JANUARY 23, 2019

Prevention Day

MISSOURI STATE CAPITOL

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

• Alcohol

	MISSOURI	U.S.
AVERAGE AGE OF FIRST USE:	13.12	13.94
LIFETIME USE:	34.5%	27%
"VERY" OR "SORT OF" EASY TO OBTAIN:	48.9%	N/A

PREVENTION SOLUTION

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

• Marijuana

	MISSOURI	U.S.
AVERAGE AGE OF FIRST USE:	14.26	13.94
LIFETIME USE:	14%	14.8%
"VERY" OR "SORT OF" EASY TO OBTAIN:	36.9%	N/A

PREVENTION SOLUTION

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

• Prescription Drugs

	MISSOURI	U.S.
LIFETIME USE:	11%	14.5
"VERY" OR "SORT OF" EASY TO OBTAIN:	25.4%	N/A

AFTER MARIJUANA, RX DRUGS ARE NOW THE MOST COMMON DRUGS USED BY MISSOURI YOUTH.

PREVENTION SOLUTION

- *Enact statewide Prescription Drug Monitoring Program.*

• Tobacco

	MISSOURI	U.S.
AVERAGE AGE OF FIRST USE (CIGARETTES):	13.7	13.94
LAST 30 DAYS USE (CIGARETTES):	6%	3.4%
LAST 30 DAYS USE (E-CIGARETTES):	15.3%	N/A

PREVENTION SOLUTION

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

PREVENTION WORKS!

• Bullying

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

PREVENTION SOLUTION

- *Require public schools to have a comprehensive policy.*

• Depression

13.2% REPORTED FEELING HOPELESS ABOUT THE FUTURE "OFTEN" OR "ALWAYS".

PREVENTION SOLUTION

- *Expand funding and mandate YMHFA training for educators.*

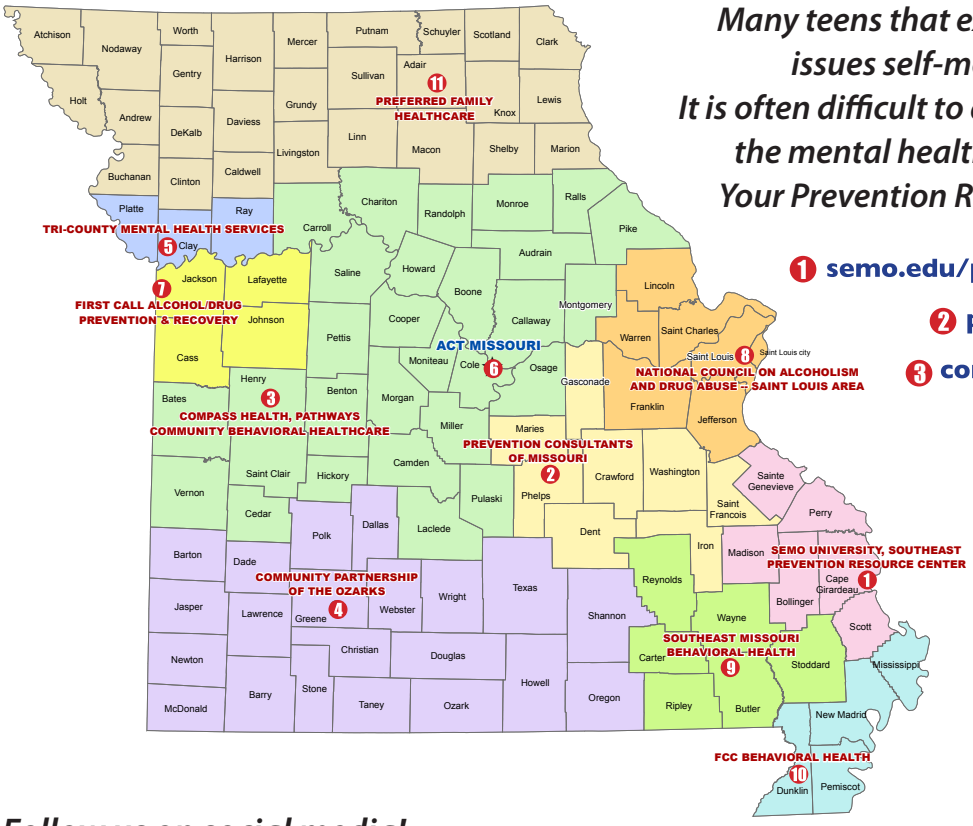
• Suicide

	2018	2017
SERIOUSLY CONSIDERED:	14.1%	17.2%
MADE A PLAN:	10.9%	13.6%
ATTEMPTED:	6.2%	7.4%
ATTEMPTED RESULTING IN INJURY:	1.4%	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.

1. semo.edu/preventionresourcecenter
2. preventionconsultants.org
3. compasshealthnetwork.org/family-counseling-center
4. commpartnership.org
5. tri-countymhs.org
6. actmissouri.org
7. firstcallkc.org
8. ncada-stl.org
9. semobh.org
10. fccinc.org
11. pfh.org

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

www.actmissouri.org