### Alcohol
- **Average Age of First Use:**
  - Missouri: 13.12
  - U.S.: 13.94
- **Lifetime Use:**
  - Missouri: 34.5%
  - U.S.: 27%
- **“Very” or “Sort Of” Easy to Obtain:**
  - Missouri: 48.9%
  - U.S.: N/A

### Marihuana
- **Average Age of First Use:**
  - Missouri: 14.26
  - U.S.: 13.94
- **Lifetime Use:**
  - Missouri: 14%
  - U.S.: 14.8%
- **“Very” or “Sort Of” Easy to Obtain:**
  - Missouri: 36.9%
  - U.S.: N/A

### Prescription Drugs
- **Lifetime Use:**
  - Missouri: 11%
  - U.S.: 14.5
- **“Very” or “Sort Of” Easy to Obtain:**
  - Missouri: 25.4%
  - U.S.: N/A

### Tobacco
- **Last 30 Days Use (Cigarettes):**
  - Missouri: 13.7
  - U.S.: 13.94
- **Last 30 Days Use (E-Cigarettes):**
  - Missouri: 6%
  - U.S.: 3.4%

### Prevention Solution
- **Problems of Substance Use Disorders:**
  - Begin before the age of 21 when the brain is still developing.

### Prevention Solutions
- **Alcohol:**
  - Create tougher social host laws.
  - Ban powdered alcohol.
  - Fund compliance checks.

- **Marihuana:**
  - Keep recreational marijuana illegal.
  - Restrict access to medical marijuana for teens.

- **Prescription Drugs:**
  - Enact statewide Prescription Drug Monitoring Program.

- **Tobacco:**
  - Raise minimum age to purchase tobacco and e-cigarettes to 21.

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**Prevention Works!**
• Bullying

REPORTED BEING BULLIED AT SCHOOL: 27.3%  U.S.  19%

PREVENTION SOLUTION
• Require public schools to have a comprehensive policy.

• Suicide

SERIOUSLY CONSIDERED: 14.1%  U.S.  17.2%
MADE A PLAN: 10.9%  U.S.  13.6%
ATTEMPTED: 6.2%  U.S.  7.4%
ATTEMPTED RESULTING IN INJURY: 1.4%  U.S.  2.4%

HIGH SCHOOL STUDENTS REPORTING SUICIDAL BEHAVIOR

PREVENTION SOLUTION
• Increase access to suicide prevention training for communities and caretakers.
• Pass policies to reduce the stigma of mental illnesses.

Many teens that experience mental health issues self-medicate with substances. It is often difficult to discern which came first, the mental health issue or substance use. Your Prevention Resource Center can help.

semo.edu/preventionresourcetrcenter
preventionconsultants.org
compasshealthnetwork.org/family-counseling-center
commpartnership.org
tri-countymhs.org
actmissouri.org
firstcallkc.org
ncada-stl.org
semobh.org
fccinc.org
pfh.org

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Sources: 2018 Missouri Student Survey & 2017 Youth Risk Behavior Survey