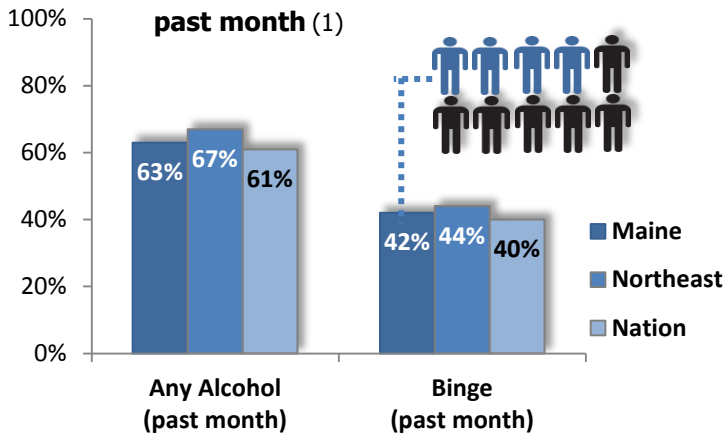


# SUBSTANCE USE AMONG YOUNG ADULTS (18-25)

## Substance Use

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

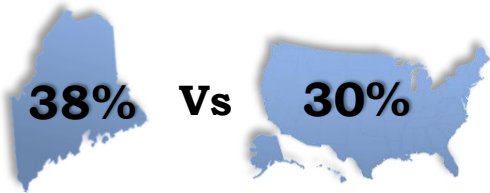


**15%** reported either being alcohol **dependent** or **abusing** alcohol within the past year\*\* (1)



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

Maine ranks **10<sup>th</sup>** 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**

### Notes

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

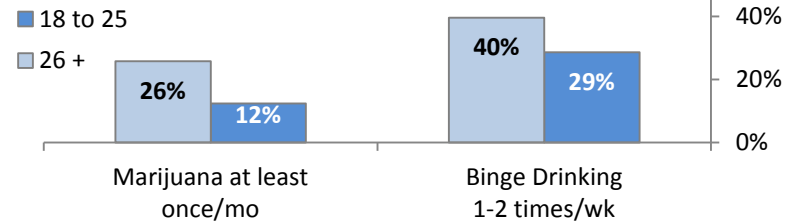
\*\* Dependence or abuse is based on definitions found in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV).

### Sources

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

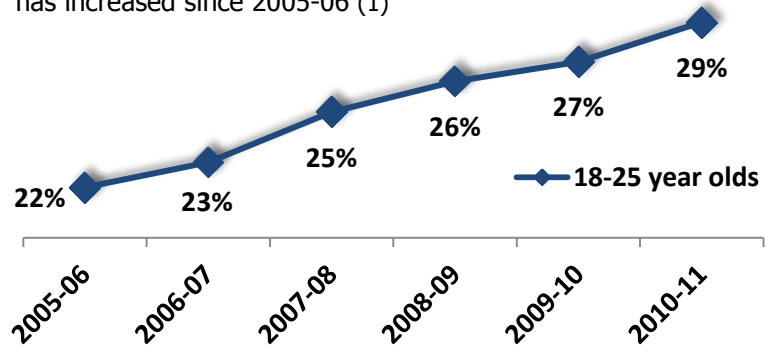
## Perceived Harm

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 since 2005-06 (1)



## Treatment

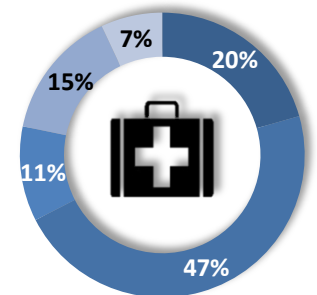
In 2012, Maine admitted **11,688** people into substance abuse treatment (2)



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

### Primary Tx Admissions (18-25)

- Alcohol
- Opiates and Synthetics
- Marijuana
- Heroin/Morphine
- Other



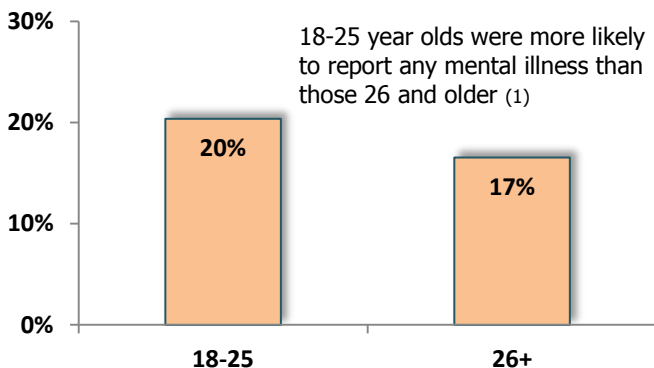
**14%** of adults 18-25 **need treatment but aren't receiving** it for alcohol and 8% for illicit drug use (1)



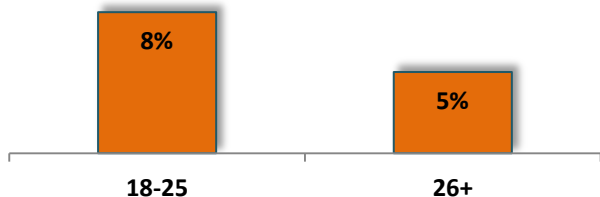
# MENTAL HEALTH AMONG YOUNG ADULTS (18-25)

## Any Mental illness

**1 in 5** reported having any mental illness\* during the past year (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)

### 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

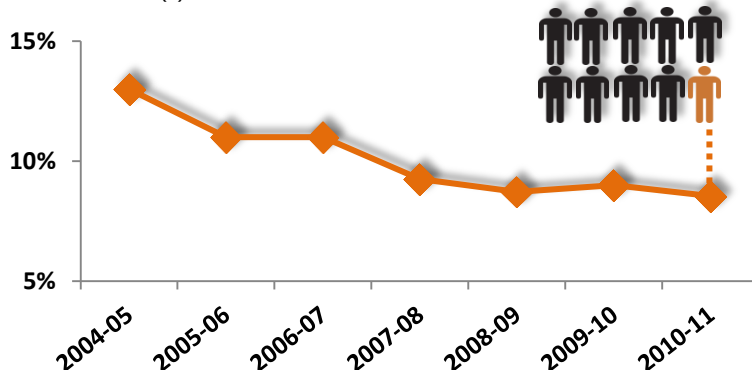
1. National Survey on Drug Use and Health (2010-2011)
2. Behavioral Risk Factor Surveillance System (2011)

## Depression

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

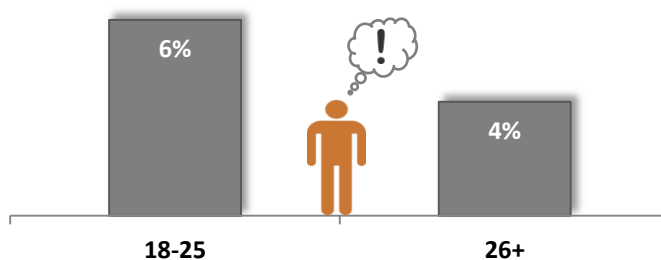


About **1 in 10** had at least one **major depressive episode\*\*\*** in the past year, compared to 7% for those 26 and older (1)



## Suicide Ideation

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



## Receiving Treatment

