Zina Antolin

Prof. Charboneau

HUS 1431-1867

Final Paper Rough Draft

Adolescents and Substance Abuse

Introduction

* In the US, the issue of drug abuse amongst adolescents has become prevalent, and this calls for an action plan to reduce the prevalence.
* What are some of the factors that contribute to the increased cases of substance abuse among adolescents?
* The increased abuse of the substance is associated with various impacts, which include poor academic performance, health impacts, addiction, and death.
* Some of the prevention approaches include the education-based programs and keeping the adolescents away from this substance.

Thesis: The paper analyzes the tendency of the drug abuse among adolescents, its effects as well as the control and preventative measures that can help reduce the prevalence of his issue.

Body

1. Main Point 1: The primary abused substances are marijuana, tobacco, and alcohol (Somani & Meghani, 2016).
2. The above-mentioned drugs are the commonly abused substances among this population.
3. This is because they are widely available and can be cheaply acquired from various sources. For instance, children are exposed to alcohol, and cigarette is among the readily available substances.

* The abuse of marijuana is on the rise among adolescents compared to that of tobacco and alcohol.

1. Marijuana is not readily available, but the adolescents acquire it from various sources.

* This is because it is illegal in most states.

1. Drug abuse is associated with school dropout (Tesler, Plaut, & Endvelt, 2018).
2. There is a high probability of school dropout among adolescents.

* It is increasingly hard to remain in school when adolescents become drug addicts.
* They get a feeling that makes them lack value in education; this could encourage them to drop out of school.
* This is an issue that is common among adolescents in different parts of the US.

1. Besides, the abuse of the substance is associated with poor academic performance.

* These individuals can barely concentrate on school matters, and this leads to poor performance.

1. Health issues are common among the teeners who abuse substances (Vinish& Prasad, 2018).
2. Smoking is associated with other disorders, and among them is affecting one's lungs.

* Smoking marijuana and tobacco are among the drugs that lead to several respiratory disorders.

1. Others can lead to the deterioration of one's health.

* Most of the drugs abused by adolescents are detrimental to one's health, and they lead to reduced quality of life.

1. Prevention and management
2. The prevention program should include a holistic approach that consists of the schools, hospitals, and the community (Das et al., 2016).

* The use of a holistic approach has a high probability of success.

1. The active abusers should go through rehabilitation (Jiloha, 2017).

* The rehabilitation process will help them overcome addiction.
* Also, it will help them through the relapse cycle.

Conclusion

* Drug abuse is a prevalent phenomenon amongst adolescents
* It is associated with various health issues and school dropout
* The use of a holistic approach that integrates the community, schools, and healthcare system can offer a lasting solution to this problem

References

Das, J. K., Salam, R. A., Arshad, A., Finkelstein, Y., & Bhutta, Z. A. (2016). Interventions for adolescent substance abuse: An overview of systematic reviews. *Journal of Adolescent Health*, *59*(4), S61-S75.

Jiloha, R. C. (2017). Prevention, early intervention, and harm reduction of substance use in adolescents. *Indian journal of psychiatry*, *59*(1), 111.

Somani, S., & Meghani, S. (2016). Substance abuse among youth: A harsh reality. *Emerg Med (Los Angel)*, *6*(330), 2.

Tesler, R., Plaut, P., & Endvelt, R. (2018). The effects of an Urban Forest Health Intervention Program on physical activity, substance abuse, psychosomatic symptoms, and life satisfaction among adolescents. *International journal of environmental research and public health*, *15*(10), 2134.

Vinish, V., & Prasad, V. (2018). Knowledge on Effects of Substance Abuse among Adolescents: -A Descriptive Study. *Indian Journal of Public Health Research & Development*, *9*(1), 232-237.