

Substance Abuse: Need Assessment

The Community Fund of Darien

September 2017

Opioid Abuse in CT

- In CT: 4,028 opioid deaths between 2006 and 2014
 - Rate of 17.3 per 100,000 residents
 - 53% increase since 2006; 2nd worst in New England
 - In 2016, 917 CT residents died of drug overdoses, compared to 723 in 2015
 - CT has the 2nd highest % increase synthetic opioid deaths from 2014- 2015
 - Deaths involving fentanyl, which is up to 50 times stronger than heroin, increased 155% in recent years
 - 91 Americans die every day from an opioid overdose
- CT ranks in the top 10 states for dependence on illicit drugs among adults age 18-25
- 2012-2016: 103 accidental drug-related deaths in Lower Fairfield County
 - Darien recorded 6 deaths during this time, Stamford: 44 and Norwalk: 35

Roots of current opioid epidemic

- The opioid epidemic began MD's treating with opioid pain killers
 - In 2013, 207 million prescriptions were written for opioids, more than enough to give every American adult their own bottle of pills
 - Among new heroin users, approximately 3/4 report abusing prescription opioids prior to using heroin
- In 2014, there were an estimated 103,000 CT residents using non-medical prescription painkillers
 - Young adults (ages 18-25) are most likely to misuse pain medication
- From 2012-2015, CT high school students who took prescription drugs without MD's prescription increased from 9.6% to 12%
- Continued efforts by lawmakers to increase availability of naloxone, a drug that reduces an overdose's lethal effects
 - In 2016, legislation required first responders to have the drug
 - In 2016 Liberation Programs treated 1291 individuals at a Medication Assisted Programs
 - Liberations has seen a 34% increase at MAT facilities

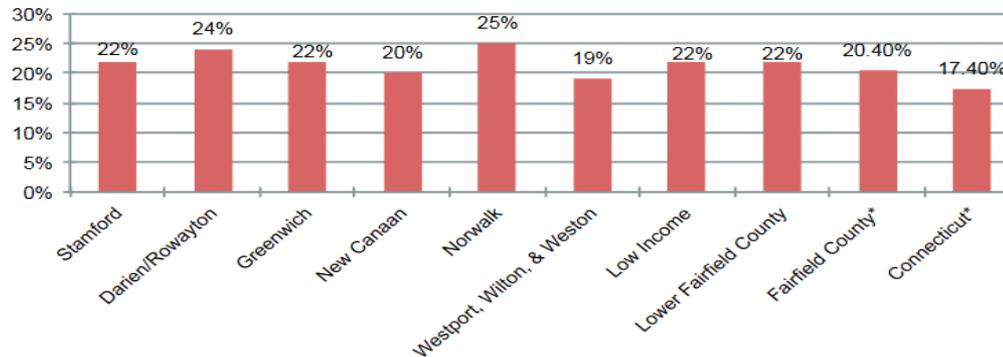
Alcohol Abuse

- According to The Stamford Hospital's 2012 Community Needs Assessment, residents reporting as "binge drinkers" was substantially higher in Lower Fairfield County (LFC) compared to all towns surveyed.
 - Norwalk was highest at 25%, followed by Darien at 24% and Stamford at 22%.

Alcohol Use

The proportion of residents reporting being "binge drinkers" per CDC guidelines²² was substantially higher than the State across all towns surveyed.

Figure 21: Percentage of Population that Reports Binge Drinking In Connecticut, Fairfield County, Lower Fairfield County and Towns, 2011



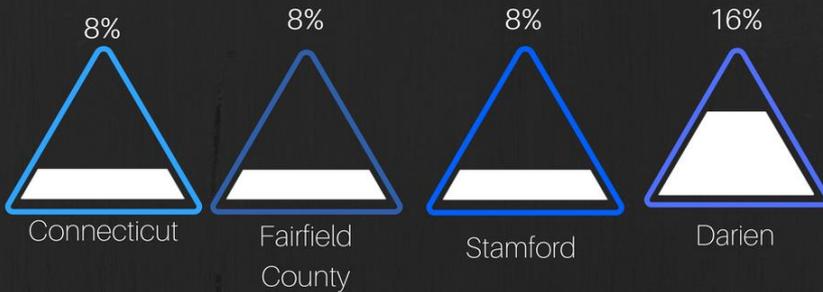
Source: 2011 Lower Fairfield County Community Health Survey; *2010 Connecticut Behavioral Risk Factor Surveillance System (BRFSS)

- 14% of Darien residents reported being "heavy drinkers", compared to 11% of residents in LFC and 5% for the state

Substance Abuse: Darien stands out among its peer towns

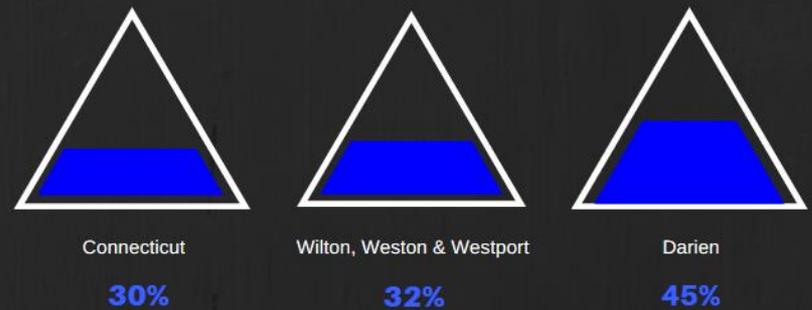
HAVE YOU EVER FELT LIKE YOU NEED TO CUT DOWN ON YOUR DRINKING OR DRUG USE?

 = YES



Alcohol Consumption

Percentage of 9-12th graders who have consumed alcohol in the past 30 days



Survey of students reveal upswing in substance abuse

- Darien's Thriving Youth Task Force identified alcohol abuse as the priority problem among Darien youth.
- Alcohol use has been decreasing in the nation, state and region; Darien is the exception.
- From 2008-2014, alcohol use among 7-12th grade students in Darien increased from 26% to 28%, along with marijuana at 18% to 21% and cigarettes at 7% to 12%.
- Alcohol continues to be the most frequently used substance among Darien's 7th-12th graders
- Survey results: In past 30 days (when reported in 2014)
 - 28% of 7-12th grade students had consumed alcohol
 - 26% of 12th grade students had consumed alcohol 6x or more
 - Almost 70% of Darien seniors consumed alcohol when surveyed in 2014, compared to slightly over half in 2008.