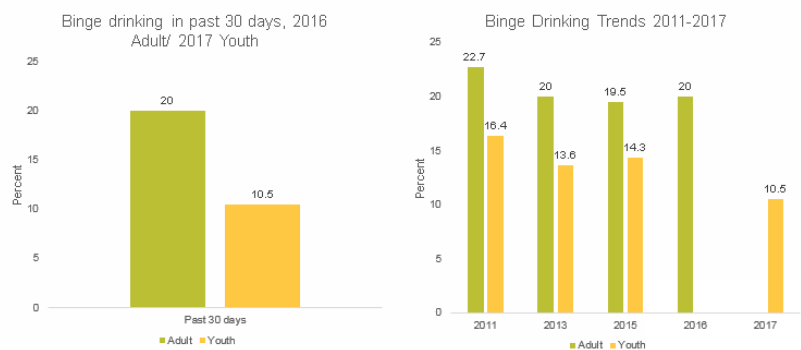


Behavioral Health Resources for Schools

Underage and Binge Drinking

Underage drinking has serious health consequences, it's unsafe, and it's against the law. Binge drinking in particular is a dangerous drinking pattern that is associated with a number of health and social consequences. Both nationally and in Nebraska, binge rates have changed little in the last seven years.

Binge Drinking Prevalence and Trends



Schools play an important role in preventing underage alcohol use and should be included in all comprehensive, community-based efforts to reduce teen drinking. There is a wide range of activities that schools can undertake to prevent underage drinking, including teaching students alcohol refusal skills and creating and enforcing school policies on alcohol use. Access SAMHSA prevention resources for schools at: <https://www.samhsa.gov/underage-drinking/partner-resources/materials-school>



The Division of Behavioral Health continues to reach parents statewide via its “Take Timeout to Talk about Underage Drinking” campaign. Ads are played during radio and television broadcasts of a number of Husker sporting events.

Underage drinking prevention efforts are taking place in communities across the state. The Division of Behavioral Health continues to work with the Regional Behavioral Health Authorities via sub-grants to fund community-based prevention programs in the eleven targeted counties of high need.

Prevention Coalitions



- Prevention Coalitions
- Counties of high need

Schools are encouraged to become involved with community-based prevention efforts. Connect with your Regional Behavioral Health office for location and contact information on prevention coalitions in your area.

Region 1	(308) 635-3173	http://region1bhs.net/	Region 4	(402) 370-3100	www.region4bhs.org/
Region 2	(308) 534-0440	www.r2hs.com/	Region 5	(402) 441-4343	www.region5systems.net
Region 3	(308) 237-5113	www.Region3.net	Region 6	(402) 444-6573	www.Regionsix.com