



Vol 5 Issue 12

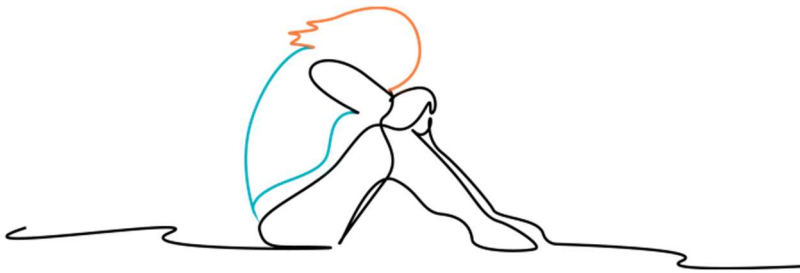


Koko Tabibzadeh
President, Drug-Free World
Los Angeles Chapter

Hi everyone!

Hope you all had a great thanksgiving and now are ready or preparing for Christmas! I can't believe it is the last month of the year – where do the years go?!!

I recently read an article
titled: *“Nearly 1 in 5 Americans
Above 12 years of Age Suffering
from Substance Use Disorder:
Report.”* (FULL ARTICLE BELOW)



The title blew my mind! This is a staggering statistic never seen before and although I am not trying to simplify things again, but I can't help but think the main culprit is having normalized and commercialized drug use. What did we expect to happen by commercializing a substance that is hallucinogenic and effects the way people think and behave?

So once again and at the risk of sounding like a broken record, although this one is worth repeating over and over, don't listen and buy your "facts" and information from "authorities" just because you think they know best and have your best interest at heart! Just because others are saying what they are saying or doing what they are doing does *not* make it safe and ok!



You are the captain of your own ship and your kids' ship, until they are older and can think for themselves!


Please seek out the truth and find out the true data for yourselves *and* them. They do pay attention to you and watch what you do and listen to what you say to them and others.

Love and help them!

And in the spirit of Christmas and setting a good example, I'd like to share this link with you all which is one of the 21 precepts written in a book called *The Way To Happiness* which is a moral code based on common sense.

Love and Help Children 

Hope you enjoy it as much as millions of people have and do every day!

Merry Christmas and Happy Holidays!   

Koko

Nearly 1 in 5 Americans Above 12 Years of Age Suffering From Substance Use Disorder: Report

More than 168 million individuals aged 12 or older were estimated to have used tobacco, nicotine vaping, alcohol, or an illicit drug.

Original Article from Principia Scientific International can be found [HERE](#).

Millions of Americans are suffering from substance use disorders and mental health issues related to alcoholism and drug usage, according to a recent survey by the U.S. Department of Health and Human Services

(HHS).

“In 2022, 48.7 million people aged 12 or older (or 17.3 percent) had a substance use disorder (SUD) in the past year,” said the 2022 National Survey on Drug Use and Health (NSDUH) report published on Nov. 13. This includes 29.5 million people with an alcohol use disorder; 27.2 million with a drug use disorder; and 8 million individuals with both. Individuals undergoing SUD use substances like alcohol or drugs uncontrollably despite harmful consequences.

Race-wise, Asians were found to have the lowest SUD over the past year while American Indians or Alaska Natives had the highest rate. The survey tracked SUDs in multiple categories—tobacco, nicotine vaping, alcohol, illicit drug use, and fentanyl misuse.

The report also found widespread mental health issues among Americans:

- Among adults aged 18 and above, 15.4 million people were classified as having serious mental illness (SMI) in the past year.
- Among adolescents between 12 and 17 years of age, 19.5 percent (4.8 million) had a past-year major depressive episode (MDE). In this demographic, 3.4 million had serious thoughts of suicide, 1.7 million made suicide plans, and around 953,000 attempted suicide over the past year.
- Almost half of young adults between the ages of 18 and 25 were estimated to either have any mental illness (AMI) or substance use disorder.

“This year’s report shows that millions of Americans, of all ages, continue to face mental health & substance use challenges—sometimes both at once,” HHS Secretary Xavier Becerra said in a Nov. 14 X post.

In a Nov. 13 press release, HHS Assistant Secretary for Mental Health and Substance Use Miriam E. Delphin-Rittmon said that “the data released today is crucial for informing our policies, protocols, and understanding of our nation’s health.”

“This important work better situates policymakers, researchers, practitioners, and the general public to understand the collective behavioral health needs across the country and anticipate the needs of future generations.”

■ ■ ■

Widespread Substance Use

According to the NSDUH report, the total number of people (aged 12 and above) who were estimated to have used tobacco, nicotine vaping, alcohol, or an illicit drug in the past month was 168.7 million, pointing to widespread substance use among the American population.

The vast majority of these people—137.4 million—drank alcohol. While 50.9 million people used tobacco products, 23.5 million vaped nicotine, and 46.6 million used an illicit drug.

Many people who used these substances and suffered from SUD refused to seek treatment:

- In the 12-17 year old demographic, there were 1.8 million individuals with SUD who did not receive treatment in the past year. Out of this, roughly 1.7 million either did not seek treatment or thought they should not get it. Only around 8,000 sought treatment.
- Among those aged 18 and above who had SUD in the past year, only about 313,000 sought treatment.

A significant proportion of individuals with substance use disorders experienced a “severe” form of the condition.

One in five cases among the 29.5 million people with an alcohol disorder was classified as a “severe disorder.” Within the 19 million individuals who had marijuana use disorder, “severe disorder” plagued 17.3 percent.

Myth Buster

Myth: Chances of getting a fake pill laced with fentanyl is very low.

Truth: That is not true! According to lab testing done by the DEA (Drug Enforcement Administration), 4 out of every 10 pills have

fentanyl in them that contain a potentially lethal dose of fentanyl – that is almost 50% of the pills! Would you want to take that chance?



Pop Quiz

Question: What are opioids?

[VIEW THE ANSWER →](#)

Husband in Late 50s Falls into Sudden Depression: Here's What "Turned the Lights Back On"

By [The Dr. Monti Show](#)

Oct-25-2023

Dr. Monti discusses a case involving a 57-year-old man who

experienced a sudden onset of depression.

The patient's primary care doctor prescribed a common antidepressant, which, unfortunately, did not provide relief. In fact, the underlying issue in this patient could have been readily identified through laboratory tests.

The challenge lies in the fact that such tests are not a standard part of care, and patients must proactively request them from their primary care physicians.

[READ THE FULL ARTICLE →](#)

THE TRUTH ABOUT –

Prescription Drugs



Through this interactive course you will learn the truth about prescription drug abuse. You'll hear it from former addicts who know the consequences and give real, first-hand experience of the dangers of prescription drugs.

START THIS FREE COURSE →



START AN Online Classroom



WELCOME TO THE DRUG-FREE WORLD ONLINE EDUCATION
THE FULL CURRICULUM ONLINE

No one doubts the severity of the drug problem and its devastating impact on youth. Academic results suffer and, even worse, vital underlying health and safety issues undermine young lives.

The best solution is to reach young people with effective, fact-based drug education—before they start experimenting with drugs.


The Truth About Drugs education curriculum is the latest supplemental aid for teachers, instructors and drug prevention specialists. The curriculum is now available online, providing lesson plans and resources ready for download and use anywhere and at any time.

[learn more >](#)

IPAD DRUG EDUCATION APP

The full Truth About Drugs curriculum is now available on the iPad, with full access to the education curriculum right at your fingertips.

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[learn more >](#)

IPHONE DRUG EDUCATION APP

The Drug-Free World Truth About Drugs Education iPhone App. With this app, you will be able to review and grade your students' lesson right from your phone, with the information fully synchronized with your other mobile devices.

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SIGN UP AS TEACHER | **ENROLL AS STUDENT**

Email Address

Username

Repeat Password

First Name

Last Name

Country

Language

Enter Class Name

[Continue >>](#)

Start a Class Today!

3.1 **3.2** **3.3 R** **3.4 Op** **3.5 Op** **3.6 Stim** **3.7 Antide** **3.8 Ketamir** **3.9 Abuse of**

the-counter Drugs

Download it now from the App Store.

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Pop Quiz Answer

Question: What are opioids?

Answer: Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others.

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Interested in volunteering?
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to hear from you.

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