

Rise Above Colorado Youth Survey

Behavioral Health & Substance Use

Initial results- complete results released Fall 2020



STUDY

METHODOLOGY

THE DATA

653 teens were surveyed, 150 by phone (23%), 453 from online panels (69%), and 50 (8%) from social media (Instagram)

Surveying occurred between February 27th and March 31st, 2020

The maximum margin of sampling error is +/- 3.8 percentage points

THE TEENAGERS

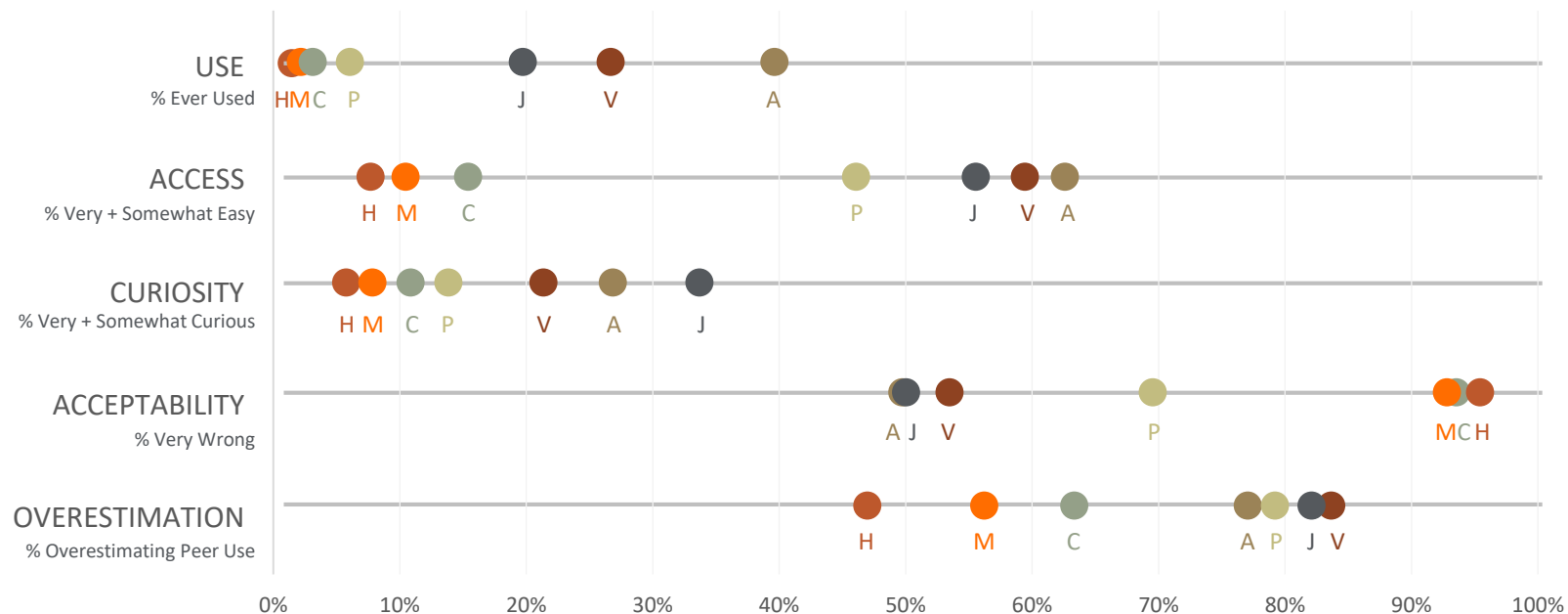
Reside in Colorado

Be between 12 and 17 years of age

Be enrolled in grades seven through twelve (or have dropped out of school)

SUBSTANCES AT A GLANCE

A - Alcohol **M** - Meth
C - Cocaine **P** - Prescription Drugs
H - Heroin **V** - Vaping
J - Marijuana



SIGNIFICANT VAPING DATA

AMONG THOSE WHO HAVE EVER VAPED:

- Most have used nicotine vape juice/pods/packs
- More than half report using nicotine-free flavoring
- Nearly half have consumed marijuana through their vape device

OTHER VAPING CORRELATIONS

AMONG THOSE WHO HAVE EVER VAPED:

- Their risk perception on limited use of other substances is about half the level measured among those who have never vaped
- They have easier access to other substances than those who have never vaped
- They are significantly more curious to try other substances
- They use other substances at much higher rates than those who do not vape

OTHER VAPING CORRELATIONS

AMONG THOSE WHO HAVE EVER VAPED:

- Social media use does seem to be associated with overestimation
- Youth who have ever vaped are twice as likely to have 14+ days of poor mental health days per month as those who have never vaped
- Teens who have vaped are significantly less likely to feel they belong at school and less likely to connect with people outside of school

EXECUTIVE SUMMARY

- Increased acceptability of use as part of adolescence and as a coping mechanism for stress
- Diminished connection with a trusted adult/parent and lessened interest in school and personal goals
- Belonging is key: those who are not connected to any school or social group are significantly more likely to use alcohol, marijuana and vaping products
- Conversations at school and home are declining; a key opportunity for adults to support youth
- Youth identifying as LGBTQ reported increased risk factors in their attitudes about substances and reported the highest rate of having a member of their household with depression or mental health challenges, indicating continued need to reach this group with relevant resources

EXECUTIVE

SUMMARY (cont.)

- Substance use is holding steady, but risk factors increasing particularly for marijuana and alcohol
- There is greater misperception among youth about the prevalence of vaping among their peers than any other substance
- Despite concerns, there is hope: the vast majority of youth are not using substances, presenting an opportunity to close the gap between actual and perceived use