

Behavioral Health Barometer Wood County Youth

2020

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



William J. Ivoska, Ph.D.



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

CONTENTS



CONTENTS	2
INTRODUCTION	3
Survey Methods.....	4
YOUTH SUBSTANCE ABUSE.....	5
Vaping: Nicotine and Marijuana	5
Alcohol	7
Marijuana.....	8
Heroin &/Painkillers.....	9
Caffeinated Energy Drinks.....	10
YOUTH MENTAL HEALTH	11
Overall Mental Health	11
Bullying	12
Suicide	13
Adverse Childhood Experiences (ACEs).....	14
YOUTH GAMING & GAMBLING.....	15
Gaming	15
Gambling.....	16
ATOD PREVALENCE	17

INTRODUCTION



In 2004, with funding from the Ohio Department of Alcohol and Drug Addiction Services (ODADAS), the Wood County Educational Service Center and the Wood County Alcohol, Drug Addiction and Mental Health Services Board invited survey researchers the opportunity to gather data on alcohol, tobacco, and other drug use from Wood County adolescents. In 2008, the Ohio Scales were added to assess the mental health of Wood County youth and to demonstrate the relationship between mental health and underage substance use. In 2016 questions were added to assess the type and frequency of adolescent gambling activities, including a measure of disordered gambling. In 2018 ten questions from the Adolescent Childhood Experience (ACEs) study were added. In 2020, we added the 9 item Internet Gaming Disorder Scale (short form) (IGDS9-SF)(Pontes & Griffiths, 2015).

Survey results have been utilized for several purposes. First, the survey provides a consistent method to follow the trends in adolescent alcohol, tobacco and other drug use in Wood County. Second, Wood County school officials have integrated results into the drug use prevention components of school curriculum. As such, the results serve as a summative measure of the effectiveness of current prevention and intervention efforts in the county. Third, Wood County officials have used this data for program planning and other collaborative community ventures designed to decrease drug and alcohol use and improve adolescent mental health and childhood experiences. Finally, the results have been used in requesting federal and state grant money where demonstration of need is part of the requirements.

In October and November, 2019, data was gathered on adolescents in all public school districts in Wood County including: Bowling Green, Eastwood, Elmwood, Lake, North Baltimore, Northwood, Otsego, Penta Career Center, Perrysburg, and Rossford. The Wood County public schools are the only schools included in this report as they represent the original 2004 cohort group of schools. All school districts will receive individual reports of the substance use trends reported by the youth in their school districts.

METHODOLOGY



This is a report on the 2020 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 eighth biennial report of a series that began in 2004.

The 2020 survey was collected from a total of 10,196 students (7540 among 7 through 12 graders: 2656 among 5th and 6th graders) in grades five through twelve in Wood County in October and November, 2019. Males comprised 51 percent (N=4997) of the population and females comprised 49 percent (N=4740). Grade differences were as follows:

Grade	5	6	7	8	9	10	11	12
Total	1344	1293	1225	1115	1151	1201	1261	1015

Students were asked to assign themselves to one of eight racial/ethnic groups. Students described themselves as White (82.1%), Black or African American (2.8%), Latino (5.1%), Multicultural (4.3%), Asian (2.3%) or other (3.4% - combines choice of Pacific Islander, Middle Eastern, Native American, and Other).

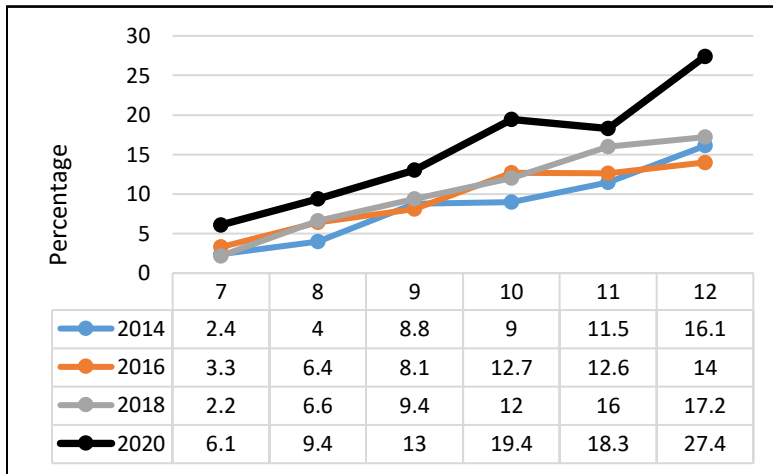
Students who reported using a fake drug were excluded from the analysis (n=90). Students who reported using all drugs at all times in the maximum amounts were excluded from the survey (n=14). Those students who provided responses to items that were inconsistent (for example, a student may have reported to have used a substance during the past month, but not during the past year) were also excluded from the analysis (n=43). Students who reported participating in all gambling activities on a daily basis were excluded (n=70). Students who did not complete at least 70 percent of the survey were excluded (n=30). Students whose problem severity score equaled 100 (in other words, they reported the maximum severity on each and every question) were deleted (n=20). An additional 177 surveys were not scanned as students misused the scan (drew pictures on scan, made designs, wrote essays, created new categories, etc.). Finally, an additional 510 surveys were removed due to inconsistencies in reported vaping (on question 2 these students reported they'd never vaped, yet on question 29 they reported they did vape). A total of 10,196 surveys were collected and 777 surveys (7.6%) were excluded, leaving 9,419 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 (938) data is not included in the overall analysis, reducing the number of surveys in this report to 8,581. Penta is excluded so that survey results will more closely compare to the Monitoring the Future results, where career centers have a minor representation 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).

VAPING



VAPING IN PAST 30 DAYS



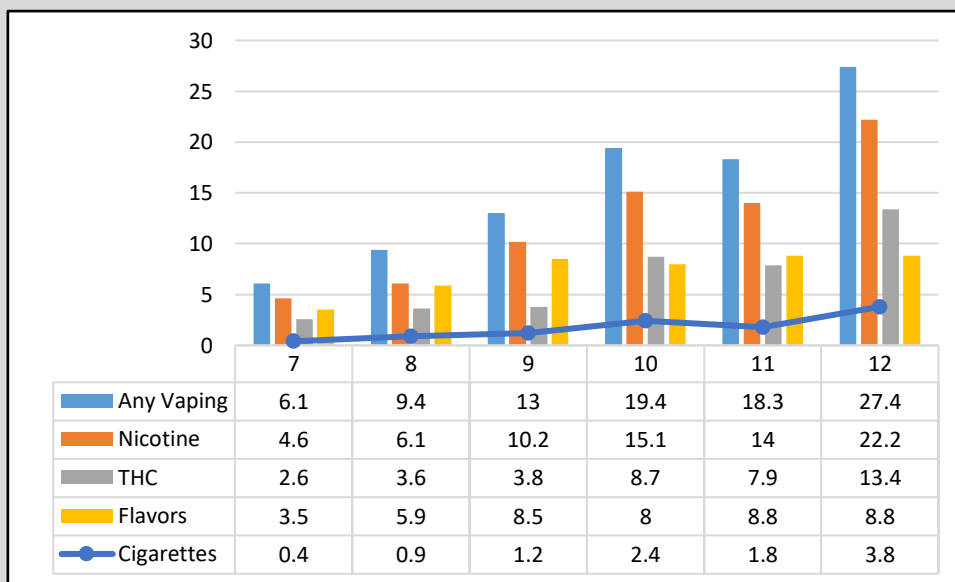
27%

One in four 12th Graders Vape in Wood County (60% increase in past 2 years)

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

22% of 12th graders vape nicotine

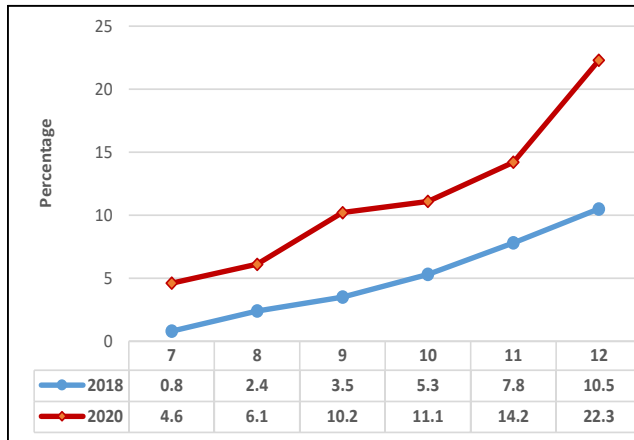
WHAT'S IN THE VAPING DEVICE?



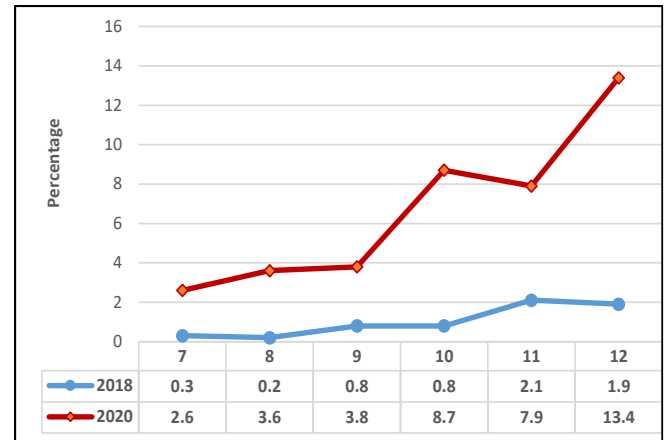
VAPING



INCREASED NICOTINE VAPING



INCREASED MARIJUANA VAPING



13.4% OF 12th GRADERS VAPED MARIJUANA WITHIN THE PAST 30 DAYS

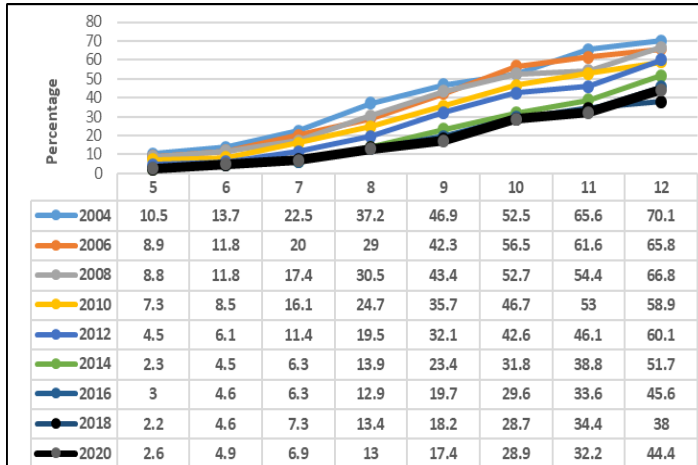


VAPING HARMS THE DEVELOPING BRAIN. Vaping typically delivers nicotine, a harmful drug to the youth brain and body. Teens are particularly vulnerable to the effects of nicotine since the brain is still developing during these years and through young adulthood. Teens who vape marijuana experience the same 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



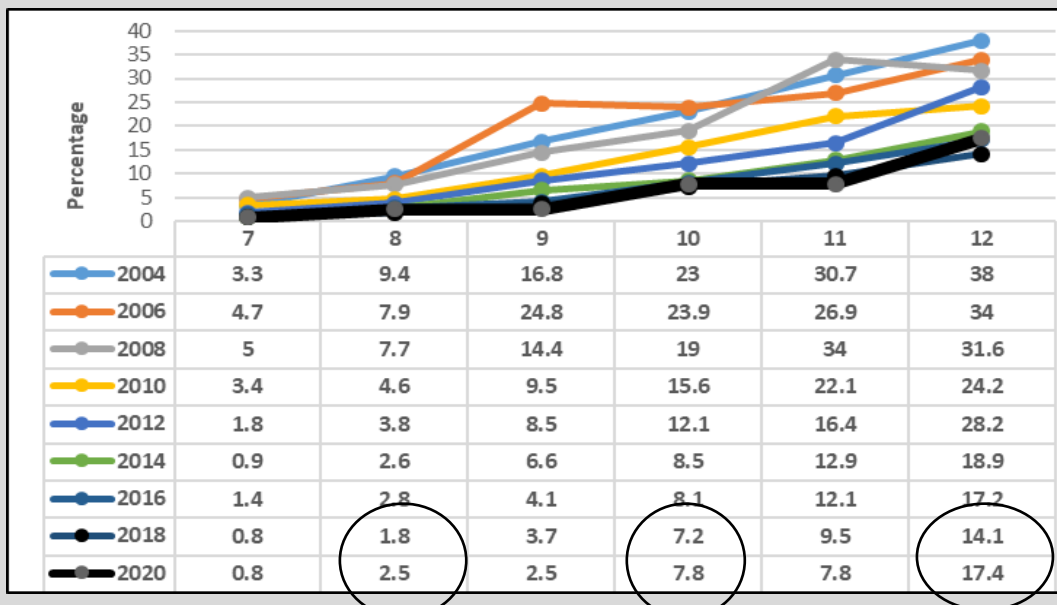
+6%

Increased annual alcohol use among 12th graders. First increase in 8 years.

The decades old decline in alcohol use among school aged youth appears to have bottomed out and reversed itself

Binge drinking increased in grades 8, 10 and 12

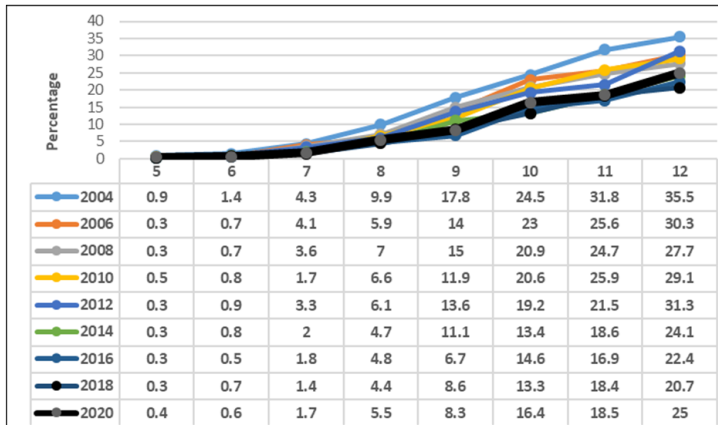
BINGE DRINKING IN PAST 30 DAYS



MARIJUANA



MARIJUANA USE LAST YEAR



25%

1 in 4 high school seniors used marijuana last year

Marijuana is perceived to be 'less harmful' and enjoys more 'peer approval' than in past years

The decade long decline in marijuana use has ended

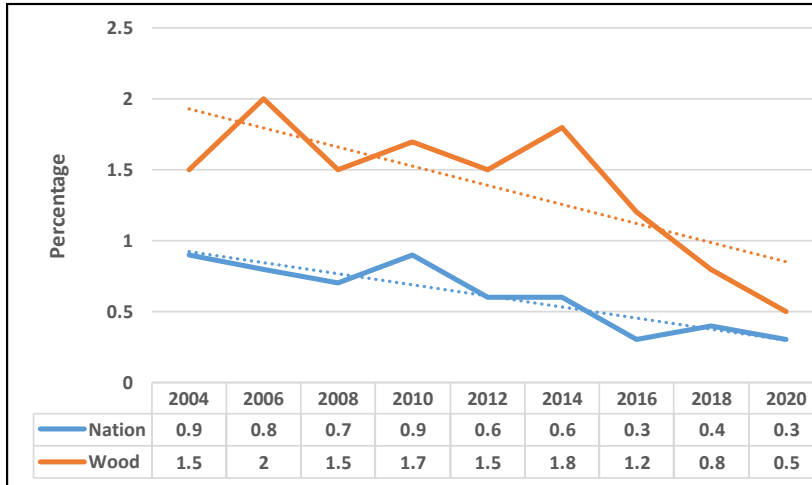
30 DAY MARIJUANA USE BY METHOD AND GENDER

	Any Use		Vaping		Edibles	
	male	female	male	female	male	female
7	0.4	0.7	2.2	2.6	1.1	1.4
8	4	1.4	5	2.4	2.6	1.2
9	3.8	3.7	4.3	3.1	2.8	2.9
10	10	8.9	8.6	8.6	5.9	4.5
11	9.4	8.1	9	6.6	3.8	3.4
12	16.1	16.3	13.5	13.4	8.6	6.8

HEROIN AND PAINKILLERS



Heroin Use Last Year



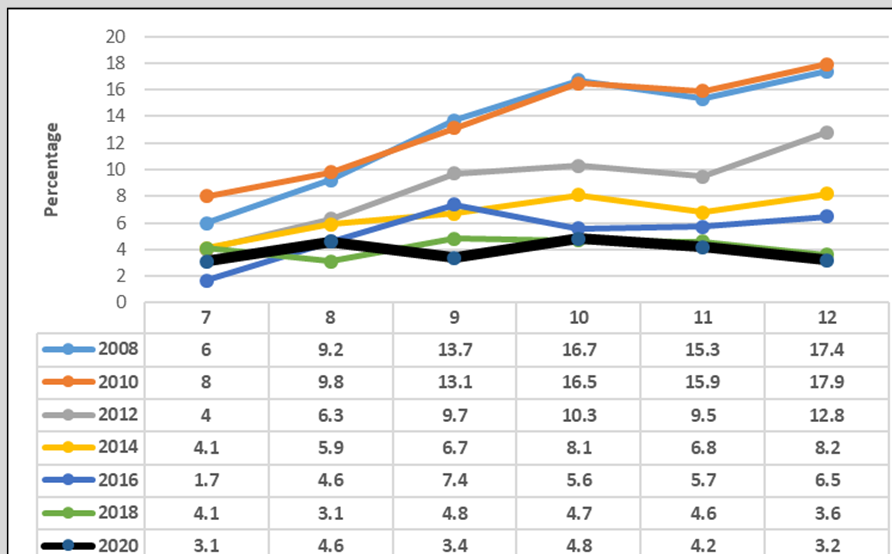
18

Number of school aged kids in Wood County who tried heroin last year

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

Heroin is the LEAST likely drug used by teens

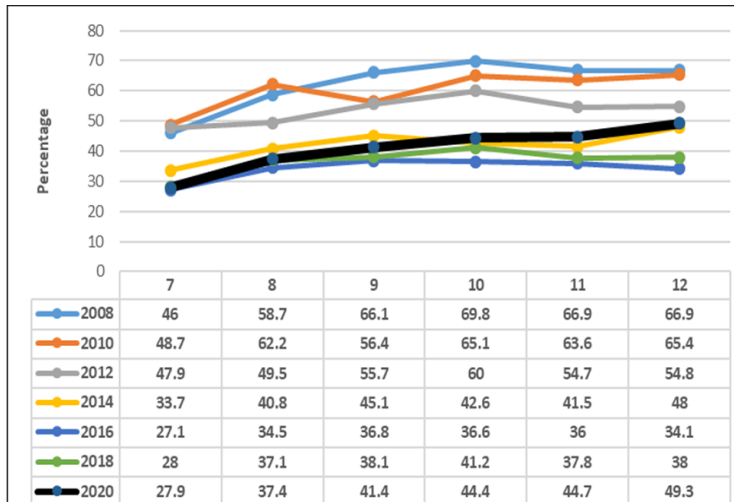
PAINKILLER USE LAST YEAR



CAFFEINATED ENERGY DRINKS



CAFFEINATED ENERGY DRINKS LAST YEAR



50%

Half of 12th graders consume caffeinated energy drinks. A 45% increase since 2016

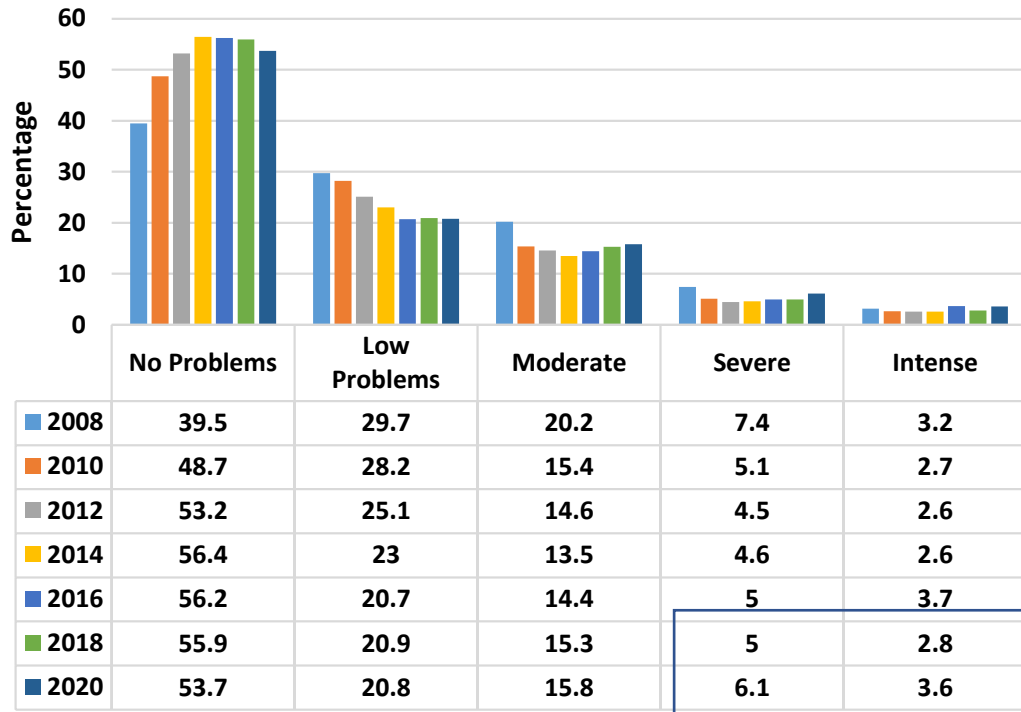
Caffeinated energy drinks are increasingly popular among teens despite growing evidence of their negative health effects

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

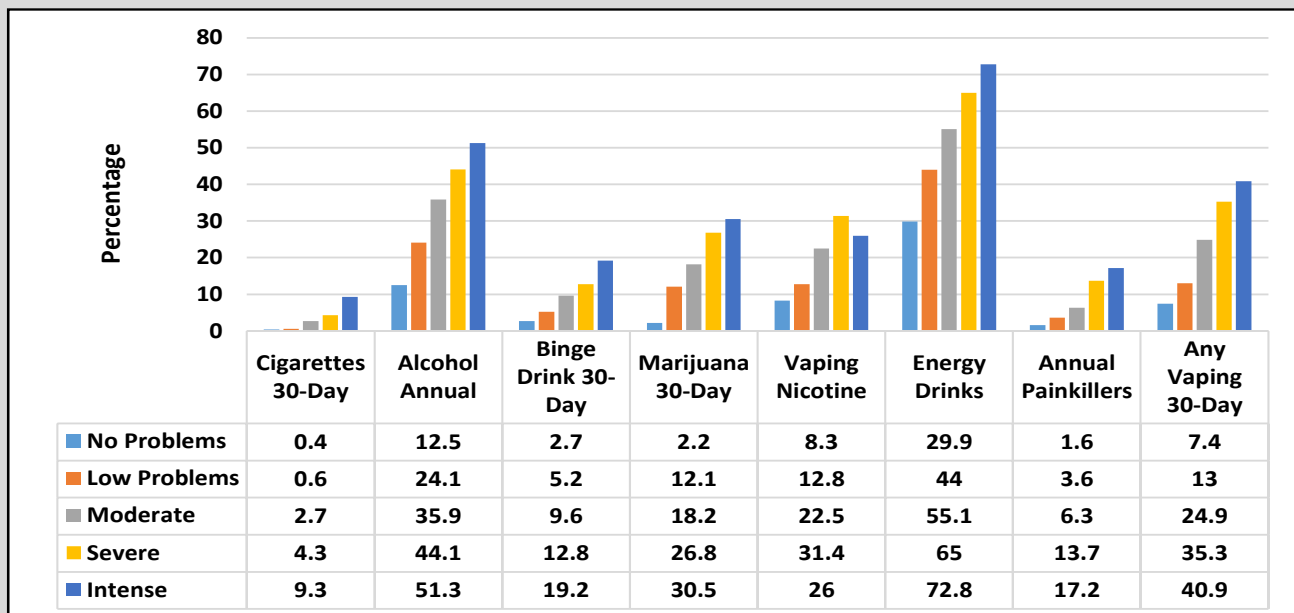
YOUTH MENTAL HEALTH



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.

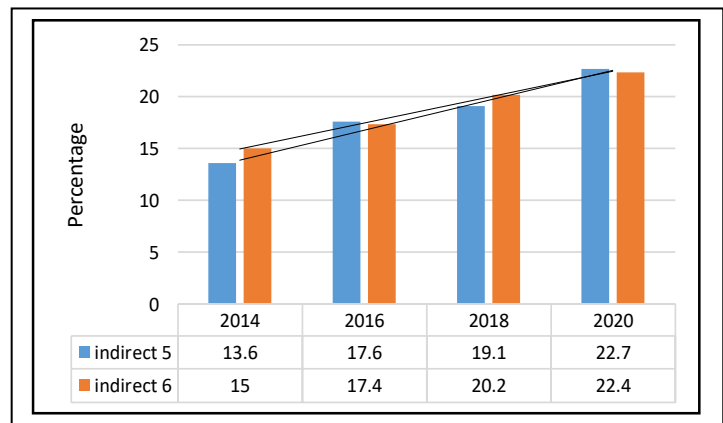
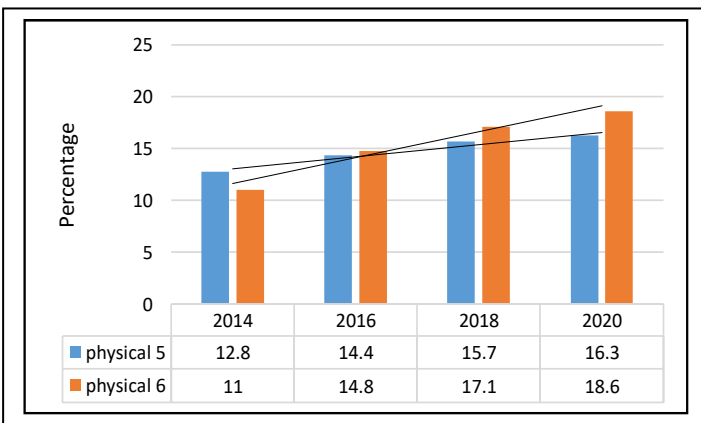
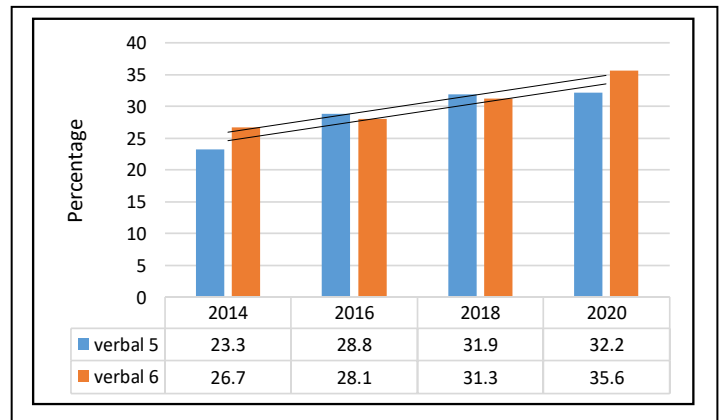
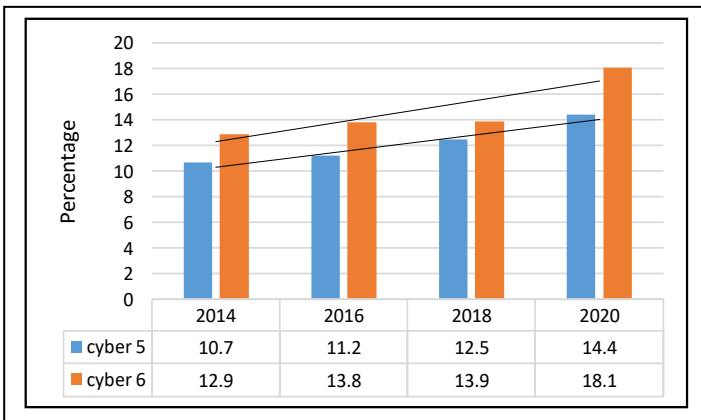
2020 results show an increase in teens reporting 'severe' and 'intense' mental health symptoms and a decline in teens reporting 'no problems'.

AS MENTAL HEALTH PROBLEMS INCREASE, SO DOES SUBSTANCE ABUSE



BULLYING

BULLYING IS TRENDING UPWARDS AMONG 5th AND 6th GRADERS NOTABLY VERBAL AND INDIRECT

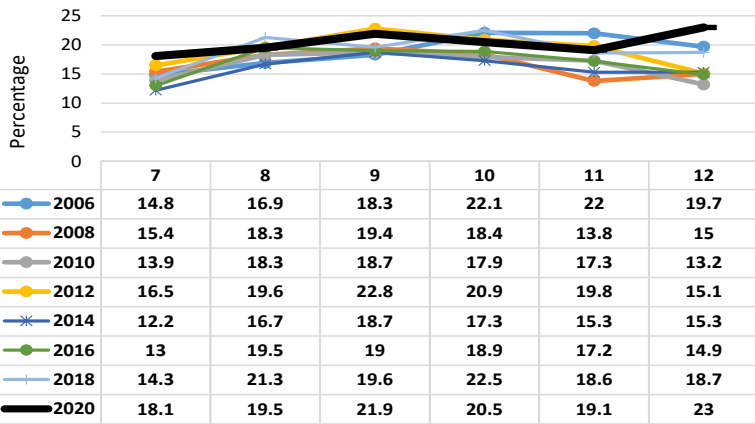


“Victims of bullying are more likely to exhibit health problems, have declining grades, contemplate suicide, skip school to avoid being bullied, and experience feelings of depression and low self-esteem that can persist for years after the incidents. Research conducted in three countries also has shown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

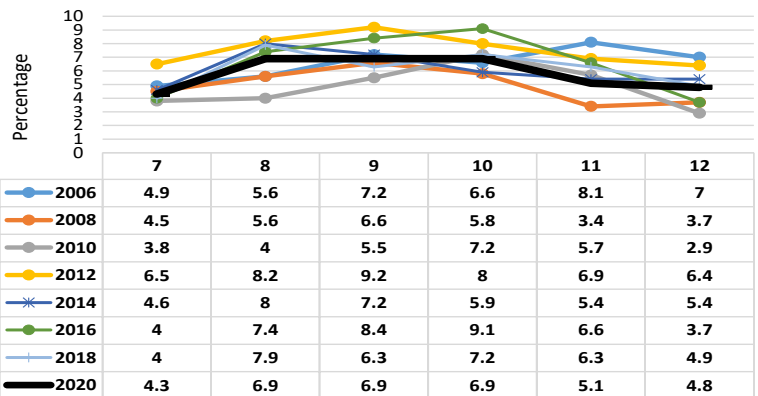
SUICIDE



12th GRADERS REPORTED THE HIGHEST RATE OF SUICIDE IDEATION EVER RECORDED IN THE ADAMHS YOUTH SURVEY



SUICIDE ATTEMPTS ARE TRENDING DOWNWARD - GENERALLY

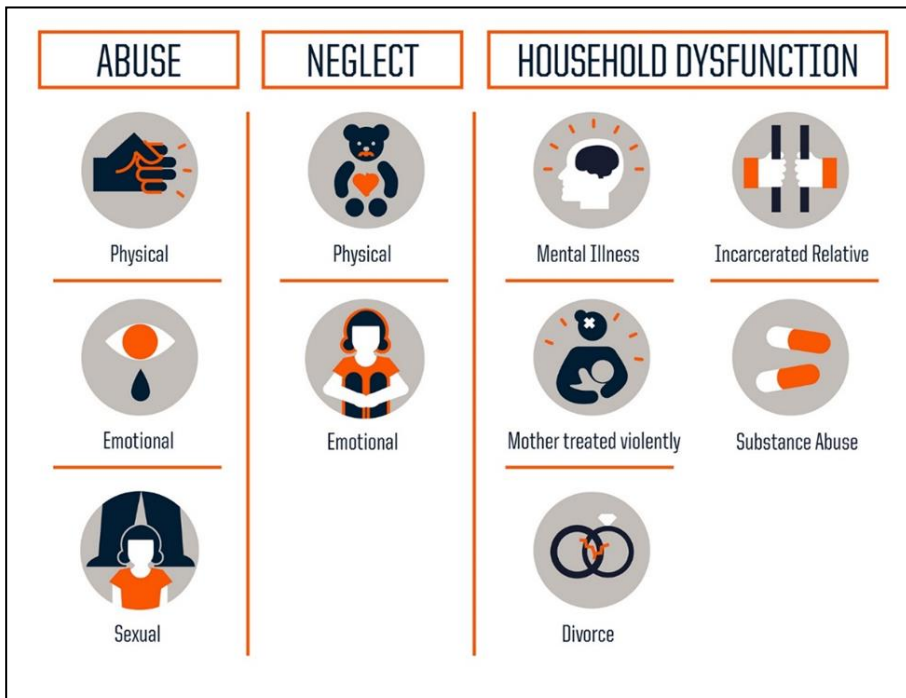


Feelings of hopelessness and other adverse mental health symptoms are inversely related to suicide ideation and attempts. The ADAMHS survey asked one question on hopelessness that clearly predicted suicidal thoughts and behaviors: *“During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?”*

		Suicidal	
		Thoughts	Attempts
Hopelessness	yes	53.3	18.1
	no	7.2	1.3

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 5,844 Wood County adolescents from grades 7 through 12 completed the ACEs survey in October and November, 2019. The prevalence of each item, overall and by grade level, is reported in the Table below. ACEs, or the perception of ACEs, increased in 2020 over 2018.

ACEs Questions	Wood County	
	Grades 7-12 Combined	
Parent/Household member experienced:	2018	2020
Mental Illness	19.6	22.1
Substance Abuse	15.7	15.8
Incarcerated Relative	17.1	18.2
Separation or Divorce	34.6	35.4
Parents/Adults treated violently	4.4	5
Physical abuse	5.5	6.2
Emotional abuse	19.1	20
Sexual abuse	4.4	4.5
Physical neglect	4.7	5
Emotional neglect	16.8	18.9

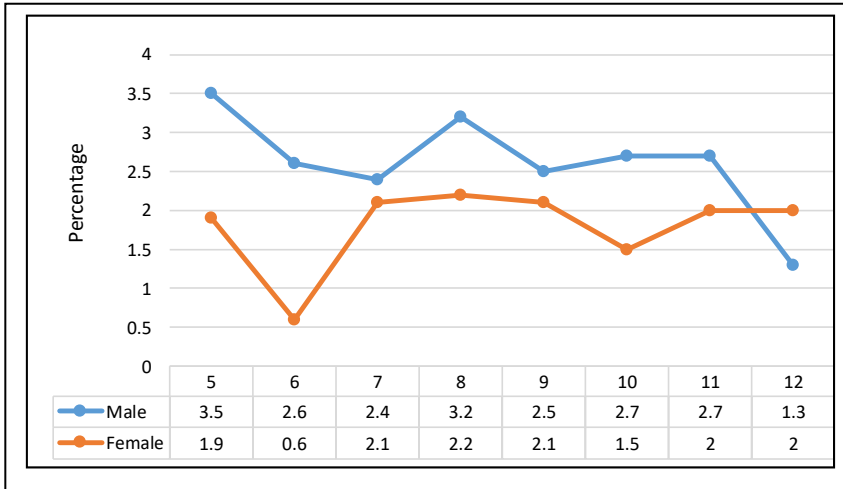
As the number of ACEs increase, so does the percentage of at-risk behaviors.

No.ACEs / Prevalence	0	1	2	3	4+
Vaped past 30-days	6.9	11.4	19.4	21.8	34.3
Vaped Marijuana	2.8	4.5	7.9	10.7	16.2
Suicide Ideation	6.1	13.8	26.7	37.8	55.1
Suicide Attempts	1	2	7	10.1	22.3
Hopeless	9	21.7	37.5	48.7	67.4

YOUTH GAMING & GAMBLING



DISORDERED 'GAMING' BY GRADE AND GENDER



61%

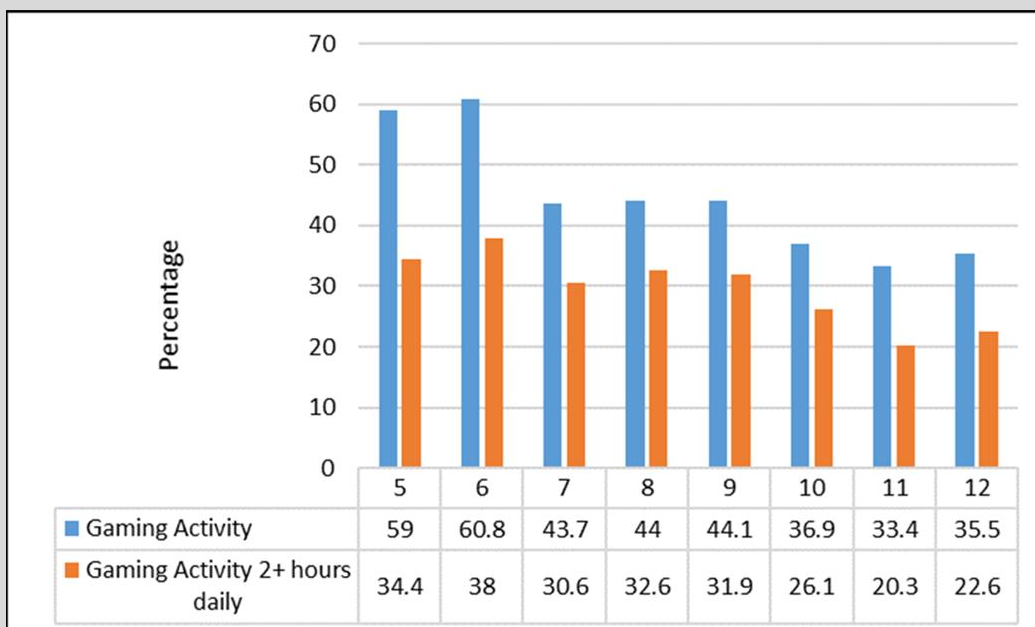
6/10 6th graders report gaming every day last year

4/10 game 2 hours or more per day

38% of 6th graders "game" for 2 hours or more daily

Teens took the Internet Disorder Gaming Scale (Pontes, 2015). 5th and 6th grade males reported the highest levels of problem gaming

'DAILY,' 'OFTEN' OR 'VERY OFTEN' GAMING BY GRADE

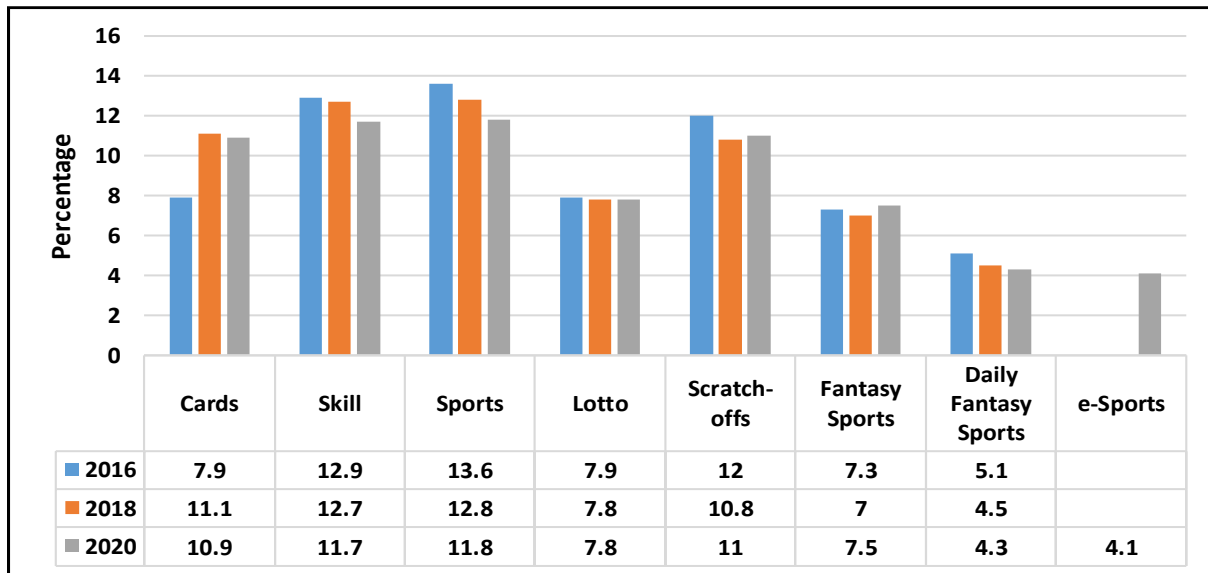


Gaming activity is any gaming-related activity that has been played either from a computer/laptop, from a gaming console, or from any other kind of device (phone, tablet) on or offline

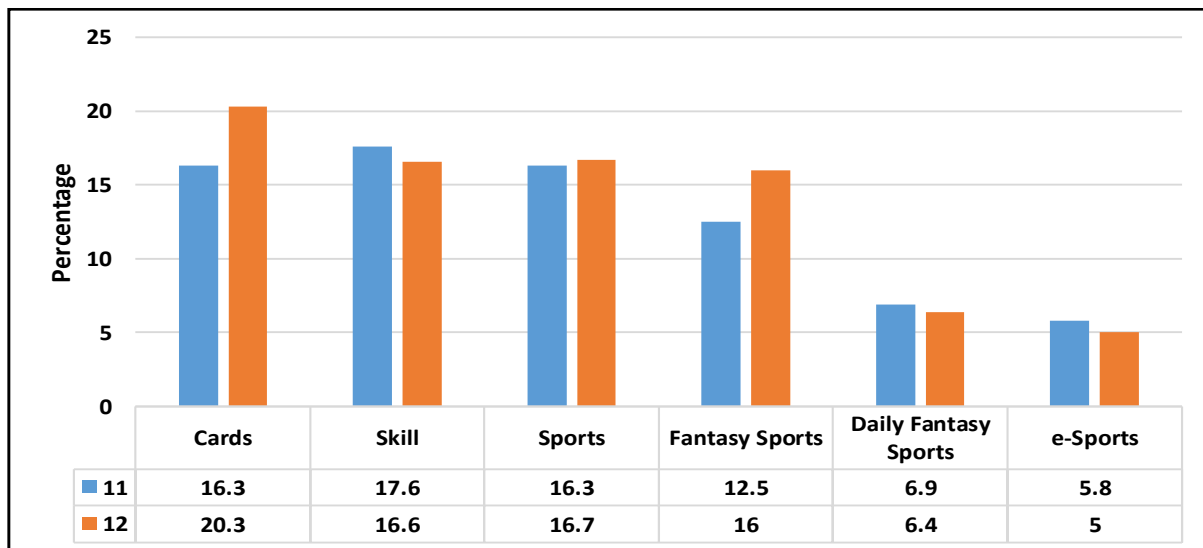
YOUTH GAMING & GAMBLING



GAMBLING ACTIVITIES AMONG 7 – 12th GRADERS IN WOOD COUNTY



GAMBLING ACTIVITIES AMONG MALES – 11th & 12th GRADE



The highest levels of 'disordered' or problem gambling was reported among 11th and 12th grade males at 4.2 percent and 3.3 percent respectively

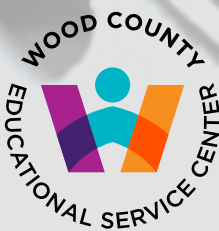
ATOD PREVALANCE

GRADES 7-12 (combined) – 2018-2020



40.0%	Caffeinated Energy	↑
21.9%	Alcohol	↑
14.7%	Vaping (30-day)	↑
10.7%	Marijuana	↑
7.1%	Cough Medicine	↓
6%	Painkillers	↓
4.5%	Barbiturates/Benzos	↓
2.3%	Methylphenidate	↓
2.2%	Inhalants	↑
1.5%	Cigarettes	↓
1.3%	LSD	↓
<1%	Ecstasy/MDMA	↓
<1%	Cocaine	↓
<1%	Methamphetamines	↓
<1%	Heroin	↓

Mr. B. Cool says that
92% of youth in grades
5-12 have been drug-
free in the
past 30 days.
THAT is COOL!



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



Alcohol, Drug Addiction and Mental Health Services Board
Bowling Green, Wood County, OH