

A group of people are sitting on a ledge, seen from behind, looking out over a body of water. A red overlay covers the top half of the image, and a cable car is visible in the background. The year '2019' is written in a large, white, hand-drawn font on the left side of the image.

2019

PRIDE DATA RESULTS

A COMMUNITY WORKING TOGETHER

SPONSORED BY:

- Mental Health Association, *serving Fauquier & Rappahannock Counties*
- PATH Foundation
- Fauquier CADRE

SUPPORTED BY:

- Fauquier County Public Schools
- Rappahannock County Public Schools
- Highland School
- Mental Health Collaborative
- Mental Health School Coalition



What is the PRIDE Survey instrument?

One of the largest surveys of adolescent drug usage
Conducting surveys since 1982



- Utilized by hundreds of school systems across all 50 states, surveying 13.9 million students
- Has undergone extensive reviews on reliability and validity by independent evaluators
- Administered in Fauquier County in: 1990, 1993, 1997, 2001, 2004, 2006, 2009, 2015 and 2019

Survey Topics

- Frequency of Drug and Alcohol Use
- Time of first use
- Where Drugs Are Used
- When Drugs Are Used
- Mental Health Issues
 - *Anxiety*
 - *Depression*
 - *Suicidal thoughts*
- Protective Factors and Risk Factors



2015 Data vs. 2019 Data

2015

- Surveyed 4,450 youth in grades 7-12
- Surveyed Fauquier County Public Schools only

2019

- Surveyed 6,011 students in grades 6-12
- Surveyed students in Fauquier County Public Schools (5,621), Rappahannock County Public Schools (238) and Highland School (152)

How Does Early Substance Use Affect Youth?

- Harmful to:
 - **adolescent growth** and development process
 - **problem-solving** and **decision-making** abilities
 - **memory and concentration**
- Interferes with physical, social and emotional growth
- **Increases risk** of:
 - becoming addicted to substances
 - suicide
 - dropping out of school & getting involved in crimes



Did You Know? Substance use is the major factor in crime and violence in the U.S.

OVERALL FINDINGS



- Age of first use continues to be age 13
- Significant number of youth in Fauquier & Rappahannock are at risk of addiction
- Most drug use occurs at home
- Higher numbers of youth are reporting symptoms of anxiety, depression and suicidal thinking

Overall

drug use

is down!



75.8% are not using **Alcohol**

81.8% are not using

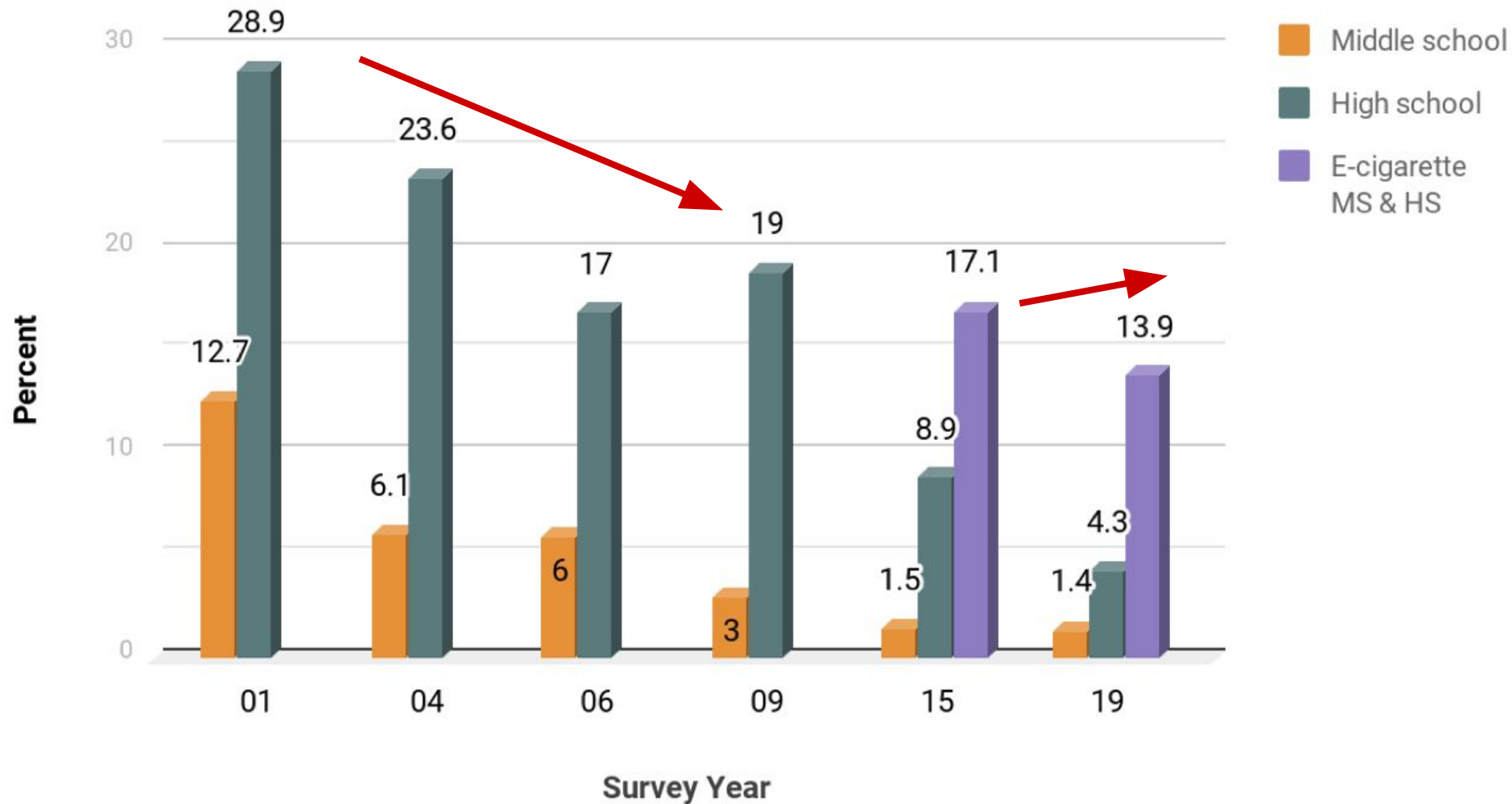
Vaping/JUULing (E-cigarettes)

87.9% are not using **Marijuana**

91.5% are not using **Tobacco**

97% are not using **Prescription Drugs**

Monthly Cigarette Use In Our Region

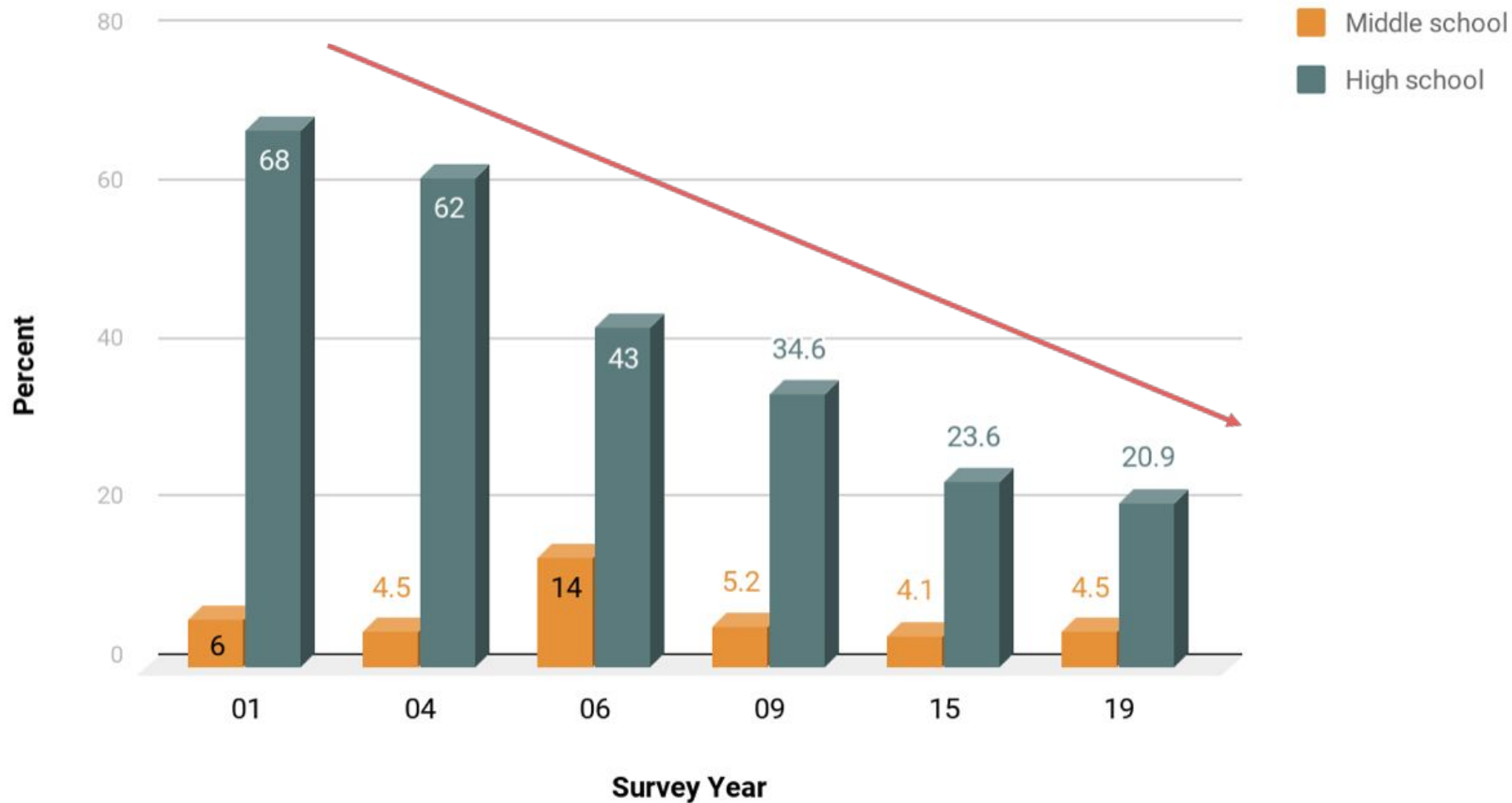


Vaping, JUULing & E-cigarettes

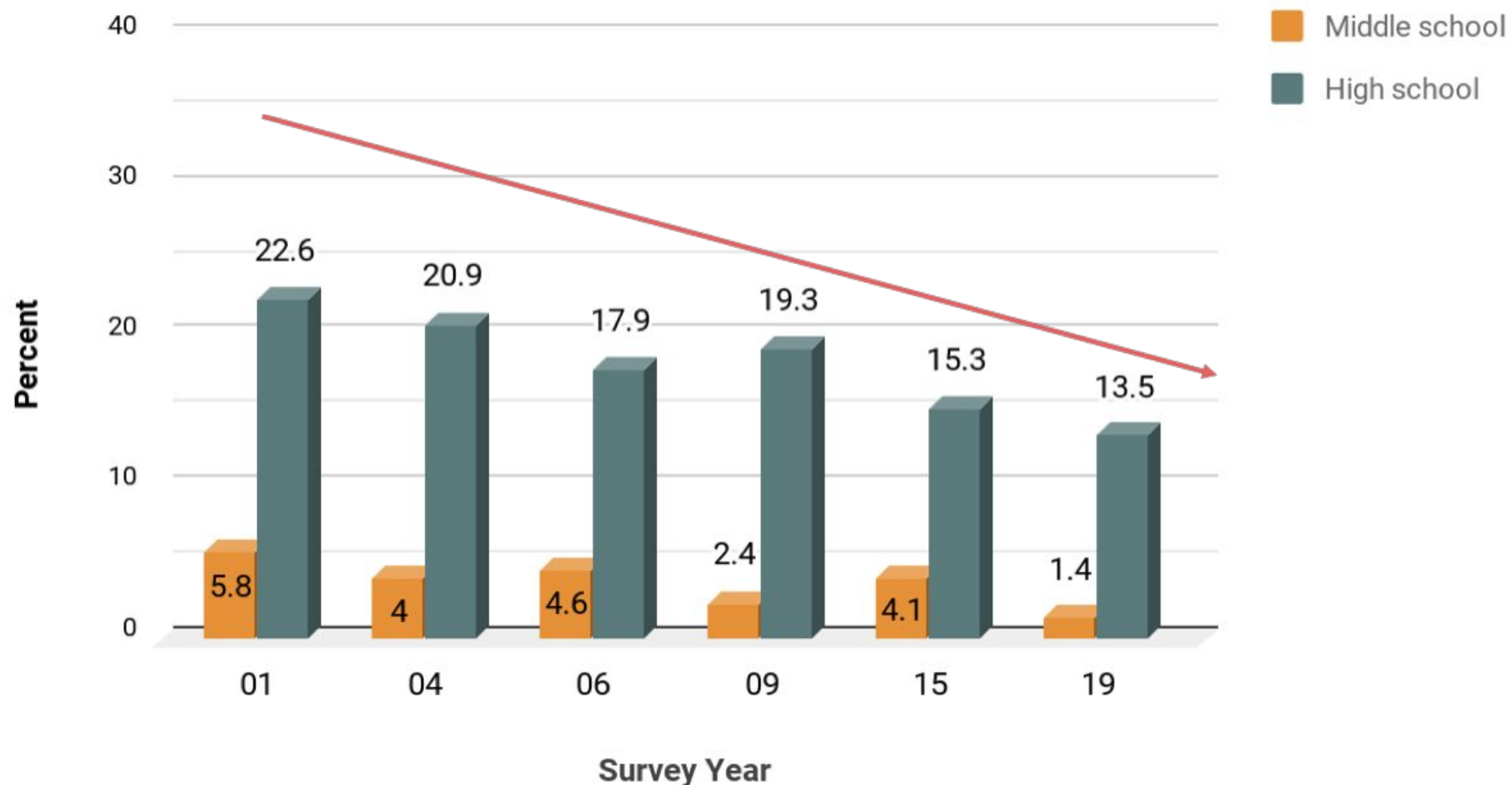
- According to the Surgeon General, e-cigarettes have become an epidemic (3.6 million students)
- High school students using e-cigarettes doubled from 2017 to 2018
 - Highest increase in any drug category in history
- 14% of local students used e-cigarettes in the past month (2019)
- Marijuana is now vaped with extremely high potency



Monthly Alcohol Use Among Middle and High School Students



Monthly Marijuana Use Among Middle and High School Students



Perceived Risk of Alcohol & Marijuana

- Youth perceive marijuana as less risky than alcohol (over 44% of students feel there is “no risk” or “slight risk” of using marijuana once or twice per week)
- 27% of youth feel that there is “no risk” or “slight risk” of using an e-cigarette, vape pen or JUUL
- 32% of students feel that there is “no risk” or “slight risk” of people harming themselves if they have 5+ drinks of alcohol once or twice per week



We Have a Perception Problem: Marijuana



Myth:

Everybody is smoking or consuming weed

FACT:
88% of the students surveyed in our community are **NOT** using marijuana



Myth:

It's safer than alcohol and tobacco

FACT:
Marijuana has been shown to cause or worsen depression, anxiety and psychosis



Myth:

It's not addictive

FACT:
People who use marijuana can become dependent. Could become worse as potency increases



Myth:

Legalization means it must be okay

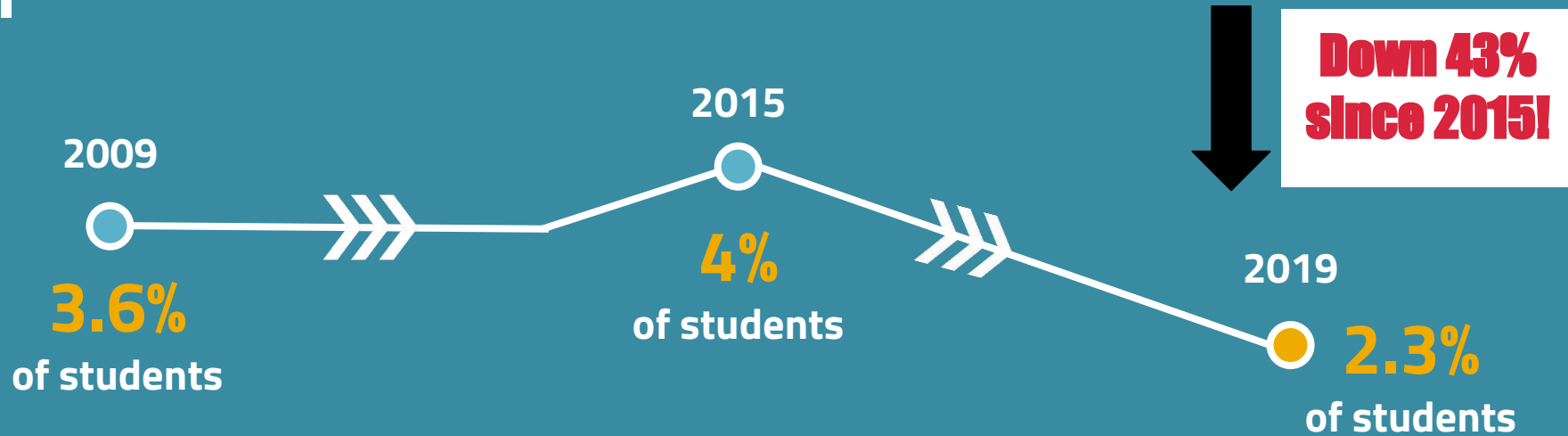
FACT:
Marijuana has been shown to decrease attention and memory. Has a considerable impact on learning.

Opioid/Heroin Epidemic

- Each day, **140 individuals die of a drug overdose**, 91 specifically to opioids (Mental Health First Aid)
- Between 2001 and 2015, overdoses in the U.S. **tripled** (Mental Health First Aid)
- By 2017, **life expectancy in the U.S. declined due to opioids** and suicide (CDC)
- Most people who started using prescription pills got them out of a **medicine cabinet** (Health & Human Resources)
- **4 out of 5** new heroin users started with prescription drugs (Health & Human Resources)



Monthly Prescription Drug Use (not prescribed to you)



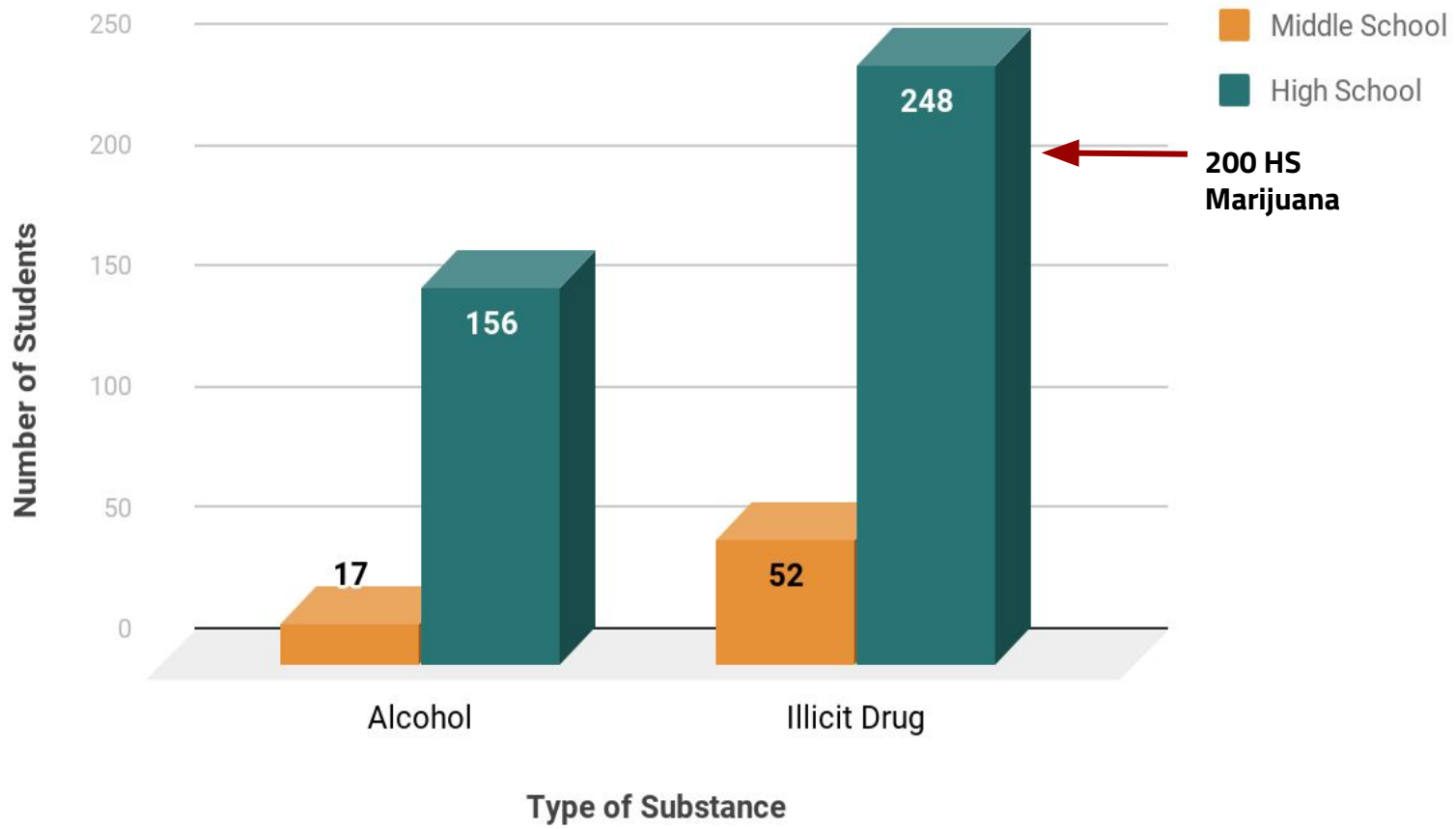
National data shows that 2.5% of students have misused prescription drugs in the last month

USE OF ILLICIT DRUGS BY GENDER



Males use substances more frequently than females, but the disparity between the two is getting smaller.

Youth At Risk of Addiction (Using Alcohol or Drugs at Least Once Per Week)



There are approx. **473 youth potentially addicted to substances**

Some may be using **multiple substances**

Youth who use at this rate likely experience **challenges at school, home & in their personal relationships**

Age of First Use in Our Community

13.2 years Alcohol

13.2 years Prescription Drug Misuse

13.4 years Tobacco

13.9 years E-Cigarettes

14.1 years Marijuana

Why Are We Concerned About Current Patterns of Substance Use?

ACCORDING TO OUR SURGEON GENERAL

Nearly **70 percent of those who try an illicit drug before the age of 13 develop a substance use disorder in the next 7 years**, compared with 27 percent of those who first try an illicit drug after the age of 17.

EFFECT ON THE ADOLESCENT BRAIN

Chronic substance use:

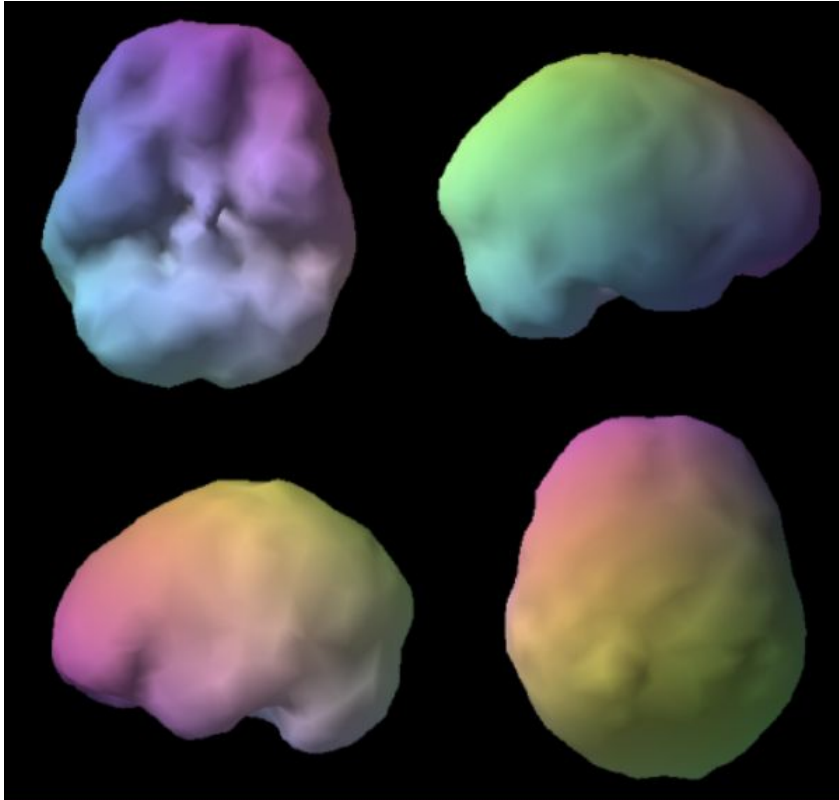
- **realigns a person's priorities**
- **alters** key brain areas responsible for **judgment and self-control**

ACCESS TO TREATMENT

Youth are less likely than adults to seek treatment

Only 10% of the 12-17 year-olds **needing treatment for substance use actually received services**

What Does A Healthy Brain Look Like?

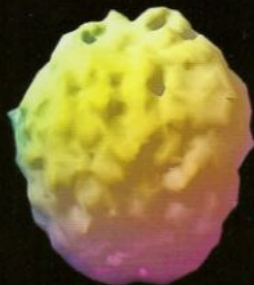


A HEALTHY BRAIN

On SPECT, the surface of a healthy brain looks smooth with full and symmetrical blood flow and activity. This tells us that the brain is working the way it is supposed to.



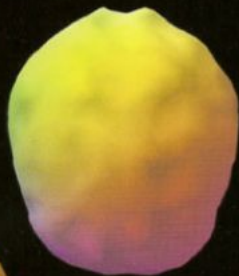
3 YEARS
METH
AGE 22



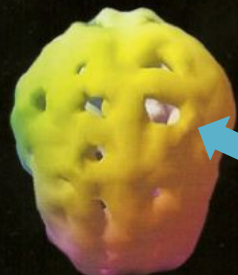
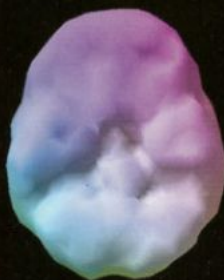
4 YEARS
ALCOHOL
AGE 21



2 YEARS
MARIJUANA
AGE 16



HEALTHY
DRUG
FREE
BRAINS
AGE 16



3 YEARS
COCAINE
AGE 22



6 YEARS
INHALANTS
AGE 24



3 YEARS
SMOKING
CIGARETTES
AGE 16

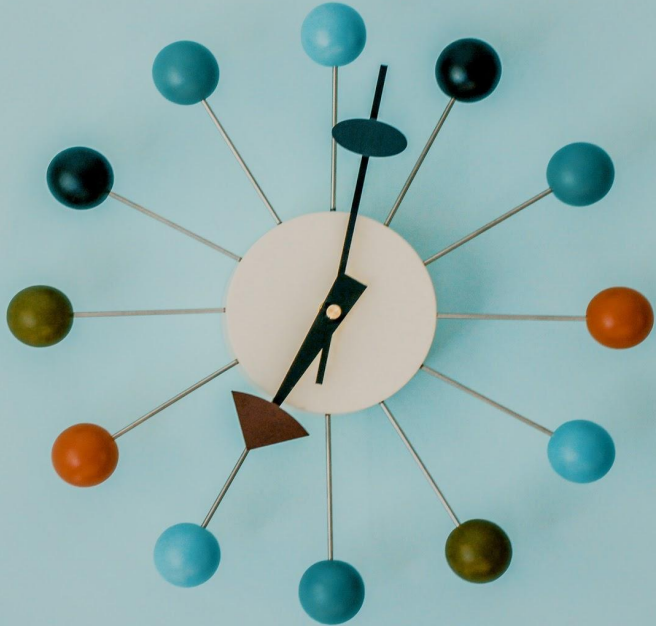
What Does An
Unhealthy Brain
Look Like?

WHERE DO YOUTH USE SUBSTANCES?

Most substance use
occurs **at home** or
at **a friend's house**

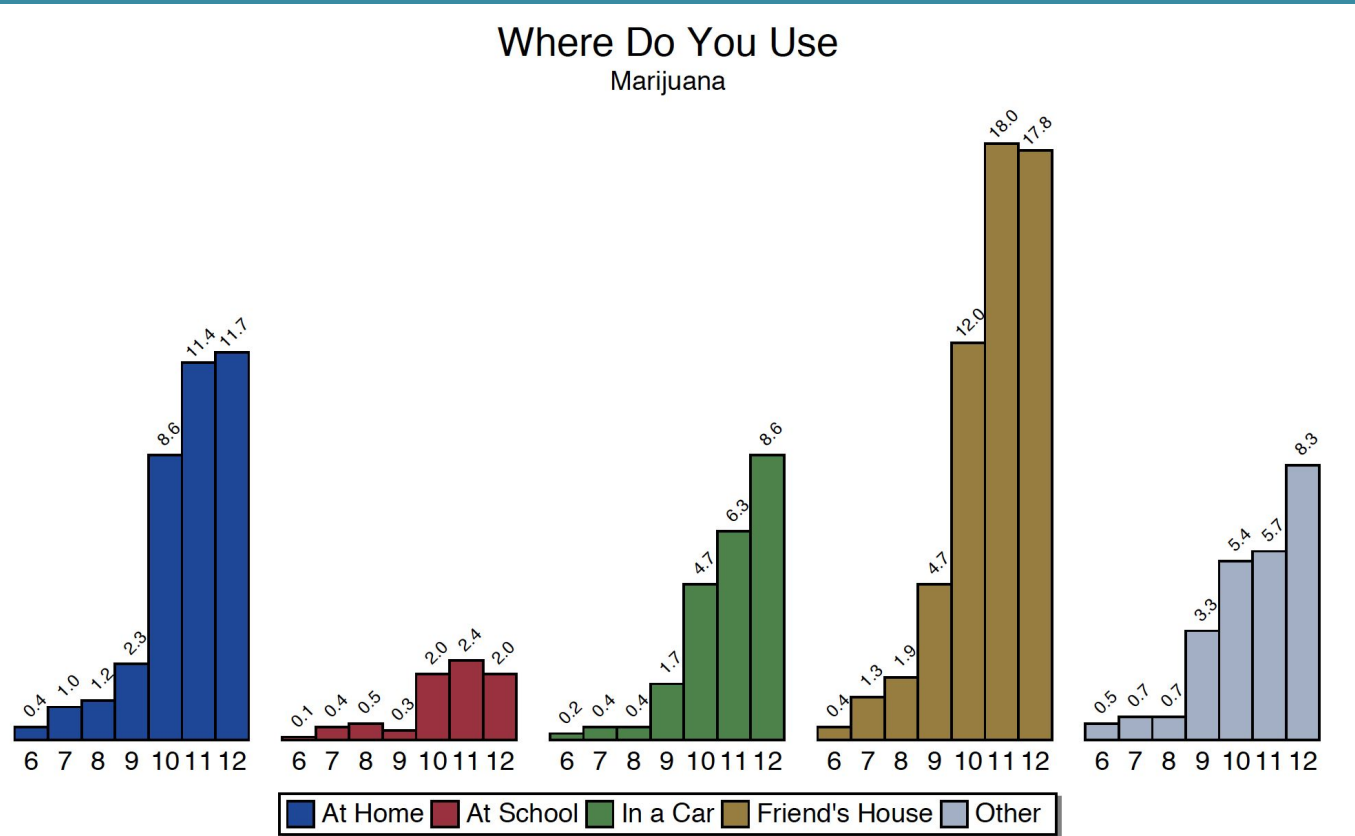


WHEN DO YOUTH USE SUBSTANCES?



**Most substance use
occurs
on the weekends
or after school**

Regarding substance use, schools are one of the safest places for youth.



Protective Factors



Protective Factors

Getting Good Grades

Youth that receive higher grades are less likely to use substances

If a young person's grades have dropped over the last year, question substance use

Youth that get in trouble at school often use more drugs

Take Part in Extracurriculars

Youth that are involved in school or community extracurricular activities use fewer substances

Youth that attend faith communities "often" or "a lot" use fewer substances

Parents Set Clear Rules

When parents set clear rules and expectations, the child is less likely to engage in substance use.

- Setting a curfew
- Expectations for social gatherings
- Expectations for grades
- Monitoring use of cell phone
- Consistent communication

MENTAL HEALTH FINDINGS



What We Know

- ❑ **1 in 4** youth will experience a mental health challenge each year
 - ❑ **50% of mental health challenges begin by age 14** and 3/4 are present by age 24
 - ❑ **Anxiety and Depression** are the two most common mental health conditions in the U.S. Nationally:
 - ❑ 32% of youth have an anxiety disorder
 - ❑ 14% have a mood disorder
- FACT:** Mental health problems are more common than heart disease, lung disease and cancer combined

Youth Struggling With Mental Wellness in the Last 12 Months

Anxiety: 42%

Depression: 35%

Eating Disorder: 8%



**It is possible that we are seeing an increase in mental health issues because students are becoming more aware of, and comfortable with, expressing their challenges.*

DEPRESSION

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

30% of Middle School
students said Yes

➡ = **710 students**

38% of High School students
said Yes

➡ = **1,218 students**

SUICIDAL THOUGHTS

Q: During the past
12 months, did you
ever think to yourself
"I wish I were dead."

564 Middle School students said Yes

923 High School students said Yes

This equals **1,488 students**

(27% of those surveyed)

374 youth in our survey reported thinking
of suicide "Often" or "A lot"

- **47,173** suicides occur in U.S. each year (AFSP)
- Suicide is the **2nd leading cause of death** for people ages 15-24 (SAVE)

Anxiety, Depression & Suicidal Thinking by Grade



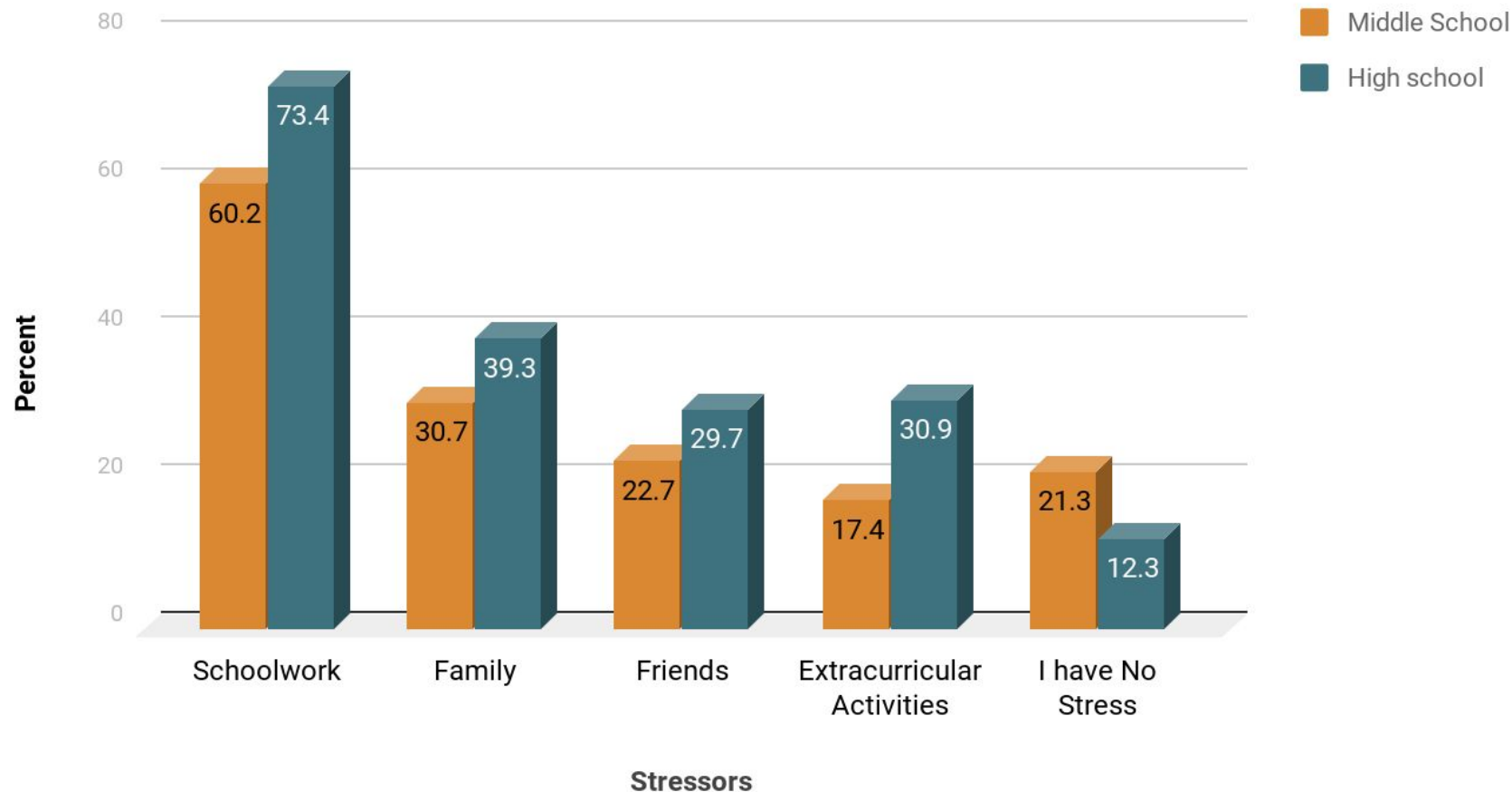
	6th	7th	8th	9th	10th	11th	12th
Anxiety	29.4%	36.1%	38.9%	42.9%	44.9%	51.1%	51.7%
Depression	26.2%	31.4%	32%	36.9%	33.4%	41.2%	40.2%
Suicidal thoughts	20.5%	22.7%	28%	29%	25.1%	30.8%	30.3%

STRESS

Where are young people feeling the most stress & how are they dealing with it?



Where Do Youth Experience Stress?



How do Youth Handle Their Stress?

57%

Talk to someone

55%

Sleep

42%

Exercise/
Hobby/Journal

18%

Eat/Shop/Gamble

11%

Break something/
violent behavior/self-harm

4%

Drink alcohol

Who Do Youth Go To When They Need to Talk?

- ❑ **56% Friend**
- ❑ **55% Parents/other relative**
- ❑ **25% No one**
- ❑ 24% Counselor (School or Professional)
- ❑ 14% Teacher
- ❑ 12% Coach/Youth Leader
- ❑ 6% Clergy



Q: “What would keep you from seeking help if you were dealing with intense feelings of sadness or thoughts of wanting to hurt yourself?”

32% I can handle it by myself

26% Worried What Others Would Think

16% No Time

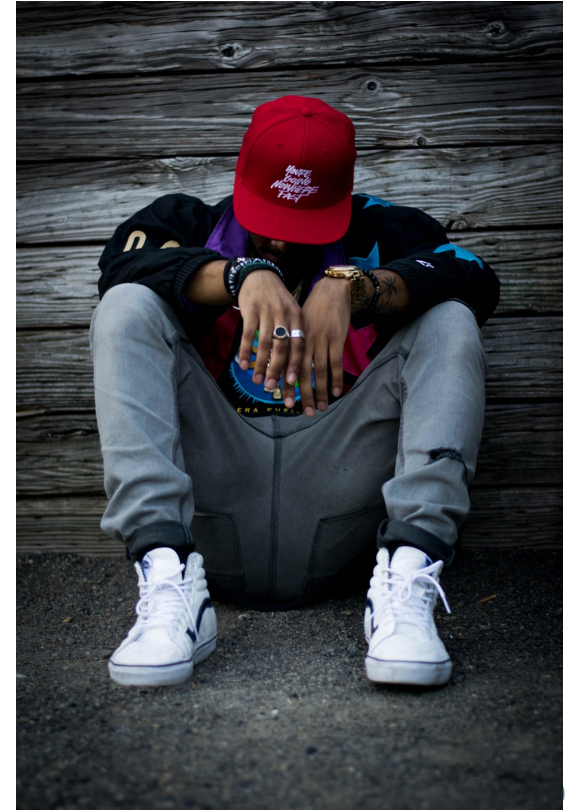
16% Don't Know Where To Go

13% Paying for Services

9% Family Would Not Support Me Getting Help

6% Transportation

34% None of the above, I would seek treatment



CELL PHONES & MENTAL HEALTH



Q: In the past year, have you tried to cut down on the time you were on your cell phone?

49.9% of students said **Yes**

➔ = 2,883 students

Q: Do you think that any of your friends use their cell phones too much?

60.5% of students said **Yes**

➔ = 3,505 students



Are cell phones having an impact on our youth?

DOES CELL PHONE USE IMPACT MENTAL WELLNESS?

- 8 to 12 year-olds average about **6 hours** on their cell phone
- 13 to 18 year-olds average about **9 hours**

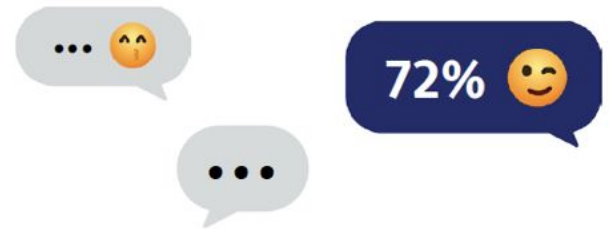
Cell Phone and/or social media use impacts:

- Sleep patterns
- Mood
- Feelings of self-worth/self-esteem
- Communication patterns

“Higher emotional investment in social media is correlated with higher levels of anxiety”

Feels like “addiction”

In a 2016 survey, half of teenagers said they “feel addicted” to their mobile device, and 72% said they felt the need to immediately respond to texts and social networking messages.¹



Which Came First: Depression or Social Media?



More than three hours a day

More than three hours of social media use a day is linked to depression in adolescents aged 12 to 15.

“Does Instagram make teens depressed - or do depressed teens seek solace on Instagram?”

RECAP: KEY FINDINGS

- **Overall drug use is down** when compared with 2015 findings
- 30-day prescription drug and **opiate use has nearly been cut in half** since 2015
- **473 students potentially addicted** to substances based on usage patterns
- Substance use is **highest at home** and at the home of a friend
- **Mental health challenges have risen sharply** since 2015:
 - Anxiety: 42%
 - Depression: 35%
 - Suicidal thoughts: 374 students report thinking of suicide “often” or “a lot”

Creating a Healthier Community: ACTION PLAN

- Decrease stigma by **increasing awareness** that youth are at risk of developing mental health challenges or substance use problems
- **Improve identification** of youth with these issues and **decrease the amount of time it takes them to get into treatment**
- **Support parents** in providing a drug free home through education and information & referral services
- **Work with local schools** to identify, develop and implement evidence-based prevention programs



How Are We Enacting Change As A Community?

- **Partnerships**

- Mental Health Collaborative
- Mental Health School Coalition
- Rappahannock Behavioral Health Roundtable

- **Education**

- Mental Health First Aid
- Educational presentations
- REVIVE trainings

- **Advocacy & Outreach**

- Adventures in Learning
- Dialogue for Youth Voices
- Information & Referral Services
- Lock Up Your Meds program
- Chris Herren/Darryl Bellany presentations
- Vaping/JUULing workshops
- FCPS Prevention Programs

1,853

people have been trained in
Mental Health First Aid
in our community!

Our Partners

Mental Health Association

Come as You Are Coalition

Fauquier CADRE

Fauquier County Government

Fauquier County Public Schools

Fauquier Department of Social Services

Fauquier Fire and Rescue

Fauquier Free Clinic

Fauquier County Health Department

Fauquier Health

Fauquier Sheriff's Office

Juvenile Court Services

Lord Fairfax Community College

NAMI Piedmont

Novant Health

PATH Foundation

National Alliance for Mental Illness

Piedmont Dispute Resolution Center

Probation and Parole

Rappahannock County Government

Rappahannock County Public Schools

Rappahannock Rapidan Comm. Services

Rappahannock Rapidan Health Dept.

SpiritWorks Foundation

Verdun Adventure Bound

Warrenton Town Police

Youth for Tomorrow

Questions



Contact Sallie or Brittany at the Mental Health Association

Sallie: mhafc1@gmail.com

Brittany: bdwyer@mhafc1.org

(540) 341-8732 | www.fauquier-mha.org