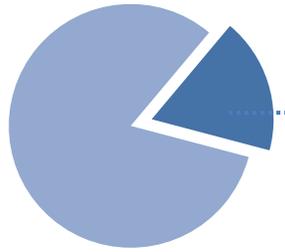
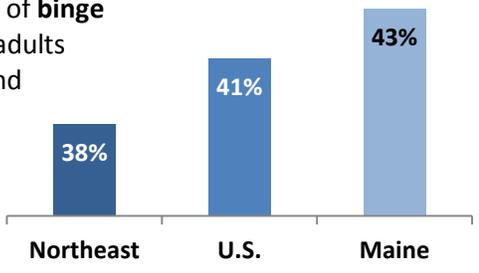


Substance Use



Two out of five young adults in Maine **binge*** drank in the past month (1).

Maine has a higher rate of **binge drinking** among young adults compared to the U.S. and Northeast (1).



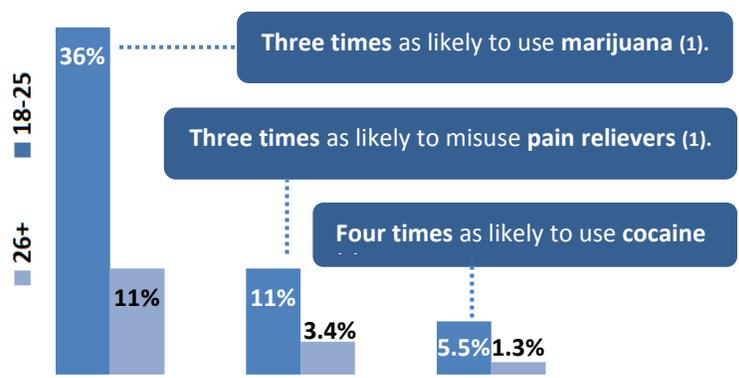
18 percent of young adults in Maine reported **alcohol and/or illicit drug dependence and/or abuse** in the past year (1).

More than **one in four** young adults **used marijuana** in the past month (1).



Maine's past month **marijuana** use among young adults is considerably **higher** than the nation (1).

In the past year, compared to adults 26 and older, 18 to 25 year olds were:

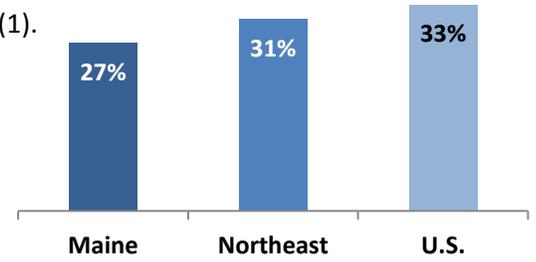


Notes
 *Binge drinking = five or more drinks in one setting.
 ** Dependence or abuse is based on definitions found in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

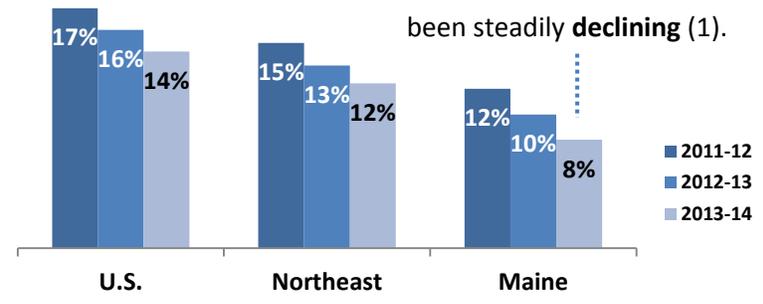
Sources
 1. National Survey on Drug Use and Health (2013-14)
 2. Maine Treatment Data System (2014)

Perceived Harm

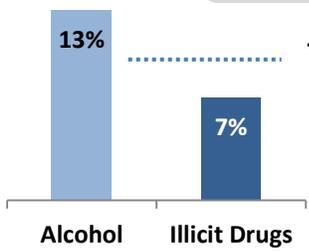
Young adults in Maine have **lower perception of harm** from **binge drinking** compared to young adults in the Northeast and U.S. (1).



Young adults in Maine have **lower perceptions of harm** from **smoking marijuana** (at least once a month) than the U.S. and the Northeast. Rates have been steadily **declining** (1).

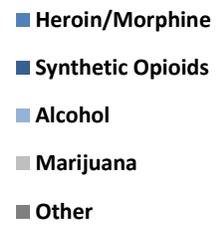


Treatment



Thirteen percent of young adults in Maine **need treatment but aren't receiving it** for **alcohol**; 7% need treatment for **illicit drug use**, but aren't receiving it (1).

In 2014, **one in five** people admitted for substance use **treatment** in Maine was a young adult (2).



Over **half** of young adults had a **primary drug** admission related to either **heroin** or **synthetic opioids** (1).

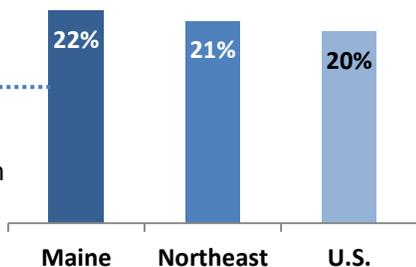


Mental Illness



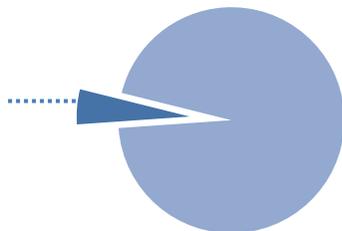
One in five young adults in Maine reported having a **mental illness*** during the past year (1).

Young adults in Maine reported a **mental illness** rate of 22 percent compared to Northeast at 21 percent, and the Nation at 20 percent (1).



Maine has **62,000** young adults affected by **mental illness** (1).

Five percent of young adults in Maine have a **serious mental illness**** that impairs their normal functioning (1).



Anxiety

One in five young adults in Maine have been told by a doctor/health professional that they have an **anxiety disorder** (2).



Notes

* Any Mental Illness = having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder (as defined by DSM-IV)

**Serious Mental Illness = having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, that resulted in serious functional impairment

†Major depressive episode = a period of at least 2 weeks when a person experienced a depressed mood, loss of interest, or pleasure in daily activities and had a majority of specified depression symptoms (as defined by DSM-IV).

Sources

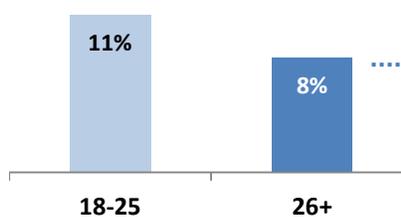
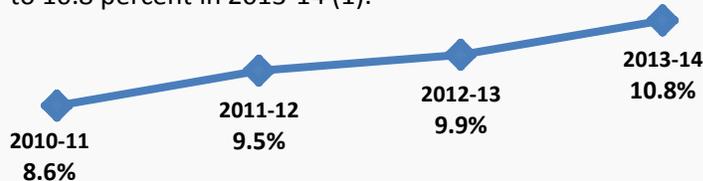
1. National Survey on Drug Use and Health (2013-14)
2. Behavioral Risk Factor Surveillance System (2014)

Depression



One in four young adults in Maine have been told they have **depression disorder** (2).

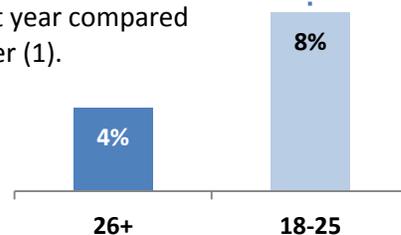
Major depressive episodes† among young adults in Maine have **increased** from 8.6 percent in 2010-11 to 10.8 percent in 2013-14 (1).



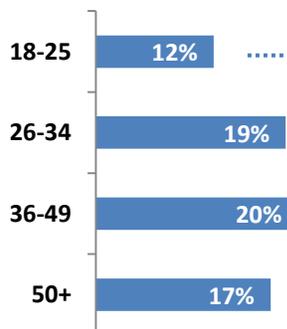
The past year **major depressive episode** rate among young adults in Maine is **three percentage points higher** than those 26 and older (1)

Suicidal Ideation

Young adults in Maine are **two times** as likely to have had **serious thoughts of suicide** in the past year compared to adults 26 and older (1).



Treatment



Young adults are less likely to be taking **medication** or receiving **professional treatment** for a **mental or emotional problem** than other adult age groups (2).



Department of Health and Human Services
Maine People Living Safe, Healthy and Productive Lives

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner