

# 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.



**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.



**43%** of high school students

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



**30%** of adults



**1 IN 2**

high school students has high anxiety/tension.

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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