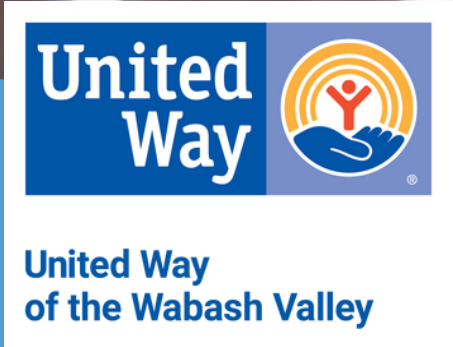


United Way of the Wabash Valley's Substance Use Disorders Council Measurement Report 2021



Introduction

Today, substance use impacts nearly every community in the United States, and the Wabash Valley is no exception. Substance use disorders are patterns of symptoms that arise when people continue to take a drug/substance, even though it negatively affects how they manage their relationships and responsibilities at work, home, or school. In 2019, approximately 20.4 million people aged 12 or older in the U.S. had a substance use disorder within the past year, equating to about 6% of the total U.S. population.¹ Substance use disorders create problems in relationships and disrupt everyday activities in life. These disorders cause changes in behavior and physical appearance and can range in type and severity.² In some cases, substance use disorders become severe enough to lead to death through overdoses. In Indiana in 2017, the overdose death rate per 100,000 population was 29.4. This figure is higher than the rate of deaths due to homicide (7.2), firearms (15.3), suicide (16.3), diabetes (26.6), and kidney disease (18.5) in Indiana.³ Further, substance use disorders affect individuals and families regardless of their cultural background, age, or socioeconomic status. A person struggling may be a high school student, working mom, coach, farmer, pastor, retired professional, or any community member. For additional information concerning substance use prevalence visit www.org/substance-use-disorders-impact-council.



Substance use and related disorders take an enormous toll on the community, which suffers as a result of alcohol- and drug-related crime and violence, abuse and neglect of children, and lower worker productivity. In fact, it has been found that substance use disorders cost the United States more than \$640 billion each year due to increased crime, lost productivity, and healthcare expenses.⁴ Substance use strongly correlates with generational poverty and financial instability, which is at the root of United Way of the Wabash Valley's (UWWV) work. This is why UWWV developed a Substance Use Disorders Impact Council to promote and support effective evidence-based prevention, treatment, and recovery programs and initiatives to reduce the impact of substance use on our communities.



UWWV's Substance Use Disorders (SUD) Impact Council recognizes that substance use and substance use disorders are public health issues that are preventable and treatable, and believes the most effective way to eliminate substance use disorders and build healthy communities is by fostering new coalitions and expanding existing efforts across the six-county service area as well as with federal, state, and nonprofit partners.⁵ As UWWV pursues our bold goal of moving 10,000 families out of financial struggles and into stability we look forward to continuing to build collaborations around lasting solutions that will improve the lives of those affected by substance use disorders and the community as a whole, including, but not limited to:

1. Increasing the number of treatment and recovery providers
2. Developing resources for a full continuum of care
3. Expanding practical life-assistance recovery supports such as employment, housing, and parental programs
4. Creating prevention strategies for youth

[1] <https://www.samhsa.gov/data/sites/default/files/reports/rpt29393/2019NSDUHFFRPDFWHTML/2019NSDUHFFR1PDFW090120.pdf>

[2] <https://www.verywellmind.com/dsm-5-criteria-for-substance-use-disorders-21926>

[3] <https://www.cdc.gov/nchs/pressroom/states/indiana/indiana.htm>

[4] <https://americanaddictioncenters.org/rehab-guide/addiction-statistics>

[5] UWWV serves the communities of Clay, Parke, Sullivan, Vermillion and Vigo counties in Indiana, and Clark County in Illinois

It is also the goal of the SUD Impact Council to consistently track and report on substance use disorders-related metrics at the local level to evaluate the efficiency of our investments in reducing the negative impacts of substance use disorders on our communities, as well as inform future investments.

Community Investment

The Substance Use Disorders (SUD) Impact Council is one of five current impact councils that operate under UWWV's collective impact model. Each impact council is a multisector, volunteer-led coalition that brings together subject matter experts, individuals who are passionate about the council's focus issue and whose lives are affected by the issue, business leaders, as well as other organizations that are working to address the council's focus all while working towards UWWV's bold goal. The SUD Impact Council develops, recommends, and monitors investments that address root causes of substance use disorders and help individuals affected by substance use disorders receive the treatment and services they need to overcome their disorder and live life as a functioning and contributing member of the community. This impact council believes that by supporting initiatives that provide evidence-based prevention, treatment, and recovery opportunities, we can break the cycle of generational poverty and bring more households into financial stability.

Current Investments

Substance Use Risk Education and Programming

This initiative invested \$101,500 in evidence-based programs that teach youth about the dangers of substance use as well as help youth build the social and emotional skills needed to protect against future substance use with the goal of reaching 4,200 youth in the Wabash Valley.

E-Intervention Initiative

Funded via grants through the Indiana State Department of Health and U.S. Health Resources and Services Administration, this initiative invested \$152,000 towards implementation of an electronic platform that enables SUD service providers to easily refer individuals to treatment and services across the Wabash Valley.

Jail Mentoring

This Initiative invested nearly \$61,800 to local service providers to allow for mentoring services to be delivered to inmates with a history of substance use in local jails and juvenile systems to promote a successful transition to life post-incarceration and a lowered chance of reoffending.

Peer Recovery Specialists

This initiative invested \$50,000 to allow for the recruitment and training of additional peer recovery specialists in our local communities to help meet the current demand of substance-use related mentoring and support services.

Rural Communities Opioid Response Program (RCORP)

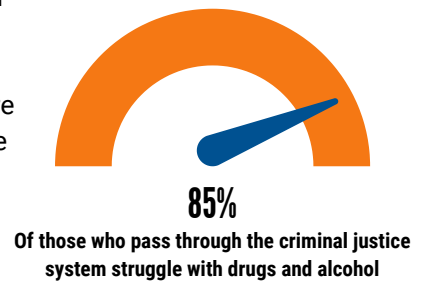
Funded via two separate grants received in 2019 and 2020 from the Health Resources & Services Administration's Federal Office of Rural Health Policy, the RCORP program initially provided \$200,000 for the purpose of conducting community landscape assessments to evaluate community needs surrounding substance use treatment and recovery services in the rural communities of Parke, Sullivan, and Vermillion counties. An additional \$1 million was awarded for the purpose of engaging in programs and initiatives to reduce the illness and deaths associated with SUDs in these rural counties over the next three years. This grant allows for investments in: stigma education and prevention, Naloxone access and training, drug take-back sites and programs, hiring and training of therapists, case managers, and peer recovery specialists, additional recovery residences, and enhanced online and virtual services for recovery-based meetings and supports

Measuring Our Impact

A goal of the UWWV SUD Impact Council is to consistently measure and report on substance-use-related metrics to track the impacts of our initiatives at the local level and assist in planning future investments. Each year, our report will examine trends in three core measurements, including substance use-related arrests, substance use-related child removal cases, and the prevalence of substance use among middle and high-school students.

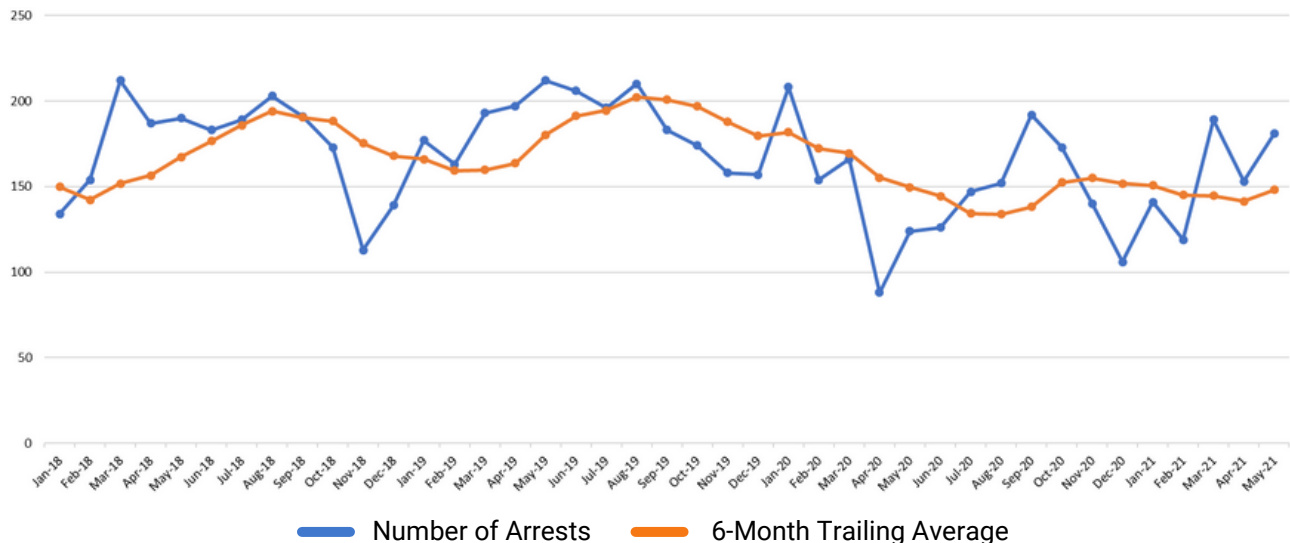
Substance Use-Related Arrests

Substance use is closely tied to high rates of incarceration and recidivism in our criminal justice system. Nationally, as many as 85% of those who pass through the criminal justice system struggle with drugs and alcohol, and more than 50% meet the criteria for a substance use disorder. By analyzing local data concerning monthly substance use-related arrests, we can keep ourselves better informed of the overall prevalence of substance use within our communities so that we may better develop programs and initiatives to support those struggling with substance use disorders. Further, as the SUD Impact Council makes future investments, this data should allow us to track the impact of our work, with the expectation that as more initiatives and programs are undertaken to protect against and treat substance use disorders, the overall rate of substance use-related arrests will decrease over time.



The chart below shows the total number of monthly substance use related arrests, and the six-month trailing average, across UWWV's Indiana service area counties from January 2018 to May 2021.

Number of Monthly Substance Use Related Arrests
(UWWV Service Counties of Clay, Parke, Sullivan, Vermillion, and Vigo)

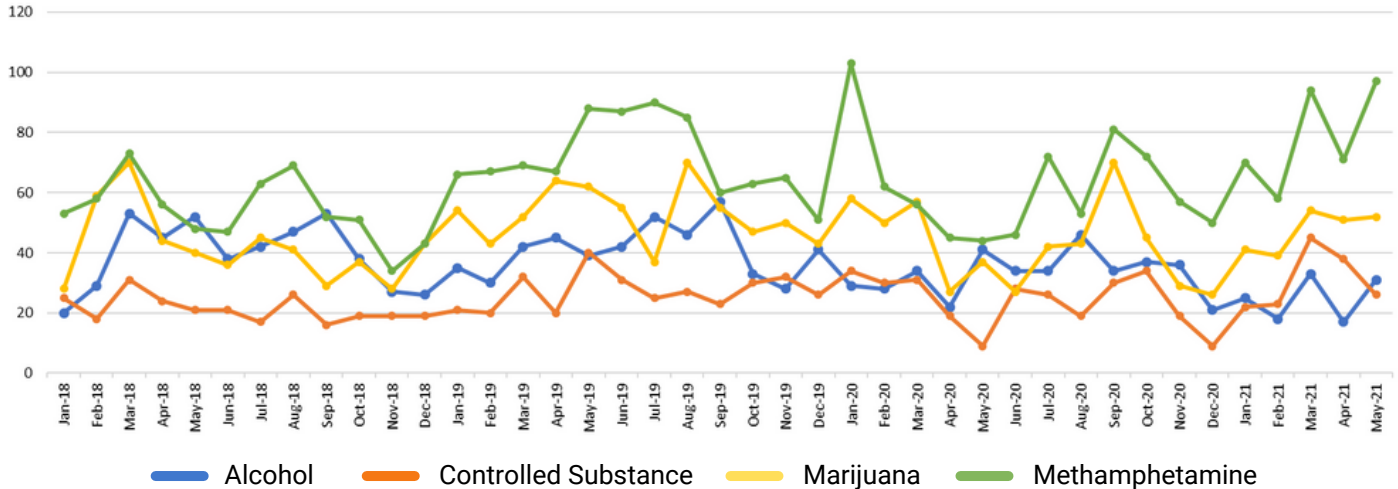


Source: Indiana Management Performance Hub Arrest Dashboard - <https://www.in.gov/mph/projects/arrests-dashboard/>

While the number of arrests may vary significantly from one month to the next, an analysis of this data over time does indicate a consistent pattern of substance use-related arrests across our region. Note that while arrests seem to decline during 2020, this may be a result of the COVID-19 pandemic and associated lockdowns. If substance users were less likely to be out in public spaces, then the chances of arrest are also likely to have declined during that time. However, when looking at the latter months in the chart, in those months where the restrictions imposed during the COVID-19 pandemic began to be loosened and lifted in late 2020 and early 2021, we begin to see a slight uptick in arrests emerge.

It is also valuable to understand what substances are most prevalent in our region. The chart below shows the monthly number of substance use-related arrests by substance from January 2015 to May of 2021.

Number of Monthly Arrests by Substance (UWWV Service Counties of Clay, Parke, Sullivan, Vermillion, and Vigo)



Source: Indiana Management Performance Hub Arrest Dashboard - <https://www.in.gov/mph/projects/arrests-dashboard/>

As seen in the chart above, four of the most prevalent categories that lead to arrests in the local region include alcohol, methamphetamine, marijuana, and other controlled substances (illegal or prescription drugs otherwise not categorized).

Substance Use-Related Child Removal Cases (Department of Child Services)

According to the 2017 National Survey on Drug Use and Health, 12% of Indiana’s children under the age of 17 lived with at least one parent who had a substance use disorder. That translates to approximately 3 or 4 children per classroom in our communities, and it is known that when parents use alcohol and/or drugs, there is an increased risk their children will be maltreated.

Analyzing data on child removal cases due to parental substance use allows us to evaluate the impact of parental substance use disorders on their children, and beyond evaluating our impact on the overall prevalence of substance use in our region, also allows us to evaluate our impact on families as a whole. The chart below reflects the number of child removal cases in UWWV’s service area due to parental substance use in 2020.

Children Removed from Homes in UWWV Service Area Due to Parent Drug/Alcohol Use - 2020



Source: Indiana Department of Child Services/Illinois Department of Child & Family Services

As seen in the chart above, 295 out of 400 children, or nearly 74%, who were removed from their homes in UWWV’s service area in 2020 were removed due to parental drug/alcohol use. Adverse childhood experiences like these increase the risks of long-term health conditions and other negative life outcomes. We also know that when a child enters foster care because of parental substance use, the length of stay in foster care is

longer, and the overall likelihood of that child reuniting with their parents is lower⁶ Evaluating this data year after year allows us to assess how effective our initiatives and programs are at reducing substance use and the negative impacts it has on families and children.

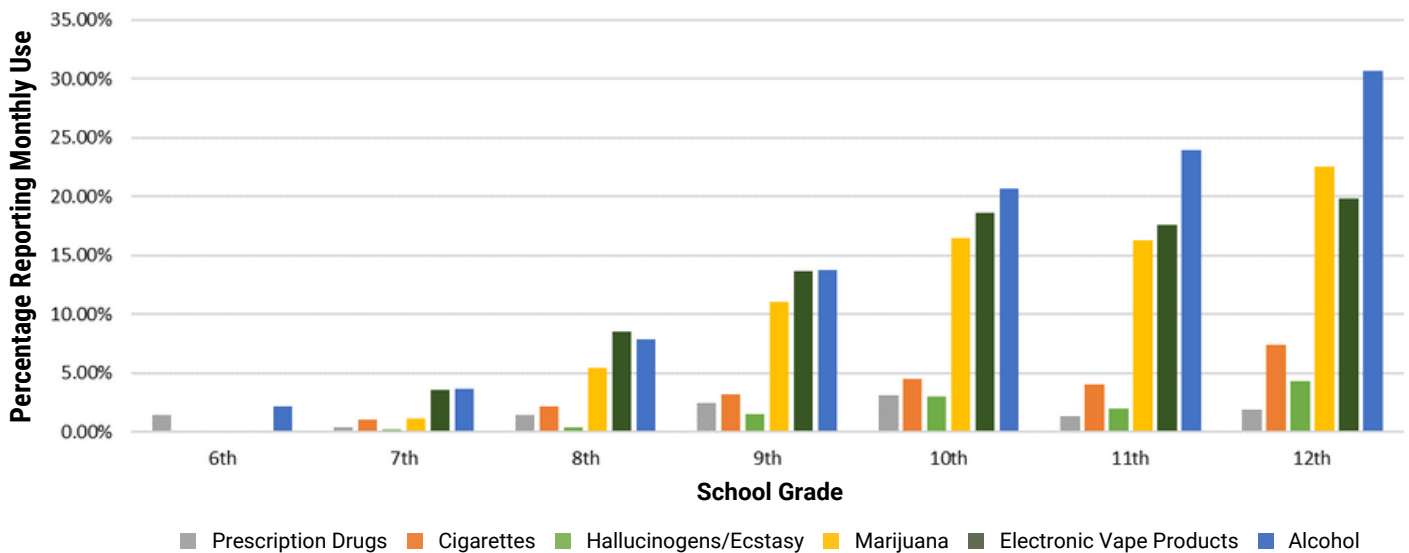
Prevalence of Substance Use Among Middle and High School Students

Providing education, protection, and support at an early age is crucial to preventing substance use from taking root among youth. Teens who use drugs are at a higher risk of developing behavioral problems and struggling in school. Substance use is especially dangerous for adolescents as their brains are still developing well into young adulthood, and substance use can lead to long-term changes in brain function. Further, youth substance use can lead to an increased likelihood of engaging in risky sexual behavior, motor vehicle accidents, and addiction.⁷



How prevalent is youth substance use in our region? The chart below shows results from IU Bloomington’s 2020 Indiana Youth Survey (INYS) which evaluates trends in youth substance use across the state of Indiana. The chart below specifically displays results for the IYS’s ‘Region 6’, which consists of Clay, Hendricks, Monroe, Morgan, Owen, Parke, Putnam, Sullivan, Vermillion, and Vigo counties.

Percentage of Students Reporting Substance Use in the Last 30 Days
Indiana Youth Survey - Region 6



Source: 2020 Indiana Youth Survey - https://inys.indiana.edu/docs/survey/indianaYouthSurvey_2020.pdf

As seen in the chart above, there is an upward trend of youth substance use in our region as students get older and proceed into high-grade levels. Alcohol, marijuana, and vape products were the three most popular substances used by young people in our region. Of the 6th graders surveyed, 2.2% reported drinking alcohol in the past month; that figure rose steadily to 30.7% in 12th grade. The use of marijuana and vaping was reported by 1.1% and 3.6% of 7th graders, respectively, and those percentages rose steadily to 22.5% of 12th graders using marijuana and 19.8% using vape products. As discussed, analyzing data about youth substance use

[6] “July 15, 2019 Trends in Foster Care Entry Among Children Removed From Their Homes Because of Parental Drug Use, 2000 to 2017.” Angélica Meinhofer, PhD1; Yohanis Angleró-Díaz, MD2. JAMA Pediatr. 2019;173(9):881-883. doi:10.1001/jamapediatrics.2019.1738.
 [7] 2020 Indiana KIDS COUNT® Data Book, p. 134.

will not only allow UWWV to evaluate whether our initiatives and programs are helping to prevent the initiation of youth substance use altogether, but this data can also provide useful insight into at what ages and grade levels students are engaging in drug use. The age of first use is often a key element of developing a substance use disorder. In fact, it has been found that individuals who try marijuana at age 14 or younger were six times more likely to later be classified as having an illicit drug dependence than individuals who tried at age 18 or older. This information can help provide direction for future initiatives and programs, such as the need to target students at particular ages or grade levels for preventative education.

Summary - Where Do We Go From Here?

It is clear that substance use and substance use disorders pose a public health risk to our local communities. Overdose death rates in the state of Indiana surpass the rates of death of many other seemingly more common causes such as homicide, suicide, diabetes, and kidney disease. Beyond the public health risk, substance use disorders within our local communities also place a strain on law enforcement and healthcare systems as they attempt to keep pace with increased demands. This can lead to poorer educational and overall life outcomes for youth who engage in substance use and can disrupt families when children are removed from parents who use substances.

Ensuring that our communities have appropriate prevention, treatment, and recovery resources is key to reducing the negative impacts of SUD across the region. Beyond improving the lives of community members, investment in substance use disorder treatment will also yield significant economic advantages for our communities as every dollar invested in substance use disorder treatment programs yields a return of between \$4 and \$7 in reduced drug-related crime, criminal justice costs, and theft; and when savings related to healthcare are considered, total savings can exceed costs by a ratio of 12 to 1.⁹

As UWWV pursues our bold goal of moving 10,000 families out of financial struggles and into stability, we are committed to building collaborations and investing in and driving realistic solutions to substance use in our local communities so that people who are suffering from SUD are met with dignity and respect while they receive the treatment they need, with the goal of creating a healthier, drug-free community for all!¹⁰ By collecting, analyzing, and sharing the key metrics contained in this report each year, UWWV is committed to using a data-informed process to address substance use in our communities while keeping community members informed of the impact of our investments and initiatives.



[8] https://www.samhsa.gov/data/sites/default/files/WebFiles_TEDS_SR142_AgeatNit_07-10-14/TEDS-SR142-AgeatNit-2014.pdf

[9] <https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/drug-addiction-treatment-worth-its-cost>

[10] UWWV serves the communities of Clay, Parke, Sullivan, Vermillion and Vigo counties in Indiana, and Clark County in Illinois

Learn more at: uwwv.org



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