

# LYME-OLD LYME YOUTH SURVEY 2021

In collaboration with  
Lymes' Youth Service Bureau  
Lyme-Old Lyme Schools  
REACH

Grant funded through  
ONDCP Drug-Free Communities





## **Our Mission**

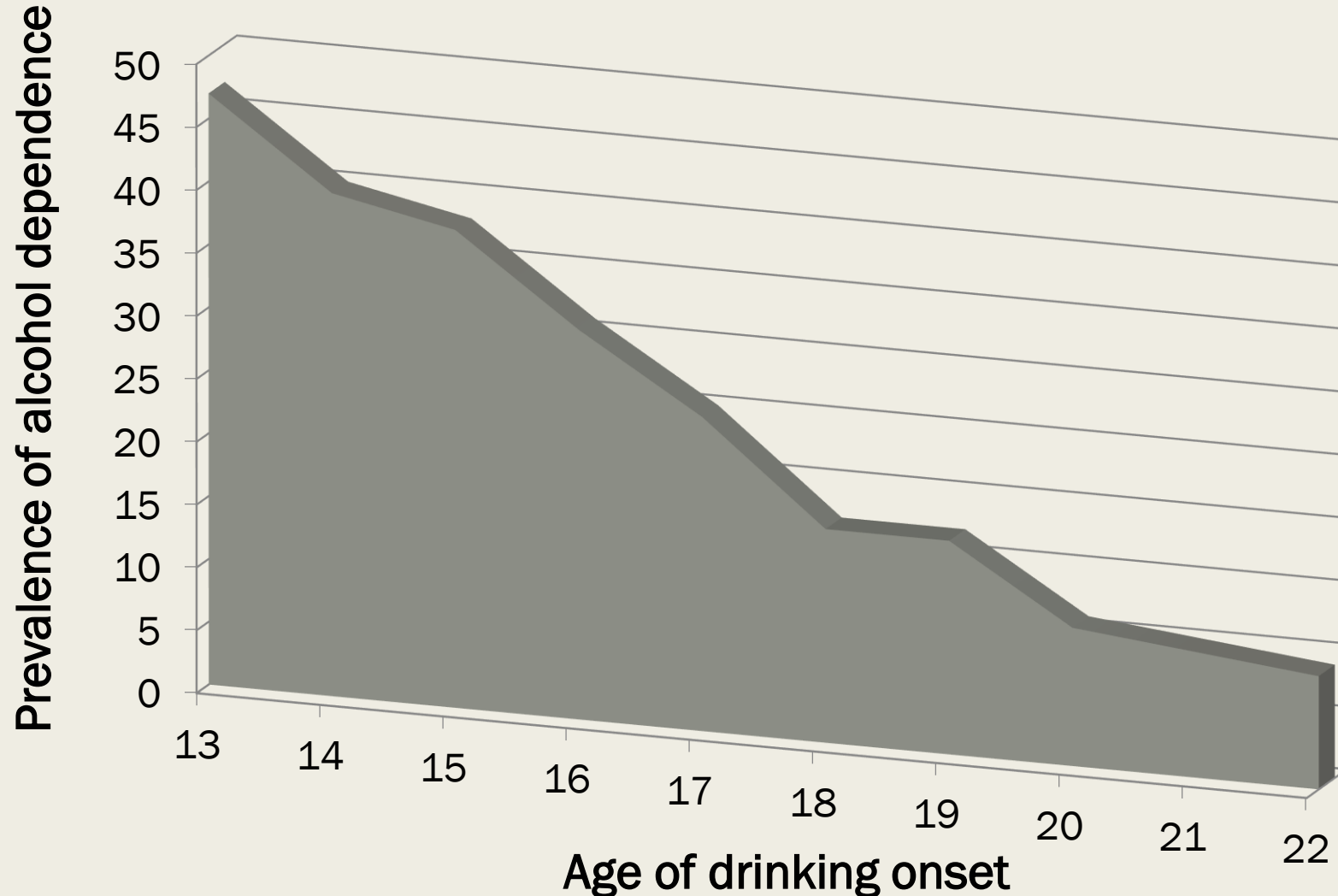
To prevent and reduce alcohol and other drug use among youth by collaborating with the community to raise awareness, modify social norms, educate youth and adults, initiate policy change, and promote healthy activities.

[www.lysb.org/prevention](http://www.lysb.org/prevention)

Resources and MORE

# Risk of alcohol dependence drops each year drinking is postponed:

*Children who drink alcohol (more than a few sips) before their 13<sup>th</sup> birthday are nearly five times more likely to develop alcohol dependence than those who begin drinking at age 21.*





# **DID YOU KNOW?**

90% of people with  
addictions started using  
substances in their teen  
years.

NATIONAL CENTER  
ON  
ADDICTION AND  
SUBSTANCE ABUSE  
(CASA)

# About the Survey

December 21, 2021, grades 6-12 (7-12 reported)



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graph TD; A[December 21, 2021, grades 6-12 (7-12 reported)] --> B[Anonymous through Survey Monkey]; B --> C[662 surveyed, 70 excluded]; C --> D[Looking for trends and new behaviors among middle and high school students to best serve];
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The diagram is a vertical flowchart with four colored rectangular boxes connected by downward-pointing arrows. The boxes are yellow, brown, green, and blue, arranged from top to bottom. The text inside each box describes a step in the survey process.

Anonymous through Survey Monkey

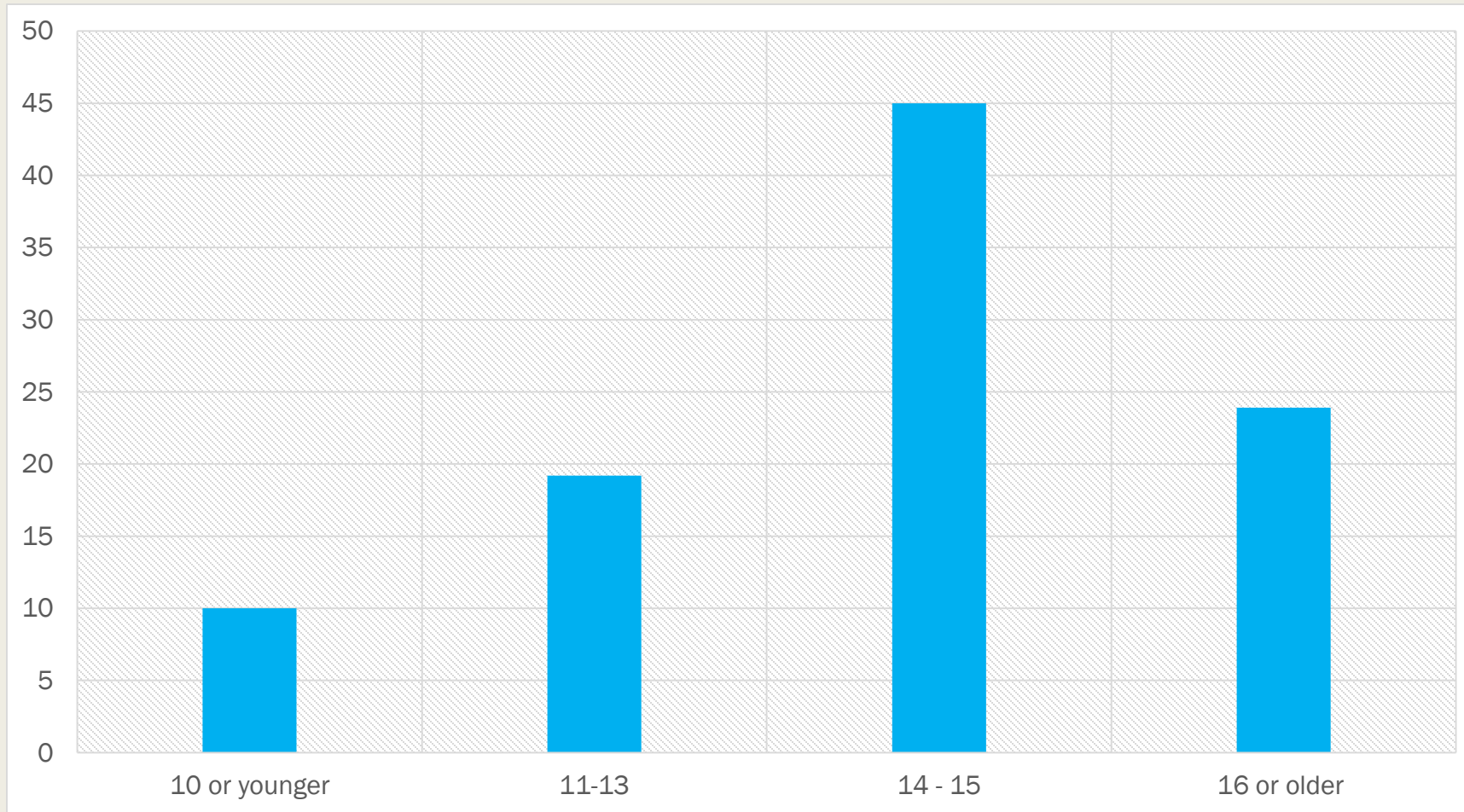
662 surveyed, 70 excluded

Looking for trends and new behaviors among middle and high school students to best serve

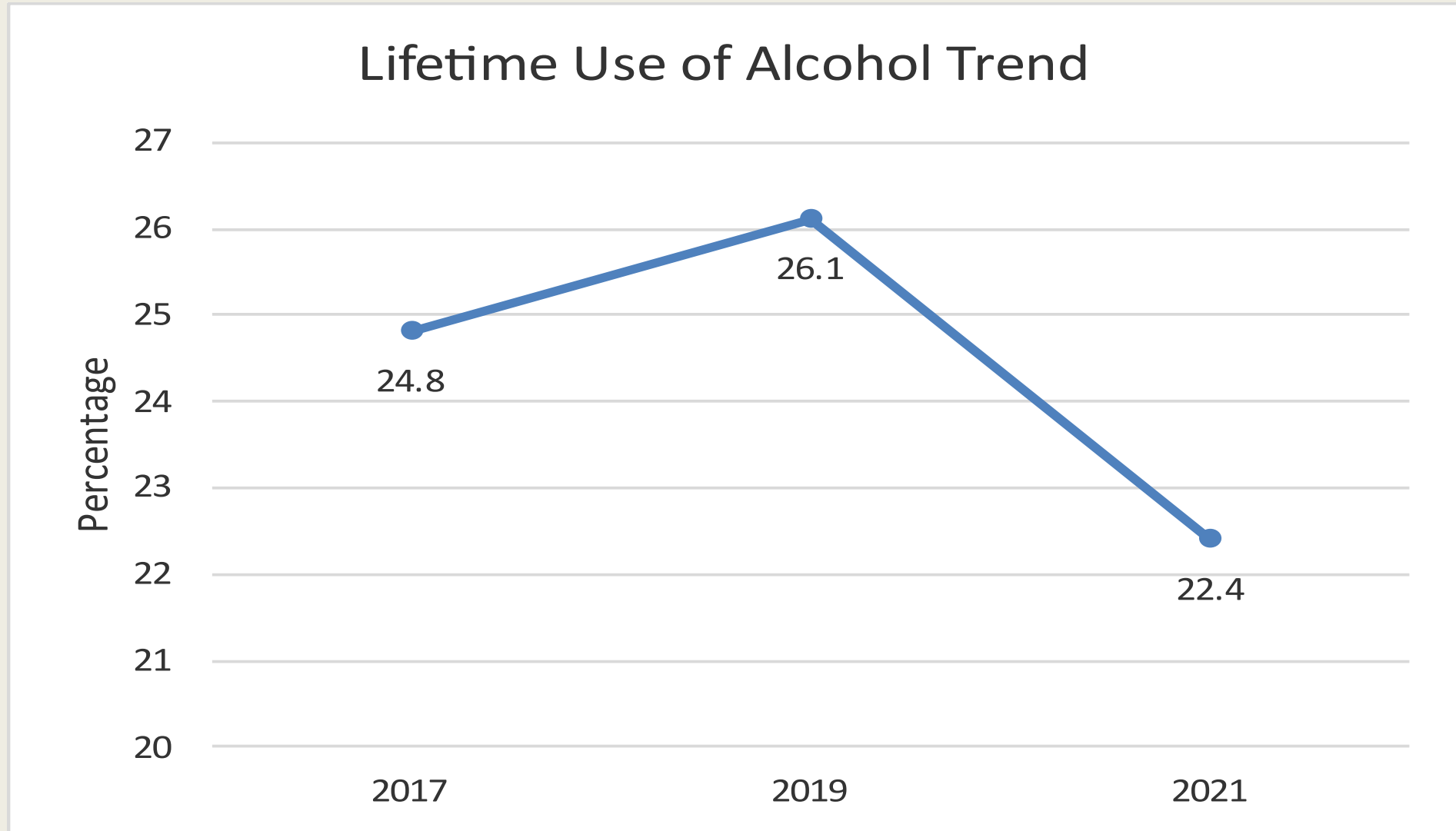
# Alcohol still #1 drug used by LOL youth



# Age of First Use in L/OL: Alcohol

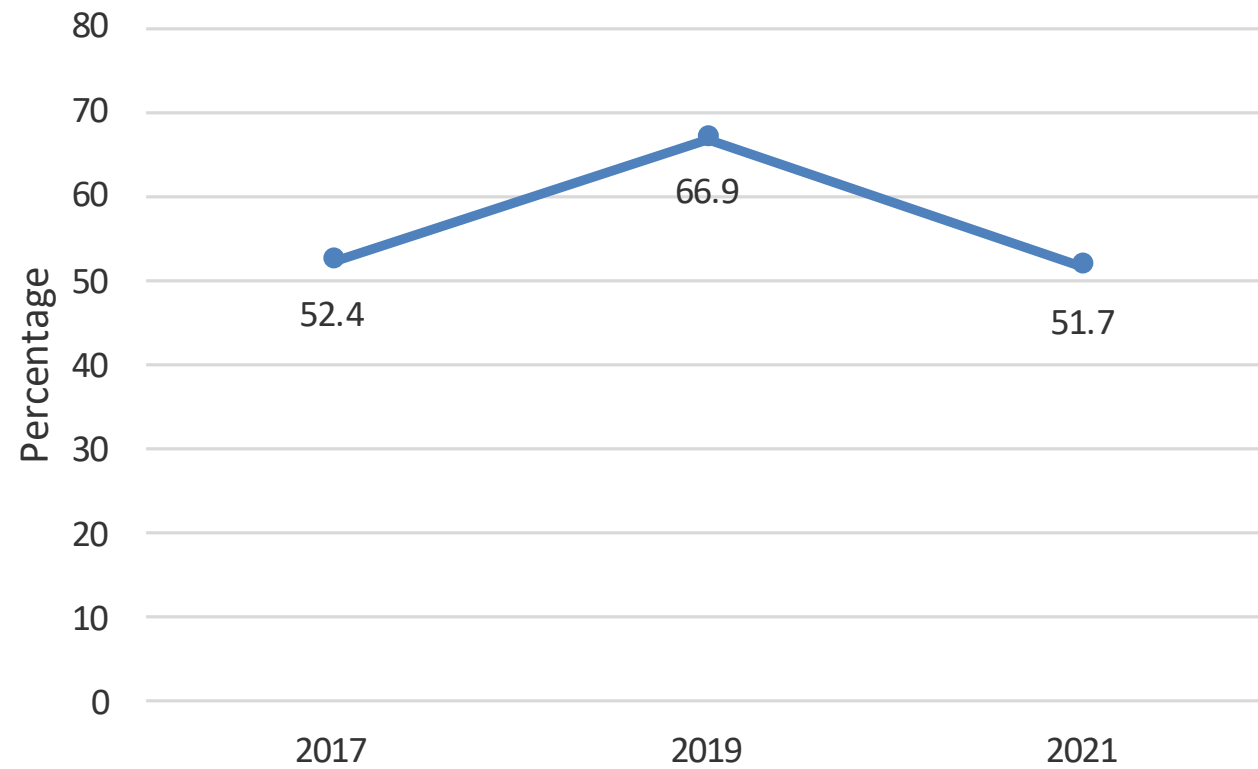


## The Covid Effect.....



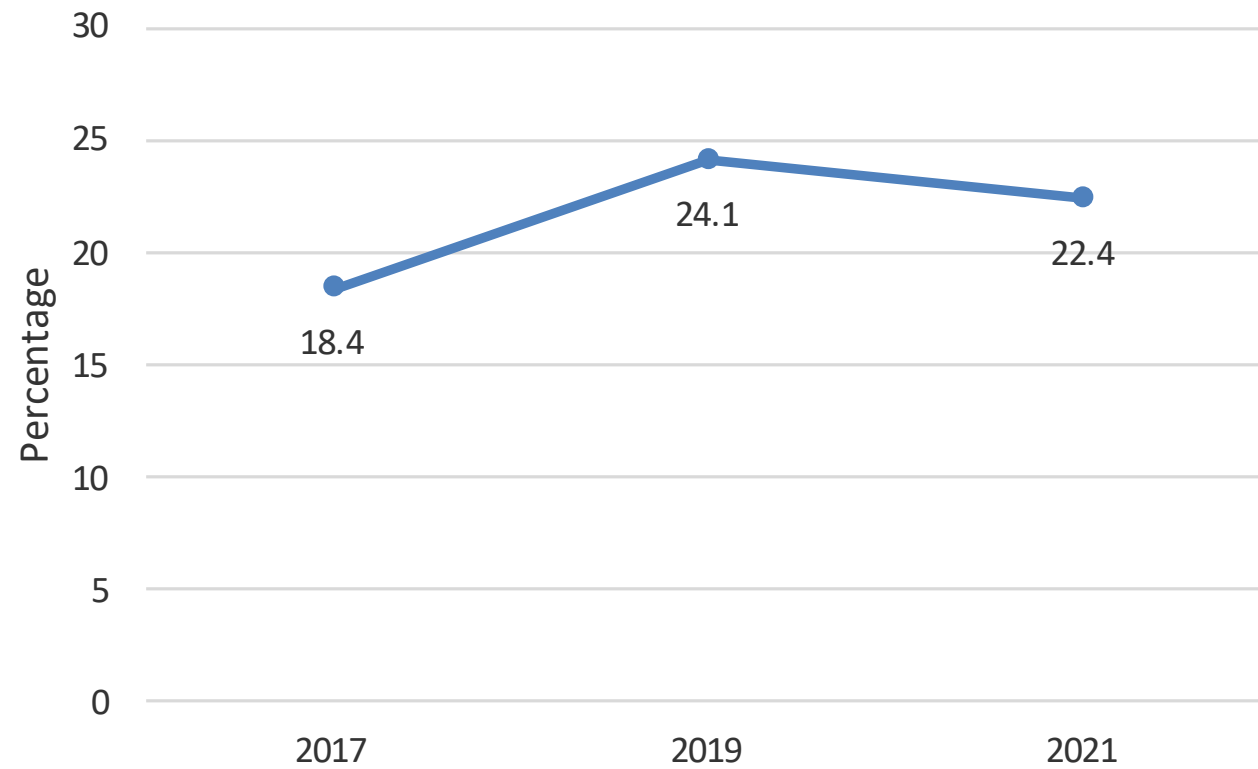


## Lifetime Binge Drinking



*Binge Drinking = 5+ drinks at one time*

## Recent Binge Drinking



½ of the kids reporting ever binge drinking.....do it regularly....

# Access to Alcohol- 2021

Question: *If you wanted to, how easy would it be for you to get alcohol?*

*- Increase from 2019*

	7	8	9	10	11	12
Very Easy/ Sort of Easy	42.7 %	59.3%	64.7%	70.6%	67.4%	68.9%
Sort Of Hard/ Very Hard	57.3%	40.8%	35.2%	29.4%	32.6%	31.1%

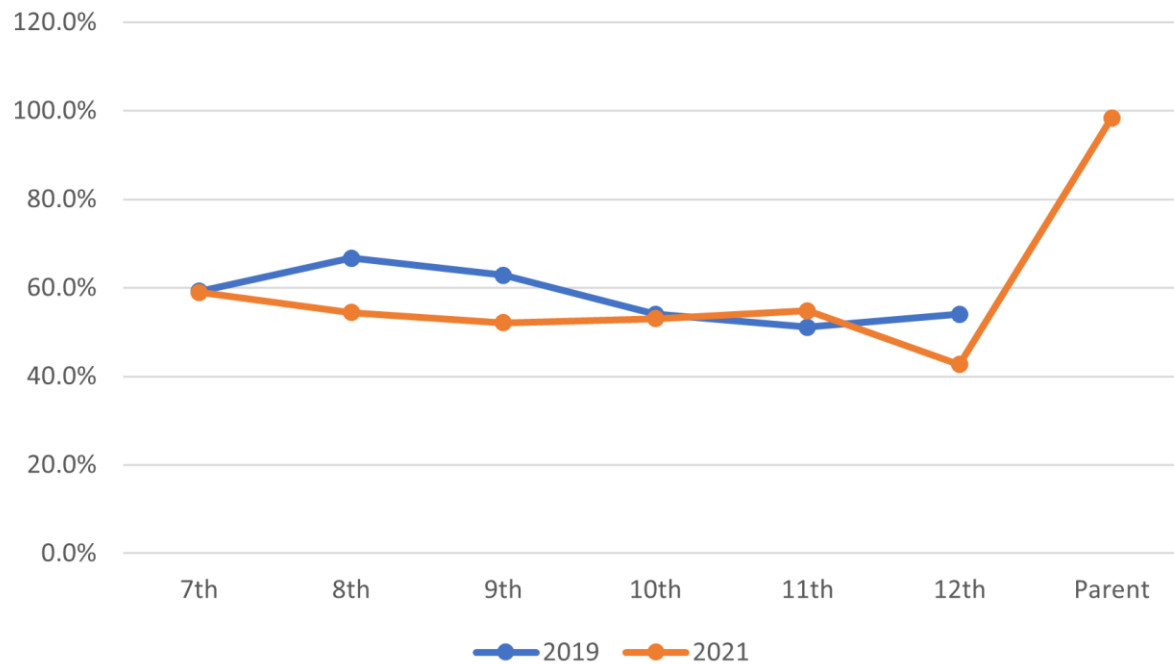
# *Where are LOL kids getting alcohol?*

- Friends 70.0%
- Parents, w/out permission 50.0%
- From your parents with permission 43.5%
- Party w/out adult permission 43.5%
- Party- adult knows alcohol is there 39.2%
- Siblings 28.2%
- A store or bar (you buy it) 17.3%
- A restaurant 15.2%

# Rules at Home

My family has clear rules discouraging me from drinking alcoholic beverages

Percentage "Definitely True" Alcohol Family Rules



7	8	9	10	11	12
59%	54.4%	52%	53%	54.8%	42.7%

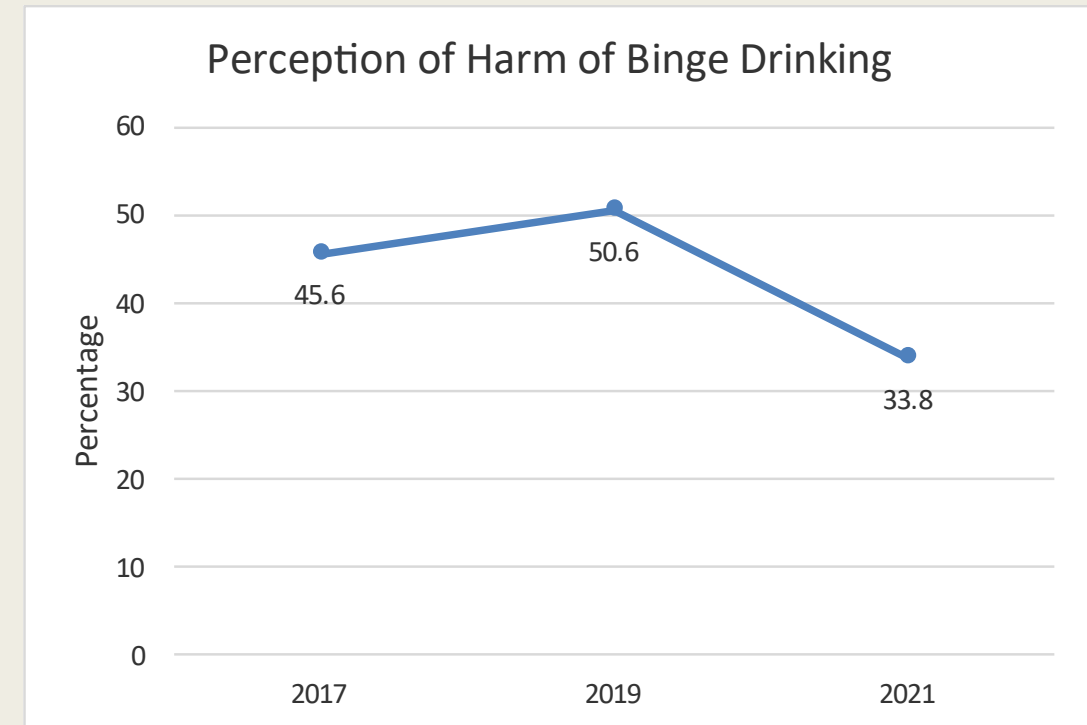
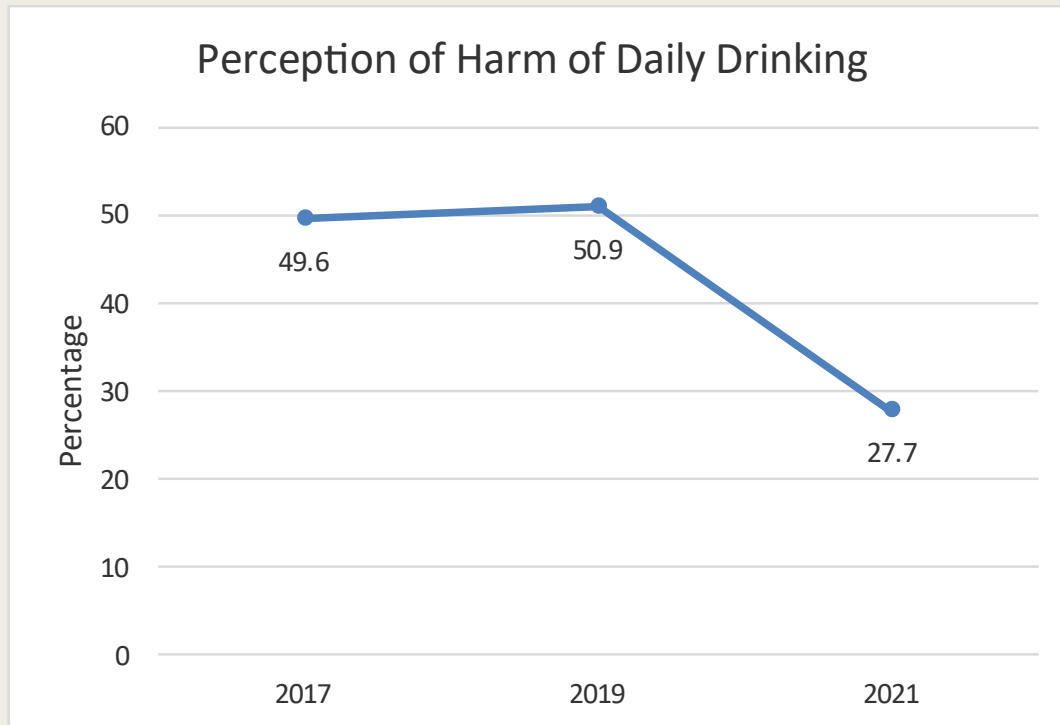
## Protective Factor:

Talking early and often about rules and expectations

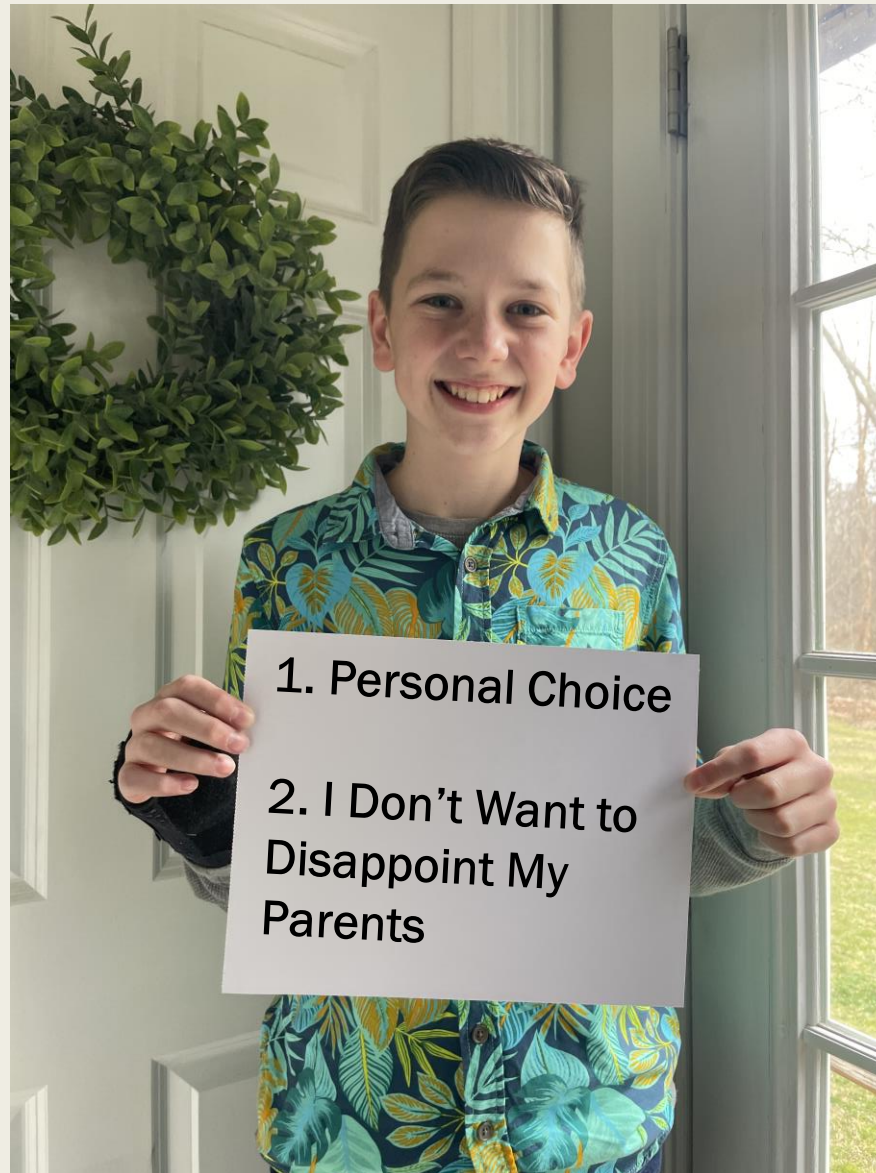
Take Away!

# Perception of Harm- *alarming*

How much do people risk harming themselves when they drink alcohol every day/  
binge drink once or twice a week (5+ drinks)?



# The Reasons LOL Kids Choose NOT to Use Alcohol



# So- Why Do L/OL Kids Drink?

**#1 Social** celebration/party

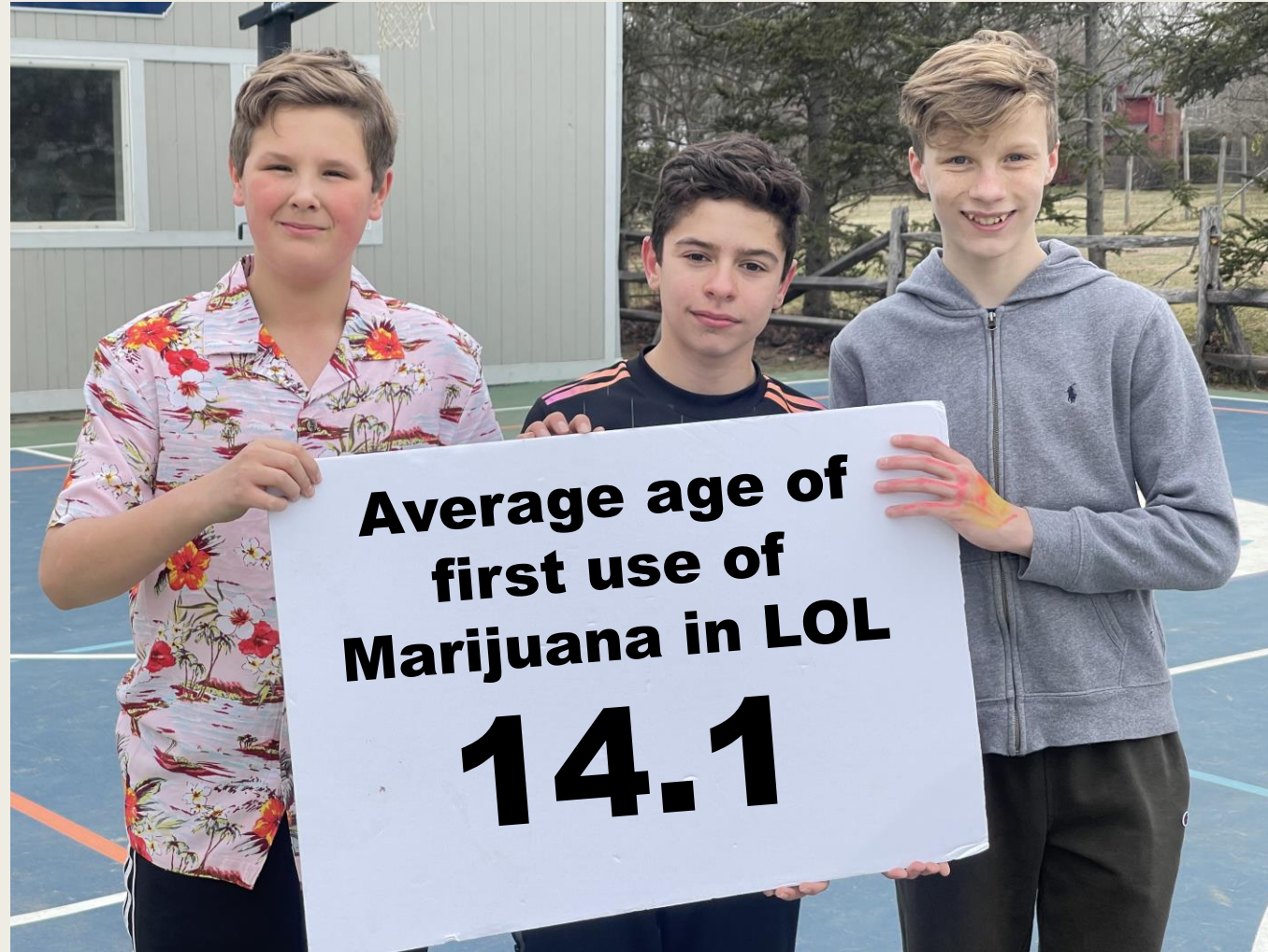
**#2- Enhancement**  
(pleasure/like the feeling)



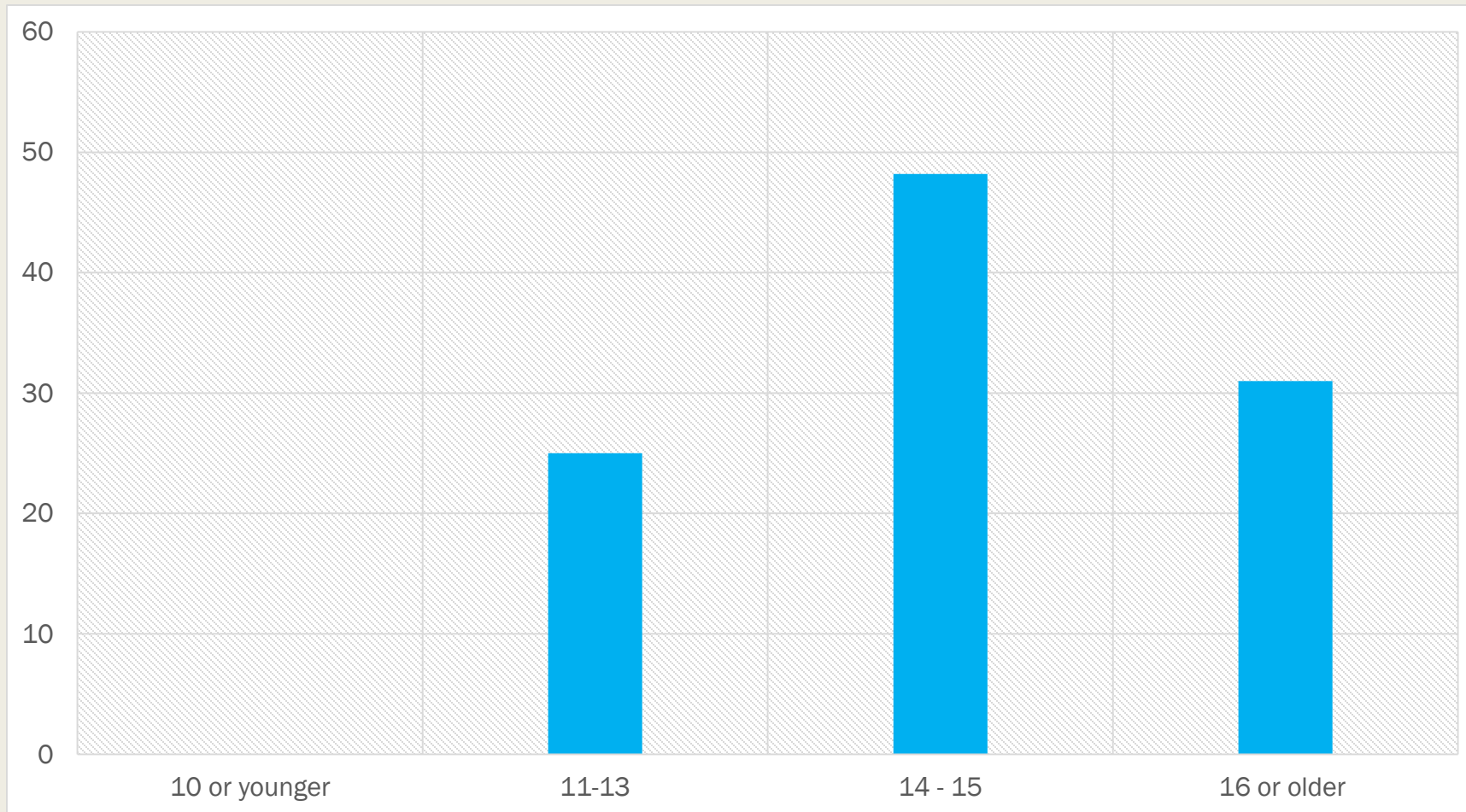


# Marijuana

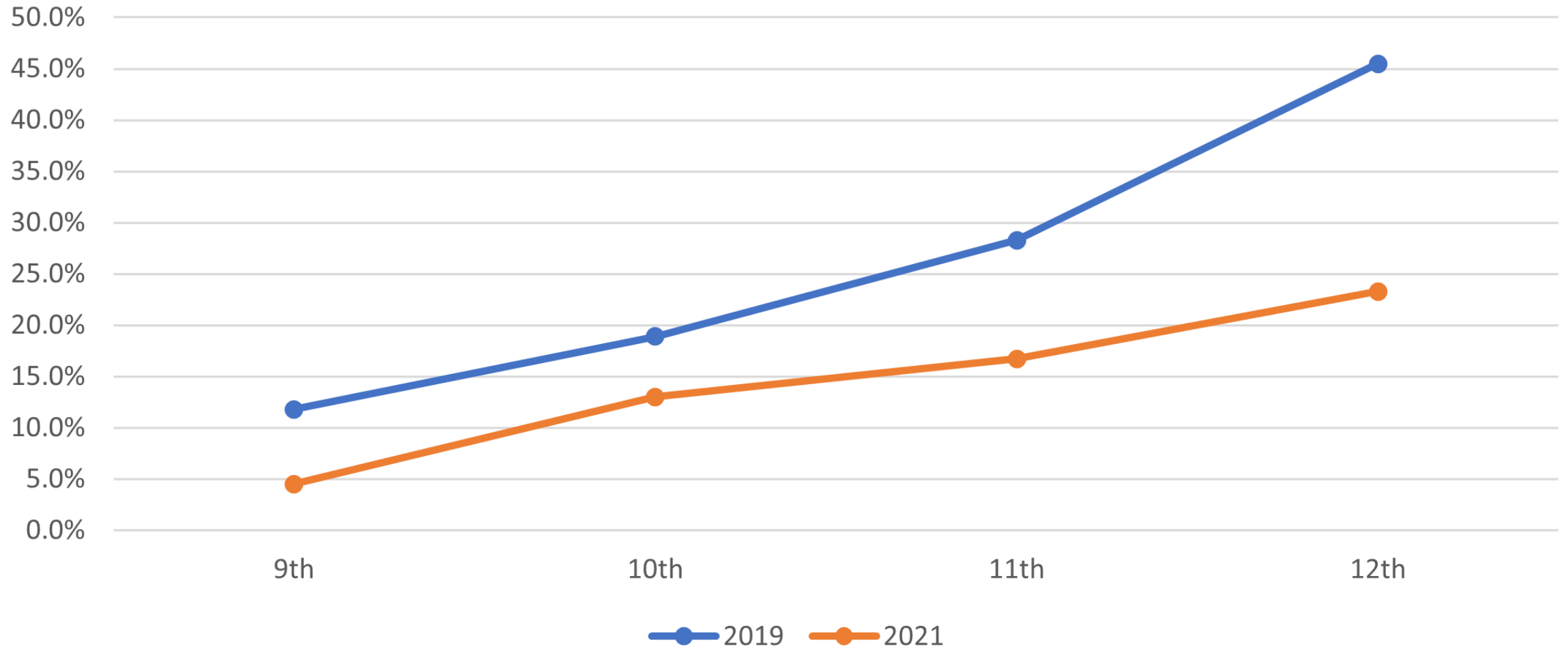
#2 drug used by LOL youth (tied with vaping)



# Age of First Use in L/OL: Marijuana



## Lifetime Marijuana Use by Grade



# *Where Are LOL Kids Getting Marijuana?*

- Friends 77.2%
- Other people buy for you 38.6%
- You buy it in person 36.8%
- Siblings 28.1%
- Parents, w/out permission 21.1%

# *What Are Kids Saying About Marijuana?*

Question: “How much do people risk harming themselves when using....?”

(asked of all students)

Answer: Great risk

*34.5% - Edibles*

*50.8% - Vaping*

*41.0% - Dabbing (high potency)*

Question: “How have you used Marijuana in the last 30 days?”

*80% - Smoking (joint)*

*53% - Edibles*

*65% - Vaping*

*50% - Dabbing (high potency)*

# We aren't talking about yesterday's marijuana.....

...But This



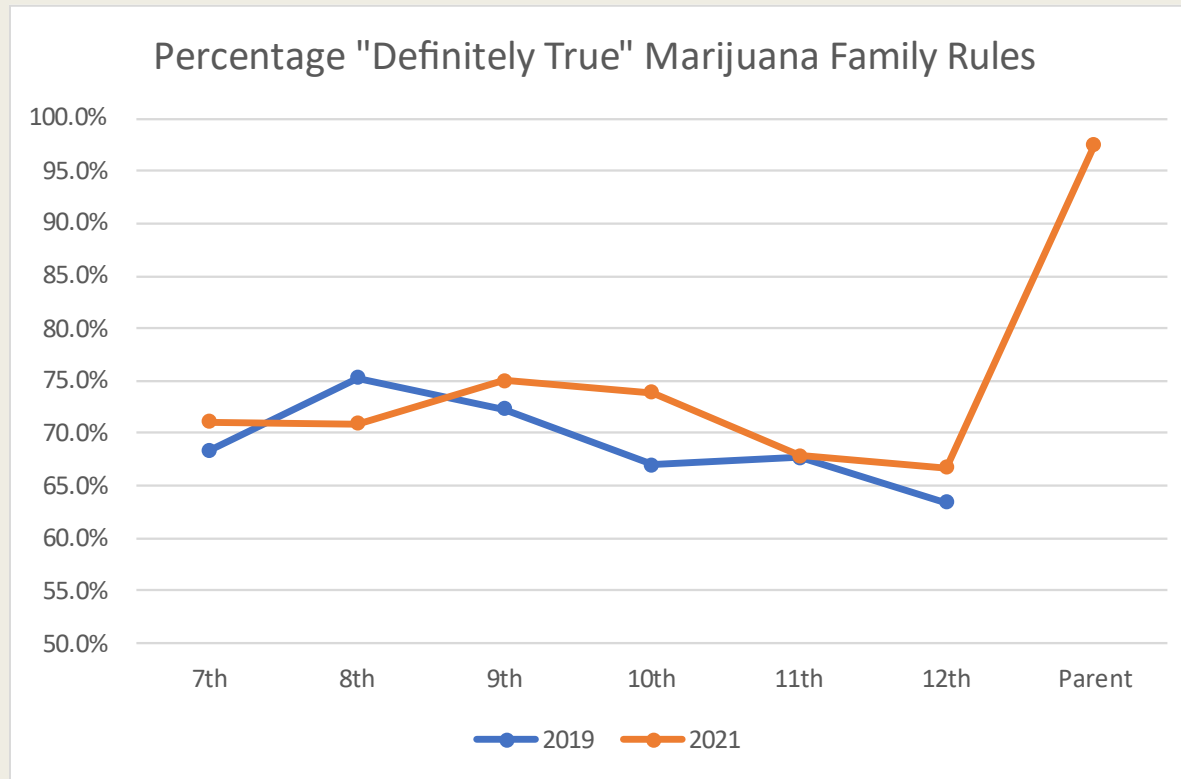
**Marijuana in the 1960's-1990's: 1-4% THC**  
**Today's Marijuana: Up to 40% THC**  
**With concentrates up to 95% or more THC**



© Photos courtesy Matt Pangman, People Magazine Shoot

# Rules at Home

My family has clear rules discouraging me from marijuana use



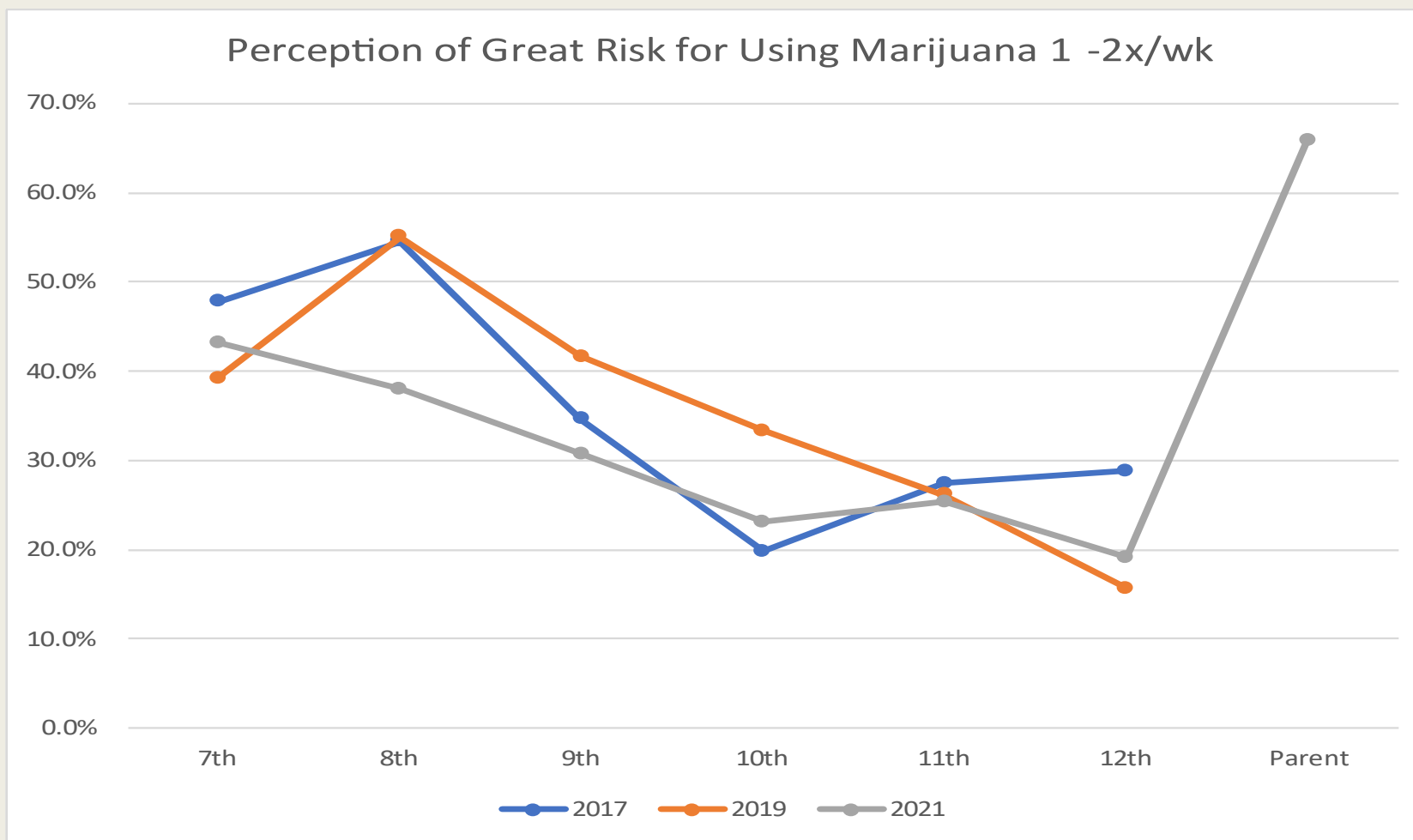
7	8	9	10	11	12
71.1%	70.9%	75%	73.9%	67.9%	66.7%

Keep talking! Keep rules clear and consistent!



# Perception of Harm – *alarming!*

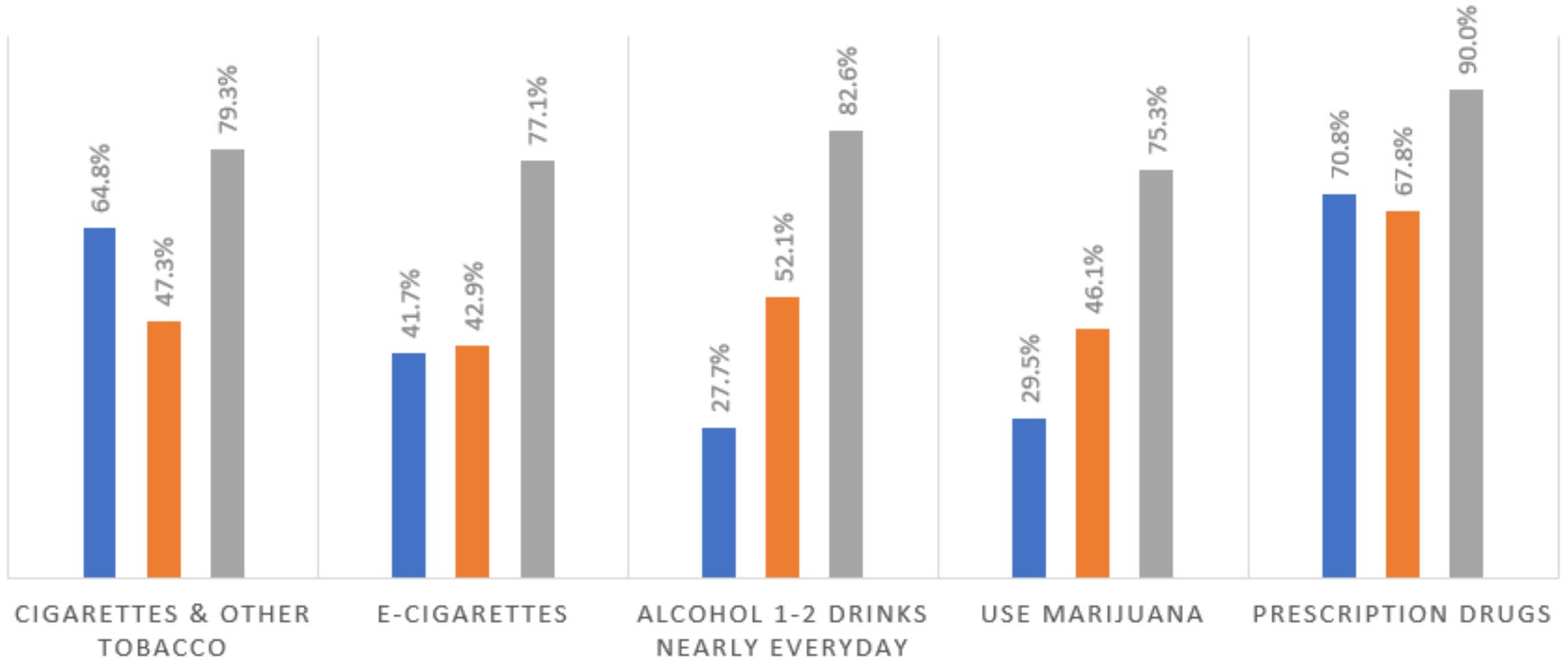
*How much do people harm themselves physically or in other ways when using marijuana 1 to 2 times/week?*





## YOUTH PERCEPTIONS OF RISK

■ Perception of Great Risk    ■ Peer Attitudes "Very Wrong"    ■ Parental Attitudes "Very Wrong"



# Where are LOL Kids Using Marijuana?

- Homes of Other People 76.6%
  - In Your Own Home 69%
  - Woods/Parks/On Street 57%
  - @Party with NO adults 57% (84% 12<sup>th</sup> graders)
  - @Party WITH adult 36.7% (50% 12<sup>th</sup> graders)
- 
- 33% of recent marijuana users report having been under the influence of marijuana while at school during the past 30 days.

# So- Why Do L/OL Kids Use Marijuana?

**#1- ENHANCEMENT (pleasure/like the feeling)**

**#2- COPING (mood management, cope with problems)**

# Vaping and Our Kids

(We've learned- Let's keep talking!)

- *Rates of Lifetime Use Reduced*
- Average Age First Use 14/15
- 7.5% - 8<sup>th</sup> graders lifetime use
- 24.4% - 12<sup>th</sup> graders lifetime use
- 89% of users report vaping nicotine
- 66% of users report vaping MARIJUANA
- **NOTE!!!! 15.7% of 12<sup>th</sup> graders report trying cigarettes (seeing this on college level.....an increase.....)**
- Perception of Harm of Vaping
  - 2017 - 29% 7-12<sup>th</sup> graders feel great risk
  - 2019 - 50%
  - 2021 - 42% (let's keep going!)

# Mental Health Crisis Among Youth

- According to US Surgeon General's recent report:
  - Nationwide – Symptoms of depression and anxiety among youth doubled during the pandemic.
- Connecticut Children's Medical Center reports:
  - 1 in 4 youth now experiencing symptoms of depression.
  - 1 in 5 experiencing symptoms of anxiety.
  - The number of kids ending up in the emergency room due to suicide attempts is on the rise.
- In SE CT alone, Mobile Crisis Intervention Services (211) is averaging 80 calls a month for youth in crisis, a 70% increase from last year.

# Positives for Our Kids!

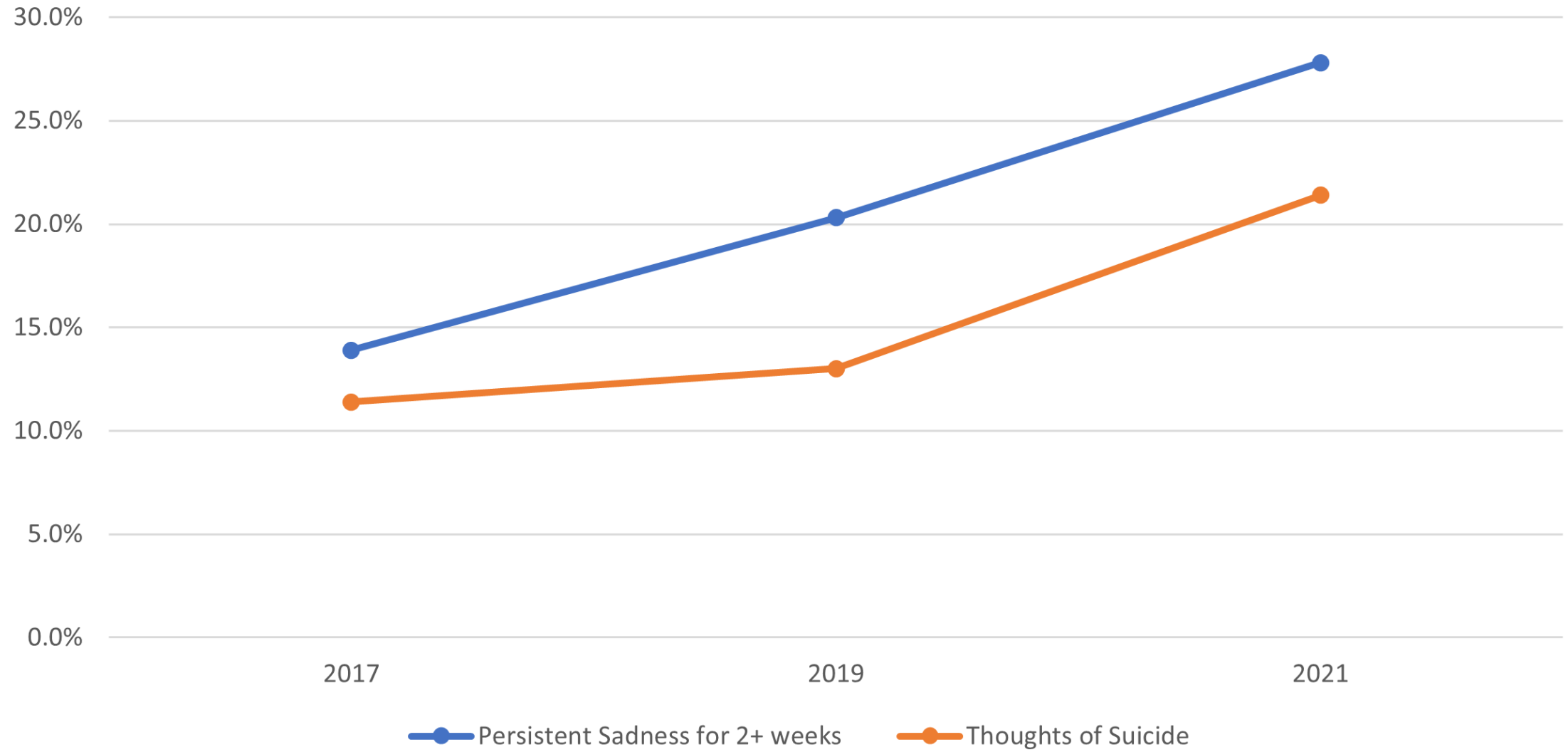
## grades 7-12

- 93% are trying hard to do well in school
- 84% describe “making good decisions”
- 75% can talk to someone when needed
- 88% feel valued and loved/close to parents
- 60% feel they can talk to a parent about a problem

# Mental Health and L/OL Youth (7<sup>th</sup>-12<sup>th</sup>)

- 70% feel stressed
- 60% feel anxious
- 28% have felt sad or hopeless almost every day for 2 weeks
- 21% report suicidal thinking (in last 12 months)

## Mental Health Trends





# Why Are We Concerned About Today's Marijuana?

- What are we talking about?  
*High potency* marijuana and kids
- Lessons learned from legalized states
- Marijuana and mental health

# Mental Health Concerns and High Potency THC/Youth Use

(&lessons learned)

- 1 in 6 teens who try marijuana will become addicted.
- There was a 25% increase in Cannabis Use Disorder among 12-17 year olds in legal states (*Cerda et. al, 2019*)
- CO – Teen visits to the ER for marijuana increased post legalization, 71% for psychiatric events
- Among youth who use weekly or daily, 33% are Cannabis Dependent
- LOL data indicates 33% of marijuana users report going to school “high”
- LOL data indicates that kids use marijuana to “cope”

Source: Kenneth Finn, MD, editor of Cannabis in Medicine,  
10/19 SAM Webinar

## MARIJUANA FACT:

“

There is increasing research demonstrating that regular use of marijuana with THC greater than 10% can result in development of psychotic symptoms.

”



**JOHNNY'S**  
AMBASSADORS



<https://www.medpagetoday.com/psychiatry/addictions/92253?trw=no>



# Key Points From Our Youth

- Feel use rates- under reported (vaping and marijuana)
- Feel mental health- under reported
- Social media- huge negative (Tik Tok)
- Drinking and driving isn't happening much, but smoking and driving is
- Peer pressure is less external and more internal
- Work on strategies for HS to MS conversations on these topics
- Huge pressure at school and home- talking early and positive strategies early
- Next survey- work together to reassure they will remain unidentified



Join us at an upcoming  
LOL Prevention Coalition Meeting

Resources and Info at  
[www.lysb.org/prevention](http://www.lysb.org/prevention)

Follow LOLPC on social media

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