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SUBSTANCE ABUSE PREVENTION MONTH
Resources and Information



Montgomery, Ala. – During [Substance Prevention Month](#) in October, there is an opportunity to highlight the vital role of substance abuse prevention in both individual and community health and to remember those who have lost their lives to substance abuse.

The Alabama Department of Mental Health (ADMH) celebrates this month by showcasing the services and programs offered across the state to help decrease the use or misuse of legal or illegal substances. Agencies, families, communities, and organizations come together to raise awareness about the importance of substance use prevention and the importance of investing in prevention first.

“Early intervention is key. We must address and encourage healthy behaviors through our programs and in partnership with community-based efforts. With proactive supports, we can increase positive outcomes and reduce the negative consequences of addiction before they occur,” said Commissioner Lynn Beshear.

Through community-based efforts involving youth, parents, educators, and government officers, support systems can be strengthened that deter young people from drug consumption and improve both academic performance and workforce readiness.

ADMH’s Substance Prevention Services office utilizes grants and partnerships to offer programs for children, students and young adults throughout the state.

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We encourage communities to join together to ensure evidence-based prevention programs, policies, and practices are implemented at the local level. To encourage education and community involvement, the ADMH Substance Abuse Prevention Services hosts or encourages activities around the state such as but not limited to:

- Classroom and Small Group Sessions
- Parenting and Family Management Classes
- Peer Leader and Peer Helper Programs
- Drug-free Dances and Parties
- Youth and Adult Leadership Activities
- Community and Volunteer Training, Team building
- Multi-Agency Coordination and Collaboration
- Policy review

As part of Substance Abuse Prevention month, coalitions and providers hosting community health events will be showcased on the ADMH [Facebook](#), [Twitter](#) and [Instagram](#) pages.

For more information, please contact the [ADMH Office of Prevention](#) at 334-242-3962 or the Office of [Public Information](#) at 334-242-3417.

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