LYME-OLD LYME
PREVENTION COALITION

Lyme-Old Lyme Youth Voices Count Survey Results, 2023

youth VOICES count

B. WEYLAND SMITH
CONSULTING

Background

- Transitioned to Youth Voices Count Survey in 2023, from prior survey partner.
- December 2023, students from Lyme-Old Lyme public schools, in grades 6-12, participated in the Youth Voices Count Survey on youth lifestyles, substance use, mental health, and related risk and protective factors.
- The survey was completely anonymous, no identifying information was collected.
- Students were provided an instructional video informing them of confidentiality, right to opt out and resources if the survey brought up uncomfortable feelings.

Analysis

Subgroup analysis is performed by race/ethnicity, and gender to allow for Lymes' Youth Services Bureau and other organizations to utilize the data to target groups experiencing greater behaviors of concern.

The full survey report includes analysis of these statistically significant demographic differences.

Response Rate

Sample Response Rates	Sample Count	Population Count	Response Rate (%)
Grade 6	90	93	96.77%
Grade 7	86	92	93.48%
Grade 8	81	87	93.10%
Grade 9	88	94	93.62%
Grade 10	77	91	84.62%
Grade 11	75	98	76.53%
Grade 12	85	112	75.89%
Grades 6-8	257	272	94.49%
Grades 9-12	325	395	82.28%
Grades 6-12	582	667	87.26%



Demographics

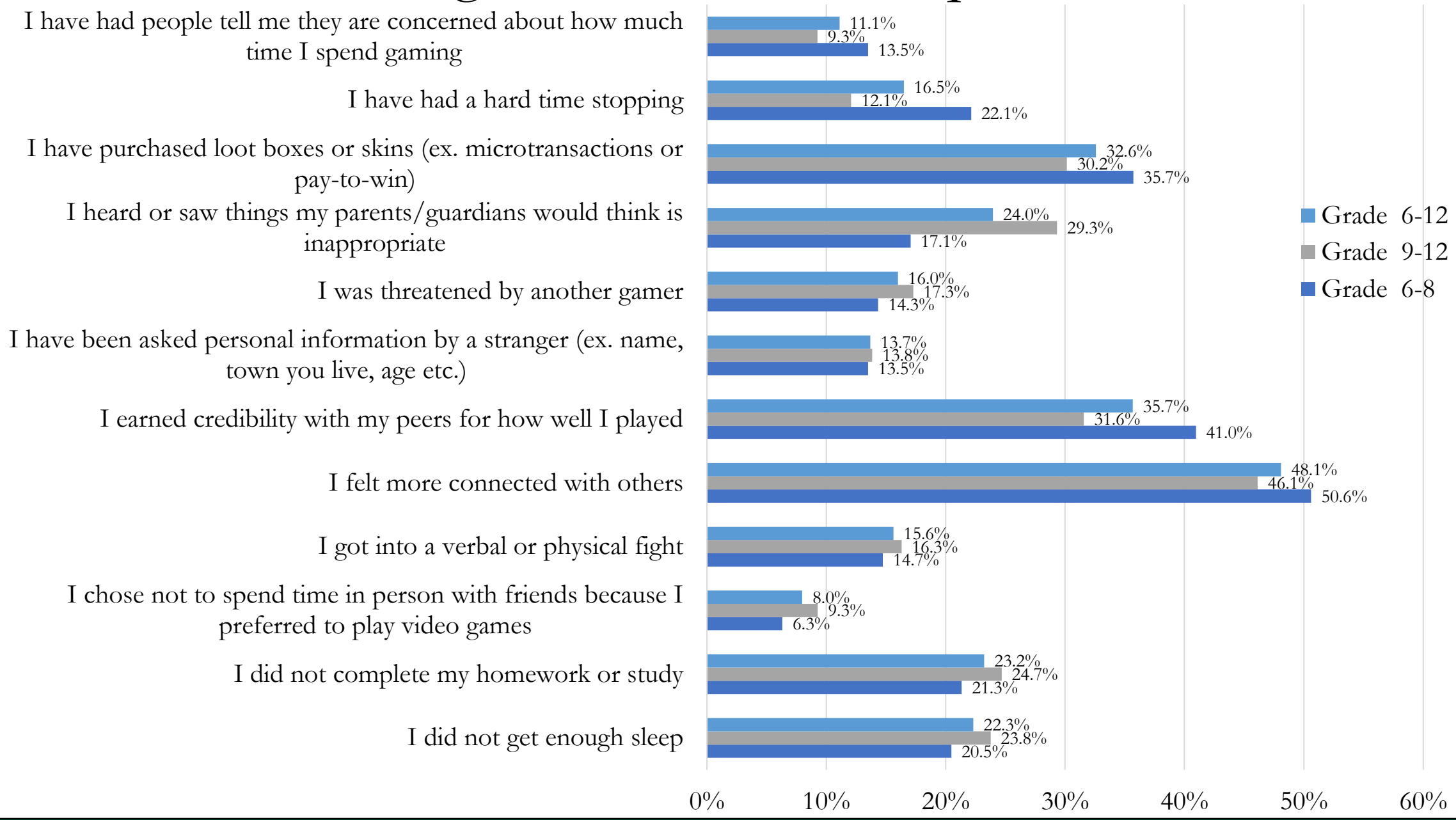
Race/Ethnicity Category	Percent Grades 6 thru 12
White	81.79%
Hispanic or Latino	7.56%
Asian	4.98%
Black or African American	0.52%
American Indian or Alaskan Native	0.52%
Native Hawaiian or Other Pacific Islander	0.17%
Other (2 or more races selected or race not Hispanic)	3.26%
Not Specified	1.20%

Male	287
Female	270
Prefer Not to Say	23

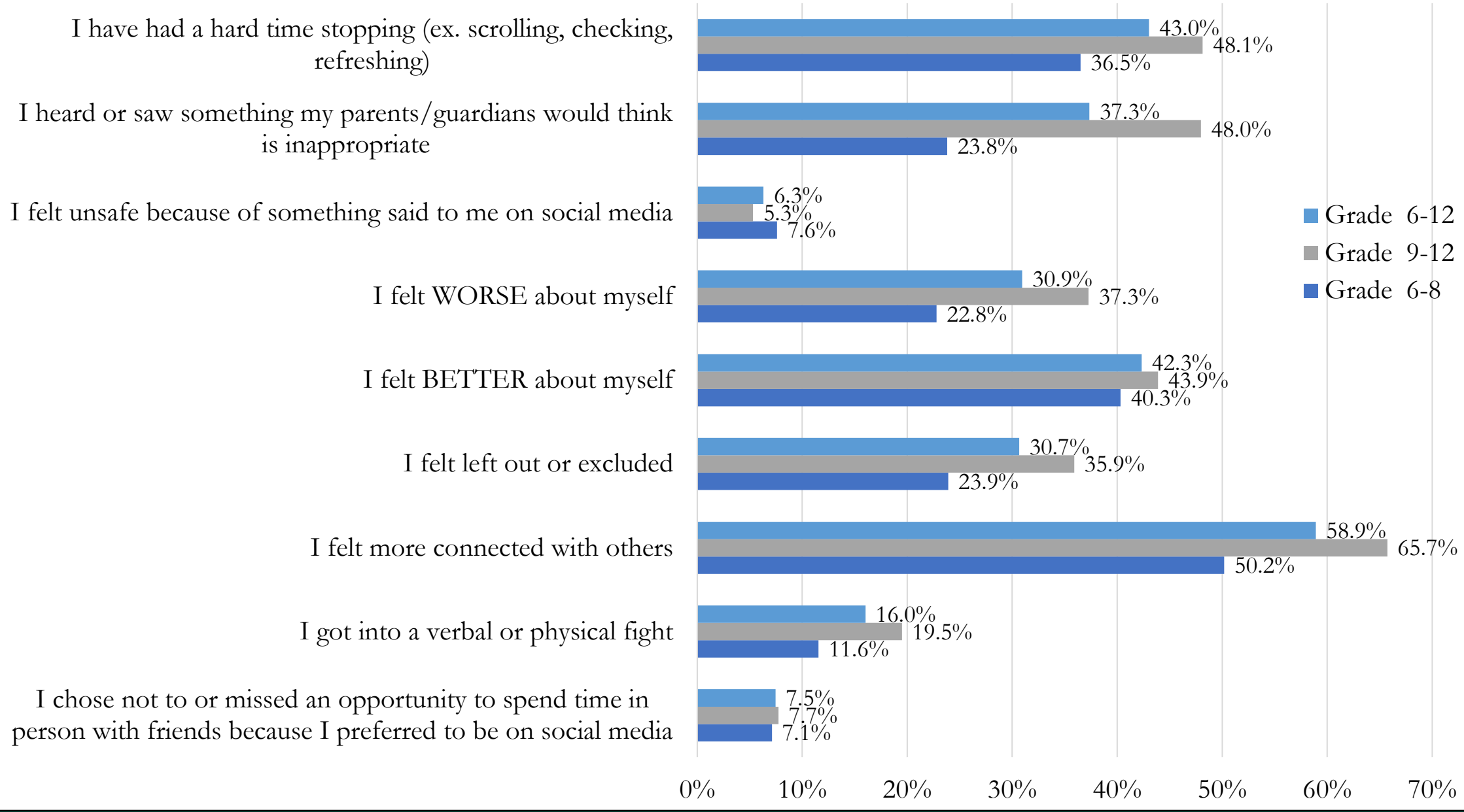
*2 did not provide a response

Youth who selected **"Prefer not to say" represent about 4% of students** and demonstrate more statistically significant risk factors for behavioral health concerns that those who identified as male or female.

Perceived Gaming Assets and Consequences – Past Year

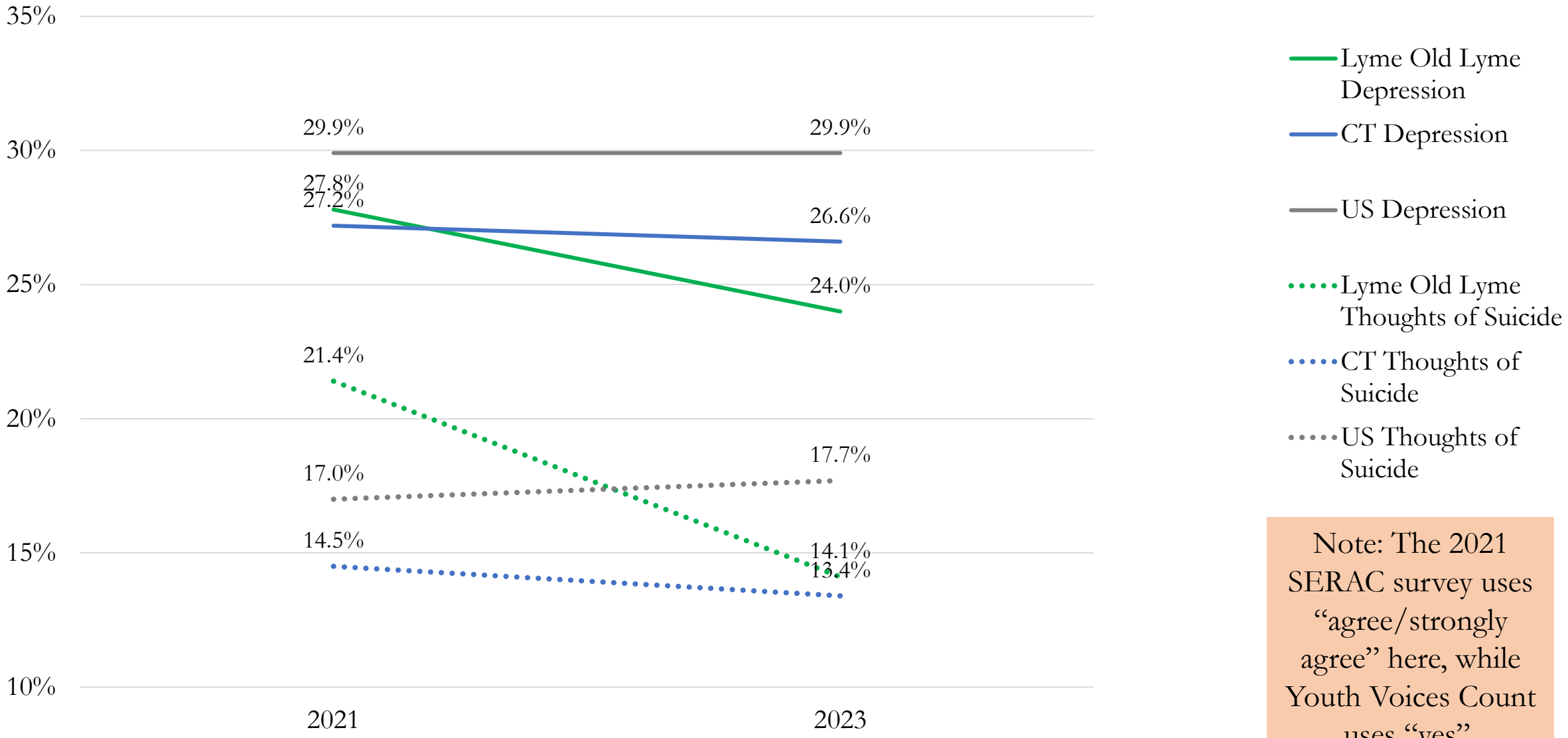


Perceived Social Media Assets and Consequences – Past Year



Emotional Health

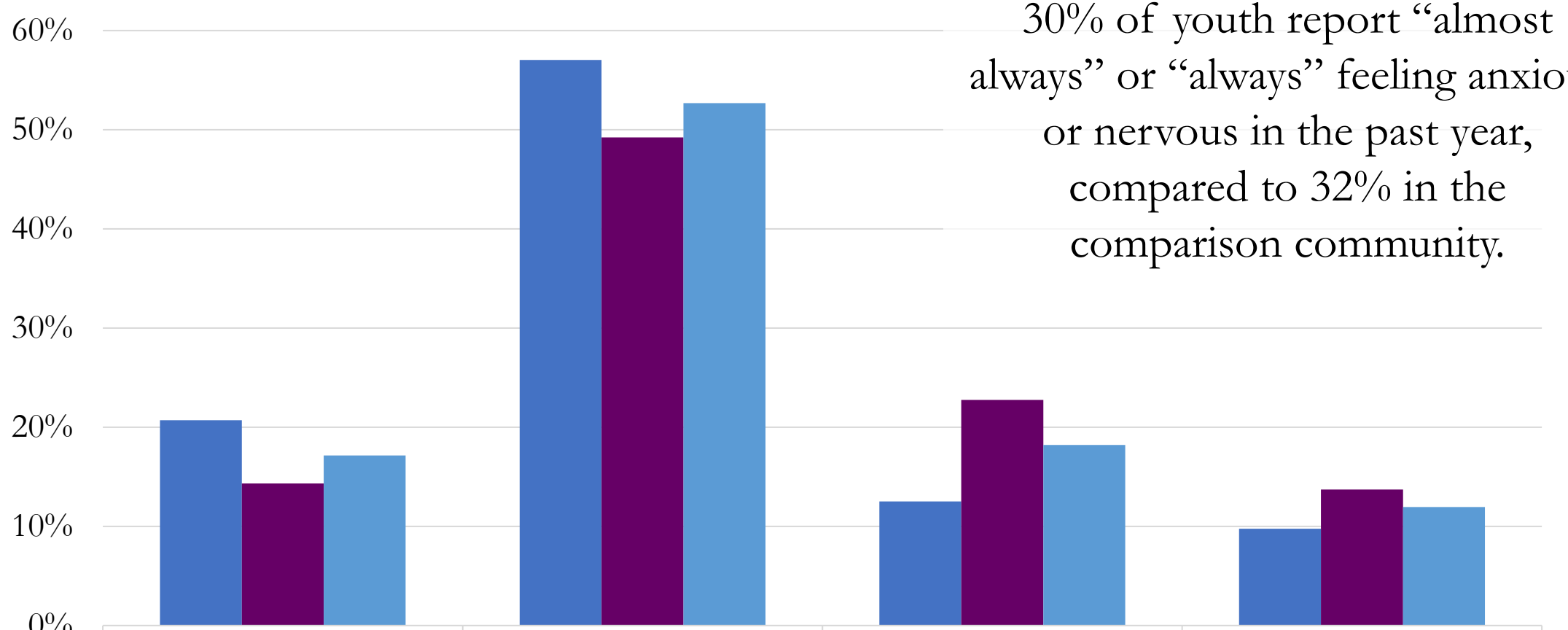
Mental Health Trend- Past Year Depression and Thoughts of Suicide



Note: The 2021 SERAC survey uses "agree/strongly agree" here, while Youth Voices Count uses "yes".

*Note 2021 YRBS data for CT and the US is newly released, and often lags behind community-level data

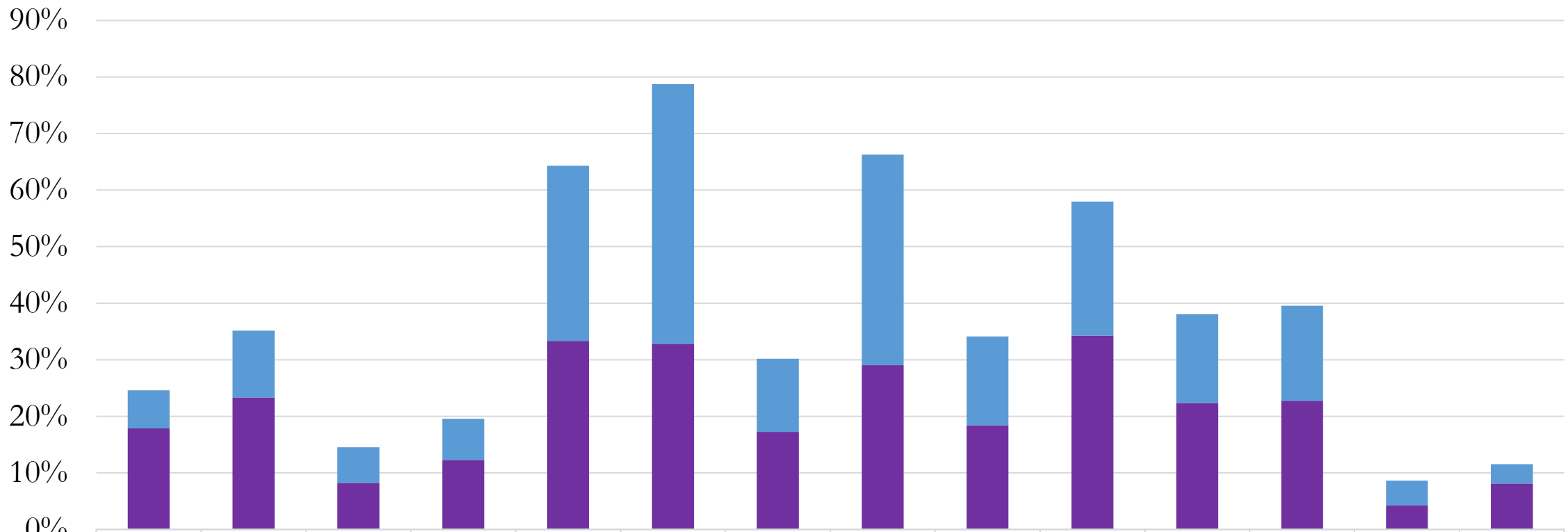
Frequency of Anxiety – Past Year



30% of youth report "almost always" or "always" feeling anxious or nervous in the past year, compared to 32% in the comparison community.

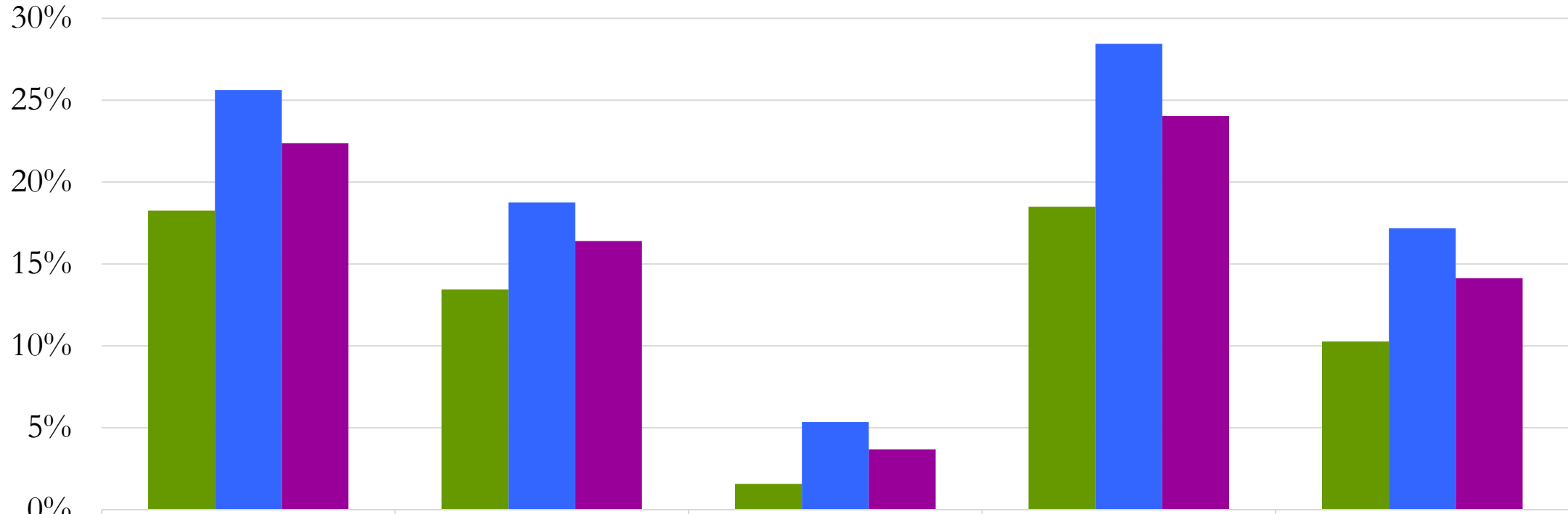
	Never	Some of the time	Almost always	Always
Grade 6-8	20.7%	57.0%	12.5%	9.8%
Grade 9-12	14.3%	49.2%	22.7%	13.7%
Grade 6-12	17.2%	52.7%	18.2%	12.0%

Anxiety Level by Source



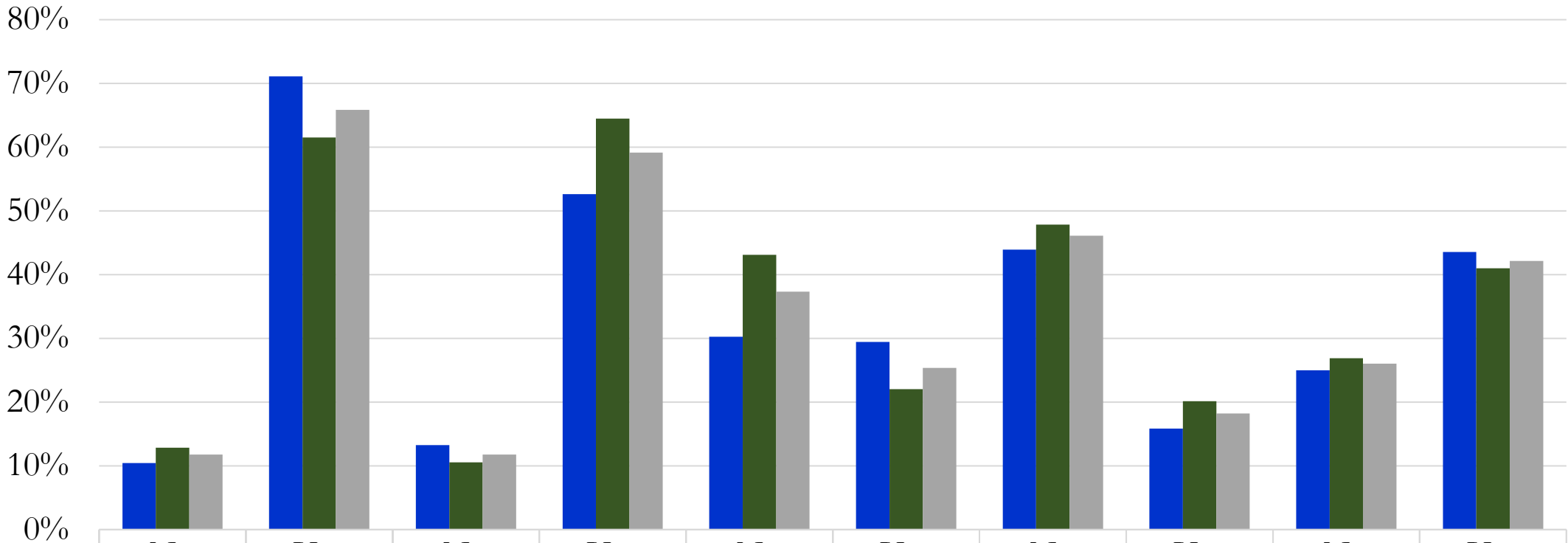
	Home/family life		Financial Security		Academics		Post High School Plans		Schedule		Peers		Social media	
	G 6-8	G 9-12	G 6-8	G 9-12	G 6-8	G 9-12	G 6-8	G 9-12	G 6-8	G 9-12	G 6-8	G 9-12	G 6-8	G 9-12
High	6.7%	11.8%	6.3%	7.3%	31.0%	45.9%	12.9%	37.2%	15.7%	23.7%	15.7%	16.8%	4.3%	3.4%
Medium	17.9%	23.3%	8.2%	12.3%	33.3%	32.8%	17.3%	29.1%	18.4%	34.3%	22.4%	22.7%	4.3%	8.1%

Other Emotional Health Indicators in the Past Year, % Responding "Yes"



	Thoughts of Self Harm	Self Harm	Physical Abuse - Intimate Partner	Sad or Hopeless (2 weeks in a row)	Considered Suicide
Grade 6-8	18.3%	13.4%	1.6%	18.5%	10.3%
Grade 9-12	25.6%	18.8%	5.4%	28.4%	17.2%
Grade 6-12	22.4%	16.4%	3.7%	24.0%	14.1%
Comparison Community	25.2%	16.7%	4.3%	23.6%	11.6%

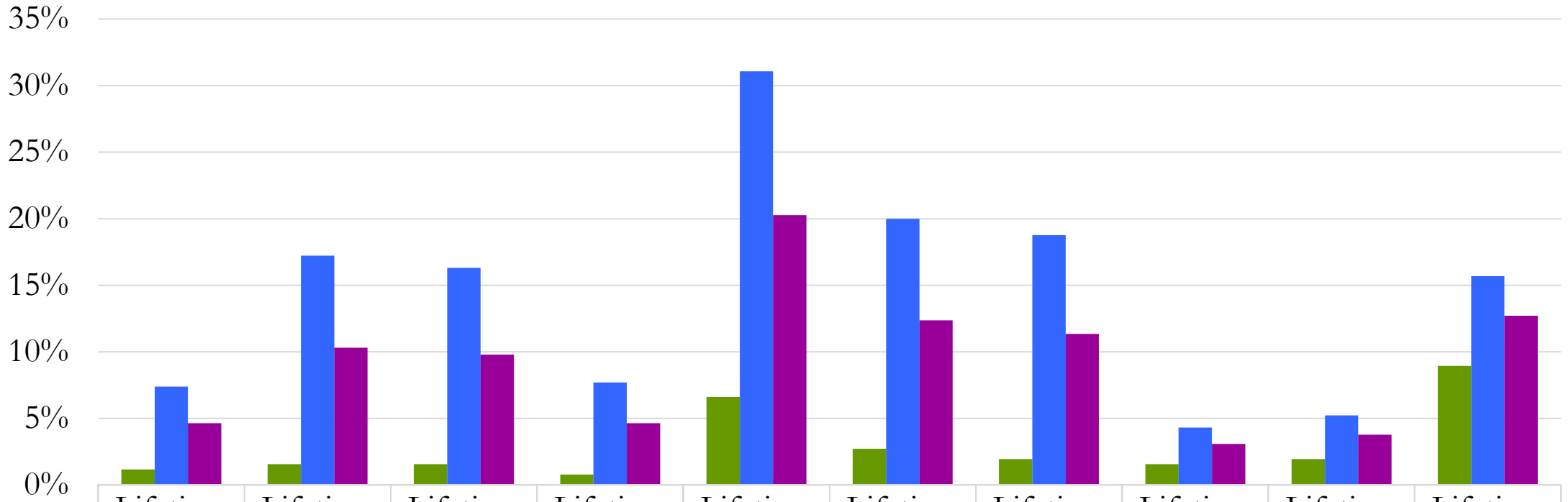
Comfort Seeking Help by Source - Family and School



	Parent/guardian		Friends		School Staff		Coach		Other Trusted Adult	
	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes
Grade 6-8	10.4%	71.1%	13.3%	52.6%	30.2%	29.4%	43.9%	15.9%	25.0%	43.5%
Grade 9-12	12.8%	61.5%	10.5%	64.5%	43.1%	22.0%	47.9%	20.1%	26.9%	41.0%
Grade 6-12	11.8%	65.8%	11.8%	59.1%	37.3%	25.4%	46.1%	18.2%	26.0%	42.1%

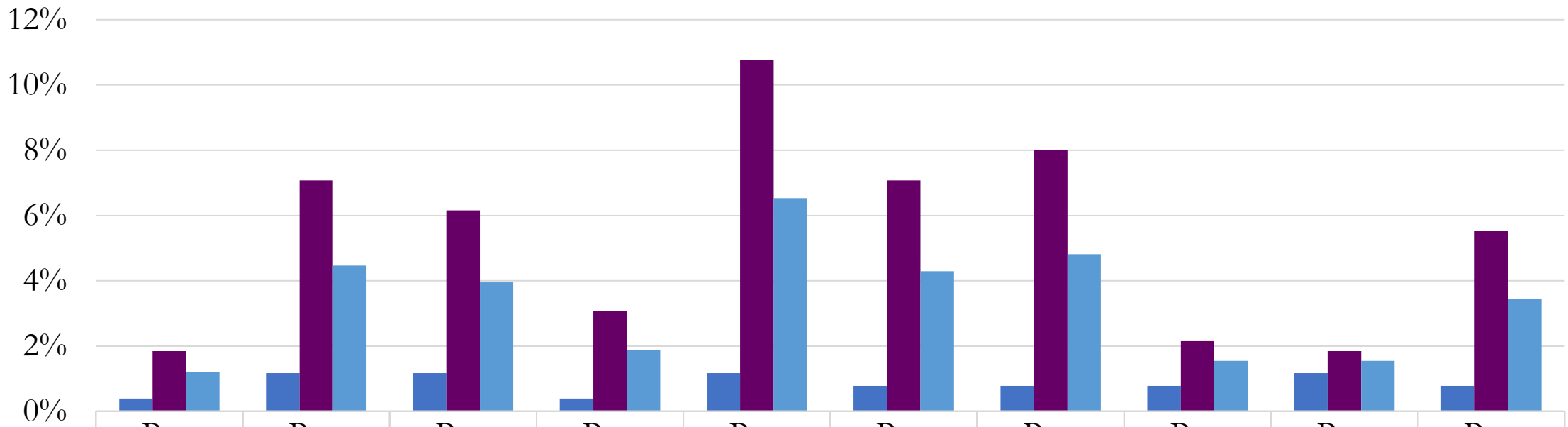
Substance Use and Perceptions

Lifetime Use of CORE Substances and Gambling



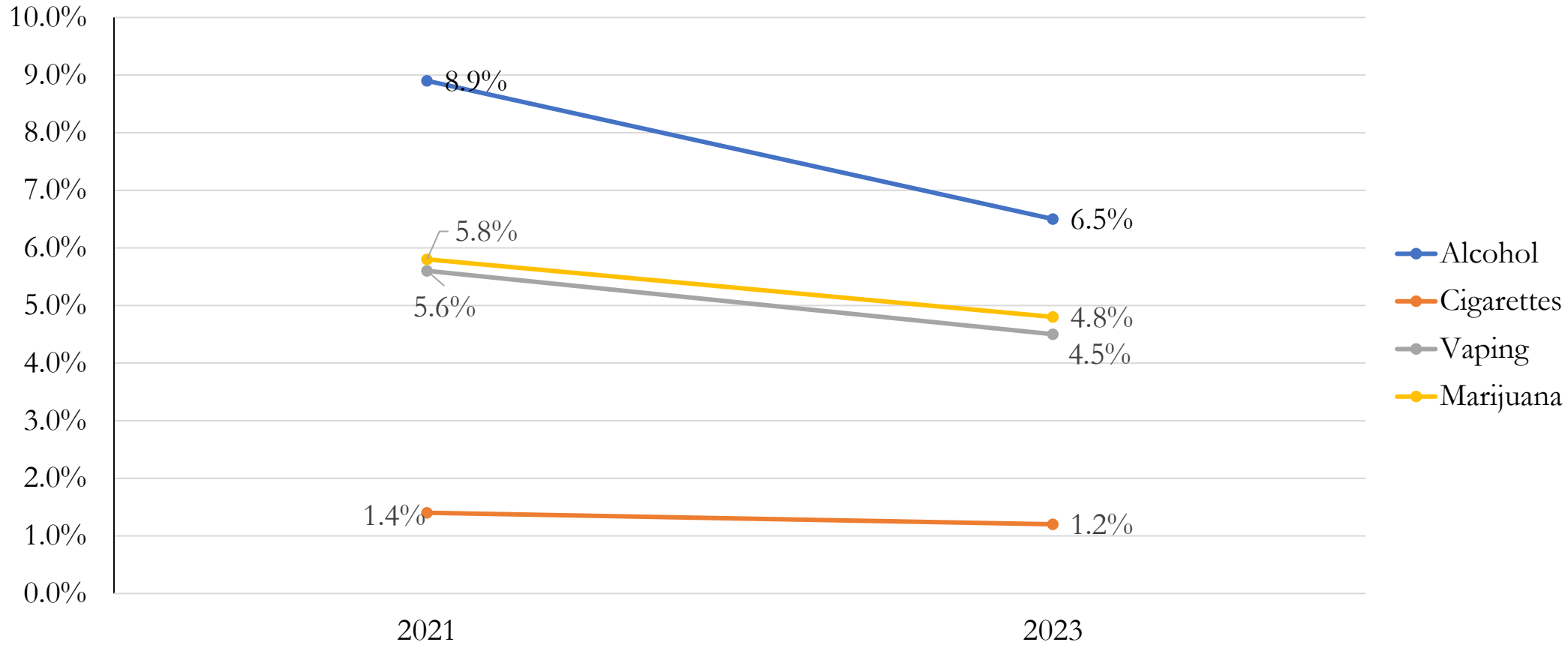
	Lifetime Cigarettes	Lifetime Vape Products Nicotine	Lifetime Vape Products Liquids	Lifetime Tobacco	Lifetime Alcohol	Lifetime Alcohol - 4 or more	Lifetime Marijuana / THC	Lifetime RX	Lifetime OTC	Lifetime Gambling
Grade 6-8	1.17%	1.56%	1.56%	0.78%	6.61%	2.72%	1.95%	1.56%	1.95%	8.95%
Grade 9-12	7.38%	17.23%	16.31%	7.69%	31.08%	20.00%	18.77%	4.31%	5.23%	15.69%
Grade 6-12	4.64%	10.31%	9.79%	4.64%	20.27%	12.37%	11.34%	3.09%	3.78%	12.71%

Past Month Use of CORE Substances and Gambling



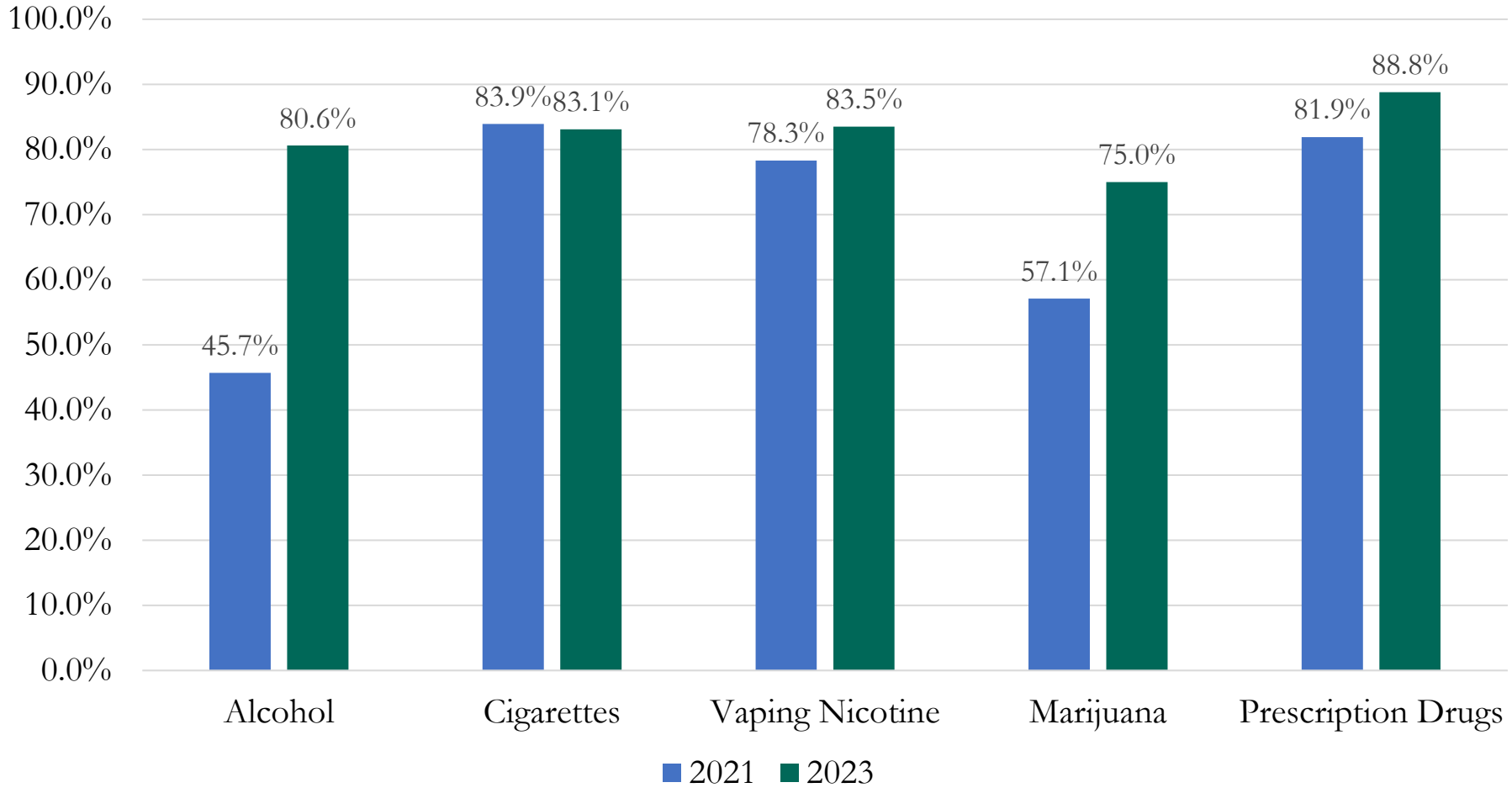
	Past Month Cigarettes	Past Month Vape Products Nicotine	Past Month Vape Products Liquids	Past Month Tobacco	Past Month Alcohol	Past Month Alcohol - 4 or more	Past Month Marijuana / THC	Past Month RX	Past Month OTC	Past Month Gambling
Grade 6-8	0.39%	1.17%	1.17%	0.39%	1.17%	0.78%	0.78%	0.78%	1.17%	0.78%
Grade 9-12	1.85%	7.08%	6.15%	3.08%	10.77%	7.08%	8.00%	2.15%	1.85%	5.54%
Grade 6-12	1.20%	4.47%	3.95%	1.89%	6.53%	4.30%	4.81%	1.55%	1.55%	3.44%
DRG C	**.8%**	**4.5%**	**3.7%**	**1.0%**	**6.8%**	**4.1%**	**4.9%**	**.7%**	**.7%**	**2.4%**

Past Month Use Trends
Core Substances 2021-2023



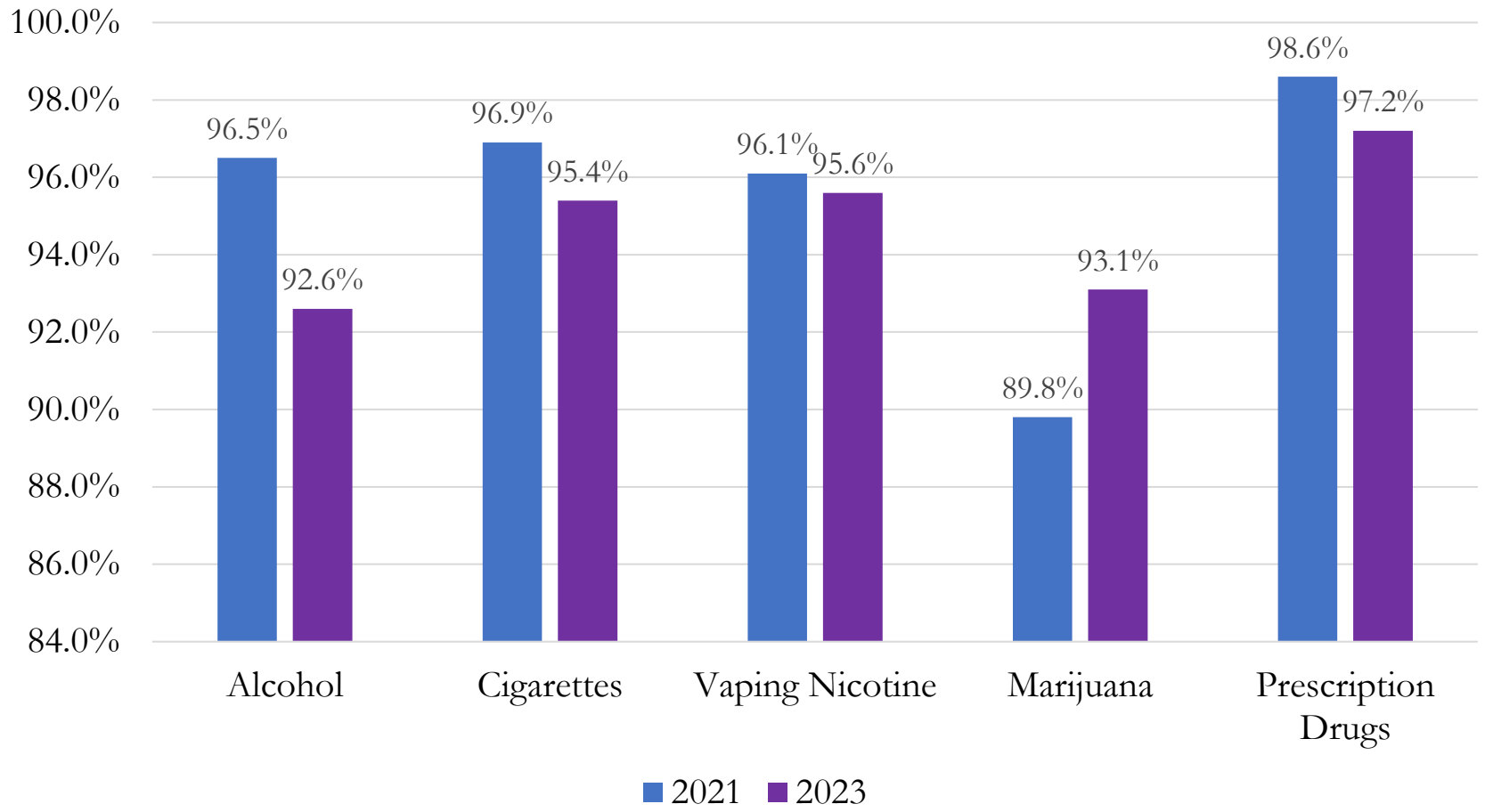
Sources: SERAC Youth Survey 2021, Lyme Old Lyme Youth Voices Count Survey 2023
Note: 2021 survey included substance use rates of youth in grades 7-12 while the 2023 data below include youth grades 6-12. These comparisons should be interpreted with caution.

Perception of Risk/Harm
Percentage Reporting Moderate/Great Risk
Middle and High School 2021-2023



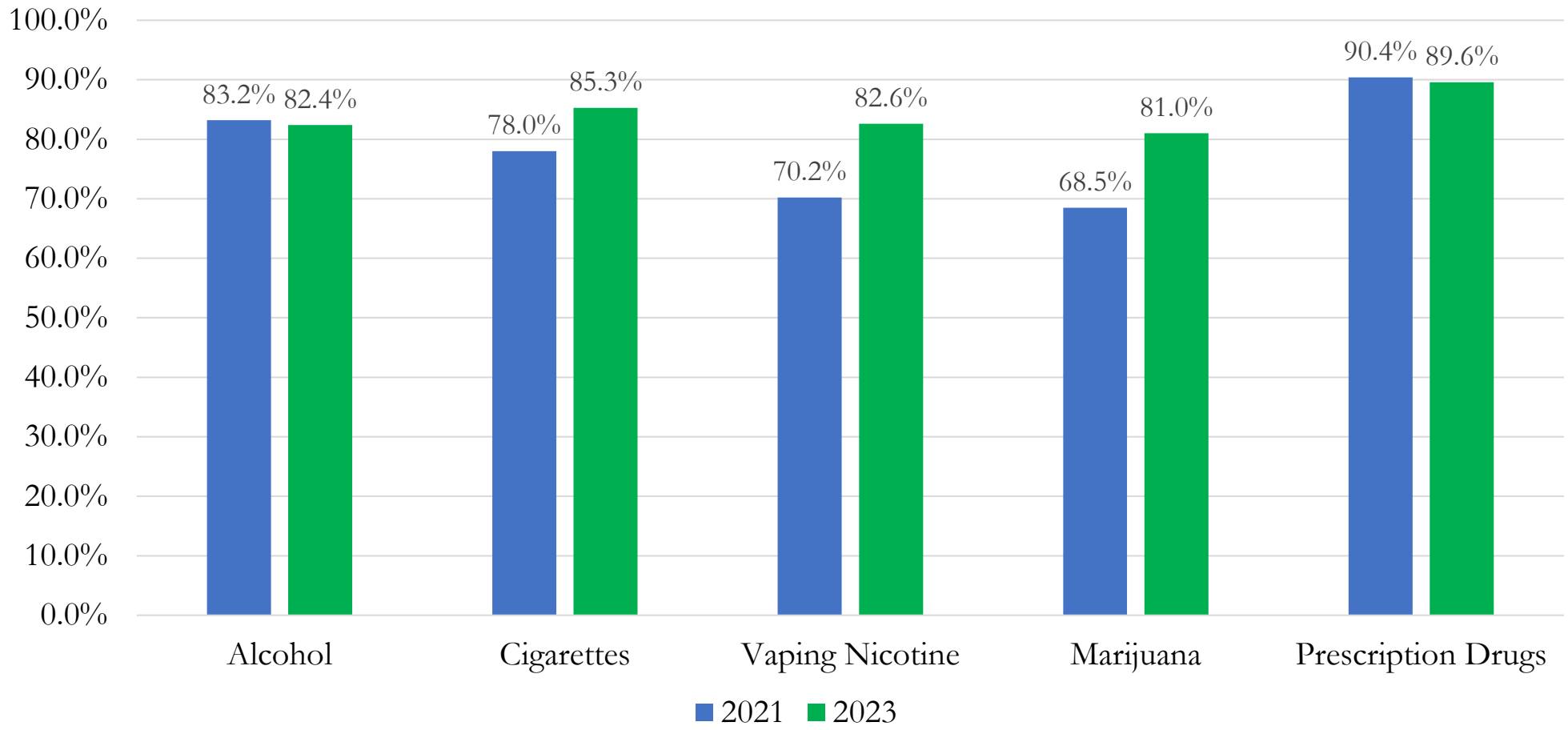
*Note the 2021 SERAC survey included the choice "I don't know" for perception of risk while Youth Voices Count does not, which may impact comparability. This is particularly of note for alcohol, where 39.6% of youth in grades 7- 12 reported "I don't know."

Parental Disapproval
Percentage Reporting Moderately/Greatly Wrong
Middle and High School 2021-2023



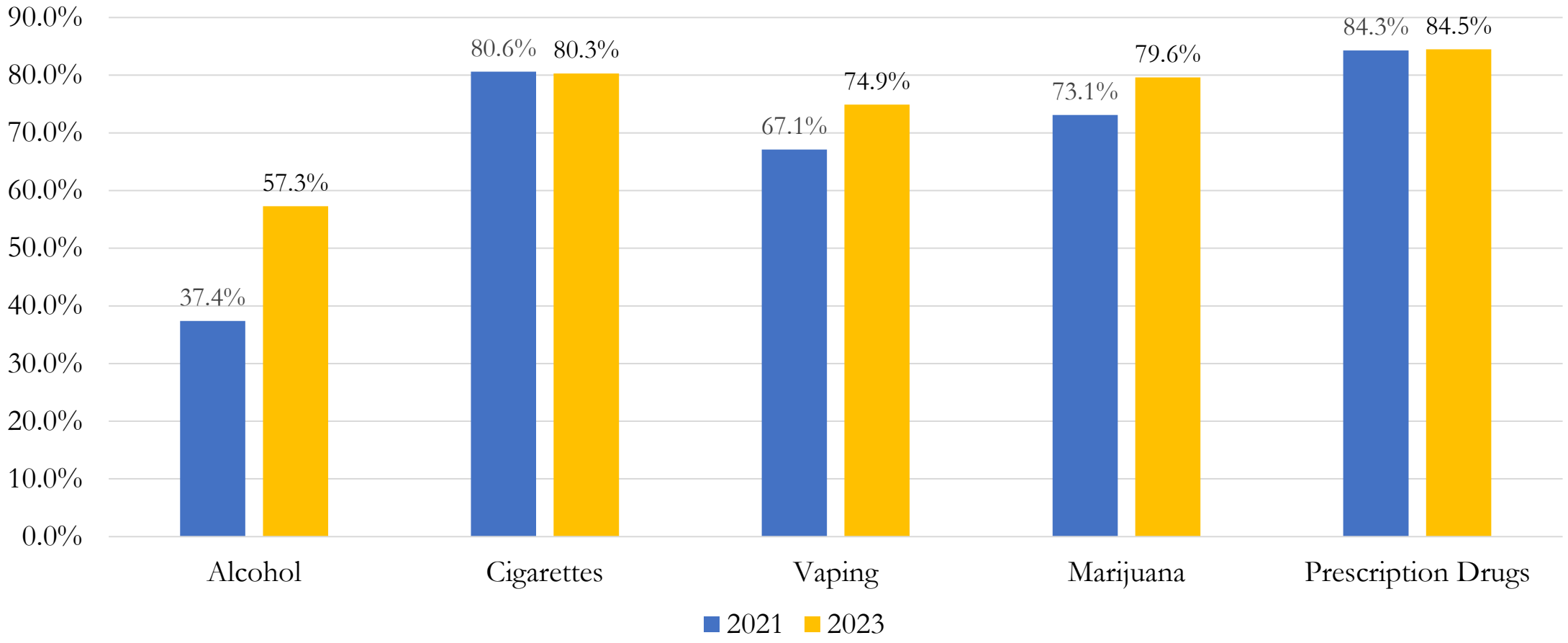
*Note the 2021 SERAC survey uses "wrong/very wrong" rather than "moderately/greatly wrong."

Peer Disapproval
Percentage Reporting Moderately/Greatly Wrong
Middle and High School 2021-2023

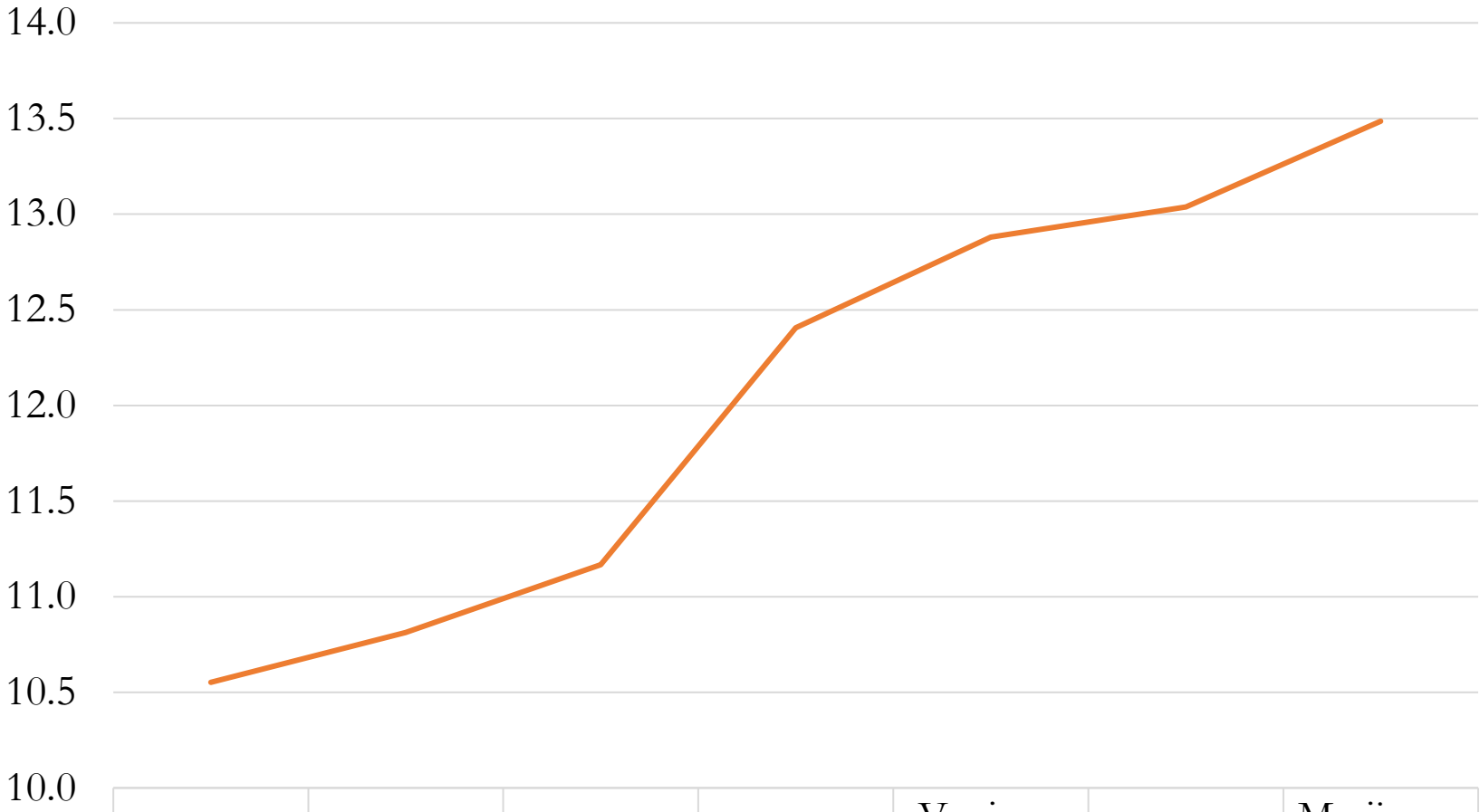


*Note the 2021 SERAC survey uses "wrong/very wrong" rather than "moderately/greatly wrong."

Perception of Access
Percentage Reporting Very Hard/Sort of Hard
Middle and High School 2021-2023



Age of First Use, in Years



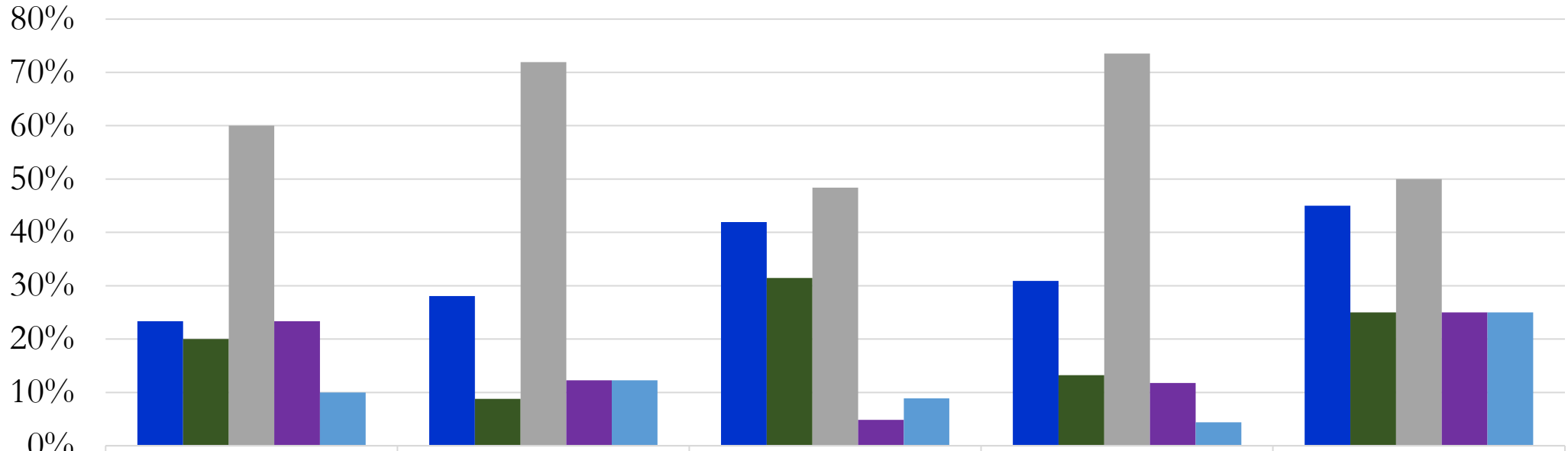
	Gambling	Rx	OTC	Cigarettes	Vaping - Nicotine	Alcohol	Marijuana / THC
Age in Years	10.6	10.8	11.2	12.4	12.9	13.0	13.5

Comparison Community

- Gambling -11.6
- Rx-13.5
- OTC-11.3
- Cigarettes-13.8
- Vaping-Nicotine-13.5
- Alcohol-13.4
- Marijuana/THC-14.3

Where Substances Are Acquired Most Often

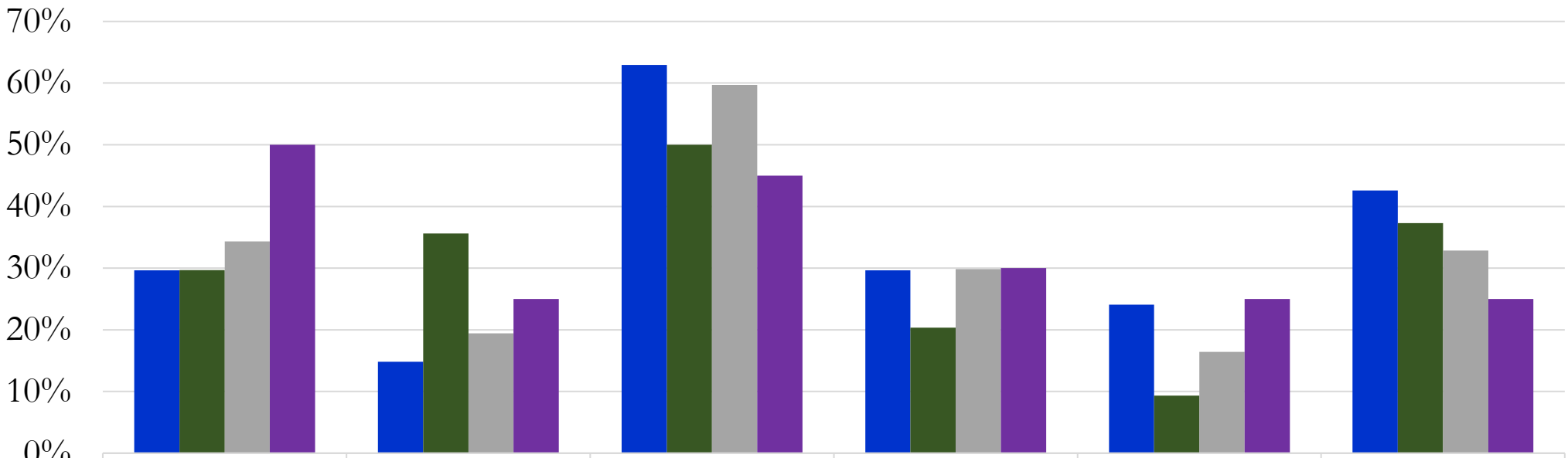
Amongst Lifetime Users Grades 6-12



	Tobacco	Vape Products Nicotine	Alcohol	Marijuana / THC	RX
Home w/o Parents	23.33%	28.07%	41.94%	30.88%	45.00%
Home w/ parents	20.00%	8.77%	31.45%	13.24%	25.00%
Friends/Peers	60.00%	71.93%	48.39%	73.53%	50.00%
Internet	23.33%	12.28%	4.84%	11.76%	25.00%
Store	10.00%	12.28%	8.87%	4.41%	25.00%

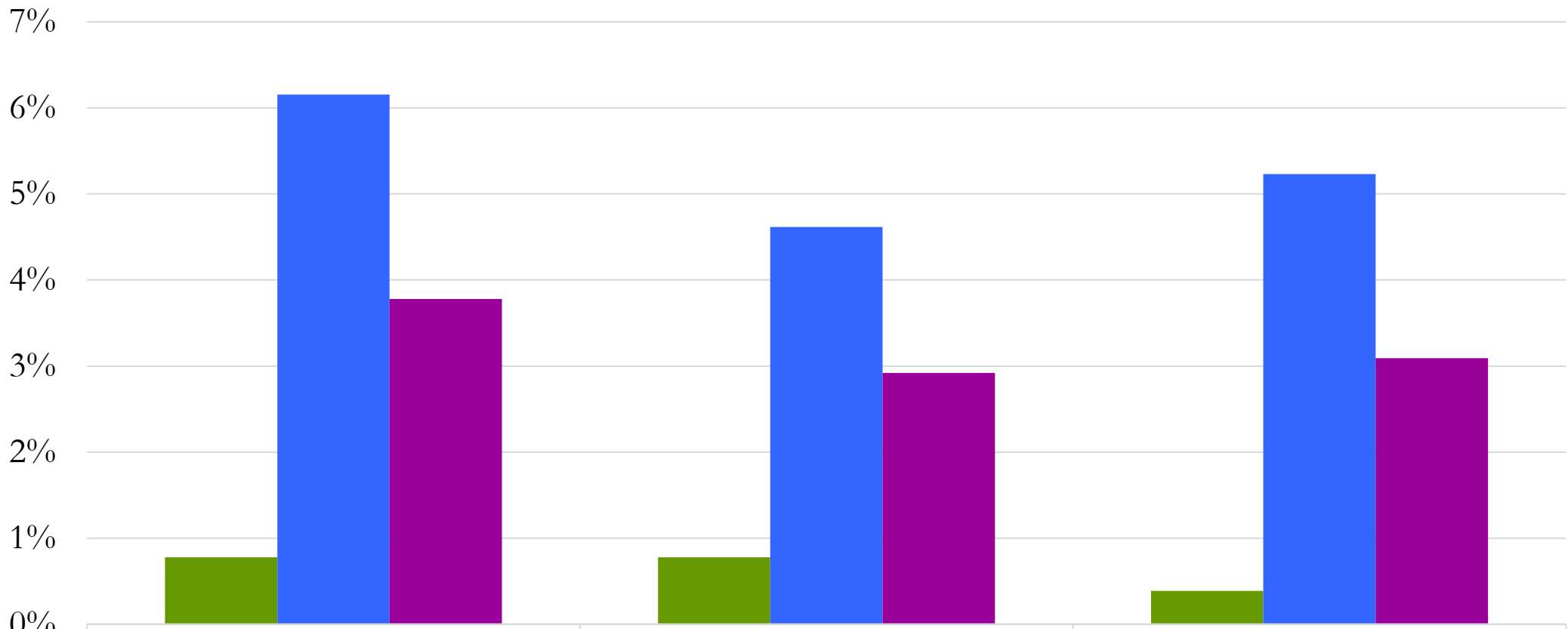
Where Substances Are Used Most Often

Amongst Lifetime Users Grades 6-12



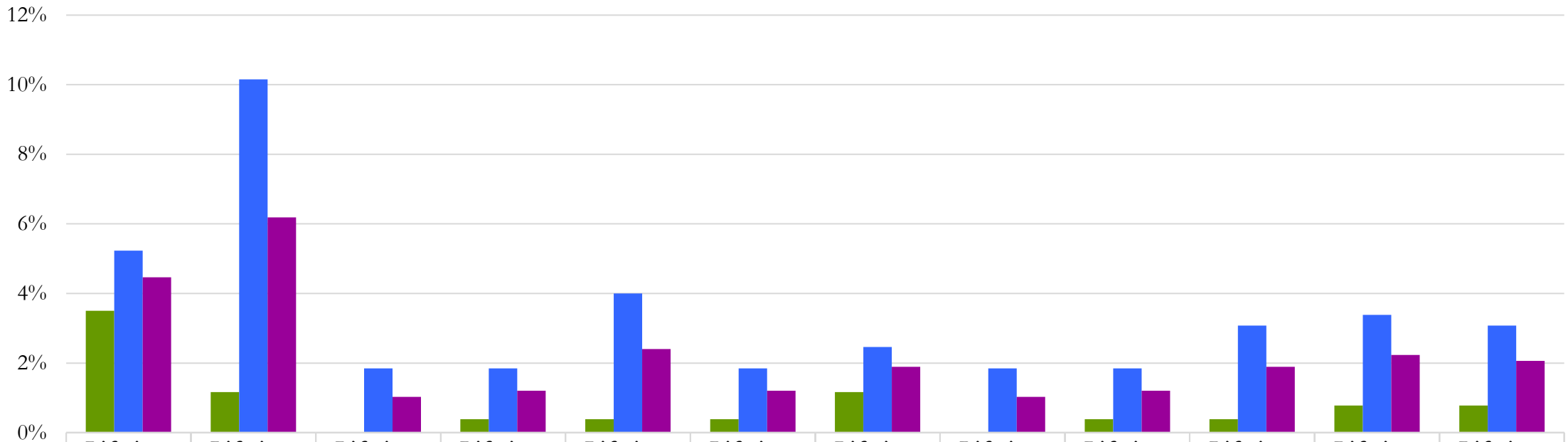
	At home, alone	At home with my parent(s)/guardian present	With friends at my home or my friends' home	In the woods, at the park, beach, or on the street	In a car	At a party
Vaping Nicotine/ Liquids	29.6%	14.8%	63.0%	29.6%	24.1%	42.6%
Alcohol	29.7%	35.6%	50.0%	20.3%	9.3%	37.3%
Marijuana / THC	34.3%	19.4%	59.7%	29.9%	16.4%	32.8%
RX	50.0%	25.0%	45.0%	30.0%	25.0%	25.0%

Youth Use of Substances at School - Including School Events



	Vaping Nicotine	Alcohol	Marijuana - THC
Grade 6-8	0.8%	0.8%	0.4%
Grade 9-12	6.2%	4.6%	5.2%
Grade 6-12	3.8%	2.9%	3.1%

Lifetime Other Substance Use



	Lifetime Inhalants	Lifetime CBD Products	Lifetime Cocaine or Crack	Lifetime Ecstacy or Molly (MDMA)	Lifetime Hallucinogens including microdosing	Lifetime Heroin / Fentanyl	Lifetime Salvia	Lifetime Ketamine (Special K)	Lifetime GHB	Lifetime Methamphetamine	Lifetime Synthetic marijuana (Spice, K2, Delta-8)	Lifetime Bath Salts
Grade 6-8	3.5%	1.2%	0.0%	0.4%	0.4%	0.4%	1.2%	0.0%	0.4%	0.4%	0.8%	0.8%
Grade 9-12	5.2%	10.2%	1.8%	1.8%	4.0%	1.8%	2.5%	1.8%	1.8%	3.1%	3.4%	3.1%
Grade 6-12	4.5%	6.2%	1.0%	1.2%	2.4%	1.2%	1.9%	1.0%	1.2%	1.9%	2.2%	2.1%

Risk Factors for Any Substances Use Grades 7-12

The following list includes youth reported experiences and perceptions that are statistically associated with lifetime use of any substance use. It is important to note association should not be considered causation.

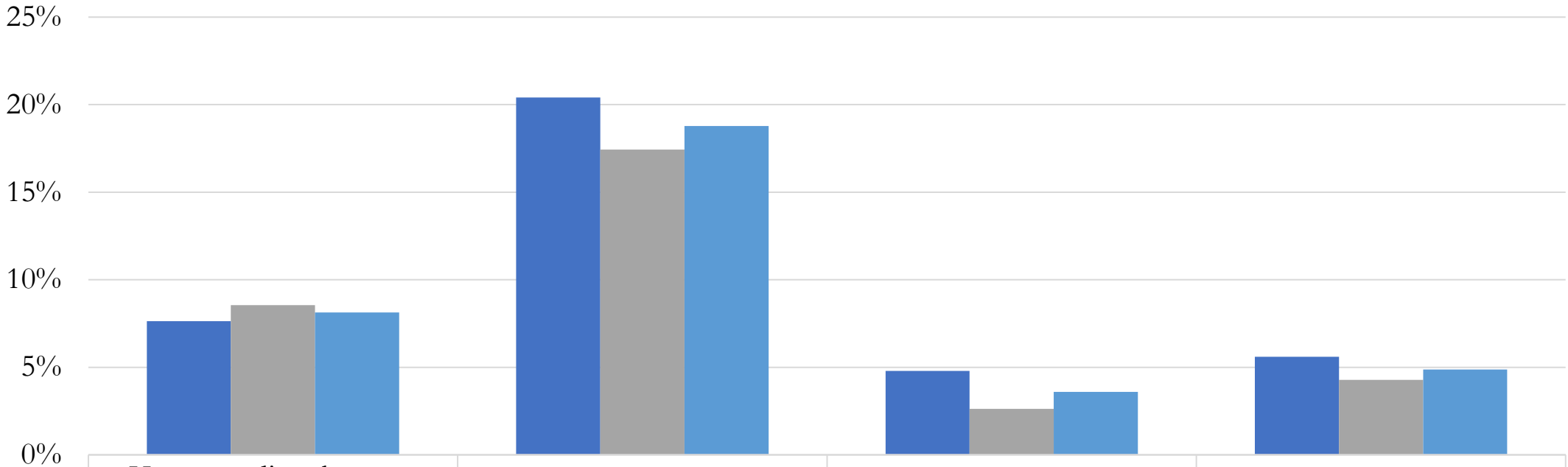
*Note: these are selected findings, the complete list can be found in the full report.

Lyme-Old Lyme Middle and High School youth who have used **any substance in their lifetime** are more likely to:

- Sleep less
- Have the following experiences due to gaming: not completing homework, getting into fights
- Have the following experiences due to social media: see or hear something their parents would feel was inappropriate
- Have thoughts of self-harm and have self-harm behaviors
- Have felt sad or hopeless two weeks in a row or more
- Have considered suicide in the past year
- Have less clear family rules for alcohol and gambling
- Perceive less parental disapproval for alcohol, gambling, and prescription drugs
- Perceive less peer disapproval for alcohol, gambling and gaming
- Perceive more use of alcohol by their peers
- Perceive easier access to tobacco and alcohol
- Have experienced housing problems and food insecurity in their lifetime
- Spend more time in after school clubs
- Perceive less teammate disapproval of substance use

Toxic Stress

Toxic Stress Indicators – Past Year
(% Yes)



	Have you directly seen, heard, or been a victim of violence in your neighborhood, community or school?	Have you experienced discrimination?	Have you had problems with housing?	Have you worried that your family did not have enough food to eat or that food would run out?
Grade 6-8	7.6%	20.4%	4.8%	5.6%
Grade 9-12	8.6%	17.4%	2.6%	4.3%
Grade 6-12	8.1%	18.8%	3.6%	4.9%

Would you like to see the outcomes of this survey when the data are available?

