



MASON MATTERS

...MOVING MASON FORWARD

Behavioral Health (Mental Health and Substance Use)

Mason County residents enjoy health that is not affected by substance use and abuse and/or mental health challenges.

Rationale: Health outcomes are affected by physical health conditions, as well as behavioral health concerns such as mental health and substance use and/or abuse.

Moving Mason Forward Goals

Mason County adults experience good mental health

Measuring the number of days that people report their mental health was “not good”, is known as poor mental health days. This is an important measure of health-related quality of life. ‘Poor mental health days’ is based on adults responding to the question: “Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”. (D1)

Self-Reported Adults with ‘Poor Mental Health’. (D1)

Measure	Mason 2011	Mason 2012	Mason 2013	Mason 2014	Mason 2015	Mason 2016*	WA 2016*
Average # days with poor mental health	4.1	4.4	4.7	4.4	4.4	3.8	3.7
% of pop. experiencing frequent (14+ days/mon.) poor mental health days	-	-	-	-	-	11%	11%

NOTE: The 2016 Health Rankings changed their measurement time frame from five year average to a single year measure.

Mason County’s youth experience good mental health

Selected Youth Mental Health Indicators . (D2)

Area	Mason 2010	Mason 2012	Mason 2014	WA 2014
Depressed feelings – 8 th graders	29%	31%	36%	27%
Depressed feelings – 10 th graders	31%	39%	45%	35%
Depressed feelings – 12 th graders	29%	29%	40%	34%
Considered suicide – 8 th graders	17%	20%	21%	18%
Considered suicide – 10 th graders	15%	23%	28%	19%
Considered suicide – 12 th graders	17%	12%	24%	20%

NOTE: In 2014, 45% of Mason County 10th graders felt so sad or hopeless for 2 weeks or more that they stopped doing their usual activities.

Mason County residents make healthy choices around substance use.

In 2014, Mason County experienced 83 deaths in the adult population attributable to alcohol or substance use. Mason County's rates are slightly higher compared to the state rate. (D3)

Alcohol or Drug-related Deaths in Adult Population

Area	2010	2011	2012	2013	2014
Mason County	15.1%	12.0%	16.3%	11.9%	13.5%
Washington State	12.5%	12.7%	12.8%	10.8%	13.1%

NOTE: Cause-specific death rates are measured in deaths per 100 deaths.

Selected Youth Behaviors Around Substance Use . (D2)

Behaviors	Mason 2010	Mason 2012	Mason 2014	WA 2014
Tobacco use – 6 th graders	4%	1%	1%	1%
Tobacco use – 8 th graders	12%	8%	7%	4%
Tobacco use – 10 th graders	17%	12%	12%	8%
Tobacco use – 12 th graders	26%	21%	16%	13%
Alcohol use – 6 th graders	5%	3%	2%	2%
Alcohol use – 8 th graders	23%	15%	15%	4%
Alcohol use – 10 th graders	28%	25%	20%	33%
Alcohol use – 12 th graders	31%	28%	32%	
Marijuana use – 6 th graders	3%	1%	2%	1%
Marijuana use – 8 th graders	14%	12%	13%	8%
Marijuana use – 10 th graders	33%	36%	24%	18%
Marijuana use – 12 th graders	44%	39%	37%	27%

NOTE: All the above measures are self-report usages of specific substances within past 30 days.

Smoking during pregnancy can cause a number of harmful effects on the unborn baby including tissues damage especially in the lung and brain. Smoking is also associated with higher risk for miscarriages. (D4)

Tobacco Use during Pregnancy. (D5)

Area	2010	2011	2012	2013	2014
Mason County	22.3%	22.4%	21.6%	22.1%	19.3%
Washington State	11.3%	11.1%	10.8%	10.2%	9.6%

Factors That Inform Outcomes

Availability of Drugs

Elements in the community influence the availability of legal drugs. (D3)

Number and Rate of Legal Drug outlets in the Community*

Area	Mason 2010 #	Mason 2014#	Mason 2014 Rate	WA 2014 Rate*
Alcohol Retail Licenses	135	135	2.2	2.2
Tobacco Retail and Vending Licenses	71	58	.9	.9
Medical Marijuana License				
Recreational Marijuana Licenses				

NOTE: Rate are measured as number of outlets per 1,000 person population (all ages).

Community Impact of Substance use

One indicator of the community impact of substance use is the number of arrests. Over 17,000 Americans are killed each year due to alcohol-related motor vehicle crashes. Binge drinking accounts for most alcohol-impaired incidents. (D1)

Number and Rates of Adult Substance-related Arrests. (D3)

Area	Mason 2010 #	Mason 2014#	Mason 2014 Rate	WA 2014 Rate*
Alcohol	260	94	1.8*	6.0*
Drug law Violations	140	129	2.6*	2.2*
Alcohol-related traffic Fatalities	1	2	16.7**	36.0**

NOTE: * Rates is based upon 1,000 persons over the age of 18 years.

** Rate is based upon 1,000 traffic fatalities.

Number and Rates of Youth Substance-related Arrests. (D3)

Area	Mason 2010 #	Mason 2014#	Mason 2014 Rate	WA 2014 Rate*
Alcohol or drug-related arrests, 10-14 yrs	9	4	2.6	2.8
Alcohol violation arrests, 10-17 yrs.	26	6	1.1	2.0
Drug law violation arrests, 10-17 yrs.	22	11	2.0	2.9

NOTE: * Rates is based upon 1,000 adolescents 10-14 years.

Risk and Protective Factors for Youth Substance Use

According to the public health model for the prevention of youth substance abuse, families, school and communities must work together. Each sector plays a unique role in creating risk and protective factors.

Community characteristics such as the perceived availability of drugs and handguns, as well as perceived community laws and norms related to drug use tend to have negative impacts. On the other hand, opportunities such as prosocial community involvement, such as with service clubs and afterschool activities, provide protective influences.

Percent of Mason County Students Who Perceive Select Community Risk and Protective Factors, 2014. (D2)

Factors	6th Grade	8th Grade	10th Grade	12th Grade
<u>Risk Factors</u>				
Perceptive availability of drugs	21%	28%	31%	38%
Laws & Norms re. drug use	40%	38%	45%	46%
Perceptive availability of handguns*	-	43%	29%	31%
<u>Protective Factors</u>				
Opportunities for Prosocial Community Involvement		69%	65%	73%
Participation in Afterschool Activities		55%	61%	59%

NOTE: * This factor was last measured in 2012.

School environments have a role and responsibility of creative supportive learning environments. Real and perceived academic failures represent risk factors. However, activities such as able to talk to teachers, inclusion in class discussions, and opportunities for out-of-classroom school activities represent protective factors that can be nurtured in the school environment.

Percent of Mason County Students Who Perceive Select School Risk and Protective Factors, 2014. (D2)

Factor	6th Grade	8th Grade	10th Grade	12th Grade
<u>Risk Factors</u>				
Academic failure	59%	45%	55%	56%
Low commitment to school	36%	48%	44%	44%
<u>Protective Factors</u>				
Opportunities for Prosocial School Involvement	-	59%	55%	65%
Rewards for prosocial school involvement	44%	46%	44%	37%

Not surprisingly, peers can have a very strong influence, either positive or negative on an individual's health decisions and/or actions around substance use. Factors such as favorable peer attitude toward drug use, friends who use drugs, and early initiation of drug use are examples of risk factors.

Percent of Mason County Students Who Perceive Select Peer-Individual Risk and Protective Factors, 2014. (D2)

Factor	6th Grade	8th Grade	10th Grade	12th Grade
<u>Risk Factors</u>				
Perceived Risk of drug use	52%	59%	50%	54%
Attitude favoring drug use	27%	41%	50%	45%
Friends use of drugs	-	28%	24%	24%
Intentions to use drugs*	-	38%	52%	45%
<u>Protective Factors</u>				
Interaction with prosocial peers	-	43%	41%	43%
Belief in a moral order	34%	54%	71%	55%
Social skills	-	68%	56%	39%

NOTE: * This factor was last measured in 2012.

Finally, the family can create strong protective influences around youth substance use.

Percent of Mason County Students Who Perceive Select Family Protective Influences, 2014. (D2)

Factor	6th Grade	8th Grade	10th Grade	12th Grade
Opportunities for prosocial family involvement	48%	62%	48%	50%
Can discuss problems with parents	83%	82%	75%	79%
Chances for fun with parents	77%	72%	61%	65%
Involvement in family decisions	58%	65%	53%	58%

Utilization of State-funded Services

Utilization of state-funded alcohol and/or drug services provide another view on behavioral health. It is important to remember that this measure is not informed by any gap between supply and demand. There may be more individuals who could benefit from services but are limited by a lack of service capacity.

Rates for Clients of State-funded Alcohol or Drug Services (18+ years). (D3)

Area	2010	2011	2012	2013
Mason County	12.5	15.3	21.1	18.1
Washington	11.1	11.5	11.4	11.1

NOTE: Rate is 1,000 adults (18+ years)

The States' Department of Social and Human Services provides various substance treatment programs to various populations.

Percent of Mason County Residents Enrolled in DSHS' Alcohol and Substance Abuse Services , 2013-2014 (D5)

Service	0-17 yrs	18-64 yrs	65+ yrs
General Assessment	1.05% (n=127)	.69% (n=261)	<10
Outpatient Treatment	.87% (n=79)	1.19% (n=448)	-
Residential Treatment	.11% (n=13)	.33% (n=124)	<10
Detox	-	.14% (n=51)	-
Opiate Treatment	-	.28% (n=105)	-

Drug Court**Drug Court**

- (D1) County Health Rankings, University of Wisconsin. www.countyhealthrankings.org
- (D2) Healthy Youth Survey. Department of Health, State of Washington. <https://www.askhys.net/>
- (D3) County Risk Profiles. Risk and Protection Profiles for Substance Abuse, December 2015.
<https://www.dshs.wa.gov/sesa/research-and-data-analysis/community-risk-profiles>
- (D4) Effects of Maternal Tobacco Use During Pregnancy.
http://www.cdc.gov/tobacco/basic_information/health_effects/pregnancy/
- (D5) Client Count and Services Costs. RDA, Dept of Social and Human Services, WA State.
[http:// https://www.dshs.wa.gov/sesa/research-and-data-analysis/client-data](http://https://www.dshs.wa.gov/sesa/research-and-data-analysis/client-data)
- (D6)

Questions about the data can be directed to
www.masonmatters.org