



LOS ANGELES COUNTY YOUTH - BUILDING INDEPENDENT, RESILIENT, AND THRIVING FUTURES

LA County Our SPOT and the Department of Public Health celebrate by holding public health and youth empowerment activities at Salazar Park.

EVENT INFORMATION

Friday, April 5, 2024
Salazar Park
3864 Whittier Blvd.
Los Angeles, CA 90023
4pm-7pm

THE ISSUE

LA County is facing the worst overdose crisis in national and local history, and two-thirds of people in the United States have been impacted by addiction in some way. Among youth, substance use negatively impacts the growing adolescent brain and can result in poorer academic, social, and health outcomes. Illicit fentanyl drives the majority of youth overdoses, while cannabis, alcohol, and prescription drug misuse remain problematic among teens. Investing in youth prevention programs prevents and delays onset of use, curbs health care costs, and improves quality of life.

HOW IT IMPACTS THE COMMUNITY

Although all substance misuse is problematic for communities, the rise in the use of opioids and methamphetamine and the associated rise in overdoses is a public health emergency. Moreover, risk-taking behavior among adolescents and young adults can be compounded when combined with substance use. The younger the age of substance initiation, the greater the likelihood of experiencing academic, legal, social, mental health, and other problems[i]. As a solution, innovative public health interventions can delay initiation and reduce consumption among youth, avoiding costly consequences of risky use and addiction.

WHAT PUBLIC HEALTH IS DOING

Public Health has partnered with Parks and Recreation to launch LA County Our SPOT using the positive youth development framework, providing recreational safe spaces for youth to engage in arts and self-exploration, youth leadership, life skills and healthy development, career pathway exploration, educational field trips, and special events. Our SPOT incorporates a myriad of evidence-based interventions with a strong emphasis on trauma-informed care and integration of health and fitness, social-emotional learning, mindfulness, and self-care.

BY THE NUMBERS

- Substance misuse impacts every community in the United States. 37.3 million (13.5% of the US population) Americans aged 12 and older were current users of illicit substances and 138.5 million drink alcohol.
- Almost 50,000 individuals in the U.S. die every year from an opioid overdose. This tragedy has been exacerbated by the rise in use of fentanyl, which is driving many of the overdose deaths.
- In Los Angeles County, it is estimated that approximately 1.64 million residents aged 12 and older (17%) are affected by an SUD.
- Annually in Los Angeles County, there are over 2,500 overdose deaths, over 134,500 SUD related emergency visits, and over 106,000 SUD-related hospitalizations accounting for approximately \$7.8 billion in total hospital charges.
- Research shows that for each dollar invested in research-based prevention programs, up to \$10 is saved in treatment for substance misuse-related costs.

RESOURCES & SUPPORT

TELEPHONE:

Substance Abuse Service Hotline (SASH) - 1.844.804.7500

WEB:

- <http://publichealth.lacounty.gov/sapc/public/prevention/>
- [RecoverLA](#) app
- <https://parks.lacounty.gov/ourspot/>

ADDITIONAL INFORMATION:

- <http://publichealth.lacounty.gov/sapc/public/prevention/>
- <https://parks.lacounty.gov/ourspot/>

