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NATIONAL DRUG AND ALCOHOL FACTS WEEK
Education to Prevent Abuse and Addiction

Montgomery, Ala. – The Alabama Department of Mental Health and local providers are proud to celebrate National Drug and Alcohol Facts Week® (NDAFW) by sharing information, designed to help prevent drug and alcohol abuse across the state and nation. The celebration is a national health observance designed to equip schools and communities with the materials and tools they need to educate young people about the effects of drugs on their brain, body and behavior. Now in its ninth year, NDAFW is held from **January 22—27, 2019**.

NDAFW links students with experts to counteract the myths about drugs and alcohol that teens get from the internet, social media, TV, movies, music, or from friends. All around the country, guidance counselors, teachers, school resource officers, social workers, drug prevention programs, colleges, health care providers, and community support programs are using the science-based information available FREE from NIDA— an institute within the National Institutes of Health. NIDA supports most of the world’s research on the health aspects of drug use and addiction. Our partners will host educational events designed to equip young people to make informed choices about drugs and alcohol.

Local events can be found across the state. Some examples are:

Homewood City Board of Education/Safe & Healthy Homewood Coalition

Where: 450 Dale Avenue, Homewood, Alabama

When: January 24, 2019

Event: The event is a parent education program on stress and anxiety among youth. It will include helpful information for parents about unhealthy teen coping mechanisms like alcohol and other drug use. It will provide parents with helpful coping strategies they can teach their children.

East Alabama Mental Health Prevention Services

Where: 2300 Center Hills Drive, Opelika, Alabama

When: January 24, 2019

Event: East Alabama Mental Health along with the Youth Advisory Board of Lee County Alabama will offer information to recognize alcohol related facts and education to the cities of Opelika and Auburn

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COSA-NCADD

Where: 828 Forest Ave., Montgomery, Alabama

When: January 21, 2019, January 22, 2019, January 23, 2019, January 24, 2019, January 25, 2019, January 26, 2019, January 27, 2019

Emma Sansom Middle 21st Century Afterschool Program

Where: 2210 W Meighan Blvd., Gadsden, Alabama

When: January 28, 2019, January 29, 2019, January 30, 2019, January 31, 2019

Event: Presentation on drug abuse and its effects; Poster contest

About Us: The Alabama Department of Mental Health serves more than 200,000 Alabama citizens with mental illnesses, intellectual disabilities, and substance use disorders. The department strives to Serve, Empower, and offer support to create awareness while promoting the health and well-being of Alabamians. Visit www.mh.alabama.gov for more information.

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