

New Resources Addressing Substance Use and Mental Health Now Available for Park and Recreation Professionals

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Ashburn, Va. (Dec. 7, 2020) — The [National Recreation and Park Association](#) (NRPA) is proud to release two new resources for park and recreation leaders who work on the frontlines in communities across the country to address substance use, promote positive mental health and confront related stigmas. The AmerisourceBergen Foundation, the not-for-profit charitable giving arm of AmerisourceBergen, provided funding to develop these materials.

[Parks and Recreation: Addressing Stigma Associated with Substance Use and Mental Health Disorders](#), provides an overview of various stigmas associated with substance use and mental health disorders, as well as how park and recreation professionals can play an instrumental role in addressing and reducing the impacts of stigma in their own communities.

[Parks and Recreation: Prevention Guide Addressing Substance Use and Mental Health Disorders](#), serves as a guide for park and recreation professionals to better understand their role in youth development, substance use prevention and promoting mental health. The guide provides an overview of the substance use and mental health crisis in relation to parks and recreation, as well as how professionals can address these challenges and support positive youth development using outlined strategies.

“With substance use and mental health disorders significantly impacting individuals regardless of race, socio-economic status, geography or identity, these resources can help prepare park and recreation professionals to best serve their communities as staff confront related challenges in the public spaces and programs they manage,” said Allison Colman, NRPA Director of Health. “Parks and recreation is uniquely positioned to create, in partnership with key collaborators, the people-centered community wellness hubs needed to address public health threats and harness the full potential of community to ensure all people can thrive.”

For more information regarding NRPA resources addressing substance use and mental health disorders, click [here](#).

NRPA developed these resources in collaboration with the [Afterschool Alliance](#) and [Alliance for a Healthier Generation](#) to further support the physical and social-emotional health of children. The AmerisourceBergen Foundation awarded this grant through its Opioid Resource Grant Program, which enables the Foundation to

support and advance ideas from innovative nonprofits, at the local and national level, to fight against opioid misuse.

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About the National Recreation and Park Association

The National Recreation and Park Association (NRPA) is the leading not-for-profit organization dedicated to building strong, vibrant and resilient communities through the power of parks and recreation. With more than 60,000 members, NRPA advances this mission by investing in and championing the work of park and recreation professionals and advocates — the catalysts for positive change in service of equity, climate-readiness, and overall health and well-being. For more information, visit www.nrpa.org. For digital access to NRPA's flagship publication, *Parks & Recreation*, visit www.parksandrecreation.org.