

Maine Adolescent Health : Mental Health

Maternal and Child Health Block Grant Data Brief

Domain Listening	Regional Forums	Survey (Professionals) (n=401)	Survey (Non-Professionals) (n=904)
Score: 27 (rank=1)	Top 2: 2 of 3 forums	75%	48%

Stakeholder Input

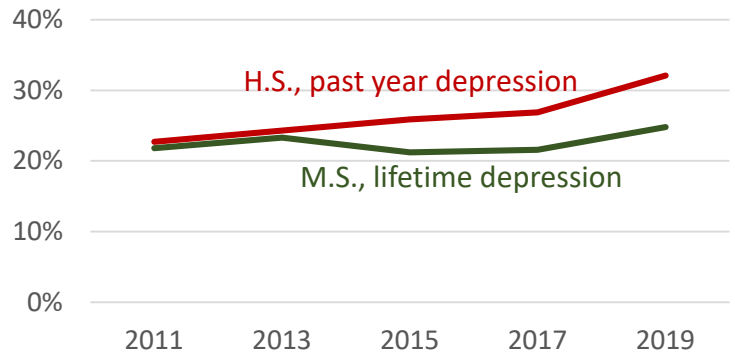
Stakeholders identified these **challenges**:

- Adverse childhood experiences
- Diagnosis, misdiagnosis
- Skills for coping with stress
- Stigma and access to services (especially in rural areas)
- Need training for new parents
- Self-harm, suicidality, access to firearms
- Aggression, violence
- Self-medicating, overmedication

Stakeholders identified these **opportunities**:

- Youth skill building
- Comprehensive school health education
- Youth engagement prevention
- Pair with comprehensive medical care (medical, dental, nutrition)
- Early & universal screenings & referral
- Educate school staff
- Student curriculum
- Wilderness programs

Nearly 1 in 3 (32%) high school students felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing some usual activities. The trend shows a significant increase from 2017 to 2019 (MIYHS).



16% of high school students seriously considered suicide in the past year (MIYHS, 2019).

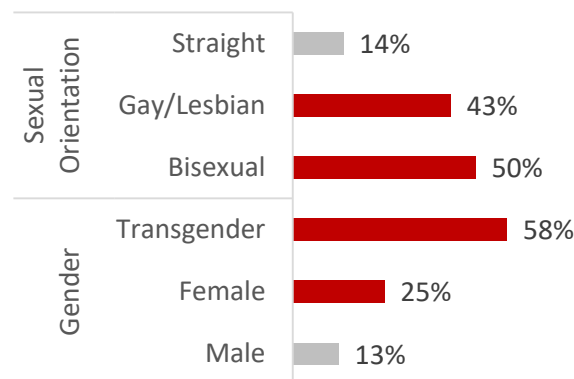
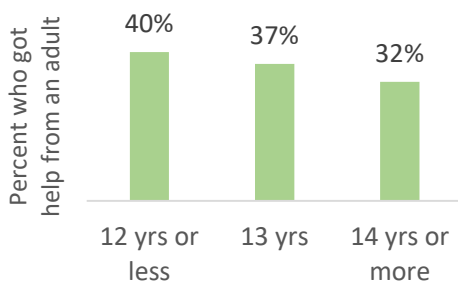
20% of middle school students ever seriously considered suicide (MIYHS, 2019).

19% of high school students had **long-term emotional or behavioral problems** lasting or expected to last 6 months or more (MIYHS, 2019).

Compared to boys and straight high school students, **girls and GLBT** students are more likely to have ever intentionally **harmed themselves** (MIYHS, 2019).

Racial and ethnic disparities are common across a number of mental health measures.

When they felt sad or hopeless **younger middle school** students were more likely than older students to **get help from an adult** (MIYHS, 2019).



Compared to White high school students, **American Indian/Alaska Native, Native Hawaiian/Pacific Islander, and multiracial students** are more likely to report seriously considering **suicide** in the past year (MIYHS, 2019).

Half of adolescents aged 12-17 with a mental/behavioral condition **received treatment or counseling** (NSCH, 2017/18).

Related National Performance Measures: Adolescents

NPM 9: Percent of adolescents, ages 12-17, who are bullied or who bully others.

NPM 10: Percent of adolescents with a preventive medical visit in the past year.

NPM 11: Percent of children with and without special health care needs, ages 0-17, who have a medical home.

NPM 12: Percent of adolescents with and without special health care needs, ages 12-17, who receive services necessary to make transitions to adult health care.

State Performance Measure: SPM 3: Percent of adolescents, ages 12-17, with unmet mental health needs.

Source: Maine Integrated Youth Health Survey (MIYHS), National Survey of Children's Health (NSCH)



Maine Adolescent Health : Substance Use

Maternal and Child Health Block Grant Data Brief

Domain Listening	Regional Forums	Survey (Professionals) (n=401)	Survey (Non-Professionals) (n=904)
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Score: 3 (rank=4)	Top 2: 1 out of 3 forums	Drug use: 30% (rank=3) Tobacco/Vaping:29% Alcohol use/binge drinking: 13%	Drug use: 30% Tobacco/Vaping: 16% Alcohol use/binge drinking: 12%
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Stakeholder Input

Stakeholders identified these **challenges**:

- Legalization of/early onset of marijuana use
- Substance use impact on employment and education
- Misuse of prescription drugs
- Punitive, maladaptive practices in addressing substance use, applied inequitably
- Self-medication
- Alcohol use

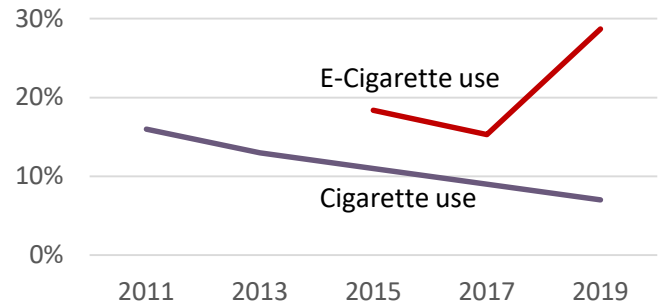
Stakeholders identified these **opportunities**:

- Use of best/restorative practices for schools' substance use response
- Prevention, skill development
- Screening, Brief Intervention, and Referral to Treatment
- Engage medical field better in prevention
- Count referrals as part of comprehensive health assessment

Tobacco and Vaping

Nearly **1 in 3 (29%)** Maine high school students **used an e-cigarette** at least once in the past 30 days (MIYHS, 2019). That is similar to the national prevalence of 28% (NYTS, 2019).

Past 30-day **e-cigarette use** among high school students increased dramatically from 2017 to 2019, while **combustible cigarette use** continued to decline (MIYHS, 2019).



Illegal Drugs

1 in 4 (23%) high school students have been **offered, given or sold an illegal drug on school property** in the past year (MIYHS, 2019).

12% of high school students have ever **misused a prescription drug** (MIYHS, 2019).

4% of youth ages 12-17 **had a substance use disorder** in the past year. Of those, 4% needed but did not receive treatment (NSDUH, 2016-17).

Marijuana

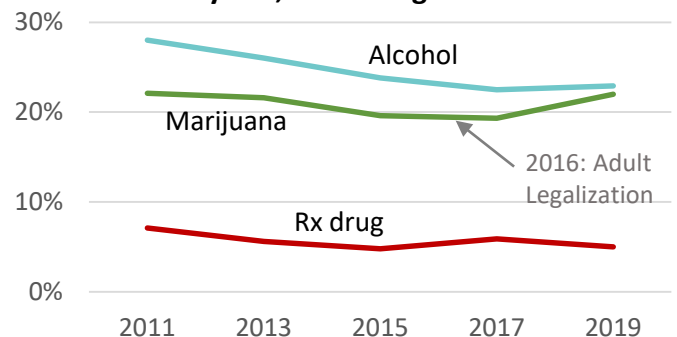
1 in 5 (22%) high school students and **4% of middle school students used marijuana** in the past 30 days. There was a significant increase in past 30-day marijuana use among high school students between 2017 and 2019 (MIYHS, 2019). Marijuana use was significantly higher among Hispanic and Hawaiian/Pacific Islander students compared to non-Hispanic and White students.

Alcohol

1 in 4 (23%) high school students drank **alcohol** at least once in the past 30 days. The trend remained flat from 2017 to 2019 (MIYHS).

Among those who drank alcohol in the past 30 days, 1 in 3 (33%) had 5 or more drinks in a row (binge drinking; MIYHS, 2019). Males are significantly more likely than females to binge drink (39% vs 26%).

Past 30-day use, Maine High School Students



Related National Performance Measures : Adolescents

NPM #7: Rate of injury-related hospital admissions per population ages 12-19

NPM #9: Percent of adolescents, ages 12-17, who are bullied

NPM #10: Percent of adolescents with a preventive services visit in the last year



Maine Adolescent Health : Bullying and Harassment

Maternal and Child Health Block Grant Data Brief

Domain Listening	Regional Forums	Survey (Professionals) (n=401)	Survey (Non-Professionals) (n=904)
Score: 15 (rank=2)	Top 2: 0 out of 3 forums	30% (rank=2)	43% (rank=2)

Stakeholder Input

Stakeholders identified these **challenges**:

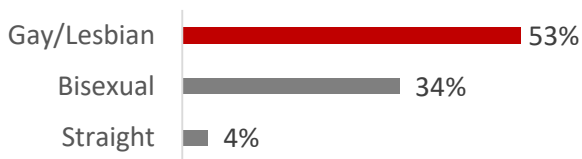
- Bullying based on identity, homelessness, health needs, income
- Adults don't know how to help
- Intergenerational impact
- Misinformation among adults
- Institutionalized microaggressions
- Punitive discipline (for people of color)

Stakeholders identified these **opportunities**:

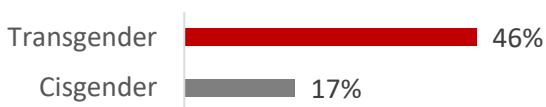
- Empathy development
- Staff training
- Primary prevention, social-emotional learning
- Digital citizenship
- Engage civil rights teams
- Parent resources

Gender & Sexual Orientation-based Harassment

1 in 2 (53%) gay/lesbian high school students have been the target of attacks or offensive comments at school or on their way to or from school because of their **perceived sexual orientation** (MIYHS, 2019).

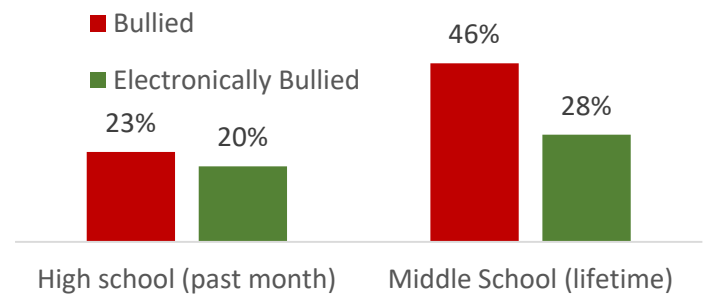


1 in 2 (46%) transgender high school students have been the target of attacks or offensive comments at school or on their way to or from school because of their **perceived gender identity** (MIYHS, 2019).



Bullying

About 1 in 5 Maine **high school** students **have been bullied on school property** or **electronically bullied** in the past month. Among **middle school** students, **half (46%) have ever been bullied** on school property and **28% have been bullied electronically**. (MIYHS, 2019).

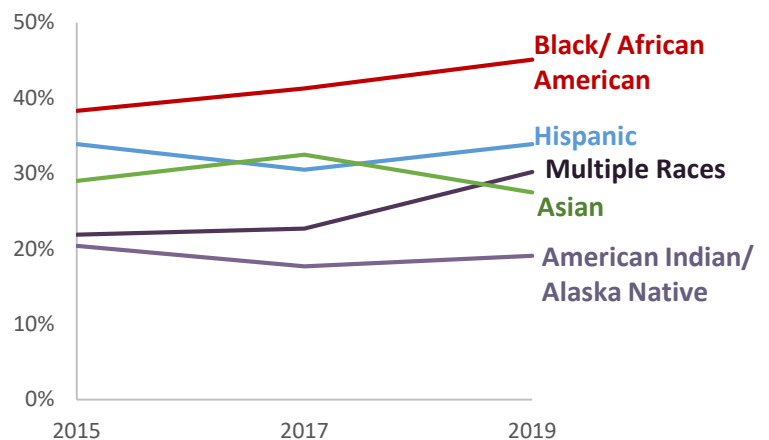


Race-based harassment

Nearly **1 in 2 (45%) Black/African American** high school students have ever been the target of **attacks or offensive racial comments** at school or on the way to school (MIYHS, 2019).

Between 2017 and 2019, the percentage of high school students who experienced race-based harassment increased for all non-white groups except Asians (MIYHS).

Maine High school students who have ever been the target of attacks/offensive racial comments



Related National Performance Measures : Adolescents

NPM 9: Percent of adolescents age 12-17 who are bullied or who bully others.

Source: Maine Integrated Youth Health Survey (MIYHS).



Maine Adolescent Health : Access to Family Planning

Maternal and Child Health Block Grant Data Brief

Domain Listening

Score: 10 (rank=3)

Regional Forums

Top 2: 0 of 3 forums

Survey (Professionals) (n=401)

Access to birth control: 20% (rank =4)
Teen pregnancy: 4%
STDs: 4%

Survey (Non-Professionals) (n=904)

Access to birth control: 31% (rank =3)
Teen pregnancy: 15%
STDs: 7%

Stakeholder Input

Stakeholders identified these **challenges**:

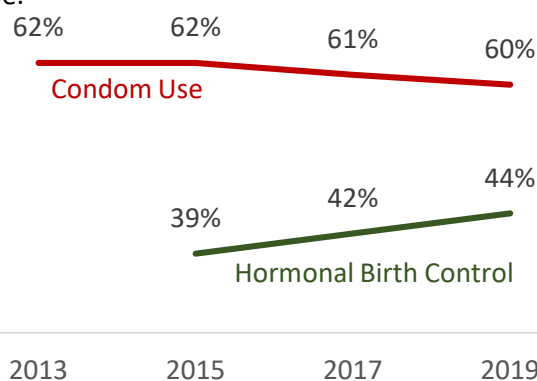
- Lack of adolescent health specialists
- Sexually transmitted disease rates going up, condom use going down.
- HPV Vaccination

Stakeholders identified these **opportunities**:

- Co-location of medical & mental health services
- School-based health centers
- Need for social workers, nurses, counselors in schools
- Safe sex education

Condom and Birth Control Use

Among Maine high school students who ever had sexual intercourse, **3 in 5** (60%) said they or their partner **used a condom last time they had sex**; 44% said they used a hormonal method to prevent pregnancy (MIYHS, 2019). Condom use has declined slightly over time.



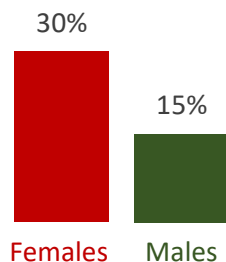
Confidential Preventive Care

90% of Maine adolescents age 12-17 had a **preventive check up in the last year**, giving Maine the second highest rate in the nation (NSCH, 2017-2018).

Of those who had a check up in the past year, **72% of females and 65% of males spoke to the doctor privately**, that is without their parents in the room. This compared with 50% and 52% nationally (NSCH, 2017-2018).

STD Testing & Vaccination

1 in 5 (22%) high school students who were sexually active had been **tested for sexually transmitted diseases** in the past year. **Females** (30%) were more likely than **males** (15%) to be tested (MIYHS, 2019).



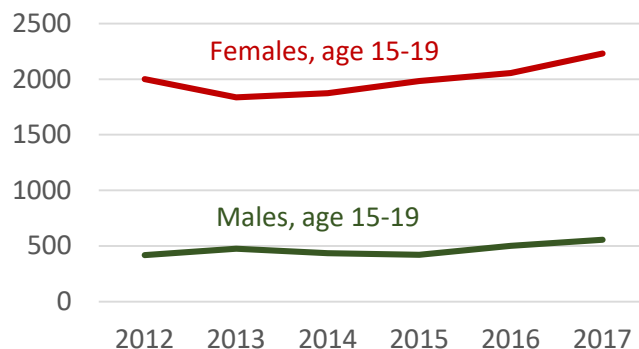
Half (51%) of Maine adolescents age 13-17 are up to date on their human papillomavirus (HPV) vaccination. That is the same as the U.S. percentage (NIS-Teen, 2018).

Sexually Transmitted Diseases

Chlamydia among adolescents aged 15-19 has been **increasing since 2014, especially among females**. Overall, Maine's chlamydia rate (1,368 per 100,000) remains much lower than the U.S. (2,072 per 100,000; NCHHSTP AtlasPlus).

Maine rates of Gonorrhea, Syphilis and HIV also remain well below U.S. rates (NCHHSTP AtlasPlus).

Chlamydia rates per 100,000 population, Maine



Related National Performance Measures : Adolescents

NPM 10: Preventative medical visit, age 12-17 years

NPM 15: Percent of children ages 10-17 who are continuously and adequately insured.

Sources: Maine Integrated Youth Health Survey (MIYHS), National Survey of Children's Health (NSCH), NCHHSTP AtlasPlus--Centers for Disease Control and Prevention. <https://www.cdc.gov/nchhstp/atlas/index.htm>. Accessed on 12/9/19, National



Maine Adolescent Health : Violence

Maternal and Child Health Block Grant Data Brief

Domain Listening	Regional Forums	Survey (Professionals) (n=401)	Survey (Non-Professionals) (n=904)
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Score: NA (not ranked in top 5)

Top 2: 0 of 3 forums

Dating violence/sexual assault: 19%
Unsafe school: 4%

DV/SA: 24% (rank=5)
Unsafe school: 11%

Stakeholder Input

Stakeholders discussed violence in the context of mental health and adverse childhood experiences, which include sexual abuse and child maltreatment.

Adverse Childhood Experiences

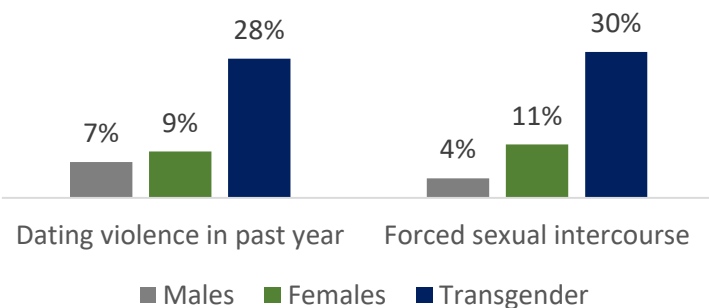
About **1 out of 5** (21%) Maine high school students have experienced four or more adverse childhood experiences. (MIYHS, 2019).

Experiencing four or more adverse childhood experiences is reported more frequently by students who are:

- Hispanic (31%)
- Native American (33%)
- Gay or lesbian (38%)
- Bisexual (46%)
- Transgender (53%)

Sexual and Dating Violence

9% of high school students reported **dating violence** in the past year. **8%** of high school students had ever been **forced to have sexual intercourse**. The prevalence for both types of violence **was higher among female and transgender students** (MIYHS, 2019).

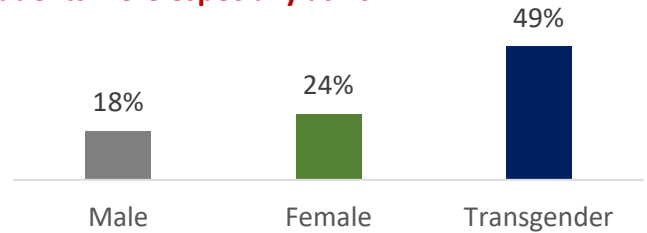


Forced sexual intercourse is also more prevalent among high school students identifying as **American Indian/Alaska Native (13%), Native Hawaiian/Other Pacific Islander (25%), and Multiracial (13%)** compared to White students (7%; MIYHS, 2019).

Physical Violence

About **1 out of 5** (22%) Maine high school **males** and 11% of high school females were **in a physical fight in the past year** (MIYHS, 2019).

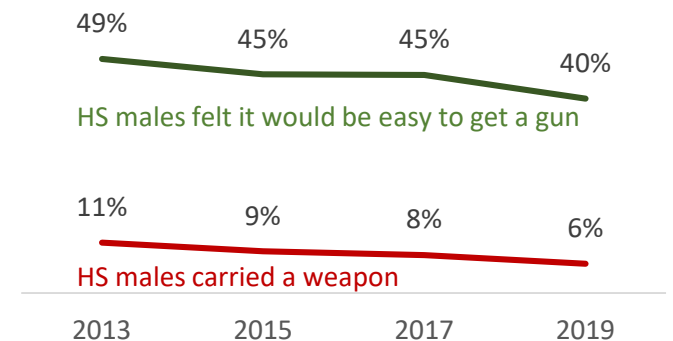
1 in 5 (20%) high school students said **violence or the threat of violence had made them want to leave home**, even for a short while. **Female and transgender students were especially at risk**.



Weapons

1 in 20 (6%) of high school **males carried a weapon on school property** in the past month. 5% of middle school males have ever carried a weapon on school property (MIYHS, 2019).

40% of high school males said it would be sort of easy or very easy to get a gun.



1 in 10 (10%) high school students have been **threatened or injured with a weapon** at least once in the past year (MIYHS, 2019).

Related National Performance Measures : Adolescents

NPM 9: Percent of adolescents, ages 12 through 17 years, who are bullied or who bully others.

NPM 10: Percent of adolescents with a preventive medical visit in the past year.

Source: Maine Integrated Youth Health Survey (MIYHS)

