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**THE HUFFPOST**



**npr**

**TEDx**

# Content

Misuse and overuse of illicit and non-illicit drugs among Wisconsin adolescents has increased. While significant progress has been made to address this issue within dense population regions of the state, many rural communities struggle to establish effective recovery support services.

- The challenge
- Review changes in teenage drug use within Midwest.
- Discuss some of the risk factors associated with urban vs. rural adolescent drug use
- Summarize rural adolescent substance misuse and disorders and effectiveness of peer support services
- The power of story.
- What youth are asking for.
- Importance of peer-support.
- How you can help.

[Play video here](#)



**RISE TOGETHER is on a mission to prevent addiction by educating, engaging, and empowering youth to use their voices for change; breaking the silence around addiction and mental health.**

Our solution is to provide communities with **HIGH-QUALITY** educational content, programs, workshops, and training that help build strong advocates and leaders.

- Experienced speakers sharing personal stories
- Addressing multiple topics affecting teenagers
- Well connected with statewide and nationwide support resources
- Multi-platform approach
- Proven track record for effectiveness





**ADDICTION IMPACTS  
MORE THAN 40  
MILLION AMERICANS.**



**90% OF THOSE WHO  
STRUGGLE WITH  
ADDICTION START  
BEFORE THE AGE OF  
18.**



**MORE THAN 1 IN 5  
YOUTH IN THE US  
SHOW SIGNS OR  
SYMPTOMS OF A  
MENTAL HEALTH  
DISORDER**



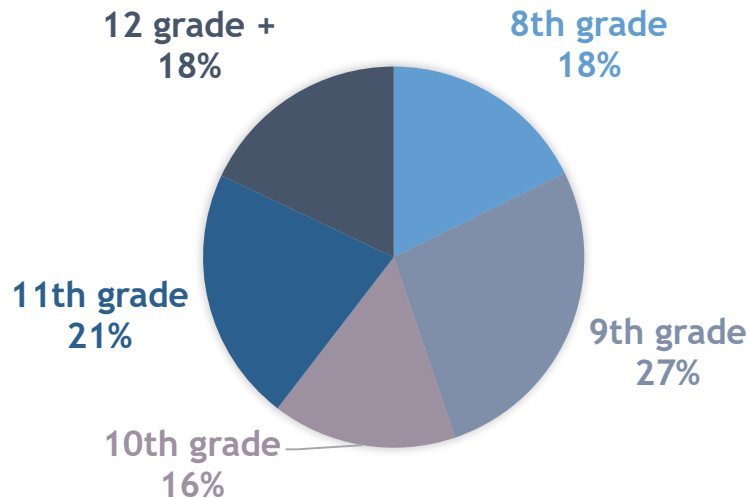
**76% OF SURVEYED  
STUDENTS INDICATED  
THAT THEY WOULD BE  
HEALTHIER IF THEY  
HAD LESS STRESS.**



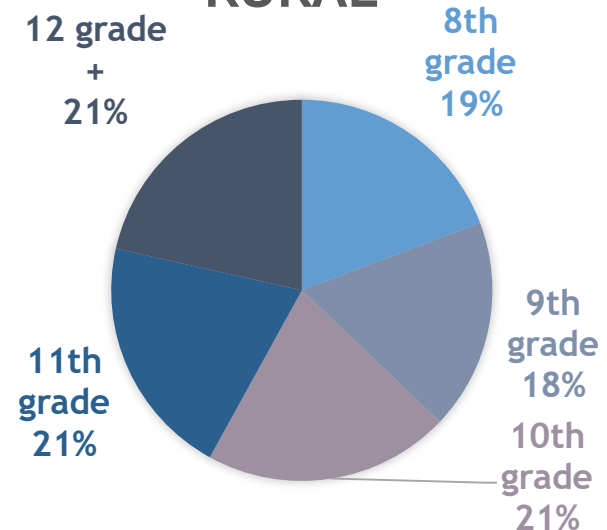
# Survey Demographics

	Urban	Rural	Total
Male	580	313	893
Female	754	400	1154
Other	13	4	17
<b>Total</b>	<b>1347</b>	<b>717</b>	<b>2064</b>
8th grade	239	138	377
9th grade	364	128	492
10th grade	211	150	361
11th grade	291	147	438
12th grade	242	154	396

## URBAN

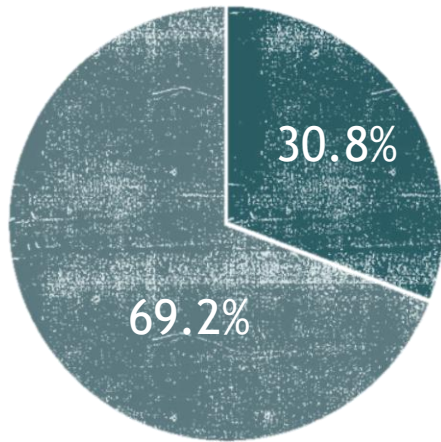


## RURAL

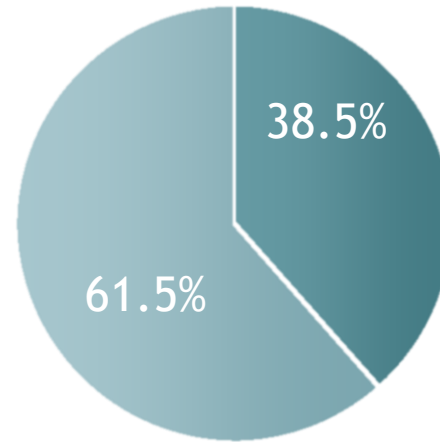


# Have you previously used drugs/alcohol?

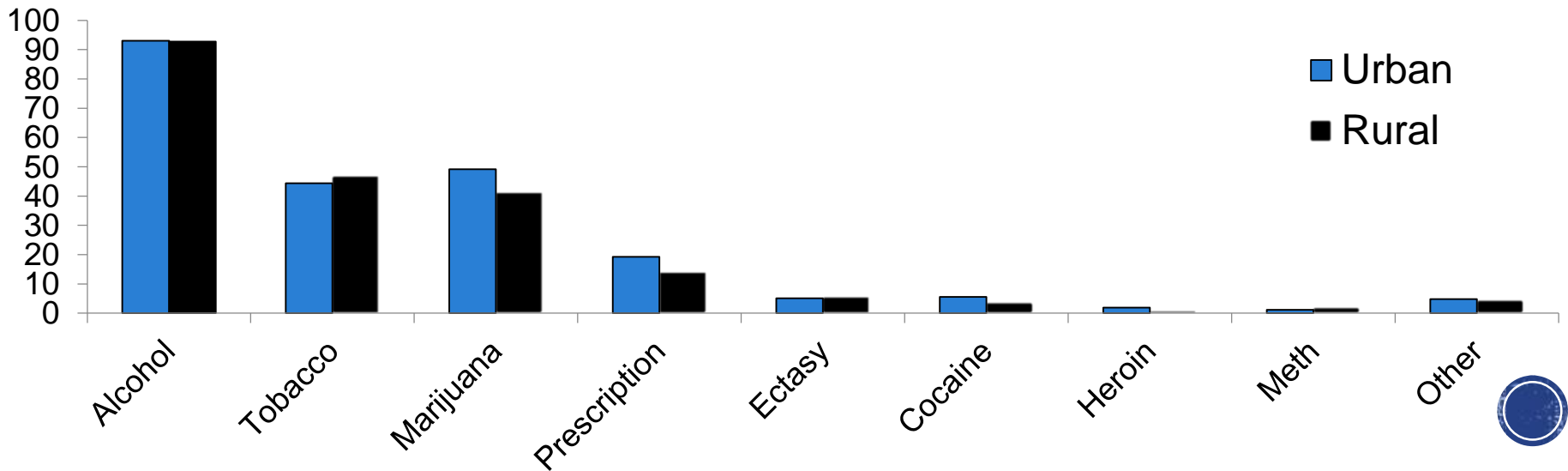
## Urban - Towns/Cities

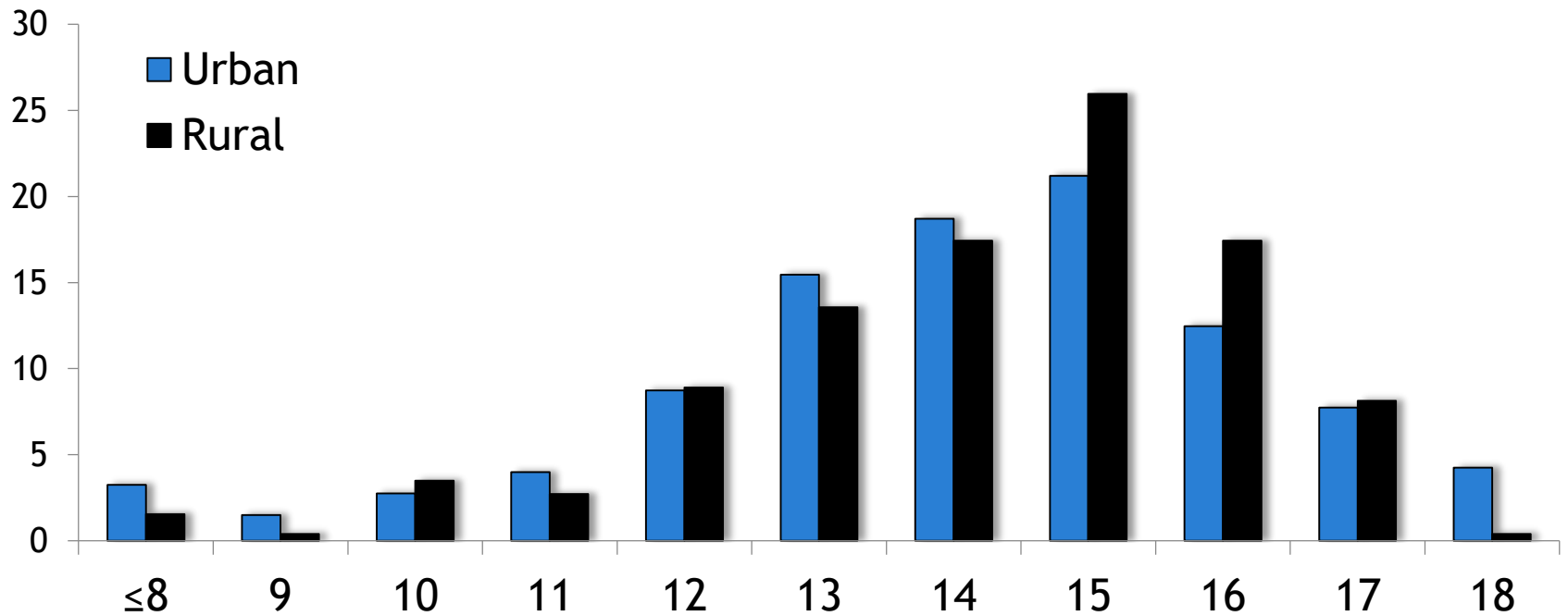


## Rural- mostly villages



■ Yes  
■ No





**I started using at  
what age...**



# Risk Factors For Misuse

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Early aggressive behavior



Lack of supervision



Academic problems



Peer substance abuse



Peer rejection

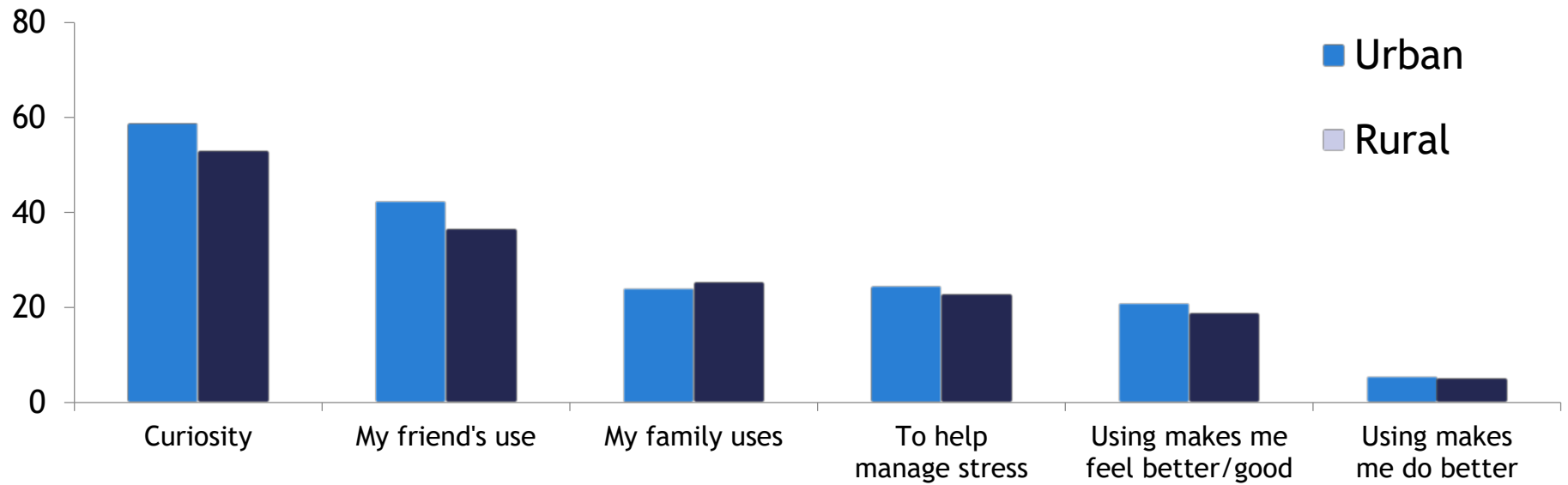


Drug availability

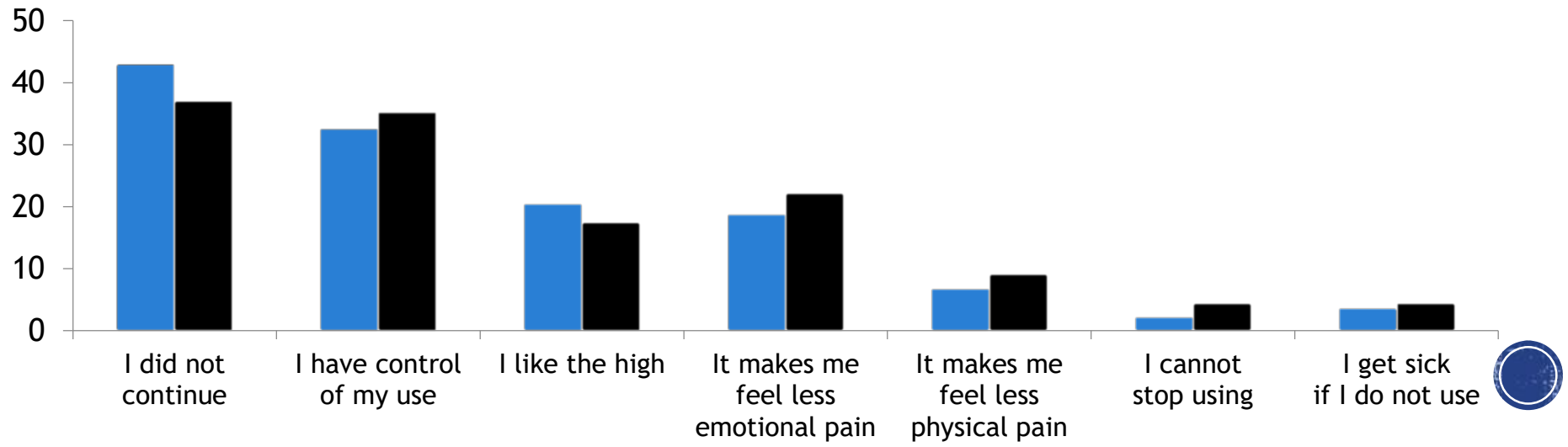




# I started using because...



# I CONTINUE USING BECAUSE...



# Protective Factors For Misuse

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EMOTIONAL SELF  
REGULATION



HIGH SELF-  
ESTEEM



BEHAVIORAL  
AUTONOMY



STRONG SOCIAL  
CONNECTION

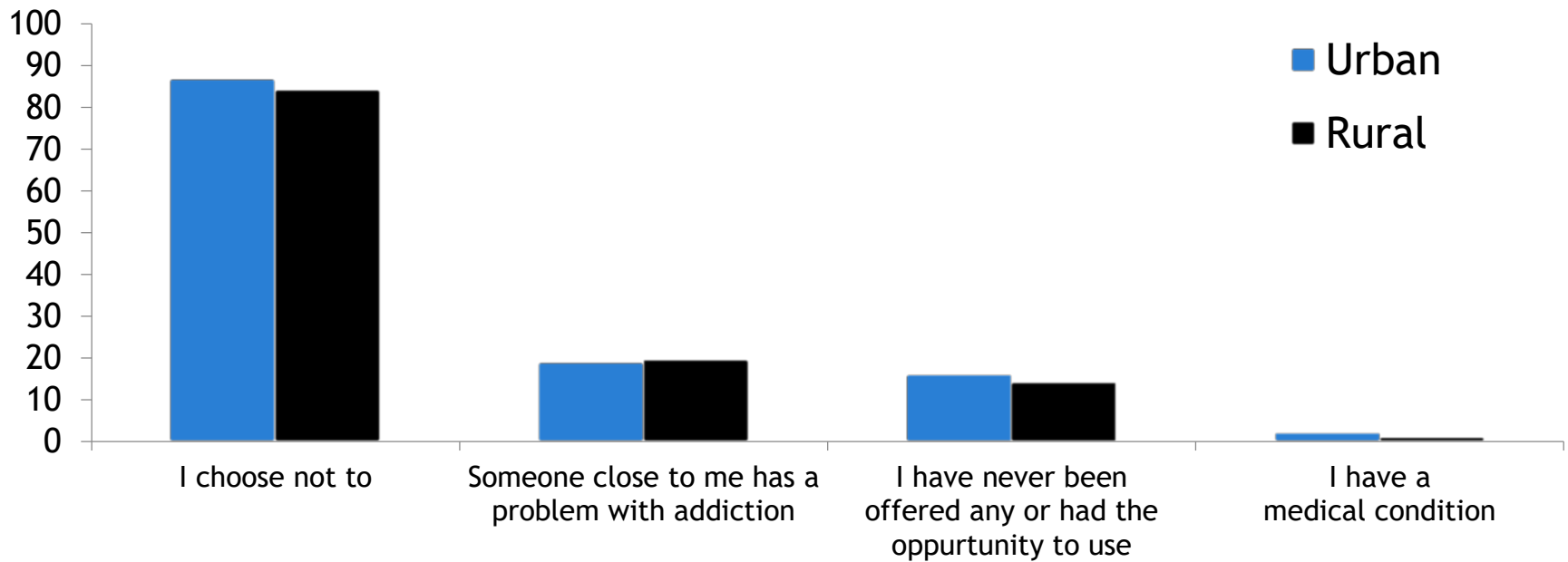


STRONG FAMILY  
CONNECTION



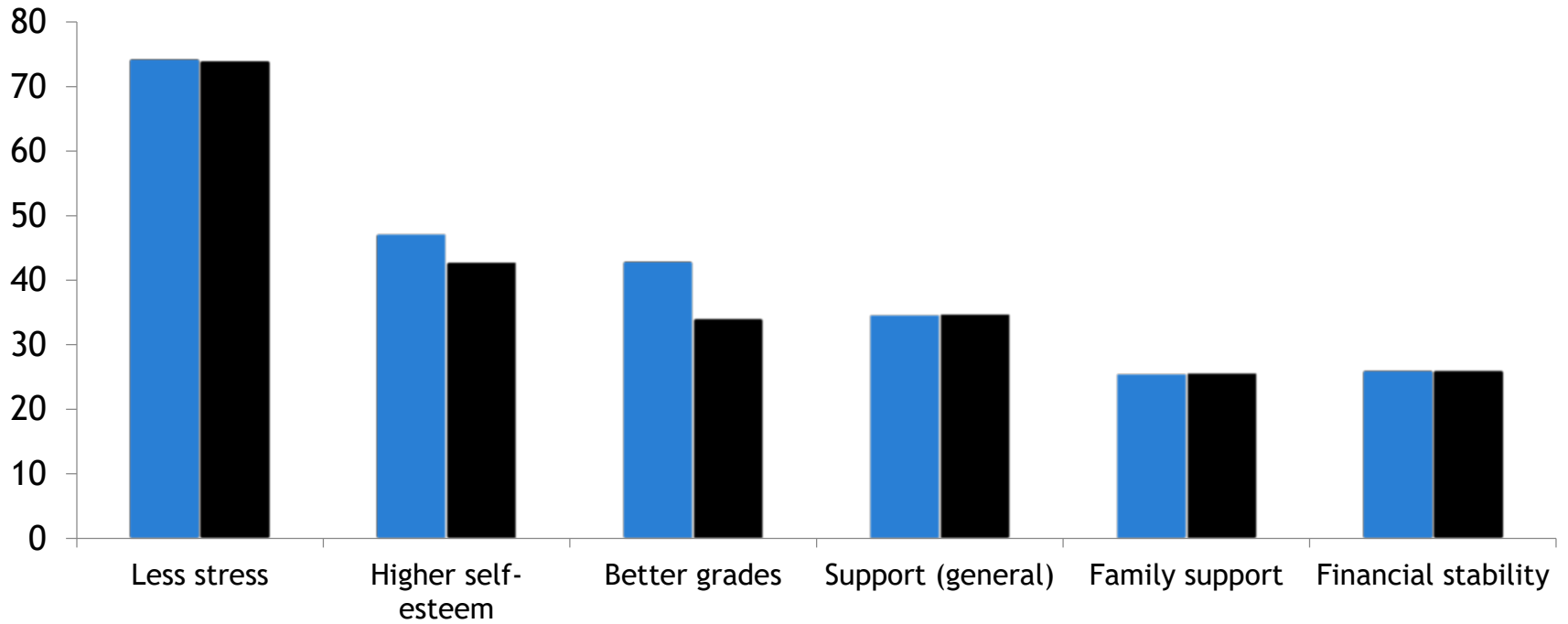
AVAILABLE  
RESOURCES





**I haven't tried  
drugs/alcohol because...**

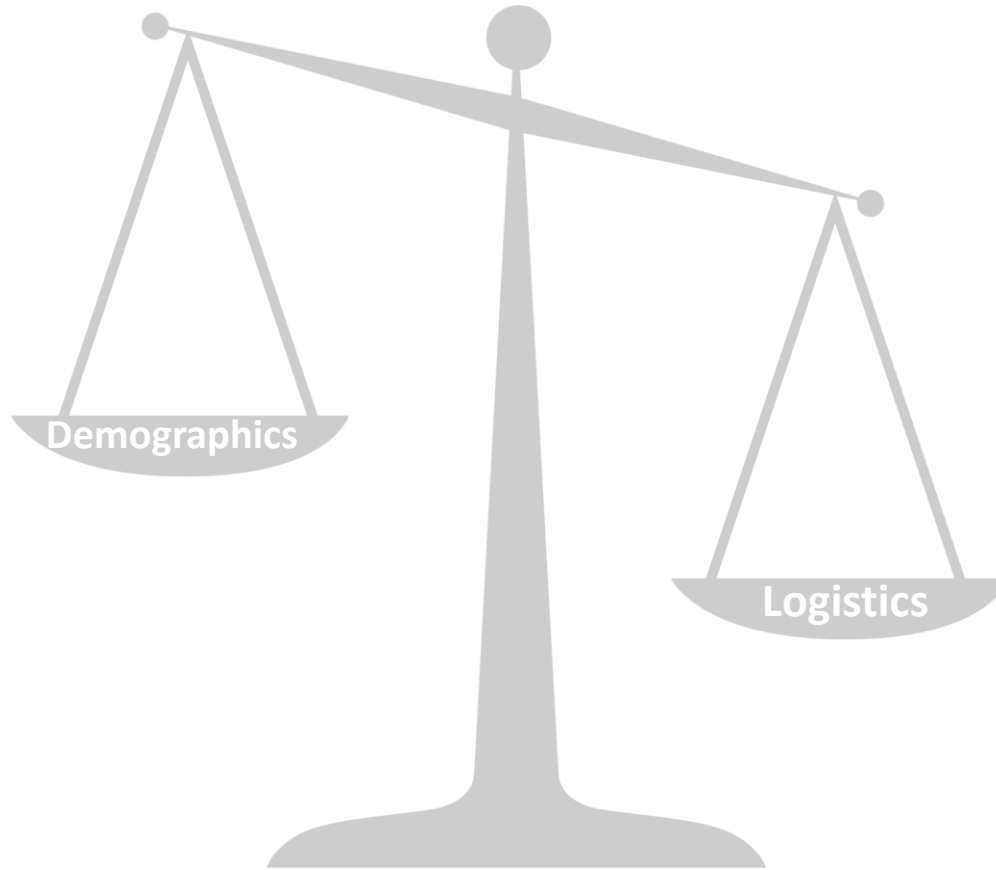




**To Live A Healthier  
Life I Need...**

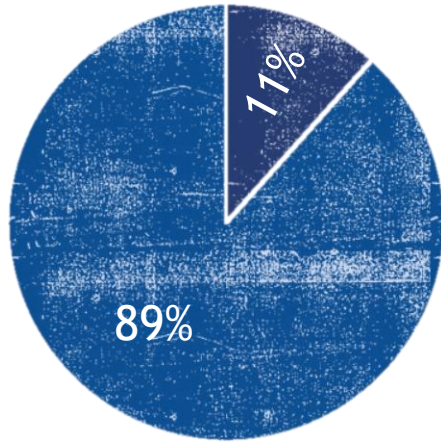


# Roadblocks To Recovery

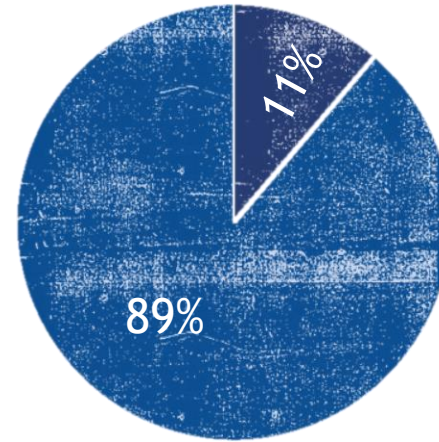


# I have asked for help...

Urban

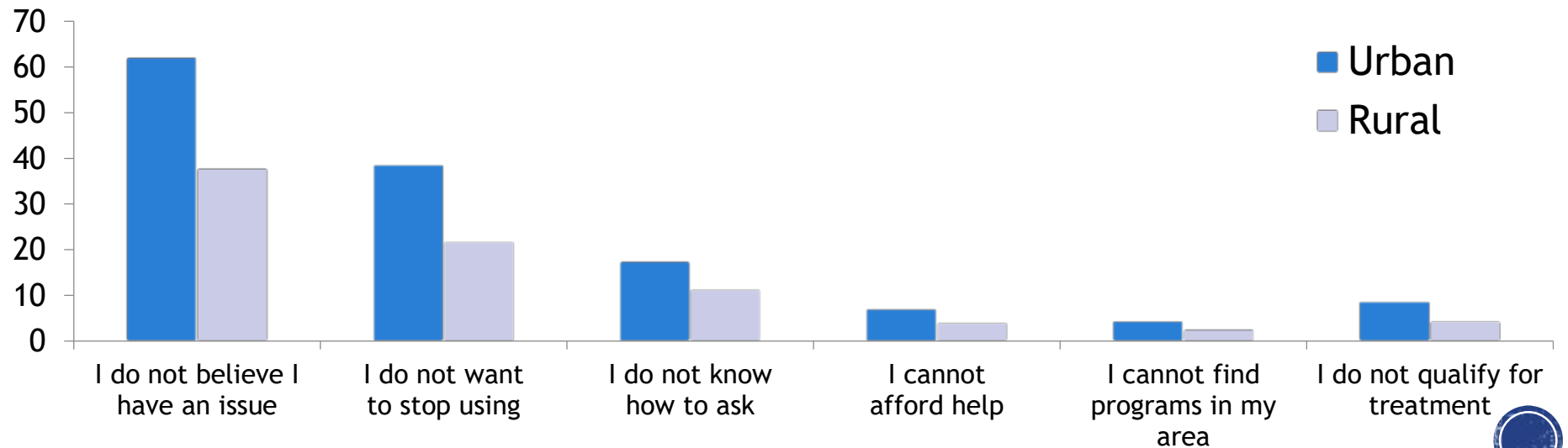


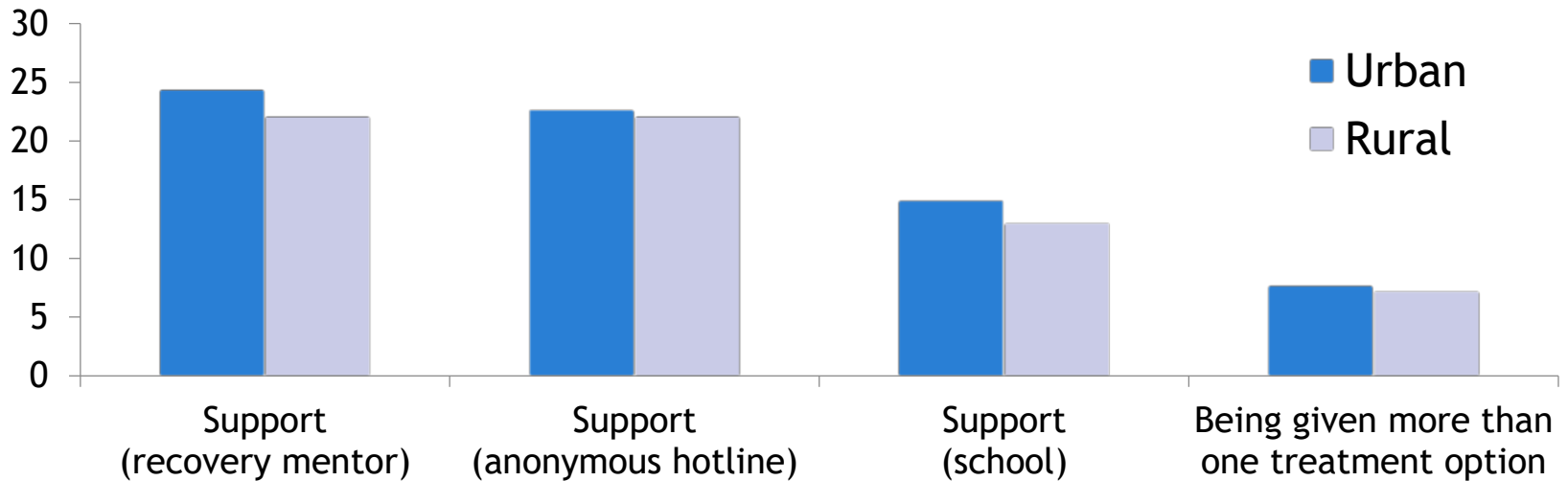
Rural



■ Yes  
■ No

■ Urban  
■ Rural





**What would help  
recovery...**

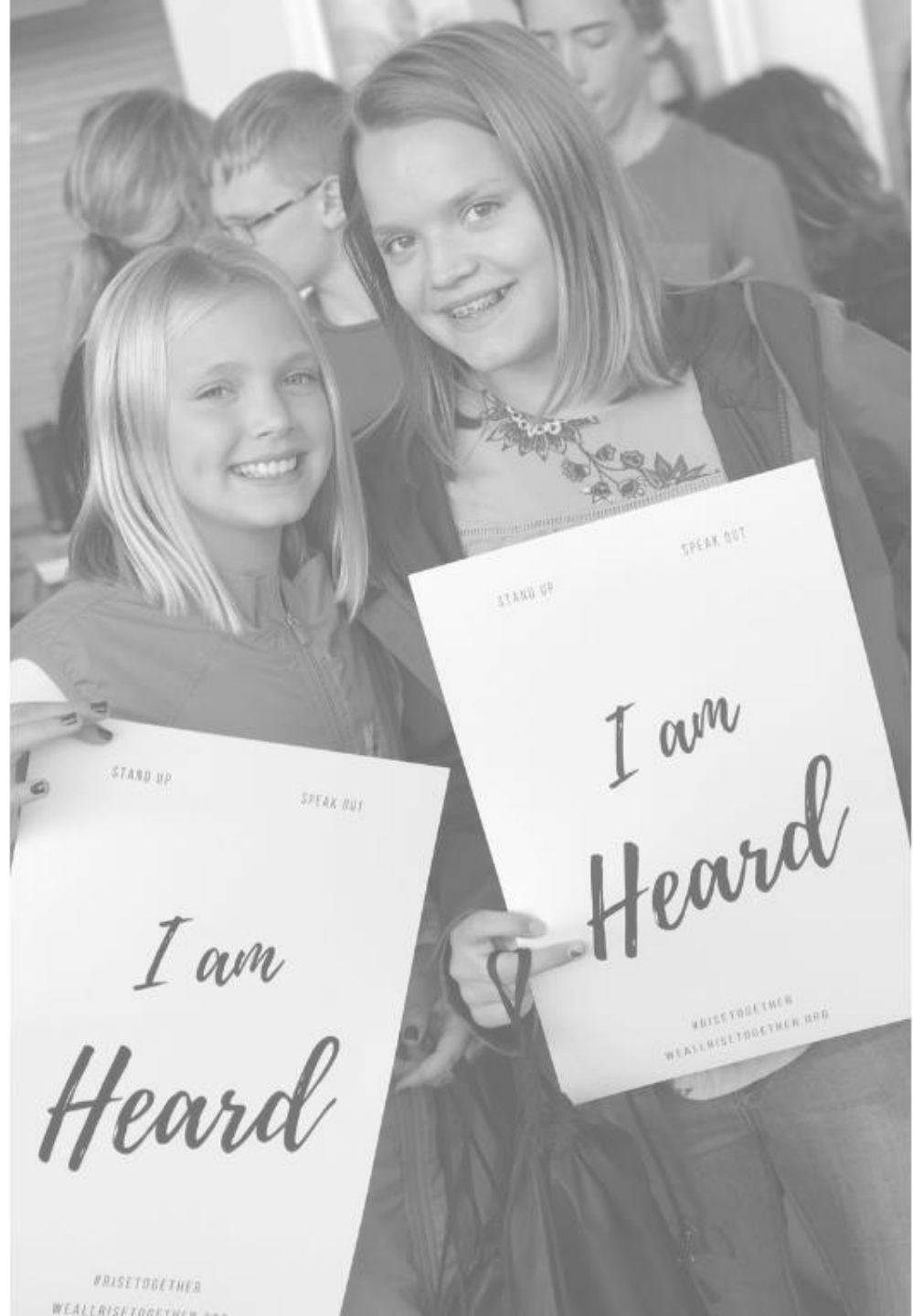


# THE FUTURE IS YOUTH

ENVISIONING A SUCCESSFUL FUTURE FOR YOUNG PEOPLE IS EXCITING! BUT, WHEN THE GOING GETS TOUGH, MANY COMMUNITIES STRUGGLE TO DELIVER THE RESOURCES NECESSARY TO ENGAGE AND PROVIDE SUPPORT WHEN NEEDED MOST.

## THROUGH THIS INNOVATIVE APPROACH...

- IDENTIFY youth issues through this unique student research.
- PROVIDE resources, mentoring, and support.
- INSPIRE youth to share their story and ask for support.
- MOTIVATE other to take-action.







RISE TOGETHER HAS  
COLLECTED MORE  
THAN 3,000 STORIES  
FROM YOUTH.



61% MORE LIKELY TO  
GET INVOLVED IN THE  
COMMUNITY.



82% MORE LIKELY TO  
FOLLOW THEIR  
DREAMS & GOALS.



80% LESS LIKELY TO  
USE DRUGS &  
ALCOHOL.



# THE FUTURE STARTS NOW

SHARING STORIES CAN MAKE  
YOU FEEL MORE ALIVE,  
CONFIDENT, AWARE,  
COURAGEOUS, COMPASSIONATE,  
AND MORE CONNECTED TO  
OTHERS.

## STRONGER TOGETHER...

Continue to value feedback.

Be innovative.

Deepen relationships.

Give back to your community.



I HOPE FOR THE FUTURE...

Peace in our  
Schools + Community



#TheFuture'sYouth

#Mukwonago

# THANK YOU

Find help, ways to get involved, discover educational resources, listen to our podcast, and vlog for simple life advice

@ [www.weallrisetogether.org](http://www.weallrisetogether.org)

