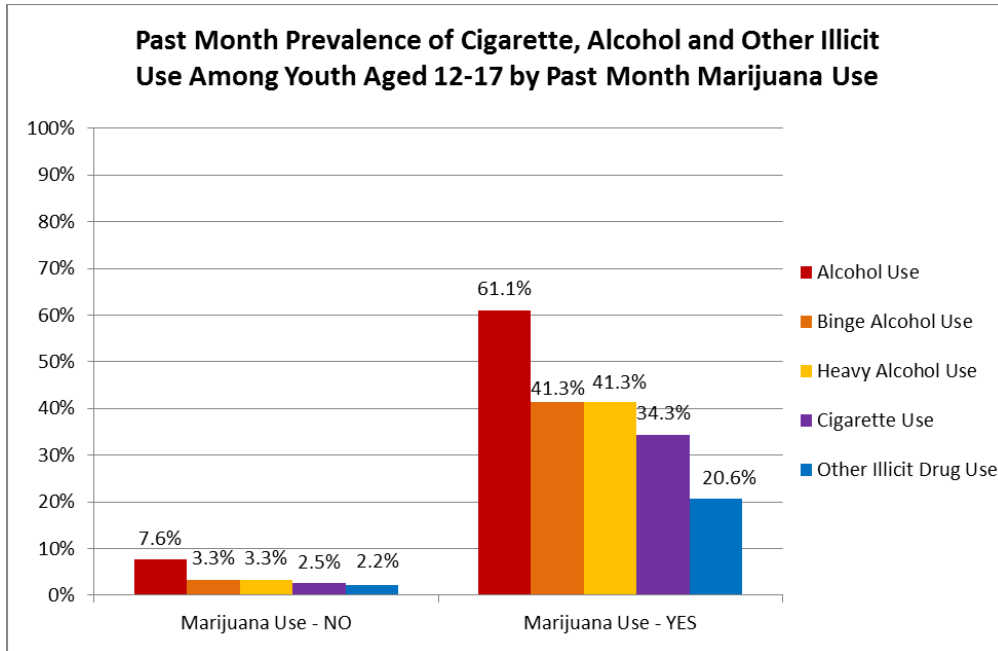


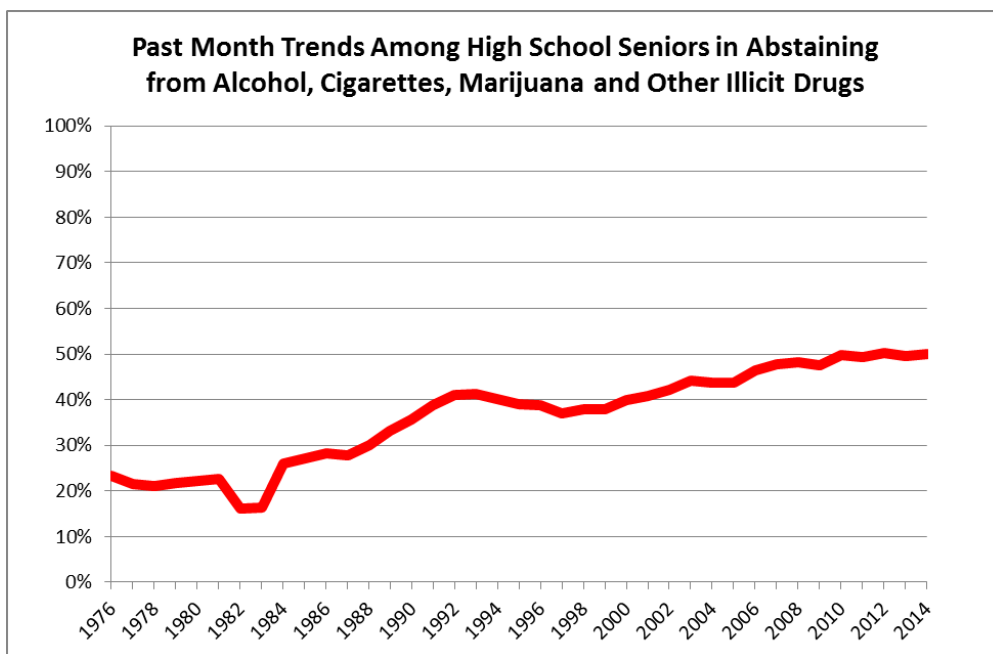
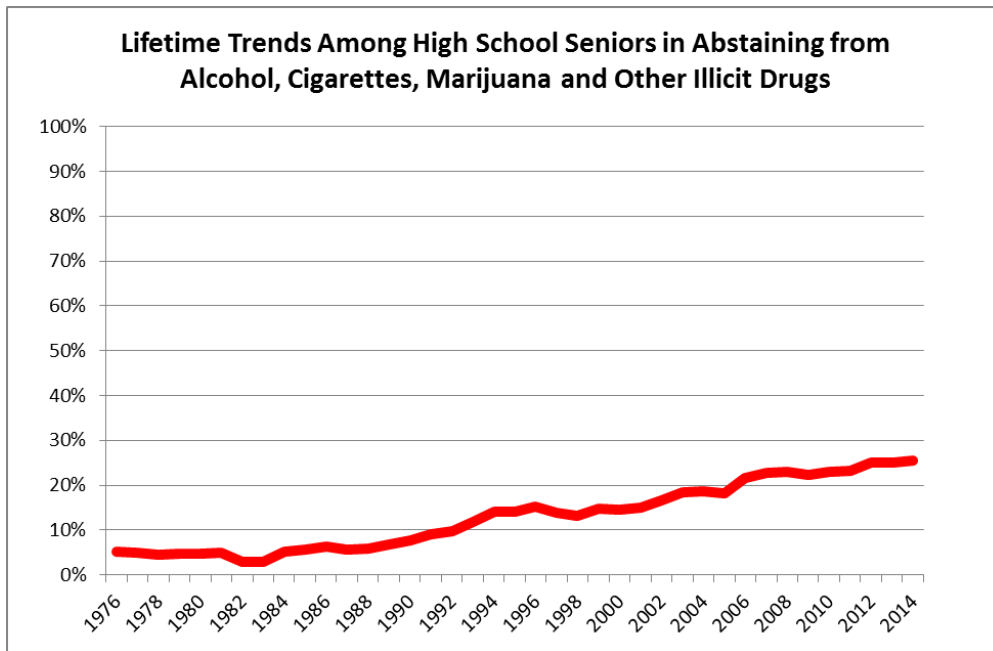
### For a Healthy Brain Teens Make “One Choice”

***Robert L. DuPont, MD, President, Institute for Behavior and Health, Inc***

*One Choice* is a consistent, clear social messaging concept designed to encourage young people under 21 not to use any alcohol, tobacco, marijuana or other drugs to protect their health, especially the health of their brains. At present, prevention efforts tend to focus on a single substance or circumstance, e.g., only marijuana, only alcohol or binge drinking, or not drinking and driving. *One Choice* cuts through these details and centers in on the single decision that teens face every day: whether or not to use any substance at all. Rather than a series of substance-specific decisions, teens make one overarching, day-by-day decision on whether or not to use any substance, including alcohol, tobacco, marijuana and other drugs. Data from the National Survey on Drug Use and Health (NSDUH) from the Substance Abuse and Mental Health Services Administration (SAMHSA) show that the use by teens age 12 to 17 of any one of the three gateway drugs – alcohol, cigarettes or marijuana – dramatically increases the likelihood of use of the other two substances and other illicit drugs. Similarly, non-use of any one of these substances significantly reduces the likelihood of using the other two or other illicit drugs. This is the basis for *One Choice*. Adolescents, regardless of past substance use, have the choice today and the choice every day to not use any substance to maintain a healthy brain.



Addiction is rooted in adolescence: 90 percent of adults with substance use disorders begin using in the teenage years. The good news is that a growing percentage of teens in the US are making the choice not to use any substance. Nationally representative data from the National Institute on Drug Abuse (NIDA)-funded Monitoring the Future (MTF) survey show that over the course of the last four decades a steadily increasing percentage of high school seniors report having never used any alcohol, cigarettes, marijuana or other illicit drugs.



In 2014, over one quarter (25.5%) of high school seniors had never used any alcohol, cigarettes, marijuana or other drugs in their lifetimes. Half (50%) of high school seniors had not used any substance in the past 30 days. It is possible for every teen to make the choice not to use any substances. More and more teens are making that *One Choice*.

To learn more about *One Choice* to maintain a healthy brain, visit the IBH website, [www.PreventTeenDrugUse.org](http://www.PreventTeenDrugUse.org).

### **About the Author**

***Robert L. DuPont, M.D.***

***President, Institute for Behavior and Health***

For more than 30 years, Robert L. DuPont, M.D. has been a leader in drug abuse prevention and treatment. Among his many contributions to the field is his leadership as the first Director of the National Institute on Drug Abuse (1973-1978) and as the second White House Drug Chief (1973-1978). From 1968 to 1970 he was Director of Community services for the District of Columbia Department of Corrections, heading parole and half-way house services. From 1970 to 1973, he served as administrator of the District of Columbia Narcotics Treatment Administration (NTA), the city-wide drug abuse treatment program that was the model for the federal government's massive commitment to drug abuse treatment in the early 1970s. Following this distinguished public career, in 1978 Dr. DuPont became the founding president of the Institute for Behavior and Health, Inc.

Dr. DuPont has written for publication more than three hundred professional articles and fifteen books and monographs on a variety of health-related subjects. His books include *Getting Tough on Gateway Drugs A Guide for the Family*, *A Bridge to Recovery: An Introduction to Twelve-Step Programs* and *The Selfish Brain: Learning from Addiction*. In 2005, Hazelden, the nation's leading publisher of books on addiction and recovery, published three books on drug testing by

Dr. DuPont: *Drug Testing in Drug Abuse Treatment, Drug Testing in Schools, and Drug Testing in the Criminal Justice System.*

Throughout his decades of work in addiction prevention, Dr. DuPont has served in many capacities. His activities in the American Society of Addiction Medicine (ASAM) include chairing the forensic science committee and he is a Life Fellow. He is also a Life Fellow of the American Psychiatric Association (APA) and was chairman of the Drug Dependence Section of the World Psychiatric Association (WPA) from 1974 to 1979. In 1989 he became a founding member of the Medical Review Officer Committee of ASAM.

A graduate of Emory University, Dr. DuPont received an M.D. degree in 1963 from the Harvard Medical School. He completed his psychiatric training at Harvard and the National Institutes of Health in Bethesda, Maryland. Dr. DuPont maintains an active practice of psychiatry specializing in addiction and the anxiety disorders and has been Clinical Professor of Psychiatry at the Georgetown University School of Medicine since 1980. He is vice president of Bensinger, DuPont and Associates (BOA), a leading national consulting firm dealing with substance abuse, founded in 1982 by Dr. DuPont and Peter Bensinger, former Director of the Drug Enforcement Administration.

Dr. DuPont's signature role throughout his career has been to focus on the public health goal of reducing the use of illegal drugs.

## **Conflict of Interest**

I declare that I have no proprietary, financial, professional or other personal interest of any nature or kind in any product, service and/or company that could be construed as influencing the position presented in, or the review of, the manuscript entitled *For a Healthy Brain Teens Make “One Choice”*.