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
- 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.
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

<table>
<thead>
<tr>
<th>Survey Year</th>
<th>Middle School</th>
<th>High School</th>
<th>E-cigarette MS &amp; HS</th>
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<tbody>
<tr>
<td>01</td>
<td>12.7</td>
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<tr>
<td>04</td>
<td>6.1</td>
<td>23.6</td>
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<td>06</td>
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<td>17</td>
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<td>19</td>
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<td>15</td>
<td>1.5</td>
<td>17.1</td>
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<tr>
<td>19</td>
<td>1.4</td>
<td>4.3</td>
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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

Survey Year

Year: 2001
Middle School: 6%
High School: 68%

Year: 2004
Middle School: 4.5%
High School: 62%

Year: 2006
Middle School: 14%
High School: 43%

Year: 2009
Middle School: 5.2%
High School: 34.6%

Year: 2015
Middle School: 4.1%
High School: 23.6%

Year: 2019
Middle School: 4.5%
High School: 20.9%

Legend:
- Orange: Middle school
- Gray: High school
Monthly Marijuana Use Among Middle and High School Students

![Graph showing the monthly marijuana use among middle and high school students from 2001 to 2019. The graph indicates a decreasing trend in marijuana use over the years.](image-url)
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)
National data shows that 2.5% of students have misused prescription drugs in the last month.
Males use substances more frequently than females, but the disparity between the two is getting smaller.
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.
What Does An Unhealthy Brain Look Like?
Most substance use occurs at home or at a friend’s house.
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.*
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
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

<table>
<thead>
<tr>
<th>Grade</th>
<th>Anxiety</th>
<th>Depression</th>
<th>Suicidal thoughts</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th</td>
<td>29.4%</td>
<td>26.2%</td>
<td>20.5%</td>
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<tr>
<td>7th</td>
<td>36.1%</td>
<td>31.4%</td>
<td>22.7%</td>
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<tr>
<td>8th</td>
<td>38.9%</td>
<td>32%</td>
<td>28%</td>
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<tr>
<td>9th</td>
<td>42.9%</td>
<td>36.9%</td>
<td>29%</td>
</tr>
<tr>
<td>10th</td>
<td>44.9%</td>
<td>33.4%</td>
<td>25.1%</td>
</tr>
<tr>
<td>11th</td>
<td>51.1%</td>
<td>41.2%</td>
<td>30.8%</td>
</tr>
<tr>
<td>12th</td>
<td>51.7%</td>
<td>40.2%</td>
<td>30.3%</td>
</tr>
</tbody>
</table>
STRESS

Where are young people feeling the most stress & how are they dealing with it?
Where Do Youth Experience Stress?

- **Schoolwork**: 60.2% (Middle School), 73.4% (High School)
- **Family**: 30.7% (Middle School), 39.3% (High School)
- **Friends**: 22.7% (Middle School), 29.7% (High School)
- **Extracurricular Activities**: 17.4% (Middle School), 30.9% (High School)
- **I have No Stress**: 21.3% (Middle School), 12.3% (High School)
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”

- Child Mind Institute’s 2019 Report on Mental Health
Which Came First: Depression or Social Media?

More than three hours a day 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?”

-Child Mind Institute's 2019 Report on Mental Health
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

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