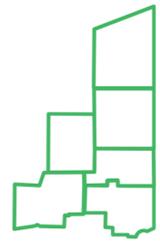


- ◆ Affirming Human Dignity
- ◆ Meeting Basic Human Needs
- ◆ Strengthening Families
- ◆ Building Communities
- ◆ Empowering Others to Transform Their Lives



National Substance Abuse Prevention Awareness Month

“Respect Life Month” and “National Substance Abuse Prevention Month” are both recognized in October. Substance abuse is a threat to life.

Over 1,000 lives were lost in the Diocese of Youngstown between 2014-2016 due to drug overdose.* While the use of heroin and opioids has slightly decreased over the past year, the use of other drugs such as cocaine is trending up. Alcohol abuse continues to be an issue, as 17.5% of adults living in our six-county diocese admit to binge or heavy drinking within a 30 day period.**

*Source: Summit County Health Department; EpiCenter
**Source: County Health Rankings

What is Catholic Charities doing to help?

The mission of Catholic Charities is to **provide service** to people in need, to **advocate** for justice in social structures, and to **call (convene)** the entire Church and other people of good will to do the same. Here’s how we are applying our mission to helping those in the Diocese of Youngstown struggling with substance abuse:

Service	Advocacy	Convening
<p>Catholic Charities provides basic needs assistance and other supportive services to many people in need, including those struggling with their own addictions and/or the addiction of a loved one.</p> 	<p>Catholic Charities provides resources to help those impacted by substance abuse in the Diocese of Youngstown. Scan the QR Code below for a listing of substance abuse and treatment programs by county, or visit our website: ccdoy.org</p> 	<p>Catholic Charities staff members participate in community discussions and task forces working to develop solutions to substance abuse issues in our community, and attend workshops and seminars to learn the latest information.</p> 
<p>For more information about all of the services and ministries offered by Catholic Charities throughout the Diocese of Youngstown, visit our website at www.ccdoy.org.</p>	<p>Although Catholic Charities <i>does not</i> provide substance abuse services, we are still very involved in local efforts to respond to substance abuse issues and develop solutions for impacted families.</p>	<p>Connect with Catholic Charities on social media to stay up-to-date on how we are making a difference in your community.</p> 



What can families do?



Provide a home environment where discussion of substance abuse is permitted. Visit www.starttalking.ohio.gov for resources.



Lock up medications that could end up in the wrong hands and potentially be abused.



Dispose of unused or expired prescription medication. Visit www.pharmacy.ohio.gov to learn more.



Lobby your school district for continuous substance abuse and prevention education at the elementary school level and beyond. Recommend the use of evidence-based curricula.



Adopt an "X Policy." Encourage teens to text the letter "x" to a parent or trusted adult if they get into a dangerous situation and want out. When the text is received, the parent or adult calls the teen to say something has come up and they need to come home. If they need a ride the adult picks them up.

What can parish communities do?



Create a worship environment where all are welcome.



Find opportunities during the liturgy to pray for those struggling with addiction and their families. Talking about substance abuse openly helps to take away the stigma.



Use the bulletin to provide resources and information for families who are coping with addiction.



Assemble a parish team or delegation to participate in local events that raise awareness about addiction in your community.



Offer your parish facilities for support-group meetings and other events that bring people together to talk about solutions to the substance abuse crisis in your community.