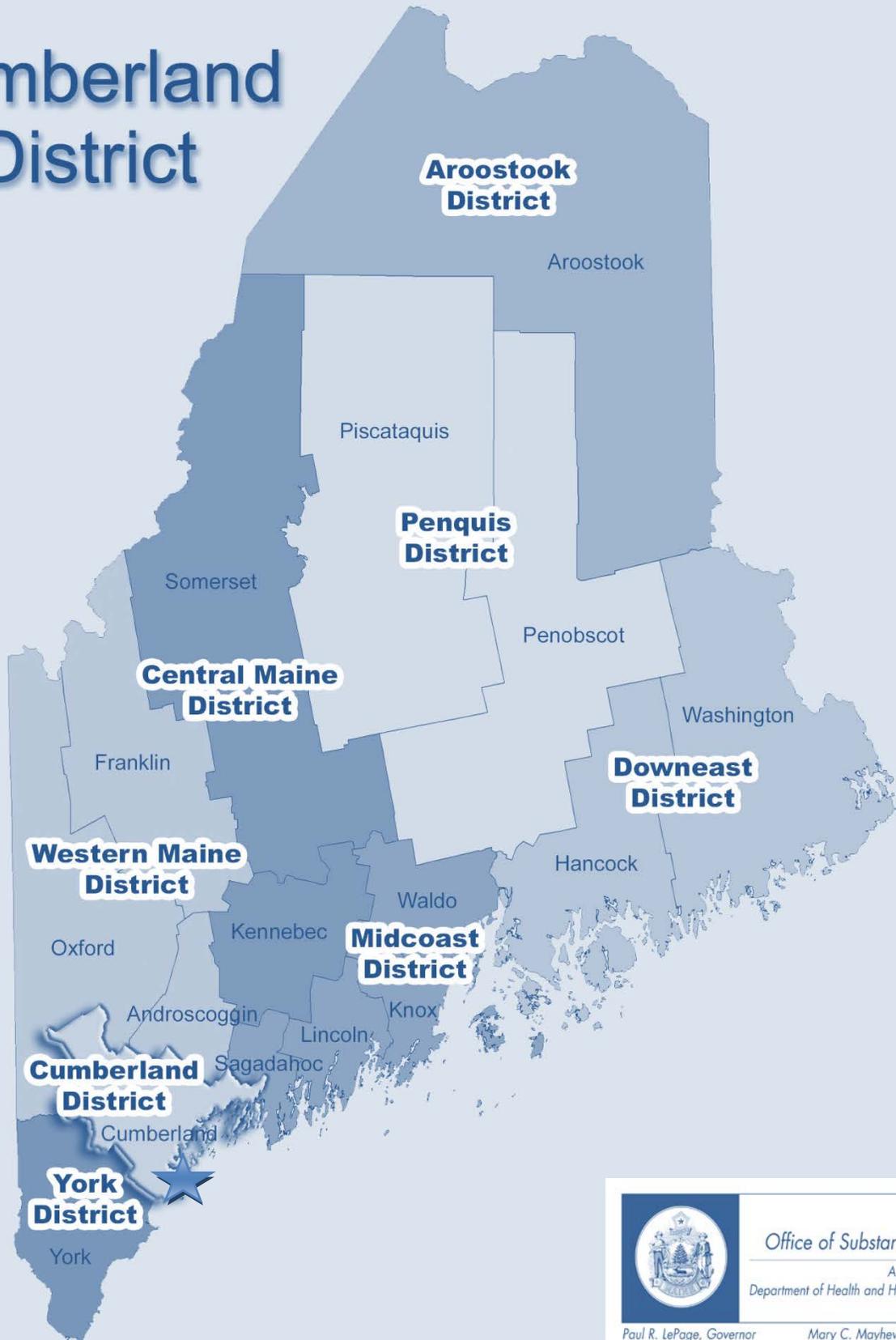


Substance Abuse Trends in Maine

Epidemiological Profile 2012

Cumberland District



Office of Substance Abuse

An Office of the
Department of Health and Human Services

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

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**THIS REPORT IS PRODUCED FOR
THE MAINE OFFICE OF SUBSTANCE ABUSE
COMMUNITY EPIDEMIOLOGY SURVEILLANCE NETWORK
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SUBSTANCE ABUSE AND MENTAL HEALTH ADMINISTRATION**

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Introduction

Overview of Cumberland Public Health District

Cumberland Public Health District consists of Cumberland County which has a population of 281,674 people, representing approximately 21 percent of Maine's total population in 2010. There are 337.1 people per square mile, making it the most densely populated county in Maine. The State of Maine is considered an "aging" state, with 16 percent of the population being 65 years old and over, a higher rate than the overall US population (13%). In Cumberland, 14 percent of the population was 65 years old or older in 2010. Approximately 93 percent of Cumberland's population is Caucasian, followed by African American (2.4%), Asian (2%), and American Indian and Alaska Native (0.3%); just under two percent of the population is of Hispanic or Latino origin. With a median income of \$55,658 (the highest in the state), 10.5 percent of the population lives below the poverty level (the second-lowest in the state). In sum, Cumberland tends to be slightly younger, more affluent and more urban compared to the rest of the state.

It is within the context of these demographic characteristics that substance abuse in Cumberland must be examined.

Purpose of this Report

This report takes into account the primary objectives of the Office of Substance Abuse (OSA): to identify substance abuse patterns in defined geographical areas, establish substance abuse trends, detect emerging substances, and provide information for policy development and program planning. It also highlights all the prevention priorities identified in the OSA strategic plan: underage drinking, high-risk drinking, misuse of prescription drugs, and marijuana use. Finally, the report monitors many of the factors that contribute to substance use, such as access and perceptions of harm, as well as the common negative consequences such as crime, car crashes and overdose deaths.

This report includes data available through May 2012. Older and unchanged data are included when more recent data were not available. Five major types of indicators are included: self-reported substance consumption, consequences of substance use, factors contributing to substance use, indicators about mental health and substance abuse, and treatment admissions.

Previous county-level reports with older trending data are available at the www.maineosa.org website.

Consumption of Substances

Consuming harmful substances can have detrimental effects on an individual's well-being, including increased risks of morbidity, addiction and mortality, and has a harmful effect on society as a whole including increased motor vehicle accidents and crime. However, it is the manner and frequency with which people drink, smoke and use drugs that are often linked to particular substance-related consequences. To understand fully the magnitude of substance use consequences, it is important to first understand the prevalence of substance use consumption, itself. Consumption includes overall use of substances, acute or heavy consumption and consumption by high risk groups (e.g., youth, college students, pregnant women).

As demonstrated by the indicators below, alcohol remains the substance most often used by Cumberland residents across the lifespan. In particular, high-risk drinking among the youth and younger adults continues to be a concern. Prescription drugs and marijuana are the two most commonly used drugs in Maine and Cumberland is no different. The prevalence of smoking, however, appears much lower among Cumberland's population when compared to the rest of the state.

Alcohol

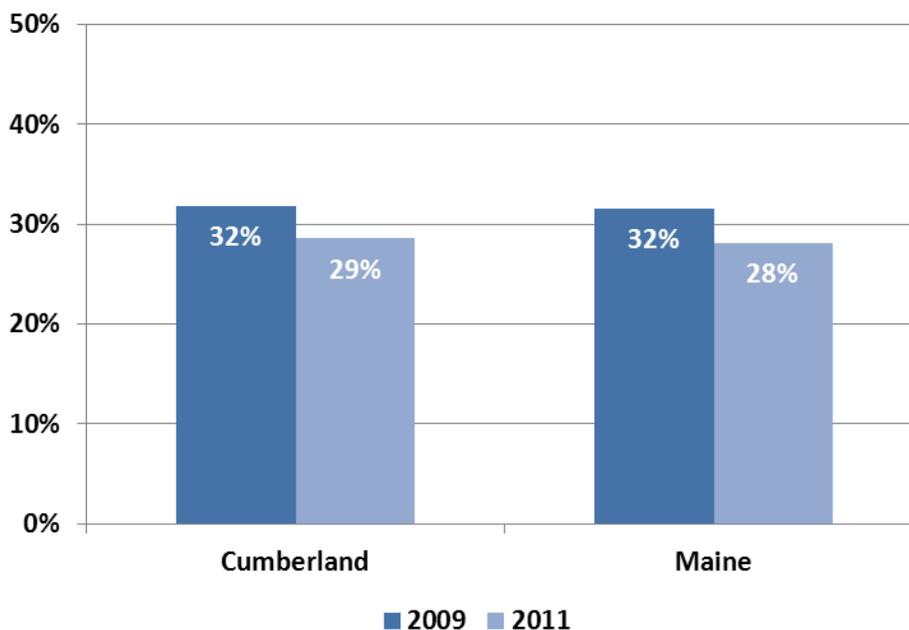
Indicator Description: ALCOHOL USE AMONG YOUTH. This measure shows the percentage of Maine high school students who reported having had one or more alcoholic drinks within 30 days prior to the survey.

Why Indicator is Important: Alcohol is the most often used substance among youth in Maine. In addition to the risks alcohol consumption carries for adults, developing adolescent brains are especially susceptible to the health risks of alcohol consumption. Adolescents who consume alcohol are more likely to have poor grades and be at risk for experiencing social problems, depression, suicidal thoughts, assault, and violence.

Data Source(s): MIYHS, 2009-2011.

Summary: From 2009 to 2011, high school students in Cumberland who reported having consumed one or more alcoholic beverages in the past 30 days decreased from 32 percent to 29 percent. This is slightly higher than the statewide average (28%).

Figure 1. Percent of high school students in Cumberland who had at least one drink of alcohol during past 30 days: 2009, 2011



Source: MIYHS

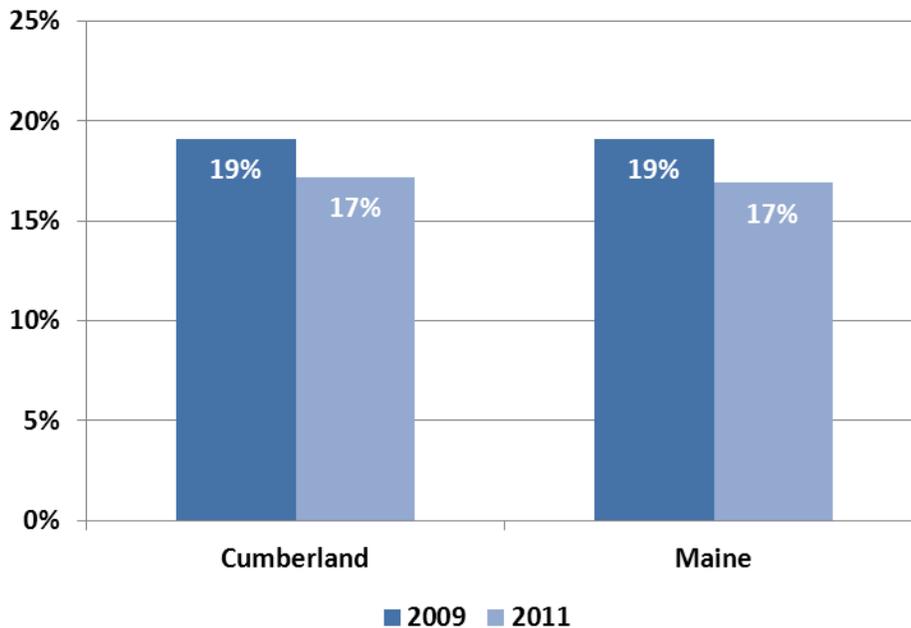
Indicator Description: HIGH-RISK ALCOHOL USE AMONG YOUTH. This indicator presents the percentage of Maine high school students who reported having had five or more alcoholic drinks in a row in one sitting at least once during the 30 days prior to the survey.

Why Indicator is Important: Youth are more likely than adults to engage in high-risk drinking when they consume alcohol. High risk alcohol use contributes to violence and motor vehicle crashes and can result in negative health consequences for the consumer, including injuries and chronic liver disease. Youth who engage in high-risk drinking also are more likely to use drugs and engage in risky and antisocial behavior.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, 17 percent of high school students in Cumberland reported having consumed five or more alcoholic beverages in one sitting during the past 30 days. This was the same as the statewide average.

Figure 2. Percent of high school students in Cumberland who had at least five drinks in a row during past 30 days: 2009, 2011



Source: MIYHS

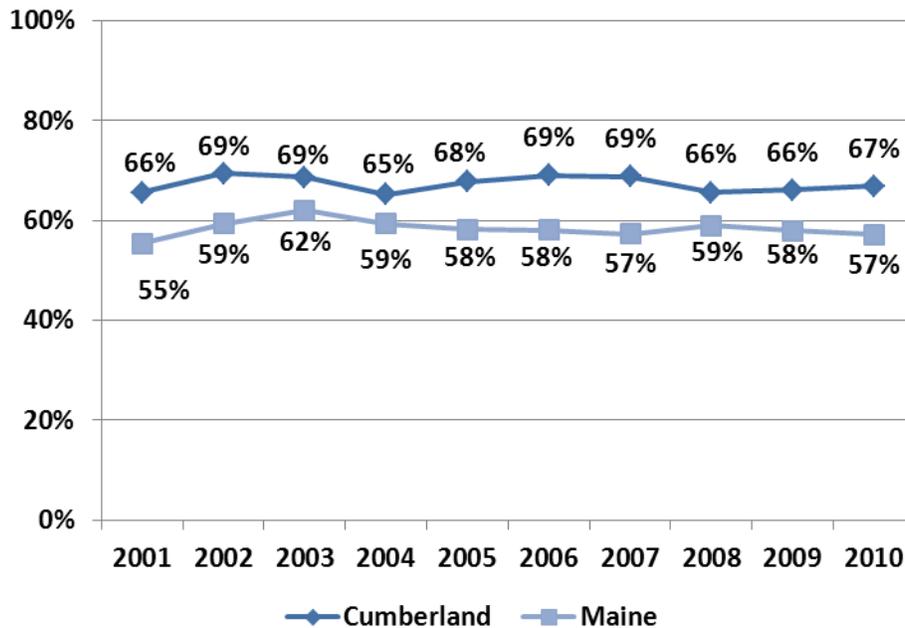
Indicator Description: ALCOHOL USE AMONG ADULTS. This indicator portrays the percentage of adults who reported having consumed one or more alcoholic drinks on one or more days within the past 30 days.

Why Indicator is Important: Alcohol is the most often used substance in Maine adults. Excessive and high risk alcohol use may contribute to violence and result in many negative health consequences for the consumer. Moderate drinking can also have negative health effects and lead to such consequences as alcohol-related motor vehicle crashes and increased injuries. Current alcohol use in pregnant women is also linked to low birth weight babies, sudden infant death, and other developmental delays in children.

Data Source(s): BRFSS, 2001-2010.

Summary: In 2010, 67 percent (two-thirds) of adults in Cumberland reported drinking at least one alcoholic beverage within the past 30 days, 10 percentage points higher than the statewide average of 57 percent. The rates in Cumberland have been higher than the state average since 2001, ranging from a low of 65 percent in 2004 to 69 percent in 2002-2003 and 2006-2007.

Figure 3. Percent of adults in Cumberland who reported drinking during past 30 days: 2001-2010



Source: BRFSS

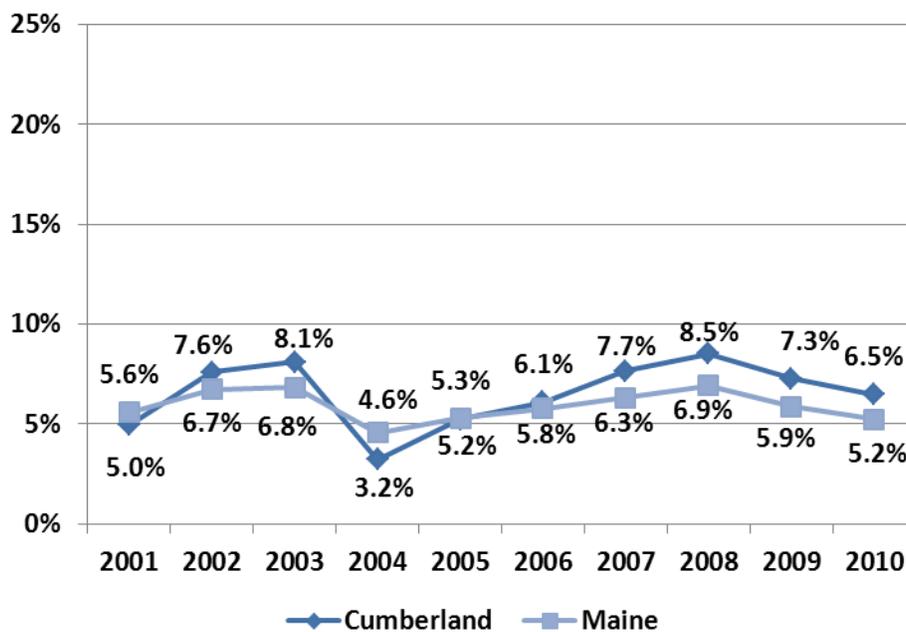
Indicator Description: HEAVY ALCOHOL USE AMONG ADULTS. This indicator examines the percentage of Maine residents who reported heavy drinking during the past 30 days. This is defined as two drinks per day for a man or one drink per day for a woman.

Why Indicator is Important: Heavy drinking is considered to be a type of high risk drinking, meaning it increases the risk for many health and social related consequences. People who consume alcohol heavily are at increased risk for a variety of negative health consequences, including alcohol abuse and dependence, liver disease, certain cancers, pancreatitis, heart disease, and death. It has also been found that the more heavily a person drinks the greater the potential for problems at home, work, and with friends.¹

Data Source(s): BRFSS, 2001-2010.

Summary: In 2010, approximately 6.5 percent of adults in Cumberland indicated they engaged in heavy drinking during the past 30 days. Heavy drinking rates in Cumberland appear to have increased steadily between 2004 and 2008 and have been consistently higher than the statewide rate since 2006.

Figure 4. Percent of adults in Cumberland who reported heavy drinking during past 30 days: 2001-2010



Source: BRFSS

¹ Alcoholscreening.org, a service of Join Together and the Boston University School of Public Health. *Health Consequences of Excess Drinking*. Retrieved on 5/17/2012 from <http://www.alcoholscreening.org/Learn-More.aspx?topicID=8&articleID=26>

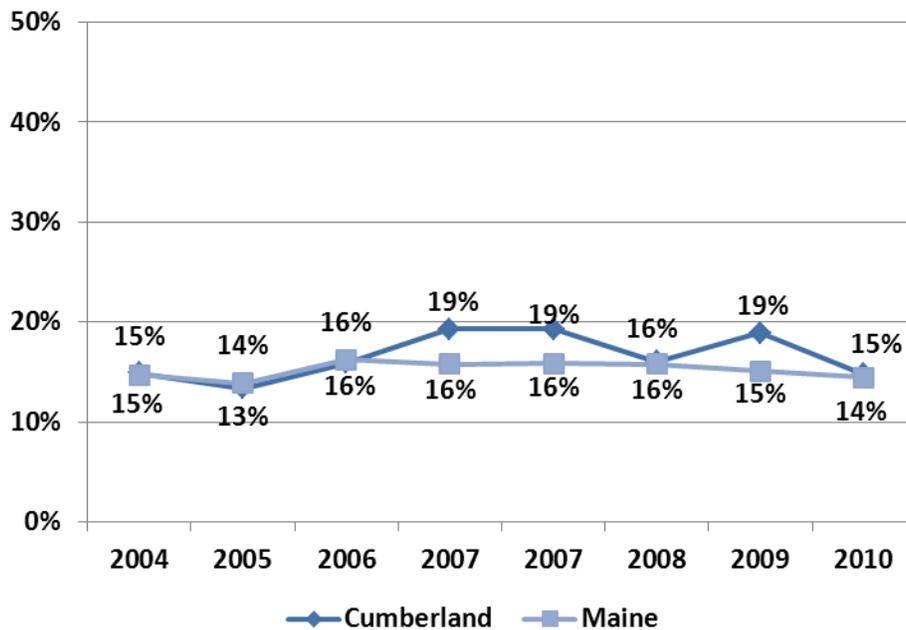
Indicator Description: HIGH-RISK ALCOHOL USE AMONG ADULTS. This indicator reflects the percentage of adults who reported engaging in high-risk “binge” drinking within the past 30 days. This is defined as five or more drinks in one sitting for a male and four or more drinks in one sitting for a female.

Why Indicator is Important: Binge drinking is considered to be a type of high-risk drinking, meaning it increases the risk for many health- and social-related consequences. It has been linked to injury (such as falls, fights, and suicides), violence, crime rates, motor vehicle crashes stroke, chronic liver disease, addiction, and some types of cancer.

Data Source(s): BRFSS, 2004-2010.

Summary: In 2010, 15 percent of adults in Cumberland indicated they engaged in binge drinking during the past 30 days, compared to the statewide average of 14 percent.

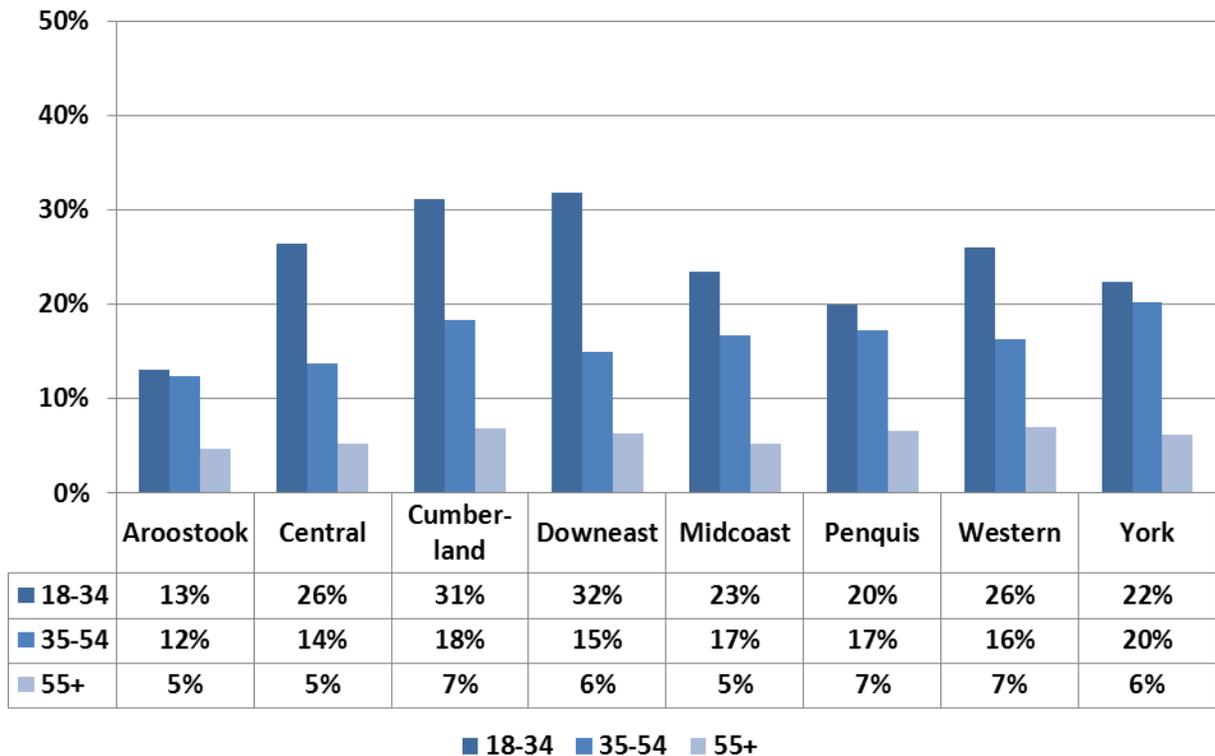
Figure 5. Percent of adults in Cumberland who reported binge drinking during past 30 days: 2004-2010



Source: BRFSS

Summary: In 2010, 31 percent of 18 to 34 year olds in Cumberland reported binge drinking in the past 30 days, higher than any other age group in Cumberland and the second-highest rate among this age group compared to other public health districts. Among the 35-54 age group, Cumberland had the second highest rate among all public health districts (18%).

Figure 6. Percent of adults by Public Health District who reported binge drinking in past 30 days by age group: 2009-2010²



Source: BRFSS

² Data from years 2009 and 2010 were combined to make for a more stable estimate

Tobacco

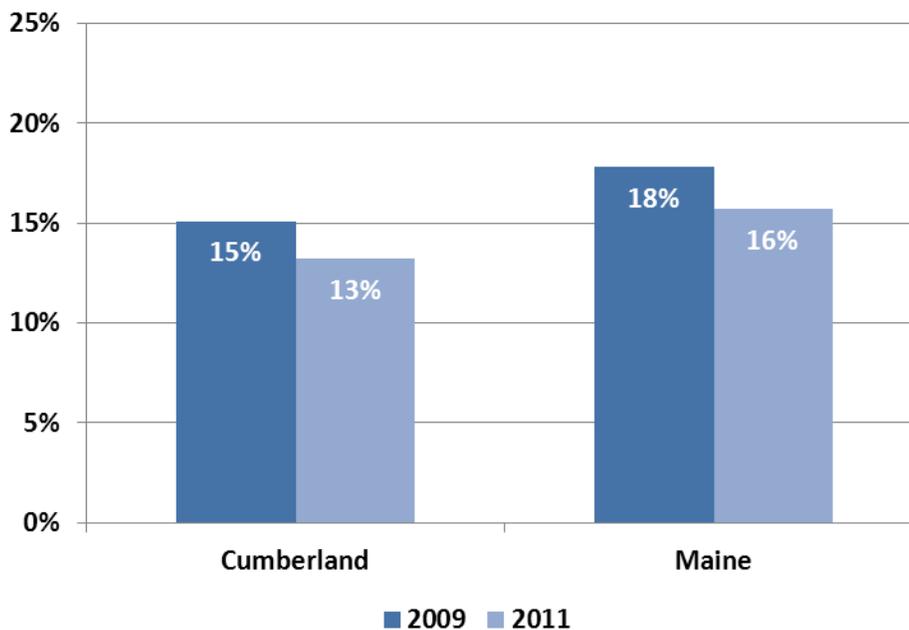
Indicator Description: SMOKING AMONG YOUTH. This indicator illustrates the percentage of Maine high school students who reported smoking a cigarette on at least one occasion within 30 days prior to the survey.

Why Indicator is Important: Use of tobacco is associated with a greater risk of negative health outcomes, including cancer, cardiovascular, and chronic respiratory diseases, as well as death.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, 13 percent of high school students in Cumberland reported having smoked one or more cigarettes in the past 30 days. This is lower than the state average (16%).

Figure 7. Percent of high school students in Cumberland who reported smoking one or more cigarettes during past 30 days: 2009, 2011



Source: MIYHS

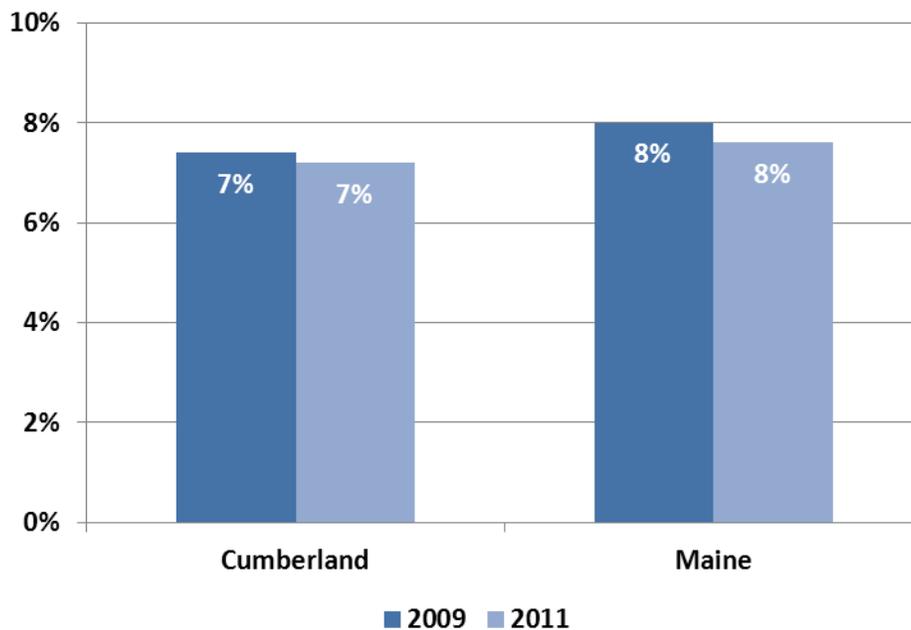
Indicator Description: SMOKELESS TOBACCO AMONG YOUTH. This indicator illustrates the percentage of Maine high school students who reported using smokeless tobacco on at least one occasion within 30 days prior to the survey.

Why Indicator is Important: Use of tobacco is associated with a greater risk of negative health outcomes, including cancer, cardiovascular and chronic respiratory diseases, as well as death.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, seven percent of high school students in Cumberland had used smokeless tobacco in the past 30 days, slightly less than the statewide average (8%).

Figure 8. Percent of high school students in Cumberland who used smokeless tobacco in the past 30 days: 2009, 2011



Source: MIYHS

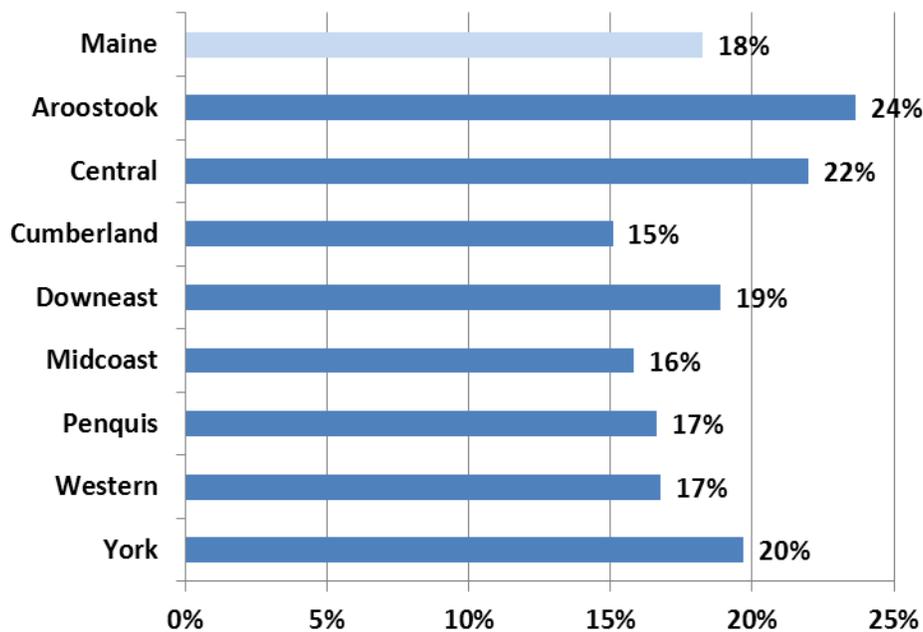
Indicator Description: SMOKING AMONG ADULTS. This indicator illustrates the percentage of Maine adults who reported using cigarettes on at least one occasion within 30 days prior to the survey.

Why Indicator is Important: Smoking is associated with a greater risk of negative health outcomes, including cancer, cardiovascular and chronic respiratory diseases, as well as death.

Data Source(s): BRFSS, 2010.

Summary: In 2010, 15 percent of adults in Cumberland indicated they had smoked a cigarette in the past 30 days, lower than any other district and the statewide average of 18 percent.

Figure 9. Percent of adults by Public Health District who reported smoking a cigarette in the past 30 days: 2010



Source: BRFSS

Prescription Drugs

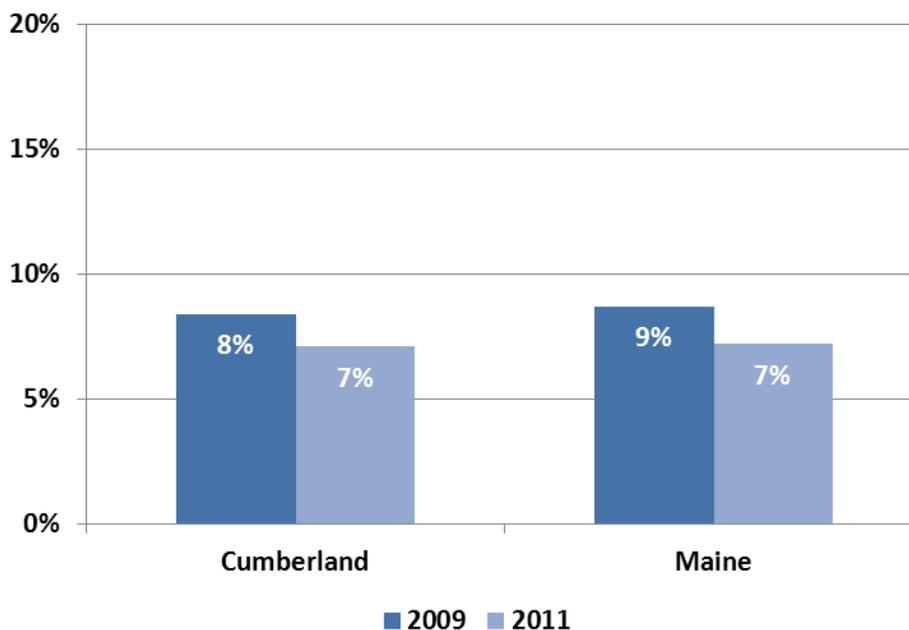
Indicator Description: MISUSE OF PRESCRIPTION DRUGS AMONG YOUTH. This indicator presents the percentage of Maine high school students who reported using prescription drugs that were not prescribed to them by a doctor within 30 days prior to the survey.

Why Indicator is Important: Young people are increasingly using available prescription drugs, including stimulants and opiates, instead of illegal drugs to get high. Abuse of prescription drugs may lead to consequences such as unintentional poisonings or overdose, automobile crashes, addiction, and increased crime.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, seven percent of high school students in Cumberland reported having taken prescription drugs not prescribed to them by a doctor one or more times in the past 30 days, the same as the statewide rate.

Figure 10. Percent of high school students in Cumberland who have taken prescription drugs not prescribed to them by a doctor: 2009, 2011



Source: MIYHS

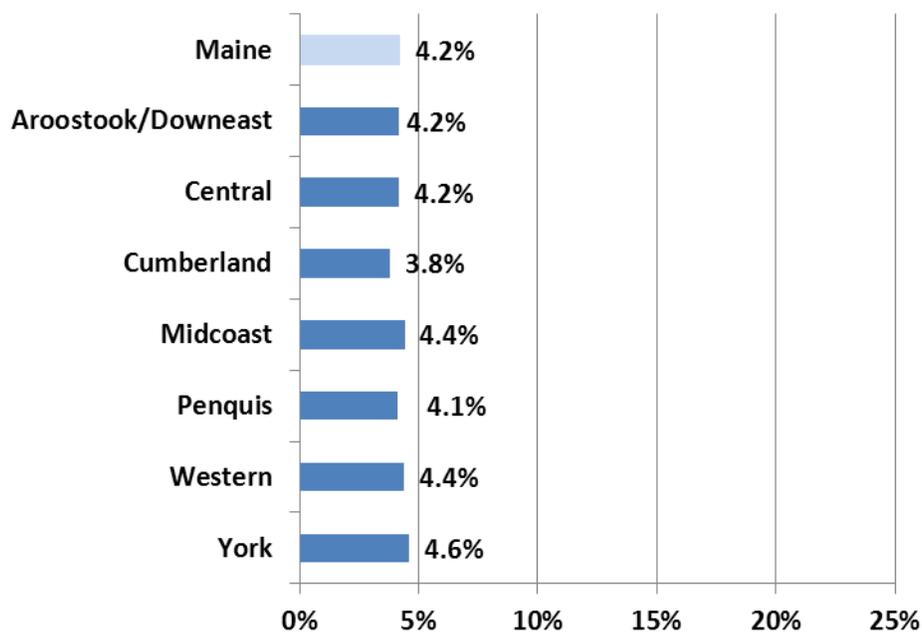
Indicator Description: NONMEDICAL USE OF PRESCRIPTION PAIN RELIEVERS AMONG MAINERS AGE 12 AND OLDER. This measure reflects the percentage of adults who reported using prescription drugs, particularly prescription pain relievers, for reasons other than their intended purpose. Because of small sample sizes, survey data from multiple years must be combined in order to produce this estimate.

Why Indicator is Important: Mainers are increasingly using available prescription drugs, particularly pain relievers, instead of illegal drugs to get high. Abuse of prescription drugs may lead to consequences such as unintentional poisonings, overdose, dependence and increased crime.

Data Source(s): NSDUH, 2006-08.

Summary: In 2006-08, 3.8 percent of people ages 12 and older in Cumberland reported using prescription pain relievers for nonmedical purposes in the past year, slightly lower than the rest of the state.

Figure 11. Percent of population 12 years old or older who used prescription pain relievers in past year for nonmedical use by Public Health District: 2006-2008



Source: NSDUH

Other Illegal Drugs

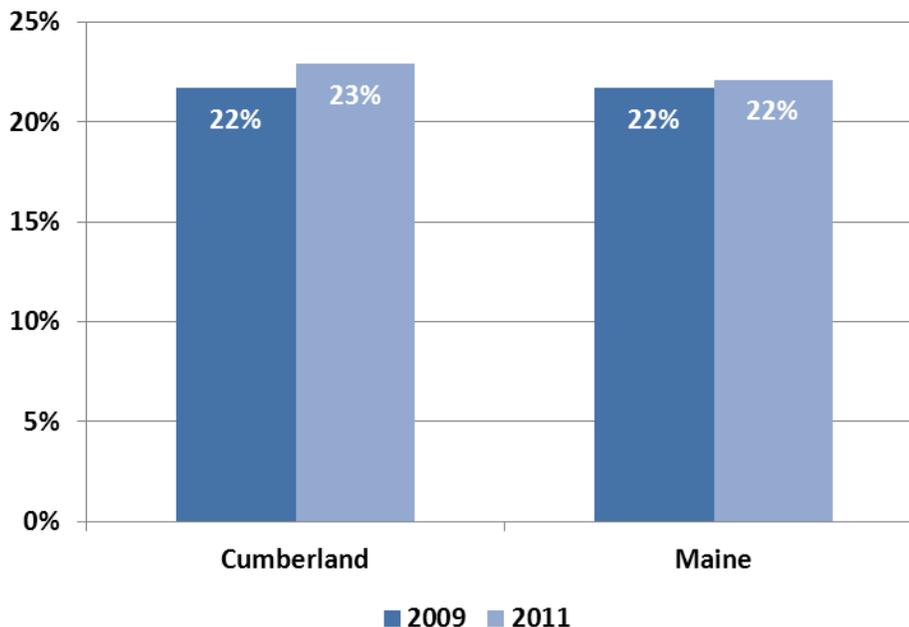
Indicator Description: CURRENT MARIJUANA USE. This measure shows the percentage of Maine residents who reported using marijuana in the past 30 days. This is presented for high school students and adults in Maine.

Why Indicator is Important: Marijuana can be addictive and is associated with increased risk for respiratory illnesses and memory impairment. Even occasional use can have consequences on learning and memory, muscle coordination, and mental health symptoms.

Data Source(s): MIYHS, 2009-2011; BRFSS, 2007, 2010.

Summary: Twenty-three percent of high school students in Cumberland reported having used marijuana one or more times in the past 30 days, slightly more than the statewide rate (22%).

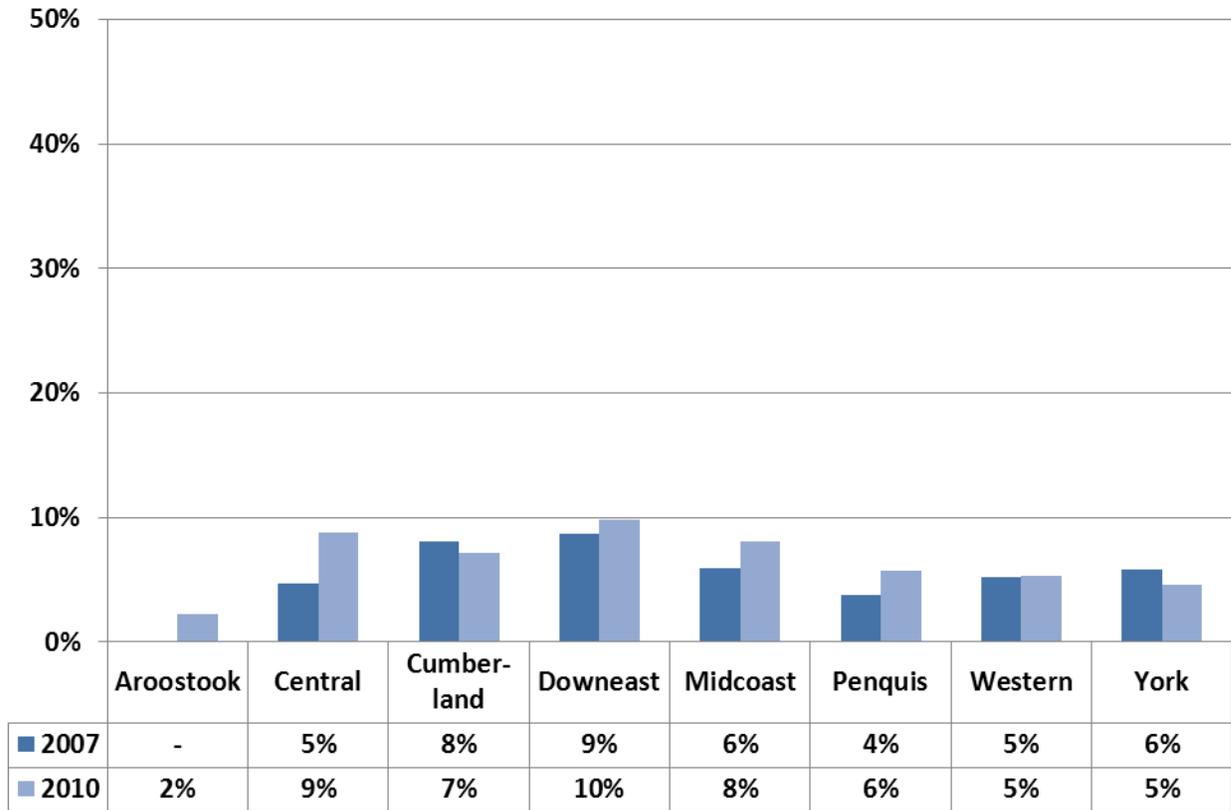
Figure 12. Percent of high school students in Cumberland who have used marijuana during past 30 days: 2009, 2011



Source: MIYHS

Summary: In 2010, seven percent of adults in Cumberland reported having used marijuana in the past 30 days; this was slightly lower than Cumberland’s 2007 rate (8%). Although not shown on this chart, when rates are broken out by age, the rate of use by young adults (18-25 yr. olds) is greater than the average adult rate reported below.

Figure 13. Percent of adults in Cumberland who have used marijuana during the past 30 days: 2007, 2010



Source: BRFSS

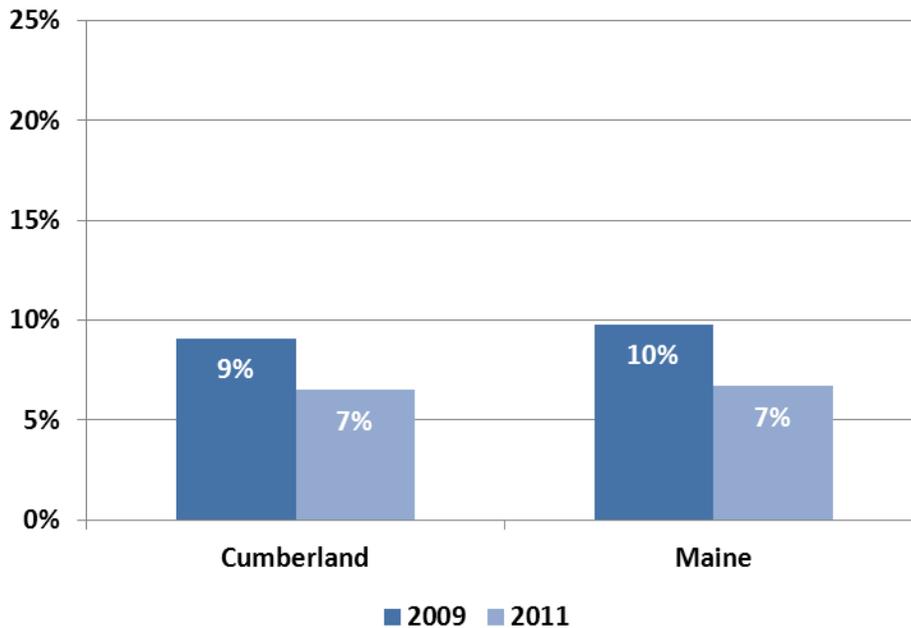
Indicator Description: LIFETIME COCAINE USE AMONG YOUTH. This indicator illustrates the percentage of Maine high school students who used cocaine at least once in their lifetime (i.e., ever).

Why Indicator is Important: Cocaine is highly addictive. Use of cocaine is associated with adverse health effects such as cardiac events, seizures, and stroke. It also increases the risk of cognitive impairment, injury, and crime.

Data Source(s): MIYHS, 2009-2011.

Summary: From 2009 to 2011, the rate of high school students reporting that they had used cocaine (in any form) during their lifetime decreased by two percentage points. The proportion of students reporting such usage in Cumberland is equal to the statewide average (7%).

Figure 14. Percent of high school students in Cumberland that have used cocaine in any form during their lifetime: 2009, 2011



Source: MIYHS

Consequences Resulting from Substance Use and Abuse

Both individuals and communities suffer the consequences of substance abuse in terms of increased health care needs and criminal justice resources. While a great deal of information regarding substance use can be obtained from the data described in the previous section, information on the effects of that use on individuals and communities can be derived from what has come to be called “consequence” data. Consequences are defined as the social, economic and health problems associated with the use of alcohol and illicit drugs. Examples are things such as illnesses related to alcohol, drug overdose deaths, property and personal crimes, as well as driving accidents, poisonings and suicides that involve alcohol or drugs.

When adjusted for population differences, Cumberland shows a higher prevalence of violent crimes and overdose deaths compared to the statewide average. However, the rate of alcohol and drug-related arrests appear to be lower compared to the statewide average, while the rate of alcohol/drug-related car crashes is the same.

Criminal Justice Involvement

Indicator Description: ANNUAL VIOLENT CRIME RATE. This indicator shows the number of violent crimes reported to the police, per 10,000 people. Violent crimes include simple and aggravated assaults, sexual assaults, and robberies. The rate per 10,000 allows us to see frequency with which an occurrence shows up within a population over time, as well as make relative comparisons between small and large population areas.

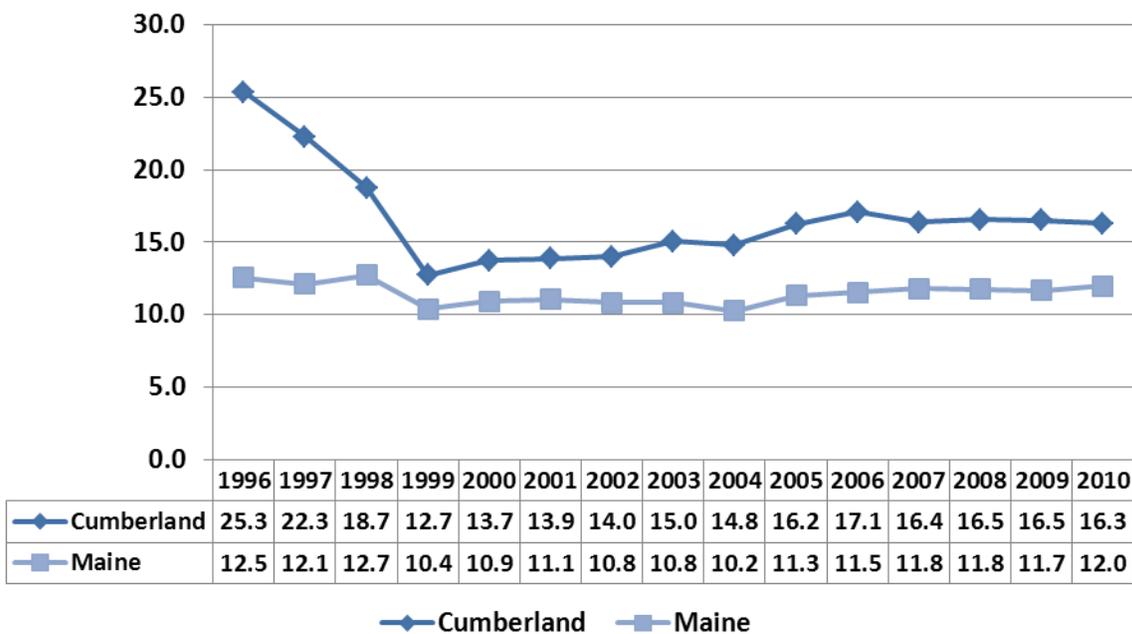
Operationalized as: $\left(\frac{\# \text{ of violent crimes}}{\text{population}}\right) \times 10,000$

Why Indicator is Important: Violence is associated with alcohol, though the causal pathway is not completely understood. Drinking on the part of the victim or a perpetrator can increase the risk of assaults and assault-related injuries. Approximately 23 percent of sexual assaults and 30 percent of physical assaults are attributable to alcohol. Reported violent crimes are an under-report of the total number of actual violent crimes.

Data Source(s): DPS, UCR, 1996-2010.

Summary: In 2010, there were 16.3 violent crimes per 10,000 people in Cumberland, compared to 12 per 10,000 people statewide. Cumberland has consistently shown higher violent crime rates compared to the state overall.

Figure 15. Violent crime rate per 10,000: 1996-2010



Source: DPS; UCR

Indicator Description: ANNUAL ALCOHOL-RELATED ARREST RATE. This indicator reflects arrests related to alcohol per 10,000 people. Alcohol-related arrests include Operating Under the Influence (OUI), liquor law violations, and drunkenness. The rate per 10,000 allows us to see frequency with which an occurrence shows up within a population over time, as well as make relative comparisons between small and large population areas.

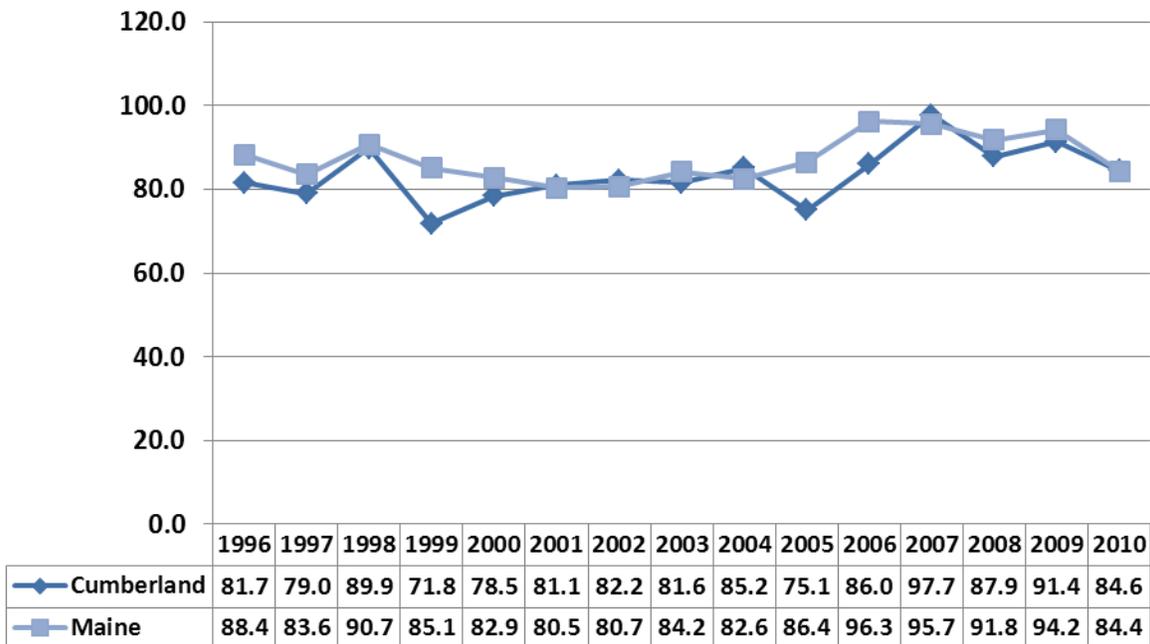
Operationalized as: $\left(\frac{\# \text{ of alcohol arrests}}{\text{population}}\right) \times 10,000$

Why Indicator is Important: OUI and liquor law arrest rates can be an indication of the rate of criminal behavior, but it is important to note that they are also an *indication of the level of law enforcement*. Arrest rates are expected to increase with increased enforcement regardless of whether a decline in criminal behavior is observed. The educational component of Maine’s Driver Education and Evaluation Program services an average of 4,000 Maine residents annually who receive alcohol OUIs.

Data Source(s): DPS, UCR, 1996-2010.

Summary: In 2010, Cumberland had 84.6 alcohol-related arrests per 10,000 people, compared to the statewide rate of 84.4 per 10,000. The rate has been generally lower than the statewide average since 2008.

Figure 16. Alcohol-related arrest rate per 10,000: 1996-2010



Source: DPS; UCR

Indicator Description: ANNUAL DRUG-RELATED ARREST RATE. This indicator reflects the number of arrests that were related to drugs per 10,000 people. Drug-related arrests include manufacturing, sales, and possession. The rate per 10,000 allows us to see frequency with which an occurrence shows up within a population over time as well as make relative comparisons between small and large population areas.

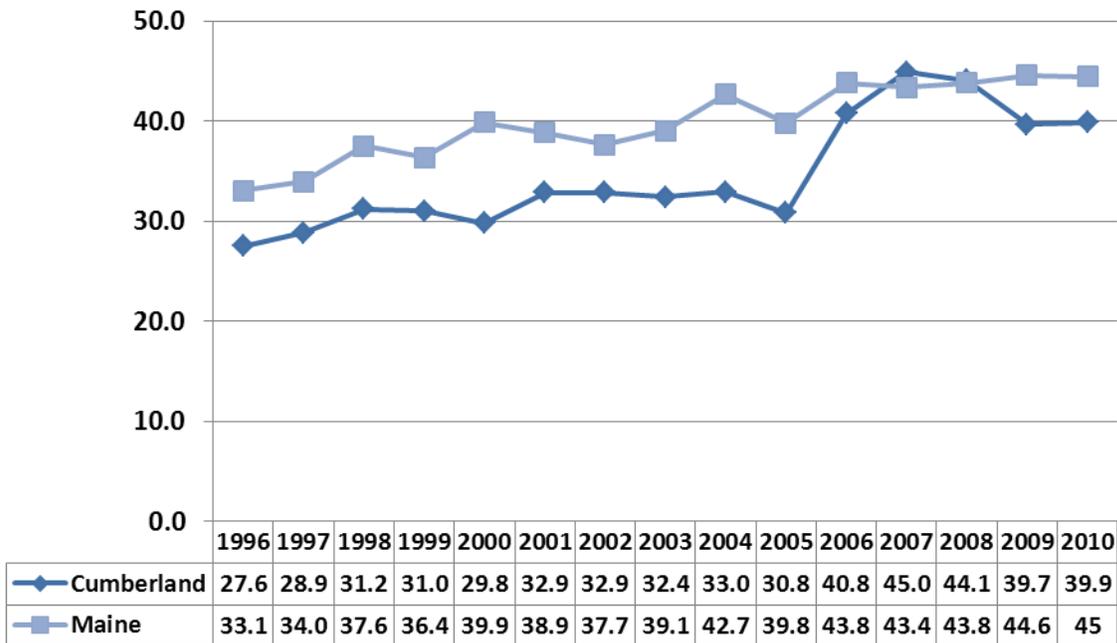
Operationalized as: $\left(\frac{\# \text{ of drug arrests}}{\text{population}}\right) \times 10,000$

Why Indicator is Important: Arrest rates for drug sales, manufacturing and drug possession can be an indication of the rate of criminal behavior, but it is important to note that they are also an *indication of the level of law enforcement*. Arrests rates are expected to increase with increased enforcement regardless of whether a decline in criminal behavior is observed.

Data Source(s): DPS, UCR, 1996-2010.

Summary: In 2010, there were approximately 40 drug-related arrests per 10,000 people in Cumberland, compared to 45 per 10,000 people statewide; both represent increases since 1996. However, despite sharp increases between 2005 and 2007, Cumberland has generally shown lower rates than the state overall.

Figure 17. Drug-related arrest rate per 10,000: 1996-2010



Source: DPS; UCR

Driving Under the Influence

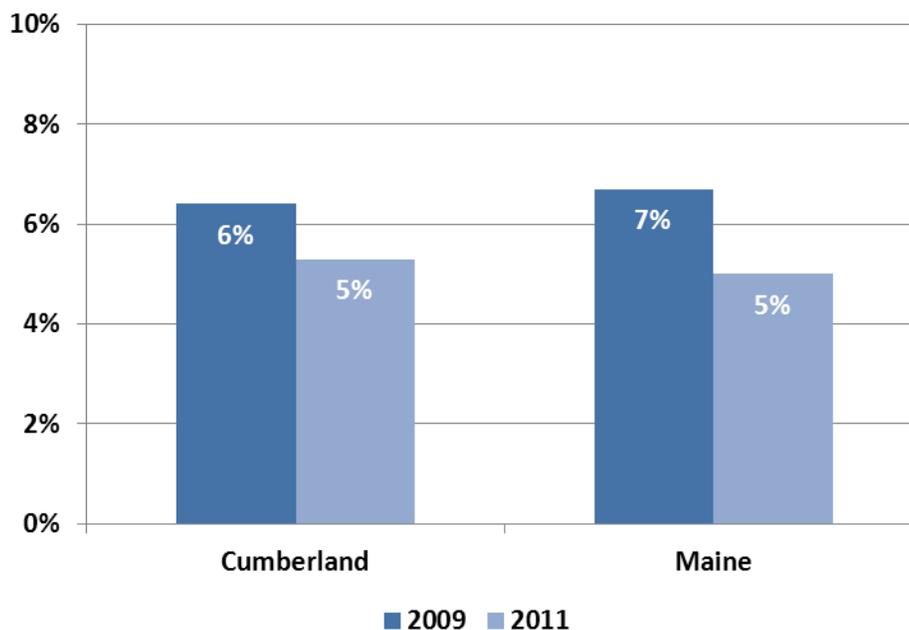
Indicator Description: DRINKING AND DRIVING AMONG YOUTH. This measure shows the proportion of high school students who reported that they drove a car after consuming alcohol at least once within 30 days prior to taking the survey.

Why Indicator is Important: Operating a vehicle after consuming alcohol increases the risk of motor vehicle crashes, injuries and death.

Data Source(s): MIYHS, 2009-2011.

Summary: Approximately five percent of high school students in Cumberland reported driving a vehicle at least once after drinking alcohol in the past 30 days. This rate is same as the statewide average.

Figure 18. Percent of high school students in Cumberland who reported drinking and driving during the past 30 days: 2009, 2011



Source: MIYHS

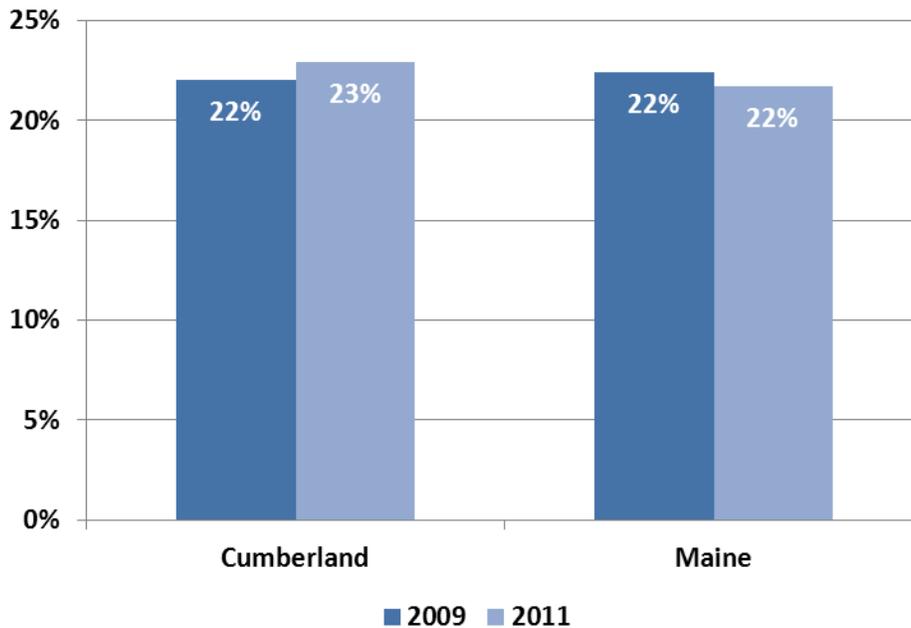
Indicator Description: YOUTH AS PASSENGERS IN VEHICLES DRIVEN BY INDIVIDUALS USING ILLEGAL DRUGS. This measure shows the proportion of high school students who reported that within 30 days prior to taking the survey they were a passenger in a car being operated by an individual who had consumed illegal drugs.

Why Indicator is Important: Operating a vehicle while under the influence of drugs increases the risk of motor vehicle crashes, injuries and death.

Data Source(s): MIYHS, 2009-2011.

Summary: Twenty-three percent of high school students in Cumberland reported that, within the past 30 days, they had been passengers in a vehicle operated by someone who had taken illegal drugs compared to 22 percent across the state.

Figure 19. Percent of high school students in Cumberland who rode in a vehicle driven by someone who had taken illegal drugs: 2009, 2011



Source: MIYHS

Indicator Description: ALCOHOL/DRUG-INVOLVED MOTOR VEHICLE CRASH RATE. This indicator shows the number of motor vehicle crashes in which alcohol or drugs were a factor per 10,000 people. Due to new data collection regulations, crash rate data is no longer separated by alcohol and drugs. Alcohol and drugs are now combined into one rate. Alcohol/drug-involved crashes means that at least one driver had consumed alcohol or drugs prior to the crash. The rate per 10,000 allows us to see frequency with which an occurrence shows up within a population over time, as well as make relative comparisons between small and large population areas.

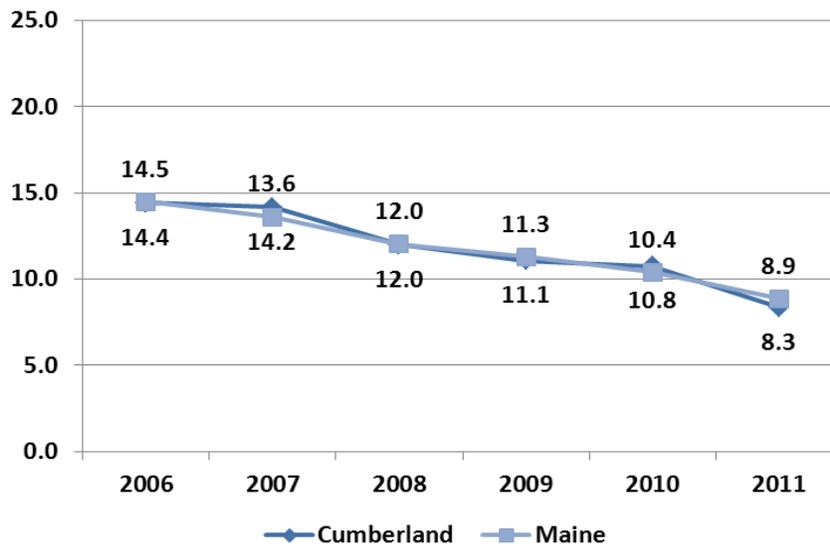
Operationalized as:
$$\left(\frac{\text{\# of alcohol/drug-involved crashes}}{\text{population}} \right) \times 10,000$$

Why Indicator is Important: Motor vehicle crashes are the second-leading cause of traumatic brain injury, with 27 percent of traumatic brain injuries occurring from motor vehicle crashes.³ In the 2009, alcohol was attributed to 96 percent of the alcohol/drug-related crashes statewide.

Data Source(s): MDOT/MBHS, 2006-2011.

Summary: In Maine and in Cumberland, the rate of alcohol-related crashes has been declining since 2006. In 2011, there were 8.3 alcohol-related crashes per 10,000 people in Cumberland (similar to the statewide rate of 8.9 per 10,000 people); this represents a decrease from 14.4 per 10,000 people in 2006.

Figure 20. Alcohol/Drug-related motor vehicle crash rate per 10,000: 2006-2011



Source: MDOT/MBHS

³ 2007 Maine Injury Report, Maine Center for Disease Control, Injury Prevention Program. Retrieved 5/17/2012 from <http://www.maine.gov/dhhs/mecdc/population-health/inj/documents/2007maineinjuryreport.pdf>

Hospital Visits Related to Substance Use

Indicator Description: INPATIENT ADMISSIONS RELATED TO SUBSTANCE USE. This indicator shows the number of inpatient hospital admissions (per 10,000 people) where alcohol, opiates, or other drugs were recorded as the primary diagnosis for which services were sought at admission. “Inpatient” refers to a patient whose treatment needs at least one night’s residence in a hospital. The substance for which treatment was received was identified through hospital codes (ICD-9 codes) and includes those related to alcohol and psychoactive substances (303-305). The rate per 10,000 allows us to see frequency with which an occurrence shows up within a population over time, as well as make relative comparisons between small and large population areas.

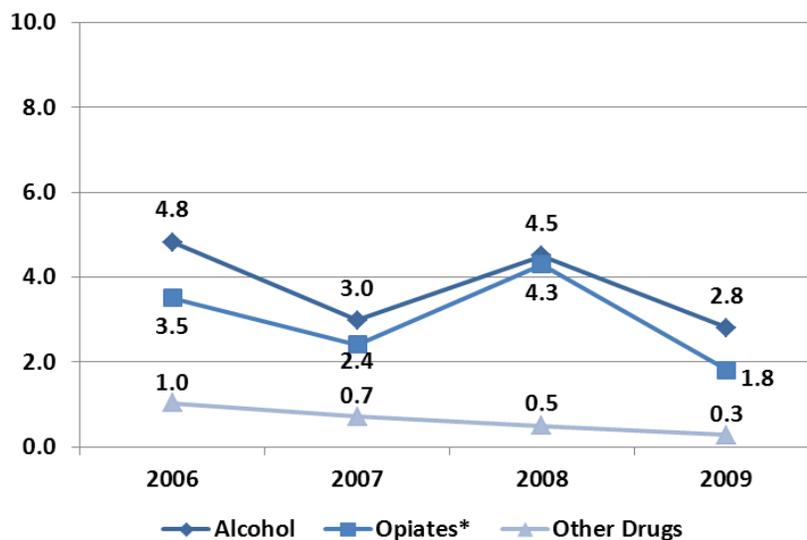
Operationalized as: $\left(\frac{\text{\# of inpatient hospitalizations}}{\text{population}} \right) \times 10,000$

Why Indicator is Important: Hospital admissions related to substance use are an indication of injury sustained through substance use and the impact it has on the healthcare system.

Data Source(s): MHDO, 2006-2009.

Summary: In 2009, inpatient admissions related to alcohol and opiates decreased after rising sharply in 2008. Although not pictured here, statewide inpatient hospitalization rates by type for 2009 were as follows; 5.2 per 10,000 for alcohol, 1.6 per 10,000 for opiates, and 0.7 per 10,000 for other drugs.

Figure 21. Inpatient hospital admissions (per 10,000 people) related to substance use in Cumberland: 2006-2009



Source: MHDO, 2006-2009

*Includes prescription narcotics, methadone, and heroin.

Indicator Description: OUTPATIENT HOSPITAL VISITS RELATED TO SUBSTANCE USE. This indicator shows the number of outpatient hospital admissions (per 10,000 people) where alcohol, opiates, or other drugs was recorded as the primary diagnosis for which services were received. "Outpatient" refers to patients who receive treatment at a hospital or clinic but are not admitted overnight. The substance for which treatment was received was identified through hospital codes (ICD-9 codes) and includes those related to alcohol psychoactive substances (303-305). The rate per 10,000 allows us to see frequency with which an occurrence shows up within a population over time, as well as make relative comparisons between small and large population areas

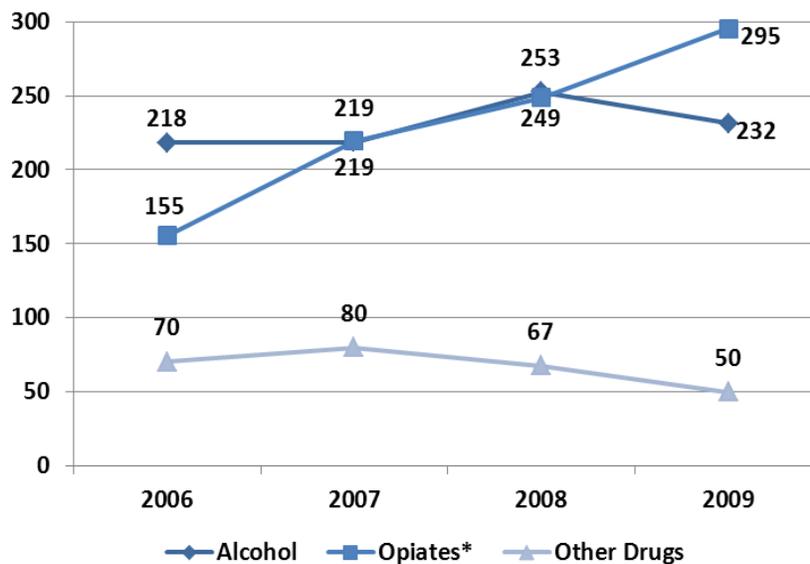
Operationalized as:
$$\left(\frac{\text{\# of outpatient hospitalizations}}{\text{population}} \right) \times 10,000$$

Why Indicator is Important: Outpatient hospital visits related to substance use are an indication of injury sustained through substance use and the impact it has on the healthcare system.

Data Source(s): MHDO, 2006-2009.

Summary: Outpatient hospital visits related to opiate abuse in Cumberland have been steadily increasing since 2006, from 155 visits per 10,000 people to 295 visits per 10,000 people. Although not pictured here, statewide outpatient hospitalization rates by type for 2009 were as follows; 119 per 10,000 for alcohol, 271 per 10,000 for opiates, and 53 per 10,000 for other drugs.

Figure 22. Outpatient hospital visits (per 10,000 people) related to substance use in Cumberland: 2006-2009



Source: MHDO, 2006-2009

*Includes prescription narcotics, methadone, and heroin.

Overdose Deaths

Indicator Description: DRUG OVERDOSE DEATH RATE. This measure shows the rate of deaths determined by the State Medical Examiner to be caused by substance abuse or overdose, per 100,000 people. The measure excludes accidental ingestion, suicides and cases where a substance was ingested prior to engaging in a behavior that resulted in death (e.g., drunk driving). The rate per 100,000 allows us to see frequency with which an occurrence happens within a population over time, as well as make relative comparisons between small and large population areas. In this case, the base of 100,000 people was used due to small numbers.

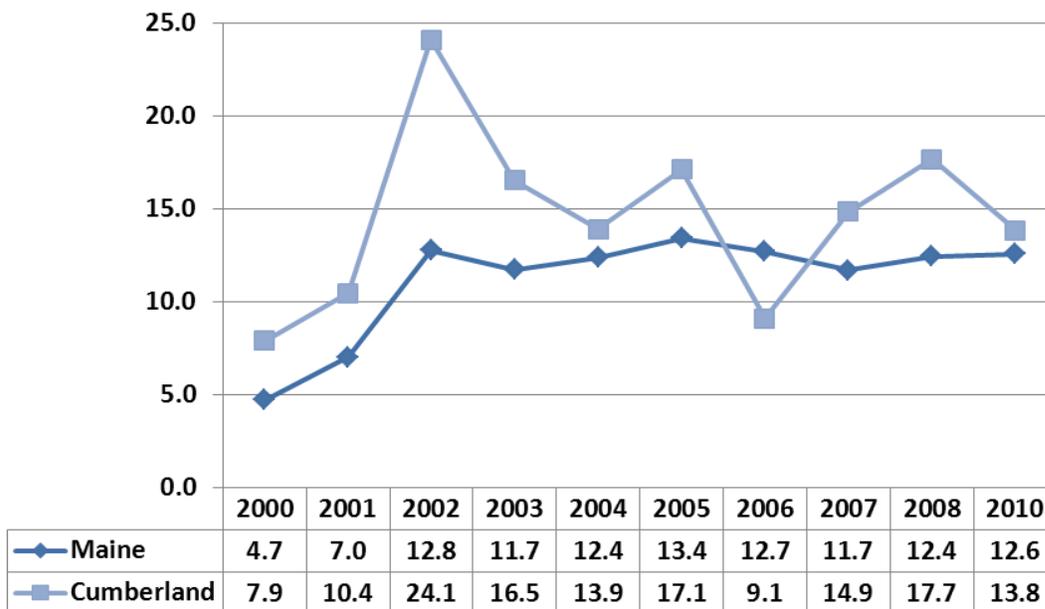
Operationalized as: $\left(\frac{\# \text{ of overdose deaths}}{\text{population}}\right) \times 100,000$

Why Indicator is Important: One of the most extreme consequences of alcohol and drug abuse is overdose death; that is, the substance(s) consumed played a direct role in an individual's death. These are seen as potentially preventable deaths.

Data Source(s): Office of Chief Medical Examiner, 2000-2008, and 2010.⁴

Summary: From 2000 to 2010, the drug overdose death rate per 100,000 people in Cumberland increased from 7.9 per 100,000 to 13.8 per 100,000; this was slightly higher than the statewide average. The rate of death due to overdose has generally been higher in Cumberland compared to the statewide rate.

Figure 23. Drug-related death rate per 100,000: 2000-2008 and 2010



Source: Office of the Chief Medical Examiner.

⁴ Sorg, Marcella H. (2012).

Factors Contributing to Substance Use and Abuse

A body of substance abuse prevention research has identified certain groups of factors that “cause” or have an impact on substance use and the consequences related to use. That is, they appear to influence the occurrence and magnitude of substance use and its related consequences. Generically, these causal factors (also known as contributing factors) are categorized into groups which include:

- Social Access (e.g., getting drugs and alcohol from friends or family)
- Retail Availability (e.g., retailer not carding properly)
- Pricing & Promotion (e.g., two-for-one specials, industry sponsorships or signage)
- Social/Community Norms (e.g., parental/community attitudes and beliefs)
- Enforcement (e.g., lack of compliance checks)
- Perceptions of Harm (e.g., individuals’ belief that using a substance is harmful)⁵
- Perceived Risk of Being Caught (e.g., individuals’ belief that s/he will be caught by parents or police)⁶

Substance abuse prevention in Maine is undertaken with the assumption that making changes to these factors at the community level will result in changing behaviors around substance use and related problems. It is through positively impacting these factors that Maine can achieve population-level changes in substance consumption and consequences.

Although most high school students in Cumberland seem to perceive that regular use of substances poses a risk of harm, less than half think they will be caught by their parents and even fewer think they will be caught by the police if they use alcohol or marijuana. In fact, most students in Cumberland think it is easy to obtain alcohol and marijuana.

For county-level trends prior to 2009, data are available at the www.maineosa.org website or by calling Maine OSA at (207) 287-2595.

⁵ Bonnie, Richard J., and Mary Ellen O’Connell, Eds. (2004). *Reducing Underage Drinking: A Collective Responsibility*. The National Academies Press: Washington, DC.

⁶ “A General Causal Model to Guide Alcohol, Tobacco and Illicit Drug Prevention: Assessing the Research Evidence.” Multi-State Technical Assistance Workshop. Washington, DC. March 16, 2006.

Availability and Accessibility

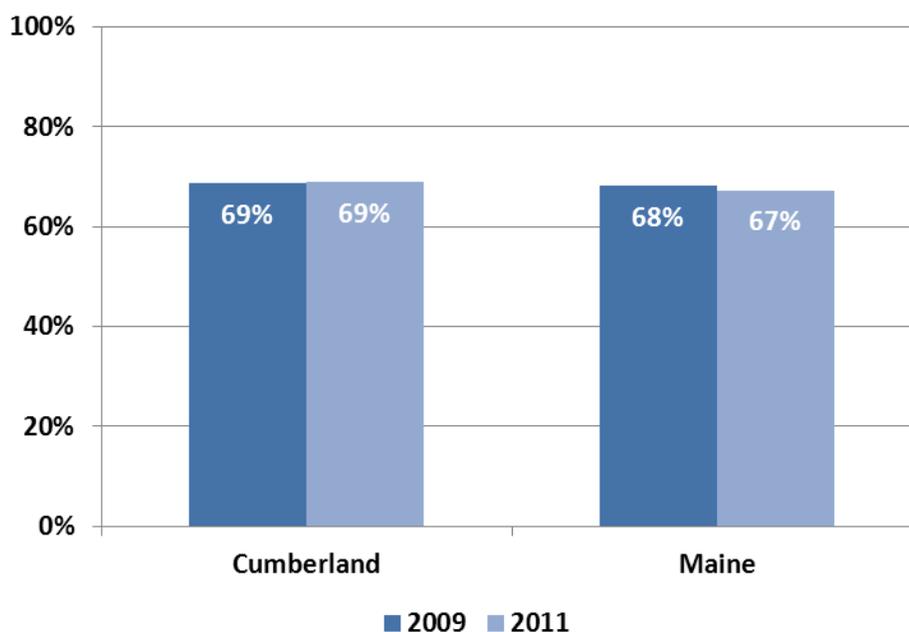
Indicator Description: PERCEIVED EASE OF OBTAINING ALCOHOL BY UNDERAGE YOUTH. This indicator reflects the percentage of high school students (grades 9 to 12) who reported that it would be easy or very easy for them to get alcohol if they wanted some.

Why Indicator is Important: According to the 2011 statewide MIYHS, students who reported that they thought alcohol was easy to obtain were three times as likely to report consuming alcohol within the past month compared to students who did not think it was easy obtain.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, Sixty-nine percent of high school students in Cumberland (almost seven out of ten) indicated that it was easy to get alcohol. This was slightly higher (two percentage points) than the statewide rate.

Figure 24. Percent of high school students in Cumberland who reported it was easy to get alcohol: 2009, 2011



Source: MIYHS

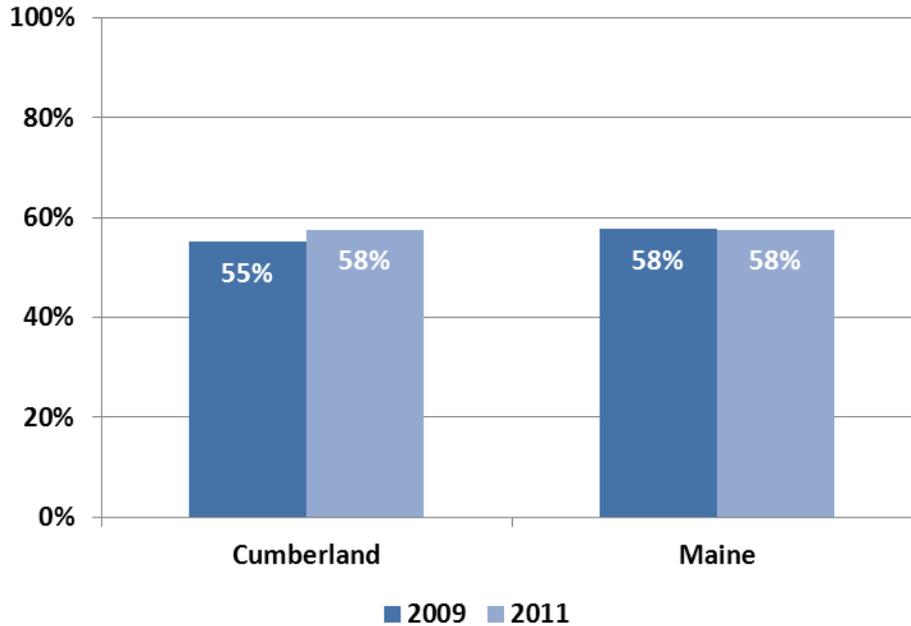
Indicator Description: PERCEIVED EASE OF OBTAINING MARIJUANA BY YOUTH. This indicator illustrates the percentage of high school students reporting it would be easy or very easy to obtain marijuana if they wanted it.

Why Indicator is Important: According to the 2011 statewide MIYHS, students who reported that they thought marijuana was easy to obtain were seven times as likely to use marijuana in the past 30 days compared to their peers who thought it was difficult to obtain.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, just over half (58%) of high school students in Cumberland indicated that it would be easy to get marijuana; this is the same as the state average.

Figure 25. Percent of high school students in Cumberland who reported it would be easy to get marijuana: 2009, 2011



Source: MIYHS

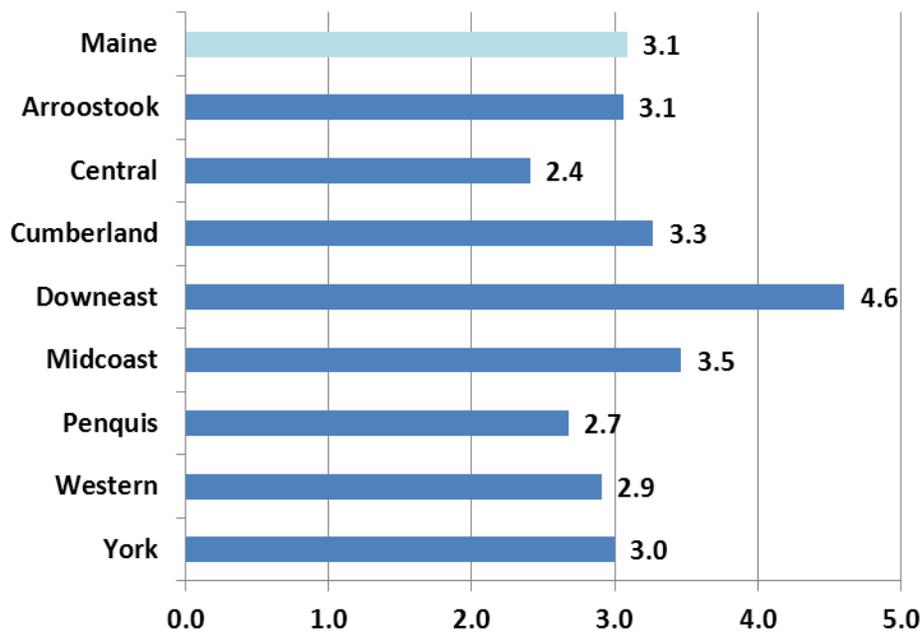
Indicator Description: NUMBER OF ALCOHOL OUTLETS PER CAPITA. This indicator reflects the number of retail establishments selling alcohol per person. This includes both on-premise (e.g., bars, restaurants) and off-premise (e.g., convenience stores) establishments. It is calculated by dividing the number of retail establishments by the number of residents in the county (based on 2010 U.S. Census figures).

Why Indicator is Important: National research shows that there is a correlation between the number of places that sell alcohol in an area (retail density) and the rate of alcohol-related crime.⁷

Data Source(s): DPS, Liquor Licensing and Compliance, 2011; U.S. Census, 2010.

Summary: The number of liquor licensees in Cumberland per 1,000 residents (3.3) was marginally lower than the statewide average in 2011.

Figure 26. Number of liquor licensees per 1,000 residents, by PHD: 2011



Source: DPS and U.S. Census

⁷Grube, J. W., Gruenewald, P. J. & Chen, M. J. (2010). Community alcohol outlet density and underage drinking. *Addiction*, 105, 270-278.

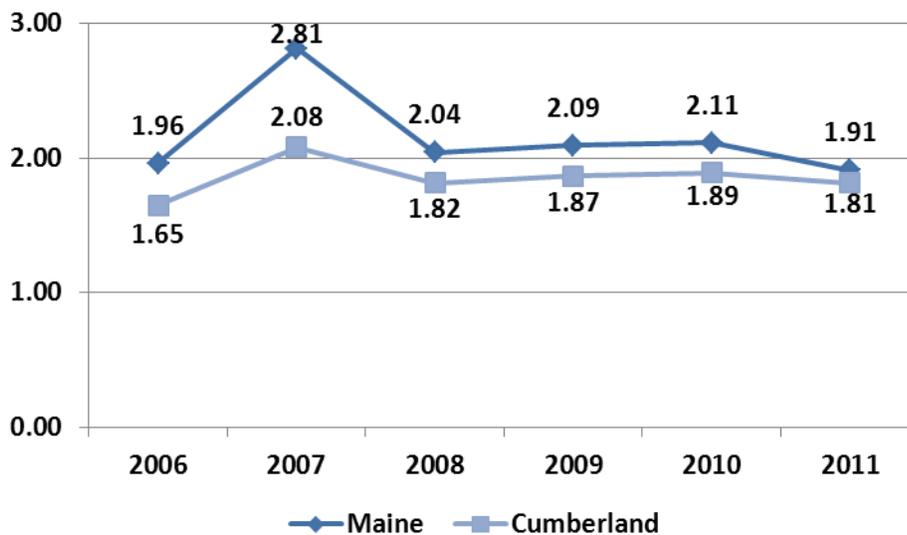
Indicator Description: NUMBER OF PRESCRIPTIONS FILLED PER CAPITA. This indicator reflects the number of “Schedule II-IV” prescriptions filled in Maine per person. It is important to note that the number of prescriptions per capita does not indicate the overall number of pills prescribed, the size/dosage of the pills, or drugs that fall within DEA “Schedules I or V”. At the time of this report, all pharmacies, excluding the Veterans Administration, federally regulated methadone clinic and the Indian Health Service (IHS) center, which dispense in Maine report to the Prescription Monitoring Program. IHS is scheduled to begin reporting during the summer of 2012. The VA is working on a plan to begin reporting soon.

Why Indicator is Important: The number of prescriptions filled per capita indicates the volume of prescription pills potentially available in the community for diversion (e.g., gift, sale, or theft). A higher level of availability contributes to misuse by individuals without a prescription.

Data Source(s): PMP, 2006-2011.

Summary: From 2008 to 2011, prescriptions filled per capita in Cumberland have remained relatively stable. In 2011, Cumberland had 1.81 prescriptions per capita; this was slightly lower than the statewide average of 1.91. Since 2006, Cumberland has had consistently lower rates than the State as a whole.

Figure 27. Number of prescriptions filled per capita in Cumberland: 2006-2011.



Perceived Risk and Harm

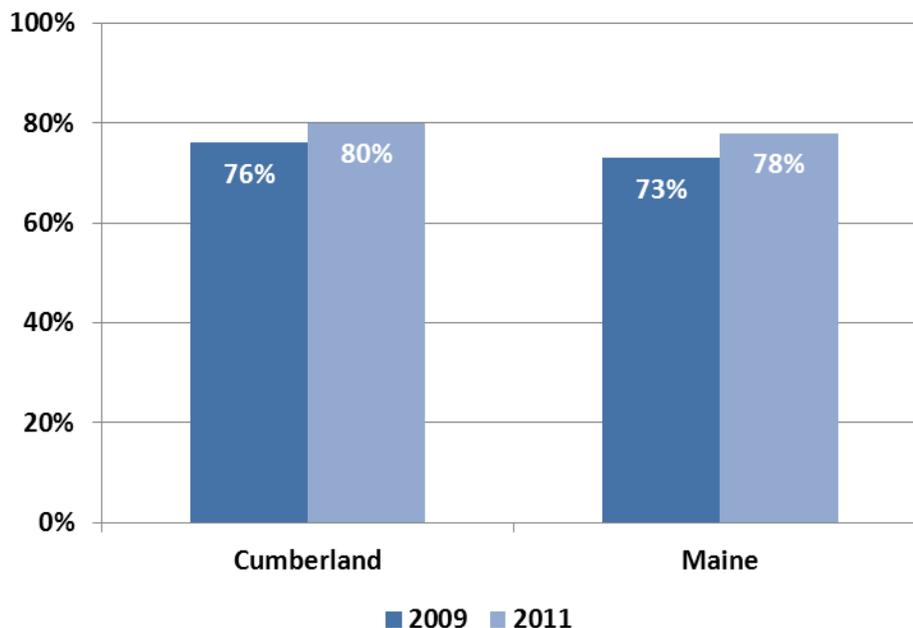
Indicator Description: PERCEIVED RISK FROM BINGE DRINKING AMONG YOUTH. This indicator reflects the percentage of individuals who perceive that there is moderate-to-great risk from drinking five or more drinks once or twice per week.

Why Indicator is Important: According to the 2011 statewide MIYHS, high school students who perceive binge drinking as a moderate-to-great risk of harm are one-third as likely to binge drink in the past month than students who did not perceive harm. Adults are also less likely to binge drink if they perceive it to be risky.

Data Source(s): MIYHS, 2009-2011.

Summary: From 2009 to 2011, the percentage of high school students in Cumberland who indicated that there is a moderate-to-great risk of people harming themselves if they consume five or more drinks regularly increased from 76 percent to 80 percent. This is slightly higher than the state average (78%).

Figure 28. Percent of high school students in Cumberland who reported a risk of harm from consuming five or more drinks once or twice per week: 2009, 2011



Source: MIYHS

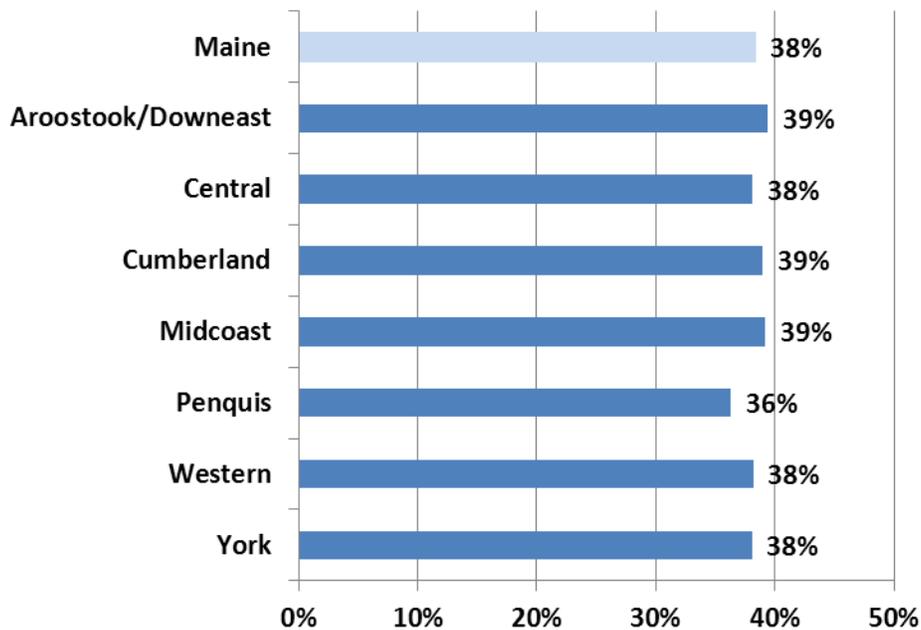
Indicator Description: PERCEIVED RISK FROM BINGE DRINKING AMONG MAINERS. This indicator reflects the percentage of Mainers age 12 and older who perceive that there is risk from consuming five or more drinks once or twice per week. Because of small sample sizes, survey data from multiple years must be combined in order to produce this estimate.

Why Indicator is Important: The perception that consuming a lot of alcohol is risky indicates an individual is knowledgeable about health risks and other negative consequences. Adults are less likely to binge drink if they perceive it to be risky.

Data Source(s): NSDUH, 2006-08.

Summary: Findings indicate that the percent of the population in Cumberland age 12 or older who perceives a great risk from binge drinking is relatively on par with the state average (39% and 38%, respectively).

Figure 29. Percent of population age 12 or older who perceive a great risk from binge drinking by Public Health District: 2006-2008



Source: NSDUH

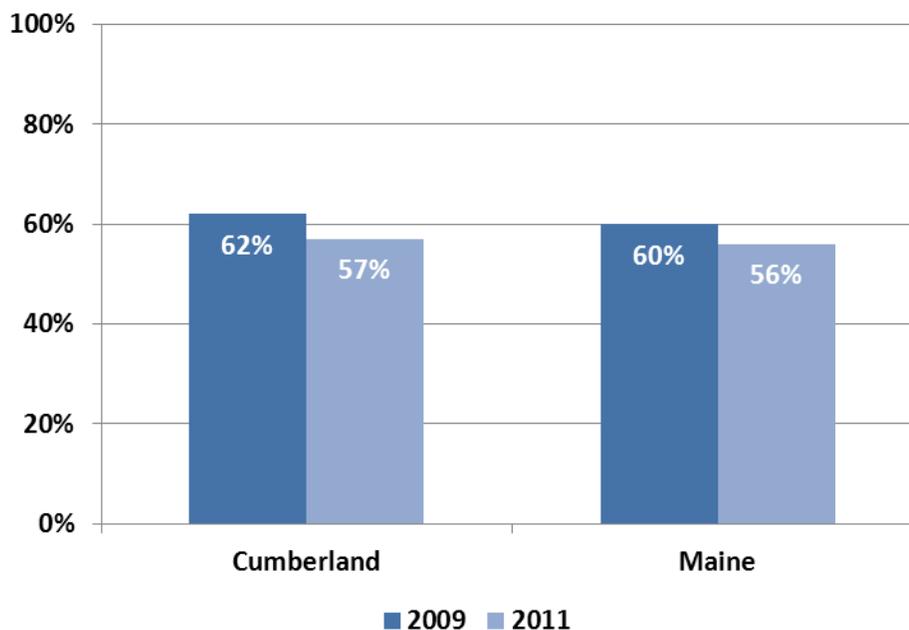
Indicator Description: PERCEIVED RISK OF REGULAR MARIJUANA USE AMONG YOUTH. This measure demonstrates the percentage of individuals who perceive a moderate-to-great risk of harm from smoking marijuana regularly.

Why Indicator is Important: According to the 2011 statewide MIYHS, high school students who do not believe there is moderate-to-great risk in smoking marijuana regularly are 6.5 times as likely to smoke marijuana as their peers who do perceive risk of harm.

Data Source(s): MIYHS, 2009-2011.

Summary: From 2009 to 2011, the proportion of high school students in Cumberland who indicated that there is a moderate-to-great risk of people harming themselves if they smoke marijuana regularly decreased substantially, from 62 percent to 57 percent; this was slightly higher than the statewide average (56%).

Figure 30. Percent of high school students in Cumberland who reported a risk of harm from smoking marijuana regularly: 2009, 2011



Source: MIYHS

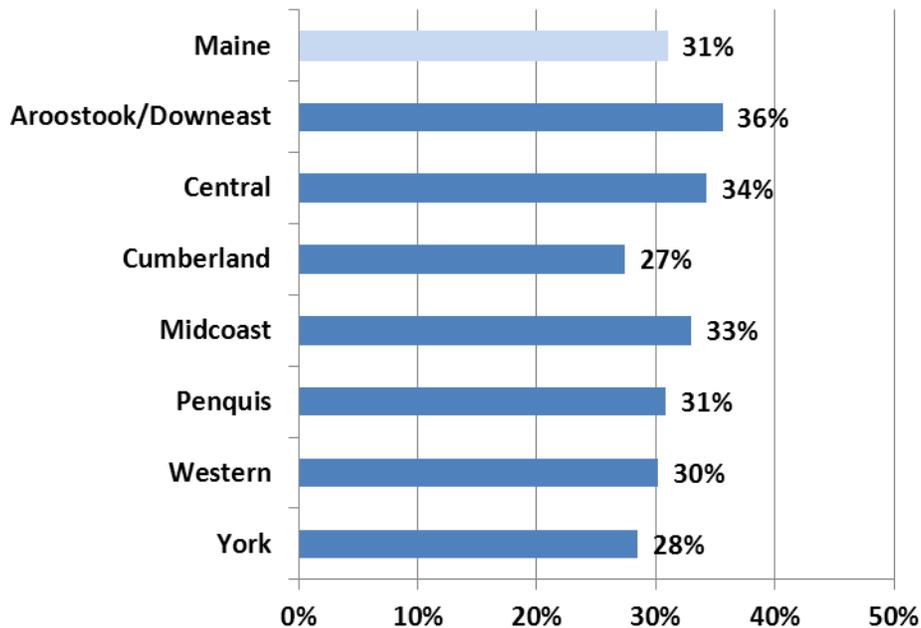
Indicator Description: PERCEIVED RISK OF REGULAR MARIJUANA USE AMONG MAINERS. This measure demonstrates the percentage of Mainers over the age of 12 who perceive a risk of harm from smoking marijuana once a month. Because of small sample sizes, survey data from multiple years must be combined in order to produce this estimate.

Why Indicator is Important: The perception that using a substance is risky indicates an individual is knowledgeable about health risks and other negative consequences associated with that substance. Perceptions of risk reduce the likelihood that an individual will engage in the behavior.

Data Source(s): NSDUH, 2006-08.

Summary: In 2006-08, Cumberland had the lowest percent of residents over the age of 12 who perceived a great risk from smoking marijuana once a month (27%), compared to 31 percent statewide.

Figure 31. Percent of population age 12 or older who perceive a great risk from smoking marijuana once a month by Public Health District: 2006-2008



Source: NSDUH

Perceived Enforcement

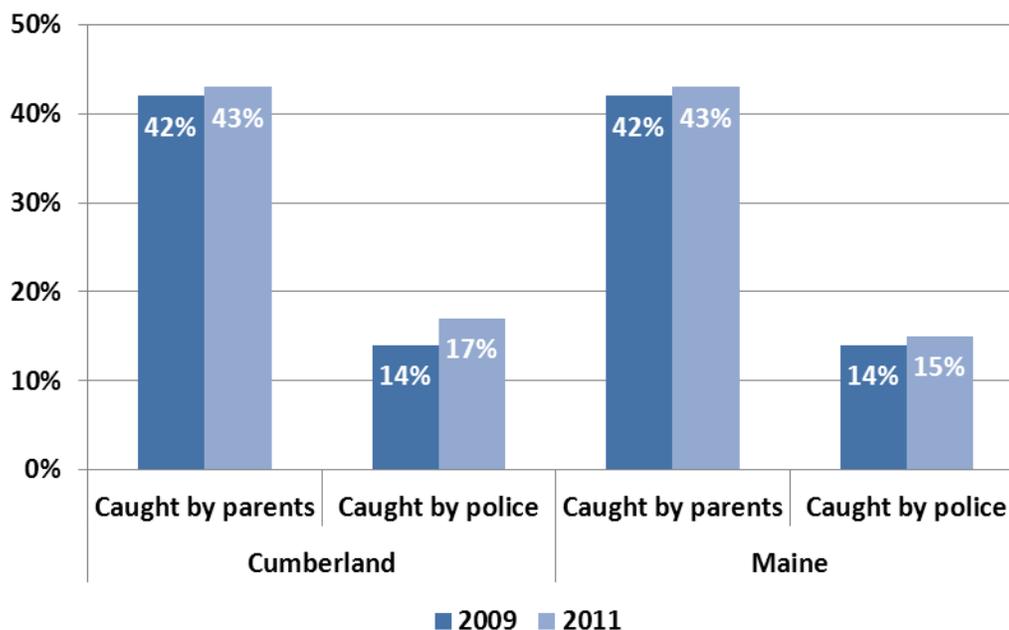
Indicator Description: PERCIEVED RISK OF BEING CAUGHT FOR DRINKING ALCOHOL AMONG YOUTH. This indicator reflects the percentage of high school students who reported that they would be caught by their parents or by police if they drank alcohol.

Why Indicator is important: According to the 2011 statewide MIYHS, high school students who believe they will be caught by their parents are one-fifth as likely to drink in the past month as compared to students who do not think they will be caught. Students who believe that they would be caught by the police are half as likely to drink alcohol in the past month as those who do not think they would be caught.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, the perceived risk of high school students being caught by their parents for drinking alcohol in Cumberland was 43 percent, the same as the state average. Seventeen percent of high school students indicated that they thought they would be caught by the police for drinking alcohol (compared to 15% statewide). That means high school students in Cumberland are approximately 2.5 times as likely to perceive a risk of being caught by their parents, rather than the police, for drinking alcohol.

Figure 32. Perceived risk among high school students in Cumberland of being caught by parents or police for drinking alcohol: 2009, 2011



Source: MIYHS

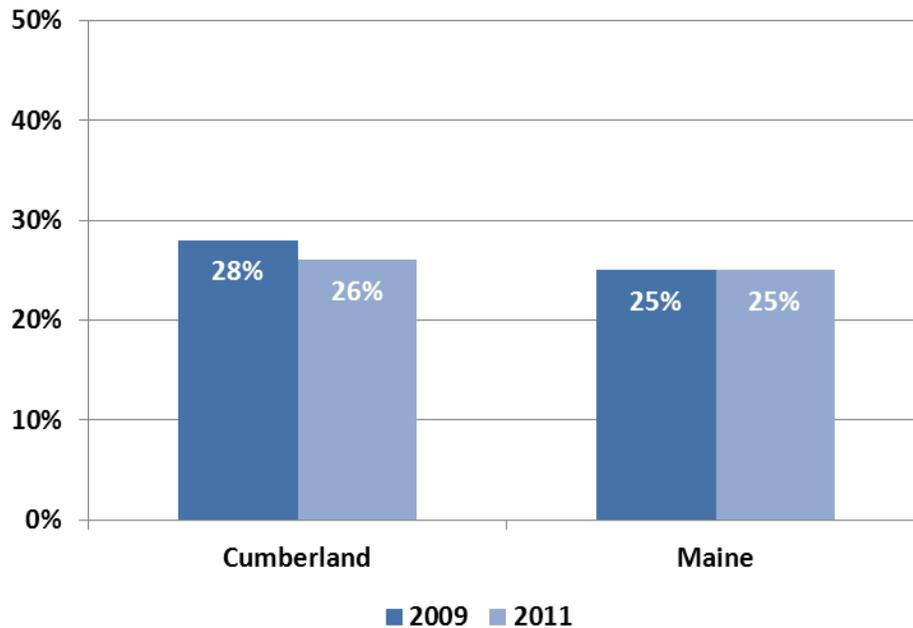
Indicator Description: PERCEIVED RISK OF BEING CAUGHT FOR SMOKING MARIJUANA AMONG YOUTH. This measure shows the percentage of high school students who reported that they thought they would be caught by police if they smoked marijuana.

Why Indicator is Important: According to the statewide 2011 MIYHS, high school students who believe they would be caught by the police are approximately half as likely to smoke marijuana as their peers.

Data Source(s): MIYHS, 2009, 2011.

Summary: In 2011, 26 percent of high school students in Cumberland indicated that they thought they would be caught by the police if they smoked marijuana, compared to 25 percent statewide.

Figure 33. Perceived risk among high school students in Cumberland of being caught by police for smoking marijuana: 2009, 2011



Source: MIYHS

Mental Health, Suicide and Co-occurring Disorders

The relationship between substance use and mental health has been well documented. There are great efforts underway at the Substance Abuse Mental Health Services Administration (SAMHSA) and throughout Maine to better integrate mental health promotion and substance abuse prevention. At the individual level, it is important to know if one exists because the symptoms of each can affect the other; that is, a person who is depressed may abuse alcohol in an effort to feel better. At the community level, it is important to understand how the prevalence of one interacts with the other so that prevention and intervention efforts can better address the needs of both. The data indicators included below represent the first attempt to collect multiple mental health indicators that can be routinely monitored in relation to substance abuse in hopes that this will lead to better prevention and intervention.

About one-fifth of adults in Cumberland report having ever been diagnosed with depression or anxiety and slightly more than one fifth of high school students felt sad or hopeless every day for two weeks in 2011; one in ten high school students considered suicide. More than half of the individuals from Cumberland admitted for substance abuse treatment also had a mental health diagnosis in 2011; this has been increasing since 2007.

Depression and Anxiety

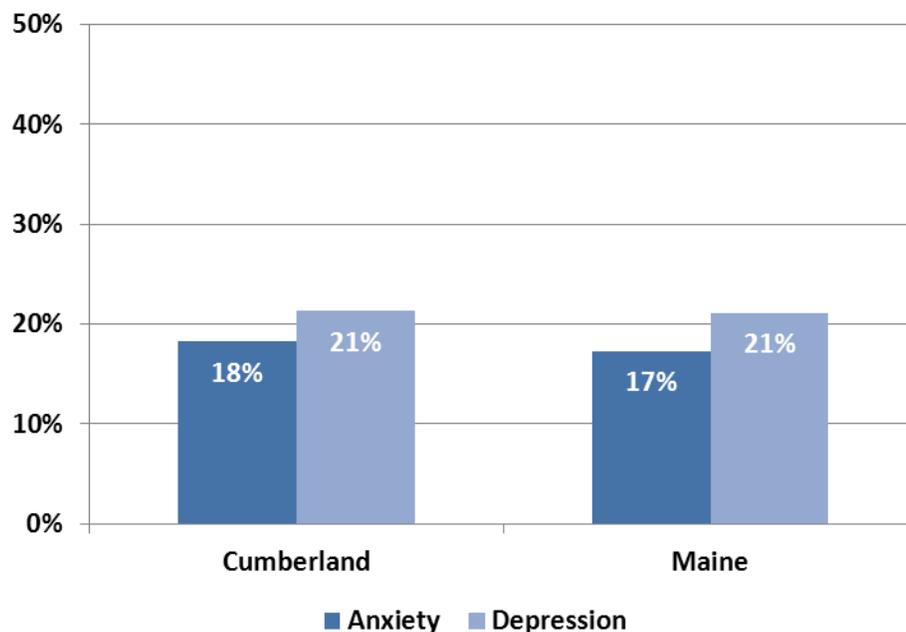
Indicator Description: DIAGNOSIS OF ANXIETY AND DEPRESSION AMONG ADULTS. This indicator examines the percentage of Maine residents age 18 and older who have ever been told by a doctor that they have a depressive or anxiety disorder.

Why Indicator is Important: The link between mental health and substance abuse is well documented. Experiencing anxiety or depression is associated with higher rates of substance abuse.

Data Source(s): BRFSS, 2006, 2008-2010.

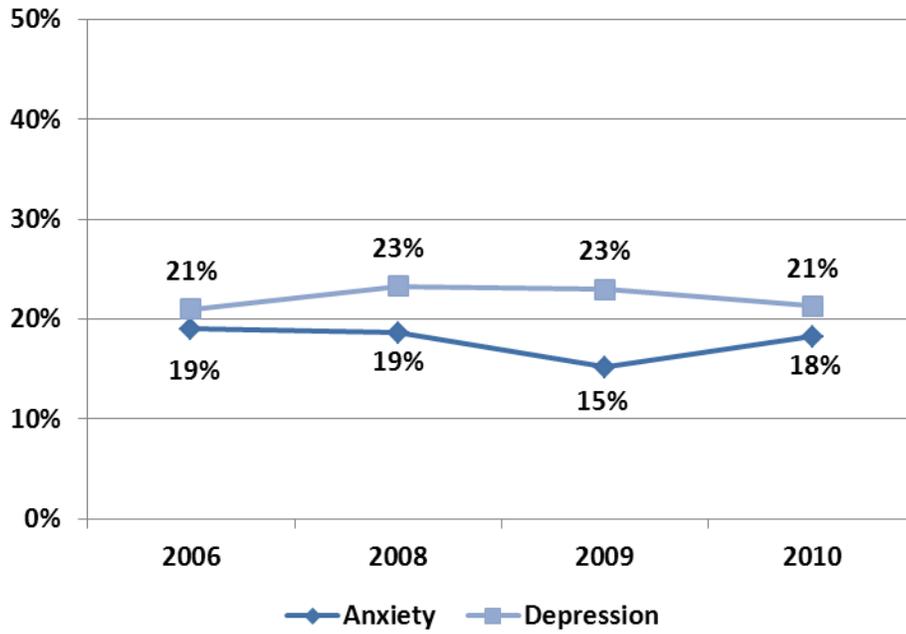
Summary: In 2010, approximately 18 percent of adults in Cumberland had been told they have an anxiety disorder, and 21 percent had been told they have a depressive disorder. The rates for diagnosis of anxiety and depressive disorders in Cumberland are very similar to rates at the State level. It appears that the rate of diagnosis of anxiety disorders has decreased since 2009 (see the figure on the following page) while the rate of diagnosis for depressive disorders has remained fairly stable.

Figure 34. Percent of adults who have ever been told they have an anxiety or depressive disorder: Cumberland and Maine: 2010



Source: BRFSS

Figure 35. Percent of adults in Cumberland who have ever been told they have an anxiety or depressive disorder: 2006, 2008-2010



Source: BRFSS

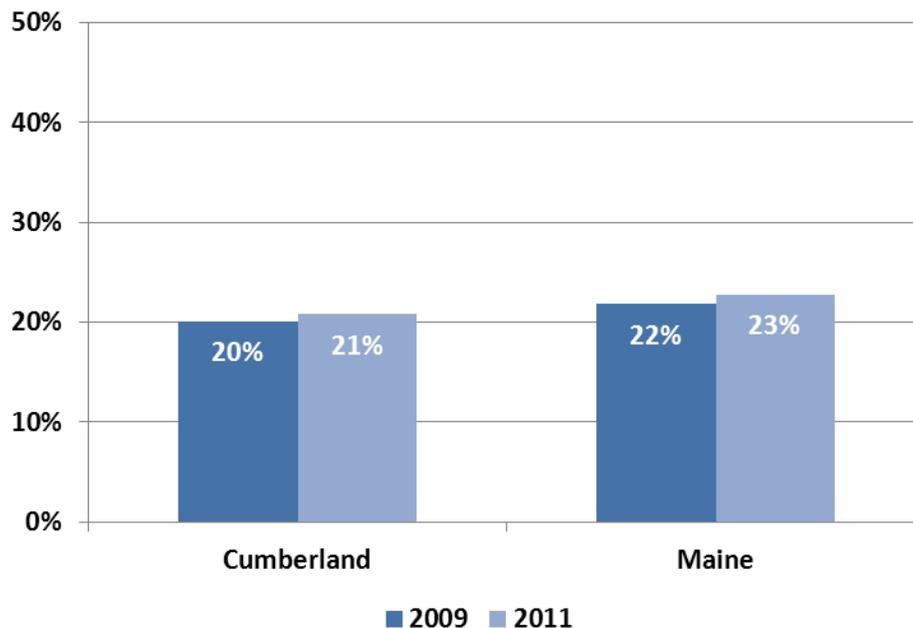
Indicator Description: DEPRESSION AMONG YOUTH. This indicator measures the percentage of high school students reporting they felt sad or hopeless almost every day for two weeks in a row during the past year.

Why Indicator is Important: Experiencing depression in the past year is associated with higher rates of substance abuse. Among youth, depression is also associated with problems with relationships and academic achievement.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, approximately 21 percent of high school students in Cumberland indicated that they felt sad or hopeless every day for two weeks or more in a row during the past year. This was a slightly lower rate than found in Maine high school students overall (23%).

Figure 36. Felt sad or hopeless almost every day for two weeks or more in a row during the past year: 2009, 2011



Source: MIYHS

Suicide and Suicidal Ideation

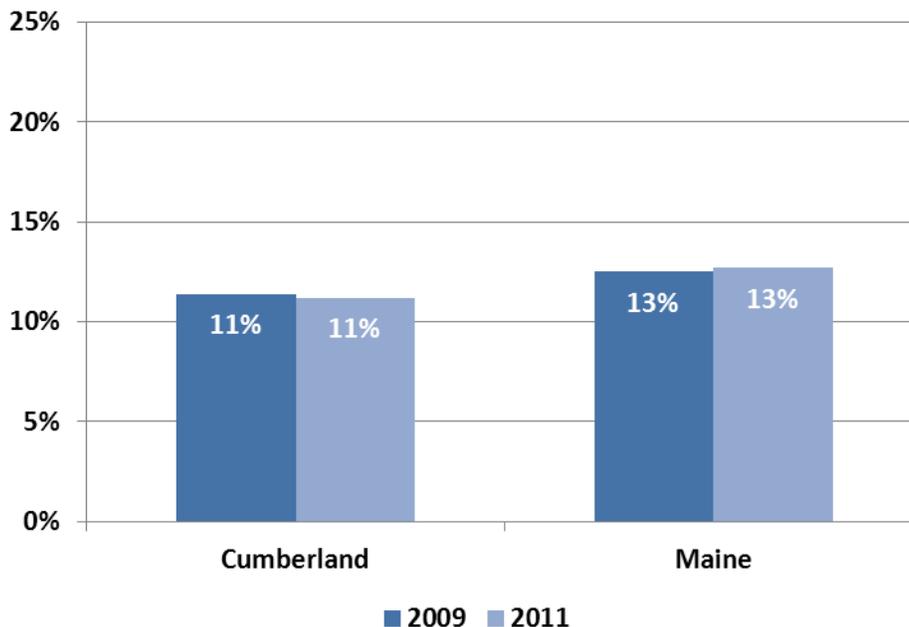
Indicator Description: SUICIDAL IDEATION AMONG YOUTH. This measure examines the percentage of high school students who reported that they seriously considered attempting suicide during the past year.

Why Indicator is Important: Suicide is the most tragic consequence of major depressive disorders. Abuse of alcohol or other drugs may increase emotional problems leading to suicidal ideation and suicidal behavior.

Data Source(s): MIYHS, 2009-2011.

Summary: In 2011, 11 percent of high school students in Cumberland considered suicide during the past year compared to 13 percent who had done so for the state overall.

Figure 37. Percent of high school students in Cumberland who considered suicide during the past year: 2009, 2011



Source: MIYHS

Mental Health and Substance Abuse Co-Occurrence

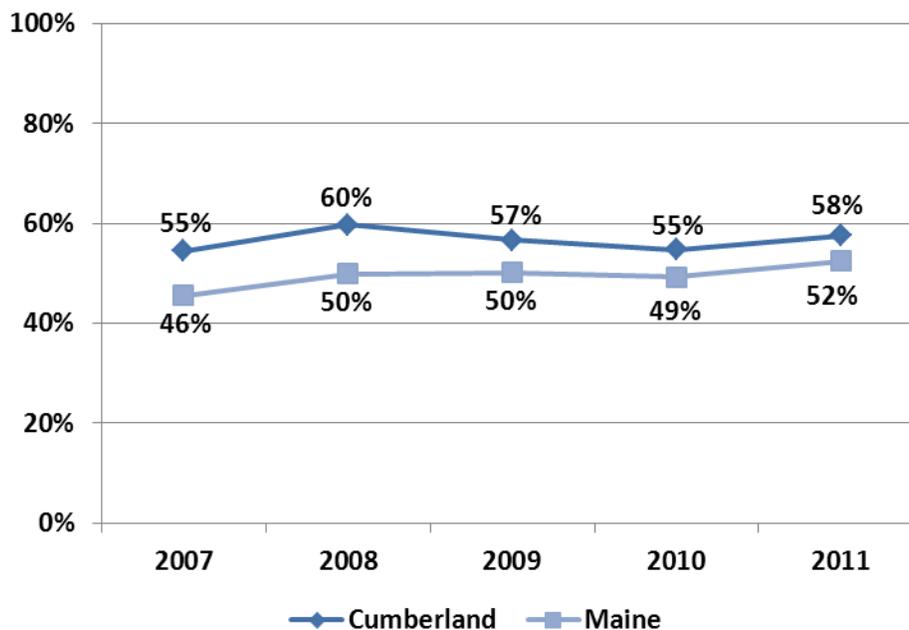
Indicator Description: CO-OCCURRING MENTAL HEALTH AND SUBSTANCE ABUSE TREATMENT. This indicator reflects the proportion of treatment admissions for substance abuse where the individual also has a mental health diagnosis.

Why Indicator is Important: The link between mental health and substance abuse is well documented. In terms of treatment, it is important to know if one exists because the symptoms of each can affect the other.

Data Source(s): TDS, 2007-2011.

Summary: From 2007 through 2011, Cumberland has consistently reported higher percentages of individuals admitted for substance abuse treatment and who also have a mental health diagnosis than is found in the state on average. Since 2007, Cumberland has seen an increase of three percentage points, from 55% to 58%.

Figure 38. Percent of individuals admitted for substance abuse treatment that also had a mental health diagnosis: 2007-2011



Source: TDS

Treatment Admissions for Substance Abuse

Substance abuse treatment admissions are an indicator of how many people *receive treatment* for a substance abuse problem. These admissions can be voluntary, but they can also be court-ordered. Treatment admission data should not be used as an indicator of the magnitude of the problems related to substance abuse. Rather, treatment should be seen as a major consequence stemming from substance use and one that requires many resources.

The overall number of clients admitted to treatment has been declining since 2007, from 14,843 to 11,380 in 2011. Mainerers continued to seek out treatment for abuse involving a wide array of substances besides alcohol; in 2011 there were 4,421 admissions for alcohol as the primary substance. This was followed by synthetic opioids (3,630) and marijuana (1,094).

In Cumberland, over a third of primary treatment admissions were for alcohol and one-quarter were for synthetic opioids; the number of those related to opioids appears to be increasing. When compared to the state, Cumberland appears to have a higher proportion of primary and secondary treatment admissions related to heroin/morphine and cocaine/crack.

Treatment Admissions

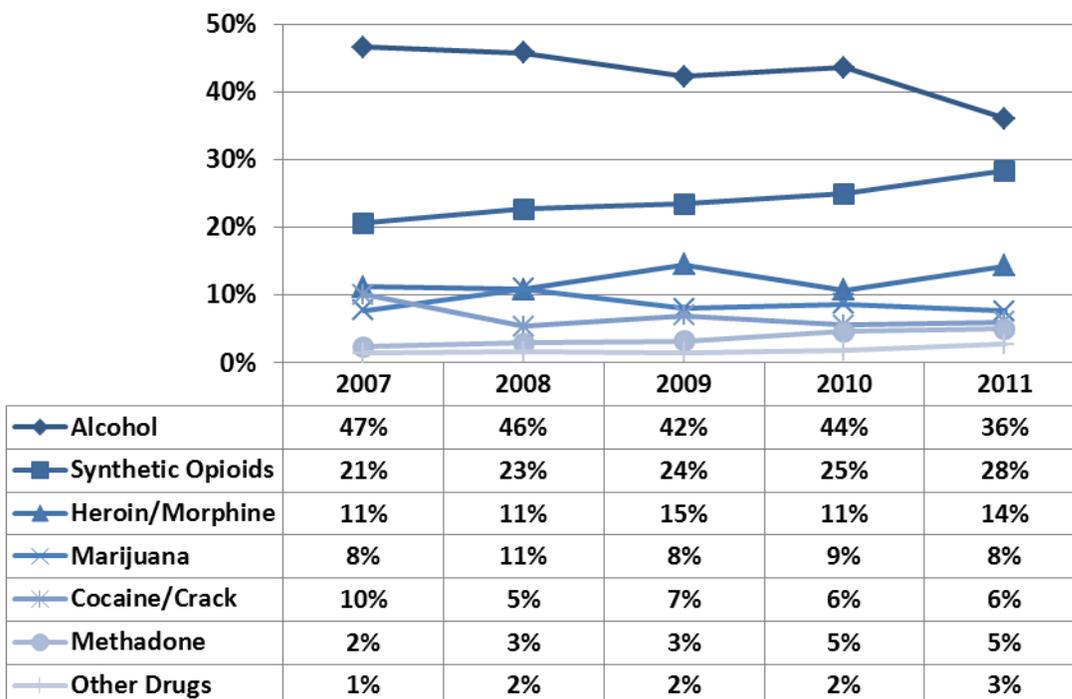
Indicator Description: PRIMARY TREATMENT ADMISSIONS. This measure reflects substance abuse treatment admissions. A “primary” substance is identified during the treatment admissions process based on use patterns (e.g., frequency, duration, quantity) and the risk(s) posed to the individual. The analysis excludes admissions for shelter/detoxification services.

Why Indicator is Important: The number of substance abuse treatment admissions is bound by both the need and the capacity for treatment. Treatment admission data are not a good indicator of substance use, abuse or dependence, but do provide an indication of service usage and the impact of substance use on the behavioral healthcare system.

Data Source(s): TDS, 2007-2011.

Summary: In 2011, 36 percent of all primary treatment admissions in Cumberland were related to alcohol, followed by synthetic opioids⁸ at 28 percent and heroin/morphine (14%). Primary treatment admissions related to alcohol appear to be declining as a proportion of all admissions, while those related to synthetic opioids appear to be rising.

Figure 39. Primary drug admissions for adults in Cumberland: 2007-2011

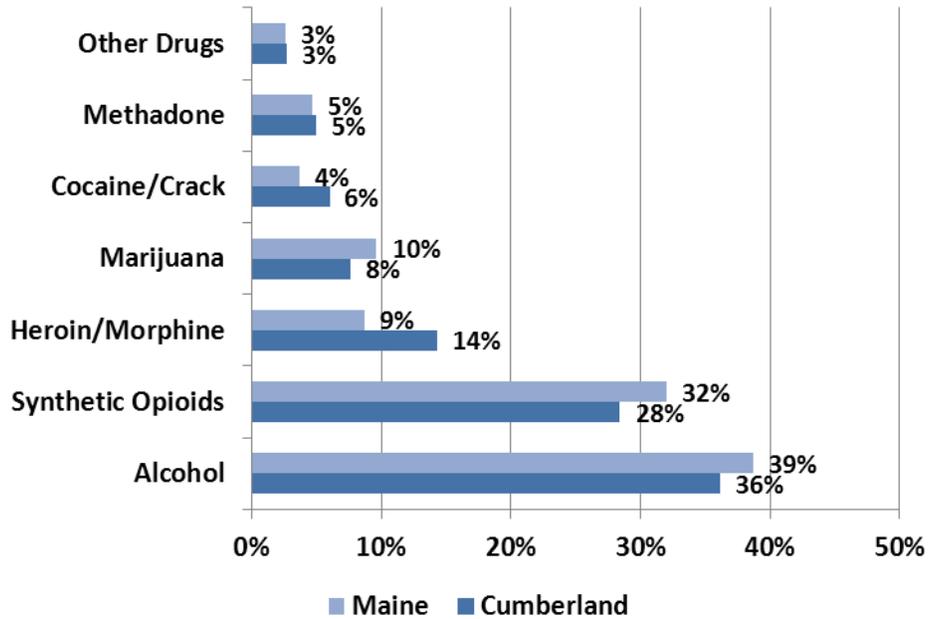


Source: TDS

⁸ “Synthetic opioids” excludes methadone and buprenorphine.

Summary: In 2011, the proportion of primary treatment admissions for alcohol and synthetic opioids was lower for Cumberland as compared to the state. At 14 percent, Cumberland had a higher proportion of primary admissions related to heroin/morphine compared to the primary treatment admissions statewide (9%).

Figure 40. Primary drug admissions for adults: 2011



Source: TDS

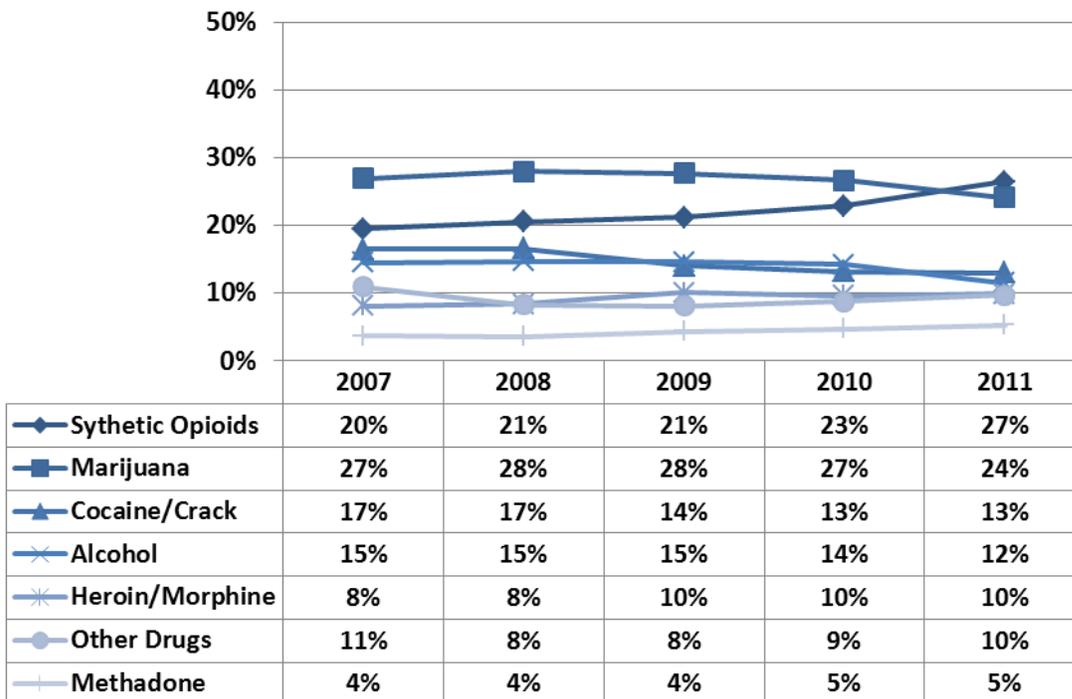
Indicator Description: SECONDARY TREATMENT ADMISSIONS. This measure reflects substance abuse treatment admissions. A “secondary” substance is identified during the admissions process as one used by the individual and for which treatment may be received, but it is not the primary substance for which treatment was sought. The analysis excludes admissions for shelter/detoxification services.

Why Indicator is Important: The number of substance abuse treatment admissions is bound by both the need and the capacity for treatment. Treatment admission data are not a good indicator of substance use, abuse or dependence but provide an indication of service usage and the impact of substance use on the behavioral healthcare system.

Data Source(s): TDS, 2007-2011.

Summary: In 2011, 27 percent of secondary treatment admissions in Cumberland were for synthetic opioids, followed closely by marijuana (24%) and then cocaine (13%). These trends have remained relatively stable since 2007, although it appears that secondary treatment admissions related to synthetic opioids are increasing while marijuana-related secondary admissions are decreasing.

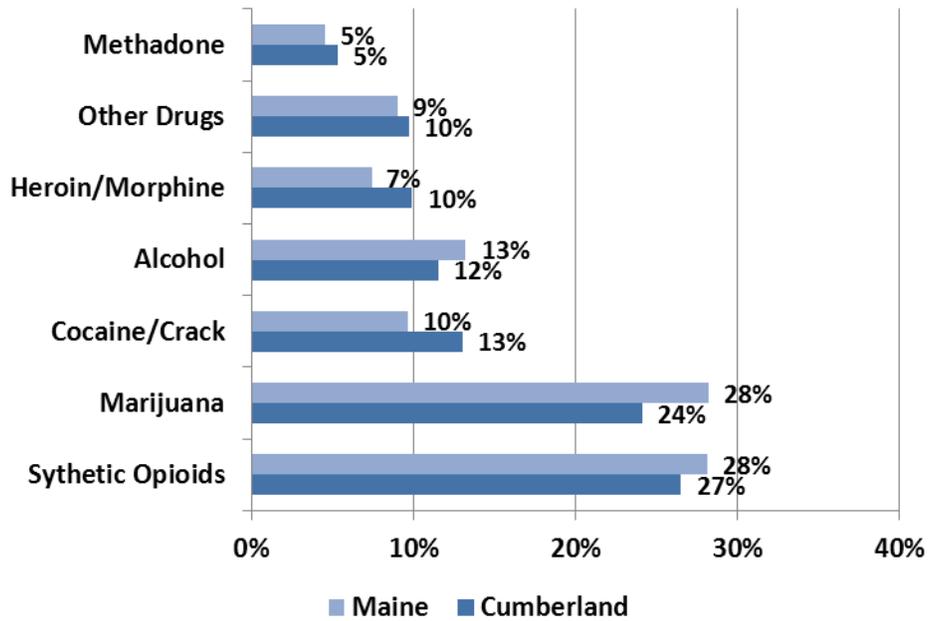
Figure 41. Secondary drug admissions for adults in Cumberland: 2007-2011



Source: TDS

Summary: In 2011, Cumberland had a higher percent of secondary admissions related to cocaine/crack (13%), heroin/morphine (10%) and other drugs (10%) compared to all secondary treatment admissions statewide.

Figure 42. Secondary drug admissions for adults: 2010



Source: TDS

Appendix: Data Sources

This report includes data that was gathered from a number of data sources. A detailed description of each source is provided below, consisting of information about the data included in each source, and retrieval or contact information. The report includes data that were available through May 2012.

There are multiple purposes for this report. One is to provide a snapshot of the most recent data regarding substance abuse, while another is to examine trends over time. Therefore, each indicator may have multiple sources of data that are included. While each indicator provides a unique and important perspective on drug use in Maine, none should individually be interpreted as providing a full picture of drug trends in Maine. In particular, the percentages and figures from one data source do not always align with the data and percentages from a similar source. Older data are often included in order to examine an indicator among a specific population or to find trends over time. When discussing rates of prevalence, however, the user should rely upon the most recent data source available.

Description of Data Sources

Behavioral Risk Factor Surveillance System (BRFSS). The BRFSS is a national survey by the U.S. Centers for Disease Control and Prevention (CDC) to adults in all 50 states and several districts and territories. In Maine, it is administered by the Maine Center for Disease Control and Prevention (DHHS). The instrument collects data on adult risk behaviors, including alcohol abuse. BRFSS defines heavy drinking as adult men having more than two drinks per day and adult women having more than one drink per day, and binge drinking as males having five or more drinks on one occasion and females having four or more drinks on one occasion. The most recent data available are from 2010. Older data are also included for trending analyses. Public Health District data were obtained through special analysis. Contact: Timothy Diomede, SEOW Coordinator; timothy.diomede@maine.gov; (207) 287-2596.

Maine Department of Public Safety (DPS), Uniform Crime Reports (UCR). UCR data include drug and alcohol arrests. Drug arrests include sale and manufacturing as well as possession of illegal substances. Liquor arrests include all liquor law violations. OUI arrests are arrests for operating a motor vehicle under the influence of a controlled substance. DPS data are now available from 2010. Arrest data may reflect differences in resources or focus of law enforcement efforts so may not be directly comparable from year to year.

Retrieval: http://www.maine.gov/dps/cim/crime_in_maine/cim.htm

Maine Department of Public Safety (DPS), Liquor Licensing and Compliance. DPS issues and renews licenses for the manufacture, importation, storage, transportation and sale of all liquor and administers those laws relating to licensing and the collection of taxes on malt liquor and wine. DPS maintains a list of all active licenses that can be accessed online.

Retrieval: http://www.maine.gov/dps/liqr/active_licenses.htm

Maine Department of Transportation (MDOT). MDOT analyzes information on all traffic statistics. Statistics for years 2006 through 2011 regarding the year of occurrence and the number of alcohol/drug-related crashes/injuries were obtained via personal correspondence. They receive crash data from the Maine Bureau of Highway Safety. Due to the population estimates for July 1, 2010 being unavailable through the U.S. Census Bureau, only data from years 2006 through 2011 were analyzed. Contact: Duane Brunell, Safety Performance Analysis Manager; duane.brunell@maine.gov; (207) 624-3278.

Maine Integrated Youth Health Survey (MIYHS). The MIYHS is a statewide survey administered biennially through a collaborative partnership by the Maine Office of Substance Abuse (OSA) the Maine Center for Disease Control and Prevention and the Maine department of Education to students in grades 5 through 12. The survey collects information on student substance use, risk factors related to substance use, as well as consequences, perceptions and social risk factors related to substances, and collects information on many other health factors. As of the date of this report, the most recent data available are from 2011. Due to changes in the survey administration and structure, the new survey data cannot be trended with the Maine Youth Drug and Alcohol Survey (MYDAUS). Contact: Stephen Corral, Substance Abuse Program Specialist, Office of Substance Abuse, stephen.corral@maine.gov; (207) 287-2964.

Maine Health Data Organization (MHDO). MHDO data includes all inpatient admissions to all hospitals in Maine for calendar year 2009. Data categories created by the authors include alcohol, opioids, illegal drugs, and pharmaceuticals. All drug categories include intoxication, abuse, dependence, and poisoning cases related to the drug. The opioid category includes methadone, heroin, and opiates. The illegal drug category includes crack/cocaine, cannabis, and hallucinogens. The pharmaceuticals category includes all other non-opioid medications (including stimulants and depressants). Contact: Maine Health Data Organization (MHDO), lisa.parker@maine.gov; (207) 287-3225.

Maine Office of the Chief Medical Examiner. The Maine Office of the Chief Medical Examiner maintains records of all deaths associated with drug overdose. Drug categories include methadone, cocaine, benzodiazepines, oxycodone and heroin/morphine. The death data are compiled on an annual basis and must be finalized prior to release and so are not available to track changes that may occur over shorter time frames. Contact: Dr. Marcella Sorg, Director, Rural Drug & Alcohol Research Program, Margaret Chase Smith Policy Center, University of Maine; marcella_sorg@umit.maine.edu; (207) 581-2596.

National Survey on Substance Use and Health (NSDUH). The NSDUH is a national survey administered annually by the Substance Abuse and Mental Health Services Administration (SAMHSA) to youth grades 6 through 12 and adults ages 18 and up. The instrument collects information on substance use and health at the national, regional and state levels. The advantage of NSUDH is that it allows comparisons to be made across the lifespan (that is, ages

12 and up). However, NSDUH is not as current as other data sources; as of this report, data at the sub-state level are available through 2006-2008; Public Health District data were obtained through special request. Contact: Anne Rogers, Office of Substance Abuse, anne.rogers@maine.gov; (207) 287-4706.

Prescription Monitoring Program (PMP). PMP maintains a database of all transactions for class C-II through C-IV drugs dispensed in the state of Maine. It is important to note that the number of prescriptions per capita does not indicate the overall number of pills prescribed, the size/dosage of the pills, or drugs that fall within DEA "Schedules I or V". At the time of this report, all pharmacies, excluding the Veterans Administration, federally regulated methadone clinic and the Indian Health Service (IHS) center, which dispense in Maine report to the Prescription Monitoring Program. IHS is scheduled to begin reporting during the summer of 2012. Prescription counts do not reflect amounts in terms of dosage or quantity of pills, but rather represent the volume of active prescriptions during the time period. The counts included in this report represent the number of prescriptions filled between 2006 and 2011. Contact: Patricia Lapera, PMP Coordinator, Office of Substance Abuse; patricia.lapera@maine.gov; (207) 287-3363. Retrieval: <http://www.maine.gov/dhhs/osa/data/pmp/index.htm>

Retrieval: <http://www.maine.gov/dhhs/osa/data/pmp/index.htm>

Treatment Data System (TDS). TDS is a statewide database that includes information about clients admitted to treatment in OSA-funded facilities through December 2011. Analyses in this report are based on clients' reported primary, secondary and tertiary drug(s) of choice as well as other demographic and background information that is collected at intake. Drug categories included in this report are alcohol, marijuana, cocaine, heroin, synthetic opiates and methadone/buprenorphine. Contact: Stacey Chandler, Data Control Specialist, Office of Substance Abuse, stacey.chandler@maine.gov; (207) 287-6337.

U.S. Census Bureau. The U.S. Census provides summary profiles showing frequently requested data items from various Census Bureau programs. Profiles are available for all states and counties, and for cities and towns with more than 25,000 people. Data are updated no less than annually. Retrieval for Maine census data: <http://quickfacts.census.gov/qfd/states/23000.html>