

MPTN PRIMARY PREVENTION PROJECT

REVIEW OF CONNECTICUT YOUTH SUBSTANCE USE & COMMUNITY READINESS DATA

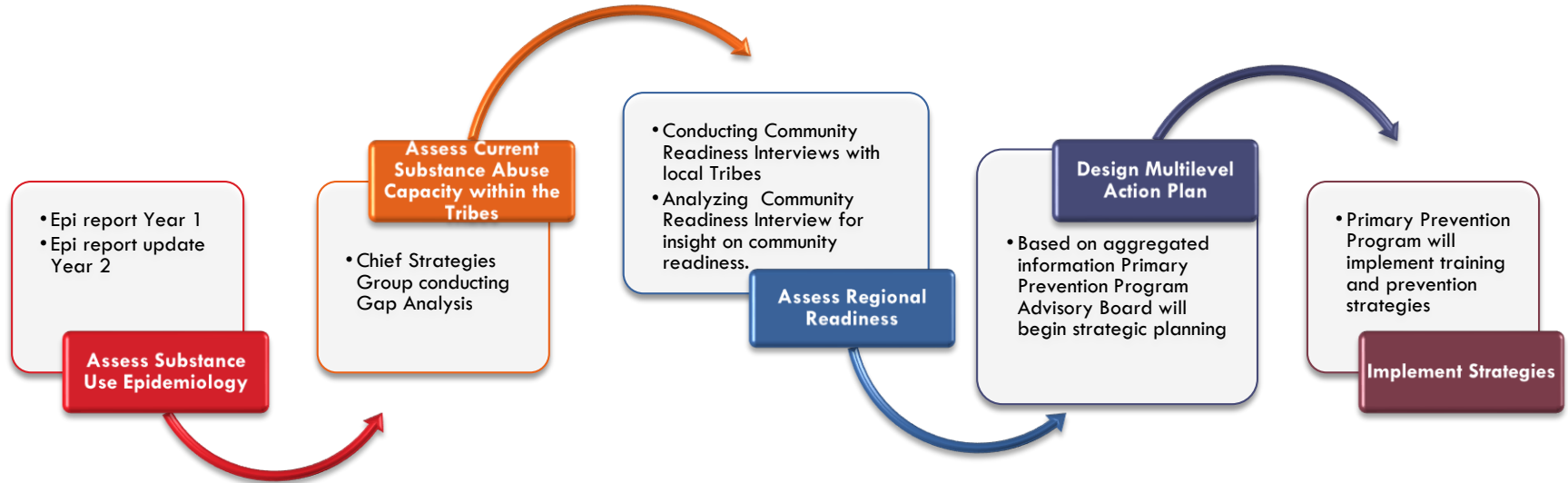
FUNDED BY SAMHSA SPF PARTNERSHIPS FOR SUCCESS

G. Vaughn, Ph.D., Program Evaluator May, 2021

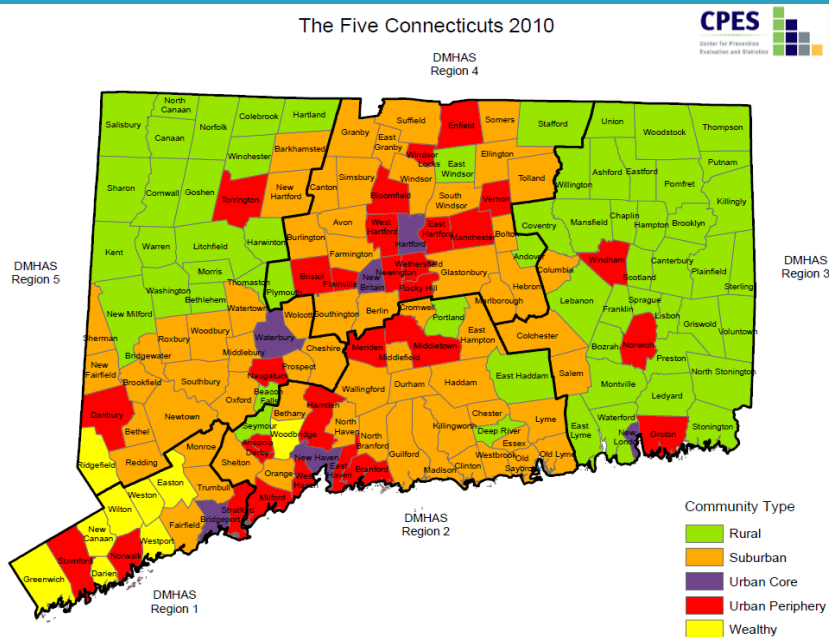
Gifty Ampadu, Ph.D.

Primary Prevention Project

Tribal SA Action Plan



CT Needs Assessment & Epi Profiles



Introduction



- The following data presented provides substance use epidemiological information on the State of Connecticut related to target population
- The information is updated and noted where current data exists
- When available multi-year data is provided

Connecticut DMHAS Regional Needs Profile



The DMHAS Regional Priority Report Process



Background:

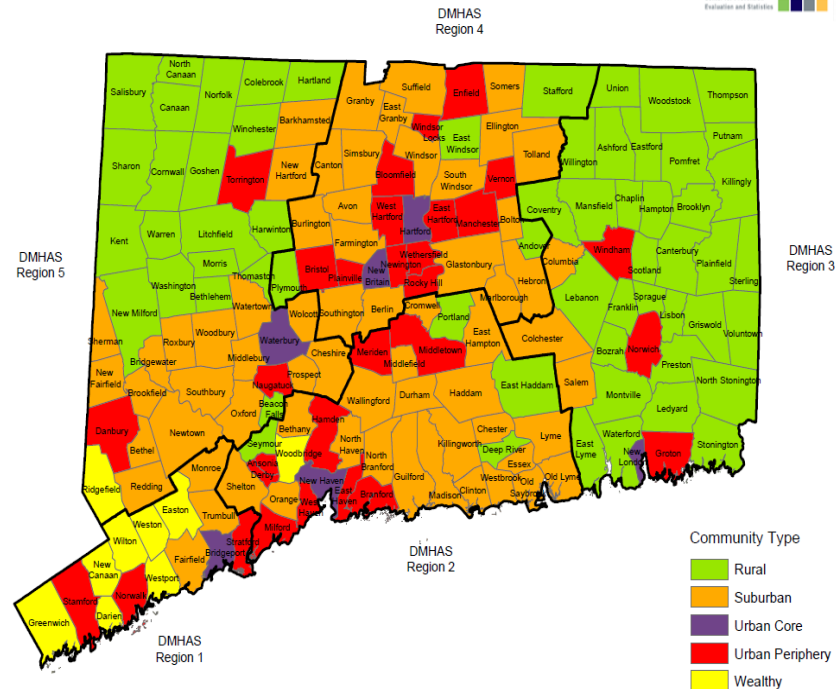
SAMHSA Substance Abuse Prevention and Treatment Block Grant and Mental Health Block Grant funding requires that states annually:

- Assess needs, strengths and critical gaps in their service delivery systems;
- Identify target populations and priorities for those populations.

As strategic community partners, Regional Behavioral Health Action Organizations (RBHAOs) assist with this charge by:

- **assessing the needs** for children, adolescents and adults across the regions and
- **developing Regional Strategic Plans** to include **epidemiological profiles** and **priority recommendations** for **prevention, treatment, and recovery services**.

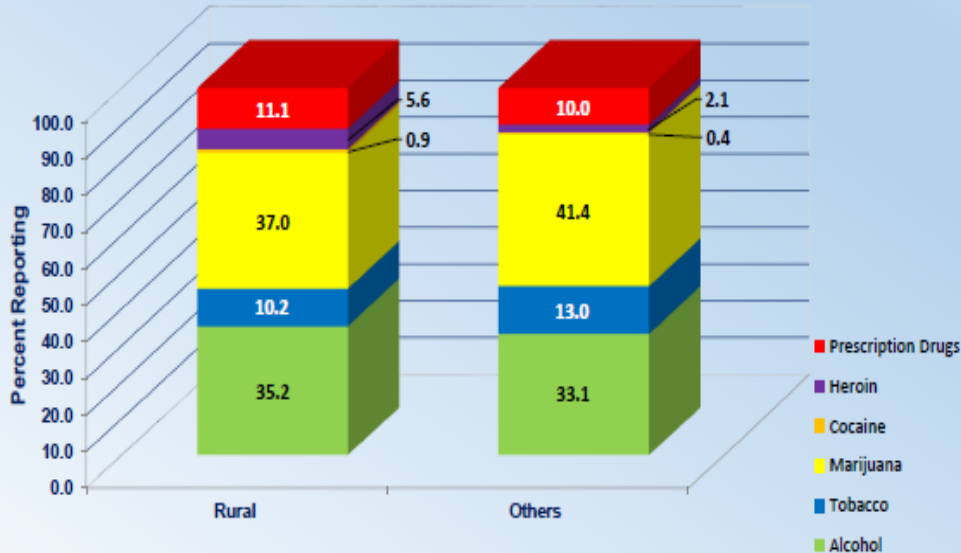
The Five Connecticut DMHAS Regions



Levv. Don: Five Connecticut DMHAS Regions Update. (2015)

2018 Connecticut Community Readiness Survey (CRS)

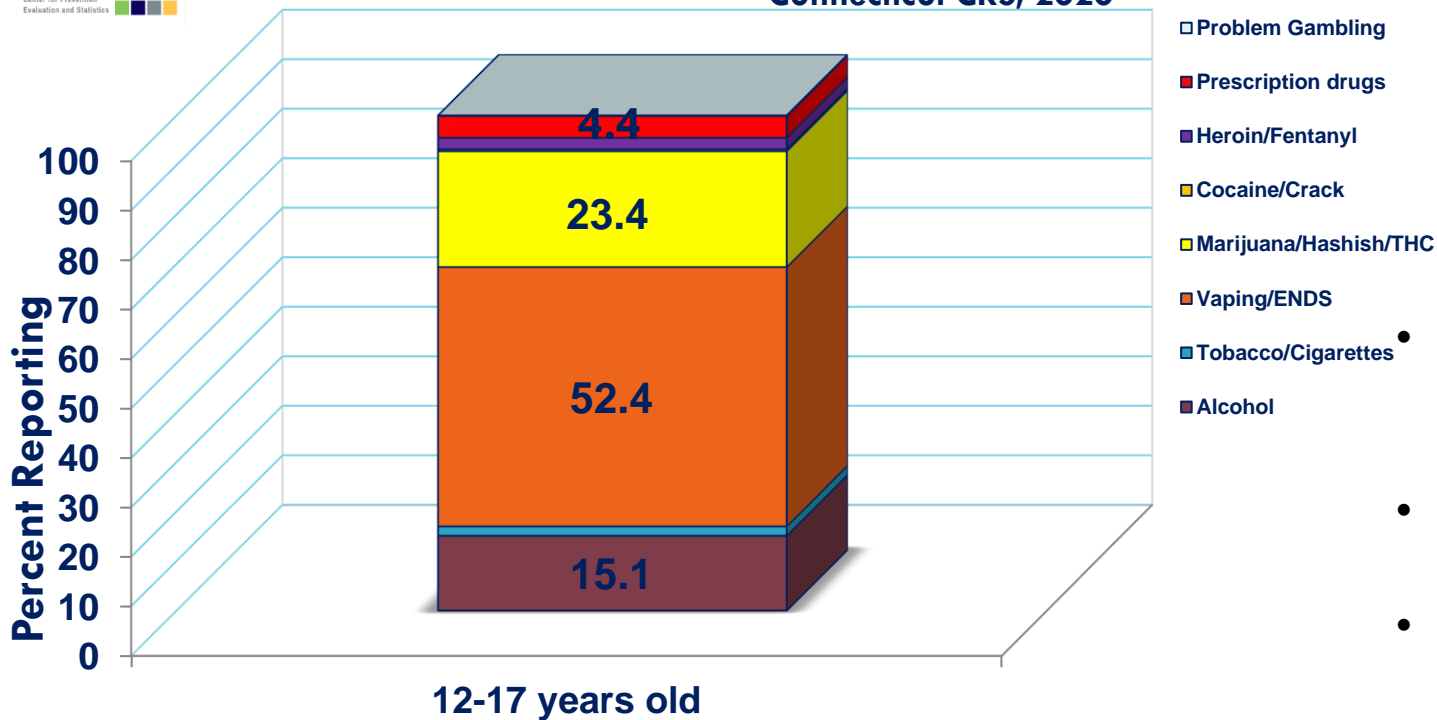
Problem Substances of Greatest Concern According to Key Informants in Each Community Type for 12-17 Year-olds:
2018 Connecticut CRS



- The graph presents a report of substance use profile on the 12-17 years age group
- In 2018, CT needs assessment data suggests that Alcohol and Marijuana are the top two substances of concern among 12-17 years

Updated 2020 Connecticut CRS

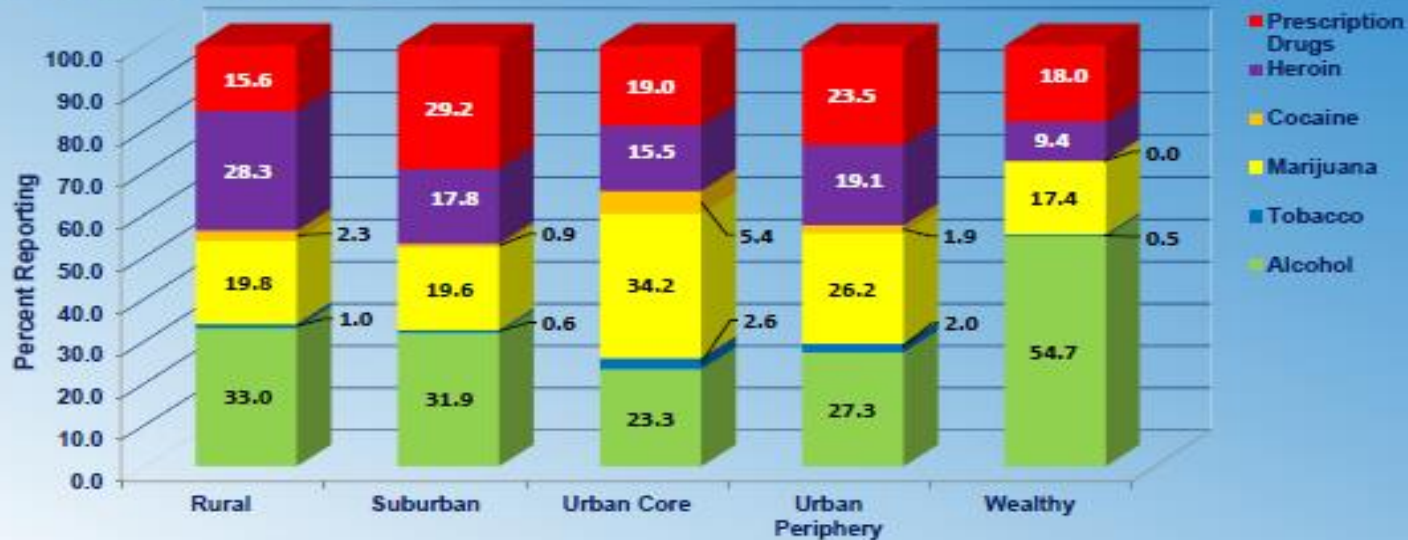
Problem Substances of Greatest Concern for 12-17 Age Group, According to Key Informants:
Connecticut CRS, 2020



- Change in problem substance of greatest concern
- Increase concern about E-Cigarette
- Marijuana continues to be of high concern

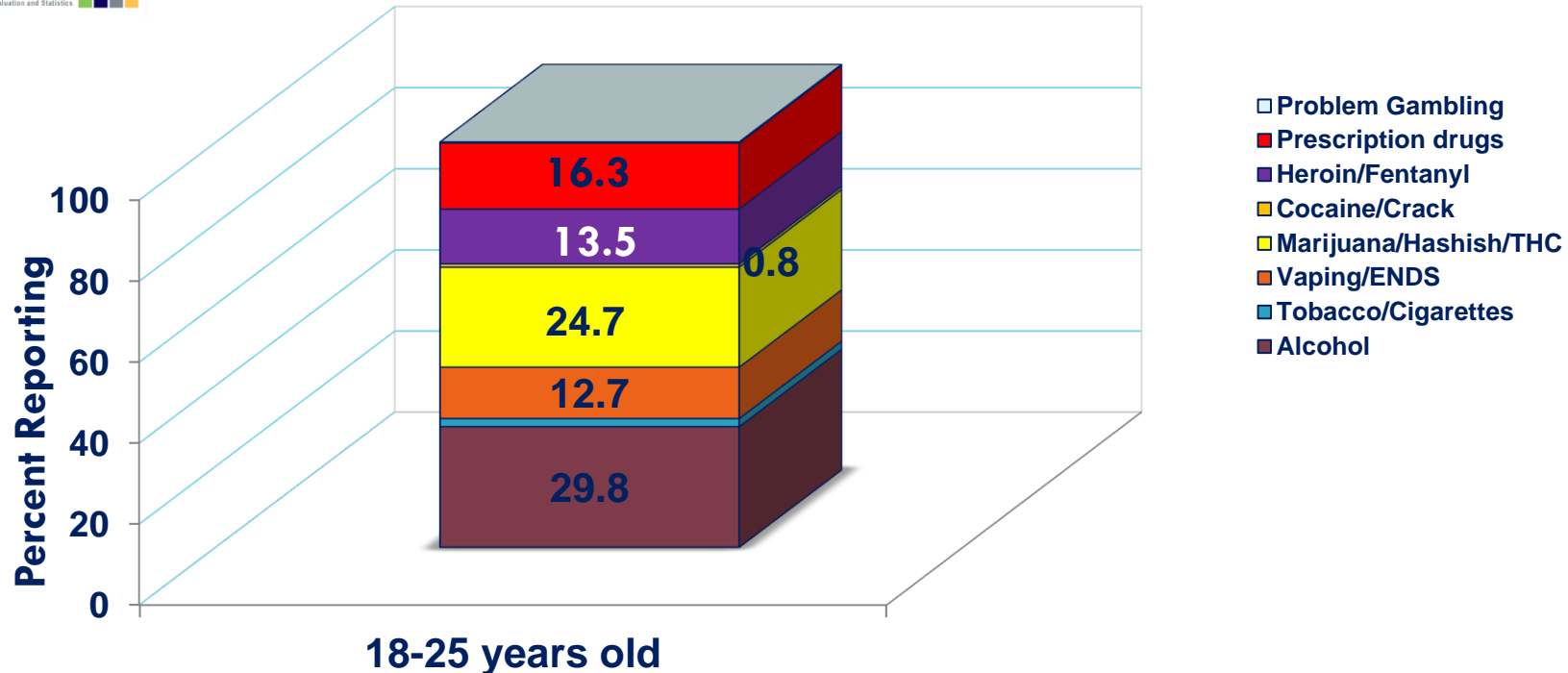
Problem Substances 18-25 years

Problem Substances of Greatest Concern According to Key Informants in Each Community Type for 18-25 Year-olds:
2018 Connecticut CRS



Updated 2020 CRS Data on 18-25 Age Group

**Problem Substances of Greatest Concern for 18-25 Age Group, According to Key Informants:
Connecticut CRS, 2020**



Problem Substances 18-25 years 2018 & 2020 CRS

- Among 18-25 years old, the CT needs assessment indicates a polysubstance concern among this age group
 - ▣ Alcohol, marijuana, cocaine, tobacco, heroin, prescription drugs
- The level of concern is subjectively different based on type of community in the state



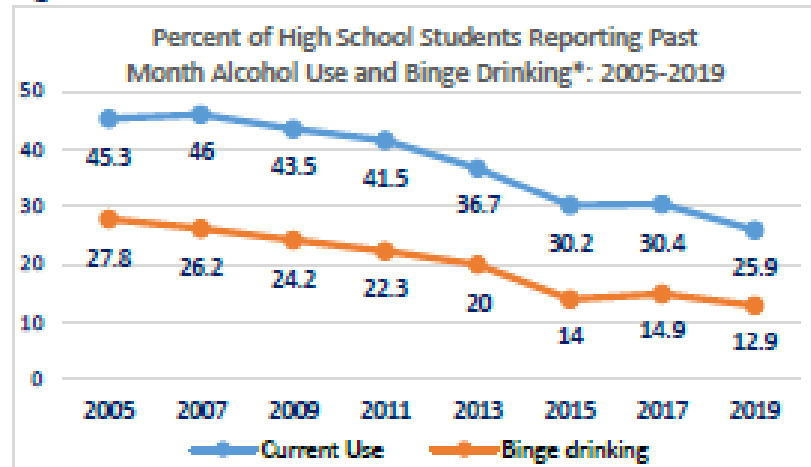
CT School Health Survey Trend Analysis

Substance use among High School students

Alcohol & Marijuana

Alcohol

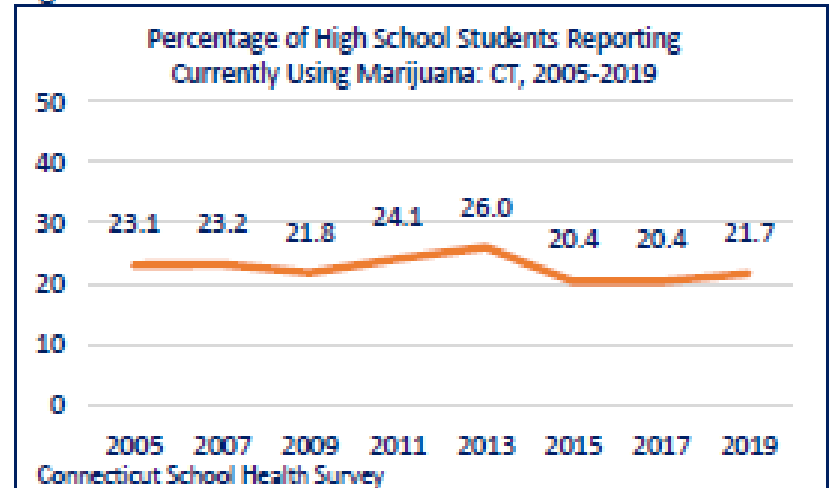
Figure 1.



* The definition for binge drinking was 5 or more drinks in a row, until 2017 when it became 5 or more for males or 4 or more for females

Marijuana

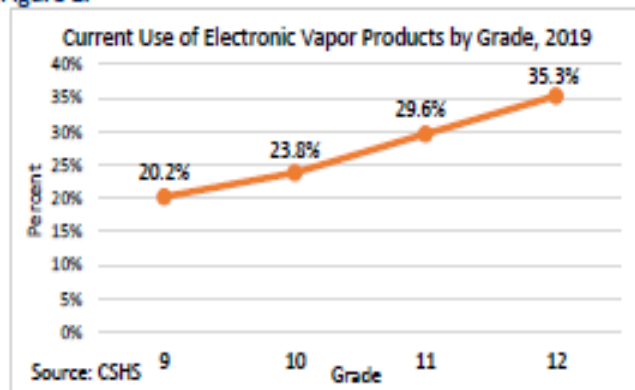
Figure 1.



Smoking & Vaping among CT Youth

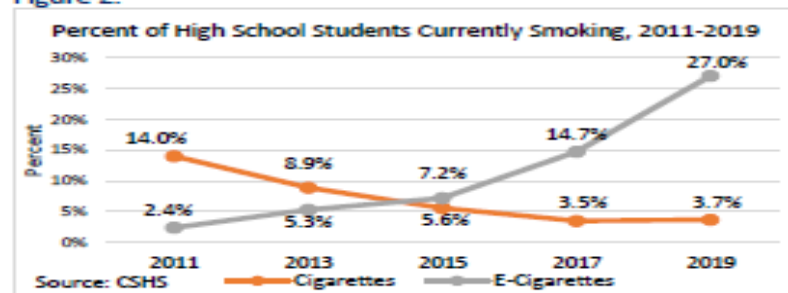
According to the 2019 Connecticut School Health Survey (CT YRBSS), current use of electronic vapor products rose to 27.0% among high school students. Current use reported by youth increased by grade (Figure 1).⁴

Figure 1.



Trend data show that as current cigarette smoking in Connecticut has declined, current e-cigarette smoking has increased (Figure 2), implying that e-cigarettes are replacing tobacco smoking as the main mechanism for nicotine delivery.

Figure 2.



Among Connecticut high school students in 2017, 37.1% perceived little or no harm in breathing the vapor from e-cigarettes. This perception is more prevalent among males (44.4%) than females (29.7%) but doesn't vary significantly by race. Low perception of harm is much

³ Kann, L., McManus, T., & Harris et al., (2018). YRBS 2017.

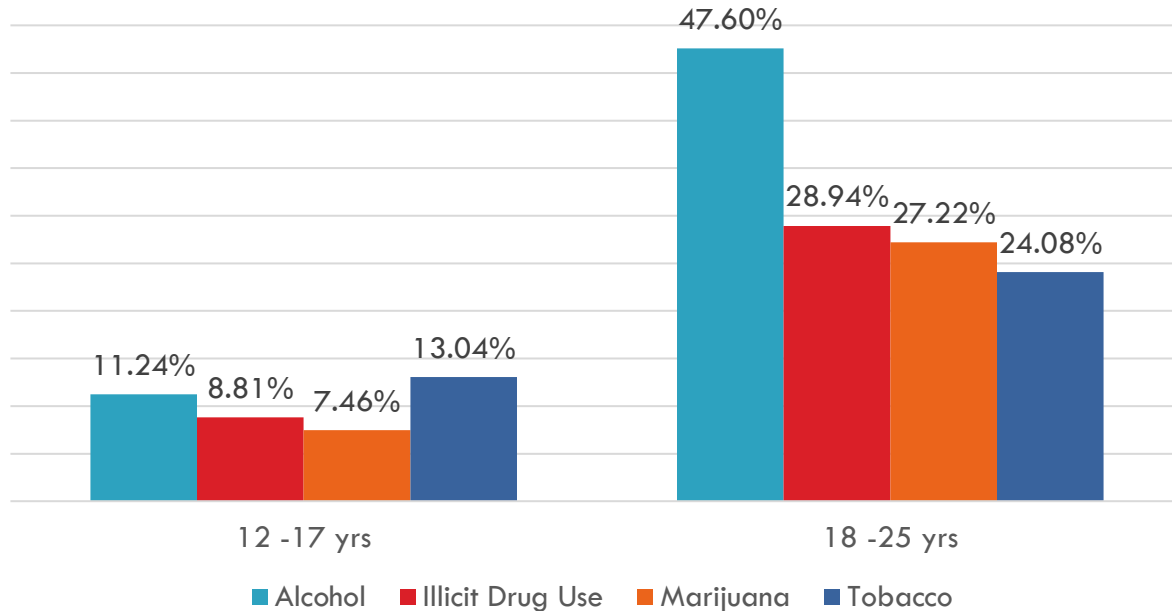
⁴ CT DPH, 2019 Connecticut Youth Risk Behavior Survey Results

OVERVIEW OF TRENDS 2019 YRBS

- Among high school students
 - ▣ Alcohol use has decreased
 - ▣ No change in marijuana use.
 - ▣ Increase in e-cigarettes
- New Youth Risk Behavioral Survey (YRBS) to launch in 2021

Recently Published CT EPI

Estimate of Substance Use Past Month*

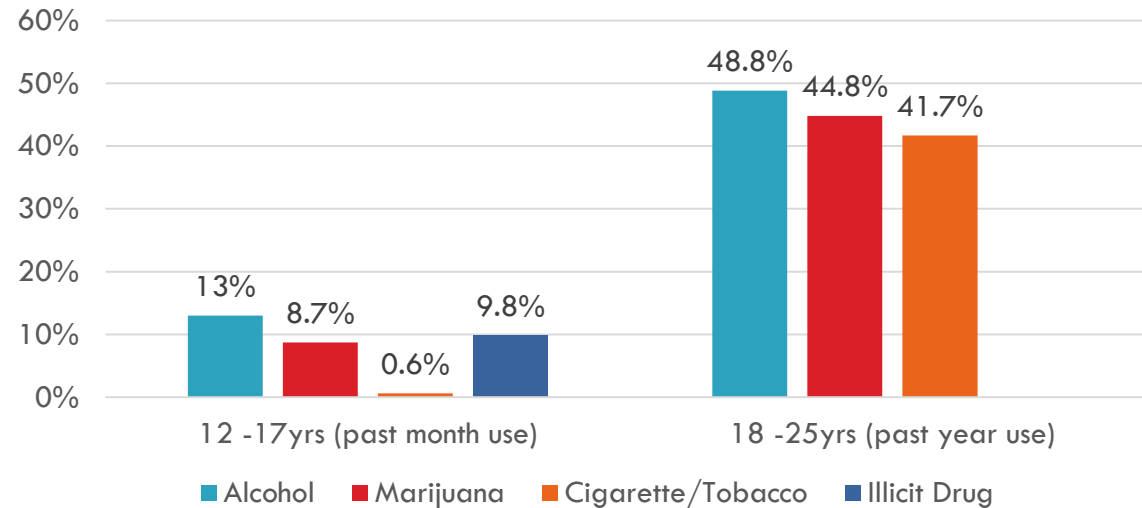


This data was not available at the time of first EPI Report

- This information is based on the most recent 2019 National Survey on Drug use and Health published in December 2020
- This data captures prevalence rates for ages 12-17 years, while YRBS data only focus on High School students

CT Average over 2017-2019

Youth and Young Adult Substance Use Estimates



Data is based on combine 2017-2019 NSDUH Data

- This information is based on the most recent 2019 National Survey on Drug use and Health published in December 2020
- This data captures prevalence rates for ages 12-17 years, while YRBS data only focus on High School students

REGIONAL SPECIFIC EPI- DATA



Region 3 Profile

- 39 Towns
- 429, 936 residents
- 78.8% White, 4.5% Black, 3.6% Asian, 0.5% Native American, 7.2% other, 10% Hispanic
- Comprised on suburban cities and small rural towns

Region 3 High Prevalence Issues 2018

Behavioral Health in Region 3

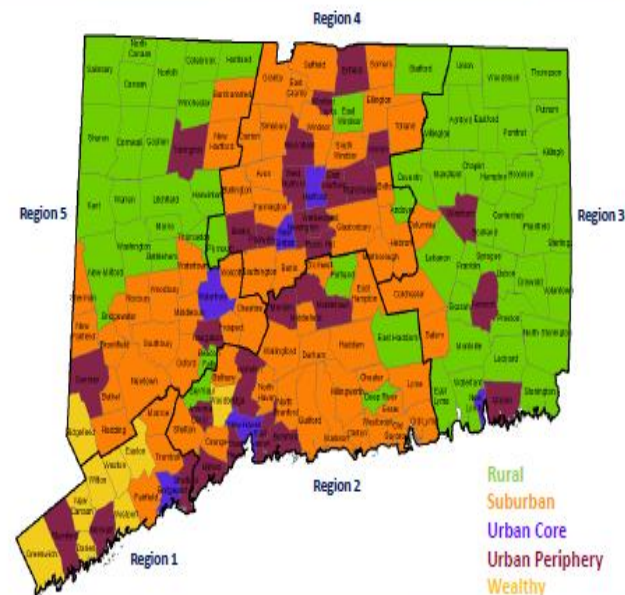
Region 3 has greater prevalence of reported:

- Marijuana Use (Past Year, past month) among individuals 12 or older;
- Heroin Use (past year) among individuals 12 or older;
- Alcohol Use (past month) among youth and young adults (12 to 20);
- Cigarette and tobacco product use (past month) among individuals 12 or older;
- Mental illness and serious mental illness (past year) among adults 18 or older;
- Major Depressive Episode (past year) among adults 18 or Older;
- Serious thoughts of suicide (past year) among adults 18 or older

Source: NSDUH, 2014-2016; SAMHSA



The Five Connecticut and DMHAS Regions



Region 3 - Priority Substances 2019



Regional Priority Reports: Results

Priority Substances



Priority	Region 1	Region 2	Region 3	Region 4	Region 5
1	Mental Health	Mental Health	Mental Health	Alcohol	Mental Health
2	Prescription Drugs	Suicide	Suicide	Anxiety	Alcohol
3	Alcohol	Prescription Drugs	Heroin	Depression	Heroin
4	Vaping/Tobacco &	Alcohol	Alcohol	Trauma	Prescription Drugs
5	Heroin &	Heroin	Prescription Drugs	Prescription Drugs	ENDS &
6	Suicide	ENDS	Tobacco/ENDS	Heroin	Suicide

Priorities in Top 3

Mental Health (5 regions)

Alcohol (3 regions)

Suicide (2 regions)

Prescription Drugs (2 regions)

Heroin (2 regions)

Regional Emerging Issues 2019



Regional Priority Reports: Emerging Issues



	REGION 1	REGION 2	REGION 3	REGION 4	REGION 5
Substance Misuse	<ul style="list-style-type: none"> Vaping in teens/young adults (nicotine and cannabis) Low perception harm for marijuana, other substances Increased use of PCP and cocaine 	<ul style="list-style-type: none"> Vaping (nicotine and cannabis) low perception of harm Increased use of cocaine, PCP, benzodiazepines Legalization of recreational marijuana 	<ul style="list-style-type: none"> Rise in drug related deaths Vaping (nicotine and cannabis) Increased use of cocaine availability of CBD and lack of THC regulation 	<ul style="list-style-type: none"> Increase in fentanyl deaths Vaping Low perception harm for ENDS 	<ul style="list-style-type: none"> Vaping (nicotine and cannabis) Low perception harm Increased use of benzodiazepines Increased use of other illicit drugs (LSD)
Mental Health/ Suicide	<ul style="list-style-type: none"> Increase in suicides Mental health disorders increasingly dramatic in teens/young adults Increased use of psychiatric meds, benzodiazepines/ antidepressants 	<ul style="list-style-type: none"> Suicidal ideation early ages Trauma induced behavioral health & substance misuse issues in family systems Severe emotional disturbance/ psychiatric disorders @ early ages Social media and MH concerns (increases in anxiety, depression) 	<ul style="list-style-type: none"> Increase in suicides 	<ul style="list-style-type: none"> Increase in youth anxiety 	<ul style="list-style-type: none"> Increase in suicides
Problem Gambling		<ul style="list-style-type: none"> Gaming and gambling among college population 	<ul style="list-style-type: none"> Casino expansion Increase in sports betting 	<ul style="list-style-type: none"> Increase in sports betting and gaming Internet and phone addiction 	<ul style="list-style-type: none"> Internet gaming

Region 3 Priority Report Update 2020

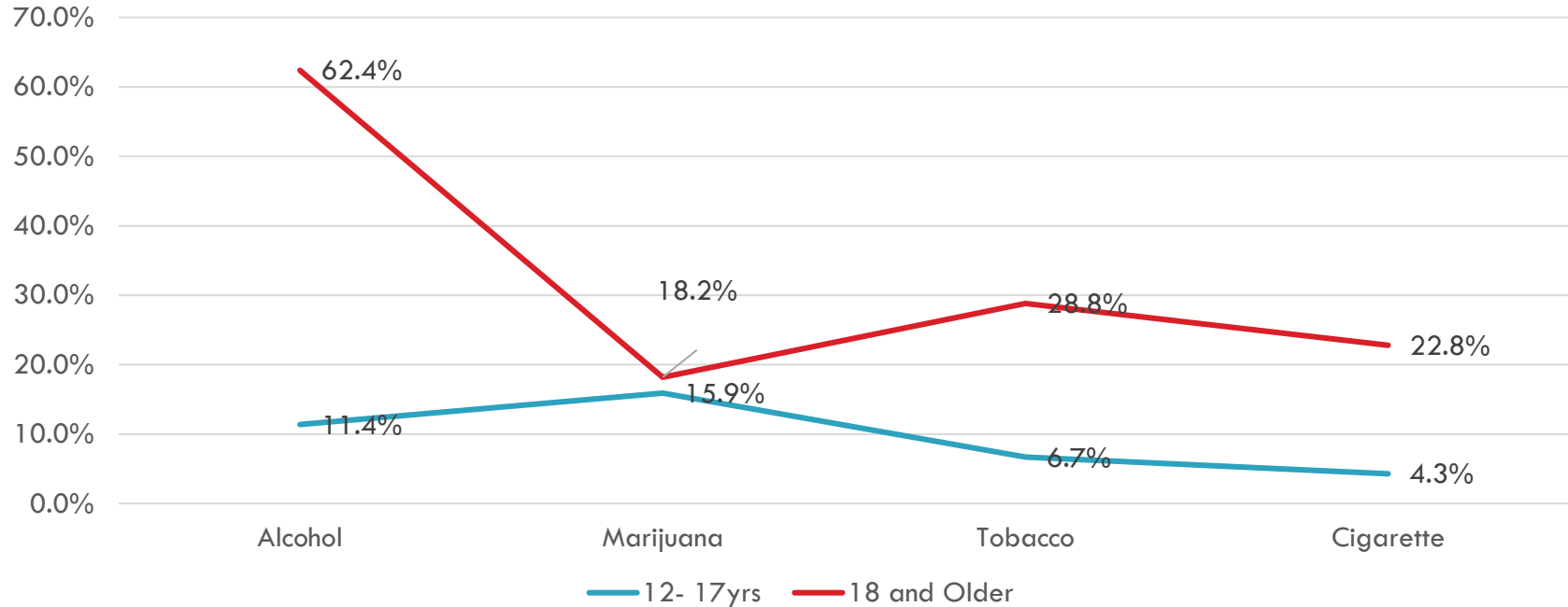
- Assessment of priority services need identified in 2019
 - ▣ High priority area continue to be mental health promotion, treatment and recovery services
- Region 3 priority issues remained the same
 - ▣ Current regional report suggest that anecdotal alcohol use, prescription drug misuse and problem gambling may be higher based on increase access and availability with the region
- Emerging issues: Impact of COVID-19 on individuals and families

Update Regional Data

- Current Regional data is sourced from the 2018 National Survey on Drug Use and Health (NSDUH)
- Data is available for age group 12-17 years and 18 or Older *

Specific data on the 18-25 years age group was not available for Region 3 as such information is captured with the 18 and older age group

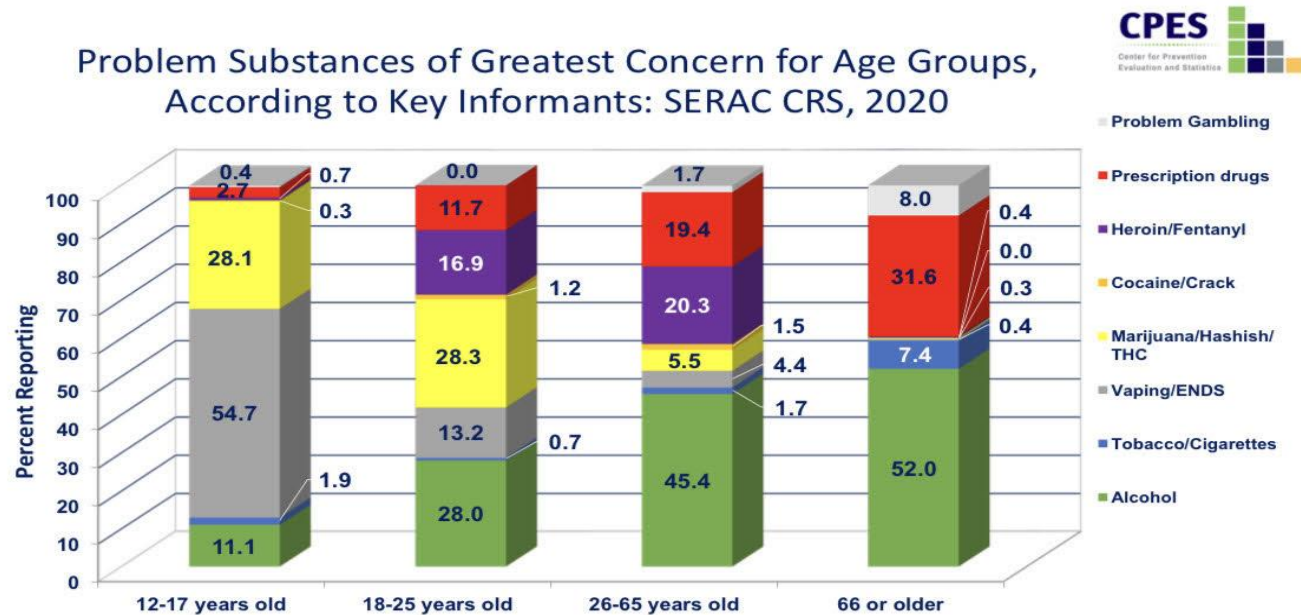
Region 3: 2018 Substance Use



Region 3 : SERAC Youth Survey from 2018-2019

- ❑ Regional Data on youth substance use based on SERAC* Youth Survey from 2018-2019
- ❑ Alcohol and marijuana are the most commonly used substances among youth
- ❑ E-cigarettes were described as an emerging issue

Region 3: Problem Substance





REGION 3

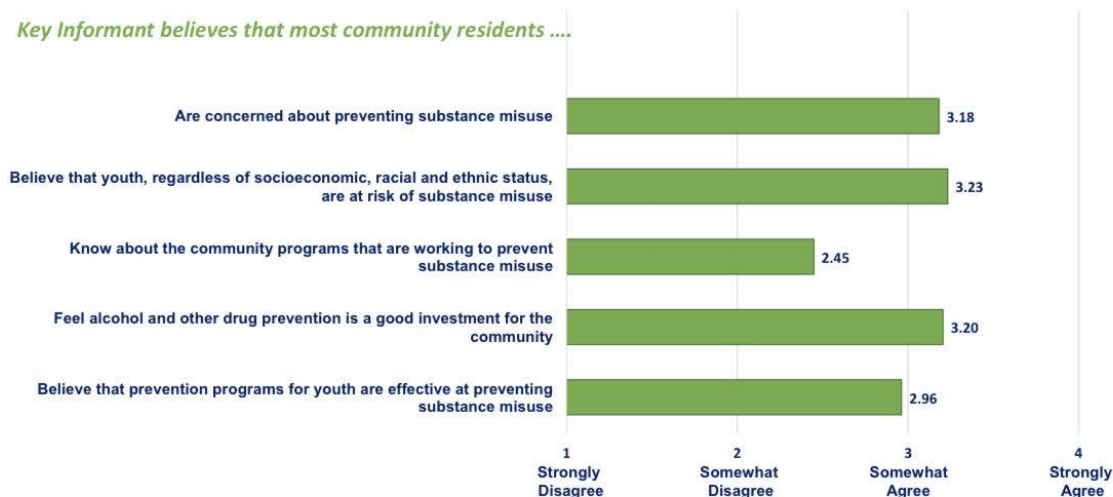
Community Attitude & Readiness

2020 Region 3: Community Attitudes toward Substance Abuse Prevention

Community Attitudes Toward Substance Misuse Prevention [Q14]: SERAC CRS, 2020



Key Informant believes that most community residents

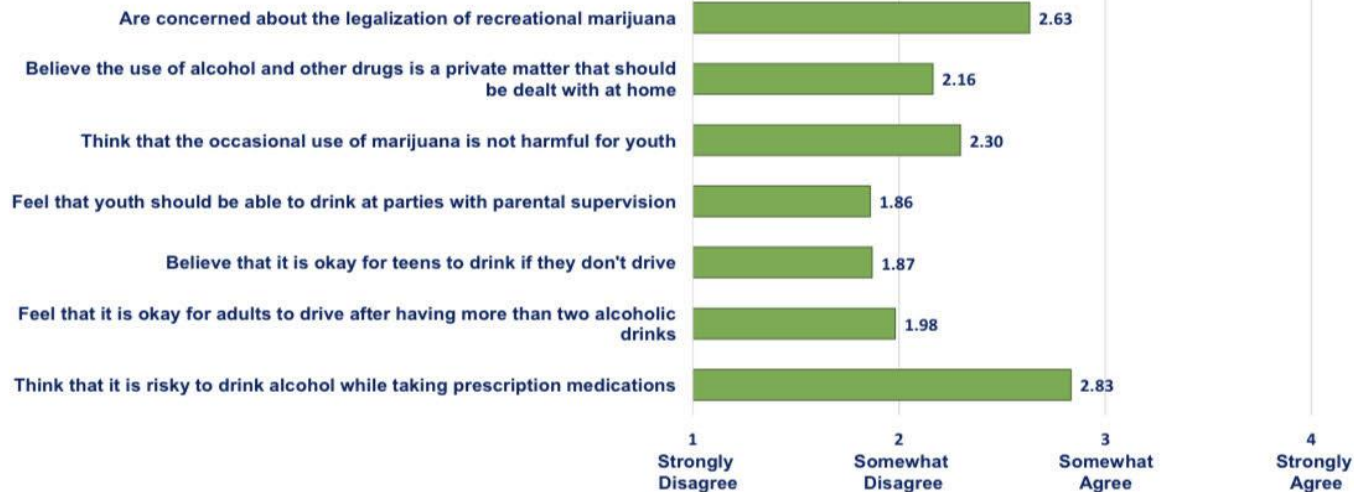


2020 Region 3: Community Attitudes toward Substance Abuse Prevention



Community Attitudes Toward Substance Use [Q14]: SERAC CRS, 2020

Key Informant believes that most community residents



2020 Region 3 Community Readiness

Key Informant Ratings of the Community Stage of Readiness for Substance Misuse Prevention [Q26]: SERAC CRS, 2020



Community Stage of Readiness for Substance Misuse Prevention: SERAC (n=103)	Percent
1 - This town/city tolerates or encourages substance misuse.	0.5
2 - This town/city has little or no recognition of the substance misuse problem.	5.5
3 - This town/city believes that there is a substance misuse problem, but awareness of the issue is only linked to one or two incidents involving substance misuse.	9.4
4 - This town/city recognizes the substance misuse problem and leaders on the issue are identifiable, but little planning has been done to address problems and risk factors.	31.7
5 - This town/city is planning for substance misuse prevention and focuses on practical details, including seeking funds for prevention efforts.	19.3
6 - This town/city has enough information to justify a substance misuse prevention program and there is great enthusiasm for the initiative as it begins.	2.6
7 - This town/city has created policies and/or more than one substance misuse prevention program is running with financial support and trained staff.	12.8
8 - This town/city views standard substance misuse programs as valuable, new programs are being developed to reach out to at-risk populations and there is ongoing sophisticated evaluation of current efforts.	11.3
9 - This town/city has detailed and sophisticated knowledge of prevalence, risk factors, and substance misuse program effectiveness and the programming is tailored by trained staff to address risk factors within the community.	7.0
Mean Stage of Readiness for SERAC	5.21
Mean Stage of Readiness for Connecticut	5.37

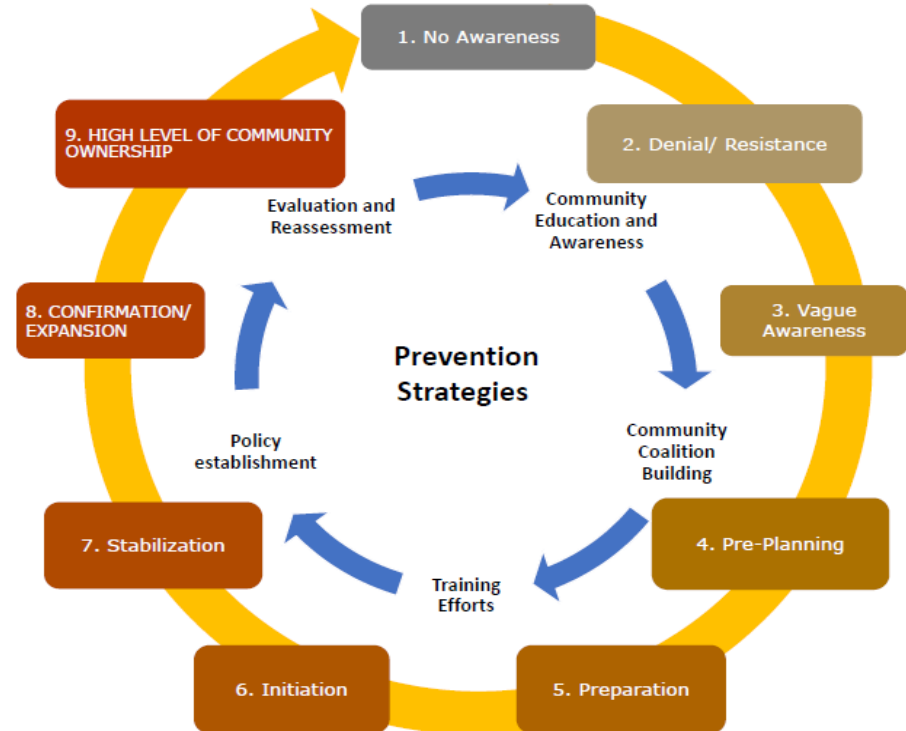
- **The Connecticut Community Readiness Survey**
 - **Stage of Readiness is based on 1-9**
 - **Value of each point on the scale is described in chart**

PPP Community Readiness Survey

- Previously presented community readiness relates Region 3
- Missing from that information is data specific to designated locals being served by the Primary Prevention Project
- An updated Community Readiness will be completed for local tribal communities involved in Primary Prevention Project to determine level of readiness for youth substance abuse prevention

Dimensions of Community Readiness

- ❑ No Awareness
- ❑ Denial/Resistance
- ❑ Vague Awareness)
- ❑ Preplanning
- ❑ Preparation
- ❑ Initiation
- ❑ Stabilization
- ❑ Confirmation/ Expansion
- ❑ High Level of Community Ownership



RECENTLY PUBLISHED NATIONAL DATA ON AMERICAN INDIAN/ALASKAN NATIVES

May, 2021

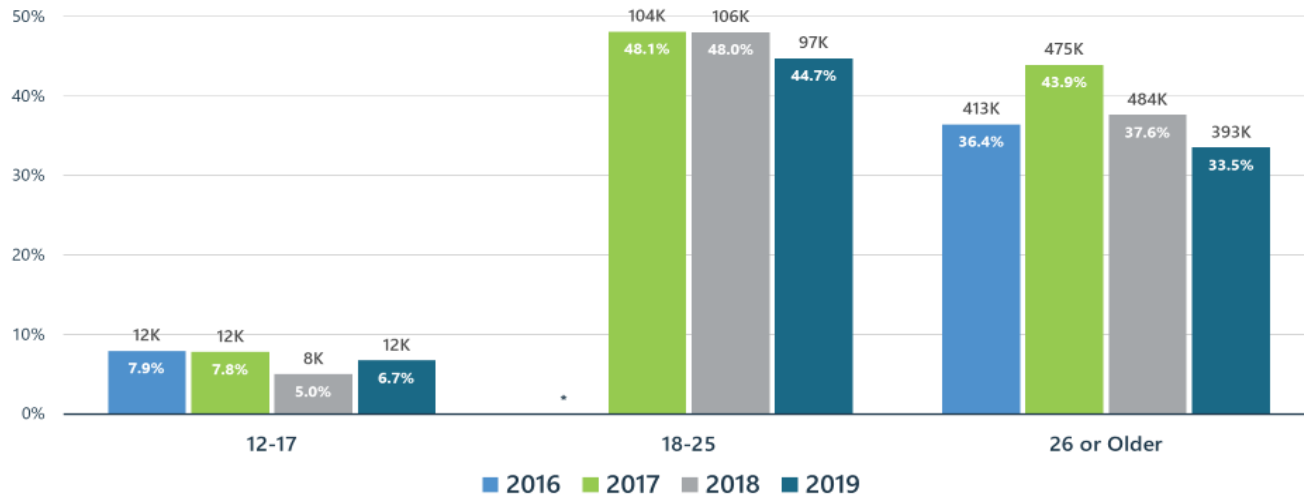
Introduction

- ❑ State and Regional survey data does not include data specific to American Indians and Alaska Natives (AI/ANs).
- ❑ American Indian and Alaska Native (AI/AN) as a racial group account for 1.7% (5.7million) of the population of the United States of American. Though a very small percent of the U.S population, the AI/AN population in disproportionately affected by substance use.
- ❑ The section presents recently published substance use data on American Indians and Alaska Natives (AI/ANs).
- ❑ This national data is sourced from the 2019 National Survey on Drug Use and Health Data (published by SAMSHA September 2020).
- ❑ ***We still need to know what AI/AN data is for region 3***

2019 National Survey On Drug Use And Health: American Indians And Alaska Natives (AI/ANs)

Alcohol Use among AI/ANs

PAST MONTH, 2016-2019 NSDUH, AI/AN 12+



* Estimate not shown due to low precision.

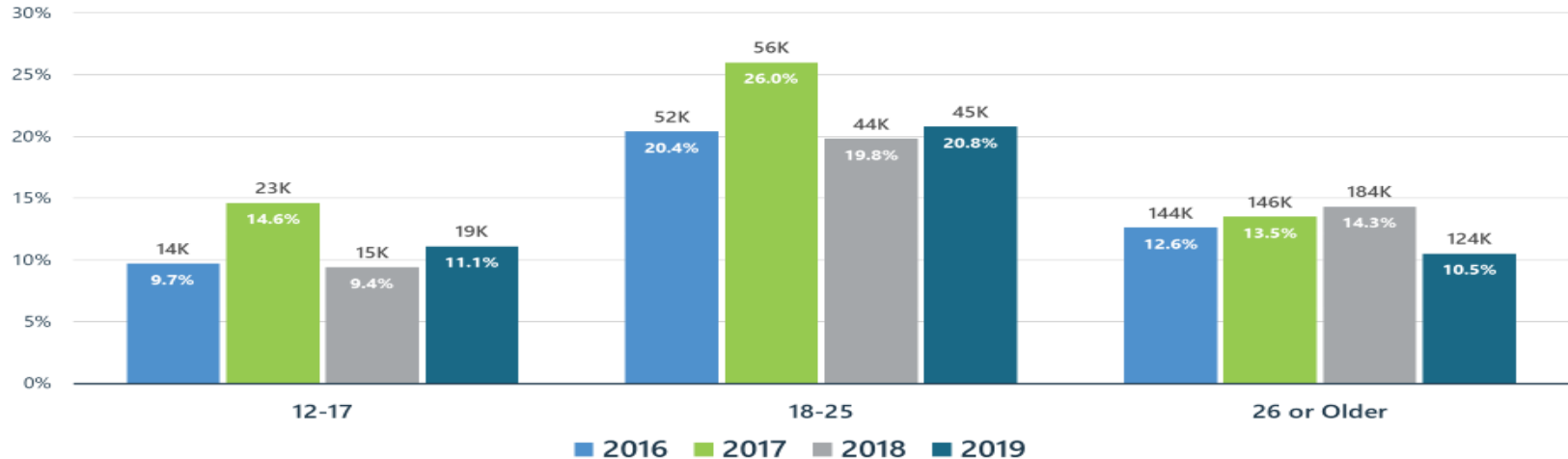
No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

SAMHSA
Substance Abuse and Mental Health
Services Administration

Marijuana Use among AI/ANs (2016-2019)

Past Month Marijuana Use for All Age Groups among AI/ANs

PAST MONTH, 2016-2019 NSDUH, AI/AN 12+

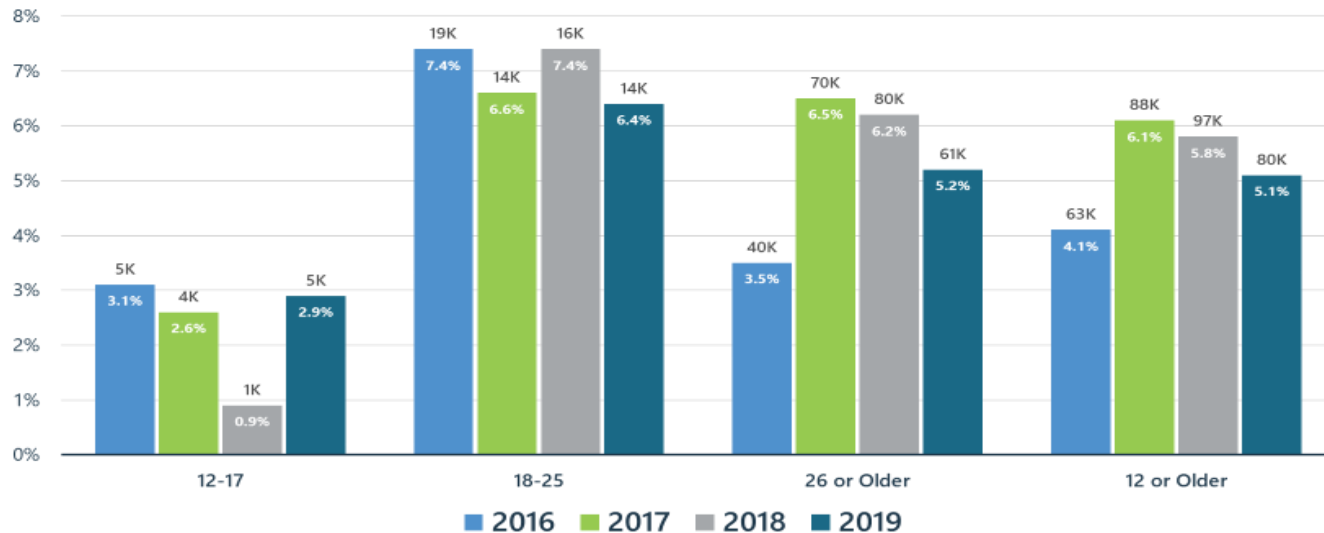


No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

Opioid Misuse among AI/ANs (2016-2019)

Opioid Misuse among AI/ANs

PAST YEAR, 2016-2019 NSDUH, AI/AN 12+

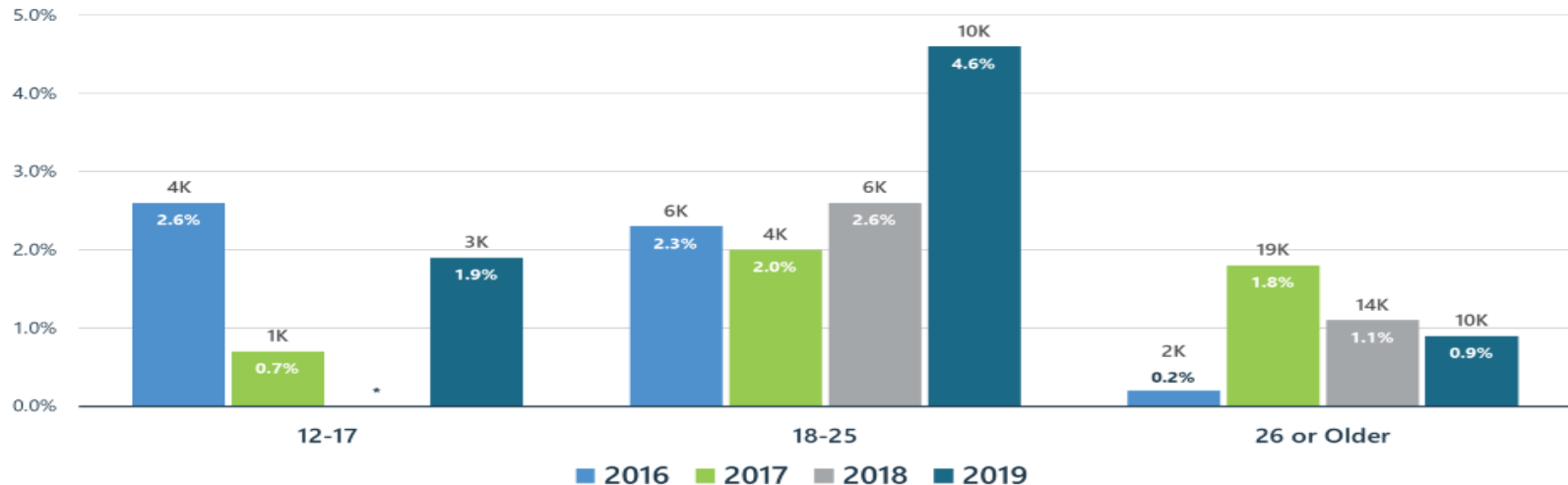


No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

Misuse of Prescription Stimulants among AI/ANs (2016-2019)

Misuse of Prescription Stimulants among AI/ANs

PAST YEAR, 2016-2019 NSDUH, AI/AN 12+



* Estimate not shown due to low precision.

No differences between prior year estimates and the 2019 estimates are statistically significant at the .05 level.

SAMHSA
Substance Abuse and Mental Health
Services Administration

Brief Summary of National AI/ANs Data

12-17yrs old

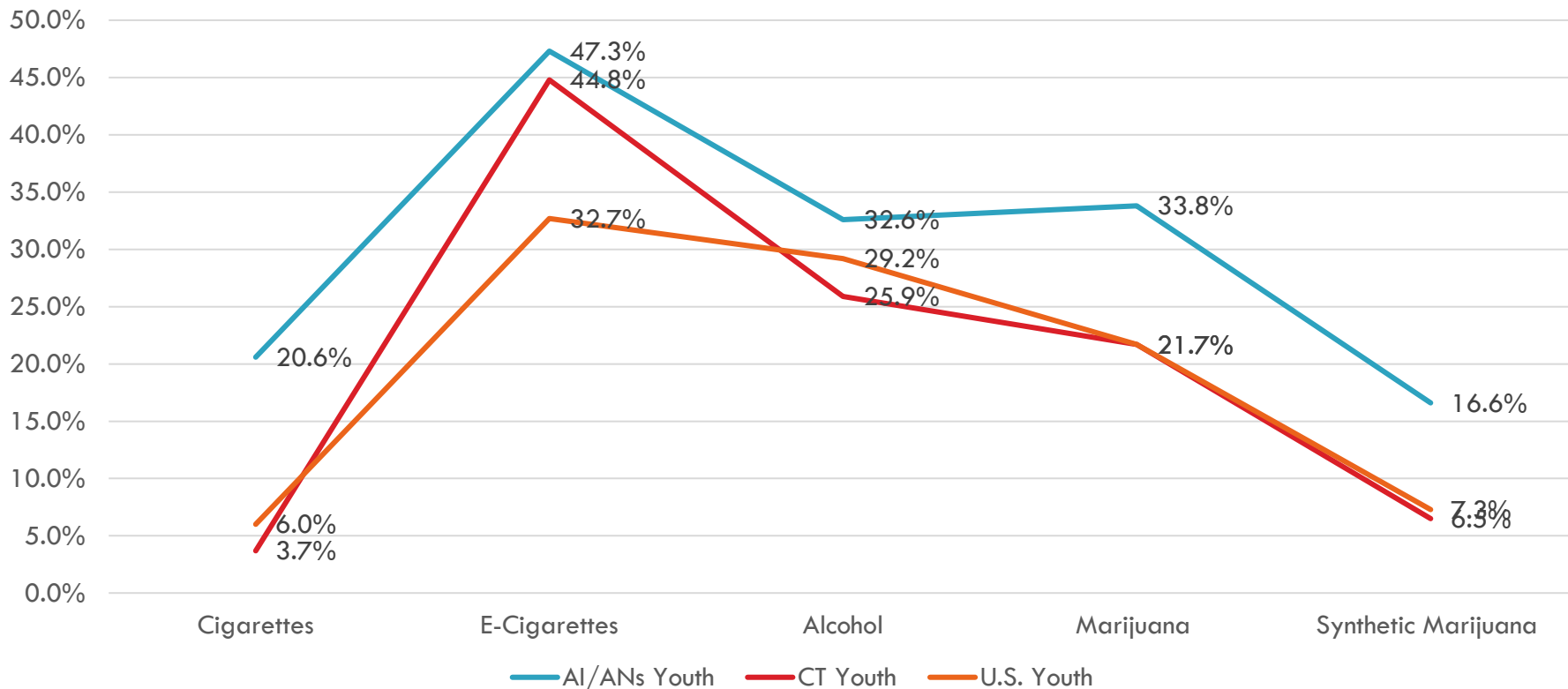
- ❑ Increase in alcohol use
- ❑ Increase in past marijuana use after decline in 2018
- ❑ Increase in opioid misuse
- ❑ Increase in misuse of prescription stimulants

18-25years

- ❑ Alcohol use remains high
- ❑ Marijuana use rates remains steady
- ❑ Slight decrease in opioid misuse
- ❑ Increase in misuse of prescription stimulants

Comparison of AI/ANs Youth to U.S. & CT Youth

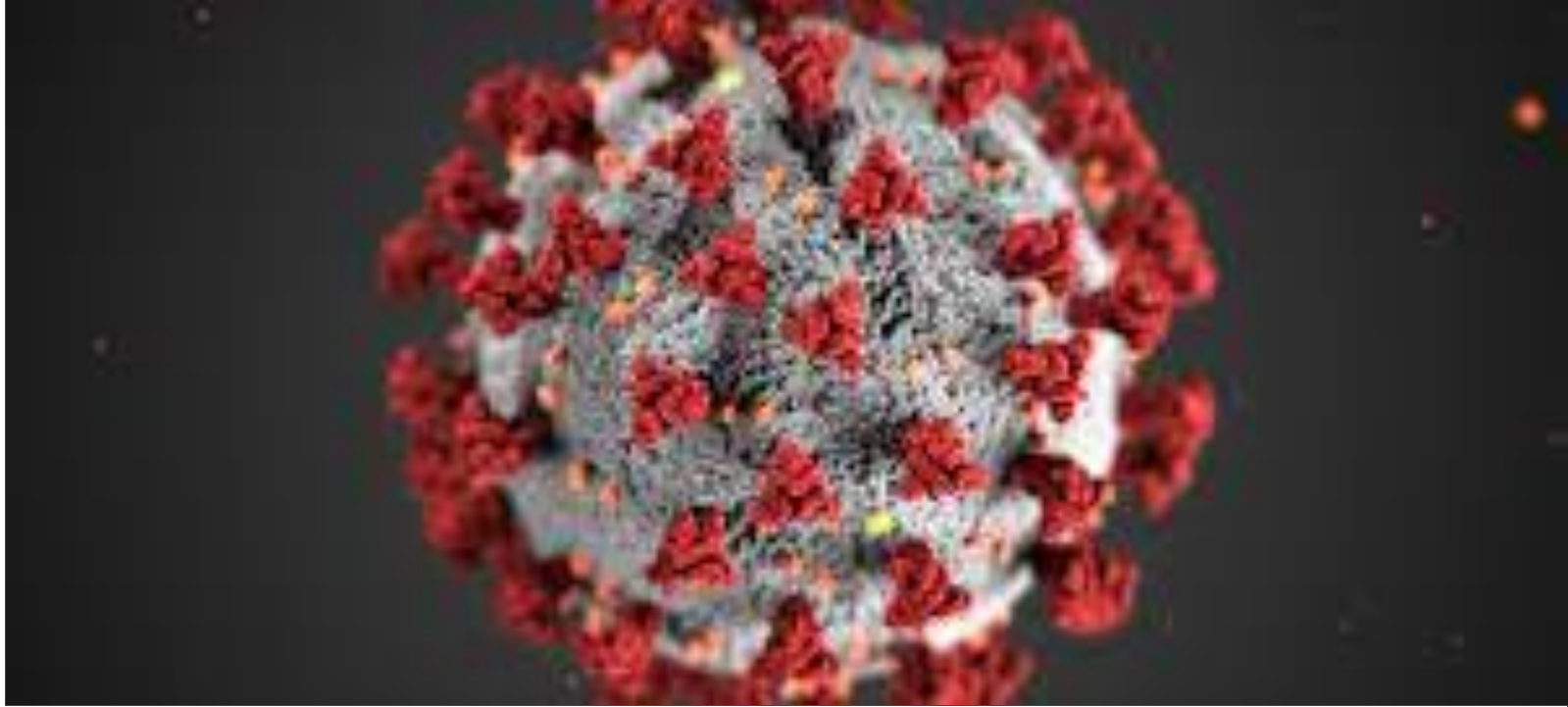
Current Substance Use 2019 YBRS



Current substance use rates for AI/ANs youth are above the national and state use

Gap in data

- ❑ We still need data on AI/ANs in Connecticut and specifically for Region 3.
- ❑ CDC completing Adolescent Behaviors and Experience Survey (ABES) results to be release Fall 2021
- ❑ CDC yet to complete 2021 YRBS



COVID-19 Impact

Impact of COVID-19 on laws and policies

- The following changes in states policies are to be observed for their impact on substance use among target population
 - ▣ Connecticut enacted changes in marijuana law
 - ▣ Legalization of sports betting
 - ▣ The delivery of alcohol to homes from restaurant and liquor stores during the pandemic

Impact of COVID CT Youth substance use

- Focus group completed by CT Partnership for Success (PFS) with a sample of youth (n=134)
 - Youth Ages 12-20 years old
 - ▣ Alcohol continues to be the most widely used substance by youth
 - ▣ Youth reported increased use of marijuana among themselves and their peers
 - ▣ Increased use in these substance related to youth need to manage psychological distress related to COVID-19
- CT Young Adult Statewide Survey
 - ▣ Young Adults ages 18-25 years.
 - ▣ Results indicated an increase in alcohol use as result of COVID-19

Impact of COVID CT Young Adult substance use

- ❑ CT Young Adult Statewide Survey
 - ▣ Youth Ages 12-20 years old
- ❑ Alcohol continues to be the most widely used substance by youth
- ❑ Youth reported increased use of marijuana among themselves and their peers
- ❑ Increased use in these substance related to youth need to manage psychological distress related to COVID-19

Impact of COVID-19 on American Indian or Alaska Natives in CT

- CT COVID-19 Impact data
 - ▣ Data collected between March 2020-March 2021
- High cases of COVID-19 compared to Whites and Asians
 - ▣ 4,086 cases per 100,000 people
- Economic impact of COVID-19 on AI/ANs is observed in the rise in unemployment claims



Contact

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