Problems and Prevention

**90%** of substance use disorders begin before the age of 21 when the brain is still developing.

### 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

**Prevention Solution**
- Create tougher social host laws.
- Ban powdered alcohol.
- Fund compliance checks.

### Marijuana

- **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

**Prevention Solution**
- Keep recreational marijuana illegal.
- Restrict access to medical marijuana for teens.

### Prescription Drugs

- **Lifetime use:**
  - Missouri: 11%
  - U.S.: 14.5

- **“Very” or “sort of” easy to obtain:**
  - Missouri: 25.4%
  - U.S.: N/A

**Prevention Solution**
- Enact statewide Prescription Drug Monitoring Program.

### Tobacco

- **Average age (cigarettes):**
  - Missouri: 13.7
  - U.S.: 13.94

- **Last 30 days use:**
  - Missouri: 6%
  - U.S.: 3.4%
  - Missouri: 15.3%
  - U.S.: N/A

**Prevention Solution**
- Enact statewide Prescription Drug Monitoring Program.
- Raise minimum age to purchase tobacco and e-cigarettes to 21.
**Bullying**

Reported being bullied at school:

- Missouri: 27.3%
- U.S.: 19%

**Prevention Solution**

- Require public schools to have a comprehensive policy.

**Suicide**

- Serious consideration: 2018
  - Missouri: 14.1%
  - U.S.: 17.2%

- Made a plan: 2018
  - Missouri: 10.9%
  - U.S.: 13.6%

- Attempted: 2017
  - Missouri: 6.2%
  - U.S.: 7.4%

- Attempted resulting in injury: 2017
  - Missouri: 1.4%
  - U.S.: 2.4%

**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/preventionresourcecenter](http://semo.edu/preventionresourcecenter)
- [preventionconsultants.org](http://preventionconsultants.org)
- [compasshealthnetwork.org/family-counseling-center](http://compasshealthnetwork.org/family-counseling-center)
- [commpartnership.org](http://commpartnership.org)
- [tri-countymhs.org](http://tri-countymhs.org)
- [actmissouri.org](http://actmissouri.org)
- [firstcallkc.org](http://firstcallkc.org)
- [ncada-stl.org](http://ncada-stl.org)
- [semobh.org](http://semobh.org)
- [fccinc.org](http://fccinc.org)
- [pfh.org](http://pfh.org)

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**Depression**

Reported feeling hopeless about the future “often” or “always”:

- Missouri: 13.2%

**Prevention Solution**

- Expand funding and mandate YMHFA training for educators.