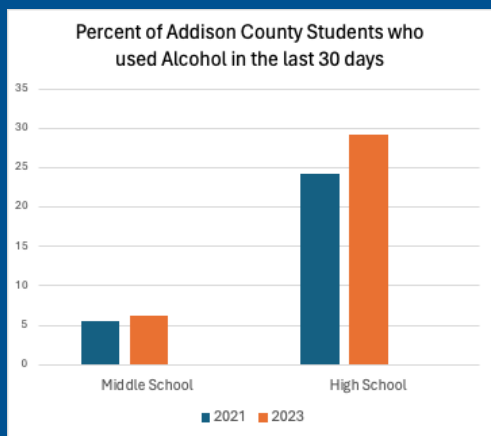


Alcohol Misuse

What is Alcohol Use Disorder

A widespread misconception about those grappling with alcohol-related issues is that they are primarily in dire straits. However, individuals from all walks of life are susceptible to developing harmful drinking habits and facing consequences like injuries, health issues, interpersonal conflicts, and alcohol use disorder (AUD).

2023 Youth Core Survey Results

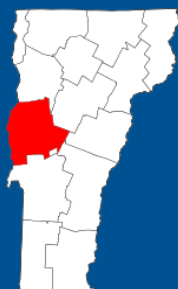


Scan for full results

Rates of Alcohol Use in Vermont

National data shows that Vermonters in all age groups drink at higher rates compared to the national average, consequently children who are exposed to alcohol before the age of 15 are four times more likely to develop alcohol dependence.

**Addison County
Substance Use &
Prevention
Coalition**



Ways to Prevent Alcohol Misuse and Provide Support

- Support Groups
- Cognitive Behavioral Therapy
- Conversation with a physician or counselor
- Self-care
- Visit ParentUpVT.org for More Information

RESOURCES:

VT Help Link:

802-565-LINK (5465)

Local Substance Use Centers

National Hotline:

1-800-662-HELP (4357)

Turning Point Center

802-388-4249

ParentUpVt.org



GET HELP

If you or someone you know needs help with alcohol use disorder, call:

Counseling Services of Addison County

802-388-6751

United Way of Addison County's Resource Page has additional support regarding mental health, food, transportation, after-school activities, and parent & caregiver support

