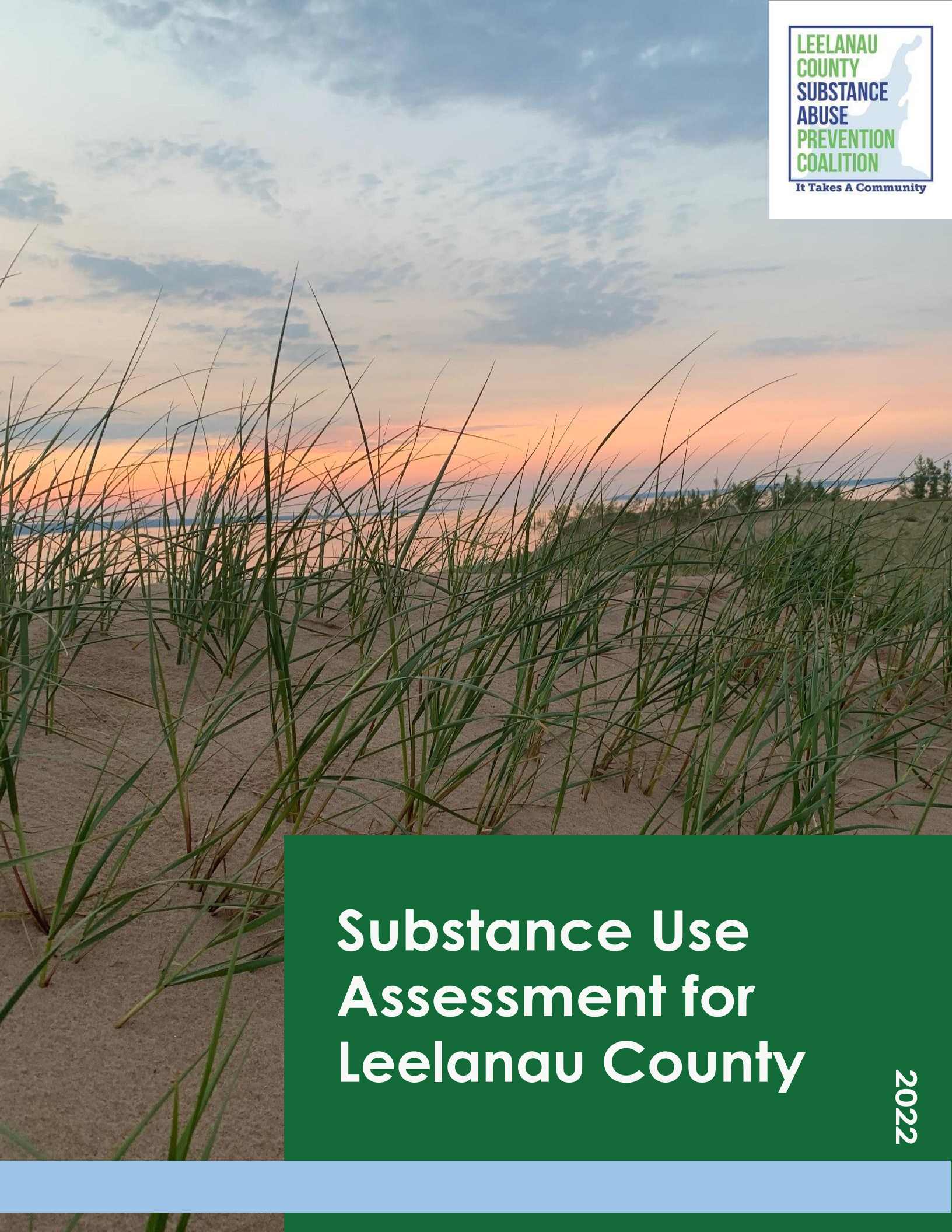




Substance Use Assessment for Leelanau County

2022



Dear Reader,

Leelanau County is full of splendor, expansive picturesque scenes, and a connected and caring network of people. In pursuit of enhancing the lives of everyone in our community, we have identified a need to raise awareness and reduce stigma around substance misuse and mental health.

In 2017 a group of engaged government officials, members of the medical community, law enforcement, and local residents initiated the Leelanau County Substance Abuse Prevention Coalition. Our mission is to prevent and reduce substance misuse and prioritize behavioral health through community engagement, research, and education. Under these guidelines, the need for an epidemiological study was decided. Our goal for this study was to delineate Leelanau County's greatest needs in order to build a direct approach for prevention and education for healthier living in our community.

From this report, our Coalition and community will use its findings to more clearly and effectively guide our work and create positive change widely for all members of Leelanau County.

This project would not have been possible without funding from Michigan's Prevention Network. We are grateful for this opportunity to grow our impact through increased knowledge and awareness.

Sincerely,

Rebekah TenBrink
Chair

Conducted by:



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ACKNOWLEDGEMENTS

The Substance Use Assessment for Leelanau County would not have been possible without collaboration from many community partners from the Leelanau County Substance Use Prevention Coalition. Members gave generously of their time to share perspectives and/or data on substance use prevention, treatment, and recovery in the county.

13th Circuit Court Community Corrections 86th
District Court
Addiction Treatment Services
Benzie-Leelanau District Health Department
Five-County Coalition
Glen Arbor Sun
Glen Lake Community Schools
Grand Traverse Band
Harm Reduction Coalition
Harm Reduction Coalition Board of Directors
Harm Reduction Michigan
League of Women Voters of Leelanau County
Leelanau County Administration
Leelanau County Family Coordinating Council
Leelanau County Probate Family Court
Leelanau County Probation Office
Leelanau County Senior Services
Leelanau County Sheriff Department Leelanau
Enterprise

Leland Public Schools
Lift Teen Center
Michigan Opioid Collaborative
Michigan Opioid Collaborative Peer Recovery
Project
Michigan State Police Angel Program
Michigan State Police Drug Task Force
Michigan State University
Munson Healthcare
Northern Lakes Community Mental Health
Northern Michigan Regional Entity
Northport Public School
Northwest Education Services
St. Mary School
St. Mary's Fellowship for Teens
Suttons Bay Public Schools
The Leelanau School
Traverse Bay Children's Advocacy Center
Citizens, Residents including students

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EXECUTIVE SUMMARY

Introduction

The Leelanau County Substance Abuse Prevention Coalition has invested in a substance use community assessment for Leelanau County, contracting with the Northern Michigan Public Health Alliance. The Northern Michigan Public Health Alliance (Alliance) is a partnership of seven local health departments that together serve 31 counties, including Leelanau County.

Since it was organized in 2014, the Alliance has conducted three cycles of regional community health assessments in unprecedented collaboration with hospitals and other community partners. Based on its expertise in community health assessment and community health improvement planning, the Michigan Department of Health and Human Services designated the Alliance as the backbone organization for the Northern Michigan Community Health Innovation Region (NMCHIR). Today, NMCHIR leads MiThrive, a regional (31-county) collaborative community health needs assessment conducted every three years utilizing the gold standard community health assessment framework called Mobilizing for Action through Planning and Partnerships. The hallmark of this approach is complementing secondary data—reliable statistics compiled by authoritative sources—with primary data collection through local surveys, focus groups, key informant interviews, and other methods. During the 2021/2023 cycle, the Northwest MiThrive region, which includes Leelanau County, prioritized behavioral health (substance misuse and mental health), housing, access to health care, and chronic disease. The Leelanau County Substance Use Assessment leveraged the applicable areas from the MiThrive 2021/2023 cycle.

A key strength of the Alliance is the diversity in skills its members bring to the collective work. The Leelanau County Substance Use Assessment is a good example. The members of the assessment team and extended team brought different strengths that no one agency is likely to possess. The extended team was also able to share additional correlated real-time, local data.

Community Served

For the purposes of the Leelanau County Substance Use Assessment, the community is Leelanau County. However, some data was collected from organizations and individuals beyond Leelanau County, for example, people or organizations providing services to Leelanau County residents from neighboring counties.

Process and Methods

To learn about Leelanau County's substance use and needs, two types of data was collected.

1. Secondary Data Collection: Gathering existing data and statistics from reliable sources.
2. Primary Data Collection: Collecting input from residents and leaders specially designed to provide greater understand of Leelanau's substance use challenges and assets.

The secondary data collection gathered data from a wide variety of reputable sources, including Michigan Department of Health and Human Services, U.S. Census Bureau, and U.S. Substance Abuse and Mental Health Services Administration. Altogether, over 100 indicators are included in this report.

Gathering Community Input through Primary Data

To solicit input from people representing the broad interest of the community, the Alliance Team conducted a variety of primary data collection methods, including a community survey distributed through multiple channels and focus groups/stakeholder interviews that targeted residents and providers representing diverse experiences related to substance use.



Prioritized Significant Health Needs

The Alliance Team utilized both primary and secondary data to prioritize significant issues. Community input from the stakeholder interviews/focus groups and community surveys were compared with the prevalence drawn from the secondary data to determine the burden of substance use. The key findings highlight areas that lack within the community to better meet current needs.

Key Finding 1: Education

The community survey and secondary data found that alcohol is the most used substance in Leelanau County. Due to the culture within Leelanau, this substance is often celebrated and a part of everyday life. Leelanau has an alcohol induced mortality rate of 32 while Michigan's rate is 18. Education on risk factors associated with heavy consumption of alcohol can help shift alcohol culture and reduce substance use.

Key Finding 2: Access to Care

Lack of providers was the second major contributor to substance use within Leelanau County. There are no substance use disorder treatment facilities in Leelanau County. This means that approximately 8.4% of Leelanau residents are within a 30-minute drive of a substance use disorder treatment center. Therefore, individuals must travel outside the area and away from family and social supports, as well as bear a significant transportation burden for treatment. It is also worth noting that many of the substance use disorder facilities in neighboring counties may not be affordable, or offer financial assistance/sliding scales, which is an additional barrier to Leelanau residents seeking treatment.

Key Finding 3: Stigma

Stigma was the third major contributor to substance use within Leelanau County. In the community survey, stigma was the highest-ranking barrier to substance use treatment. Also, in stakeholder interviews, individuals identified stigma as a major theme—using examples of mistreatment and negative perceptions of people experiencing substance use disorders.



In the community, stigma was the highest-ranking barrier to substance use treatment.

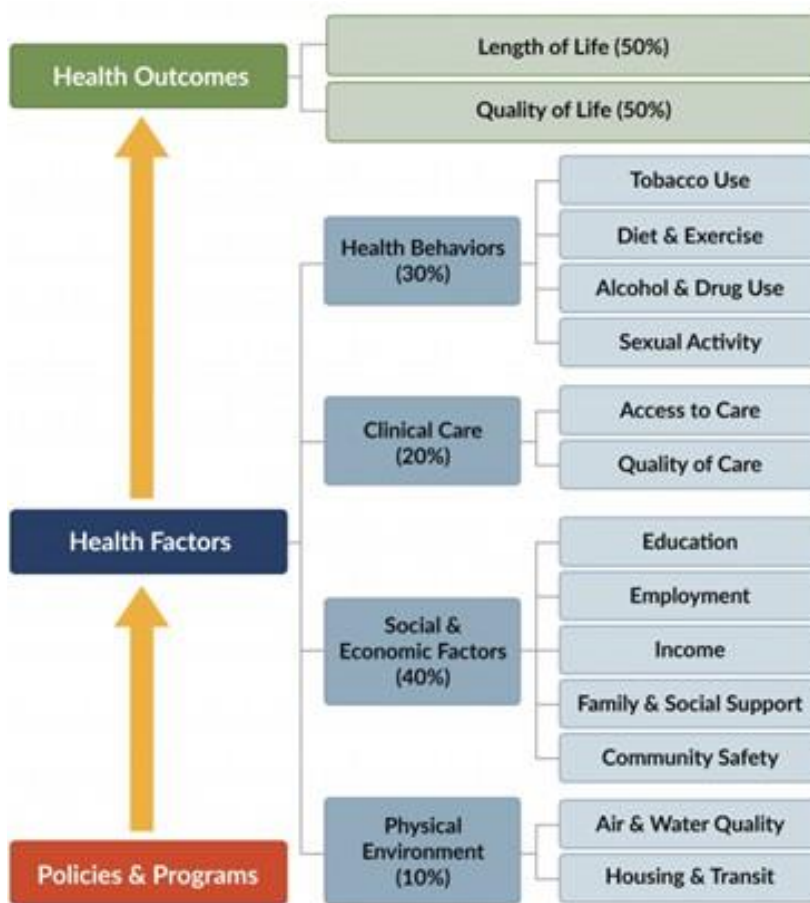
Next Steps

This report summarizes the substance use assessment and will assist in guiding the Leelanau County Substance Abuse Prevention Coalition in developing a plan that will provide practical guidance for how to address the needs in the community in order to reduce substance use overall.



Section 1: Introduction

We all have a role to play in our communities' health. In addition to disease, health is influenced by education level, economic status, and other issues. No one individual, community group, hospital,



agency, or governmental body can be responsible for the health of the community. No one organization can address complex community issues alone. However, working together collaboratively is effective in better understanding the issues and in creating plans to address them.

How Health Happens

A model of How Health Happens provides a broad understanding of health by describing the importance of social determinants of health. It is organized in the categories of health behaviors, clinical care, social and economic factors, and the physical environment. It

illustrates how community policies and programs influence health factors and, in turn, health outcomes.

Social determinations of health are conditions in the environments where people are born, live, learn, work, play, and age that affect a wide range of health and are often grouped in five domains:

- Economic Security
- Education Access and Quality
- Health Care Access and Quality
- Neighborhood and Built Environment
- Social and Community Context

Leelanau County currently:

Ranks 1 of the 83 counties in Michigan for health outcomes.

Ranks 4 in Michigan for Health Factors.

Health Outcomes represent how healthy a county is right now, in terms of length of life and quality of life. Whereas Health Factors represent those things we can modify to improve the length and quality of life for residents.

Leelanau County has many assets, data, and notoriety to celebrate, although substance misuse continues to be an issue that effects the entire community.

About the Leelanau County Substance Abuse Prevention Coalition

The Leelanau County Substance Abuse Prevention Coalition was formed in 2017 by the Leelanau County Board of Commissioners. Membership is comprised of government officials, members of the medical and law enforcement communities and county residents. Throughout the years, membership has fluctuated, and priorities have changed based on community needs and member interests. Notably during the COVID-19 pandemic, activities and membership declined due to competing prioritizes faced by the community. Today, the Leelanau County Substance Abuse Prevention Coalition looks to the future with a rebranding initiative underway as well as continued relationship building with diverse members of the community. Membership is open to all.



VISION STATEMENT: Leelanau County is a healthy, safe, and knowledgeable community.

MISSION STATEMENT: To prevent and reduce substance misuse and prioritize behavioral health through community engagement, research, and education.

About the Substance Use Assessment

The Leelanau County Substance Abuse Prevention Coalition has invested in a substance use assessment for Leelanau County, contracting with the Northern Michigan Public Health Alliance. A Community assessment is defined as a systematic examination of data that is used to identify key issues and assets to identify and rank key problems. Best practice involves both multi-sector collaboration and collection of both primary data and secondary data. In this case, the assessment was undertaken in order to gather data for

Leelanau County on various types of substances used including, alcohol, tobacco, marijuana, opioids, heroin, and other drugs.

Secondary data contains demographic, morbidity, and mortality data that was previously collected and is looked at retrospectively for rates and trends. Secondary data provides a baseline to compare data to in the future and helps guide primary data collection.

Primary data collected for this assessment included focus group/stakeholder interviews and surveys.

Primary data is an original data source, collected for the first time by the researcher from community members where there may be gaps in secondary data. Primary data collected for this assessment included focus group/stakeholder interviews and surveys.

Finally, the primary and secondary data are analyzed together to create issue briefs and to identify opportunities for prevention efforts, areas of intervention, or gaps that need additional resources; financial and/or services.

This research was sponsored through the Michigan Prevention Network Community Coalition Capacity Building Grant.



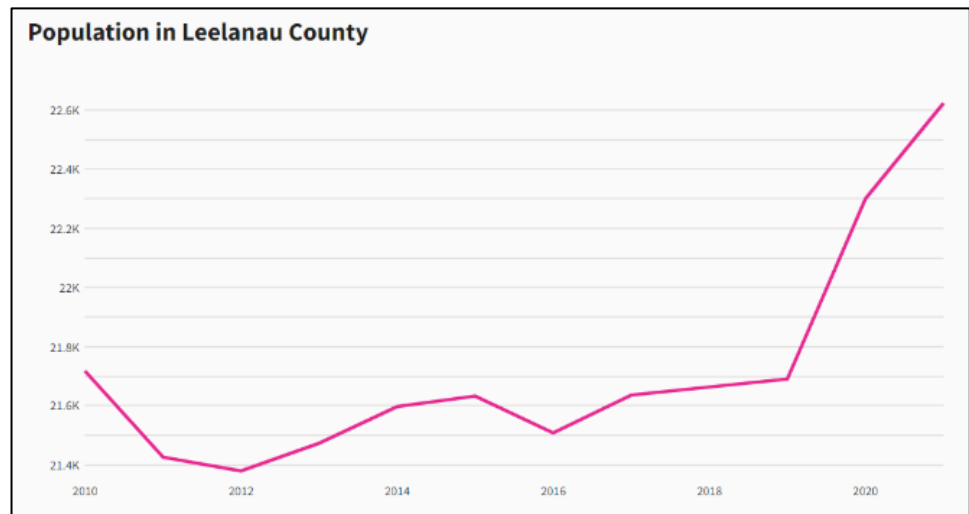
Section 2: Community Served

Leelanau County has a total of 2,532 square miles, of which 347 square miles is land, representing the second smallest county in Michigan. Leelanau County has 64.2 people per square mile and is considered 91% rural.



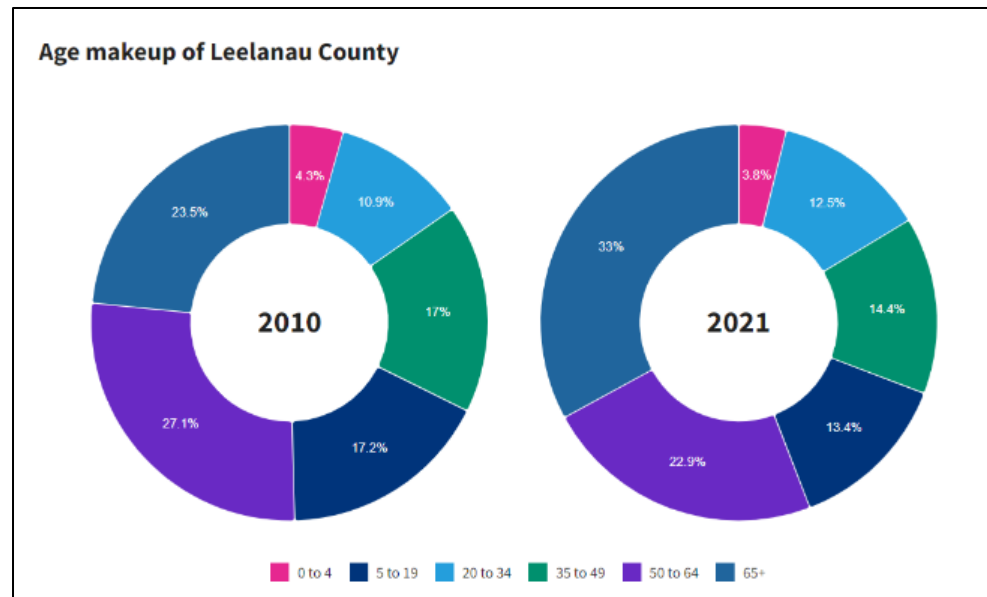
Leelanau County shares the Leelanau Peninsula with the Grand Traverse Band of Ottawa and Chippewa Indians with a combined population of 22,623. As represented in the graph below, Leelanau County's population has grown significantly (4.2%) since 2010. The ethnic composition of the population of Leelanau County is 93.5% white, 3.3% American Indian or Alaska Native, 0.6% Black or African American and 1.9% two or more races. Since 2010, the share of the population that is Hispanic/Latino grew the most, increasing 0.8 percentage points to 4.4%.

Despite the recent increase in population, Leelanau County is experiencing an increase in higher aged population and a decrease in younger generations. The population of 0 to 4



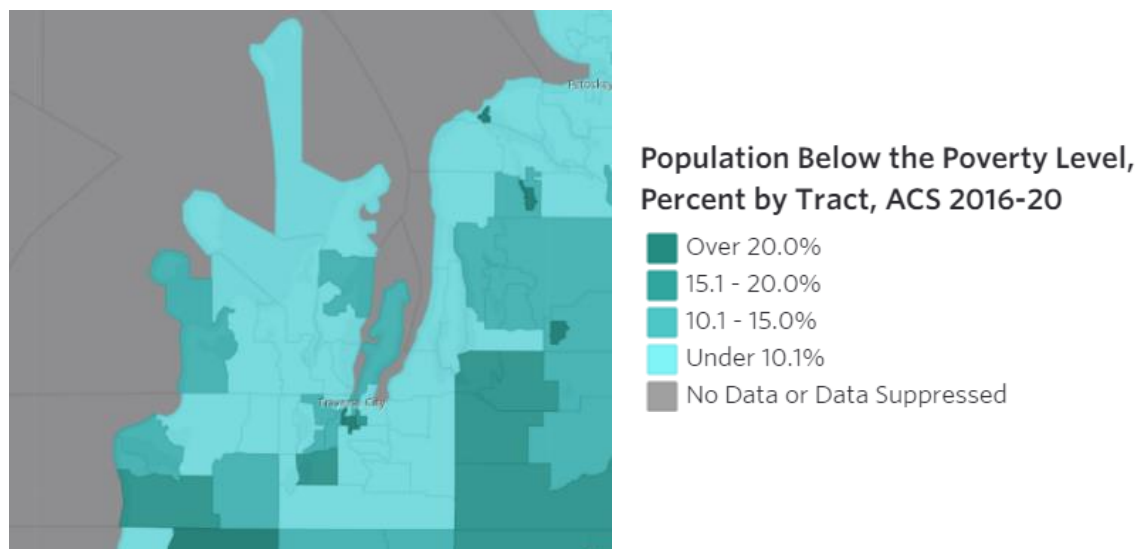
Source: U.S. [Census Bureau](https://www.census.gov)

years old decreased from 4.3% in 2010 to 3.8% in 2021. The population of 65 and older increased from 23.5% in 2010 to 33% in 2021.

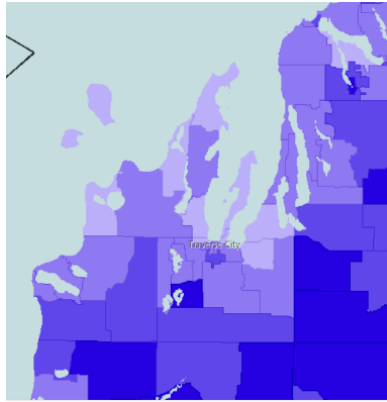


Leelanau County Demographic Data

Between 2017-2021, Leelanau County median household income was \$72,709 in comparison to neighboring Grand Traverse County at \$69,393 and the state rate of \$63,202. In 2021, Leelanau County poverty rate was 6.7% in comparison to neighboring Grand Traverse County at 8.8% and the state rate of 13.1%. Although the ALICE rate was 43% in comparison to neighboring Grand Traverse County rate of 33% and the state rate of 25%. ALICE is an acronym for Asset, Limited, Income Constrained, Employed, and represents the growing number of families who are unable to afford the basics of housing, childcare, food, transportation, health care, and technology.

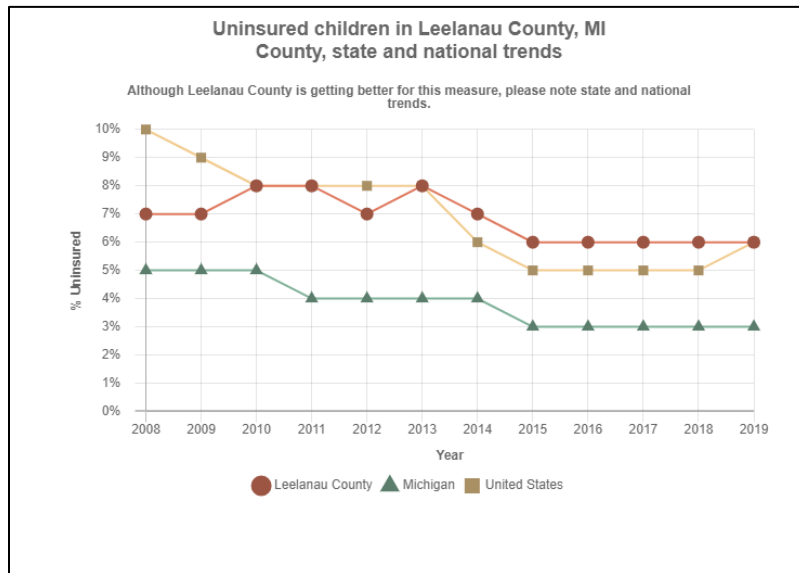


Health Insurance coverage in Leelanau County is overall trending better in recent years; however, there are geographic disparities and greater upward trends nationally.

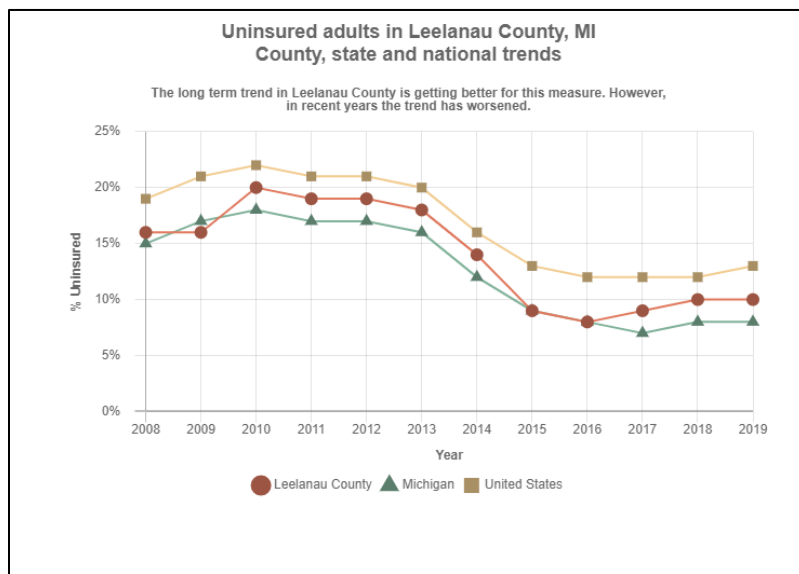


Lack of Health Insurance Coverage, Percentage of Adults Age 18-64 by Tract, CDC BRFSS PLACES Project 2019

- Over 13.0%
- 10.1% - 13.0%
- 8.1% - 10.0%
- Under 8.1%
- No Data or Data Suppressed



Children



Adults



Section 3: Process and Methods

The Northern Michigan Public Health Alliance was contracted to collect, analyze, and interpret data for the Leelanau County Substance Use Assessment. The individuals who conducted the substance use assessment process are listed below.

Northern Michigan Public Health Alliance, Leelanau Substance Use Assessment team and extended team:

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Erin Oleniczak	Public Health Educator, District Health Department #10
Emily Pokorski, MPH	Epidemiologist, District Health Department #10
Rachel Pomeroy, MPH, CHES, CHW	Community Health Coordinator, Benzie-Leelanau District Health Department
Jane Sundmacher, MEd	CHIR Executive Director, Health Department of Northwest Michigan

Best practice in community assessment is to collect and analyze both secondary data (data collected from reliable sources) and primary data (input from local leaders and residents to provide complementary information). It is important to use both types and gather enough information for a full exploration. There are weaknesses to both types of research, but when primary and secondary data are used correctly, together they can provide an accurate understanding of a complex problem. Both secondary and primary data were collected in the Leelanau County Substance Use Assessment.

Common Definition of Substance Use Disorder

For the purposes of this Substance Use Assessment, we have identified and agreed on a common definition of substance use disorder by Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA is the agency within the U.S Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

Substance use disorder occurs when the recurrent use of alcohol and/or drugs causes clinically significant impairment.

Substance use disorder occurs when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.

Substance use disorder can include the use of illegal substances like marijuana, heroin, cocaine, or methamphetamine or the use of legal substances like alcohol, nicotine, or prescription medications. (<https://www.samhsa.gov/find-help/disorders>)

Secondary Data Collection

From June through November 2022, secondary data was collected using the most recent year available from a variety of local, state, and national sources in order to compare indicators for Leelanau County with state and/or federal substance use rates. These included over 100 indicators related to alcohol, tobacco, and other drug use; hospitalization and treatment for substance use; and deaths from substance use, as well as demographic statistics. Secondary data sources are listed below and included in the data dashboard.

- County Health Rankings & Roadmaps
- Environics Analytics - Sparkmaps
- KIDS COUNT Data from the Annie E. Casey Foundation
- MiThrive 2022 Community Health Needs Assessment
- Michigan Behavioral Risk Factor Surveillance System (ages 18+)
- Michigan Department of Health and Human Services
- Michigan Office of Highway Safety
- Michigan Profile for Healthy Youth
- Michigan Substance Use Data Repository
- Michigan Youth Risk Behavior Survey (grades 6-12)
- RAND Cooperation
- System For Overdose Surveillance
- U.S. Centers for Disease Control and Prevention

- U.S. Department of Health and Human Services
- U.S. National Institutes of Health

Leelanau Substance Use Assessment Data Collection

106	Local, State, and National Indicators Collected
15	Sources used for Secondary Data
110	Residents completed the Substance Use Stigma Assessment & Response (SSAR) Survey
91	Residents completed the Community Survey
4	Residents participated in Stakeholder Interviews
1	MiThrive Community Health Assessment: Regional comprehensive, community driven

Primary Data Collection

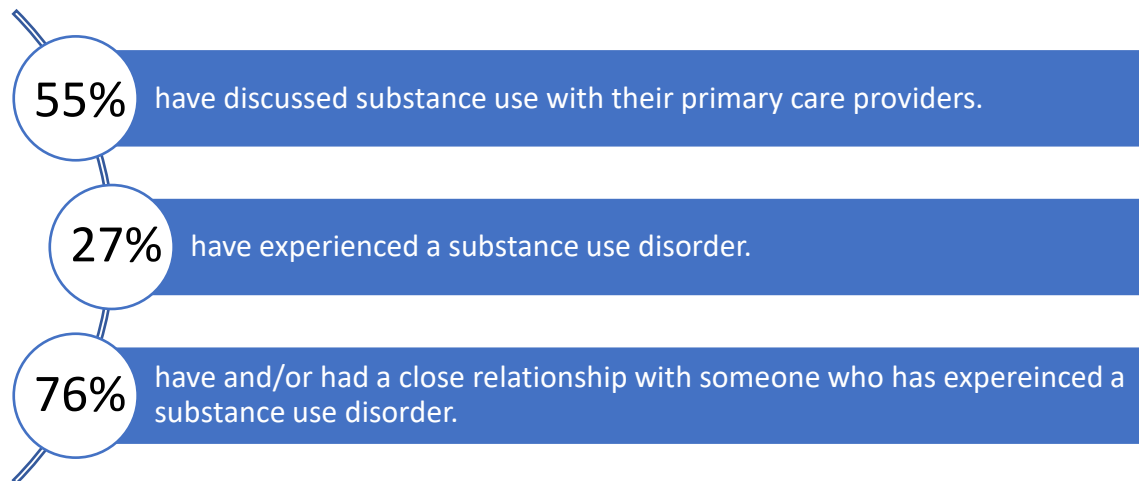
From July through November 2022, primary data was collected in Leelanau County. To gain a variety of perspectives across the community, multiple methods and target audiences were engaged. Additional efforts were made to engage representatives from six groups including: Youth, Seniors, Tribal Members, Law Enforcement, Healthcare Staff, and Individuals in Recovery for the stakeholder interviews and focus groups.



Section 4: Gathering Community Input

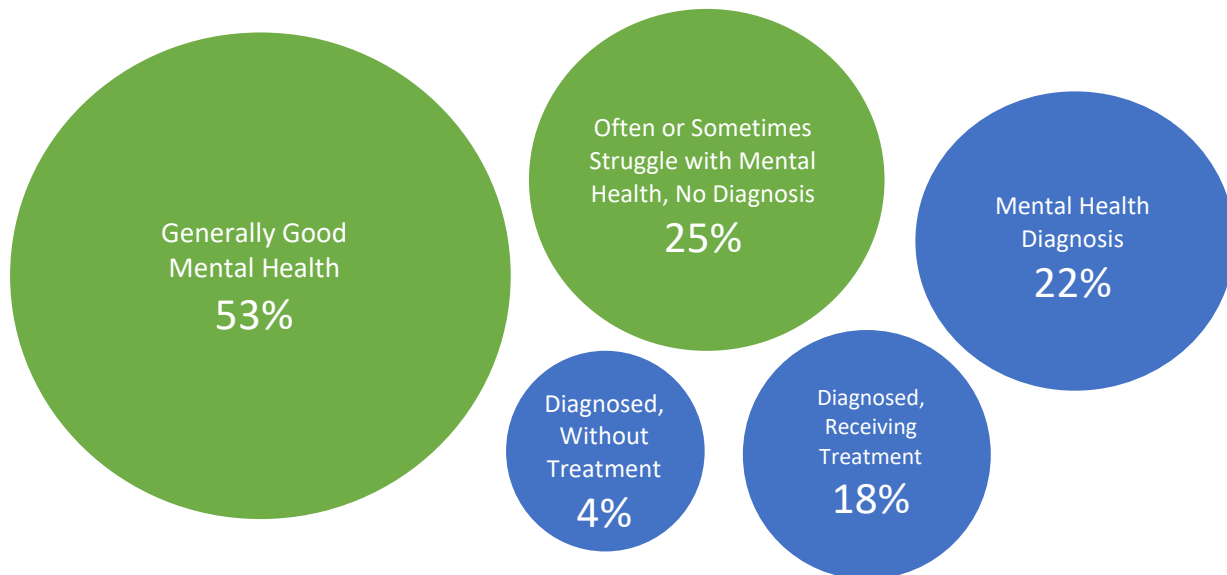
The Community Survey had a total of 91 responses. The average age of an individual who took the survey is 50 years old, and there was only one individual under the age of 18 who took the survey. Women made up 57.1% of the responders. The majority of individuals who have taken the survey have an income between \$100,000 to \$149,999. For race, 76.9% are White, 13.2% are Black or African American, and 4.4% are American Indian or Alaska Native. Looking at education, 58.2% have a graduate degree and 19.8% have an undergraduate degree. Out of the 91 respondents, 46.2% are employed full-time, 20.9% are employed part-time, and 28.6% are retired. The most represented career in this survey is health worker or social services at 30.8%.

The demographics inform us that the majority of respondents who took the survey have higher income and more education than the average individual living in Leelanau County. While looking at the data, it is important to know that these numbers may vary from the true percentages in Leelanau due to the representation.

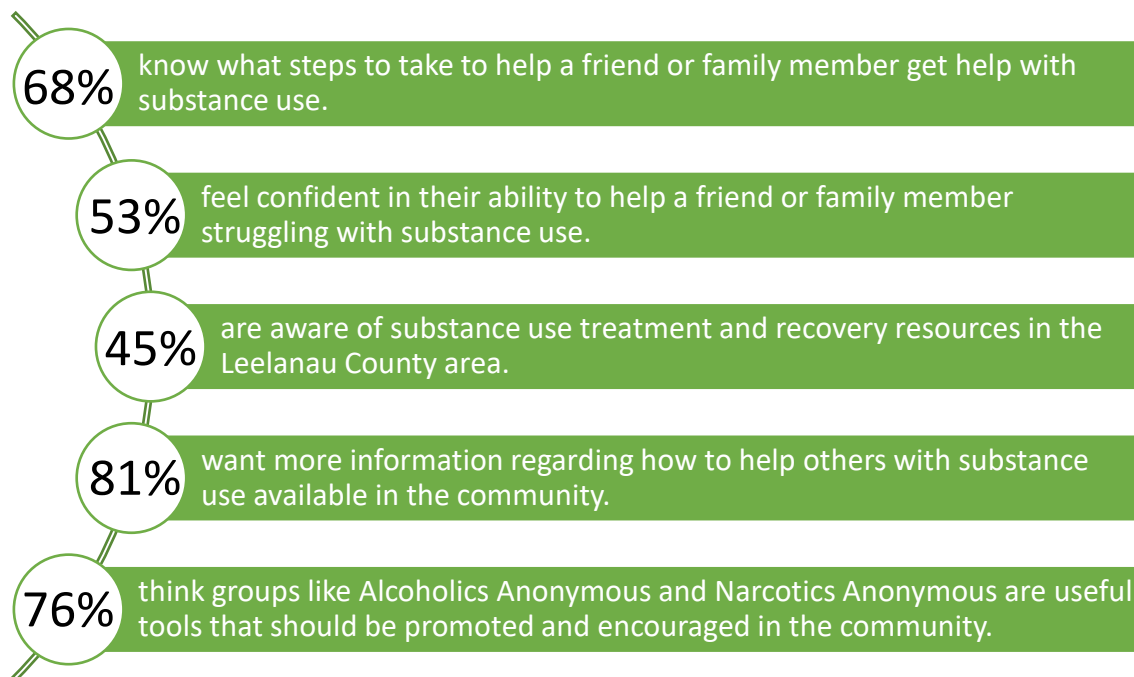


Out of the 27% of individuals who completed the community survey and have experienced a substance use disorder, 18% have sought substance use disorder treatment. Out of the individuals who have substance use disorders, 60% have a mental health diagnosis or often/sometimes struggle with their mental health.

53% of individuals who took part in the community survey have generally good mental health and 22% have been diagnosed with a mental illness. Of those who have been diagnosed, 18% are receiving treatment and 4% are without treatment. 25% have not been diagnosed with a mental illness but often or sometimes struggle with mental health.



Knowledge & Resources

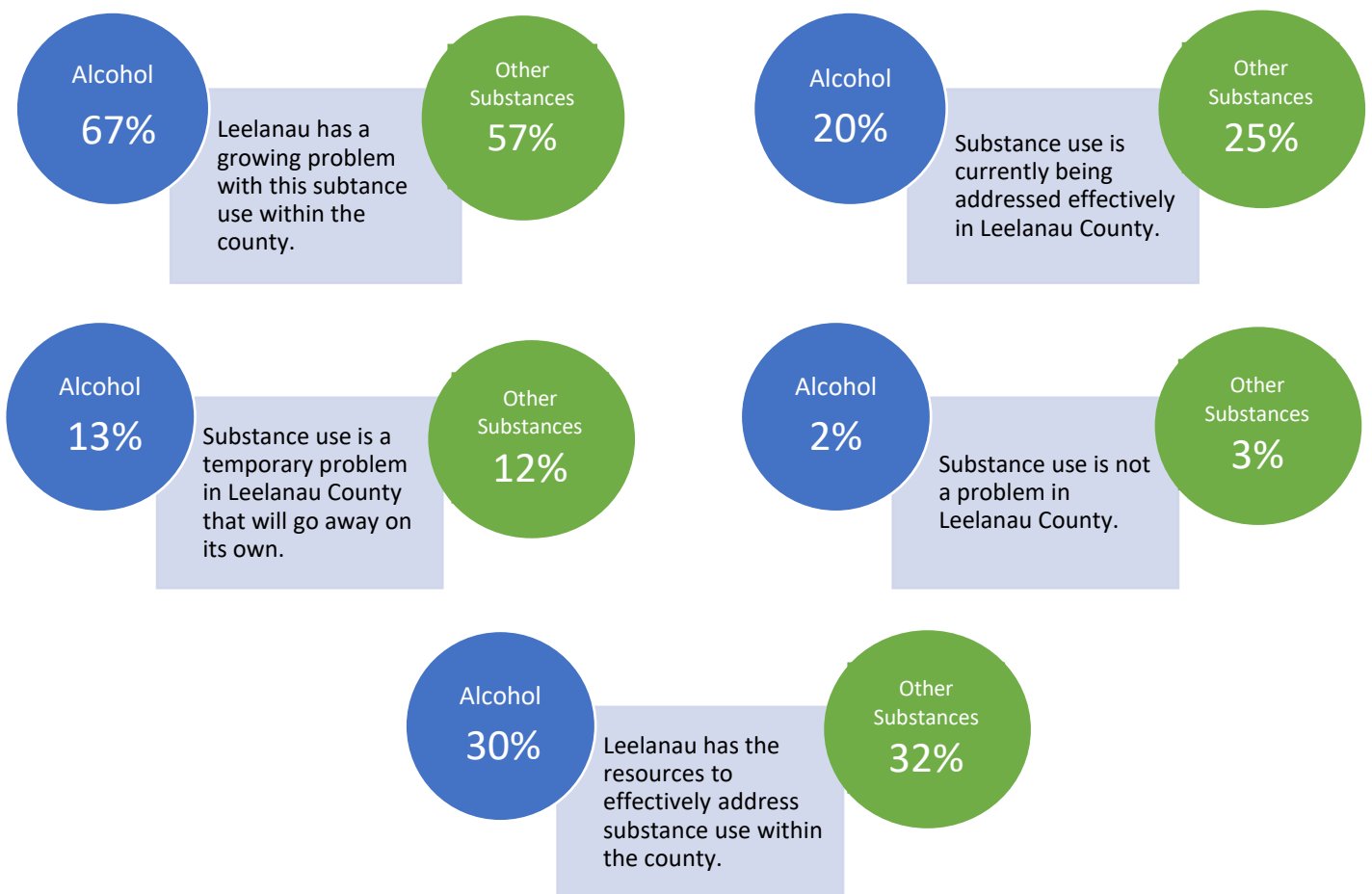


The knowledge & resources section shows that less than half of the residents of Leelanau County are aware of substance use treatment or recovery resources. Although 68% of survey takers agree to

knowing which steps to take to get family members or friends help, 81% would like more information available within the community. 76% of Leelanau residents who took the survey believe that substance-use support groups such as Alcoholics Anonymous and Narcotics Anonymous are beneficial.

Alcohol and Other Substances Beliefs Towards Use & Resources

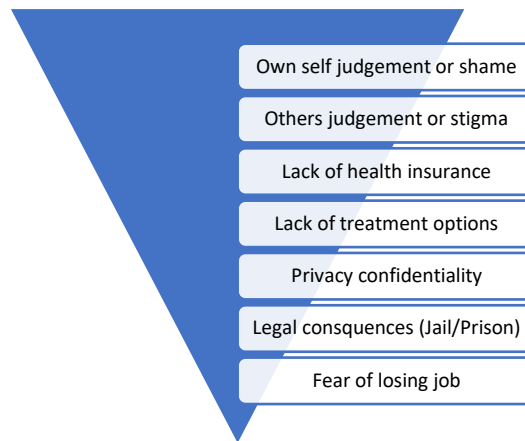
In the community survey, individuals were asked if they agree or disagree with the following statements. The graphics below display which statements Leelanau residents agreed with. For example, in regards to alcohol-use, 67% agreed that “Leelanau has a growing problem with substance use within the county” and 57% agreed with the statement in regards to substance use other than alcohol. These statements show that more residents think alcohol is a growing problem compared to other substance use. Few individuals agreed that alcohol or other substances were being addressed effectively. Far fewer individuals think that alcohol or other substance use is a temporary problem.



Barriers to Treatment

Community respondents were asked, ‘If they had a substance use disorder, which of the following do they see as barriers to treatment’. The following 7 responses ranked as the most selected barriers. Own self-judgment or shame and others judgement or stigma were tied for the largest barrier at 65.9% of

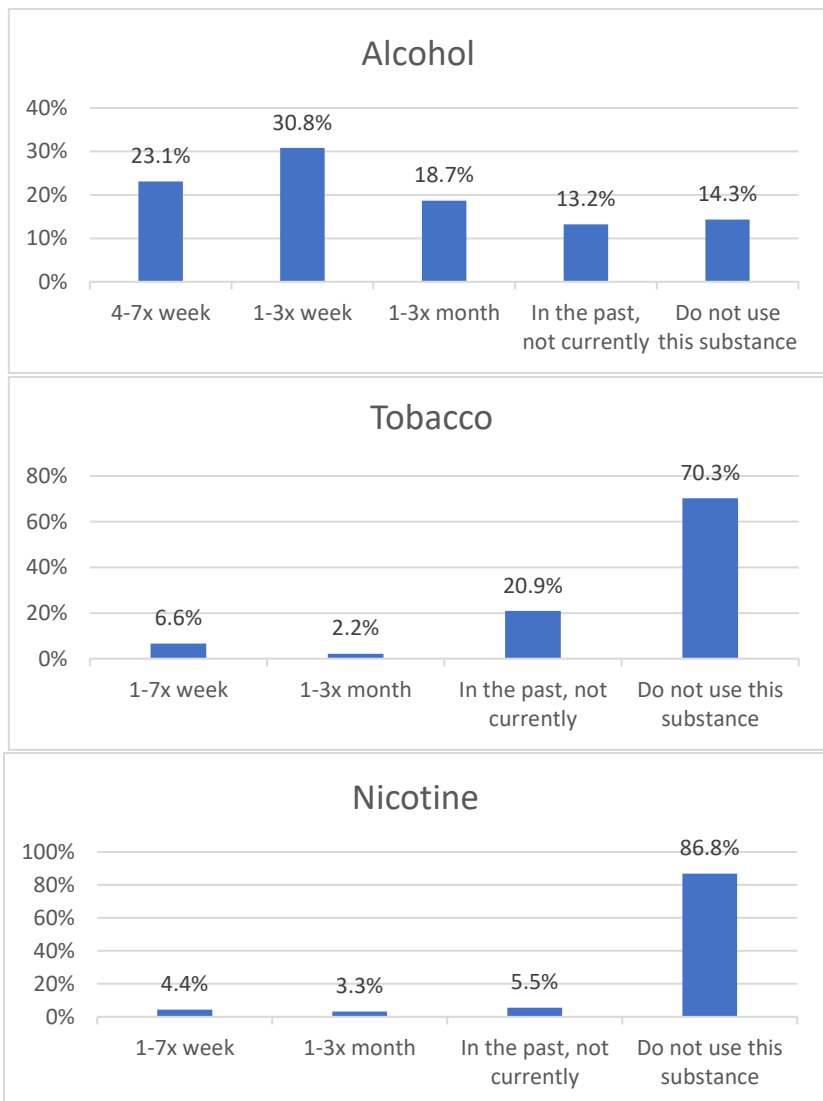
respondents. Some additional barriers not included in the graphic but were selected by less than 40% of the respondents include loss of family, lack of transportation, and lack of childcare.



Leelanau County Substance-use

In the community survey, participants were asked about their usage of the following substances. Out of all the substances listed, alcohol and marijuana were used the most often, on a weekly basis. For alcohol, 23.1% of individuals are drinking alcohol 4 times a week or more. In addition, 30.8% are drinking alcohol at least once a week and 18.7% are drinking at least once a month. Only 14.3% of Leelanau County residents who took the community survey do not drink alcohol.

Tobacco is being used far less than alcohol. 70.3% of residents do not use tobacco and 20.9% have used it in the past but are not currently using. Both tobacco and marijuana have the highest use 'in the past but not

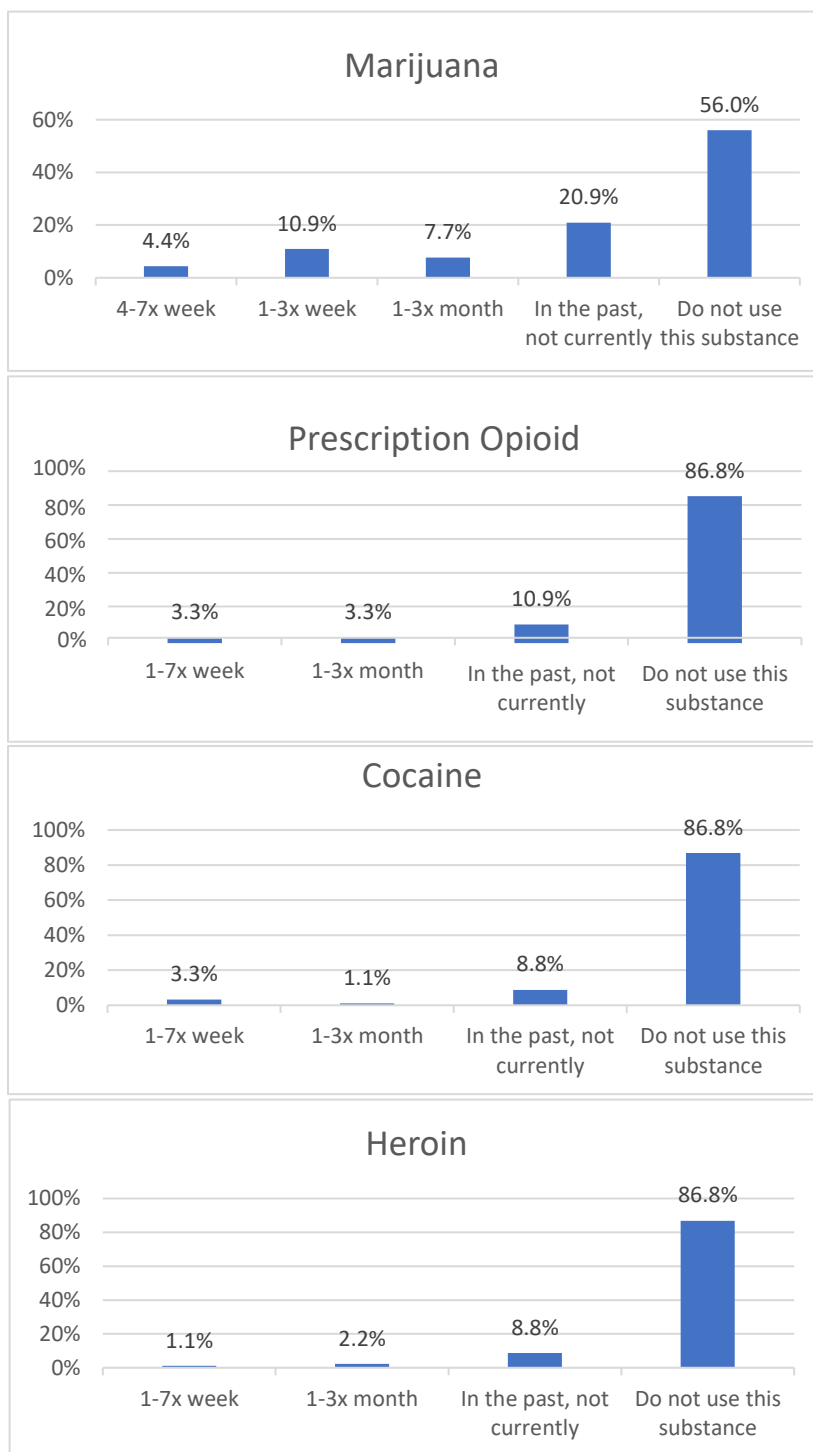


currently'. Due to the educational efforts and cultural shift, many individuals who have used tobacco in the past are not currently using this substance.

Nicotine is not used by 86.8% of the survey respondents. However, since there were few individuals younger than 20 years old responding, it does not accurately reflect this population's usage. Unlike Alcohol, Tobacco and Nicotine have higher use than weekly or monthly use. Alcohol has 5 times the number of 4-to-7-times a week substance-usage compared to Marijuana use. Other than alcohol, Marijuana has the highest monthly use than any other substance. Only, 56% of the community survey respondents do not use Marijuana. Due to the change in legislation on Marijuana, there has been an increase in use of this substance.

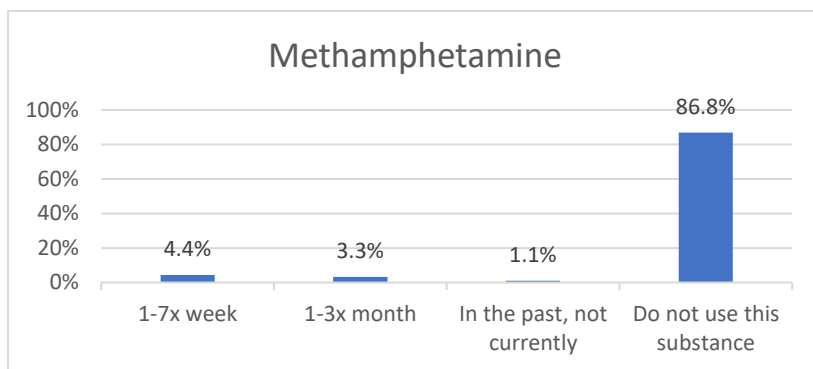
The remaining substances—**Prescription Opioid**, Cocaine, Methamphetamine, and Heroin—have a similar percentage (86%) of Leelanau residents who took the survey who have not used these substances. Of these four substances, Prescription Opioids have the highest percentage of individuals who have used in the past but not currently.

Prescription Opioids have equal weekly and monthly use. **Cocaine** tied with Heroin for the second highest use in the past but not currently using. There are more individuals who use Cocaine weekly than monthly. **Heroin** has the lowest weekly use out of all



the substances.

Methamphetamine has a similar weekly use compared to Nicotine. Methamphetamine has a higher weekly use than Prescription Opioid, Cocaine, and Heroin. Methamphetamine has the lowest 'in the past, but not currently using' of any substance



in this survey. This shows a lack of recovery education and resources for this substance.

In conclusion, from the Leelanau County survey respondents, the substance use section demonstrates the importance of educating and providing resources to those currently using substances and those at risk of beginning substance use. Additionally, Alcohol is the most used substance with the highest weekly and monthly use.

Stakeholder Interviews/Focus Groups

A focus group is a gathering of deliberately selected people who participate in a planned discussion intended to elicit their perceptions about a particular topic or area of interest in an environment that is nonthreatening and

receptive. Unlike interviews, which are one-on-one, focus groups allow members to interact and influence each other during a discussion and consideration of ideas and perspectives.

Alcohol, Marijuana, and Tobacco/Nicotine were identified as major concerns within the community.

For the Leelanau County Substance Use Assessment, the goal was to have focus groups representative of six categories: Youth, Seniors, Tribal Members, Law Enforcement, Healthcare Staff, and Individuals in Recovery. Challenges in focus group recruitment included scheduling, transportation, perceptions of stigma by fellow participants, and apprehension of openly admitting to illegal behavior. The research team changed the approach to stakeholder interviews and provided financial incentives to ease the burdens to participate. Overall, there were only four of the six targeted categories represented within the stakeholder interviews/focus groups, missing representation from Youth and Tribal Members.

Notes from stakeholder interviews and focus groups were used to create themes. In order to theme the data, labels were given to topics that were mentioned in the interviews. Labels that were reoccurring by multiple participants were selected to be themes. The themes represented two groups, one group is barriers or elements that increased substance use within Leelanau County. The other group is prevention or elements that could help reduce substance use within Leelanau County.

From the focus groups and stakeholder interviews, Alcohol, Marijuana, and Tobacco/Nicotine were identified as major concerns within the community. It was said that community organizations are working to address the impact of alcohol and substance use. To continue a positive path, there needs to be more understanding about protective factors, risk factors, and stigma in the community.

Barrier Themes from These Focus Groups

Concerns regarding **culture** in Leelanau County such as the wine and beer drinking culture; substance use being passed down from generation to generation; and income-based substance use habits.

Lack of support for substance use disorders following release from incarceration.

Concerns regarding **environment** such as long distances to treatment and resources; availability of practitioners to treat substance use disorders; accessible and affordable housing, access to healthy foods, well-paying jobs, and health insurance; limited option for social activities and substance use resources due to the rural environment; maternal substance use programs, support groups for individuals in recovery or family, and private therapists.

Concerns regarding **stigma** in Leelanau County such as asking for help or sharing resources due to the stigma around discussing substance use; negative experiences within the healthcare setting with individuals who use substances being devalued and mistreated; fear of law enforcement intervention when seeking help; and fear of social acceptance when seeking treatment.

Concerns regarding **social influence** including both youth and adult desire to fit in with their peers; wineries and bars used as social spaces and places to gather; and limited options for gathering in spaces that do not widely accept the use of alcohol. Youth often begin their use of alcohol and substances with others. Adults will use when it's socially acceptable such as drinking alcohol at social events, or unsocially acceptable adults will use alone or hide their usage due to social stigma.

Concerns regarding **trauma** in Leelanau County such as adverse childhood experiences and trauma experienced is going undiagnosed or untreated; individuals are using substances to mask the trauma symptoms; low income can increase risk of trauma and reduce the likelihood of receiving care.

Concerns regarding **law enforcement and the legal system**; community's negative perceptions of police and individuals who use substances; limited use of drug court; lack of medication assisted treatment once a person is in the criminal justice system; lack of support for substance use disorders following release from incarceration; legislation making it easier to obtain some substances; change in legislation for minors in possession law changed to a ticket that reduces the interventions or resources provided to individuals younger than 18.

Key themes from each of the focus groups, with a summary of discussion or a related quote from a participant are below:

Culture

- “Leelanau upper middle class and above tend to use substances, alcohol at festivals, wineries, trending spots and it is promoted as part of the culture. Drink in the vineyards. Everywhere people look there is alcohol promotion or a reminder of alcohol as a normal part of our communities. We farm it and celebrate it; it is part of our economy.”

Environment

- “There is no facility for recovery in the county, so people have to travel and that doesn’t work for many.”

Stigma

- “The clients in recovery are being devalued by medical providers. They are given a lack of birthing options... (compared to clients without substance use disorders).”

Social Influence

- “When youth do use substances, it spreads among them quickly because youth tend to share their substances as initial users use together whereas this is not as common in adults. Adults tend not to be initial users and tend to use alone or hid use.”

Trauma

- “Focus on emotional intelligence would be really helpful to the community ... Trauma education and emotional intelligence education for adult and children.”

Law Enforcement and Legal System

- “The changes in the minor in possession has impacted prevention. It is now a ticket which is ok for people between 18-21 but for youth under 18 it is not a good thing. Young youth users need more intervention, treatment, and prevention resources. Think about a 13-year-old using and getting a ticket. They need more support.”

Prevention Themes from These Focus Groups

Benefits regarding **increasing education**; increasing education initiatives for youth prevention; other populations such as pregnant mothers and early developing families would benefit from education; education through personal stories, stigma education, and neonatal education; importance of shared definitions or messaging; trainings can help educate law enforcement and medical staff on stigma; improve the communities understanding on substance use disorder.

Benefits regarding **increasing resources**; resources mentioned to reduce substance use through Harm Reduction, Sobriety Courts, and substance use, group meetings such as AA or NA; resources that can be improved upon are transportation to resources, availability of resources, and accessible by younger populations; examples of resources community members would like to see include vending machines for Narcan, fentanyl testing strips, religious and non-religious services and group meetings; current resources that provide benefits to residents include Tribal substance use programs, Catholic Human Services, and Munson's outpatient programs.

Benefits regarding **location** of available resources; providing resources in places where individuals may frequently go such as libraries, food parties, grocery stores or gas stations.”

Benefits regarding **addressing mental health**; mental health care and experienced trauma or violence was one of the most reoccurring themes when asked about how to prevent substance use in the community; trauma education for adults and children, parenting groups, positive peer support, emotional intelligence education, court ordered therapy, rehabilitation and long-term treatment facilities within the county; training health care providers in identifying mental health conditions and being able to provide dual diagnosis with substance use disorders will help individuals gain access to resources.

Benefits regarding **addressing root causes**; basic needs include but are not limited to affordable and accessible housing, well-paying jobs, food assistance, and health insurance.

Key themes from each of the focus groups, with a summary of discussion or a related quote from a participant are below:

Education

- “Education in middle school and high school about drug use could address substance misuse in the community. Middle schoolers might be more reachable (than high schoolers).”

Resources

- “Lack of support groups in Leelanau County. The closest support groups in neighboring cities. Small groups can be barrier because small communities and likelihood of knowing someone.”

Mental Health

- “Proper mental health helps reduce substance use. By having the support or help they need, there will be less substance use disorders.”

Root Causes

- “More accessible housing removes risk factors and stronger community connections, and well-paying jobs all have direct impact on substance misuse.”

MiThrive: Substance-use

The 2021 Northwest MiThrive completed four assessments: The Forces of Change Assessment, Community Health Status Assessment, Community System Assessment, and Community Themes and Strengths Assessment to assess the health of the northwest region. This region includes Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, and Wexford counties. The full report can be found at <https://northernmichiganhcr.org/mithrive/>. This assessment found that substance use was a top issue impacting their communities. Out of the 6 data collection activities, substance misuse emerged as a top theme in 5 of 6. Both in the provider and resident survey, substance use was identified as impacting the community and in need of change in order to have a thriving community. Residents voiced concerns about access to treatment and stigma within the community.

1	28.4% (n=194) of providers identified freedom from trauma, violence, and addiction as a top factor for a thriving community. <u>This ranked #4 out of 15 factors.</u>
2	32% (n=194) of providers identified substance use as a top issue impacting their patients/clients. <u>This ranked #1 (tie with housing) out of 35 issues.</u>
3	41.8% (n=194) of providers said substance abuse services for patients/clients are missing in the community they serve. <u>This ranked #4 out of 13 resources/services.</u>
4	23.7% (n=996) of northwest residents identified freedom from trauma, violence, and addiction as a top factor for a thriving community. <u>This ranked #3 out of 15 factors.</u>
5	23.1% (n=997) of northwest residents identified substance use as a top issue impacting their community. <u>This ranked #2 out of 35 issues.</u>

There is a gap in opportunity within different populations. In prevention, there is an overlap with treatment and recovery so people in treatment and/or recovery are speaking out, but active users hide and are not willing to be reached.



Substance-use Stigma

What is stigma? Stigma is the perception that a certain attribute makes a person unacceptably different from others, leading to prejudice and discrimination against them. Having a substance-

use disorder, the recurrent use of alcohol and/or drugs causing clinically significant impairment including health problems, disability, and failure to meet major responsibilities at work, school, or home, puts an individual at risk of experiencing stigma.

Terms like “drunk”, “addict” and “junkie” imply an affected individual causes their own illness.

Words Matter

Stigmatizing language assigns negative labels, stereotypes, and judgment to certain groups of people. Such language can contribute to negative outcomes such as social isolation, reduced self-esteem, and less likelihood to seek medical help.

Language can reflect subconscious biases, and it can help or harm people with stigmatized conditions, including substance use disorder. Stigmatizing language can perpetuate isolation and misunderstanding between people with substance use disorders (SUD) and their communities. Terms like “drunk”, “addict” and “junkie” imply an affected individual causes their own illness and can lead to less sympathetic responses (e.g. incarceration instead of treatment). (Source: National Movement to end Addiction Stigma; Addiction Language Guide)

Regional Efforts Underway to Address Stigma Against Substance-use Disorders

The Northwest Michigan CHIR’s Behavioral Health Initiative developed an action team to reduce stigma against substance-use disorders. Included in this region are Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, and Wexford counties. In 2022-2023, The Stigma Against Substance-use Action Team conducted an

assessment and response for all 10 counties. The following page includes results specific to Leelanau County. More information on their work can be found at <https://northernmichiganchir.org/northwest-chir/behavioral-health-initiative/stigma-substance-use-disorders>.

More information on the work of The Stigma Against Substance-use Action Team can be found at <https://northernmichiganchir.org/northwest-chir/behavioral-health-initiative/stigma-substance-use-disorders>.

Substance-use Stigma Assessment and Response (SSAR)

SSAR is a grant-funded project that spans across 10 counties in Northwest Michigan. Its aim is to reduce the impact of stigma and improve outcomes for individuals experiencing a substance use disorder (SUD). In the first phase of this project, the SSAR Action Team composed of community stakeholders developed a survey for the public that would capture their internalized stigma.

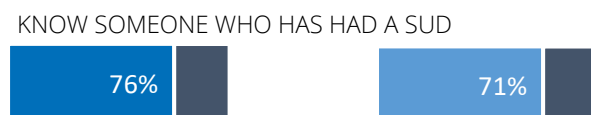
The Leelanau Public Survey Overview



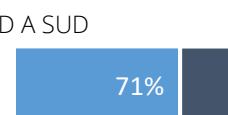
Differences between Individual Contact

Individuals who know someone who has experienced a SUD were more likely to support overdose prevention and aid an individual having an overdose than someone who do not know a family or friend with a SUD.

I SUPPORT EVERYONE AT-
RISK OF WITNESSING AN
OVERDOSE CARRYING
NALOXONE



I WOULD ASSIST
SOMEONE WHO IS
HAVING AN OVERDOSE



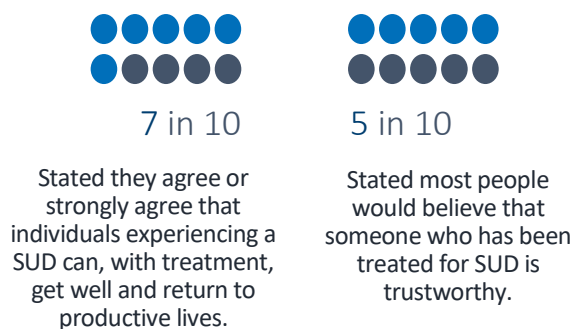
Most People vs Individual Stigma



When asked "Most people in my community believe that individuals are to blame for their own SUD problems," 89% of respondents agreed or strongly agreed whereas only 45% of individuals held that belief themselves.

This demonstrates that individuals are aware of stigmatized beliefs in their community, even if they do not hold the beliefs themselves. Previous research found that these stigmatizing beliefs in the community will reduce the likelihood that individuals experiencing SUD will seek care or feel comfortable discussing their SUD with others.

Treatment of a Substance-use Disorder



In the next steps, our action team plans to finish the surveys for Individuals that have experienced a substance-use disorder, Healthcare Staff, Law Enforcement and First Responders. Then begin work on planning strategies within 10 counties to reduce the impact of stigma.

Summary of Primary Data

Community Survey

- Only 55% of individuals have discussed substance-use with their primary care provider.
- 60% of individuals with a substance use disorder have a mental health diagnosis or struggle with their mental health.
- Residents, 81%, want more information regarding how to help others with substance use disorders.
- More residents think alcohol-use is more of a problem within the county than other substances.
- Stigma: self-judgement and fear of other's judgement are the largest two barriers to treatment.
- Alcohol is the most used substance within Leelanau County, 23% use 4 to 7 times per week.
- Tobacco and Marijuana have the largest 'in the past, but not currently using' at 20.9%.

Stakeholder Interviews/Focus Groups

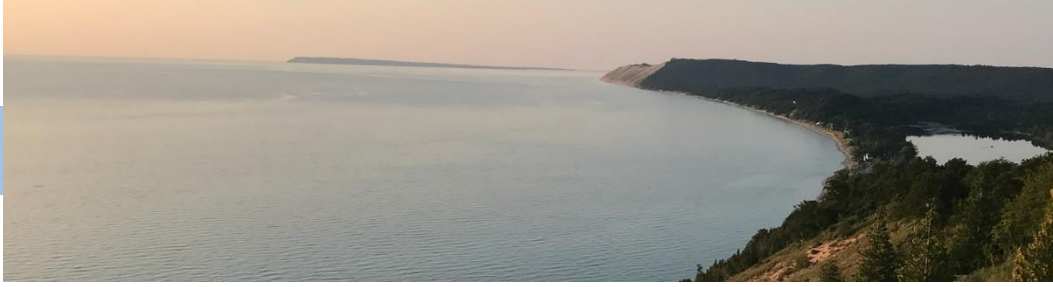
- Culture was mentioned as a barrier to reducing substance use. Particularly, the use of alcohol within the wineries and breweries. Additionally, generational habits being passed down from parent to child.
- Stigma was discussed as a barrier to seeking treatment. Residents brought up instances of stigmatizing actions and communications within the healthcare and law enforcement sectors.
- Education was frequently mentioned as a prevention tactic to reduce substance use. Residents thought that it was important to educate youth and young families about habits surrounding substance use. In addition to providing trainings to law enforcement, medical staff, and the community around use and stigma.
- The second prevention tactic mentioned was improving resources. Improving availability and access to resources such as treatment centers and support groups.
- Mental health aligns with substance use. A third prevention tactic identified was to improve community mental health by addressing trauma and violence that individuals have experienced.

MiThrive

- Northwest residents ranked substance use #2 as the top issue impacting their community.
- Providers ranked substance use as the top #1 issue impacting their clients/patients.

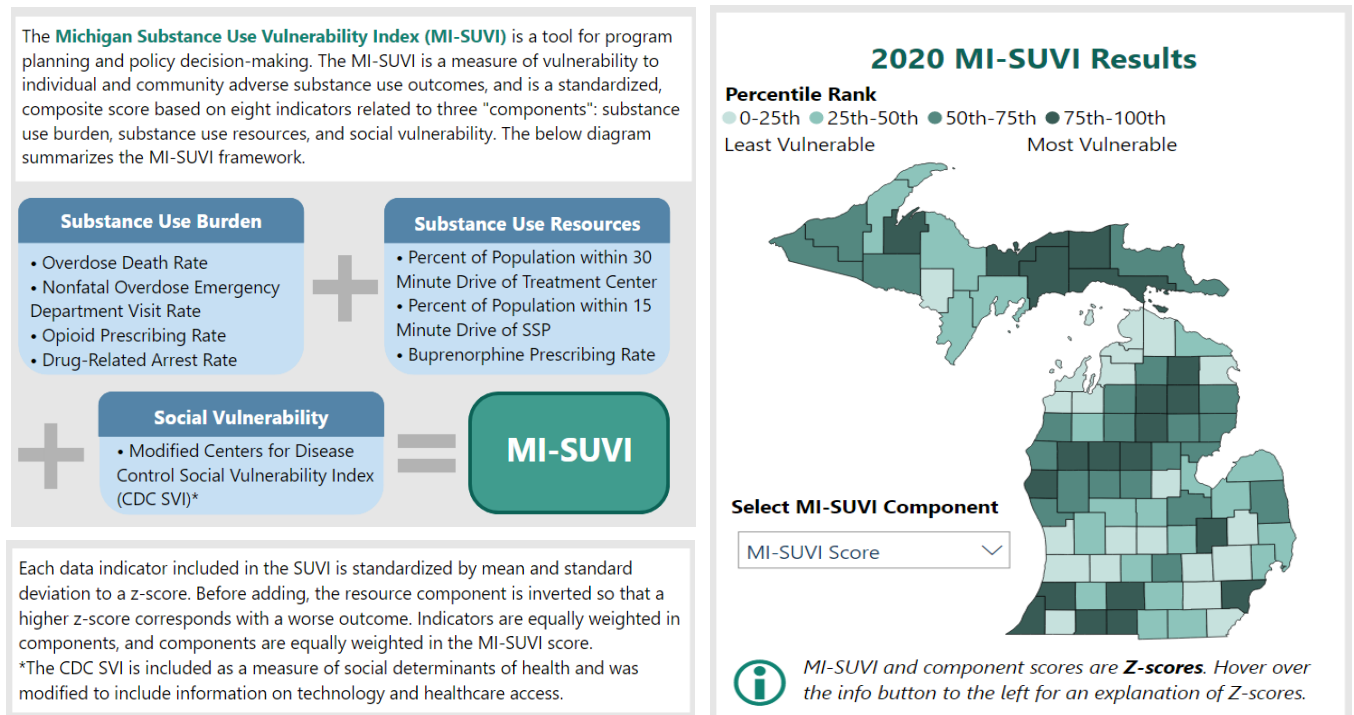
Substance-use Stigma Assessment and Response

- 50% of individuals stated that a family member or close friend has faced stigma or discrimination due to a substance use disorder.
- Only 50% of residents, who do not know someone with a substance use disorder, would assist someone who is having an overdose. Whereas 71% of residents, who know someone with a substance use disorder, would assist someone having an overdose.



Section 5: Substance-use Vulnerability Index

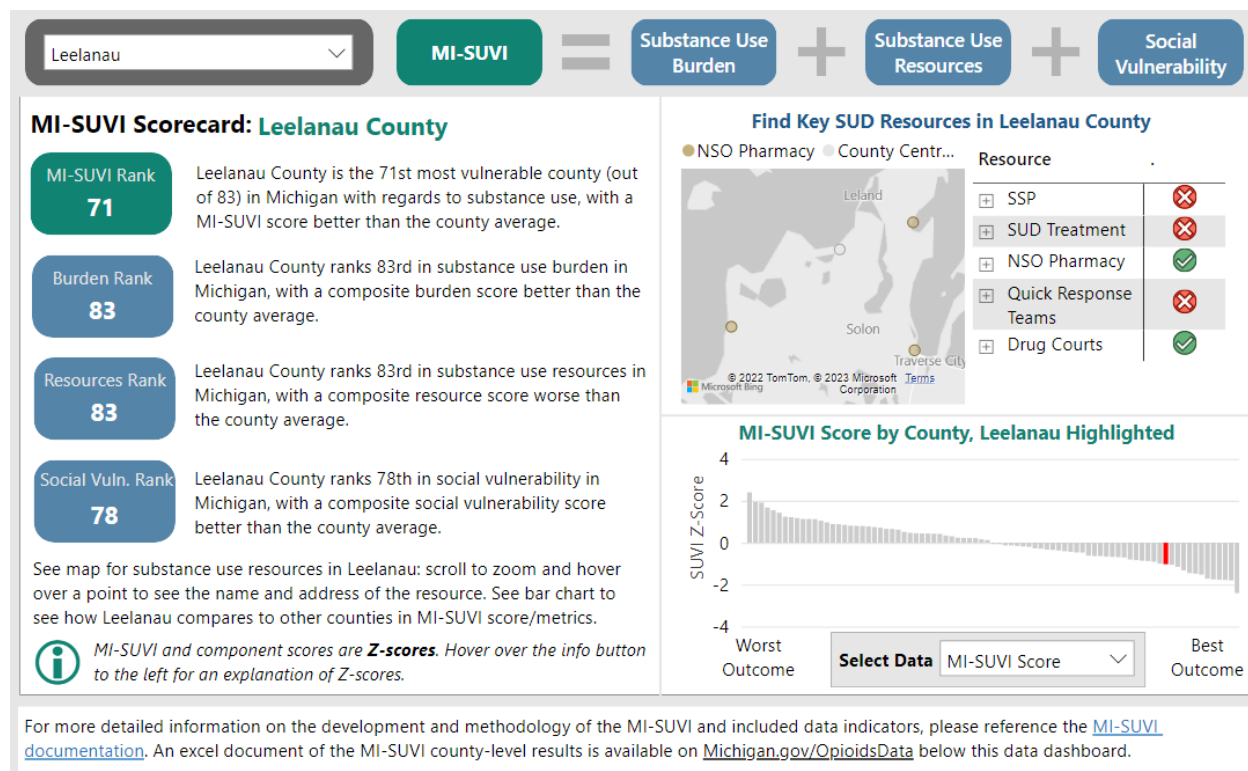
In 2023, Michigan Department of Health and Human Services (MDHHS) released the Michigan Substance Use Vulnerability Index (MI- SUVI). This tool combines data from various MDHHS datasets, along with the social vulnerability index to describe individuals who are at risk of substance use and substance use-induced mortality. This tool helps counties determine the burden of substance use as well as aids in prevention planning.



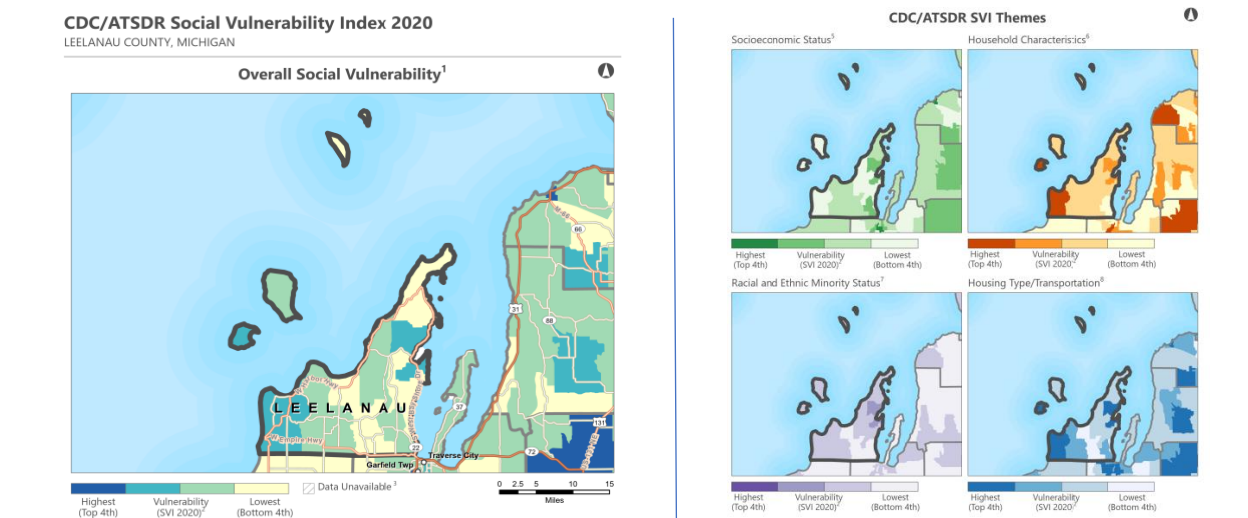
Leelanau County ranks 71 out of 83 of Michigan’s most vulnerable counties. In this scale, counties with lower numbers have worse outcomes than counties with higher numbers. This means that compared to other counties, Leelanau has a low substance use vulnerability index. However, there are still many improvements that Leelanau County can implement to positively impact its substance-use vulnerability. Some of the resources that the county is currently missing are syringe service programs, substance use

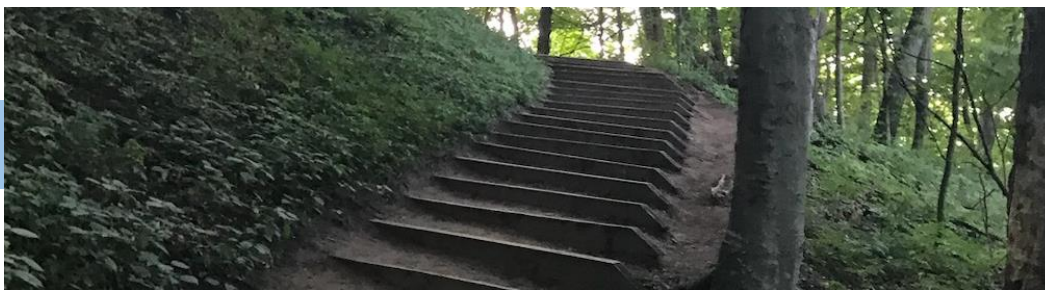
disorder treatment centers, and quick response teams. Yet, there are resources such as drug courts and naloxone standing orders (NSO) pharmacies.

The county ranks worst in social vulnerability. On the following pages, the social vulnerability index is broken down into four categories: socioeconomic status, household characteristics, racial and ethnic minority status, and housing type/transportation.



The substance-use vulnerability index can be found at https://www.michigan.gov/opioids/category-data?utm_campaign=&utm_medium=email&utm_source=govdelivery. The social vulnerability index can be found at <https://www.atsdr.cdc.gov/placeandhealth/svi/index.html>.





Section 6: Substance Use Issue Briefs

Traffic light indicators will be used to demonstrate data trends:

-  RED indicates an increase, a high value or an area that could be considered for intervention.
-  YELLOW indicates numbers or rates are stable, but still concerning.
-  GREEN indicates numbers or rates are decreasing, favorable or low.

Data is organized by substance and grouped by Youth or Adults when possible.

- Alcohol
 - Youth
 - Adult
- Tobacco and other Tobacco Products
 - Youth
 - Adult
- Marijuana
 - Youth
 - Adult
- Cocaine and other Drugs
 - Youth
 - Adult

Limitation of secondary data:

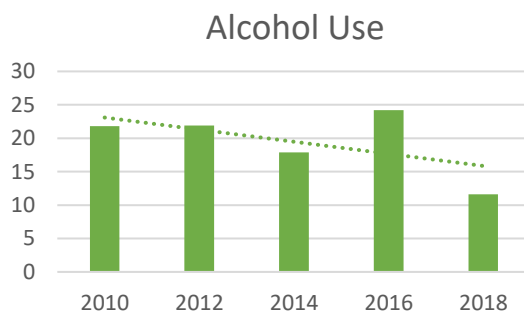
- Previously collected—retrospective look backwards for trends
- Provides a baseline to compare or guide primary data collection
- Identifies gaps in data
- Lack of local (Leelanau County) data for some substances
- Lack of reference (state and national level) data
- Limited age stratified data available
- Available data on youth has been updated with 2018 MiPHY data for Leelanau County
- Lag in data reporting years varies; most recent data available is included in the report



Alcohol Use

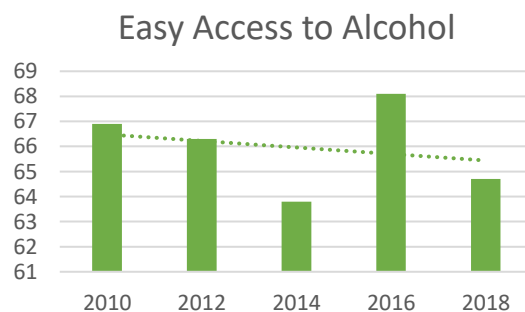
Youth Alcohol Use

Percentages of Leelanau County high school students who reported they used alcohol in the past 30 days (MI-PHY)	
Year	Alcohol Use
2010	21.8%
2012	21.9%
2014	17.9%
2016	24.2%
2018	11.6%



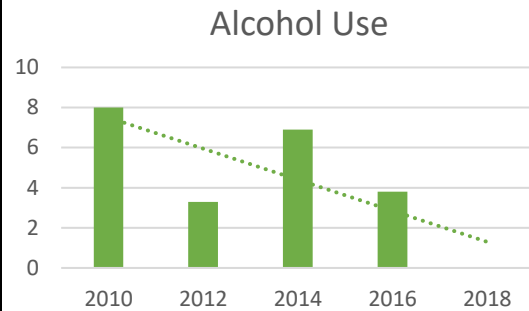
Leelanau County high school students reported a decrease trend in alcohol use during the past month over the past decade.

Percentages of Leelanau County high school students who reported easy access to alcohol in the past 30 days (MI-PHY)	
Year	Easy access to Alcohol
2010	66.9%
2012	66.3%
2014	63.8%
2016	68.1%
2018	64.7%



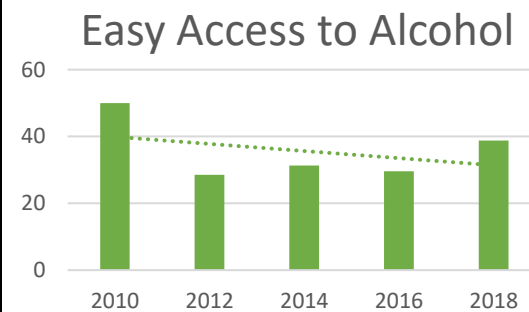
Leelanau County high school students reported a slight decrease trend in easy access to alcohol during the past month over the past decade.

Percentages of Leelanau County middle school students who reported they used alcohol in the past 30 days (MI-PHY)	
Year	Alcohol Use
2010	8.0%
2012	3.3%
2014	6.9%
2016	3.8%
2018	0.0%



Leelanau County middle school students reported a decrease trend in alcohol use during the past month over the past decade.

Percentages of Leelanau County middle school students who reported easy access to alcohol in the past 30 days (MI-PHY)	
Year	Easy access to Alcohol
2010	50.0%
2012	28.5%
2014	31.3%
2016	29.6%
2018	38.8%



Leelanau County middle school students reported a decrease trend in easy access to alcohol during the past month over the past decade.

66.9% Percentage of Leelanau County high school students who reported having five or more drinks of alcohol once or twice each weekend to be a moderate or great risk (MI-PHY 2018); compared to Grand Traverse County high school students who reported 64.4%.

Statewide, for Michigan high school students, according to the 2019 Youth Risk Behavior Survey:

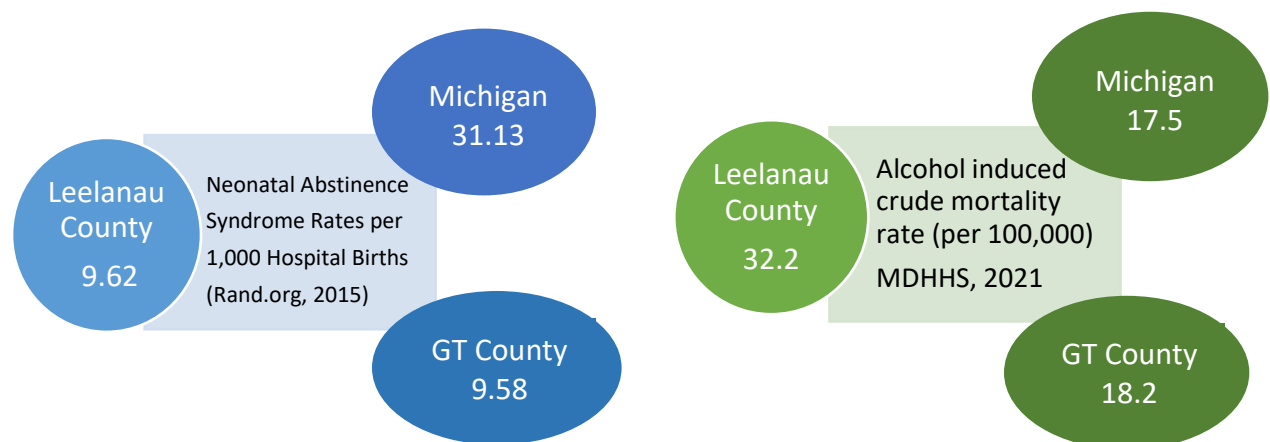
13.6% of Michigan students reported that they had their first drink of alcohol before age 13 years (other than a few sips); a decrease compared to 2017 Youth Risk Behavior Survey (16.2%).

25.4% of Michigan students reported currently drank alcohol (at least 1 drink in the past 30 days) overall in 2019 with 12th graders reporting the high of over 40% in both 2015 and 2017; a decrease compared to 2009 Youth Risk Behavior Survey (37%).

- 14.6% of Michigan students reported they rode with a driver who had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey); a decrease compared to 2009 Youth Risk Behavior Survey (27.5%).
- 3.6% of Michigan students reported they drove when they had been drinking alcohol (in a car or other vehicle, one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey); a decrease compared to 2013 Youth Risk Behavior Survey (6.3%).
- 39.5% of Michigan students usually obtained the alcohol they drank by someone giving it to them; an increase compared to 2009 Youth Risk Behavior Survey (32.2%).

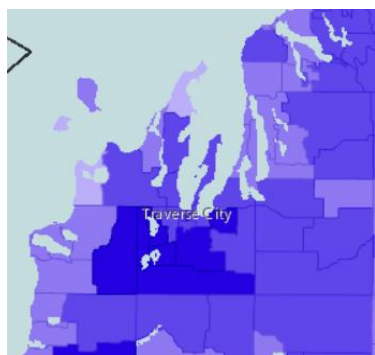
Adult Alcohol Use

In Leelanau County, 24% of adults reported binge or heavy drinking (CHR 2022). Although the rate of children born with neonatal abstinence syndrome is lower than Michigan, Leelanau has concerns of consumption of alcohol. Leelanau County has an alcohol induced mortality rate almost 2 times higher than Grand Traverse (GT) County and Michigan.

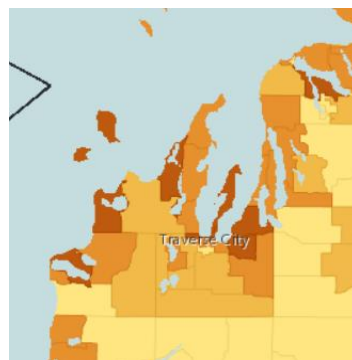
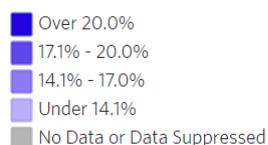


The maps on the next page show that there is a very high expenditure of alcohol within many cities in the county and over 20% of adults 18+ participate in binge drinking. The wineries and breweries within the county play a large role in the economics of alcohol expenditure and the rate of consumption. The cities that line Leelanau's shoreline are the ones with the highest

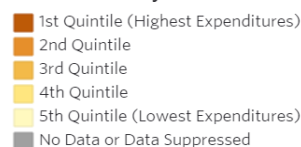
expenditure, which show that individuals may be purchasing before spending the day at beaches or on boats.



Binge Drinking, Percent of Adults Age 18+ by Tract, CDC BRFSS PLACES Project 2018

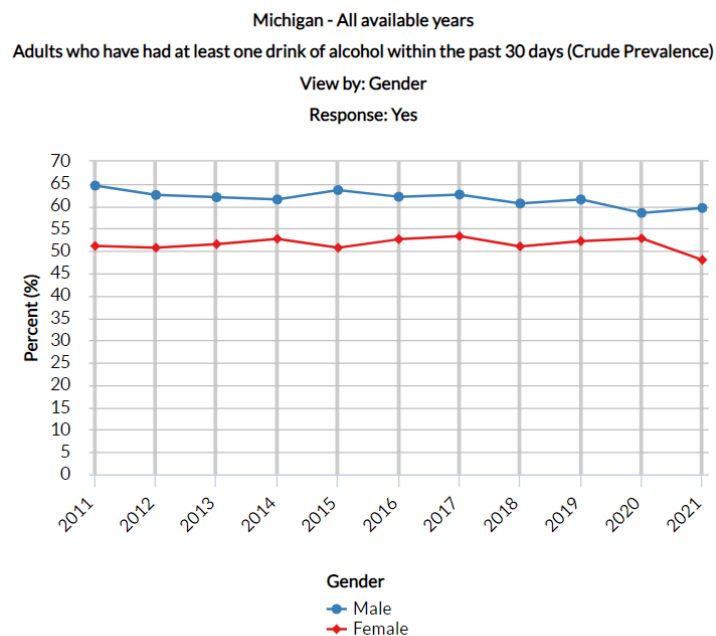


Alcoholic Beverage Expenditures, Percent of Food-At-Home Expenditures, State Rank by Tract, EnviroNics Analytics 2020



Statewide, for Michigan adults, according to the 2021 Behavioral Risk Factor Surveillance System:

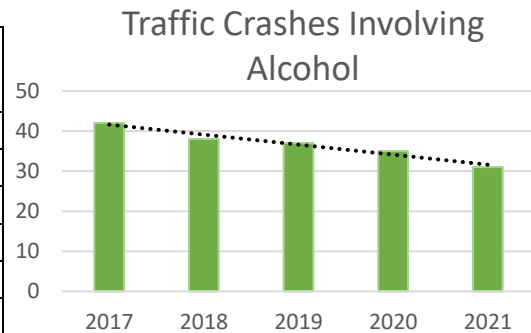
- 59.6% of Michigan male adults report having at least one drink of alcohol within the past 30 days; a decrease compared to 2011(64.6%).
- 16.1% of Michigan adults report binge drinking (males having five or more drinks on one occasion, females having four or more drinks on one occasion); a decrease compared to 2011(19.7%).
- 6.4% of Michigan adults report being a heavy drinker (adult men having more than 14 drinks per week and adult women having more than 7 drinks per week); a decrease compared to 2020(6.8%).



Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

Alcohol and Driving

Number of Traffic Crashes involving Alcohol in Leelanau County.	
Year	Traffic Crashes involving Alcohol
2017	42
2018	38
2019	37
2020	35
2021	31



Leelanau County data showed a slight decrease trend in traffic crashes involving alcohol over the last five years.

Leelanau County has a rate of 14.5 per 100,000 traffic crashes that involve alcohol. In 2021, the highest month for all crashes was November. However, August has the highest number of fatal crashes. There is a spike of crashes in the summer months due to deer-involved crashes and travel while intoxicated. There is a second spike in the winter months due to the weather.



2021 Michigan Traffic Crash Facts - Leelanau County

Since 2017, the number of traffic crashes have decreased, except in 2021 when it increased. In the chart below, HDB stands for 'has been drinking'. A-injuries are suspected serious injuries while B-injuries are suspected minor injury. In 2021, 5.3% of the crashes involved an individual who had been drinking. Furthermore, 100% of fatal crashes were related to driving while intoxicated.

5-Year Trend - Crashes Involving Alcohol

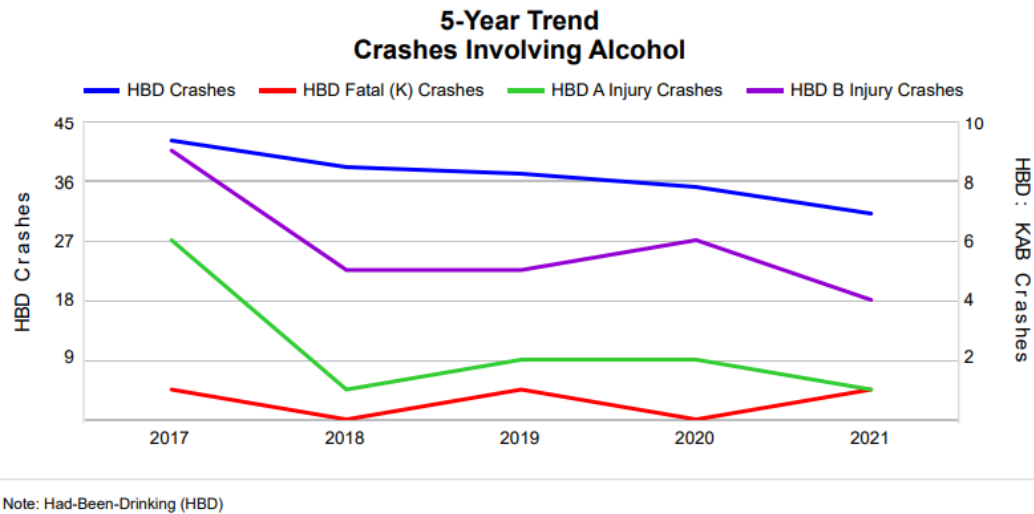
Year	All Crashes	HBD Crashes	% HBD	Fatal Crashes	HBD Fatal Crashes	% HBD	A Injury Crashes	HBD A Injury Crashes	% HBD	B Injury Crashes	HBD B Injury Crashes	% HBD
2017	671	42	6.3	2	1	50.0	18	6	33.3	30	9	30.0
2018	680	38	5.6	3	0	0.0	8	1	12.5	23	5	21.7
2019	661	37	5.6	4	1	25.0	12	2	16.7	20	5	25.0
2020	513	35	6.8	1	0	0.0	5	2	40.0	22	6	27.3
2021	588	31 *	5.3 *	1	1	100.0 **	10	1	10.0 *	25	4 *	16.0 *

Note: * Indicates that the most recent year is the lowest number or percentage reported in the 5-year period in that column.

** Indicates that the most recent year is the highest number or percentage reported in the 5-year period in that column.

Between the ages of 25 to 64 years old had the largest number of alcohol-involved crashes, followed by

65 years and older. 8 of the crashes between 25 to 64 years old had blood alcohol concentration (BAC) of 0.17 g/dL and above. Out of the 31 total crashes involving alcohol in 2021, 11 had BAC at 0.17 or above.



2021 - Bodily Alcohol Concentration (BAC) Results Among All Vehicle Drivers in Alcohol-Involved Crashes by Age

Age Group	Drivers				BAC Result Range for Drivers Coded Drinking				
	Total Drivers in Alcohol-Involved Crashes	Total Drivers Tested in all Crashes	Total Drivers Coded Drinking, Tested	Total Drivers Coded Drinking	BAC = 0.00	BAC 0.01 g/dL to 0.07 g/dL	BAC 0.08 g/dL to 0.16 g/dL	BAC 0.17 g/dL and Above	BAC Not Reported
0 - 15	0	0	0	0	0	0	0	0	0
16 - 20	4	4	2	4	0	1	0	1	2
21 - 24	4	4	4	4	0	1	1	1	1
25 - 64	19	24	16	18	0	3	3	8	4
65 +	6	5	4	5	0	0	2	1	2
Unknown	0	0	0	0	0	0	0	0	0
Total	33	37	26	31	0	5	6	11	9

Notes: BAC measured in grams (g) per deciliter (dL).

BAC may not be reported if drivers are not tested or if the results are not available immediately (as in the case of a blood test).

A driver may be coded by the officer as drinking even though no test is administered.



Tobacco, Nicotine and Electronic Vapor (Vape) Use

There is a distinction between commercial tobacco and sacred or traditional tobacco in the Native American culture. This report respects that culture. Any references to tobacco use pertain to commercial tobacco use.

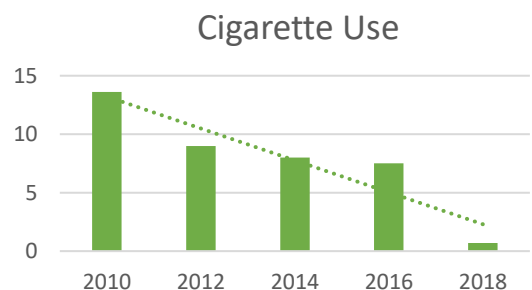
Commercial tobacco is manufactured by companies for recreational and habitual use in cigarettes, smokeless tobacco, pipe tobacco, cigars, hookahs, and other products. Commercial tobacco is mass-produced and sold for profit. It contains thousands of chemicals and produces over 7,000 chemical compounds when burned, many of which are carcinogenic, cause heart and other diseases, and contribute to premature death.

Traditional tobacco is tobacco and/or other plant mixtures grown or harvested and used by American Indians and Alaska Natives for ceremonial or medicinal purposes. Traditional tobacco has been used by American Indian nations for centuries as a medicine with cultural and spiritual importance. (Source: Keep it Sacred: <https://keepitsacred.itcml.org/tobacco-and-tradition/traditional-tobacco-use/>.)

Youth Tobacco, Nicotine and Electronic Vape Use

Although tobacco use in adolescents saw a decrease for many years, e-cigarette use is epidemic, with nearly 20% of high school students in Michigan reporting use.

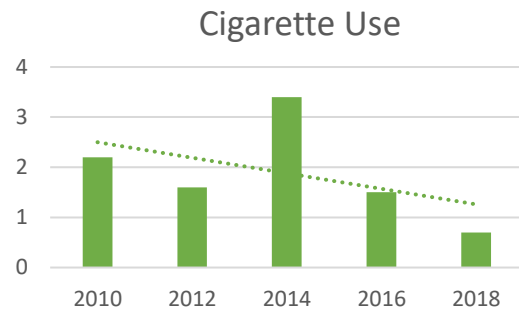
Percentages of Leelanau County high school students who reported they used cigarettes in the past 30 days (MI-PHY)	
Year	Cigarettes Use
2010	16.3%
2012	9.0%
2014	8.0%
2016	7.5%
2018	0.7%





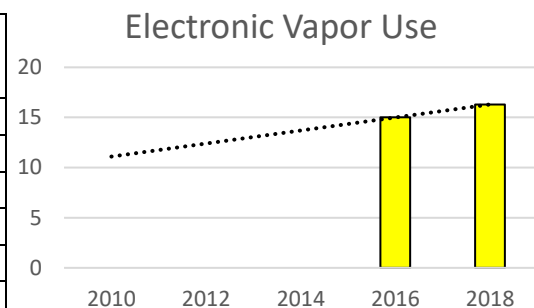
Leelanau County high school students reported a decrease trend in cigarette use during the past month over the past decade.

Percentages of Leelanau County middle school students who reported they used cigarettes in the past 30 days (MI-PHY)	
Year	Cigarettes Use
2010	2.2%
2012	1.6%
2014	3.4%
2016	1.5%
2018	0.0%



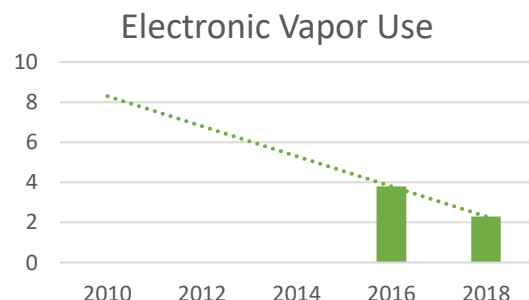
Leelanau County middle school students reported a decrease trend in cigarette use during the past month over the past decade.

Percentages of Leelanau County high school students who reported they used electronic vapor (MI-PHY)	
Year	Electronic Vapor Use
2010	N/A
2012	N/A
2014	N/A
2016	15.0%
2018	16.3%

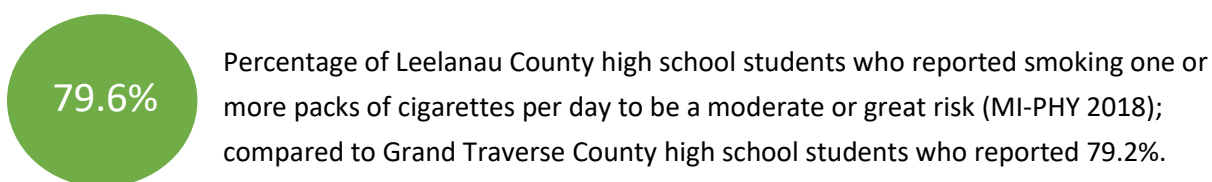
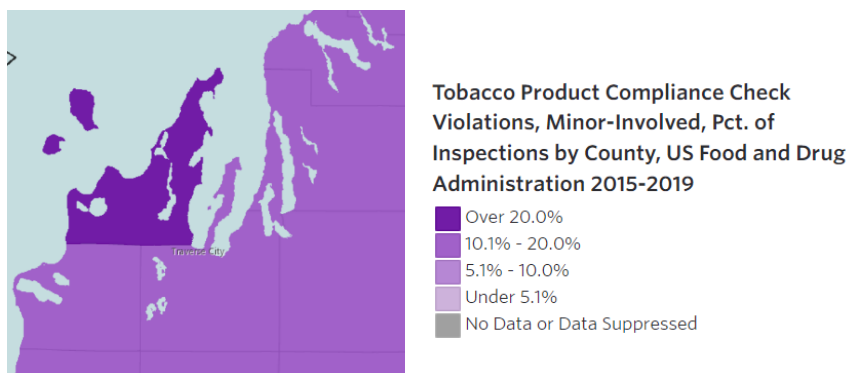


Leelanau County high school students reported an increase trend in electronic vapor use. Leelanau County has a lower percentage than nationwide high school student reported data (21%) for the past 30 days. Electronic vapor data is not available before 2016.

Percentages of Leelanau County middle school students who reported they used electronic vapor (MI-PHY)	
Year	Electronic Vapor Use
2010	N/A
2012	N/A
2014	N/A
2016	3.8%
2018	2.3%



Leelanau County middle school students reported a decrease trend in electronic vapor use. Leelanau County has a lower percentage than nationwide high school student reported data (5%) for the past 30 days. Electronic vapor data is not available before 2016.



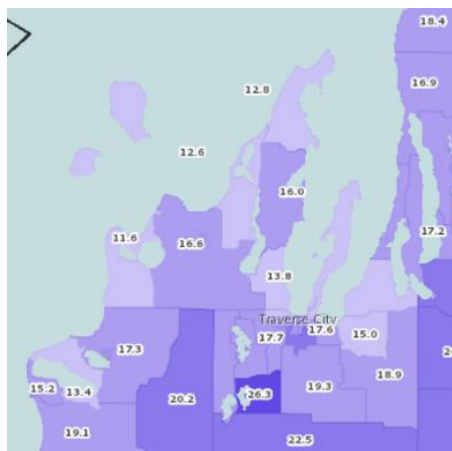
Statewide, for Michigan high school students, according to the 2019 Youth Risk Behavior Survey:

- 4.5% of Michigan students reported they are currently smoking cigarettes, down from 10.5% in 2017.
- 21.1% of Michigan students reported they tried smoking in 2019, down from 31.1% in 2017.
- 20.8% of Michigan students reported they are currently using electronic vapor products, up from 14.8% in 2017.
- 49.8% of Michigan students reported to have tried electronic vapor products (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods), an increase compared to 2017 Youth Risk Behavior Survey, 44.5%.
- 2.9% of Michigan students reported they are currently using smokeless tobacco, down from 6.3% in 2017.
- 46.8% of Michigan high school tobacco users have not tried to quit, down from 53.8% in 2017.

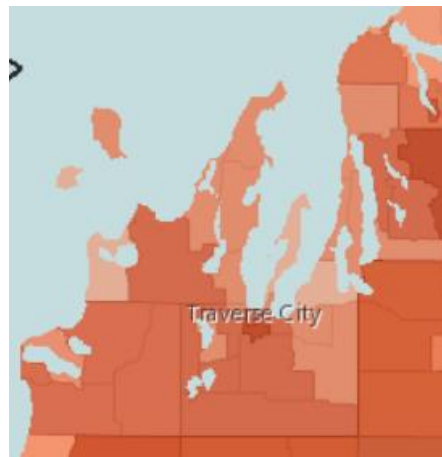
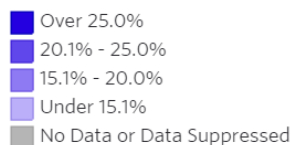
Adult Tobacco, Nicotine and Electronic Vape Use

In Leelanau County, Michigan, 15% of adults are current cigarette smokers (CHR 2022).

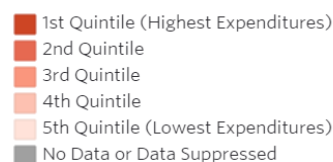
The maps below show the current smokers for adults (18+) by tracts and the high expenditure of cigarettes in the county. Census Tract 9705, which includes Maple City and Cedar tract, has the highest percentage of adults who currently smoke and is the one with the highest expenditures. Census Tract 9702, which includes Suttons Bay and Peshawbestown, is the second highest for adults who currently smoke.



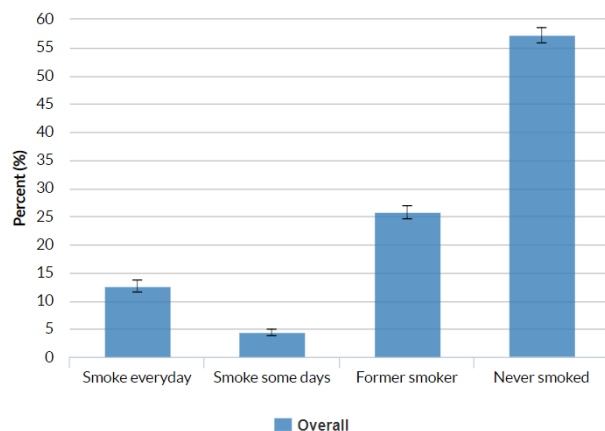
Current Smokers, Adult, Percentage of Adults Age 18+ by Tract, CDC BRFSS PLACES Project 2019



Cigarette Expenditures, Percent of Food-At-Home Expenditures, National Rank by Tract, Environics Analytics 2020

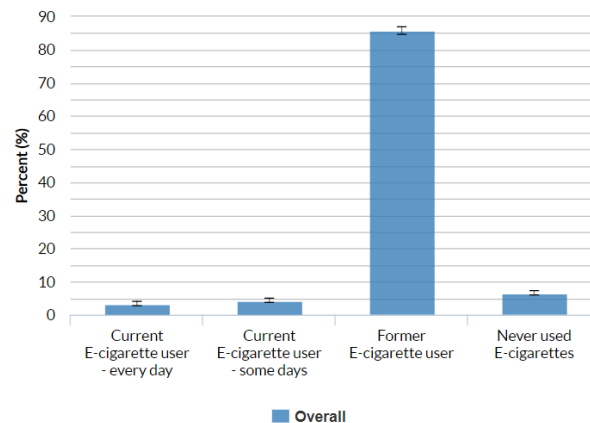


Michigan - 2021
Four Level Smoking Status (variable calculated from one or more BRFSS questions) (Crude Prevalence)
View by: Overall
Response: (All)



Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

Michigan - 2021
Do you now use e-cigarettes or other electronic vaping products every day, some days, or not at all? (Crude Prevalence)
View by: Overall
Response: (All)

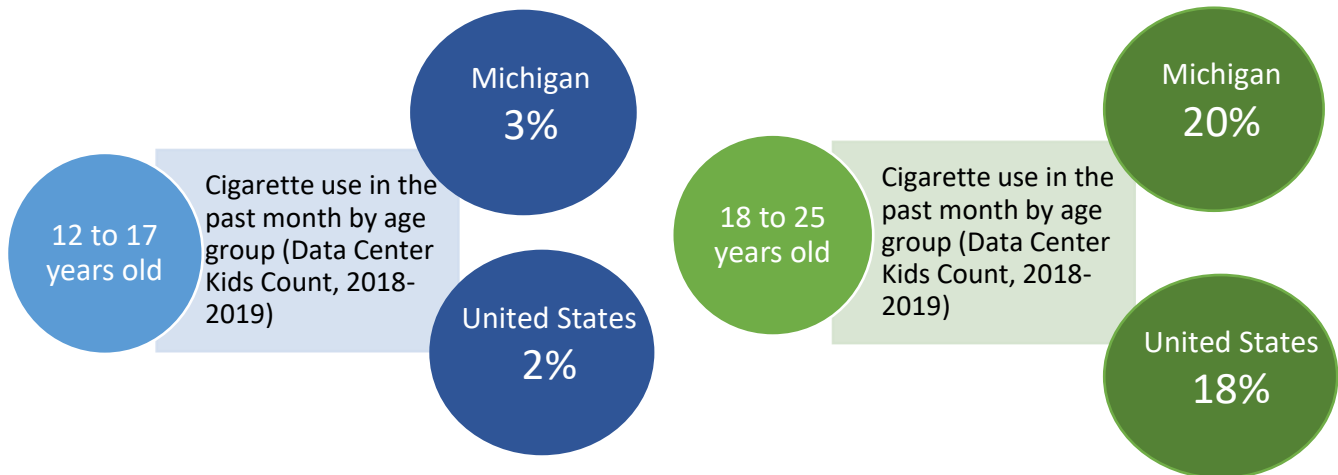


Data Source: Behavioral Risk Factor Surveillance System (BRFSS)

Statewide, for Michigan adults according to the Behavioral Risk Factor Surveillance System:

- 18.2% of Michigan male adults report they are a current smoker; a decrease compared to 2011, 27.2%.

County-level data is not available in the Kids Count dataset for this variable. From the state-level data, it shows that cigarette use for ages 12-17 and 18-25 is higher than the national average. They define cigarette use as at least one cigarette within the last 30 days.

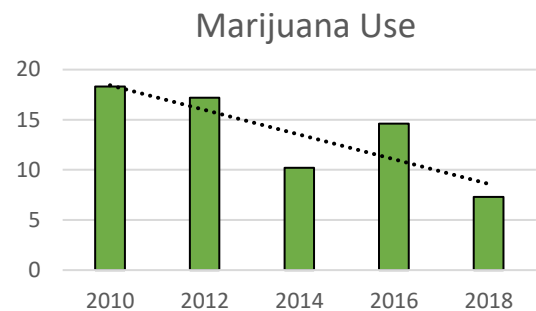




Marijuana Use

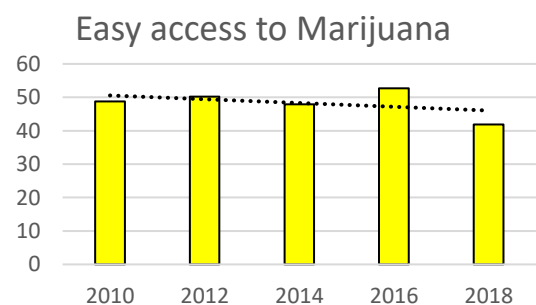
Youth Marijuana Use

Percentages of Leelanau County high school students who reported they used marijuana during the past 30 days (MI-PHY)	
Year	Marijuana Use
2010	18.3%
2012	17.2%
2014	10.2%
2016	14.6%
2018	7.3%



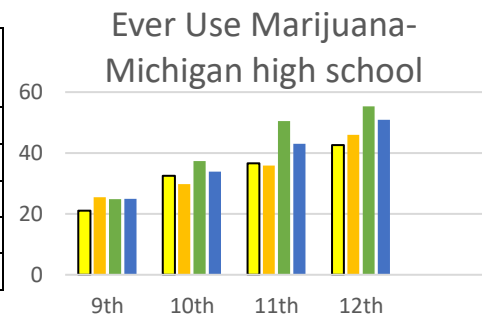
Leelanau County high school students showed a decrease in reported Marijuana use during the past month over the past decade.

Percentages of Leelanau County high school students who reported easy access to Marijuana in the past 30 days (MI-PHY)	
Year	Easy access to Marijuana
2010	48.8%
2012	50.2%
2014	47.9%
2016	52.7%
2018	41.9%

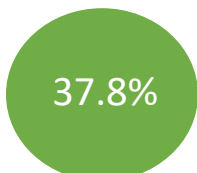


Leelanau County high school students showed a slight decrease in reported ease of access to Marijuana during the past month over the past decade.

Percentages of Michigan high school students who reported Marijuana Use one or more times during their life (Mi-YRBS)				
Year	9th	10 th	11th	12th
2013	21.1%	32.5%	36.6%	42.6%
2015	25.5%	29.8%	35.9%	46.0%
2017	24.8%	37.3%	50.5%	55.3%
2019	24.9%	33.9%	43.0%	50.9%



 Michigan high school students showed an increase in reported ever use of Marijuana since 2013.

 Percentage of Leelanau County high school students who reported smoking marijuana once or twice a week to be of moderate or great risk (MI-PHY 2018). Compared to Grand Traverse County high school students who reported 32.6%.

Statewide, for Michigan high school students according to the 2019 Youth Risk Behavior Survey:

 21.6% of Michigan students reported they are currently using marijuana (also called pot, weed, or cannabis, one or more times during the 30 days before the survey)

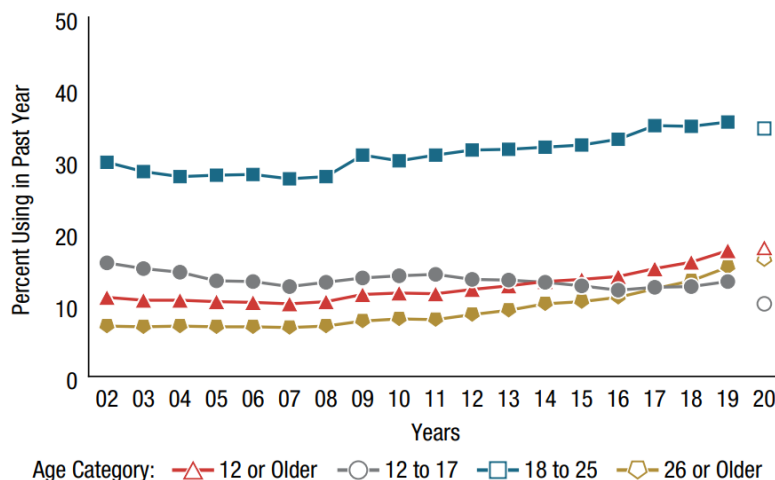
 5.4% of Michigan students reported tried marijuana for the first time before age 13 years; a decrease compared to 2009 Youth Risk Behavior Survey, 7.9%.

 37.5% of Michigan students reported have ever used marijuana (also called pot, weed, or cannabis, one or more times during their life); a decrease compared to 2017 Youth Risk Behavior Survey, 41.4%.

Adult Marijuana Use

The graph and chart below show that 18 to 25 year olds have the highest percentage of marijuana use out of any other age group. Marijuana use with 12 to 17 year olds has stayed fairly consistent between 2016 to 2019. For ages 26 and older, marijuana use has increased from 7.9% in 2011 to 16.3% in 2020. Although it's important to continue education efforts for ages 12 to 17 and 26 or older, 18 to 25 year olds need the most education on marijuana use.

Past Year Marijuana Use: Among People Aged 12 or Older; 2002-2020 (2020 NSDUH)

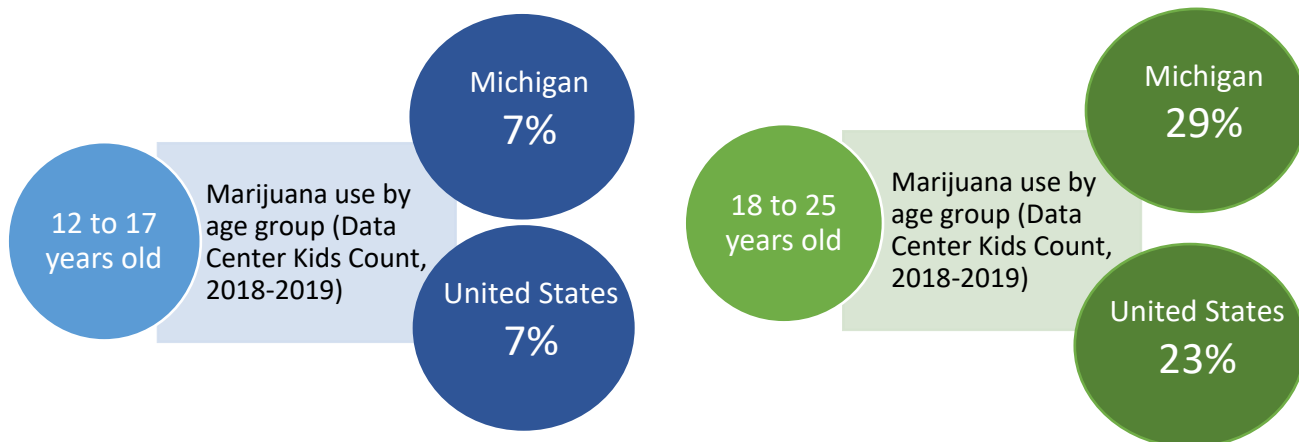


Note: There is no connecting line between 2019 and 2020 to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed.

Age	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20
≥12	11.0	10.6	10.6	10.4	10.3	10.1	10.4	11.4	11.6	11.5	12.1	12.6	13.2	13.5	13.9	15.0	15.9	17.5	17.9
12-17	15.8	15.0	14.5	13.3	13.2	12.5	13.1	13.7	14.0	14.2	13.5	13.4	13.1	12.6	12.0	12.4	12.5	13.2	10.1
18-25	29.8	28.5	27.8	28.0	28.1	27.5	27.8	30.8	30.0	30.8	31.5	31.6	31.9	32.2	33.0	34.9	34.8	35.4	34.5
≥26	7.0	6.9	7.0	6.9	6.9	6.8	7.0	7.7	8.0	7.9	8.6	9.2	10.1	10.4	11.0	12.2	13.3	15.2	16.3

Note: The estimate in 2020 is italicized to indicate caution should be used when comparing estimates between 2020 and prior years because of methodological changes for 2020. Due to these changes, significance testing between 2020 and prior years was not performed.

Similar to what was seen in the graph and chart before, ages 12 to 17 are using marijuana less than 18 to 25 year olds. Michigan has the same percentage of 12 to 17 year olds using marijuana as the national percentage. However, Michigan has a 6% higher use of marijuana between the ages of 18 to 25 years old than the United States.

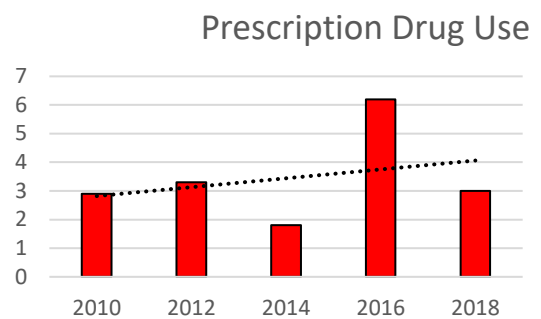




Cocaine and Other Substance Use

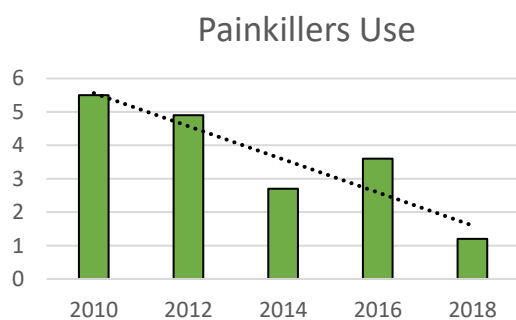
Youth Cocaine and Other Substance Use

Percentages of Leelanau County high school students who took a prescription drug such as Ritalin, Adderall, or Xanax without a doctor's prescription during the past 30 days (MI-PHY)	
Year	Prescription Drug Use
2010	2.9%
2012	3.3%
2014	1.8%
2016	6.2%
2018	3.0%



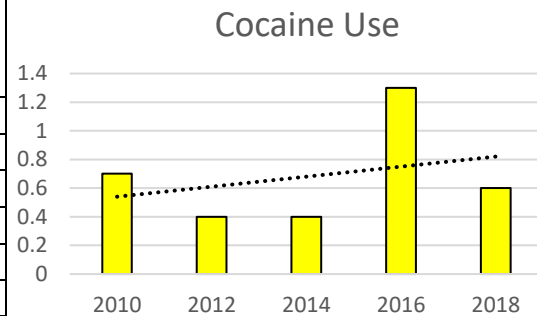
Leelanau County high school students showed an increase in reported prescription drug use during the past month over the past decade.

Percentages of Leelanau County high school students who took painkillers such as OxyContin, Codeine, Vicodin, or Percocet without a doctor's prescription during the past 30 days (MI-PHY)	
Year	Painkillers Use
2010	5.5%
2012	4.9%
2014	2.7%
2016	3.6%
2018	1.2%



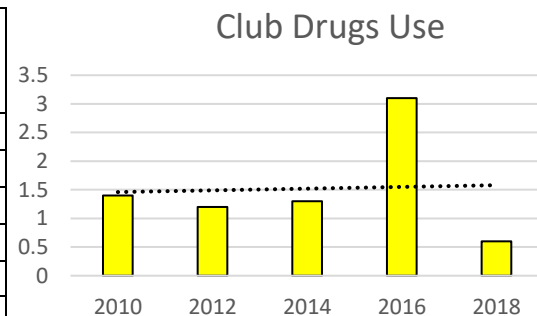
Leelanau County high school students showed a decrease in reported painkillers use during the past month over the past decade.

Percentages of Leelanau County high school students who reported they used cocaine in the past 30 days (MI-PHY)	
Year	Cocaine Use
2010	0.7%
2012	0.4%
2014	0.4%
2016	1.3%
2018	0.6%

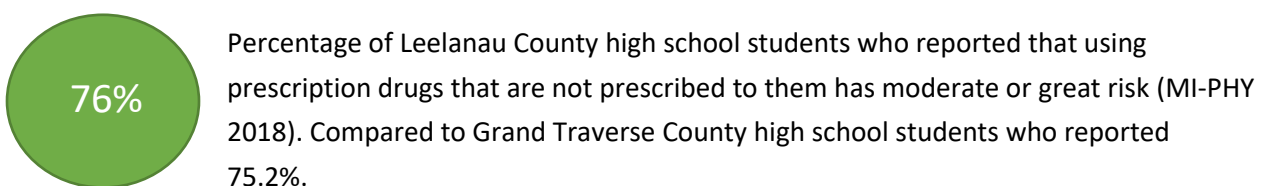
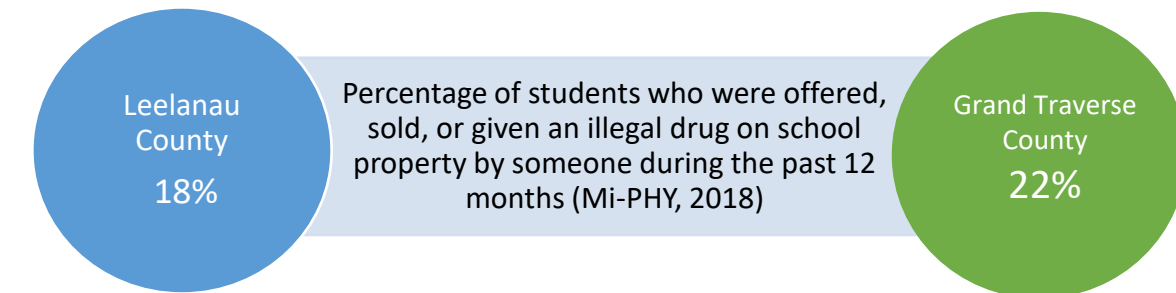


Leelanau County high school students showed a slight increase in reported cocaine use during the past month over the past decade.

Percentages of Leelanau County high school students who reported they used club drugs in the past 30 days (MI-PHY)	
Year	Club Drugs Use
2010	1.4%
2012	1.2%
2014	1.3%
2016	3.1%
2018	0.6%



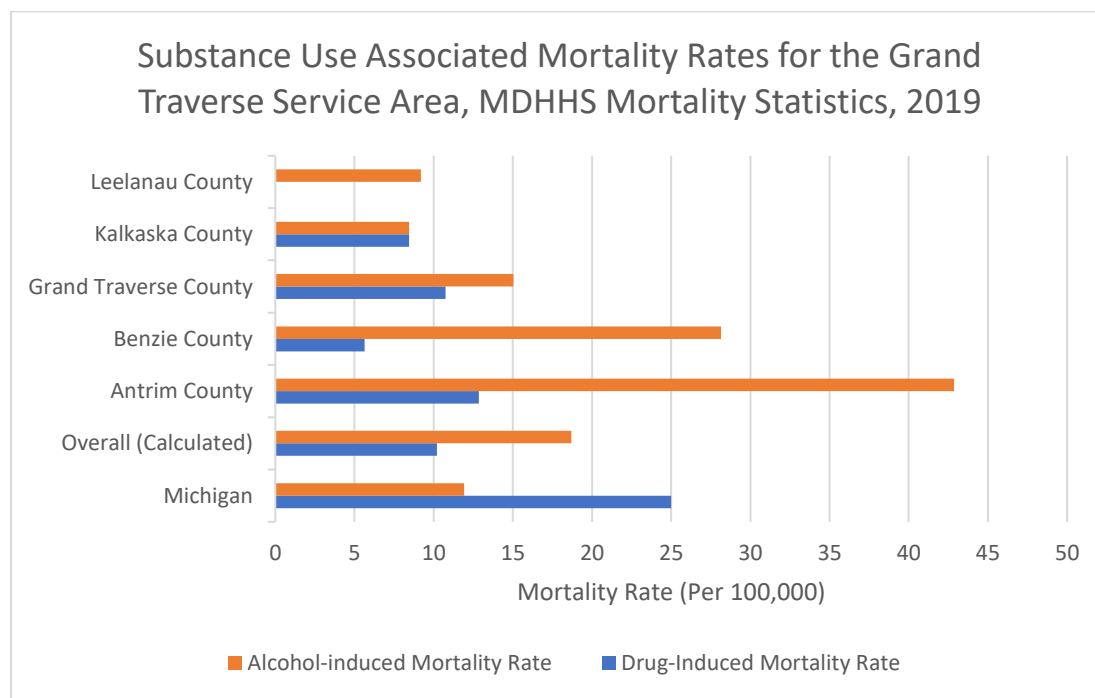
Leelanau County high school students showed a slight increase in reported club drugs use during the past month over the past decade.

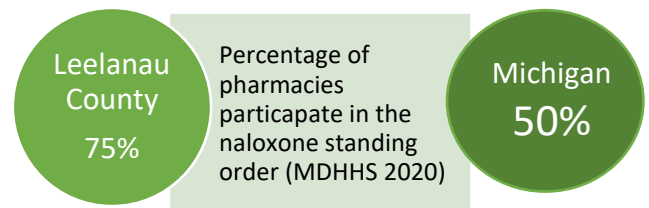
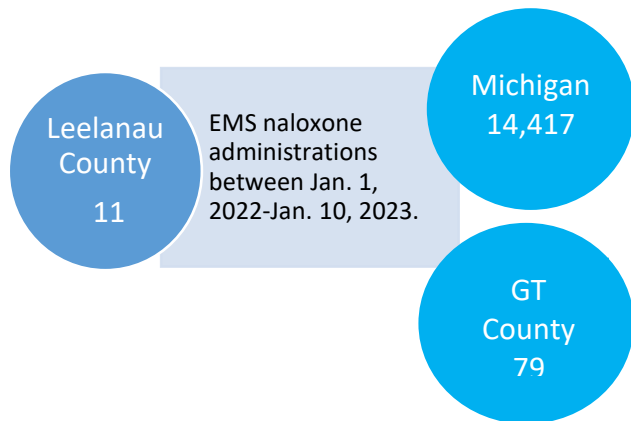
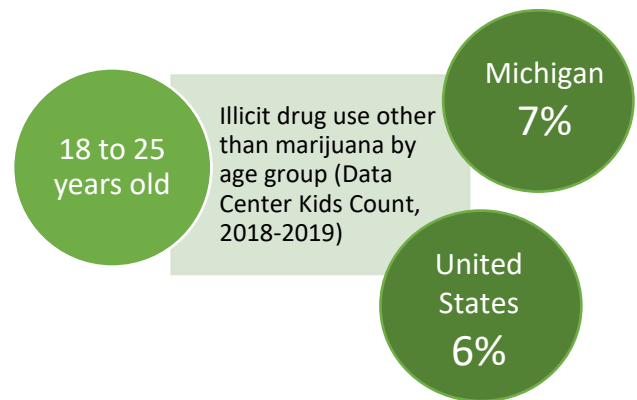
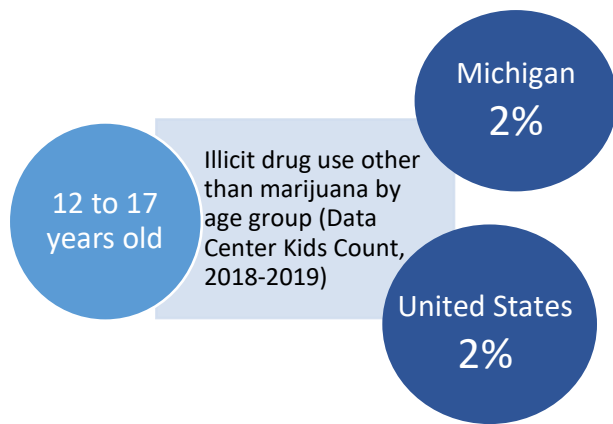


Statewide, for Michigan high school students according to the 2019 Youth Risk Behavior Survey:

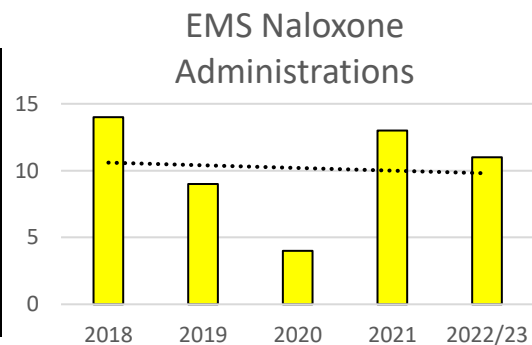
- 13.1% of Michigan students reported they have ever taken prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, Hydrocodone, and Percocet, one or more times during their life); a decrease compared to 2017 Youth Risk Behavior Survey, 16.1%.
- 3.4% of Michigan students reported they have ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life); a decrease compared to 2009 Youth Risk Behavior Survey, 6.5%.
- 2.6% of Michigan students reported they have ever used methamphetamines (also called speed, crystal meth, crank, ice, or meth, one or more times during their life); a decrease compared to 2009 Youth Risk Behavior Survey, 6.2%.
- 25% of Michigan students reported were offered, sold, or given an illegal drug on school property (during the 12 months before the survey); a decrease compared to 2009 Youth Risk Behavior Survey, 29.5%.

Adult Cocaine and Other Substance Use

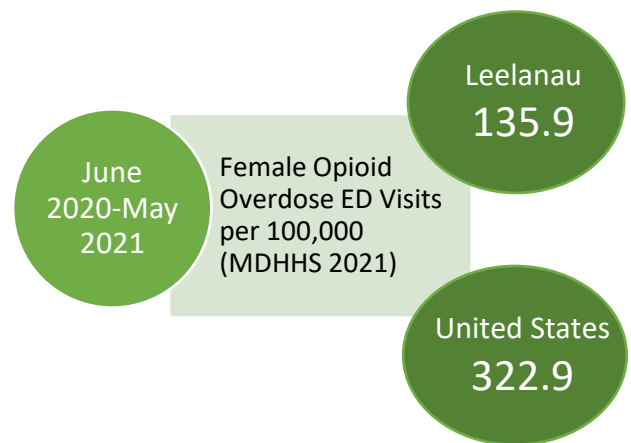
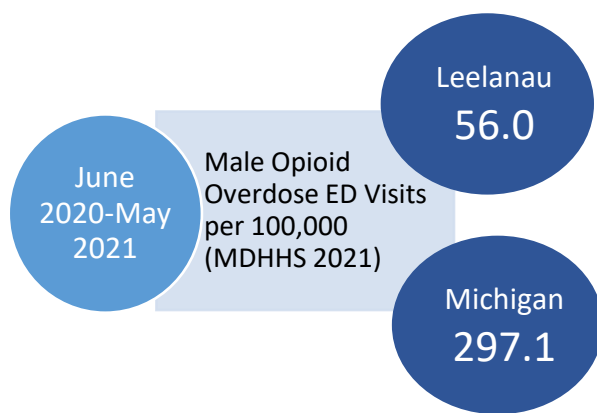




EMS Naloxone Administrations in Leelanau County	
Year	EMS Naloxone Administrations
2018	14
2019	9
2020	4
2021	13
2022- January 10,2023	11



 Leelanau County EMS naloxone administrations trend slightly decreased in the last five years.



Overdose Emergency Department Visit Rate per 100,000, Jan 2021-Dec 2021

● 0-199 ● 199-299 ● 299-399



Between January 2021 and December 2021, Leelanau County had 21 overdose Emergency Department visits for a rate of 96.6 per 100,000; compared to Grand Traverse County, which had 241 overdose Emergency Department visits for a rate of 257.5 per 100,000.

Between January 2022 and December 2022, Leelanau County had 10 EMS responses to probable opioid overdoses; compared to Grand Traverse 76 EMS responses to probable opioid overdoses.

Cocaine and Other Substance Use and Driving

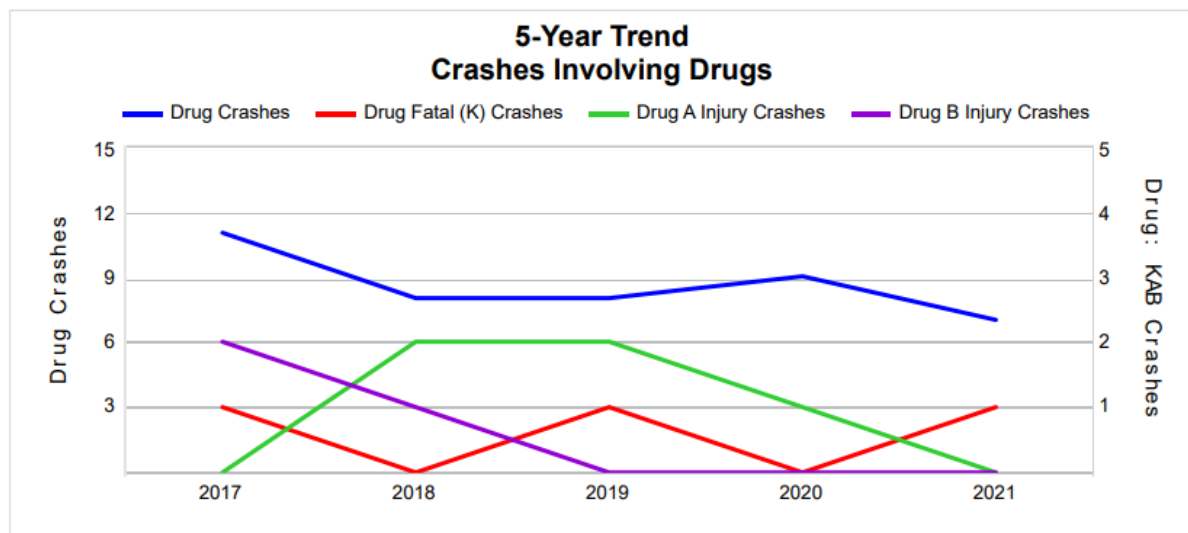
2021 Michigan Traffic Crash Facts-Leelanau County

5-Year Trend - Crashes Involving Drugs

Year	All Crashes	Drug Crashes	% Drug	Fatal Crashes	Drug Fatal Crashes	% Drug	A Injury Crashes	Drug A Injury Crashes	% Drug	B Injury Crashes	Drug B Injury Crashes	% Drug
2017	671	11	1.6	2	1	50.0	18	0	0.0	30	2	6.7
2018	680	8	1.2	3	0	0.0	8	2	25.0	23	1	4.3
2019	661	8	1.2	4	1	25.0	12	2	16.7	20	0	0.0
2020	513	9	1.8	1	0	0.0	5	1	20.0	22	0	0.0
2021	588	7 *	1.2	1	1	100.0 **	10	0	0.0	25	0	0.0

Note: * Indicates that the most recent year is the lowest number or percentage reported in the 5-year period in that column.

** Indicates that the most recent year is the highest number or percentage reported in the 5-year period in that column.



“A” injury crashes are those with suspected serious injuries.

“B” injury crashes are those with suspected minor injuries.

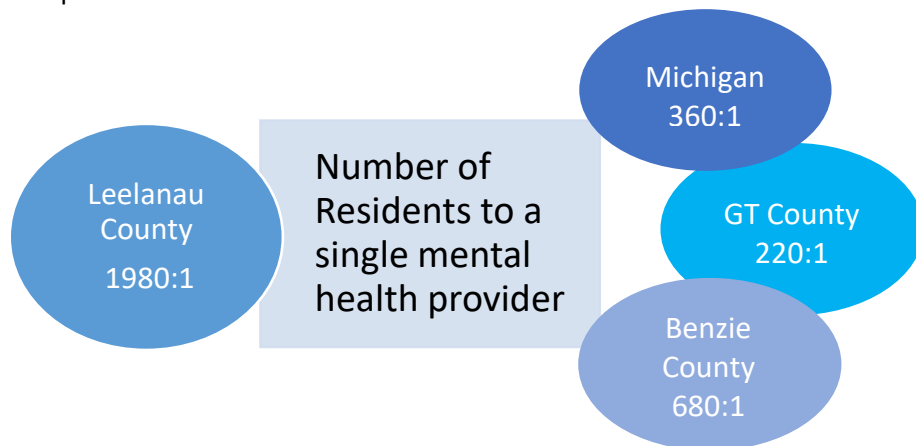
Appendix: A

Mental Health Secondary Data

13% of Leelanau County adults reporting 14 or more poor mental health days per month (age adjusted) (County Health Rankings, 2021). For intentional self harm, there is 20.9 per 100,000 cases in the Northwest MiThrive Region in 2019 (MDHHS Vital Reports, 2019). The Northwest region includes 10 counties; Antrim, Benzie, Charlevoix, Leelanau, Manistee, Missaukee, and Wexford. There is a rate of 2.4 per 100,000 internal self-harm cases in Leelanau County and a rate of 14 per 100,000 internal self harm cases in Michigan.



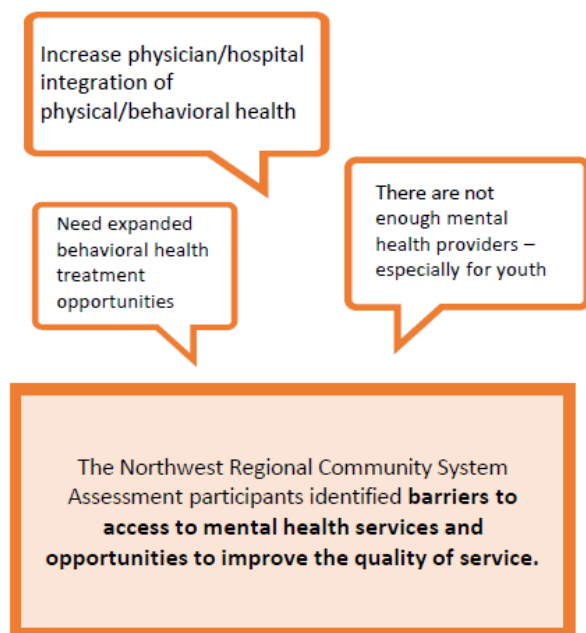
In the county, there are 11 mental health providers (County Health Rankings, 2020). However, there is a 1980 Leelanau County population to 1 mental health provider ratio (County Health Rankings, 2020). This ratio is much higher compared to Grand Traverse at 220:1 and Benzie at 680:1. Michigan has a 360 population to 1 mental health provider ratio.



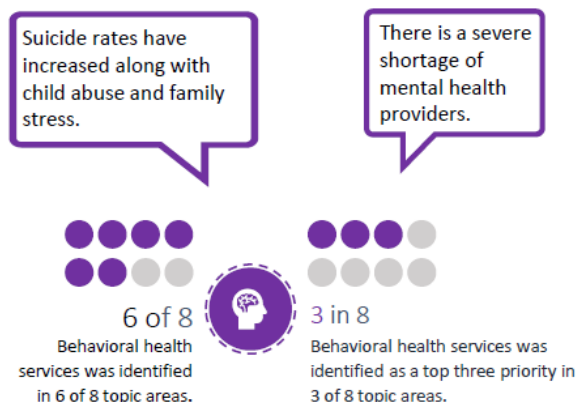
Similar to the work being completed by the Substance-use Stigma Action Team, the Northwest Michigan CHIR's Behavioral Health Initiative developed an action team to reduce stigma against mental illness. More information on their work can be found at <https://northernmichiganchir.org/northwest-chir/behavioral-health-initiative/stigma-mental-illness/>

MiThrive: Mental Health

The 2021 Northwest MiThrive completed four assessments; The Forces of Change Assessment, Community Health Status Assessment, Community System Assessment, and Community Themes and Strengths Assessment to assess the health of the northwest region. The Northwest region includes Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, and Wexford counties. The infographics displayed here were pulled from the Data Report Northwest full report can be found at <https://northernmichiganhcr.org/mithrive/>. The blue boxes are from the Community Themes & Strengths Assessment. This assessment found that 66.5% of providers think mental health resources and services are missing from the community. Additionally, the orange boxes are from the Community System Assessment which found similar results. Participants in this assessment thought that mental health resources and services were needed to expand opportunities for treatment. Lastly, the purple boxes were a part of the Forces of Change Assessment. It found that behavioral health services were identified as a top priority area.



1	36.1% (n=194) of providers identified access to quality behavioral health services as a top factor for a thriving community. <u>This ranked #3 out of 15 factors.</u>
2	28.4% (n=194) of providers identified freedom from trauma, violence, and addiction as a top factor for a thriving community. <u>This ranked #4 out of 15 factors.</u>
3	27.8% (n=194) of providers identified lack of access to behavioral health services as a top issue impacting their patients/clients. <u>This ranked #2 out of 35 issues.</u>
4	27.7% (n=194) of providers identified lack of quality behavioral health services as a top issue impacting their patients/clients. <u>This ranked #4 out of 35 issues.</u>
5	66.5% (n=194) of providers said mental health resources/services for patients/clients are missing in the community they serve. <u>This ranked #1 out of 13 resources/services.</u>
6	18.9% (n=996) of northwest residents identified access to quality behavioral health services as a top factor for a thriving community. <u>This ranked #7 out of 15 factors.</u>
7	23.7% (n=996) of northwest residents identified freedom from trauma, violence, and addiction as a top factor for a thriving community. <u>This ranked #3 out of 15 factors.</u>
8	17.8% (n=997) of northwest residents identified lack of access to behavioral health services as a top issue impacting their community. <u>This ranked #4 out of 35 issues.</u>
9	14.0% (n=997) of northwest residents identified lack of quality behavioral health services as a top issue impacting their community. <u>This ranked #6 out of 35 issues.</u>
10	Increased mental health support emerged as a theme in the pulse survey series when clients/patients were asked to talk about ways to promote the well-being of others.



Appendix: B

Leelanau County Substance Use Community Survey

The purpose of this survey is to gain insight of community members perceptions of substance use. The information collected from this survey will be used to understand the environment and needs related to substance use in Leelanau County. This research is sponsored through the Michigan Prevention Network Community Coalition Capacity Building Grant.

Your participation in this survey is voluntary and your responses are anonymous and confidential. This survey will take approximately 10-15 minutes to complete. To participate, you must be at least 18 years old. If you have any questions, please contact e.llore@nwhealth.org.

*Required

1. What is your gender? *

- ☐ Male
- ☐ Female
- ☐ Transgender Male
- ☐ Transgender Female
- ☐ Non-binary
- ☐ Prefer not to say
- ☐ Other

2. What is your age? *

3. What is your race? Select one or more.*

- ☐ American Indian or Alaska Native
- ☐ Asian
- ☐ Black or African American
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ White
- ☐ Prefer not to say

4. What is your ethnicity? *

- ☐ Hispanic or Latino
- ☐ Not Hispanic or Latino
- ☐ Prefer not to say

5. What is your relationship status*

- ☐ Single

- ☐ Married
 - ☐ Divorced
 - ☐ Widowed
 - ☐ Separated
 - ☐ Committed Relationship
- 6. What county do you currently live in? *
 - ☐ Leelanau
 - ☐ Grand Traverse
 - ☐ Other
- 7. How many people live in your immediate household? *
 - ☐ 1
 - ☐ 2
 - ☐ 3
 - ☐ 4
 - ☐ 5 or more
- 8. What is your highest level of education? *
 - ☐ Less than High School degree
 - ☐ High School degree/GED
 - ☐ Some college
 - ☐ Associate degree
 - ☐ Undergraduate degree
 - ☐ Graduate degree
 - ☐ Technical certification/degree
- 9. Which of the following best represents your occupation? *
 - ☐ Healthcare/Social Services
 - ☐ Agriculture
 - ☐ Education
 - ☐ Sales
 - ☐ Student
 - ☐ Skilled Labor
 - ☐ Law/Criminal Justice/Government
 - ☐ Retail/Food Service
 - ☐ Other
- 10. What is your current employment status? *
 - ☐ Employed full-time
 - ☐ Employed part-time
 - ☐ Retired
 - ☐ Disabled
 - ☐ Unemployed

- Other

11. What is your annual household income?*

- less than \$10,000
- \$10,000 to \$19,999
- \$20,000 to \$29,999
- \$30,000 to \$39,999
- \$40,000 to \$49,999
- \$50,000 to \$59,999
- \$60,000 to \$69,999
- \$70,000 to \$79,999
- \$80,000 to \$89,999
- \$90,000 to \$99,999
- \$100,000 to \$149,999
- \$150,000 or more

12. Which description related to mental health best describes you?*

- Generally, my mental health is good
- I sometimes struggle with my mental health but I do not have a mental health diagnosis
- I often struggle with my mental health but I do not have a mental health diagnosis
- I have a mental health diagnosis (e.g. anxiety, depression, etc.) but I am not currently in treatment/counseling
- I have a mental health diagnosis (e.g. anxiety, depression, etc.) and I am currently being treated for it/in counseling

13. **Please read the following definition of substance use disorder:**

Substance use disorder occurs when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.

Substance use disorder can include the use of illegal substances like marijuana, heroin, cocaine, or methamphetamine or the use of legal substances like alcohol, nicotine, or prescription medications. (<https://www.samhsa.gov/find-help/disorders>)

- I understand the definition of substance use disorder

14. Please respond to the following statement:

I have experienced substance use disorder myself. *

- Yes
- No
- Prefer not to say.

15. If you have experienced substance use disorder, were you able to seek treatment? *

- Yes

- Not
- I did not want to seek treatment
- I have not experienced substance use disorder
- Prefer not to say

16. My primary care provider/doctor has talked with me about substance use.*

- Yes
- No
- Not sure
- I do not have a primary care provider/doctor

17. For each of the substances listed below, please select the options that reflect your frequency of use with an "X".*

	I do not use this substance	I have used this substance in the past but not currently	1-3 times each month	Once per week	2-3 times per week	4-6 times per week	Daily
Alcohol							
Nicotine (cigarettes)							
Nicotine (vaping/e-cigarettes)							
Marijuana							
Prescription drugs not prescribed to me							
Heroin							
Cocaine							
Methamphetamine							

18. Please respond to the following statement:

I have/had a close relationship with someone who has experiences substance use disorder.*

- Yes
- No
- Not sure

19. Please respond to the statements below with an "X".*

	Strongly disagree	Disagree	Unsure	Agree	Strongly agree
I know what steps to take to help a friend or family member get help with substance use.					
I am confident in my ability to help a friend or family member struggling with substance use.					

I am aware of substance use treatment and recovery resources in the Leelanau County area.					
There should be more information regarding helping others with substance use available to the community.					

20. Please rank the following drug issues in Leelanau County from the most significant issue (5) to the least significant issue at the bottom (1).

- _____ Alcohol
- _____ Marijuana
- _____ Heroin
- _____ Cocaine
- _____ Methamphetamine (Meth)
- _____ Prescription pain medications/Opioids (e.g. hydrocodone, oxycodone)

21. Leelanau County has a **growing** problem with the use of substances like marijuana, cocaine, heroin, etc.*

- ☐ Strongly agree
- ☐ Somewhat agree
- ☐ Unsure
- ☐ Somewhat disagree
- ☐ Strongly disagree

22. Leelanau County has the resources to effectively address the use of substances like marijuana, cocaine, heroin, etc. *

- ☐ Strongly agree
- ☐ Somewhat agree
- ☐ Unsure
- ☐ Somewhat disagree
- ☐ Strongly disagree

23. The use of substances like marijuana, cocaine, heroin, etc. is currently being addressed effectively in Leelanau County *

- ☐ Strongly agree
- ☐ Somewhat agree
- ☐ Unsure
- ☐ Somewhat disagree
- ☐ Strongly disagree

24. The use of substances like marijuana, cocaine, heroin, etc. is a temporary problem in Leelanau County that will go away on its own *

- ☐ Strongly agree
- ☐ Somewhat agree
- ☐ Unsure
- ☐ Somewhat disagree
- ☐ Strongly disagree
- ☐ The use of these substances is not a problem in the county

25. Leelanau County has a growing problem with the use of alcohol within the county *

- ☐ Strongly agree
- ☐ Somewhat agree
- ☐ Unsure
- ☐ Somewhat disagree
- ☐ Strongly disagree

26. Leelanau County has the resources to effectively address the use of alcohol within the county *

- ☐ Strongly agree
- ☐ Somewhat agree
- ☐ Unsure
- ☐ Somewhat disagree
- ☐ Strongly disagree

27. The use of alcohol is currently being addressed effectively in Leelanau County *

- ☐ Strongly agree
- ☐ Somewhat agree
- ☐ Unsure
- ☐ Somewhat disagree
- ☐ Strongly disagree

28. The use of alcohol is a temporary problem in Leelanau County that will go away on its own *

- ☐ Strongly agree
- ☐ Somewhat agree
- ☐ Unsure
- ☐ Somewhat disagree
- ☐ Strongly disagree
- ☐ The use of alcohol is not a problem in the county

29. Please respond to the statement below with an "X". *

	Strongly disagree	Somewhat disagree	Unsure	Somewhat agree	Strongly agree
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Groups like Alcoholics Anonymous and Narcotics Anonymous are useful tools that should be promoted and encouraged in the community.					
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30. How much of a barrier would each of the items below be if you ever needed to get treatment for substance abuse? Mark with an "X"*

	Not at all	Not really	Unsure	Somewhat	Very much
Fear of losing my family					
Fear of losing my job					
Fear of going to jail/prison					
Others' judgment/Stigma					
My own self judgment/ Shame					
Cost/Lack of health insurance					
Lack of transportation					
Lack of treatment options					
Lack of privacy/ confidentiality					
Lack of childcare					
Not knowing where to go for help					

31. OPTIONAL: Please share any additional comments or concerns regarding substance use in Leelanau County.

Appendix: C

Stakeholder Interview/Focus Group Questions

1. Youth

- a. Do you think substance use is an issue in your age group? Why or why not?
 - i. What evidence do you have for what you may have seen regarding SU in Leelanau?
- b. Existing data to gain more information on
 - i. In 2018, 16.3% of high schoolers in Leelanau County used an electronic vapor product (vape) during the past 30 days.
Does this percentage seem accurate, too high, or too low?
 - ii. In 2018, 11.6% of high schoolers in Leelanau County had at least one drink of alcohol during the past 30 days.
Does this percentage seem accurate, too high, or too low?
 - iii. In 2018, 7.3% of high schoolers in Leelanau County used marijuana during the past 30 days.
Does this percentage seem accurate, too high, or too low?
 - iv. In 2018, 3% of high schoolers in Leelanau County took a prescription drug, such as Ritalin, Adderall, or Xanax without a doctor's prescription during the past 30 days.
- c. Is there anything that you think is working well in your community to keep people from misusing substances?
- d. Do you know where someone might go in the Leelanau County if they needed help or support with substance use concerns?
- e. Can you think of anything else that could be done to prevent substance misuse in your community?

2. Tribal members

- a. Do you think substance use is an issue in your community? Why or why not?
 - i. What evidence do you have for what you may have seen regarding SU in Leelanau?
- b. Have you noticed any trends in substance use over time in your community?
- c. Is there anything about this community that you think makes it more likely for people to use substances?
 - i. What do you think the reasons for initiation of SU?
- d. Do you think the use of alcohol is being addressed effectively in Leelanau County?
- e. Is there anything that you think is working well in your community to keep people from misusing substances?

- f. Can you think of anything else that could be done to prevent substance misuse in your community?

3. Seniors/older adults

- a. Do you think substance use is an issue in your age group? Why or why not?
 - i. What evidence do you have for what you may have seen regarding SU in Leelanau?
- b. Have you noticed any trends in substance use in this area?
- c. Is there anything about this community that you think makes it more likely for people to use substances?
 - i. What do you think the reasons for initiation of SU?
- d. Do you think the use of alcohol is being addressed effectively in Leelanau County?
- e. Is there anything that you think is working well in your community to keep people from misusing substances?
- f. Can you think of anything else that could be done to prevent substance misuse in your community?

4. Medical staff

- a. What types of substances, if any, are your patients using? Have you noticed any patterns or changes in use of these substances over time in your community?
- b. Is there anything about this community that you think makes it more likely for people to use substances?
 - i. What do you think the reasons for initiation of SU?
- c. What barriers to substance use treatment exist in Leelanau County?
- d. Do you think the use of alcohol is being addressed effectively in Leelanau County?
- e. Have you encountered a situation in which you felt a patient was overprescribed or wrongly prescribed medication?
 - i. If yes: How did you respond?
- f. Is there anything that you think is working well in your community to keep people from misusing substances?
- g. Are there any certain places, people, organizations, groups, or resources that you share with individuals experiencing SUD?
- h. Can you think of anything else that could be done to prevent substance misuse in your community?

5. Law enforcement

- a. Have you noticed any trends in substance use in Leelanau County?

- b. Is there anything about this community that you think makes it more likely for people to use substances?
 - i. What do you think the reasons for initiation in SU?
- c. Do you think the use of alcohol is being addressed effectively in Leelanau County?
 - i. How does the current legislation impact your ability to help individuals with SUD?
 - ii. Ex. Minor in possession
- d. Is there anything that you think is working well in your community to keep people from misusing substances?
- e. Can you think of anything else that could be done to prevent substance misuse in your community?
- f. How do you see yourself fitting into the effort of addressing substance use in our community, if at all?
 - i. What services, if any, are available for inmates with SUD after they are released?

6. Individuals in recovery

- a. Are there things in the community that have helped you and others in your recovery? (NA, AA, specific programs/services, etc.)
- b. What barriers are there to recovery?
 - i. Have you experienced stigma?
 - ii. In the workplace or healthcare setting
- c. How and where did you or people that you knew get pills, heroin, or other drugs?
 - i. Have you noticed changes in availability?
- d. What do you know about Narcan?
 - i. How available is it to individuals at risk of witnessing an overdose?
- e. What has been your experience with the police, healthcare, and first responders?
- f. What would be the best way to reach out and give information to individuals who have a substance use disorder?
- g. Do you have any ideas for what could be done to keep young people from first starting to use (pills, heroin, alcohol, tobacco, marijuana, etc.)?