

Zumbro Valley Health Center

ADOLESCENT DRUG AND ALCOHOL CLASS

PURPOSE

The *Adolescent Drug and Alcohol Class* is a chemical health education class consisting of three hours on the third Wednesday of each month. This class addresses the effects of alcohol and other drug use, as well as coinciding negative consequences of alcohol and drug use. The third hour is designed for parents/guardians to learn about communication styles and questions they may have. The curriculum consists of:

- Alcohol and drug education
- Biology of chemical use
- Stages of change
- Consequences of use
- Patterns of use
- Life goals
- Pros and cons of use

More adolescents drink alcohol than smoke cigarettes or use marijuana. Within the past month, almost four out of 10 high school seniors report drinking some alcohol and more than one in five have engaged in “binge drinking” daily in the past two weeks. Drinking endangers adolescents in multiple ways, including motor vehicle crashes, the leading cause of death for this age group. Nearly one in four adolescents has ridden in a car with a driver who had been drinking.

Illicit drug use, which includes the abuse of illegal drugs and/or the misuse of prescription medication or household substances is something many adolescent engage in. By the 12th grade, about half of adolescents have abused an illicit drug.

Strong positive connections with parents, other family members, school, faith-based teaching and education such as this *Adolescent Drug and Alcohol Class* can make the difference as to whether this adolescent survives the peer pressure and chooses not to use or continue to use/abuse substances.

PARTICIPANTS

The *Adolescent Drug and Alcohol Class* is designed for youth age 11-18. They may have possible legal consequences, relationship/family issues, encountered work or school problems or are using chemicals to counter mental health issues.

Contact Information

Zumbro Valley Health Center
343 Wood Lake Drive SE
Rochester, MN 55904



Phone: 507-289-2089
Website: www.zvhc.org

ZV039/0215