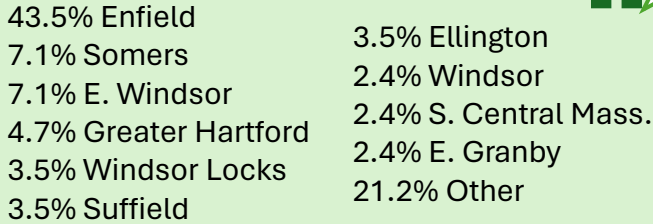


# Enfield Young Adult Community Survey

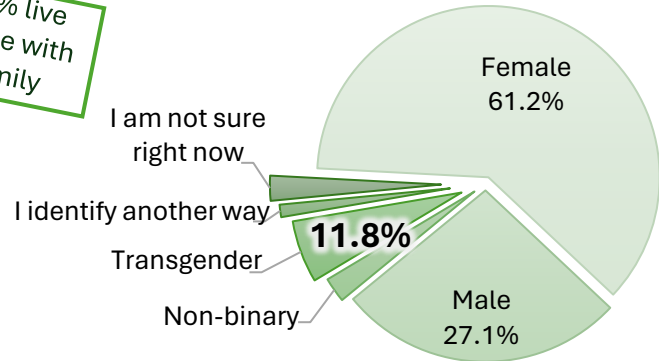
Enfield's Mental Health & Wellness Coalition sought to survey young adults (ages 18-25) on mental health, substance use, and other related behavioral health topics. The survey was primarily disseminated via Asnuntuck Community College, however individuals from the Community Survey distributed elsewhere were also included if they were between 18 and 25. Outreach efforts yielded 85 young adult responses.

## Demographics

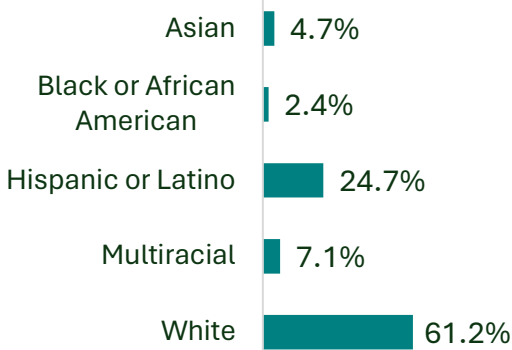
### Residence



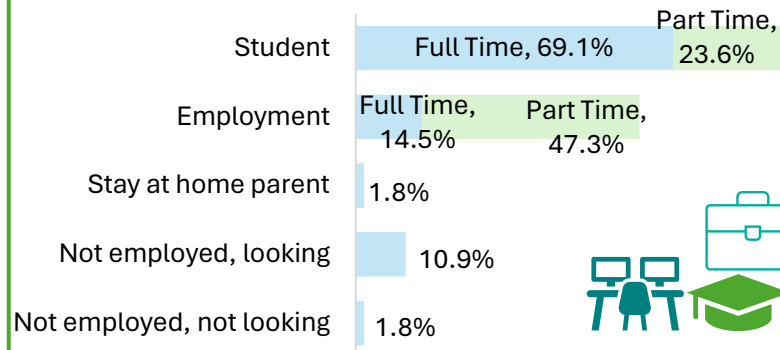
### Gender



### Race and Ethnicity

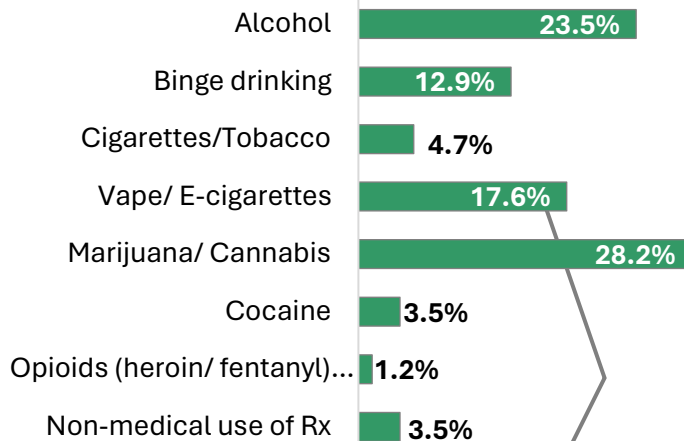


### Student and Employment Status



## Substance Use

### Past Month Use



### Top Substances Used in Vapes:

- THC/ Marijuana oils
- Nicotine
- Flavored liquids
- CBD/Hemp oils

### Top Reasons for Using Substances (Past Year)

- To have a good time
- To help deal with mental health issues
- Boredom
- To experiment

### Substance Use Concerns (Past Year)

21% reported driving under the influence of marijuana/ THC.

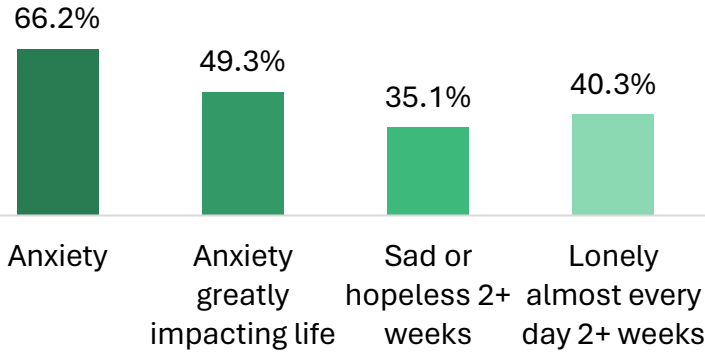
16% reported driving under the influence of alcohol

25% reported lying to people important to them about their substance use

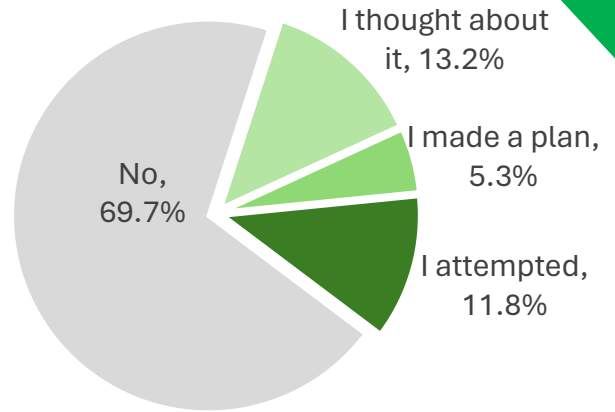
19% reported it has negatively impacted or interfered with work, life, relationships

# Mental Health

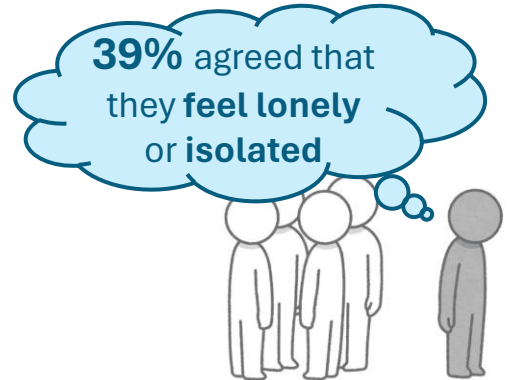
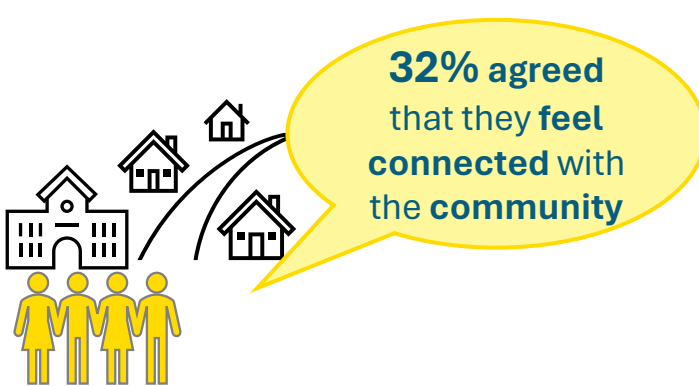
## Past Year Mental Health Concerns



## Past Year Thoughts of Suicide

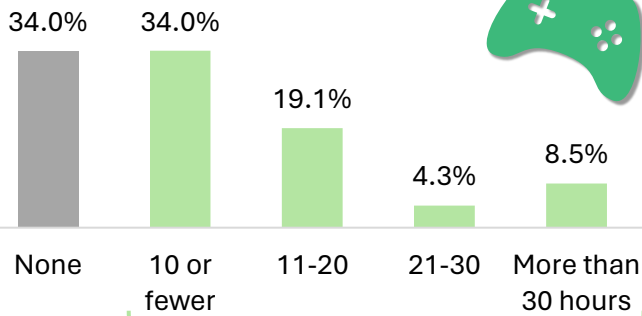


## Connectedness and Loneliness



## Gaming and Gambling

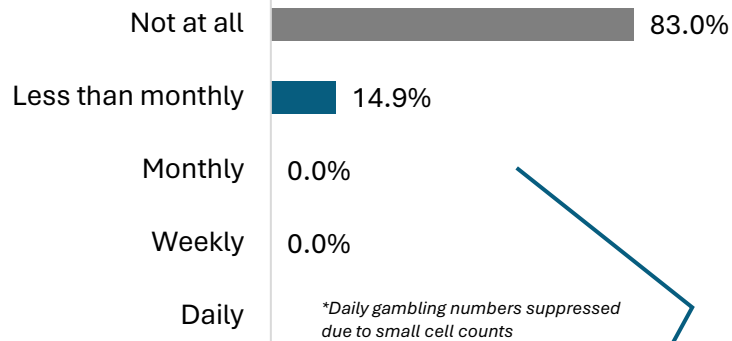
### Hours Per Week Gaming



**35.5%** of those who played games reported playing to **escape or forget** about real life problems

### Gambling in the Past Year

(lottery, casino (in-person or online), sports betting (in-person or online), bingo, raffles, horse racing/off track betting, fantasy sports, stock market, cryptocurrency)



Of those who gambled, **12.5%** reported ever feeling they needed to bet more and more money