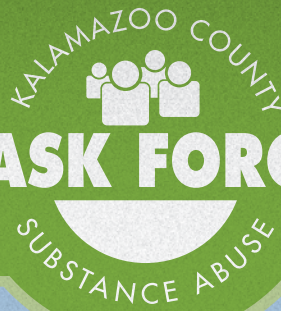


2018
COMMUNITY **TASK FORCE** REPORT



**CONSTRUCTING
OUR FUTURE**

OUR COMMUNITY, OUR INITIATIVES, OUR HEALTH.

TABLE OF CONTENTS:

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A SPECIAL THANKS FOR THE CONTINUED SUPPORT OF OUR MAJOR FUNDERS:



OUR VISION:

A healthy community free from substance abuse.

OUR MISSION:

To decrease youth alcohol and substance abuse issues in our community through the development of strategies that will reduce access to substances, prevent high-risk behaviors, connect community resources and provide educational opportunities.

HOW THE TASK FORCE BEGAN:

The Kalamazoo County Substance Abuse Task Force (the Task Force) was formed in 2008 under the management and oversight of Prevention Works. It has grown to represent almost 200 active members coming from different sectors of the community, including healthcare, law enforcement, schools, youth, parents, business, and government. Since its formation, the Task Force has seen reported use of underage drinking, youth tobacco and marijuana use, and prescription drug abuse decline.

OUR HOPE FOR COMMUNITY YOUTH.

Dear Community Member,

In 2014, the Kalamazoo County Substance Abuse Task Force (the Task Force) published its first Community Report on youth substance use. The Community Report was the first of its kind in our community, showing teen substance use trends in real time, and helping to equip those who work with youth with the tools to combat substance abuse. For this third edition of the Community Report, the Task Force set out to learn **what teens are using** and the **reasons why they are using**. Through detailed focus groups with youth and parents, we found today's teens are increasingly stressed, often using drugs and alcohol as a coping mechanism. Several teens we interviewed listed family stress as one of the main reasons they turn to substances. In comparison, however, parents believe teens are using substances due to peer pressure, social media and music.

Research around Adverse Childhood Experiences (ACEs) shows that trauma creates a significant risk factor for substance use disorders. ACEs include physical, sexual, and emotional abuse, neglect, domestic violence, family substance abuse, mental illness, divorce, and incarcerated relatives. Two thirds of adults have experienced at least one ACE, and in the CDC-Kaiser ACEs study, more than one in five participants reported three or more ACEs. ACEs not only increases a person's risk for substance use, it can lead to the onset of chronic disease, depression, mental illness, and violence.

If a teen has been exposed to ACEs, it is important they have resiliency skills — the ability to adapt well, or to bounce back from difficult life events. Resilience is a protective factor. Other protective factors include having people to look up to, connectedness to school, problem-solving without using substances or resorting to violence, family connectedness, positive friendships, knowing where to seek help, and exposure to opportunities to develop the skills needed to succeed in life. By understanding the impact toxic stress and trauma can have on someone, or not acknowledging toxic stress and trauma are real, the community may be missing important opportunities to prevent future problem behaviors, including teen substance use.

The Task Force would like to see this Community Report in the hands of every agency, organization, and person who interacts with, works with, or helps youth in our community. This Report can help our community better understand its youth, the stressors and reasons that lead them to engage in risky behaviors, and how to prevent those behaviors before they start, or where to seek help once they have. Our hope is that this Report will provide our community with the knowledge and tools to decrease substance use, and that with every Community Report we release, we will continue to see a reduction of youth use of drugs and alcohol.

Constructing a Healthy Community.

Kalamazoo County Substance Abuse Task Force Coordinating Council

WHAT'S GOING ON?

Before we dive into the data on each substance, it's important that we take a look at youth substance use from the 1,000-foot view and understand the whole picture.

FIRST, A COURSE IN PREVENTION 101

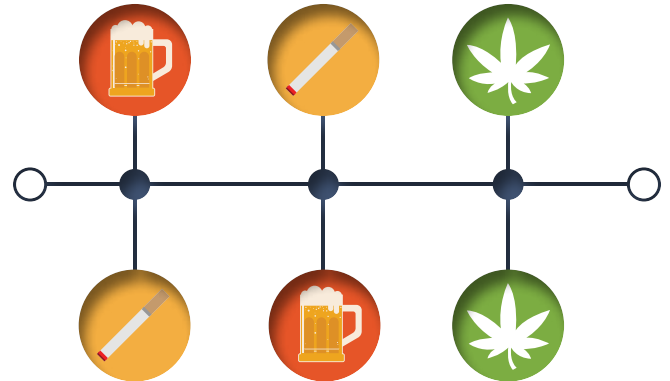
RISK FACTORS

- Risk factors increase the likelihood that someone will become involved in high-risk behaviors, like substance use.
- Risk factors include alcohol and other substances being readily available in a home or a community, youth perception that most of their peers use substances, using substances at a young age, community laws and norms that are favorable towards drug and alcohol use, and parents' use of drugs, or tolerance of youth use.

PROTECTIVE FACTORS

- Protective factors decrease the likelihood that someone will become involved in high-risk behaviors.
- Protective factors include clear rules regarding substance use and consistently enforced consequences for violating those rules, building the skills necessary for resisting pressures to use, strong bonds between youth and adults, and opportunities for youth to be meaningfully involved in their community.

MIDDLE SCHOOL STUDENTS START USING ALCOHOL EARLIER THAN OTHER SUBSTANCES

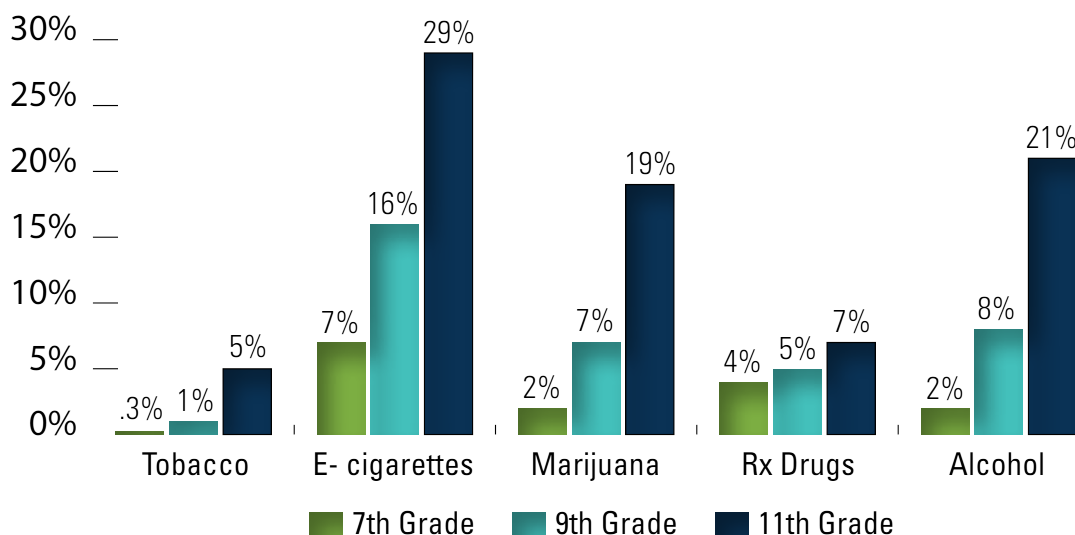


HIGH SCHOOL STUDENTS START USING TOBACCO EARLIER THAN OTHER SUBSTANCES

Source: MiPHY 2018



SUBSTANCE USE BY GRADE LEVEL Past 30 Day Use



THINGS WE CAN SEE PRETTY CLEARLY

Use increases as youth get older, meaning an 11th grader is more likely to use substances than a 7th or 9th grader. More teens report using e-cigarettes than any other substances. This is a relatively new trend. Prior to 2018, alcohol was the substance teens most reported using.

Source: MiPHY 2018

TEENS OFTEN THINK MORE OF THEIR PEERS USE SUBSTANCES THAN ACTUALLY DO

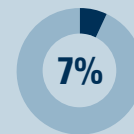
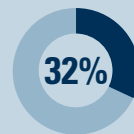

2018 HIGH SCHOOL


Alcohol


Marijuana


Cigarettes

PEER PERCEPTION
THAT MOST PEOPLE USE



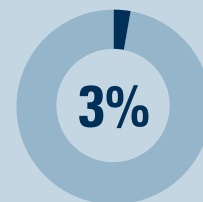
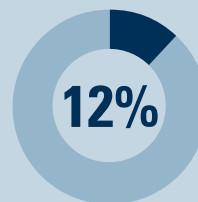
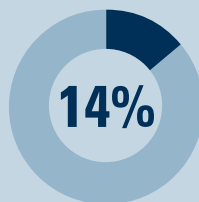
VS.

VS.

VS.

VS.

ACTUAL USE



Source: MiPHY 2018

A WORD ABOUT THE DATA

This brief Community Report is a compilation of indicators collected from various sources. The largest of these sources is the Michigan Profile for Healthy Youth (MiPHY) Survey. Kalamazoo County public school districts participate in this state survey, providing a representative sample of youth in 7th, 9th, and 11th grades. Other sources include Youth and Parent Focus Groups and a Youth Survey that were conducted by the Task Force. Youth Focus Groups were conducted with small groups of local youth ranging from 8th grade to college, with the majority being high school youth. Parent Focus Groups were conducted with groups of parents representing various communities and school districts in Kalamazoo County. The Youth Survey includes aggregate data of middle and high school age youth. It is important to note with all data presented in this report that causation is not implied.

The Community Report
represents only the

**tip of the
iceberg**

as far as the local data
we have collected to
date around youth
substance use and other
risky youth behaviors.

ALCOHOL



CHOOSE TO LIVE ABOVE THE INFLUENCE: A NOTE FROM OUR YOUTH

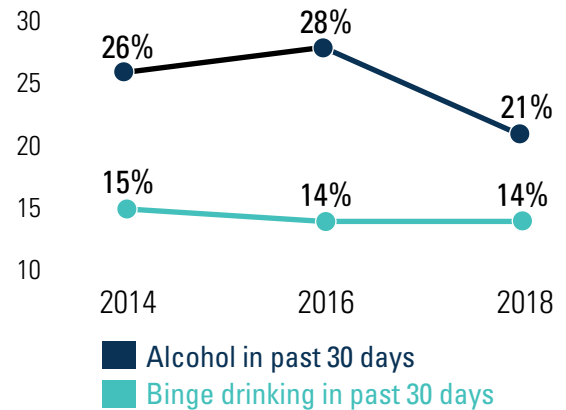
Choosing to live above the influence in this society can be a difficult thing to do. Personally, I made the decision to say no to substances.

I grew up in a household that made sure both my brother and I knew that substances were nothing to mess around with, whether underage or of legal age. I have seen loved ones struggle with addiction and it is heartbreaking, no matter what substance is their vice.

I know my boundaries and I set a plan for my life. Addiction and substance abuse does not fit into my plan of becoming an engineer. I know if I continue to live above the influence, my goals will be easier to reach. I will keep a clean mind moving forward into my adult life. Everyone has a chance in this world and I know I will make the most of mine.

Paige Berry,
*Portage Central High School Student,
Kalamazoo County Substance Abuse Task Force
Youth Member*

ALCOHOL AND BINGE DRINKING AMONG 11TH GRADERS Past 30 Day Use



Source: MiPHY 2018



According to the 2018 MiPHY, the percent of 7th and 9th graders who report binge drinking or using alcohol recently are lower than the 11th grade levels shown above; however, they follow a similar trend. Youth use of alcohol is declining, which is positive, but binge-drinking levels are staying stable. This means a higher proportion of teens who are drinking report drinking dangerous amounts of alcohol (4-5 or more drinks in a row).

PARENT TIP:

Alcohol companies create products that appeal to teens. Products such as flavored alcohol whip cream, alcohol energy drinks, and beverages with fruity flavors are marketed directly to teens. Additionally, music, TV, and movies continue to portray teen drinking as a "right of passage." Drinking at a young age can have serious consequences, including addiction and dependence on alcohol, drunk driving crashes, injuries, and problems with school.



ACCESS TO ALCOHOL

MIDDLE SCHOOL ALCOHOL ACCESS POINTS



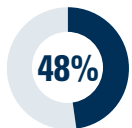
Someone gave it to them



Took it from a family member

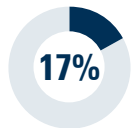
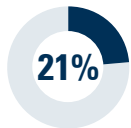
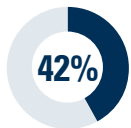


Gave money to someone else to buy it.



Any other way

HIGH SCHOOL ALCOHOL ACCESS POINTS



Source: MiPHY 2018



Middle school age youth tend to use substances they have easy access to in their homes, whereas high school age youth most often access substances through friends and peers.



ALCOHOL FACT

A healthy adult liver can process 0.6 ounces of pure alcohol in an hour, or one standard drink. Because drinks come in all sizes, and in different ABV (alcohol by volume, used to measure the strength of the alcohol), we measure drinks by the size and alcohol content, not just by the can, glass, or bottle.

STANDARD DRINKS

- A typical beer comes in 12 ounces, and is on average 5% ABV. This equals 0.6 ounces of pure alcohol. $12 \text{ ounces} \times .05 \text{ ABV} = .6 \text{ ounces of pure alcohol}$.
- Table wine is roughly 12% ABV, so a 5 ounce glass of wine would equal .6 ounces of pure alcohol.
- Liquor that is 80 proof (proof is twice the ABV, so 80 proof equals 40% ABV) would take 1.5 ounces to equal 0.6 ounces of pure alcohol. When drinking mixed drinks, there is often more than 1.5 ounces of liquor, meaning one drink may contain two or more standard drinks.

RESEARCH SHOWS THAT YOUTH WHO START DRINKING BEFORE THE AGE OF 15

ARE 4X MORE LIKELY

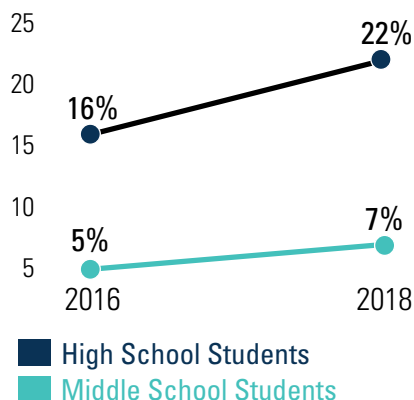
to meet the criteria for alcohol dependence at some point in their life.

Source: National Institute on Alcohol Abuse and Alcoholism

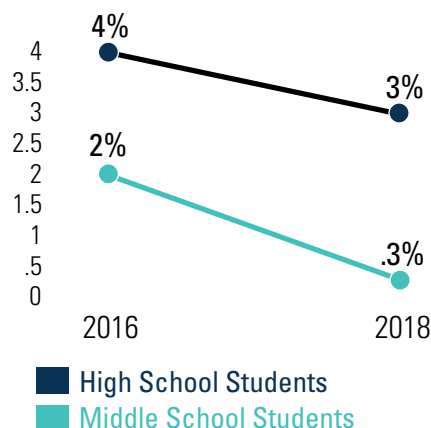


TOBACCO

E-CIGARETTE Past 30 Day Use



CIGARETTE Past 30 Day Use



Source: MiPHY 2018



Youth use of cigarettes has been steadily declining; however, use of e-cigarettes (also known as “vapes” and “Juuls”) has increased at every grade level over the past 2 years. When we break it down by grade, we see that 7th and 9th grade use increased by 2% each, and 11th grade use increased by 10%.

SUBSTANCE USE DISORDERS IN THE LGBT COMMUNITY

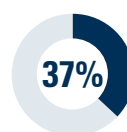
Substance use in the LGBT community is not a new problem. The alcohol and tobacco companies have targeted marginalized communities for decades, including the LGBT community. According to the Rainbow Health Study, “70% of LGBT youth reported using alcohol and marijuana in the last 30 days.” Members of the LGBT community are at a higher risk for substance use because they face chronically high levels of stress, there is limited treatment services because of the inability to meet the unique needs of LGBT folks, and if LGBT folks disclose their sexual orientation, they are fearful of stigma, intolerance and open discrimination. OutFront Kalamazoo has focused on substance use for almost three decades by providing prevention and intervention tools. OutFront, along with our partners, continue to educate the community about correct language and creating safe spaces. One way to improve treatment programs is to offer facilities that welcome them and their allies and treatment is offered by LGBT and/or LGBT-affirming staff. More still needs to be done to ensure LGBT folks receive the treatment and care they need and deserve.

Brooke Lindley,
Director of Advocacy at
OutFront Kalamazoo

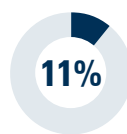


ACCESS TO E-CIGARETTES 2018

MIDDLE SCHOOL E-CIGARETTE ACCESS POINTS



Borrowed from someone



Bought from someone



Got from someone over 18.



On the internet

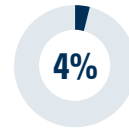
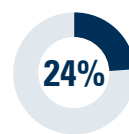


Bought from a gas station
or store



Some other way

HIGH SCHOOL E-CIGARETTE ACCESS POINTS



Source: MiPHY 2018

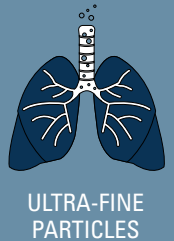
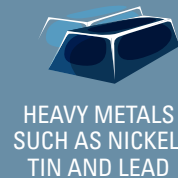
4x MORE LIKELY TO USE E-CIGARETTES IN **11th** GRADE VERSUS **7th** GRADE

Source: MiPHY 2018

SOME TEENS THINK E-CIGARETTES CONTAIN FLAVORED WATER.

REALITY CHECK

Most e-cigarettes contain nicotine, a powerfully addictive substance. E-Cigarettes often come in flavors that appeal to teens, such as cotton candy, strawberry, and mint.



Source: CDC

KNOW WHAT TO LOOK FOR



JUULS

A JUUL is a brand of e-cigarette that looks like a flash drive, so it's easy to conceal.

PARENT TIP:

Teens report buying e-cigarettes online. They may use prepaid debit cards and have them delivered to their own house or to a friend's house. Teens also report that some local stores don't ID teens purchasing e-cigarettes.

TEACHER TIP:

Students report that teens are using e-cigarettes in schools, including the bathrooms, in class, as well as on the bus.

30%

of students say it is easy for them to access e-cigarettes.

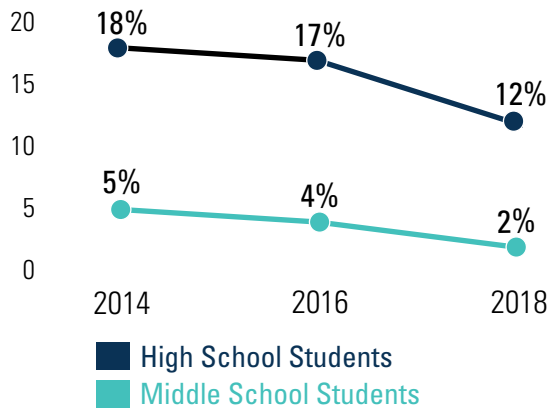
OVER 50%

of students say it is easy for their peers to access e-cigarettes.

Source: Youth Survey 2017

MARIJUANA

MARIJUANA Past 30 Day Use



Source: MiPHY 2018



ACCESS TO MARIJUANA



Source: Youth Survey 2017

(Does not total 100% because students could report multiple access points)

Let's Match

PARENT TIP:

Teens often access marijuana through social media. A post saying "Let's Match" is a way for someone selling marijuana to advertise.

MARIJUANA FACT:

Marijuana use is likely to increase the risk of developing schizophrenia and other psychoses; the higher the use, the greater the risk. It is also likely to increase the risk for developing social anxiety disorder.

Source: National Academy of Medicine 2017

WHY TEENS SAY THEY USE:

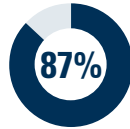
- 1 Health Issues – Teens report they believe marijuana treats anxiety and depression better than medications, is healthier than cigarettes, and treats eating disorders.
- 2 For Fun
- 3 To Relieve Stress and Escape
- 4 To Be Cool

Source: Youth Focus Groups 2018

HOW YOUTH REPORT USING MARIJUANA



SMOKING



EDIBLES



DABBING

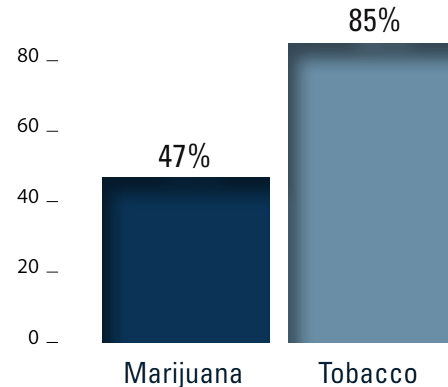


VAPING



Source: Youth Survey 2017
(Does not total 100% because students could report multiple methods of using marijuana)

PERCEPTION OF RISK AND HARM: MARIJUANA VS TOBACCO



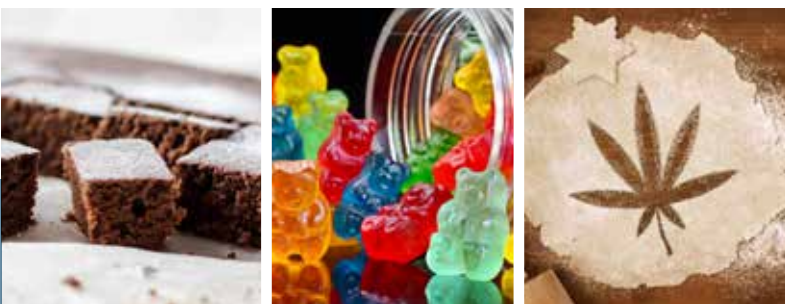
Source: MiPHY 2018

TEENS VIEW TOBACCO AS BEING MORE HARMFUL THAN MARIJUANA



KNOW WHAT TO LOOK FOR

Marijuana can come in edible form, meaning it can be eaten. Edibles can often be youth-appealing foods like candies, gummies, brownies, and cookies.



MARIJUANA FACT:

Marijuana impairs judgment, coordination, and reaction time. These skills are necessary for driving, so driving under the influence of marijuana can increase the risk for crashes.

Source: National Academy of Medicine 2017

ALMOST
2/3
OF TEENS
USING MARIJUANA
ALSO REPORT
USING E-CIGARETTES.

Source: Youth Survey 2017

RX DRUGS



WORD MATCH ACTIVITY

Do you know what these types of medications are? Match the type with the definition!

- | | |
|---------------------------|---|
| 1. Depressants | — A. These medications are available in the community for free and are used to reverse an opioid or heroin overdose. |
| 2. Opioids | — B. These medications include Norco, Hydrocodone, and Percocet, and are used to treat pain. |
| 3. Stimulants | — C. These medications include Benzodiazepines, like Xanax, and are used to treat anxiety. |
| 4. Narcan/Naloxone | — D. These medications include Adderall and Ritalin, and are used to treat A.D.D. and A.D.H.D. |

I AM ONE OF THOSE STATISTICS

I am a parent affected by the current substance use disorder epidemic that has escalated across the United States. I am one of those statistics that lost a child to a heroin overdose; she was only 21 years old. My first thought when I found out she was using heroin was, "I am a bad parent, my daughter is a drug addict." As I learned about substance use disorders, I learned I am not a bad parent, she was not a bad person. This addiction was about making traumatic pain go away.

Our youth are under a tremendous amount of emotional stress. Trauma to a young person doesn't have to be major to cause them to have negative feelings. Opioid medications have been very easy to get, and often prescribed for a legitimate reason. But these medications also have a way of affecting emotions, and this can be a reason a young person may continue to use even though the medications are no longer needed for the original diagnosis.

Parents, listen to your children when they say they are sad or depressed; sometimes they just want to be heard. Talk to them, support them, and teach healthy coping mechanisms for the stressors they will encounter in their life. Substance use disorder is not a bad choice someone makes; their only choice was to want the pain to go away.

Nancy King,

Parent and community activist on substance use disorder as a medical illness from which people can recover with help and support

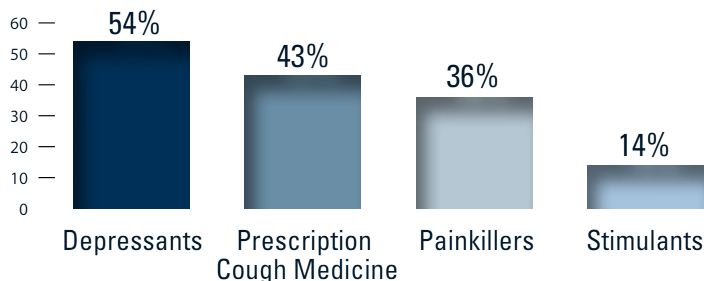


ACCESS TO RX DRUGS



Source: Youth Survey 2017
(Does not total 100% because students could report multiple access points)

TYPES OF PRESCRIPTION MEDICATIONS TEENS REPORTED ABUSING



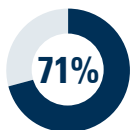
Source: Youth Survey 2017



STUDENTS WHO ARE ABUSING PRESCRIPTION DRUGS ARE MOST LIKELY TO BE USING OTHER SUBSTANCES AS WELL



61% REPORT ALSO USING MARIJUANA



71% REPORT ALSO USING E-CIGARETTES

Source: Youth Survey 2017



AN AVERAGE OF 108 OPIOID PILLS WERE PRESCRIBED PER HOUSEHOLD IN KALAMAZOO COUNTY IN 2017

While this number has been steadily decreasing, it's important to note that most teens access the prescription medications they abuse from their home, or from a friend who likely got them from their own home.

Source: Michigan Automated Prescription System 2017

PARENT TIP:

Lean is prescription cough medicine mixed with soda and popularized by music.

PARENT TIP:

Teens report abusing prescription medications due to anxiety and stress, whereas parents often think teens use to fit in and because of peer pressure.



Teens report they believe abusing and becoming addicted to prescription medications is often by accident, rather than intentional. Teens also report that peers may abuse prescription drugs for depression, to fit in, or because of family issues.

Source: Youth Focus Groups 2018

DISPOSE UNWANTED MEDICATIONS HERE



SINCE 2011, KALAMAZOO COUNTY RED MED BOXES HAVE COLLECTED OVER **54,000 LBS. OF UNUSED AND UNWANTED MEDICATION.** THERE ARE SIX RED MED BOX COLLECTION SITES IN KALAMAZOO COUNTY.

Visit redmedboxes.com for locations and more information.

RESOURCES

ADOLESCENT SUBSTANCE USE DISORDER TREATMENT

Pine Rest Portage Clinic

1350 West Centre Avenue
Portage, MI 49024
Phone: 269-910-7327
Fax: 269-910-7328
For After-Hours Emergencies: 800-678-5500

Pine Rest Kalamazoo Clinic

1530 Nichols Road
Kalamazoo, MI 49006
Phone: 269-343-6700
Fax: 269-343-4831
For After-Hours Emergencies: 800-678-5500

Elizabeth Upjohn Community Healing Center

2615 Stadium Drive
Kalamazoo, MI 49008
269-615-2055

Family & Children Services

(Co-Occurring Mental Health and
Substance Use Disorder Treatment)
1608 Lake Street
Kalamazoo, MI 49001
269-344-0202

Kelly & Associates

5464 Holiday Terrace
Kalamazoo, MI 49009
269-488-5905

Freedom Counseling

5380 Holiday Terrace
Kalamazoo, MI 49009
269-993-4499

Kalamazoo Community Mental Health & Substance Abuse Services

Phone 269-373-6000

Southwest Michigan Behavioral Health

1-800-781-0353

Tobacco Quit-Line

1-800-QUIT-NOW (784-8669)

Truth Initiative E-Cigarette Quit Program

Text "QUIT" to 202-804-9884

Family Health Center

269-349-2641

ADOLESCENT, ADULT, AND FAMILY PREVENTION PROGRAMS

Prevention Works

611 Whitcomb Street, Suite A
Kalamazoo, MI 49008
269-388-4200

SUPPORT GROUPS

Alcoholics Anonymous (AA)

269-349-4410

Families Against Narcotics (FAN)

269-580-8290

SUBSTANCE ABUSE REFERRAL MAP & RESOURCES

REASONABLE SUSPICION
THAT A YOUTH IS USING DRUGS, ALCOHOL OR
TOBACCO

NOTIFY PARENT/GUARDIAN AND ENCOURAGE/REFER
THEM TO **LOCAL PREVENTION SERVICES**, OR FOLLOW
AGENCY/SCHOOL POLICY ON ALCOHOL/DRUG TESTING

YOUTH ADMITS TO USING OR POSSESSING
DRUGS, ALCOHOL OR TOBACCO

PROVIDE LISTS OF **LOCAL OUTPATIENT
TREATMENT AND RESIDENTIAL
TREATMENT/SHORT-TERM SERVICES**

YOUTH'S FAMILY MEMBER IS ABUSING
DRUGS, ALCOHOL OR TOBACCO

PROVIDE YOUTH/FAMILY WITH
LOCAL SUPPORT GROUPS

**YOUTH SUBSTANCE ABUSE
PREVENTION & EDUCATION**

REFER TO **LOCAL PREVENTION SERVICES**

WHAT YOU CAN DO



FOR YOUTH DEVELOPMENT WORKERS

- Peer-to-Peer Prevention Programs are the most powerful deterrent for teens using substances. Contact Prevention Works about Peer Power programs for youth in the out-of-school time.



PARENTS

- Talk about drugs and alcohol as early as 9 years old.
- Have consistent rules and consequences for substance use.



SCHOOLS, TEACHERS, AND COACHES

- Provide prevention programs in classrooms, and education on substance use and its consequences in extra-curriculars and sports.
- Teach coping skills, which help teens develop health ways to handle stress and adversity.



SCHOOL ADMINISTRATORS

- Participate in the MiPHY Survey, which gives schools a wealth of data.
- Contact the Task Force to analyze this data, make recommendations on policies and programs related to substance use, and provide resources.



COMMUNITY MEMBERS

- Join the Task Force.
- Donate. Studies have show that for every \$1 invested into substance use prevention, \$18 is saved in future treatment costs.

MY NAME IS NICOLE, AND THIS IS MY STORY.

I started drinking when I was ten, and I started using drugs at the age of twenty-one. I am an only child, and as a young girl I watched my mother have seizures from drinking excessively. My grandmother and father were also alcoholics, so that's all I saw as a young girl. I'd been using drugs for many years and tried over and over again to stop, but was unsuccessful. I have been in rehab several times, but always seemed to go back into active use, which made it harder for me to quit.

I have been a participant of Prime for Life for three years now, and every year I learn something new about myself and my addiction. It was this year that I came to the conclusion that my life had become unmanageable when I owed a large amount of money to a drug dealer and my life was in jeopardy. It was time I did something positive and made better choices, so I quit drinking and using drugs. The importance of prevention is that it reduces certain health problems like heart failure or high blood pressure. Using drugs, or abusing prescription drugs, could eventually result in jail time or death.

A lot of my friends have died from drug overdoses because they failed to see the negative side of using. When I was in high school I wanted to fit in, but fitting in led me to use drugs. I had to have it. It got so bad that I lost my freedom and my children. Prime for Life helped me identify the differences between high-risk and low-risk choices, and the effects of consuming more than three drinks a day. I participate in groups in the community to help me stay clean, and I believe recovery is possible.

For some people it's a long process, but it's worth it in the end. I value my life enough to make the necessary changes to be a better person. I finally came to believe that a power greater than myself could restore me to sanity, and that power for me is God. I would like to thank Prime for Life for helping me in my road to recovery.

Nicole Weekly, Prime for Life participant through the Family Health Center and Prevention Works



BUILDING A HEALTHY KALAMAZOO COUNTY

The Task Force and Prevention Works are partners in prevention, and work together to build a Kalamazoo County that is free of substance abuse. We work to give people better tools to make healthier decisions. This Community Report is one of the tools to help construct a healthier future for Kalamazoo. The Purpose is to provide data to make informed decisions when addressing long-term substance use. This Community Report should serve as a “call to action” for you to grab your hard hat and tool belt and lean in with the Kalamazoo County Substance Abuse Task Force and Prevention Works. We are a community that is better together.

Constructing Our Future. Our Community. Our Initiatives. Our Health.



Danielle Sielatycki, BS, CPC

Chief Executive Officer, Prevention Works, Inc.



For more information on how to get involved, visit www.kzootaskforce.com, and like us on Facebook at [Facebook.com/KCSATF](https://www.facebook.com/KCSATF)

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