

IDAHO OFFICE OF DRUG POLICY

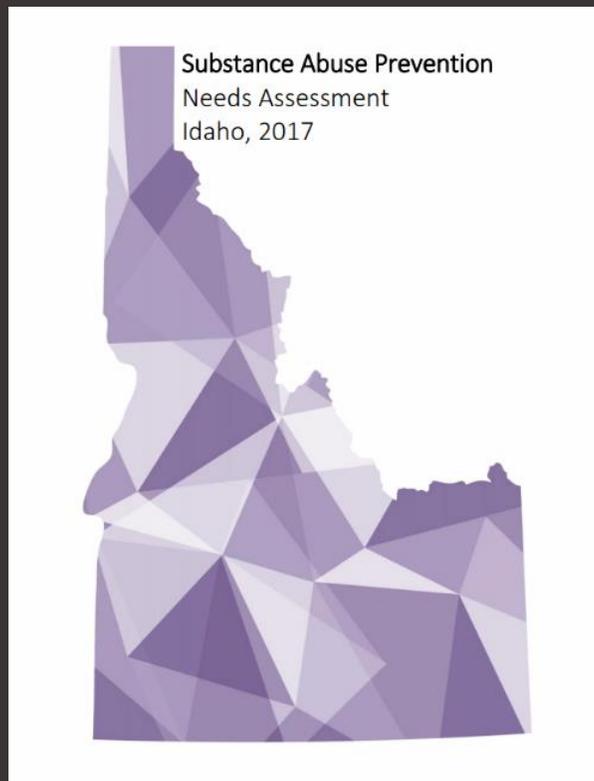


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*2017 Substance Abuse Prevention Needs Assessment
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2017 Substance Abuse Prevention Needs
Assessment Released

This research was compiled by the State Epidemiological
Outcomes Workgroup.



2017 Needs Assessment

The State Epidemiological Outcomes Workgroup (SEOW), supported by the Strategic Prevention Framework State Incentive Grant from the Office of Drug Policy, has finalized their annual needs assessment. This document is packed with data, both statewide and local, from various state agencies regarding drug and alcohol consumption and consequences in Idaho. Some notable recent findings include:

- Idaho currently ranks 5th highest in the nation for the percentage that report misusing a pain reliever in the past year. Idahoans 18-25 are significantly more likely to report misusing pain relievers.
- Alcohol use among high school students has decreased significantly within the past decade; however, alcohol-induced deaths are above the national average in Idaho.
- Idaho ranks 37th among the states and D.C. for the percentage reporting past month marijuana use. The top 19 states with the highest percentage of past month marijuana use all have legalized marijuana.
- The percentage of Idahoans that report using heroin in the past

year increased by 38% since 2013 and is now similar to the national average.

- Smokeless tobacco use among Idaho adults is 53% higher than the national average.

To read the report, click [here](#).

Idaho Student's Senior Project Honors her Brother KayLynn has a passion to help others addicted to drugs.



KayLynne's brother Joe was five months' sober and on his way to Texas for a new job. He had stopped home in Culdesac, Idaho, for a quick visit before he flew out to start a new life in the Lone Star State.

Joe went out that Friday night, the night before his flight, but never made it home. He died from a drug overdose.

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KayLynne was excited to see her brother, who was 20 at the time. The two were best friends. "We were so honest with each other," she said. "We told each other our secrets."

Unfortunately, Joe had started using heroin about a year earlier while working in Lewiston. "His friend introduced him to it, and he wanted to fit in-everyone else at the shop [where he worked] was doing it," KayLynne said.

Once the family realized Joe had a substance abuse issue, they encouraged him to move to Twin Falls to live with his dad, away from his friends who were using. After about five months of being sober, Joe found the Texas opportunity.

"He was so happy with where he was in life because he had his future ahead of him," KayLynne remembers. She was sleeping over at a girlfriend's house when she received a call from her mom to come home that Friday night.

KayLynne's family copes with the loss of Joe by finding ways to celebrate his life, like sharing memories around a bonfire-one of his favorite pastimes-on his birthday. But KayLynne wanted to do more, to do something that would make him proud of her.

The idea hit her as she was struggling to decide on a topic for her senior project: She would honor Joe and prevent others from experiencing his struggle by conducting a substance abuse prevention campaign for local students.

"When I got home to tell my mom that I was doing my senior project for Joe, she was so proud," KayLynne recalls.

She dove in, developing prevention activities to share with all Culdesac students, from elementary to high school.

At her school, she hosted an assembly during Red Ribbon Week. She gave a presentation and coordinated a speaker, Lewis County Sheriff Jason Davis, to educate her peers about the effects of drugs like marijuana, meth, heroin, and prescription painkillers. Davis, a K9 officer, demonstrated how his canine partner found drugs.

KayLynne took on the responsibility of all other Red Ribbon Week events. She and fellow students decorated every school door and the hallways with drug-prevention messaging and decorations. "I put a lot of time and effort into this," she says. "It took me about two weeks-there was a lot of behind-the-scenes work." She also coordinated a drug-prevention art contest at the elementary school, with a donut party for the winning class.

To bring awareness to young students, KayLynne spoke at the local elementary school about making good choices. "I talked to them about peer pressure, and how it's really not that hard to say no," she said. "I really focused on not following their friends if they see them making bad choices. I think they learned a lot."

KayLynne would love to continue to spread her message. "I want to help other people, to bring awareness about the dangers of drugs." She thinks about starting a prevention group in Culdesac or at college, where she's headed this fall to study business management and marketing.

For now, KayLynne is focused on her upcoming senior prom and graduation-and then she'll figure out how to move forward and continue to make Joe proud.

Many t(w)een are exposed to alcohol and drugs during spring break.

[Conversation ideas on Spring Break](#)



Taken from the Spring Newsletter - Neighborhood All-Stars

Spring break is here and, for many Idaho pre-teens and teens, that means figuring out how to spend long, unsupervised days. It's a real possibility that your child will be exposed to alcohol and drugs as they hang out during break.

Read how you can help prevent them from engaging - and get ideas for helping them spend their time in a safe and meaningful way.

Opioids: The Crisis Next Door

[A message from the President](#)

In 2018, more than 2 Million Americans will suffer from addiction to prescription or illicit opioids.

Opioids killed more people last year than either car accidents or gun violence. This crisis of addiction can affect any American, from all-state football captains to stay-at-home mothers.

As a result, Americans across the country are feeling the weight of the crisis next door.

Share your story below by uploading a video about how you overcame addiction, volunteered at a recovery center, or worked as a family to help a loved one get on the path to recovery.

Play

The Idaho Office of Drug Policy leads Idaho's substance abuse policy and prevention efforts by developing and implementing strategic action plans and collaborative partnerships to reduce drug use and related crime, thereby improving the health and safety of all Idahoans.



*We envision an Idaho free from the devastating social, health,
and economic consequences of substance abuse.*

