

## What's In Your Cabinet?

### ✓STORE ✓MONITOR ✓SECURE

Prevent Underage Drinking &  
Prescription Drug Misuse



**90% of people with substance use disorder start using before the age of 18, half of them started before the age of 15.**

*Store. Monitor. Secure.* is not a program. It is a campaign that calls on the community to take action and prevent youth access to alcohol and prescription medications in the home by changing the physical environment.

This campaign is for parents, grandparents, relatives of children and youth, senior citizens, *EVERYONE!*

#### Do your part:

- ✦ Properly **STORE** alcohol and medications in your home in a safe location to reduce youth access.
- ✦ **MONITOR** alcohol and/or medications in your home by frequently tracking and counting the amounts of each one.
- ✦ Lock and **SECURE** alcohol and/or medications in your home by keeping alcohol locked in cabinets, using combination locks on alcohol bottles, keeping medication in a locked box, and disposing of unused medication at a local medication drop box location.

[addictionhappens.org](http://addictionhappens.org)

[kNowDRINKING.net](http://kNowDRINKING.net)



# Why is this campaign important?

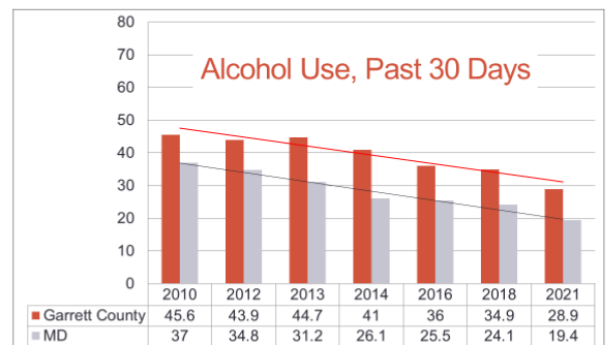
According to the 2021 Youth Risk Behavior Survey and voices of community members, taking these actions matter.

*Safeguarding medications and alcohol can save a life.*

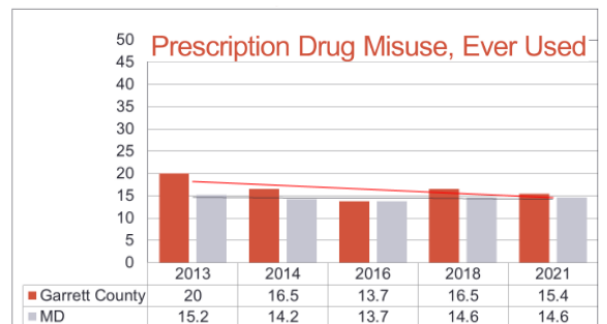
*Don't assume that alcohol and drug abuse could never happen to your child or grandchild.*

*The use of alcohol is widely accepted by most cultures in the U.S. and it is readily available in many homes.*

*Most families do not safeguard medications or alcohol.*



According to Garrett County Youth Risk Behavior Survey 10-year trend data, past 30 days use of alcohol has shown a 37% reduction of alcohol use among Garrett County high school students. 30 days use decreased 17% from 2016 to 2018. Overall, the data reveals that Garrett County alcohol use rates are always higher when compared with the state rates.



According to Garrett County Youth Risk Behavior Survey data trends, prescription drug misuse (ever used) reveals Garrett County high school students have decreased use by 23%. Data trends from 2014-2021 show a relatively small reduction in use. Overall, the data reveals that Garrett County rates are almost the same as state rates.

Maryland Department of Health Surveys & Reports. Maryland.gov Enterprise Agency Template. (n.d.). <https://health.maryland.gov/phpa/ccdpc/Reports/Pages/YRBS-Main.aspx>

#### 2023 Community Norms Survey on Alcohol:

- 75.6% of people believe it is "Easy" or "Somewhat Easy" for teens to gain access to alcohol
- 63% of respondents felt that a common source of alcohol for teens is underage youth taking alcohol from a parent's home without permission or take alcohol from someone else's home



Provided by the Garrett County Health Department with funds from MDH and SAMHSA