

Preventing Substance Abuse Among Youth in Southeast Michigan

Through evidence-based public health programs, *Leaders Advancing and Helping Communities* promotes positive development of youth and families to build healthy, safe, and successful lives free of substance abuse in Dearborn, Detroit, Hamtramck and Livonia.

PUBLIC HEALTH ISSUE



- In 2020, Michigan drug overdose deaths climbed to record levels.
- In 2020, 30% of adults in the U.S. reported symptoms of anxiety and/or depressive disorder, up from 11% of adults prior to the pandemic.
- In 2020, over 20% of school-aged children report experiencing a decrease in mental or emotional health.

PROGRAM ACTION



- Offered virtual Botvin Life Skills and Nurturing Parenting Programs.
- Pivoted to virtual programming during COVID-19 to continue engaging youth and families.
- Hosted virtual community engagement events, including panels once a month, coffee chats and community resource tables.
- Virtual services were added to school and social media community websites with details on bilingual services and accessibility to the safety disposal of medication system.

RESULTS



- 1500 youth and family members received direct education during the 2020 – 2021 school year.
- 80% of program participants in LAHC SUD series listed that they “strongly agree” the sessions increased their life skills (general social skills and drug resistance skills).
- 95% of program participants "strongly agree" that they will use safe disposal of medication methods in their home.

CONTACT



Mariam Ismail
Leaders Advancing and Helping Communities
Substance Abuse Prevention Program Manager
mismail@lahc.org