



# BEST PRACTICES CLEARINGHOUSE

- Lessons from the Field -

## *Preventing and Addressing Substance Use Among Students Transitioning into Higher Education*

MAY 10, 2023  
3:00-4:30 PM ET



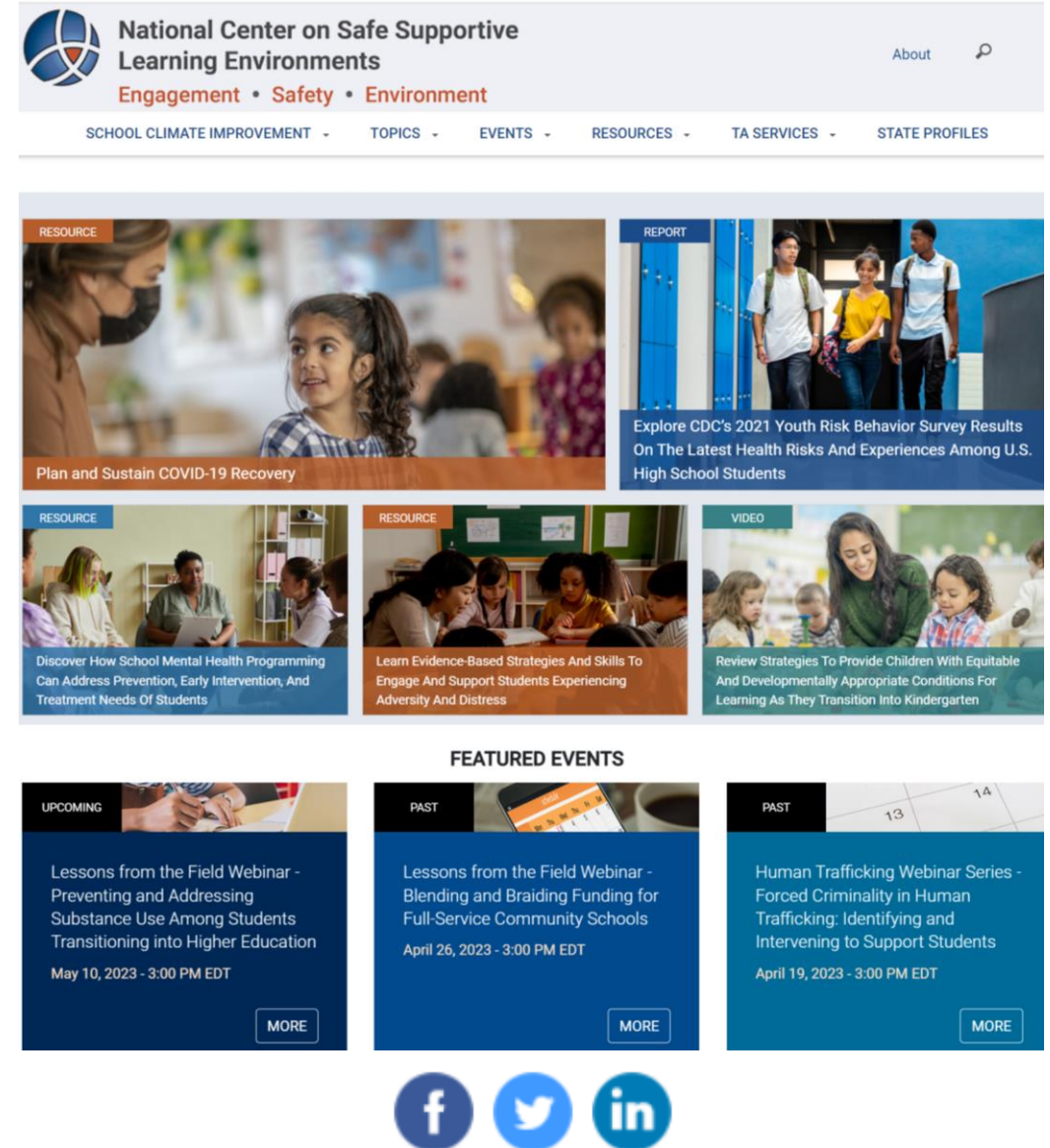
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# NCSSLE Website

[HTTPS://SAFESUPPORTIVELEARNING.ED.GOV](https://safesupportivelearning.ed.gov)



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<https://safesupportivelearning.ed.gov/events/webinar/lessons-field-webinar-preventing-and-addressing-substance-use-among-students>



# Agenda

- 1 Introduction and Logistics
- 2 Welcome
- 3 What the Data Tells Us: YRBS and 2021 Monitoring the Future Study
- 4 Prevention and Intervention Strategies Panel Discussion
- 5 Closing Remarks
- 6 Live Q&A



# BEST PRACTICES CLEARINGHOUSE



## Carlette KyserPegram

EDUCATION PROGRAM SPECIALIST  
OFFICE OF ELEMENTARY AND SECONDARY EDUCATION  
OFFICE OF SAFE AND SUPPORTIVE SCHOOLS  
LEAD, SCHOOL CLIMATE TRANSFORMATION GROUP  
U.S. DEPARTMENT OF EDUCATION





# Meet Our Speakers

## **Dr. Grant Baldwin**

Director  
Division of Overdose Prevention (DOP)  
National Center for Injury Prevention and Control  
Centers for Disease Control and Prevention

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## **Richard Lucey**

Senior Prevention Program Manager  
Community Outreach and Prevention Support Section  
Drug Enforcement Administration

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Bios for the speakers are archived at the following location:

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# BEST PRACTICES CLEARINGHOUSE



## Dr. Grant Baldwin

DIRECTOR

DIVISION OF OVERDOSE PREVENTION (DOP)

NATIONAL CENTER FOR INJURY PREVENTION AND  
CONTROL

CENTERS FOR DISEASE CONTROL AND PREVENTION

# The Latest Data and Strategic Prevention Opportunities

*Preventing and Addressing Substance Use Among Students Transitioning into Higher Education*

**Grant T. Baldwin, PhD, MPH**

Director, Division of Overdose Prevention

**May 10, 2023**





# YOUTH RISK BEHAVIOR SURVEY

## DATA SUMMARY & TRENDS REPORT



Centers for Disease  
Control and Prevention  
National Center for HIV, Viral  
Hepatitis, STD, and TB Prevention

2011-2021

## Youth Risk Behavior Survey (YRBS)







- Monitors health-related behaviors and experiences that contribute to the leading causes of death and disability among youth and adults.
- Conducted every two years - most recently in 2021 - among a nationally representative sample of U.S. public and private high school students.
- Trends report looks at multiple years of national YRBS data including substance use, and mental health and suicidal thoughts and behaviors.
- Broken down by sex, race/ethnicity, sexual identity and other variables to highlight disparities and areas for improvement.
- Provides 10-year trends (2011–2021) - when available.

**Published February 2023**



# Prevalence of High School Substance Use Trending in the Right Direction

- Approximately one third of students (29%) reported current use of alcohol or marijuana or prescription opioid misuse.
- Among those reporting current substance use, approximately 34% used two or more substances in 2021.
- Preventing substance use in young people can reduce these risks as well as the risk for later use of substances.

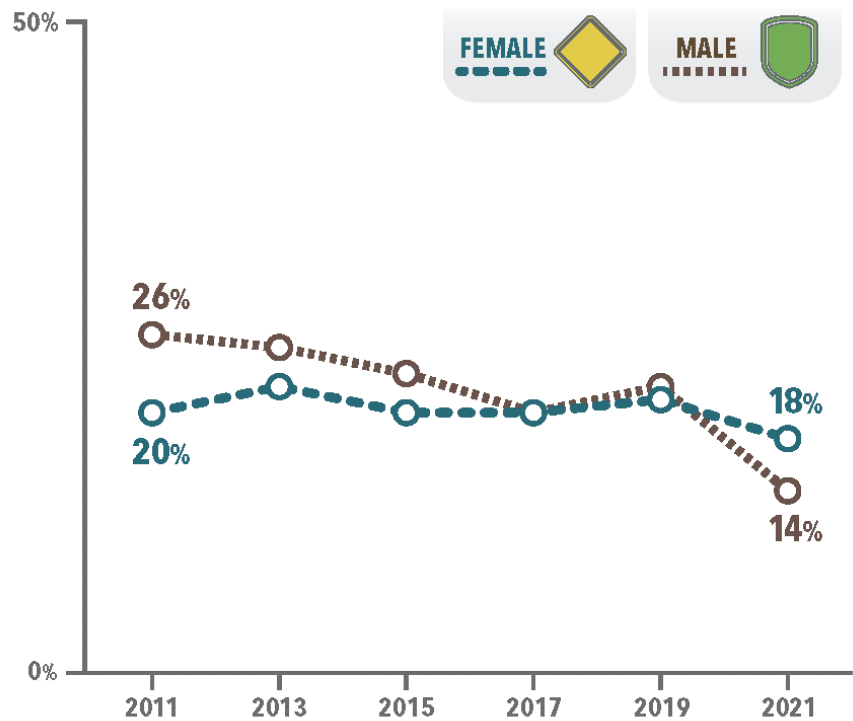
The Percentage of High School Students Who:*	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	Trend
Currently drank alcohol	39	35	33	30	29	23	
Currently used marijuana	23	23	22	20	22	16	
Currently used an electronic vapor product†	–	–	24	13	33	18	
Ever used select illicit drugs	19	16	13	13	13	13	
Ever misused prescription opioids‡	–	–	–	14	14	12	
Currently misused prescription opioids§	–	–	–	–	7	6	



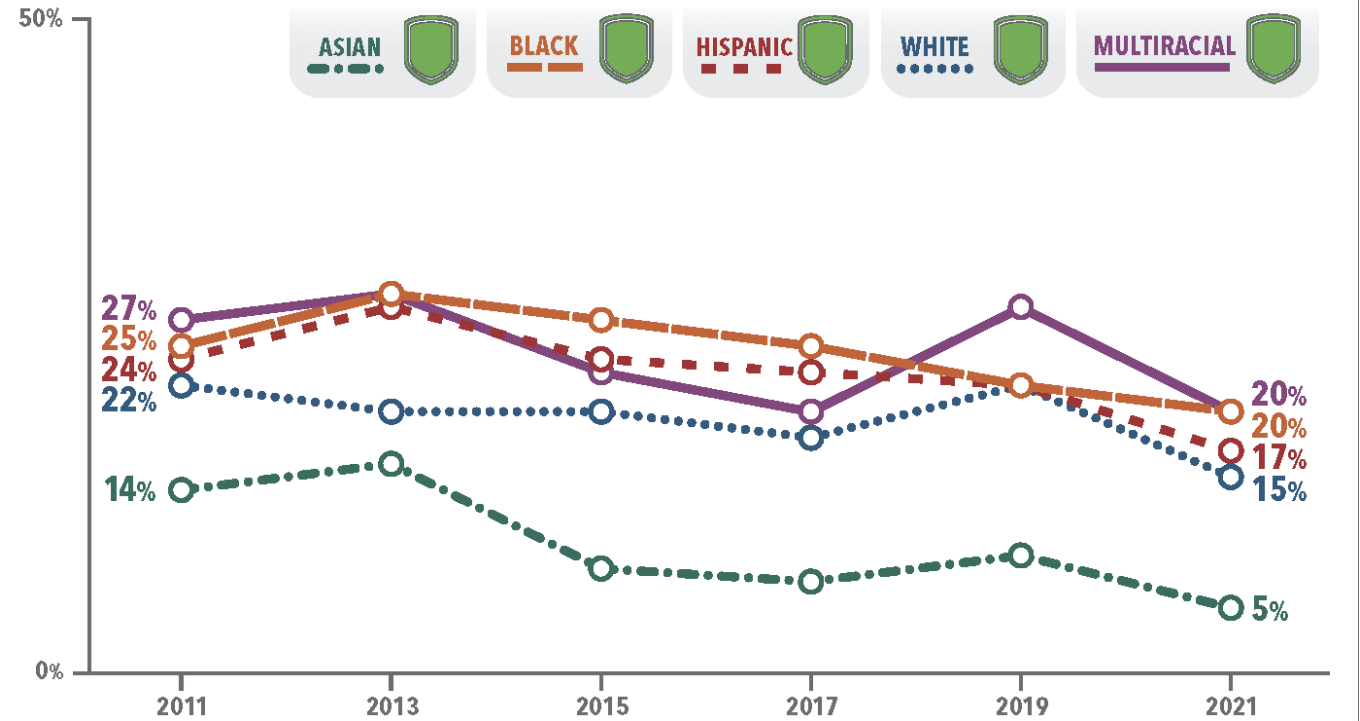
# Trends in Marijuana Use

*In 2021, 16% of high school students used marijuana during the past 30 days.*

**Female students were more likely than male students to currently use marijuana.**



**Black students were more likely than Asian, Hispanic, and White students to currently use marijuana.**

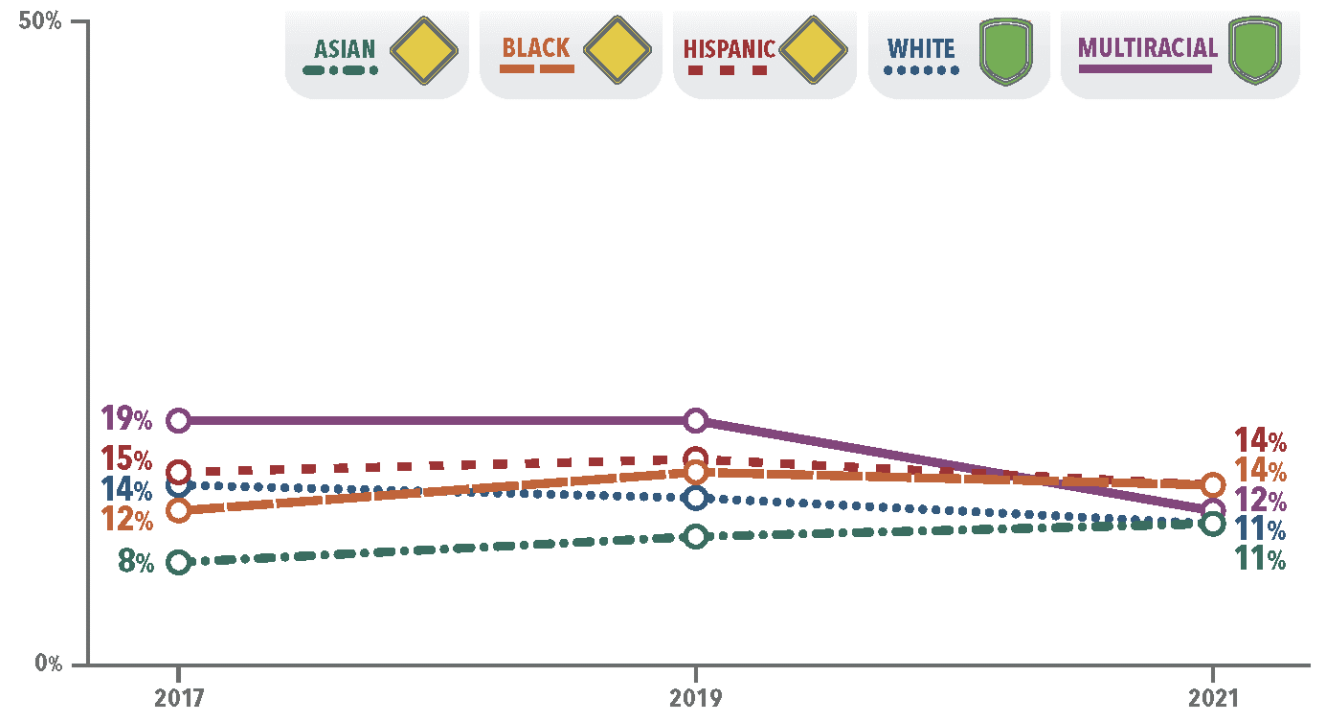
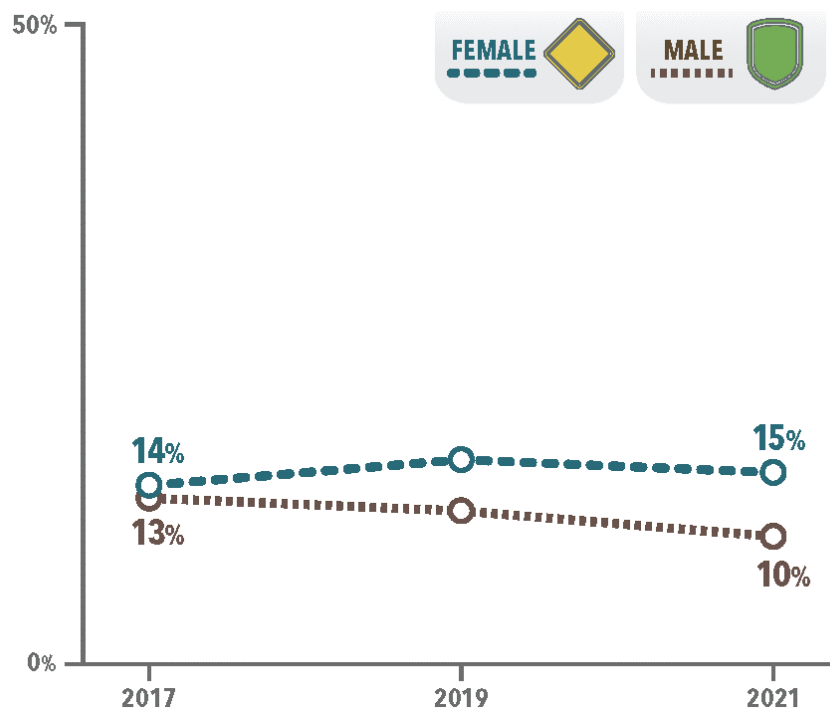


# Trends in Prescription Opioid Misuse

*In 2021, 12% of high school students had ever taken prescription opioids without a doctor's prescription or differently than how a doctor told them to use it.*

**Female students were more likely to have ever misused prescription opioids than male students.**

**The percentage of students from each racial and ethnic group who had ever misused prescription opioids is similar.**

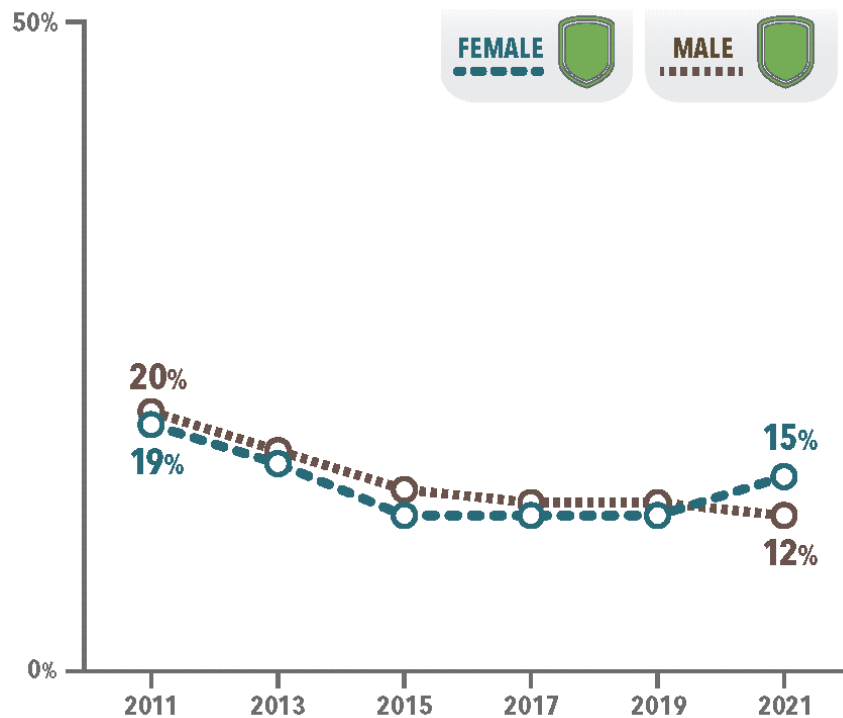




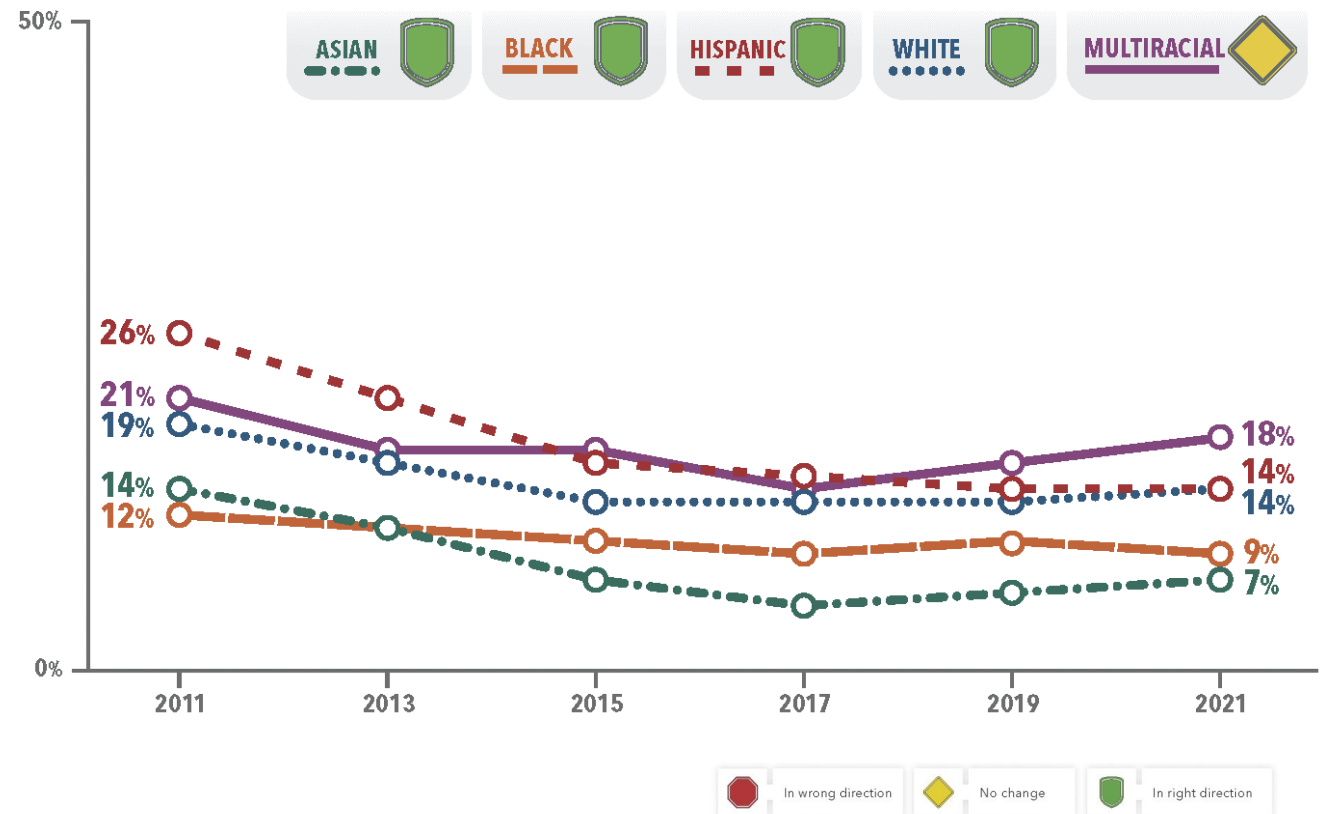
# Trends in Illicit Drug Use

*In 2021, 13% of high school students had ever used certain illicit drugs (cocaine, inhalants, heroin, methamphetamines, hallucinogens, or ecstasy).*

**Female students were more likely than male students to have ever used select illicit drugs.**



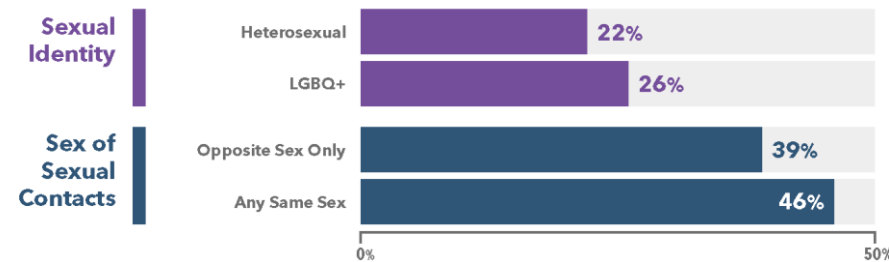
**Asian and Black students were less likely than students from nearly all other racial/ethnic groups to have ever used select illicit drugs.**



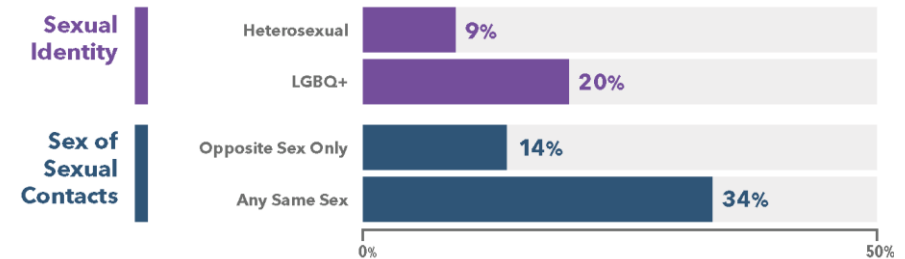
# Trends in Substance Use by Sexual Identity and Sex of Sexual Contact

*In 2021, LGBTQ+ students, and students with any same-sex partners were more likely than their peers to engage in every substance use behavior.*

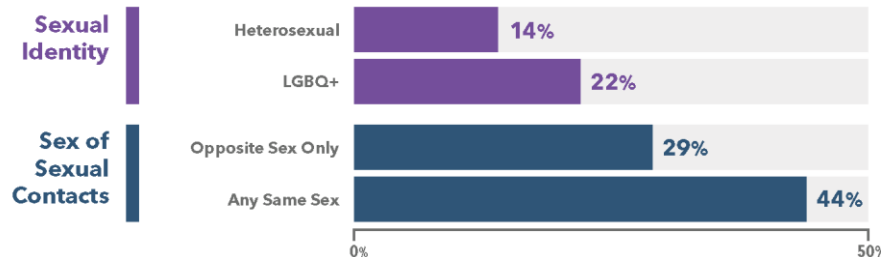
## CURRENT ALCOHOL USE



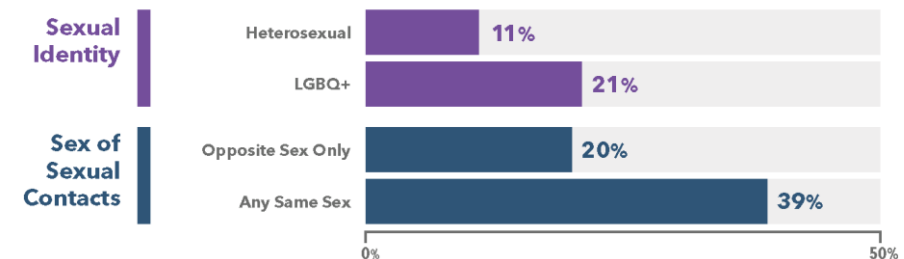
## EVER MISUSED PRESCRIPTION OPIOIDS

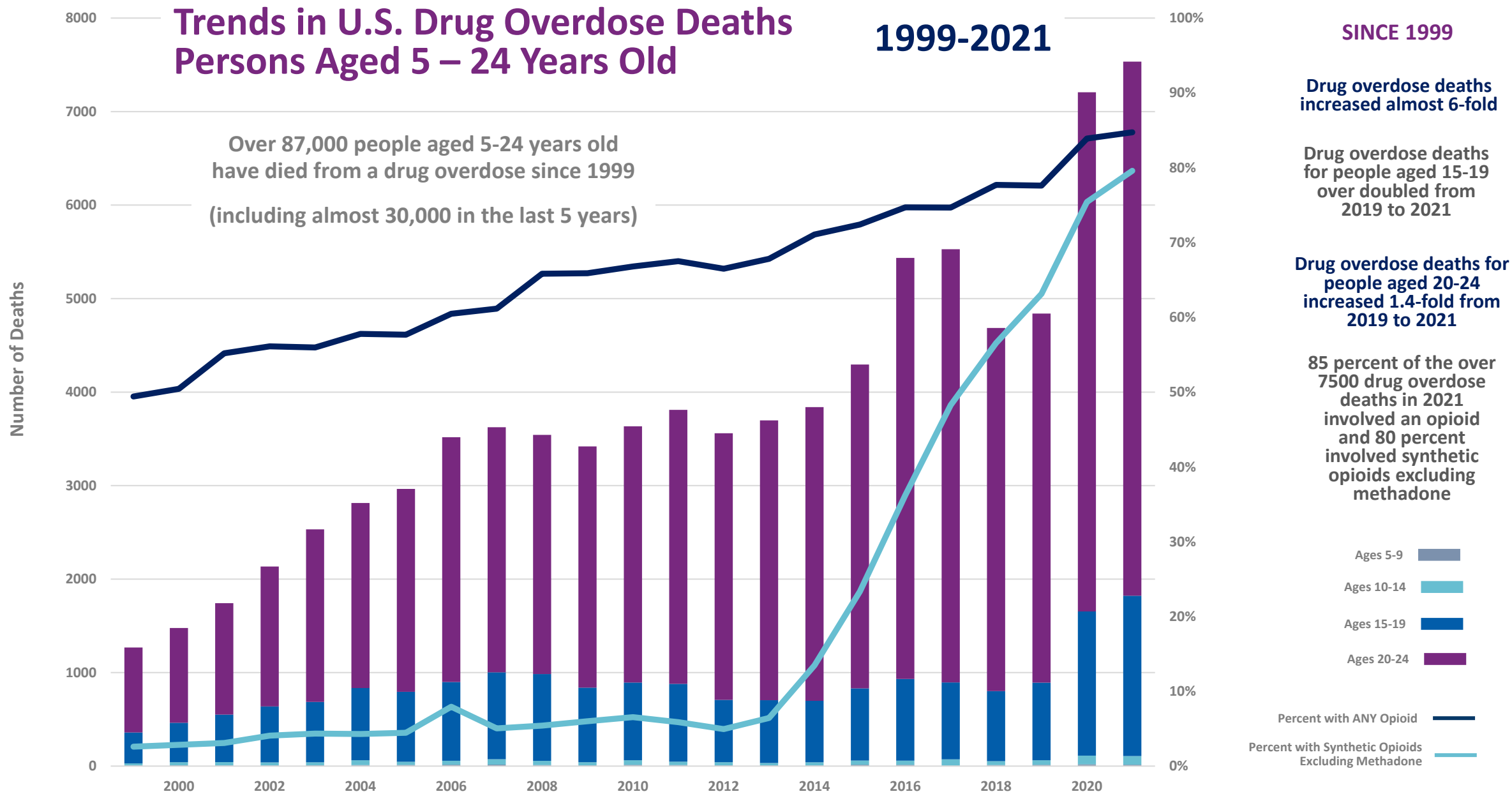


## CURRENT MARIJUANA USE



## EVER USED SELECT ILLICIT DRUGS



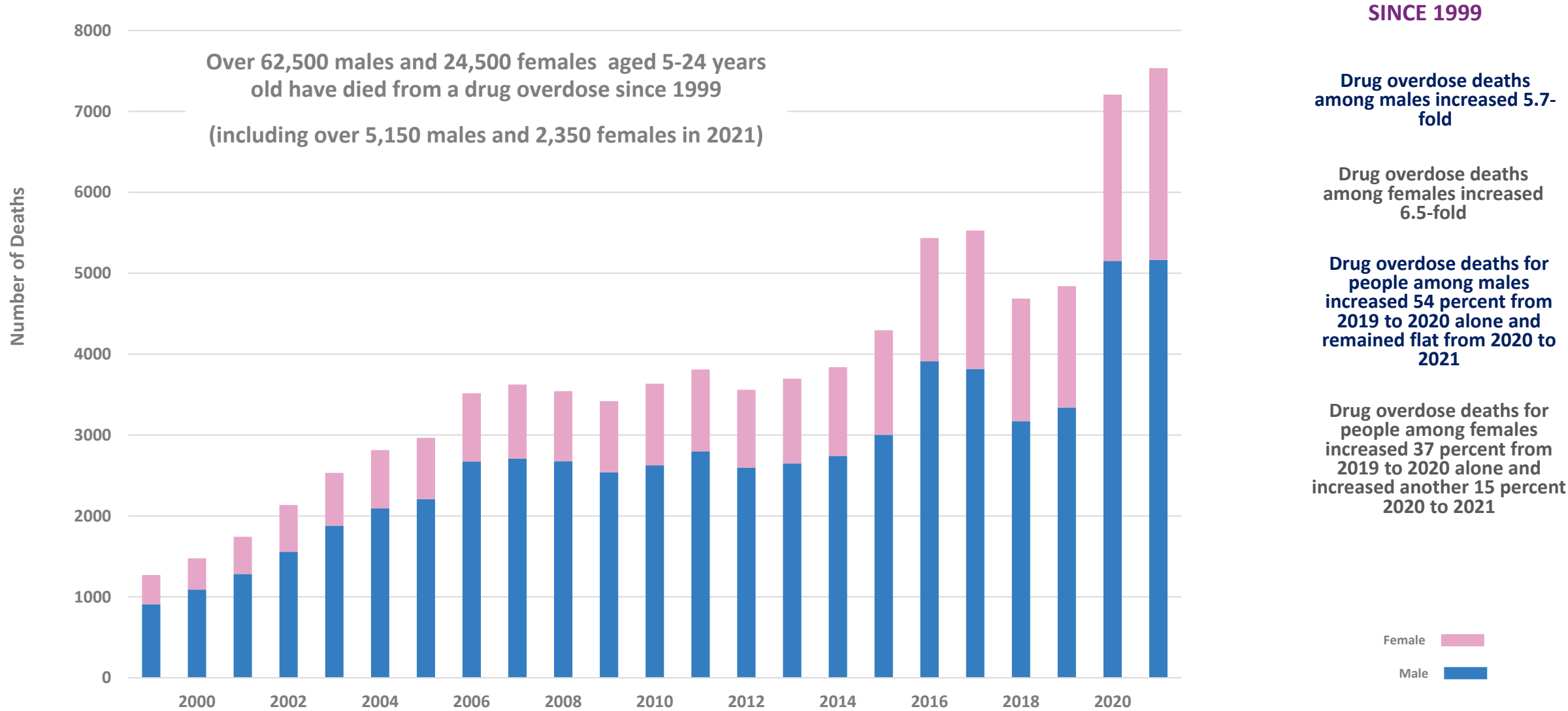


SOURCE: National Vital Statistics System Mortality File



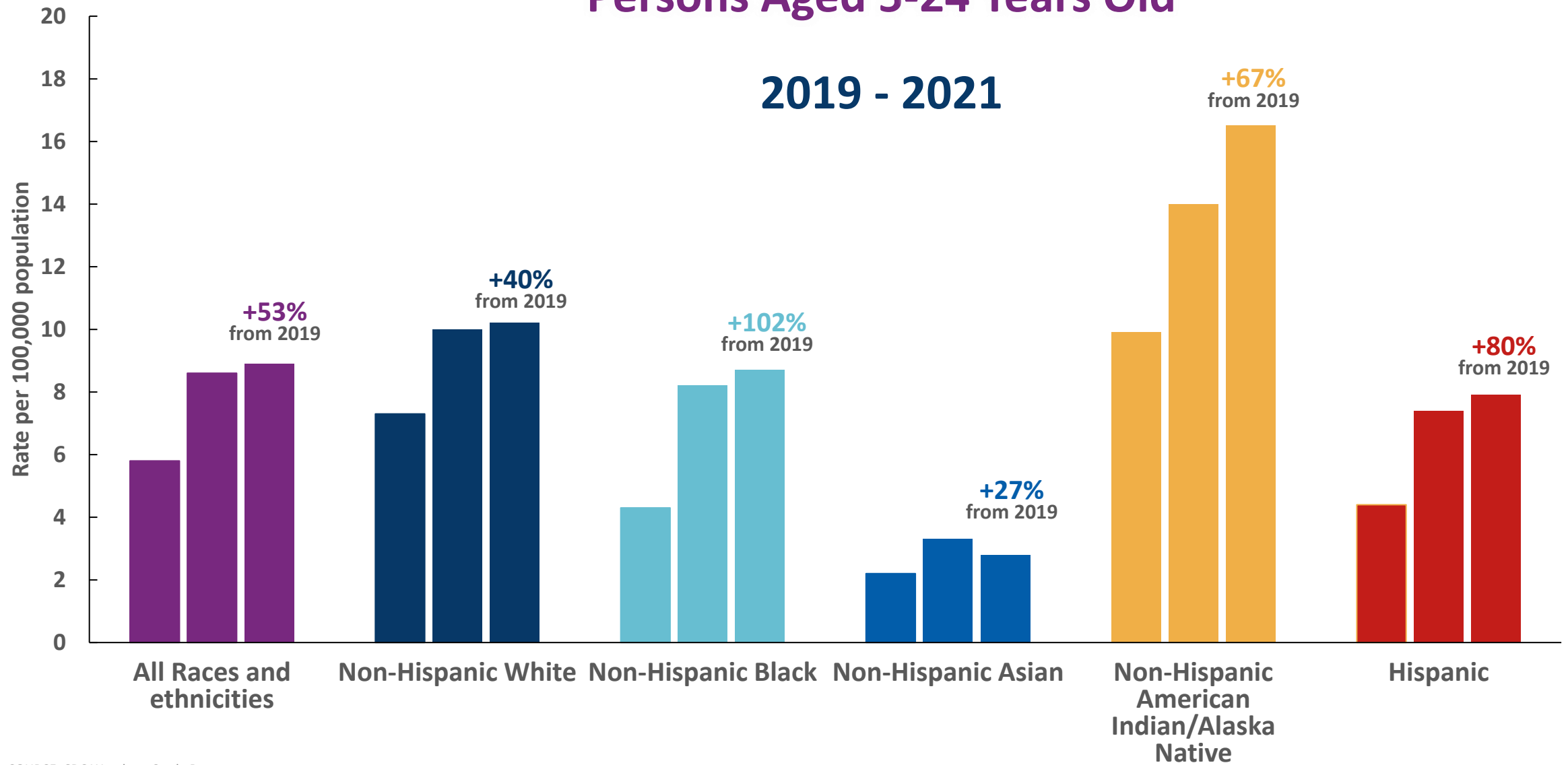
# Trends in U.S. Drug Overdose Deaths By Gender Persons Aged 5 – 24 Years Old


1999-2021



SOURCE: National Vital Statistics System Mortality File

# Drug Overdose Death Rates By Year Vary by Race and Ethnicity Persons Aged 5-24 Years Old



An elephant is shown in profile, facing right, in a dark, industrial-style room. A single spotlight hangs from the ceiling, casting a bright, circular pool of light on the wall behind the elephant and a smaller pool on the floor in front of its trunk. The elephant's trunk is lowered towards the floor. The overall mood is somber and dramatic.

**68 percent of all drug overdose deaths &  
90 percent of opioid-involved overdose deaths involved  
synthetic opioids excluding methadone**

**September 2021 – September 2022 – Provisional Drug Overdose Deaths**

Source: <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

# Fentanyl



# The changing calculus of risk of drug use in an illicit marketplace with fentanyl

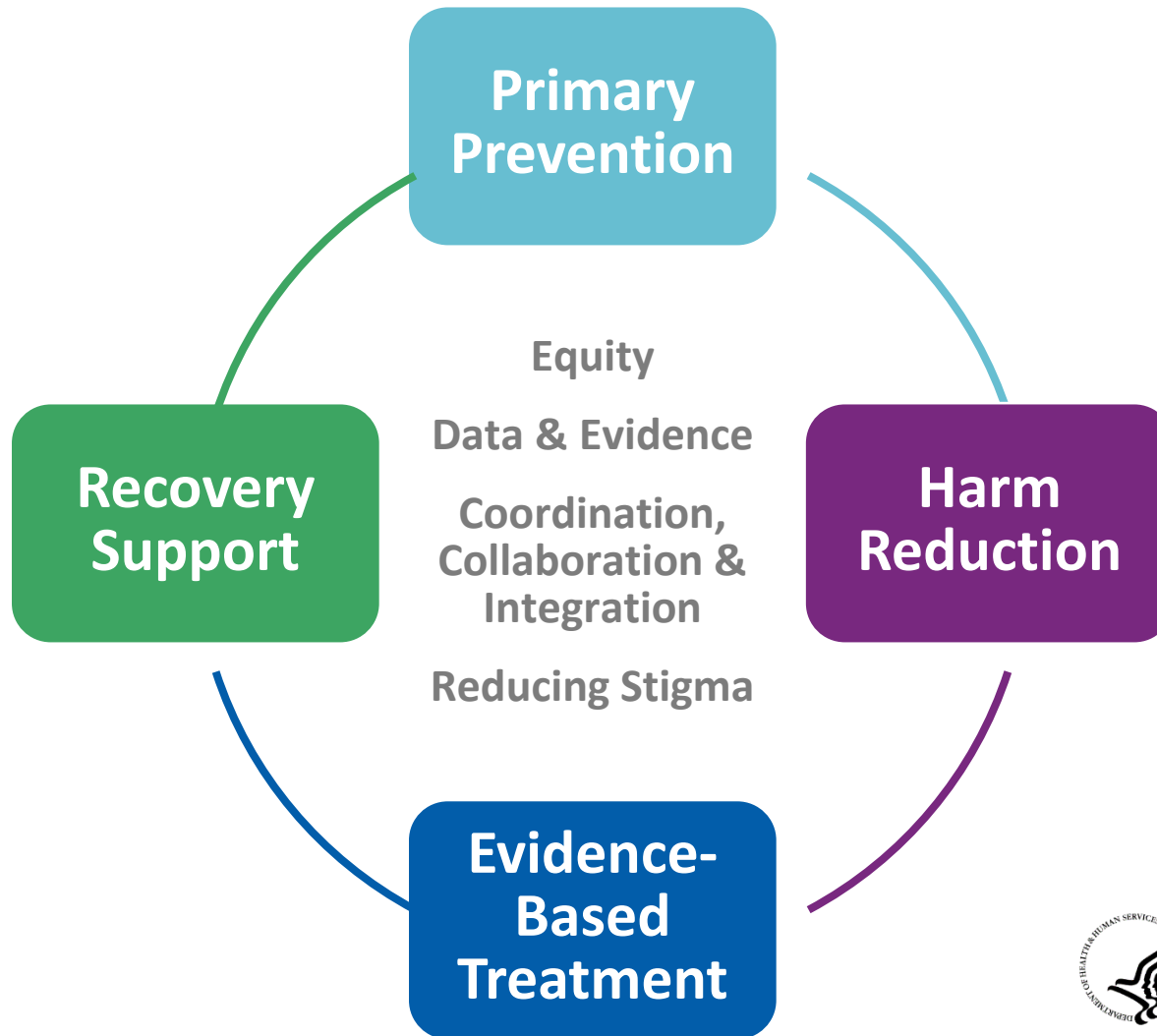
## Continuum of Use



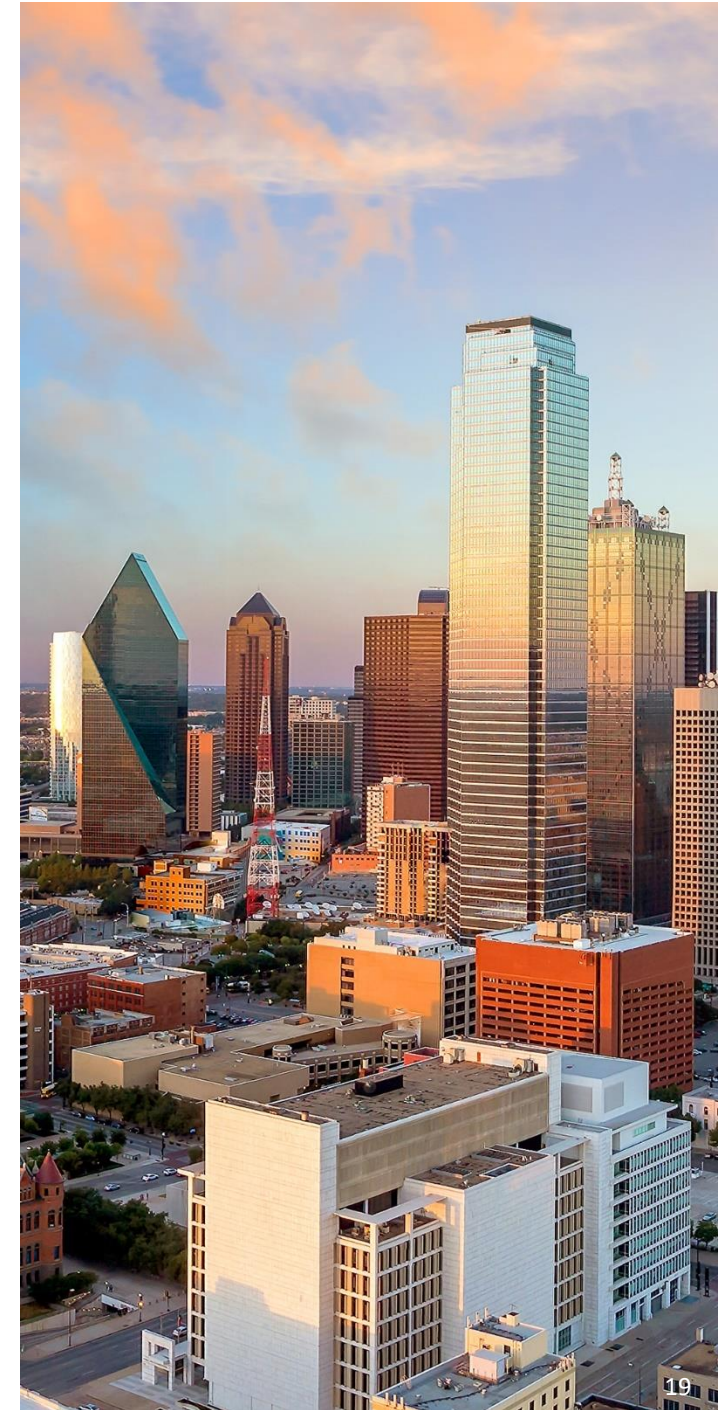
- The risk of drug overdose is elevated with any use of illicitly manufactured fentanyl, given its potency, lethality, and the variability in the illicit supply.
- Historically, risk for a non-fatal or fatal overdose grew as frequency of use grew.
- In an environment rife with fentanyl the calculus changes. Risk of death is elevated upon initiation and at every point on the continuum.
- The increases in deaths among youth and young adults as well as the increase in polydrug deaths involving fentanyl in all age groups are two markers of this elevated risk.

# HHS Overdose Prevention Strategy 2021

## Alignment of Key CDC Investments



**ASPE**  
ASSISTANT SECRETARY FOR  
PLANNING AND EVALUATION



# CDC Approach to Prevent Overdoses and Substance Use-Related Harms

## GUIDING PRINCIPLES



Promote Health Equity



Address Underlying Factors



Partner Broadly



Take Evidence-Based Action



Advance Science



Drive Innovation

## STRATEGIC PRIORITIES



Monitor, Analyze, and Communicate Trends



Build State, Tribal, Local, and Territorial Capacity



Support Providers, Health Systems, Payors, and Employers



Partner with Public Safety and Community Organizations



Raise Public Awareness and Reduce Stigma



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention





## IN 2021

- Nearly 60% of female students and nearly 70% of LGBTQ+ students experienced persistent feelings of sadness or hopelessness.
- 10% of female students and more than 20% of LGBTQ+ students attempted suicide.
- Hispanic and multiracial students were more likely than Asian, Black, and White students to have persistent feelings of sadness or hopelessness.

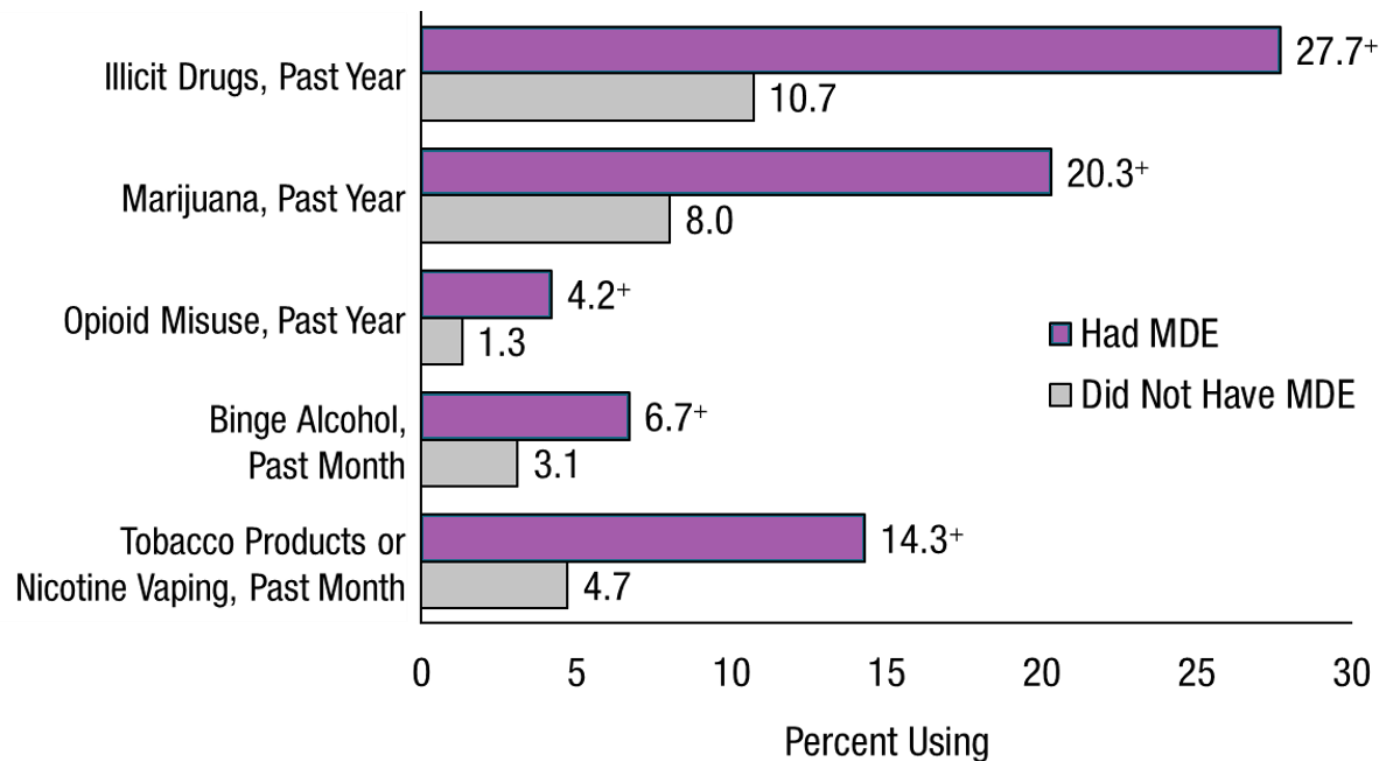
## Nearly Every Indicator of Youth Mental Health is Getting Worse

The Percentage of High School Students Who:*	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	Trend
Experienced persistent feelings of sadness or hopelessness	28	30	30	31	37	42	
Experienced poor mental health†	—	—	—	—	—	29	—
Seriously considered attempting suicide	16	17	18	17	19	22	
Made a suicide plan	13	14	15	14	16	18	
Attempted suicide	8	8	9	7	9	10	
Were injured in a suicide attempt that had to be treated by a doctor or nurse	2	3	3	2	3	3	



# Connection Between Youth Mental Health and Substance Use

*Substance use among persons 12-17-year-old is greater if you had a Major Depressive Episode (MDE)*



+

Difference between this estimate and the estimate for youths without MDE is statistically significant at the .05 level.  
Note: Youth respondents with unknown MDE data were excluded.

# Adverse Childhood Experiences (ACEs) are Common

## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD CHALLENGES



Mental Illness



Parent Treated Violently



Divorce



Incarcerated Relative



Substance Abuse

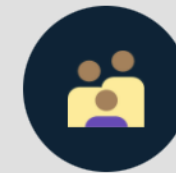
# 61%

adults report  
experiencing  
at least 1 ACE



1 in 6 adults report  
experiencing 4+ ACEs

## Some Groups Are More Likely to Have Experienced ACEs



Black, Hispanic/Latino, or  
multiracial people



People with less than a  
high school education



People making less than  
\$15,000 per year



People who are  
unemployed or unable to  
work

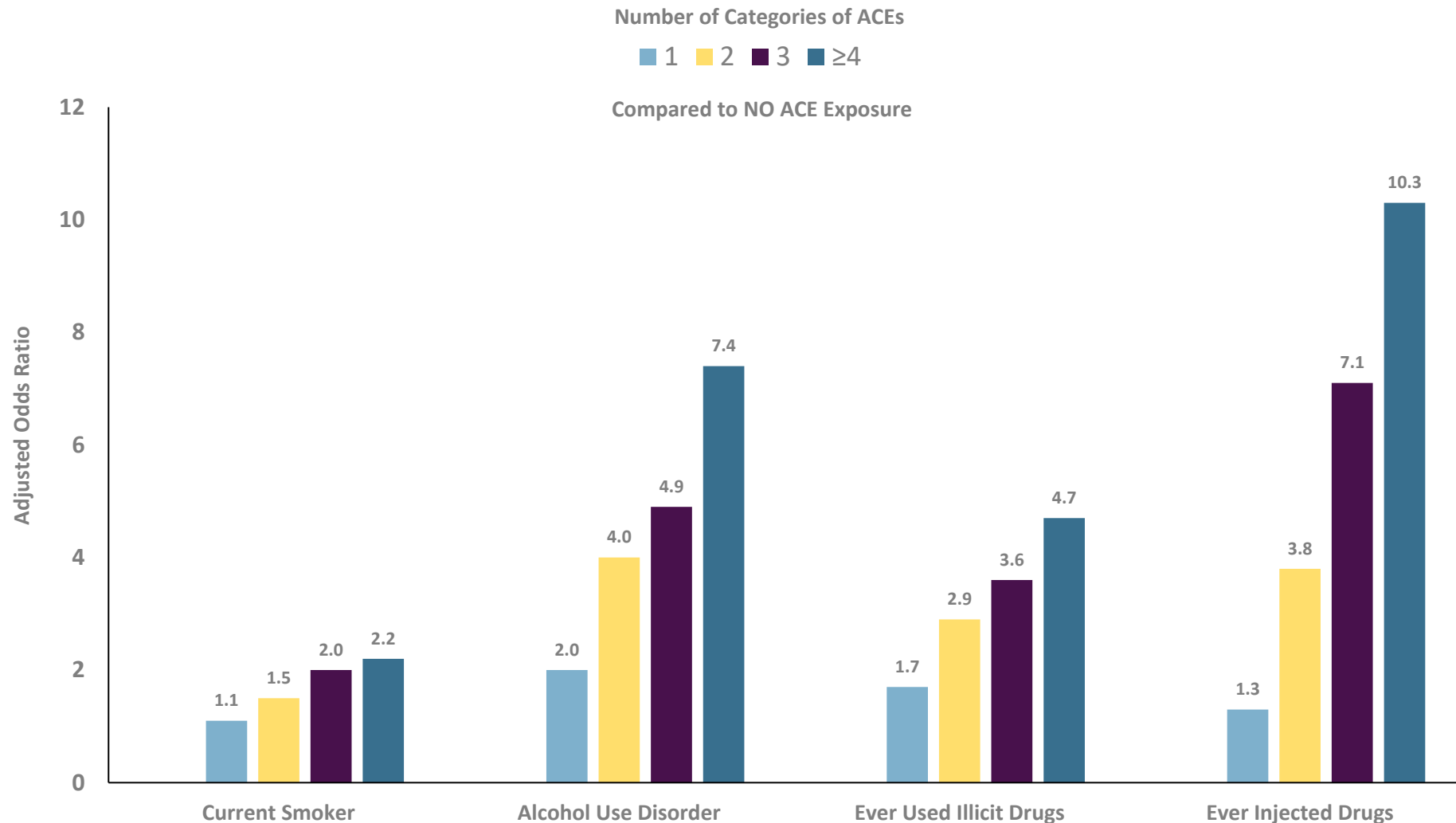


Lesbian, gay, bisexual, or  
transgender people

### ACEs not included in the traditional measure:

- Bullying
- Witnessing violence in community or school
- Teen dating violence
- Experiencing homelessness
- Peer to peer violence
- Death of a parent

# ACEs and Increased Risk for Substance Use



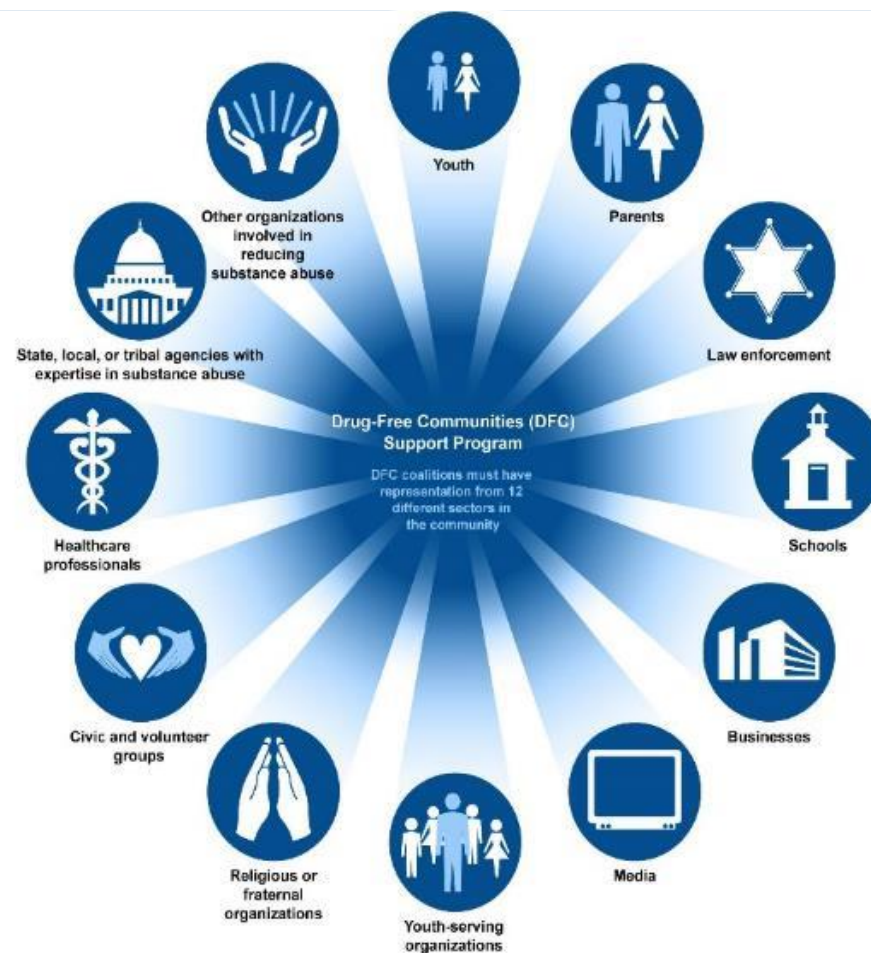
Research shows ACEs increase risk for:

- Rx opioid misuse, illicit opioid use, opioid use disorder, opioid injection
- Cocaine and amphetamine use and use disorder
- Earlier age of initiation of substances



# 700+ COMMUNITY COALITIONS

## PARTNERSHIP



Source: Office of National Drug Control Policy (ONDCP); Art Explosion (clip art). | GAO-17-120



*Preventing and reducing substance use among youth 18 and younger*

# CDC Resources

## Youth Risk Behavior Surveillance MMWR Report

<https://www.cdc.gov/mmwr/volumes/72/su/pdfs/su7201-H.pdf>

## Drug-Free Communities (DFC) | Drug Overdose | CDC

<https://www.cdc.gov/drugoverdose/drug-free-communities/index.html>

## Stop Overdose (cdc.gov)

<https://www.cdc.gov/stopoverdose/index.html>

## Getting Candid - National Council for Mental Wellbeing (thenationalcouncil.org)

<https://www.thenationalcouncil.org/program/getting-candid/>

t h a n k y o u



**For more information, please contact Centers for Disease Control and Prevention**

1600 Clifton Road NE, Atlanta, GA 30333

Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348

E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

Web: [www.cdc.gov](http://www.cdc.gov)

The findings and conclusions in this presentation are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.





# BEST PRACTICES CLEARINGHOUSE



**Richard Lucey**

SENIOR PREVENTION PROGRAM MANAGER  
COMMUNITY OUTREACH AND PREVENTION SUPPORT  
SECTION  
DRUG ENFORCEMENT ADMINISTRATION



**DEA**

# ***Preventing Drug Misuse Among College Students: The Importance of Strategic Planning and DEA's Resources***

Rich Lucey – Drug Enforcement Administration

U.S. Department of Education Webinar  
May 10, 2023

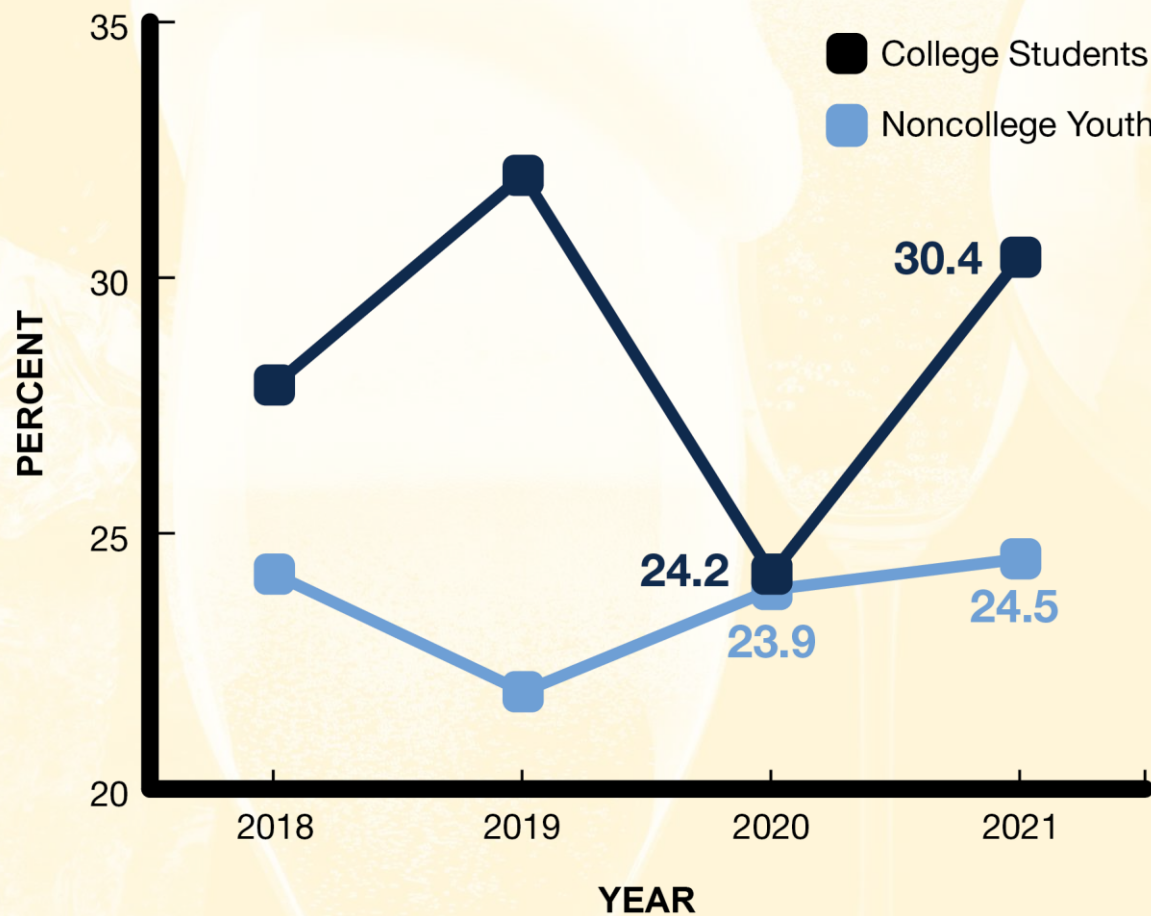




# DEA



**Trends in 2-Week Prevalence of Having 5 or More Drinks in a Row among College Students vs. Noncollege Youth 1 to 4 Years beyond High School**



Source: 2021 Monitoring the Future Study

## Alcohol and Drug Use Rates Among College Students

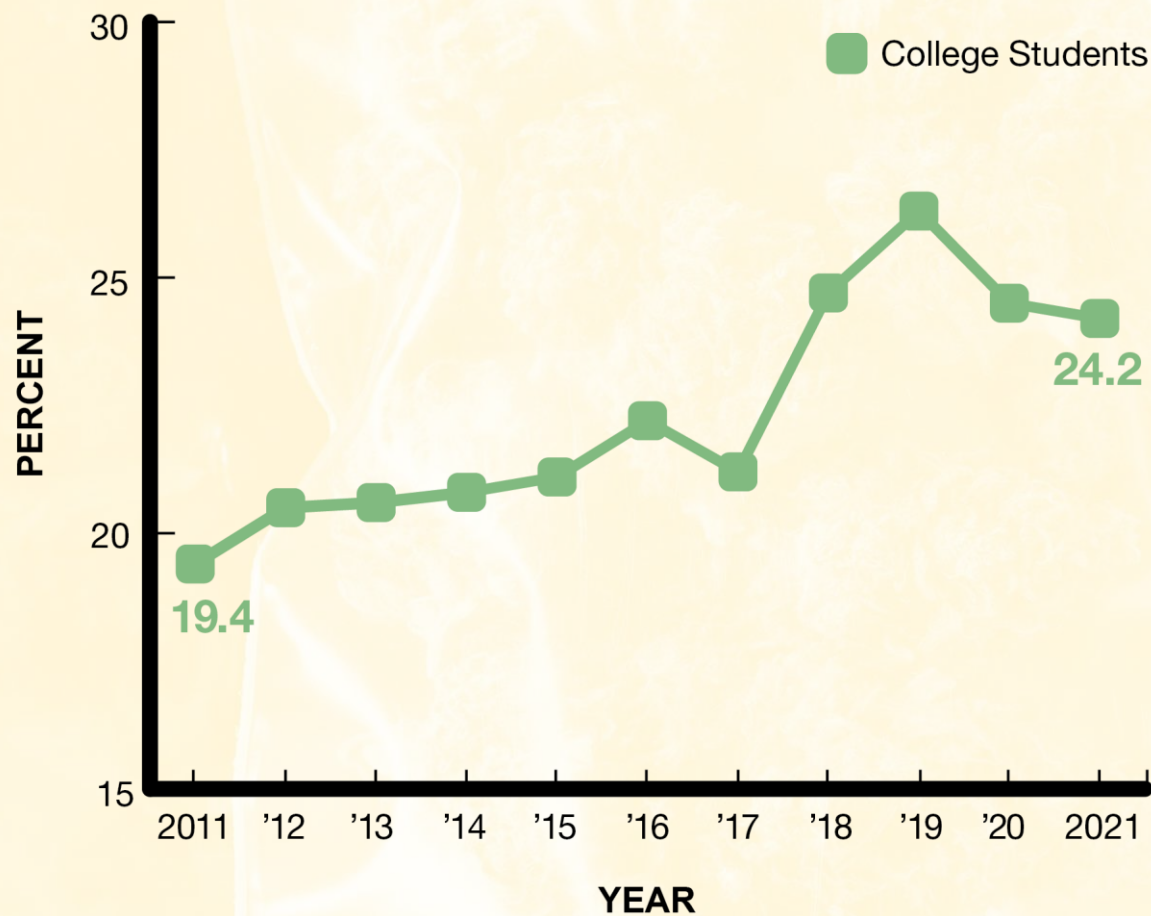




DEA

marijuana

Trends in 30-Day Prevalence of Marijuana Usage among College Students



Source: 2021 Monitoring the Future Study

## Alcohol and Drug Use Rates Among College Students



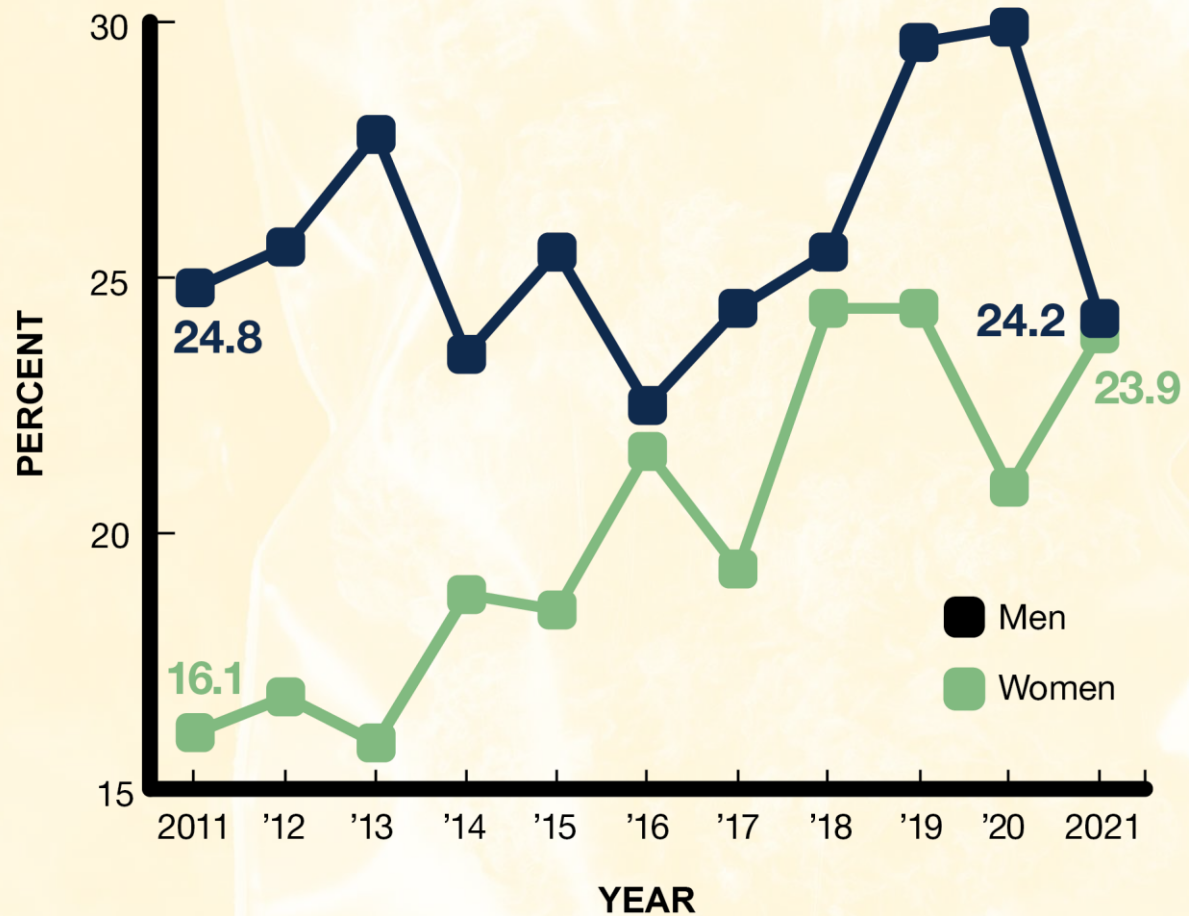




DEA

marijuana

Trends in 30-Day Prevalence of Marijuana Usage among College Students  
1 to 4 Years beyond High School, by Gender



Source: 2021 Monitoring the Future Study

## Alcohol and Drug Use Rates Among College Students

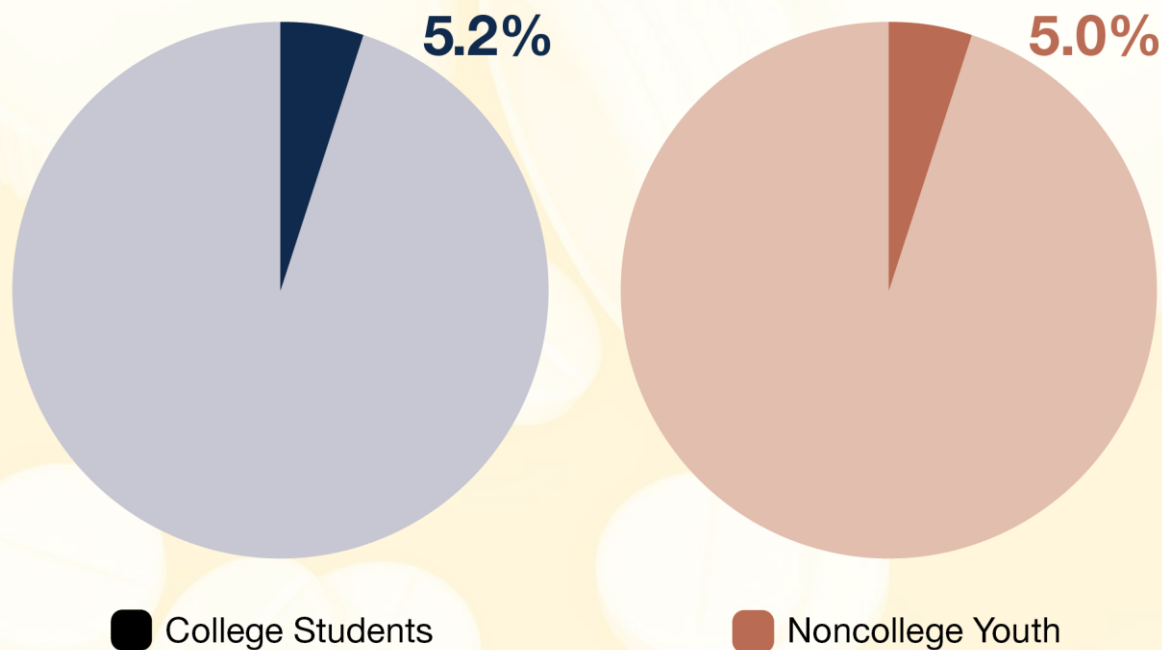




DEA

stimulants

### 12-Month Prevalence of Nonprescription Amphetamine Use among College Students vs. Noncollege Youth, 2021



Source: 2021 Monitoring the Future Study

## Alcohol and Drug Use Rates Among College Students







# DEA

## LETHAL DOSES OF FENTANYL FOUND IN FAKE PILLS

DEA reports a **dramatic rise in the number of fake pills containing at least 2mg of fentanyl** – what is considered a lethal dose



└────────── POTENTIALLY LETHAL ─────────┘

Today **6 out of ten DEA-tested pills** with fentanyl contain a potentially lethal dose.

**ONE  
PILL CAN  
KILL**



Potentially Lethal  
Dose of Fentanyl



ONE  
PILL CAN  
KILL

DEA 35



## One Pill Can Kill – Awareness Campaign



**DEA's Message to the Public:  
Know the dangers and accessibility  
of deadly drugs online.**

- Never take medicine that wasn't prescribed to you by your own doctor.
- Talk to your family and friends about the danger of buying drugs online.
- Spread the word that One Pill Can Kill.

**[www.dea.gov/onepill](http://www.dea.gov/onepill)**



## Promoting One Pill Can Kill on College and University Campuses

<https://www.campusdrugprevention.gov/onepill>



**ONE  
PILL CAN  
KILL**

**Auburn  
University**

Today's illicitly manufactured drug market is becoming inundated with fentanyl laced products. Fentanyl is killing Americans at an unprecedented rate. Many overdose victims have no idea they are ingesting fentanyl, until it's too late.



<https://www.campusdrugprevention.gov/onepill>



# DEA

# ONE PILL CAN KILL

## BE AWARE OF COUNTERFEIT PRESCRIPTION PILLS



### Fentanyl-laced pills have been reported in the Albany area

- Counterfeit pills are widely available and can be lethal
- Any pill can be unknowingly tampered with and contain fentanyl
- Refrain from purchasing/using pills via social media or other unknown sources

#### Signs of Opioid Overdose

- Small, constricted "pinpoint pupils"
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Pale, blue, or cold skin

- Examples of drugs that can be laced:
- Oxycodone (Oxycontin, Percocet)
  - Hydrocodone (Vicodin)
  - Alprazolam (Xanax)
  - Amphetamines (Adderall)

**YOU  
CAN  
HELP**



- Share this information
- Sign up for a NALOXONE training

Strategies such as a cold shower or coffee will not save someone. Naloxone is a life saving medication that will reverse harmful effects of an opioid overdose.

- If you see signs of overdose, or if you're unsure, call for help:  
On Campus: (518) 442-3131  
Off Campus: 911

#### UAlbany's Good Samaritan Policy



eliminates disciplinary consequences for you and the students you are with if you call for help when drinking or using other drugs.

Resources:  
Preventing an opioid overdose tip card, <https://www.cdc.gov/drugoverdose/pdf/patients/Preventing-an-Opioid-Overdose-Tip-Card-a.pdf>  
Strategies for Safe Prescription Use: Containing, Contingency and Risk, United States Drug Enforcement Administration, 2019, September 27. Retrieved from <https://www.dea.gov/news/contain-continue-risk-use-prescription-pills-containing-fentanyl-and-oxycodone>

STUDENT  
AFFAIRS  
CENTER FOR BEHAVIORAL HEALTH  
PROMOTION AND APPLIED RESEARCH

## BE AWARE OF FENTANYL-LACED CANNABIS



### Reports of fentanyl-laced cannabis are on the rise.

- Cannabis products can be unknowingly tampered with and contain fentanyl
- Recent reports have confirmed fentanyl in cannabis flower products.
- Refrain from acquiring cannabis via social media or other unknown sources

- As a federally funded institution of higher education, no use of cannabis, in any form, is allowed at the University at Albany.
- In areas where recreational cannabis is legal, dispensaries offer a degree of safety that is not available when purchasing from a dealer.

**YOU  
CAN  
HELP**



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#### SOURCES:

Preventing an opioid overdose tip card, <https://www.cdc.gov/drugoverdose/pdf/patients/Preventing-an-Opioid-Overdose-Tip-Card-a.pdf>  
<https://portal.ct.gov/OPH/Press-Room/Press-Releases---2021/01/01/ctab-from-the-Connecticut-Overdose-Response-Strategy-And-The-OPH-Issue-Warning>

STUDENT  
AFFAIRS  
CENTER FOR BEHAVIORAL HEALTH  
PROMOTION AND APPLIED RESEARCH

# University at Albany



## BE AWARE OF COUNTERFEIT PRESCRIPTION PILLS

### Fentanyl-laced pills have been reported in the Albany area

STUDENT  
AFFAIRS  
CENTER FOR BEHAVIORAL HEALTH  
PROMOTION AND APPLIED RESEARCH

**YOU  
CAN  
HELP**



- Share this information
- Sign up for a NALOXONE training (see link in bio)  
Strategies such as a cold shower or coffee will not save someone. Naloxone is a life saving medication that will reverse harmful effects of an opioid overdose.
- If you see signs of overdose, or if you're unsure, call for help:  
On Campus: (518) 442-3131  
Off Campus: 911

<https://www.campusdrugprevention.gov/onepill>





# DEA

**ONE  
PILL CAN  
KILL**

## University of Central Florida



<https://www.campusdrugprevention.gov/onepill>



# ONE PILL CAN KILL

## University of Virginia



### ONE PILL CAN KILL

Fake prescription pills are now easily available through social media and e-commerce. Pills often contain fentanyl or methamphetamine, which can be deadly.

### ONE PILL CAN KILL

Many counterfeit pills are made to look like prescription opioids such as oxycodone, hydrocodone, alprazolam, or even stimulants like amphetamines.

In one study, a DEA testing lab found that 4 out of every 10 pills with fentanyl contained a potentially lethal dose.



The poison control hotline gives free, confidential, expert medical advice 24/7 for overdose concerns.



Poison Control can assist in identifying fake pills.

Dial 1-800-222-1222  
or scan this QR code to  
call your local Poison  
Center:



### ONE PILL CAN KILL



TO LEARN MORE:



go to: [dea.gov/onepill](https://dea.gov/onepill)  
or scan this QR code:

<https://www.campusdrugprevention.gov/onepill>



# DEA

## DEA's Outreach to Colleges and Universities



# DEA

## DEA's Resources for Colleges and Universities

### Campus-Specific Fact Cards

WHAT YOU SHOULD KNOW ABOUT  
**CANNABIS USE**  
AMONG COLLEGE STUDENTS



#### PREVALENCE

- Nearly one in 12 college students (7.9 percent) use marijuana on a daily basis, which is the highest

WHAT YOU SHOULD KNOW ABOUT  
**PRESCRIPTION DRUG**  
MISUSE AMONG COLLEGE STUDENTS



#### PREVALENCE

- Approximately 10% of college students reported using one or more types of prescription drugs (i.e.,

WHAT YOU SHOULD KNOW ABOUT...  
**IMPAIRED DRIVING**  
AMONG COLLEGE STUDENTS



#### PREVALENCE & CONSEQUENCES

- In 2016-2020, among full-time college students attending 4-year colleges at ages 19-22, 17.4% reported driving under the influence of alcohol, marijuana, or another illicit drug in the past 2 weeks.





# DEA

## DEA's Resources for Colleges and Universities

[www.campusdrugprevention.gov](http://www.campusdrugprevention.gov)

Campus Drug Prevention  
www.campusdrugprevention.gov

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THE STUDENT CENTER

Q

NEW PODCAST

Deb Augustine, from DEA's Victim Witness Assistance Program, discusses the drugs often used in sex assault and much more on this month's episode.

Welcome

The Drug Enforcement Administration (DEA) is pleased to provide institutions of higher education and their surrounding communities with these resources to prevent drug misuse among college students. We are committed to promoting the importance of prevention and its role in helping ensure the health and safety of our nation's colleges and universities. [View an introductory video clip of the website's features.](#)

Miss America Camille Schrier's Campus...

44

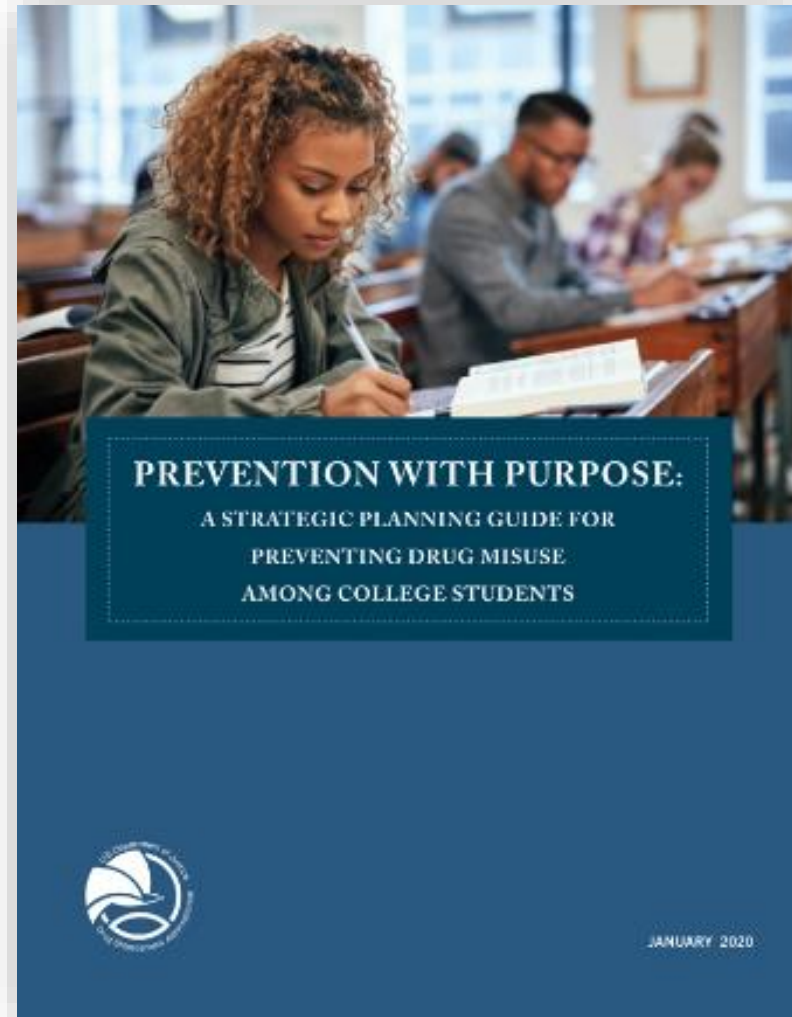




# DEA

## DEA's Resources for Colleges and Universities

### *Prevention with Purpose: A Strategic Planning Guide for Preventing Drug Misuse Among College Students*





# DEA

## DEA's Resources for Colleges and Universities

### *Prevention with Purpose* Supplemental Resources



#### PREVENTION WITH PURPOSE:

A Resource for Student Affairs Professionals



#### PREVENTION WITH PURPOSE:

A Resource for Campus Police and Public Safety Personnel



#### PREVENTION WITH PURPOSE:

A Resource for Community and Technical Colleges



#### PREVENTION WITH PURPOSE:

A Resource for Faculty Members



#### PREVENTION WITH PURPOSE:

A Resource for Presidents and Senior Administrators



#### PREVENTION WITH PURPOSE:

Considering Culture Throughout the Strategic Prevention Framework



#### PREVENTION WITH PURPOSE:

Promoting Shared Responsibility Using a Collective Impact Framework



#### PREVENTION WITH PURPOSE:

Campus Health/Counseling Center Administrators



#### PREVENTION WITH PURPOSE:

A Resource for Engaging Student-Led Organizations



#### PREVENTION WITH PURPOSE:

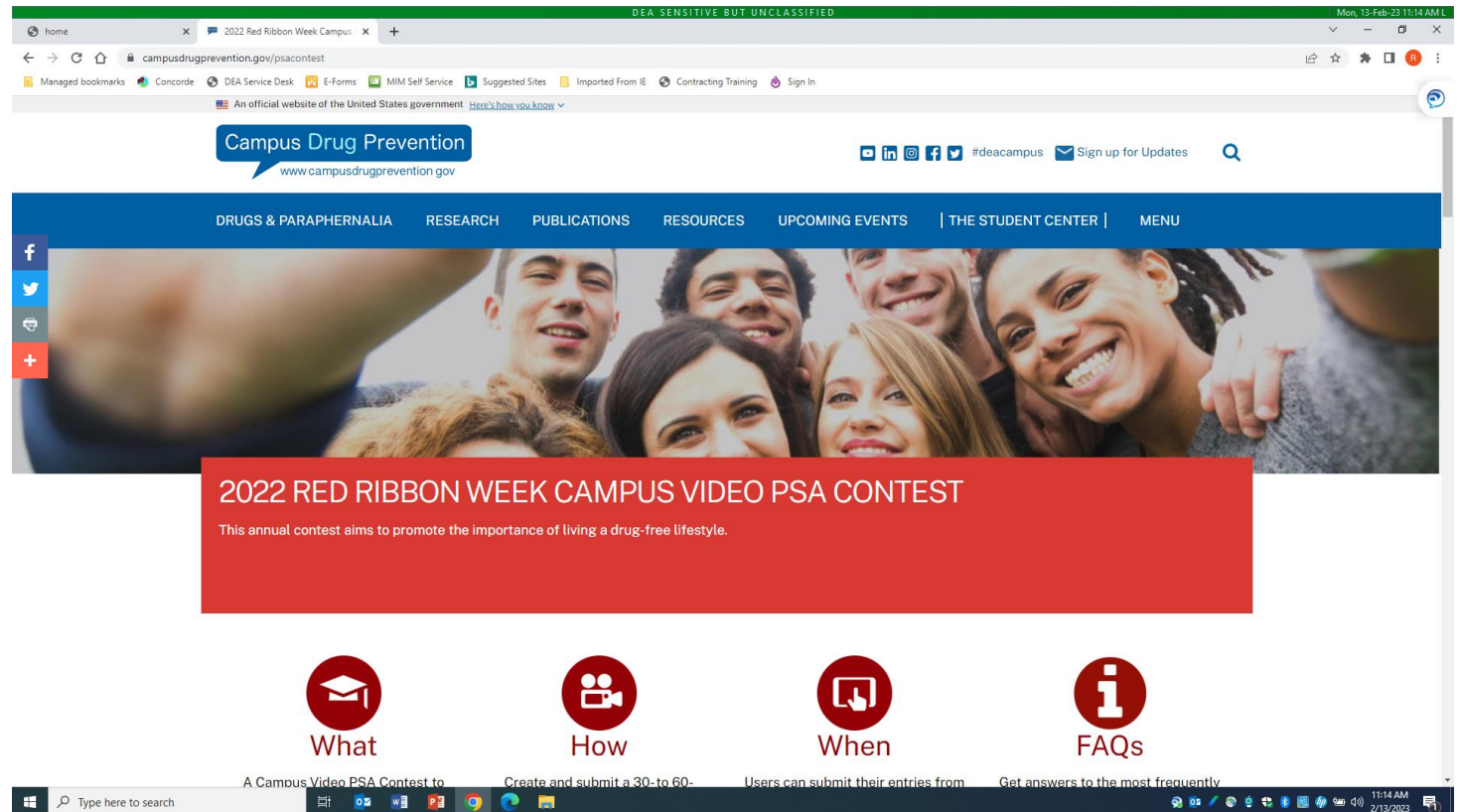
Working with Community Coalitions





# DEA

## DEA's Resources for Colleges and Universities Red Ribbon Week Campus Video PSA Contest





**DEA**

# Contact Information

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Drug Enforcement Administration



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Temple University, PA

## Meet Our Panelists





# Thank You!

Should you have any questions, please contact us at [NCSSLE@air.org](mailto:NCSSLE@air.org) or 800-258-8413. We are happy to help!

NCSSLE Website

<https://safesupportivelearning.ed.gov>

Best Practices Clearinghouse

<https://bestpracticesclearinghouse.ed.gov/>

Next *Lessons from the Field* and *Human Trafficking* Series Webinars

- **May 24:** Student Mental Health
- **June 14:** Early Learning
- **June 28:** Building Protective Factors to Minimize Human Trafficking Risks



# Feedback Form

**BEST PRACTICES  
CLEARINGHOUSE**

## [NCSSLE] 2023 - Lessons from the Field - Preventing and Address Substance Use Among Students Transitioning into Higher Education

Thank you for attending the webinar, *Preventing and Address Substance Use Among Students Transitioning into Higher Education*, on May 10, 2023. To best serve you, we would greatly appreciate receiving your feedback on the webinar.

### 1. Prior to the webinar, how knowledgeable were you about the webinar's topic?

- ☐ Not At All Knowledgeable
- ☐ Somewhat Knowledgeable
- ☐ Very Knowledgeable

### 2. Overall this webinar was a good use of my time.

- ☐ Strongly Disagree
- ☐ Somewhat Disagree
- ☐ Somewhat Agree
- ☐ Strongly Agree

### 3. This webinar improved my understanding of the covered topic.

- ☐ Strongly Disagree
- ☐ Somewhat Disagree
- ☐ Somewhat Agree
- ☐ Strongly Agree

[https://www.surveymonkey.com/r/LFTF\\_Session42](https://www.surveymonkey.com/r/LFTF_Session42)



# BEST PRACTICES CLEARINGHOUSE



**Live Q&A**