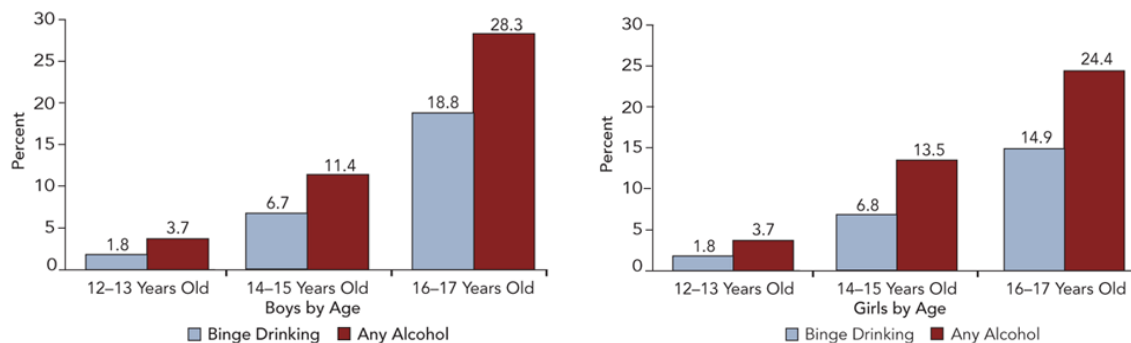


LIVINGSTON COUNTY HUMAN SERVICES COLLABORATIVE BODY

Health and Human Service Needs FACT SHEET

Underage Alcohol Use in Livingston County April 2015

What is Alcohol? Alcohol is a drug. It works like a sedative, attacking the central nervous system and acting like a downer. It is found in beverages such as beer, malt liquors, wine, wine coolers, and liquor. It is also found in many over-the-counter medications.



SOURCE: Substance Abuse and Mental Health Services Administration. *Results From the 2009 National Survey on Drug Use and Health: Volume I. Summary of National Findings* (Office of Applied Studies, NSDUH Series H-38A, HHS Publication No. SMA 10-4586 Findings). Rockville, MD: Substance Abuse and Mental Health Services Administration, 2010.

How Does Alcohol Affect Young People?

Young people who drink alcohol are more likely than adults to drink to get drunk. Young drinkers become dependent on alcohol more rapidly than adults. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), youth who begin drinking before the age of 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21, the legal drinking age. The consequences associated with teen drinking may include school problems, legal problems, and health problems. Teens that use alcohol are also more likely to engage in risky behaviors.

Are Livingston County Youth Drinking Alcohol? Clearly underage drinking is a problem in our community and the related costs are staggering. Data regarding underage drinking indicates that:

- Alcohol is the number one drug of choice for teens.
- According to the Michigan Profile for Healthy Youth (MiPHY, 2013), first use of alcohol in Livingston County is typically reported to begin around age 13.
- By 9th grade, 36% of Livingston County teens have had their first alcoholic drink.
- 18% of Livingston County 9th graders report drinking alcohol within the past month. (MiPHY, 2013),
- 32% percent of Livingston County high school juniors have consumed alcohol within the past month (MiPHY, 2013).

- 66% percent of Livingston County high school students say that alcohol is sort of or very easy to get (MiPHY, 2013).
- Alcohol is a factor in the four leading causes of death among persons ages 10 to 24: motor vehicle crashes, unintentional injuries, homicides, and suicides (Center for Disease Control- CDC).
- Across the county, about one out of ten (11%) Livingston County high school students had ridden in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days (MiPHY, 2013).
- During 2013, there were 187 alcohol-related motor vehicle crashes in Livingston County (Michigan State Police- MSP).
- In 2013, 274 minors were arrested for possessing and/or consuming alcohol (MSP).
- Among currently sexually active high school students, just over one in five (21.6%) reported using alcohol or drugs prior to sexual activity (CDC).
- Binge drinking is defined as consuming 4 to 5 or more drinks on any one occasion. 20% of Livingston County 11th graders reported ever binge drinking (MiPHY, 2013).
- Youths aged 12 to 17 in rural areas reported higher rates of past month and binge alcohol use, lower levels of perceived risk from alcohol use, less disapproval of alcohol use, and less perceived parental disapproval of youth alcohol use than those in nonrural areas (Substance Abuse and Mental Health Services Administration). Livingston County has many rural areas.

What are the Services in Livingston County to Help Prevent Underage Drinking? There are several local agencies and organizations to assist youth and families with substance abuse issues. Each service has eligibility requirements and should be contacted directly.

- **Complete Counseling** 517.546.4445
Substance abuse counseling
- **Livingston County Community Mental Health** 517.546.4126
Telephone screening, information on community resources, and referrals for substance abuse services for Livingston County residents with Medicaid or no insurance
- **Karen Bergbower & Associates** 810.225.9550
Substance abuse prevention, education, assessment, and treatment; individual, group, and family counseling for adolescents and adults
- **Key Development Center** 810.220.8192
Substance abuse assessment, referral, counseling, case management, dual diagnosis, and alcohol and other drug education programs for youth and adults
- **LACASA** 517.548.1350
Substance abuse prevention, and other drug education programs for youth, parents, and adults
- **Livingston County Catholic Charities** 517.545.5944
Substance abuse prevention, Individual, youth, and family counseling, Substance abuse assessment, referral, counseling, dual diagnosis
- **Livingston Family Center** 810.231.9591
Counseling services for children, adolescents, and adults; The Connection Youth Services
- **Brighton Center for Recovery** 877.976.2371
Substance abuse assessment, referral, counseling, case management, dual diagnosis, and alcohol and other drug education programs for youth and adults. Detox and transitional living programs.

Resources Guide link Being updated

What Can the Community Do to Help? Underage drinking within the community is everybody's business. The cause is not from any one source and the solution cannot come from any one source. As a community, Livingston County must embrace its youth and work together to prevent underage alcohol use. This is a community problem that requires a community-owned solution. Following are some ideas of how to get involved:

- Work with your township, municipality, school district, and/or local law enforcement agency to recommend policies and/or ordinances to decrease youth access to alcohol.
- Join a local anti-drug coalition. The Pinckney Coalition is a community-based initiative focusing on healthy choices to reduce youth substance use in Pinckney.
- Join the Livingston County Community Alliance (LCCA). The LCCA is a broad-based, county-wide, coalition that works to establish healthy community norms regarding alcohol and other drug use through education, public policy development, and community services.
- Participate in underage drinking awareness campaigns such as "Parents Who Host Lose the Most. Don't be a party to teenage drinking. It's against the law."
- Take a stand to change underage drinking. Be a positive role model. Never purchase or provide alcohol to minors. Network with other parents/adults.
- Check out other resources:

www.neversaynevermi.com www.livingstoncountycommunityalliance.org
www.thepinckneycoalition.com

For more information or to get involved, contact Kaitlin Fink, LCCA Coordinator at 517.545.5944 or Livingston.community.alliance@gmail.com