

BY THE NUMBERS

Four out of five high school students think binge drinking alcohol once or twice a week is harmful.¹ Only **1 in 4** adults 18-25 feel the same way.²



In 2015 only **2 of 5** high school students felt smoking marijuana once or twice a week was harmful.¹ **Perception of harm related to marijuana use by both youth and adults has decreased steadily in recent years.**^{1,2}

1 in 7 Maine high school students thought they'd be seen as "cool" if they drank alcohol or smoked marijuana. Almost **9 in 10** report that **their family has clear rules around drug and alcohol use.**¹



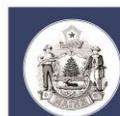
Two out of three parents thought it was never okay for their teen to use marijuana. **One in six** felt it would be okay with medical supervision.³

More than half of high school students believed that alcohol and **marijuana were easy to obtain.**¹ **More than a third** of parents felt their teen could access prescription medications at home without permission.³



The potential for diversion of prescription drugs remains a problem. In 2015 there were 67 narcotic units (e.g., pills) dispensed per person.⁴ In 2013-15, the vast majority of calls to the Poison Center involved **opioids (5,642/year), benzodiazepines (3,321/year), and stimulants or street drugs (1,420/year).**⁵

1. Maine Integrated Youth Health Survey
2. National Survey on Drug Use and Health
3. SAMHS Parent Survey
4. Prescription Monitoring Program
5. Northern New England Poison Center
6. Web Infrastructure Treatment System



Paul R. LePage, Governor

Department of Health
and Human Services
Maine: People Living
Safe, Healthy and Productive Lives

Mary C. Mayhew, Commissioner

SPOTLIGHT ON: MENTAL HEALTH AND COMORBIDITY

The relationship between substance use and mental health is well documented. It is important to understand how substance use and mental health interact with one another so that prevention and intervention efforts can better address the needs of both.

Mental illness is prevalent among Mainers who needed treatment for substance use, with over half of all substance abuse treatment admissions in 2015 involving a mental health disorder and nearly one-quarter receiving outpatient mental health services in the past year.⁶



In 2015, students who felt hopeless or sad for at least two weeks within the past 12 months were twice as likely to have used marijuana or to have engaged in binge drinking and three times as likely to have misused prescription drugs during the past 30 days.¹

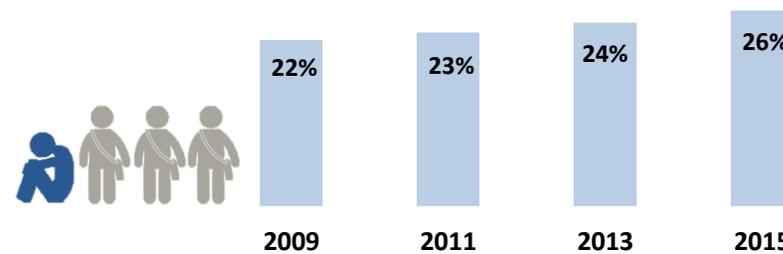


Perceptions of harm, accessibility, cultural norms, and mental health are associated with substance use.

In 2015, more than **1 in 4** high school students reported feeling sad or helpless for at least two weeks in the past year.¹

Rates have been steadily increasing for the past several years.

MIYHS Question: "In the past year, have you felt so sad or hopeless that you stopped doing your usual activities for at least two weeks?"



This fact sheet is a product of the Maine State Epidemiological Outcomes Workgroup (SEOW). For more info, visit www.maineoseow.com