Maine Adolescent Health: Mental Health
Maternal and Child Health Block Grant Data Brief

<table>
<thead>
<tr>
<th>Domain Listening</th>
<th>Regional Forums</th>
<th>Survey (Professionals) (n=401)</th>
<th>Survey (Non-Professionals) (n=904)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Score: 27 (rank=1)</td>
<td>Top 2: 2 of 3 forums</td>
<td>75%</td>
<td>48%</td>
</tr>
</tbody>
</table>

**Stakeholder Input**

Stakeholders identified these challenges:
- Adverse childhood experiences
- Diagnosis, misdiagnosis
- Skills for coping with stress
- Stigma and access to services (especially in rural areas)
- Need training for new parents
- Self-harm, suicidality, access to firearms
- Aggression, violence
- Self-medicating, overmedication

Stakeholders identified these opportunities:
- Youth skill building
- Comprehensive school health education
- Youth engagement prevention
- Pair with comprehensive medical care (medical, dental, nutrition)
- Early & universal screenings & referral
- Educate school staff
- Student curriculum
- Wilderness programs

**Nearly 1 in 3 (32%)** high school students felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing some usual activities. The trend shows a significant increase from 2017 to 2019 (MIYHS).

**16% of high school students** seriously considered suicide in the past year (MIYHS, 2019).

**20% of middle school students** ever seriously considered suicide (MIYHS, 2019).

**Racial and ethnic disparities** are common across a number of mental health measures.

**Related National Performance Measures: Adolescents**

NPM 9: Percent of adolescents, ages 12-17, who are bullied or who bully others.
NPM 10: Percent of adolescents with a preventive medical visit in the past year.
NPM 11: Percent of children with and without special health care needs, ages 0-17, who have a medical home.
NPM 12: Percent of adolescents with and without special health care needs, ages 12-17, who receive services necessary to make transitions to adult health care.

State Performance Measure: SPM 3: Percent of adolescents, ages 12-17, with unmet mental health needs.

Sources: Maine Integrated Youth Health Survey (MIYHS), National Survey of Children's Health (NSCH)

19% of high school students had long-term emotional or behavioral problems lasting or expected to last 6 months or more (MIYHS, 2019).

When they felt sad or hopeless younger middle school students were more likely than older students to get help from an adult (MIYHS, 2019).

16% of high school students, girls and GLBT students are more likely to have ever intentionally harmed themselves (MIYHS, 2019).

Compared to boys and straight high school students, girls and GLBT students are more likely to have ever intentionally harmed themselves (MIYHS, 2019).

When they felt sad or hopeless younger middle school students were more likely than older students to get help from an adult (MIYHS, 2019).

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Half of adolescents aged 12-17 with a mental/behavioral condition received treatment or counseling (NSCH, 2017/18).
Maine Adolescent Health: Substance Use
Maternal and Child Health Block Grant Data Brief

**Domain Listening Regional Forums**
Score: 3 (rank=4)  
Top 2: 1 out of 3 forums

**Survey (Professionals) (n=401)**
- Drug use: 30% (rank=3)
- Tobacco/Vaping: 29%
- Alcohol use/binge drinking: 13%

**Survey (Non-Professionals) (n=904)**
- Drug use: 30%
- Tobacco/Vaping: 16%
- Alcohol use/binge drinking: 12%

**Stakeholder Input**
Stakeholders identified these challenges:
- Legalization/early onset of marijuana use
- Substance use impact on employment and education
- Misuse of prescription drugs
- Punitive, maladaptive practices in addressing substance use, applied inequitably
- Self-medication
- Alcohol use

Stakeholders identified these opportunities:
- Use of best/restorative practices for schools’ substance use response
- Prevention, skill development
- Screening, Brief Intervention, and Referral to Treatment
- Engage medical field better in prevention
- Count referrals as part of comprehensive health assessment

**Tobacco and Vaping**
Nearly **1 in 3 (29%)** Maine high school students **used an e-cigarette** at least once in the past 30 days (MIYHS, 2019). That is similar to the national prevalence of 28% (NYTS, 2019).

Past 30-day **e-cigarette use** among high school students increased dramatically from 2017 to 2019, while **combustible cigarette use** continued to decline (MIYHS, 2019).

**Illegal Drugs**
**1 in 4 (23%)** high school students have been **offered, given or sold an illegal drug on school property** in the past year (MIYHS, 2019).

12% of high school students have ever **misused a prescription drug** (MIYHS, 2019).

**4%** of youth ages 12-17 **had a substance use disorder** in the past year. Of those, 4% needed but did not receive treatment (NSDUH, 2016-17).

**Marijuana**
**1 in 5 (22%)** high school students and **4% of middle school students used marijuana** in the past 30 days. There was a significant increase in past 30-day marijuana use among high school students between 2017 and 2019 (MIYHS, 2019). Marijuana use was significantly higher among Hispanic and Hawaiian/Pacific Islander students compared to non-Hispanic and White students.

Among those who drank alcohol in the past 30 days, **1 in 3 (33%)** had 5 or more drinks in a row (binge drinking; MIYHS, 2019). Males are significantly more likely than females to binge drink (39% vs 26%).

**Alcohol**
**1 in 4 (23%)** high school students drank **alcohol** at least once in the past 30 days. The trend remained flat from 2017 to 2019 (MIYHS).

Related National Performance Measures: Adolescents
NPM #7: Rate of injury-related hospital admissions per population ages 12-19
NPM #9: Percent of adolescents, ages 12-17, who are bullied
NPM #10: Percent of adolescents with a preventive services visit in the last year
Maine Adolescent Health: Bullying and Harassment

Stakeholder Input

Stakeholders identified these challenges:
- Bullying based on identity, homelessness, health needs, income
- Adults don’t know how to help
- Intergenerational impact
- Misinformation among adults
- Institutionalized microaggressions
- Punitive discipline (for people of color)

Stakeholders identified these opportunities:
- Empathy development
- Staff training
- Primary prevention, social-emotional learning
- Digital citizenship
- Engage civil rights teams
- Parent resources

Bullying

About 1 in 5 Maine high school students have been bullied on school property or electronically bullied in the past month. Among middle school students, half (46%) have ever been bullied on school property and 28% have been bullied electronically. (MIYHS, 2019).

Race-based harassment

Nearly 1 in 2 (45%) Black/African American high school students have ever been the target of attacks or offensive racial comments at school or on the way to school (MIYHS, 2019).

Between 2017 and 2019, the percentage of high school students who experienced race-based harassment increased for all non-white groups except Asians (MIYHS).

Gender & Sexual Orientation-based Harassment

1 in 2 (53%) gay/lesbian high school students have been the target of attacks or offensive comments at school or on their way to or from school because of their perceived sexual orientation (MIYHS, 2019).

1 in 2 (46%) transgender high school students have been the target of attacks or offensive comments at school or on their way to or from school because of their perceived gender identity (MIYHS, 2019).

Related National Performance Measures: Adolescents

NPM 9: Percent of adolescents age 12-17 who are bullied or who bully others.

Source: Maine Integrated Youth Health Survey (MIYHS).
Maine Adolescent Health: Access to Family Planning

Maternal and Child Health Block Grant Data Brief

### Stakeholder Input

**Stakeholders identified these challenges:**
- Lack of adolescent health specialists
- Sexually transmitted disease rates going up, condom use going down.
- HPV Vaccination

**Stakeholders identified these opportunities:**
- Co-location of medical & mental health services
- School-based health centers
- Need for social workers, nurses, counselors in schools
- Safe sex education

### Confidential Preventive Care

90% of Maine adolescents age 12-17 had a **preventive check up in the last year**, giving Maine the second highest rate in the nation (NSCH, 2017-2018).

Of those who had a check up in the past year, **72% of females and 65% of males spoke to the doctor privately**, that is without their parents in the room. This compared with 50% and 52% nationally (NSCH, 2017-2018).

### STD Testing & Vaccination

1 in 5 (22%) high school students who were sexually active had been **tested for sexually transmitted diseases** in the past year. **Females** (30%) were more likely than **males** (15%) to be tested (MIYHS, 2019).

**Half (51%)** of Maine adolescents age 13-17 are up to date on their human papillomavirus (HPV) vaccination. That is the same as the U.S. percentage (NIS-Teen, 2018).

### Condom and Birth Control Use

Among Maine high school students who ever had sexual intercourse, **3 in 5** (60%) said they or their partner **used a condom last time they had sex**; 44% said they used a hormonal method to prevent pregnancy (MIYHS, 2019). Condom use has declined slightly over time.

<table>
<thead>
<tr>
<th>Year</th>
<th>Condom Use (%)</th>
<th>Hormonal Birth Control (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>39%</td>
<td>62%</td>
</tr>
<tr>
<td>2015</td>
<td>42%</td>
<td>62%</td>
</tr>
<tr>
<td>2017</td>
<td>61%</td>
<td>60%</td>
</tr>
<tr>
<td>2019</td>
<td>44%</td>
<td>60%</td>
</tr>
</tbody>
</table>

### Sexually Transmitted Diseases

**Chlamydia** among adolescents aged 15-19 has been **increasing since 2014, especially among females**. Overall, Maine’s chlamydia rate (1,368 per 100,000) remains much lower than the U.S. (2,072 per 100,000; NCHHSTP AtlasPlus).

Maine rates of Gonorrhea, Syphilis and HIV also remain well below U.S. rates (NCHHSTP AtlasPlus).

### Chlamydia rates per 100,000 population, Maine

- **Females, age 15-19**
- **Males, age 15-19**

### Related National Performance Measures: Adolescents

NPM 10: Preventative medical visit, age 12-17 years
NPM 15: Percent of children ages 10-17 who are continuously and adequately insured.

**Sources:** Maine Integrated Youth Health Survey (MIYHS), National Survey of Children’s Health (NSCH), NCHHSTP AtlasPlus--Centers for Disease Control and Prevention. [https://www.cdc.gov/nchhstp/atlas/index.htm](https://www.cdc.gov/nchhstp/atlas/index.htm). Accessed on 12/9/19, National...
Stakeholder Input
Stakeholders discussed violence in the context of mental health and adverse childhood experiences, which include sexual abuse and child maltreatment.

Adverse Childhood Experiences
About 1 out of 5 (21%) Maine high school students have experienced four or more adverse childhood experiences. (MIYHS, 2019).

Experiencing four or more adverse childhood experiences is reported more frequently by students who are:
- Hispanic (31%)
- Native American (33%)
- Gay or lesbian (38%)
- Bisexual (46%)
- Transgender (53%)

Sexual and Dating Violence
9% of high school students reported dating violence in the past year. 8% of high school students had ever been forced to have sexual intercourse. The prevalence for both types of violence was higher among female and transgender students (MIYHS, 2019).

Forced sexual intercourse is also more prevalent among high school students identifying as American Indian/Alaska Native (13%), Native Hawaiian/Other Pacific Islander (25%), and Multiracial (13%) compared to White students (7%; MIYHS, 2019).

Physical Violence
About 1 out of 5 (22%) Maine high school males and 11% of high school females were in a physical fight in the past year (MIYHS, 2019).

1 in 5 (20%) high school students said violence or the threat of violence had made them want to leave home, even for a short while. Female and transgender students were especially at risk.

Weapons
1 in 20 (6%) of high school males carried a weapon on school property in the past month. 5% of middle school males have ever carried a weapon on school property (MIYHS, 2019).

40% of high school males said it would be sort of easy or very easy to get a gun.

1 in 10 (10%) high school students have been threatened or injured with a weapon at least once in the past year (MIYHS, 2019).

Related National Performance Measures: Adolescents

NPM 9: Percent of adolescents, ages 12 through 17 years, who are bullied or who bully others.
NPM 10: Percent of adolescents with a preventive medical visit in the past year.

Source: Maine Integrated Youth Health Survey (MIYHS)