



# National Inhalants & Poisons Awareness Week



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## National Drug & Alcohol Facts Week

National Drug and Alcohol Facts Week is an annual health observance week that connects teenagers with scientists and other experts to **SHATTER THE MYTHS®** about drugs and alcohol that teens get from the internet, social media, TV, movies, music, or from friends. It was launched in 2010 by scientists at the National Institute on Drug Abuse (NIDA) to stimulate educational events in communities so teens can learn what science has taught us about drug use and addiction. This event starts March 22 and goes through March 28, 2021. According to the Pennsylvania Youth Survey (PAYS) data, 46.3% of students in Armstrong County have used alcohol in their lifetime. Along with 40% of students in Indiana County and 50.5% of students in Clarion County. Also, PAYS data shows that 11.6% of students in Armstrong County have used marijuana in their lifetime. Along with 14.4% of students in Indiana County and 15.6% of students in Clarion County. These drugs generally are more socially acceptable and their use may normalize the larger idea of drug use as acceptable. Another potential risk is their use may "prime" the brain for addiction to other substances. For more information on National Drug and Alcohol Facts week, check out our Facebook pages to participate in fun quizzes everyday during this week!



### Follow AICDAC on Social Media

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## Problem Gambling Awareness Month

Problem Gambling Awareness Month is a widespread campaign that depends on the participation of National Council on Problem Gambling (NCPG) state Affiliate, organizational and individual members, state health agencies, gambling companies, recovery groups and a wide range of healthcare organizations and providers. Groups across America hold conferences, air Public Service Announcements, provide counselor trainings, host health screening days, run social media campaigns and many other activities to increase public awareness of problem gambling and the availability of prevention, treatment and recovery services.



The 2021 Problem Gambling Awareness Month theme is "Awareness+ Action" and the goals of this national campaign are to increase public awareness of problem gambling and the availability of prevention, treatment & recovery services and to encourage healthcare providers to screen clients for problem gambling.

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NATIONAL PROBLEM GAMBLING HELPLINE

1-800-522-4700

Help is available 24/7 and is 100% confidential.

## Gambling Awareness Webinar

AICDAC is hosting a **FREE** Problem Gambling Awareness Webinar for Older Adults through Compass Mark.  
Come join us!

**When:** March 3, 2021 at 1:00-2:30pm

**Where:** Virtual

You **MUST** RSVP, please go to the following link to register:  
<https://forms.gle/1YPPm144ZdktEj3o8>

During the webinar, Compass Mark will go into detail about problem gambling and why the aging populations is at risk. Learn about the signs of problem gambling and the resources available to help prevent and treat problem gambling in older adults.

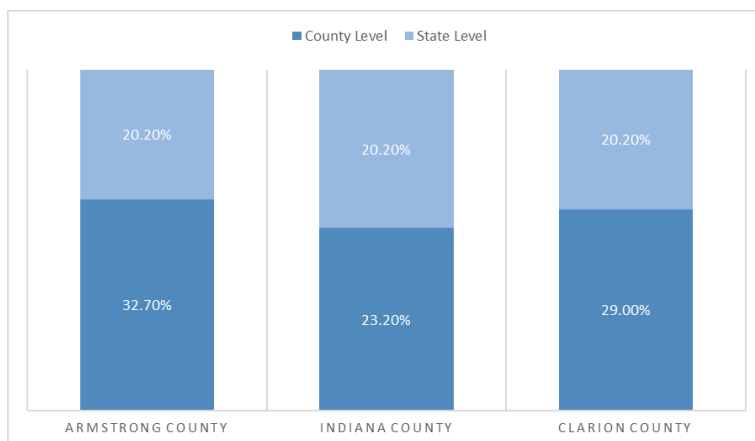
If you have any questions, please contact Terra Cravener at [tcravener@aicdac.org](mailto:tcravener@aicdac.org) or 724-354-2747 Ex. 309



### It PAYS To Know

#### Gambling

Even though gambling activities are legally restricted to adults, there is clear evidence that underage youth actively participate in gambling. Despite being promoted as a harmless form of entertainment, gambling operates on the same reward pathways and the same neurotransmitters as ATOD addiction. According to PAYS data in 2019, 39.8% of students in Armstrong County engaged in gambling for money or anything of value in their lifetime. Along with 32.5% of students in Indiana County and 37.9% of students in Clarion County. The most frequently reported form of gambling in all three counties was lottery [scratch cards, numbers, etc.] To the right is a graph to show the percentage of students who had gambled by using lottery tickets in the past 12 months compared to the percentage of students who had gambled by using lottery tickets in the past 12 months at state level.



### Curriculum Spotlight

#### Leaps and Bounds

**Leaps and Bounds** is a curriculum developed in support of the Alberta Learning Program of Studies, 2002. This program is made up of several lessons to enhance positive decision making and healthy lifestyle alternatives to alcohol, drugs, and gambling. The purpose of this curriculum is to develop life skills while underlining the importance decisions are in sustaining a healthy lifestyle. Leaps and Bounds is designed with objectives and activities as the lessons for a hands-on informative experience.

**Suggested Schedule:** 6 classroom sessions

**Grades:** 3<sup>rd</sup> -6<sup>th</sup> grades

**More Information:** <https://www.albertahealthservices.ca/amh/Page2682.aspx>

