

2014 State Profile

Key Findings

By Tim Diomedede
June 13th 2014

We are here.



Purposes of SEOW

- Promote systematic, data-driven decision-making
- Guide effective and efficient use of prevention resources
- Identify substance abuse patterns
- Establish and track substance abuse trends
- Detect emerging substances

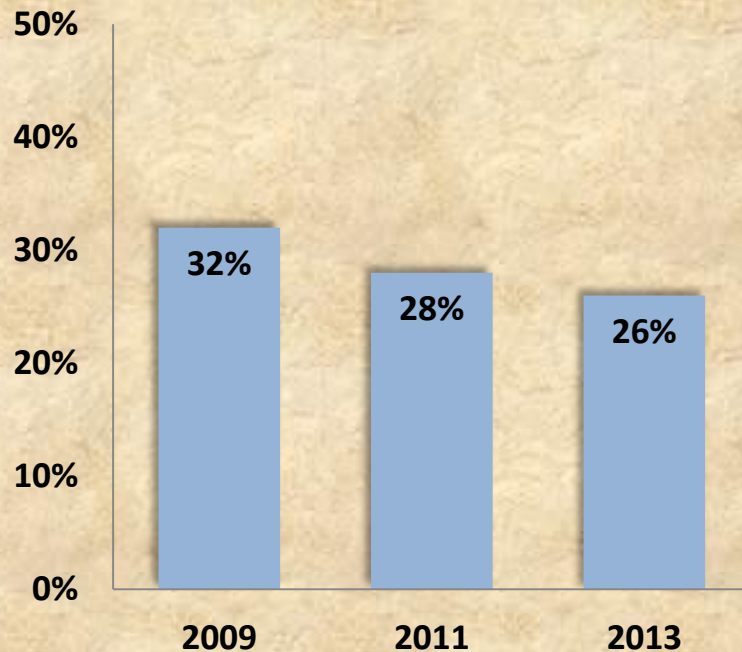
Consumption in Maine



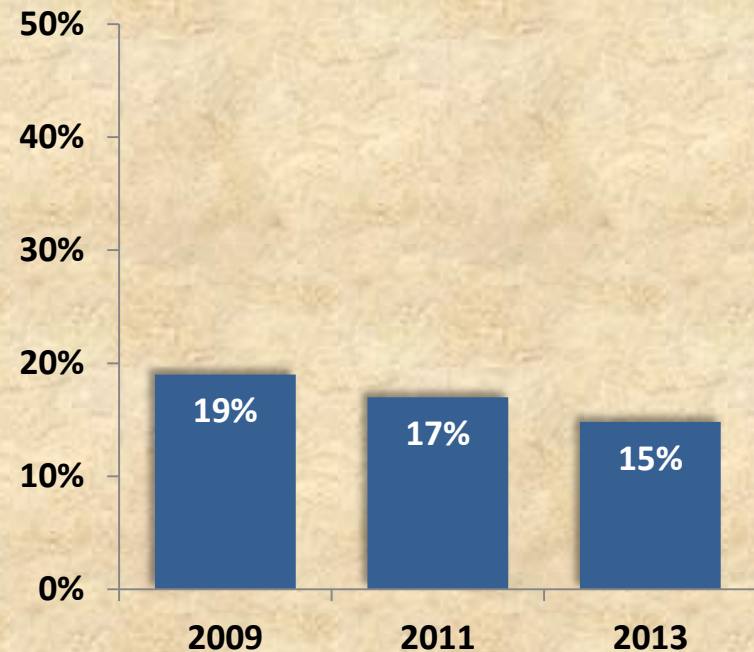
Alcohol

Population: **Youth**

Any use in past 30 days



***Binge drinking in past 30 days**



Data Source(s): MIYHS, 2009-2013



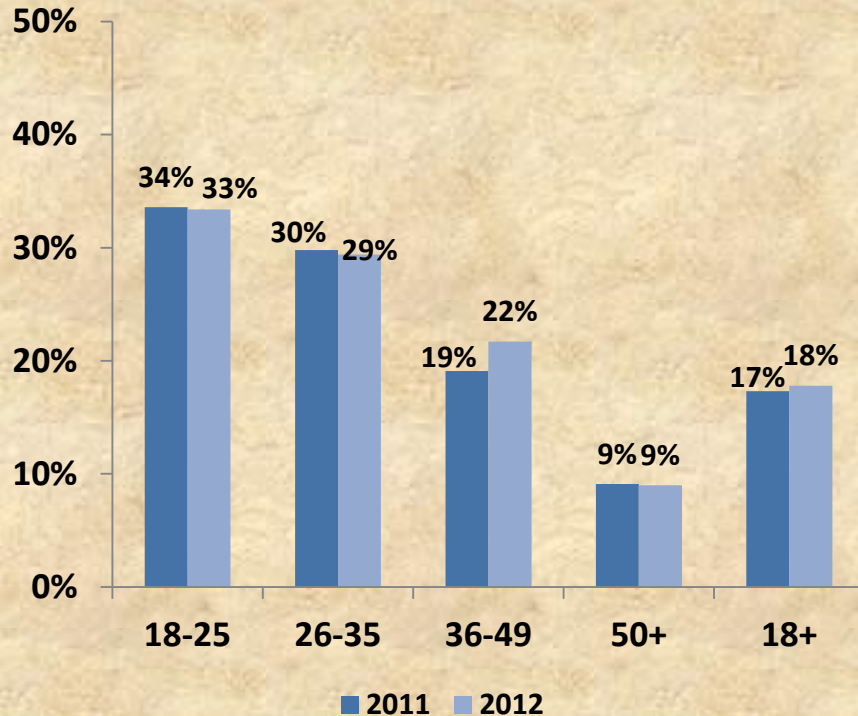
***Binge Drinking** is defined as consuming five or more drinks in a row.

- Past 30 day drinking and binge drinking rates have been decreasing since 2009
- In 2013, one in four students had drunk alcohol in past 30 days and about one in seven had binge drank.

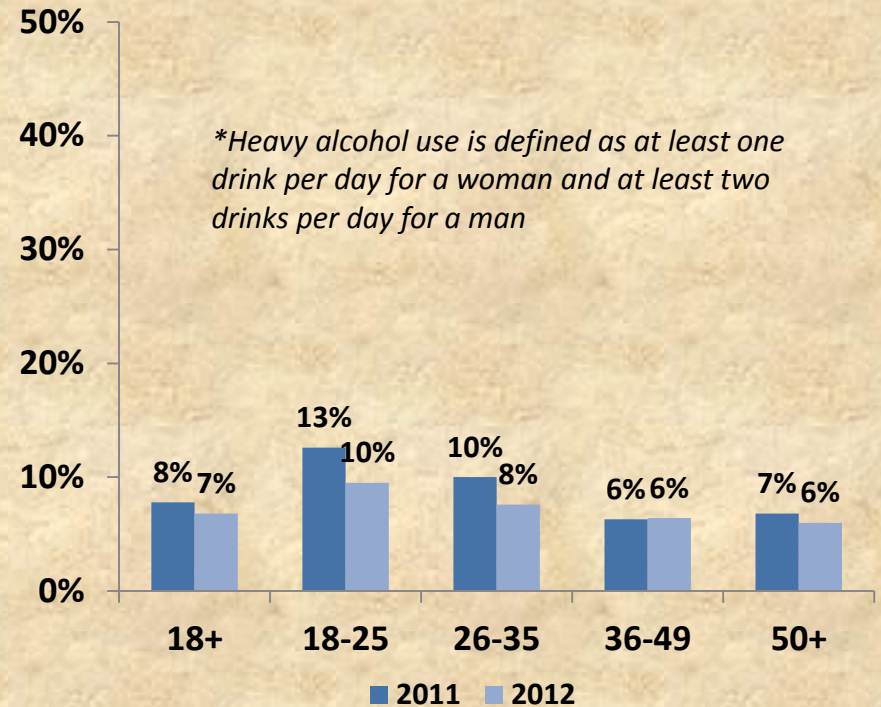
Alcohol

Population: **Adult**

Binge drinking in past 30 days



*Heavy alcohol use in past 30 days



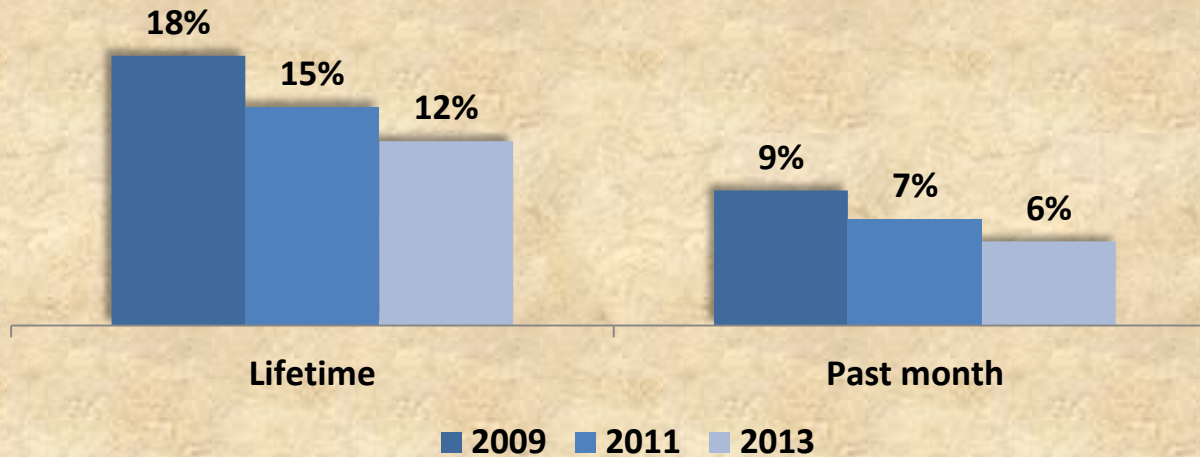
Data Source(s): BRFSS, 2011-2012

- 18-25 year olds appeared to be at greatest risk from heavy alcohol use, with one in ten reporting that they consumed at least one alcoholic drink per day in the past 30 days.
- 18 to 25 year olds have the highest rates of binge drinking (one in three).

Prescription Drugs

Population: Youth

Misuse of prescription drugs (lifetime and past month)



Data Source(s): MIYHS, 2009-2013

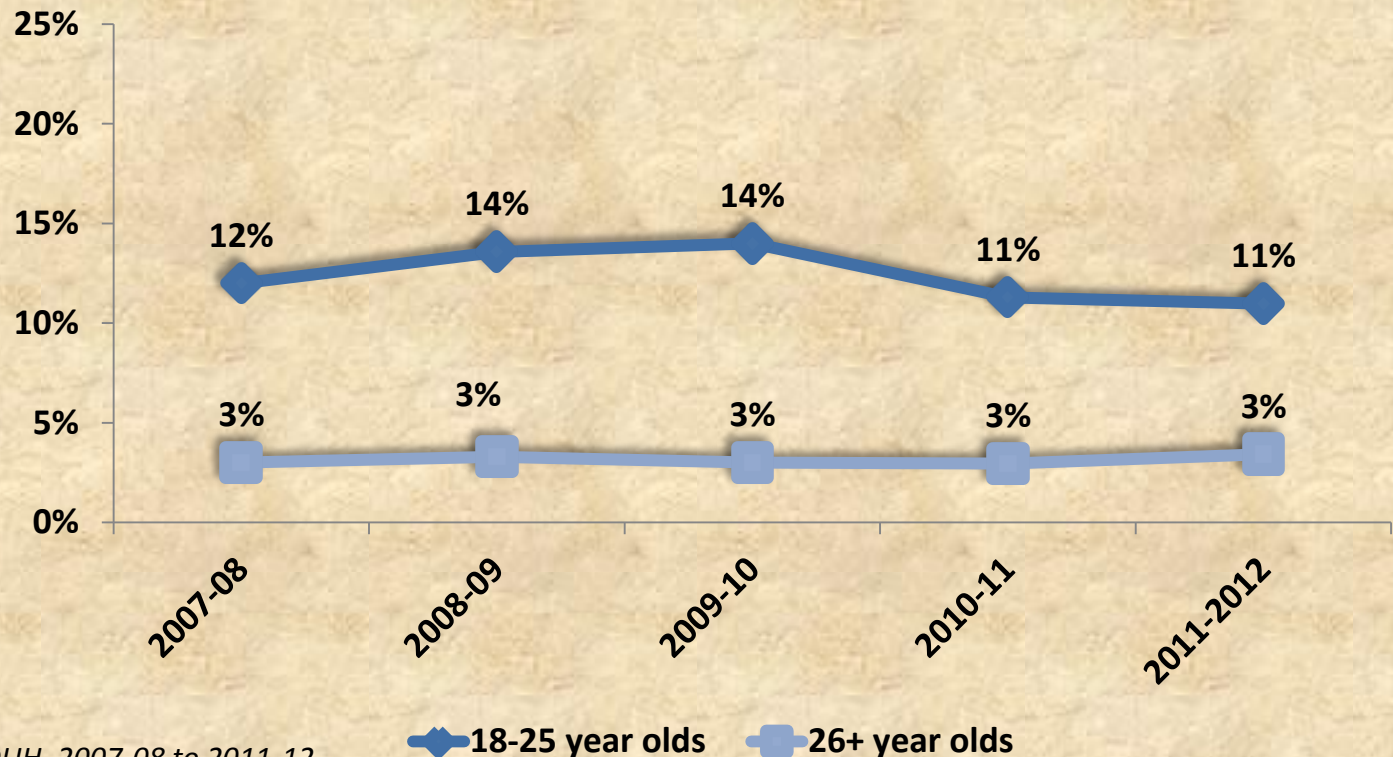
- In 2013, more than one out of ten high school students misused a prescription drug in their lifetime.
- Rates have decreased notably since 2009.

Prescription Drugs



Population: **Adults**

Non-medical use of pain relievers among Maine residents in the past year, by age group



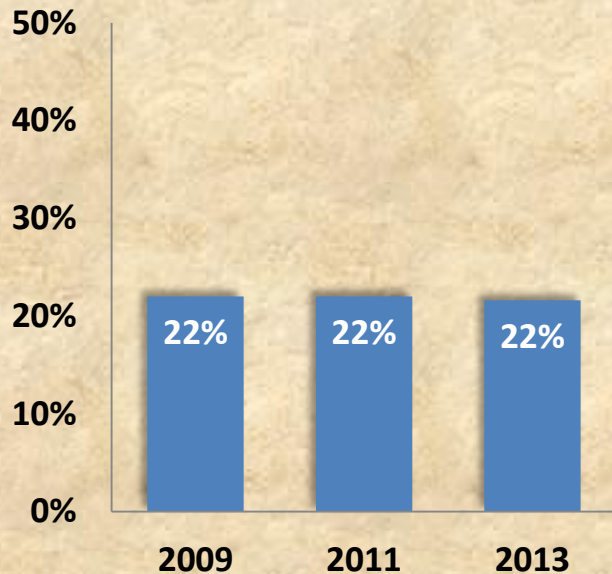
Source: NSDUH, 2007-08 to 2011-12

- Non-medical use of prescription pain relievers is higher among adults ages 18 to 25 compared to adults 26 and older.
- About one in ten 18 to 25 year olds has misused in the past year.

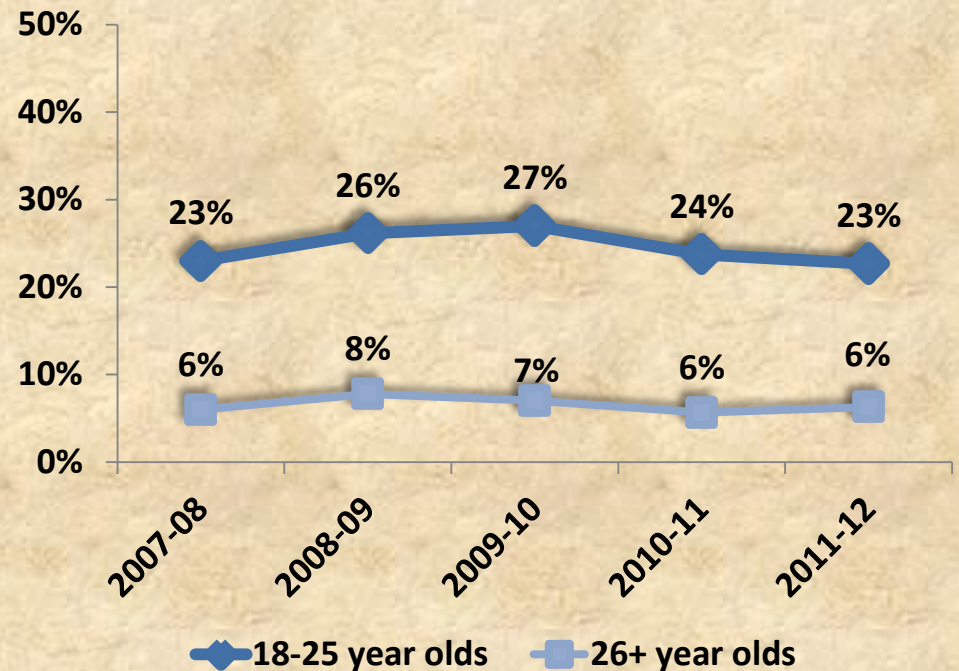
Marijuana

Population: **Youth and adults**

High school students who have used marijuana at least once in the past month



Maine adults reporting marijuana use in past month, by age group



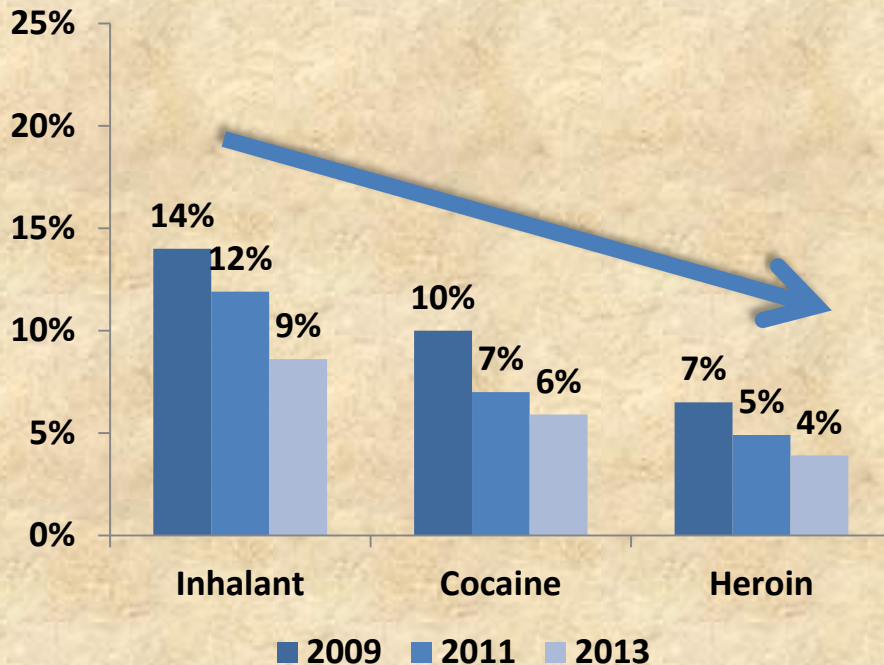
Data Source(s): MIYHS 2009-2013; NSDUH, 2007-08 to 2011-12

- More than one in five high school students used marijuana within the past 30 days
- Similar rates are seen within the young adult (18-25) population

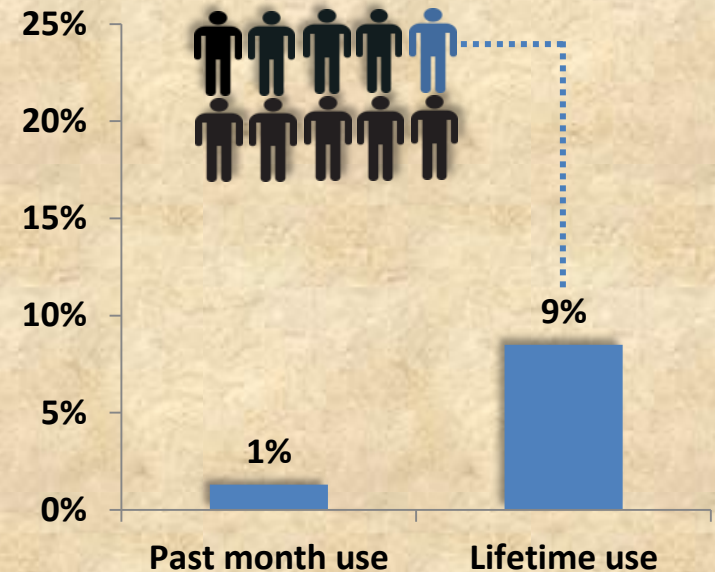
Other Drugs

Population: **Youth**

High school students who have used other drugs in their lifetime, by drug type



Homeless youth reporting lifetime and current heroin use



Data Source(s): Maine Homeless Youth Survey, 2012; MIYHS 2009-2013

- Lifetime rates among students for inhalants, cocaine, and heroin have observed decreases from 2009 to 2013.
- Almost one in ten homeless youth in Maine have used heroin during their lifetime.

Consumption Summary



Alcohol is still the substance of choice



18 to 35 year olds most likely to **binge/drink heavily** (BRFSS, 2012)

- Much progress has been made in **reducing underage drinking** and **risky drinking**



Consumption Summary



Prescription drugs continue to be a concern

One in ten H.S. students have misused Rx drugs in their lifetime (MIYHS, 2014)

Rates are highest among adults 18 to 35 (BRFSS, 2012)



Marijuana is the most commonly used illicit drug



More than **one in five** H.S. students and young adults have used marijuana in past 30 days (MIYHS 2013 and BRFSS 2012)

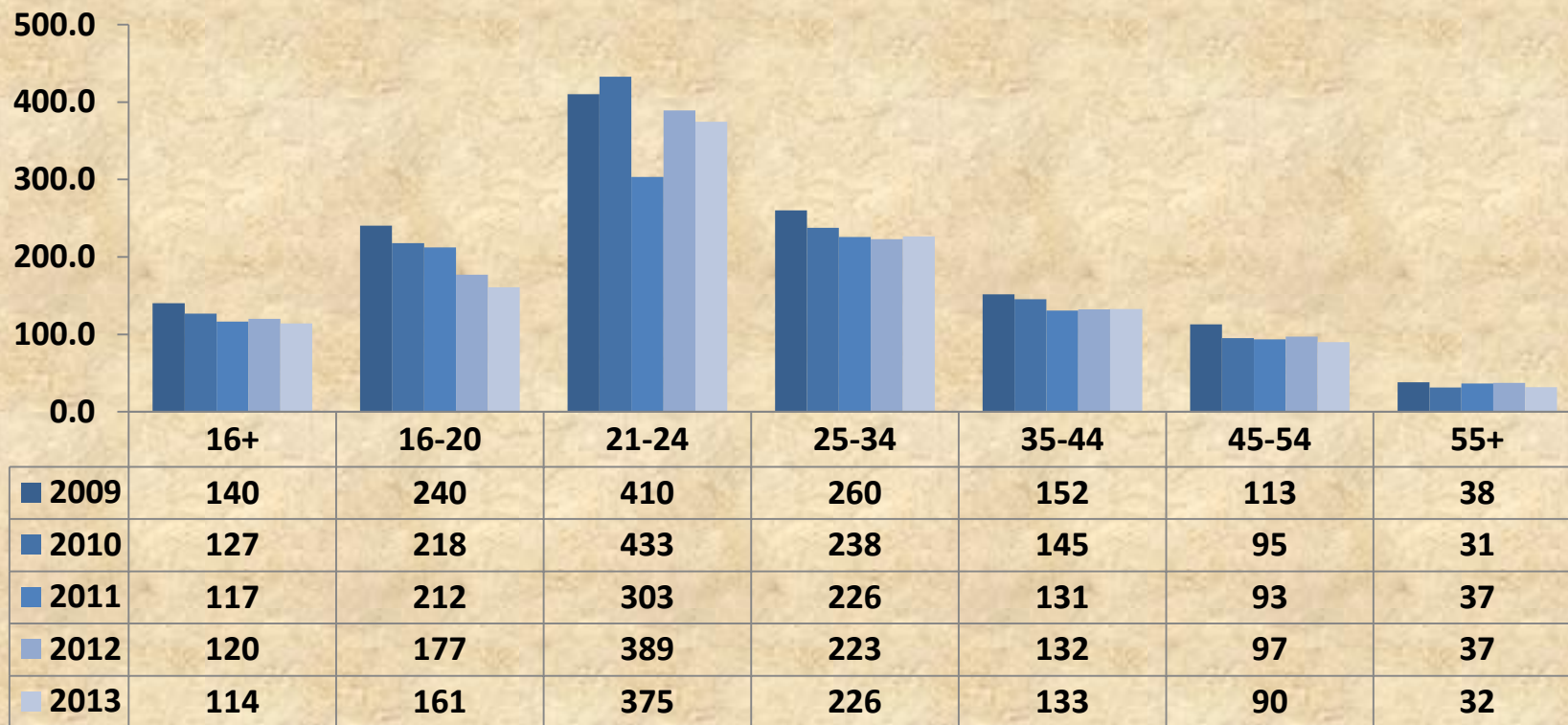
Consequences in Maine



Crashes

Population: **Licensed drivers**

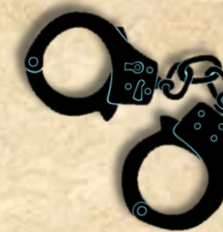
Alcohol/drug-related motor vehicle crash rate per 100,000 licensees



Source: BHS/MDOT, 2009-2013

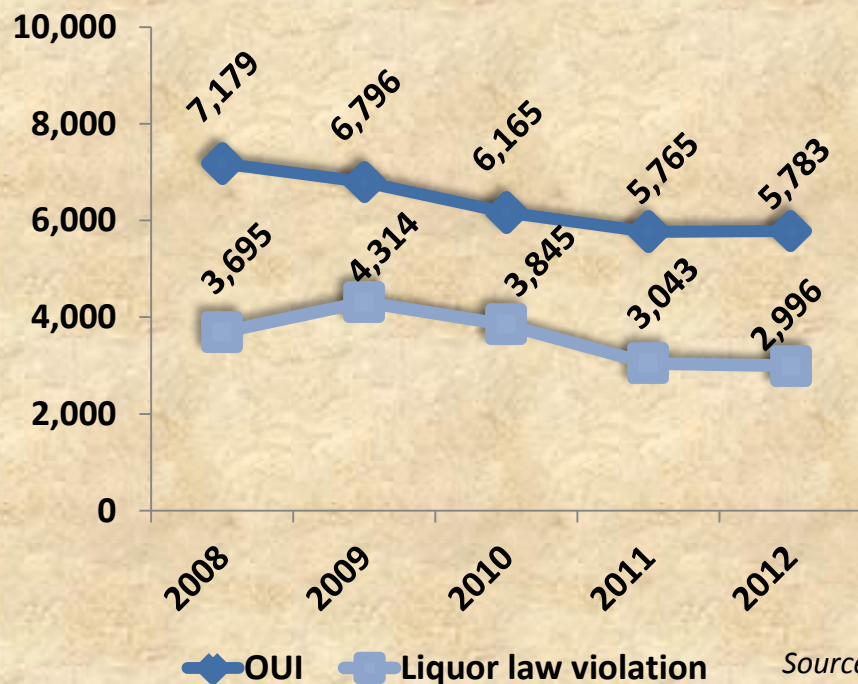
- In 2013, drivers between 21 and 24 had the highest alcohol/drug-related crash rates.
- Although not shown, in 2013, nearly one in four of fatal motor vehicle crashes involved alcohol.

Arrests Related to Alcohol

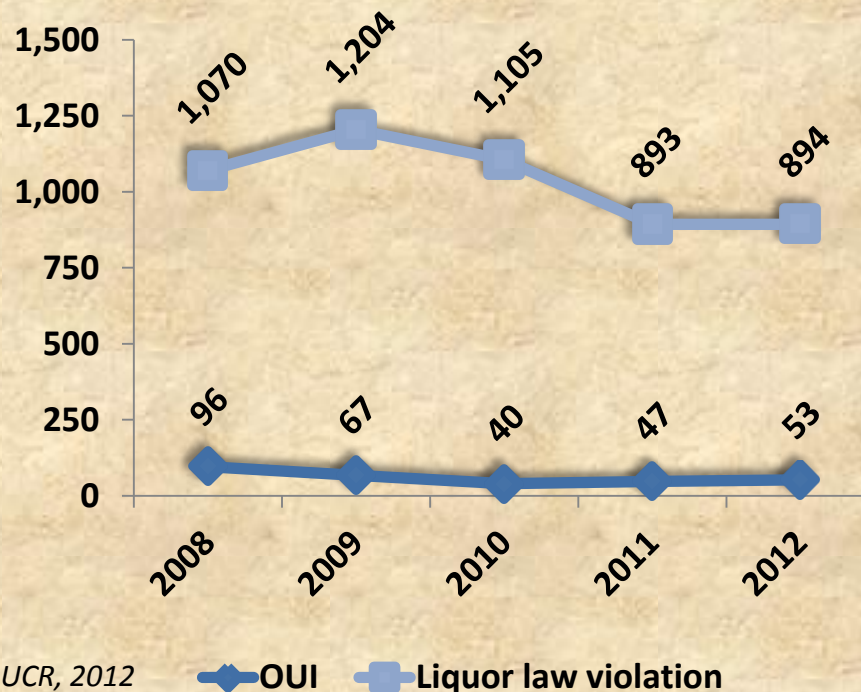


Population: All ages

Adult arrests related to alcohol, by arrest type



Juvenile arrests related to alcohol, by arrest type



Source: DPS-UCR, 2012

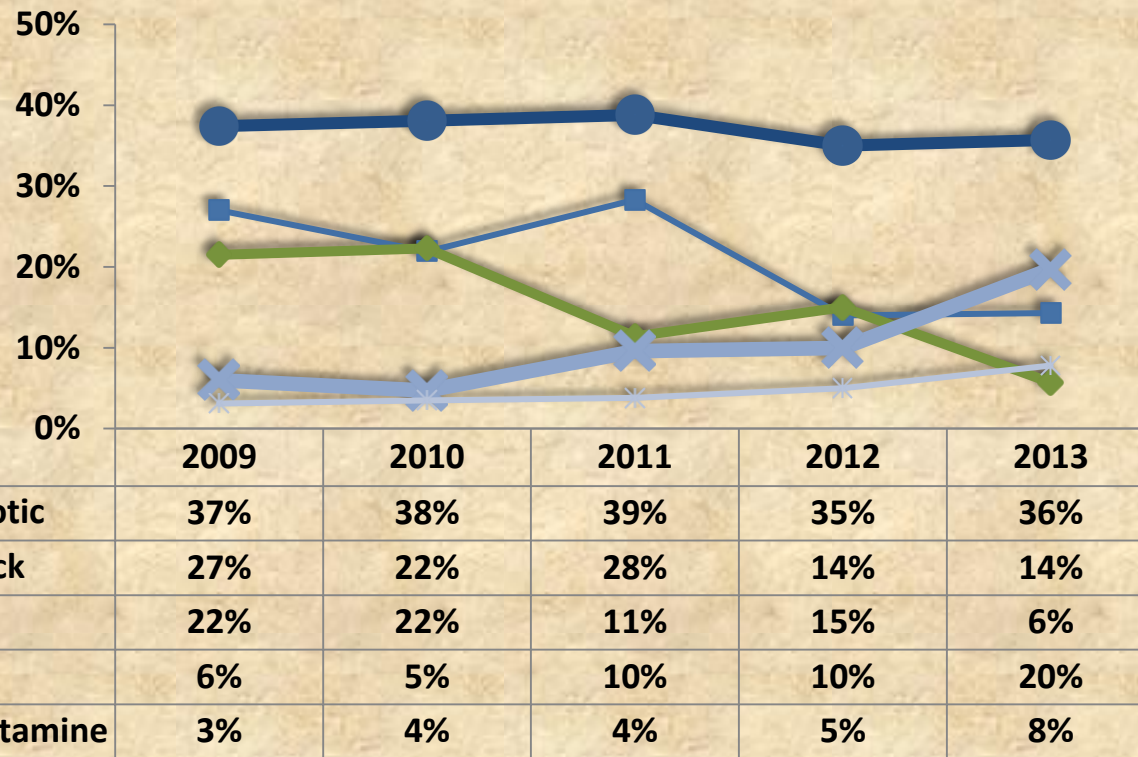
- Overall, liquor law violations and OUIs have been decreasing among Maine residents (both juveniles and adults) since 2009
- Liquor law violations are most common among 18 to 20 year olds whereas OUIs are most common among 21 to 29 year olds (not shown)

Arrests for Drug Offenses

Population: All ages



Drug offense arrests in Maine, by drug type



Source: MDEA, 2009-2013

- Most drug offense arrests by Maine DEA involved pharmaceutical narcotics
- Arrests due to heroin have been increasing since 2010
- In 2013, one in five drug offenses involved heroin.

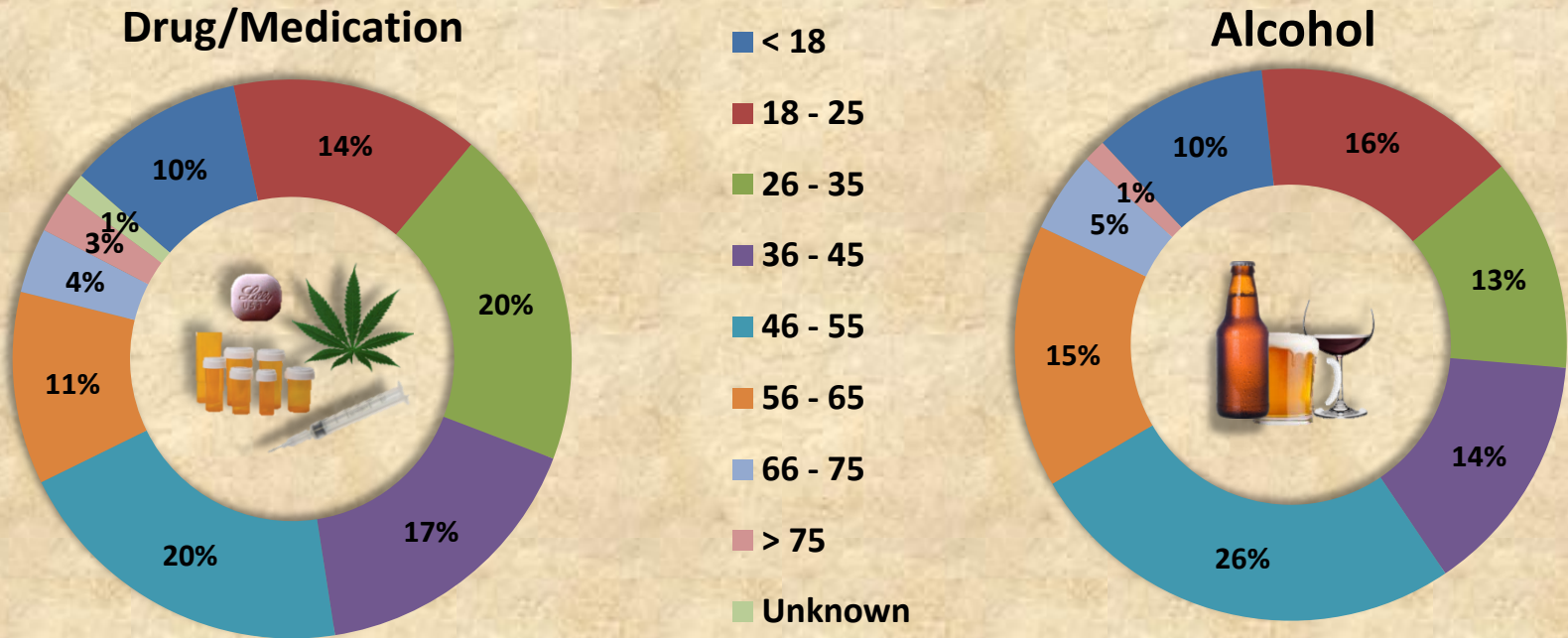
Overdoses

EMS Responses

Population: All Ages



Emergency medical service overdose responses, by type and age group



Source: Emergency Medical Services, 2013

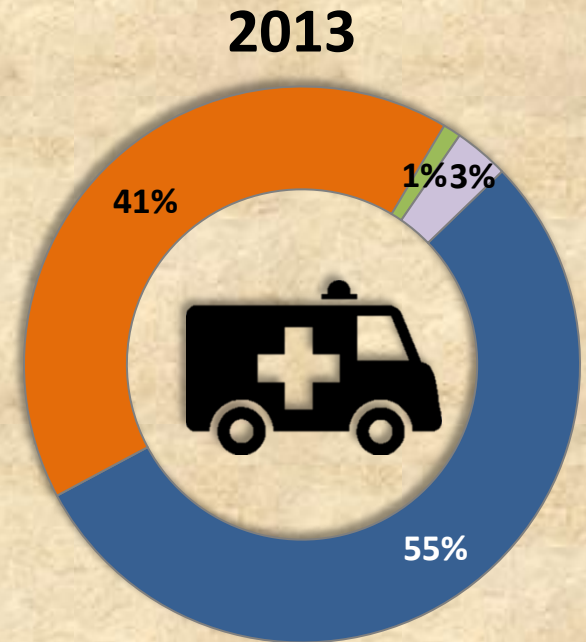
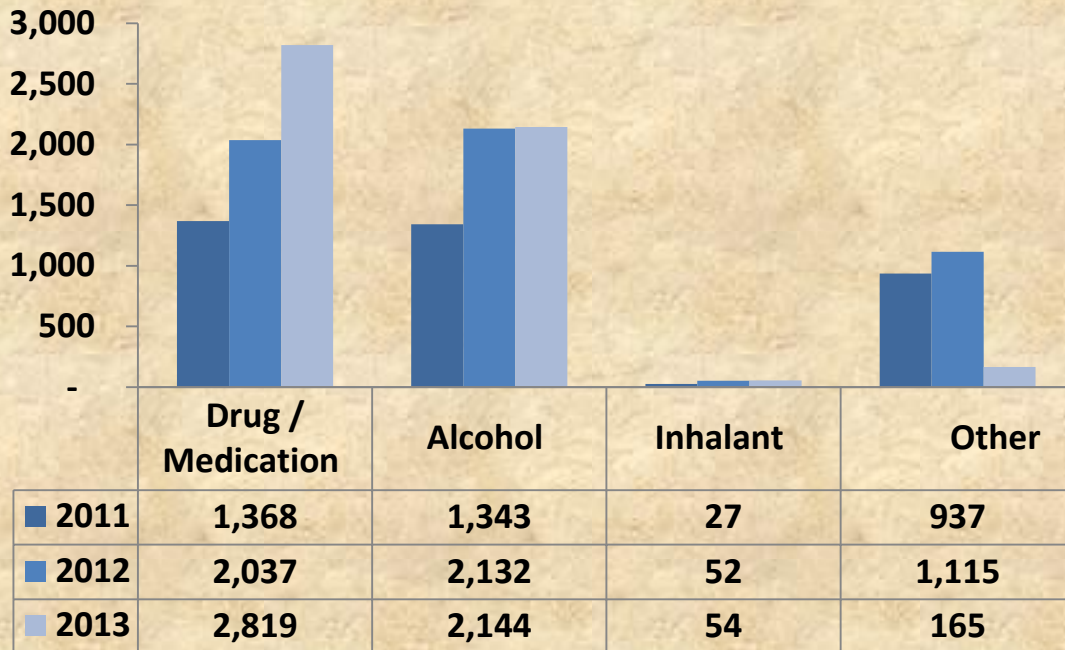
- One in four (26%) overdose responses due alcohol were among 46 to 55 year olds
- Overdose responses due to drugs/meds are more evenly dispersed across age groups

Overdoses

EMS Responses

Population: All Ages

Emergency medical service overdose responses, by type



■ Drug / Medication ■ Alcohol
■ Inhalant ■ Other

Source: NNEPC, 2009-2013

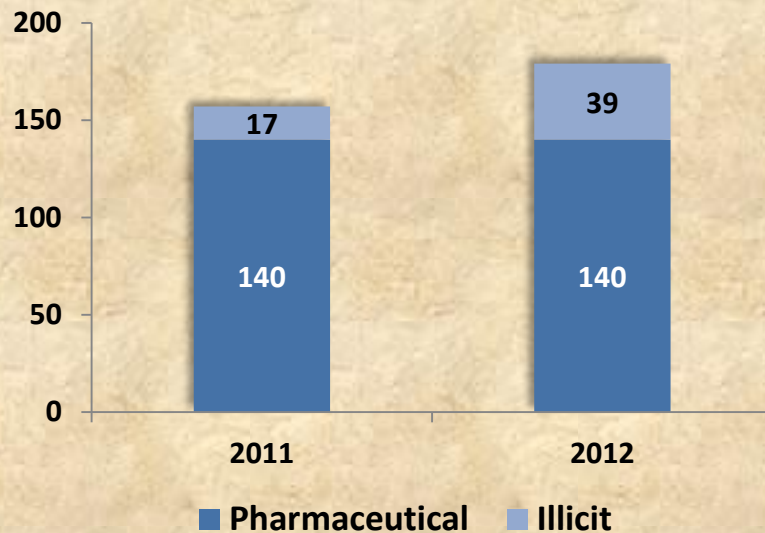
- Alcohol and drugs/medications account for most (96%) overdoses to which Emergency Medical Services responded in 2013.
- Since 2011 EMS overdose responses due to drugs/meds have more than doubled (106%).
- Over half of overdose responses were related to drugs or medications.

Overdose Deaths

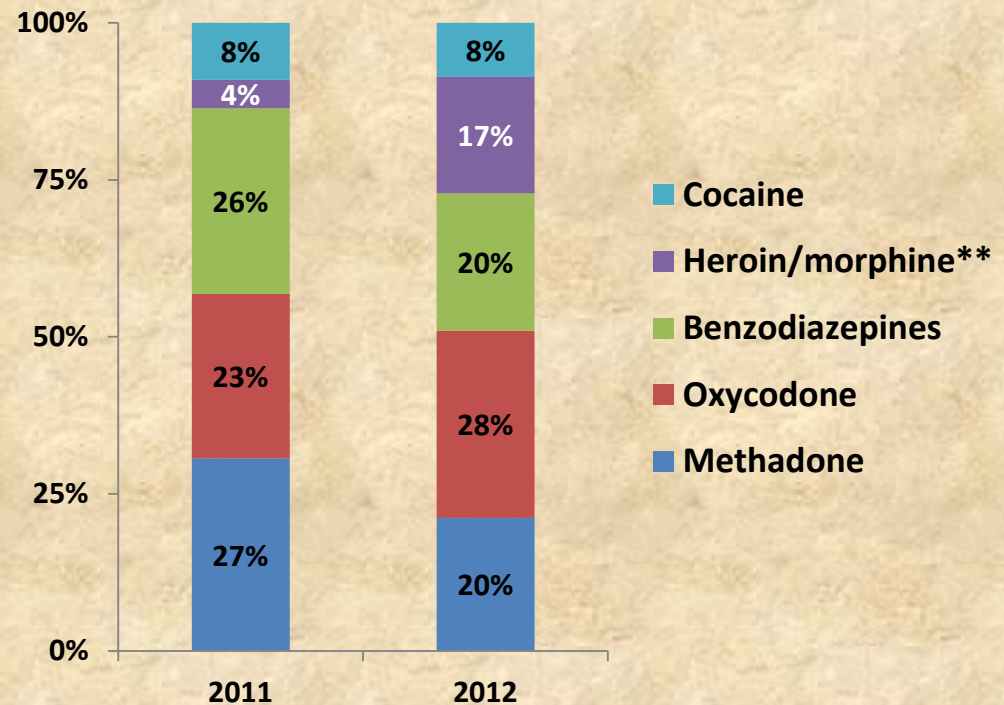
OCME

Population: All ages

Number of deaths caused by pharmaceuticals and/or illicit drugs*: 2008-2012



Percent of drug deaths involving specific drug types*: 2011-2012



Source: Office of the Chief Medical Examiner, 2008-2012

*Some deaths may be caused by more than one key drug.

**Deaths caused by known pharmaceutical morphine removed from total.

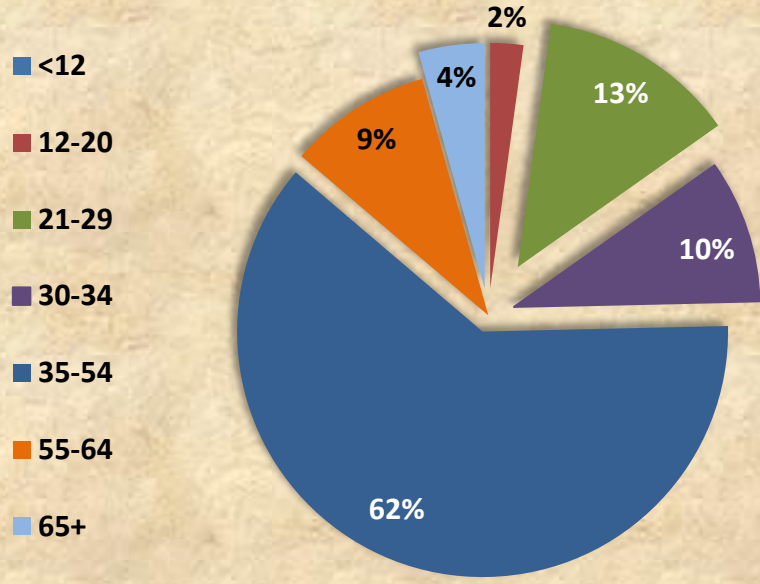
- Overdose deaths increased from 155 in 2011 to 163 in 2012
- Overdose deaths related to illicit drugs saw a dramatic increase from 2011 to 2012
- The percentage of deaths related to Heroin/morphine increased from 4% to 17%

Overdoses

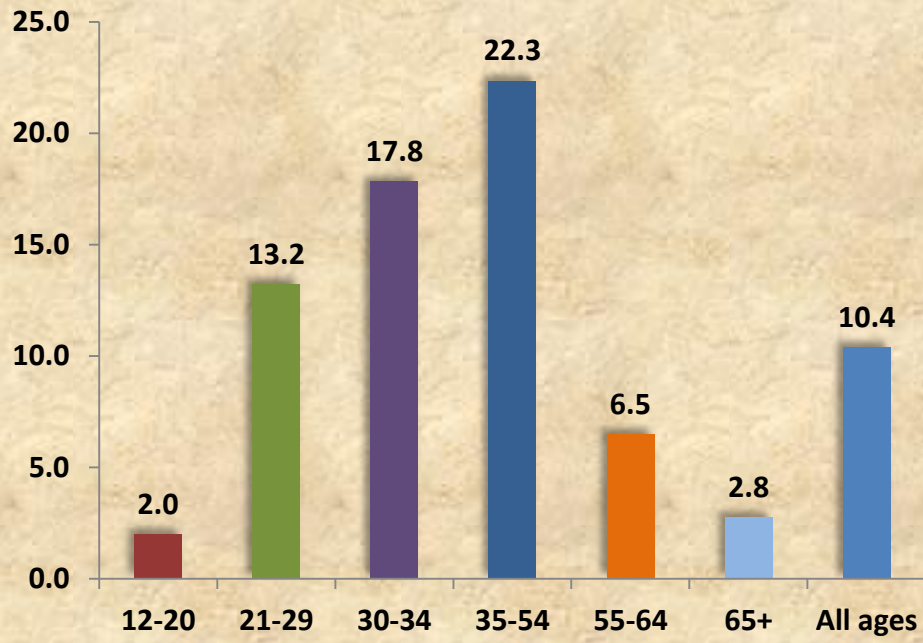
ODRVS

Population: 12 and older

Percentage of deaths due to substance abuse or overdose deaths, by age group: 2012*



Substance abuse and overdose deaths, per 100,000, by age group: 2012*



Source: Office of Data, Research and Vital Statistics, 2012
*2012 results are preliminary

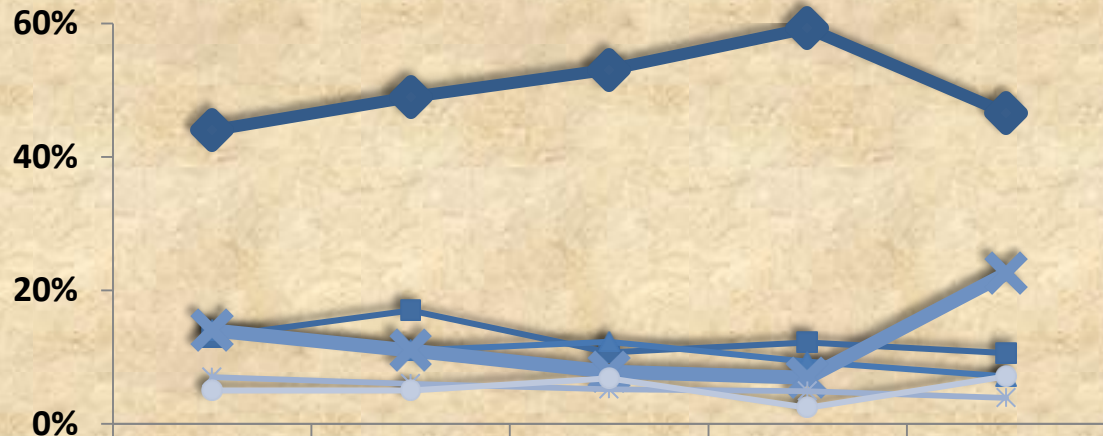
- Over half of overdose deaths due to substance abuse were among 35 to 54 year olds.
- 35 to 54 year olds had the highest rate at 22.3 overdose deaths per 100,000 people

Pregnancy and Treatment



Population: **Adult**

Pregnant treatment admissions, by primary substance



| | 2009 | 2010 | 2011 | 2012 | 2013 |
|---------------------------|------|------|------|------|------|
| ◆ Synthetic opioids | 44% | 49% | 53% | 59% | 47% |
| ■ Methadone/buprenorphine | 13% | 17% | 11% | 12% | 11% |
| ▲ Alcohol | 14% | 11% | 12% | 9% | 7% |
| ◆ Heroin/morphine | 14% | 11% | 8% | 7% | 23% |
| * Marijuana | 7% | 6% | 5% | 5% | 4% |
| ● Cocaine/crack | 5% | 5% | 7% | 2% | 7% |

Source: TDS, 2009-2012

- Recently, the percentage of admissions among pregnant women due to synthetic opioids has decreased while the proportion related to heroin has increased.
- Three percent (311) of women admitted for treatment were pregnant in 2013

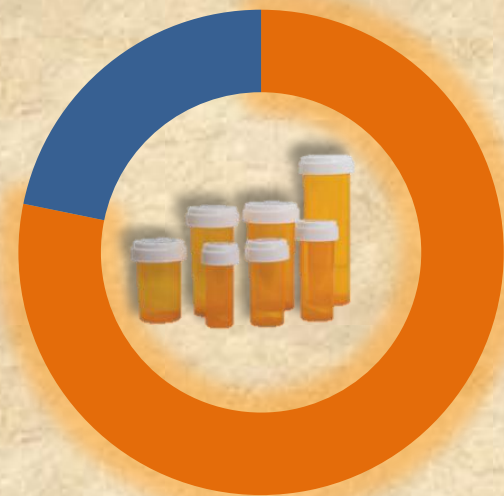
Consequences Summary

- Alcohol and prescription drugs have the largest impact on crime, injury and death



In 2013, more than **one in four fatal** crashes involved **alcohol** (MDOT, BHS, 2013)

Most overdose deaths and MDEA drug offense rates were related to **Rx drugs** (OCME, 2012)



One in three treatment admissions are due to **synthetic opiates** (TDS, 2013)

Consequences Summary

- The consequences from heroin use are a growing concern



Pregnant treatment admissions related to **heroin** have increased (TDS, 2013)

- DEA arrest due to heroin have increased by **500%** since 2010 (UCR-DEA, 2013)

In 2013, **one in five** DEA arrests were related to heroin (UCR-DEA, 2013)



Contributing Factors in Maine

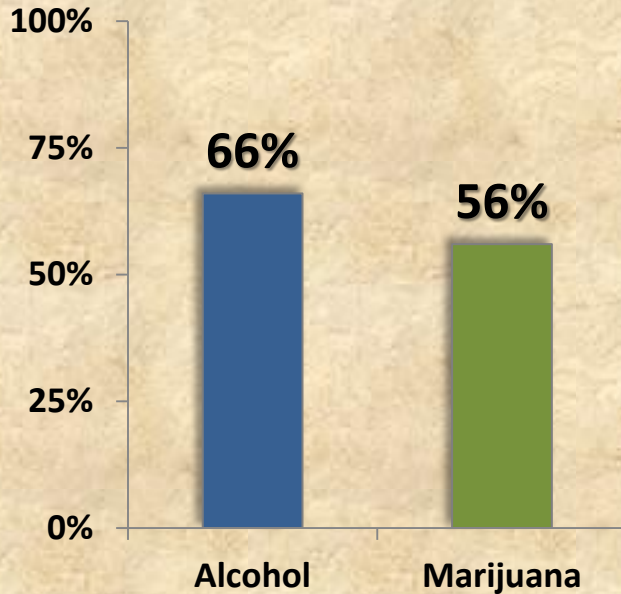


Accessibility

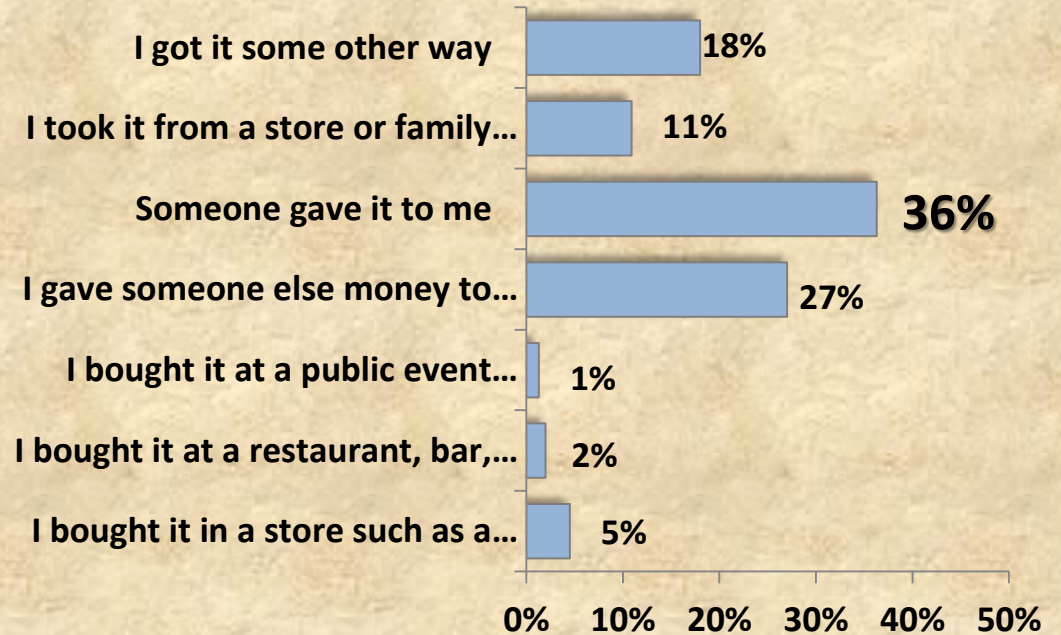
Alcohol and Marijuana

Population: **Youth**

Percent of high school students who reported it would be easy to get alcohol or marijuana: 2013



Percent of high school students who obtained alcohol, by method: 2013



Source: MIYHS, 2013

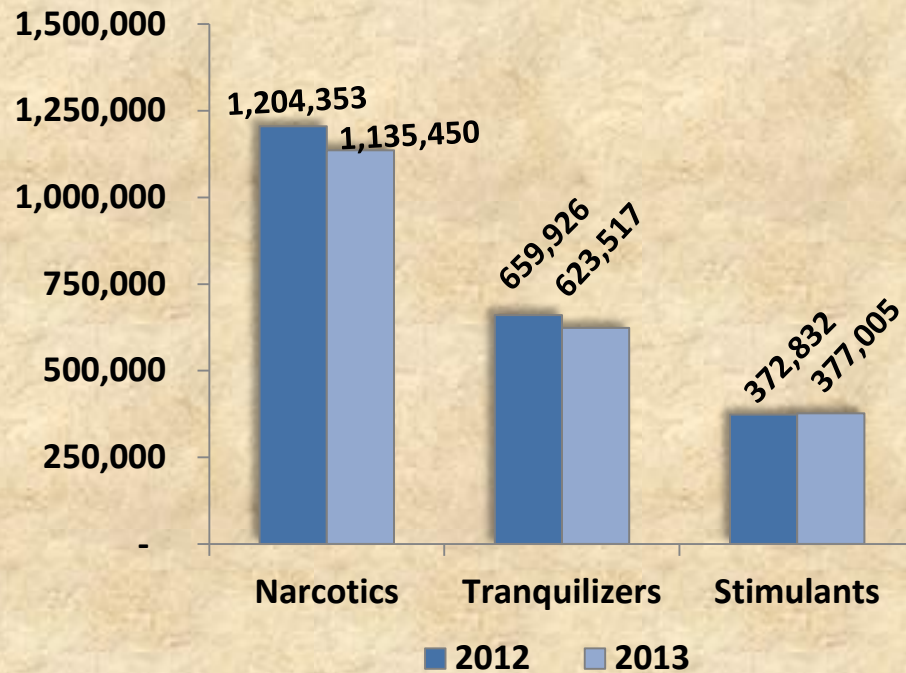
- In 2013, two out of three high school students thought it would be easy to obtain alcohol.
- Over half (56%) of high school students felt it would be easy to get marijuana.
- Social access appears to be a primary way that underage youth obtain alcohol.

Accessibility

Schedule II prescriptions

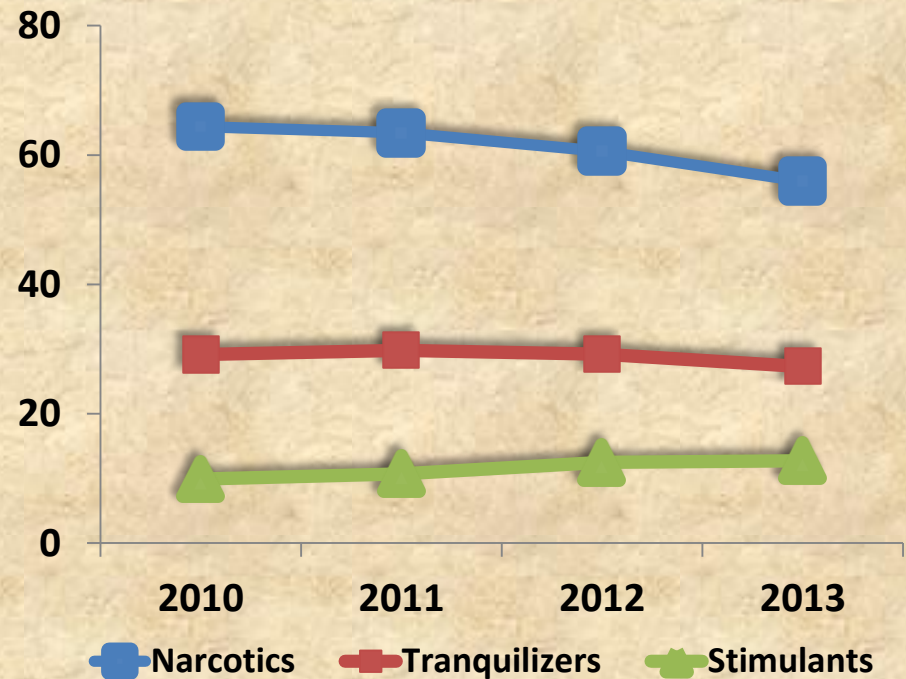
Population: All ages

Number of prescriptions filled in Maine, by type: 2012-2013



Source: PMP, 2009-2013

Number of pills per capita in Maine, by type: 2010-2013



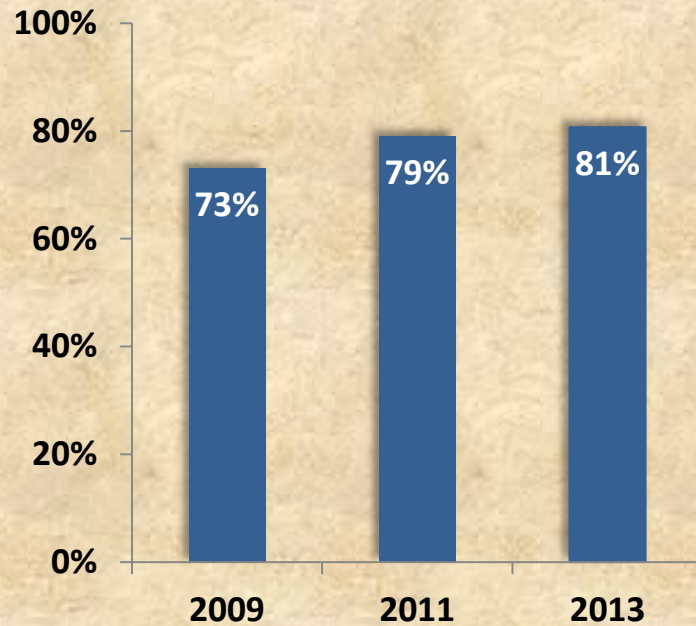
- The number of schedule II prescriptions filled involving narcotics, tranquilizers, and stimulants have decreased from 2009 to 2013.
- Narcotic pills per capita have been steadily decreasing, while stimulant pills per capita appear to be rising.

Perceived harm

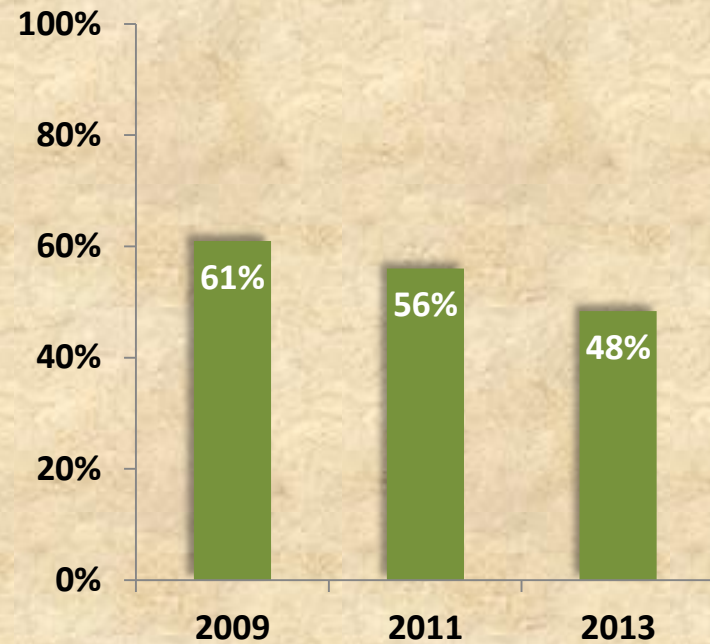
Binge drinking and Marijuana

Population: Youth

Percent of high school students perceiving moderate to great risk from binge drinking once or twice per week: 2009-2013



Percent of high school students perceiving moderate to great risk from smoking marijuana regularly: 2009-2013



Source: MIYHS, 2009-2013

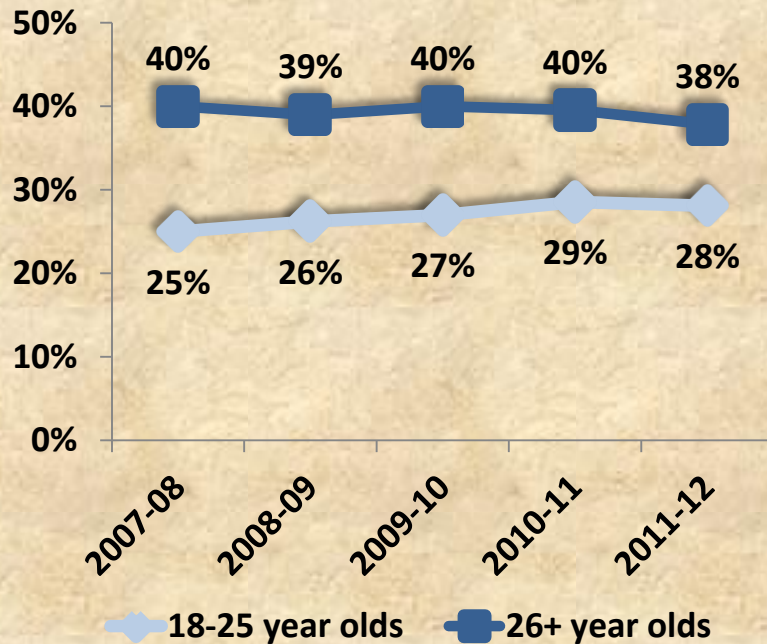
- Perception of risk of harm from binge drinking among high school students has increased significantly from 2009 to 2013.
- Perception of risk of harm from regular marijuana use has decreased dramatically from 2009 to 2013 among high school students.

Perceived harm

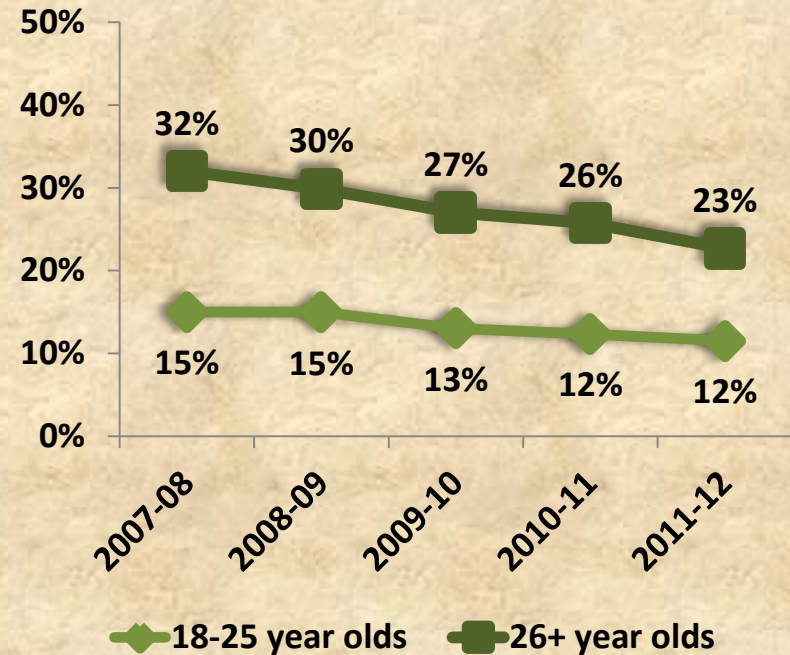
Binge drinking and Marijuana

Population: **Adult**

Maine residents perceiving great risk from drinking five or more drinks once or twice per week: 2007-08 through 2011-12



Maine residents perceiving great risk from smoking marijuana once per month: 2007-08 through 2011-12



Source: NSDUH, 2007-08 to 2011-12

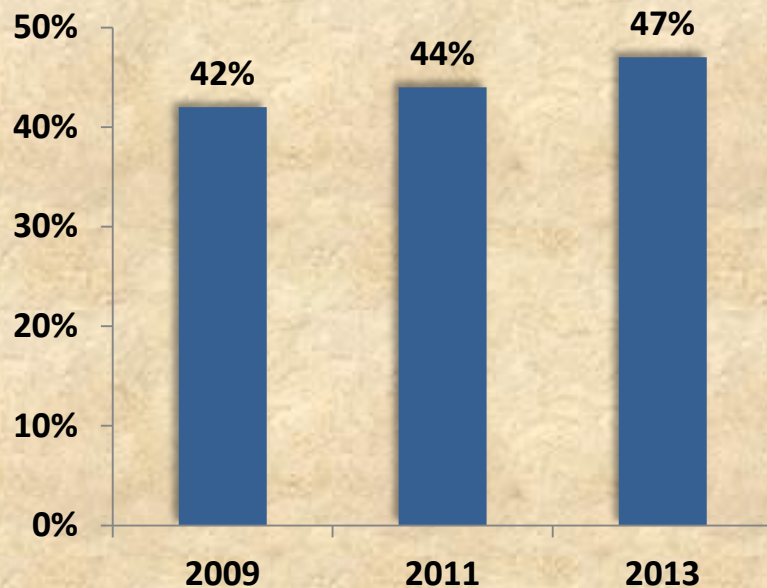
- Perception of harm from binge drinking has increased among 18 to 25 year olds and has remained relatively steady among those 26 and older.
- Perception of harm from smoking marijuana at least once per month has decreased substantially among adults 26 and older.

Perception of Enforcement

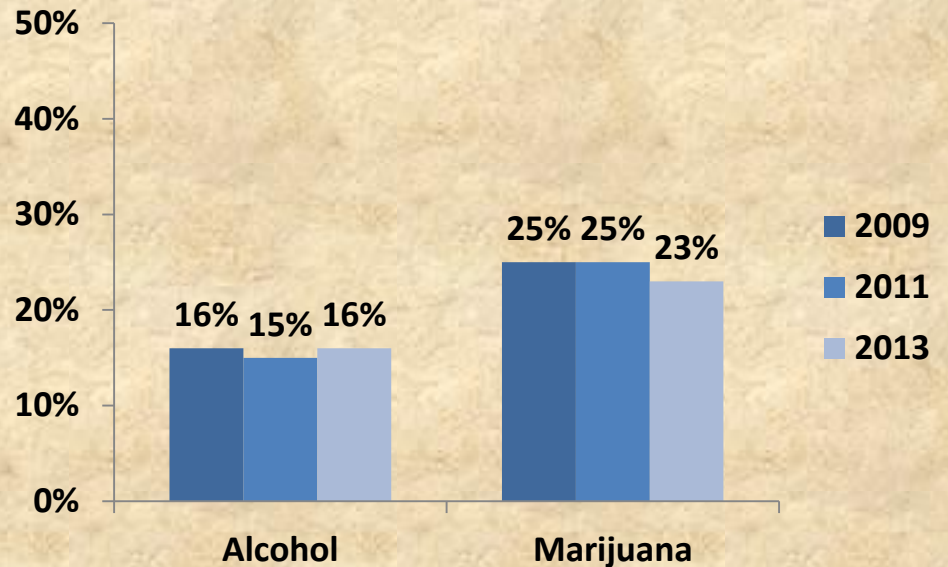
Population: Youth

Parents and Police

Percent of high school students reporting they would be caught by parents if they drank: 2009-2013



Percent of high school students reporting they would be caught by police if they drank or used marijuana: 2009-2013



Source: MIYHS, 2009-2013

- Youth who do not think they will be caught by their parents for drinking has decreased by five points since 2009.
- Youth feel they are more likely to be caught by the police for alcohol rather than marijuana.

Contributing Factors Summary



- Alcohol and marijuana are still seen as “**easy**” to obtain, mostly through **social networks**

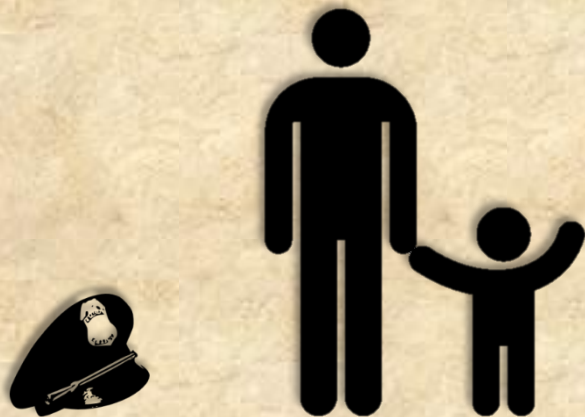


- A large volume of **prescription narcotics** are **available** in the community, although this is decreasing. (PMP, 2013)



Contributing Factors Summary

- **Perception of harm** from binge drinking is increasing among youth and adults, while the opposite is observed for marijuana use (MIYHS, 2013)



- Youth think they are more likely to be **caught by their parents** than the police for drinking alcohol (MIYHS, 2013)

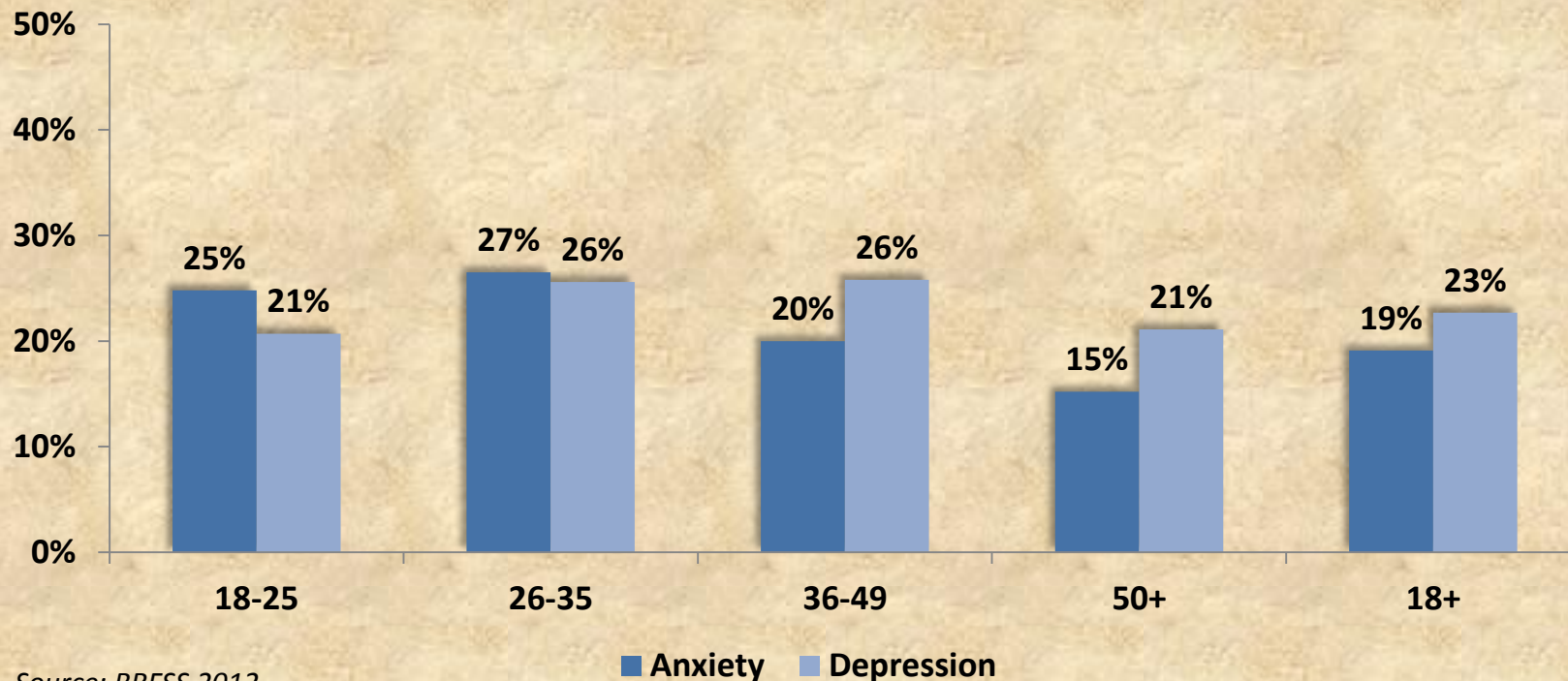
Mental Health in Maine



Depression and Anxiety

Population: **Adults**

Percent of adults who have been told they have a depression
or anxiety disorder by age group: 2012



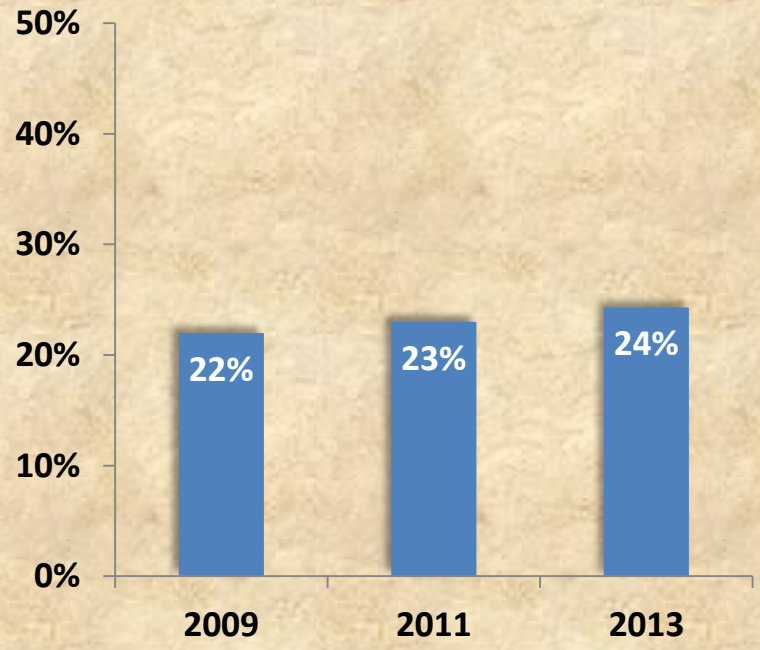
Source: BRFSS 2012

- One in four adults in Maine reported having ever been diagnosed with depression.
- One in five adults reported to have been diagnosed with anxiety.
- Adults ages 18 to 35 reported the highest rates of anxiety while those between 26 and 46 had the highest rates of depression.

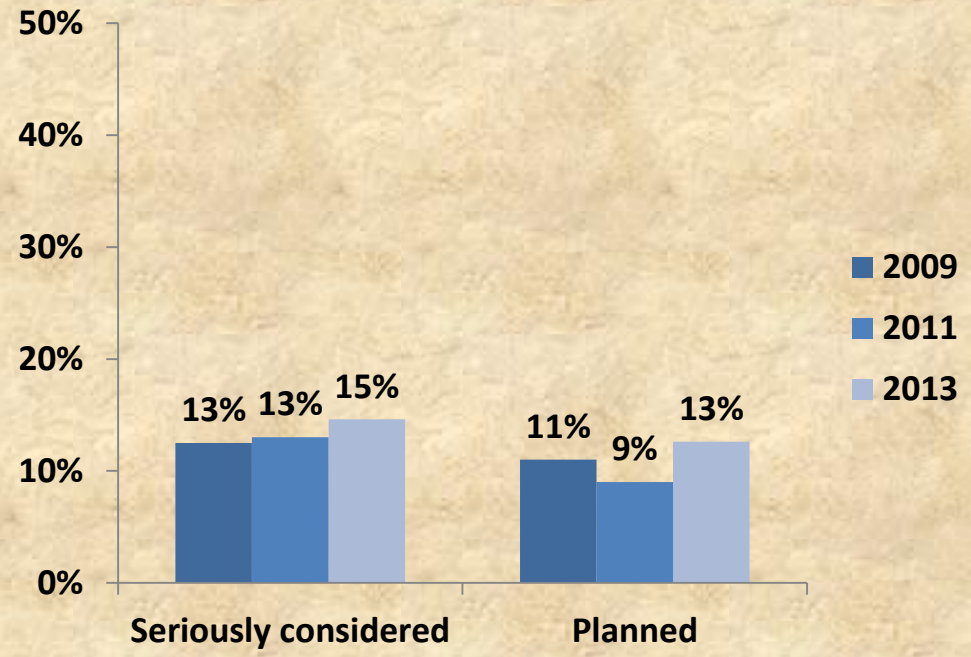
Depression and Suicide Ideation

Population: **High school**

Percent of high school students who reported feeling sad or hopeless in past year: 2009-2013



Percent of high school students who considered, planned, or attempted suicide in past year: 2009-2013



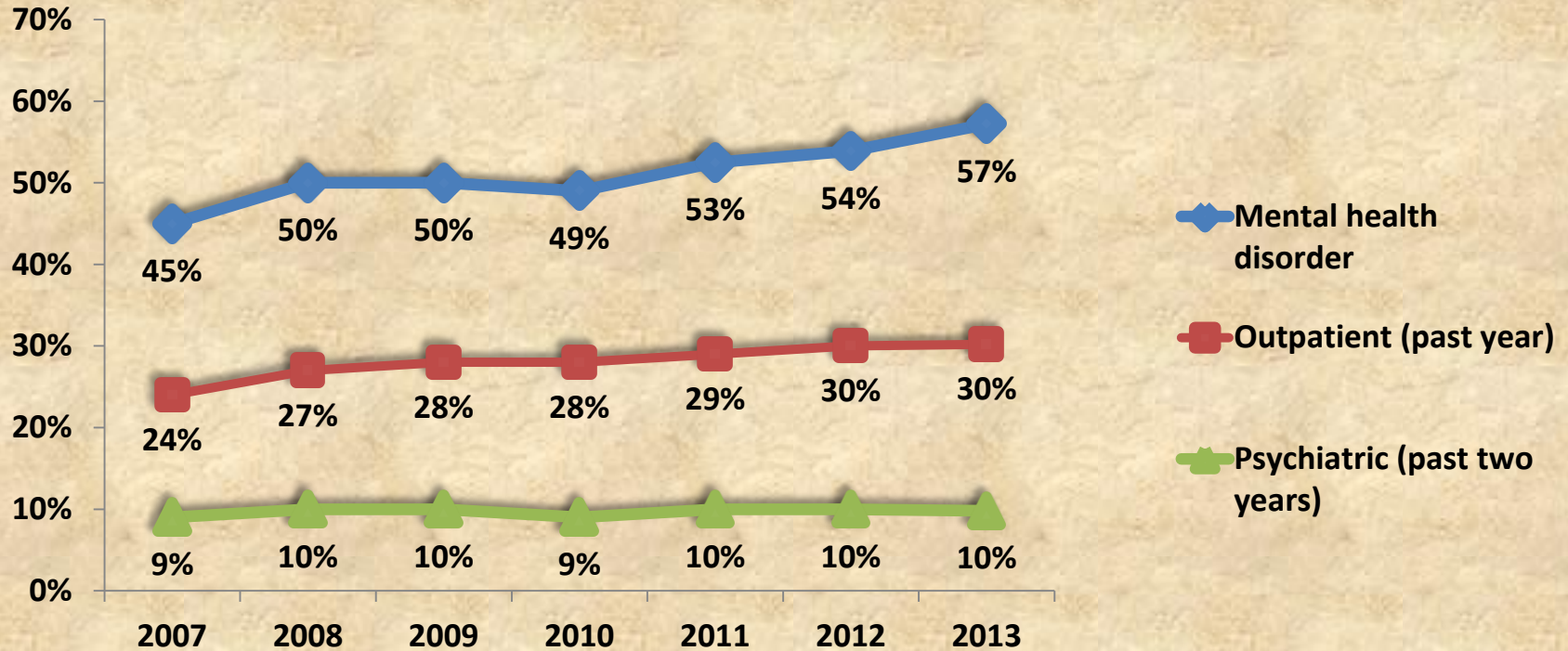
Source: MIYHS, 2009-2013

- Almost a quarter of high school students reported feeling sad or helpless during the past year.
- About one in seven high school students in Maine had either seriously considered suicide or made a plan for suicide.

Mental Health and Substance Abuse Treatment

Population: **Adults assessed/admitted for substance abuse treatment**

**Percent of total treatment admissions with reported mental health disorders or have received mental health services, by type:
2007-2013**



Source: TDS, 2007-2013

- In 2013, over half of all substance abuse treatment admissions also involved a mental health disorder; this rate has been increasing steadily over the past several years.
- Nearly one in three had received outpatient mental health services in the past year.

Mental Health Summary

In 2012, at least **one in five** adults reported having ever been diagnosed with **depression** or **anxiety** (BRFSS).



One in four H.S. students has reported **depression** (MIYHS, 2013)

One in seven H.S. students have seriously **considered** or **planned suicide** (MIYHS, 2013)



Mental Health Summary

❖ In 2013, **over half** of all substance abuse treatment admissions also had a diagnosed **mental health disorder** (TDS).



❖ **one in three** of all substance abuse treatment admissions had received **outpatient mental health** services in the past year (TDS, 2013).



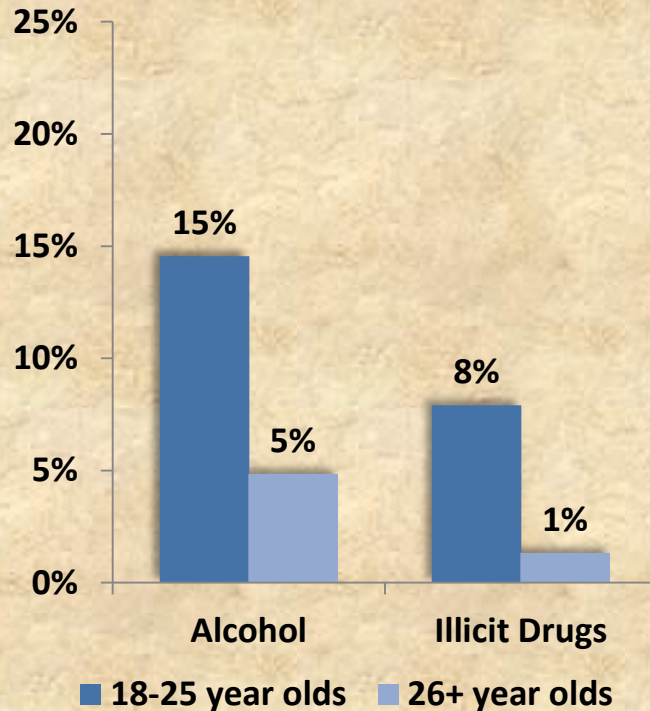
Substance Abuse Treatment in Maine



Treatment for Substance Abuse

Population: **Adults**

Needing but not receiving treatment,
by age: 2011-12



Source: NSDUH, 2011-12

Primary treatment admissions
by substance: 2013



Source: TDS, 2013

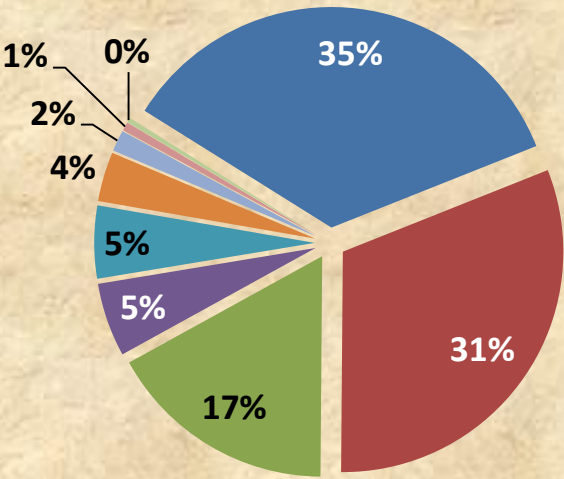
- Young adults were three times as likely to be perceived as *needing but not receiving* treatment for alcohol as those who were 26 and older.
- In 2013 there were 4,145 admissions for alcohol as the primary substance. This was followed by synthetic opioids (3,681) and heroin (1,992).

Treatment for Substance Abuse

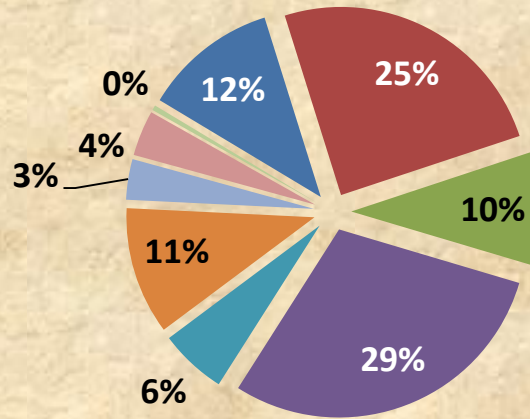
Population: **Adults**

Percentage of substance abuse treatment admissions, by admission type and substance: 2013

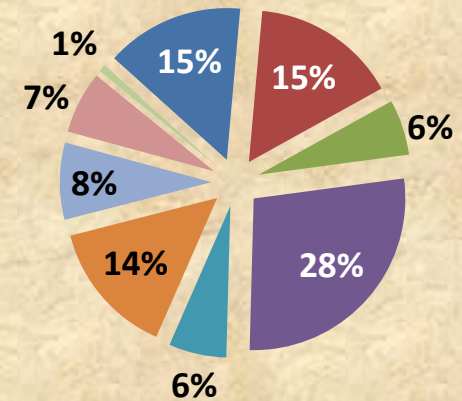
Primary



Secondary



Tertiary



Source: TDS, 2013

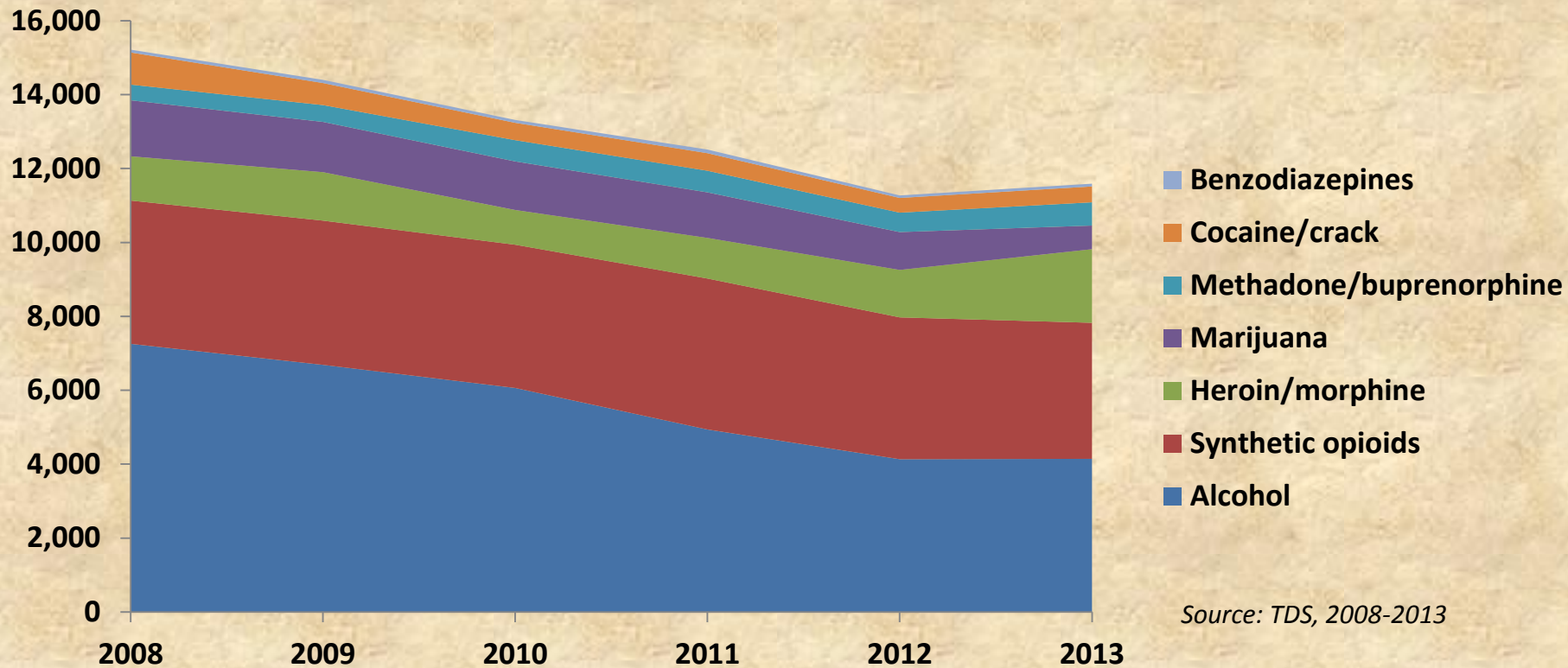
- Alcohol
- Heroin/morphine
- Methadone/buprenorphine
- Other drugs
- Bath Salts
- Synthetic opioids
- Marijuana
- Cocaine/crack
- Benzodiazepines

- Alcohol, synthetic opioids, and heroin make up the majority of primary treatment admissions.
- Synthetic opiates, marijuana, and heroin are responsible for most secondary and tertiary admissions.

Treatment for Substance Abuse

Population: **Adults**

Number of Primary treatment admissions by substance: 2011-2013



Source: TDS, 2008-2013

- The overall number of Mainers seeking treatment has been declining since 2011, from 12,740 to 11,815 in 2013.

Treatment Summary

Treatment and need for treatment continue to put a strain on Mainers

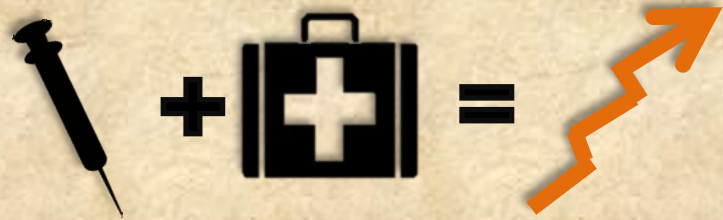


- About **one in ten** Maine adults **needs treatment** for substance abuse but are **not receiving it** (NSDUH, 2011-12)

- About **one in three** primary treatment admissions are due to **alcohol or synthetic opiates** (TDS, 2013)



Treatment Summary



- The percentage of primary admissions related to **heroin** has been **increasing** (TDS, 2013)

- Most **secondary** admissions are for **marijuana** and **synthetic opioids** (TDS, 2013)



Conclusions and Discussion



Alcohol and prescription drugs represent a serious public health concern.



While there is no surveillance data around heroin *consumption*, the consequences related to it are on the rise.



The marijuana legalization issue appears to be impacting perceptions around the risks associated with use.

Contact Information

Tim Diomedede

State Epidemiological Outcomes Workgroup Coordinator

Maine Office of Substance Abuse and Mental Health Services

Timothy.Diomedede@maine.gov

2014 State SEOW Profile

<http://www.maine.gov/dhhs/samhs/osa/index.htm>