



April is Alcohol Awareness Month

While communities are faced with a number of substance abuse issues, underage drinking continues to be among the most pervasive ones, with nearly 11 million underage drinkers today. That's why April is designated as Alcohol Awareness Month - an annual public awareness campaign that encourages local communities to focus on alcoholism and alcohol-related issues.

According to the Substance Abuse and Mental Health Services Administration, about 10.7 million persons aged 12 to 20 (27.9 percent of this age group) reported drinking alcohol in the past month. Approximately 7.2 million or 18.6 percent were considered binge drinkers, and 2.3 million or 6 percent were heavy drinkers.

There are a number of free resources available to help parents, educators, prevention providers and coalitions in their underage drinking prevention efforts. Here are a few:

www.timetotalk.org/parentsyoumatter - Time to Talk provides tools to help parents engage in a dialogue with their teens

www.toosmartostart.samhsa.gov - Too Smart to Start for parents and their pre-teens, ages 9-13

www.alcoholfreechildren.org - Leadership to Keep Children Alcohol Free addresses underage drinking prevention focusing on children ages 9 to 15

www.higheredcenter.org/services/audiences/parents - Alcohol and Other Drug Prevention: The Parent Connection provides information for parents of college bound students to keep students safe and healthy

www.stopalcoholabuse.gov - A comprehensive portal of Federal resources for information on underage drinking and ideas for combating this issue. People interested in underage drinking prevention—including parents, educators, community-based organizations, and youth—will find a wealth of valuable information here.

www.collegedrinkingprevention.gov/CollegeParents - offers important information and resources on alcoholism and substance abuse for college students, parents of college students, high school parents and students.

www.family.samhsa.gov/get/grandparent.aspx - Article, *Building a Grand Relationship Help Keeps Youth Drug Free*, highlights how grandparents can make an important contribution to the lives of their grandchildren

www.drugfreeinfo.org/grandparent.pdf - *The Power of a Grandparent* brochure from Partnership for a Drug-Free Iowa

www.youthbingedrinking.org - Preventing Adolescent Binge Drinking provides a comprehensive resource for information and evidence-based policies, programs and practices to effectively reduce binge drinking across a diverse youth population.

www.cspinet.org/booze/lastcall.htm - *Last Call for High Risk Bar Promotions that target College Students*, a report by the Center for Science in the Public Interest

www.collegedrinkingprevention.gov/NIAACollegeMaterials/TaskForce/TaskForce_TOC.aspx - *A Call to Action: Changing the Culture of Drinking at U.S. Colleges*, a report of the Task Force on College Drinking

www.surgeongeneral.gov/topics/underageddrinking/calltoaction.pdf - *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking 2007*

www.surgeongeneral.gov/topics/underageddrinking/communityguide.pdf - *The Surgeon General's A Guide to Action for Communities*

www.cadca.org/CoalitionResources/publicpolicy/support21.asp - CADCA's Support 21 Toolkit

www.alcoholpolicy.niaaa.nih.gov - Alcohol Policy Information System

www.niaaa.nih.gov - National Institute on Alcohol Abuse and Alcoholism

www.rand.org/pubs/technical_reports/TR403/ - *Preventing Underage Drinking – Using Getting To Outcomes™ with the SAMHSA Strategic Prevention Framework to Achieve Results*

In addition, there are relevant publications available in ISAIC's Online Store, [<http://www.drugfreeinfo.org/litecommerce/>], that may be ordered or printed.

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