

Student Substance Use and Mental Health Trends: 2011-2017 Sagadahoc County

*Midcoast Community Alliance
March 2018*



**DATA
INNOVATION
PROJECT**

Muskie School of Public Service
University of Southern Maine



The Data Innovation Project



www.DataInnovationProject.org



Today's Goals

1.

Examine substance use and mental health trends over time

2.

Explore patterns of concern

3.

Discuss implications and next steps



Data Source

MIYHS
Maine
Integrated
Youth
Health
Survey

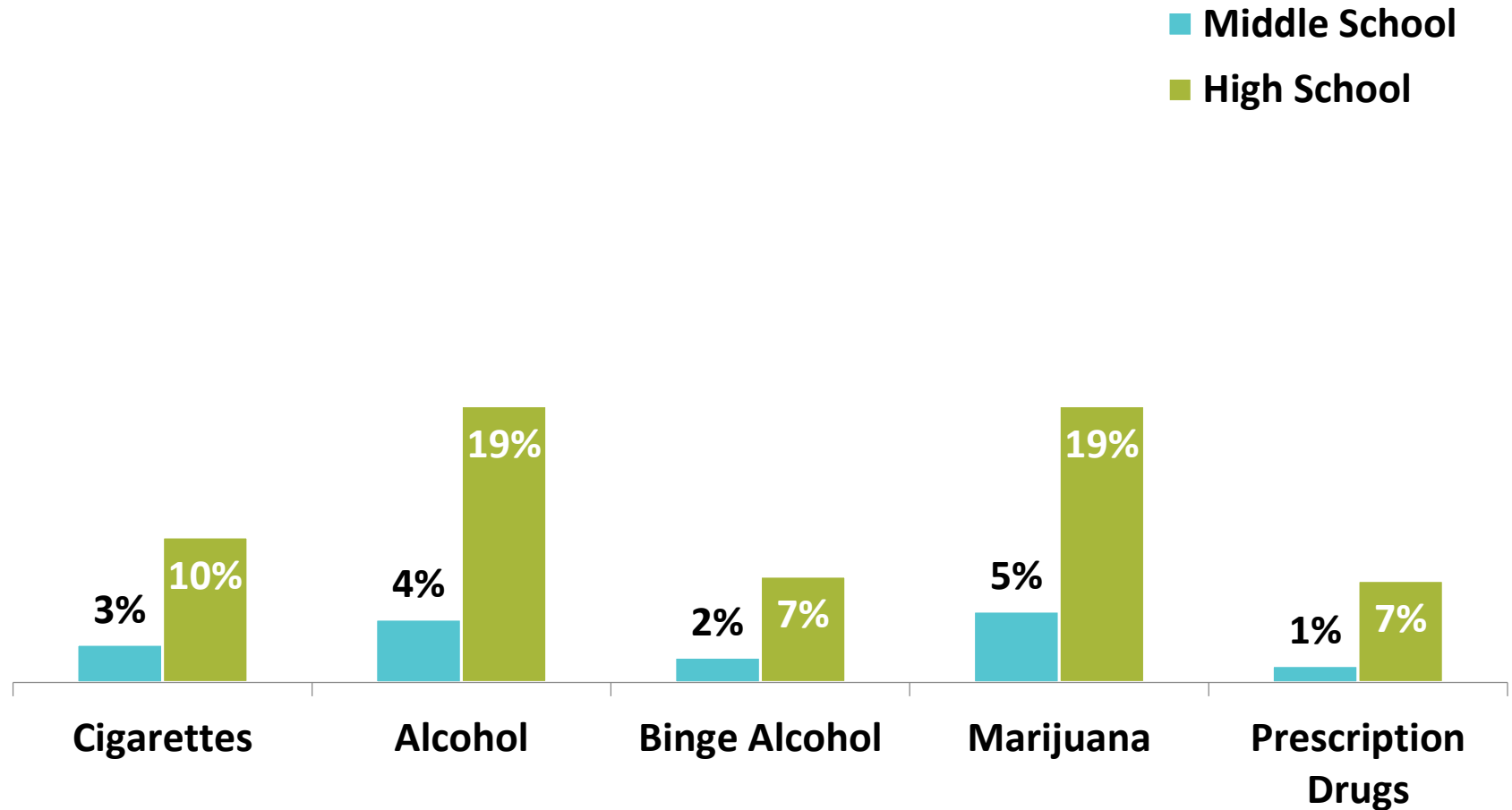
- 5th and 6th graders
- Middle and High School Students (grades 7 through 12)
- Administered every 2 years since 2009



Substance Use Trends: 2011 to 2017



Past Month Use



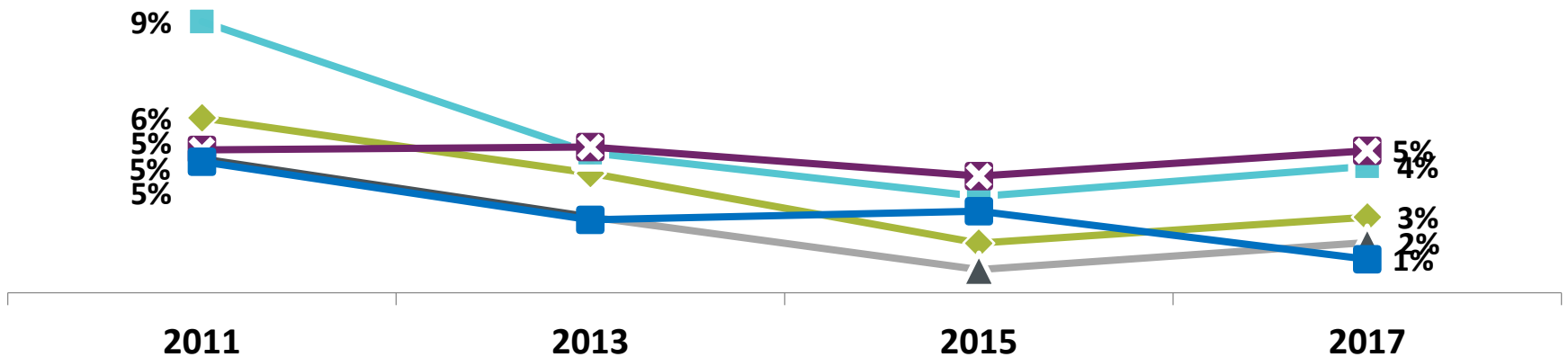
** Too few responses.*



Trends Over Time: Past Month

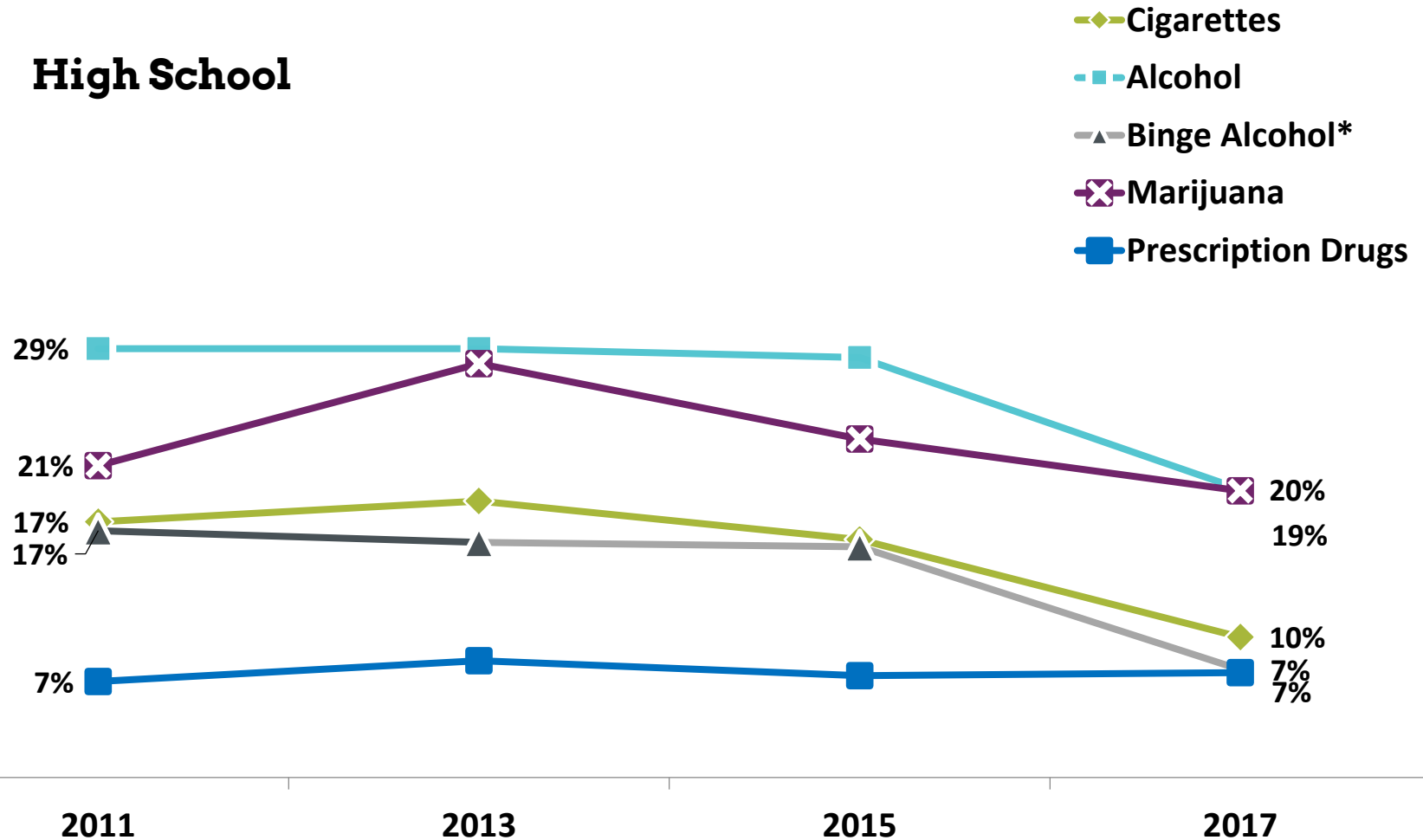
Middle School

- ◆ Cigarettes
- Alcohol
- ▲ Binge Alcohol
- ✕ Marijuana
- Prescription drugs

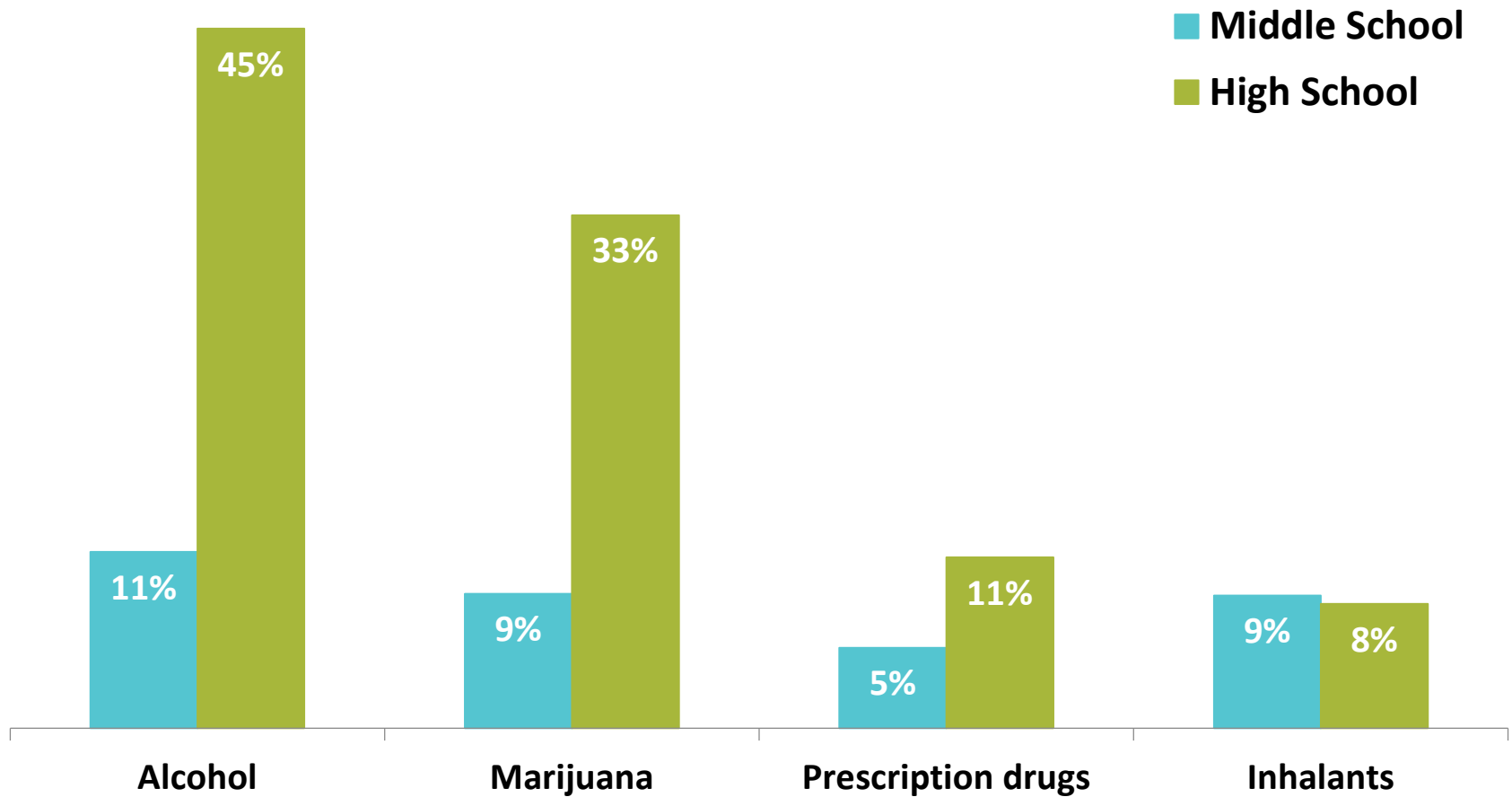


Trends Over Time: Past Month

High School

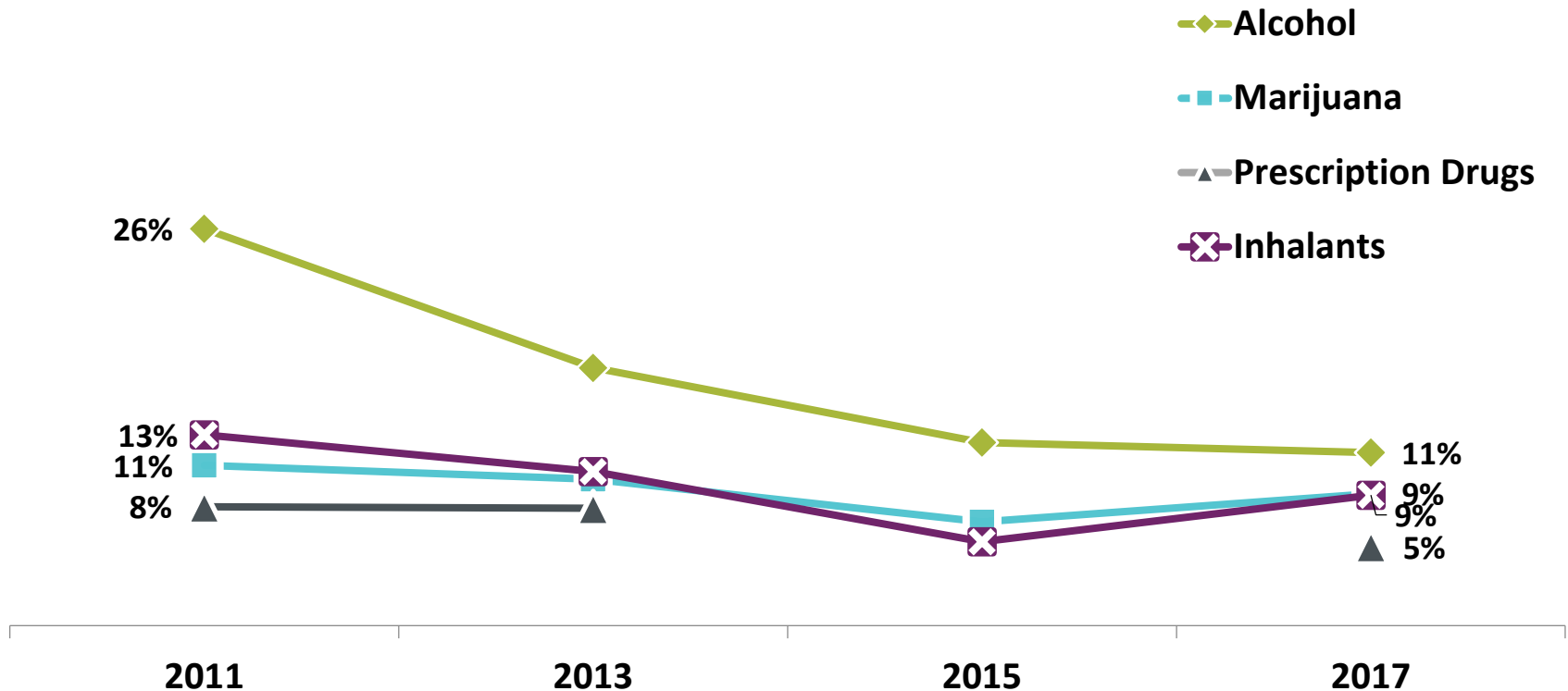


Lifetime Use (Ever)



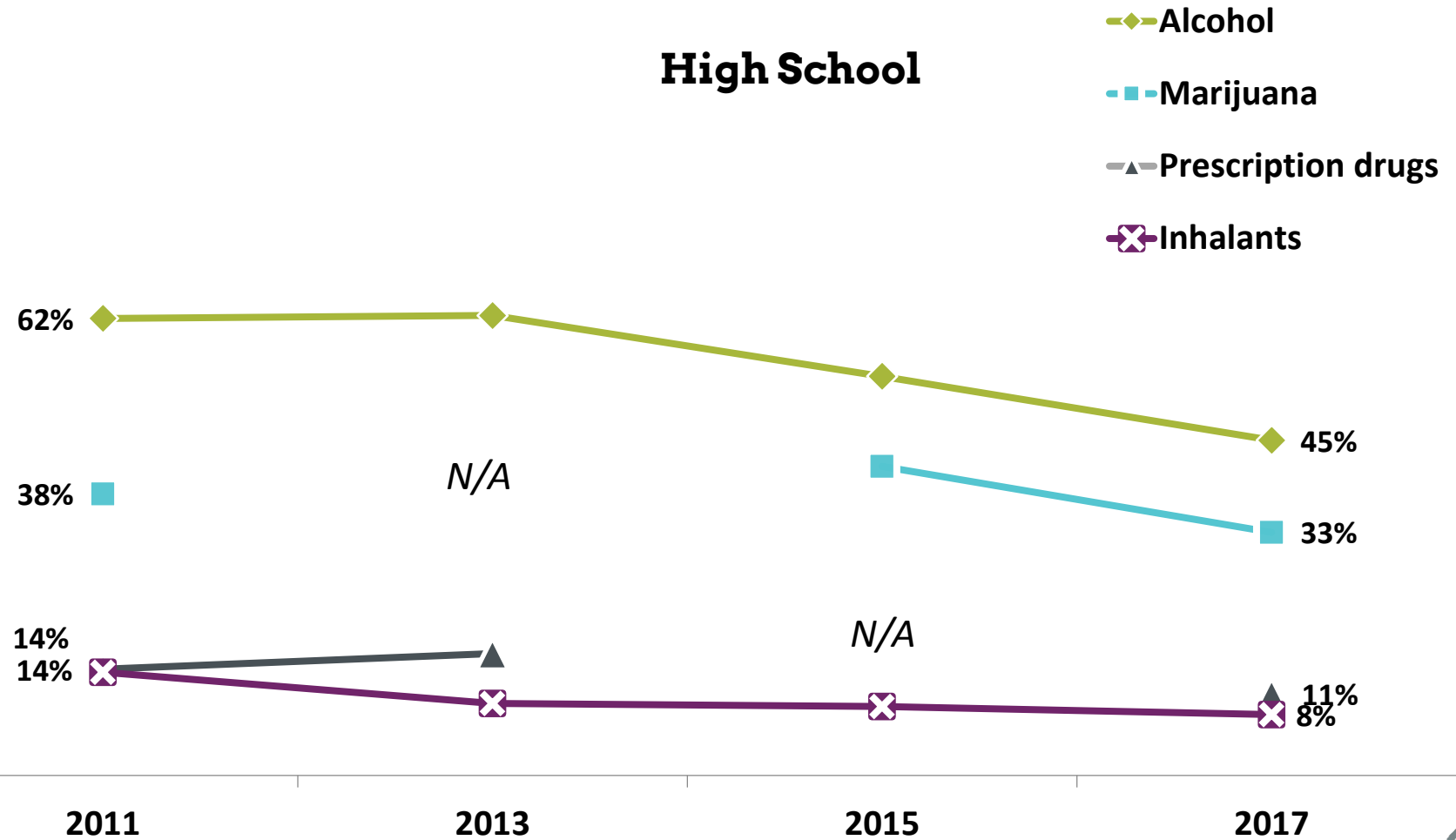
Trends Over Time: Lifetime

Middle School

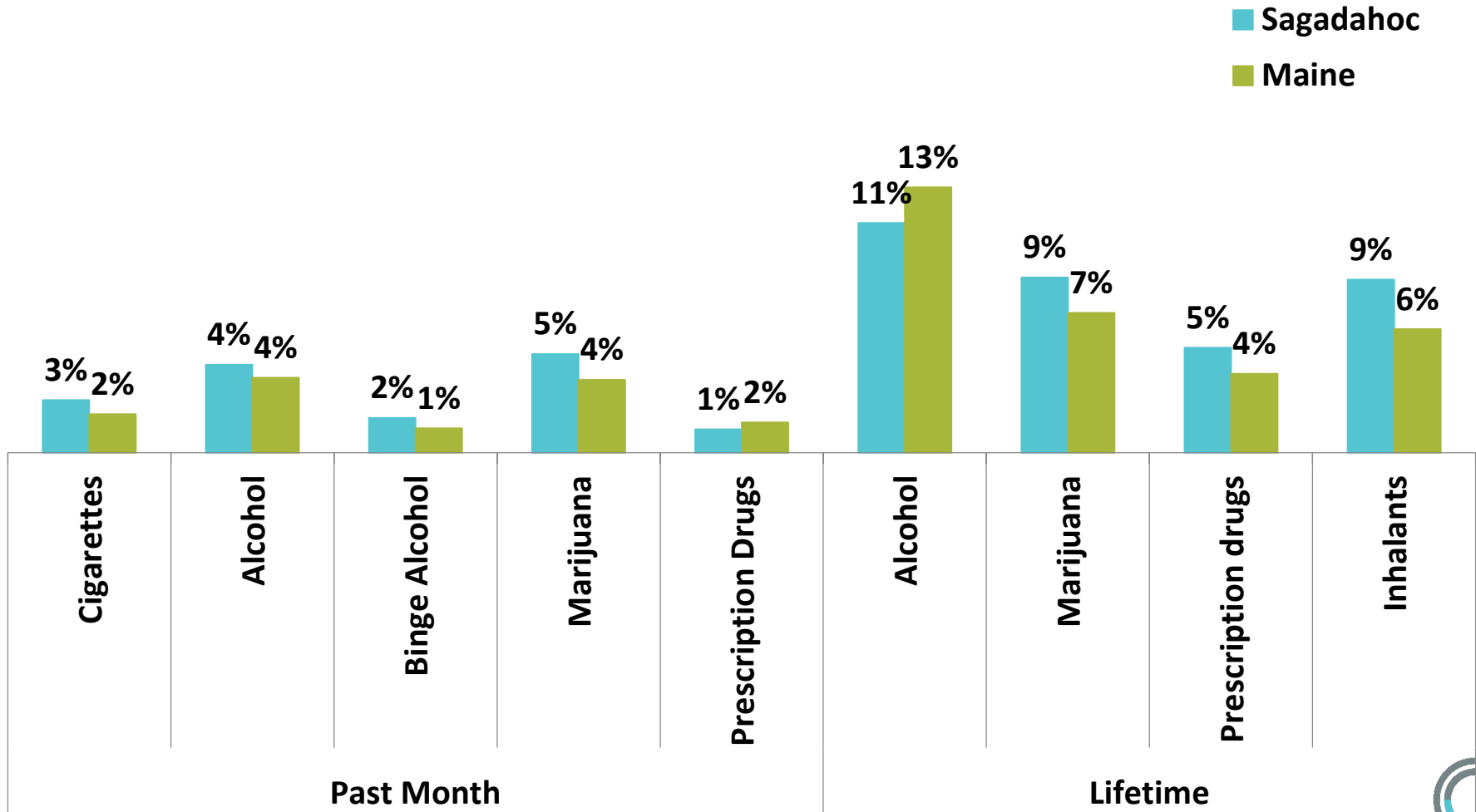


Trends Over Time: Lifetime

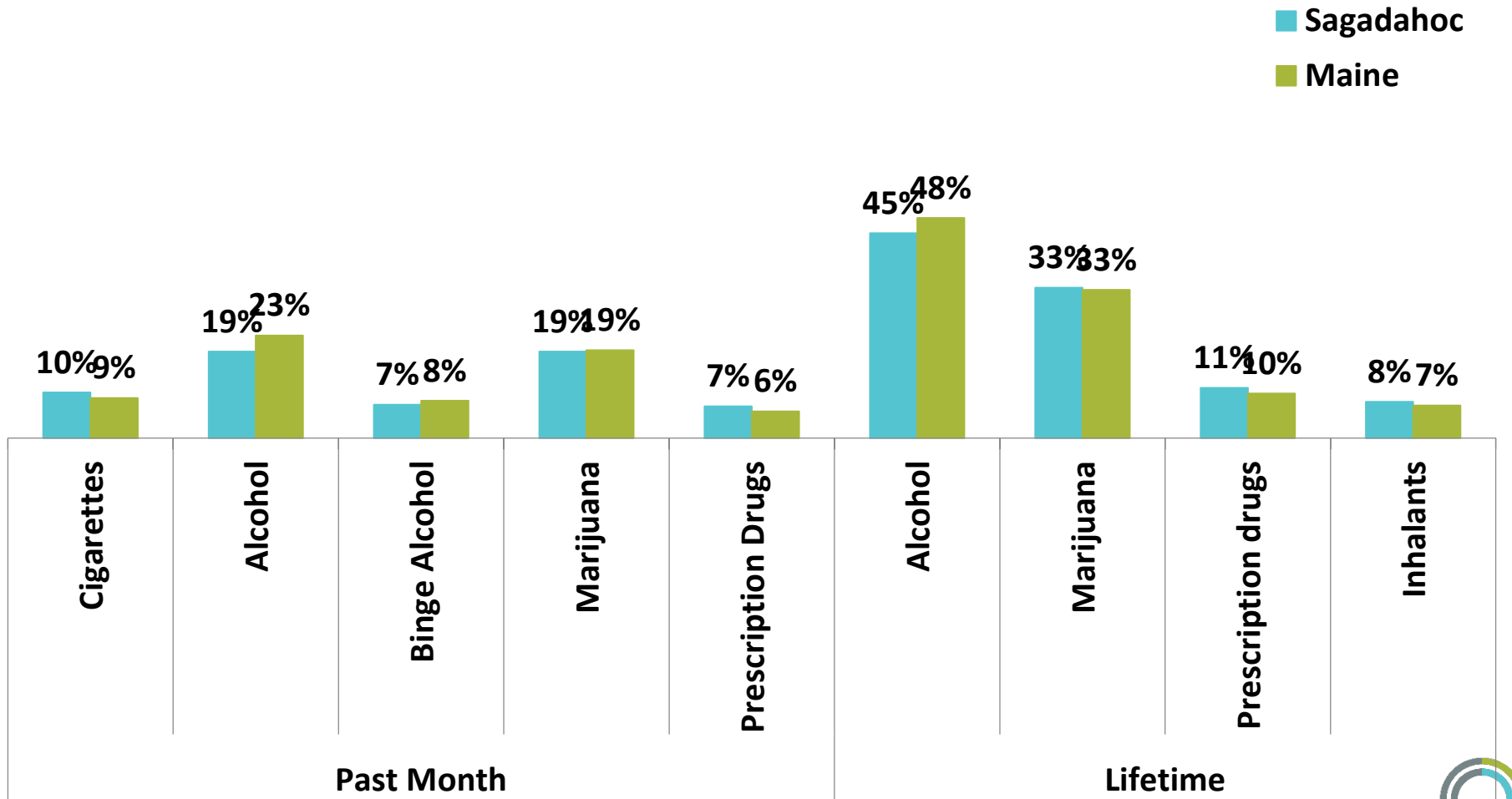
High School



Middle School Compared to Maine (2017)



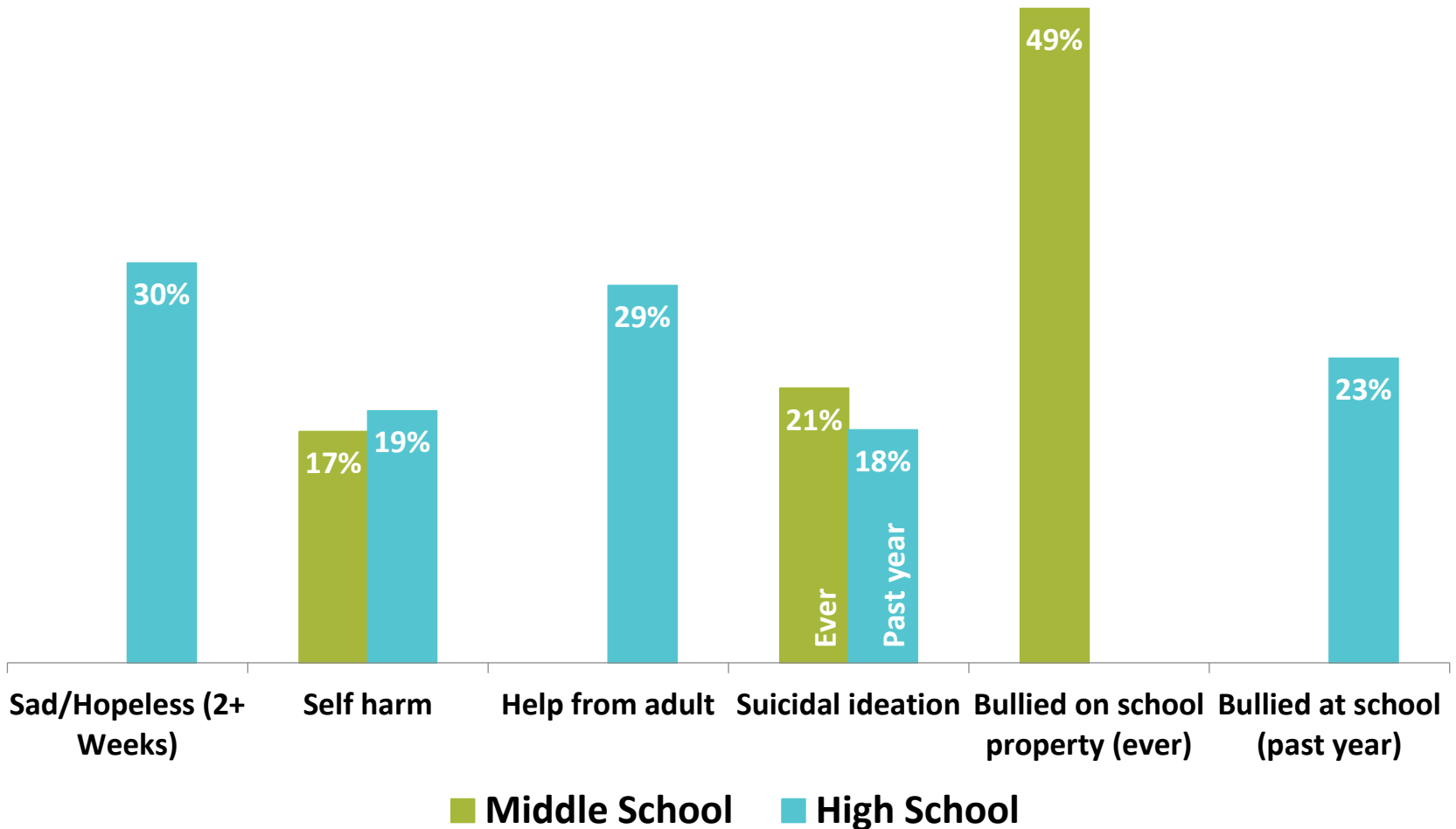
High School Compared to Maine (2017)



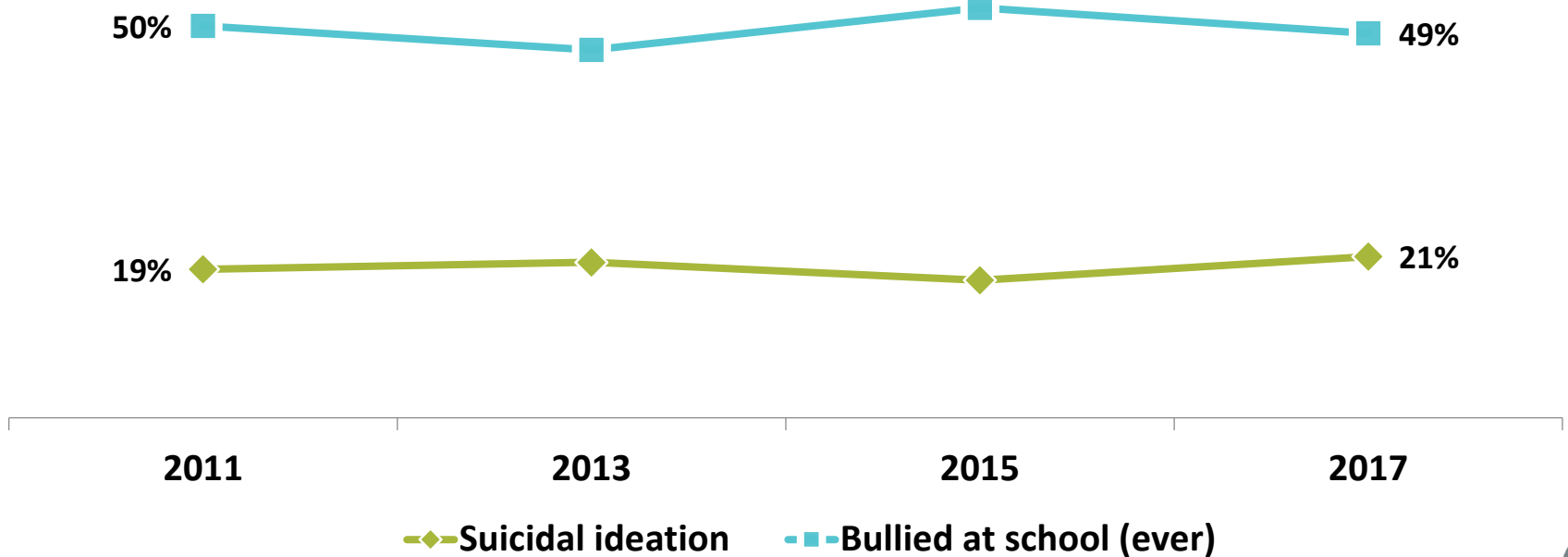
Mental Health and Bullying Trends: 2011 to 2017



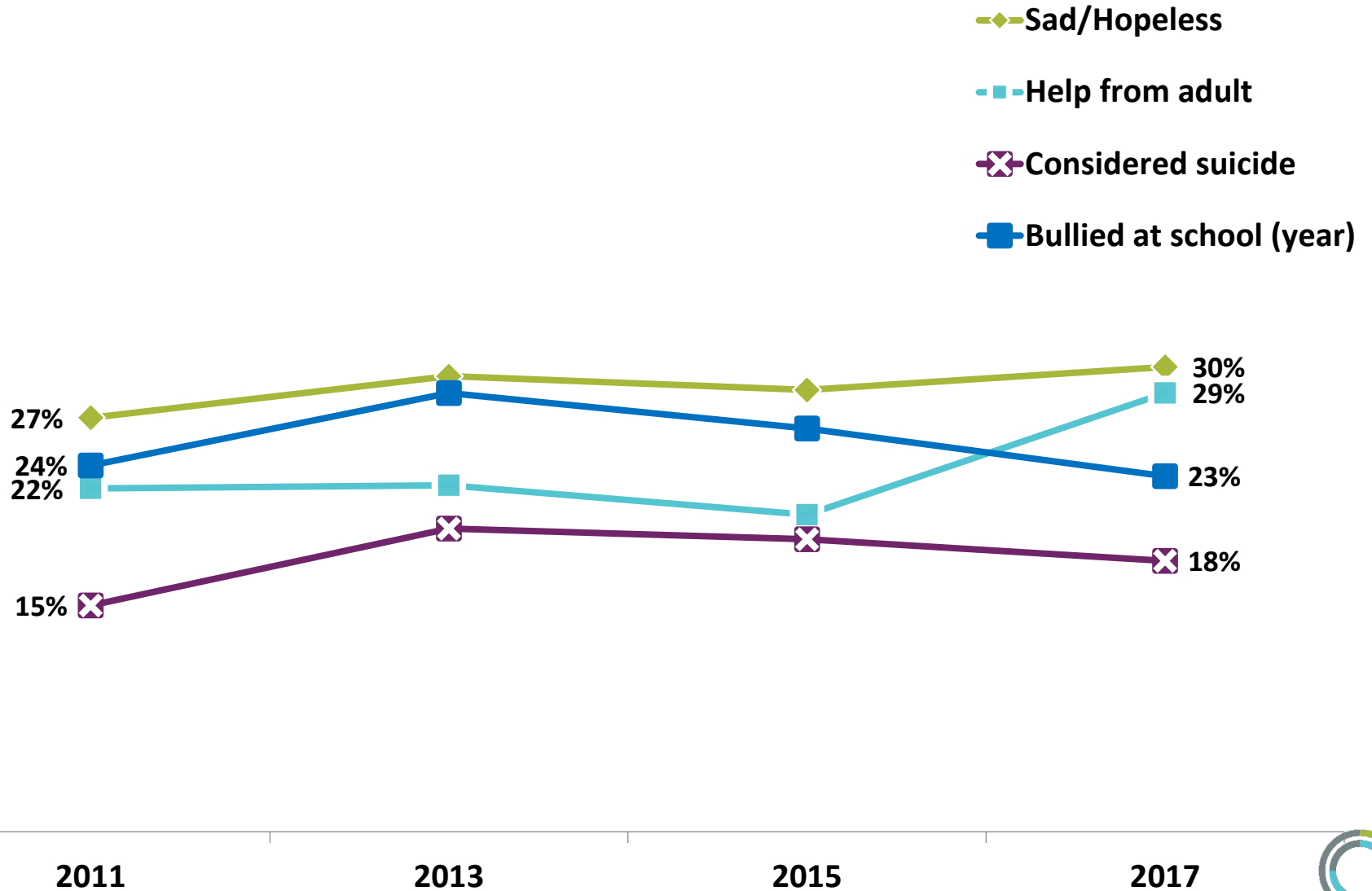
Mental Health and Bullying



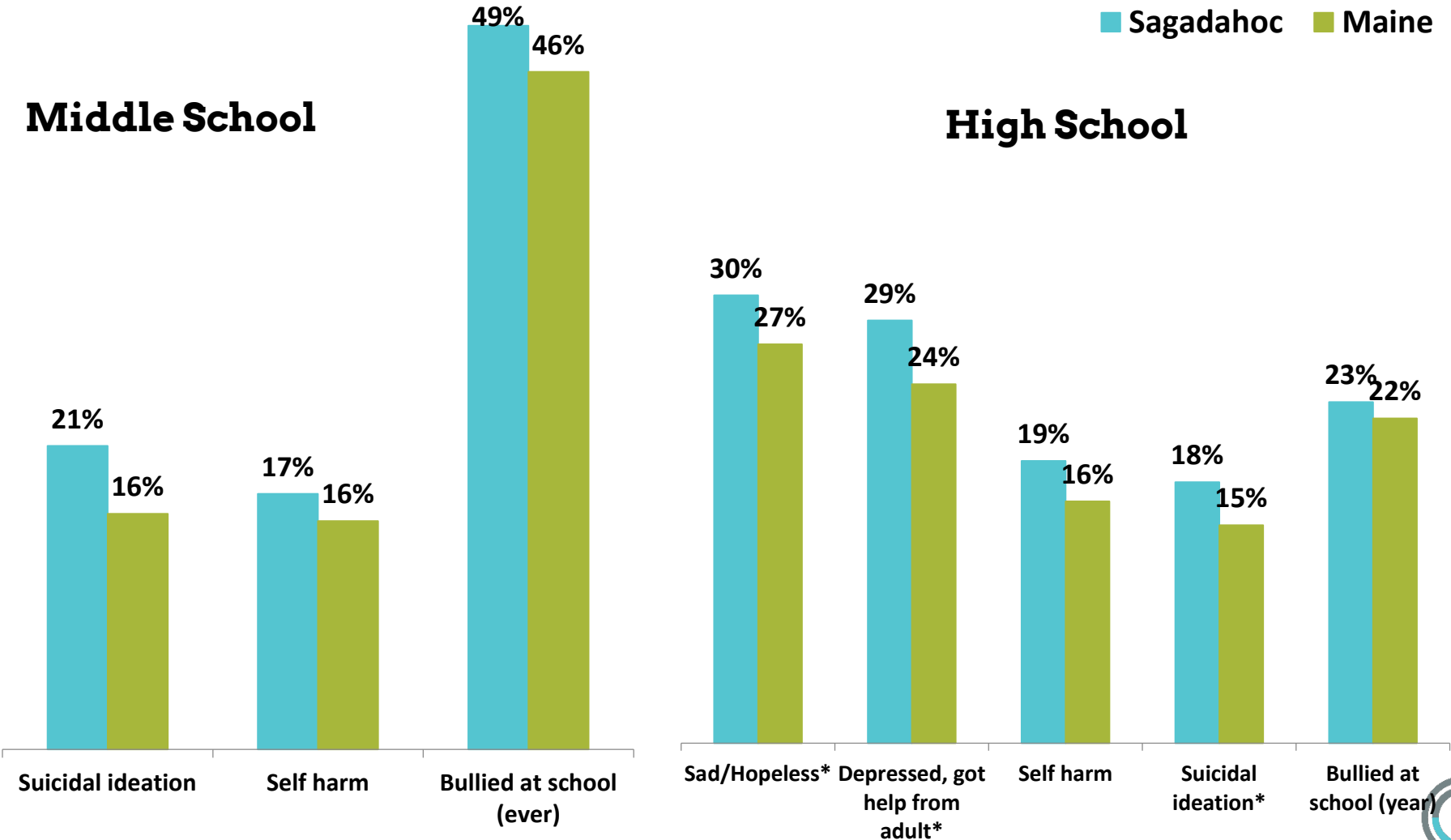
Trends Over Time: Middle School



Trends Over Time: High School

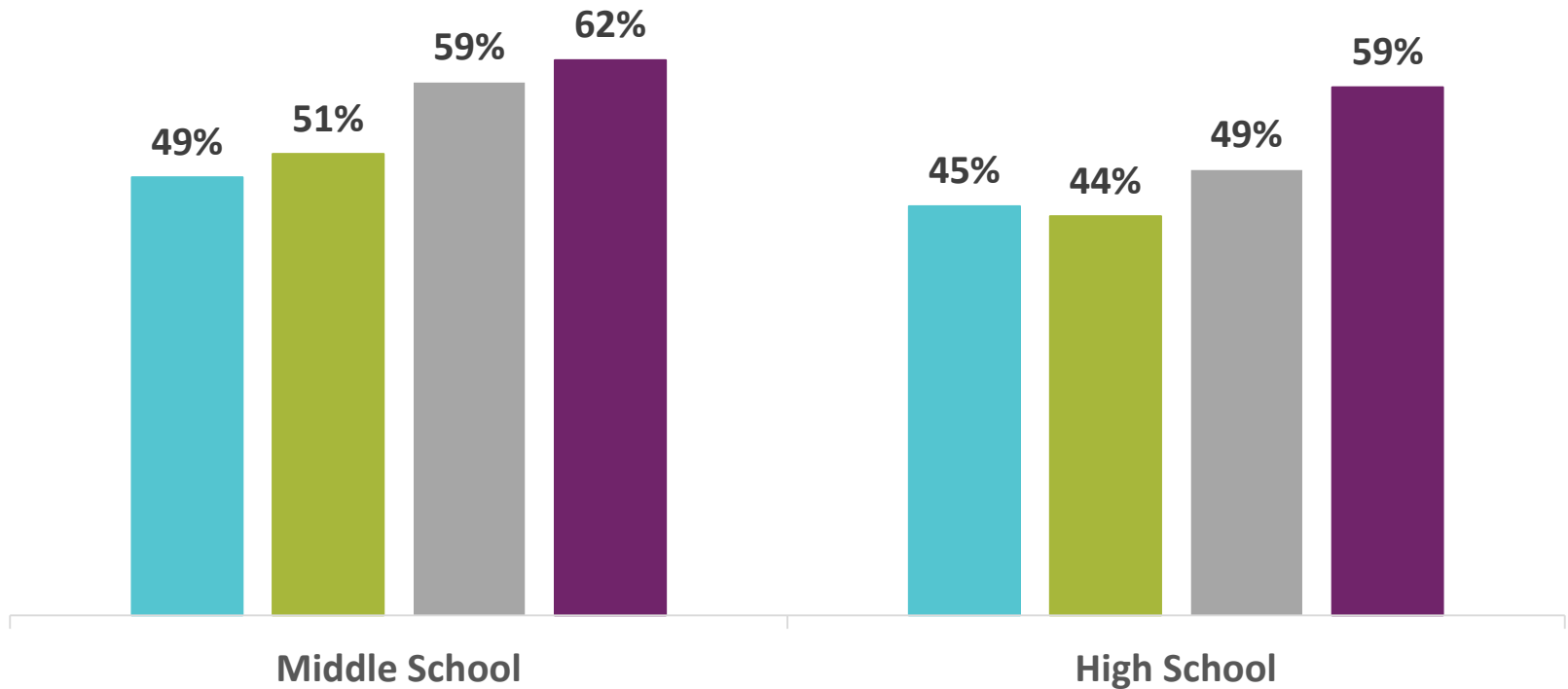


Compared to Maine (2017)



Matter to Community

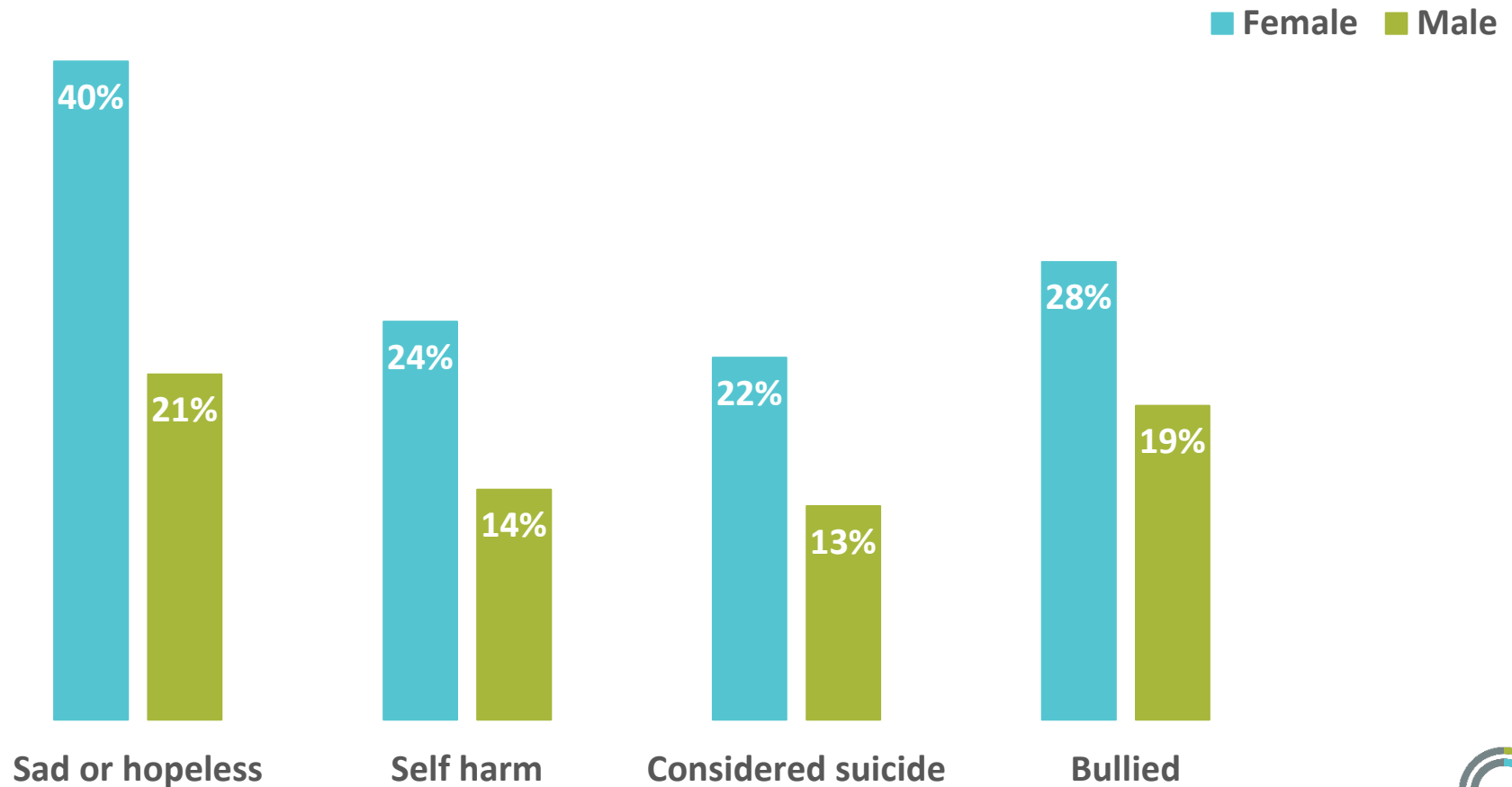
2011 2013 2015 2017



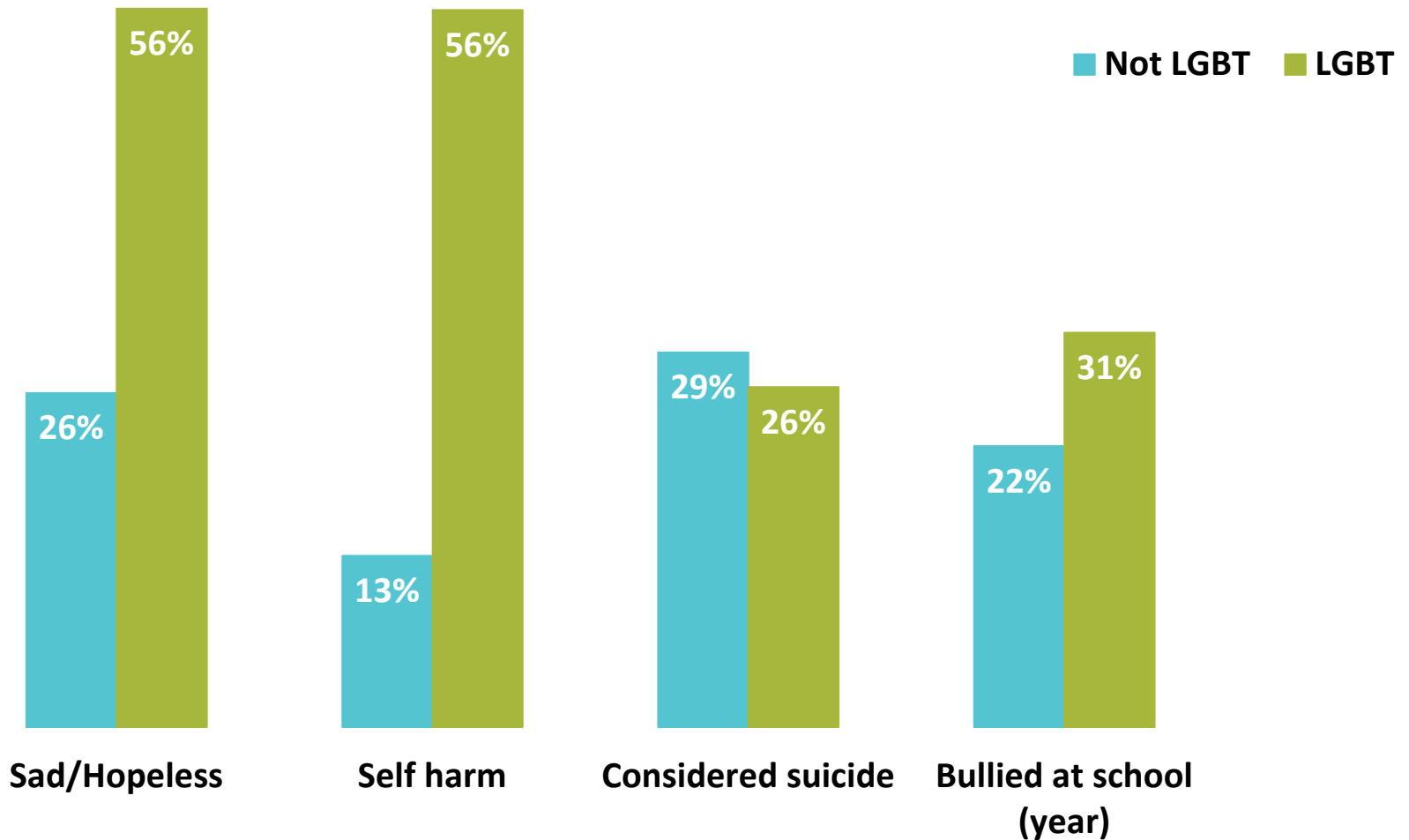
Patterns of Concern in 2017 (High School)



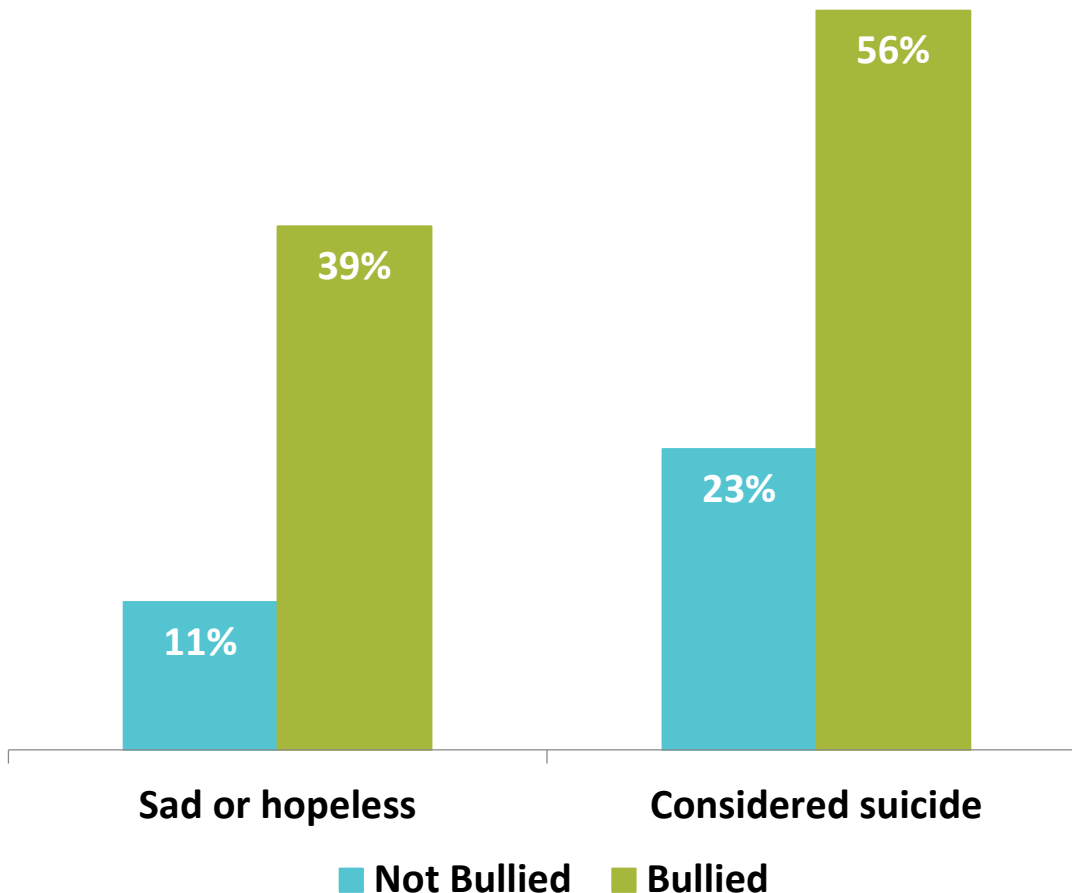
Mental Health, Bullying and Gender



Mental Health, Bullying and LGBT



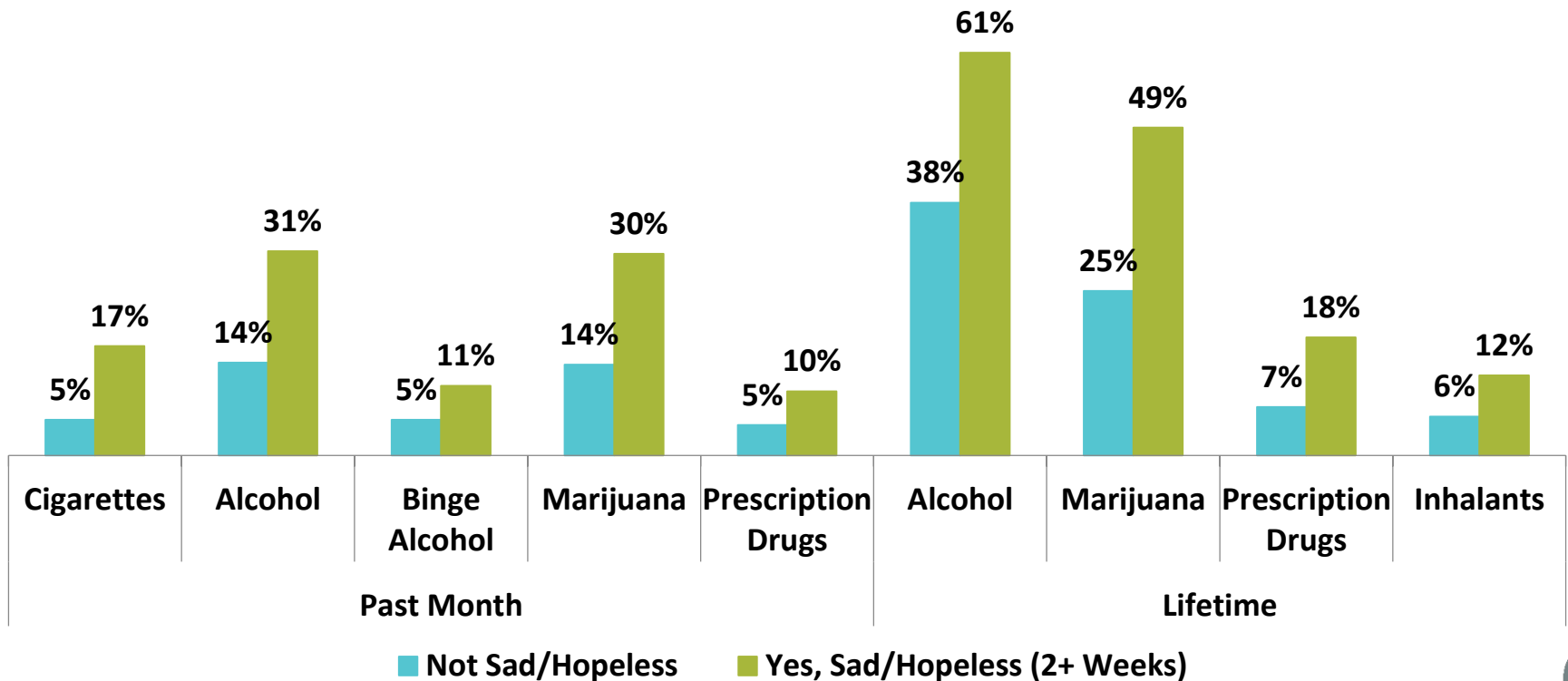
Bullying and Mental Health



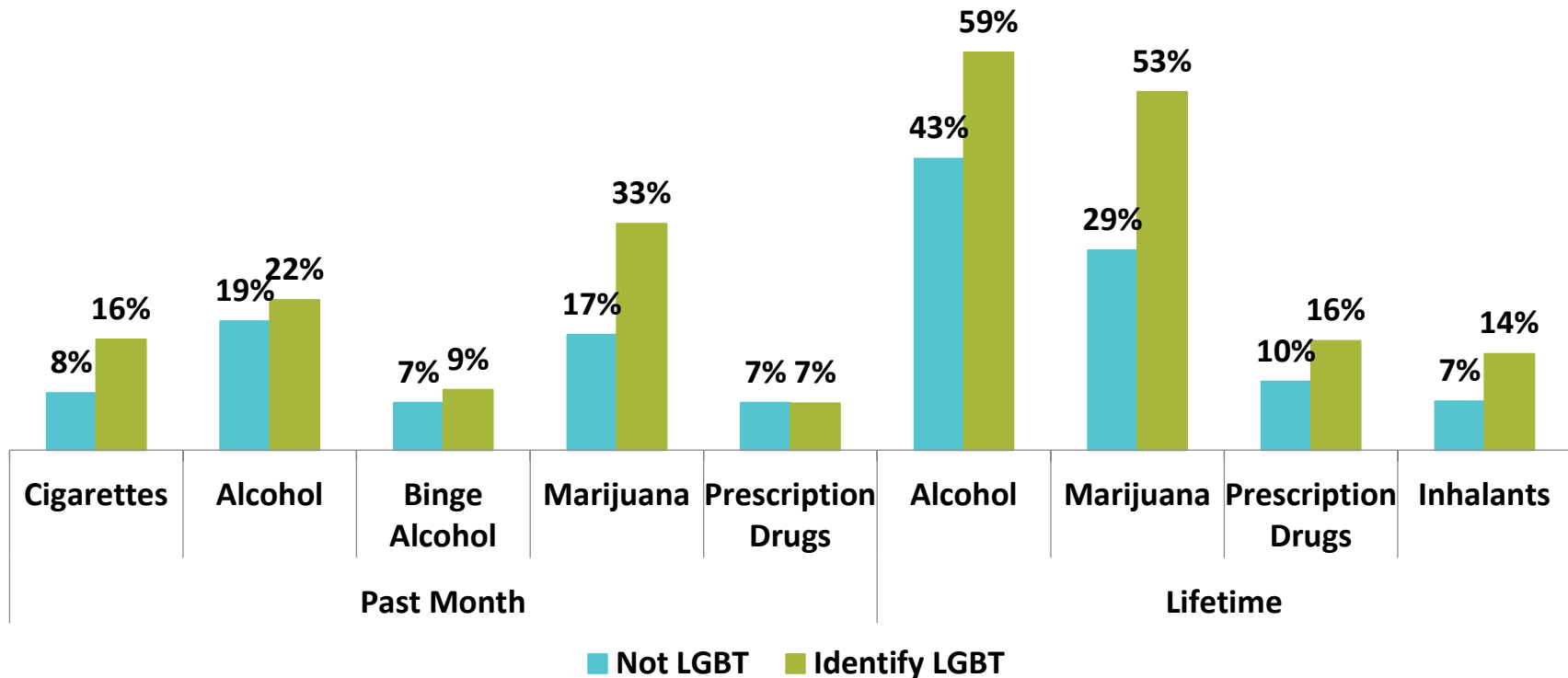
- Students who reported bullying (20%) were more likely to be depressed or consider suicide.



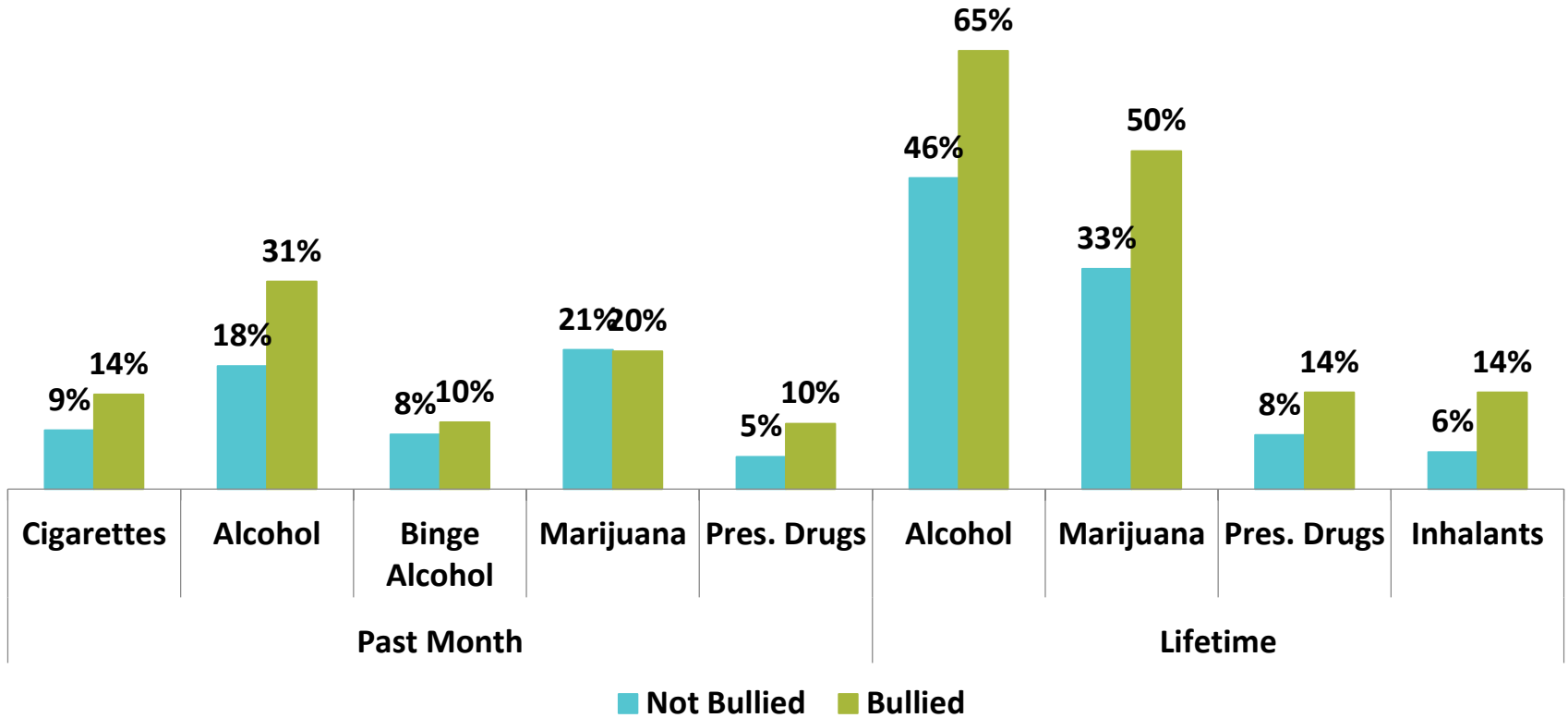
Students With Self-reported Mental Health Needs (30%)



Students Who Identify as Lesbian, Gay, Bisexual or Transgender (15%)



Students Who Reported Bullying (23%)



Conclusion



The Takeaway

Alcohol and cigarette use is decreasing.

- Marijuana use has not declined.

One-third of students report depression.

- Depression is linked to substance use.
- *Focus: female, LGBT, bullying*

Getting help from an adult when depressed has increased.

- Less likely for males



Reflection

How do these findings **support** or **conflict** with what you have observed?

What **resonates** with you?

What **can you do right now** to address a concern?

What **resources** do you have? How can the community and **ACCESS Health** help?





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