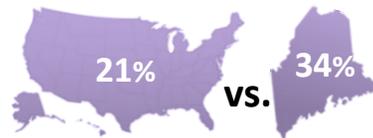


## SUBSTANCE USE



One in three young adults (18-25) in Maine reported binge drinking within the past month.<sup>1\*</sup> One in three Mainers 18 to 25 report using marijuana in the past month.<sup>2\*</sup>

Young adults (18-25) in Maine have higher rates of marijuana use in the past month than the US.<sup>2\*</sup>



Maine adults 18 to 25 (7%) are more likely than adults 26 years and older (1%) to have used cocaine within the past year.<sup>2\*</sup>



Seven percent of Mainers 18 to 25 report misusing prescription pain relievers in the past year.<sup>2\*</sup>

## CONSEQUENCES

In 2018, Maine adults 18 to 25 observed the highest rates of EMS responses related to an alcohol overdose.<sup>3</sup>



From 2017 to 2018, EMS alcohol-related overdose responses among young adults (18-25) in Maine decreased by 19% while drugs/medication responses decreased by 16%.<sup>3</sup>

## CONTRIBUTING FACTORS

Mainers 18 to 25 have consistently held lower perceptions of harm from binge drinking, smoking marijuana, and using heroin than adults 26 and older.<sup>2\*</sup>



## TREATMENT

One in six Mainers 18 to 25 qualified as needing but not receiving treatment for substance use within the past year.<sup>2\*</sup>



## MENTAL HEALTH & CO-OCCURRING DISORDERS

During 2016-17, 15% of Mainers 18 to 25 experienced at least one major depressive episode<sup>†</sup> within the past year. Rates have increased since 2015-16 (10%).<sup>2\*</sup>

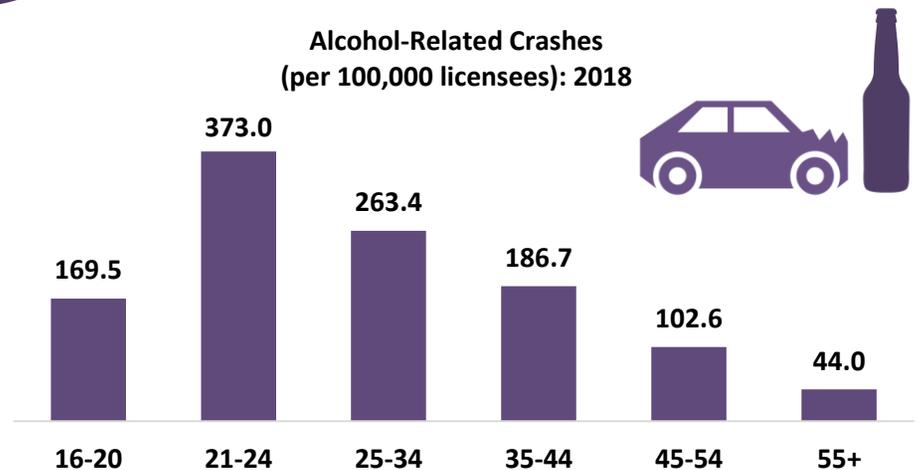
One in four Maine young adults (18-25) experienced any mental illness in the past year.<sup>2\*</sup> Among young adults with any mental illness, 1 in 4 (27%) qualified as having a substance use disorder in the past year.<sup>2\*</sup>



Young adults in Maine are more prone to risky substance use and mental illness.

Maine drivers 21 to 24 had the highest alcohol-related crash rate in 2018 (373 per 100,000 licensees).<sup>4</sup>

Alcohol-Related Crashes (per 100,000 licensees): 2018



<sup>1</sup> Behavioral Risk Factor Surveillance System\*

<sup>2</sup> National Drug Use and Health Survey\*

<sup>3</sup> Emergency Medical Services

<sup>4</sup> Maine Department of Transportation

\*Self-reported data

<sup>†</sup> Major depressive episode is a period of at least two weeks when a person experienced a depressed mood or loss of interest in daily activities and had a majority of specified depression symptoms.