**Substance Abuse Prevention Month (October)**

1. October is National Substance Abuse Prevention Month! The purpose of this month is to bring awareness to issues related to substance misuse and to provide the university community with resources and information surround substance use disorders and recovery support.
2. Information & Statistics on Substance Use Disorders
   1. In 2020, approximately 40.3 million people aged 12 or older in 2018 had substance use disorders (SUDs) in the past year.
   2. SUDs occur when the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home.
   3. In 2020, an estimated 28.3 million people aged 12 or older had an alcohol use disorder (AUD).
   4. In 2020, 16.5 percent young adults aged 18 – 25 (5.2 million) had alcohol use disorder, making this age group the most at risk for experiencing AUD.
3. Signs someone may need recovery resources
   1. They use a substance for longer or in larger amounts than they intended
   2. They want to cut down or stop but have difficulty.
   3. They need more of the substance to get the feeling they want.
   4. They continue using even if they are experiencing problems (physical, mental, social, etc.) that could have been caused by or made worse due to use or their use puts them in danger.
   5. They exhibit withdrawal symptoms (that vary by substance).
   6. They spend a lot of time on activities to obtain the substance, use the substance, or recover from its effects.
   7. They give up on important social, occupational, and/or recreational activities because of use.
   8. They have difficulty doing what they need at work, home, or school because of use.
4. Resources: On Campus
   1. Free Medication Lock Box Program
      1. In partnership with the Metro Drug Coalition and the Center for Health Education & Wellness, the Student Health Center Pharmacy provides free medication lock boxes to students upon request. To learn more, visit <https://wellness.utk.edu/medication-lock-box-program/>
   2. Weekly recovery meetings
      1. Who: Open to all, with emphasis on students and young adults in recovery
      2. Where: St. John XXIII Church, 1710 Melrose Place
      3. When: Weekly on Fridays at 9:00pm
   3. Rocky Top Recovery Ambassadors (\*note: webpage and more details coming soon)
   4. Center for Health Education & Wellness (CHEW) <http://wellness.utk.edu>
   5. 974-Help: <https://dos.utk.edu/974-help/> (\*note: The Center of Care & Resilience will have a new webpage soon)
      1. The Center for Care & Resilience oversees 974-Help (865-974-4357), a referral line to help students in distress identify next steps and access resources. A team of professional staff support this line and students in distress, students concerned about other students in distress, and staff concerned about students in distress are encouraged to call to receive prompt guidance and support. A call to 974-Help should also be made if someone is observing a behavior that makes them feel uncomfortable or if someone is concerned that a student may harm themselves or others. If someone is unsure what to do and does not want to give the student of concern’s name, they are still encouraged to call 974-Help to talk about their concerns, possible next steps, and available resources.
   6. Student Counseling Center <http://counselingcenter.utk.edu>
      1. The Student Counseling Center is the university’s primary facility for personal counseling, psycho-therapy, and psychological outreach and consultation services. Our mission is to promote the psychological, educational, and social well-being of the student of the University of Tennessee and to help prepare them to be productive members of society. The Student Counseling Center provides the following services for students:
         1. Brief Consultation Session
         2. Individual, Couples, Group Counseling and Psychotherapy
         3. Crisis Services
         4. Psychiatric Services
         5. Psychoeducational Workshops and Consultations
         6. Referrals to on- and off-campus mental health services
5. Additional Resources: Off Campus
   1. Metro Drug Coalition (MDC) <https://metrodrug.org/>
      1. MDC is a nonprofit organization established 31 years ago by a joint resolution of City of Knoxville and Knox County to unite policy makers and leaders to address community substance abuse issues.
   2. Cornerstone of Recovery <https://www.cornerstoneofrecovery.com/>
      1. Provides treatment to individuals and their families to address substance use disorders. Cornerstone provides medical detox, residential, intensive outpatient, outpatient, and support living programs.
   3. Centerpointe <http://www.mcnabbcenter.org/location/centerpointe>
      1. A program of Helen Ross McNabb Center that provides alcohol and drug residential services as well as medical detoxification and a crisis stabilization unit.
   4. Peninsula Lighthouse and Outpatient Clinic <https://www.peninsulabehavioralhealth.org/outpatient/>
      1. Provides intensive outpatient programs for substance use disorders as well as outpatient therapy services.

**References**

<https://www.samhsa.gov/disorders>

<https://www.samhsa.gov/disorders/substance-use>

<https://www.samhsa.gov/data/sites/default/files/reports/rpt35325/NSDUHFFRPDFWHTMLFiles2020/2020NSDUHFFR1PDFW102121.pdf>