

# Substance Use Trends in Maine: Key Findings



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November 14<sup>th</sup> 2019



State Epidemiological Outcomes Workgroup [www.MaineSEOW.com](http://www.MaineSEOW.com)

1

## Purpose (SEOW What?)

***The State Epidemiological Outcomes Workgroup (SEOW) serves as a clearinghouse for substance use and mental health related data indicators. The SEOW is funded under the federal Substance Abuse and Mental Health Services Administration (SAMHSA) Partnership for Success grant, focused on the prevention of substance use among 12 to 25 year olds.***



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2

2

## SEOW Objectives

- Promote systematic, data-driven decision-making
- Guide effective and efficient use of *prevention* resources
- Identify and track substance use trends
- Detect emerging substances/patterns
- Help secure funds and measure progress
- Provide an opportunity for networking and collaboration



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3

3

## Data Notes/Disclaimers



We promote the use of data indicators that have the reputation of being accurate, reliable, and timely.



We caution data users not to rely heavily on a single indicator in their assessment and evaluation; instead, we structure and present resources within a larger context to help users look at the broader picture.



It is essential to examine trends and data over time, rather than depend on information from a single point.

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4

4

# Consumption

(Surveillance Data)



5

## Maine Quick Facts

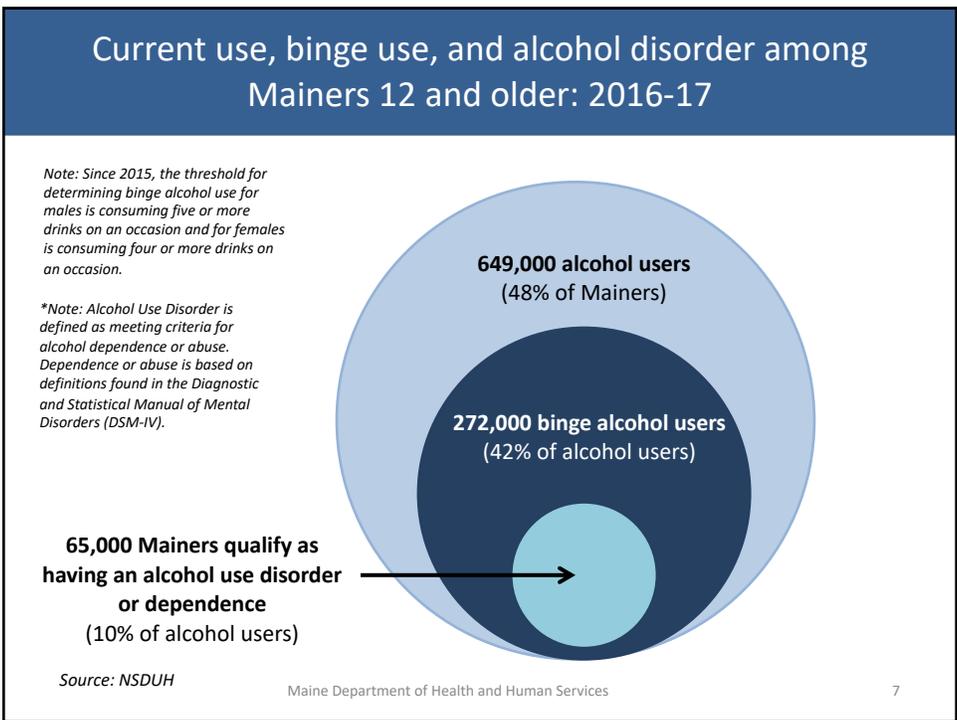
- Total population = 1,338,404
- Most people are concentrated at the southern/coastal regions
- 16% of citizens  $\geq$  65 years old
- 95% = white non-hispanic
- 5 native American Tribal Communities
- Median household income = \$53K
- Birth place of prohibition – first state to ban sale/manufacture of alcohol
- Portland, ME has the most breweries per capita in the Nation



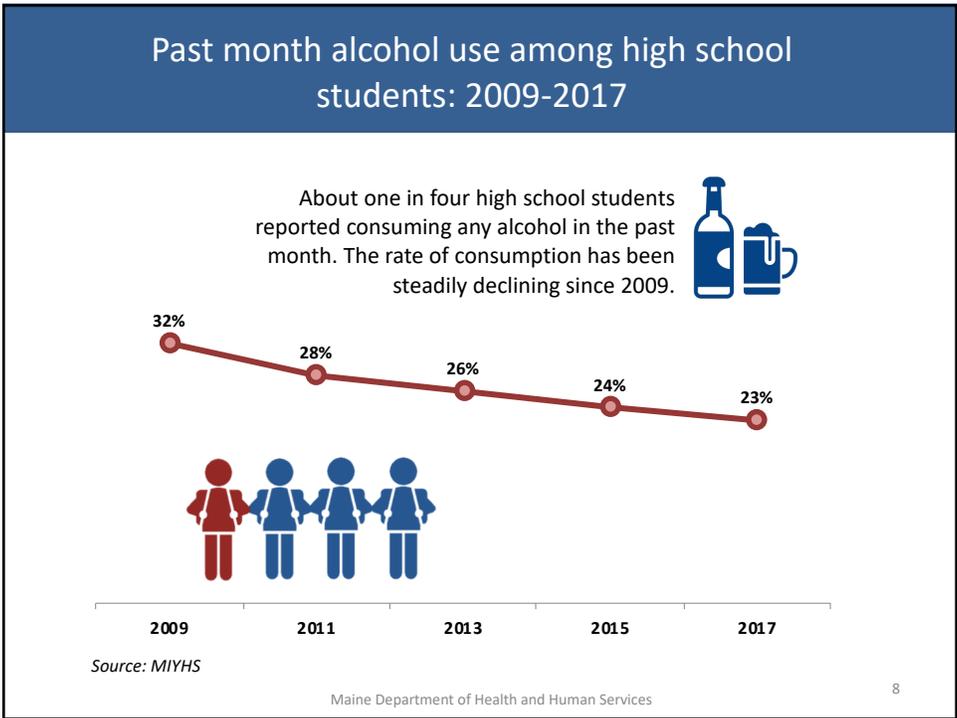
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6

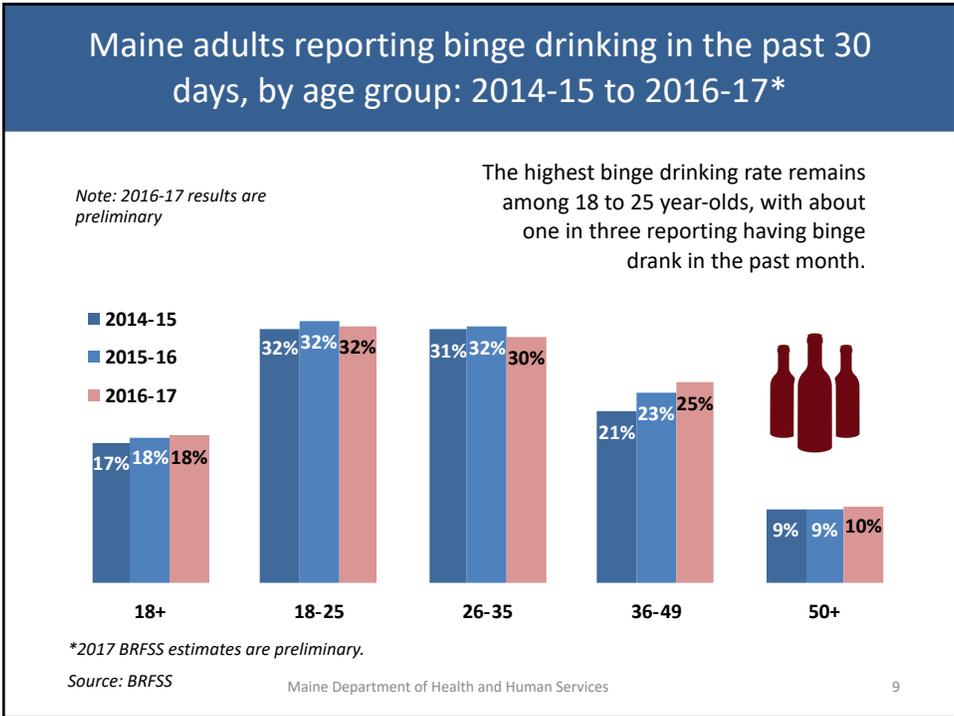
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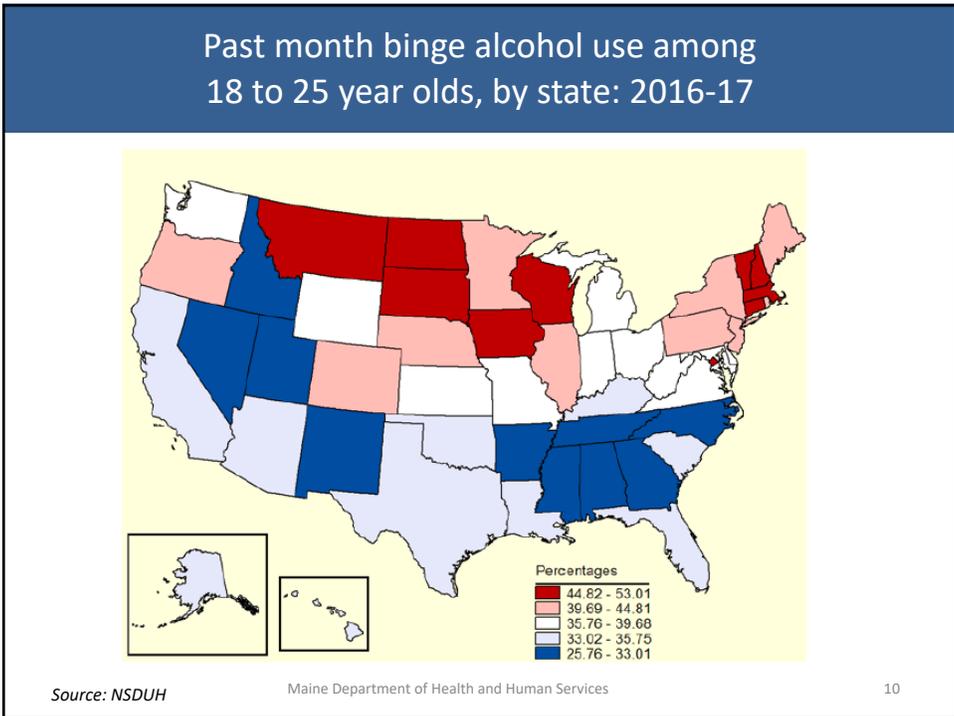
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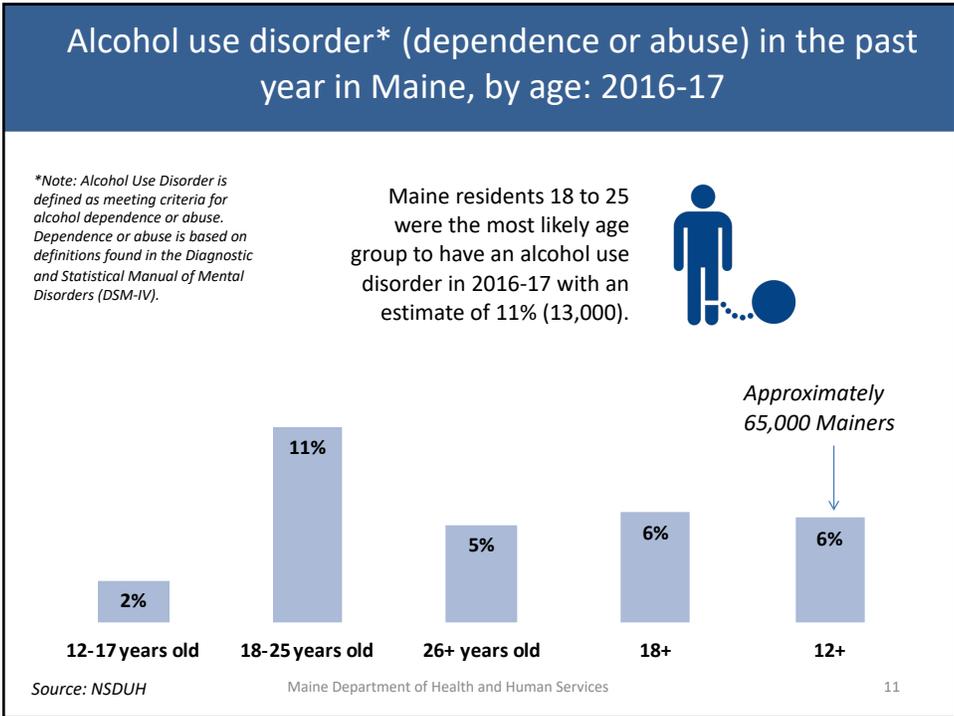
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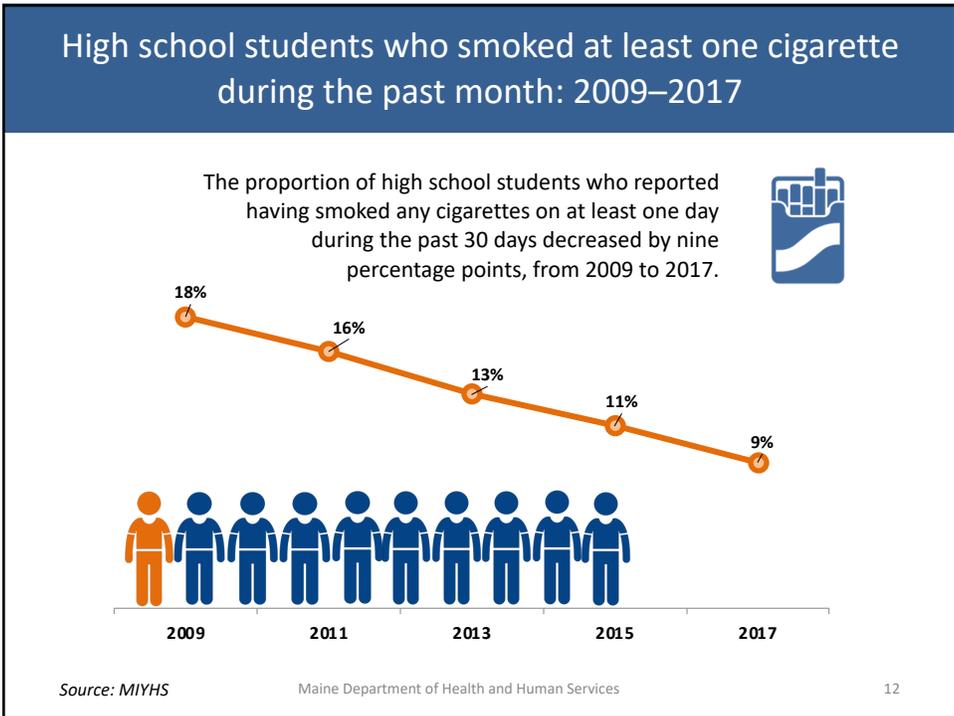
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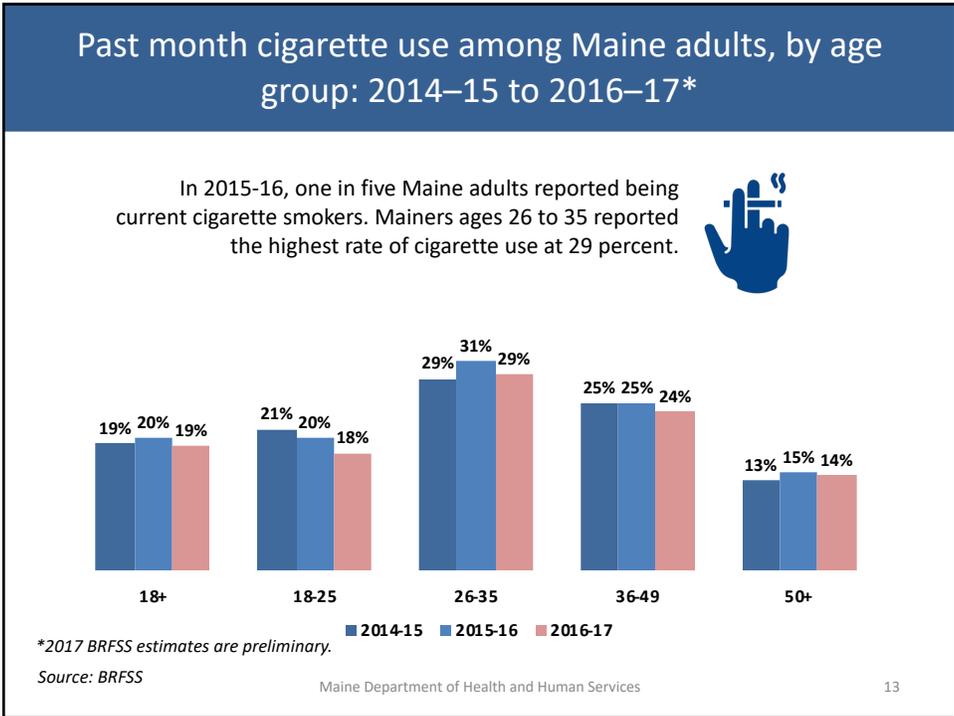
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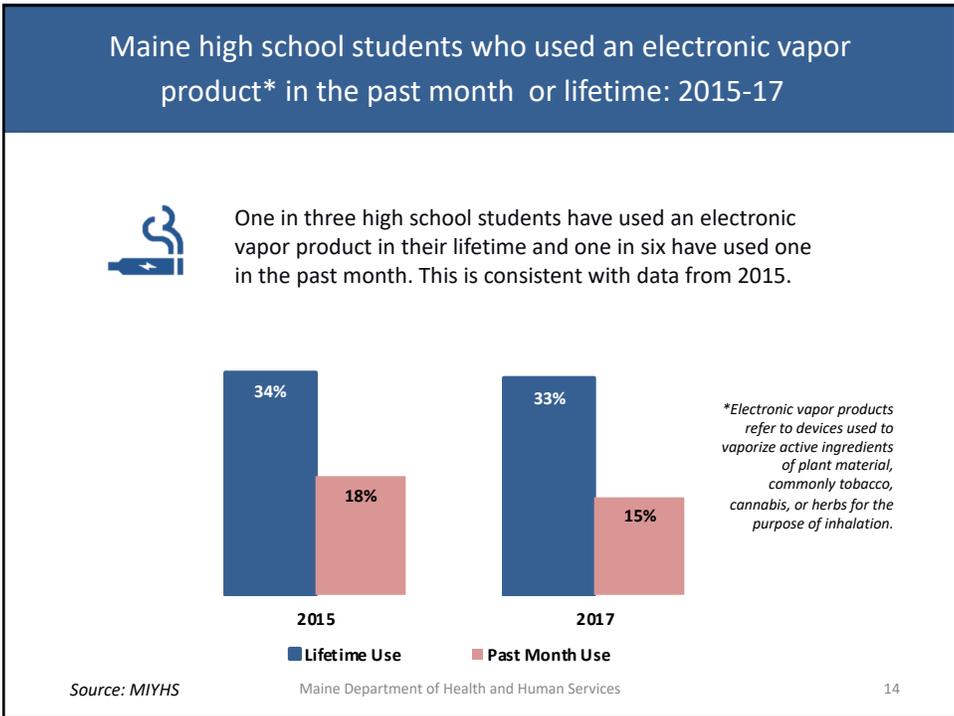
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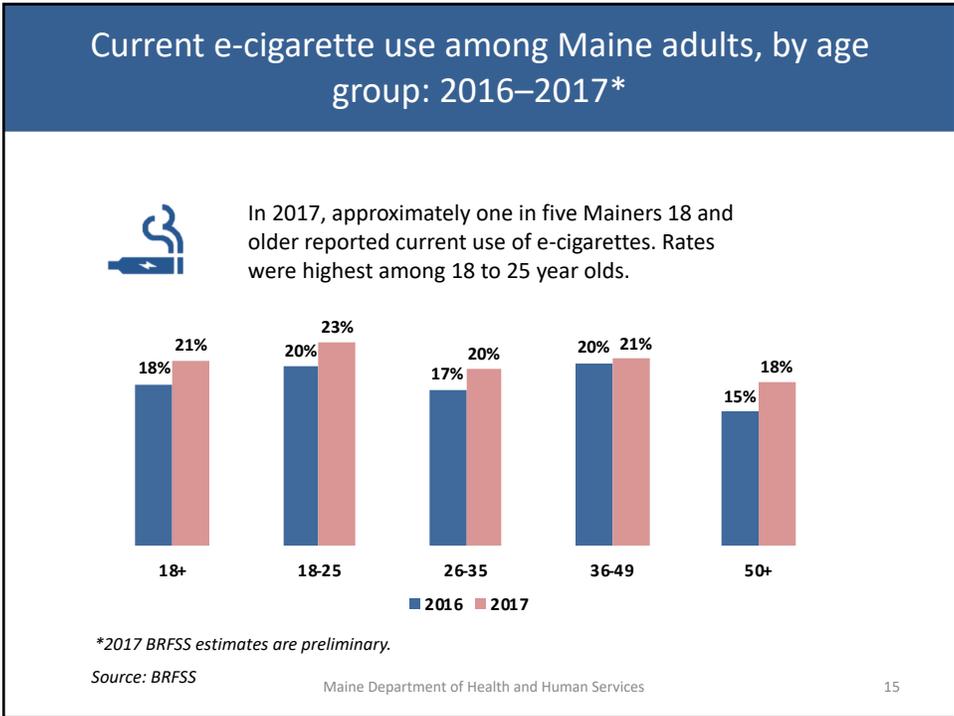
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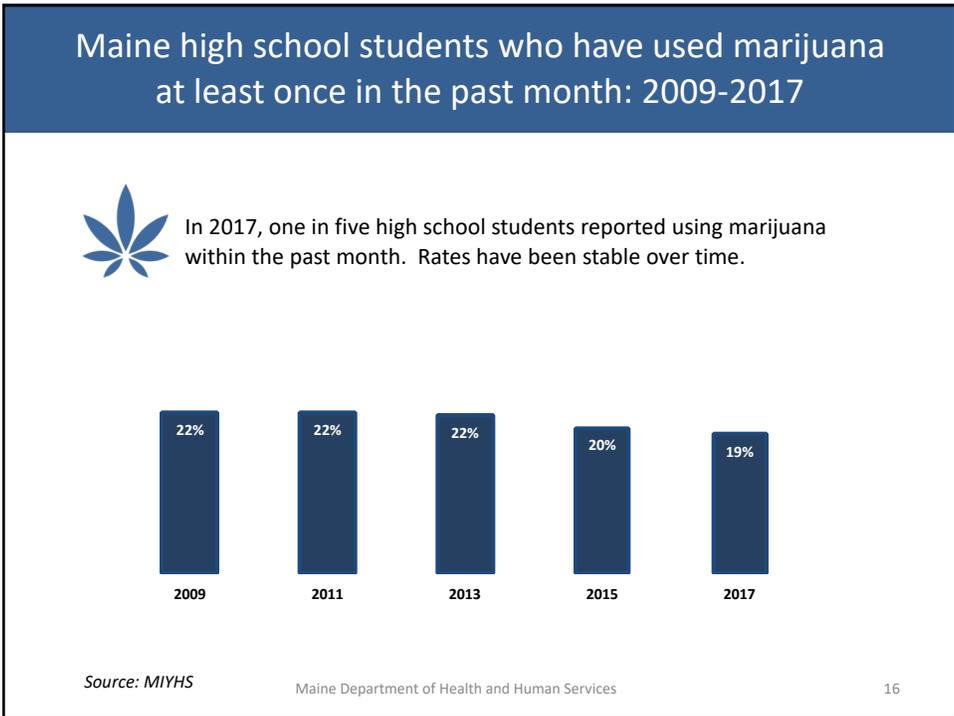
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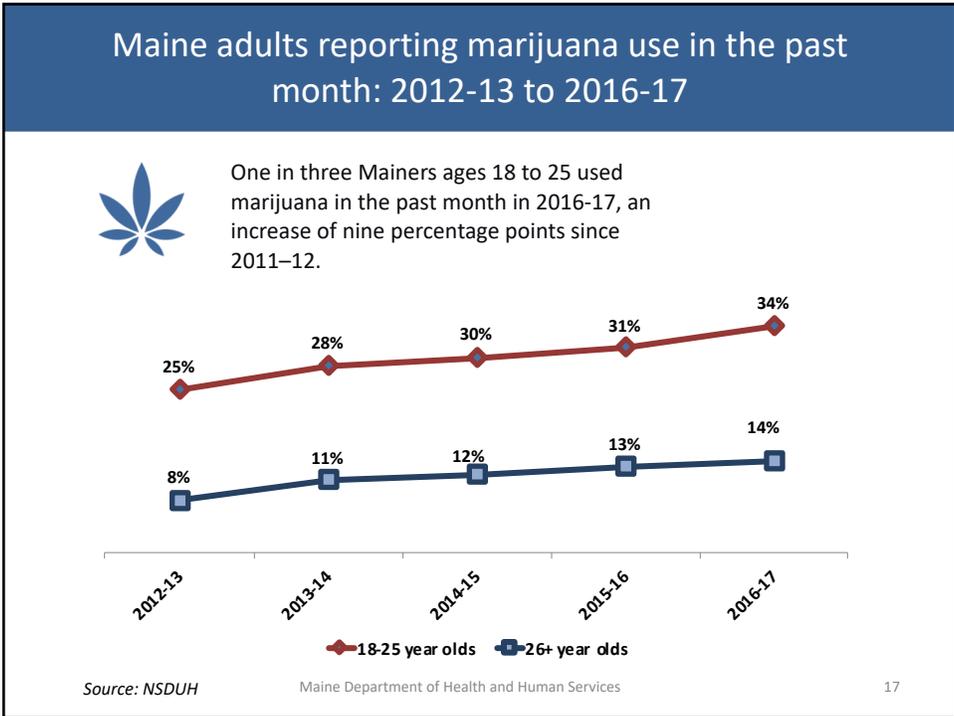
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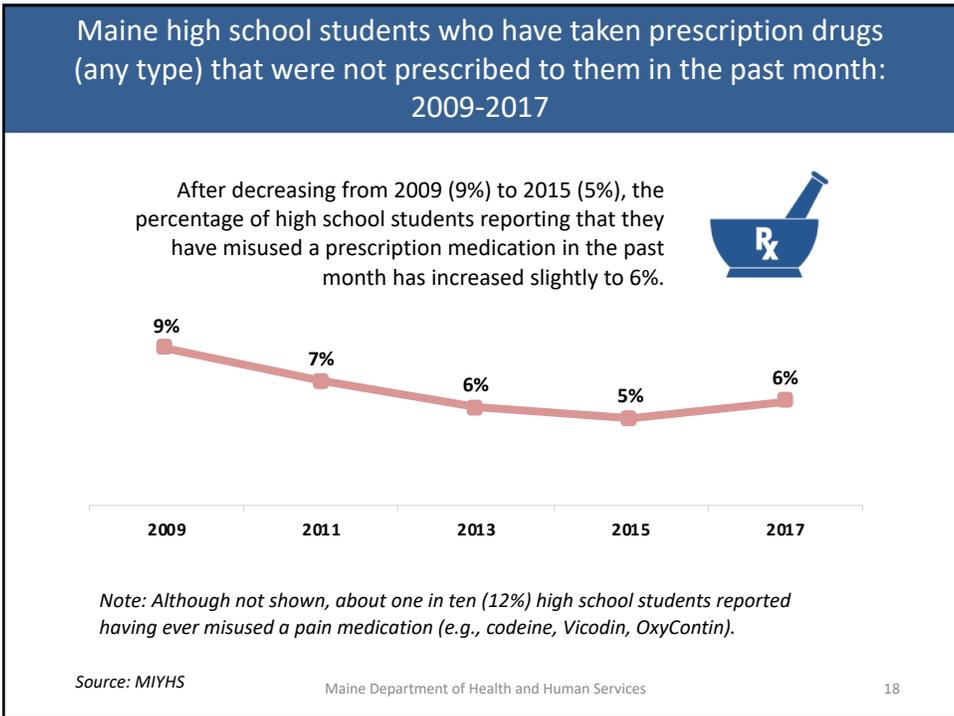
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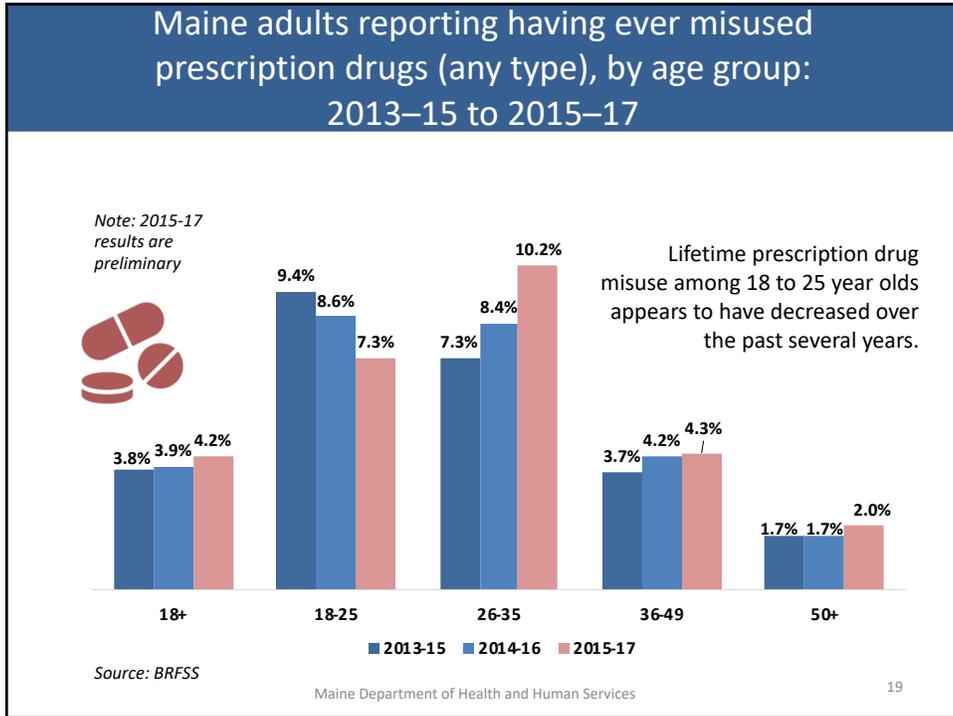
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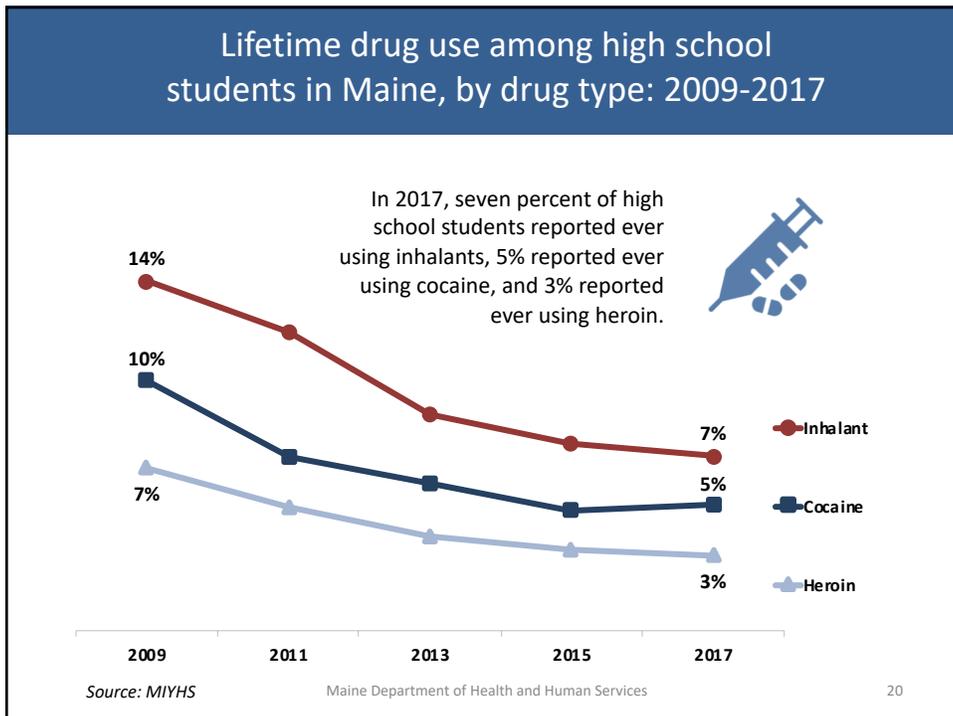
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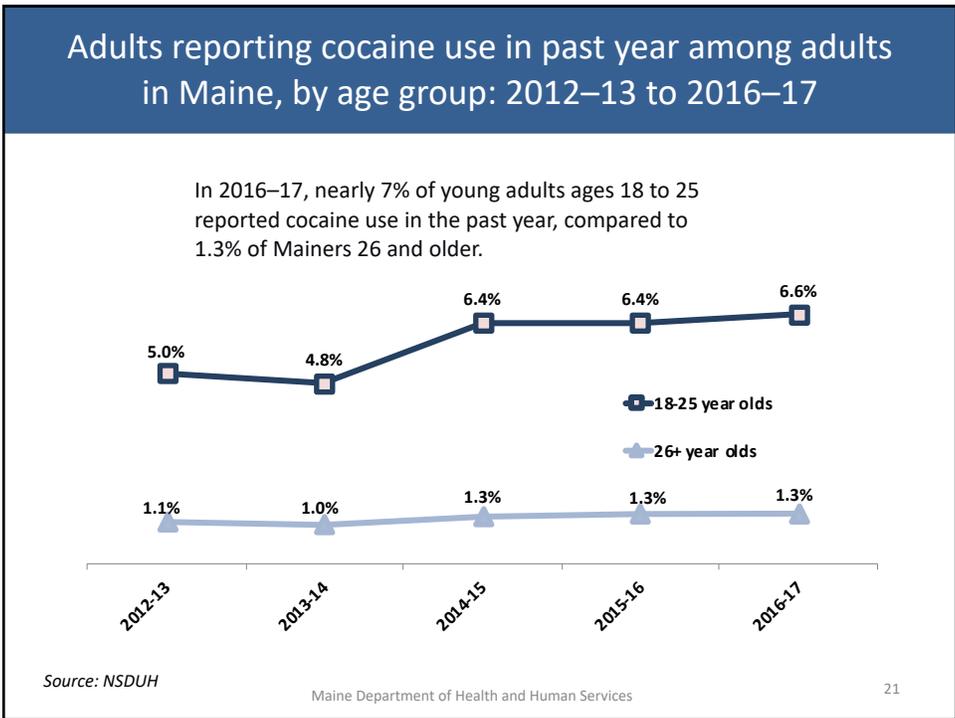
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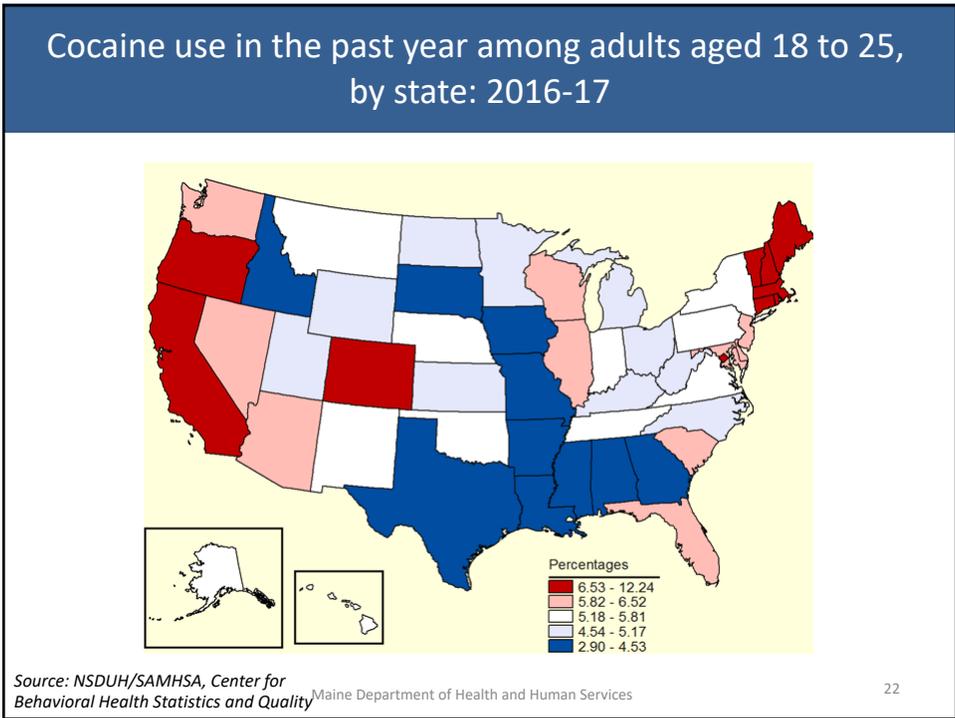
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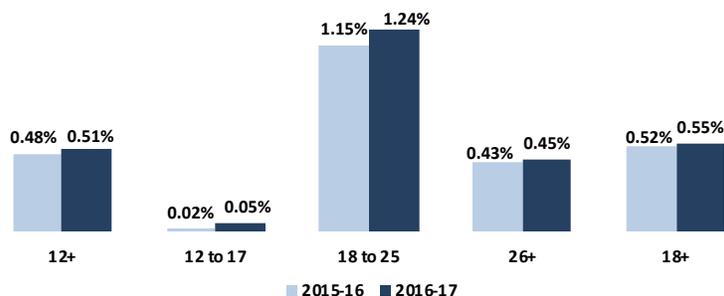


22

## Heroin use in the past year among adults in Maine, by age group : 2015-16 to 2016-17



Overall, it was estimated that in 2016-17, about 5,000 (0.51%) Maine residents 12 and older reported using heroin in the past year. The highest rate of use was observed among Mainers 18 to 25 (1.24%).



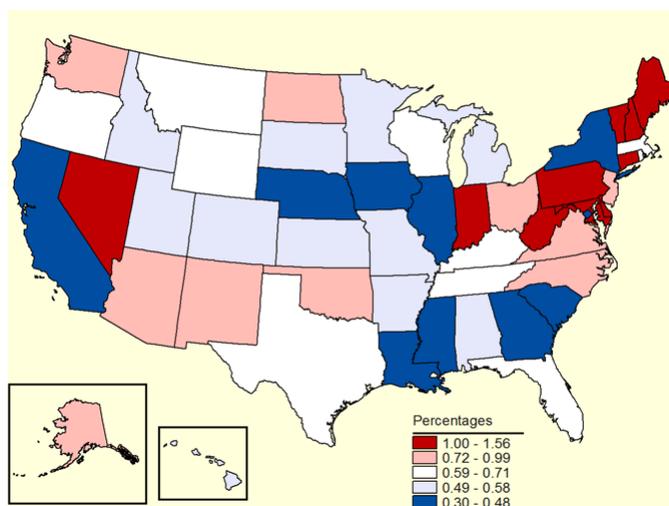
Source: NSDUH

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23

23

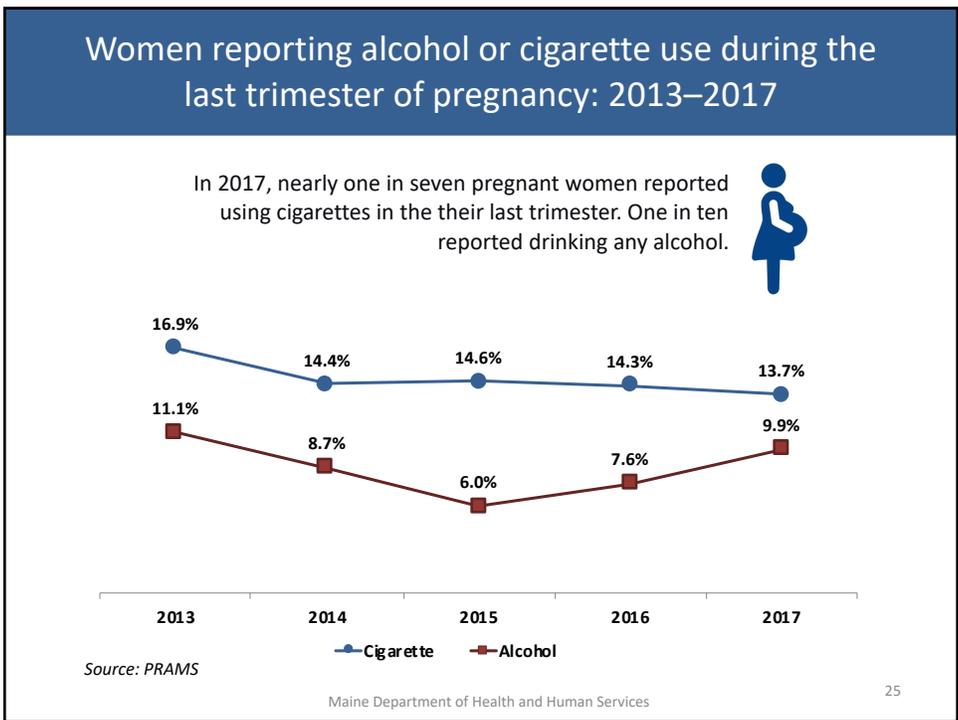
## Heroin use in the past year among adults aged 18 to 25, by state: 2016-17



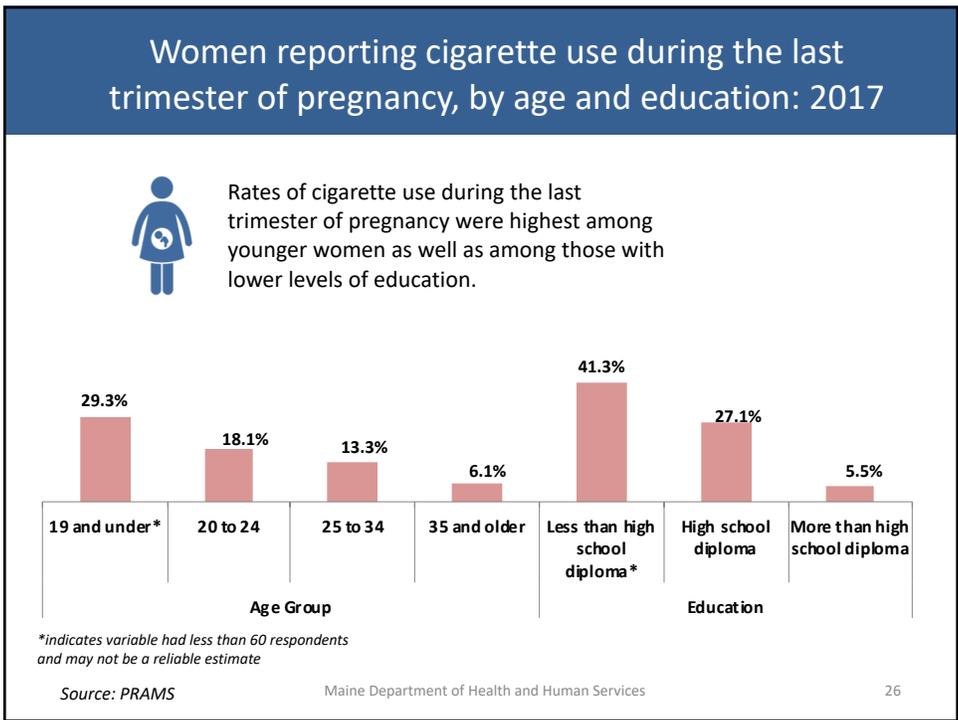
Source: NSDUH/SAMHSA, Center for Behavioral Health Statistics and Quality  
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24

24



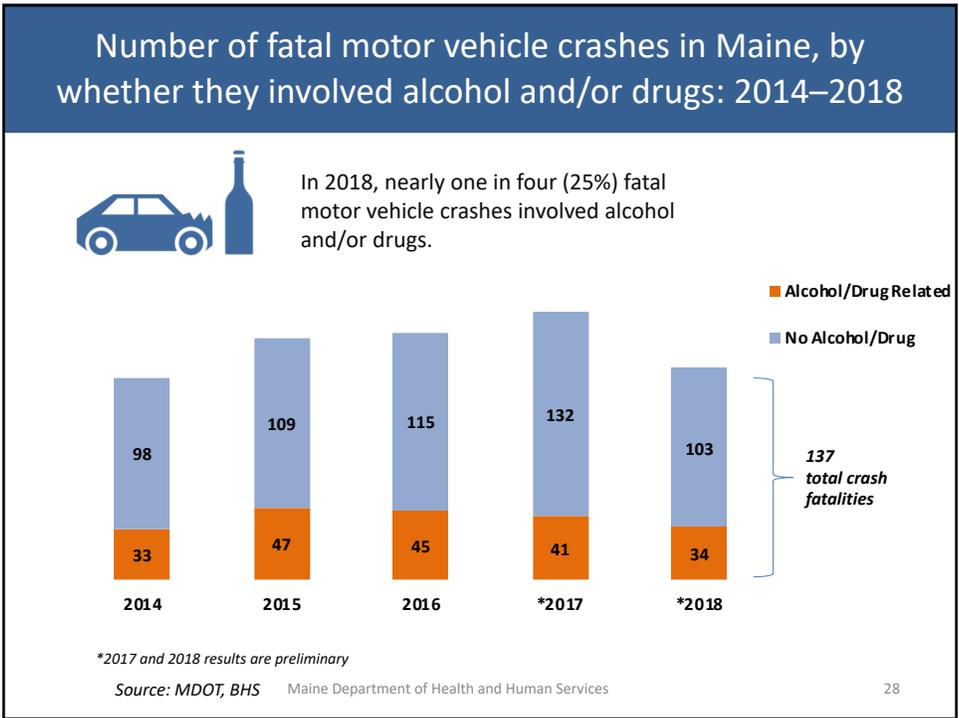
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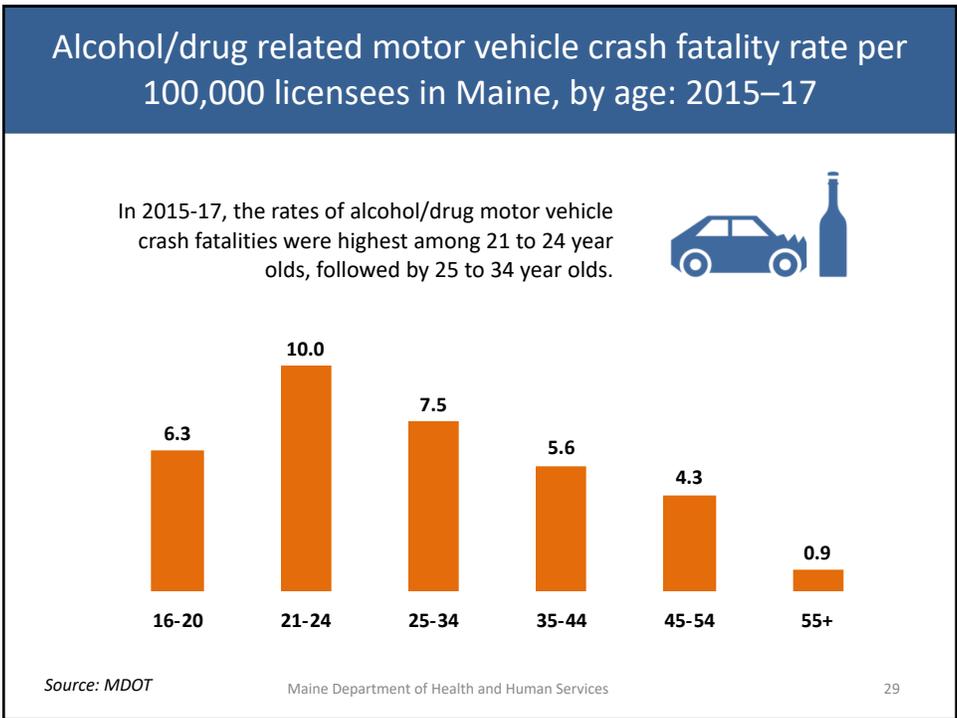
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## Consequences/Impact

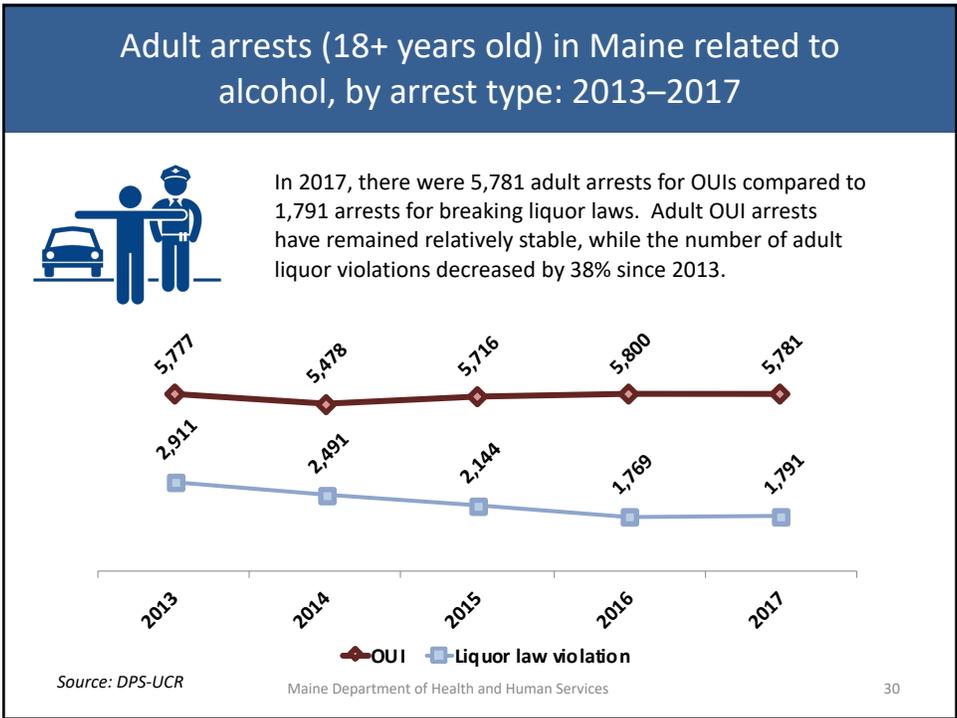
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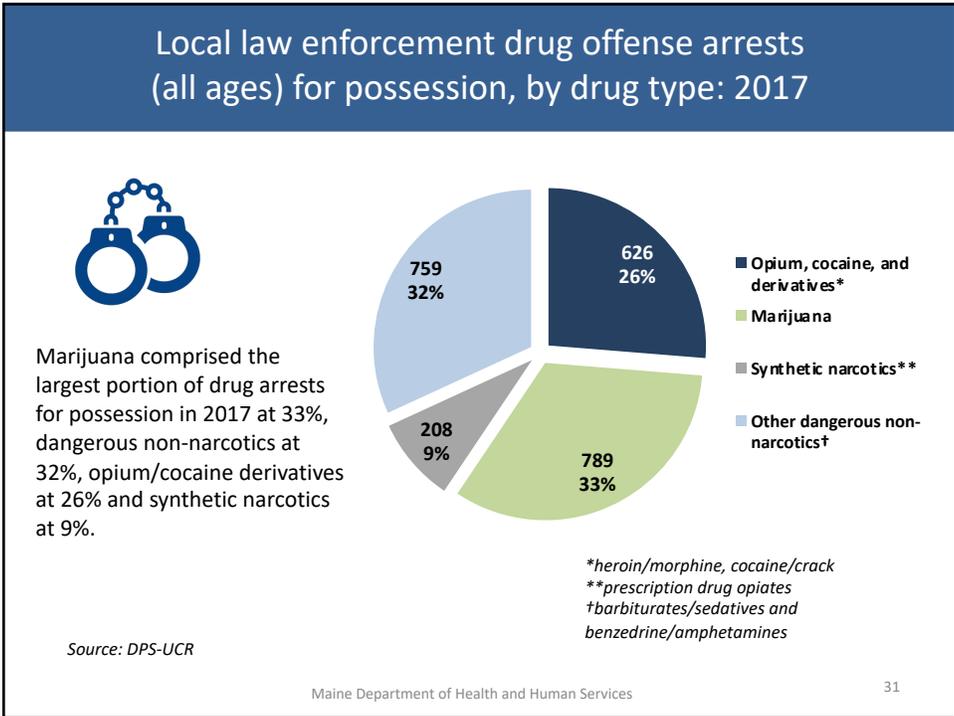
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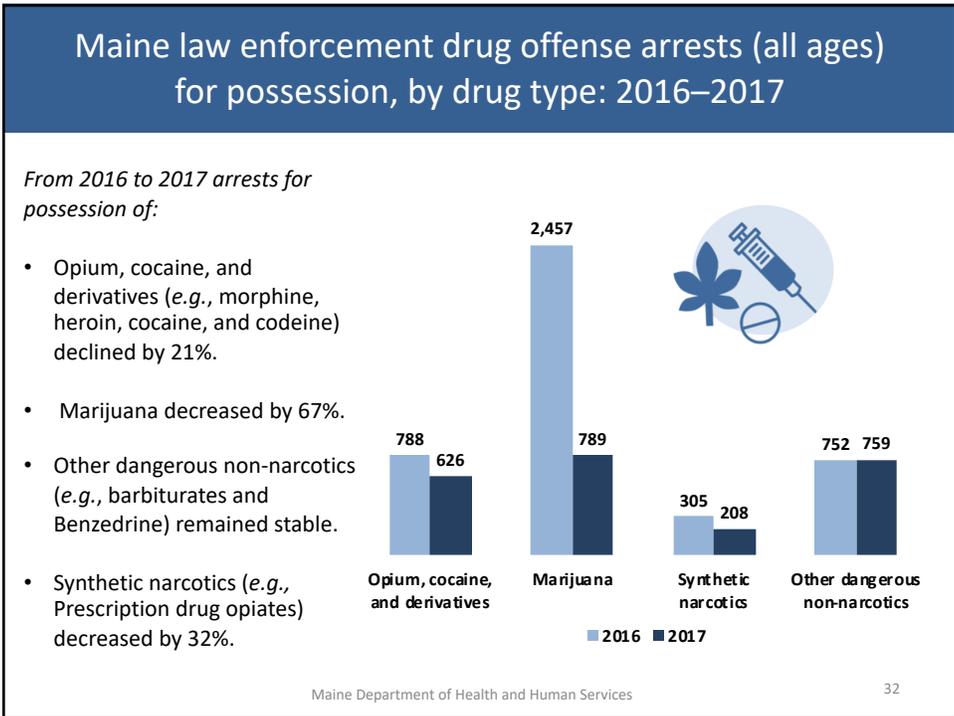
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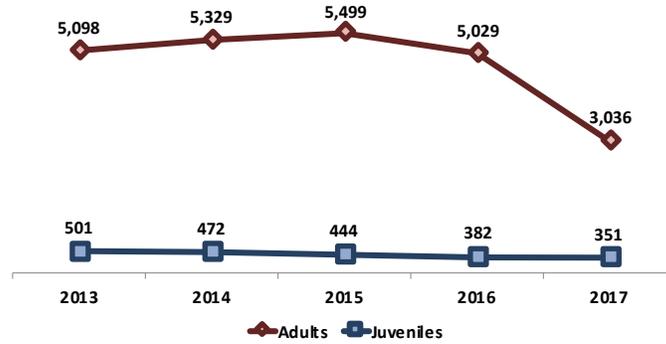


32

### Total drug offense arrests, by age group: 2013–2017



The total number of drug arrests for adults and juveniles declined in 2017. Adult arrests decreased by 40 percent and juvenile arrests decreased by 8 percent from 2016.



Source: DPS-UCR

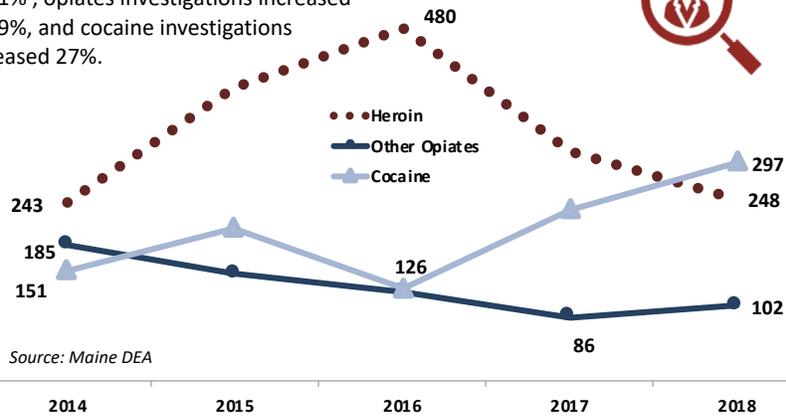
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33

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### Maine DEA drug trafficking investigations, by drug type: 2012–2017

From 2017 to 2018, MDEA trafficking investigations related to heroin decreased by 21%, opiates investigations increased by 19%, and cocaine investigations increased 27%.

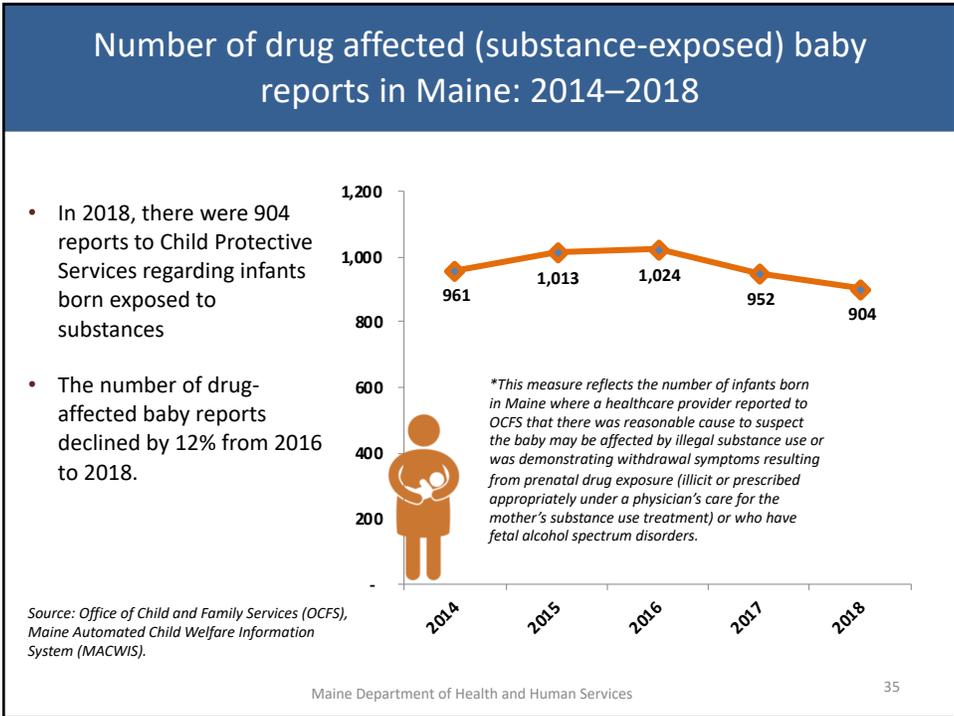


Source: Maine DEA

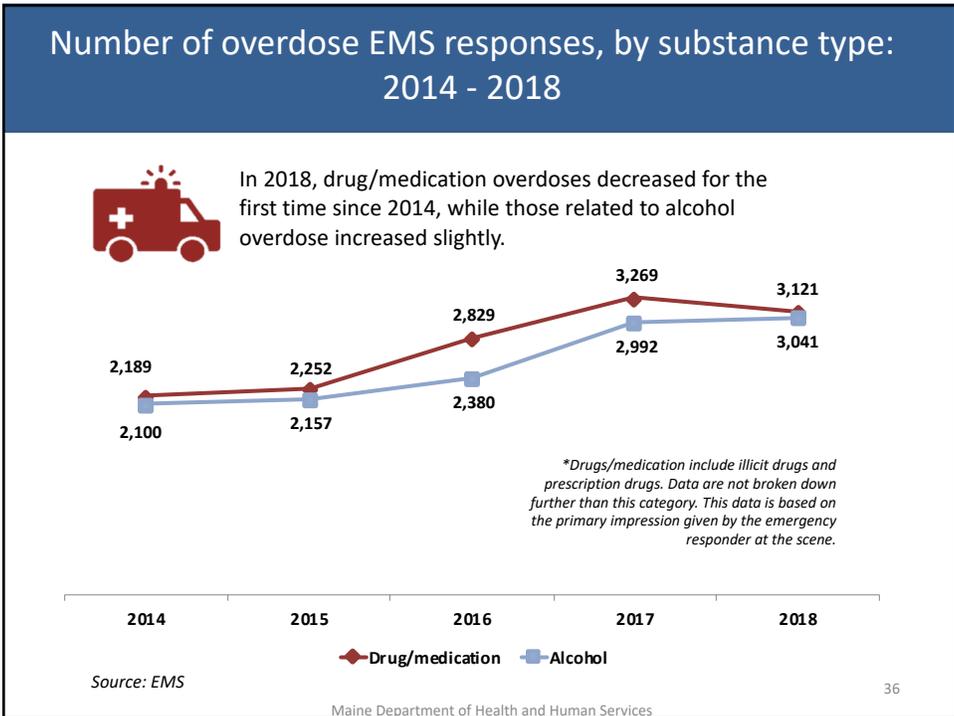
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34

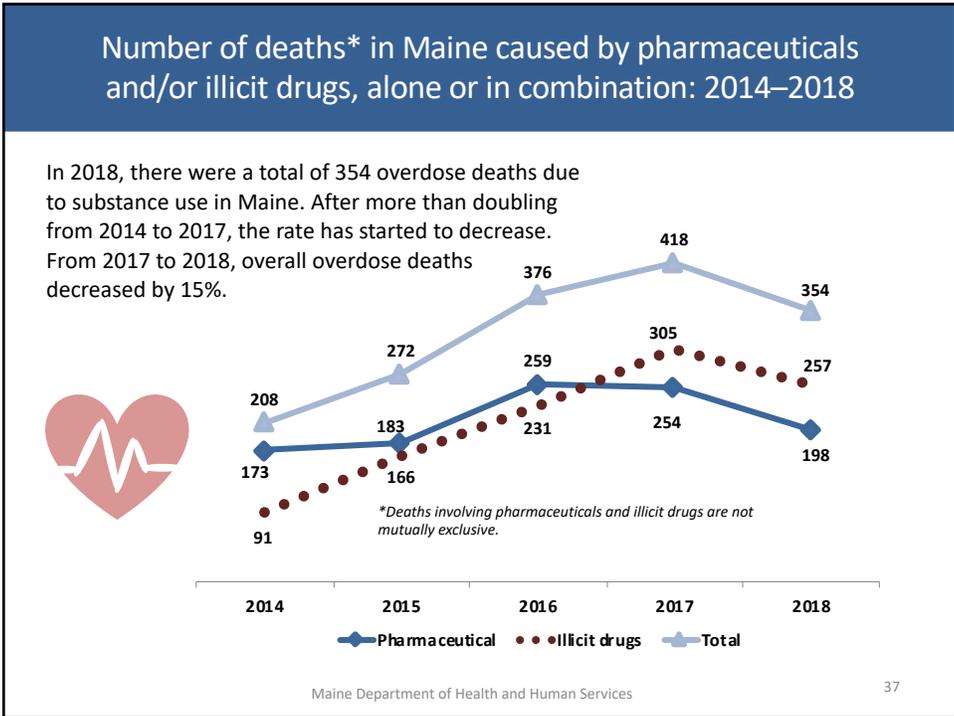
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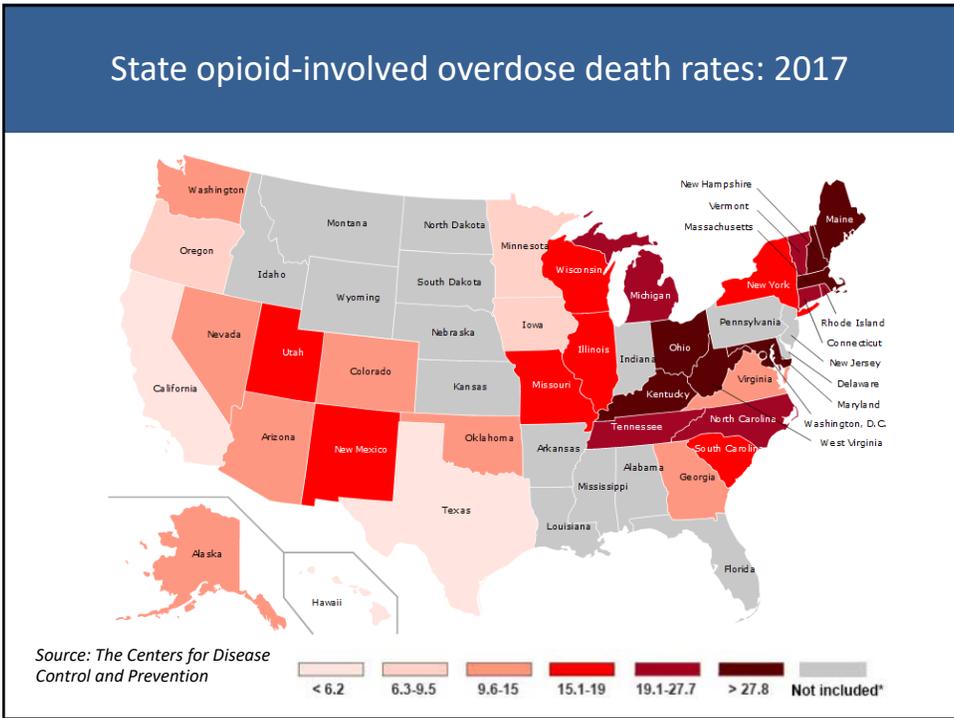
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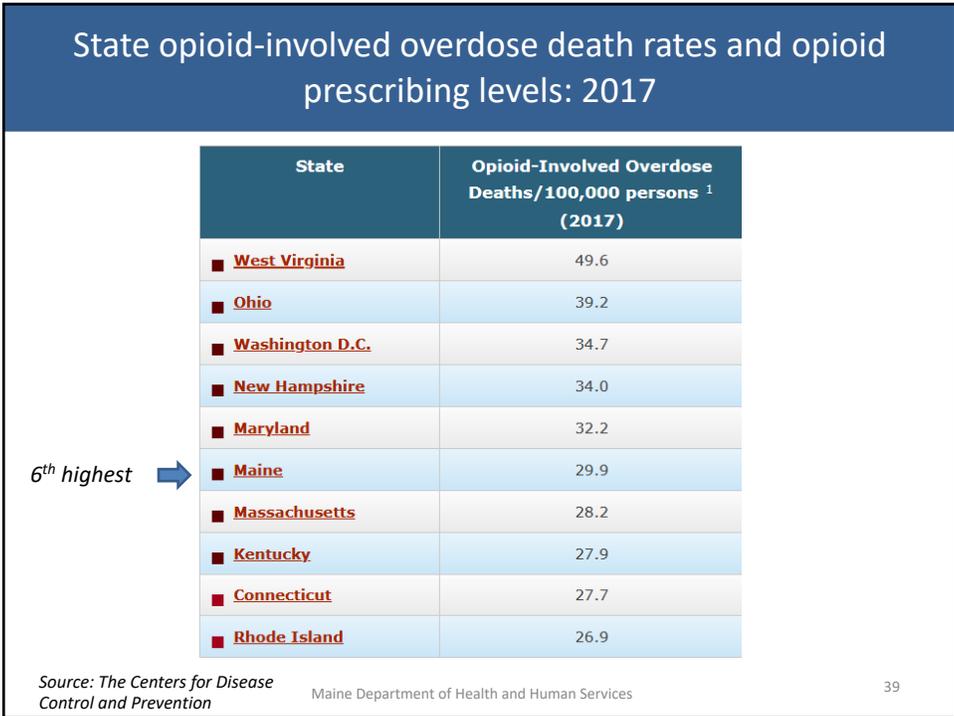
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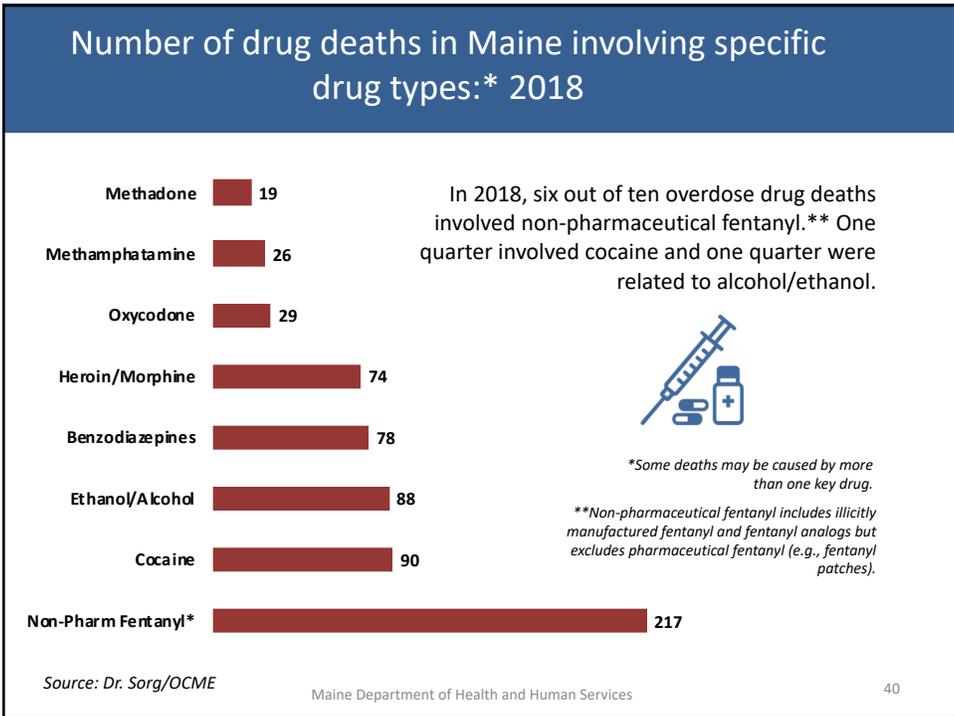
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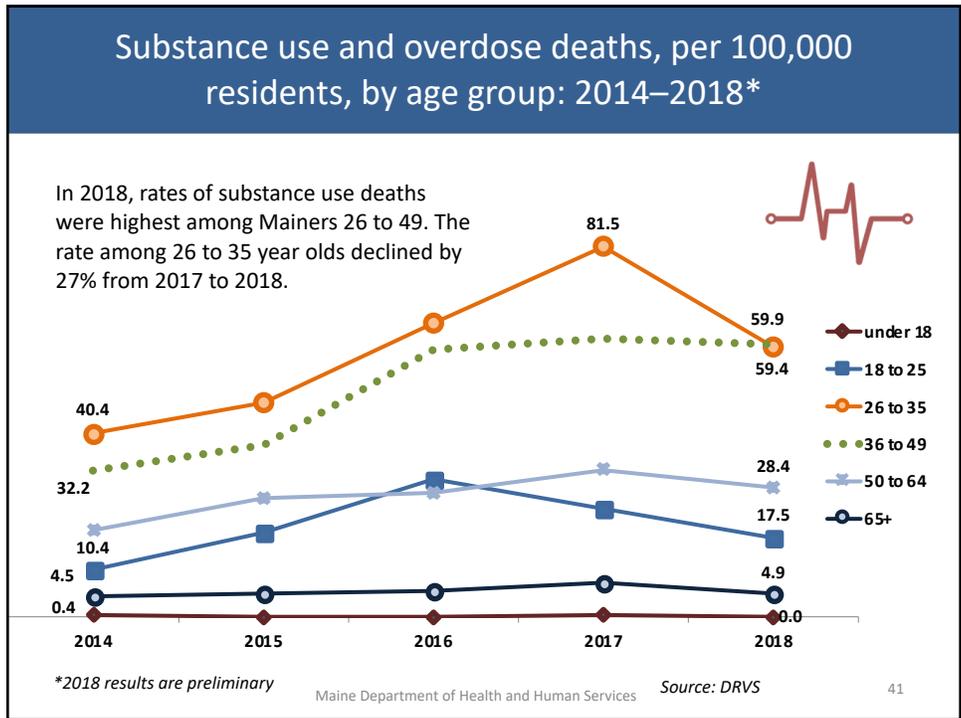
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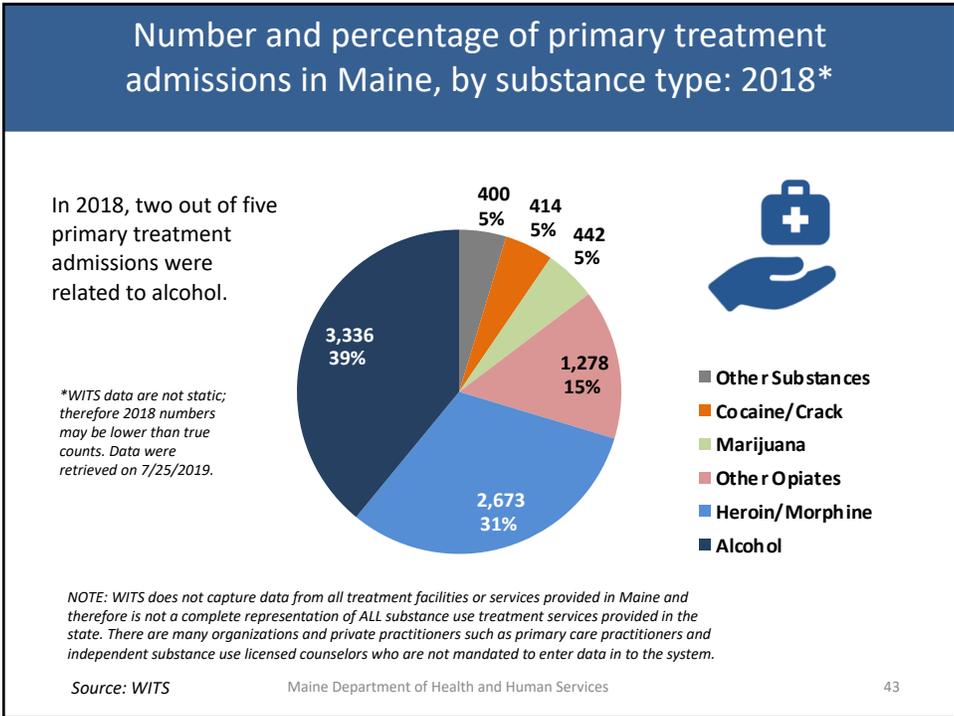


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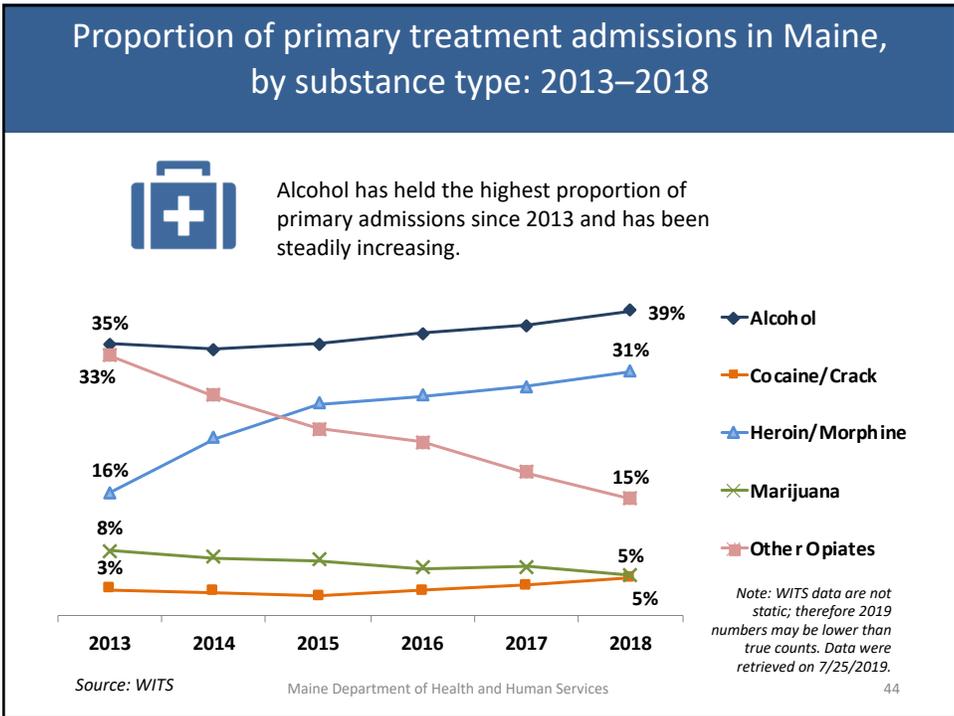
## Treatment

(for substance use)

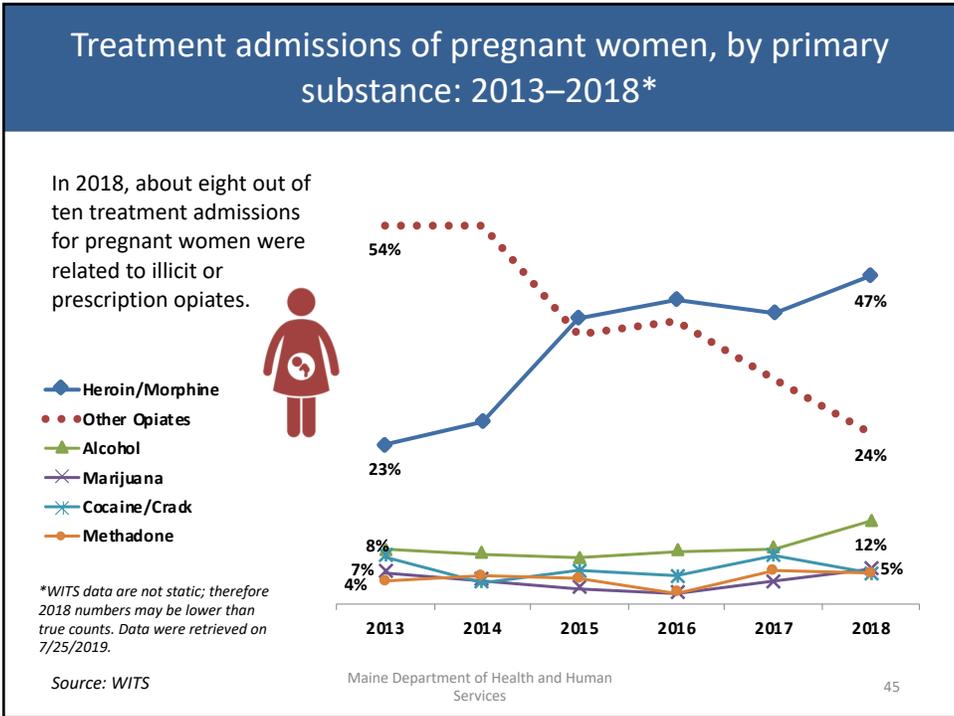
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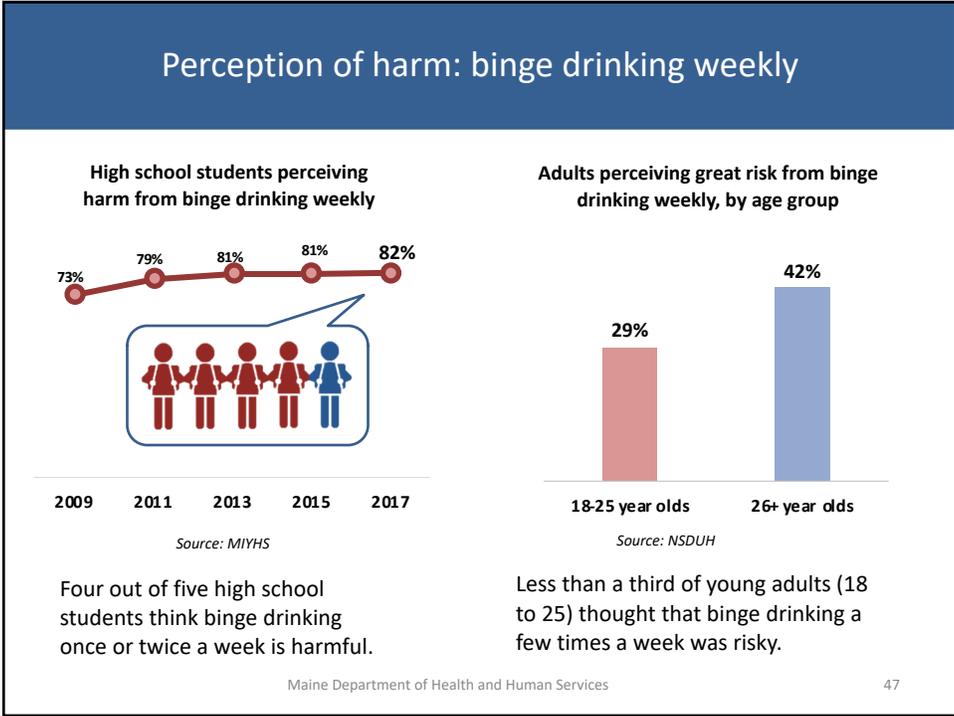
## Contributing Factors

(e.g., Availability, Perceptions, Social Norms)

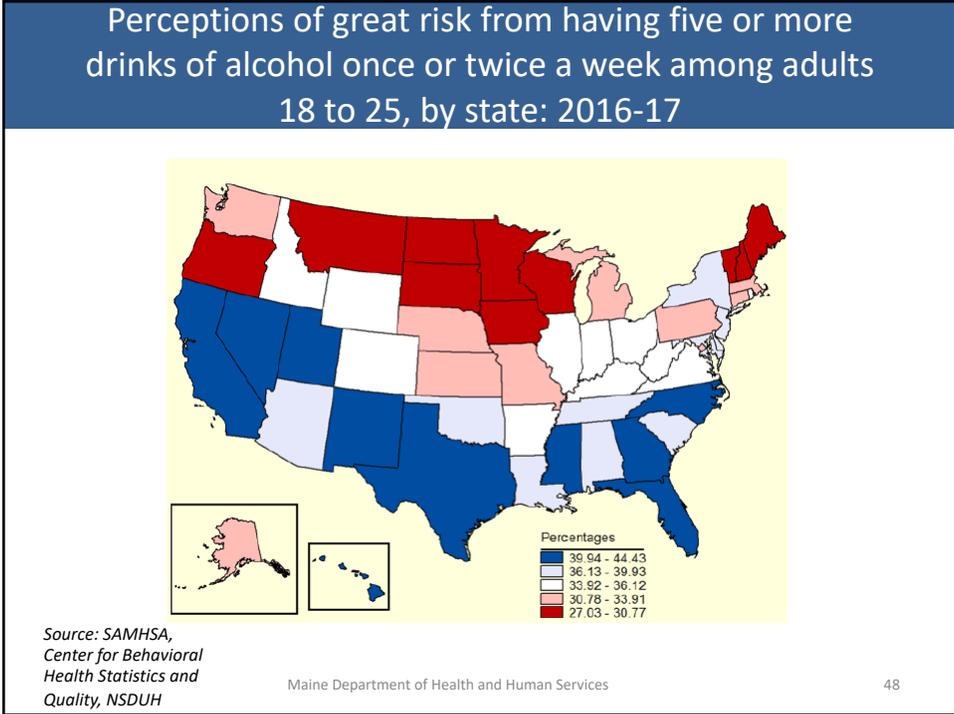




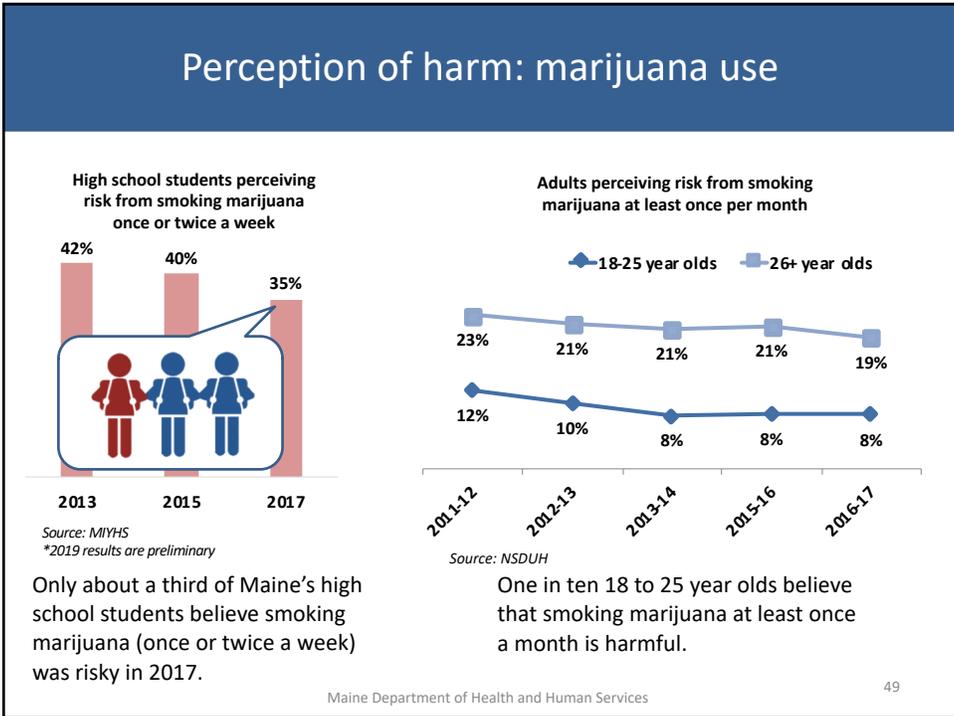
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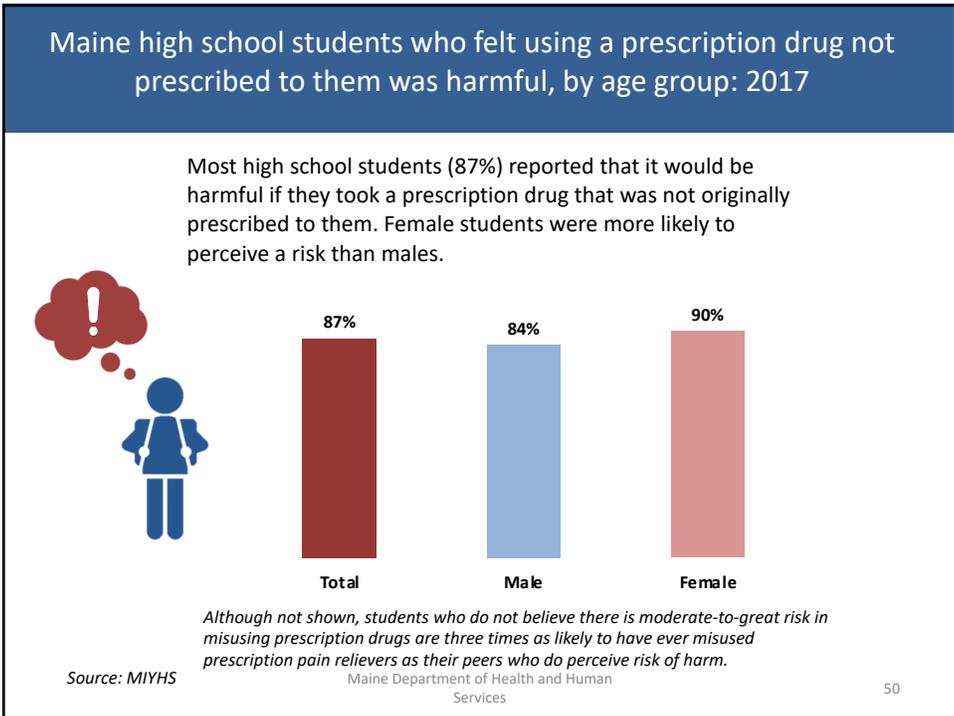
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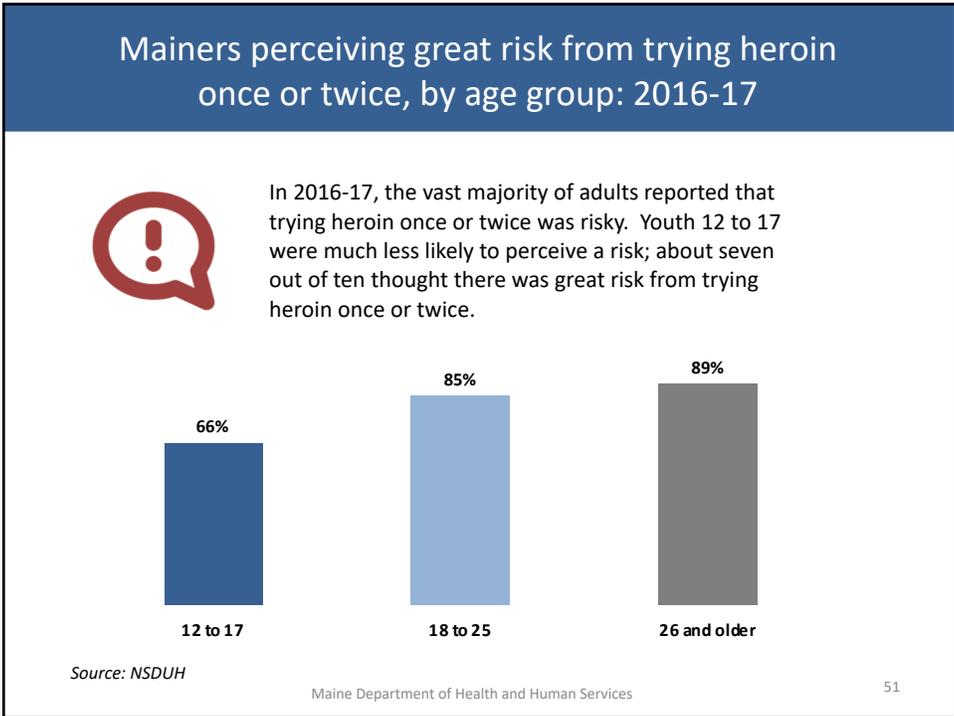
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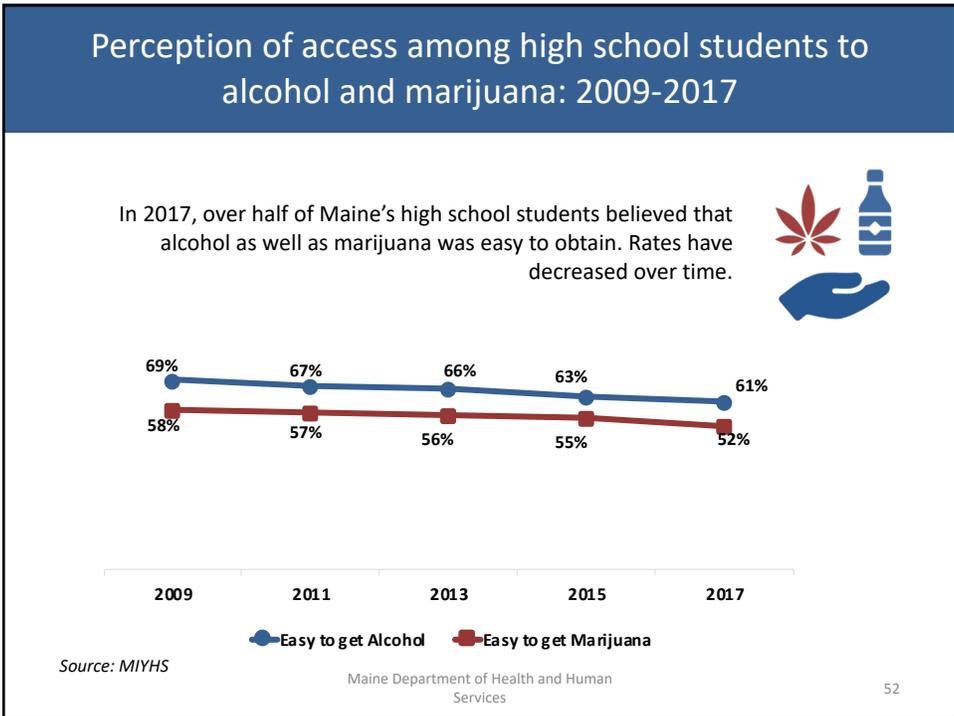
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52

## Attribution Statements (Perception of Access)

**According to the 2017 Maine Integrated Youth Health Survey, high students who:**



-  **thought alcohol was NOT easy to obtain** were nearly 4x less likely to drink alcohol within the past month.
-  **thought marijuana was NOT easy to obtain** were 9x less likely to use marijuana in the past 30 days.
-  **thought prescription drugs were NOT easy to get** were 4x less likely to have ever misused prescription pain relievers.

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53

## Alcohol outlet density in Maine: 2019

*As of October 2019, Maine had:*

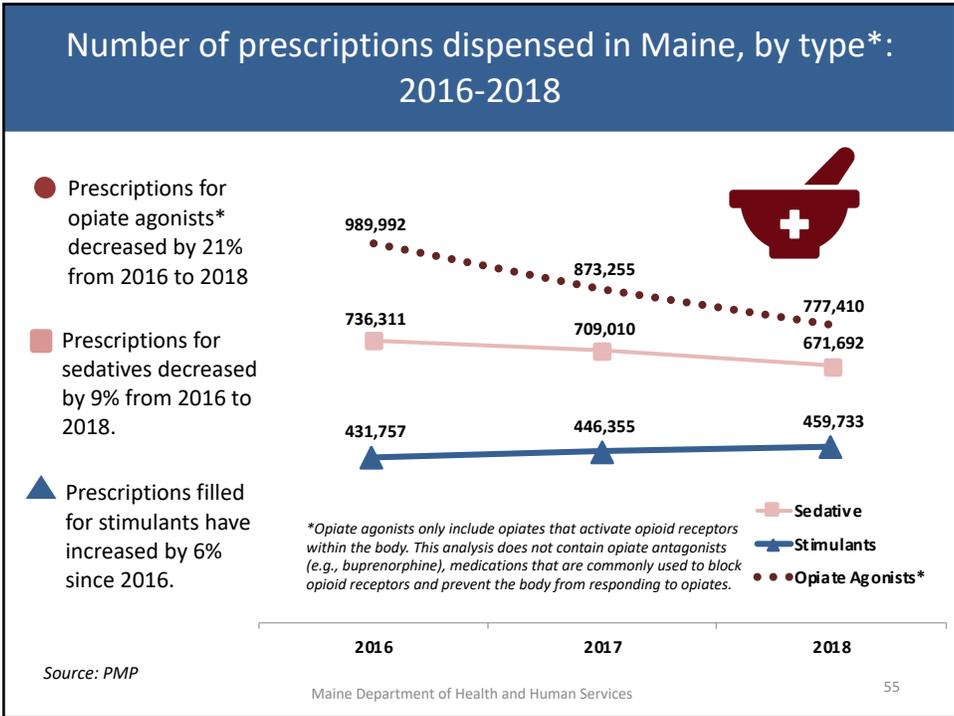
-  **3,828 alcohol retail outlets** (3 outlets per 1,000 Mainers);
  - 35% were off-premise (e.g. convenience stores, gas stations)
  - 65% were on premise (e.g. restaurant, bar)
-  **151 Brewery locations**
-  **61 Winery locations**
-  **31 Distillery locations**



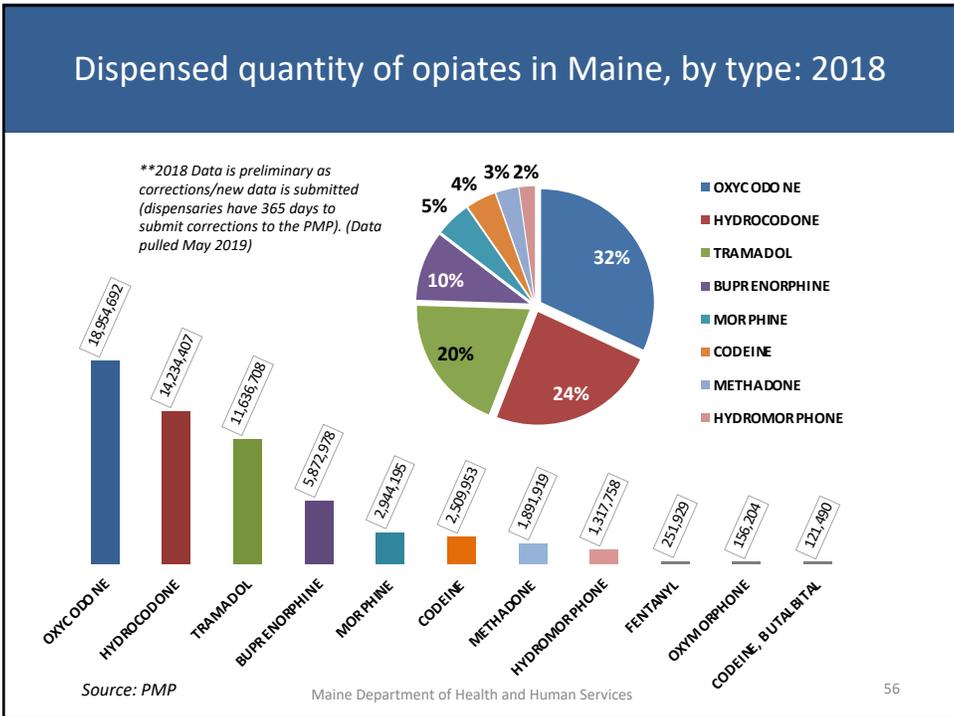
*Source: Maine Bureau of Alcoholic Beverages and Lottery*

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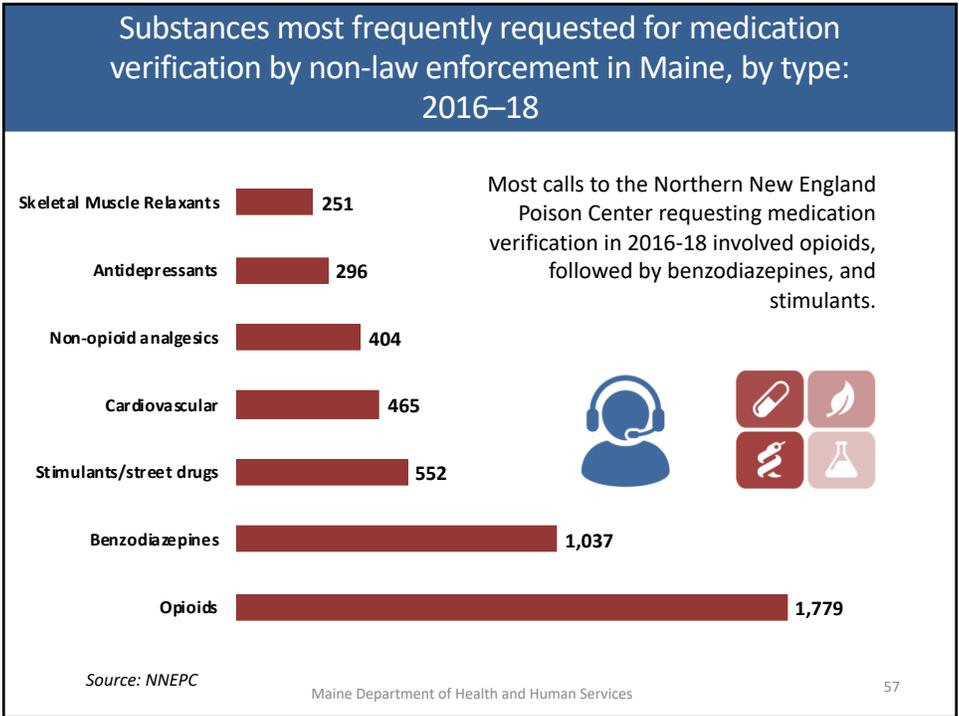
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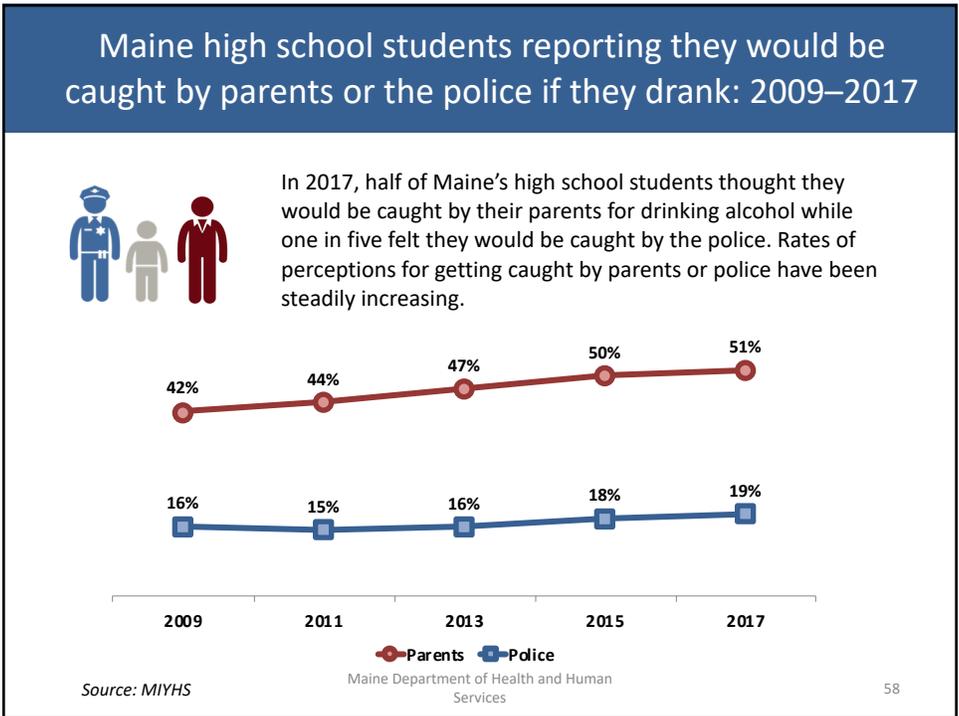
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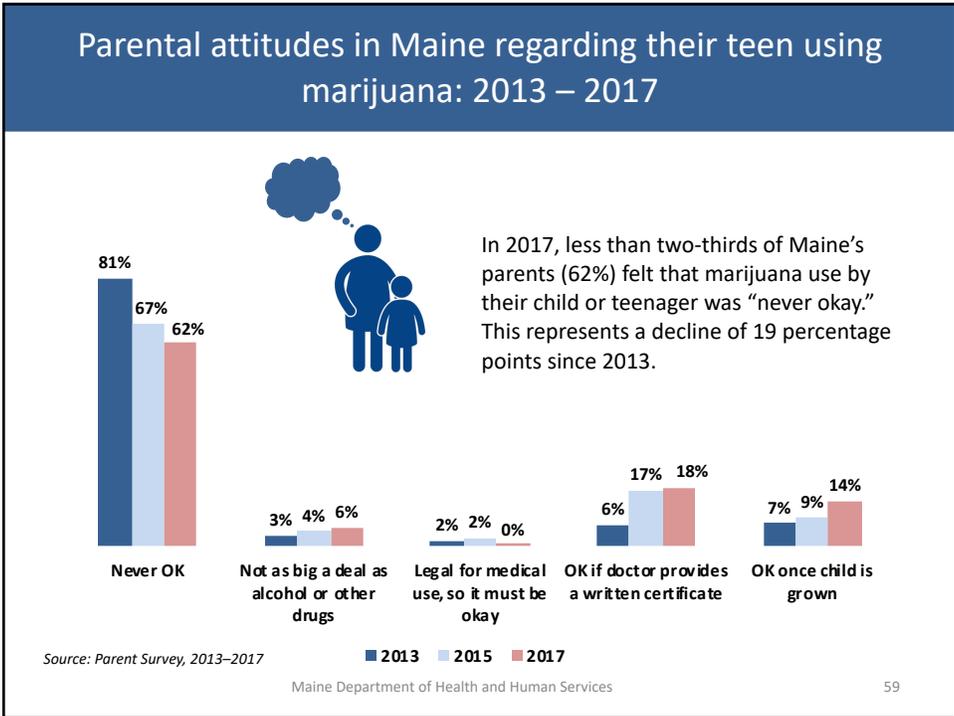
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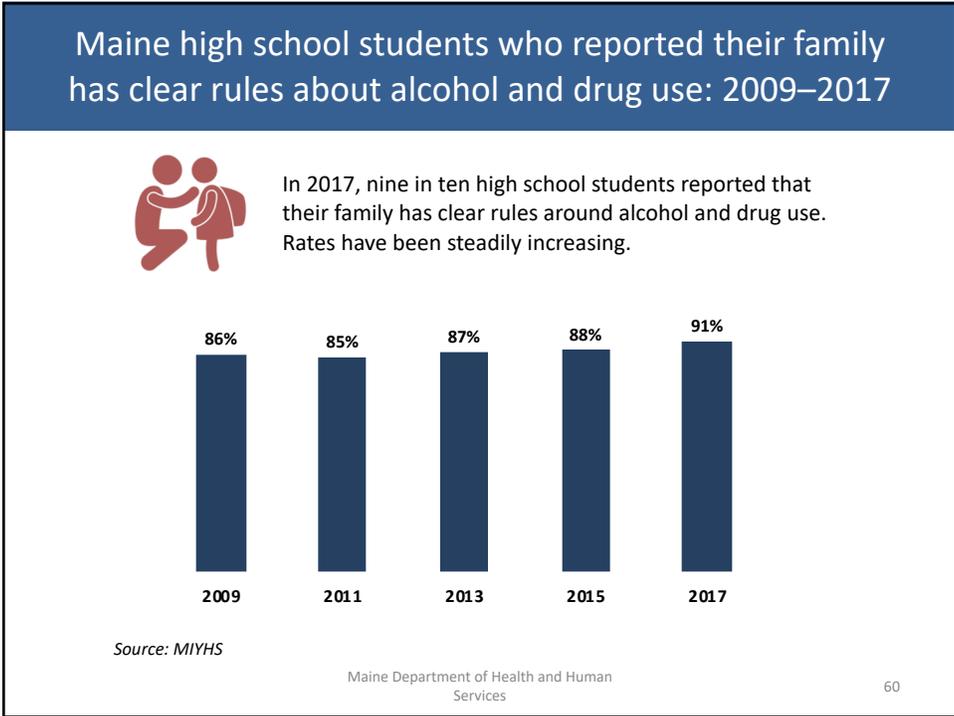
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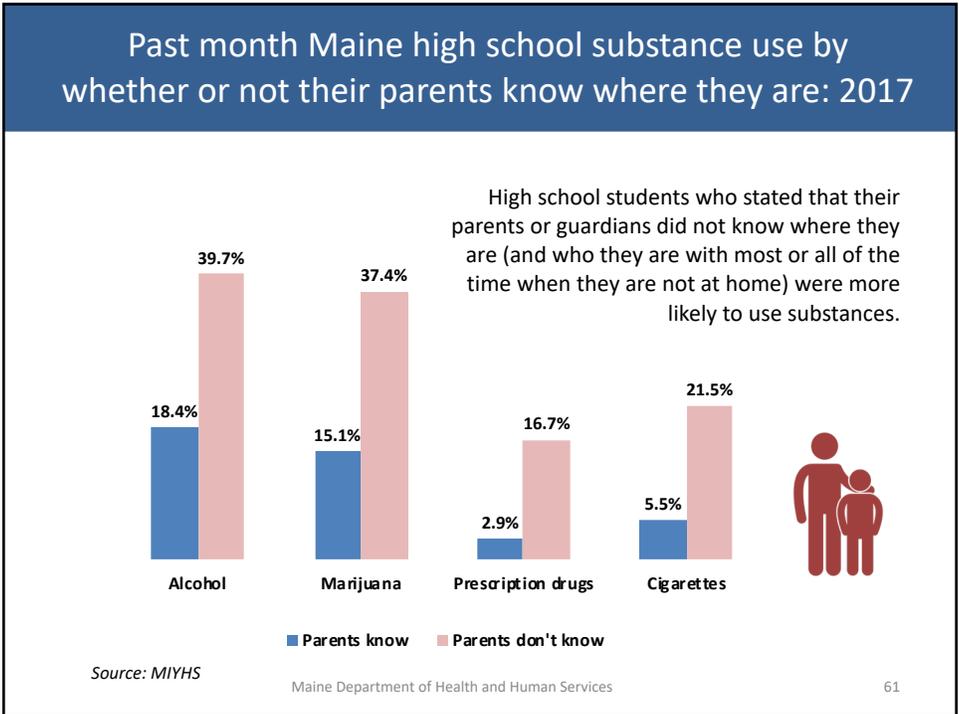
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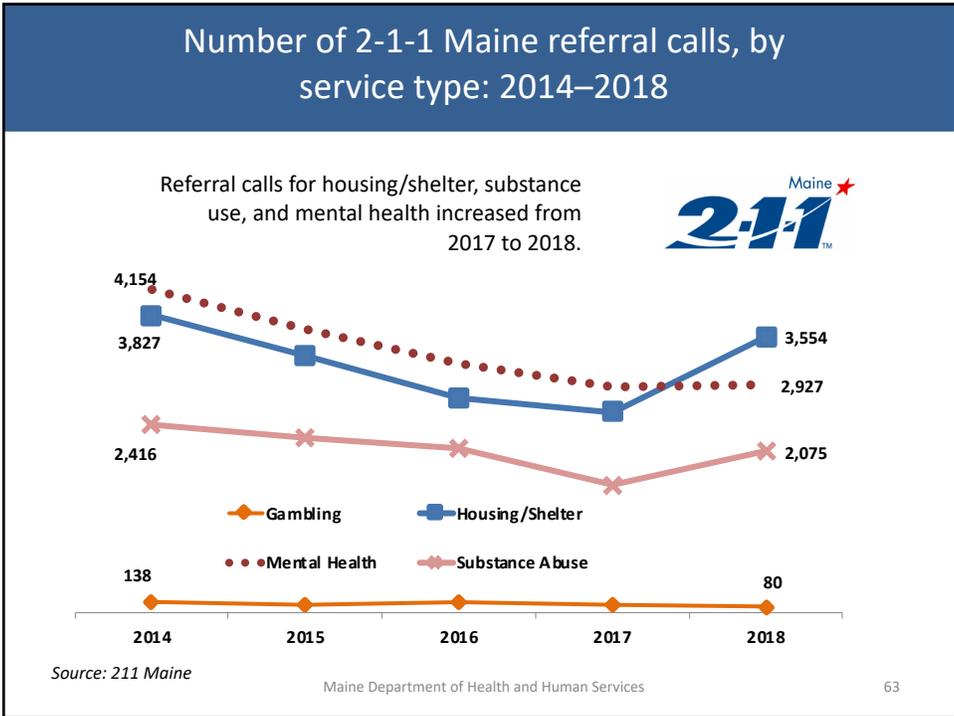
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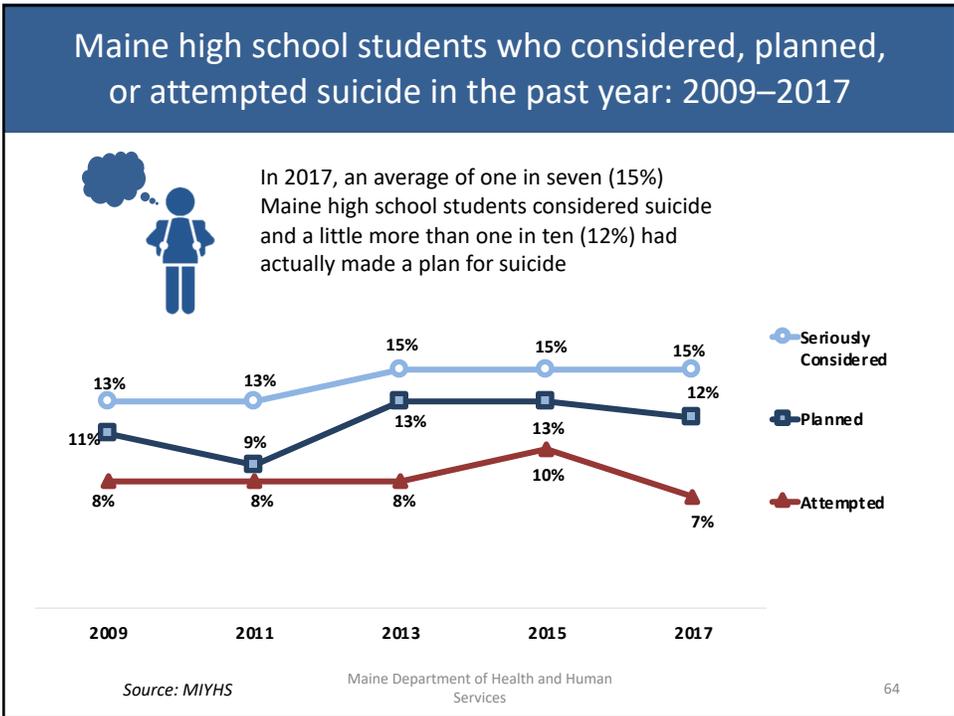
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## Mental Health

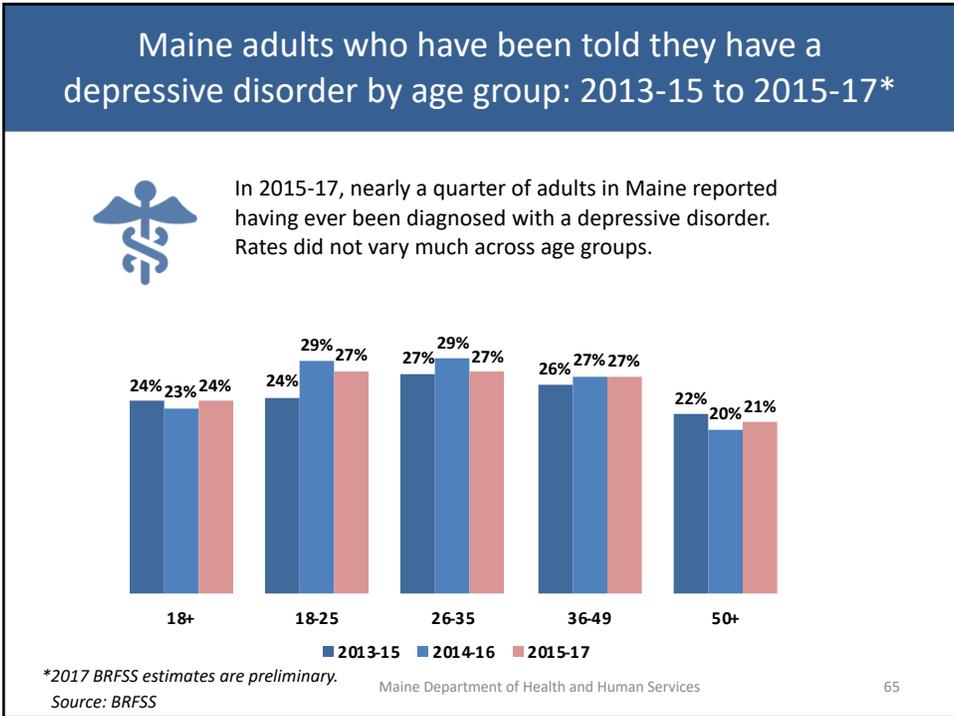
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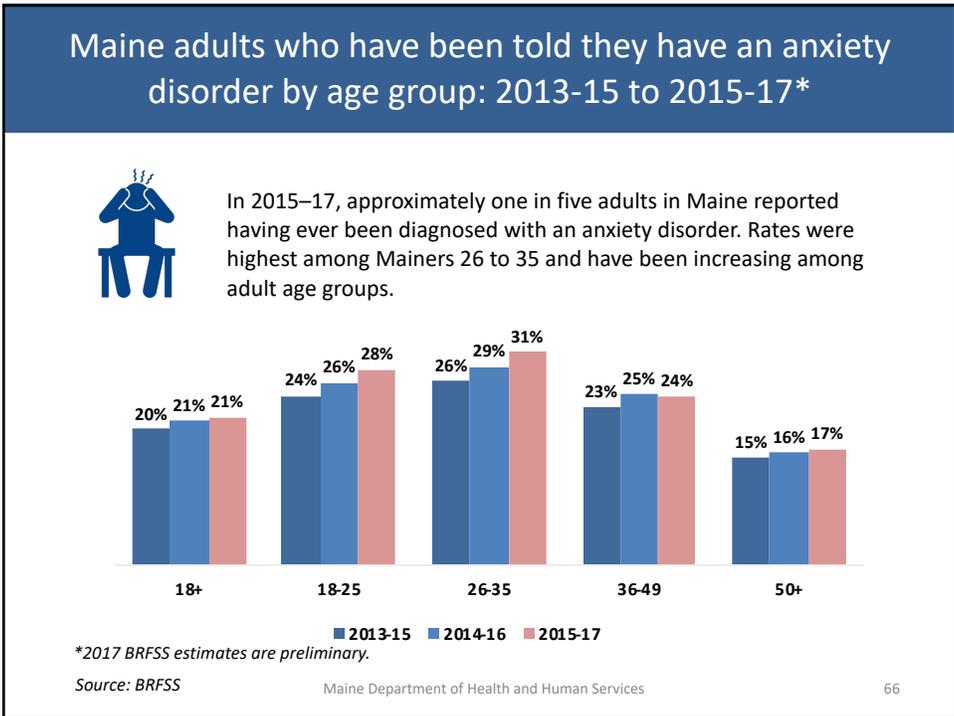
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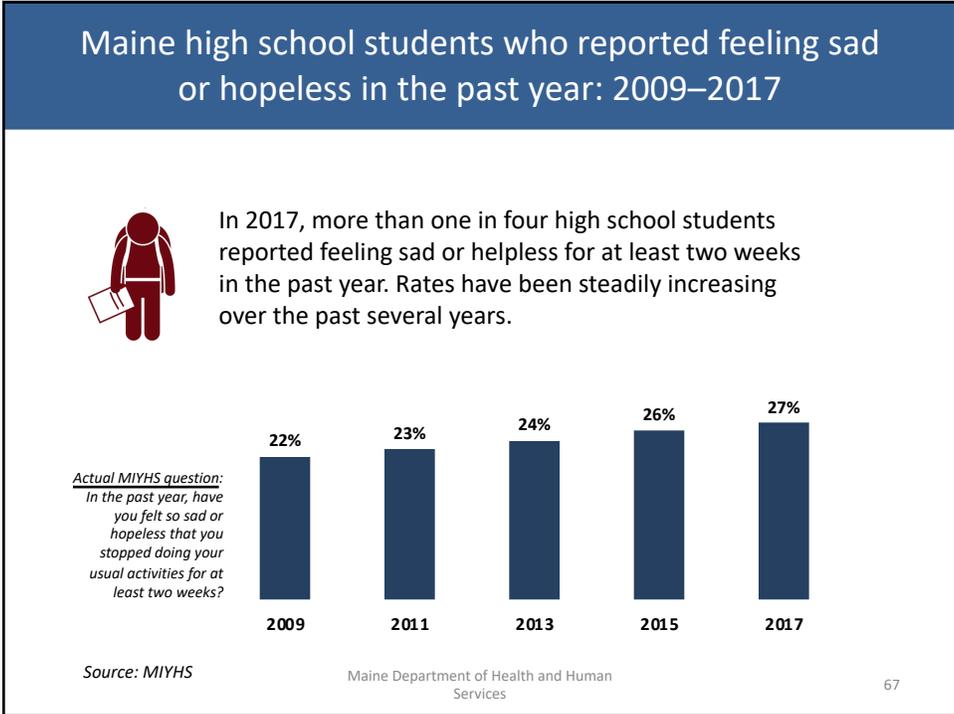
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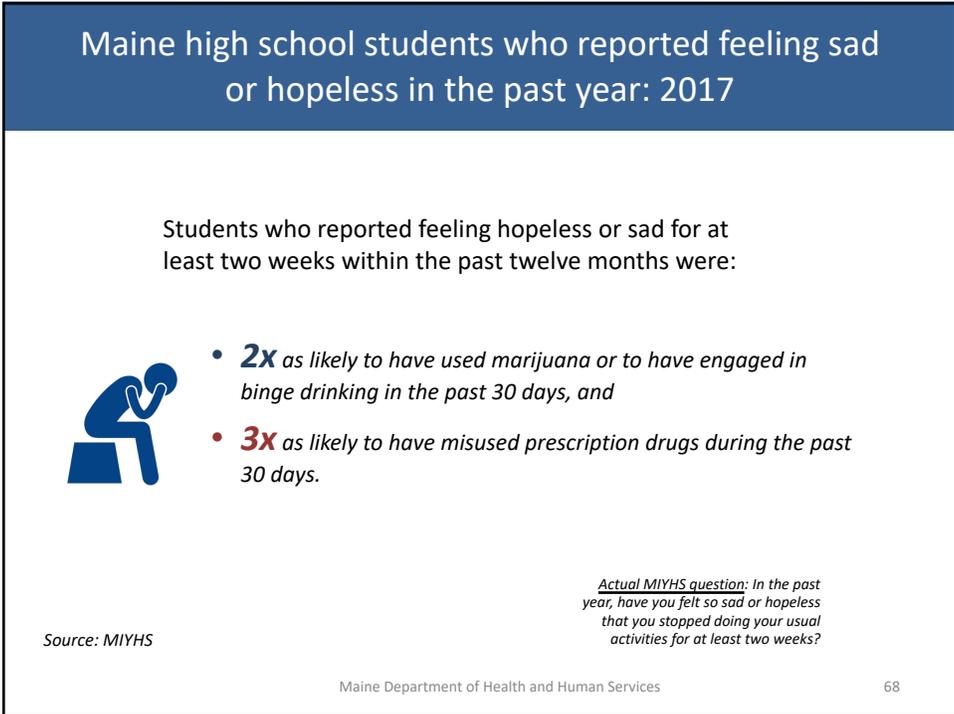
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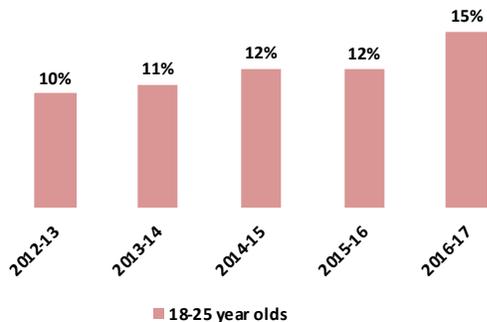


68

## Young adults (18 to 25) in Maine experiencing at least one major depressive episode\* in the past year: 2013–13 to 2016–17

\*Major depressive episode (MDE) is defined as in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV), which specifies a period of at least two weeks when a person experienced a depressed mood or loss of interest or pleasure in daily activities and had a majority of specified depression symptoms.

Major depressive episodes in Maine are most prevalent among young adults 18 to 25 (15%); rates have been increasing over the past several years.



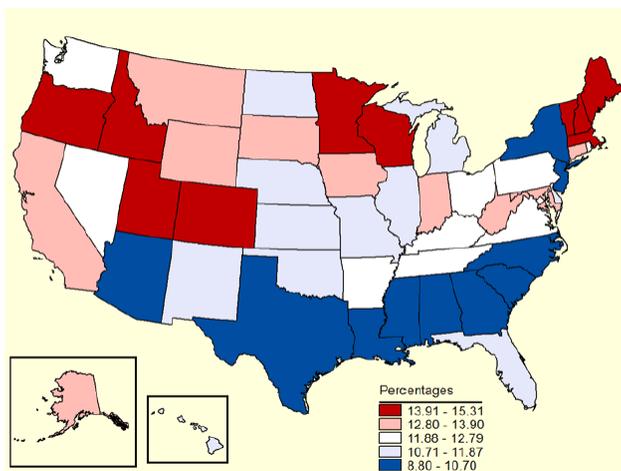
Source: NSDUH

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69

69

## Past year major depressive episodes among 18 to 25 year olds: 2016-17



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, NSDUH

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70

70

## Shared Protective Factors



Rates of substance use, thoughts of suicide, and feelings of sadness were lower among high school students who report factors such as **parental and community support**.



Youth are less likely to report feelings of sadness and helplessness if they have had eight hours or more of **sleep, have reported fewer adverse childhood experiences, or feel that they matter to their community**.



High school students who believe they have a parent or **guardian that tries to help them succeed** were two to three times less likely to have used marijuana, prescription drugs, or cigarettes within the past 30 days.

Source: MIYHS

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71

71

## Summary

- Based on a multitude of public health surveillance sources, consequences arising from opioid use are showing signs of either slowing in pace or declining.
- As Maine continues to confront the opioid epidemic, it is crucial that we not lose sight of more traditional substances like alcohol, as well as emerging patterns such as stimulant use, marijuana use, and vaping.
- Priority prevention outcome measures such as past-month binge drinking and past-month tobacco use among youth in Maine continue to demonstrate progress in reducing rates of use.
- Parents appear to have gained an increased awareness and understanding of the dangers associated with risky alcohol use and habitual tobacco use among youth.
- Most teens and many parents still feel it is easy to access alcohol.
- The potential for diversion and availability of addictive prescription drugs are still a major concerns.
- As prescriptions for pain relief have begun to stabilize and/or decrease, medicated assisted treatment prescriptions (e.g., buprenorphine) have increased substantially.

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72

72

## Summary cont.

- The changing landscape and proliferation of medical and recreational marijuana in our state also brings an increased social acceptance and potential for diversion.
- Methamphetamine, cocaine, and other potentially addictive and dangerous prescription drugs are an emerging concern in Maine.
- Maine and the Northeast states appear to have higher rates of binge drinking, illicit drug use, and major depressive episodes among young adults.
- Perception of harm from alcohol and drug use remains lower among young adults.
- Data conclude younger adults 18 to 35 are more prone to risky substance use and mental illness.
- Over the past several years, we have seen rates of depression among youth and young adults in Maine steadily increase.
- Data have revealed a relationship between mental health and substance use. Mental illness and higher rates of substance use are strongly associated.
- Research indicates that prevention strategies that foster certain protective factors (e.g., social and family support) may mitigate the risks of mental illness and substance use among youth.

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73

73

## Appendix A (Data Sources)

- Behavioral Risk Factor Surveillance System (BRFSS)
- Maine Bureau of Alcoholic Beverages and Lottery (BABLO)
- Maine Department of Public Safety (DPS), Bureau of Highway Safety (BHS), Maine Department of Transportation (MDOT)
- Maine Department of Public Safety (DPS), Uniform Crime Reports (UCR)
- Maine Department of Education (MDOE)
- Maine Drug Enforcement Agency (MDEA)
- Maine Emergency Medical Services (EMS)
- Maine Integrated Youth Health Survey (MIYHS)
- Maine Office of the Chief Medical Examiner (OCME)
- Marcella Sorg, Margaret Chase Smith Policy Center at the University of Maine
- National Survey on Drug Use and Health (NSDUH)
- Northern New England Poison Center (NNEPC)
- Office of Child and Family Services (OCFS), Maine Automated Child Welfare Information System (MACWIS)
- Office of Data, Research and Vital Statistics (ODRVS)
- CDC Parent Survey (administered by Pan Atlantic)
- Prescription Monitoring Program (PMP)
- Web Interactive Treatment System (WITS)
- 2-1-1 Maine



\*For more information including a source description and source contact information please visit [www.maine.gov](http://www.maine.gov)

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74

74

## Preferred Citation



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75

75

## Contact

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76

76