

# OSAP August Recipient Meeting: NMCS Findings

August 17, 2021



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# Topics

- Changes to the methodology during the pandemic
- Our statewide sample this year
- Alcohol trends
- Prescription drug use trends
- The opioid module
- The marijuana module
- Mental health module trends
- The PFS20 module
- Open-ended question responses



# 5 Approaches to FY 20 Recruitment



qualtrics<sup>XM</sup>

**Do your part to keep New Mexico safe and healthy**

**2021 NEW MEXICO COMMUNITY SURVEY**

Take an anonymous survey and enter for chances to win **\$100 or \$500.**

<https://tinyurl.com/NMCS2021>

- \* Giving away **\$100** to 3 people every week.
- \* Must be 18 or older and live in New Mexico.
- \* Ends April 30<sup>th</sup>

Sponsored by: Pacific Institute for Research and Evaluation and the NM Office of Substance Abuse Prevention




**Ricardo Cate**  
10h · 🌐

Friends, as you know I work with different entities on issues I am passionate about. At the moment I am working with the Office of Substance Abuse Prevention, New Mexico Human Services Division to get the word out about their annual survey.

Getting accurate information about behavioral health issues that impact our NM communities is really important, so if you are 18 or older and currently live in New Mexico, would you spare some time to complete the survey? Your voice matters.

Click here: <https://tinyurl.com/NMCS2021>

Thank you so much and please share!



The comic strip consists of four panels. Panel 1: A character on a cliff asks, 'Are you willing to take this survey?'. Panel 2: A character on a cliff asks, 'Are you willing to take this survey?'. Panel 3: A character on a cliff asks, 'Are you willing to take this survey?'. Panel 4: A character on a cliff asks, 'Are you willing to take this survey?'. The comic is signed 'R. CATE'.

👍❤️👍 You and 230 others 10 Comments 58 Shares

Love Comment Share



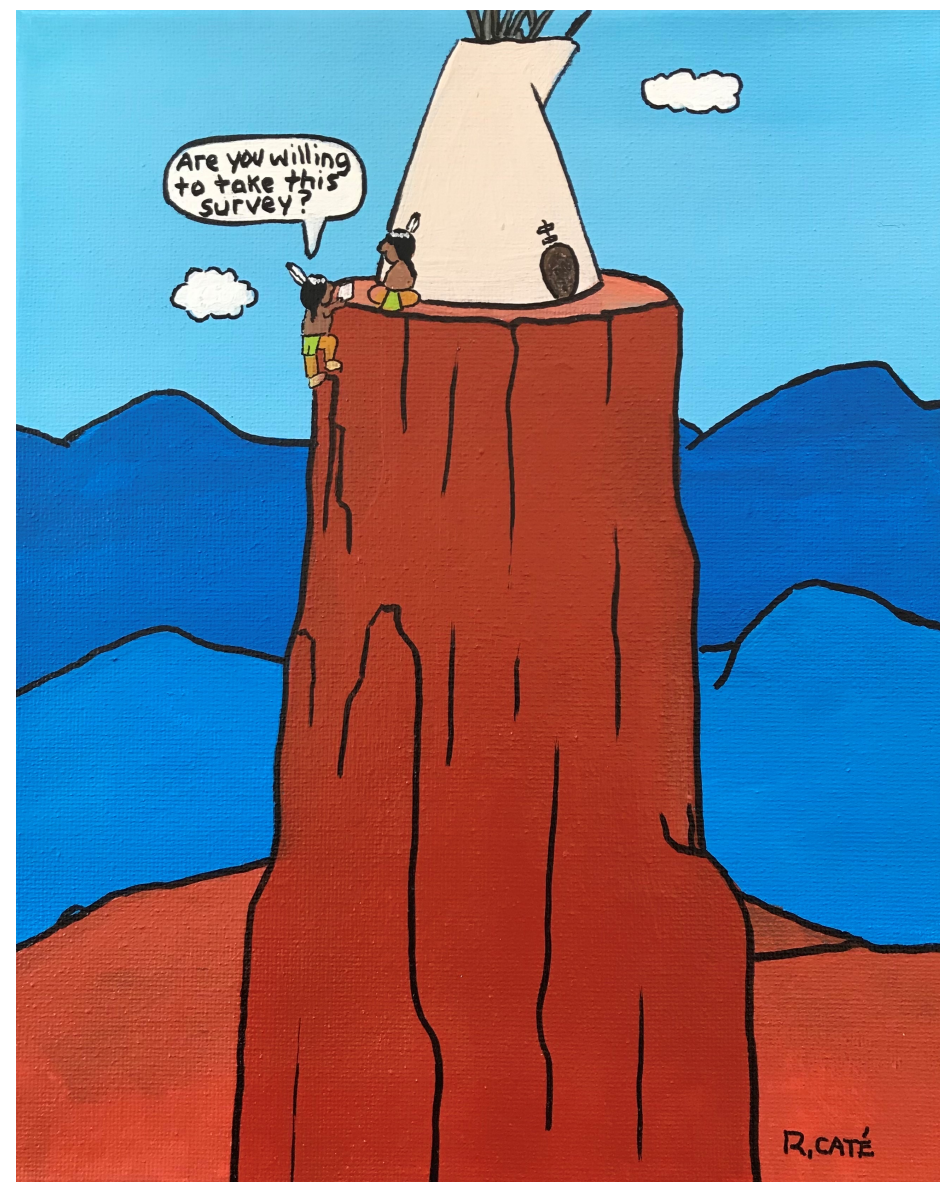


I am very bored waiting outside for my MVD appointment. I think I will take this survey with its handy-dandy tiny url and QR code!











# Fiscal Year 2021 Sample

Photocredit: Nik Anderson





## FY21 Compared to Past

- More male than FY20, but still disproportionate
- Underrepresentation of young adults
- Still underrepresentation of older population
- Still underrepresentation of Latinx/Hispanics
- Still high levels of post-HS education



# Sample Demographics *Unweighted*

	2020 (n=11,774)	2021 (n =10,691)
Male	24%	33%
Age: 18-30	20%	17%
Age: 70+	7%	8%
Race/Ethnicity: White	48%	46%
Race/Ethnicity: Latinx/Hispanic	39%	38%
Race/Ethnicity: Native American	8%	9%
Education Beyond HS	82%	80%



# Considerations when reviewing results

- Participants largely recruited online
- Participants willing/able to complete online
- State estimates weighted by race, age, gender
- Estimates help understand state-level status and changes during this PANDEMIC; complement other sources of information



# Alcohol Use Behaviors

Indicator	FY19	FY20	FY21
Percent Past 30-day alcohol use	46.7	49.9	52.3
Percent Past 30-day binge drinkers (ALL)	16.1	14.9	15.8
Percent Past 30-day binge drinkers (current)	35.3	30.1	30.4
Percent Past 30-day driven under the influence (ALL)	3.2	2.8	2.5
Percent Past 30-day driven under the influence (current)	7.0	5.7	4.8
Percent Past 30-day driven after 5+ drinks	2.7	2.5	2.3



# Perception of risk of consequences and perceived access to minors

Indicator	FY19	FY20	FY21
Percent Very Likely police breaking up teen drinking parties	18.1	16.6	14.2
Percent Very Likely police arresting adult providing alcohol to minor	26.3	24.0	21.9
Percent Very Likely being stopped if driving intoxicated	30.0	26.0	24.8
Percent Very Easy (social) access to alcohol by teens	42.3	34.0	32.8
Percent Very Easy retail access to alcohol by teens	8.9	6.2	6.2
Percent provided alcohol to a minor in past year	2.4	3.0	2.7



Questions?





# Poll

What percentage of all NMCS 21 respondents using Rx Painkillers to get high?

- A. 17.0%
- B. 2.5%
- C. 5.7%
- D. 12.2%



# Rx Painkiller Use Behaviors

Indicator	FY19	FY20	FY21
Prevalence of receiving Rx painkiller past year	24.1	23.9	18.6
Percent past 30-day Rx painkiller use for any reason	11.1	11.3	15.1
Average number of days used Rx painkillers in past 30-days (current users)	10.1	11.2	9.9
Percent past 30-day Rx painkiller use to get high (all)	2.4	2.4	2.5
Percent past 30-day Rx painkiller use to get high (current)	21.4	22.0	17.0



# Rx Painkiller Misuse perception of harms and Rx Painkiller sharing or safe storage

Indicator	%			
	No risk	Slight risk	Moderate Risk	Great risk
Perceived risk of harm with misusing Rx painkillers (n=9,931)	2.6	10.8	28.8	57.8
	Yes	No		
Giving or sharing Rx painkillers in past year (n=9,811)	4.9	95.1		
Rx painkillers stored in locked box or cabinet (n=3,394)	38.0	62.0		



# Rx Painkiller Provider Education and Naloxone Access

Indicator	2021	2020
When having been prescribed painkillers last year...	%Yes	
Were prescribed naloxone as well (n=1,905)	25.8	20.3
Talked about risks in using Rx painkillers (n=1,943)		
Healthcare provider	52.7	51.3
Pharmacy staff	34.6	37.1
Talked about storing Rx painkillers safely (n=1,943)		
Healthcare provider	31.1	30.9
Pharmacy staff	26.3	27.7
Had access to naloxone when used painkillers in the past 30 days (n=1,172, only past 30 day users)	32.7	31.9



# Opioid module-Knowledges about family members/friends who use Rx painkillers or heroin

Indicator	% of Yes
Having family members or friends who often use Rx painkillers (n=4,136)	21.6
These Rx painkiller users are at risk of overdose (n=929)	60.7
Some of these Rx painkiller users live with you (n=924)	16.3
Having family members or friends who often use heroin (n=4,136)	9.1
These heroin users are at risk of overdose (n=405)	90.2
Some of these heroin users live with you (n=400)	10.8



# Opioid module-Endorsement of issues related to opioid use

Indicator	% of Agree or strongly agree
Medical treatment can help people with opioid use disorder lead normal lives (n=3,519)	88.6
My community is not doing enough to prevent opioid misuse and addiction (n=3,400)	78.5
Support increasing public funding for opioid treatment programs in my community (n=3,513)	87.0



# Poll

What percentage of NMCS21 respondents support increasing public funding for opioid treatment programs in their community?

- A. 21.4%
- B. 49.3%
- C. 87.0%
- D. 99.9%



# Binary gender category definition

In analyses displaying Female/Male gender differences, the dichotomous gender categories are based on the gender question responses. Responses of female or transgender woman, either alone, together or in combination with the response nonbinary/other, were classified as female. The analogous rule was applied to males.



# Marijuana/Cannabis Use Behaviors

	% of Yes		
Indicator	Overall	Male	Female
Used marijuana in the past 12 months (n=2,648)	28.9	32.7	25.2
Past 30-day marijuana use (n=2,650)	24.1	28.1	20.2
Past 30-day drove under the influence of marijuana			
All respondents (n=2,632)	6.8	9.7	4.2
Current users* only (n=594)	28.8	35.2	21.0
Shared marijuana with underage youth (n=2,589)	2.7	2.7	2.5



# Marijuana/Cannabis Perception of risk of legal consequences and ease of access by teens

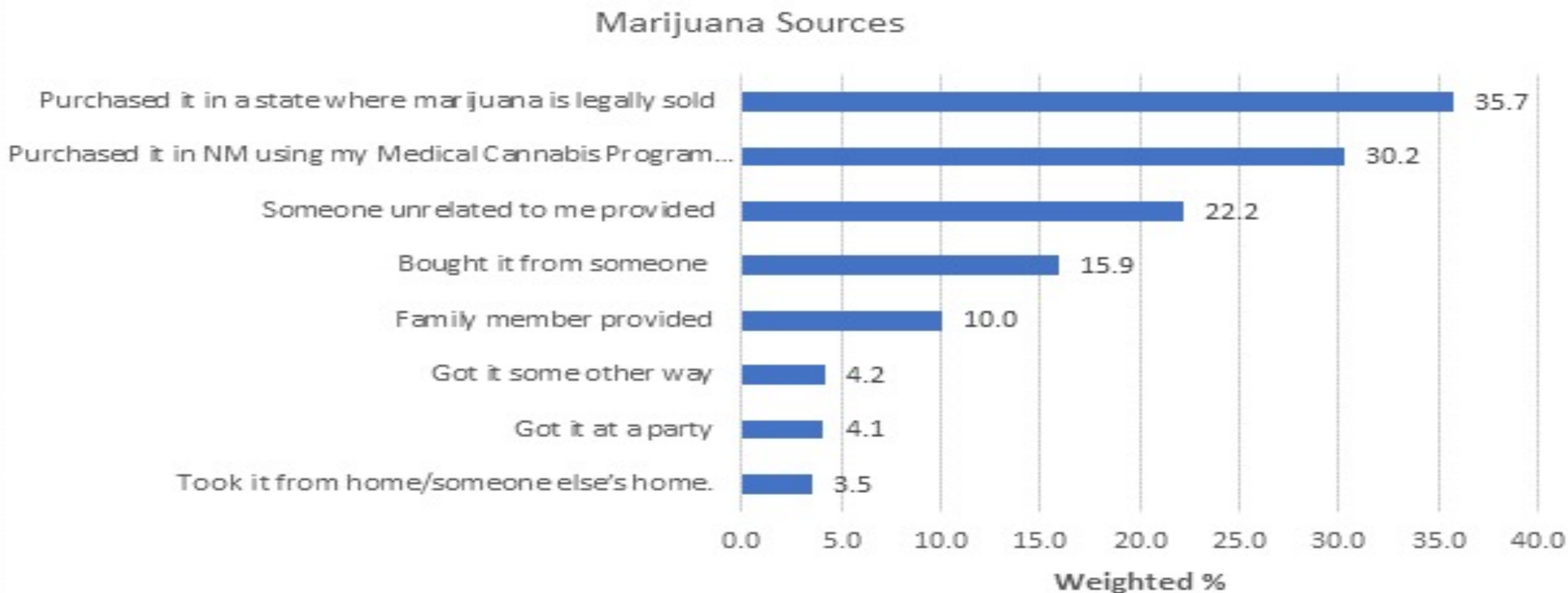
	%				
Indicator	Very likely	Somewhat likely	Not very likely	Not at all likely	Don't know
Likelihood of police arresting an adult for providing marijuana to someone under 21 (n=2,598)	16.8	24.9	22.8	12.2	23.3
Likelihood of being stopped by police if driving under the influence of marijuana (n=2,599)	9.1	23.6	33.2	14.4	19.6
	Very easy	Somewhat easy	Somewhat difficult	Very difficult	Don't know
Ease of access to marijuana by teens in the community (n=2,599)	49.7	28.6	5.1	1.3	15.2

# Marijuana Misuse Prevention Support

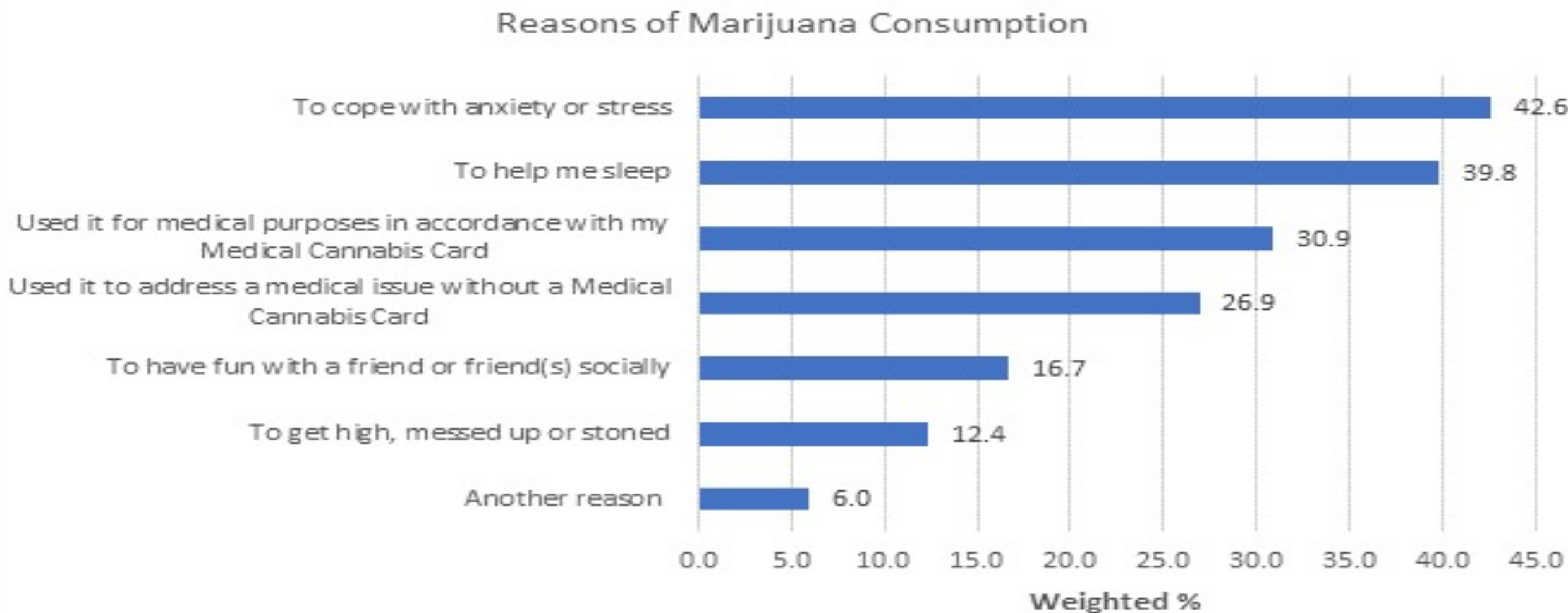
	%				
Indicator	Strongly disagree	Disagree	Not sure	Agree	Strongly agree
Marijuana use by teens is a problem in my community (n=2,596)	6.9	11.5	41.0	24.7	16.1
Support local efforts to prevent marijuana use by teens (n=2,597)	5.1	7.9	21.0	36.8	29.3
Driving under the influence of marijuana is a problem in my community (n=2,595)	6.5	11.0	52.5	18.7	11.3



# Sources of Marijuana by Past 30-Day Users (n=612)



# Reasons for Consumption by Past 30-Day Users (n=612)





# Mental Health Issues

Indicator	FY19 (N=1,685)	FY20 (N=3,361)	FY21 (N=5,410)
Percent met critical threshold for serious mental illness	9.8	14.7	13.9
Percent self-identified having mental health or drug/alcohol problems in the past year	22.1	35.6	34.2
Percent suicidal thoughts in the past year	7.7	11.2	11.7
Percent sought help on mental health or drug/alcohol problems in the past year	16.6	25.5	22.0
Had difficulty accessing treatment for mental health or substance abuse problems	10.8	8.9	12.4

Questions?





# PFS20 Items

Indicator	Overall	Male	Female
Methamphetamine			
Past 12-month use* (n=5,542)	2.6%	3.7%	1.5%
Past 30-day use (n=9,238)	2.1%	3.0%	1.3%
Heroin past 30-day use* (n=5,532)	1.0%	1.5%	0.5%
Rx pain reliever past 30-day misuse* (n=5,535)	2.9%	3.2%	2.5%
Polysubstance - 2+ of following w/in 2 hrs: alcohol, Rx pain relievers, fentanyl, heroin, meth, cocaine, Rx sedative/tranquilizer			
Past 12-month use* (n=5,536)	5.2%	6.1%	4.2%
Past 30-day use (n=9,226)	4.0%	4.8%	3.2%

# Qualitative Findings

“Addiction treatment is largely unavailable for the most part. People wait and wait for admission to a facility to dry out or detox. “ (Santa Fe)

“Drug abuse in my community is common and there are no inpatient treatment programs available at this time. ..The high crime rate seems directly related to drug abuse.” (San Miguel)

“I hope the results of this survey will persuade policy makers to reevaluate and employ evidence-based treatment options respective of each issue. “ (Eddy)





# Recap of Some Highlights

- Alcohol use during pandemic UP
- Rx painkiller users who indicate use to get high DOWN
- Troubling levels of meth and polysubstance use, especially by males
- Community support to address prevention issues
- Mental health issues during pandemic UP
- Concerns about access to treatment