

Social Emotional Health & Underage Substance Use

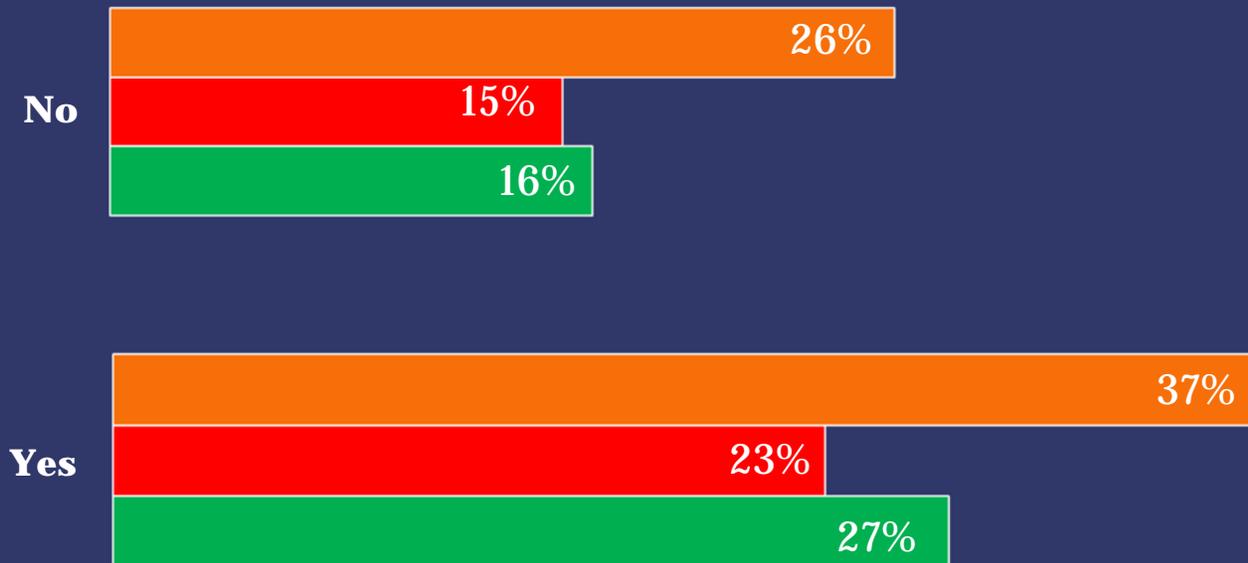
“When youth do not have the skills or resources to cope with stress and other mental health issues in healthy ways, they may turn to substance use as a way to handle their emotions. This is why it is important for youth to learn healthy coping skills at an early age.”

Nicole Balaschi, MPH; Program Director for Safe Harbor Cohasset Coalition (SHCC)

Social Emotional Disturbance+ & Underage Substance Use (among Cohasset High students)

- █ Current Alcohol Use**
- █ Current Binge Drinking***
- █ Current Marijuana Use****

Recent Social Emotional Disturbance*



Students who reported a recent social emotional disturbance were 8-11% more likely to report that they currently use substances.



Data comes directly from the most recent Youth Risk Behavior Survey (YRBS) that was administered to students at Cohasset High School in the spring of 2019.

For more info, visit: <http://safeharborcohasset.org/resources/>

+ The Substance Abuse & Mental Health Services Administration (SAMHSA) uses this term for people under the age of 18, which refers to a diagnosable mental, behavioral, or emotional disorder in the past year, which resulted in functional impairment that interferes with or limits the child's role or functioning in family, school, or community activities.



*Question asked 'During the past 12 months, did you ever feel so badly or hopeless almost every day for two or more weeks in a row that you stopped doing usual activities?'

**Question asked 'During the past 30 days, on how many days did you drink one or more drinks of an alcoholic beverage?'

***Question asked 'In the past 30 days how many days did you have 5 or more drinks of alcohol in a row (i.e., within a couple of hours)?'

****Question asked 'During the past 30 days, how many times did you use marijuana or hash?'