

October Observances & Resources

Youth Substance Use Prevention Month and Substance Misuse Prevention Month

The month of October signifies National Substance Use Prevention Month — a time for communities to come together as partners in prevention. This month is also a time to acknowledge those in recovery, as well as children, parents, family, and friends supporting them.

- [Prevention Month | SAMHSA](#)
- [National Substance Abuse Prevention Month | The National Child Traumatic Stress Network \(nctsn.org\)](#)
- [National Substance Abuse Prevention Month | Youth.gov](#)
- [Honoring National Substance Abuse Prevention Month - Ashley \(ashleytreatment.org\)](#)
- [Prevention Month & Red Ribbon Week 2023 \(Oct. 23-31\) - SAFE Project](#)

National Bullying Prevention Month

October is National Bullying Awareness Month, and this is an opportunity to encourage the nation to act at the local level to create safe and supportive organizations. Bullying is unacceptable and comments or conduct that disparages or demonstrates hostility or aversion should not be tolerated. By being accepting, kind and inclusive, you can help make the world a better place. Together we can create a world without bullying!

- [PACER's National Bullying Prevention Center](#)
- [StopBullying.gov](#)
- [National Bullying Prevention Month | The National Child Traumatic Stress Network \(nctsn.org\)](#)
- [World Day of Bullying Prevention® #BeKind #BlueUp #BlueShirtDay | STOMP Out Bullying™](#)

World Mental Health Day – October 10, 2023

World Mental Health Day 2023 is an opportunity for people and communities to unite behind the theme ‘Mental health is a universal human right’ to improve knowledge, raise awareness and drive actions that promote and protect everyone’s mental health as a universal human right.

- [World Mental Health Day 2023 \(who.int\)](#)
- [World Mental Health Day – October 10th \(wmhdofficial.com\)](#)
- [Home | NAMI: National Alliance on Mental Illness](#)

National Drug Free Work Week – October 16–22, 2023

National Drug-Free Work Week was initiated by the U.S. Department of Labor as a cooperative agreement focused on improving safety and health in the construction industry through drug-free workplace programs. The first Drug-Free Work Week was observed in 2006, and in subsequent years, more and more organizations—representing a range of industries—also rallied behind the effort, helping firmly establish it as an annual opportunity to reinforce to employers and employees alike that “working drug free works.”

- [National Drug-Free Workplace Alliance | \(ndwa.org\)](https://www.ndwa.org)

Red Ribbon Week – October 23–31, 2023

Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction cause by drugs in America. In 1988, NFP sponsored the first National Red Ribbon Celebration. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities.

- [Red Ribbon Campaign | Largest drug-use prevention campaign in the U.S.](#)
- [2023 Red Ribbon Week Promotional Items | Buy National Red Ribbon Week Products & Merchandise for 2023 at NIMCO, Inc. \(nimcoinc.com\)](#)
- [Informed Families: Red Ribbon Home Page](#)

National Domestic Violence Awareness Month

October was first declared as National Domestic Violence Awareness Month in 1989. Since then, October has been a time to acknowledge domestic violence survivors and be a voice for its victims. Domestic violence is prevalent in every community, and affects all people regardless of age, socio-economic status, sexual orientation, gender, race, religion, or nationality. Physical violence is often accompanied by emotionally abusive and controlling behavior as part of a much larger, systematic pattern of dominance and control. Domestic violence can result in physical injury, psychological trauma, and even death. The devastating consequences of domestic violence can cross generations and last a lifetime.

- [National Domestic Violence Awareness Month | The National Child Traumatic Stress Network \(nctsn.org\)](https://www.nctsn.org)
- [Domestic Violence Awareness Month - The Hotline](#)
- [The Nation's Leading Grassroots Voice on Domestic Violence \(ncadv.org\)](https://www.ncadv.org)
- [Start the Conversation: Be a Better Ally | Office for the Prevention of Domestic Violence \(ny.gov\)](https://www.ny.gov)



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DEA Drug Take Back Day – October 28, 2023

The drug overdose epidemic in the United States is a clear and present public health, public safety, and national security threat. DEA's National Prescription Drug Take Back Day reflects DEA's commitment to Americans' safety and health, encouraging the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting.

- [Take Back Day \(dea.gov\)](https://www.dea.gov)
- [National Prescription Drug Take Back Day \(usdoj.gov\)](https://www.usdoj.gov)
- [Drug Disposal Information \(usdoj.gov\)](https://www.usdoj.gov)