



Community Action for
Substance Free Youth

substance free is where it's at

LYME-OLD LYME YOUTH SURVEY 2015

In Collaboration with
Lymes' Youth Service Bureau and
Lyme-Old Lyme Public Schools

Grant support from CT Department of Mental Health and Addiction Services
through Child and Family Agency of SE CT

CASFY Mission

To prevent and reduce alcohol and other drug use among youth by collaborating with the community to raise awareness, modify social norms, educate youth and adults, initiate policy change and promote healthy activities.

PREVENTION Is Working

Nationally

In the Region

In Lyme/Old Lyme

Past Focus: Reduce Alcohol and Marijuana Use

- Increase awareness of harmful consequences of alcohol and marijuana use, especially on teens' developing brains
- Educate parents to reduce access to alcohol
- Educate parents on need for discussion and setting clear rules about use
- Increase and support enforcement

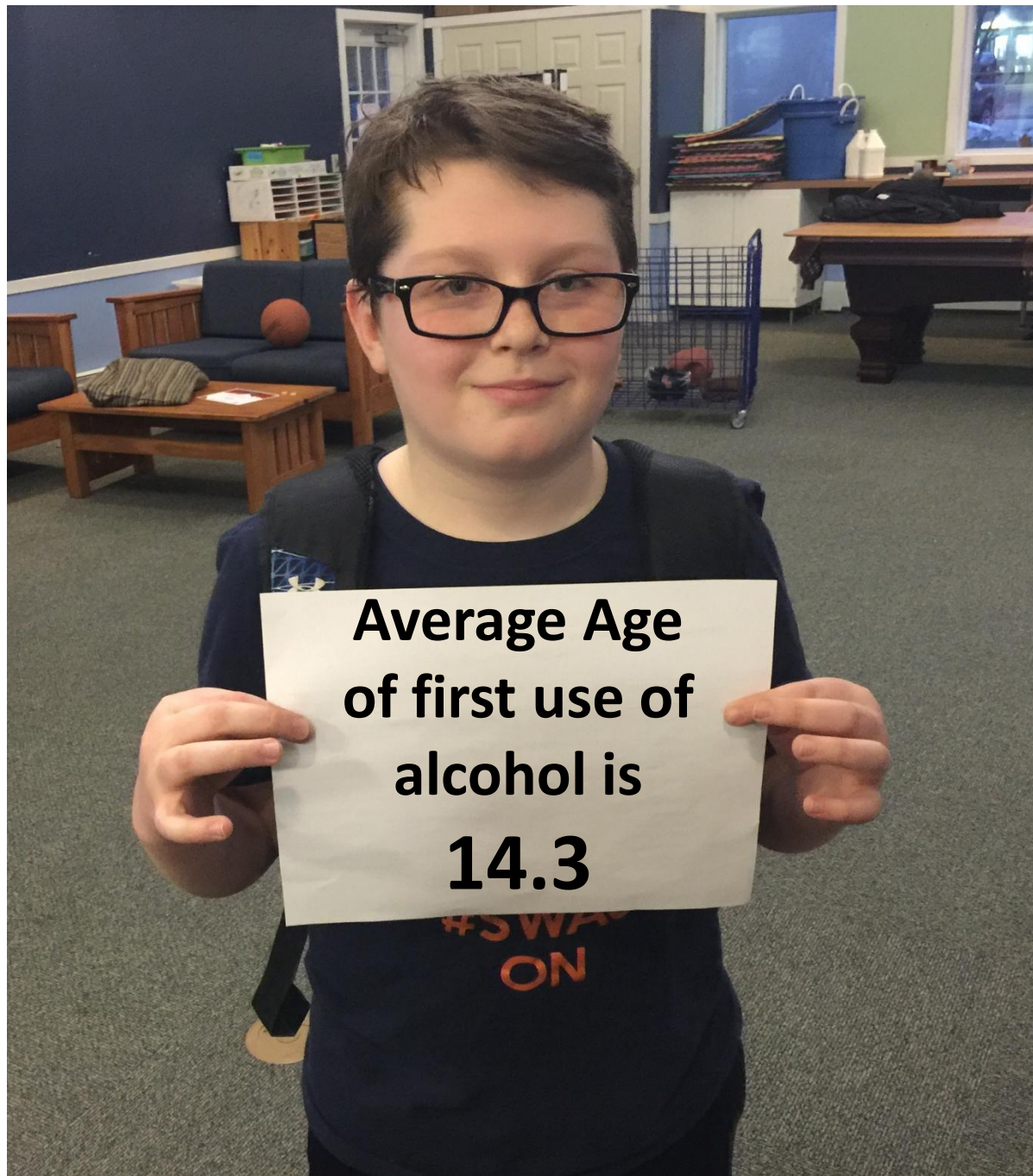


ABOUT THE SURVEY

- Analysis by SERAC and Archie Swindell, PhD
- 92% participation rate (20 surveys excluded)
- Margin of error: 1.5% for high school or middle school; up to 3.9% for a class
- We are looking for **trends**.
- Our trends are similar to regional and national trends: use is decreasing, or stable, except for marijuana.

DEFINITIONS

- **Lifetime Use:** Any use of a substance, even if only one time
- **Recent Use:** Use of a substance within the past 30 days (a rough indicator of regular use)



**Average Age
of first use of
alcohol is
14.3**

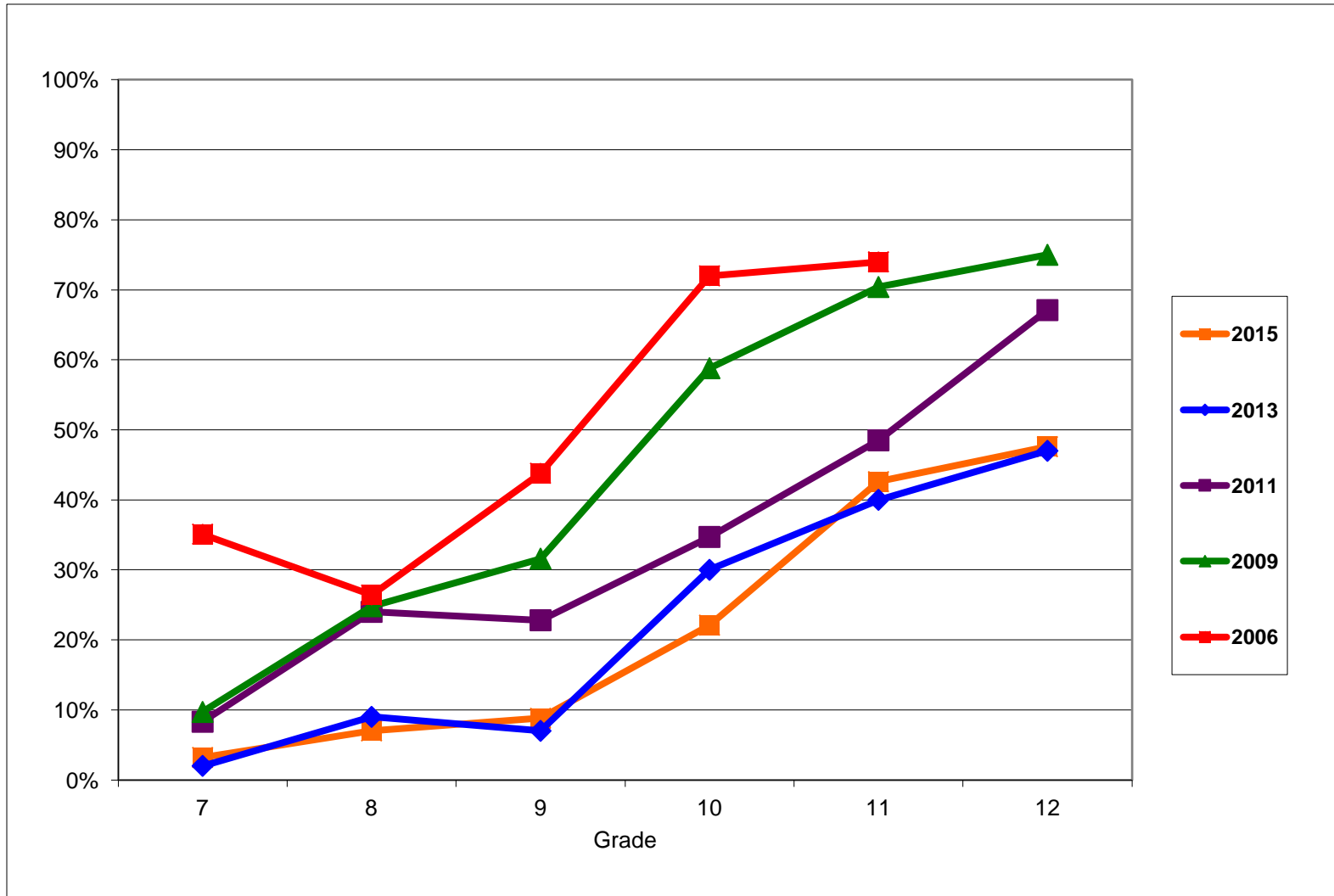
ALCOHOL
is still the #1 drug
used by LOL youth.

LIFETIME ALCOHOL USE: “Have You Ever Tried?”

Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12	Total
3.2%	7.0%	8.8%	22.1%	42.6%	47.6%	21.4%

Lifetime Use of Alcohol ➔

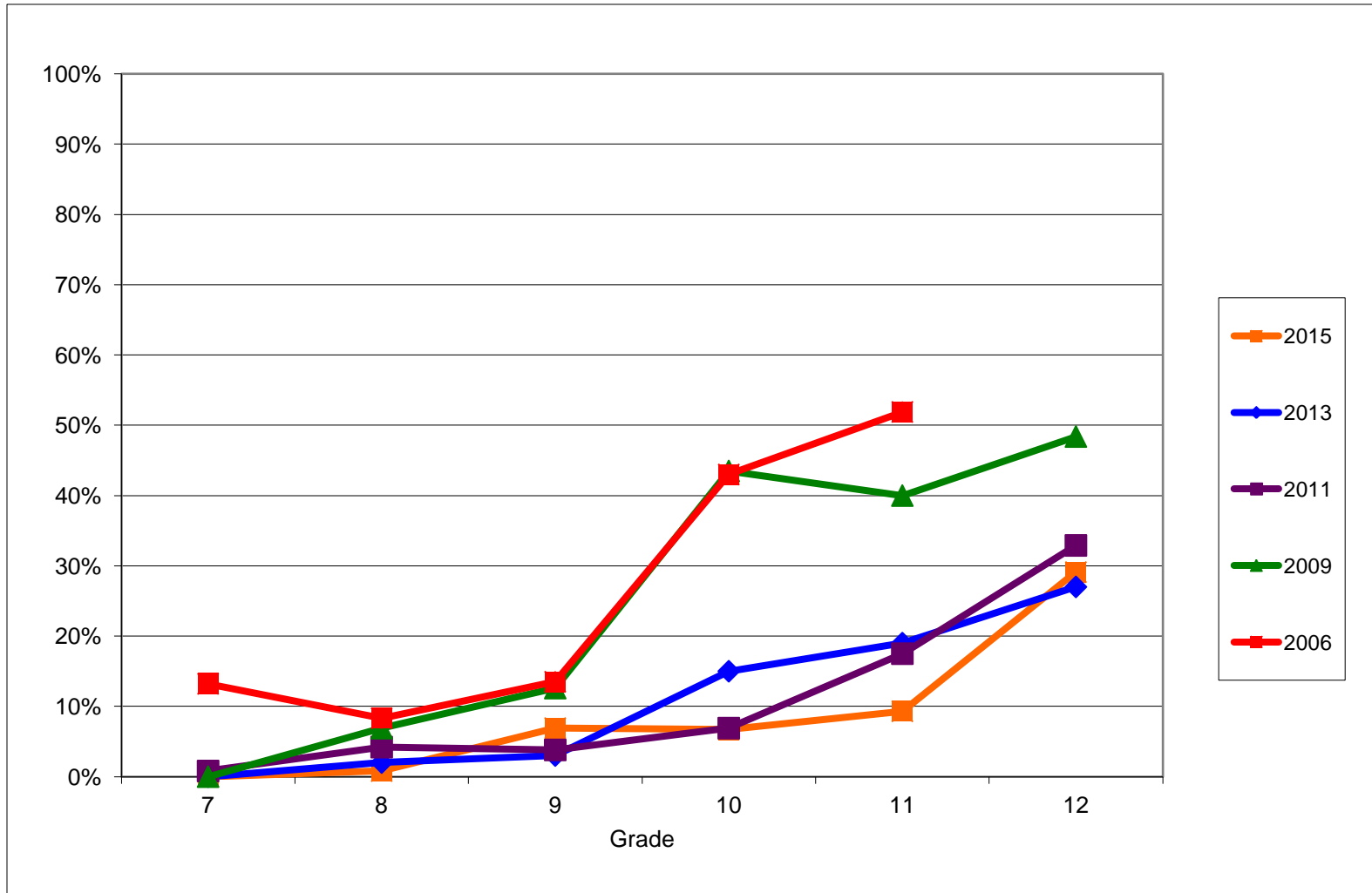
(% reporting use at least once)



Trend: Recent Use of Alcohol



(% reporting use within past 30 days)



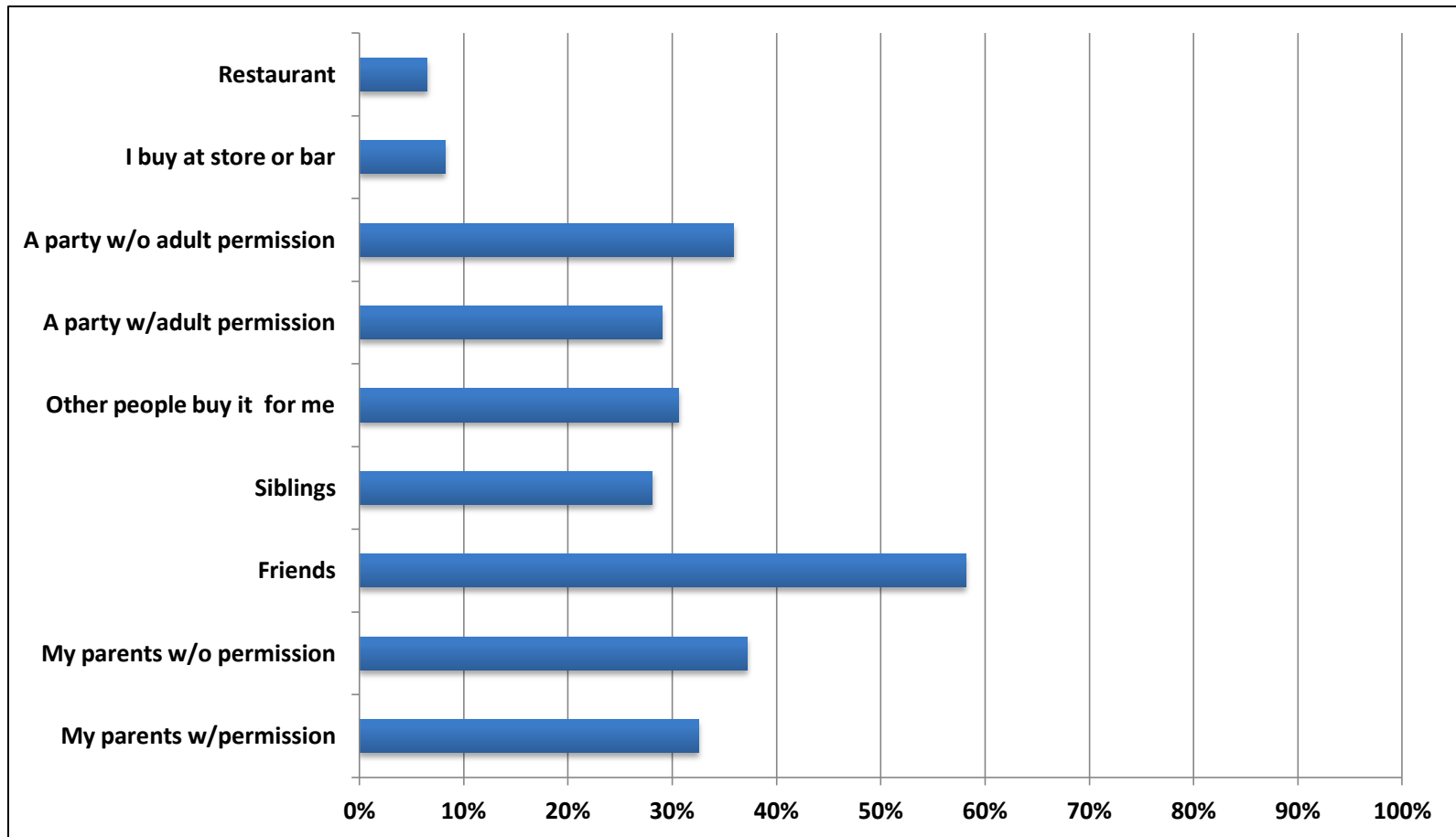
Access to Alcohol

If you wanted to, how easy would it be for you to get alcohol?

	7	8	9	10	11	12
Very Easy/Sort of Easy	29%	52%	54%	53%	61%	65%
Sort Of Hard/Very Hard	71%	48%	47%	47%	39%	35%

Sources of Alcohol

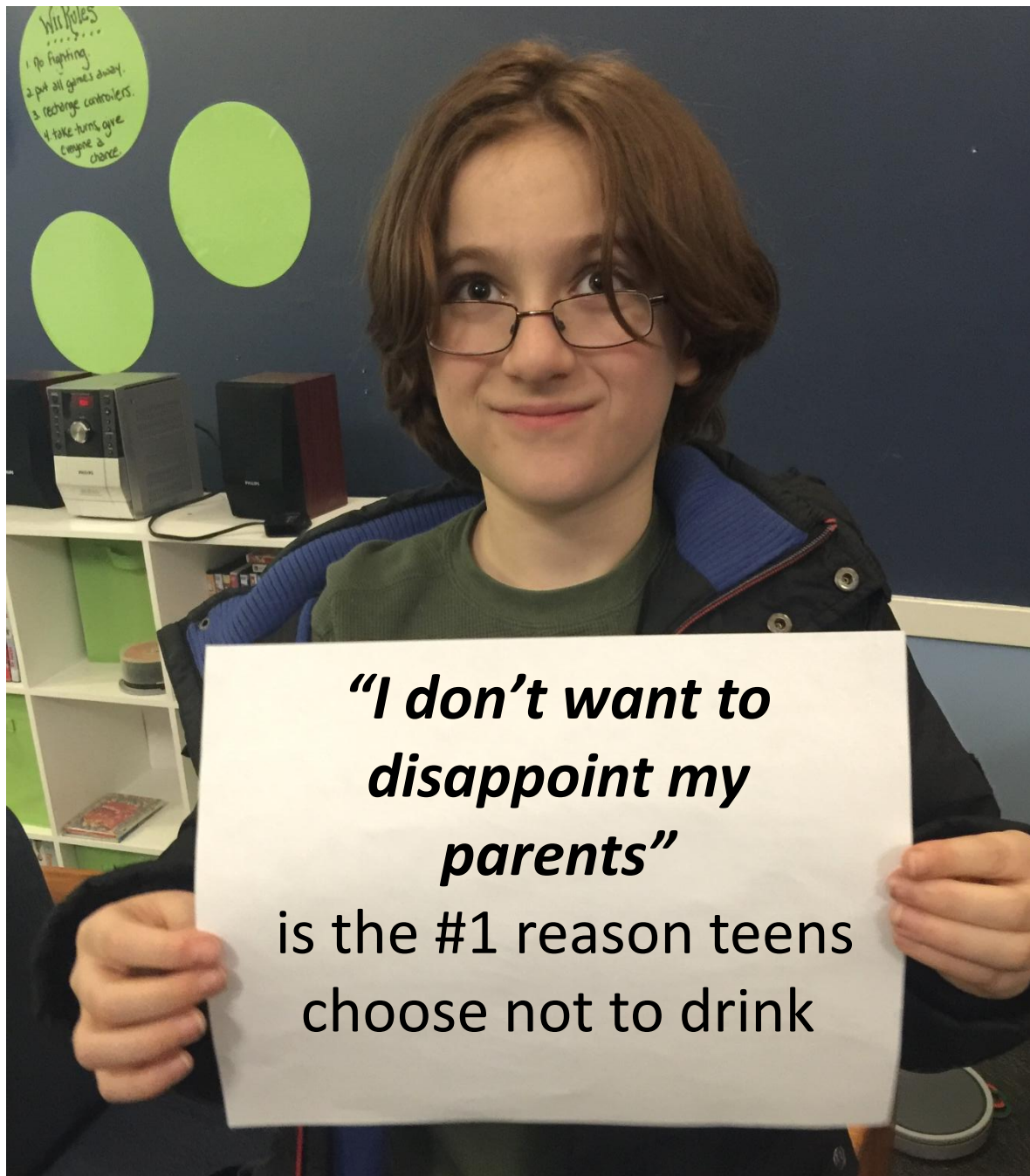
% of lifetime drinkers who report ever getting alcohol from various sources



Perceived Harm of Alcohol

How much do people risk harming themselves when they **binge drink** (5 or more drinks, once or twice a week)?

	7	8	9	10	11	12
No Risk/ Slight Risk	8%	14%	12%	11%	12%	17%
Moderate Risk	32%	32%	34%	24%	33%	28%
Great Risk	48%	47%	47%	51%	43%	48%
I Don't Know	12%	8%	7%	14%	11%	7%

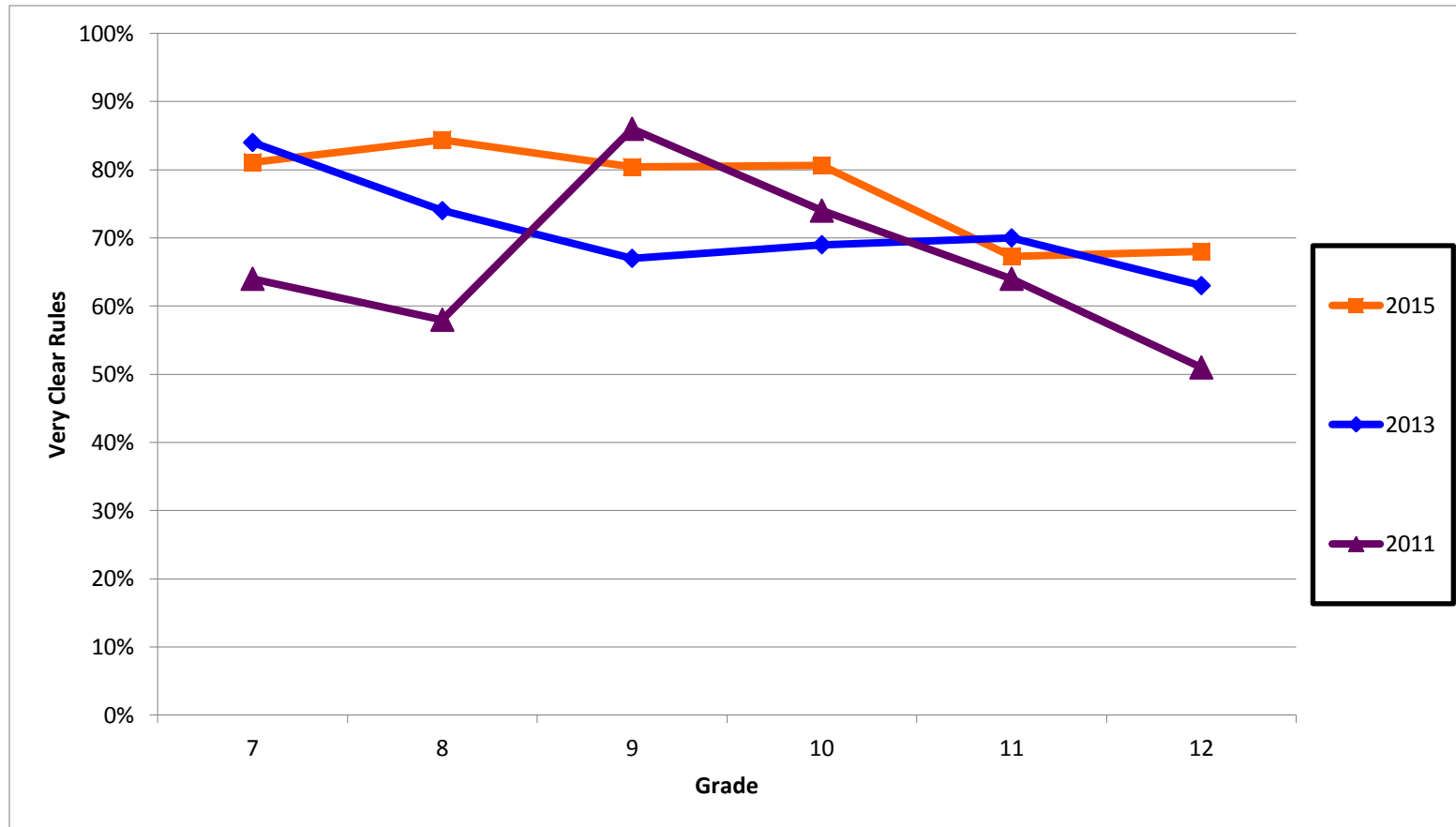


Win Rules
.....
1. No fighting
2. put all games away.
3. recharge controllers.
4. take turns, give
everyone a chance.

***"I don't want to
disappoint my
parents"***
is the #1 reason teens
choose not to drink

Rules at Home

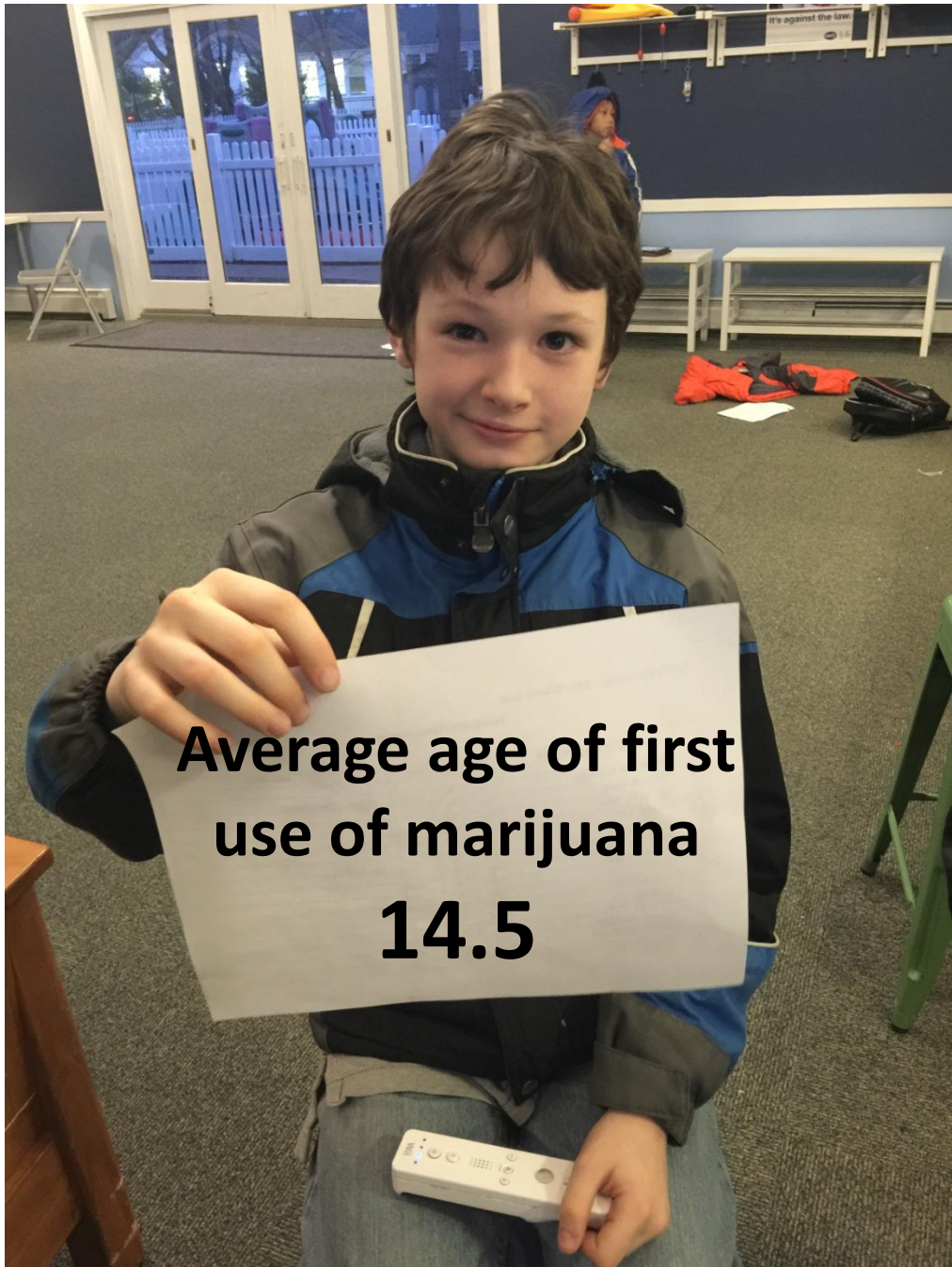
(% reporting family “definitely” has clear rules discouraging use of alcohol)



Friends' Disapproval of Alcohol

How wrong do your friends feel it would be for you to drink alcohol?

	7	8	9	10	11	12
Not At All Wrong/ A Little Bit Wrong	5%	13%	23%	39%	53%	61%
Wrong/ Very Wrong	95%	87%	77%	61%	47%	39%



**Average age of first
use of marijuana
14.5**

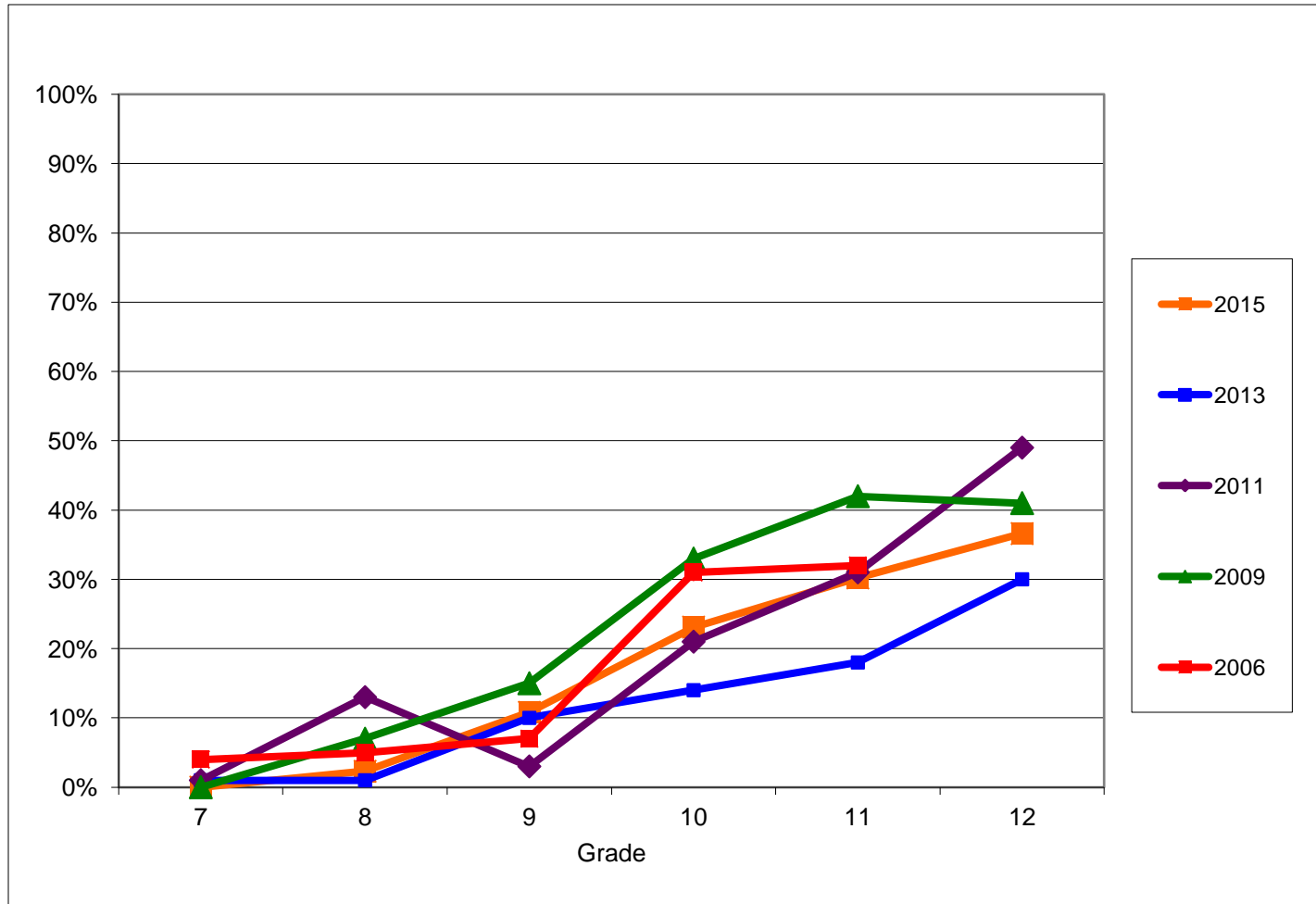
LIFETIME MARIJUANA USE: “Have You Ever Tried?”

Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12	Total
0.0%	2.3%	10.8%	23.1%	30.2%	36.6%	16.7%

Lifetime Use of Marijuana

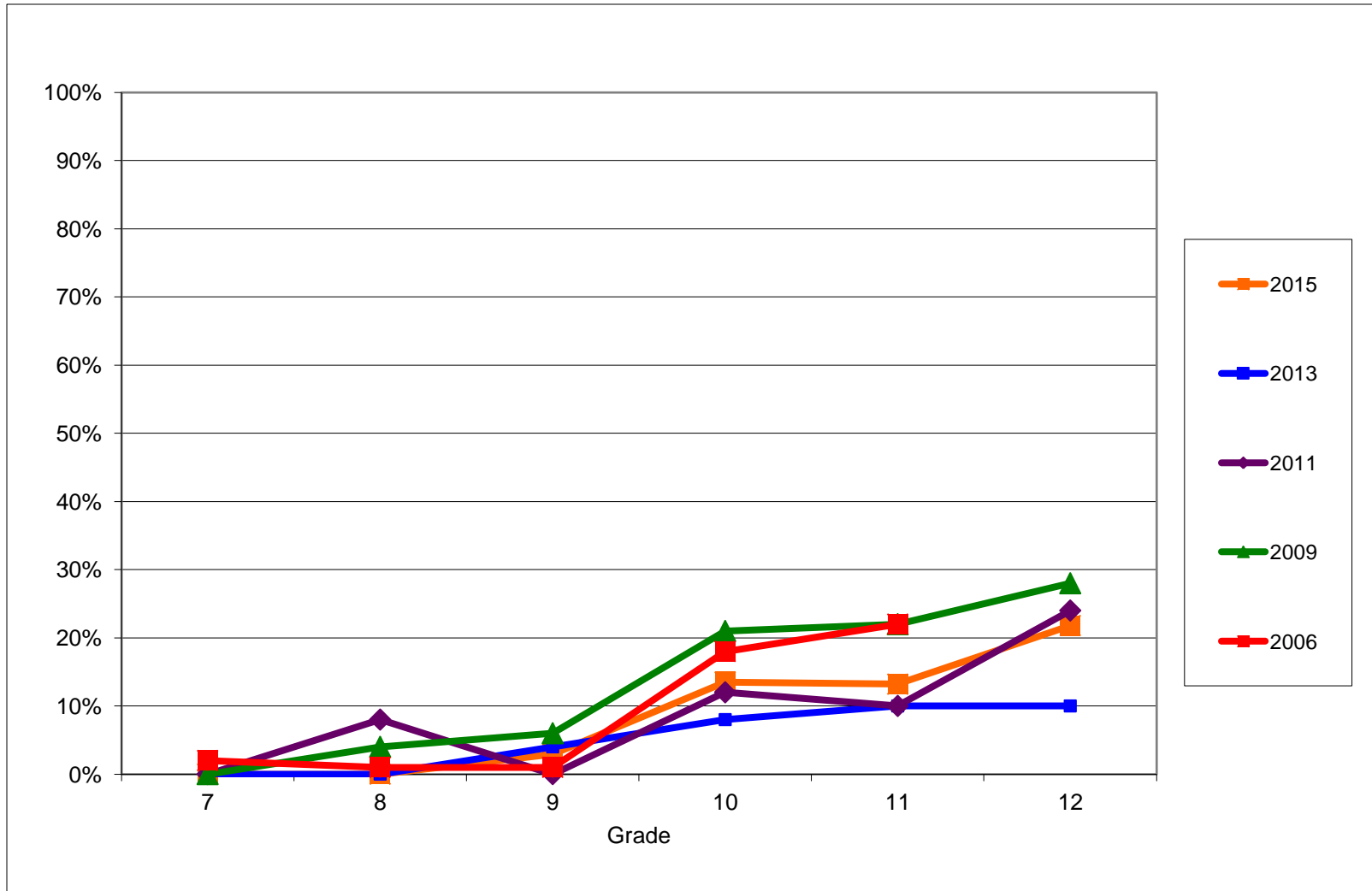


(% reporting use at least once)



Recent Use of Marijuana

(% reporting use within past 30 days)



Access to Marijuana

If you wanted to, how easy would it be for you to get marijuana?

	7	8	9	10	11	12
Very Easy/Sort of Easy	1%	8%	20%	38%	38%	53%
Sort Of Hard/Very Hard	99%	92%	80%	62%	62%	47%

Sources of Marijuana, 9-12

(asked of lifetime users)

- Friends 72%
- You buy it in person 41%
- Others buy it for you 37%
- Parents, w/out permission 20%
- Siblings 16%
- Parents, with permission 4%

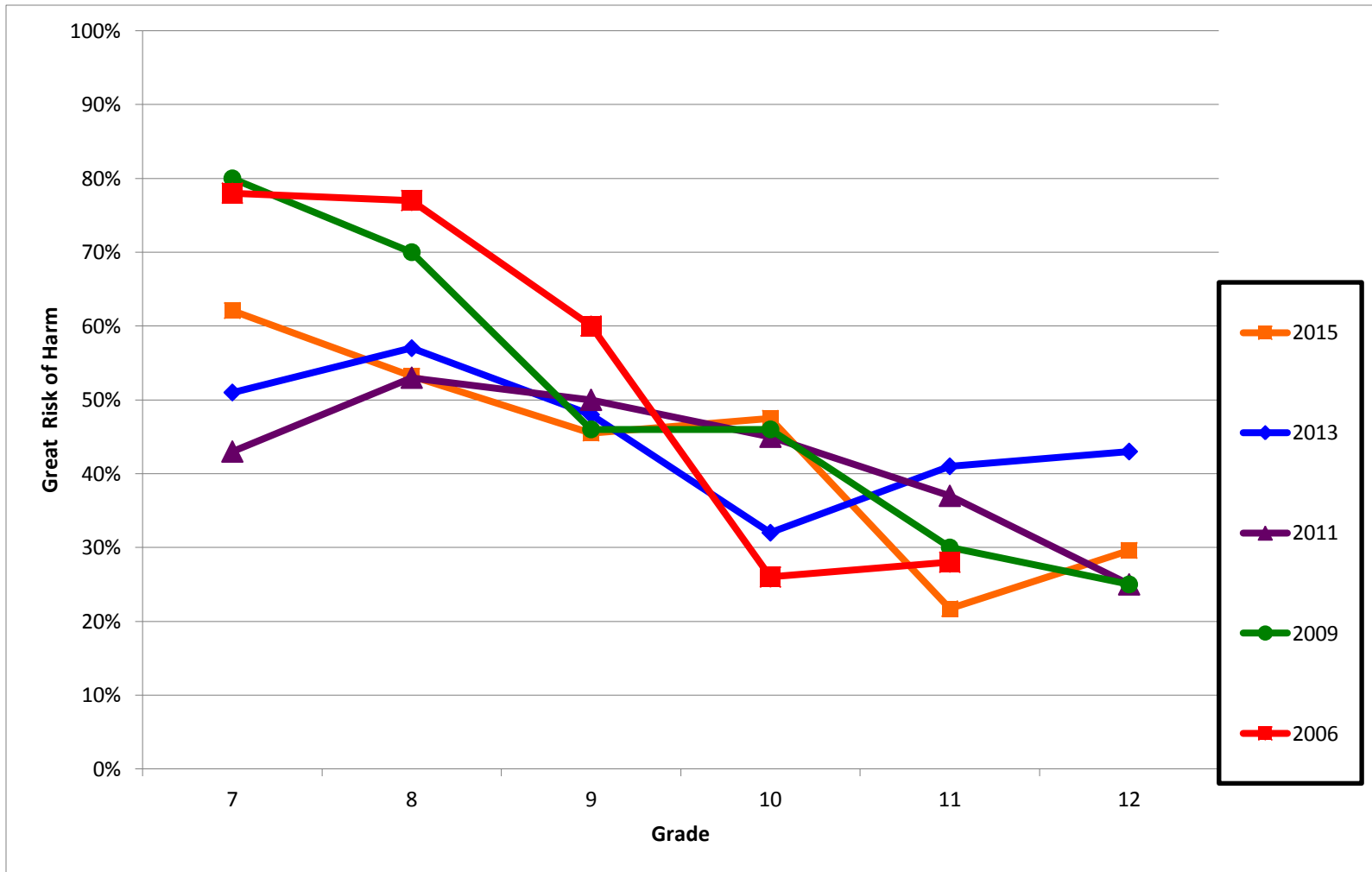
Marijuana: Places of Use

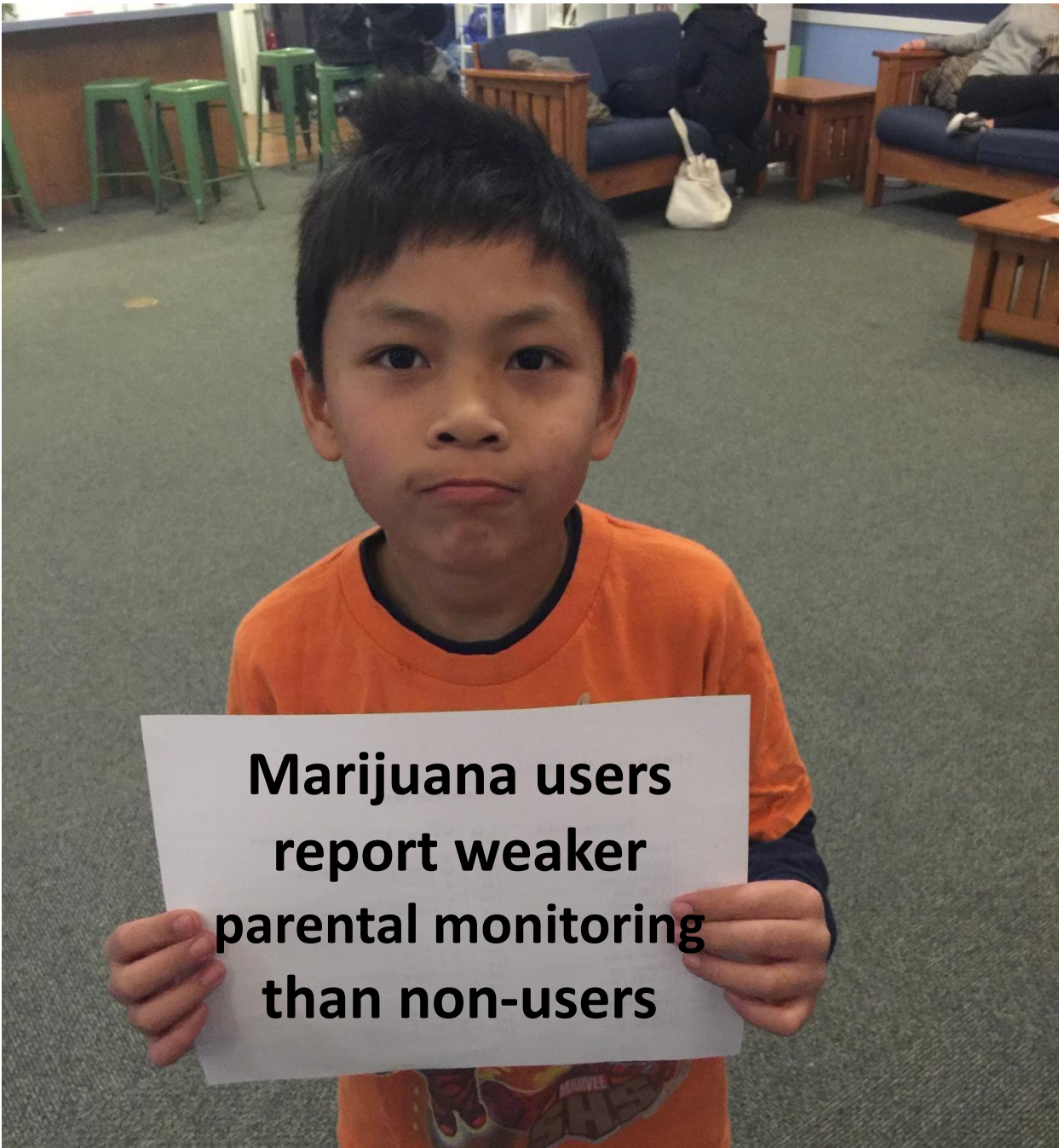
(asked of recent users)

- Others' homes 74%
- Woods, parks, street 61%
- Party, no adults 58%
- My home 53%
- Party, with adult present 32%
- While driving **19%**
- At school or school activity 15%

Trend: Harm of Marijuana

(% reporting smoking marijuana 1-2x/week causes “great risk of harm”)



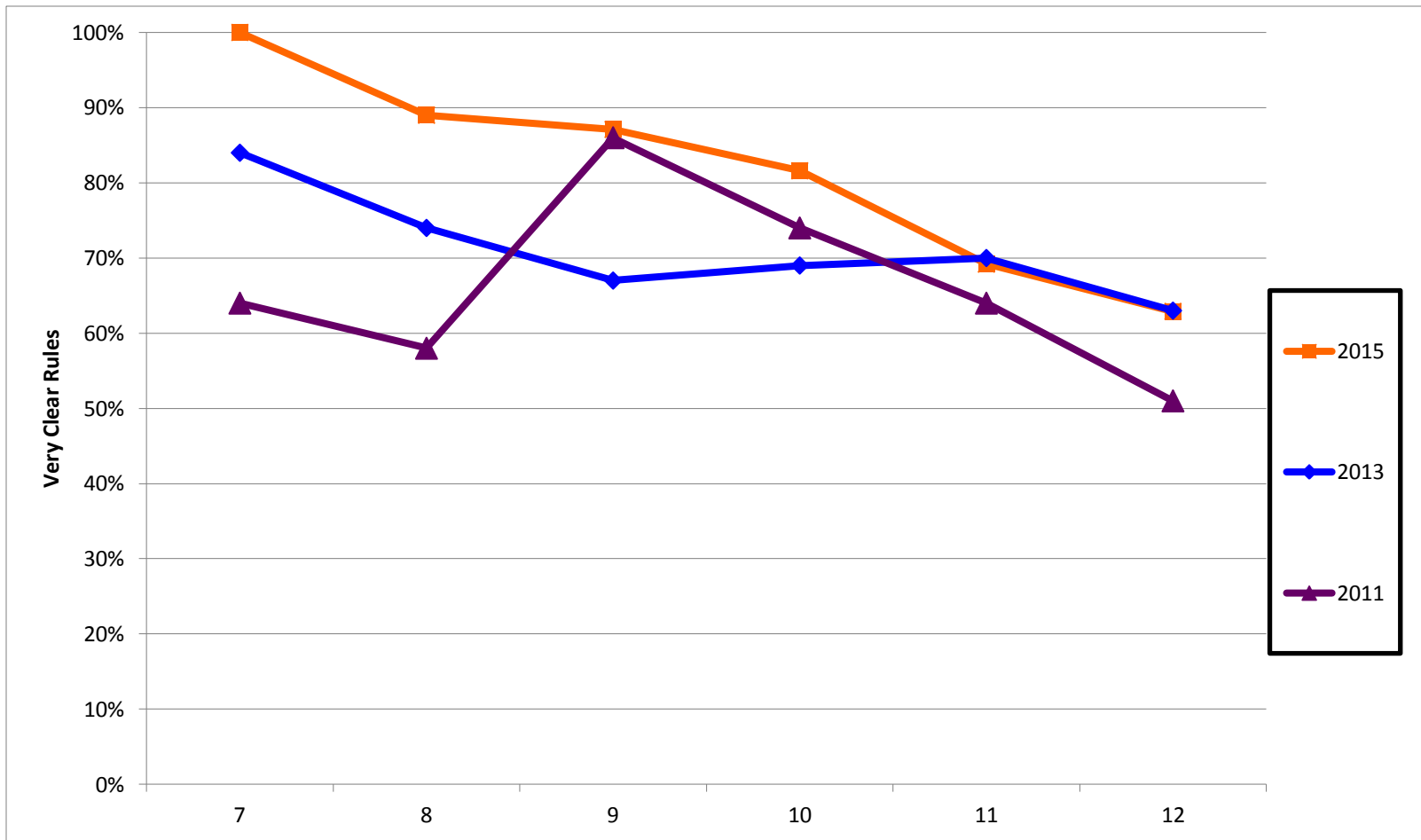


**Marijuana users
report weaker
parental monitoring
than non-users**

Trend: Rules at Home

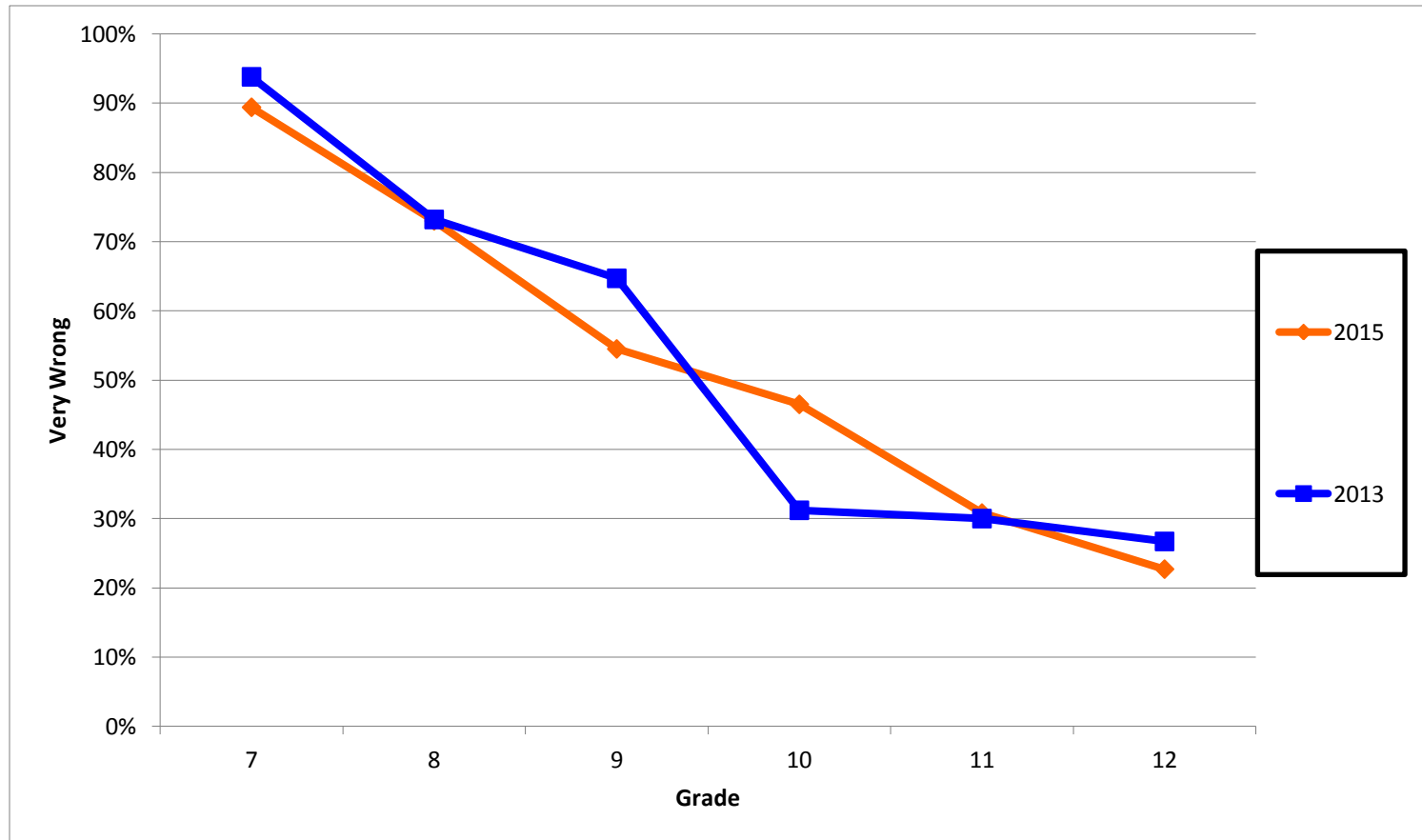


(% reporting family “definitely” has clear rules discouraging use of marijuana)



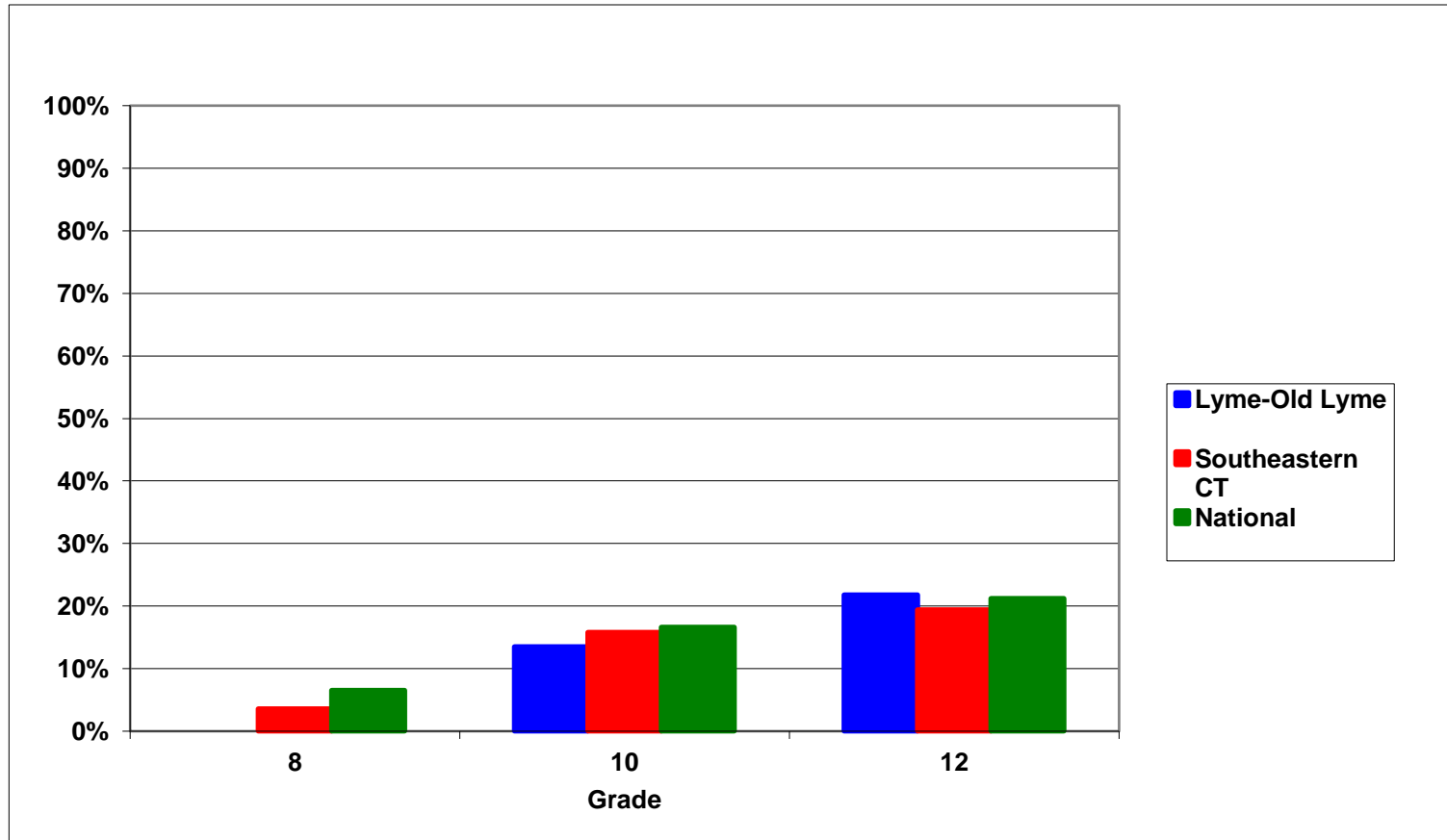
Friends' Disapproval

(% reporting friends think using marijuana is "very wrong")



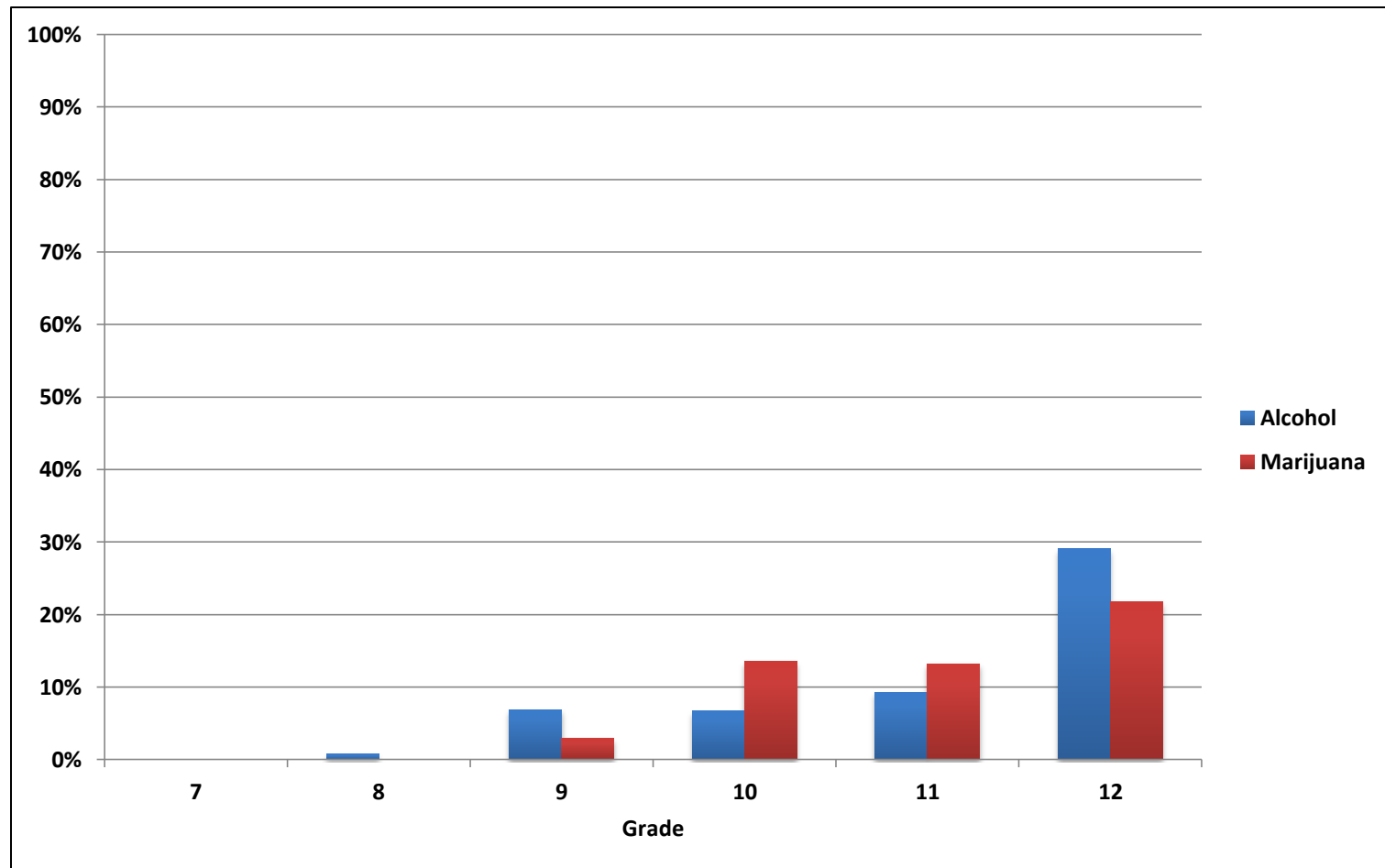
Recent Use of Marijuana

(compared to Regional and National data)



Recent Alcohol Vs. Marijuana Use

(% reporting use within past 30 days)



Misuse of Prescription Drugs

Trend: Decreasing

Trend: Harder to get

Sort of hard/very hard: 79.1% (2015) vs. 74.2% (2013)

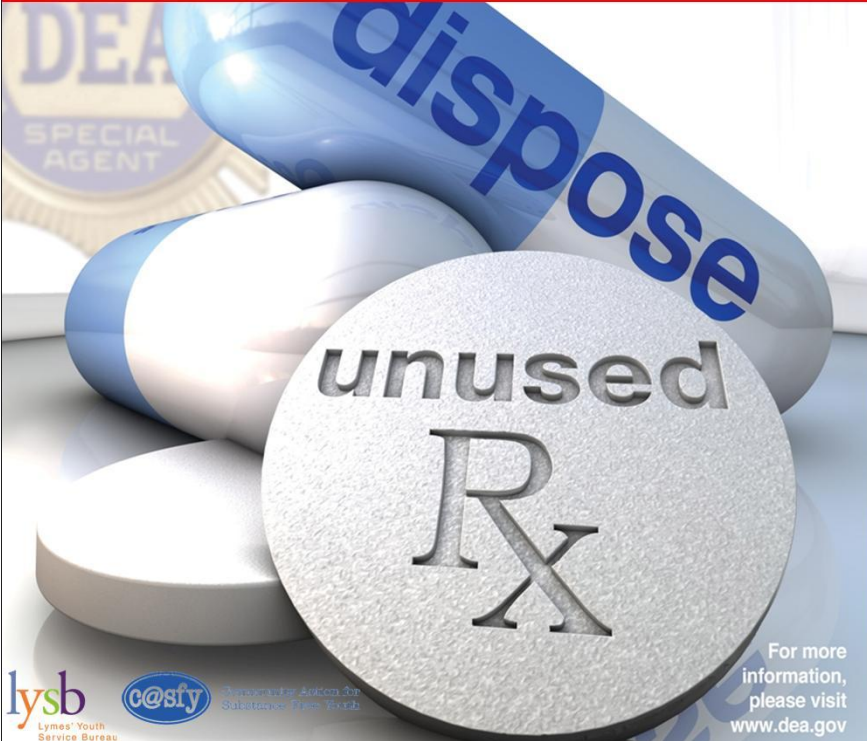
LOLHS males:

- Stimulants (Adderal, Ritalin)
- Pain medications (Percocet, Vicodin, Oxycontin)
- Tranquilizers (Valium, Xanax)

Got Drugs?

Turn in your unused or expired medication for safe disposal

DRUG TAKE BACK DAY
OLD LYME FIRE HOUSE - Lyme Street
Saturday, April 30, 2016
10 AM to 2 PM



For more information, please visit www.dea.gov



Department of Justice
Substance Abuse and
Mental Health Services



Lifetime Illicit Drug Use

(other than marijuana)

Trend: Decreasing

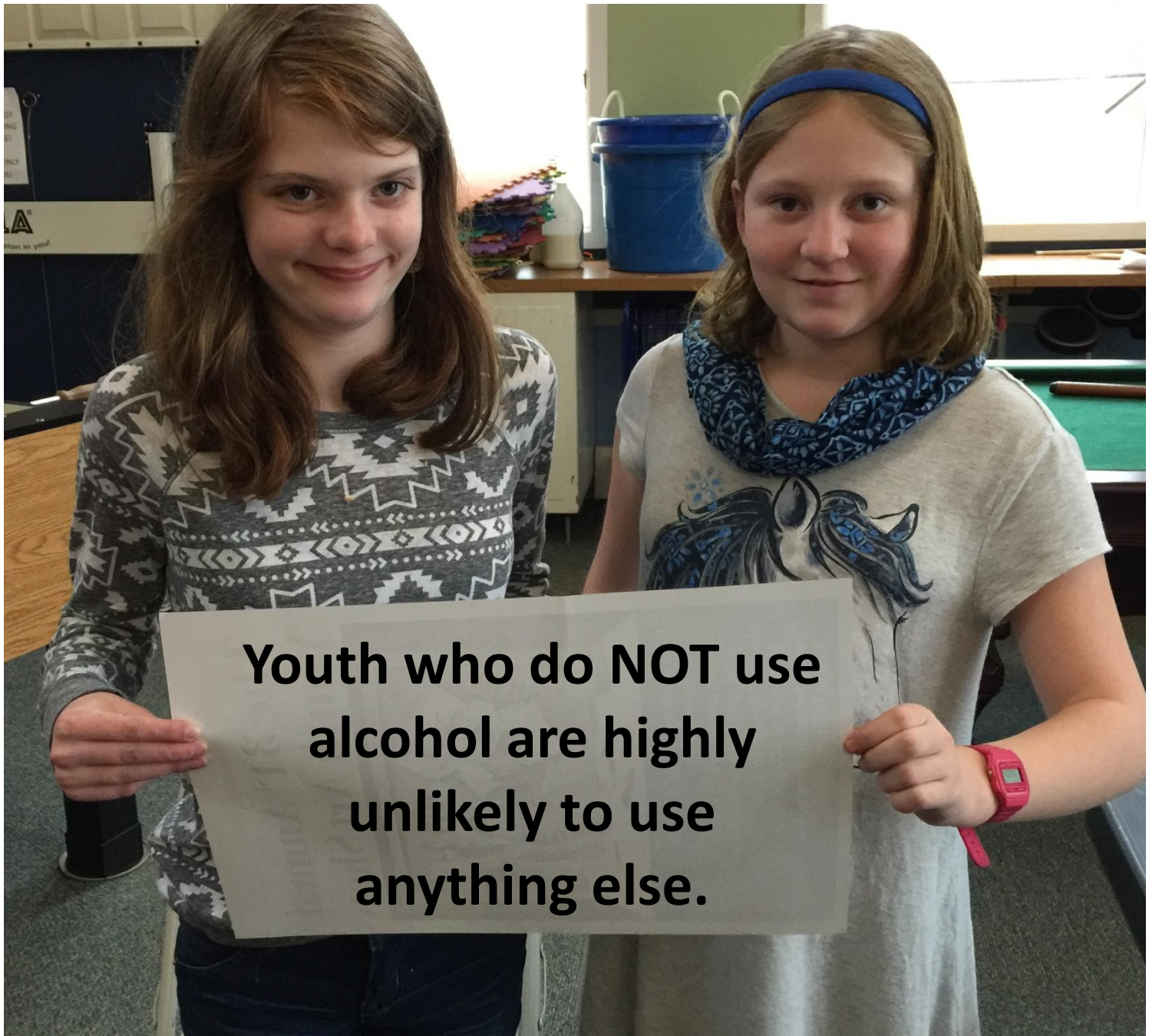
Cocaine

MDMA (ecstasy)

Hallucinogens (LSD, “shrooms”)

Synthetic “marijuana”

Concern: LOLHS males



**Youth who do NOT use
alcohol are highly
unlikely to use
anything else.**

LOL Boys Who Used ALCOHOL in the Past 30 Days...



MARIJUANA

Are
5x



CIGARETTES

Are
11x



E-CIGARETTES
(VAPING)

Are
8x



PRESCRIPTION
MEDICATION

Are
7x



ILLICIT
DRUGS

Are
6x

...more likely to have used these substances in the past 30 days than boys who haven't used alcohol recently.

...more likely to have ever used these substances than boys who haven't used alcohol recently.

LOL Boys Who Used MARIJUANA in the Past 30 Days...



ALCOHOL

are
6x

...more likely to have used these substances in the past 30 days than boys who haven't used marijuana recently.



CIGARETTES

are
35x



E-CIGARETTES
(VAPING)

Are
11x



PRESCRIPTION
MEDICATION

are
17x

...more likely to have ever used these substances than boys who haven't used marijuana recently.



ILLICIT
DRUGS

are
18x

LOL Girls Who Used ALCOHOL in the past 30 days...



MARIJUANA

are

7x



E-CIGARETTES
(VAPING)

are

52x

...more likely to have used
alcohol in the past 30 days than
girls who haven't used alcohol
recently.

LOL Girls Who Used MARIJUANA in the past 30 days...



ALCOHOL

are

6x

...more likely to have used alcohol in the past 30 days than girls who haven't used marijuana recently.



E-CIGARETTES
(VAPING)

are

18x

...more likely to have ever used these substances than girls who haven't used marijuana recently.



ILLICIT
DRUGS

are

14x

Concern: Age of First Use of Substances

Of those who reported lifetime use:
What was your age in years when you FIRST used the substance?

	Alcohol	Marijuana	Cigarettes
10 or younger	3.7%	1.9%	16.7%
11-13 years of age	17.2%	13.3%	29.2%
14-15 years of age	53.0%	57.1%	45.8%
16 or older	26.1%	27.6%	8.3

Concern: Risky Behavior

In the past year, did you do any of the following? (everyone asked)

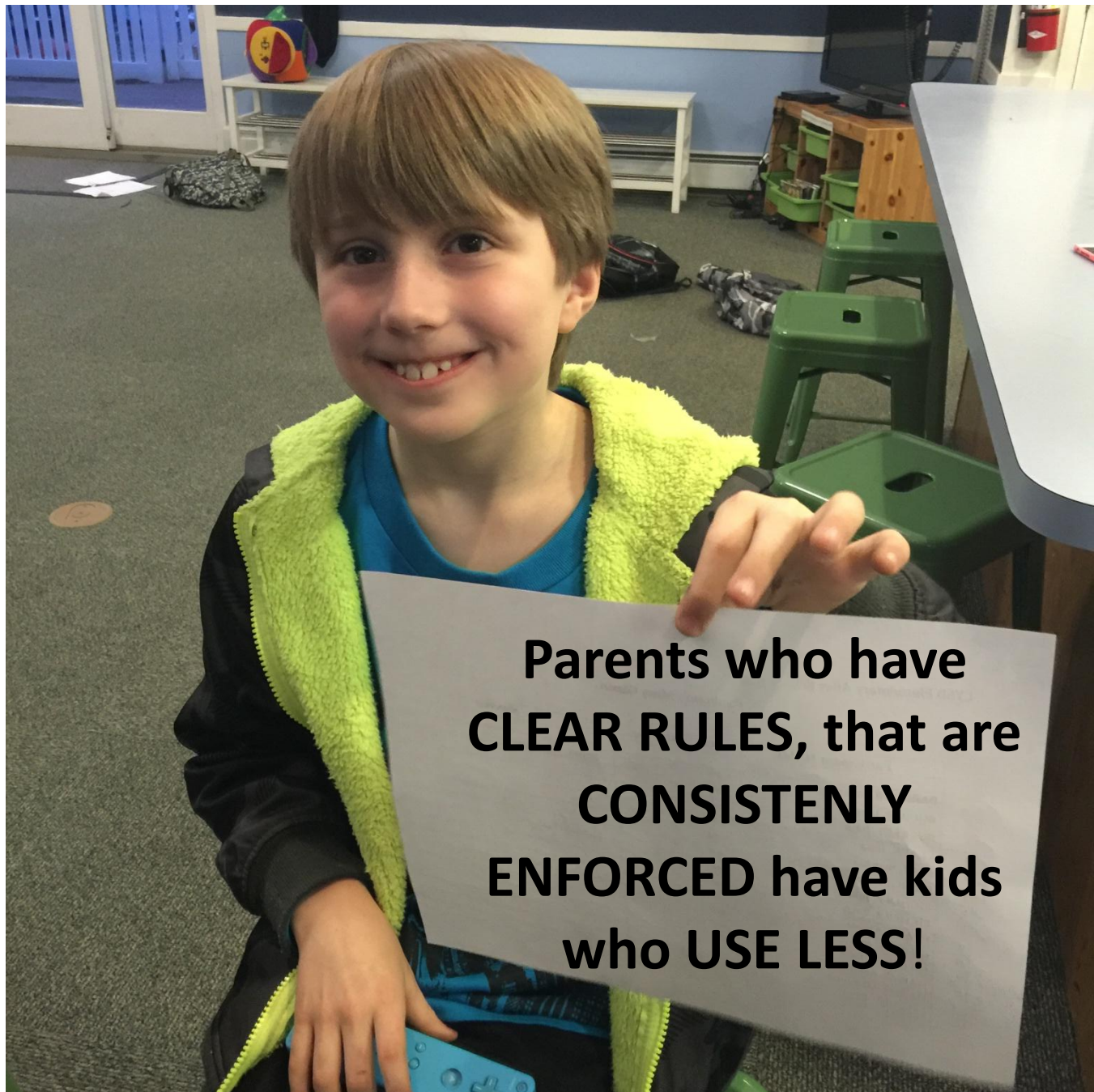
	7	8	9	10	11	12
Drive under the influence				2.0%	3.8%	9.4%
Cheat on a test	16%	20%	19%	19%	25%	26%
Sell illegal drugs	0%	1%	1%	4%	4%	3%
Ride with a driver (21 or older) under the influence	13%	6%	10%	9%	8%	10%
Ride with a driver (under 21) under the influence	0%	2%	6%	8%	13%	13%

Progress Summary

- **Alcohol**
 - **Lifetime Use** equal to 2013: 30% (LOLHS) →
 - **Recent Use** 13% vs. 15% in 2013 (LOLHS) ↓
 - Statistically significant decrease over past 9 years
- **Cigarettes** ↓
 - **Recent** use 0% in 7th, 1% in 10th, **5.8%** in 12th
- **Other Tobacco Products** ↓
 - (except seniors: **9.7%** recent use vs. **5.6%** regional use)

Concerns Summary

- **Risky Behavior-driving, riding as passenger**
- **Alcohol-Still #1, Correlation with other drugs**
- **Marijuana** ↑
 - Increase in ***Lifetime*** use (LOLHS) ↑
 - Increase in ***Recent*** use (LOLHS) ↑
 - **Increase** over both 2011 and 2013 levels
 - Correlation with misuse of prescription drugs, illicit drugs,
- **Vaping/E-cigarettes, Energy Drinks**



**Parents who have
CLEAR RULES, that are
CONSISTENTLY
ENFORCED have kids
who USE LESS!**

Next Steps

- **Focus Groups:**
 - Harm of marijuana
 - Harm of vaping/E-cigs
 - Driving high
- **Create new 5 year strategic plan for marijuana and alcohol prevention**
 - Identify what has and has not worked and continue/adjust
 - Identify gaps
 - Select new strategies



Community Action for
Substance Free Youth

substance free is where it's at



Lymes' Youth Service Bureau

> EMPOWERING YOUTH FOR A BETTER FUTURE

**Resources and additional survey
information at www.lysb.org**