**Livingston/Washtenaw Substance Abuse Coordinating Agency** 

The purpose of **SMART Signals** is to track a variety of substance abuse related indicators and other emerging issues in Livingston and Washtenaw Counties. This update also includes some examples of local prevention efforts. It is a continuation of the *Community Focus* report released in January 2011.<sup>1</sup>

# Age of First Use & Past 30 Day Use - Michigan Youth

 According to the trend data from the Michigan Youth Risk Behavior Survey (YRBS) shown in Table 1, overall decreases are reported in alcohol, tobacco, and marijuana use with few and slight exceptions.<sup>2</sup>

Table 1 - Michigan YRBS Trend Results (%)

Behavior	1997	2001	2005	2009
Alcohol before age13	34.9	26.9	22.6	18.8
Recent alcohol use (30 Days)	50.5	46.2	38.1	37.0
Alcohol binge (30 Days)	32.4	29.3	22.5	23.2
Cigarettes 1+ 30 Days (Recent)	38.2	25.7	17.0	18.8
Cigarettes 20+ Days, past 30 Days				
(Frequent)	19.8	12.7	7.8	7.8
Recent marijuana (30 Days)	28.2	24.3	18.8	20.7

#### **Hospitalizations/Emergency Department**

 For Washtenaw County residents during January 2010- March 2012, there were on average, 7.4 inpatient or emergency department admissions per month for opiate overdoses (including heroin, methadone, codeine, morphine).<sup>3</sup>

#### Perceived Risk of Use

 Perceptions of risk of smoking marijuana and binge drinking were lower among individuals aged 12 or older in Michigan compared to the rest of the United States, and even lower in the Livingston/Washtenaw region.<sup>4</sup> As shown in Table 2, Washtenaw youth report a lower proportion of youth who perceive great risk regarding smoking marijuana and binge drinking than Livingston youth.<sup>5</sup>

Table 2 - Great Risk Perceived for Marijuana Use and Binge Drinking 2009 Livingston/Washtenaw SAFE and SOUND Survey

	Washtenaw	Livingston
Smoking marijuana more than once a week (Youth	67%	73%
aged 12-17 years) Smoking marijuana more		
than once a week (adults 18 years and older)	56%	66%
Binge drinking once or twice a week (Youth aged 12-17 years)	52%	56%
Binge drinking once or twice a week (adults aged 18 years and older)	64%	62%

#### Alcohol and Other Drug Use - Adults

- Washtenaw adults report a decrease in past month alcohol use from 69.3% in 2000 to 56.5% in 2010.<sup>6</sup>
- The same survey revealed an increase for Washtenaw adults reporting illicit drug use from 5.8% in 2000 to 7.4% in 2010 and nearly double the rates for Ann Arbor adults (13%) who report using illicit drugs in the past year compared to Washtenaw County as a whole.<sup>7</sup>
- Livingston adults report a greater percent of abstainers from alcohol from 2004 (26.8%) to 2009 (34.8%).



# Availability of Alcohol, Tobacco, & Other Drugs

- "Young Alcohol Users Often Get Alcohol from Family or Home" - According to the National Survey on Drug Use and Health, 12 to 14 year olds got their alcohol from a Parent/Guardian (15.7%), Other Adult Relative (13.9%), or Took from Home (15.2%).9
- Similarly, pain relievers were obtained From a Friend or Relative for Free (55%) among past year users aged 12 or older for most recent nonmedical use.<sup>10</sup>

### Driving Under the Influence - Crashes/Arrests

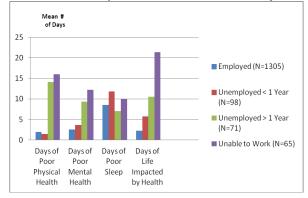
- In Washtenaw, 18% of high school survey respondents report that they rode in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days. 11
- According to a national survey, youth ages 16 to 17 "were more likely to drive under the influence if they lived with a mother or father who also had driven under the influence in the past year".<sup>12</sup>
- As prom and graduation season approaches, it is particularly important to address the dangers of drinking and driving and the associated destructive effects.

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#### Unemployment

- In February, Livingston's jobless rate was 8.7% while the Washtenaw rate was 5.4% (county data is seasonally unadjusted).
- As Table 3 illustrates, Washtenaw County adults report a higher number of days of poor physical and mental health the longer they are unemployed and/or unable to work.<sup>14</sup>

Table 3 - Health Improvement Plan of Washtenaw County



### **Emerging Issues**

 As reported in the Livingston Daily, "Addictions to opiate-based painkillers such as OxyContin and Vicodin are fueling a growing heroin problem in the suburbs," 15

- Young adults aged 18 29 years make up an increasing proportion of newly diagnosed Hepatitis C cases in Washtenaw County. In 2011, 22% of Hepatitis C cases were in individuals <30 years compared to 9% of cases in 2006<sup>16</sup>
- The American Association of Poison Control Centers began tracking calls about synthetic marijuana products (known as K2/Spice) in 2009 and reported in February that the number of calls to poison centers jumped from 2,906 in 2010 to nearly 7,000 calls last year.<sup>17</sup>





- Abuse of recreational designer drugs known as "bath salts" sent 65 people to emergency rooms over a six month period in Michigan (November 13, 2010 -May 16, 2011), according to a report by the U.S. Centers for Disease Control and Prevention (CDC).
- According to a report in *Drug Addiction Treatment*, bath salts have been escalating in popularity over the past two years. In 2009 there were no calls made to the Poison Control Center related to bath salts. However, in 2011 there were over 6,000.<sup>19</sup>

 It has been reported that by the year 2020, older adults (age 50+) needing substance abuse treatment will double, while the treatment programs for this population has decreased.<sup>20</sup>

# Recovery Oriented System of Care (ROSC) Corner

The Washtenaw Community Health Organization works with local core ROSC providers (Dawn Farm, Home of New Vision, and Livingston County Community Mental Health Authority) to promote recovery support services at all levels of engagement (i.e., outpatient, residential, detoxification, case management services, etc.). This includes the use of recovery support specialists or peers to assist individuals throughout the recovery process. Thus, increasing the opportunity for sustained recovery and decreasing the likelihood of resuming alcohol or other drug use.





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#### Intervention Corner

- The Coordinating Agency (CA) continues to target and prioritize the following areas of change:
  - Delay the age of first use of alcohol, tobacco & other drugs (ATOD)
  - Increase the proportion of youth who perceive parental disapproval of ATOD
  - Decrease the proportion of youth and adults who report past month use of ATOD
  - Decrease prescription & over-the-counter drug abuse

#### Collaboration

**Results** 

Programs
Proven
to Work

**Healthy Communities** 



# Local Substance Abuse Prevention Efforts

# Bi-County Senior Connections (BCSC) Washtenaw & Livingston

Catholic Social Services of Washtenaw County Neighborhood Senior Services Livingston County Catholic Charities University of Michigan Health Systems' Turner Geriatric Center

BCSC is a comprehensive program designed to decrease morbidity and mortality associated with concurrent use of alcohol and prescription medications. This program directly serves older adults, caregivers, and professional staff in Washtenaw and Livingston Counties through the delivery of *Get Connected*, an evidence-based model program.

# Integrated Prevention Initiative Ann Arbor & Ypsilanti

Home of New Vision HIV/AIDS Resource Center

The Integrated Prevention Initiative seeks to decrease the proportion of youth and adults who report past month use of alcohol, tobacco, and other drugs and decrease prescription and over-the-counter drug abuse through a multi-sector approach.

# Livingston Community Prevention Project (LCPP)

Livingston County Catholic Charities Family Resource Center Karen Bergbower & Associates Key Development Center

The LCPP provides a comprehensive approach to substance abuse prevention using several evidence-based programs that target multiple sectors with numerous prevention strategies:

Communities Mobilizing for Change on Alcohol (CMCA) Creating Lasting Family Connections Parents Mobilizing for Change Parents Who Host, Lose the Most Project SUCCESS

# Washtenaw Substance Abuse Prevention Project (WSAPP)

COPE

The Corner Health Center
Karen Bergbower & Associates
SOS Community Services
University of Michigan - Regional Alliance
for Healthy Schools

WSAPP focuses on promoting personal and community health and wellness. It includes school based programs, after-school programs, family outreach and education, community-based prevention and public policy.

Communities That Care (CTC)
Communities Mobilizing for Change on
Alcohol (CMCA)
Theater Troupe/Peer Education Program
Project SUCCESS
Botvin's Lifeskills Training (LST)
Early Risers - Skills for Success



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# Local Substance Abuse Prevention Collaborations & Fiduciary Agency

Bi-County Senior Connections
Catholic Social Services of Washtenaw County
(734) 971-9781

Integrated Prevention Initiative HIV/AIDS Resource Center (734) 572-9355

Livingston Community Prevention Project Livingston County Catholic Charities (517) 545-5944

Washtenaw Substance Abuse Prevention Project The Corner Health Center (734) 484-3600

#### References/Notes:

- <sup>1</sup>Waller, A., Substance Abuse Monitoring, Assessment & Recommendation Team, Community Focus: Substance Abuse Indicators in Livingston and Washtenaw Counties, January 2011 (www.ewashtenaw.org)
- <sup>2</sup>Michigan Department of Education, 2009 Michigan Youth Risk Behavior Survey: Trend Results by Item (www.michigan.gov/yrbs)

- <sup>3</sup>Waller, A., Washtenaw County Public Health, Averages for inpatient or emergency department admissions\* for unintentional and non-therapeutic overdoses\*\* for Washtenaw County residents during January 2010-March 2012.
- \*These averages exclude: administration with suicidal or homicidal intent or intent to harm and correct drug properly administered in therapeutic or prophylactic dosage \*\*Include International Classification of Diseases-9, External Codes 850.0-858.9
- <sup>4</sup> Michigan Department of Community Health, Mental Health and Substance Abuse Administration, Bureau of Substance Abuse and Addiction Services, State and Substate Estimates of Substance Use in Michigan, 2006-2008 National Surveys on Drug Use and Health, October 2010 (www.michigan.gov/mdch-bsaas)
- <sup>5</sup>Waller, A., Substance Abuse Monitoring, Assessment & Recommendation Team, Community Focus: Substance Abuse Indicators in Livingston and Washtenaw Counties, January 2011 (www.ewashtenaw.org)
- <sup>6</sup>Health Improvement Plan of Washtenaw County, HIP Survey Trend Data Charts 1995-2010 (http://hip.ewashtenaw.org)
- <sup>7</sup>Ibid, Health Improvement Plan of Washtenaw County
- 8Hembroff, L., Michigan State University, Office for Survey Research, Institute for Public Policy and Social Research, The Livingston County Behavioral Risk Factor Survey, 2009: Summary Report, March 2010, pg 30-31
- <sup>9</sup>Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, Data Spotlight, *Young Alcohol Users Often Get Alcohol from Family or Home*, February 2011 (http://oas.samhsa.gov)
- <sup>10</sup>Substance Abuse and Mental Health Services Administration - SAMHSA News, Fall 2011, Volume 19, Number 3 (pg. 11, 2010 NSDUH) (www.samhsa.gov/samhsaNewsletter)
- <sup>11</sup>Michigan Department of Education, Michigan Profile for Healthy Youth (MiPHY), 2010 (www.michigan.gov/miphy)

Updated: April 27, 2012

- <sup>12</sup>Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, Data Spotlight, Adolescents Living with a Parent Who Drives Under the Influence Are at Increased Risk for Driving Under the Influence Themselves, December 2011 (http://oas.samhsa.gov)
- <sup>13</sup>State of Michigan, Department of Technology, Management & Budget, Labor Market Information (not seasonally unadjusted) (www.michigan.gov/lmi)
- <sup>14</sup>Berenji, M., Washtenaw County Public Health, Health Improvement Plan of Washtenaw County 2010 Data Analysis
- <sup>15</sup>Livingston Daily.com, (Walsh-Sarnecki, P.), Opiate abuse fuels heroin problem, March 6, 2012
- <sup>16</sup>Bauman, L., Washtenaw County Public Health, Michigan Disease Surveillance System (MDSS), Hepatitis C data for Washtenaw County, 2011
- <sup>17</sup>American Association of Poison Control Centers, Synthetic Marijuana Data, Updated February 8, 2012
- <sup>18</sup>Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report, Emergency Department Visits After Use of a Drug Sold as "Bath Salts" Michigan, November 13, 2010 - March 31, 2011, May 20, 2011 (www.cdc.gov/mmwr)
- Bath Salts "Unlike traditional cosmetic bath salts, which are packaged and sold for adding to bath water for soaking and cleaning, the drugs sold as "bath salts" have no legitimate use for bathing and are intended for substance abuse. These products can contain stimulant compounds such as 3,4-methylenedioxypyrovalerone (MDPV) or 4-methylmethcathinone (mephedrone)."
- <sup>19</sup>Drug Addiction Treatment, Research & News, Bath Salts Are Dually Dangerous, March 10, 2012 (www.drugaddictiontreatment.com)
- <sup>20</sup>Center for Behavioral Health Statistics and Quality, Drug and Alcohol Services Information System, Data Spotlight, Older Adult Substance Abuse Treatment Admissions Have Increased; Number of Special Treatment Programs for This Population Has Decreased, January 2012 (http://oas.samhsa.gov)



