

# ALCOHOL, TOBACCO, AND OTHER DRUG USE AMONG DISTRICT STUDENTS

High School Students in the District of Columbia reported the following behaviors in 2019:



**ALCOHOL**

**20%** drank alcohol in the last 30 days.



**TOBACCO**

**5%** smoked a cigarette in the last 30 days.



**MARIJUANA**

**29%** used marijuana in the last 30 days.



**ELECTRONIC VAPOR PRODUCTS**

**13%** smoked e-cigarettes in the last 30 days.



**PRESCRIPTION PAIN MEDICINE**

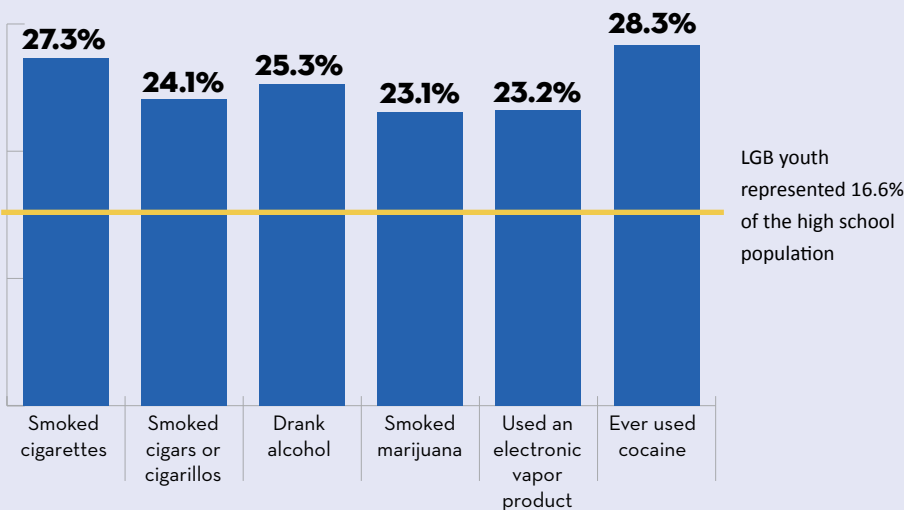
**20%** used prescription pain medicine differently than instructed, or without a doctor's prescription, during their lifetime.



**ILLEGAL DRUGS**

**13%** used illegal drugs in the last 30 days.

Of high school students who reported substance use, the following shows the percentage who were lesbian, gay, or bisexual.



Among DC students who reported having ever attempted suicide, the following risk behaviors were seen at much higher rates:

- Middle school students who have ever attempted suicide were **three times more likely to smoke cigarettes and use electronic vapor products.**
- High school students who have ever attempted suicide were **nearly nine times more likely to smoke cigarettes and four times more likely to use electronic vapor products.**

All data above are from the 2019 DC Youth Risk Behavior Survey. For the complete report, please visit [www.osse.dc.gov/service/dc-youth-risk-behavior-survey-yrbs](http://www.osse.dc.gov/service/dc-youth-risk-behavior-survey-yrbs)

## HOW CAN ADULTS AND STUDENTS IN DC TAKE ACTION TO PREVENT OR ADDRESS RISK BEHAVIORS?

### CALL-IN HELP LINES

<p><b>Department of Behavioral Health Youth Access Helpline</b> (888) 793-4357</p> <p>District students should never feel alone. This is a 24/7 helpline with access to behavioral health professionals.</p>	<p><b>Substance Abuse and Mental Health Services Administration (SAMHSA)</b> (800) 662-4357</p> <p>A confidential, free, 24/7 information service, in English and Spanish, for individuals and family members facing mental illness and/or substance use disorders. Provides referrals to support groups and community-based organizations, such as ward prevention centers.</p>	<p><b>District of Columbia Quitline</b> (800) QUIT-NOW (784-8669)</p> <p>Students can speak to a trained youth counselor and receive free resources to help quit smoking.</p>
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### IN-PERSON SERVICE PROVIDERS

	ADDRESS	TELEPHONE	WARD
<p><b>Federal City Recovery Services:</b> A drug and alcohol addiction rehab center that works with youth and their families to develop an individualized service plan to specifically address their needs.</p>	316 F St. NE, Suite 118	(202) 548-8460	6
<p><b>Hillcrest Children and Family Center:</b> Provides services to adolescents ages 12-21 for drug/alcohol use and facilitates recovery services using a holistic approach in a confidential, caring, culturally diverse environment.</p>	915 Rhode Island Ave. NW	(202) 232-6100	4
<p><b>Latin American Youth Center (LAYC):</b> Provides bilingual (English/Spanish) outreach, prevention and outpatient treatment services through a holistic program for youth and their families.</p>	1419 Columbia Road NW	(202) 319-2229	1