

# CUMBERLAND DISTRICT: Substance Abuse

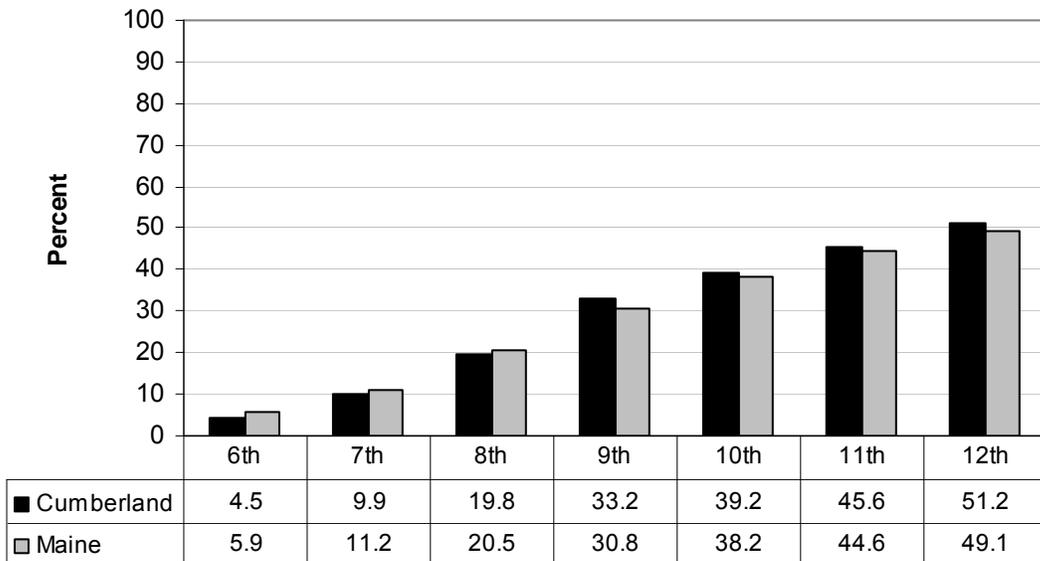
## Underage Alcohol Use

Recent studies show that underage alcohol consumption has the potential to trigger long-term biological changes that may have detrimental effects on the developing adolescent brain. Underage alcohol use is Maine’s most prevalent substance abuse problem.

Decreasing alcohol use among Maine youth is an objective of the Maine Office of Substance Abuse [OSA] as identified in the Maine Substance Abuse Prevention Strategic Prevention Framework Plan 2006 – 2010. Such use is targeted through collaboration with state and local agencies using environmental evidence based strategies.

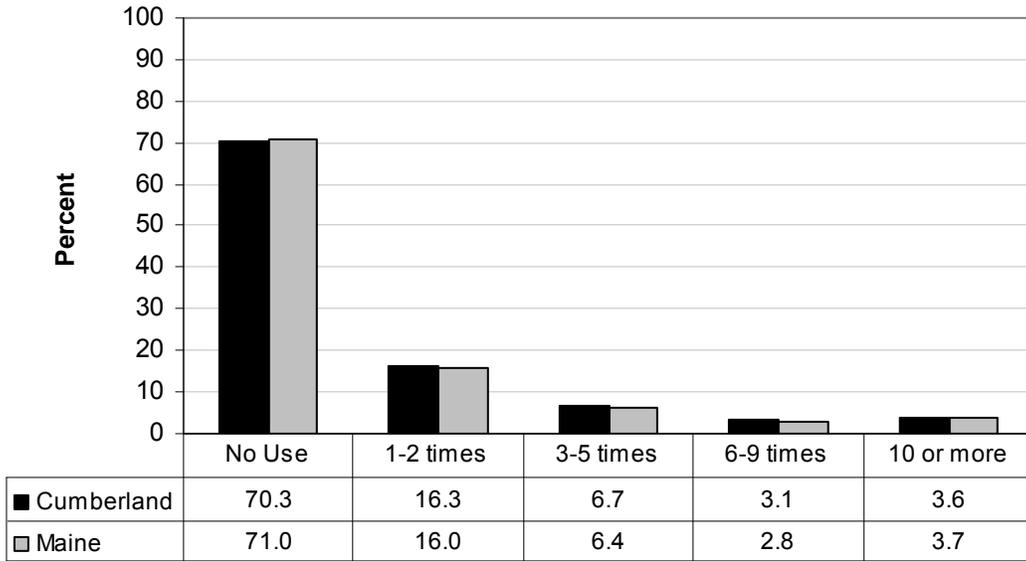
To find out more about substance abuse prevention activities in Maine:  
[www.maine.gov/dhhs/osa/prevention/index.htm](http://www.maine.gov/dhhs/osa/prevention/index.htm).

**Previous 30-day alcohol use, by grade:  
Cumberland District and Maine, 2006**



Source: Maine Youth Drug and Alcohol Use Survey/Youth Tobacco Survey, 2006

**Previous 30-day use of alcohol among 6th through 12th graders: Cumberland District and Maine, 2006**



Source: Maine Youth Drug and Alcohol Use Survey/Youth Tobacco Survey, 2006

## High Risk or Binge Drinking

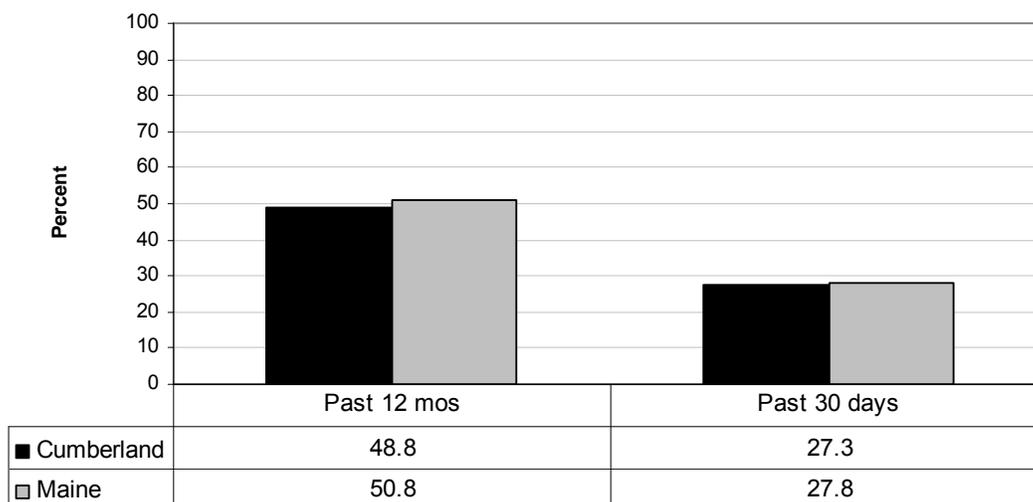
The range of consequences for high risk drinking ranges from health to criminal and economic concerns. Young adults (age 18-25) have the greatest prevalence of high risk drinking compared to other age groups. Approximately five percent of middle-school students reported binge-drinking.

Decreasing high risk or binge drinking among Maine youth and young adults is an objective of OSA as identified in the Maine Substance Abuse Prevention Strategic Prevention Framework Plan 2006 – 2010. Such use is targeted through collaboration with state and local agencies using environmental evidence based strategies.

To find out more about substance abuse prevention activities in Maine:

[www.maine.gov/dhhs/osa/prevention/index.html](http://www.maine.gov/dhhs/osa/prevention/index.html).

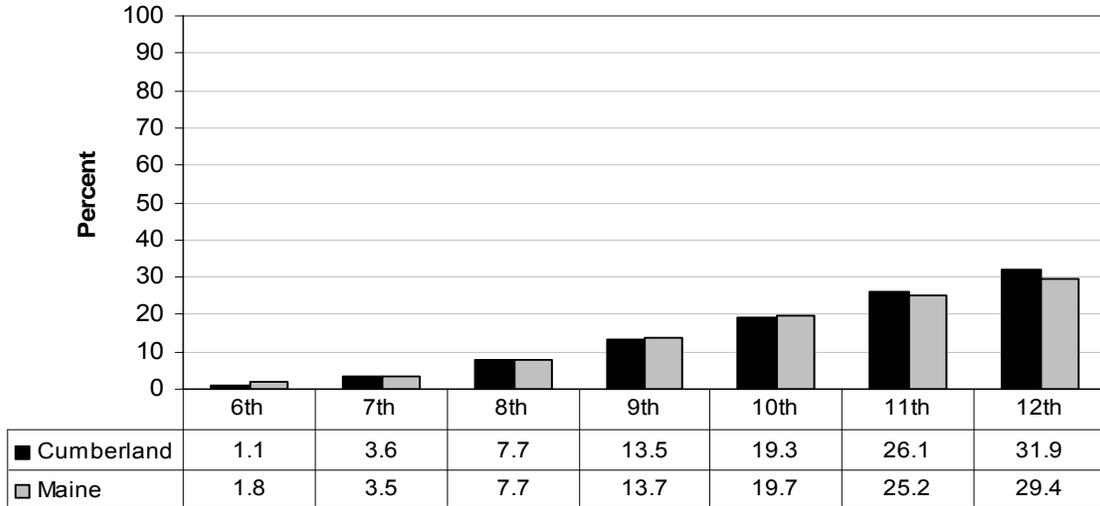
**Adults age 18 and older who have participated in binge drinking\*: Cumberland District and Maine, 2004**



\*Binge drinking is defined as 5 or more alcoholic beverages for men in one occasion and 4 or more alcoholic beverages for women in one occasion.

Source: Maine General Population Survey, 2004.

**Percentage of students who participated in binge drinking\*  
within the last 2 weeks, by grade: Cumberland District and  
Maine, 2006**



\*Binge drinking is defined as 5 or more alcoholic beverages in one occasion.

Source: Maine Youth Drug and Alcohol Youth Survey/Youth Tobacco Survey, 2006

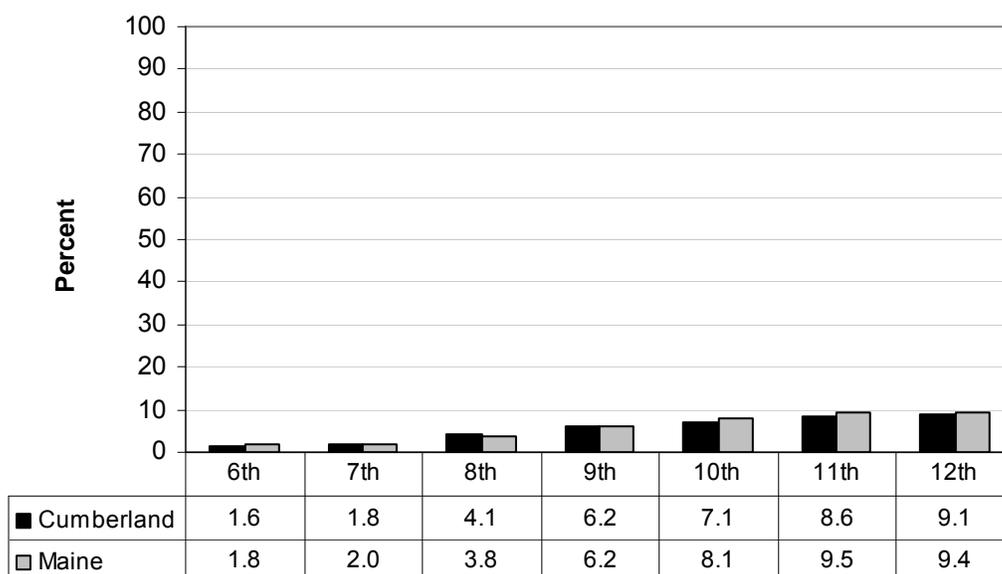
## Prescription Drug Misuse

Maine data for middle and high school students indicate that prescription drug abuse is also a high priority.

Decreasing prescription drug misuse among Maine youth and young adults is an objective of the Maine Office of Substance Abuse identified in the Maine Substance Abuse Prevention Strategic Prevention Framework Plan 2006 – 2010. It is targeted through collaboration with state and local agencies using environmental evidence based strategies.

To find out more about substance abuse prevention activities in Maine contact OSA at [www.maine.gov/dhhs/osa/prevention/index.htm](http://www.maine.gov/dhhs/osa/prevention/index.htm)

**Previous 30-day prescription drug misuse, by grade:  
Cumberland District and Maine, 2006**



Source: Maine Youth Drug and Alcohol Use Survey/Youth Tobacco Survey, 2006

## Substance Use Consequences

Information below is compiled from admission and discharge data collected from public agencies receiving funds from the Office of Substance Abuse. It represents clients who enter treatment as a result of an OUI, and/or are Medicaid eligible, and/or are in methadone programs.

Admissions for treatment remained relatively consistent over the past three years, yet Maine has been identified by the National Survey on Drug Use and Health as having one of the highest unmet drug treatment needs for adolescents in the county.

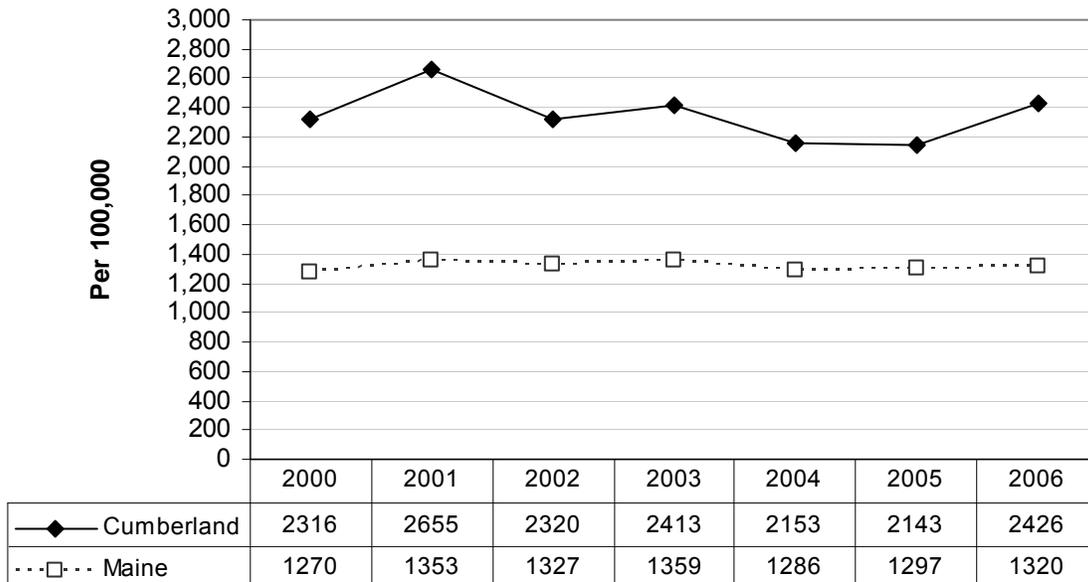
This data is used to monitor and track trends in substance use for new or changing trends and used for needs assessment planning and workforce development. The Office of Substance Abuse is working across systems to provide a comprehensive, integrated approach to treatment services. To find out more about the Treatment Data System:

[www.maine.gov/dhhs/osa/data/tds/index.htm](http://www.maine.gov/dhhs/osa/data/tds/index.htm)

### **Substance abuse\* treatment admissions (all ages)**

\*Substance abuse treatment includes all admissions for those whose lives are directly impacted by the use and abuse of alcohol and other drugs.

**Substance abuse admissions (all ages) per 100,000:  
Cumberland District and Maine, 2000-2006**

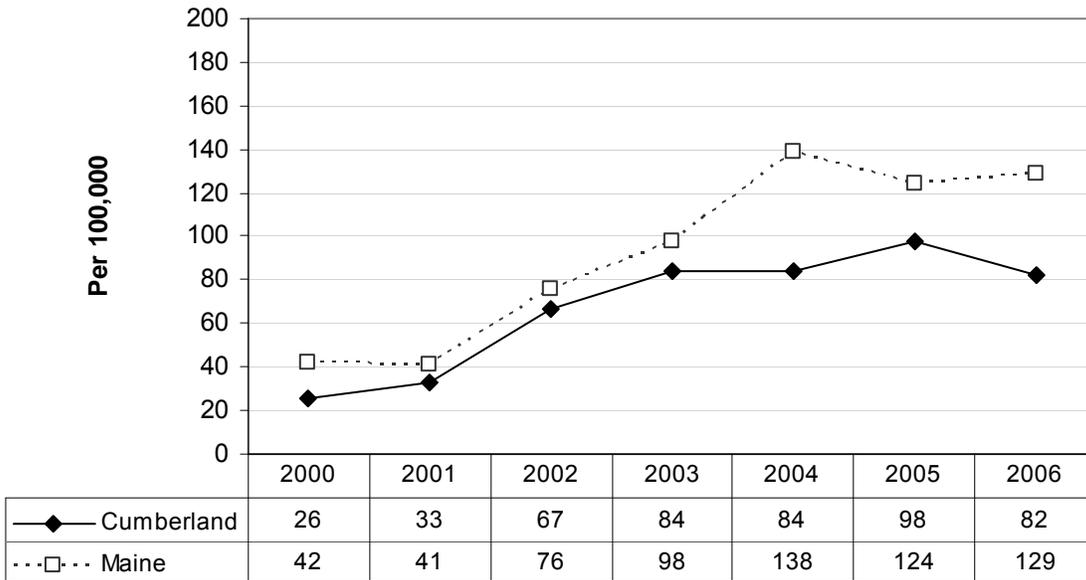


Source: Treatment Data System (TDS), 2000-2006 and U.S. Census Bureau.

**Evaluation only\* admissions (all ages) per 100,000**

\*Evaluation only clients are those who are referred to substance abuse services for the purpose of determining their need for treatment. Referrals originate from, but are not exclusive to, the Driver Education and Evaluation Program (DEEP), child welfare services, and probation.

**Evaluation only admissions (all ages) per 100,000:  
Cumberland District and Maine, 2000-2006**



Source: Treatment Data System (TDS), 2000-2006 and U.S. Census Bureau.