# Data to Action

## Oneida County Substance Use Assessment I 2021

To better understand this complex issue, public data on perceptions and attitudes towards substance use was collected. The results will help inform a strategic planning process for selecting targeted community prevention and response strategies. This report outlines the key findings from this assessment.

# Mental Health and Substance Use Connection

Untreated mental health concerns are a risk factor for an increased likelihood of developing a substance use concern. In fact, many individuals who develop a substance use disorder are also diagnosed with a mental illness, and vice versa. Youth are particularly vulnerable. Although addiction can happen at any time during life, drug use typically starts in adolescence. This is also a time when the first signs of mental illness often appear.\*

of those who experience a mental illness during their lives will also experience a substance use disorder and vice versa.\*

#### Oneida County - 2019 Youth Risk Behavior Survey\*\*

50%

of high school students reported having experienced significant problems with anxiety and prolonged sadness in the past 12 months.

19%

of high school students reported having engaged in binge drinking.

21%

of 8th graders reported currently using vaping products (past 30 days).

## **Top Substances of Concern in Oneida County**

#### **General Community**

Methamphetamine
Alcohol Consumption
Binge Drinking
Prescription Opioids
Vaping/E-Cigarettes

#### People Under the Age of 21

Vaping/E-Cigarettes
Alcohol Consumption
Binge Drinking
Methamphetamine
Prescription Opioids

# Assessment Participants Reported

- Mental health, stress, anxiety and depression as the top factors that contribute to substance use concerns.
- Most people with a substance use disorder started with, or have a mental health disorder.
- Stigma around getting treatment for a mental health disorder leads to self-medication with substances.
- Limited coping skills or substance use acts as a coping mechanism.
- Substance use and addiction can contribute to the development of mental illness.

Treatment Services - The Human Service Center\*\*\*

807

471

675

Residents received mental health services in Oneida County - 2021 Residents received substance use services in Oneida County - 2021

Of the 1,461 people provided mental health services, 675 received crisis assessment in Forest, Oneida and Vilas Counties - 2021



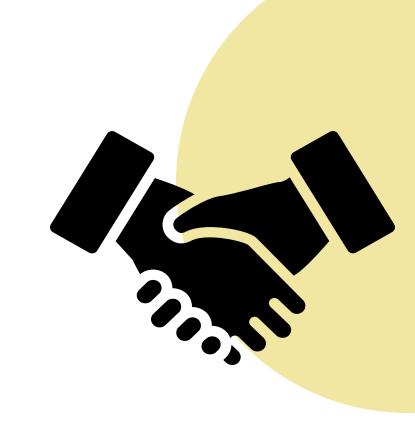
# Mental Health and Substance Use Connection

## Assessment Participants Identified Next Steps



## Increase availability and access to mental health services

- Consider telehealth in rural communities.
- Explore opportunities to integrate mental health and substance use services within the criminal justice system, specifically jail based treatment.
- Implement or enhance recovery supports and housing.



# Employ early interventions for mental health, anxiety, and depression to prevent substance use disorder

- Consider community-based programs that treat and support the entire family.
- Implement education programs related to mental health coping and resiliency skill development, especially in youth.
- Expand public safety and first responder diversion models that connect individuals experiencing mental health and/or substance use concern to treatment and recovery support services.



## Reduce stigma around seeking treatment for mental health issues

- Implement a comprehensive community awareness campaign that focuses on mental health and substance use.
- Authentically engage youth in the development and implementation of prevention and intervention strategies.
- Authentically engage the recovery community in the development and implementation of prevention and intervention strategies.
- Integrate community and school-based strategies that normalize having conversations about mental health.

<sup>\*\*\*</sup>WI DHS - County Services Dashboard: https://www.dhs.wisconsin.gov/mh/county-services-dashboard.htm







<sup>\*</sup>NIH - Common Comorbidities with Substance Use Disorders Research Report: https://nida.nih.gov/publications/research-reports/common-comorbidities-substance-use-disorders/part-1-connection-between-substance-use-disorders-mental-illness
\*\*WI Youth Risk Behavior Survey: https://dpi.wi.gov/sspw/yrbs