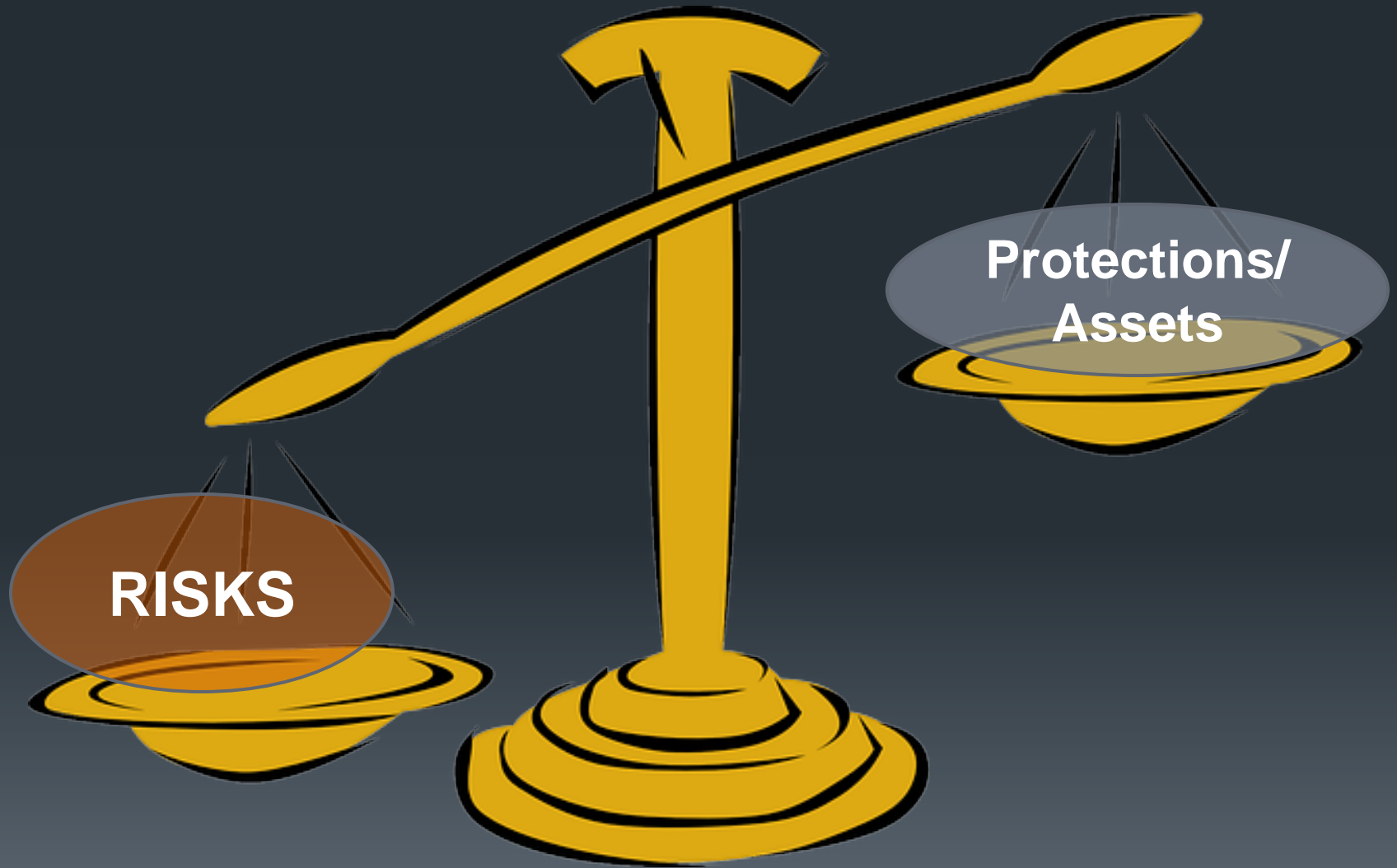




# Youth Substance Use and Other Behaviors, 2017

Kittery, January 2018

# Why Do Some Youth Have Problems with Substance Use?



# Factors that Increase Risk

First use at a young age

Childhood trauma

Biological/psychological characteristics

Association with substance abusing friends

Lack of belief that substance is harmful



Genetics, family history of addiction

Early poor classroom behaviors or social skills

Academic failure

Transitions between grades

# Factors that Increase Risk

Family that lacks management skills

Family lacks consistent fair rules and consequences

Family has unhealthy use or abuses

Community and or society promotes use/abuse or has unhealthy norms around use



Lax laws and policies around alcohol and drugs

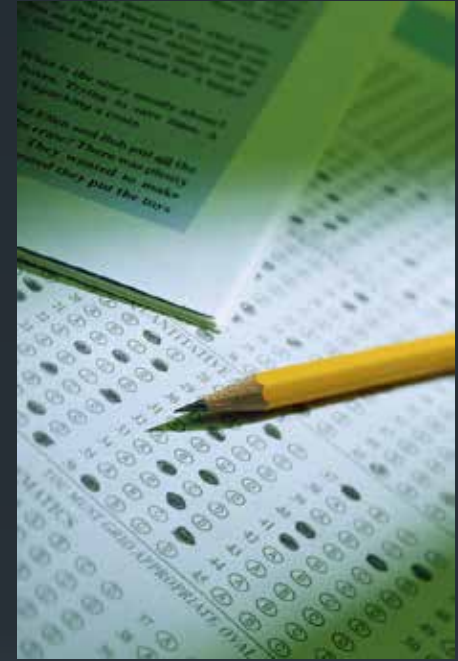
Easy access to substances in home and or community

Lack of resources

Lack of healthy alternatives

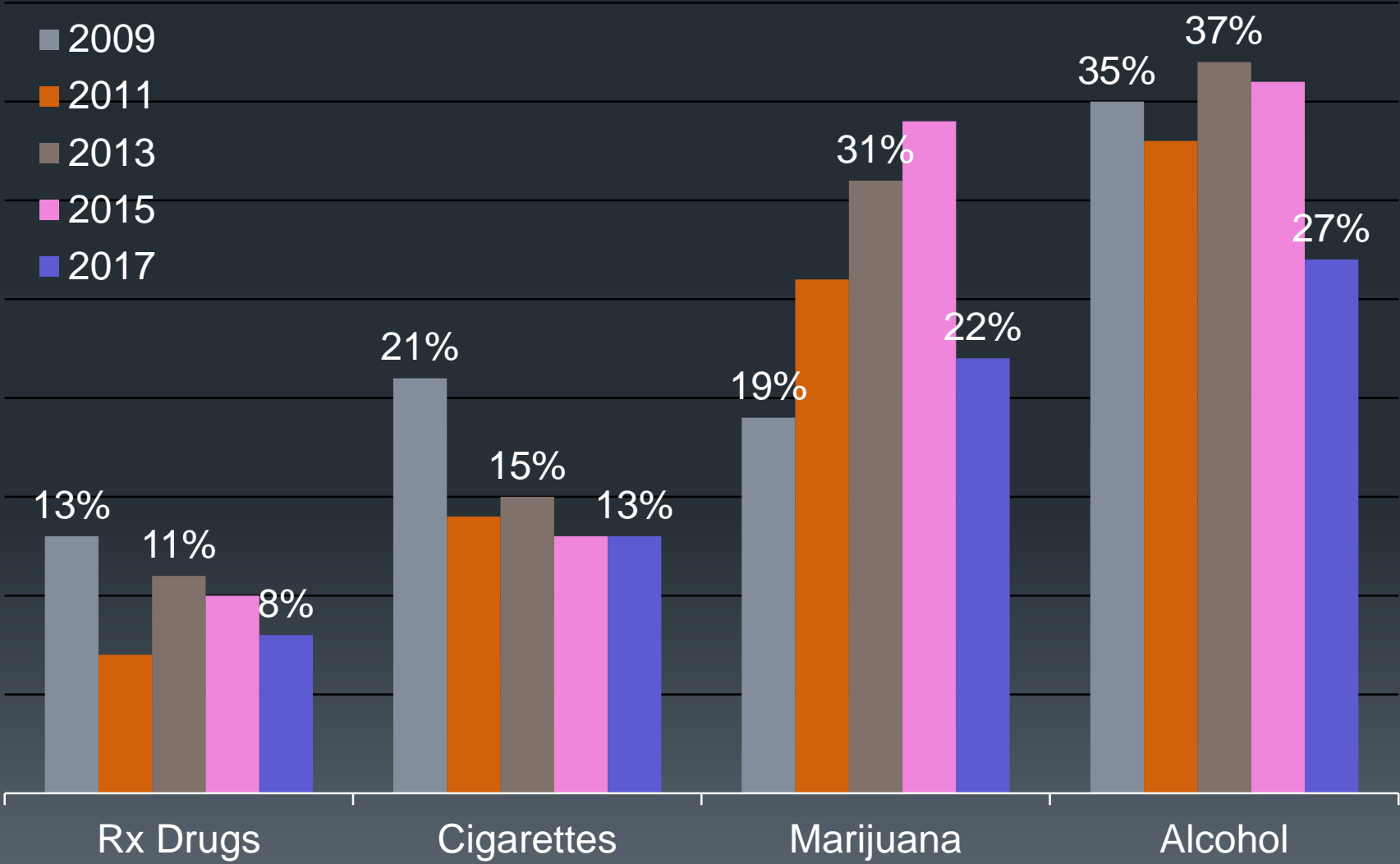
# Gathering info: The Maine Integrated Youth Health Survey

- n MIYHS Survey conducted state-wide, every 2 years in early February
- n Track youth health, evaluation of programs and curriculum, grant funding, showing success or need for change
- n Limited, most accurate snapshot
- n Info is valid and reliable:
  - n Anonymous, voluntary
  - n Large samples, cleaned
  - n Tested survey tool
  - n We have results over years to see trends
  - n Compared to state
- n **Help determine appropriate education and prevention strategies**

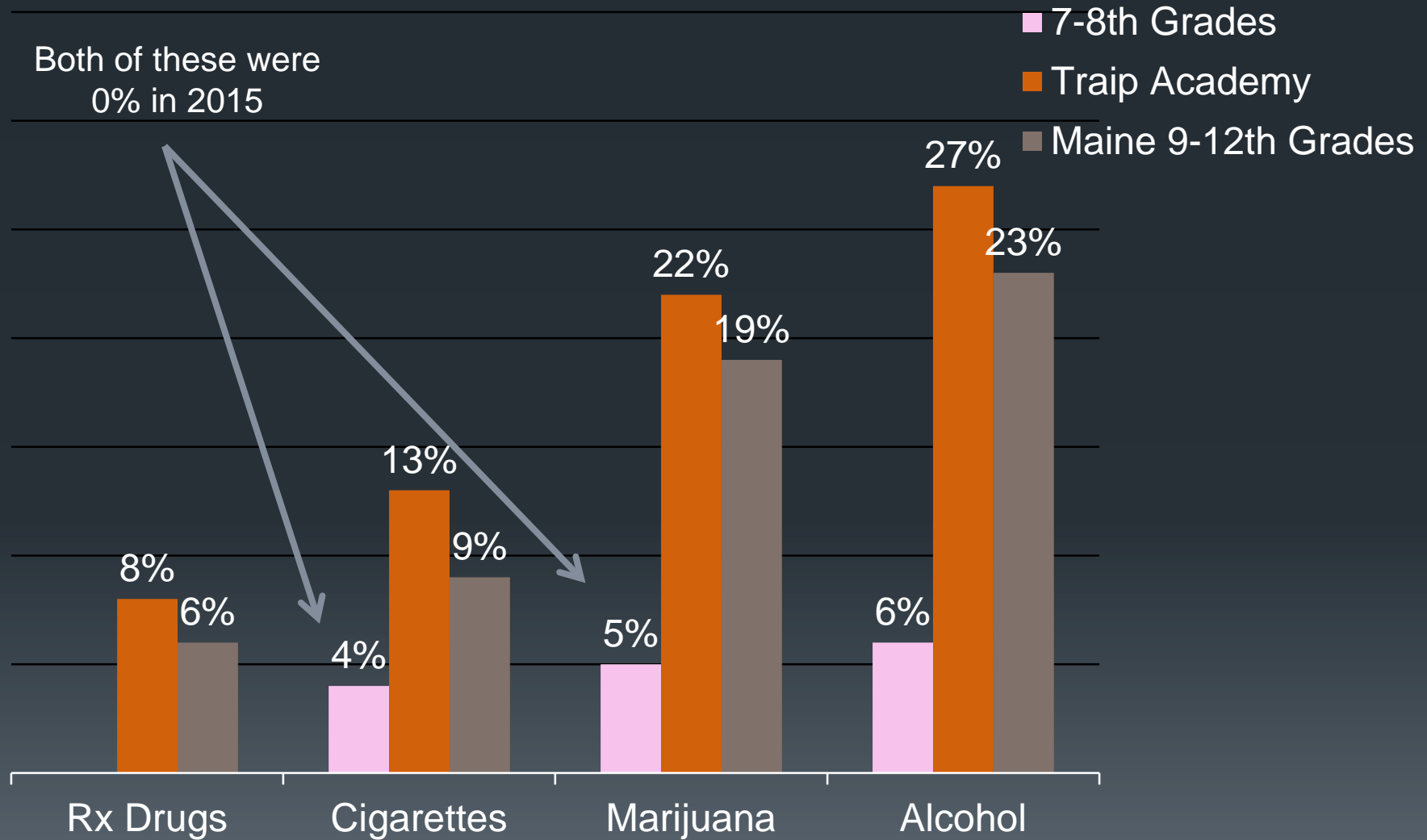


230 Traip and  
141 Shapleigh  
students took the  
survey.

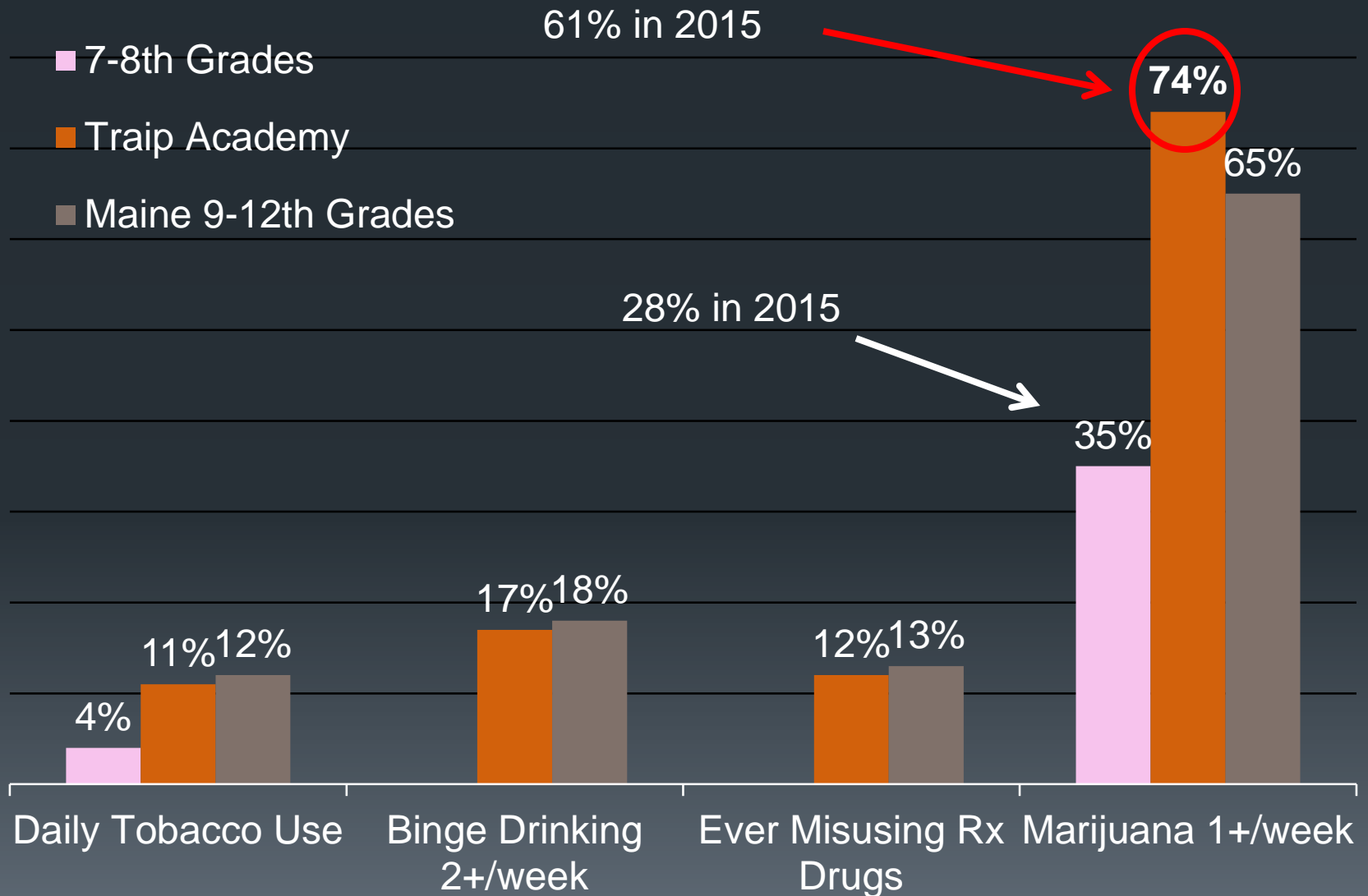
# Past 30 Day Use 2009-2017, Kittery 9-12<sup>th</sup> Graders



# Past 30 Day Use (1 or more times), 2017

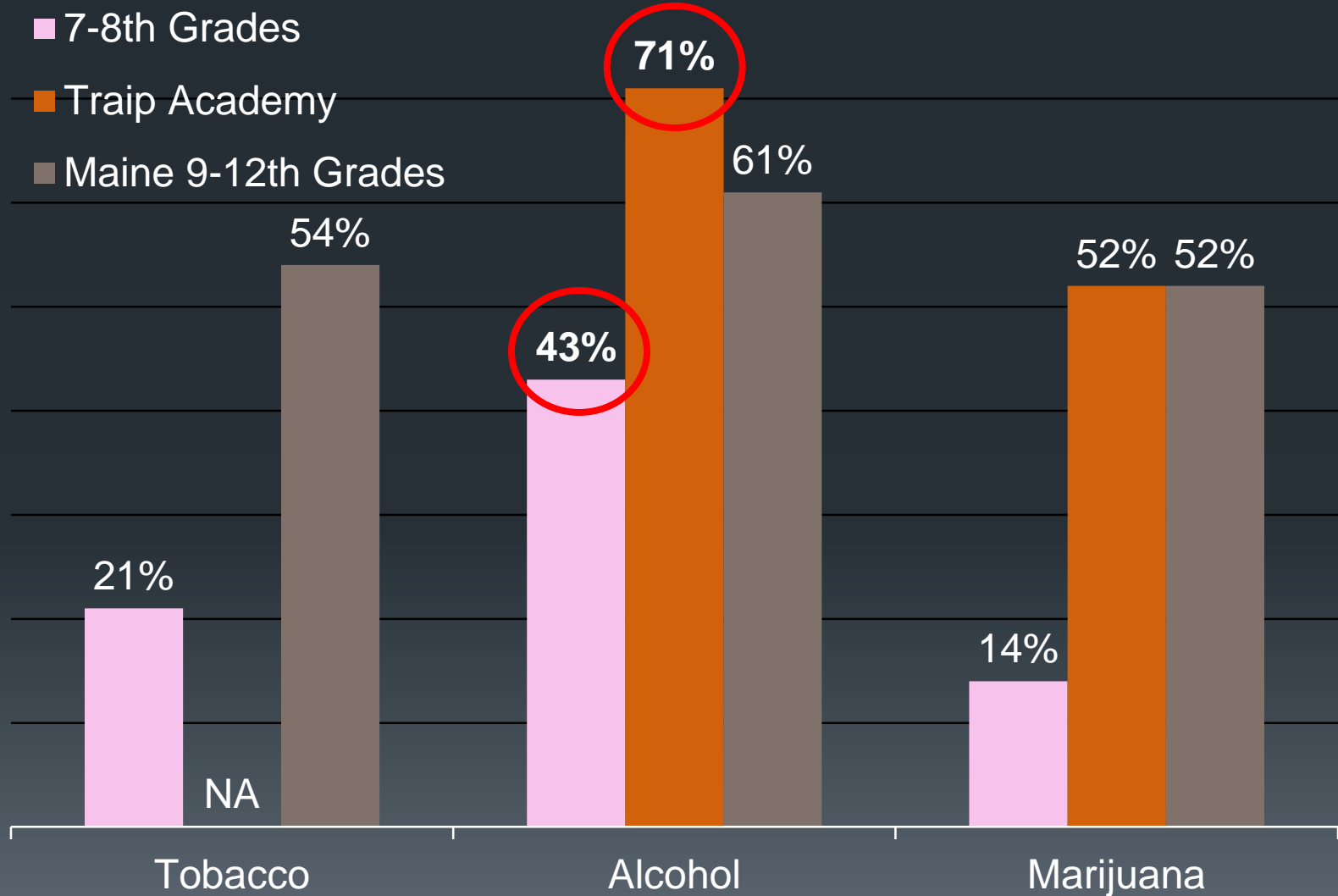


# Think Use is **NOT** Harmful, 2017

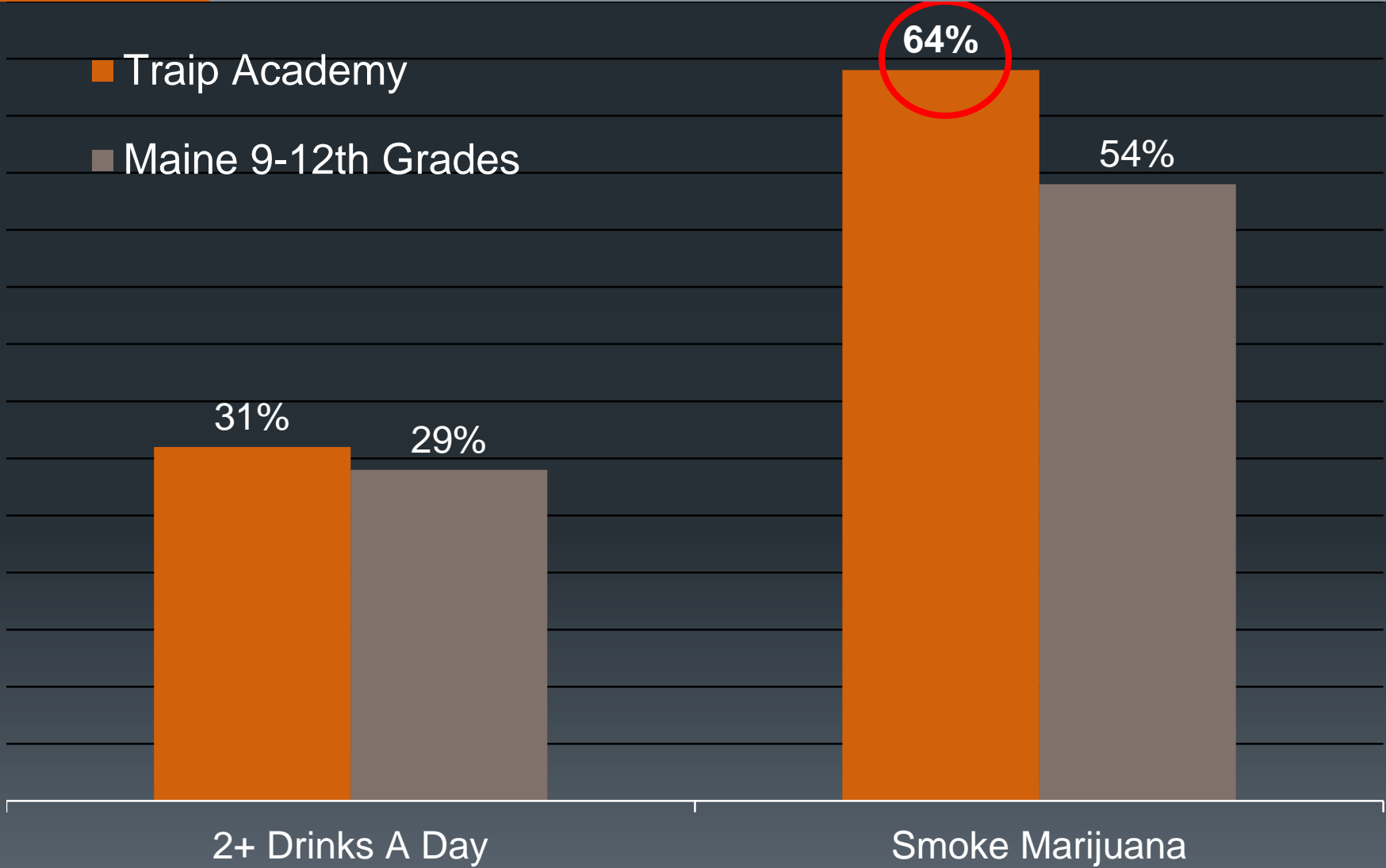




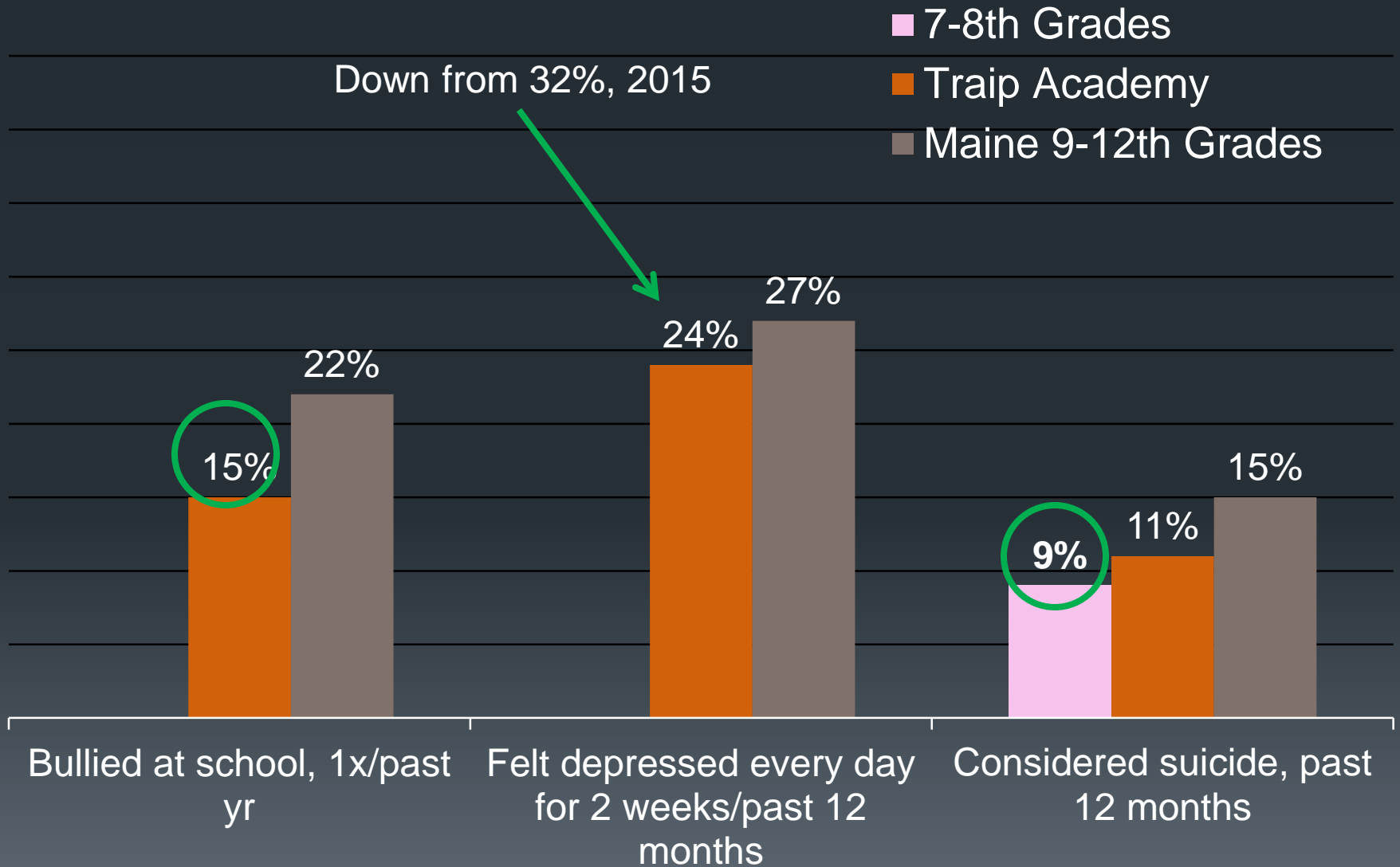
# Think Drug Is Easy to Get, 2017



# Perception: Peers Don't Think Use is Wrong



# Other Risk Factors



# 3 or More Adverse Childhood Experiences

- Your parents/guardians got divorced or separated
- A parent/guardian died
- A parent/guardian was in jail or prison
- You lived with an adult who had a mental illness
- Your parent or another adult you lived with often swore at you, insulted you, put you down, or humiliated you.
- You were physically hurt by an adult in your home

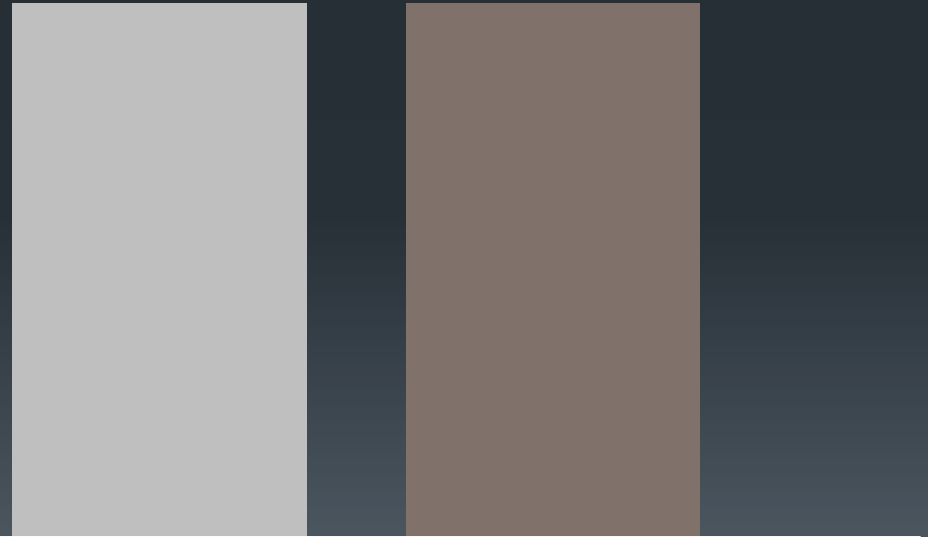
■ York County

■ Maine

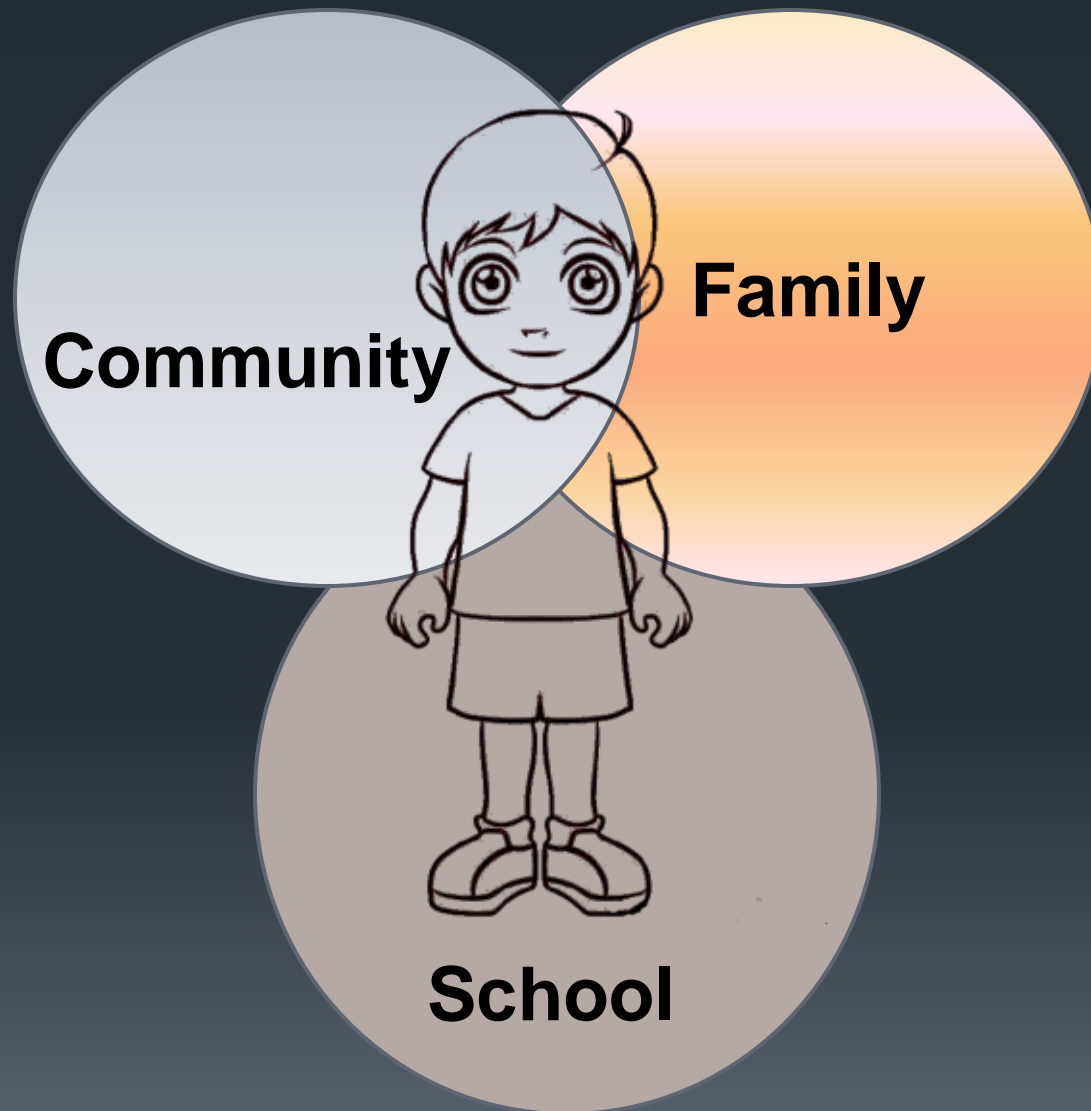
23%

23%

3+ ACES



# Preventing Substance Abuse



# Factors that Promote Health

No drug use in adolescence

Good coping and problem solving skills

Understanding and belief that drug use is harmful



Bonding with positive group (peers, school, faith, athletics, culture, employment)

Academic achievement

Positive physical development

**INDIVIDUAL**

# Factors that Promote Health

Youth get help early on for academic and social challenges

Mentors and support for developing skills and interests

Opportunities for positive engagement with school

School provides health education



Consistent policies around alcohol and drugs that also help youth with problems

Resources for youth in need of help

Academic achievement

SCHOOL

# Factors that Promote Health

Youth get help early on for mental health and other needs

Strong laws and policies around alcohol and drugs

Mentors and support for developing skills and interests

Restricted or no access to substances in home and or community

Opportunities for positive engagement community

Resources for families in need of help.

Community that promotes health and values youth

Increased healthy alternatives



COMMUNITY



# Factors that Promote Health

Family has good management and coping skills

Family provides structure, limits, monitors children

Family has clear expectations around no drug use

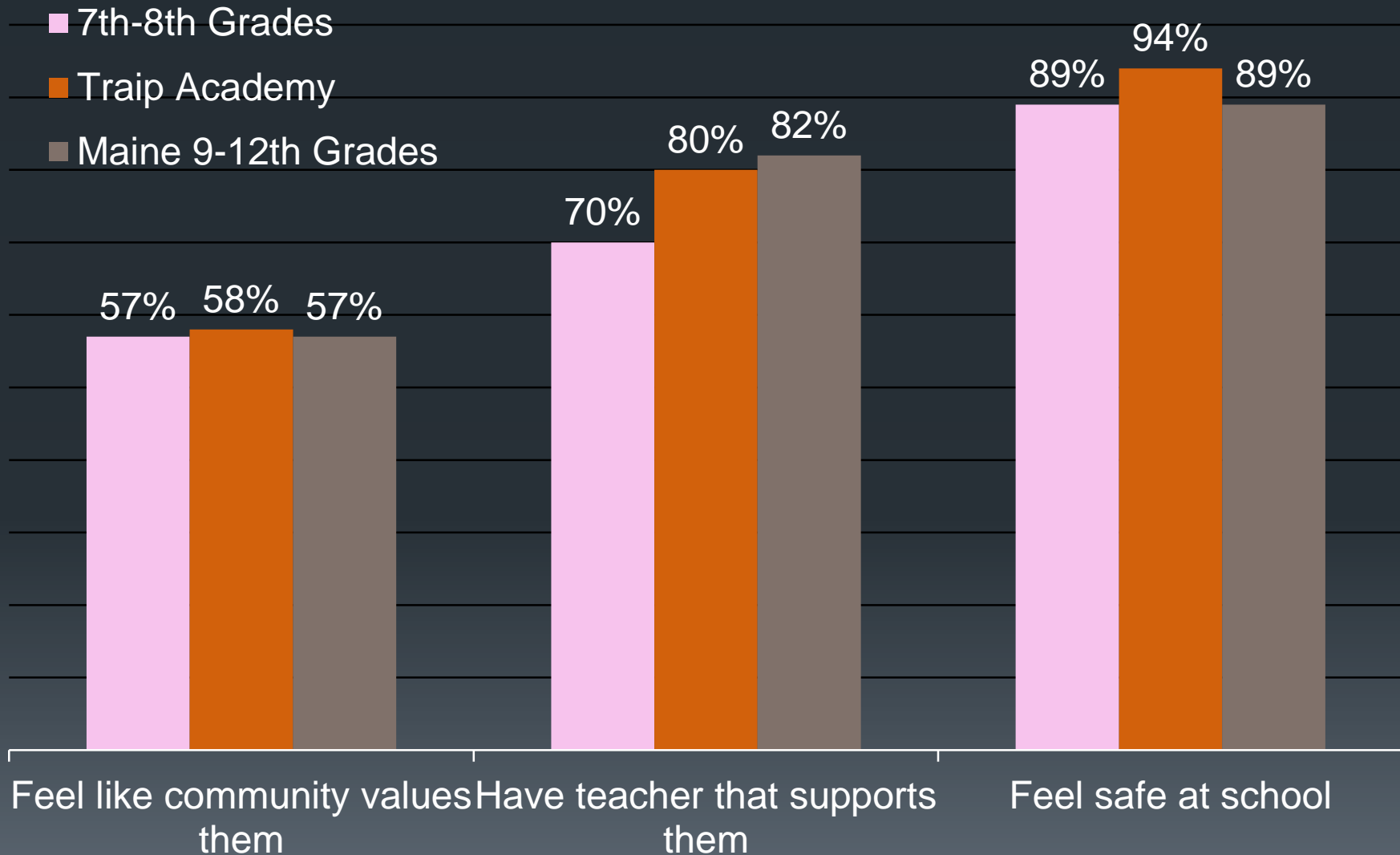


Family has supportive relationships each other

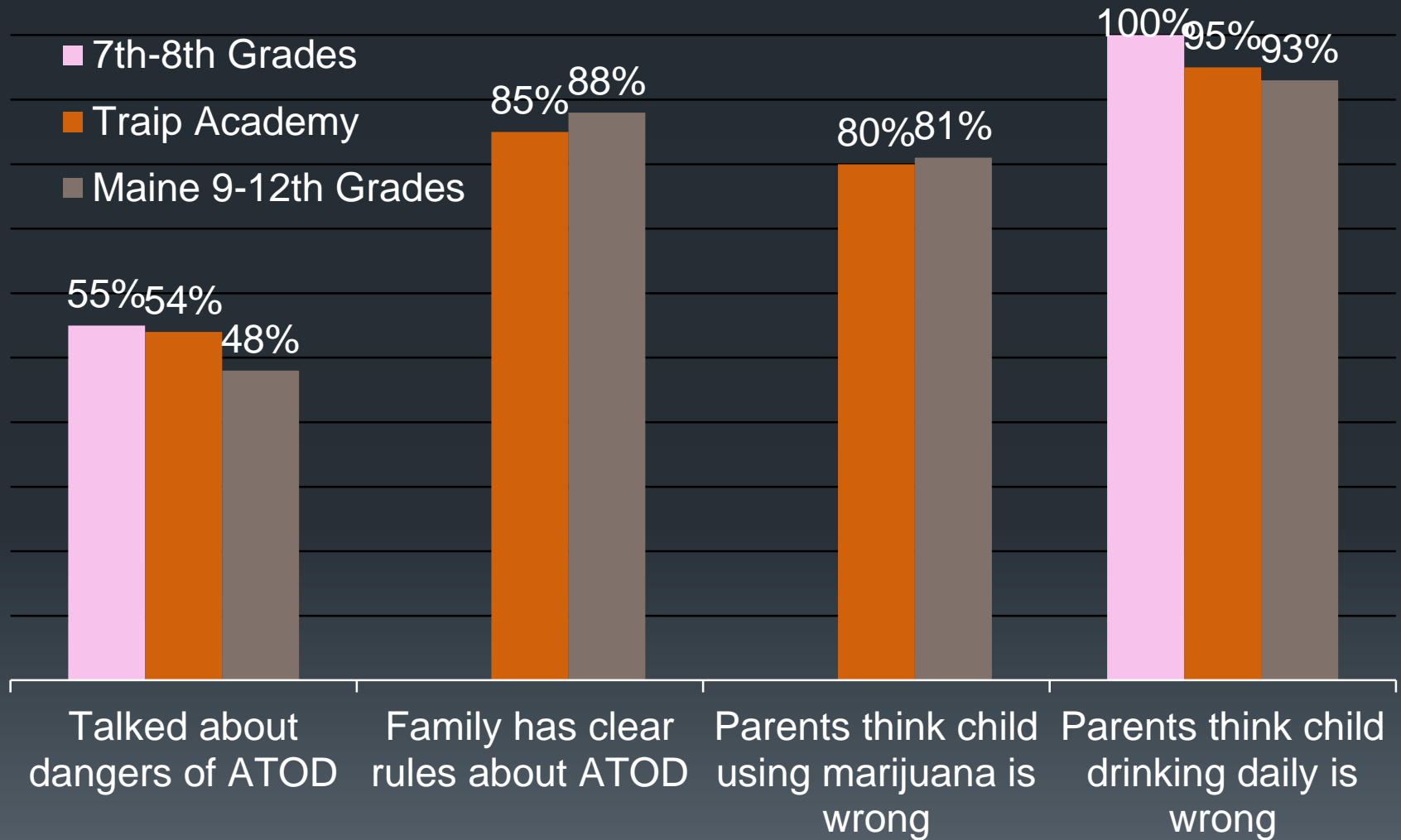
Family role models healthy behaviors re drugs and promotes health among children

**FAMILY**

# School/Community Protective Factors



# Family Protective Factors



# What Communities Can Do

- § Restrict youth access to legal and illegal drugs
- § Promote health, don't normalize drug use
- § Enforce laws
- § Provide services and programming that support health and provide help
- § Collaborate
- § Provide meaningful opportunities for youth
- § Recognize positive youth

# What Schools Can Do

- § Evidence based curriculum
- § Good policies with help for youth
- § Programs
- § SROs
- § Trained staff
- § Share data
- § Engage parents and youth
- § Collaborate with community



# What Parents Can Do

- § Treat all drug use as harmful
- § Limit access to all drugs
- § Monitor your child
- § Role model healthy behaviors
- § Network with other parents
- § Make rules and consequences fair, clear and enforce them
- § Recognize signs of drug use and mental health needs and seek professional help

# EXCELLENT Resources for Parents



Partnership for Drug Free Kids

<http://www.drugfree.org>

Marijuana Talk Kit <http://www.drugfree.org/MJTalkKit/>

Learn How to Keep Teens Safe in Just 15 Minutes

<http://www.teen-safe.org>

Sally Manninen  
Substance Use Prevention Director  
Choose To Be Healthy Coalition  
15 Hospital Drive  
York, ME 03909  
351-2655  
[smanninen@yorkhospital.com](mailto:smanninen@yorkhospital.com)  
[www.ctbh.org](http://www.ctbh.org)