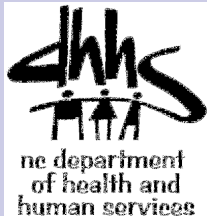




June, 2007



**SAMHSA**



NC Division of Mental Health,  
Developmental Disabilities and  
Substance Abuse Services



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NC DHHS  
DMH/DD/SAS  
Community Policy Management  
Substance Abuse Services  
3005 Mail Service Center  
Raleigh, NC 27699-3005  
919-733-4670  
919-733-4556 (fax)

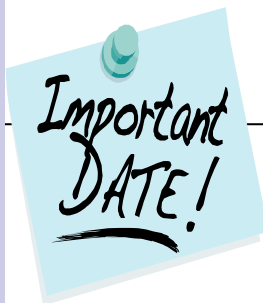
# The Parent's Source Update from the Adolescent Substance Abuse Treatment Initiative

*"Building Bridges, Closing Gaps"*



## 11 Questions Parents Must Ask When They Choose A Care Provider For Their Child

1. What kind of care might I expect for my youth?
2. Does your staff reflect the families you serve?
3. Is your staff dedicated to the System of Care model that offers Recovery/Rehabilitative services that are directed by the youth and families?
4. Are the youth and families included in the planning for after care?
5. How does your agency work with families, youth and clients?
6. Does your agency allow the continuation of mental health medications during treatment for Substance Abuse?
7. How do the families participate in the treatment process?
8. What information does your agency provide to the youth and family about relapse and prevention?
9. How does your agency share with families and youth their rights and laws protecting the youth?
10. How are crisis plans developed with the youth and families?
11. If the youth has a dual diagnosis does your agency practice a no eject – no reject policy?



## Upcoming Events

Want to get the word out about an upcoming training or event? Email us at [bestasat@uncg.edu](mailto:bestasat@uncg.edu) and we'll include it in the next newsletter or update!

**September 12, 2007 - 2:00 p.m.** - The Surgeon General will speak at an underage drinking rally at The Steven's Center at North Carolina State University. This event is open to the public, it's free, and free parking will be available.

June, 2007

# The Parent's Source Update from the Adolescent Substance Abuse Treatment Initiative

*"Building Bridges, Closing Gaps"*



## Depression and the Initiation of Alcohol and Other Drug Use among Youth aged 12 to 17

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- \* Major depressive episodes in a lifetime or past year were assessed in SAMHSA's National Survey on Drug Use and Health among youth aged 12 to 17. Major depressive episode as defined by The DSM-IV diagnostic criteria specifies a period of two weeks or longer during which there is either depressed mood or loss of interest or pleasure and at least four other symptoms that reflect a change in functioning (such as problems with sleeping, eating, energy, concentration, and self image).
- \* Data from SAMHSA's 2005 National Survey on Drug Use and Health were used to examine the following in the past year: major depressive episode, initiation of alcohol or illicit drug use, and the association between such new alcohol and/or illicit drug use and major depressive episode.
- \* In 2005, 8.8% of youth (about 2.2 million youth) had experienced at least one major depressive episode during the past year. Rates of major depressive episode varied by gender and age.
- \* About 2.7 million youth (15.4% of the youth who had not used alcohol previously) used alcohol for the first time in the past year.
- \* About 1.5 million youth (7.6% of the youth who had not used an illicit drug previously) used at least one illicit drug in the past year.
- \* Among youth who had not used alcohol or an illicit drug previously, those with a major depressive episode were about twice as likely to start using alcohol or an illicit drug as youth who had not experienced a major depressive episode in the past year.
- \* Among youth who had not used alcohol previously, 29.2% of those with a major depressive episode initiated alcohol use compared with 14.5% youth who had not experienced a major depressive episode in the past year.
- \* Among youth who had not used an illicit drug previously, 16.1% of those with a major depressive episode initiated illicit drug use compared with 6.9% youth who had not experienced a major depressive episode in the past year.

"Depression and the Initiation of Alcohol and Other Drug Use among Youths Aged 12 to 17 is based on SAMHSA's National Survey on Drug Use and Health conducted by the Office of Applied Studies (OAS) in the Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA's National Survey on Drug Use and Health (NSDUH) is the primary source of information on the prevalence, patterns, and consequences of drug and alcohol use and abuse in the general U.S. civilian non institutionalized population, age 12 and older. SAMHSA's National Survey on Drug Use & Health also provides estimates for drug use by State. For more detailed information go to: <http://oas.samhsa.gov/2k7/newUserDepression/newUserDepression.cfm>