

## ABOUT MAHA

The Midwest Asian Health Association (MAHA) is a non-profit, 501(c)(3) organization established in 2003 with a mission to reduce health disparities for medically underserved, low-income population in the Midwest through developing and providing culturally sensitive and linguistically appropriate services.

## ABOUT MAHA'S SUBSTANCE ABUSE PROGRAM

MAHA's Substance Abuse Prevention program aims to reduce and prevent substance abuse among Asian and Latino youth through coalition building and collaborative efforts among different sectors in the McKinley Park community of Chicago.



**We Invite You to Join  
the McKinley Park Under-  
age Drinking and Other  
Substance Abuse Coalition  
(McK-UDOS Coalition)**

## Contact Us

230 W. Cermak Rd, 2nd Floor  
Chicago, IL 60616

Tel: 312.225.8659

**Jacquelyn Zhang**  
Program Coordinator  
jacquelynzhang@maha-us.org

[www.maha-us.org](http://www.maha-us.org)

***This is NOT a WAR on  
substances, but a  
BATTLE to protect the  
brains of our youth.***



# Substance Abuse Prevention



*Midwest Asian Health Association*  
美亞健康協會 (MAHA)  
A NON-PROFIT ORGANIZATION 非盈利機構

### TO PARENTS:

- **Be Proactive:** Talk about drugs early, frequently, and openly to your children to build the foundation for effective communication.
- **Build Character:** Help your children cultivate a wide variety of interests and support their extracurricular activities to build self-esteem.
- **Be a Part of Your Children's Lives:** Spend time together with your children especially during tough times so they know that you care about them.
- **Watch for Warning Signs:** Changes in behavior, unfamiliar objects, unusual smells or odors may be indicators of drug use.
- **Set Clear Rules and Enforcement:** Provide and monitor rules for your children and make them countable. That is how they learn what is safe and what can get them in trouble.
- **Work with Your Community:** Participate in the drug prevention programs in the community and demonstrate your commitment and efforts to ensure a drug-free environment for your children.

### MYTHS ABOUT ALCOHOL

**Myth:** Drinking alcohol makes me cool!

**Fact:** There's nothing cool about stumbling around passing out, or puking on yourself.

Drinking alcohol also can cause bad breath and weight gain.

**Myth:** All of the other youth drink alcohol. I need to drink to fit in.

**Fact:** If you really want to fit in, stay sober. Most young people don't drink alcohol. Research shows that more than 73 percent to youth aged 12 to 20 haven't had a drink in the past month.



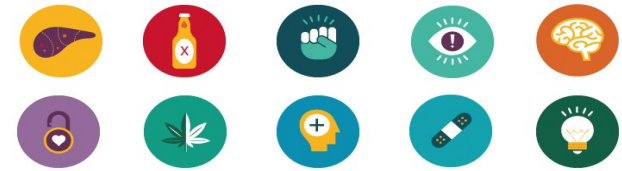
### MYTHS ABOUT MARIJUANA

**Myth:** Marijuana is harmless

**Fact:** Use of marijuana can cause significant health, safety, social and learning problems.

**Myth:** Marijuana is not addictive.

**Fact:** Marijuana IS addictive. Heavy users of marijuana may develop withdrawal symptoms, such as irritability, anxiety, and difficulty in sleeping.



### HOW YOU CAN HELP AND SUPPORT?

- **ATTEND** McK-UDOS coalition's meetings and events.
- **SPREAD THE WORD** by inviting colleagues or members of the community to join the coalition.
- **HAVE THE TALK** about the risks of alcohol and drug use with youth at home and in the community.
- **VOLUNTEER** with the program and at community events.

**The McK-UDOS Coalition is successful when you get involved!**

