

## ABOUT MAHA

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 populations in the Midwest by developing and providing culturally sensitive and linguistically appropriate services.

## ABOUT MAHA'S SUBSTANCE USE PROGRAM

MAHA's Substance Use Prevention program aims to reduce and prevent substance use among Asian and Hispanic/Latinx youth through coalition building and collaborative efforts among different sectors in the McKinley Park community of Chicago.

The program offers workshops to students (K-12), parents, and community members on different substances and mental health topics such as self-care, stress management, bullying, communication skills, and more to educate, empower, and reduce underage substance use.

## For More Information Contact Us

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## SUBSTANCE USE PREVENTION PROGRAM

## Connect with Us



<https://maha-us.org/substance-abuse-prevention-program/>



@mckudoscoalition



@McKUDOS\_chi



@mckudos\_youthcoalition



## WHAT IS SUBSTANCE USE?

Substance use is the use of alcohol, tobacco, cannabis (marijuana), vape products, prescription drugs, and other types of drugs. Substances can be ingested, inhaled, or injected into your body. They **change the functions of your central nervous system**--your thoughts, movement, feelings, bodily functions, and more. If used excessively, it can develop into an addiction or substance use disorder.

## REASONS WHY PEOPLE USE SUBSTANCES

- Family history of substance use
- Mental health illness or disorders
- Impulsive or risk-taking behavior
- Low self-esteem
- Feelings of loneliness
- Past trauma
- Peer pressure
- Stress



## CONSEQUENCES OF UNDERAGE SUBSTANCE USE

- Lack of judgement
- Poor academic performance (i.e., bad grades, skipping class, difficulty focusing in class)
- Violence
- Amplify or increase risk of depression, anxiety, or stress
- Affect your relationships
- Organ damage
- Risk for using other substances
- Drug dependency
- Addiction/substance use disorder

## HARM REDUCTION

MAHA's substance use program aims to incorporate a harm reductionist mindset about meeting people where they are and not judging them for their use. It is important to destigmatize substance use as current stigmatization of this population has been very harmful. MAHA distributes fentanyl test strips and Narcan nasal spray to ensure that those who use substances do not overdose, are safe, and alive.

## HOW CAN YOU BE INVOLVED OR SHOW SUPPORT?

### JOIN THE MCK-UDOS COALITION

**McKinley Park Underage Drinking & Other Substances Coalition (McK-UDOS)** is committed to working to prevent underage drinking and marijuana use among youth in the McKinley Park community of Chicago. Through collaborative efforts of community partnerships, McK-UDOS works toward strengthening channels of awareness, advocacy, education, and intervention to empower the young people of the McKinley Park area.

In addition, the **McK-UDOS Youth Coalition** engages high school students in advocacy efforts to raise awareness on important topics surrounding substance use and mental health.

