

IT TAKES A COMMUNITY

**SUBSTANCE USE IMPACTS ALL OF US.
THE SOLUTION IS TO WORK TOGETHER.**

In 2018, several community conversations were held to discuss the impact of substance use in our community. The conversations were eye-opening and compelling. These conversations also gave hope that as a community, we can make a difference.

This report reflects the most predominant theme that emerged: the need to prevent and reduce substance use by improving the support of youth and adults in Winnebago County.

WINNEBAGO COUNTY
DRUG
& ALCOHOL
COALITION



CONNECTEDNESS IS KEY

Keeping our community and its people connected to each other and community resources plays a vital role in preventing and fighting substance use.



1 IN 6

high school students do not get enough support from family.



1 IN 3

high school students do not feel they belong at school.



1 IN 5

adults do not get the support they need.

Lack of social support

Community conversation participants said that we must increase the support for youth and adults to prevent and reduce substance use.



CHALLENGE

Lack of social support is a major factor that is impacting the mental wellbeing and substance use of youth and adults in Winnebago County.



Stress, anxiety and trauma

The mental wellbeing of youth and adults was a concern of participants in our conversations. Social support can reduce the impact of stress, anxiety and trauma.



43% of high school students

felt mentally unwell 3 or more days in the past month.



30% of adults

felt mentally unwell 3 or more days in the past month.



1 IN 2

high school students has high anxiety/tension.



31% of youth try alcohol at age 14 and younger.



Substance use

Youth are trying alcohol/drugs at a very young age.



16% of youth try marijuana at age 14 and younger.

Social support helps prevent substance use amongst youth and adults. Support also increases access to and the success of treatment and recovery services.

TOP 5 WAYS

residents said we can impact substance use:



Work together to find effective solutions.



Expand community education and awareness.



Continue honest conversations.



Reduce stigma around substance use disorders.



Be a recovery-friendly community that is welcoming, empowering, and supportive.

WE CAN CONTRIBUTE AND MAKE A DIFFERENCE IN OUR COMMUNITY!

Everyone

- ✓ Mentor, listen to and engage with youth in your life.
- ✓ Volunteer and support schools and organizations that work directly with youth.
- ✓ Reach out and talk with people in your neighborhood, workplace, faith community and/or at your child's school, etc.; take time to listen.
- ✓ Learn about the treatment and recovery services available for those struggling with substance use and support their connection to help.

As a community

- ✓ Create spaces and opportunities for people to become more connected to each other, their neighborhoods and our community.
- ✓ Expand peer services and support, especially for youth and adults facing high levels of stress, anxiety and trauma.
- ✓ Increase and coordinate comprehensive support for the whole family and household where substance use occurs.
- ✓ Build connectedness in our community through the mission, work and policies of your organization/workplace.
- ✓ Support residents and employees through referral to substance use treatment and recovery services.

Community opportunities to improve access to services

- ✓ Improve navigation and education of treatment services
- ✓ Establish dual diagnosis treatment of mental health and substance use disorders
- ✓ Increase sober living options in Winnebago County

The 2018 data shared in this report are reflective of two local surveys: Youth Risk Behavior Survey (Winnebago County high school students) and Adult Community Health Survey (Winnebago County adult residents).

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