

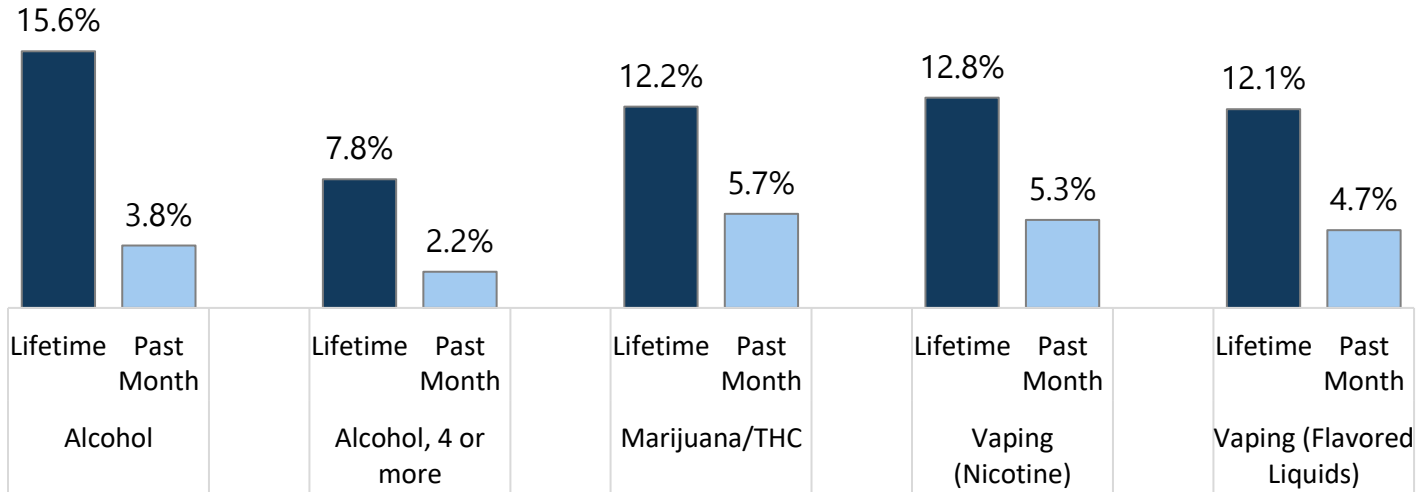


In February 2023, students in Enfield Public Schools grades 6-12 participated in the Youth Voices Count Survey on youth lifestyles, substance use, mental health, related risk and protective factors. The overall response rate was 82.0%.



**ENFIELD TOGETHER
COALITION**

Alcohol remains the most used substance in youths' lifetimes.

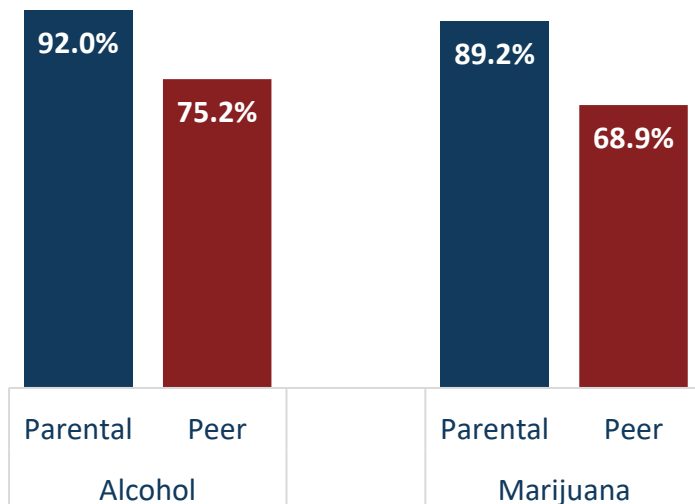


Enfield youth who have used **any substance in their lifetime** are more likely to have increased behavioral health concerns including: having been bullied, thoughts about self-harm and self-harm behaviors, feeling sad or hopeless two or more weeks in a row, having considered suicide in the past year, having experienced frequent anxiety in the past year, and feel less comfortable seeking help from a parent/guardian.

Risk Factors

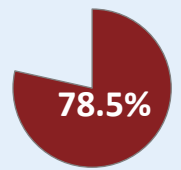
Research shows that parents and peers are the leading influence on youths' decisions on whether to use substances or not. Below shows the percentage of youth reporting their parents or friends feel it is moderately or greatly wrong to use alcohol or marijuana.

Perceived Disapproval Grades 6-12

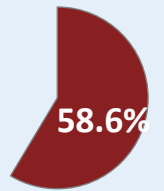


The percentage of Enfield youth reporting moderate or great risk of harm from:

BINGE DRINKING

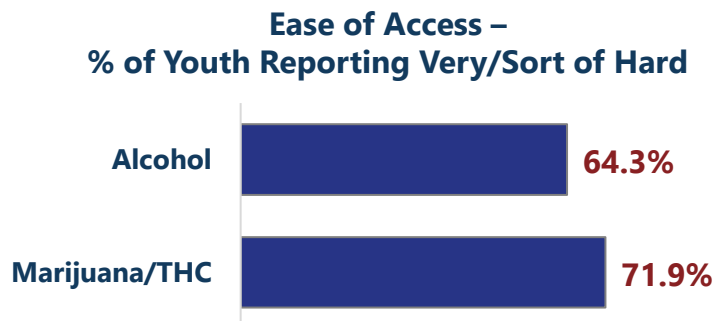


MARIJUANA/THC



Access

Ease of access to substances has been shown to have a significant relationship with youth substance use. The figure below reflects the percentage of youth reporting it is very or sort of hard to access substances.



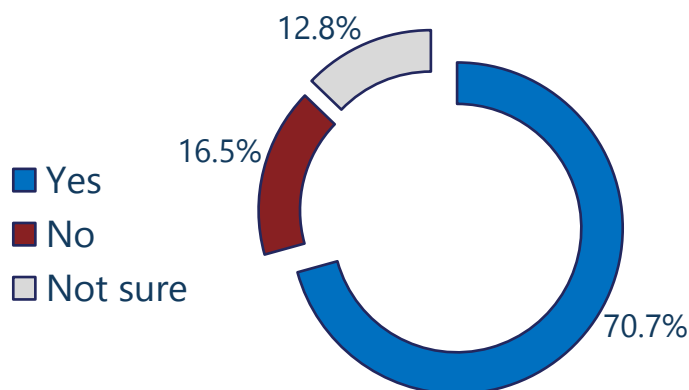
Enfield youth reported accessing **alcohol** most frequently from:

- home with parents' permission
- friends/peers
- home without parents' permission

Marijuana was most frequently acquired from:

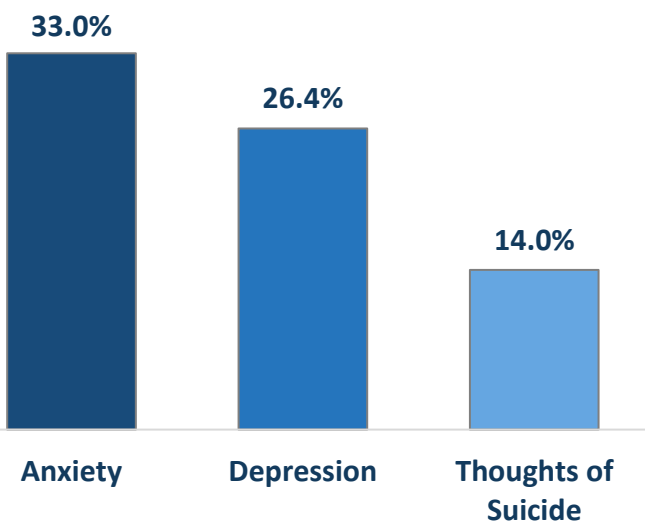
- friends/peers
- home without parents' permission
- home with parents' permission

Perception of Clear Family Rules around Underage Drinking



70.7% of Enfield youth (grades 6-12) report clear family rules around alcohol use, compared to 76% around marijuana, and 79% around vaping.

Mental Health in the Past Year



33.0% of Enfield youth reported having anxiety in the past year "always" or "almost always." Most frequent sources of stress and anxiety included academics, post-high school plans, and schedule.

26.4% of youth reported feeling sad or hopeless so much that it stopped them from doing usual activities 2 or more weeks in a row. 14.0% reported having considered suicide in the past year.