

# 2023-24 ST. CLAIR COUNTY REPORT

## High School & Middle School Substance Use and Mental Health

This report summarizes key findings from the 2023-2024 school-year for St. Clair County (SCC) Michigan Profile for Healthy Youth (MiPHY) survey for student drug and alcohol use, risks associated with use, drug and alcohol perceptions, and prevalence of mental health issues.



**MOST SCC MIDDLE & HIGH SCHOOL STUDENTS ARE NOT USING DRUGS AND ALCOHOL**

In the past 30 days:

- 2.4% of middle schoolers and 10.7% of high schoolers used alcohol
- 1.6% of middle schoolers and 7.2% of high schoolers had 5 or more drinks of alcohol within a couple hours
- 3.0% of middle schoolers and 11.6% of high schoolers used marijuana
- 0.8% of middle schoolers and 1.2% of high schoolers smoked cigarettes
- 4.9% of middle schoolers and 5.9% of high schoolers misused prescription drugs
- 6.5% of middle schoolers and 13.8% of high schoolers used vaping products

### HIGH SCHOOL STUDENTS



#### Alcohol

2.1 in 20 SCC high school students drank alcohol in the past 30 days

#### Binge Drinking

1.4 in 20 SCC high school students drank alcohol in the past 30 days



#### Marijuana

2.3 in 20 SCC high school students used Marijuana in the past 30 days

#### Cigarettes

0.2 in 20 SCC high school students smoked cigarettes in the past 30 days



#### Prescription Drugs

1.2 in 20 SCC high school students misused prescription drugs in the past 30 days

#### Vaping

2.8 in 20 SCC high school students used vaping products in the past 30 days



#### REPORT BACKGROUND

St. Clair County data was obtained from the 2023-24 St. Clair County MiPHY, a student survey assessing 7th, 9th, and 11th graders' substance use, violence, physical activity, sexual behavior, and emotional health. The 2023-24 PRIDE Survey and the 2021 Youth Risk Behavior Survey were used as a national comparisons.

Report format was adapted by the Oakland County Key Findings Report from the Alliance of Coalitions for Healthy Communities.

# YOUTH PERCEPTIONS

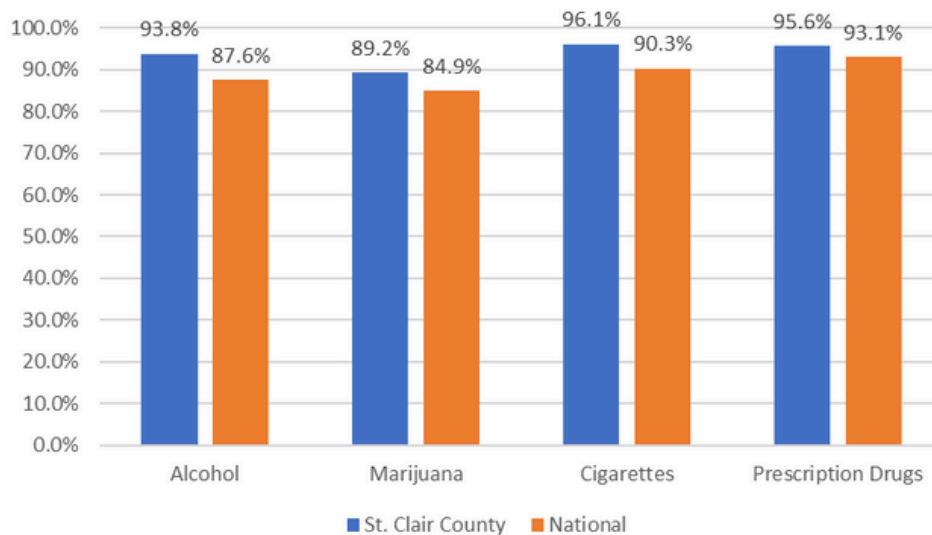
St. Clair County (SCC) students were asked to rate their friends' and parents' perception of teen drug and alcohol use on a scale ranging from not wrong to very wrong. Disapproval was categorized as responses including wrong and very wrong.

Generally, higher perceptions of disapproval resulted in lower use of substances. Among SCC high school students both parents' and friends' disapproval of alcohol, cigarettes, and misuse of prescription drugs was higher than the national rate. For marijuana use, parents' disapproval was higher than the national rate but friends' disapproval was not higher.

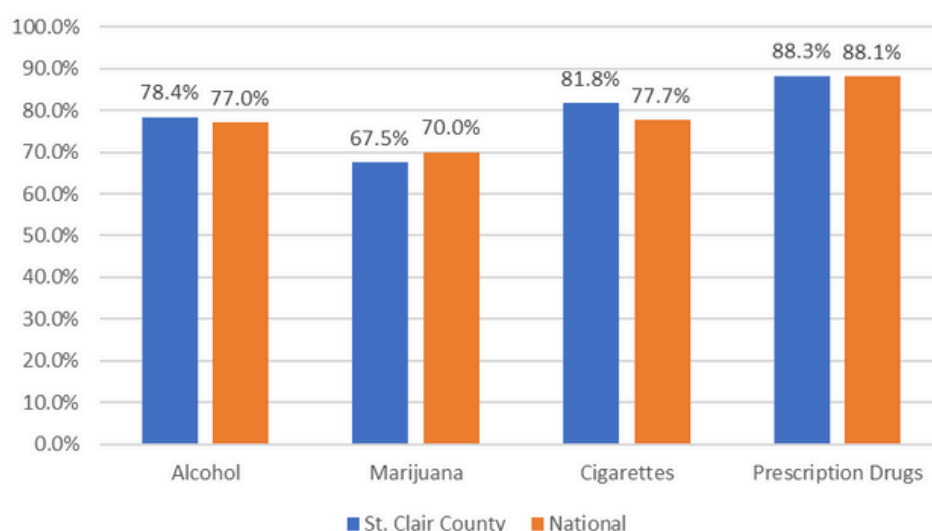


**MOST YOUTH THINK PARENTS' AND FRIENDS' DISAPPROVE OF DRUG AND ALCOHOL USE.**

**Perception of Parents' Disapproval**



**Perception of Friends' Disapproval**



## MIDDLE SCHOOL STUDENTS

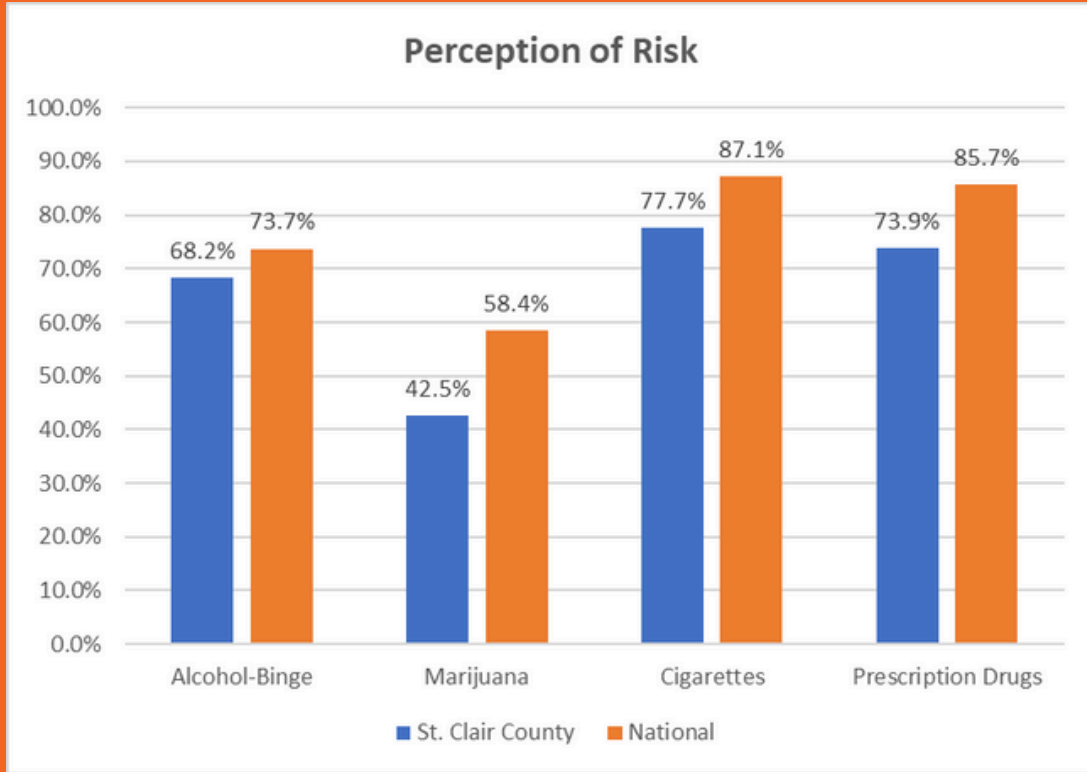
St. Clair County (SCC) Parents' and friends' disapproval for middle school students was higher than national perceptions for alcohol, marijuana, cigarettes, and misuse of prescription drugs.

SCC 7th grade students perceived parents' disapproval of alcohol, marijuana, cigarettes, and prescription drugs at 96.5% or higher, and friends' disapproval at 90.3% or higher.

Source:  
2023-24 PRIDE Survey  
was used as the national comparison.

# PERCEPTION OF RISK

St. Clair County youth were asked about their perception of drug and alcohol risk of harm on a scale ranging from no risk to great risk. Perception of a substance as being risky was categorized as such based on selections of moderate risk to great risk. Higher perceptions of risk generally resulted in lower use of substances.



**MOST YOUTH THINK THE RISK ASSOCIATED WITH ALCOHOL, CIGARETTES, AND PRESCRIPTION DRUG MISUSE WAS OF MODERATE TO GREAT RISK.**

Source: 2023-24 PRIDE Survey was used as the national comparison.



**SCC YOUTH PERCEPTIONS OF RISK WERE LOWER THAN NATIONAL PERCEPTIONS FOR ALCOHOL, CIGARETTES, MARIJUANA AND MISUSE OF PRESCRIPTION DRUGS.**

# PAST 30 DAY USE

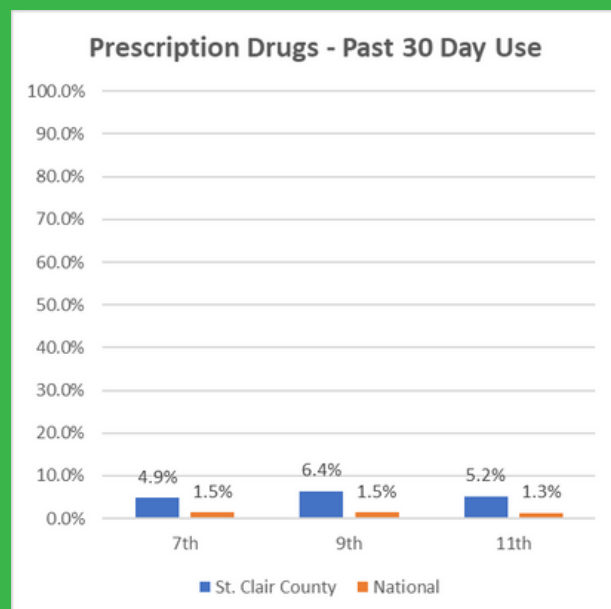
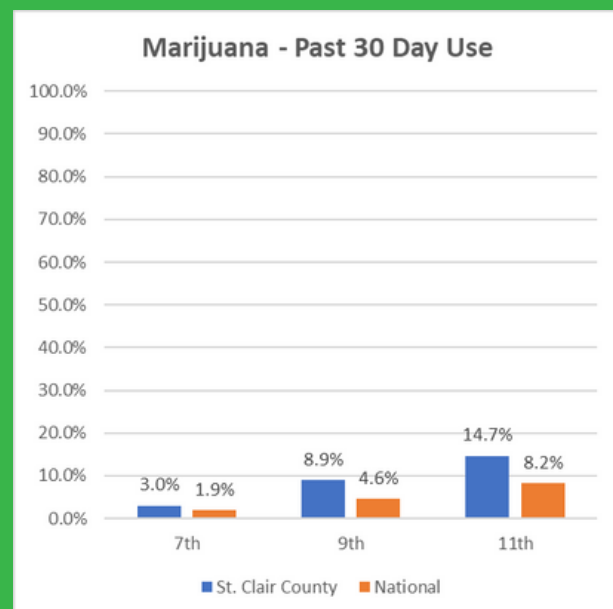
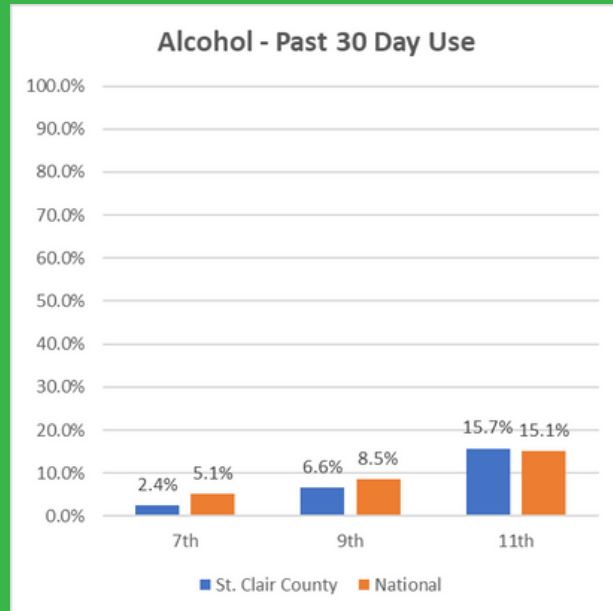
The graphs below depict past 30 day use of alcohol, marijuana, and prescription drugs for St. Clair County (SCC) 7th, 9th, and 11th grade students and the national rate.

## STUDENTS IN GRADES: 7TH, 9TH AND 11TH



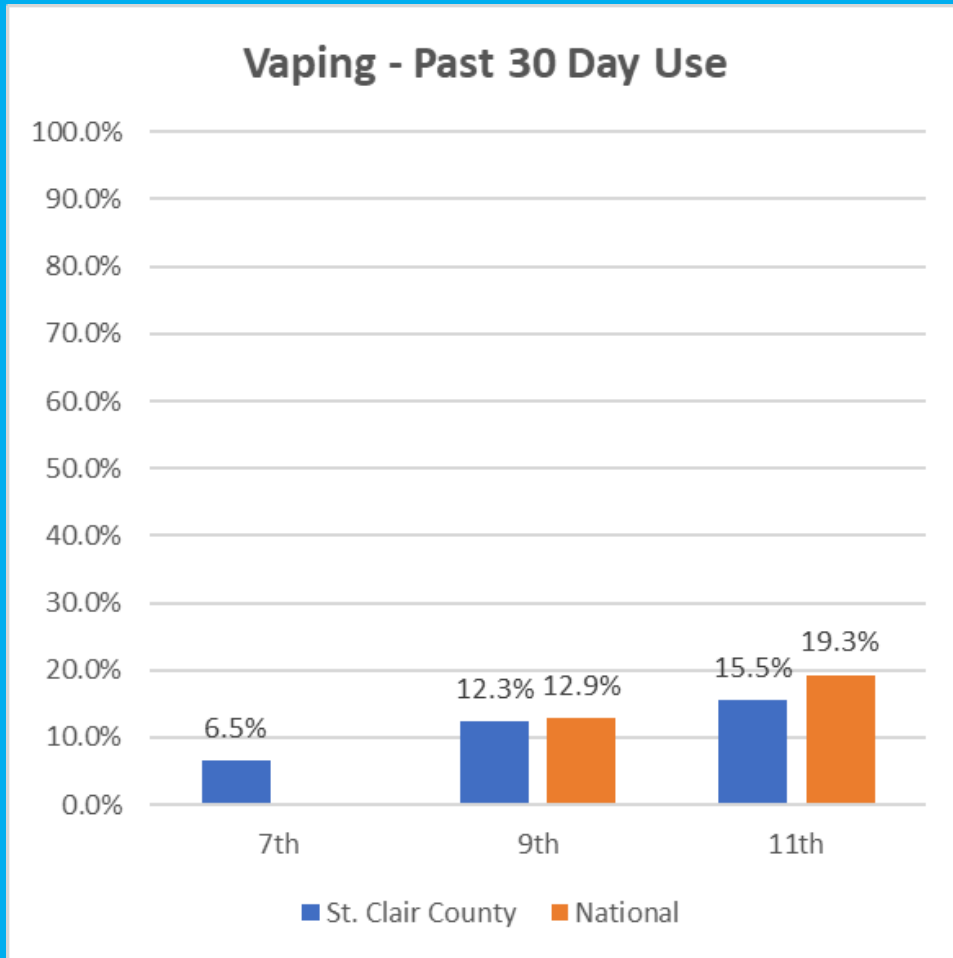
- Past 30 day use of alcohol was lower for 7th & 9th SCC students than the national rate
- Past 30 day use of marijuana was higher for SCC students than the national rate
- Past 30 day prescription drug misuse was higher for SCC students than the national rate

SOURCE: 2023-24 PRIDE Survey was used as the national comparison .



# VAPING PAST 30 DAY USE

The graph below depicts the past 30 day use of vaping for St. Clair County (SCC) 7th, 9th, and 11th grade students and the national rate.



NOTE: National data for 7th grade was not available.

SOURCE: National data for 9th and 11th grade was obtained from the Youth Risk Behavior Survey, 2021.



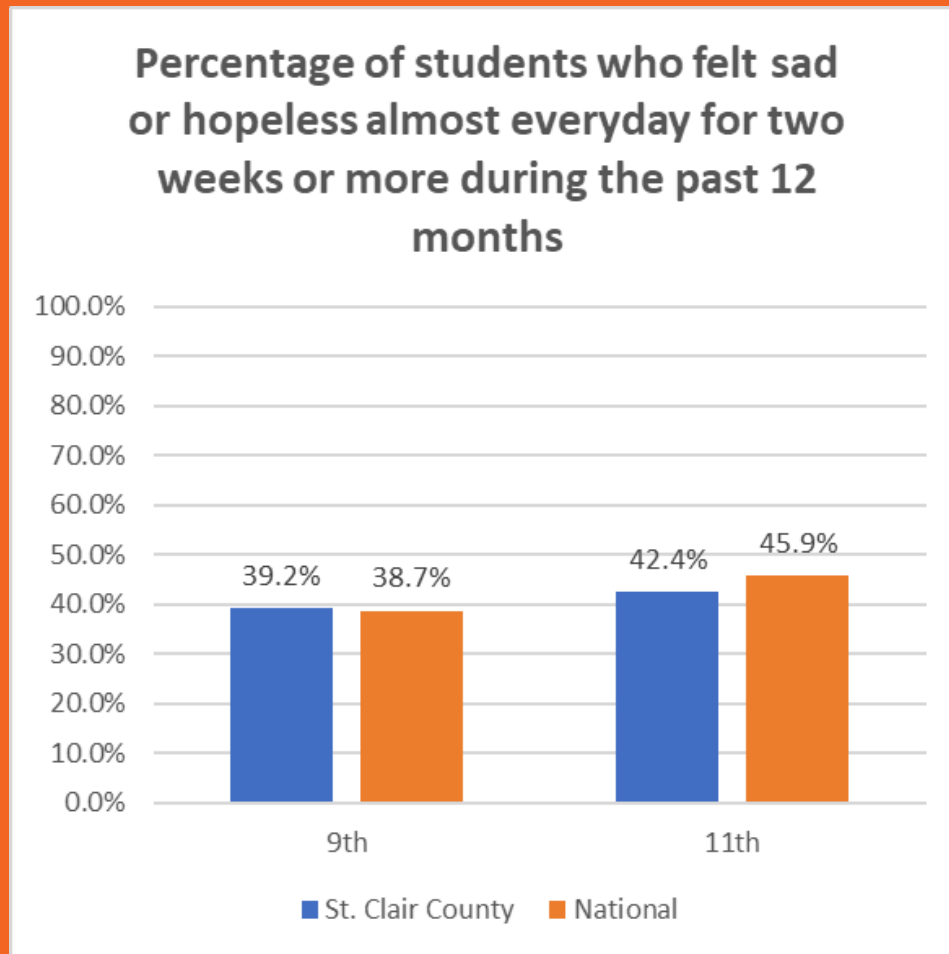
SCC had a **lower** percentage of 9th and 11th grade students who used vaping products in the past 30 days, compared to the national percentage.



Among 7th grade SCC students, 6.5% had used vaping products in the past 30 days. There was no national percentage at this time.

# DEPRESSION YOUTH MENTAL HEALTH

The graph below depicts the percentage of 9th and 11th grade students who reported experiencing depression within the past 12 months for St. Clair County (SCC) and nationally.



SOURCE: National data for 9th and 11th grade was obtained from the Youth Risk Behavior Survey, 2021.



SCC 9TH GRADE STUDENTS EXPERIENCED FEELING SAD OR HOPELESS AT **HIGHER RATES** THAN HIGH SCHOOL STUDENTS NATIONALLY.



SCC 11TH GRADE STUDENTS EXPERIENCED FEELING SAD OR HOPELESS AT **LOWER RATES** THAN HIGH SCHOOL STUDENTS NATIONALLY.

# SUICIDE YOUTH MENTAL HEALTH

The graphs below depicts the percentage of 9th and 11th grade students who reported having suicidal thoughts and suicide attempts within the past 12 months for St. Clair County (SCC) and nationally.

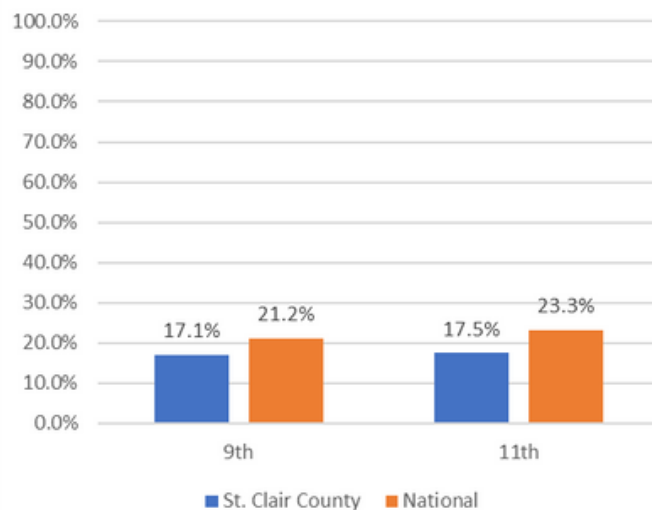


SCC high school students reported seriously considering attempting suicide at a lower rate than students nationally

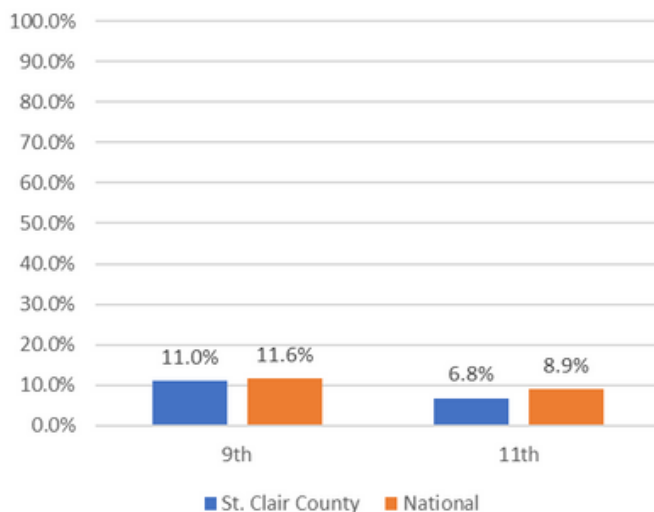
SCC high school students reported attempting suicide at a lower rate than students nationally



## Percentage of students who seriously considered attempting suicide in the past 12 months



## Percentage of students who attempted suicide in the past 12 months



Higher levels of depression, anxiety, and other mental illnesses were strongly related to thoughts and attempts of suicide.

**Addressing mental health issues was essential for reducing suicide amongst students and young adults.**

SCC teachers, administrators, counselors, parents, and health care providers need resources that make them aware of signs and symptoms of depression, suicidal ideation, and behaviors, as well as contact information for professionals who can help.

SOURCE: National data for 9th and 11th grade was obtained from the Youth Risk Behavior Survey, 2021.