



PREVENTION TOOLS FOR LATINO FAMILIES DURING COVID-19¹

THE FACTS

About 55 million U.S. school children attend schools that have been closed or are being directly affected by the new coronavirus COVID-19 social distancing rules². The isolation, fear, not having enough support, lack of health access and the pressure that Hispanic and Latino parents and caregivers are facing are countless, leaving the children with so many questions, confusion and in many cases leaving them unattended.

According to the National Survey on Drug Use and Health (NSDUH)³

2 in 5 Hispanic and Latinos struggled with illicit drugs.

7 in 9 struggled with alcohol use

1 in 6 struggled with illicit drugs and Alcohol

Unfortunately, substance abuse continues and even increases, as we face COVID-19. When parents and caregivers use alcohol and drugs to manage stress or avoid emotions, children suffer and face many risk factors. According to Current Drug Abuse Reviews,⁴ these children are also more likely to experience poor performance in school, emotional and behavioral problems low self-esteem, a higher risk of physical, verbal, or sexual abuse, a higher risk of developing anxiety or depression, **earlier onset of experimentation with drugs or alcohol, and a greater chance of becoming addicted once they start using drugs or alcohol.**

To learn about more about our National Hispanic and Latino Prevention Technology Transfer Center, please visit <https://pttcnetwork.org/centers/national-hispanic-latino-pttc/home>

¹ Centers for Disease Control and Prevention <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

² National Center for Education Statistics; <https://nces.ed.gov/>

³ 2018 National Survey on Drug Use and Health: Hispanics, Latino or Spanish Origin or Descent (<https://www.samhsa.gov/data/report/2018-nsduh-hispanics-latino-or-spanish-origin-or-desce>)

⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3676900/>

⁵ <https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/Drug-Abuse-Prevention-Starts-with-Parents.aspx>

THE PREVENTION SOLUTION

Substance abuse prevention starts with parents learning how to talk with their children about difficult topics. To support children and prevent the use of substance abuse at home, parents can:⁵

- Talk honestly with your child about healthy choices and risky behaviors.
 - Learn the facts about the harmful effects of drugs.
 - Help your child make good choices and good friends.
 - Teach your child different ways to say No!
 - Be clear. Actions speak louder than words.
- Children do notice what their parents say and do.
- Be a role model. Children notice how parents use alcohol, tobacco, and drugs at home, in their social life, and in other relationships.
 - Don't drink and drive. Having a designated driver sends a very important message to children about safety and responsibility.
 - Lock up alcohol, prescription drugs, illegal/street drugs, and dangerous cleaning supplies.
 - Establish consistent routines and rules.
 - Encourage positive friends and healthy activities.
 - Find time to do things together like eating together as a family, it's a good time to talk and learn about what's going on.
 - Avoid TV programs, movies, and video games that glamorize tobacco, alcohol, and drugs. Since it's hard to escape the messages found in music and advertising, discuss with your child the influence these messages have on us.

Also, you can visit the following websites for more COVID - 19 and support information.

SAMHSA's Disaster Distress Helpline

Toll Free: 1-800-985-5990 (español e inglés)
Text in Spanish: Envíe "Háblanos" al 66746
Text in English: "TalkWithUs" al 66746
(TTY): 1-800-846-8517
English:
<http://www.disasterdistress.samhsa.gov>
Spanish:
<https://www.samhsa.gov/disaster-distress-helpline/espanol>

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP
(24/7/365 Treatment Referral Information Service in English and Español)
Website:
<http://www.samhsa.gov/find-help/national-helpline>

National Suicide Prevention Lifeline

Toll Free: 1-888-628-9454
English: 1-800-273-TALK (8255)
(TTY): 1-800-799-4TTY (4889)
Spanish:
<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>
English:
<http://www.suicidepreventionlifeline.org>

SAMHSA Behavioral Health Treatment Services Locator

Website: <https://findtreatment.gov>