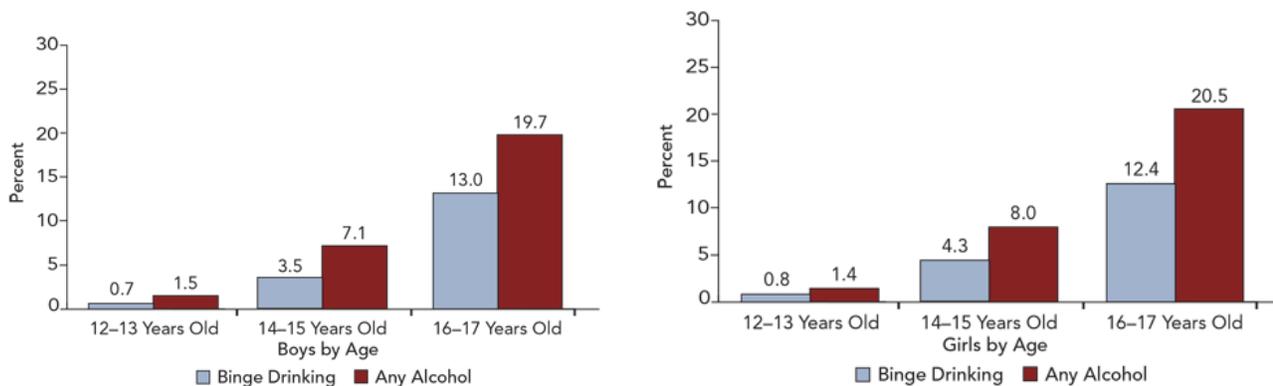


LIVINGSTON COUNTY HUMAN SERVICES COLLABORATIVE BODY

Health and Human Service Needs FACT SHEET

Underage Alcohol Use in Livingston County October 2017

What is Alcohol? Alcohol is a drug. It works like a sedative, attacking the central nervous system and acting like a downer. It is found in beverages such as beer, malt liquors, wine, wine coolers, and liquor. It is also found in many over-the-counter medications.



SOURCE: Center for Behavioral Health Statistics and Quality. *2015 National Survey on Drug Use and Health Public Use File Codebook*. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2016.

How Does Alcohol Affect Young People?

Young people who drink alcohol are more likely than adults to drink to get drunk. Young drinkers become dependent on alcohol more rapidly than adults. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), youth who begin drinking before the age of 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21, the legal drinking age. The consequences associated with teen drinking may include school problems, legal problems, and health problems. Teens that use alcohol are also more likely to engage in risky behaviors.

Are Livingston County Youth Drinking Alcohol? Clearly underage drinking is a problem in our community and the related costs are staggering. Data regarding underage drinking indicates that:

- Alcohol is the number one drug of choice for teens.
- According to the Michigan Profile for Healthy Youth (MiPHY, 2016), the age of first use of alcohol in Livingston County is reported to begin around 14 years.
- By 9th grade, 35% of Livingston County teens have had their first alcoholic drink (MiPHY, 2016).
- 15% of Livingston County 9th graders report drinking alcohol within the past month. (MiPHY, 2016)

- 34% percent of Livingston County high school juniors have consumed alcohol within the past month (MiPHY, 2016).
- 63% percent of Livingston County high school students say that alcohol is sort of or very easy to get (MiPHY, 2016).
- Alcohol is a factor in the four leading causes of death among persons ages 10 to 24: motor vehicle crashes, unintentional injuries, suicides, and homicides (Center for Disease Control- CDC).
- Across the county, about two out of twenty five (8%) Livingston County high school students have ridden in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days (MiPHY, 2016).
- During 2016, there were 268 alcohol-related motor vehicle crashes in Livingston County. 75.7% of drivers had been drinking (Michigan State Police- MSP).
- In 2013, 274 minors were arrested for possessing and/or consuming alcohol (MSP).
- Among Livingston County high school students that reported having sexual intercourse within the past three months, 28% reported using alcohol or drugs prior to their last sexual activity (MiPHY, 2016).
- Binge drinking is defined as consuming 4 to 5 or more drinks on any one occasion. 23% of Livingston County 11th graders reported binge drinking within the past 30 days (MiPHY, 2016).

What are the Services in Livingston County to Help Prevent Underage Drinking? There are several local agencies and organizations to assist youth and families with substance use disorders. Each service has eligibility requirements and should be contacted directly.

- **Complete Counseling** 517.546.4445
Substance abuse counseling
- **Livingston County Community Mental Health** www.cmhliv.org 517.546.4126
Telephone screening, information on community resources, and referrals for substance abuse services for Livingston County residents with Medicaid or no insurance
- **Karen Bergbower & Associates** www.kbamichigan.com 810.225.9550
Substance abuse prevention, education, assessment, and treatment; individual, group, and family counseling for adolescents and adults
- **Key Development Center** www.keycenters.org 810.220.8192
Substance abuse assessment, referral, counseling, case management, dual diagnosis, and alcohol and other drug education programs for youth and adults
- **LACASA** www.lacasacenter.org 517.548.1350
Substance abuse prevention, and other drug education programs for youth, parents, and adults
- **Livingston County Catholic Charities** www.livingstoncatholiccharities.org 517.545.5944
Substance abuse prevention, Individual, youth, and family counseling, Substance abuse assessment, referral, counseling, dual diagnosis
- **Livingston Family Center** www.livingsfamilycenter.org 810.231.9591
Counseling services for children, adolescents, and adults; The Connection Youth Services
- **Brighton Center for Recovery** <http://www.stjohnprovidence.org/Brighton-Center-for-Recovery/> 877.976.2371
Substance abuse assessment, referral, counseling, case management, dual diagnosis, and alcohol and other drug education programs for youth and adults. Detox and transitional living programs.

What Can the Community Do to Help? Underage drinking within the community is everybody's business. The cause is not from any one source and the solution cannot come from any one source. As a community, Livingston County must embrace its youth and work together to prevent underage alcohol use. This is a community problem that requires a community-owned solution. The following are some ideas of how to get involved:

- Work with your township, municipality, school district, and/or local law enforcement agency to recommend policies and/or ordinances to decrease youth access to alcohol.
- Join the Livingston County Community Alliance (LCCA). The LCCA is a broad-based, county-wide, coalition that works to establish healthy community norms regarding alcohol and other drug use through education, public policy development, and community services.
- Register your home as a "Safe Home"- an online registry in which parents take a pledge that their home will not provide nor allow underage drinking or youth substance use to take place
- Take a stand to change underage drinking.
- Be a positive role model.
- Be prepared. Your child may become curious about alcohol; he or she may turn to you for answers and advice.
- Use "natural" opportunities such as dinner time or while doing chores to start open, honest conversations about drinking.
- Never purchase or provide alcohol to minors.
- Network with other parents/adults.
- Role play how to "say no" and avoid risky situations.
- Check out other resources:

www.neversaynevermi.com

www.livingstoncountycommunityalliance.org



Four Loko, Evil Eye, and flavored beer are popular alcoholic drinks among youth; Teens will often hide alcohol in unsuspecting places, such as pouring liquor into an empty bottle of water; Take note of the amount of alcohol in the home (Photo Credit: Prevention Network)

For more information or to become involved, contact Kaitlin Fink, LCCA Coordinator at 517.545.5944 or e-mail Livingston.Community.Alliance@gmail.com