2016 Rise Above Colorado Youth Survey
1. **Partnering with teens to ensure youth & teen-serving professionals have accessible, scientific, unbiased information about drugs**

   - Teen Action Council
     - Re-launch iriseaboveco.org
     - Train as e-peer educators
     - Ongoing updates to site

   - Science Advisory Committee
     - Review content for website to ensure scientific, accurate, unbiased information

   - Develop educational resources that build on the site’s teen-driven content
   - Design and launch a Positive Social Norming Campaign and toolkit based on Rise Above Colorado Youth Survey data
1. Partnering with teens to ensure youth and teen-serving professionals have accessible, scientific, unbiased information about drugs, continued...

- Outreach to educators to implement RAC educational resources
  - Meth Prevention Lesson [www.methpreventionlesson.org](http://www.methpreventionlesson.org)
  - Not Prescribed [www.notprescribed.org](http://www.notprescribed.org)
  - Media Smart Youth – Not Prescribed
2017 Program Priorities - #IRiseAbove

2. Continue to grow social media and community engagement with broad teen participation

Work with state-wide partners and local communities to broaden brand recognition and increase teen involvement in Rise Above Colorado, Colorado Meth Project, and #IRiseAbove Campaign

1. Grow social media followers for Rise Above to connect with teens and promote campaign
2. Complete 6 new community murals with significant teen participation
3. Increase coordination with other Meth Project states to more effectively use existing resources and leverage new shared assets from the #LifeOrMeth contest to
   • Expand activities across state and social media presence in support of Meth Awareness Week.
3. Maintain productive, high functioning strategic partnership with Partnership for Drug Free Kids, CO 9to25, and CO Consortium for Prescription Drug Abuse Prevention

- **New Statewide Partnerships:**
  - CDPHE – Healthy Kids Colorado Survey and Communities that Care
  - OMNI – coordinate and complement statewide technical assistance and training activities
  - Area Health Education Centers – community-level educational events / symposia

- **Key Outreach Partners:**
  - Constellation Partners, Boys & Girls Clubs, Generation Rx/CU Pharmacy School & students, Safe2Tell

- **Enhance Existing Relationships:**
  - **Colorado Consortium for Prescription Drug Abuse** – additional collaborations through VISTA program
  - **Colorado 9to25** – Jonathan Judge on Leadership Team
  - Office of Behavioral Health – additional grant funding
  - Substance Abuse Trend & Response Task Force – invitation for Rise Above Youth Rep
  - **CDC Rx Conference in Atlanta**
  - Kaiser Permanente – collaborative leadership of #LeadTheChangeCO
#LeadTheChangeCO

Weekly Challenges. Weekly Prizes. LIFELONG Leaders…
What is the RACYS?

Rise Above Colorado Youth Survey
on Behavioral Health & Substance Use
November 2016
RACYS Participants

Sex
- Female: 48%
- Male: 52%

Age
- Age 12: 8%
- Age 13: 17%
- Age 14: 15%
- Age 15: 17%
- Age 16: 22%
- Age 17: 21%

Ethnicity
- Caucasian: 73%
- Hispanic: 20%
- Black/African-American: 4%
- Asian/Asian-American: 3%
- Amer. Indian/Native American: 1%
- Other: 1%

2016 Online Only
Identified as LGBTQ: 8% (20 out of 250)
<table>
<thead>
<tr>
<th>Healthy Kids Colorado Survey</th>
<th>Rise Above CO Youth Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age</strong></td>
<td>12-17 years</td>
</tr>
<tr>
<td><strong>Regions</strong></td>
<td>6 OBH Regions</td>
</tr>
<tr>
<td><strong>Last year of collection</strong></td>
<td>2015</td>
</tr>
<tr>
<td><strong>Data collection method</strong></td>
<td>2016</td>
</tr>
<tr>
<td><strong>High School Sample:</strong></td>
<td>Paper at school</td>
</tr>
<tr>
<td>15,970 students - 127 schools</td>
<td>Online and phone survey</td>
</tr>
<tr>
<td><strong>Middle School Sample:</strong></td>
<td>997 students - 30 schools</td>
</tr>
<tr>
<td><strong>Sample size</strong></td>
<td>607 youth</td>
</tr>
<tr>
<td><strong>Sampling design</strong></td>
<td>Weighted to represent enrollment in CO public middle/high schools</td>
</tr>
<tr>
<td><strong>Areas of focus</strong></td>
<td>Weighted to 2010 Census by county/OBH Region</td>
</tr>
<tr>
<td></td>
<td>Protective Factors, Health Behaviors and Social-Emotional Indicators</td>
</tr>
<tr>
<td></td>
<td>Behavioral Health</td>
</tr>
</tbody>
</table>
____% of young people in Colorado have used prescription drugs without a prescription in their lifetime.

A) 3%
B) 4%
C) 14%
D) 21%
Substance use, 2013 & 2016

Although concerns exist, the vast majority of teens are making healthy choices about substances

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>33%</td>
<td>46%*</td>
</tr>
<tr>
<td>Marijuana</td>
<td>16%</td>
<td>15%</td>
</tr>
<tr>
<td>Prescription painkillers</td>
<td>2%</td>
<td>3%</td>
</tr>
<tr>
<td>Prescription stimulants</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>Meth</td>
<td>.02%</td>
<td>1%</td>
</tr>
</tbody>
</table>

*statistically significant difference from 2013
2016 access, curiosity and use of one or more drugs (marijuana, meth and prescription stimulants and painkillers) by age

Prevention education — begin early and continuously support

<table>
<thead>
<tr>
<th>Age</th>
<th>Access</th>
<th>Curiosity</th>
<th>Usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>26%</td>
<td>12%</td>
<td>6%</td>
</tr>
<tr>
<td>13</td>
<td>23%</td>
<td>10%</td>
<td>2%</td>
</tr>
<tr>
<td>14</td>
<td>29%</td>
<td>20%</td>
<td>3%</td>
</tr>
<tr>
<td>15</td>
<td>36%</td>
<td>19%</td>
<td>8%</td>
</tr>
<tr>
<td>16</td>
<td>35%</td>
<td>19%</td>
<td>7%</td>
</tr>
<tr>
<td>17</td>
<td>37%</td>
<td>18%</td>
<td>10%</td>
</tr>
</tbody>
</table>
Connections to mental health

The impact of social-emotional challenges are real

No difficult days per month

8% think that doing drugs isn’t a big deal
42% have personally witnessed some really bad things because of drug abuse
29% drank alcohol

6 or more difficult days per month

19% think that doing drugs isn’t a big deal
57% have personally witnessed some really bad things because of drug abuse
66% drank alcohol
Risk & protective factors

Agree

15% use

The schoolwork I am assigned is often meaningful and important to me

23% use

I've personally witnessed some really bad things that happened because of drug abuse

38% use

Drugs can help manage the stress and pressure we have to deal with

53% use

Experimenting with drugs is just part of being a teenager — it's not that big a deal

Disagree

24% use

14% use

14% use

13% use
Encouraging Peers Not to Try

- **Meth**
  - 2013: 94%
  - 2016: 95%

- **Prescription Drugs**
  - 2013: 89%
  - 2016: 87%

- **Marijuana**
  - 2013: 73%
  - 2016: 63%

- **Alcohol**
  - 2013: 68%
  - 2016: 59%
Inaccurate Perceptions of Use

Ages 12 to 14 Perceived Schoolmate Use and Reported Use

- **Alcohol**
  - Average Estimated Use: 23%
  - Reported Use: 5%
  - Percent of Participants who Overestimated Usage: 65%

- **Marijuana**
  - Average Estimated Use: 20%
  - Reported Use: 2%
  - Percent of Participants who Overestimated Usage: 68%

- **Stimulants**
  - Average Estimated Use: 8%
  - Reported Use: 0%
  - Percent of Participants who Overestimated Usage: 74%

- **Pain Relievers**
  - Average Estimated Use: 10%
  - Reported Use: 0%
  - Percent of Participants who Overestimated Usage: 81%

- **Meth**
  - Average Estimated Use: 4%
  - Reported Use: 0%
  - Percent of Participants who Overestimated Usage: 58%
### Ages 15 to 17 Perceived Schoolmate Use and Reported Use

<table>
<thead>
<tr>
<th>Substance</th>
<th>Average Reported Use</th>
<th>Percent of Participants who Overestimated Usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>13%</td>
<td>85%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>6%</td>
<td>87%</td>
</tr>
<tr>
<td>Pain Relievers</td>
<td>1%</td>
<td>88%</td>
</tr>
<tr>
<td>Stimulants</td>
<td>1%</td>
<td>82%</td>
</tr>
<tr>
<td>Meth</td>
<td>0%</td>
<td>80%</td>
</tr>
</tbody>
</table>
Conclusions

- Use is stable overall, but beginning earlier. Prevention efforts need to start earlier, by late elementary school.

- Substance abuse prevention must include social, emotional, and mental health promotion - stress management, caring adults, self-esteem, communication skills and social norms.

- Prevention and promotion messages must be specifically inclusive and responsive to the needs of LGBTQ youth.
DESPITE LEGALIZATION OF MARIJUANA, RISE ABOVE COLORADO SURVEY FINDS TEEN DRUG USE STABLE.

COLORADO TEENS HAVE INCREASED ACCESS TO DRUGS AND ALCOHOL; MAKING SUBSTANCE USE PREVENTION EDUCATION A PRIORITY

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