



DART Prevention Coalition

Taking Aim at Substance Use in Ocean County

**YOU ARE
NOT ALONE**

MAY IS

Mental Health Awareness Month

**BREAK
• the •
STIGMA**

**Mental
health
matters**



**RWJBarnabas
HEALTH**

**Institute for
Prevention
and Recovery**



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

May is Mental Health Awareness Month!

Mental Health Awareness Month aims to increase awareness about the vital role mental health plays in our overall health and well-being and provide resources and information to support individuals and communities who may need mental health support.

Want to help spread awareness and share on your own social media?

WHAT IS SUBSTANCE USE DISORDER?

What is Substance Use Disorder?



Substance use disorder (SUD) is a treatable mental health disorder that affects a person's brain and behavior, leading to their inability to control their use of substances like legal or illegal drugs, alcohol, or medications.

Symptoms can be moderate to severe, with addiction being the most severe form of SUD.



RWJBarnabas
HEALTH

**Institute for
Prevention
and Recovery**

Source: <https://www.nimh.nih.gov/health/topics/substance-use-and-mental-health>



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

>>If you would like to download these images to share, please click below.

[What is Substance Use Disorder?](#)

SUBSTANCE USE & MENTAL HEALTH

Substance Use & Mental Health



People with Substance use disorder (SUD) can also suffer from other mental health disorders such as:

- Anxiety Disorders
- Depression
- Attention-Deficit Hyperactivity Disorder (ADHD)
- Bipolar Disorder
- Personality Disorders
- Schizophrenia



Source: <https://www.nimh.nih.gov/health/topics/substance-use-and-mental-health>

RWJBarnabas
HEALTH

Institute for
Prevention
and Recovery



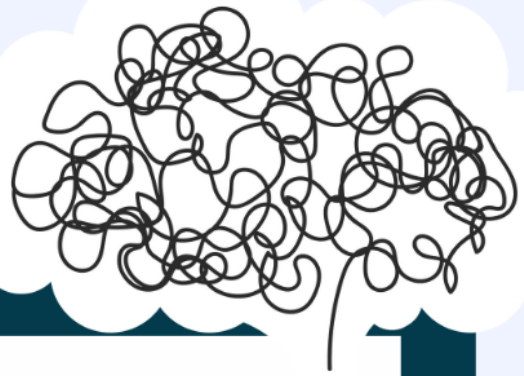
DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

>>If you would like to download these images to share, please click below.

[Substance Use and Mental Health](#)

COMMON RISK FACTORS

Common Risk Factors



Substance use disorders and other mental health disorders are caused by overlapping factors such as genetic and epigenetic vulnerabilities, issues with similar areas of the brain, and environmental influences such as early exposure to stress or trauma.



Common Risk Factors



Certain mental health disorders are established risk factors for developing a substance use disorder. Individuals with severe, mild, or even subclinical mental health disorders may use drugs as a form of self-medication. Although some drugs may temporarily reduce symptoms of a mental illness, they can also exacerbate symptoms, both acutely and in the long run.



RWJBarnabas
HEALTH

Institute for
Prevention
and Recovery

Source: <https://www.nimh.nih.gov/health/topics/substance-use-and-mental-health>



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

Common Risk Factors



Substance use can lead to changes in some of the same brain areas that are disrupted in other mental health disorders, such as schizophrenia, anxiety, mood, or impulse-control disorders. Drug use that precedes the first symptoms of a mental illness may produce changes in brain structure and function that kindle an underlying predisposition to develop that mental illness.



RWJBarnabas
HEALTH

Institute for
Prevention
and Recovery

Source: <https://www.nimh.nih.gov/health/topics/substance-use-and-mental-health>



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

>>If you would like to download these images to share, please click below.

[Common Risk Factors 1](#)

[Common Risk Factors 2](#)

[Common Risk Factors 3](#)

MENTAL HEALTH & SUBSTANCE USE RESOURCES

Resources

RWJBH Resource
24/7 Recovery Support
848-303-0008

RWJBH Resource
24/7 mental health support
1-800-300-0628



>>If you would like to download these images to share, please click below.

[Resources](#)

RESOURCES

[Behavioral Health Signs and Symptoms](#)

>>Interactive virtual experience through National Institute on Alcohol Abuse and Alcoholism.

[Common Comorbidities with Substance Use Disorders Research Report](#)

>>Research report provides information on the state of the science in the comorbidity of substance use disorders with mental illness and physical health conditions.

[Mental Health Awareness Toolkit](#)

>>SAMHSA Toolkit that includes social media content to help spread awareness about mental health.

[NJ Crisis Resources](#)

>>A list of NJ crisis resources provided by the Society for the Prevention of Teen Suicide.

Part 1: The Connection Between Substance Use Disorders and Mental Illness

>>>Research report that studies comorbidities associated with substance use disorder, specifically mental illness.

RWJBH Behavioral Health Services

>>>Flyer detailing RWJBH behavioral health services and care access line.

RWJBH Peer Recovery Program

>>>Flyer detailing RWJBH peer recovery program information and direct phone number.

MENTAL HEALTH AWARENESS TRAINING OPPORTUNITY

Youth Mental Health First Aid



Who should know Mental Health First Aid?

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- Adults who work with youth

Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid™

1 in 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

Register today!

Delivery Format:

Blended Virtual - 2 hours of self-paced prework, followed by 4 hours of virtual instruction.

Date and Time:

May 21, 2024
9AM-1PM

Location:

Virtual via Zoom
Link will be sent to participants.

Where to register:

Register Online:
Limited to Ocean County.



**RWJBarnabas
HEALTH**

**Institute for
Prevention
and Recovery**



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

Sources:

* National Alliance on Mental Illness. (n.d.). Kids. <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids>

** Mental Health First Aid. (2020). Mental Health First Aid USA for adults assisting children and youth. National Council for Mental Wellbeing.

*** Kessler, R., Berglund, P., Demler, O., Jin, R., Merikangas, K.R., Walters, E.E. (2005, June). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. Archives of General Psychiatry. 62(6): 593-602. doi: 10.1001/archpsyc.62.6.593

VIRTUAL Youth Mental Health First Aid Training Opportunity

In honor of Mental Health Awareness Month, the Institute for Prevention and Recovery will be hosting a virtual Youth Mental Health First Aid Training.

Tuesday, May 21, 2024
9:00 am - 1:00 pm
Zoom

Click Here to Register

>>>Please reach out to Brian Preiser, brian.preiser@rwjbh.org with any questions.

>>>During this course, participants in Ocean County will be certified in Youth Mental Health First Aid (YMHA) for Adults assisting Youth. For this blended version, participants will complete 2 hours of self-paced pre-work ahead of time, followed by 4 hours of virtual instruction.

>>>Instructions to complete virtual pre-work and a zoom participation link will be sent after registration for the course.

Amy Piacente-Desch, Prevention Manager | amy.piacentedesch@rwjbh.org

Natalia Amoroso, Prevention Specialist | natalia.amoroso@rwjbh.org

DART Prevention Coalition of Ocean County

RWJBarnabas Health Institute for Prevention and Recovery

dart@rwjbh.org | rwjbh.org/dart | facebook.com/DARTCoalition

You are subscribed to The DART Coalition mailing list asdart@rwjbh.org.

Please note: If you click "unsubscribe" below, you will be removed from all prevention email lists, including all DART Coalition, Communities That Care (CTC), and SOCIAL Network emails. If you wish to unsubscribe from just one of the above groups, please email us directly for assistance.

**RWJBarnabas
HEALTH**

**Institute for
Prevention
and Recovery**

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!