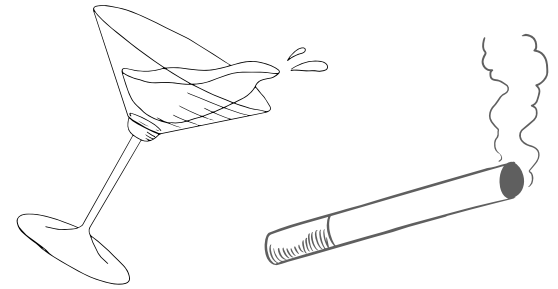


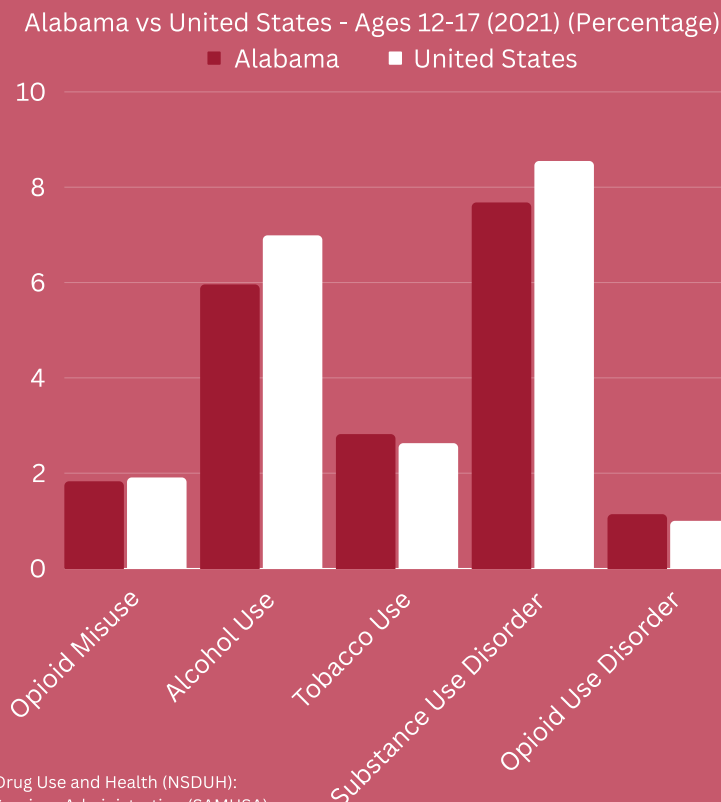
SUBSTANCE USE AMONG ADOLESCENTS



OVERVIEW

Substance use continues to be a prevalent issue among adolescents. The H.O.P.E. Project at The University of Alabama seeks to provide definitions, statistics, and treatment information related to substance use among Alabama adolescents to contribute to our project mission. More information about the project can be found [here](#). The information presented in this handout comes from reputable sources such as the Substance Abuse and Mental Health Administration (SAMHSA), the Alabama Department of Mental Health (ADMH), and the Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5).

SUBSTANCE USE STATISTICS



Source: 2021 National Survey on Drug Use and Health (NSDUH);
Substance Abuse and Mental Health Services Administration (SAMHSA)

SUMMARY

- Average rates of substance use for adolescents ages 12-17 are comparable between Alabama and the United States
- Approximately 8% of adolescents in Alabama have a substance use disorder (2021)
- The Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5) defines Substance Use Disorder (SUD) as meeting the criteria for drug or alcohol use disorder

DRUG AND ALCOHOL USE STATISTICS AND TREATMENT INFORMATION

Despite the recent declines in use, nicotine vaping continues to remain one of the highest used substances among adolescents. In 2023, 11% of 8th graders and 18% of 10th graders reported vaping in the past 12 months, second only to alcohol. Additionally, 23% of 12th graders reported vaping in the past 12 months, ranking third behind alcohol and marijuana use (Monitoring the Future, University of Michigan, 2023). In 2022, of approximately 21,000 instances in which a person enrolled in treatment for a substance use disorder in Alabama, about 1% of those accounted for individuals under the age of 15, and about 17% of those accounted for individuals ages 15-24 (Alabama Department of Mental Health; ADMH).

HOW IS DRUG OR ALCOHOL USE DISORDER DEFINED?



The DSM-5 diagnostic criteria for drug or alcohol use disorder (substance use disorder) includes presence of symptoms such as spending a great deal of time trying to obtain the substance, cravings for the substance, interference in daily activities caused or exacerbated by the effects of the substance, wanting to cut down or stop by not managing to, and continuing substance use despite knowledge of its negative effects.

SEEKING HELP FOR SUBSTANCE USE?

SAMHSA Helpline: 1-800-662-4357

Text your ZIP code to: 435748

TTY: 1-800-487-4889

Visit: [SAMHSA Website](https://www.samhsa.gov)

References

1. [National Survey on Drug Use and Health \(NSDUH; SAMHSA\)](#), 2022
2. [Monitoring the Future](#), University of Michigan, 2023
3. [Diagnostic and Statistical Manual of Mental Disorders](#), 5th edition (DSM-5)
4. [Alabama Department of Mental Health \(ADMH\)](#)

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