

Behavioral Health Barometer Wood County Youth

2024

Indicators as measured through the ADAMHS
Youth Survey on Addiction and Mental Health



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WOOD COUNTY
EDUCATIONAL
SERVICE CENTER



Wood County
ADAMHS
Promoting Community Wellbeing

Alcohol, Drug Addiction and Mental Health Services Board



WOOD COUNTY
PREVENTION COALITION
Uniting for a drug free community since 2004

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Executive Summary, 2024



The prevalence of substance use among Wood County adolescents has changed dramatically over the past 6 years (2018 to 2024). For example, the reported use for almost all substances increased between 2018 and 2020 (pre-pandemic). Substance use then decreased dramatically between 2020 and 2022, after the onset of the COVID-19 school closures in Wood County and increases in social distancing. In 2024, the Wood County data demonstrates that the post pandemic decline in adolescent substance use has persisted, rather than bouncing back to pre-pandemic levels.

The Wood County ADAMHS Youth Survey is funded by the Wood County Alcohol, Drug Addiction and Mental Health Services Board and by the Wood County Educational Service Center.

Similar trends in adolescent substance use have been reported by the University of Michigan's Monitoring the Future study. The Wood County data further illustrates the trend in declining substance use, with Wood County youth reporting the lowest levels of substance use in the 20-year history of the survey. After two years of returning to school, teen drug use did not bounce back to pre-pandemic levels. Research has shown that delays in the onset of substance use among teens can lower trajectories of rates in the future.

While vaping remains the most common method of nicotine consumption among adolescents, the share of students who report vaping nicotine within the past 30-days dropped significantly, from 6.1% of eighth-graders in 2020 to 3.4% in 2024; from 15.1% to 5.7% among 10th-graders, and from 22.2% to 8.1% among 12th-graders.

Alcohol remains the substance with the highest use, but even 30-day alcohol use has declined dramatically, from 7.6% of eighth-graders in 2020 to 3.0% in 2024; from 16.5% to 8.2% among 10th-graders, and from 26.6% to 15.7% among 12th-graders. Over the past 20 years (from 2004 to 2024), 30-day alcohol use among 12th graders decreased from 47% in 2004 to 15.7% in 2024.

Staff at the Wood County Educational Service Center try to identify the pivotal elements that contributed to the declines in use. They have identified reduced drug availability, changes in peer attitudes and peer pressure, family involvement, educational programming, and community involvement and awareness. They use the findings to help direct future prevention efforts.

The ADAMHS Youth Survey also follows trends in adolescent mental health, bullying, suicide, family dysfunction (ACES) and gaming and gambling.

The 2024 results among Wood County adolescents welcomed a reversal of the growing increases in mental health issues that began around 2018 in the pre-pandemic period. In 2024 Teens reporting 'no problems' on the Problem Severity Index increased from 47.6% (in 2022) to 50%, while teens reporting severe and intense mental health issues decreased from 13.1 % to 10.5%.

The 2024 results also welcomed a reversal of the growing trend in teen suicide ideation and attempts. Rates had been increasing nearly every year over the past decade. While rates have not returned to their lowest levels, they dramatically declined in 2024.

Executive Summary, continued



Staff at the Wood County Educational Service Center believe the improvements in mental health may have resulted from a combination of initiatives including: ODE’s mandates for PBIS and SEL which are now being implemented in local schools; stepped up prevention and intervention programming from counselors and prevention staff; from constant education and awareness; and, from students finding structure in the return to extracurricular activities and social engagement.

Teens also reported lower rates of adverse childhood experiences that relate to abuse and neglect. For example, when asked if they experienced emotional or physical neglect, rates dropped significantly, from 21.7% for emotional neglect in 2022 to 14.7% in 2024; from 5.9% to 4.2% for physical neglect. Declines for physical, emotional, and sexual abuse also declined. Rates for family dysfunction remained the same (parents suffering from mental illness, substance abuse or marital dysfunction).

On the other hand, reports of bullying, especially among teens in grades 5 through 9 continue to trend upwards, especially for cyber and verbal bullying.

Youth reported a dramatic increase in gaming activity over the past 2 years, a trend that began in the pandemic. Fifth and sixth graders reported the highest rates (42% report gaming 2 hours or more every day). Gaming activity is any gaming-related activity that has been played either from a computer/laptop, from a gaming console, or from any other kind of device (phone, tablet) on or offline. While gaming activity increased significantly, few report problem or disordered gaming.

Gambling within the game increased dramatically. Youth reported a doubling in the purchase of ‘mystery boxes’ or of using currency (apex coins or jewels) within the game. In 2022, about 19% of teens reported buying mystery boxes, but the rate jumped to 40% in 2024. Fantasy and daily fantasy sports betting also increased among 11th and 12th grade males, but other forms of gambling (buying lotto tickets or scratch-offs) declined slightly.

High school junior and senior males reported increases in sports betting via participation in fantasy sports teams or in daily fantasy sports. Interestingly, 15% of these males reportedly downloaded sports betting apps (which became legal in Ohio in 2023) and 13% reportedly had a 21-year-old place a bet for them.

Additional findings are available in a larger publication “The Wood County Youth Survey, 2024” which may be found on the Wood County ESC website: <https://www.wcesc.org/programs-and-services/prevention-education/publications/>



METHODOLOGY



This is a report on the 2024 ADAMHS Board/Wood County Educational Service Center Survey on Alcohol and Other Drug Use among elementary, junior high, and high school adolescents in Wood County, Ohio. It is the tenth biennial report of a series that began in 2004.

The 2024 ADAMHS Youth Survey was conducted online using Qualtrics Software. The online protocol produced a higher response rate than the pencil and paper protocol in past ADAMHS Youth Studies, without substantially affecting estimates of substance use (Patrick, et al. (2021).

The 2024 survey was collected from a total of 9,322 students in grades five through twelve in Wood County in November, 2023. The total N is about the same as the 2022 population (9,359). Males comprised 49.5 % (N=4446) of the population; females comprised 46.8 % (N=4206); non-binary comprised 1.9 % (N=171) and 1.8% (158) preferred not to say. Grade differences were as follows:

Grade	5	6	7	8	9	10	11	12
Total	1119	1167	1121	1192	1242	1129	1171	820

Students were asked to assign themselves to one of eight racial/ethnic groups. Students described themselves as White (77.8%), Black or African American (3.6%), Latino (5.4%), Multicultural (5.1%), Asian (2.6%) or other (5.5% - combines choice of Pacific Islander, Middle Eastern, Native American, and Other).

Students who reported using a fake drug were excluded from the analysis (n=107). Students who did not complete at least 70 % of the survey were excluded (n=268). Students who reported using all drugs at all times in the maximum amounts were excluded from the survey (n=70). A total of 9,322 surveys were collected and 341 surveys (3.7%) were excluded, leaving 8,891 surveys for analysis. It should be noted that duplication of exclusion factors oftentimes exists on the same survey (i.e. respondent will report use of the fake drug, report using all substances in excess, and be inconsistent in their reporting). Finally, Penta Career Center (414) data is not included in the overall analysis, reducing the number of surveys in this report to 8,567. Penta is excluded so that survey results will more closely compare to the Monitoring the Future results, where career centers are not included in the analysis.

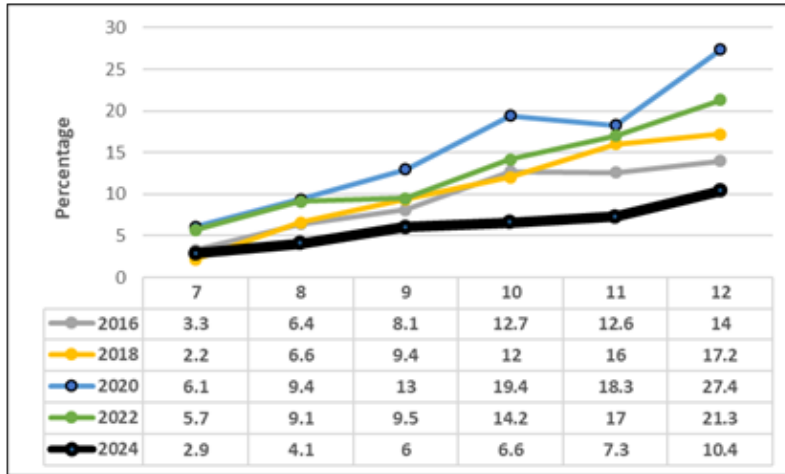
Substance use indicators were taken from the “Monitoring the Future” study by Johnston, O’Malley and Bachman (The University of Michigan’s Institute for Social Research). Unless otherwise noted, all charts and figures report the “Percentage” of respondents.

Reliability measures were calculated for the various scales and indicators. In the 2024 study, internal consistency for the various scales was strong (Cronbach α 's ranged between .85 and .93 per scale). Substance use and attitudinal question reliability was also strong (Spearman Brown and Guttman split half coefficients averaged around .80).

VAPING



VAPING IN PAST 30 DAYS



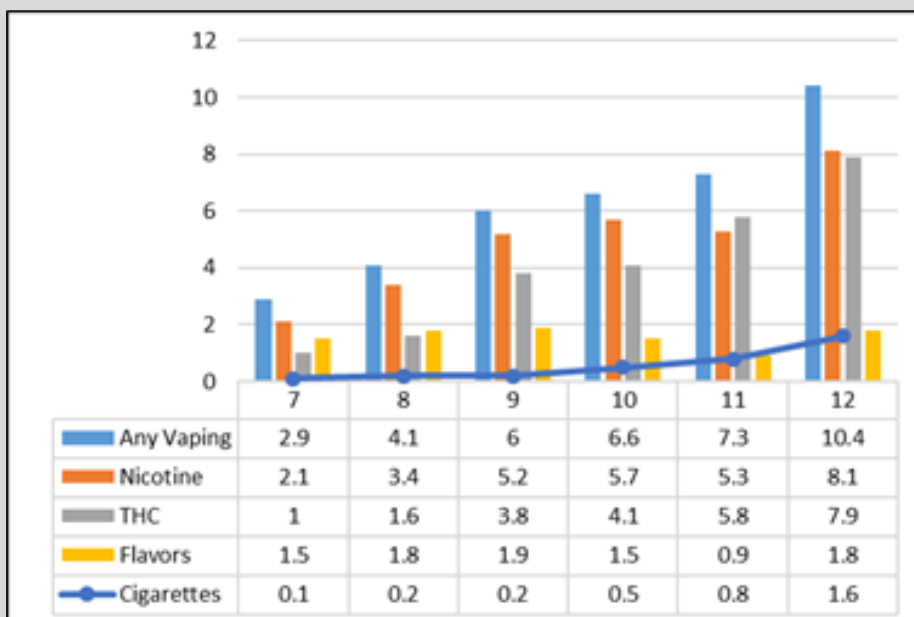
10%

One in ten 12th Graders Vape in Wood County (rates have been declining since 2020)

Vaping nicotine has replaced and/or supplemented the use of cigarettes.

8.1% of 12th graders vape nicotine

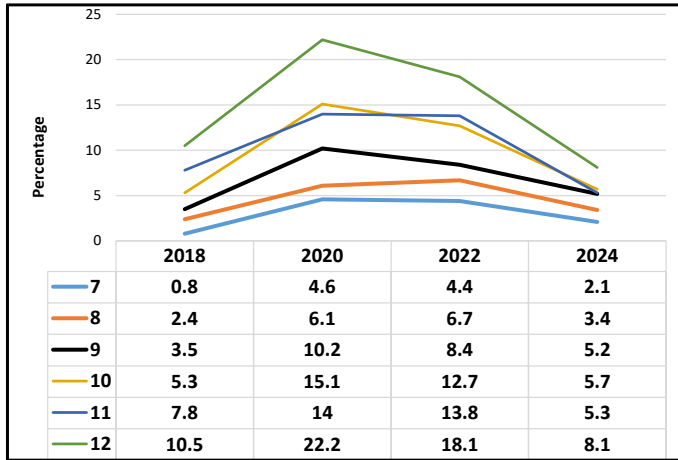
WHAT'S IN THE VAPING DEVICE?



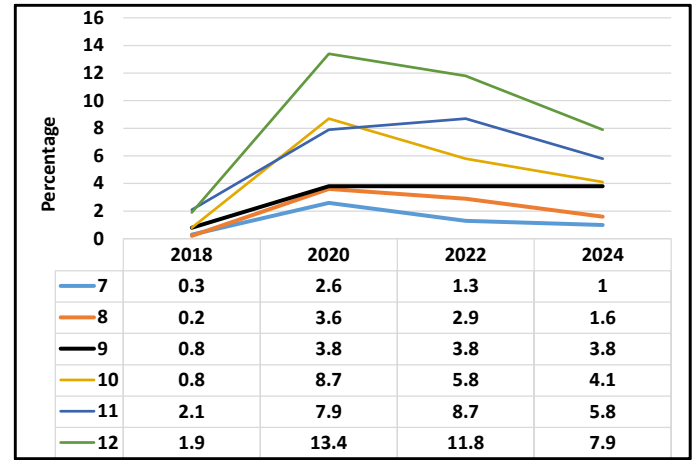
VAPING



NICOTINE VAPING



MARIJUANA VAPING



7.9% OF 12th GRADERS VAPED MARIJUANA WITHIN THE PAST 30 DAYS.

Among those who vape nicotine, 18% said they are 'hooked,' up from 13% in 2022

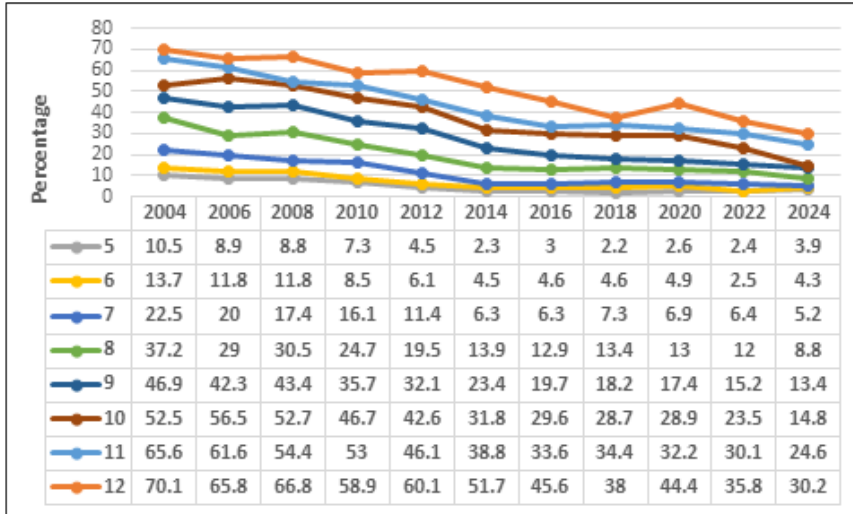
Vaping has declined since its high point in 2020

VAPING HARMS THE DEVELOPING BRAIN. Vaping typically delivers nicotine, a harmful drug to the youth brain and body. Teens are particularly vulnerable to the effects of nicotine since the brain is still developing during these years and through young adulthood. Teens who vape marijuana experience the same side effects as they would if they smoked marijuana—all of which can be heightened if the person uses marijuana with another substance, such as alcohol.

ALCOHOL



ALCOHOL USE LAST YEAR



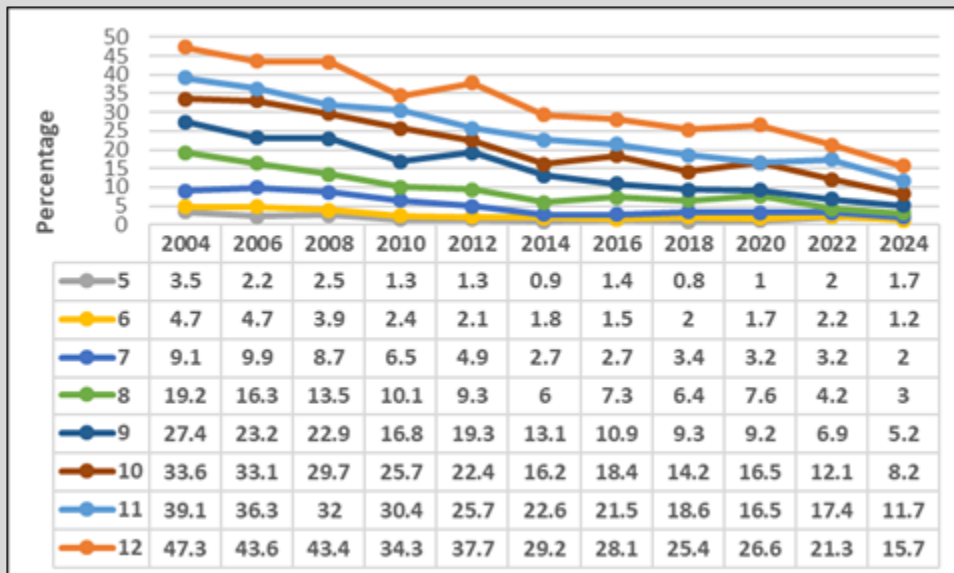
-57%

Annual alcohol use among 12th graders decreased from 70% to 30% since 2004

The decades old decline in alcohol use among school aged youth continued since the pandemic ended

Monthly drinking lowest levels recorded

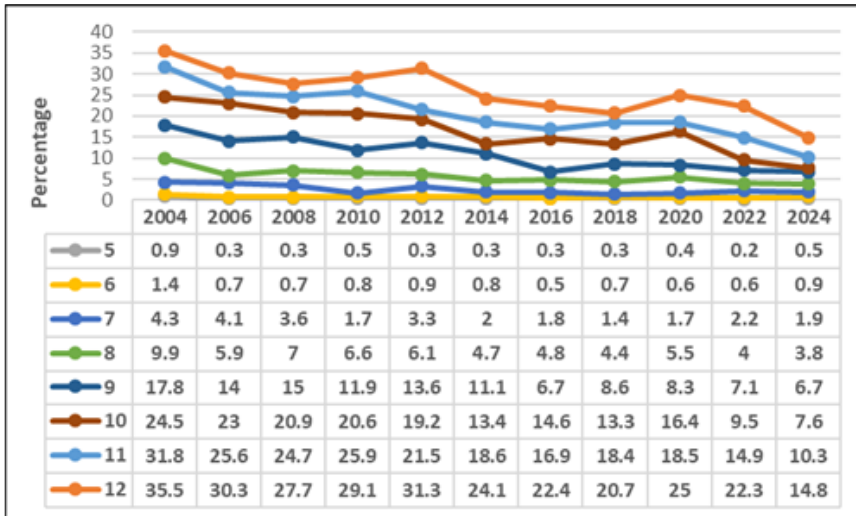
DRINKING IN PAST 30 DAYS



MARIJUANA



MARIJUANA USE LAST YEAR



-58%

Annual marijuana use among 12th graders decreased from 36% to 15% since 2004

Peer disapproval of marijuana use increased slightly between 2022 and 2024

The decades long decline in marijuana use continues

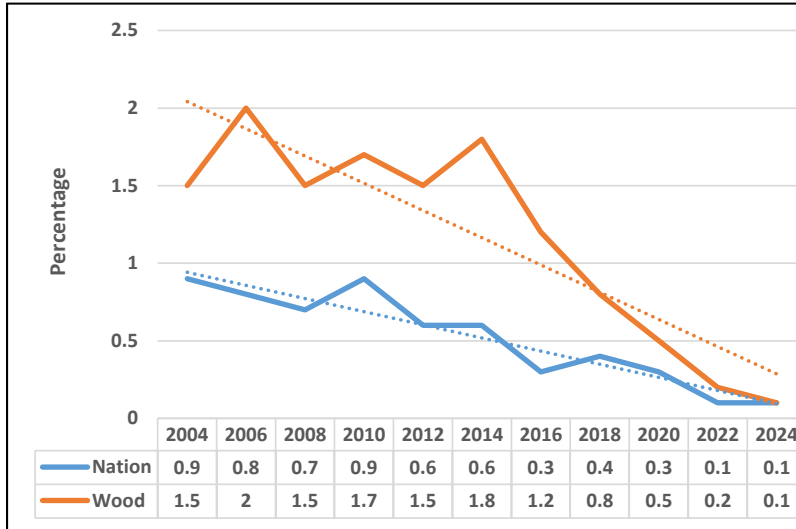
30 DAY MARIJUANA USE BY METHOD

Grade	Monthly Marijuana Use 2024			Marijuana Edibles				
	Any Use 24	Vaping 24	Edibles 24	Grade	2018	2020	2022	2024
7	1.5	1	2.7	7	0.8	1.4	2.7	2.7
8	1.8	1.6	4.6	8	2.3	2	4.9	4.6
9	3.4	3.8	6.3	9	3.2	3	5.7	6.3
10	4.8	4.1	6.5	10	4.2	5.2	7.8	6.5
11	6.6	5.8	7.9	11	7.4	3.7	12.5	7.9
12	10.5	7.9	11.1	12	7.7	7.7	16.9	11.1

HEROIN AND PAINKILLERS



Heroin Use Last Year



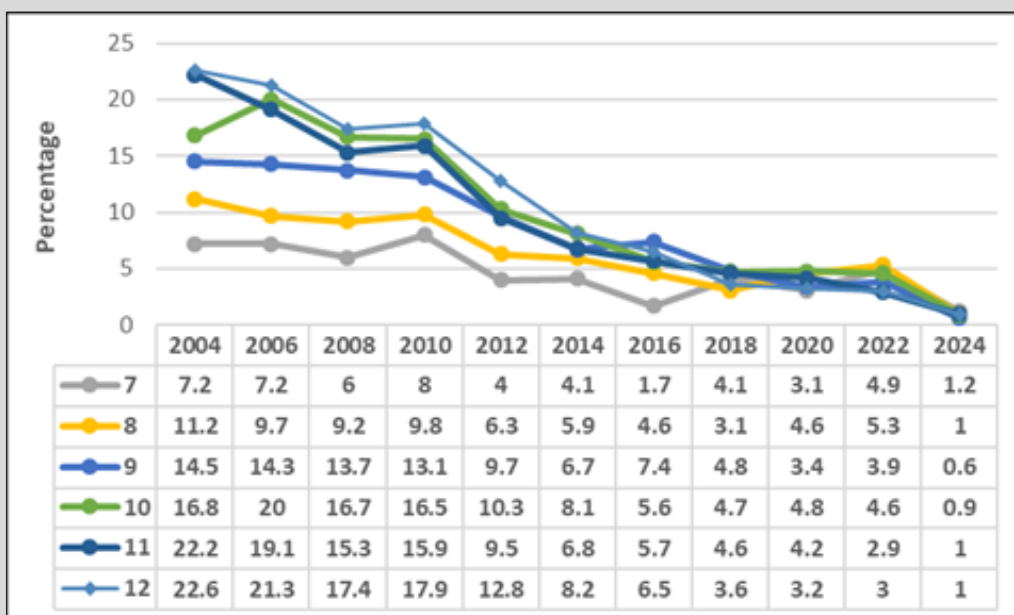
7

Number of school aged youth in Wood County who tried heroin

School aged adolescents escaped the national epidemic of heroin and opioid abuse

Heroin is the LEAST likely drug used by teens

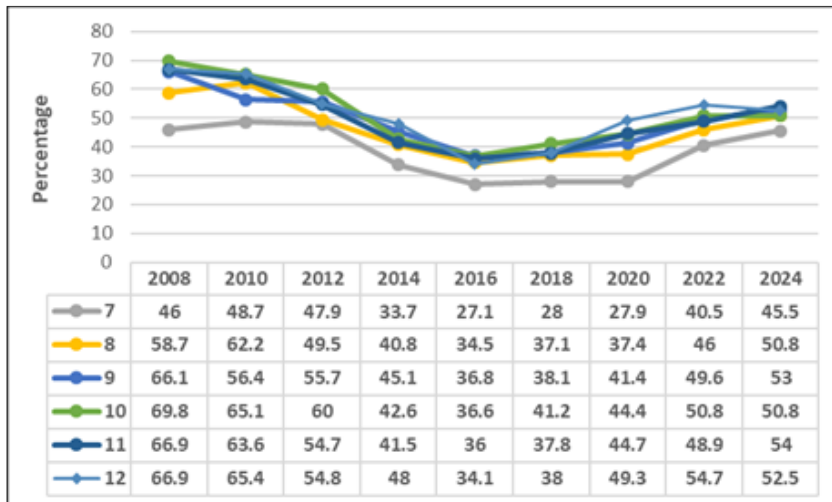
PAINKILLER USE (Annual use)



CAFFEINATED ENERGY DRINKS



CAFFEINATED ENERGY DRINKS LAST YEAR



51%

Half of 7- 12th graders consume caffeinated energy drinks. A 50% increase since 2016

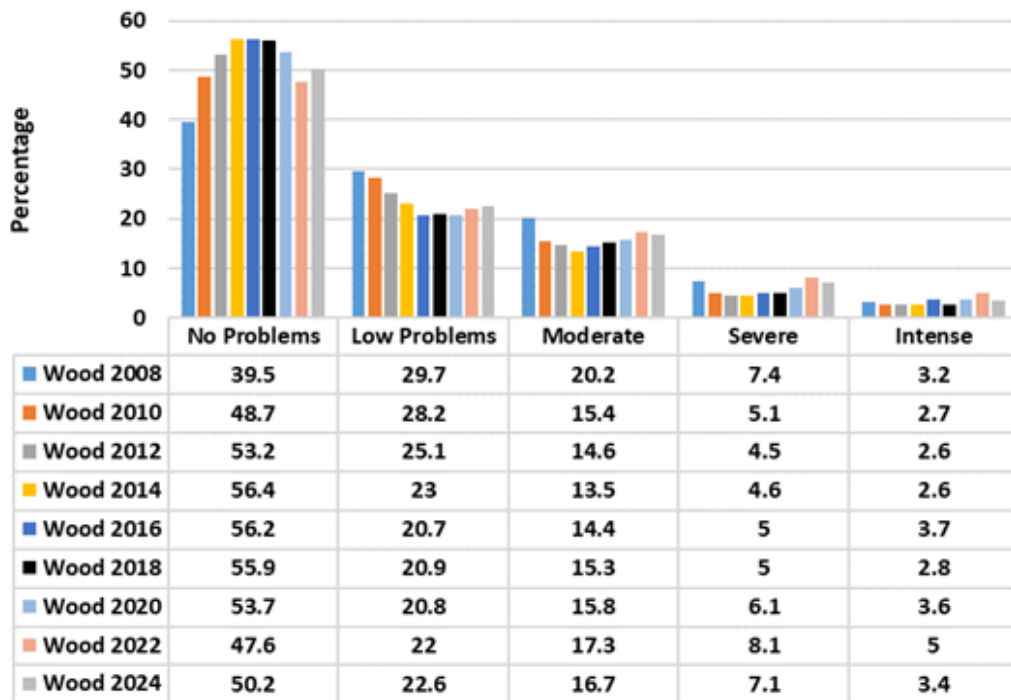
Caffeinated energy drinks are increasingly popular among teens despite growing evidence of their negative health effects

The highest rate of use in the U.S. is among young teens

Energy drinks are non-alcoholic beverages that contain caffeine, plant-based simulants (ex. Guarana), amino acids (ex. Taurine), herbs (ex. Ginkgo biloba), and vitamins. They have been around since the late 1990's and their caffeine content ranges from 50 mg to 500 mg per serving

An 8-oz cup of coffee has about 100 mg of caffeine

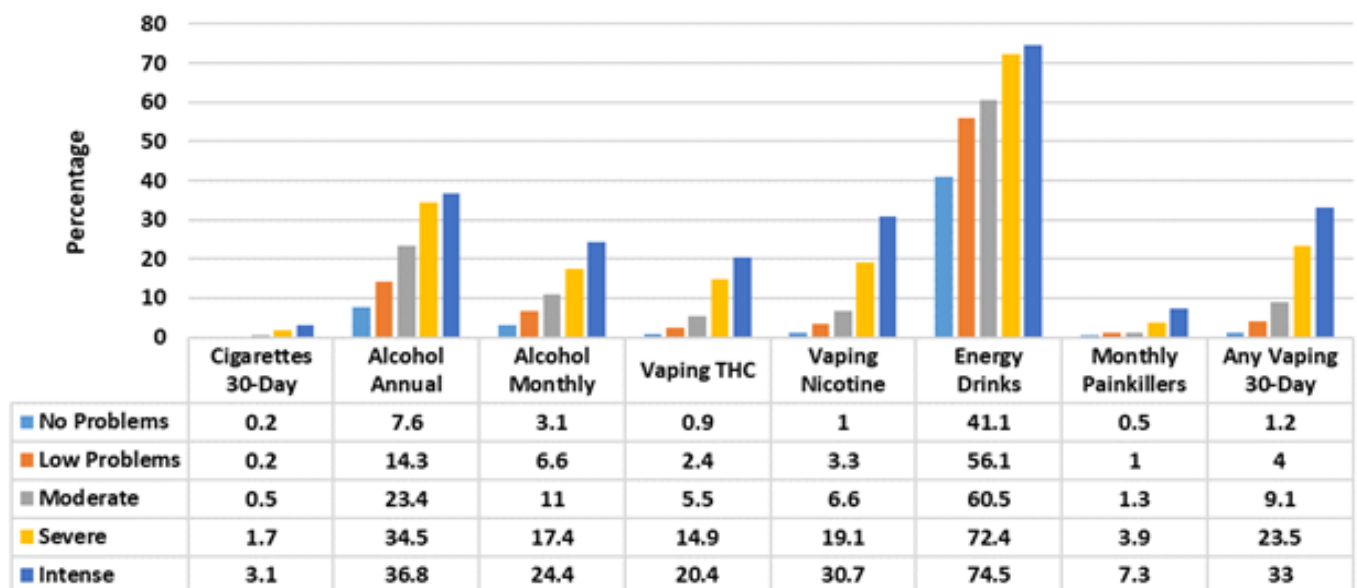
YOUTH MENTAL HEALTH



The ADAMHS Youth Survey has given the Problem Severity Scales since 2008. They are measures developed for the ongoing assessment of mental health services for children.

The pandemic revealed an increase in teens reporting ‘severe’ and ‘intense’ mental health symptoms and a decline in teens reporting ‘no problems’. However, that trend has reversed itself post pandemic.

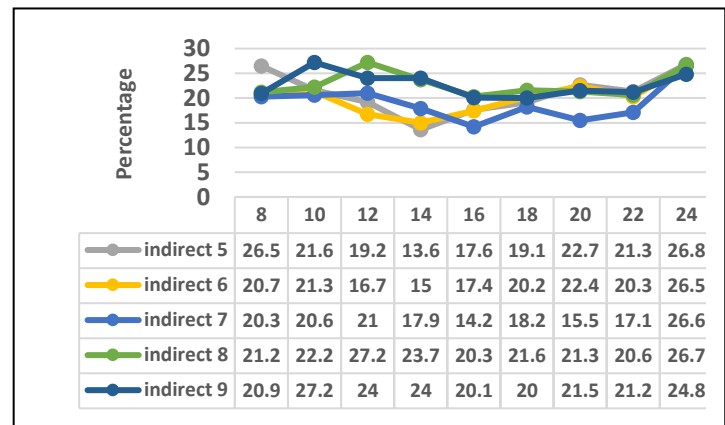
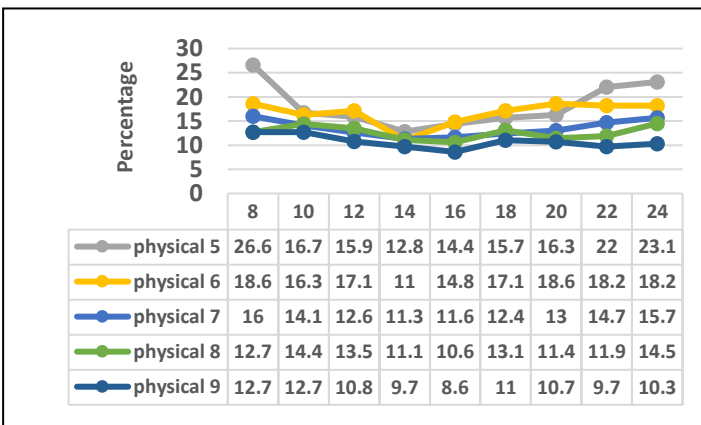
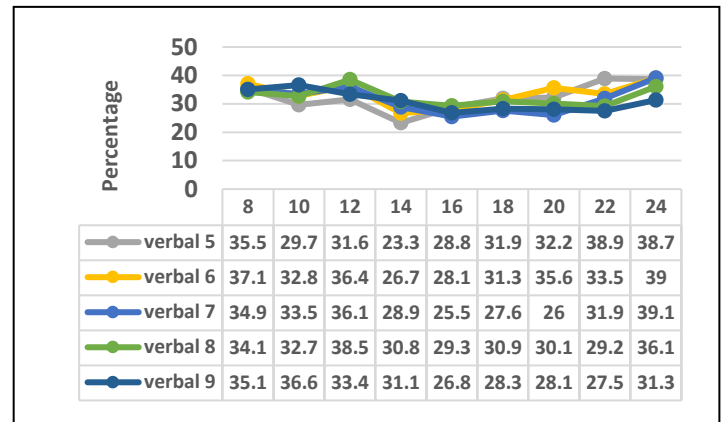
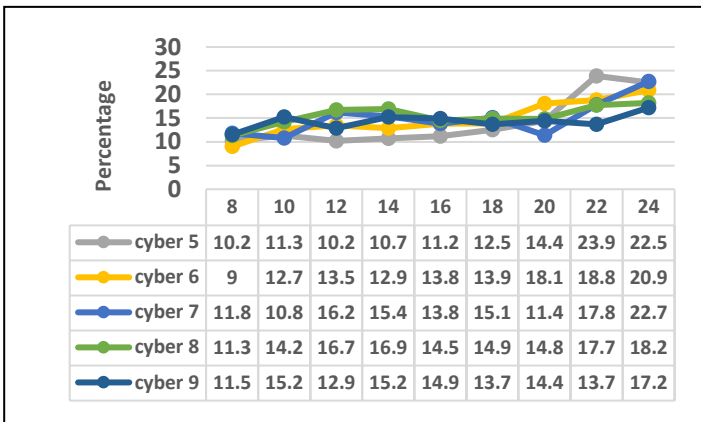
AS MENTAL HEALTH PROBLEMS INCREASE, SO DOES SUBSTANCE ABUSE



BULLYING

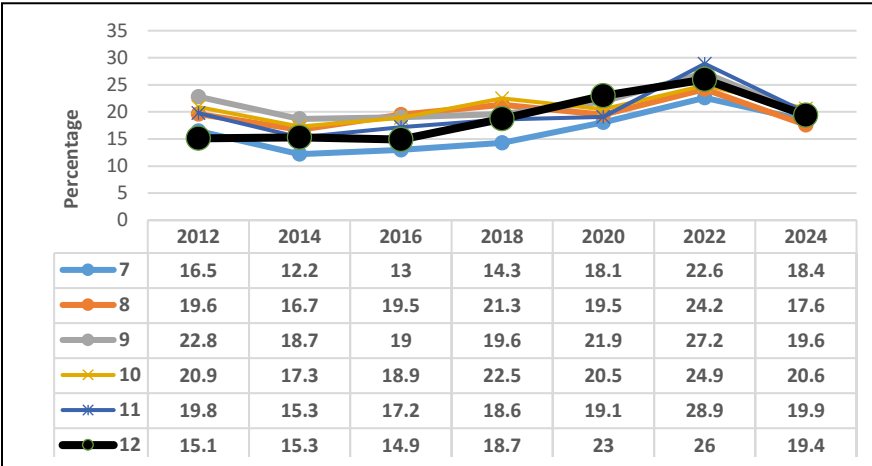


BULLYING CONTINUES UPWARDS TREND AMONG 5th THROUGH 9th GRADERS



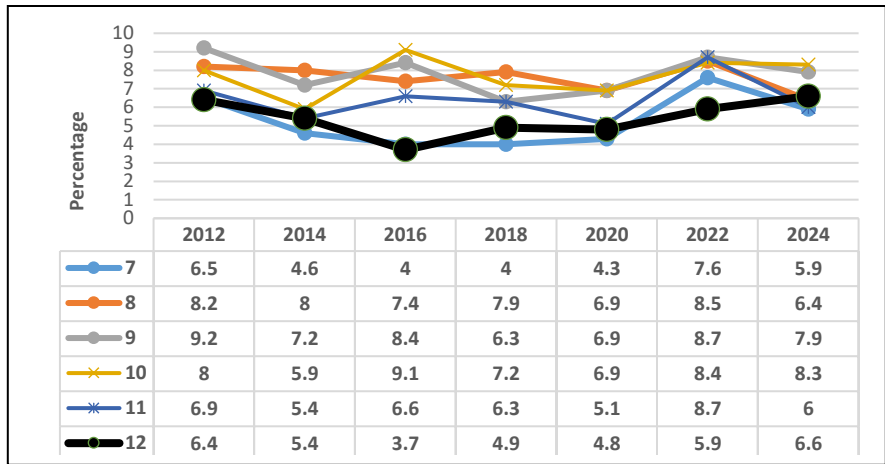
“Victims of bullying are more likely to exhibit health problems, have declining grades, contemplate suicide, skip school to avoid being bullied, and experience feelings of depression and low self-esteem that can persist for years after the incidents. Research conducted in three countries also has shown that bullies themselves are much more likely to develop a criminal record” (FBI Bulletin Reports, 2010).

SUICIDE



In 2024, All GRADES REPORTED A DECREASE IN SUICIDE IDEATION FROM THE HIGHER 2022 LEVELS

SUICIDE ATTEMPTS TRENDED DOWNWARD, EXCEPT FOR 12TH GRADE WHERE A SLIGHT INCREASE WAS REPORTED

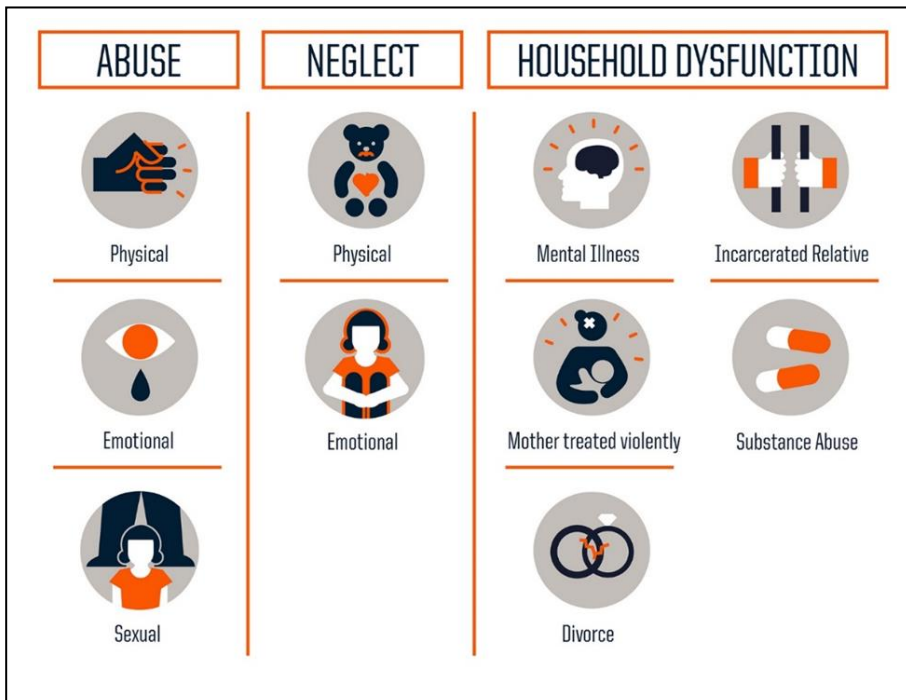


Mental health symptoms are inversely related to suicide ideation and attempts.

Grades 7-12	Grades 7-12	No Problems	Low Level	Moderate	Severe	Intense	total
Suicide Ideation (%)	2022	4.9	17.2	49.5	72.7	87	24.9%
	2024	3.8	14.6	39.2	67.2	84.8	19.0%
Number	2024 Number	117	198	383	276	162	1136
Suicide Attempts (%)	2022	1.5	3.2	9.5	24.4	56	7.8%
	2024	1.4	4.1	10.7	23.2	52.4	6.7%
Number	2024 Number	44	55	104	95	100	398

Teens who report significant mental health problems, with problem severity scores in the “severe” or “intense” range, are much more likely to think about suicide or make a suicide attempt.

Adverse Childhood Experiences



Approximately 7,000 Wood County adolescents from grades 7 through 12 completed the ACEs survey in November, 2023.

ACEs increased during the pandemic (20-22), but decreased post-pandemic (22-24) for abuse and neglect.

Perceived family dysfunction remained the same in 2024.

ACEs Questions	Wood County Grades 7-12 Combined			
	2018	2020	2022	2024
Parent/Household member experience d:				
Mental Illness	19.6	22.1	26.6	26.4
Substance Abuse	15.7	15.8	17.7	18.2
Incarcerated Relative	17.1	18.2	19.1	18.3
Separation or Divorce	34.6	35.4	34.7	34.8
Parents/Adults treated violently	4.4	5	6.1	8.9
Physical abuse	5.5	6.2	6.6	5.2
Emotional abuse	19.1	20	22.8	19.3
Sexual abuse	4.4	4.5	6.1	4.4
Physical neglect	4.7	5	5.9	4.2
Emotional neglect	16.8	18.9	21.7	14.7

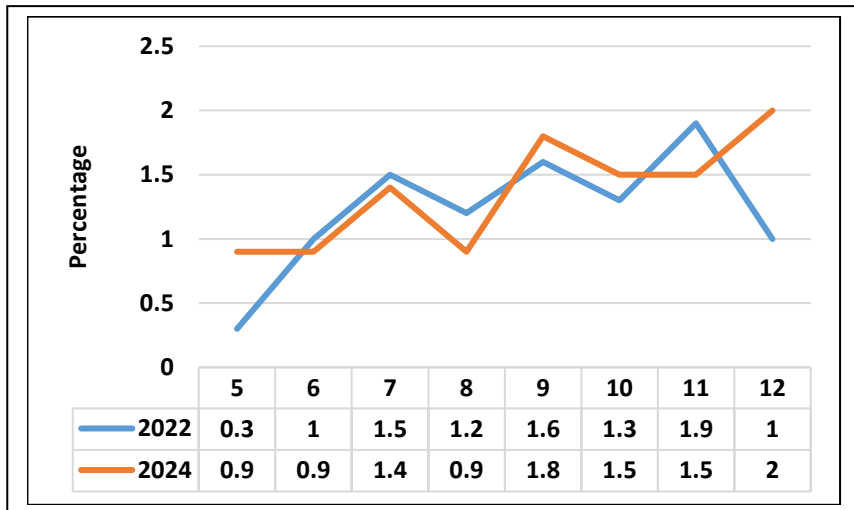
ACES FOR ABUSE AND NEGLECT DECREASED FROM 2022 TO 2024
However, as the number of ACEs increase, so does the percentage of at-risk behaviors

Number of Reported ACEs	% Suicide Ideation	% Suicide Attempts
	0	5.9
1	14	3.7
2	26.3	7.2
3	28.8	11
4+	53.6	22.3

YOUTH GAMING



DISORDERED 'GAMING' BY GRADE



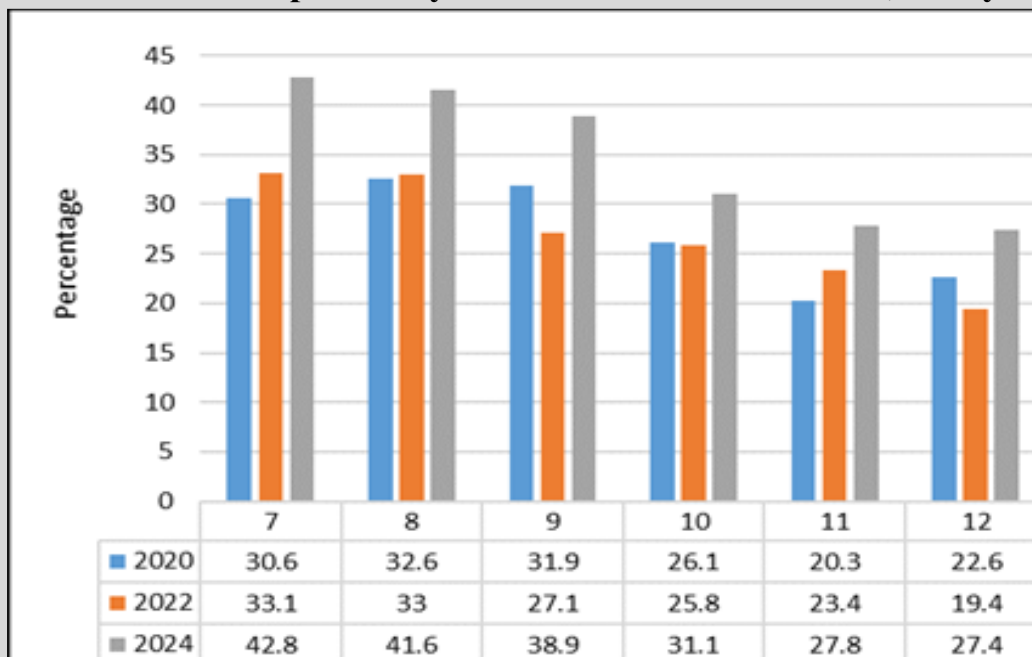
1.5%
All Students

Disordered Gaming was highest among males: 2.6% & 2.8% in 9th and 12th grades.

42% of 5th & 6th graders "game" for 2 hours or more daily

Teens took the Gaming Disorder Test (Pontes, 2019). Problem gaming rates remain low (1.5%), but gaming activity increased significantly

Teens Who Report They Game for 2 or More Hours, Every Day

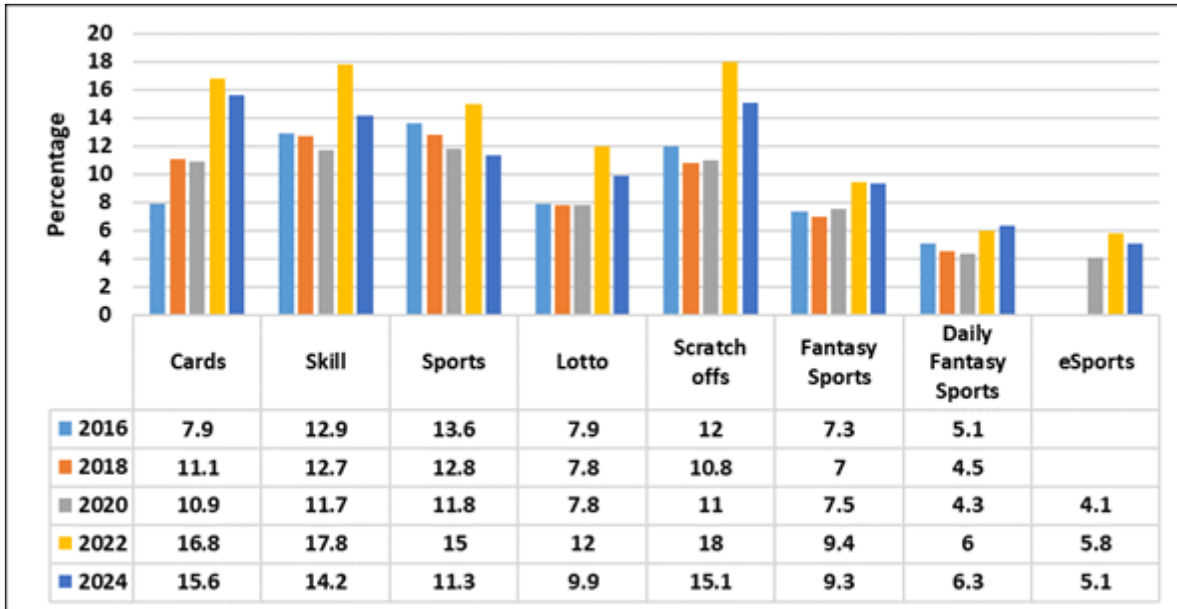


Gaming activity is any gaming-related activity that has been played either from a computer/laptop, from a gaming console, or from any other kind of device (phone, tablet) on or offline

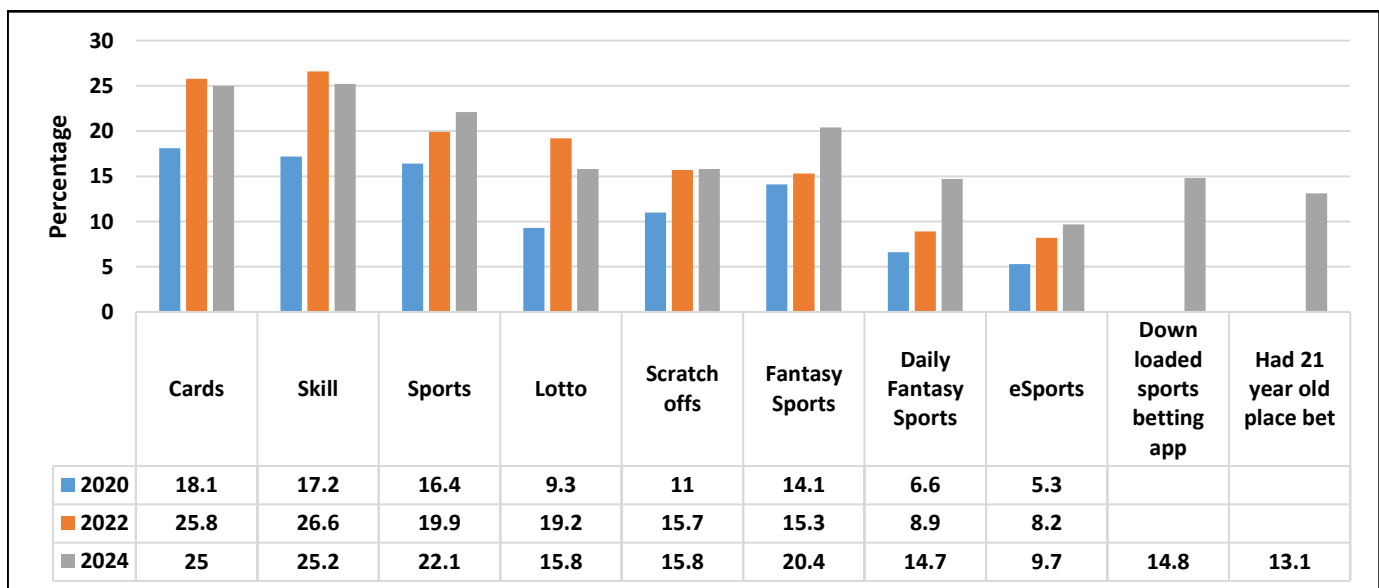
Youth Gambling



GAMBLING ACTIVITIES AMONG 7 – 12th GRADERS IN WOOD COUNTY



GAMBLING ACTIVITIES AMONG MALES – 11th & 12th GRADE



‘Disordered’ or problem gambling increased from 2.7% (2020) to 6.7% (2022), but decreased to 2.1% (2024). Highest rates were reported among 11th and 12th grade males

YOUTH GAMING & GAMBLING



Have you ever spent money on Mystery Boxes in a game?

Grade in School	Percentage Buying Mystery Boxes		Use Currency
	2022	2024	2024
7	19	39.8	65.2
8	17	41.2	64.8
9	19	40	63.7
10	19	35.9	55.5
11	19	35.3	50.6
12	17	36.7	47.1

Grades 7-12	buy loot boxes (2022)/mystery box (2024)				
	Daily	Weekly	Monthly	Few x Year	Never
2022	2.3	1.5	4.1	10.4	81.6
2024	5.4	2.5	7.3	23.2	61.6
Use Currency 24	6.5	3.4	11.4	38.1	40.6

Students were asked if they spent money to get a mystery box in a game, or if they spent money on coins (apex or jewels, etc.)

YOUTH GAMING & GAMBLING



Risky Loot Box Inventory (RLI) Indicators

RLI includes 3 indicators: *“Play games longer than I intended to, so I can earn mystery boxes,” “Bought more mystery boxes after failing to get valuable items,” “The thrill of opening mystery boxes has encouraged me to buy more.”*

Grade in School	Scored Positive on RLI among males	
	2022	2024
7	2.2	6.7
8	3.1	6.6
9	2.7	7.1
10	5.1	6.6
11	4.4	7.8
12	3.2	6.4

While the Disordered Gambling scale reported a low rate, the Risky Loot Box Indicator scores doubled between 2022 and 2024.

- Significant increases:
- Gaming Activity
 - Money spent within games
 - Risky gambling beliefs & behaviors

ATOD PREVALANCE

GRADES 7-12 (combined) – 2022-2024



51.0%	Caffeinated Energy	↑
14.8%	Alcohol	↓
6.9%	Any Vaping (30-day)	↓
6.9%	Marijuana	↓
2.8%	Cough Medicine	↓
2.5%	Barbiturates/Benzos	↓
1.2%	Painkillers (30-day)	↓
<1%	Methylphenidate	↓
<1%	Inhalants	↓
<1%	LSD	↓
<1%	Cigarettes	↓
<1%	Ecstasy/MDMA	↓
<1%	Cocaine	↓
<1%	Methamphetamines	↓
<1%	Heroin	↓