

Pride Survey 2015

Mental Health Collaborative

Sponsored by:

Fauquier CADRE

Mental Health Association of
Fauquier

Fauquier County Public Schools

A Community Working Together!

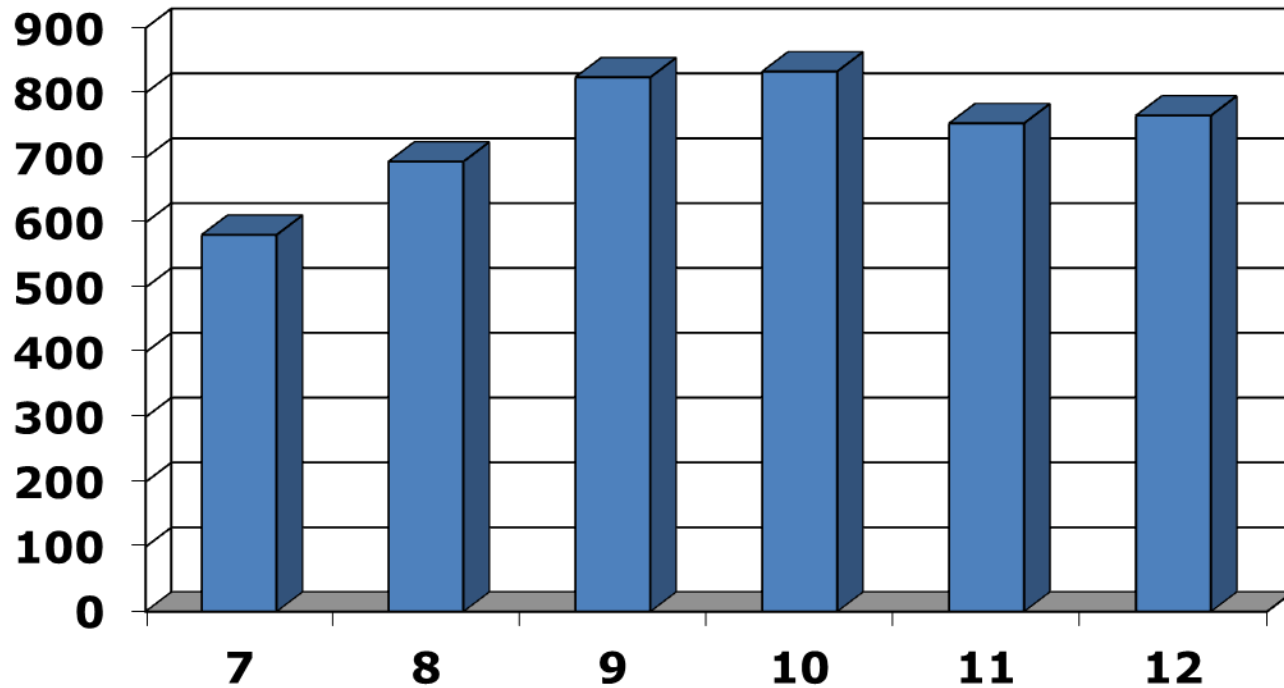
- Sponsored by:
 - Fauquier CADRE
 - Mental Health Association of Fauquier
 - Fauquier Public Schools
- Supported by:
 - Piedmont Action to Health (PATH)
 - Mental Health Collaborative
 - Mental Health and Schools Coalition
 - Partners in Probation

The Pride Survey, Nationally

- One of the largest surveys of adolescent drug usage. First started in 1982.
- Utilized by thousands of school systems across the U.S. and 6 other countries.
- Undergone extensive reviews on reliability and validity by independent evaluators
- Administered in Fauquier County in 1990, 1993, 1997, 2001, 2004, 2006, 2009, 2015
- The National Standard (H.R. 4328 Div. C Title VII Sec. 706 (a)(4) (B))

2015 Pride Survey

- Students Surveyed: 4450 on grades 7-12



Survey Topics

- Frequency of Drug and Alcohol Use
- Time of first use
- Where and When Drugs and Alcohol are Used
- Perceived Harm of Drug and Alcohol Use
- Other Mental Health Issues
- Community Protective and Risk Factors
- Safety Issues

The Research is clear. Adolescent Use of Drugs and Alcohol is:

- Harmful to adolescent growth and development process
- Interfere with physical, social and emotional growth.
- High risk of becoming drug dependent.
- Increase risk of dropping out of school, getting involved in crime and attempting suicide.
- Substance Use is the major factor in crime and violence in the U.S.

**“No one is immune from addiction;
it afflicts people of all ages, races,
classes and professions.”**

Patrick J. Kennedy



Abuse



Dependence

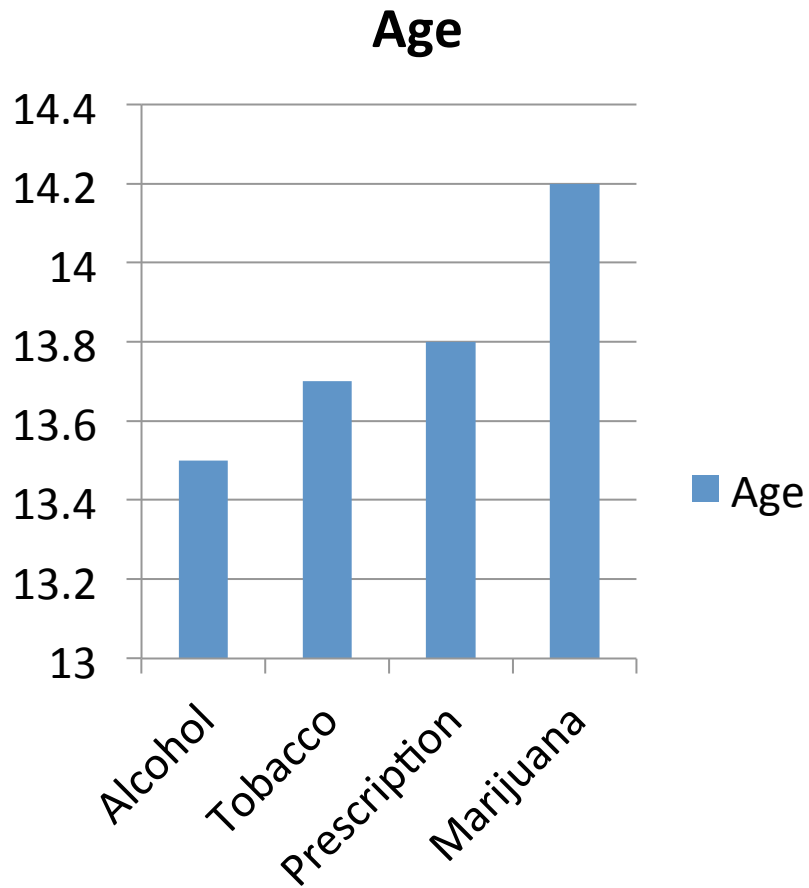


Addiction

Key Overall Findings

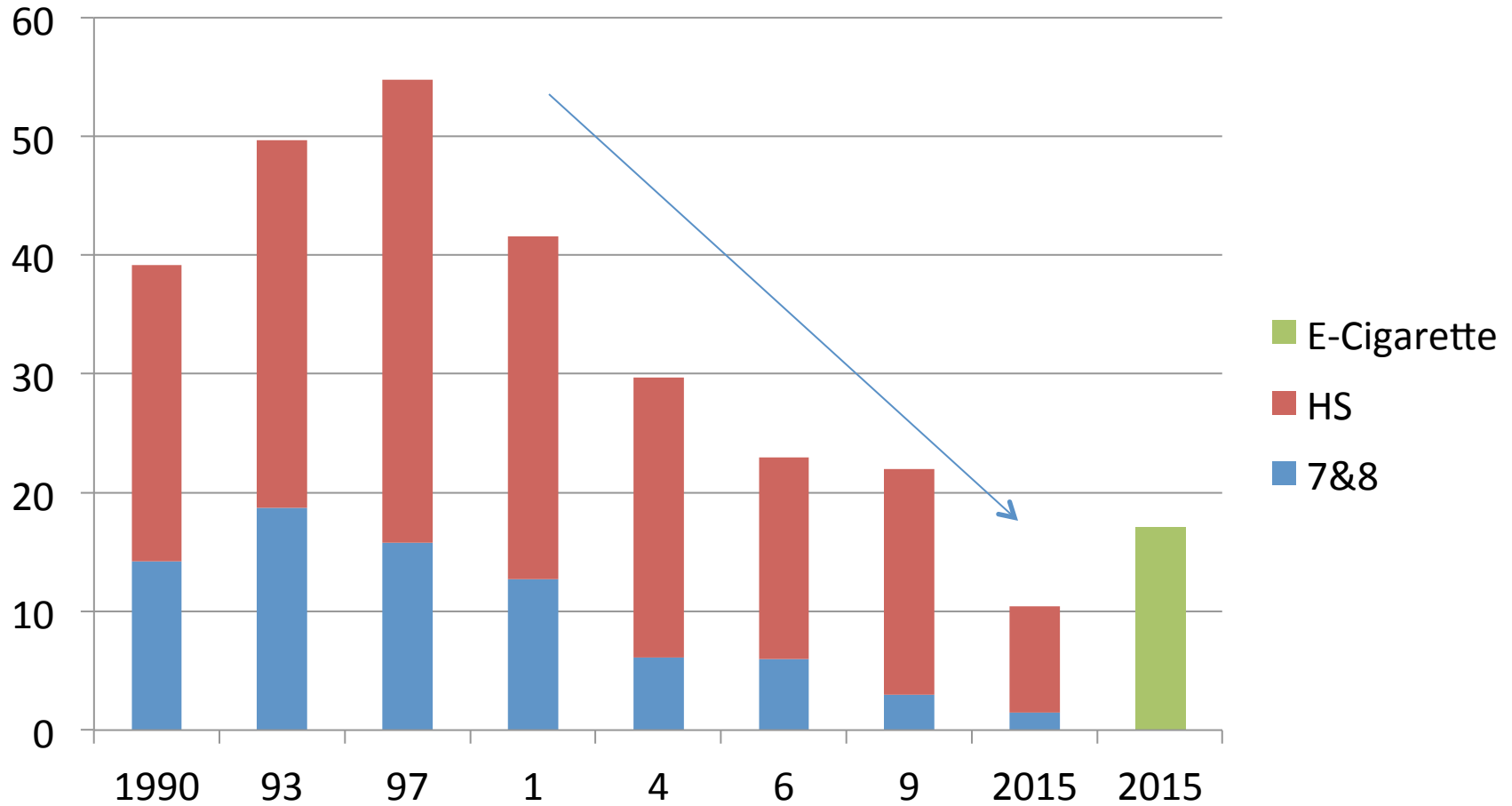
- Age of first use is significantly younger than in past years.
- Significant number of youth are at high risk of addiction in Fauquier County.
- Most drug use occurs in homes.
- High number of youth report that they are depressed and having suicidal thoughts.
- Large number of youth report mental health issues and substance use which makes them more at risk of harm to themselves or others.

Age of First Use in Fauquier County

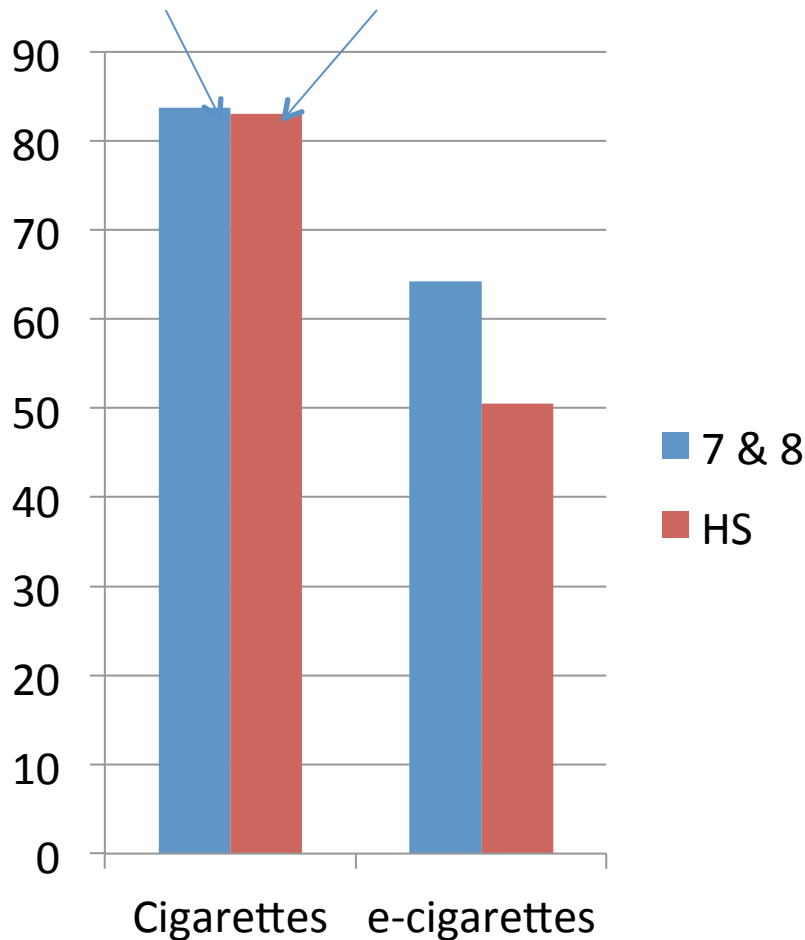


- Alcohol is the 1st drug used by youth in Fauquier County
- 2010 1st use was age 15 Nationally (PATS Survey)
- 25% of youth who begin use at age 13 develop a Substance Use Disorder (NIDA)
- Earlier a child uses drugs the greater chance of addiction.
- Early Intervention can prevent serious problems.

Monthly Cigarette Use is Down!

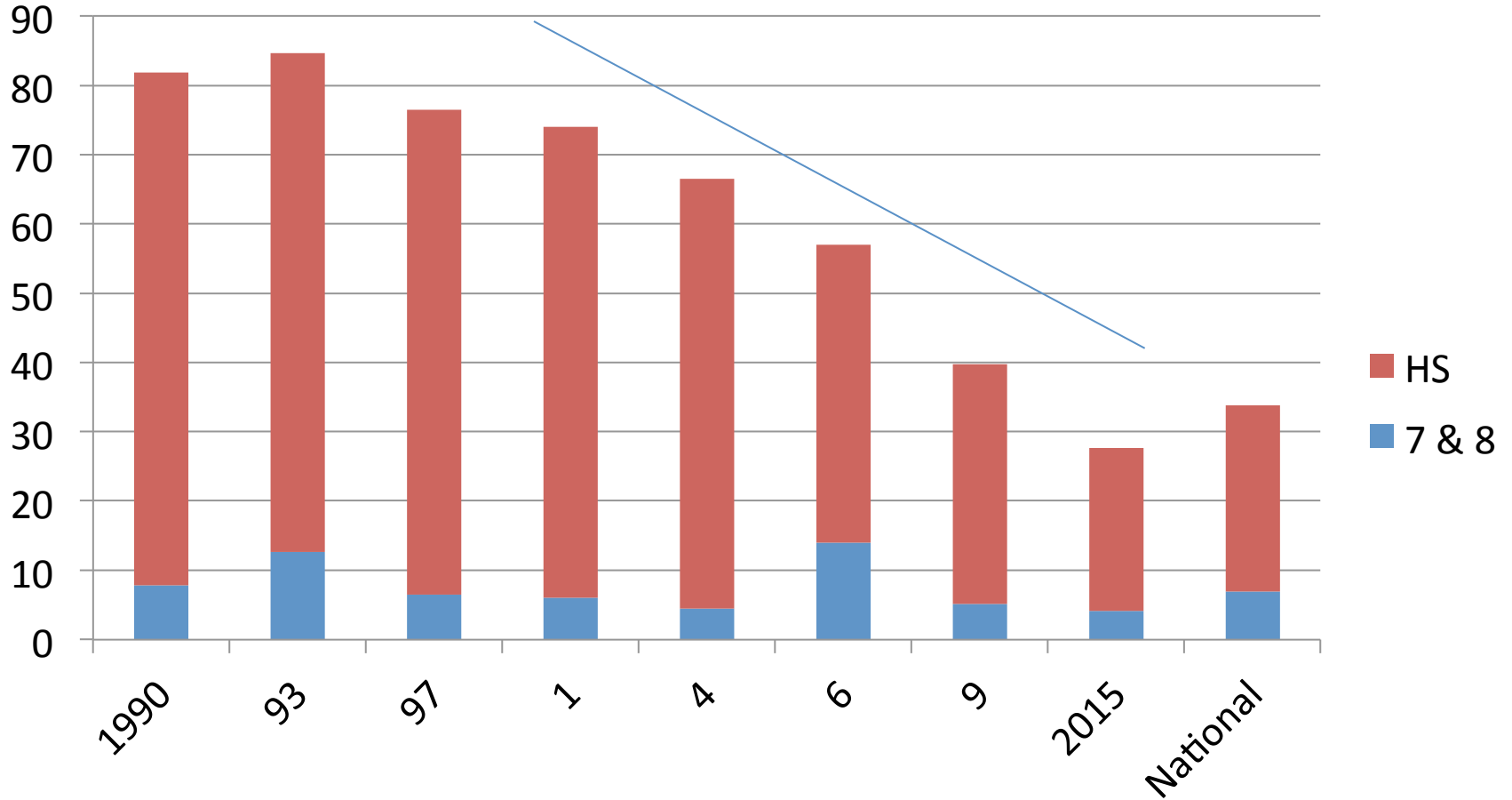


Moderate to Great Risk of Harm



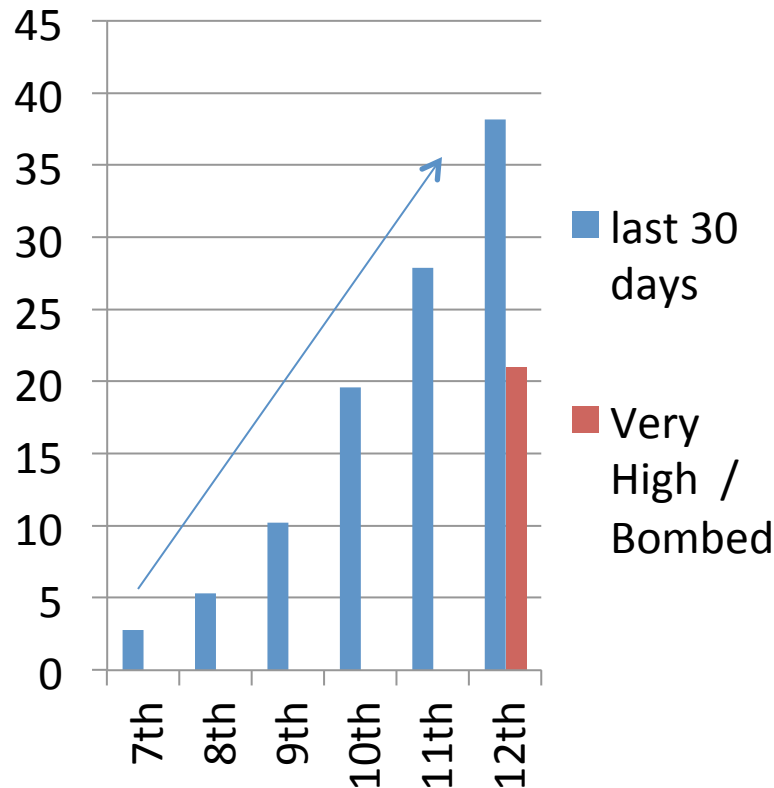
- Both Middle and High School students agree that cigarettes are harmful to your health.
- E-cigarettes are not seen as harmful - thus higher use.
- Research indicates that e-cigarettes are not highly effective means of quitting.

Monthly Alcohol Use Down!



Youth At Risk of Alcohol Poisoning

Alcohol Use in last 30 days

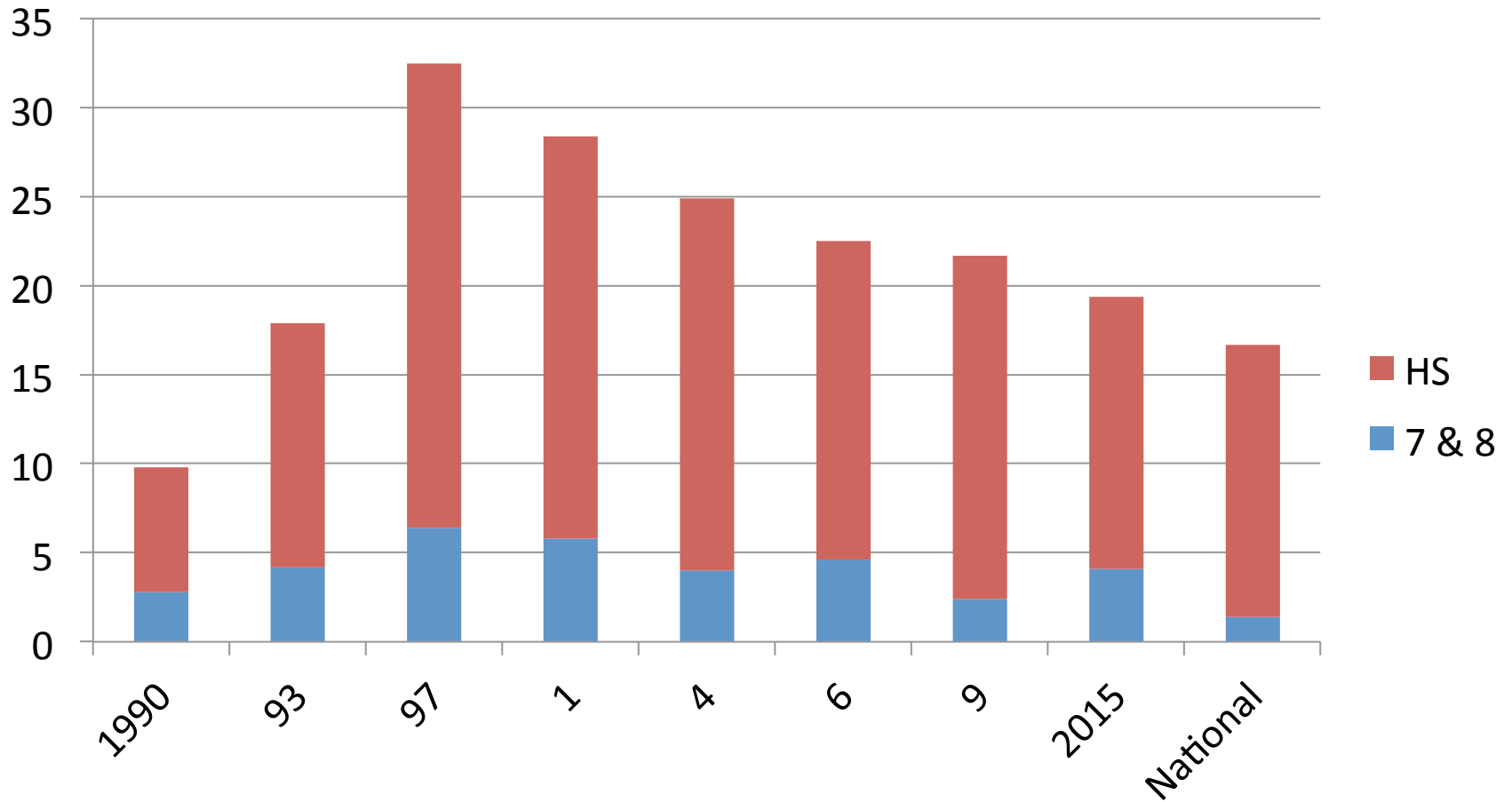


Drinking to Excess

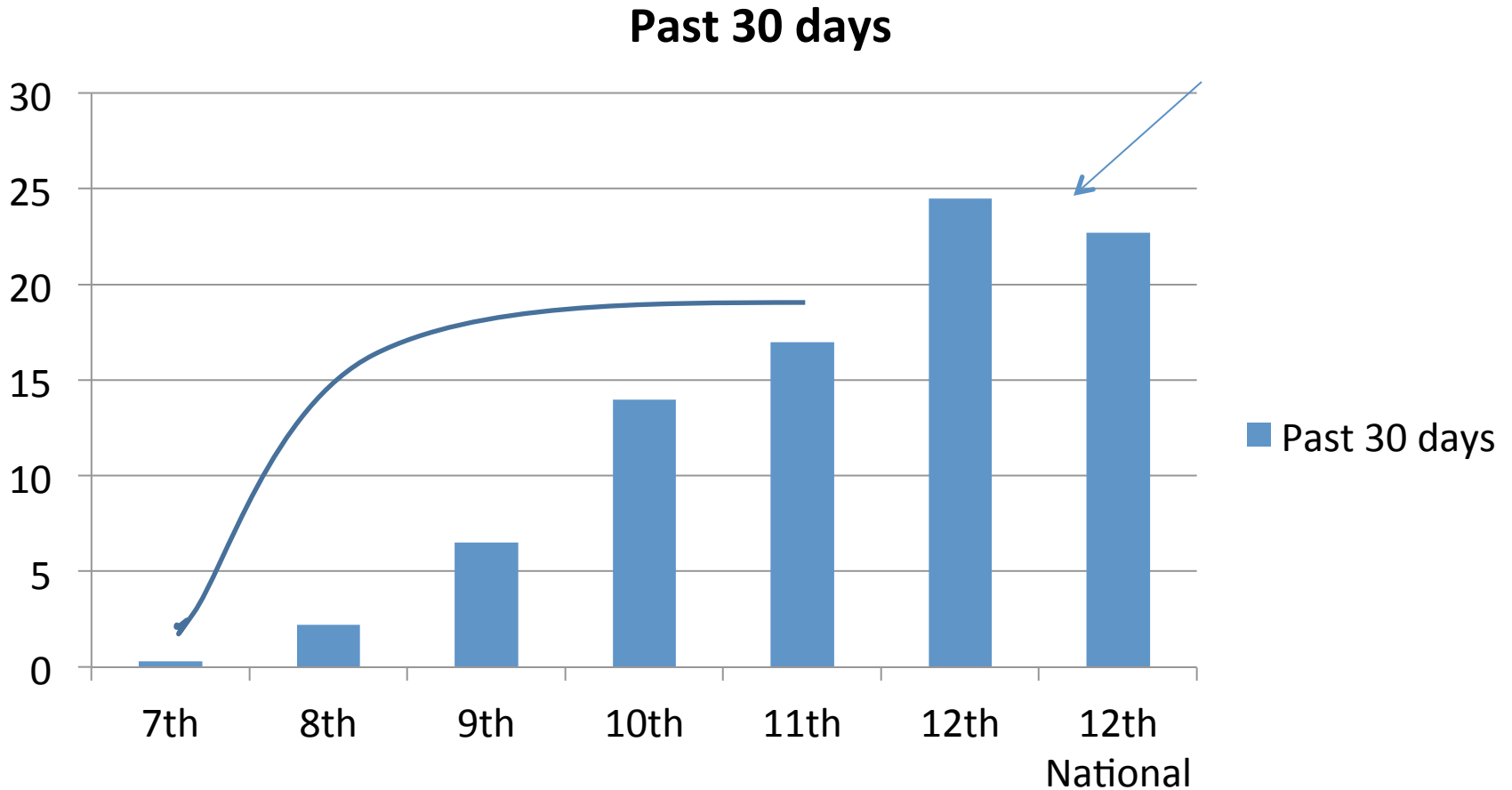
- Youth more likely to binge drink than adults.
- **Over half of the senior class who drink, drink to excess**
- An average of 6 people die of alcohol poisoning each day in US.
- $\frac{3}{4}$ of deaths to alcohol poisoning are young adults
- About 76% that die are male and 68% are white

(National Council on Behavioral Health)

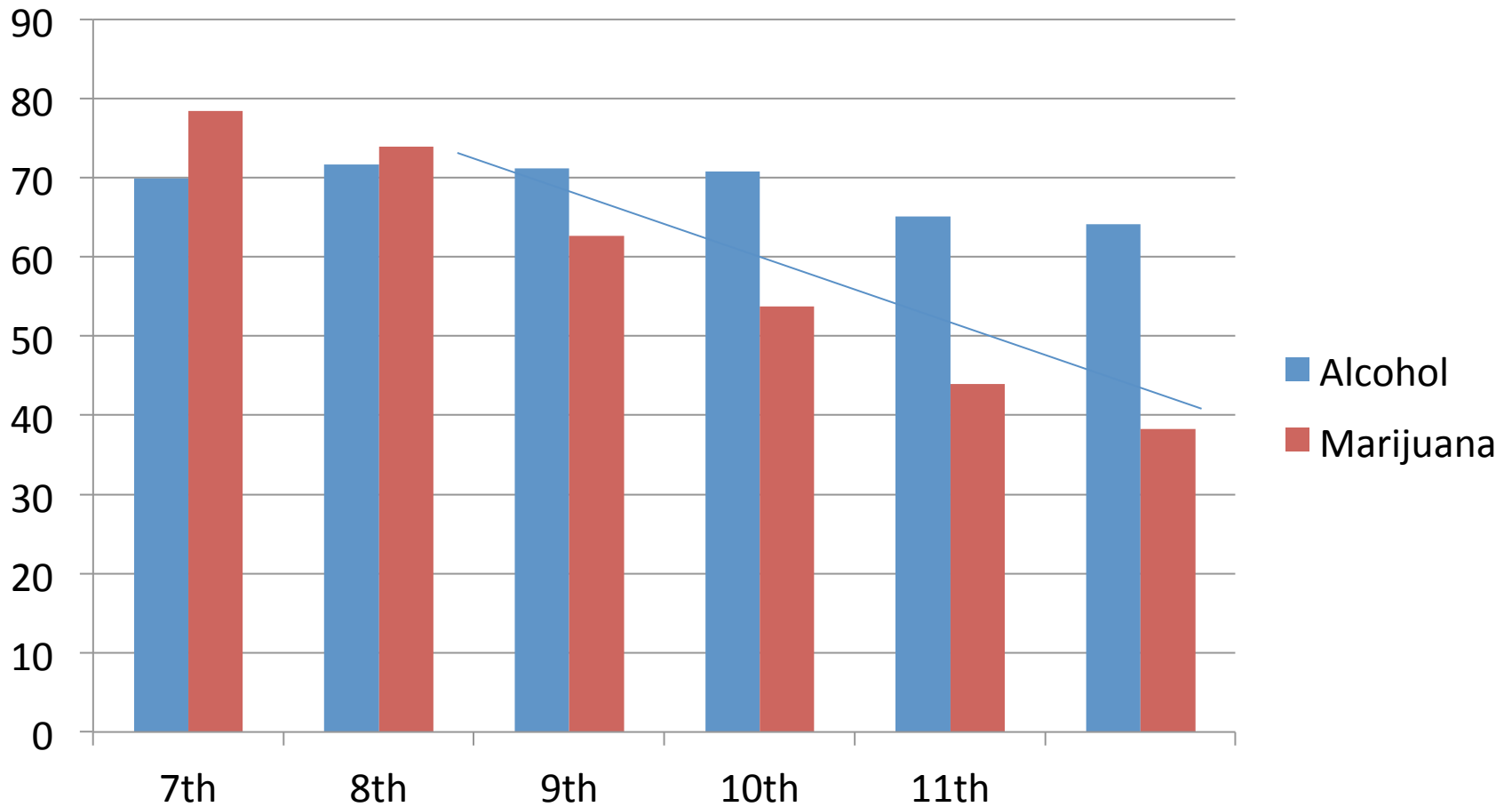
Monthly Marijuana Use Above National Average



Last 30 Days Marijuana Use




Perceived Risk of Use of Alcohol and Marijuana




Marijuana:

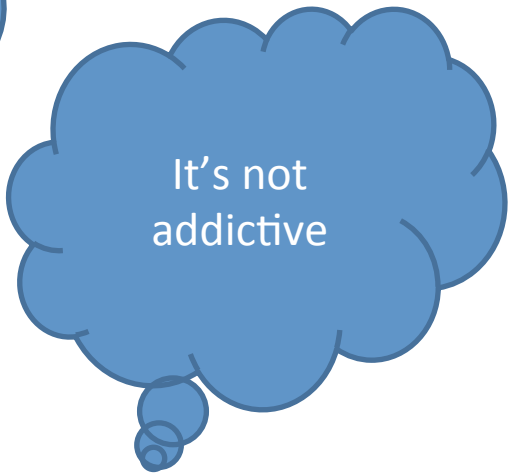
We have a perception problem




Everybody is
smoking and/or
Consuming Weed



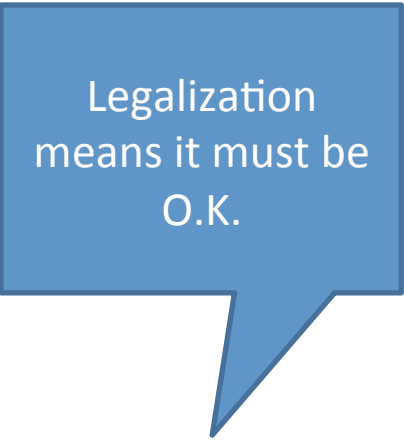
It's safer than
alcohol and
tobacco



It's not
addictive

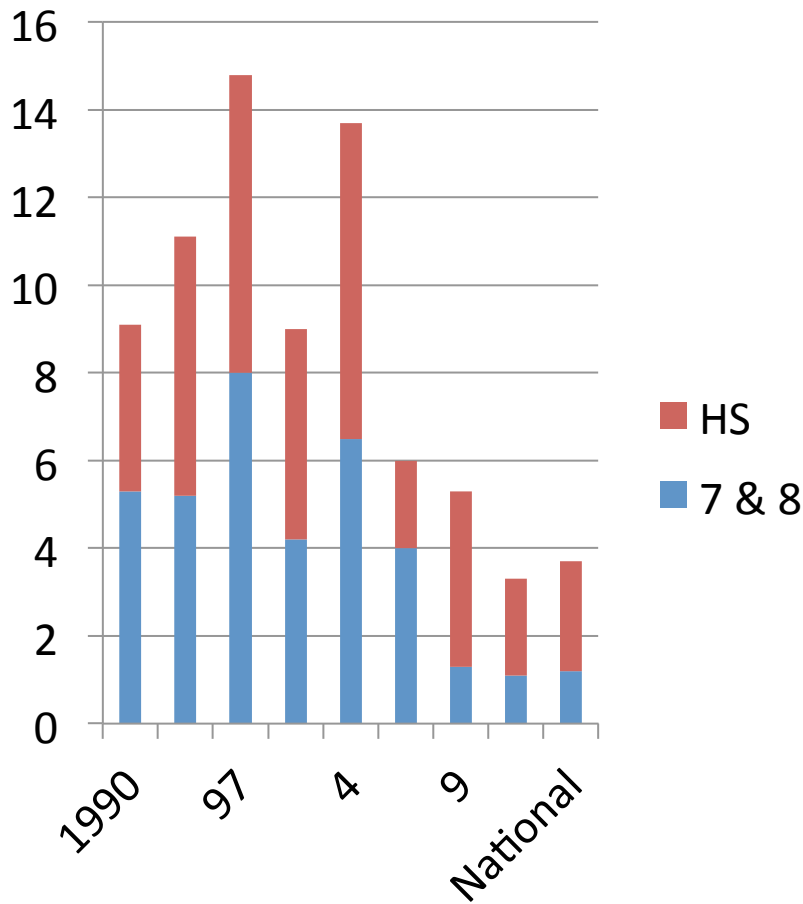


Driving is
not a
problem



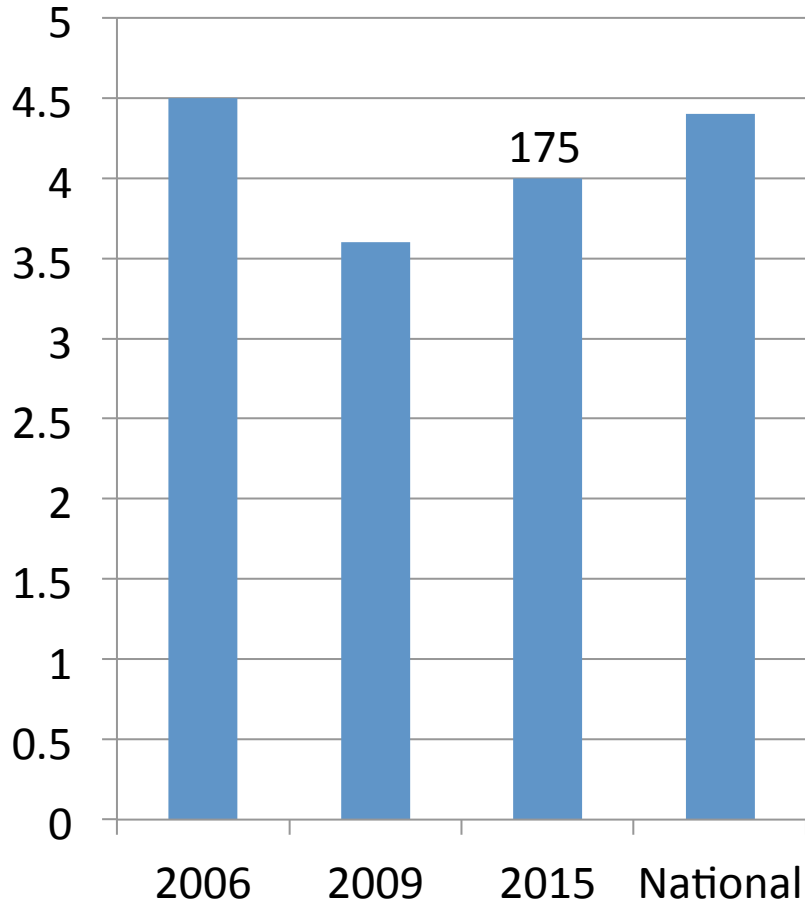
Legalization
means it must be
O.K.

Monthly Inhalant Use



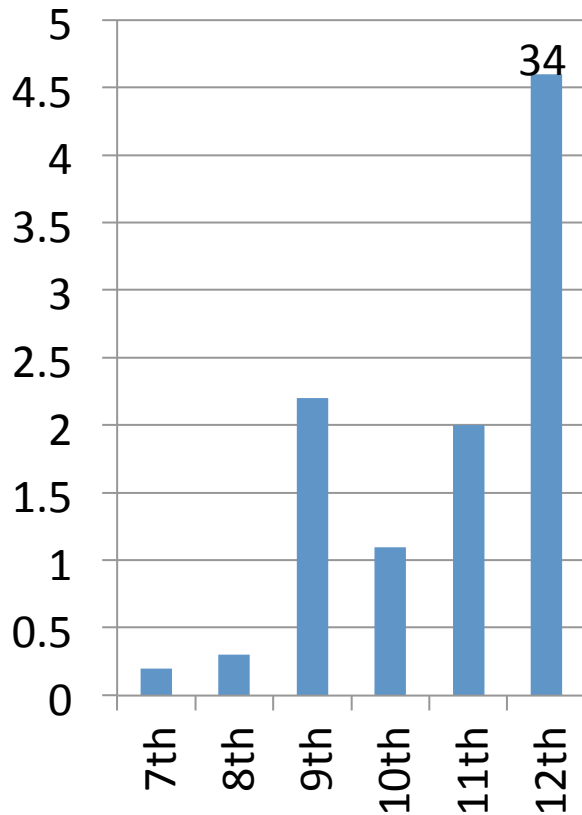
- Most popular drug for age 12
- “Huffing” can cause sudden death
- Damage to brain, respiratory, liver, kidney, bone marrow
- Children believe that common substance such as glue or nail polish is harmless
- Other products include butane, propane, gasoline, whipping cream, spray paint, air freshener, etc.

Monthly Prescription Drugs Use



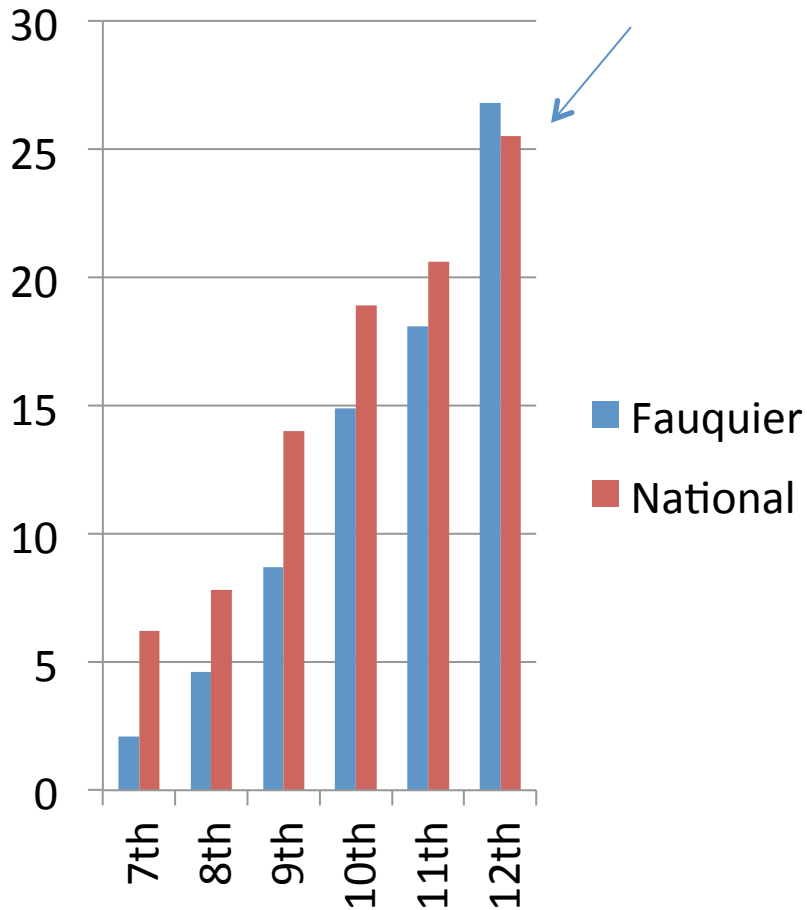
- 175 youth abused prescription drugs in the last 30 days in Fauquier County
- 25% of youth who start using prescription drugs by age 13 develop a Substance Use Disorder
- After Marijuana, prescription drugs and over the counter drugs account for the top illicit drugs abused by 12th graders nationally.
- Prescription drug abuse is a major reason for the Heroin epidemic nationally.

Annual Use of Heroin by Grade



- 79 youth used heroin last year in Fauquier County; 34 were in the 12th grade; 19 Seniors use heroin daily
- Danger of abuse so great, all manufacturing and importing of heroin is Federal crime
 - Strongly addictive
- Presently a National and State Epidemic
- Frequent overdoses due to inconsistent levels of purity
- More death to overdose in Virginia than individuals dying in car accidents.

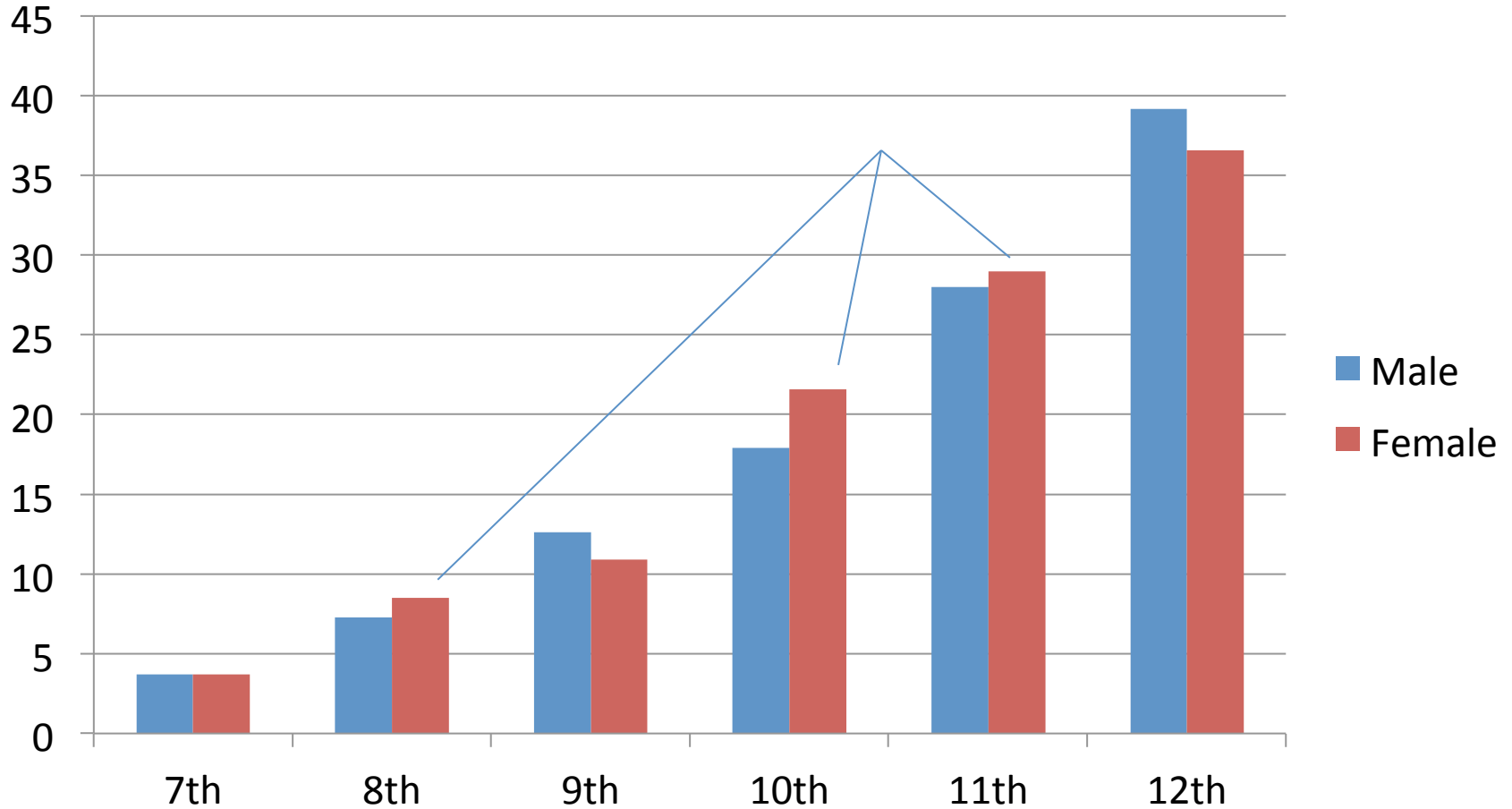
Any Illicit Drugs Past 30 Days



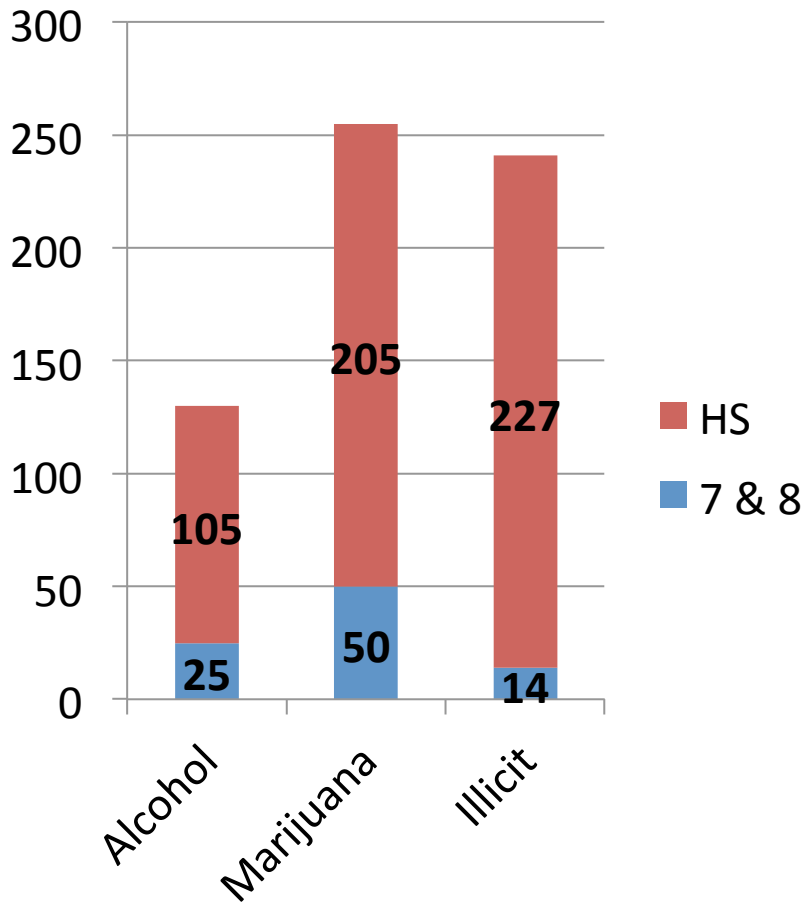
- 574 youth in Fauquier County used an Illicit Drug in the past 30 days;
 - 44 were in 7 & 8th grade
 - 530 in HS
 - **202** (27%) were in 12th grade

Seniors used above the National Average

Use of Illicit Drugs by Gender



Number of Youth Using Alcohol and Drugs Daily/3 x Weekly- Beyond Experimentation



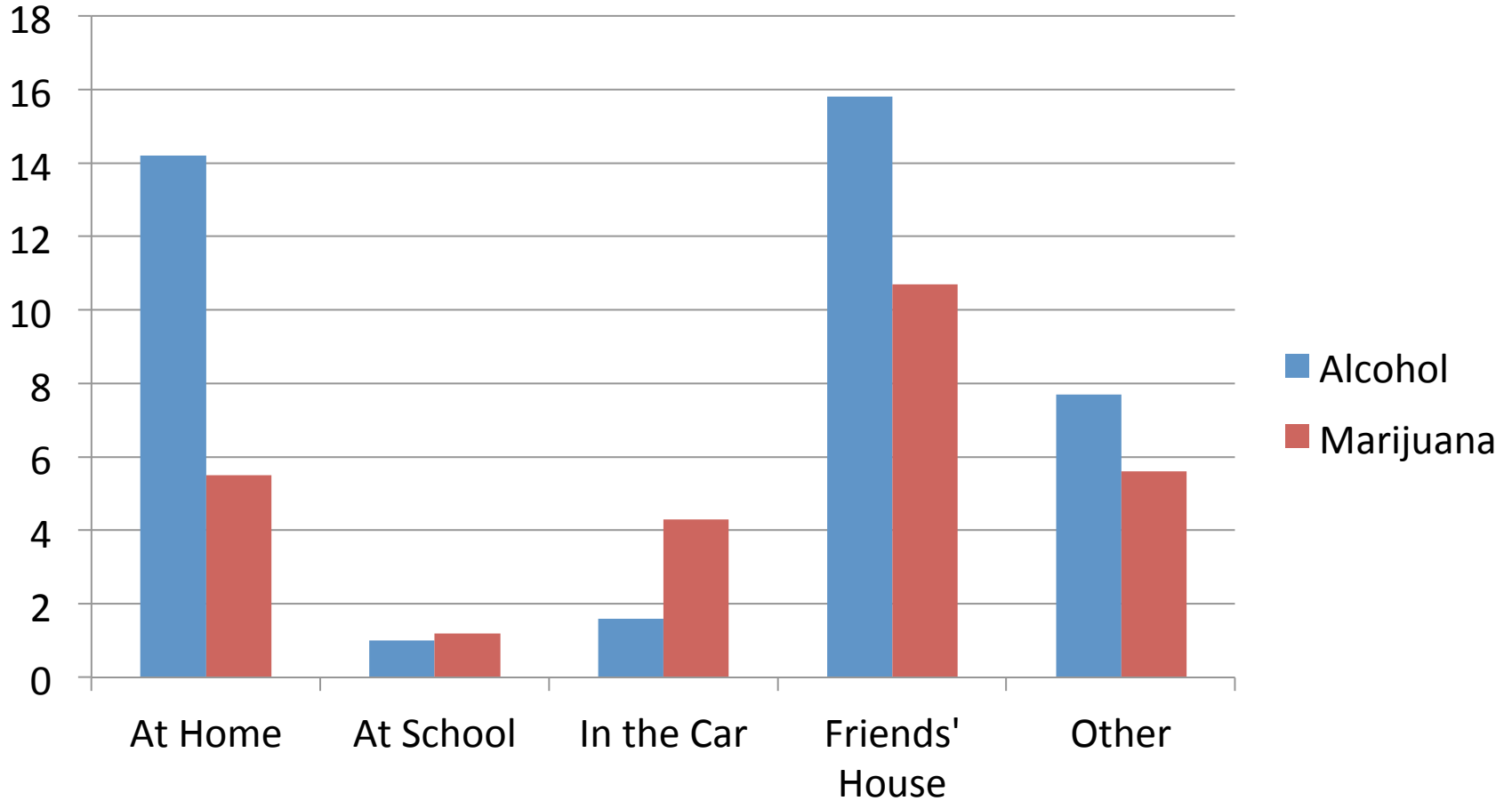
- There are approx. 400 youth who are potentially addicted to substances.
- Some of these youth may be using multiple drugs
- These youth could likely have major problems at school, home and community and need intervention services.

Chronic Drug Use

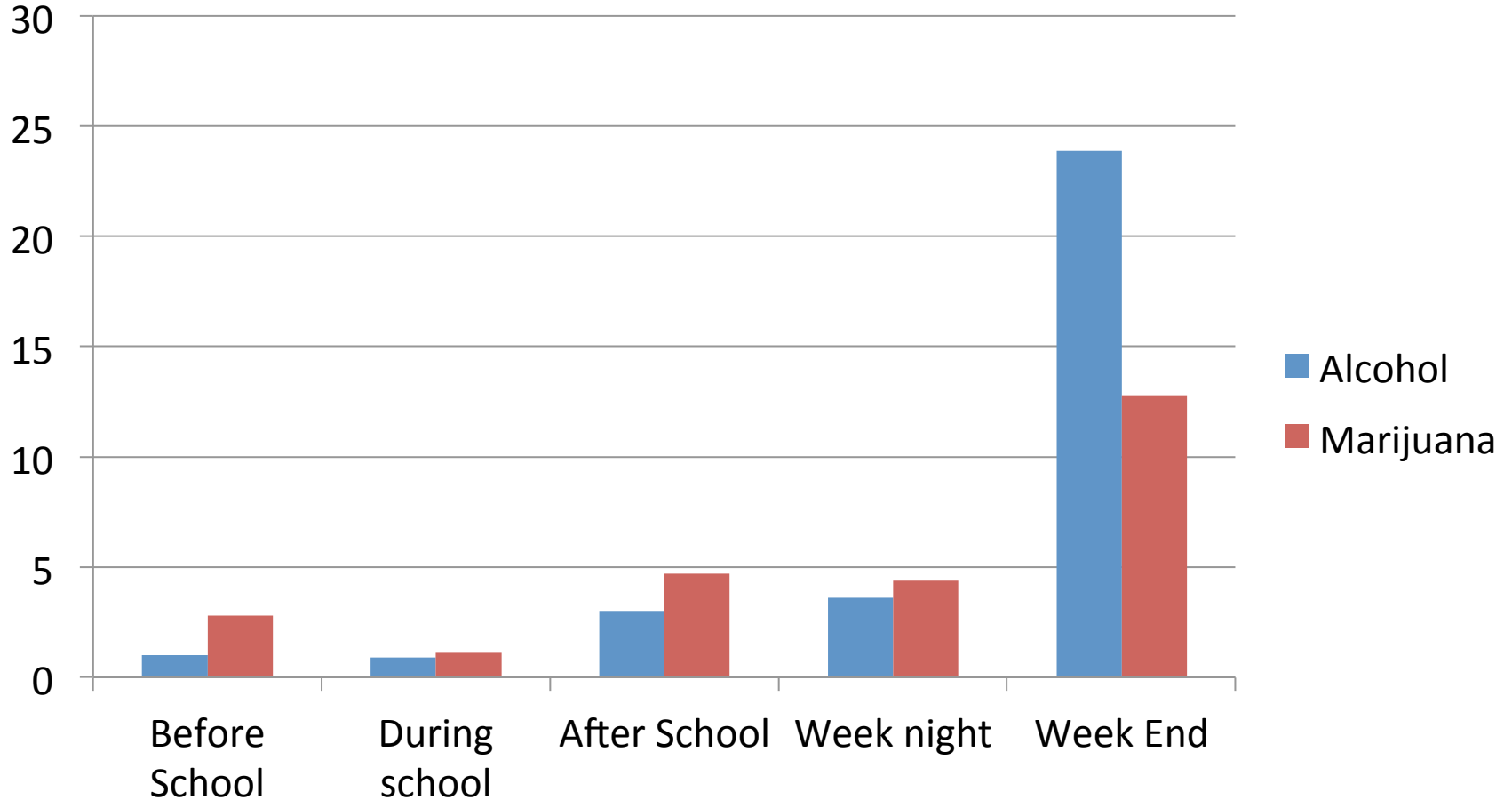
- Frequent usage indicates increase chance of addiction
- Chronic use realigns a person's priorities and also **alters key brain areas necessary for judgement and self control** thus increases risky behavior.
- Youth are less likely than adults to think they need treatment.
- Only 10% of the 12-17 year olds needing SUD treatment actually received any services.(NIDA)
- Largest proportion of youth who received treatment are referred by juvenile Justice System.

Where and When

Where do Youth Use?



When do Youth Use Drugs?



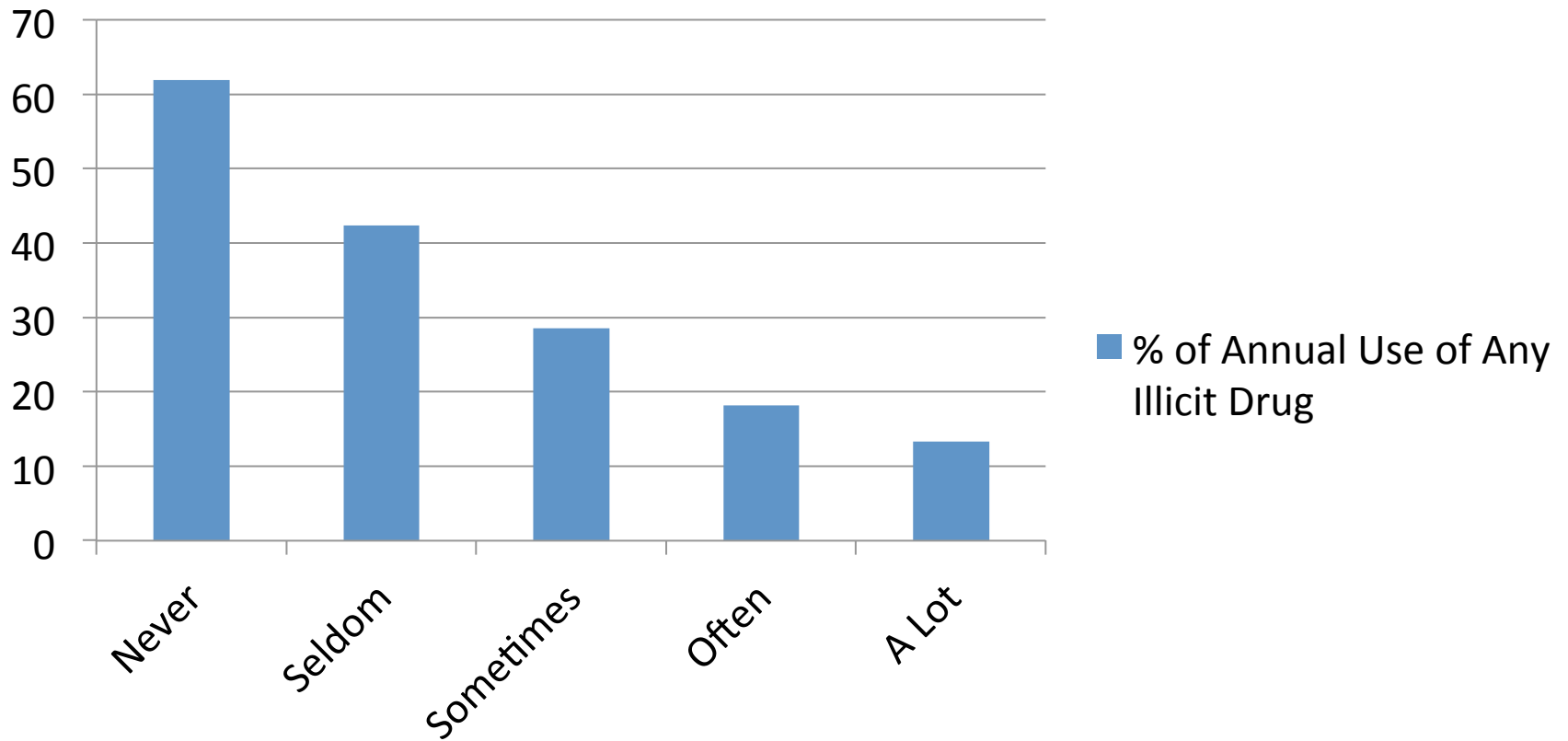
What does the “Where and When of Use” data Mean?

- Schools are the safest places for youth. Why?
 - Clear rules and expectations
 - High Expectations that drugs are not permitted
 - Clear consequences if breaking the expectations
 - Random searches of school grounds to ensure compliance
- How can we support parents in having safer homes?
- What should parents do and where can parents go if their child is having a problem?

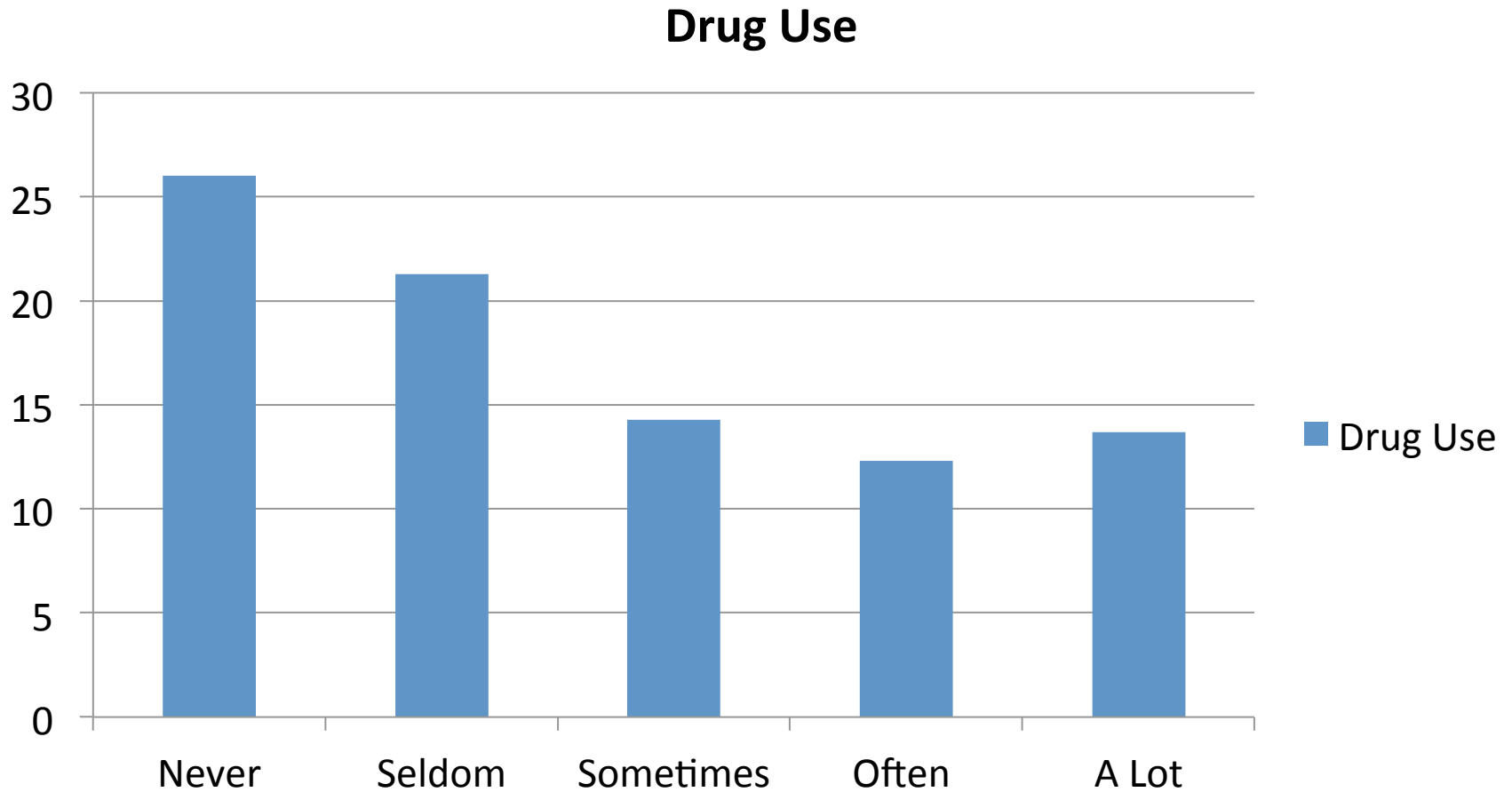
Protective and Risk Factors

Make Good Grades

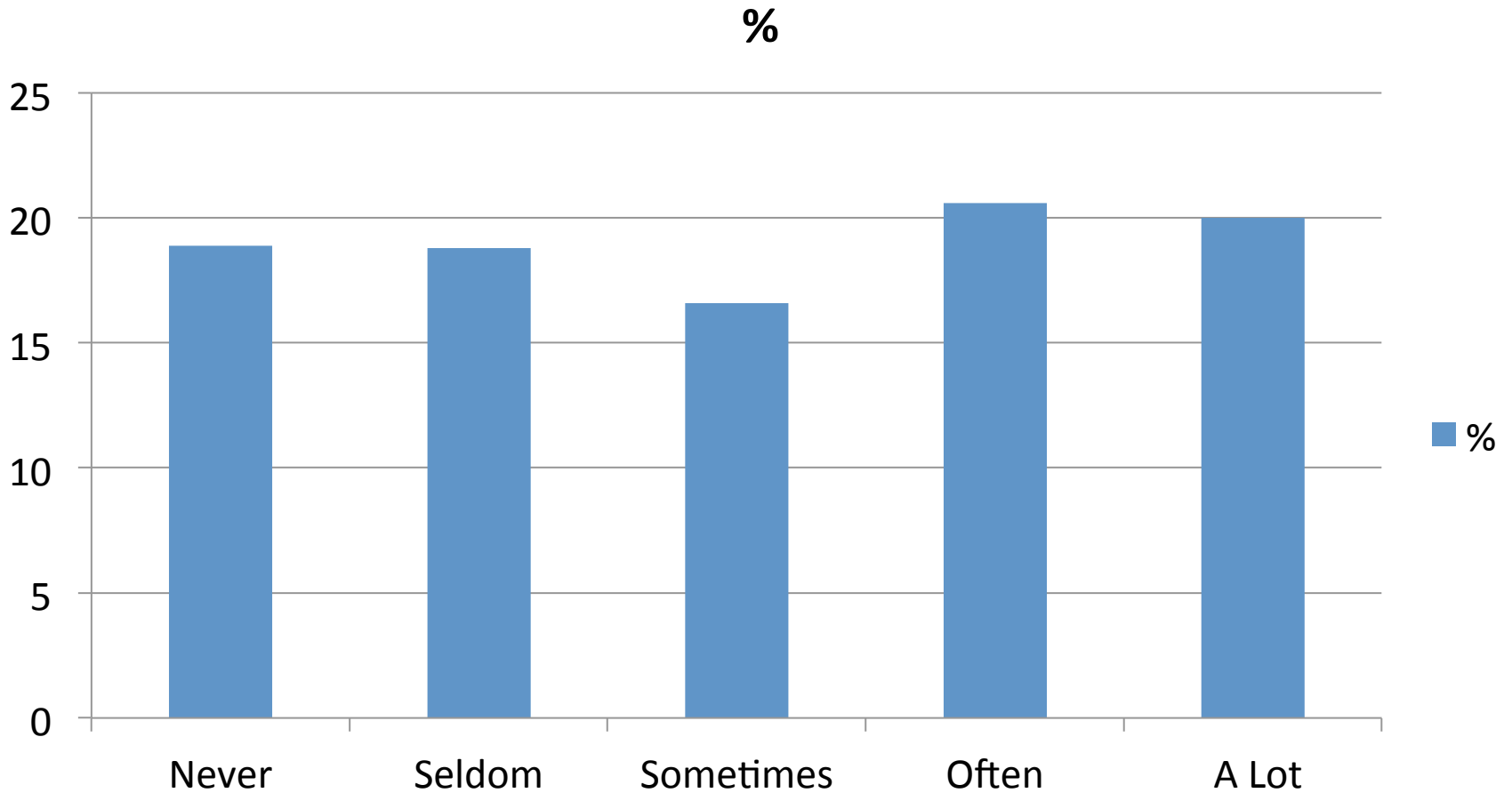
% of Annual Use of Any Illicit Drug



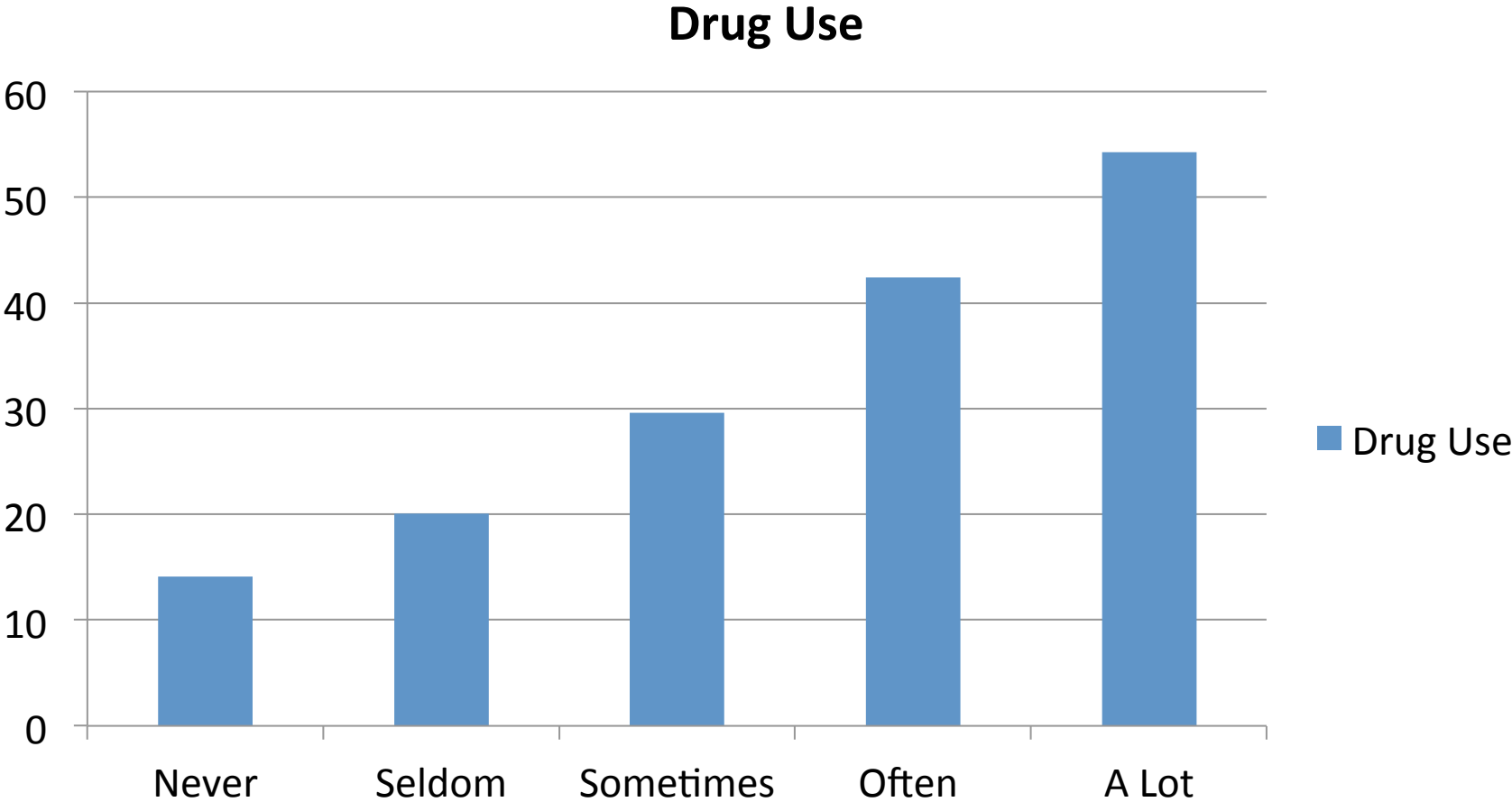
Teachers Talk About Dangers of Drugs



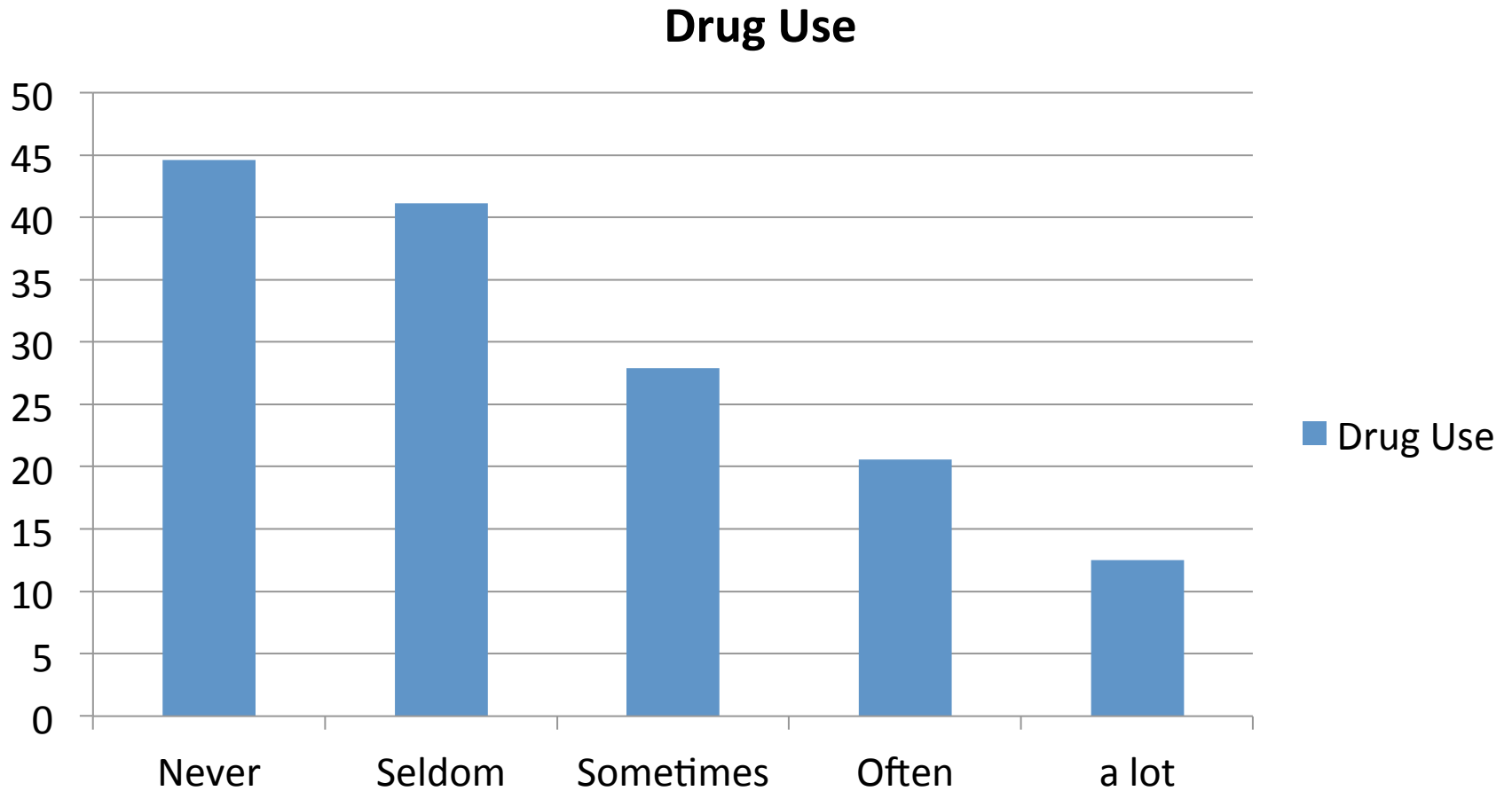
Take Part in Sport Teams



Get Into Trouble at School



Parents Set Clear Rules



Co-occurring Disorders

Mental health and Substance Use
Disorders

Mental Health Prevalence

U.S. Youth with a Mental Disorder During Adolescence (Age 13-18)



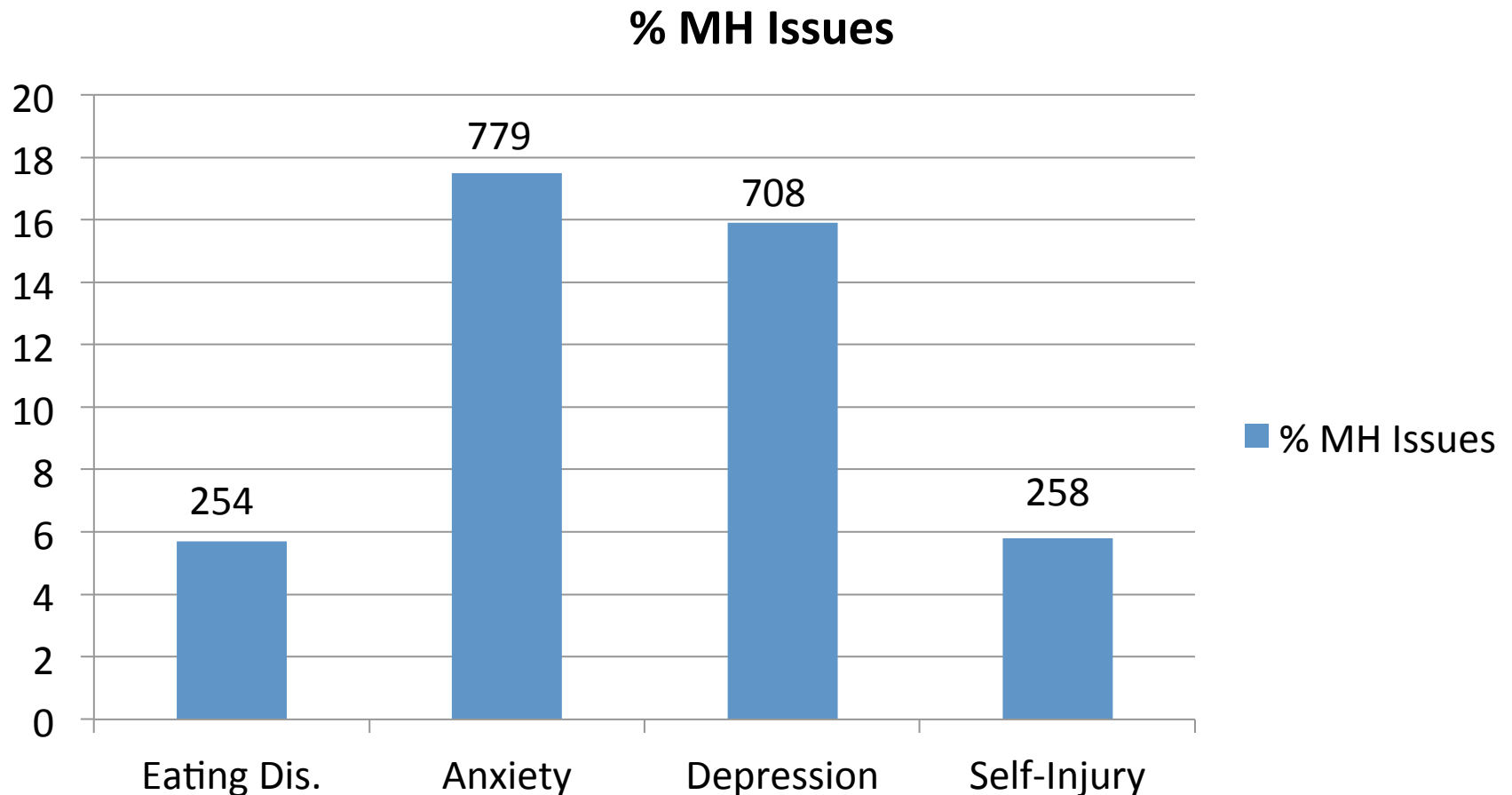
	Prevalence(%)	With severe impact(%)
Anxiety disorders	31.9	8.3
Behavior disorders	19.1	9.6
Mood disorders	14.3	11.2
Substance use disorders	11.4	n/a
Overall prevalence (with severe impact)		22.2

YOUTH MENTAL HEALTH FIRST AID



- 1 in 4 adults and 1 in 5 children experience a mental health challenge each year.
- MH problems more common than heart disease, lung disease and cancer combined
- Mental illness often start in adolescence (50% start by age 14 and 75% start by age 24.)

Fauquier Youth Struggling with Mental Health Issues in past 6 months



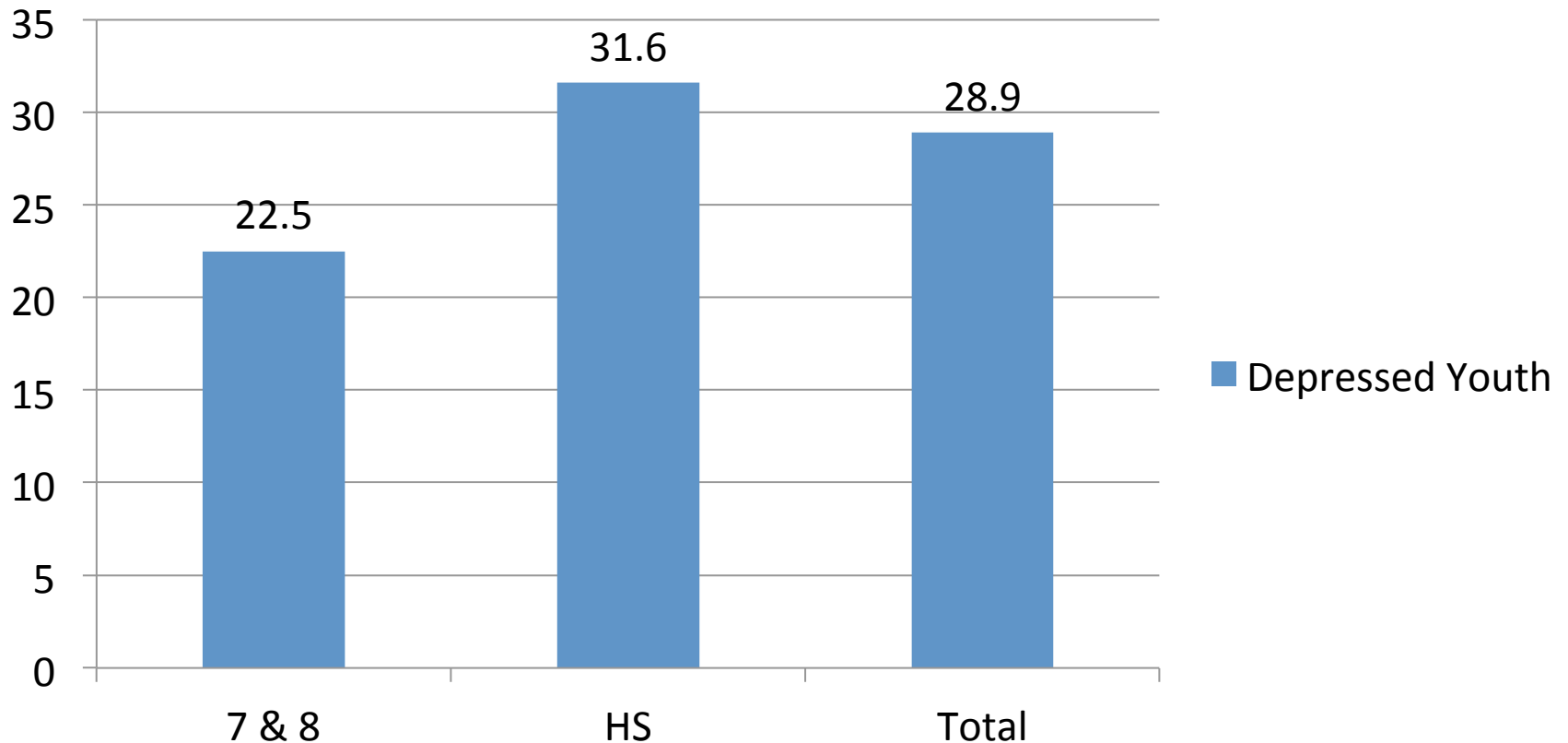
Mental Health and Substance Abuse Disorders

- Effect young person's
 - education,
 - movement into adulthood,
 - movement into adult occupational roles,
 - forming key social relationships and
 - establishing health habits
- Causes disabilities across the lifespan
- Detecting problems early can make a huge difference (MHFA)

Depression:

(During the past year, did you ever feel sad or hopeless almost every day for two weeks or more?)

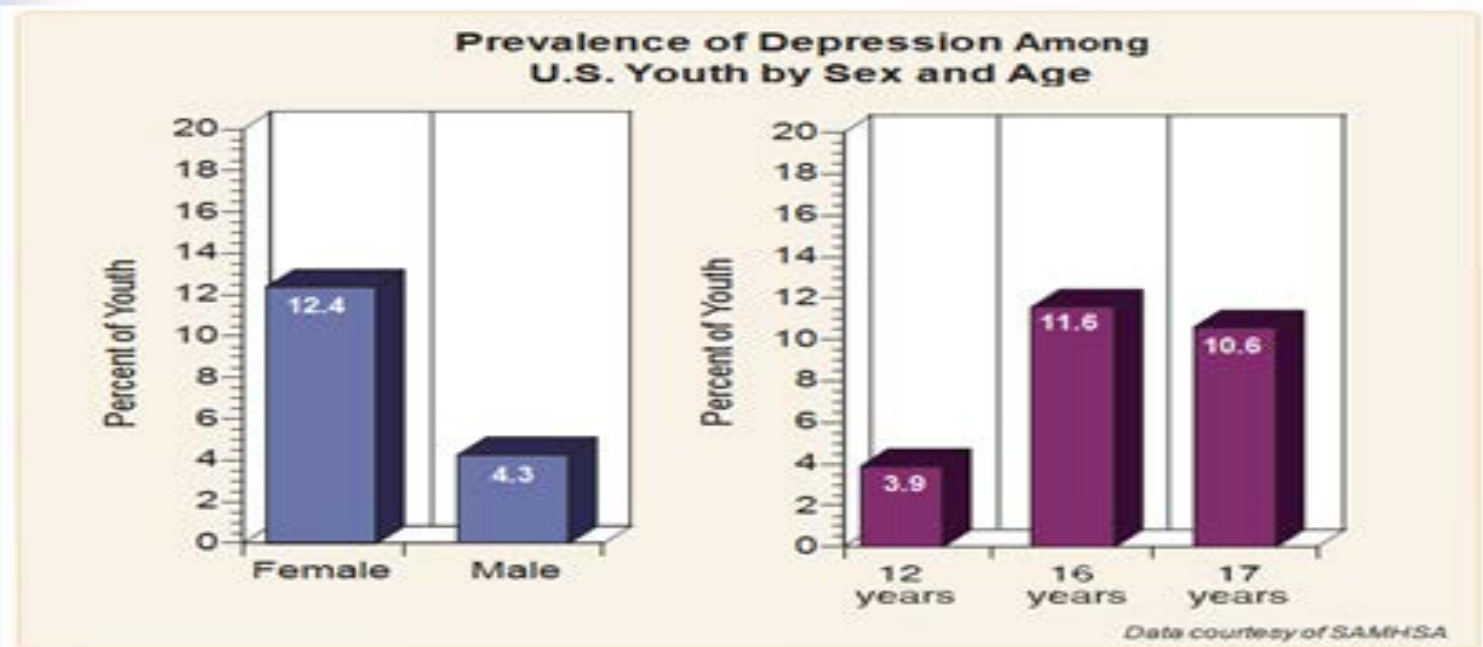
Depressed Youth



Depression

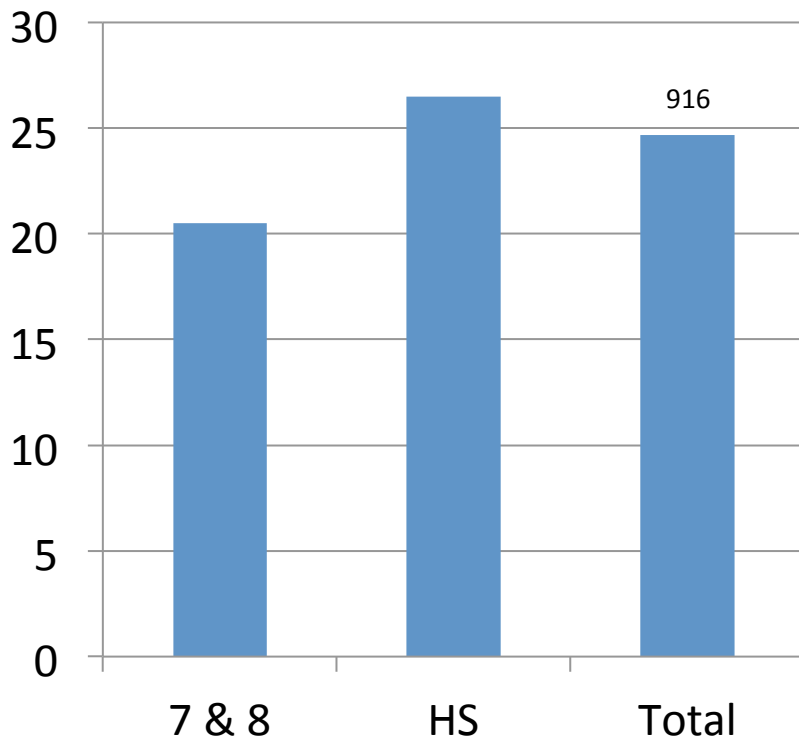


Prevalence



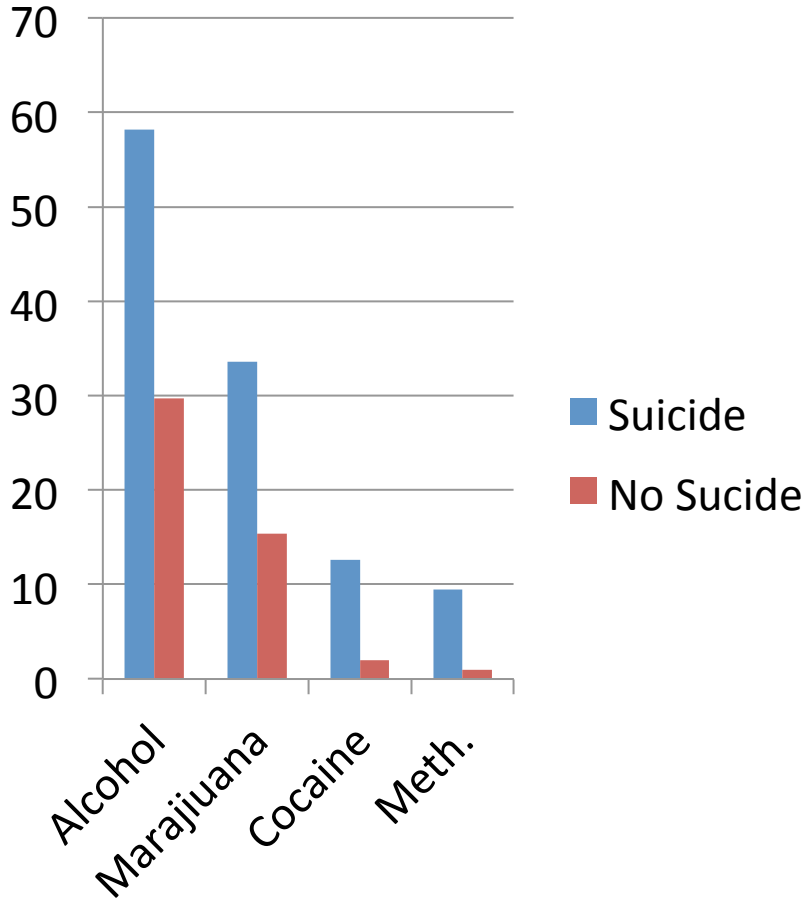
“I wish I were Dead”

Suicidal Thinking



- 38,000 suicides occur in U.S. each year. (CDC)
- Suicide is the 2nd leading cause of death in young people.
- Young person dies by suicide every 2 hours and 3 minutes.
- 25% of youth reported suicidal thoughts this past year in Fauquier
- 270 youth in Fauquier reported thinking of suicide Often or A lot

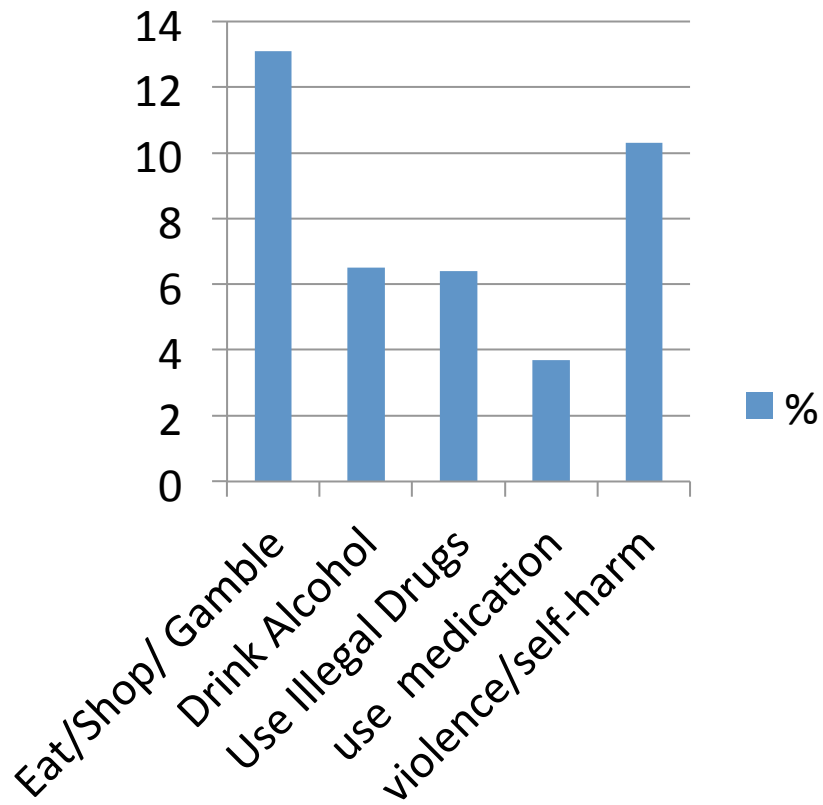
Thinking About Suicide



- Suicidal Thinking coupled with Drugs increases chances of suicide
 - 270 youth reported thinking about suicide;
 - 151 using alcohol
 - 89 using marijuana
 - 34 using cocaine
 - 25 using Meth.

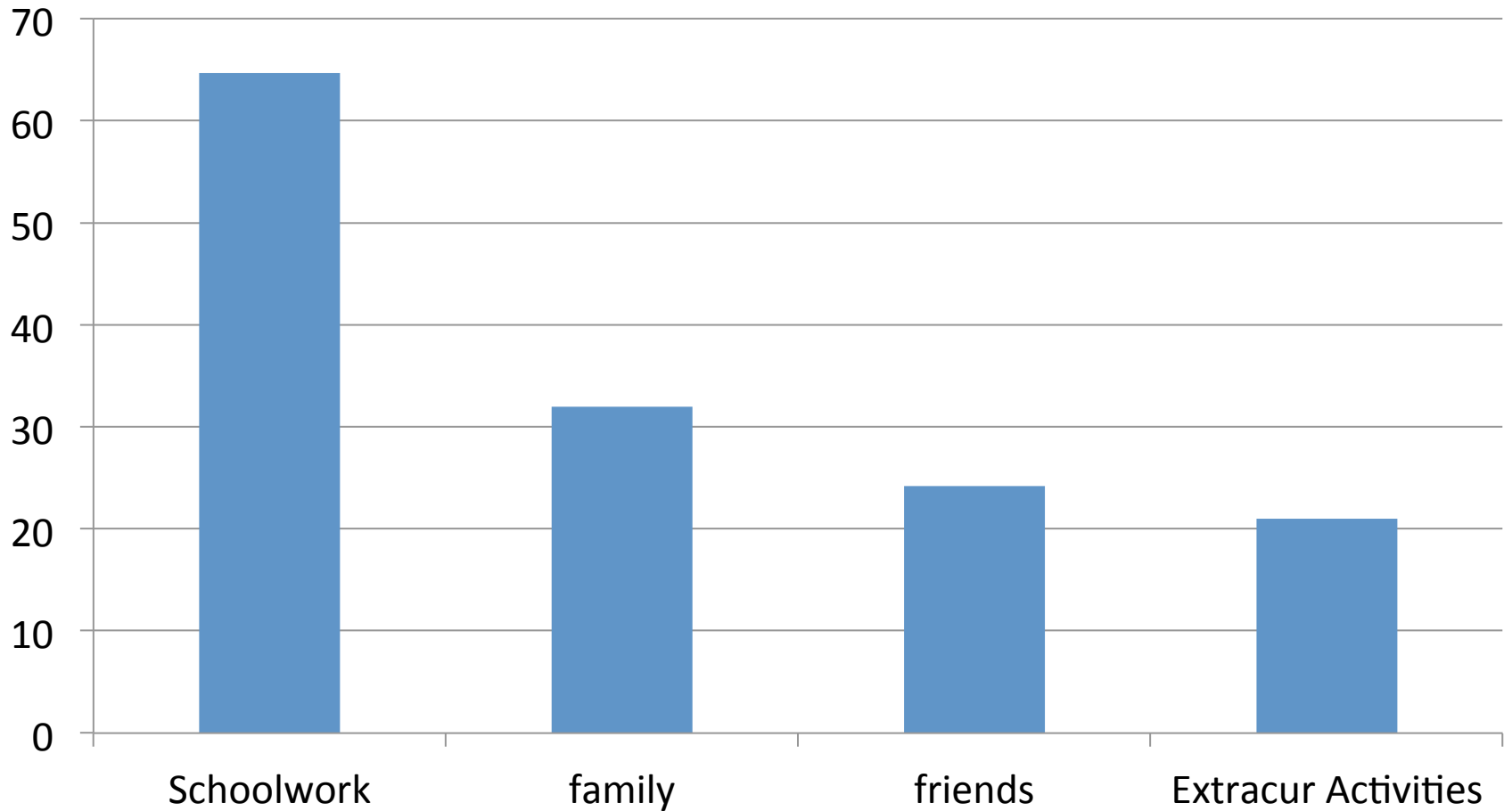
How do you deal with stress?

Negative stress reducers



- Each year 13% of youth from ages 9-17 will experience an anxiety disorder.
- It interferes with the person's studies, other activities, and family and social relationships.
- People with anxiety disorders are 2 to 3 times more likely to have an Substance Use Disorder. (MHFA)
- MHFA Teaches Positive ways of dealing with stress

Where do Youth Experience Stress?

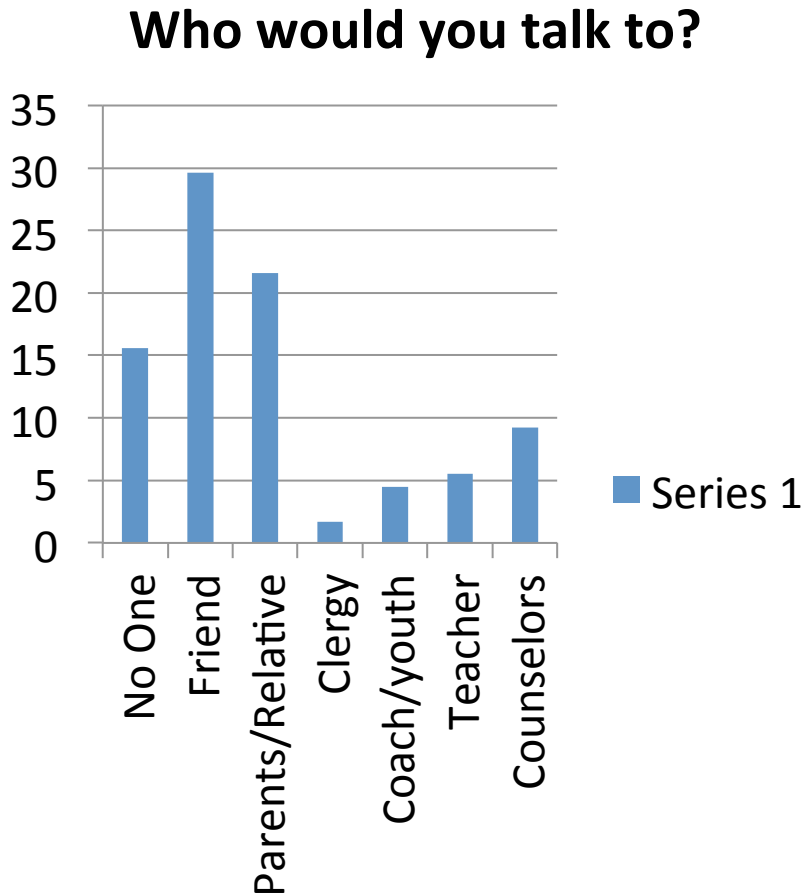


Turning the Tide

College/University Report by Frank Bruni

- Report connects academic pressures and mental health issues.
- “In middle and upper income communities, rates of depression, delinquency, substance abuse and anxiety.....appear to be considerably higher in these communities.”
- Report also states that there are high rates mental illness in high schools and record rates of utilization of mental health services on college campuses.
- Due in part to an “obsessive focus on achievement”.

If you were dealing with intense feelings of sadness, depression, anxiety, or wanting to hurt yourself with whom would you talk to about your concerns?



- 40% reported not having these feelings

Negative:

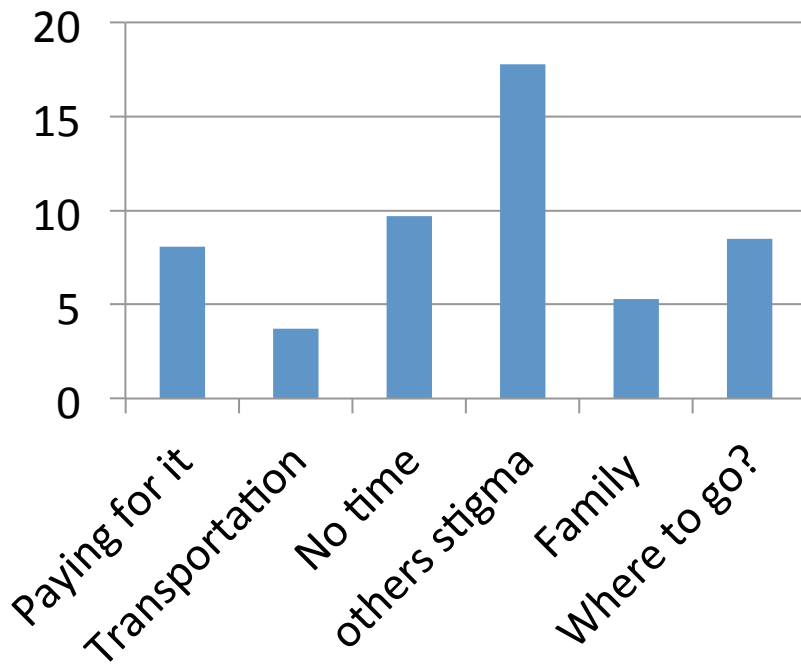
- 16% said they would talk to no one
- 30% reported they would talk to friends

Positives:

- 46% said they would talk to someone other than friends
- Mental Health First Aid teaches the skills to reach out to youth

What would keep you from seeking help if you wanted to harm self?

Issues that prevent youth from seeking help—
Fauquier Youth report

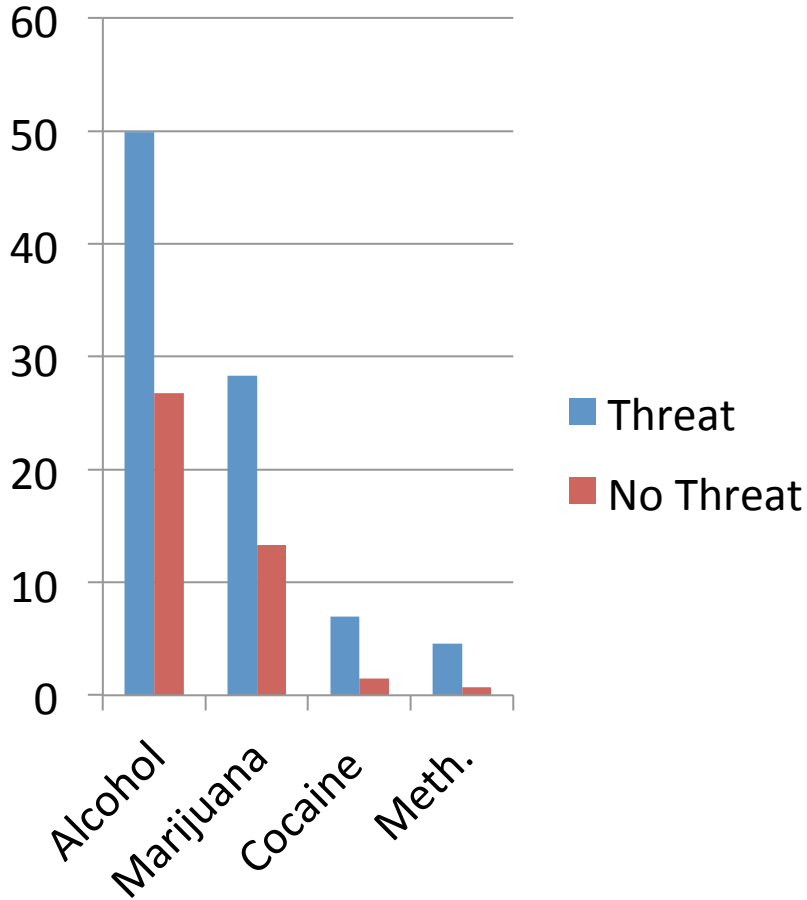


- “People with MH problems internalize public attitudes and become so embarrassed or ashamed that they often conceal symptoms and fail to seek treatment” (New Freedom Commission,)
- On average it takes 10 years for people to receive necessary treatment
- Stigma is the major reason for people not seeking treatment

School and Community Safety

Intervention and Prevention
Programs are Key to Health and
Safety

Drug Use of Students Who Report Threatening/Harmful Behaviors

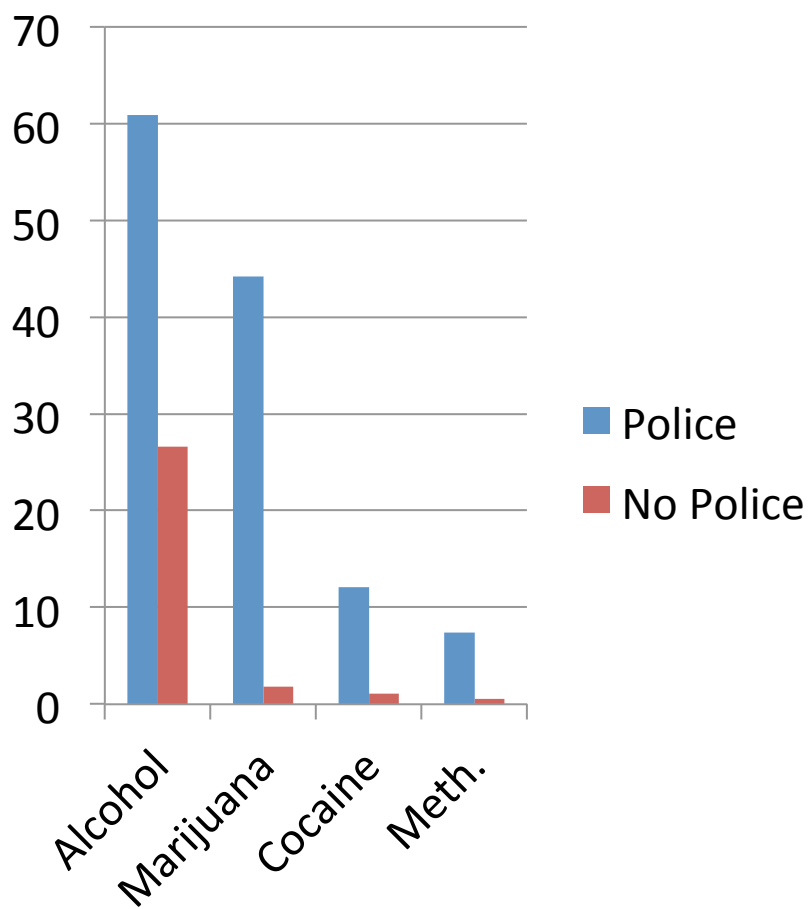


- Those that threaten others are more likely to use drugs
- 881 (20.4%) reported threatening harmful behaviors;
 - 435 use alcohol
 - 247 use marijuana
 - 61 use cocaine
 - 40 use meth.

Personal Safety

- 657 (15.30%) student **report being afraid** another student will hurt them at school.
 - Of these, 5% report caring a gun to school
- 552 (12.8%) students **report getting hurt** at school
 - Of these 6.7% report carrying a gun to school
- Substance abuse, alone and in combination with mental disorders, has consistently correlated with violence.
- Individuals with mental health issues are more likely to do harm to themselves than others.

Trouble with Police



- Youth that have trouble with Police are more likely to be using drugs.
- **630 (14.5%) Reported Trouble with Police**
 - 378 use Alcohol
 - 274 use marijuana
 - 75 use cocaine
 - 45 use Meth.

School Safety: Students responded as *Never or Seldom* feeling safe in the below locations:

Location	Number	Percent	Nat.
In the parking lot	857	20.1	24.9
In the Classroom	420	9.8	11.7
On the school bus	694	16.3	21.6
In the bathroom	695	16.2	21.1
At School events (ballgames, etc.)	614	14.4	16.8
In the cafeteria (lunchroom)	580	13.5	16.2
In the gym	553	12.9	15.0

Students in Fauquier County feel safer as compared to the National Average!

Key Findings for 2015

- Good News, overall drug use is down from 2009.
- Youth report that cigarettes and alcohol are harmful to their health, consequently, their usage is low.
- Youth report that marijuana is less dangerous than alcohol, consequently, marijuana usage is above the national average.

Key Findings continued

- Youth have increased risk of addiction due to early 1st time use.
- 12th graders are above the national average in using illicit drugs.
- Prescription Drug Abuse is higher than 2009
- 4.5% of seniors use heroin
 - 45 seniors use heroin daily to 3 times per week
 - 34 additional seniors used heroin weekly
- Seniors are at risk of alcohol poisoning due to their excessive use of alcohol.

Key Findings continued

- Approx. 400 youth potentially addicted to substances.
- Drug use highest in homes.
- A significant number of youth are struggling with mental health issues.
 - 29% reported feeling depressed this past year.
 - 272 youth reported thinking about suicide.
- Youth that have mental health problems are self medicating with drugs and alcohol which increases their risk of harm to themselves or others.
- Youth in Fauquier County Schools feel safer as compared to students on a national basis.

Creating a Healthier Community: Action Plan

- Decrease Stigma by increasing awareness that youth are at risk of Mental Health and Substance Use Disorders.
- Improve identification of youth with MH and SU Disorders and increase access and availability of treatment services.
- Support parents in providing a drug free home through support, education, information and where to go if their child has a problem.
- Schools should identify and provide evidence based prevention programs for youth who have co-occurring MH and SA issues. Focus should be on early intervention.
- Train over 1,000 people in Mental Health First Aid

“No one is immune from addiction; it afflicts people of all ages, races, classes and professions.”

Patrick J. Kennedy