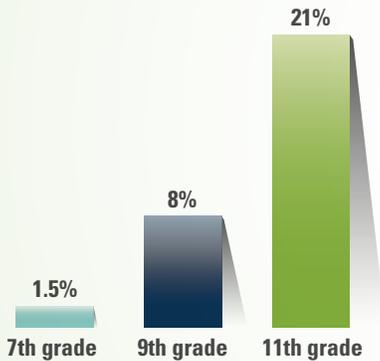


ALCOHOL PAST 30 DAY USE

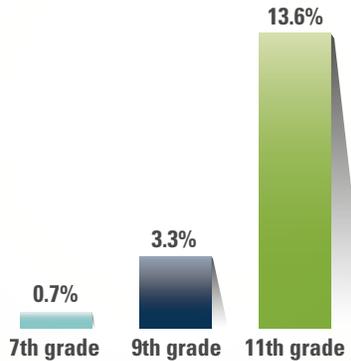
Most teens report not drinking recently.



Source: MiPHY 2018

BINGE DRINKING IN THE PAST 30 DAYS

Most teens who reported drinking recently did not binge drink.



Source: MiPHY 2018

FEMALES REPORT DRINKING AND BINGE DRINKING AT HIGHER RATES COMPARED TO MALES.

Young females are routinely targeted by alcohol advertisements, which may contribute to greater reported consumption among females compared to males.



FACT:

A higher percentage of females report drinking at both the middle and high school level compared to males.

FACT:

A higher percentage of females also report binge drinking compared to males.

TIP:

Talk with teens about how to disprove the misleading claims alcohol advertisements make about fitting in with their peers if they drink.



MOST HIGH SCHOOL AGE TEENS get alcohol from someone who gave it to them.



MOST MIDDLE SCHOOL STUDENTS get alcohol by taking it from a family member.

TEENS, STRESS, COVID-19, AND ALCOHOL USE



The COVID-19 pandemic has **increased feelings of isolation and stress** among teens due to social limitations. Many families have also **struggled with job or income loss and a lack of access to internet or phone services** that could help keep them connected to virtual learning, virtual services, friends and family.



A national study conducted by RTI International found that **alcohol use increased** (in those aged 21+) **during the COVID-19 pandemic** compared to pre-pandemic alcohol use. Respondents reported drinking more drinks per day and more binge drinking.

- **Females and Black, non-Hispanics** reported a larger increase in exceeding recommended drinking limits compared to males and white, non-Hispanics. Females are targeted by specific products and advertising and studies show that communities that are predominantly Black are targeted by an increased number of alcohol retailers, both can lead to increased drinking rates.
- As a result of COVID-19 business restrictions, many communities are implementing "social drinking districts" that allow people to drink in public. If these districts are allowed permanently, alcohol could be more accessible to teens.



COPING SKILLS AND SUPPORTS: WHAT CAN YOU DO?

Model and teach positive coping skills to your child. Each of the skills below can be adapted to young kids, pre-teens, and teens.



4-7-8 BREATHING

Breathing can calm you and relieve anxiety. It's an easy skill that you can practice and use anytime or anywhere.

- Take a deep, slow breath in through your nose for 4 counts
- Hold that breath for 7 counts
- Breathe out slowly through your mouth for 8 counts
- Repeat until you feel calm



MINDFULNESS MEDITATION

Meditation has benefits that include stress and anxiety reduction, increased attention, and when done regularly, increases our resiliency to stress.

- Download the free *Insight Timer App* on your iPhone or Android in your app store. This app provides thousands of guided meditations, from a few minutes to an hour long.



EXERCISE

Being outside has been shown to help reduce anxiety and depression. Take a walk around your neighborhood, hike at a local nature trail, or play at a local park. Families can do these activities together, and you can use it as an opportunity to talk to your teen.



WRITE, PLAY MUSIC, OR DRAW

Give your teen a notebook that they can sketch, write, or draw in. Encourage them to listen to music, play instruments, sing, or dance.

LOCAL FAMILY RESOURCES

SOUTHWEST MICHIGAN BEHAVIORAL HEALTH – REFERRALS AND ASSESSMENT

1-800-781-0353
<https://www.swmbh.org>

INTEGRATED SERVICES OF KALAMAZOO

269-373-6000
<https://iskzoo.org>

COMMUNITY HEALING CENTERS

269-343-1651
<https://www.communityhealingcenter.org>

PSYCHOLOGICAL CONSULTANTS OF MICHIGAN, PC

269-968-2811; extension 40
<https://www.psycmi.com>

KALAMAZOO PSYCHOLOGY

269-349-4219
<http://www.kalamazoopsychology.com>

PINE REST

269-343-6700
<https://www.pinterest.org>

CHILD AND FAMILY PSYCHOLOGICAL SERVICES

269-372-2860
<https://www.childandfamilypsych.com>

KALAMAZOO AREA AL-ANON FAMILY GROUP INFO SERVICE

269-343-4328
<https://al-anon.org/al-anon-meetings>

NARCOTICS ANONYMOUS

269-382-NANA
<https://michigan-na.org>

ALCOHOLICS ANONYMOUS

269-349-4410
<https://sites.google.com/site/kalamazoointergroup>

GRYPHON PLACE

Dial 2-1-1 or Text 898-211 for community resources
Call 269-381-HELP for the 24 Hour Crisis Line
<https://gryphon.org>

FORENSIC FLUIDS LABORATORIES – DRUG TESTING

1-866-492-2517
<https://forensicfluids.com>

PREVENTION WORKS

269-388-4200
www.prevention-works.org

TALK SOONER

www.talksooner.org