

Youth Substance Use & Behavioral Health Survey

To Transylvania County Schools Board of Education

April 21, 2025



CARE Coalition is a grassroots, community group representing diverse interests dedicated to reducing substance misuse and underage drinking in Transylvania County.



**Operates with representation
from 12 community sectors +
people with lived experience.**

Government, Healthcare, Education,
Substance misuse agencies, Youth-serving agencies,
Faith groups & churches, Civic/volunteer groups,
Businesses, Media, Youth, Parents, Law enforcement

Youth Substance Use & Behavioral Health Survey

Substance Use Questions

Past 30-day use

- Perception of harm
- Peer & parent disapproval
- Ease of access

AND...

- Age of initiation
- Past year use
- Access points



Youth Substance Use & Behavioral Health Survey

Behavioral Health Questions

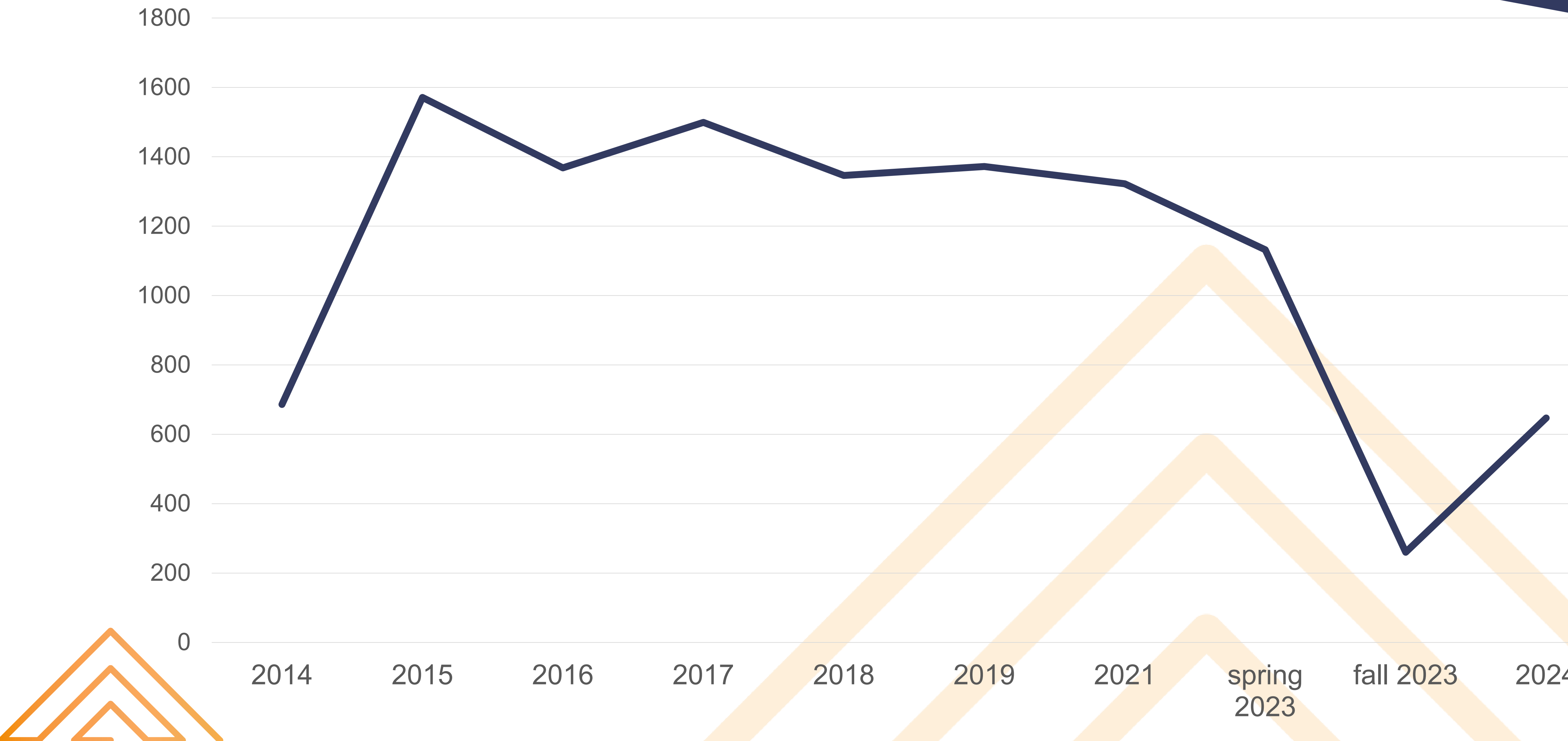
- Key depression & anxiety symptoms
- Number of poor mental health days
- Access to care

...and Protective Factors

- Presence of caring adult
- Family expectations
- Afterschool activities
- Coping skills



Survey Sample Size

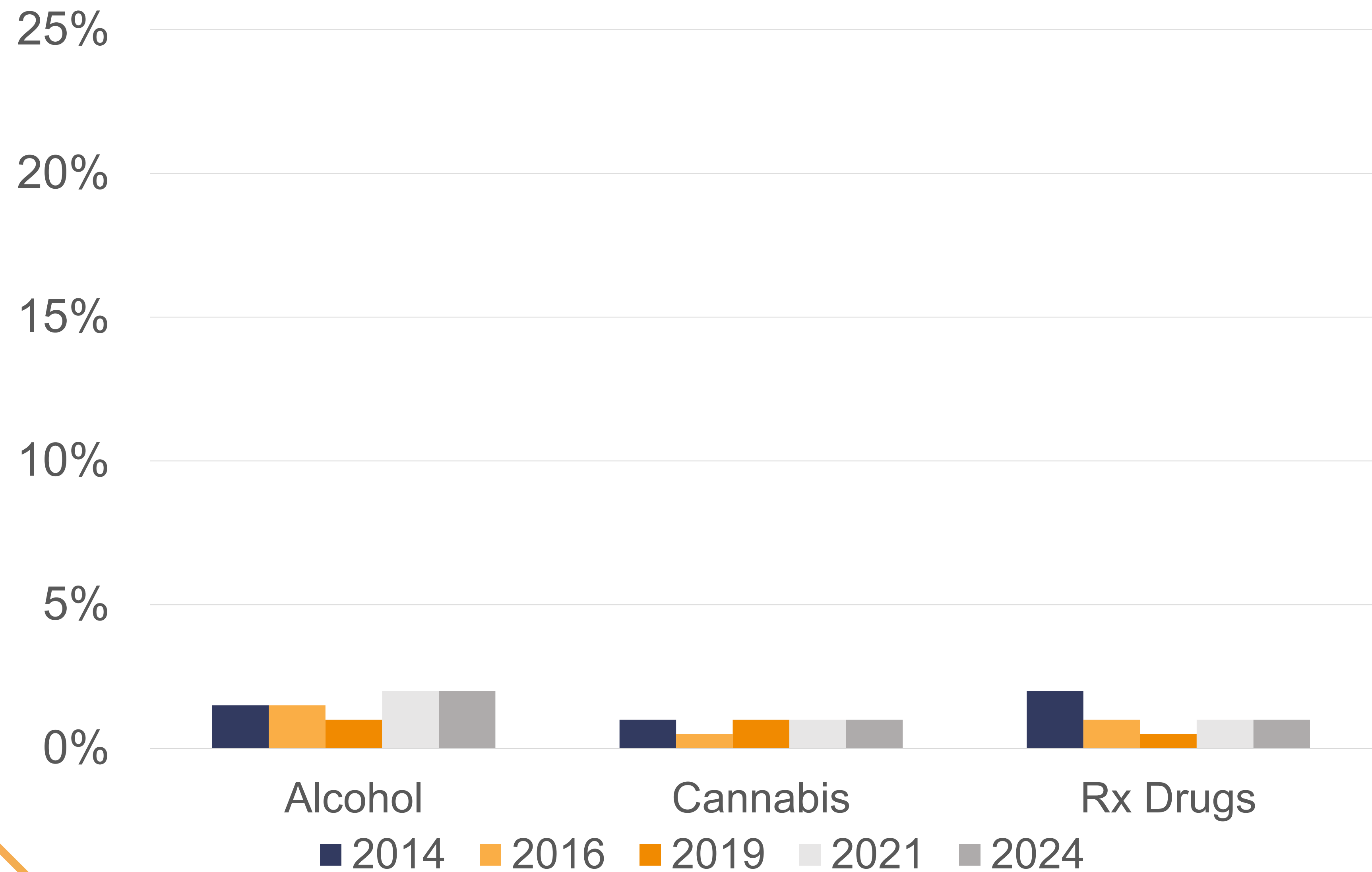


Data Limitations

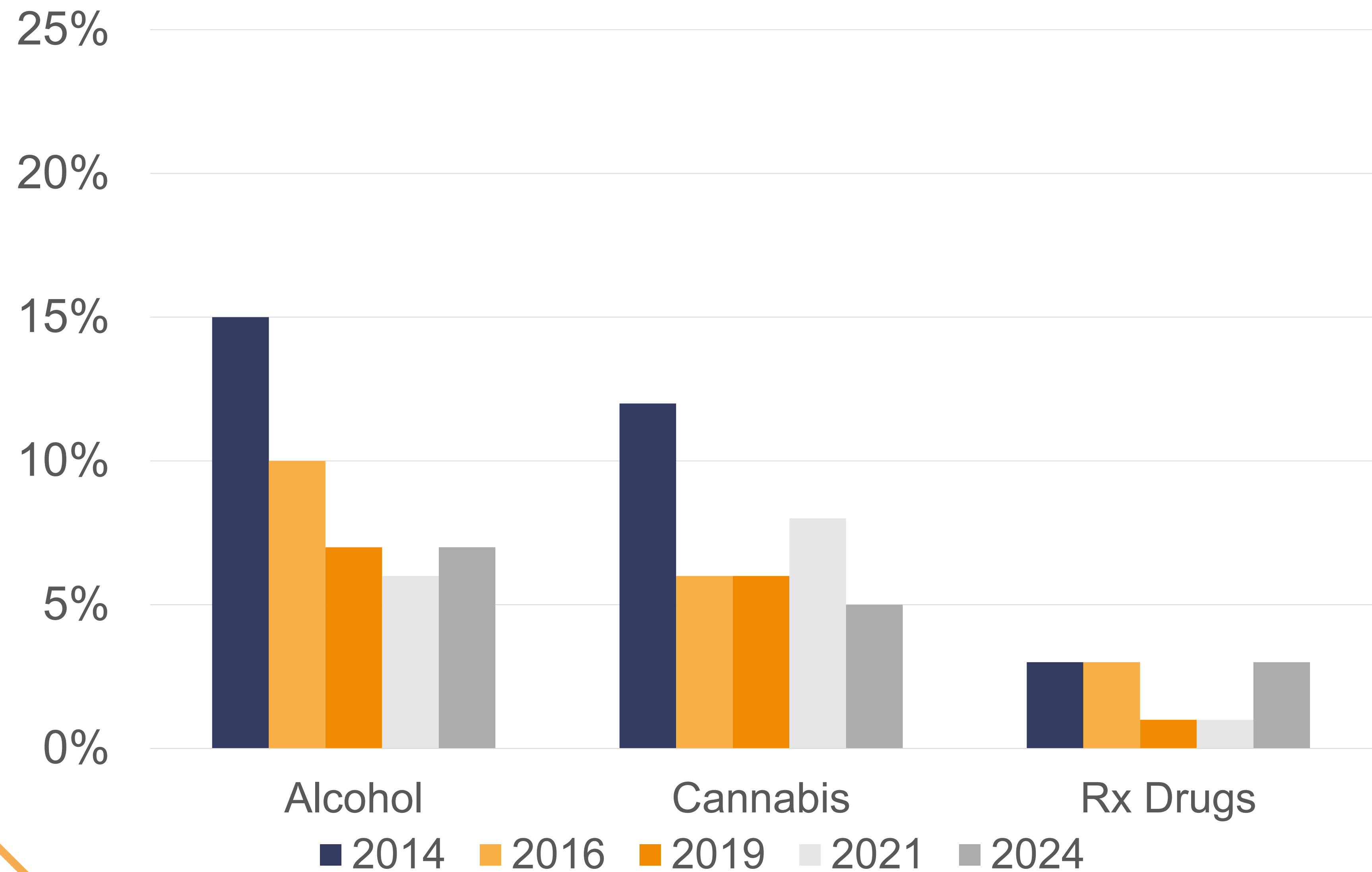
- Social desirability bias
- Sampling bias



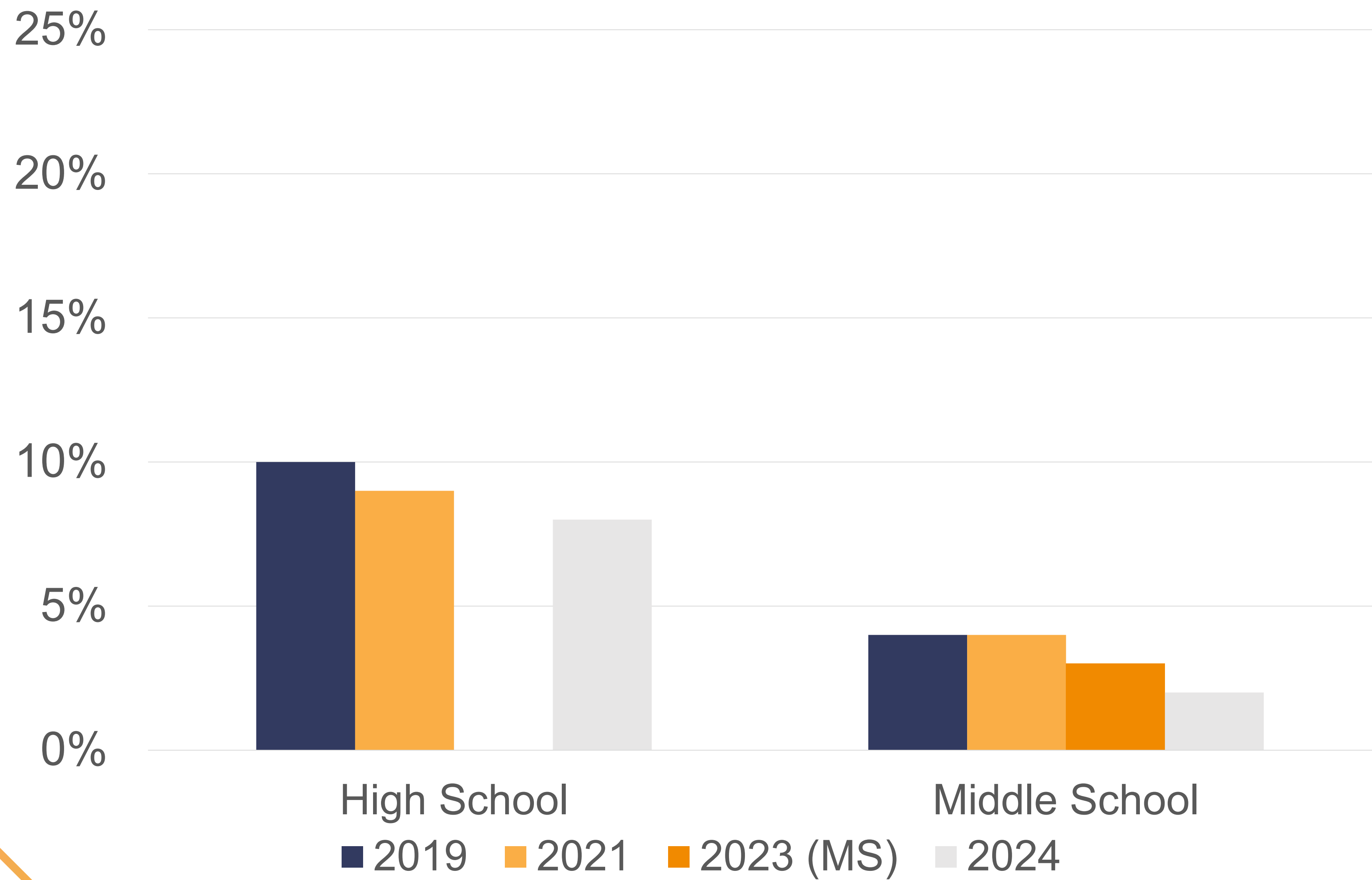
Results: Past 30-day Use, Middle School



Results: Past 30-day Use, High School

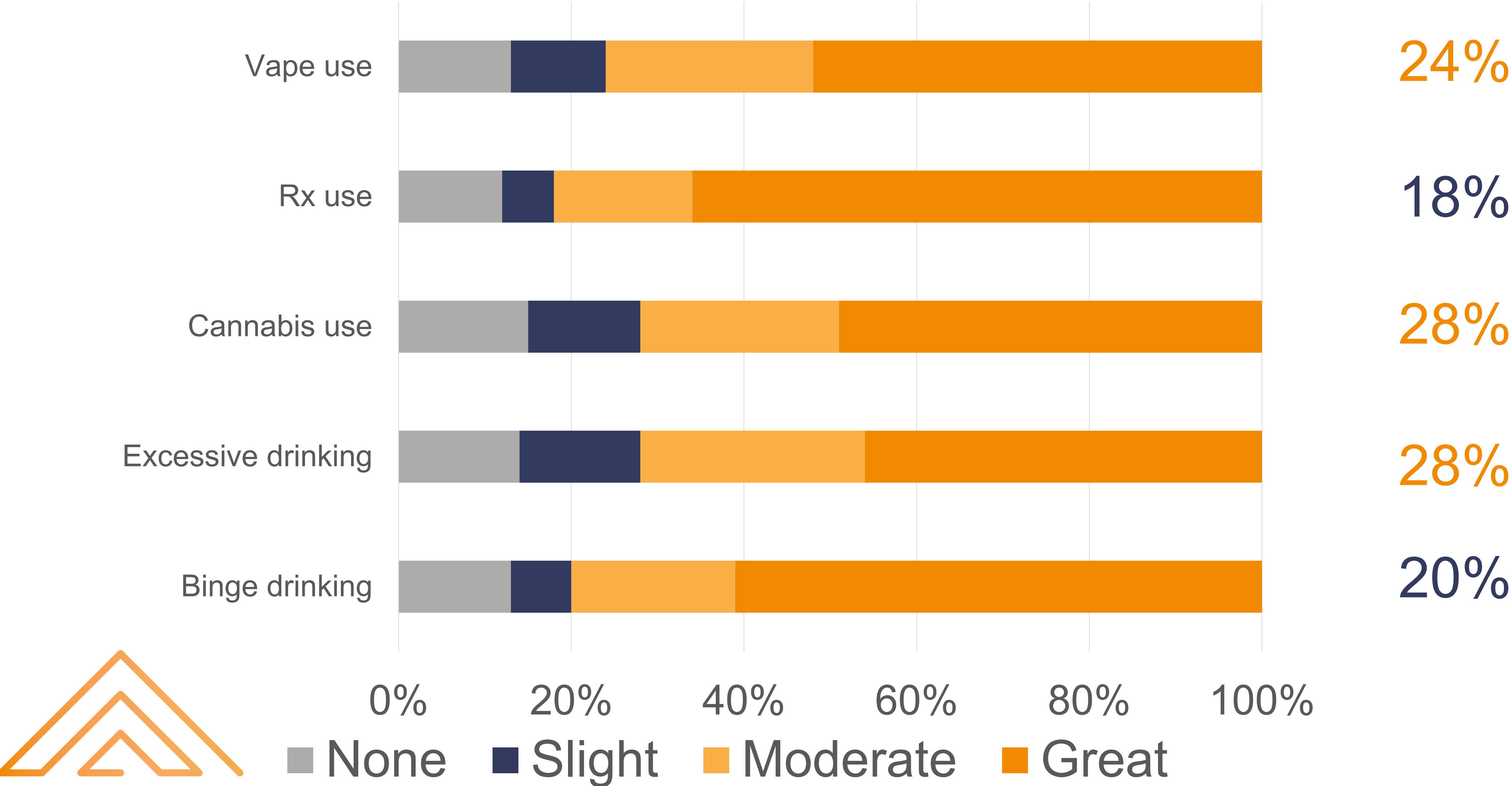


Results: Past 30-day Use, Vaping



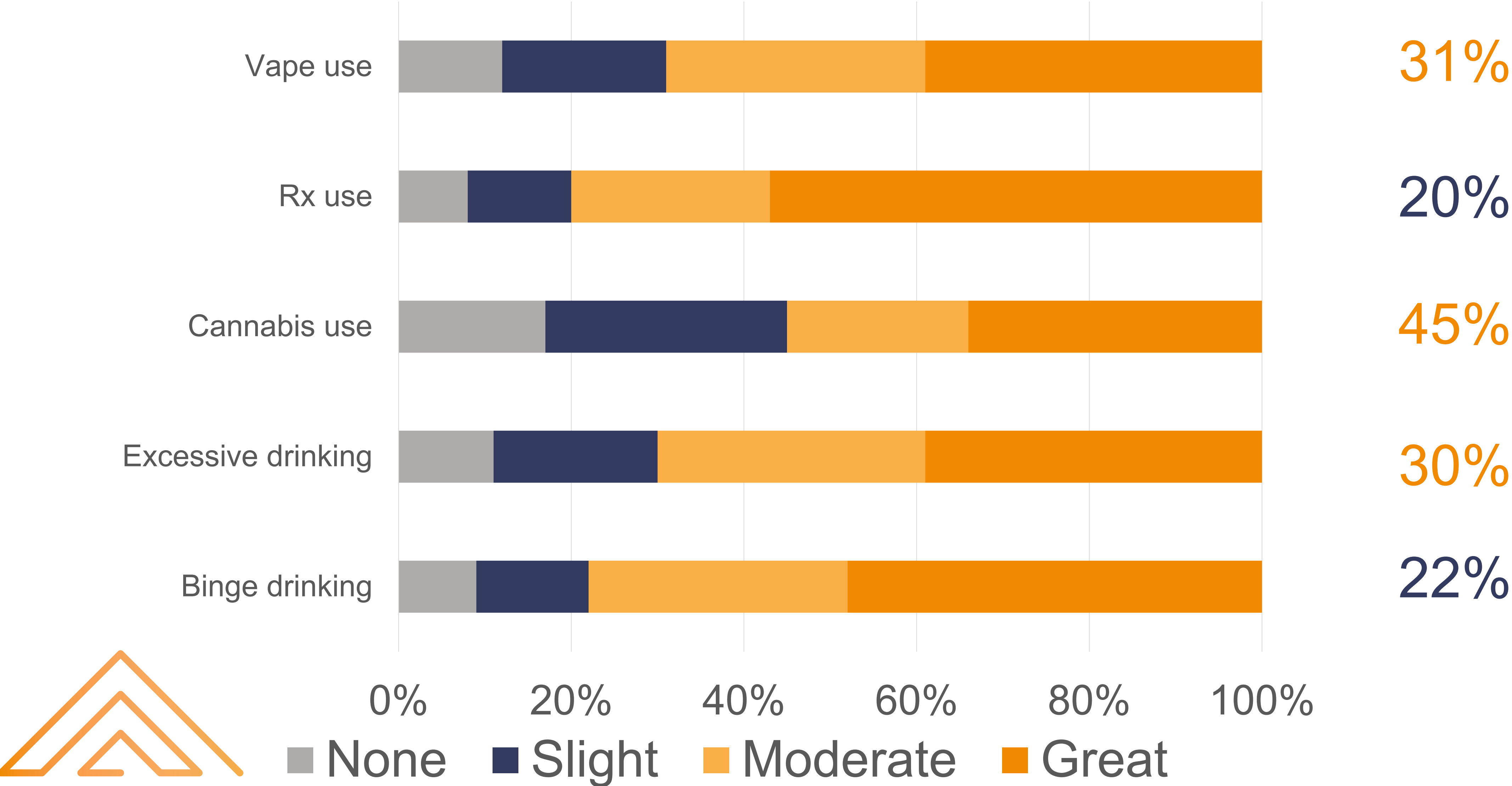
Perception of Harm— Middle School

No/Slight Risk



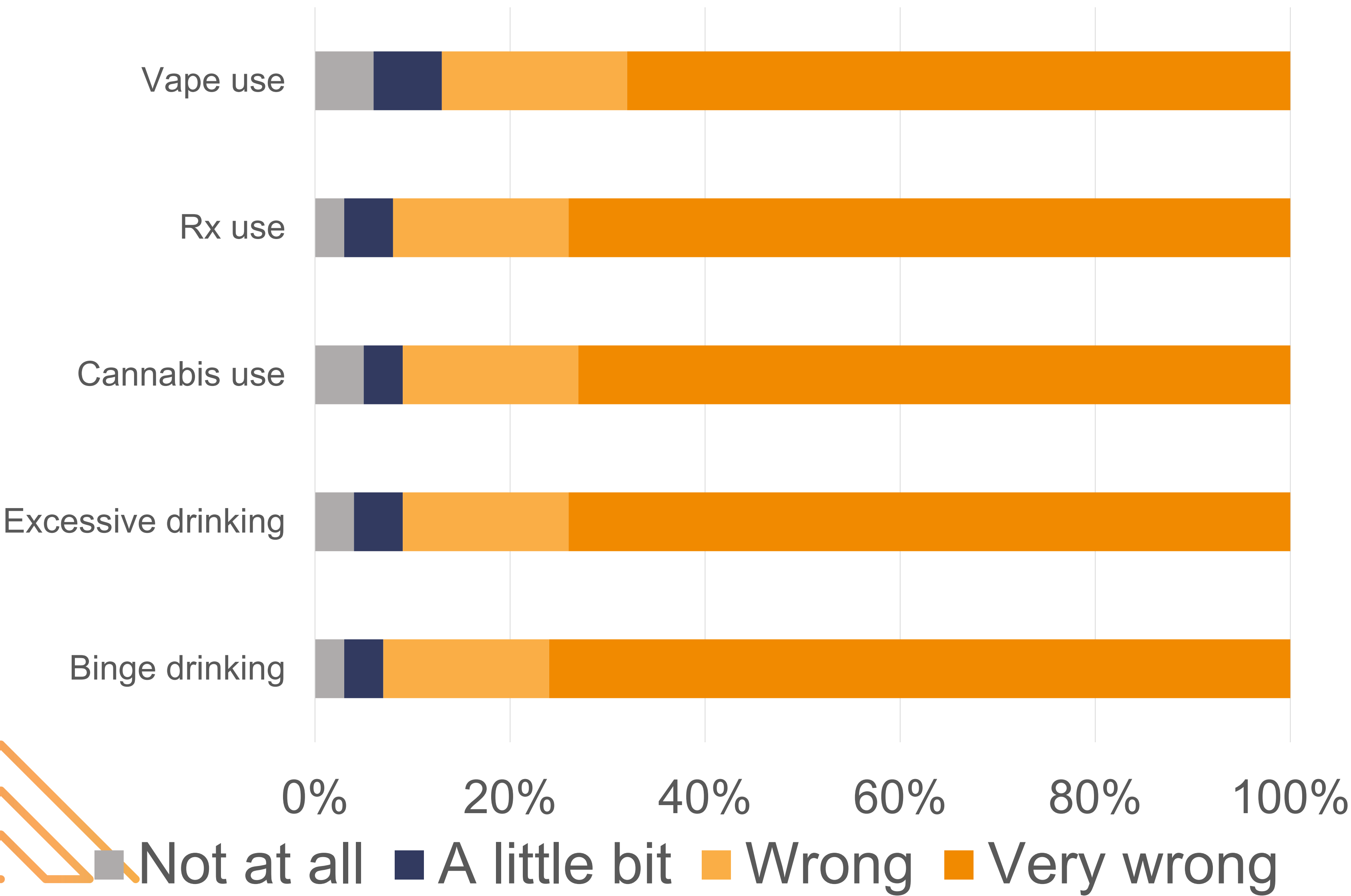
Perception of Harm— High School

No/Slight Risk



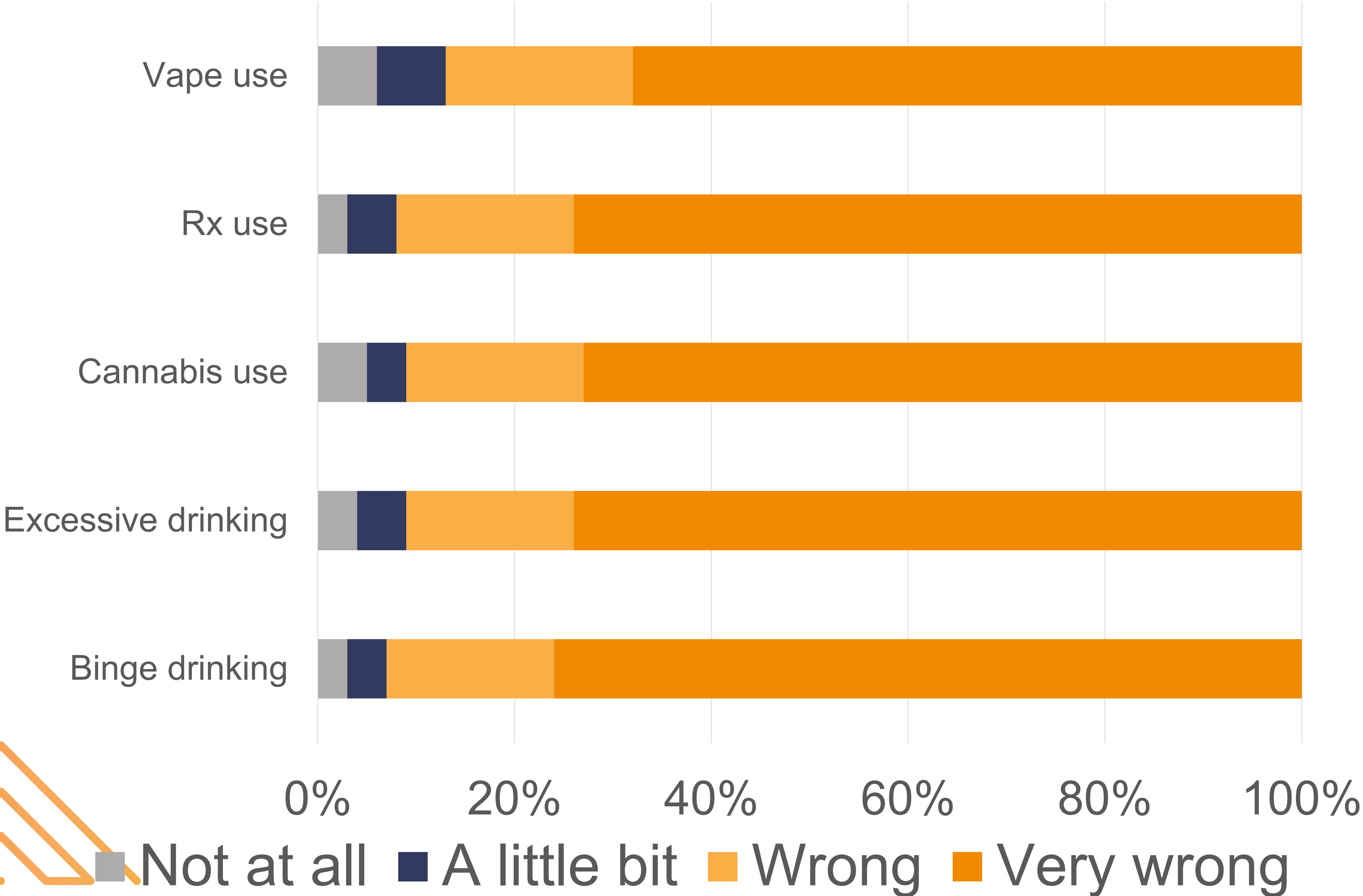
Perception of Peer Disapproval— Middle School

Not at all/
a little bit



Perception of Peer Disapproval— High School

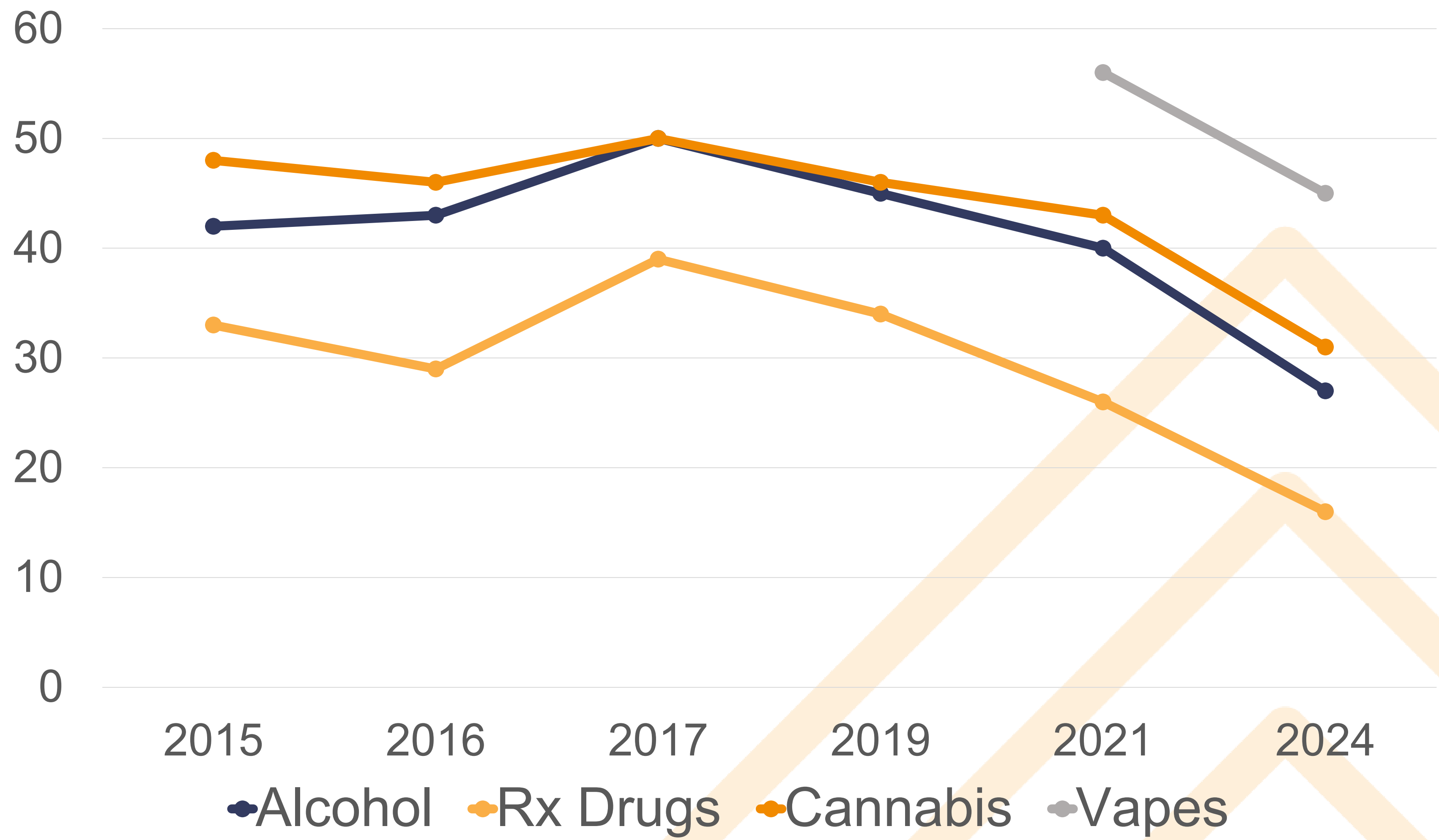
Not at all/
a little bit



Not at all A little bit Wrong Very wrong

Ease of Access: High School

% of students who say it is “somewhat easy or very easy”
to access substances



Monitoring Emerging Drug Trends



- Cannabis extract products—Delta 9, Delta 8, THC-A (vape & edible)
- 7-hydroxymitragynine (highly potent kratom extract, powder, tablet, & vape)
- Psilocybin & amanita extracts (vape, tincture, & edible)
- Phenibut (dietary supplement)
- No legal minimum age to purchase
- 12 shops within city limits



Behavioral Health Indicators—High School

- ~30% indicate their life has been negatively impacted by substance use
 - 9 poor mental health days per month
 - About 40% report needing mental health care in the last 12 months
- 
- 47% report improved mental health
 - 11% did not receive needed mental health care (down from 24% in 2021)
 - 84% report at least 1 healthy coping strategy
 - 85% are able to get the social & emotional support they need
 - 82% have a caring adult in their lives



Recommendations

Data integrity—collect and track other proxy measures

Emerging drug trends—educate teachers & advocate to elected officials

Prevention & intervention—establish multiple pathways for parent engagement to ensure optimum uptake in services



questions?





**thank
you.**