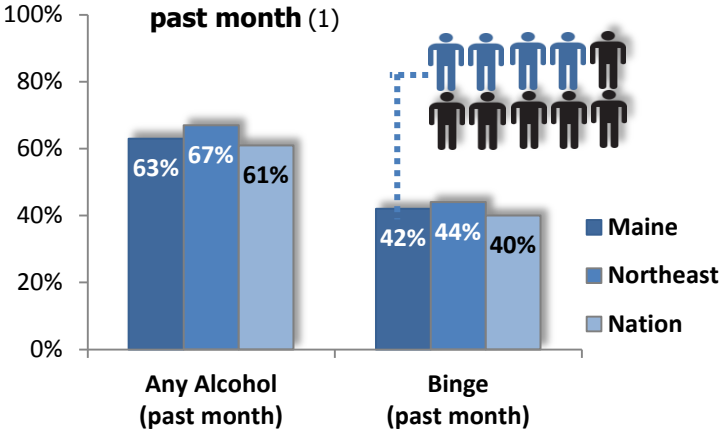
Substance Use Among Young Adults (18-25)

Substance Use

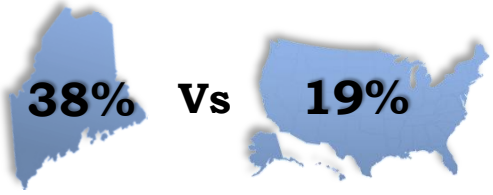
4 in **10** **binge*** drank in the **past month** (1)



15% reported either being alcohol **dependent** or **abusing** alcohol within the past year** (1)

1 in **4** have used **marijuana** in the **past month** (2)

Maine ranks **10th** highest in the nation for **past year marijuana** use (1)



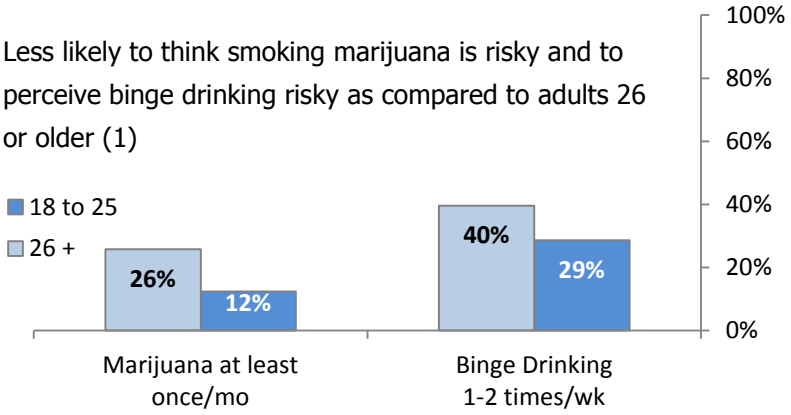
When compared to 26+, 18 to 25 year olds are (1):

Past Year Use

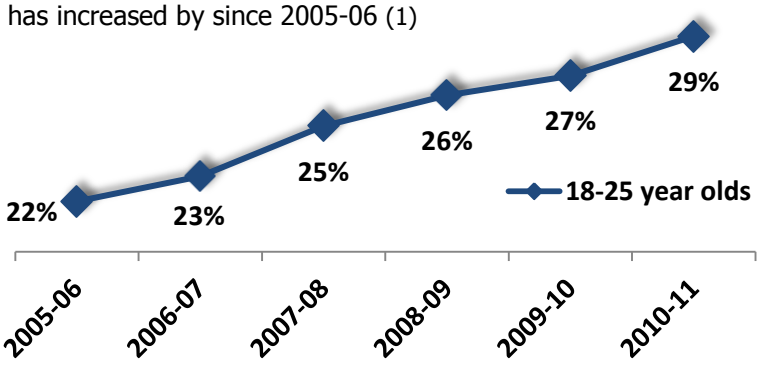
- **3x** *as likely to use* **marijuana**
- **4x** *as likely to misuse* **pain relievers**
- **6x** *as likely to use* **cocaine**

Perceived Harm

Less likely to think smoking marijuana is risky and to perceive binge drinking risky as compared to adults 26 or older (1)



Perception of harm from binge drinking has increased by since 2005-06 (1)

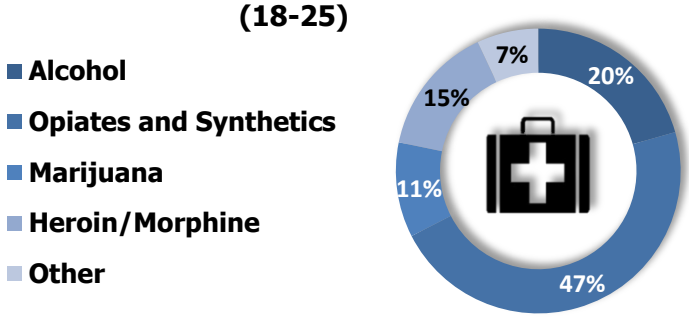


Treatment

In 2012, Maine admitted **11,688** people into substance abuse treatment (2)

Nearly **1** in **4** primary admissions (**2,719**) were between 18 and 25 (2)

Primary Tx Admissions (18-25)



14% of adults 18-25 **need treatment but aren't receiving** it for alcohol and 8% for illicit drug use (1)

Notes

*Binge drinking = five or more drinks in one setting if male and 4 or more drinks in one setting if female.

** Dependence or abuse is based on definitions found in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

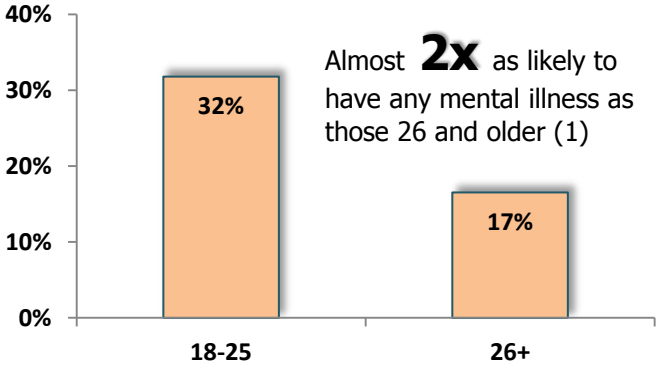
Sources

1. National Survey on Drug Use and Health (2010-11)
2. Maine Treatment Data System (2012)

Mental Health Among Young Adults (18-25)

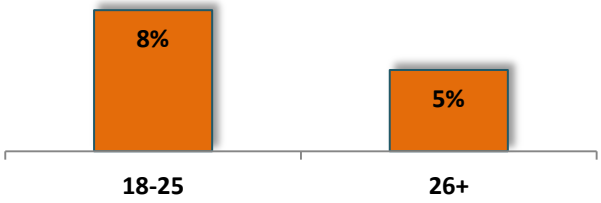
Any Mental illness

Nearly **1** in **3** reported having any mental illness* during the past year (1)



Almost **2x** as likely to have any mental illness as those 26 and older (1)

8% have a **serious mental illness****, compared to 5% for those 26 and older (1)



Mental Health indicators (shown above) did not vary much between Maine and the nation (1)

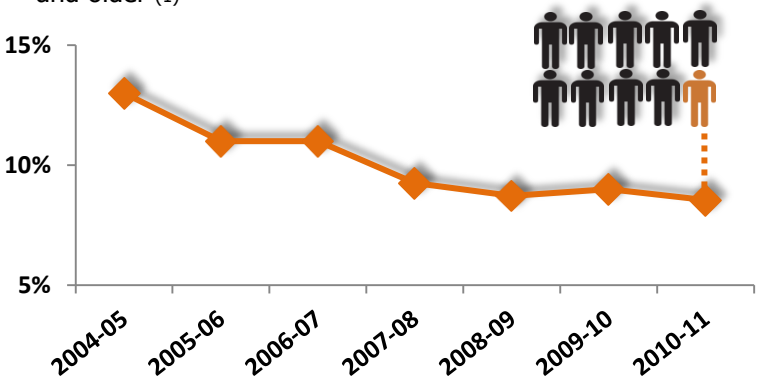
Anxiety

More than **1** in **5** have been told by a doctor/health professional that they have anxiety disorder (2)

Depression

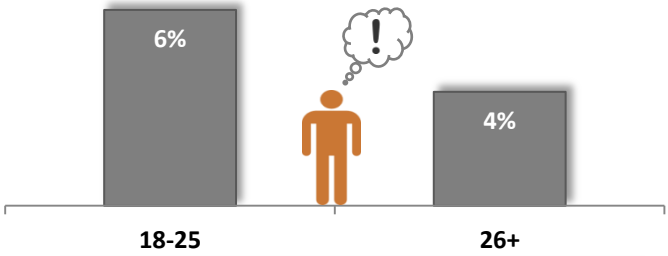
Almost **1** in **4** have been told by a doctor/health professional that they have depression disorder (2)

About **1** in **10** had at least one **major depressive episode***** in the past year, compared to 7% for those 26 and older (1)

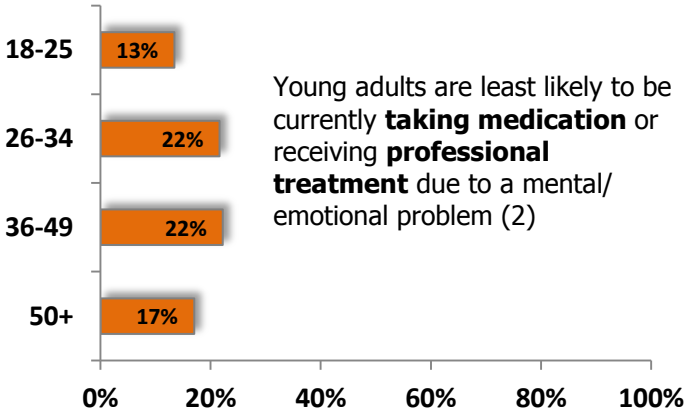


Suicide Ideation

6% had **serious thoughts of suicide** during the past year compared to 4% for those 26 and older (1)



Receiving Treatment



Young adults are least likely to be currently **taking medication** or receiving **professional treatment** due to a mental/ emotional problem (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 (2010-2011)
2. Behavioral Risk Factor Surveillance System (2011)