

2019 BIRMINGHAM BLOOMFIELD KEY FINDINGS REPORT



The Birmingham Bloomfield Community Coalition (BBCC) takes a research driven, youth-led approach to substance abuse prevention, health, and wellness. BBCC and the Youth Action Board (YAB), its high school teen group, provide education, tools, activities, and support to help youth rise above life's challenges by making informed decisions about their safety, health and wellness, as well as encouraging adults to thoughtfully support them.

- Most Youth are not using substances
- Those youth that do use substances are more likely to have mental health issues
- Friends are the most influential when it comes to youth substance use

MOST

Middle and High School Students are **NOT** Using Drugs & Alcohol

In the past 30 days,

- 94.6% of middle schoolers and 77.8% of high schoolers did NOT use alcohol
- 99.7% of middle schoolers and 97.9% of high schoolers did NOT use cigarettes
- 98.9% of middle schoolers and 98.9% of high schoolers did NOT misuse prescription drugs
- 97.1% of middle schoolers and 80.4% of high schoolers did NOT use any e-cigarette or vaping device
- 97.6% of middle schoolers and 85.6% of high schoolers did NOT use any e-cigarette or vaping device with nicotine
- 98.2% of middle schoolers and 86.4% of high schoolers did NOT use any e-cigarette or vaping device with THC
- 98.0% of middle schoolers and 92.0% of high schoolers did NOT use any e-cigarette or vaping device with flavor only

High School Students

Alcohol

Nearly 8 out of 10 Birmingham Bloomfield high school students did **not** drink alcohol in the past 30 days.



Cigarettes

Nearly 10 out of 10 Birmingham Bloomfield high school students did **not** smoke cigarettes in the past 30 days.



Prescription Drugs

Nearly 10 out of 10 Birmingham Bloomfield high school students did **not** misuse prescription drugs in the past 30 days.



Any Vaping

8 out of 10 Birmingham Bloomfield high school students did **not** use any e-cigarette or vaping device in the past 30 days.



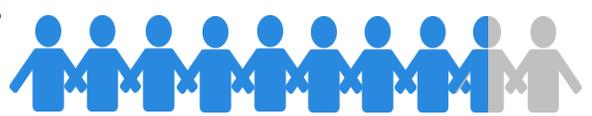
Vaping Nicotine

More than 8.5 out of 10 Birmingham Bloomfield high school students did **not** use any e-cigarette or vaping device with nicotine in the past 30 days.



Vaping THC (Marijuana)

More than 8.5 out of 10 Birmingham Bloomfield high school students did **not** use any e-cigarette or vaping device with THC in the past 30 days.



Vaping Flavor Only

More than 9 out of 10 Birmingham Bloomfield high school students did **not** use any e-cigarette or vaping device with flavor only in the past 30 days.



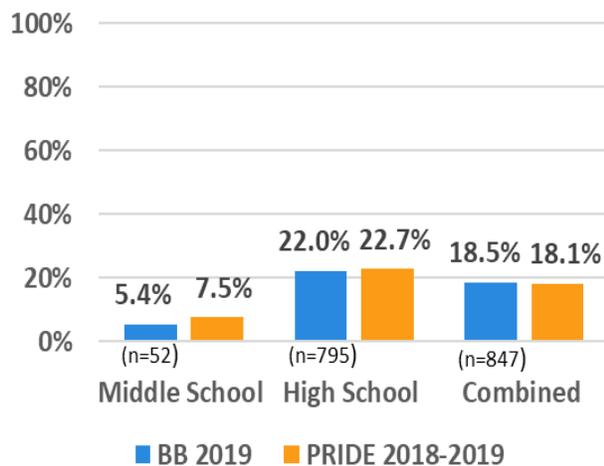
Survey Background

Data was obtained from the 2019 Birmingham Bloomfield Student Survey. The 2018-2019 PRIDE national survey was one national benchmark used. 2019 Monitoring the Future (MTF) data was also used as a national benchmark. For Birmingham Bloomfield data, High school students consist of 9th –12th grade students, and Middle school students consist of 8th grade students. Percentages may not add up to 100% due to rounding.

Past 30 Day Use

The graphs below depict past 30 day use of alcohol, cigarette, and prescription drugs for high school and middle school students compared to the national benchmark.

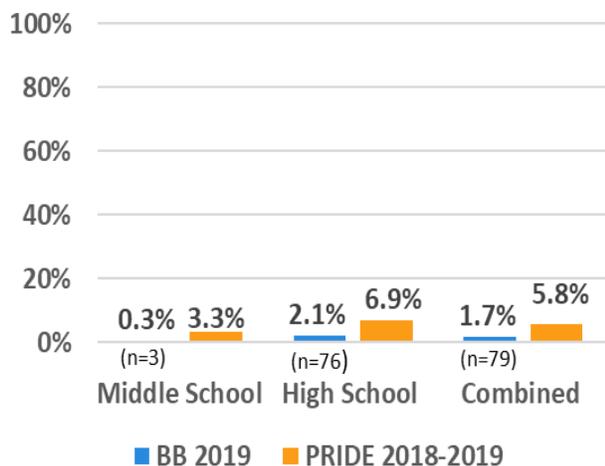
Past 30 Day Use: Alcohol



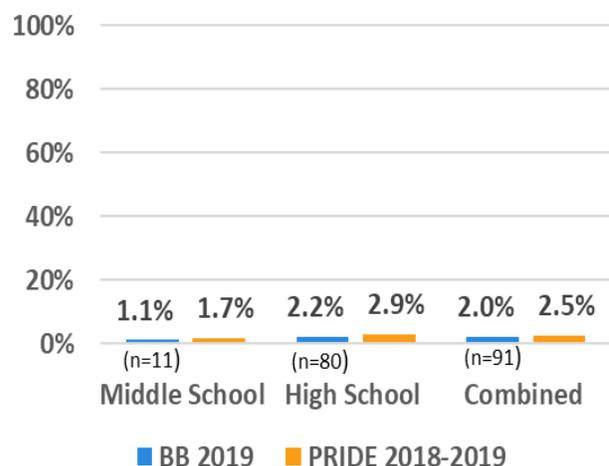
High School and Middle School

- Past 30 day use of alcohol, cigarettes and prescription drugs for high school students is lower than the national comparison.
- Past 30 day use of alcohol, cigarettes and prescription drugs for middle school students is lower than the national comparison.
- Past 30 day use is lower for high school and middle school students combined than the national comparison with the exception of alcohol.

Past 30 Day Use: Cigarettes



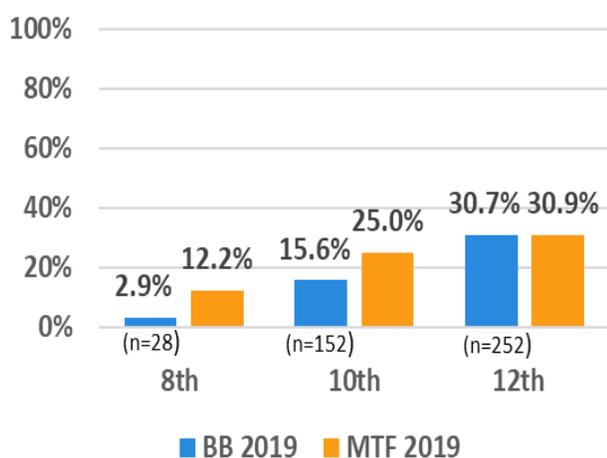
Past 30 Day Use: Prescription Drugs



Past 30 Day Use: Vaping

The graphs below depict past 30 day use of e-cigarettes or vape devices for 8th, 10th, and 12th grade students compared to the national Monitoring the Future benchmark.

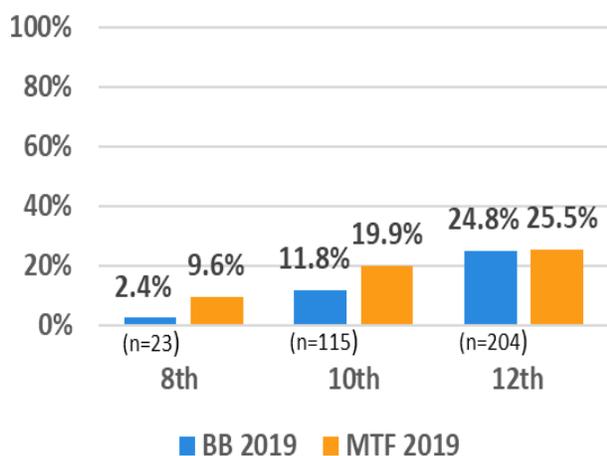
**Past 30 Day Use:
Any Vape**



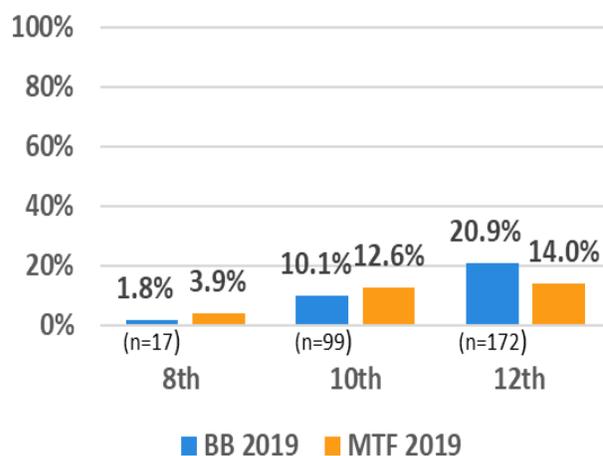
8th, 10th, and 12th Grade Students

- Past 30 day use any vape product (nicotine, THC, and flavor only) is lower than the national comparison
- Past 30 day use of vaping with nicotine is lower than the national comparisons.
- Past 30 day for vaping with THC is lower for 8th and 10th grade students but higher for 12th grade students compared to the national comparisons.

**Past 30 Day Use:
Vape with Nicotine**



**Past 30 Day Use:
Vape with THC**

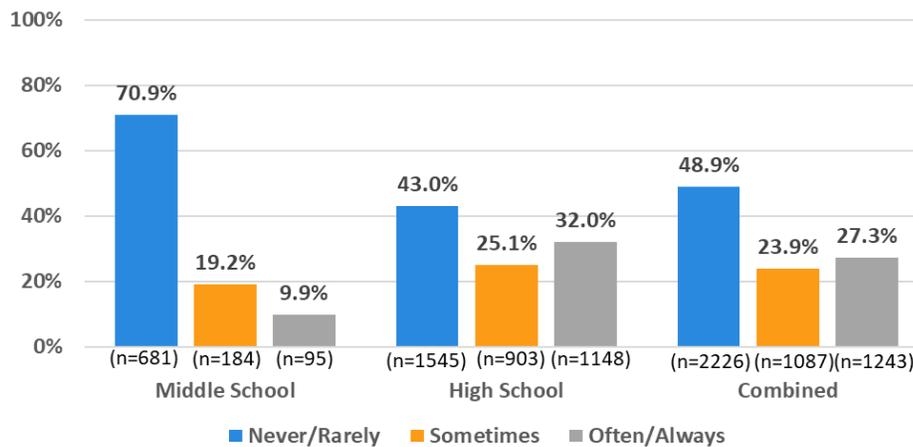


Vaping

Birmingham Bloomfield youth were asked how easy it was to get vaping products and how often they had been in the presence of others who vape or use e-cigarettes.

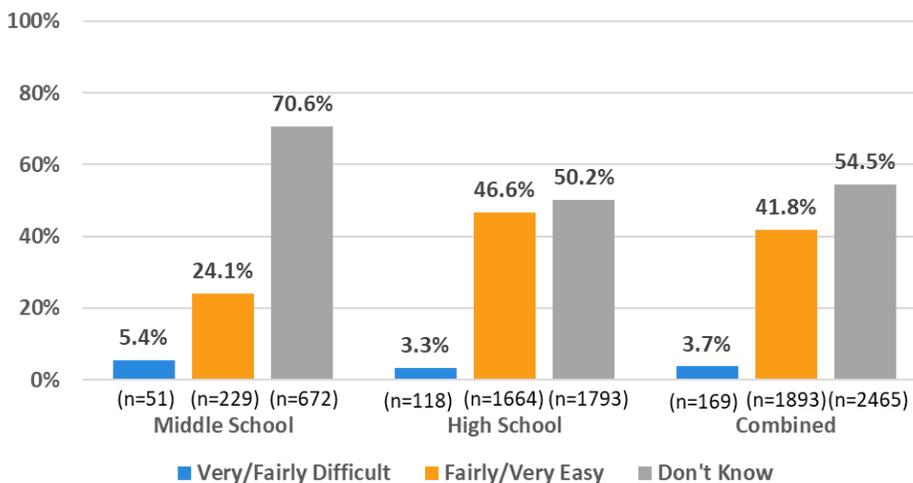


How often are you in the presence of others who vape or use e-cigarettes?



High school students (32.0%) are more often in the presence of those who are vaping than middle school students (9.9%)

How easy is it to get vapes/e-cigarettes?

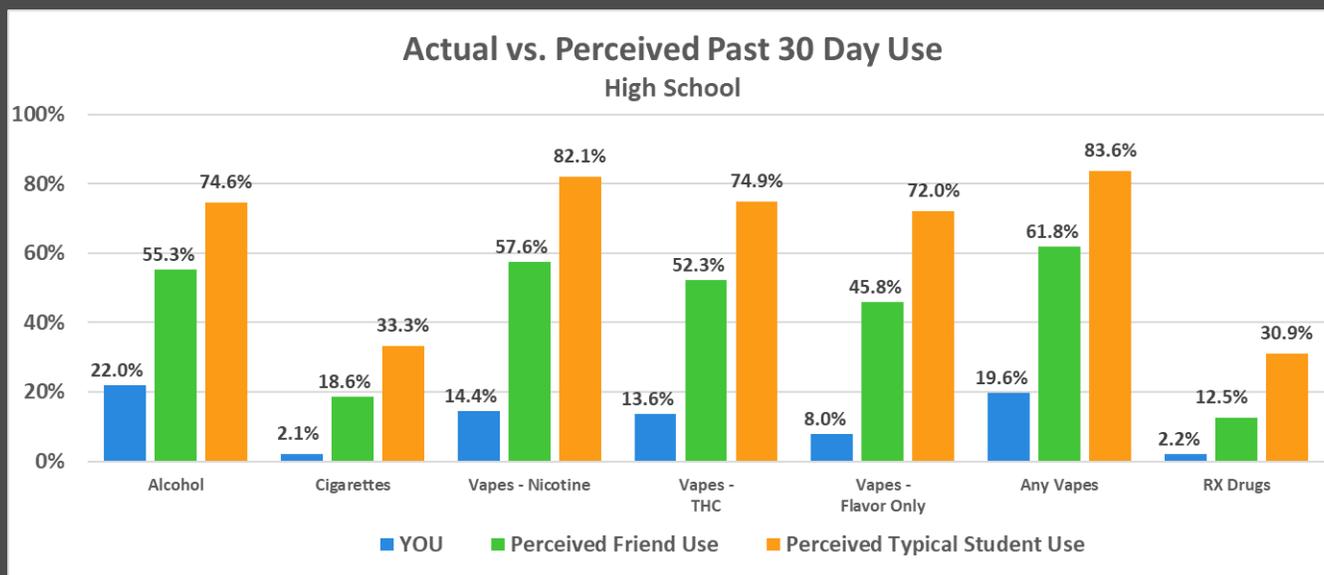


Almost half of high school students (46.6%) report that it is fairly easy or very easy to get vaping products whereas, less than one-fourth (24.1%) of middle school states report that it is fairly or very easy to get vaping products.

Youth Perceptions of Use

Birmingham Bloomfield youth were asked if they have used substances the past 30 days, as well as if they believed their friends and the typical students in their school had used in the past 30 days.

Many youth over-estimate the prevalence of substance use among their peers, which puts them at greater risk for using substances themselves.



	Alcohol	Cigarettes	Vapes - Nicotine	Vapes - THC	Vapes - Flavor Only	Any Vapes	RX Drugs
YOU	n = 795	n = 76	n = 522	n = 490	n = 288	n = 706	n = 80
Perceived Friend Use	n = 1993	n = 668	n = 2084	n = 1891	n = 1651	n = 2235	n = 450
Perceived Typical Student Use	n = 2684	n = 1197	n = 2969	n = 2710	n = 2597	n = 3027	n = 1109

The **largest perception gap** is between actual use and perceived typical student use for **vaping nicotine**.

The **smallest perception gap** is between actual use and typical student **prescription drug use**.

While most students are not using substances, many believe their friends and the typical student are using substances.

Top Influences

Most influential factors regarding teen substance misuse.



Perception of friend use and friend disapproval are top influences for all substances.

Alcohol Top Influences

- #1 Perceived Friend Use
- #2 Perception of Harm - Underage Drinking
- #3 Perceived Typical Student Use
- #4 Student Perception Risk (Binge)
- #5 Clear Home Rules on Alcohol/Drug use
- #6 Club/group participation
- #7 Typical Student Perception of Harm—Underage Drinking
- #8 Thoughts of Self-Harm (Past Month)
- #9 Friend Disapproval
- #10 Sports

Prescription Drug Top Influences

- #1 Perceived Friends' Use
- #2 Perception of Harm
- #3 Thoughts of Self-Harm (Past Month)
- #4 Friend Disapproval
- #5 Perceived Typical Student Use
- #7 Club/group participation
- #6 Perception of Risk

Vaping Nicotine Top Influences

- #1 Perception of Harm – Occasional Use
- #2 Being in the presence of others who vape
- #3 Perceived Friends' Use
- #4 Confidence to resist
- #5 Typical Student Perception of Harm – Occasional Use
- #6 Perceived Typical Student Use
- #7 Friend Disapproval
- #8 Clear Home Rules on Alcohol/Drug use
- #9 Sports
- #10 Perception of Risk – Everyday

Vaping THC (Marijuana) Top Influences

- #1 Perceived Friends' Use
- #2 Friend Disapproval
- #3 Typical Student Perception of Harm – Try once or twice
- #4 Confidence to resist
- #5 Being in the presence of others who vape (Frequency)
- #6 Perception of Harm – Occasional Use
- #7 Perception of Harm – Try once or twice
- #8 Perceived Typical Student Use
- #9 Perception of Harm – Everyday
- #10 Sports

Cigarette Top Influences

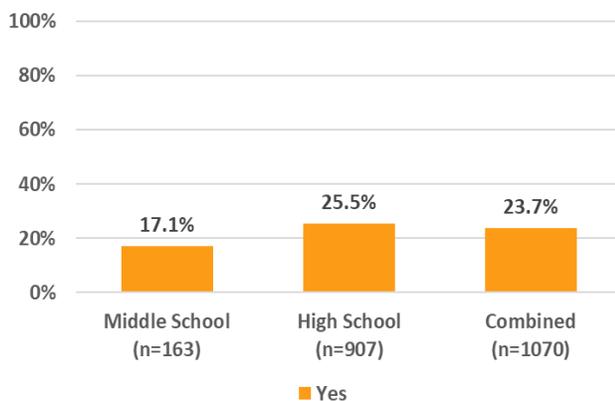
- #1 Perceived Friends' Use
- #2 Friend Disapproval
- #3 Parent Disapproval

Youth Mental Health

Students were asked about their mental health and suicide.

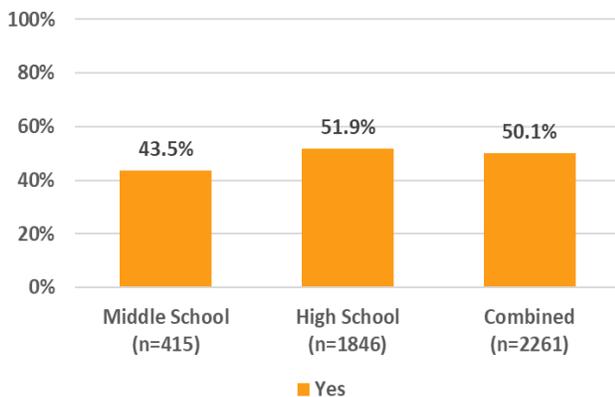
Higher levels of depression, anxiety, other mental illnesses are strongly related to thoughts and attempts of suicide. Addressing mental health issues is essential for reducing suicide amongst students.

During the last month, did you ever feel so sad or hopeless every day for two weeks or more in a row that you stopped doing your usual activities?

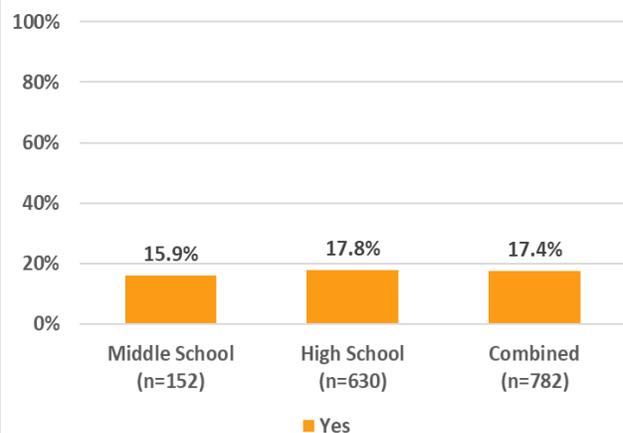


- 1 out of 2 Birmingham Bloomfield students report feeling so anxious or stressed they found it difficult to do everyday activities during the last month.
- 17.4% (n = 782) of Birmingham Bloomfield students report having thoughts of self-harm in the last month.

During the last month, did you ever feel so overly anxious or stressed that you found it difficult to do your work, take care of things at home, and/or get along with other people?



During the last month, have you ever felt so sad or depressed that you had thoughts of harming yourself?



Birmingham Bloomfield teachers, administrators, counselors and parents need resources that make them aware of the signs and symptoms of depression, suicidal ideation and behaviors, as well as contact information for professionals who can help. Birmingham Bloomfield would also benefit from a mental health awareness and anti-stigma campaign.

Mental Health & Substance Misuse

Comorbidity and co-occurring disorders can describe when an individual has both a mental illness and is struggling with a drug or alcohol use disorder. Based off research provided by the National Institute on Drug Abuse, around 50% of those who struggle with substance use will also experience mental illness and vice versa. This is also true for youth. Over 60% of adolescences who are currently in treatment programs for substance use are also diagnosed with co-occurring mental health disorder¹.

(1) NIDA. 2020, May 28. Part 1: The Connection Between Substance Use Disorders and Mental Illness. Retrieved from <https://www.drugabuse.gov/publications/research-reports/common-comorbidities-substance-usedisorders/part-1-connection-between-substance-use-disorders-mental-illness> on 2020.

Alcohol and Mental Health

- Students who reported that past year alcohol use are **2.1 times MORE LIKELY** to report feeling so anxious or stressed, they found it difficult to do their work, take care of things at home, and/or get along with other people, compared to those that did not use alcohol.
- For 12th grade students who reported past 30 day alcohol use, they were also **2 times MORE LIKELY** to be depressed and anxious. Overall, 762 Birmingham Bloomfield students experienced both anxiety and alcohol use in the past year.



Vaping and Mental Health

Students who reported past 30 day vape use with nicotine, were also more than **2 times MORE LIKELY** to report they were depressed.

12th grade students who reported past 30 day “vape use with THC for the purpose of getting high,” were also more than **2 times MORE LIKELY** to report they were depressed, anxious or had thoughts of self-harm.

Gender and Mental Health

Females were **2.6 times MORE LIKELY** to report that they felt “So overly anxious or stressed they found it difficult to do their work, take care of things at home, and/or get along with other people” compared to those who did not identify as female.

Students who identified as Transgender, were **4.3 times MORE LIKELY** to have thoughts of self-harm compared to those who did not identify as Transgender.



Youth Perceptions of Disapproval

Birmingham Bloomfield youth were asked about their friends' and parents' perception of teen drug and alcohol use on a scale from not wrong, a little wrong, wrong, to very wrong.

Disapproval is categorized as wrong and very wrong.

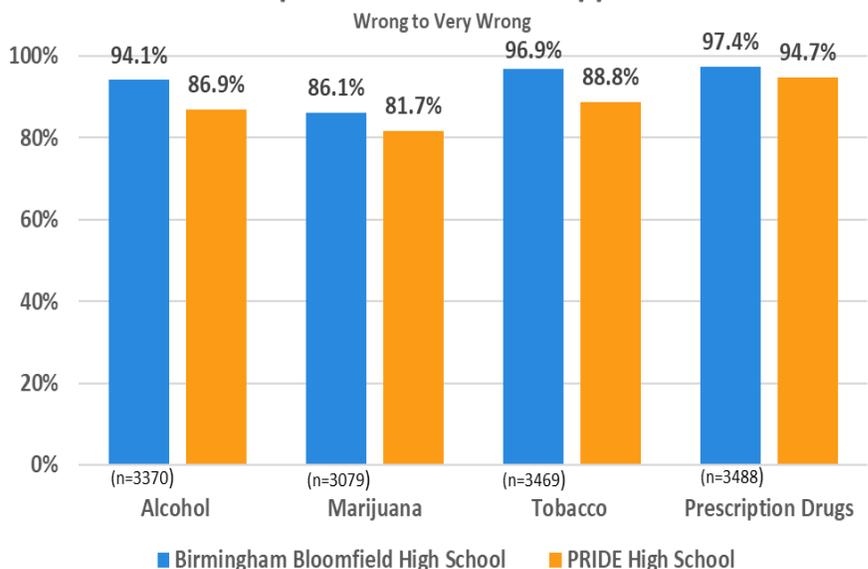
Higher perceptions of disapproval often result in lower use of substances, therefore, it is beneficial that Birmingham Bloomfield youth have higher disapproval than national benchmarks.

MOST YOUTH

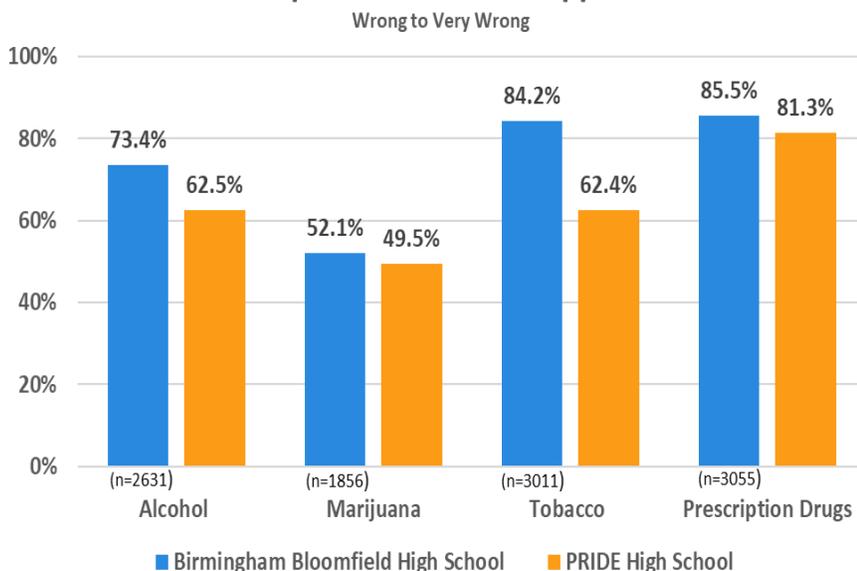
think friends & parents disapprove of drug & alcohol use

Birmingham Bloomfield high school youth perceptions of parents' and friends' disapproval are higher than national perceptions.

Perception of Parental Disapproval



Perception of Friend Disapproval



MIDDLE SCHOOL STUDENTS

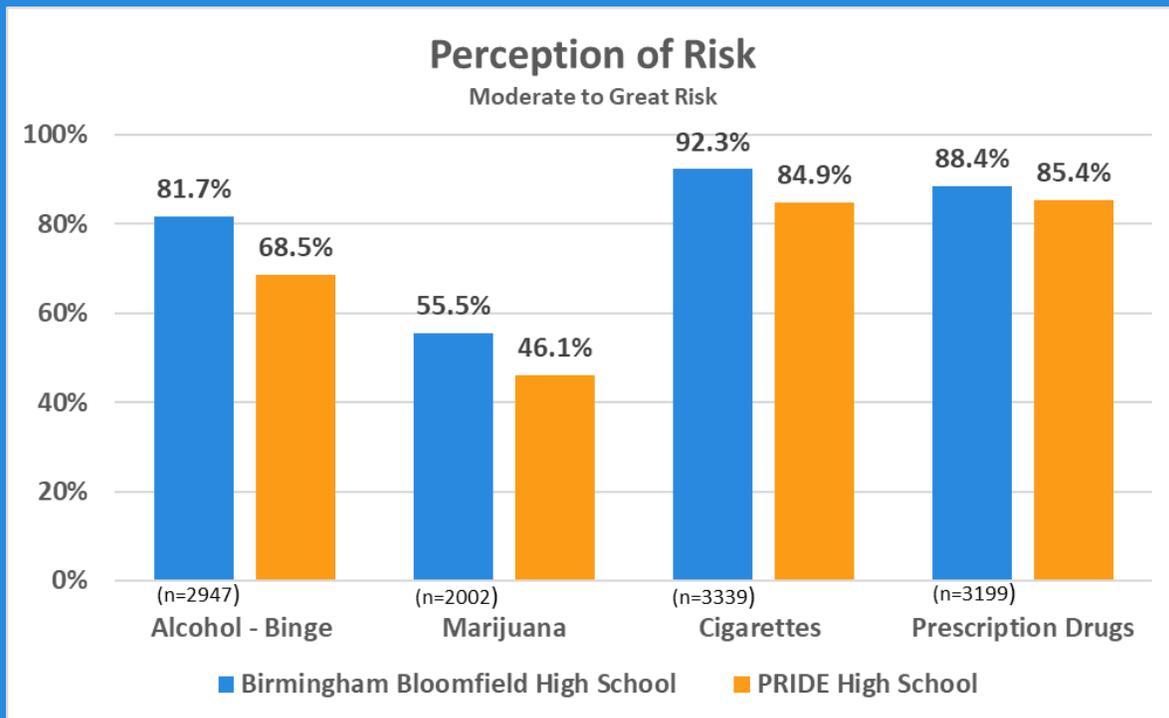
Parent & friend disapproval for 8th grade students is higher than the national perceptions.

Birmingham Bloomfield 8th grade students perceived parent disapproval of alcohol, marijuana, cigarettes, and prescription drugs at 95% or higher, and friend disapproval at 85% or higher.

Perception of Risk

Birmingham Bloomfield youth were asked about their perception of drug and alcohol risk of harm on a scale from no risk, slight risk, moderate risk, to great risk. Risk is categorized as moderate risk and great risk.

Higher perceptions of risk often result in lower use of substances, therefore, it is ideal to have perceptions higher or comparable to national benchmarks.



MOST YOUTH

Think the risk associated with alcohol, cigarettes, and prescription drug misuse is moderate or great risk.

Birmingham Bloomfield high school students **perceptions of risk are higher than national perceptions** for marijuana, alcohol, cigarettes, & prescription drugs.

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