

2018 YCAT Survey



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YCAT 2018 Survey

- N=631 representing over half the zip codes in VB
- Over half the respondents were between 18-40 YOA
- Sites included: VWU, TCC, recreation centers, libraries, clinics, fairs, professional groups, ILR, trainings, and social media
- 14 total questions
- Incentives provided by VB Behavioral Health and Wellness

Perception of youth drug use in VB

Most used

- Over 1/3 thought alcohol was most used
- Over 1/3 thought marijuana was most used
- Over 1/3 thought all other drugs were most used

(YCAT Survey, 2018)

Actual national drug use in youth

- 37% of 8-12 graders report using alcohol in past year
- 24% of 8-12 graders report using marijuana in past year

(NIDA, 2017)

Drug Use

Perception of youth drug use in VB

- only 8% thought vaping was most used

(YCAT Survey, 2018)

Actual national drug use in youth

- 22% report vaping in past year

(NIDA, 2017)

Vaping

YCAT + VB: A Call to Action

- Awareness campaign in media and social media
- Speakers bureau to reach all sectors in various languages
- Parent/Caregiver education about computer blocks on online pharmacy sites
- Restrict use of all drugs in public areas
- Encourage health care providers to use “the 3 A’s”
- Expand funding for prevention and surveys
- Survey youth

Confusing Cannabis

- 87% said there were negative consequences for youth drug use

YET

- 53% “strongly support or “support” decriminalization of marijuana
- 79% “strongly support or “support” medical uses of marijuana

(YCAT Survey, 2018)



YCAT + VB: A Call to Action

- Raise awareness about risks of marijuana
- Raise awareness regarding less risky, FDA approved medications like Marinol
- Restrict CBD & THC-A oil production in and transportation through Hampton Roads
- Collaborate with health care professionals to lobby against marijuana legalization
- Raise awareness about cost of negative consequences that would offset any income from oils

Source of Drugs in Virginia Beach

From most to least frequent:

- Friends
- Parents/relatives
- Adult
- Stranger
- Theft

(YCAT Survey, 2018)

Ease of Availability in Virginia Beach

- 93% thought alcohol was “not a problem” to fairly easy” to get
- 76% thought prescription drugs were “not a problem” to fairly easy” to get
- 88% thought marijuana was “not a problem” to fairly easy” to get
- 56% thought opioids/heroin was “not a problem” to fairly easy” to get
- 94% thought tobacco was “not a problem” to fairly easy” to get

(YCAT Survey, 2018)

Contributing Factors for Youth Drug Use

- Friends / peer pressure
- Family and other role models
 - Substance use and functioning
- Cultural norms and Social media
- Ease of Access / Availability
- Lack of supervision / parenting
- Lack of information
- Mental health issues
- Lack of resources

(YCAT Survey, 2018)

YCAT + VB: A Call to Action

- Work with zoning to limit alcohol and tobacco density
- Incentives for drug-free pledges
- Advocate for expanded K-16 drug education and prevention skills
- Advocate for increased prevention funding
- Advocate for increased substance abuse and mental health services

Reported Adult Drug Use in Virginia Beach

“Used a few times in past year” to “daily use”

- 67% alcohol
- 10% marijuana
- 1% opioids/heroin
- 12% tobacco

(YCAT Survey, 2018)

Virginia Beach

- Past Year
 - 5% used Marijuana
 - 1% used Cocaine
 - 1% used Opioids/Heroin
 - Past Month
 - 24% drank Alcohol
- (YCAT Survey, 2018)

Virginia

- Past Year
 - 11% used Marijuana
 - 2% used Cocaine
 - .4% used Heroin
 - Past Month
 - 56% drank Alcohol
- (SAMHSA, 2015-16)

Adult Drug Use

Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



ALCOHOL

are

2x



MARIJUANA

are

3x



COCAINE

are

15x



Rx OPIOID PAINKILLERS

are

40x

...more likely to be addicted to heroin.

YCAT + VB: A Call to Action

- Collaborate with veterinarians, realtors, dentists, senior citizen groups, pharmacists, and prescribers
- Promote disincentives for unethical prescribing
- Reward companies and individual who partner for prevention
- Offer trainings to parents and grandparents about safer medication practices
- Expand drug disposal, take-back, and safety programs
- Increase awareness of drug risks via media and social media

What Respondents Say Can Be Done

- Increase education in schools
 - Life skills and decision making skills
- Increase parental knowledge
- Reduce access
- Increase community activities / support
- Increase prevention messages on social media
- Change laws / policy
 - Increase police interventions
- Other themes: increase mental health and rehab services, educate prescribers, increase mentoring
(YCAT Survey, 2018)

About Opioid Drugs

- 83% “strongly support” and “support” restrictions on opioid prescriptions
- 80% “strongly support” and “support” restrictions on opioid providers/prescribers

(YCAT Survey, 2018)

YCAT + VB: A Call to Action

- Advocate for stricter regulations
- Advocate for increased prevention funding
- Advocate for reduced availability of all drugs

NOW...
You Can Take ACTION
by Voting





RAFFLE



www.ycatcoalition.com