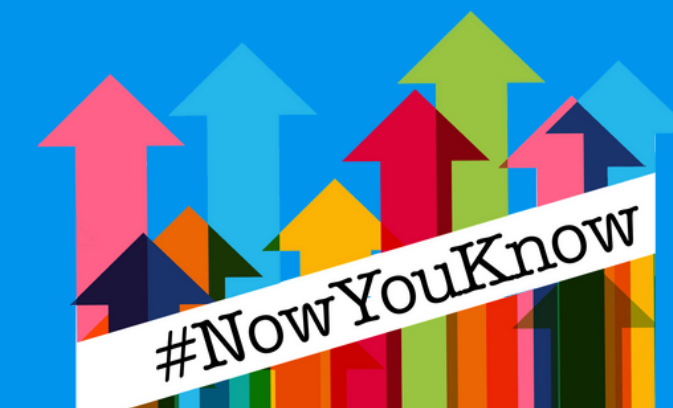




ALCOHOL IN SOUTHWEST CT



WHO IS AT RISK?



YOUNG ADULTS

IN 2019, YOUNG ADULTS (18-25) HAD THE **HIGHEST RATE OF REPORTED PAST MONTH ALCOHOL USE (65.6%)** THEY ARE **MORE LIKELY** TO REPORT ENGAGING IN BINGE DRINKING (**47.6%**) THAN ADULTS (**27.5%**)

OTHER FACTORS

THOSE WHO HAVE A **MENTAL HEALTH DIAGNOSIS** ARE **4X** MORE LIKELY TO BE HEAVY ALCOHOL USERS

SW CT REPORTS THE **2ND HIGHEST RATE** OF CONSUMPTION OF 5+ DRINKS PER WEEK AT **44.6%**

FROM 2018 - 2019

CT HAD THE **5TH HIGHEST PREVALENCE OF CURRENT ALCOHOL USE (60%)** COMPARED TO OTHER STATES IN THE U.S.

ALCOHOL IS THE **MOST COMMONLY USED DRUG** IN CONNECTICUT

RISK FACTORS SPECIFIC TO YOUTH

- **PEERS** WHO USE ALCOHOL
- LACK OF **ADULT SUPERVISION**
- POOR PARENT-CHILD **COMMUNICATION**
- PARENTAL ISSUES WITH ALCOHOL
- CHILD **ABUSE** OR **NEGLECT**
- **POVERTY**
- EXISTING **MENTAL HEALTH DIAGNOSIS**



PERCEPTION OF HARM

FROM 2018-2019, HIGH SCHOOL STUDENTS REPORTED A **74% TO 82%** PERCEPTION OF HARM IN RELATION TO ALCOHOL

FOR BINGE DRINKING, THE PERCEPTION WAS ONLY **38%**

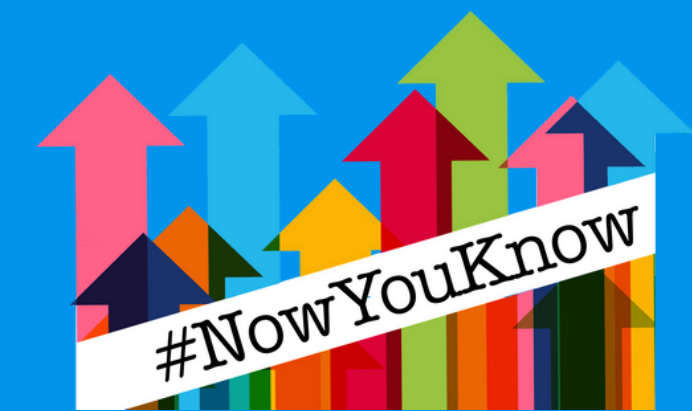
COVID-19

13% OF ADULTS REPORTED BEGINNING OR INCREASING THEIR USE OF SUBSTANCES SINCE THE BEGINNING OF THE PANDEMIC.

YOUTH IN THE REGION REPORTED DRINKING ON VIRTUAL PLATFORMS SUCH AS ZOOM AS A **NEW WAY OF SOCIALIZING**



ALCOHOL IN SOUTHWEST CT



SOUTHWEST CT AND ALCOHOL

THE SOUTHWESTERN REGION OF THE STATE REPORTS THE SECOND **HIGHEST RATE** OF INDIVIDUALS NEEDING TREATMENT RELATED TO ALCOHOL MISUSE AND **NOT** SEEKING OR OBTAINING IT

SW CT REPORTS THE HIGHEST RATE OF BINGE DRINKING AT **30.6%**
THE STATE AVERAGE IS **28.6%**

GET INVOLVED IN PREVENTION!

- LEARN MORE AT [HTTPS://WWW.THEHUBCT.ORG/ALCOHOL](https://www.thehubct.org/alcohol)
- FIND YOUR LOCAL PREVENTION COUNCIL (LPC)
- MOTHERS AGAINST DRUNK DRIVING (MADD)
- STUDENTS AGAINST DESTRUCTIVE DECISIONS (SADD)
- CT COMMUNITY FOR ADDICTION RECOVERY (CCAR)
- SMART RECOVERY
- #MENTIONPREVENTION - DRUGFREECT.ORG



RECOVERY RESOURCES

- CT ALCOHOLICS ANONYMOUS
- DMHAS LIST OF SOBER HOMES & RECOVERY HOUSES
- THE HUB'S RESOURCE GUIDE: GREENWICH TO WESTPORT (SPANISH AVAILABLE)
- THE HUB'S RESOURCE GUIDE: FAIRFIELD TO STRATFORD (SPANISH AVAILABLE)
- THE HUB'S LIST OF FREE PEER SUPPORT GROUPS (SPANISH GROUPS INCLUDED)

