



SUN is a local community group meeting quarterly to increase awareness of substance misuse, support families affected by addiction and promote youth education and prevention. As COVID and many cultural issues take over a vast majority of our interactions, we need to know that substance misuse continues, and is on the rise. Reports are showing increased use of both alcohol and drugs in direct relation to mental health issues, notably anxiety and depression

2024 Meeting Dates: Meetings will be at the TTCC with a backup location at the Alexandria Village School in the event of construction preventing meeting. All meetings available on Zoom as well.

Please contact us if you would like the link. Join us and take a stand! Standupnewfound@gmail.com

Thursday - March 7th 6:30pm - TTCC

Thursday – June 6th 6:30pm – TTCC

Thursday – September 5th 6:30pm – TTCC

Thursday – December 5th 6:30pm – TTCC

Please Take a moment to review this important information

According to the Youth Risk Behavioral Survey from 2019 for NRHS - these were 4 major concerns among our youth AND this was before COVID. Our schools are working hard to see how they can help our kids, but it takes the whole community to be aware and engage with our youth for change.

At NRHS in 2019; some of the following were identified by youth as top concerns:

- **43.6%** of students felt sad or hopeless almost every day for 2 or more weeks in a row and stopped doing some of their usual activities
- **5.2%** of students have ever used methamphetamines (meth, speed, crystal) one or more times.
- **10.7%** of students have been physically forced to have sexual intercourse when they did not want to.
- **13.4%** of students tried marijuana for the first time before the age of 13.

Know the warning signs for substance misuse - The following behaviors in a youth might indicate drug or alcohol abuse:

- Academic problems (poor attendance, low grades, disciplinary action)
- Mood changes (temper flare-ups, irritability, defensiveness) changing friends and a reluctance to have parents/family get to know the new friends
- A "nothing matters" attitude (lack of involvement in former interests, general low energy)
- Finding substances (drug or alcohol) in youth's room or personal effects

Physical or mental changes - memory lapses, poor concentration, lack of coordination, slurred speech, etc

Need help? Have Concerns? Help is available! Contact SUN for assistance by Facebook or via email.

EVERY LIFE MATTERS NO MATTER WHAT

www.facebook.com/standupnewfound * standupnewfound@gmail.com