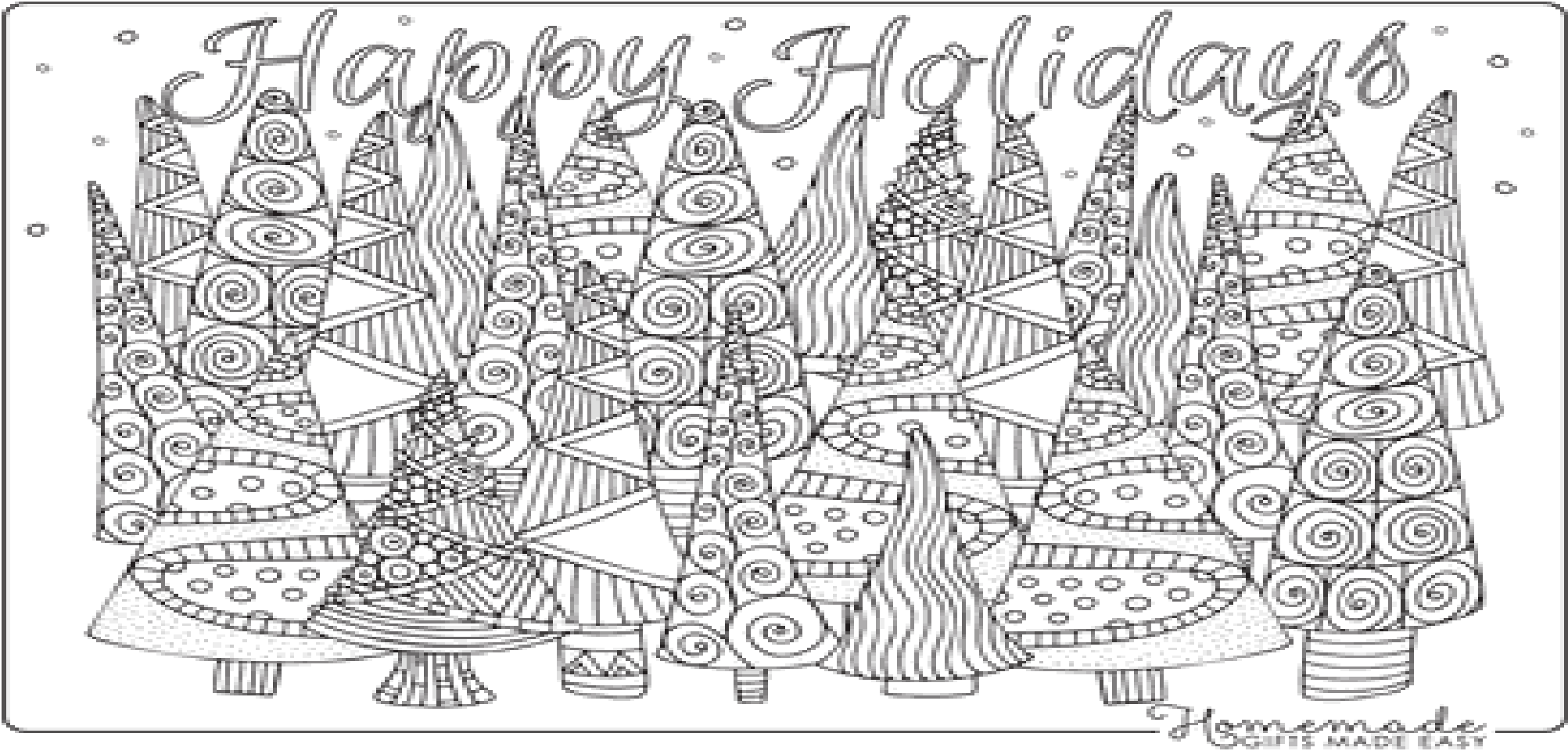


Click "View Options" at the top of your screen and then click on "Annotate" to color with us!



# Focus on Young Adults

10:00 – 10:15	<b>Welcome &amp; Introductions</b> Changing name to Prevention Research Committee?
10:15 – 10:30	<b>Impromptu Networking</b>
10:30 – 10:45 (15 min)	<b>Setting the context: Trends in substance use for adolescents and young adults, and what this means for Washington State</b> Kevin Haggerty, UW Introducing discussants: Marina Epstein, Jen Duckworth, Christine Lee, & Katarina Guttmanova
10:45-11:20 (20 minute presentation and 15 minute discussion)	<b>Young Adult Survey: Update</b> Jason Kilmer UW
11:20-11:55 (20 minute presentation and 15 minute discussion)	<b>Dissemination and 5-Year Outcomes of the <i>Letting Go, Staying Connected Handbook</i></b> Clara Hill, WSU
11:55 – 12:10 (15 min)	<b>Research Briefs</b> Update on two currently in process Brainstorm topics for next two
12:10 – 12:25 (15 minutes)	<b>Break</b>
12:25-12:40 (15 min)	<b>'Badge' for the Prevention Research Committee</b> Jennifer Fortnash, HCA Communications
12:40 – 12:50 (10 min)	<b>Chatterfall: Updates from the Prevention World</b>
12:50 – 1:00 (10 min)	<b>2024 Meetings – and theme for March?</b> <ul style="list-style-type: none"> <li>• Wednesday, March 13: 10:35 a.m.-2 p.m.</li> <li>• Wednesday, June 12: 10:35 a.m.-2 p.m.</li> <li>• Wednesday, September 11: 10:35 a.m.-2 p.m.</li> <li>• Wednesday, December 11: 10:35 a.m.-2 p.m.</li> </ul>

Impromptu networking....

share with your group...

Something you are either personally or professional proud of accomplishing in the past year...and why...

## **Prevention Research Subcommittee (PRSC) Mission Statement**

Updated as of 9/23/20

To provide a forum for prevention researchers, policymakers, and practitioners to identify and address emerging and evolving substance use disorder prevention and mental health promotion service & research needs in Washington State by:

1. Supporting DBHR's evaluation of prevention services;
2. Assisting DBHR in (a) defining the criteria for determining that a service is evidence-based; and (b) establishing a protocol for review and acceptance to a list of evidence-based services;
3. Advocating for state funding of evidence-based and other effective prevention services;
4. Establishing collaborations to initiate new research and share existing research on substance use disorder prevention and mental health promotion in order to improve DBHR's prevention services.
5. Promoting implementation science through the collaborative knowledge exchange of prevention researchers, DBHR, and other prevention-related state agencies and community organizations.

# Monitoring the Future (MTF)

- MTF is a long-standing project at the Institute for Social Research, University of Michigan
- Purpose: Examine changes in beliefs, attitudes, and substance use behaviors among adolescents, young adults, and midlife adults in the US
- Nationally representative annual 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade student surveys (~40,000 students in ~400 public and private secondary schools)
  - 12<sup>th</sup> graders since 1975
  - 8<sup>th</sup> and 10<sup>th</sup> graders since 1991
- Longitudinal follow-up surveys of 12<sup>th</sup> grade sub-sample (~2,400 individuals annually) through age 65

# The MTF Data Dashboard....

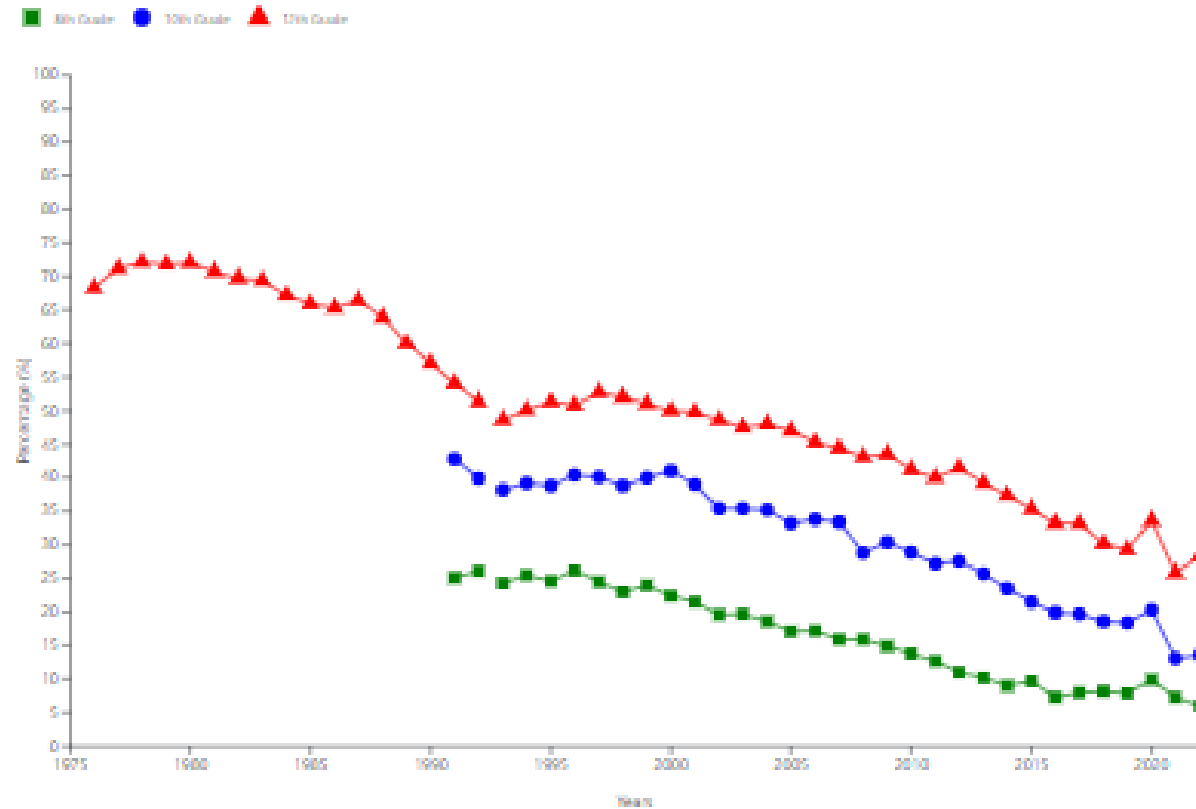
<https://monitoringthefuture.org/data/index.html>

# Key Take Aways.....

- Trends suggest a long term decline in tobacco use, alcohol use and most illegal drug use among high school youth.
- Youth cannabis use has stayed relatively flat, despite legalization (retail) in 24 states.
- More young people are graduating from high school drug free than any time since 1975.
- Despite the promising trend, youth fentanyl use and overdoses are increasing.....

Search Drug:

### Alcohol: Trends in Last 30 Days Prevalence of Use in 8th, 10th, and 12th Grade



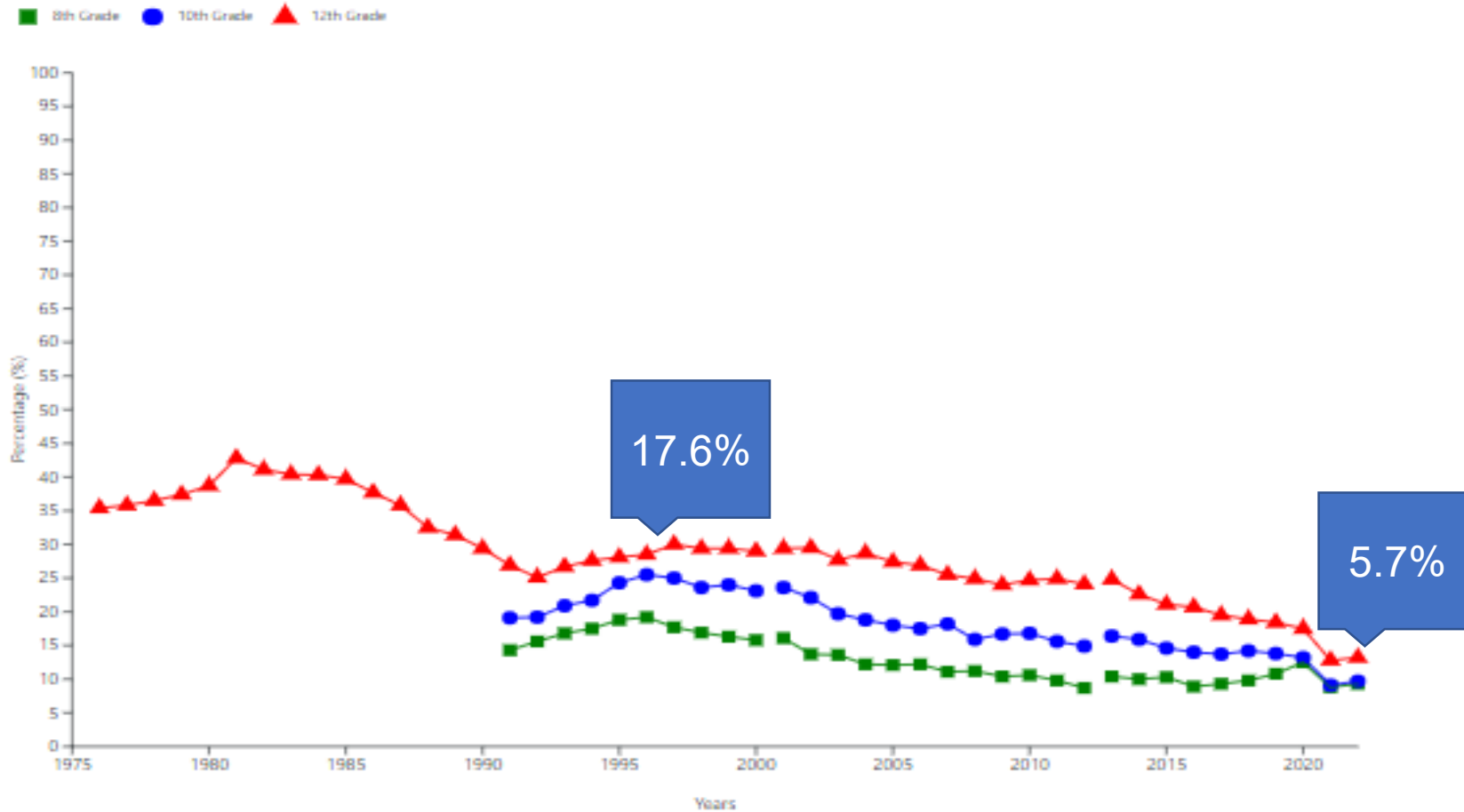
Suggested citation: Miech, R. A., Johnston, L. D., Patrick, M. E., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2012). Monitoring the Future National Survey Results on Drug Use, 1975–2012: Secondary School Students. Ann Arbor: Institute for Social Research, The University of Michigan. Available at <http://monitoringthefuture.org/results/publications/monographs/>

Lifetime  Last 12 Months  Last 30 Days  Daily  Binge



Search Drug:

## Any Illicit Drug other than Marijuana: Trends in Lifetime Prevalence of Use in 8th, 10th, and 12th Grade



17.6%

5.7%

Lifetime  Last 12 Months  Last 30 Days

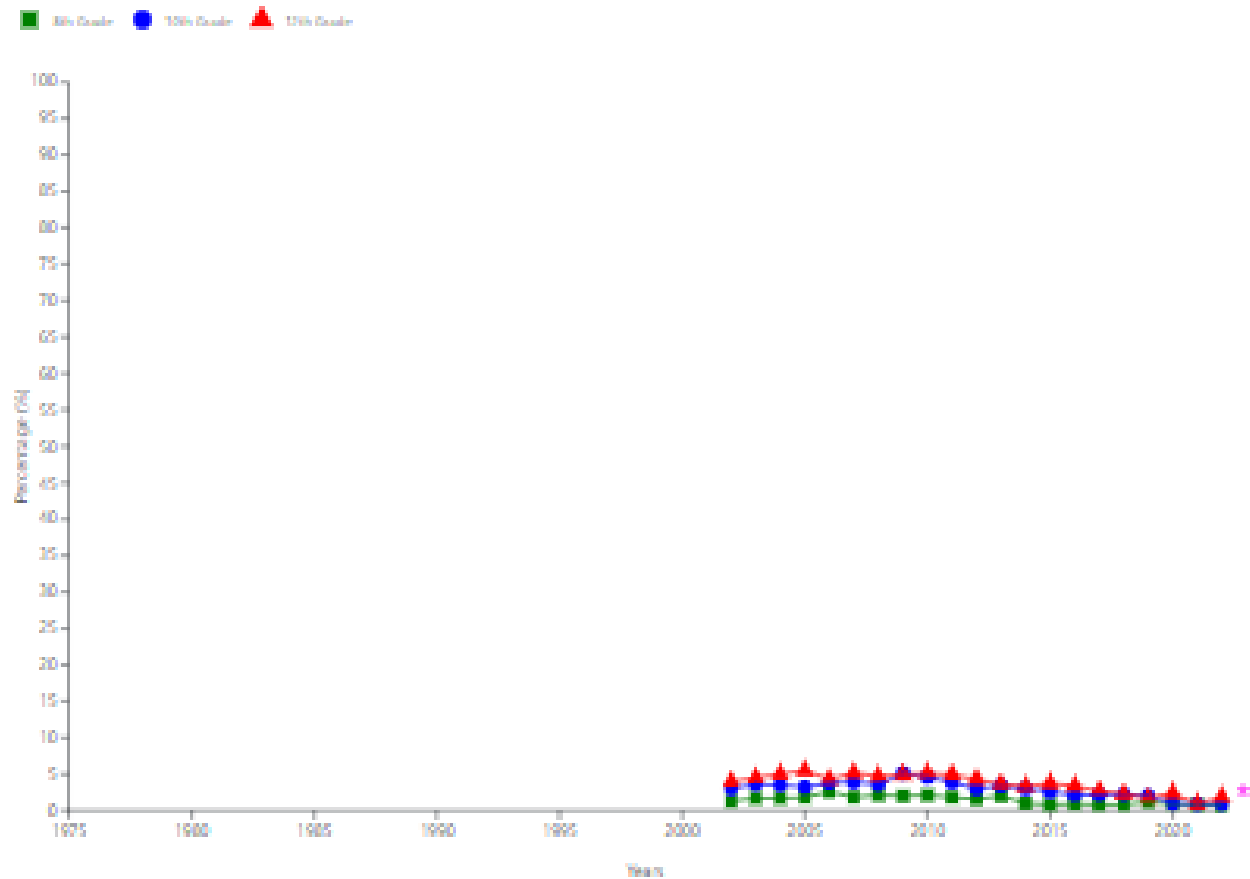
Suggested citation: Miech, R. A., Johnston, L. D., Patrick, M. E., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2023). Monitoring the Future National Survey Results on Drug Use, 1975–2022: Secondary School Students. Ann Arbor: Institute for Social Research, The University of Michigan. Available at <https://monitoringthefuture.org/results/publications/monographs/>

Search Drug:

OxyContin

Submit

## OxyContin: Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Grade

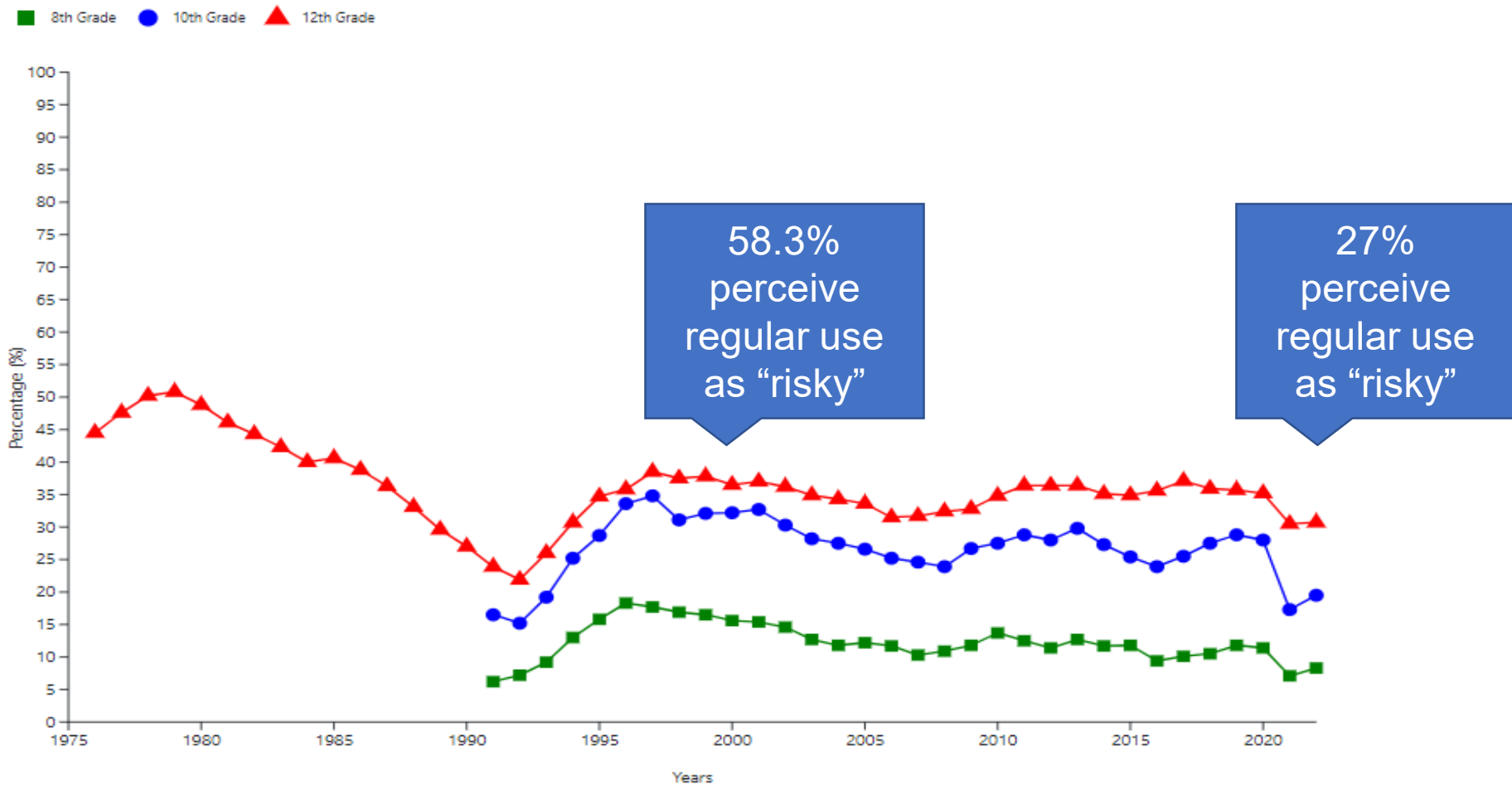


Suggested citation: Miech, R. A., Johnston, L. D., Patrick, M. E., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2023). Monitoring the Future National Survey Results on Drug Use, 1975–2022: Secondary School Students. Ann Arbor: Institute for Social Research, The University of Michigan. Available at <https://monitoringthefuture.org/results/publications/monographs/>

Zoom In

Last 12 Months

# Marijuana: Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Grade



Suggested citation: Miech, R. A., Johnston, L. D., Patrick, M. E., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2023). Monitoring the Future National Survey Results on Drug Use, 1975–2022: Secondary School Students. Ann Arbor: Institute for Social Research, The University of Michigan. Available at <https://monitoringthefuture.org/results/publications/monographs/>

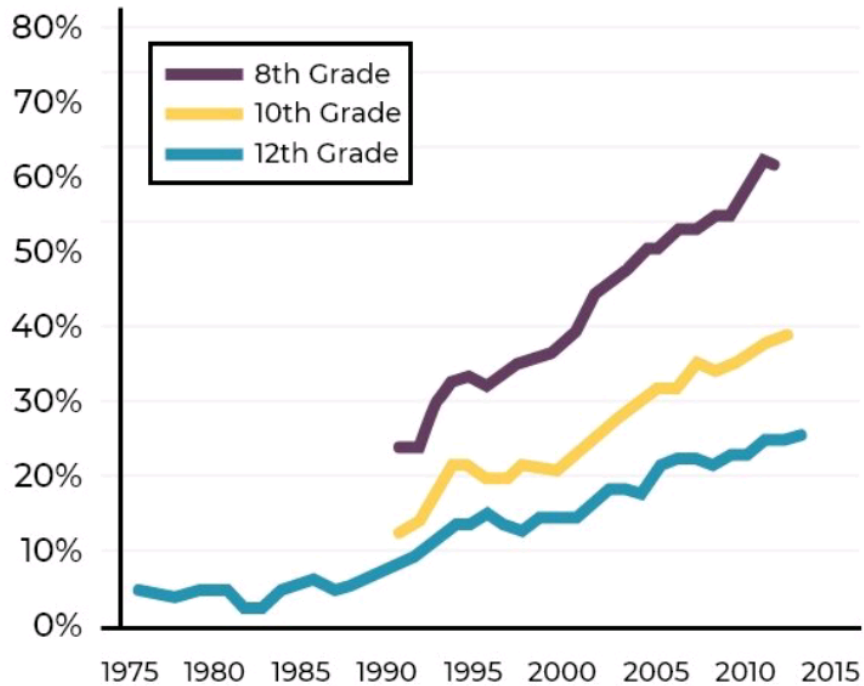
Zoom in

Lifetime 
  Last 12 Months 
  Last 30 Days 
  Daily 
  Ever Daily for a Month

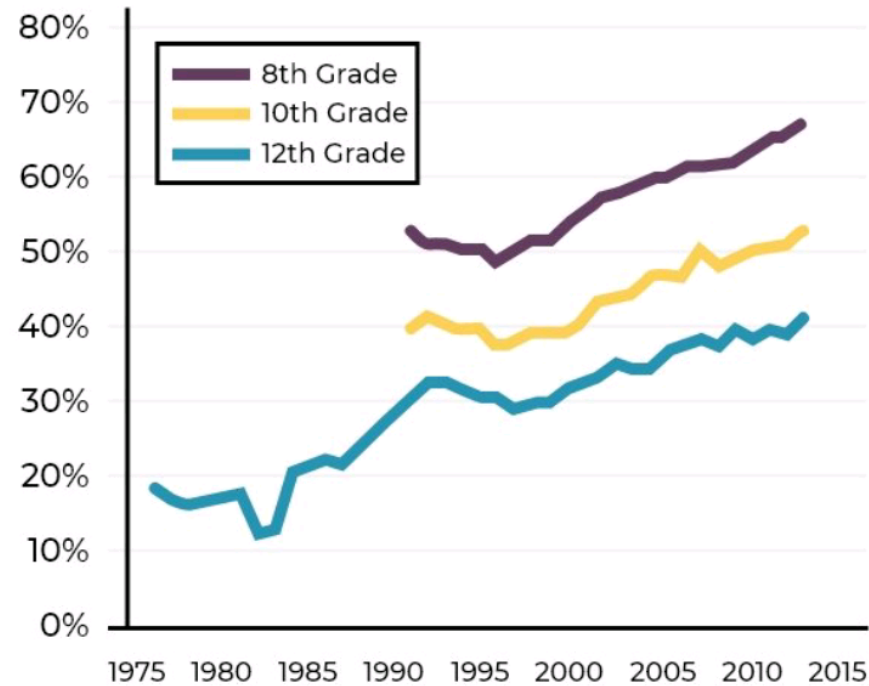
2021-2022 Change Level of Significance: \*= $p < .05$ , \*\*= $p < .01$ , \*\*\*= $p < .001$ .

Please see footnote: bb.11

# Important fact: More youth graduate drug free than at any time since 1975



**LIFETIME NO USE**



**PAST MONTH NO USE**

No Use of Alcohol, Cigarettes, Marijuana and Other Illicit Drugs: Grades 8, 10, 12

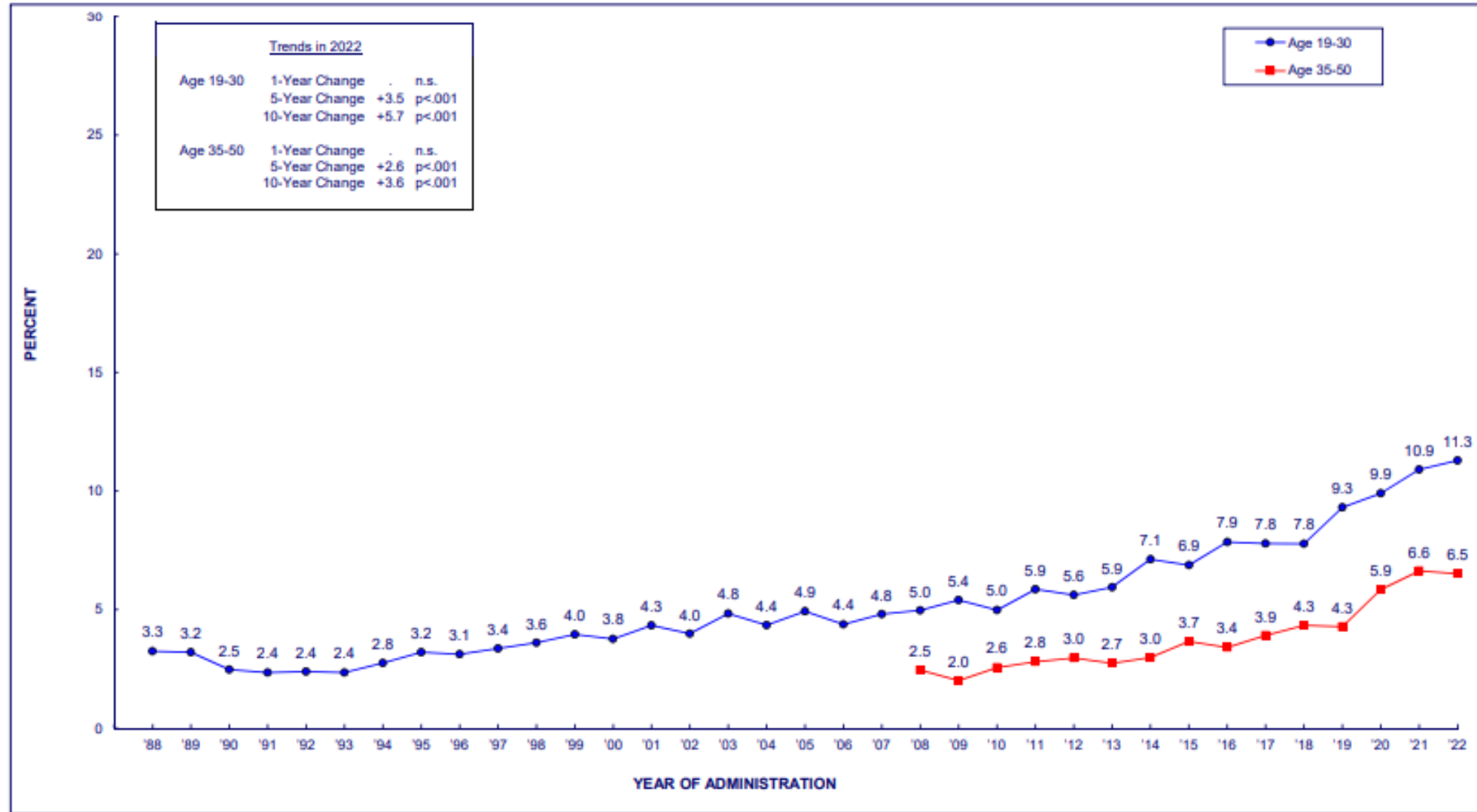


The paradox....you'd think...

TABLE/FIGURE 7

**MARIJUANA**

Trends in 30-Day Prevalence of Daily Use  
among Respondents of Modal Ages 19 through 50, by Age Group

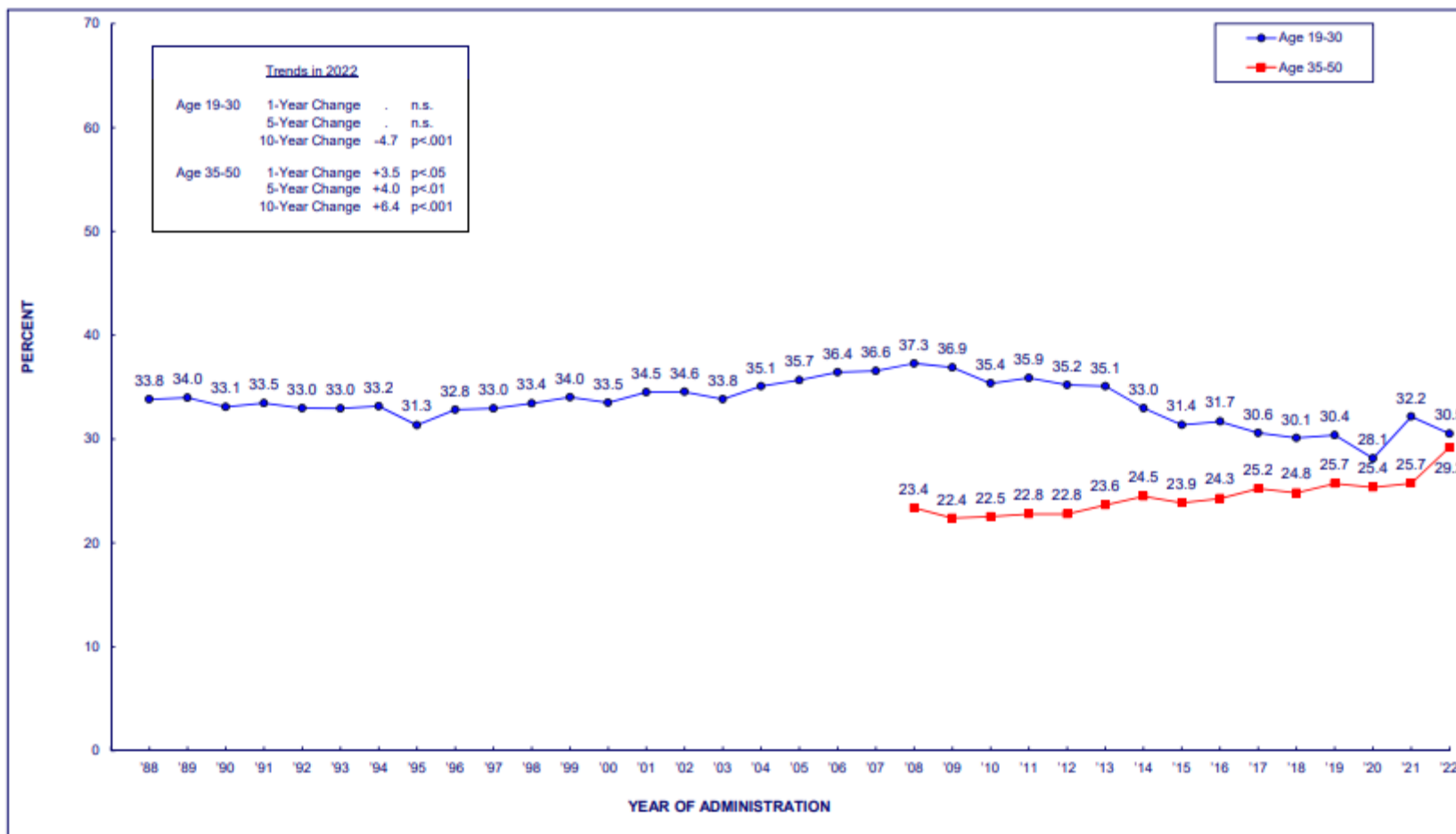


mtfpanel2023

TABLE/FIGURE 19

**ALCOHOL**

Trends in 2-Week Prevalence of **Binge Drinking** (5+ Drinks in a Row)  
among Respondents of Modal Ages 19 through 50, by Age Group



(Age-specific data provided in the following table.)

mtfpanel2023

# Market research....

*Gen-Z drink on average 20% less than millenials, who also drink less than the previous generation, mainly because of an increased awareness of the dangers and effects of alcohol and the rise of health-consciousness as a lifestyle.*

<https://www.forbes.com/sites/claraludmir/2023/06/27/why-genz-is-drinking-less-and-what-this-means-for-the-alcohol-industry/?sh=4c6cf25d48d1>



# Example of market research on Gen Z

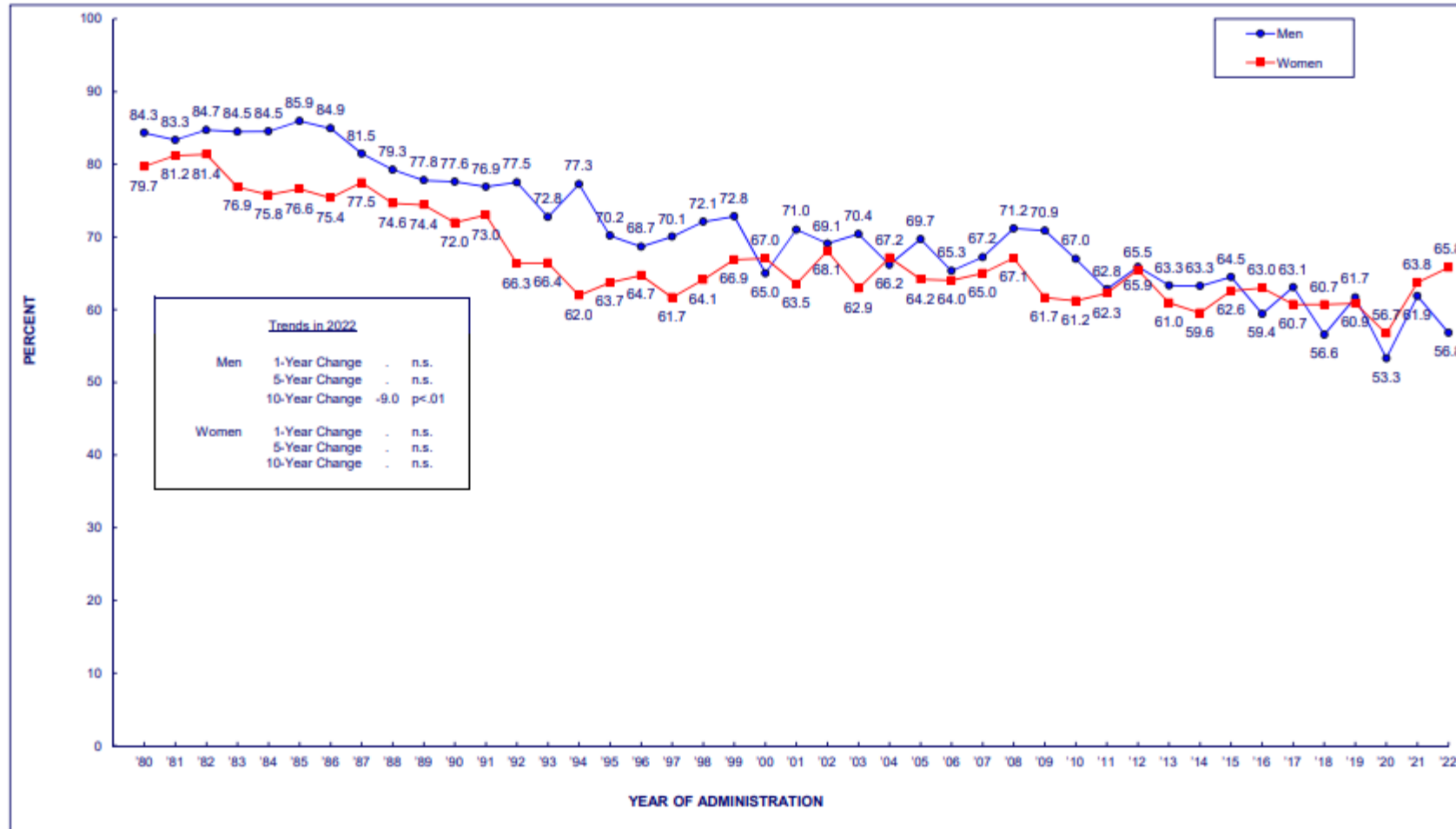


<https://www.drinkripples.com/blog/5-stats-behind-the-gen-z-drink-trend-thats-not-going-away>

TABLE/FIGURE 85

ALCOHOL

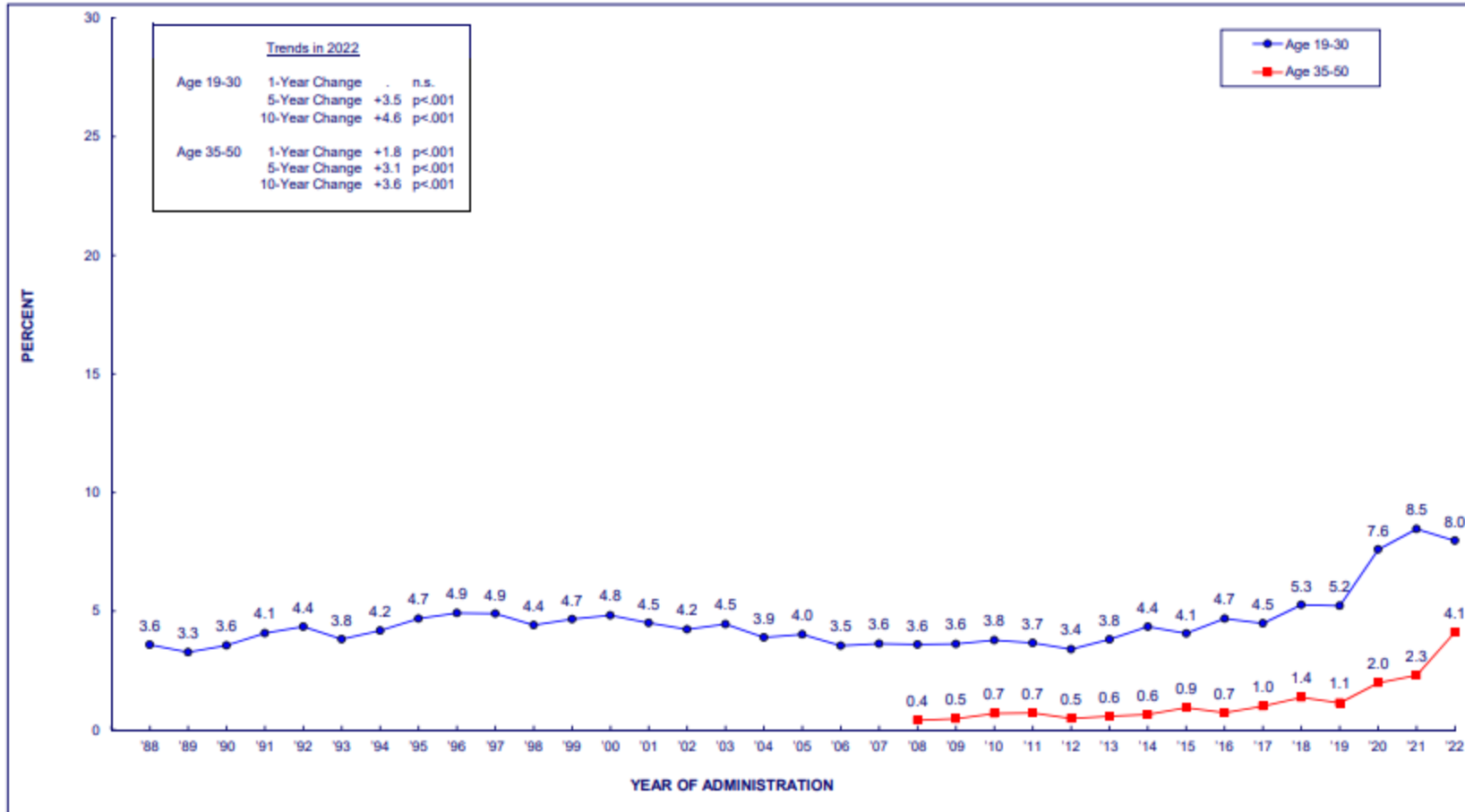
Trends in 30-Day Prevalence  
among College Students 1 to 4 Years beyond High School, by Sex



mtfpanel2023

TABLE/FIGURE 38  
**HALLUCINOGENS**

Trends in 12-Month Prevalence  
 among Respondents of Modal Ages 19 through 50, by Age Group



(Age-specific data provided in the following table.)

mtfpanel2023