

**Risk Factors for Opioid/Rx Drug Misuse among Young Adults/Adults in Lynnfield**

**Root Causes & Local Conditions: Why Here?**

**Notes from December 5 AHL Meeting: Group Exercise**

**Denial-Risk Factor**

Not aware of harms/signs/symptoms

Believe "It won't happen to me/my child"

Families are private-they value image/put up "a Good Front"

Don't talk about "problems"

Substance misuse/Addiction is a "bad" thing

Fear/Shame

Isolation

**Result -Refusal to Seek Help**

**Chronic Pain/Chronic Illness & Family History/Risk Factor History**

Use of Pain Meds to manage pain (legitimately)

Can't get in front of the pain-use more beyond medical advice

Like the High

Self-medicate to mitigate withdrawal symptoms

Poor Medical Monitoring-early identification of misuse

**Result-Misuse/Dependency on Pain Meds**

**Have Mental Health Concern-Risk Factor**

Poor social relationships

Isolation due to Sigma with MH issues

Inappropriate coping: use of substances to dull emotional pain

No early identification of misuse and no early intervention

**Result-Use leads to dependency**

### **Sports Injuries-Risk Factor**

Used to legitimately to manage pain

Use becomes social-others use too

Lack of understanding when use becomes misuse

Misuse becomes shameful

### **Result-Cycle of Misuse Continues**

<b>Risk Factors for Underage Tobacco Product Use/Vaping among Youth in Lynnfield</b>
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<b>Root Causes &amp; Local Conditions: Why Here?</b>
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### **Low Perception of Harm**

Marketed as helpful aid for quitting

“No nicotine”, so it’s safe, not addictive

Parent’s don’t know what it is/what devices look like

No urgent consequence for use, like overdose

### **Low Perception of Harm**

Not Expensive

Products and paraphernalia stocked at convenience stores

On Line

Friends

Older Siblings

### **Peer Pressure/Hang out with kids who use**

Older siblings model behavior, Image, It’s Cool

**Accountability/Consequences (?)** Do kids perceive consequences of use are harsh enough to deter future use? What does discipline look like in these 3 areas? Need more information.

Sports, School, Home

## **Risk Factors for Underage Alcohol Use among Youth in Lynnfield**

### **Root Causes & Local Conditions: Why Here?**

#### **Unsupervised Time**

Both parents work

Many OST activities offered, MS Kids don't participate

Program space

House Parties

Parent's Think it a Safe Alternative

#### **Home/Family Norms \* (see community survey data)**

Poor Modeling: Home use to unwind/adult social use is prevalent

Demonstrates unhealthy coping

Few Family discussions about appropriate/inappropriate use

Do as I say, not as I Do

It's available at home

Parents allow how use by adolescents-think it's a "safer" alternative

#### **Community Norms**

Sports community-pre and post-game time celebration is common/acceptable for youth and adults

#### **Co-Morbid Presentation: Depression/Anxiety**

Use to escape problems/poor coping strategies

Stigmatized-no outlet to talk about it

#### **Social/Peer Pressure**

Older Siblings Use & It is a social outlet for teens

#### **Stress**

Pressure to succeed/conform to the ideal

Competitive environment