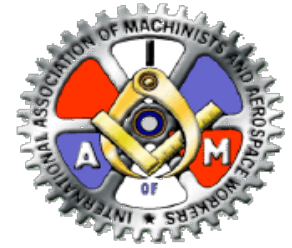




HELPING HANDS



In 2022, the use of hallucinogens, marijuana, binge drinking, and vaping were at historical highs. For almost 50 years, The University of Michigan's "Monitoring the Future" panel has looked at substance use in young adults and adults.

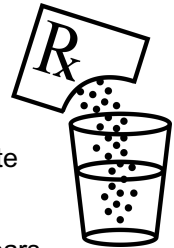
How the Survey is Conducted



28,500 participants were asked about their substance use from April to October 2022. The first study in 1975 looked at substance use in 8th, 10th, and 12th graders. Follow-up surveys were then done with a portion of the participants every other year after 12th grade until they reached age 30. After that, participants were surveyed about their substance use every five years. The oldest participants being now in their 60s. The data is separated into two categories: young adults aged 19-30 and adults aged 35-50. The study is funded by the National Institute on Drug Abuse (NIDA).

The Results

Young adult's (ages 19-30) hallucinogen use is at a high of 8% – up from 5% in 2017 and 3% in 2012. Hallucinogens can include PCP, psilocybin, mushrooms, LSD, etc. Ten years ago, young adults' use of marijuana was at 28%. It grew significantly to 44%. The survey didn't study vape use until 2017. The first results that year showed young adults vaped nicotine at a rate of about 14% and marijuana at 12%. In 2022, the nicotine vape rate increased by 10%, and marijuana vape use grew to 21%.



Overall alcohol use for adults (ages 35-50) is at 85% – a 2% increase in the last ten years. Instances of binge drinking are at an all-time high of 29%. This rate has been steadily increasing from 23% in 2012 to 25% in 2017 and 26% in 2021. The growth of hallucinogen use is a little over 3%, resulting in a high of 4% in 2022. Marijuana usage increased to 28%, which is more than doubled from 2012. Vaping for adults was added to the survey in 2019. Both the marijuana and nicotine vaping rates remained at 9% and 7% respectively since then.

The use of substances like sedatives, non-medical use opioids, and cigarettes declined over the past ten years for both age groups. Since 2012 amphetamine use decreased for young adults but increased for adults.

What Does This Tell Us?

These annual surveys give us insight into how people use substances as they move from adolescence through adulthood. They also give insight on historical trends of public perceptions. For example, the growth in marijuana use could be because many states have legalized it in recent years. With almost 50 years of data, we can now begin to see long-term trends in substance use.

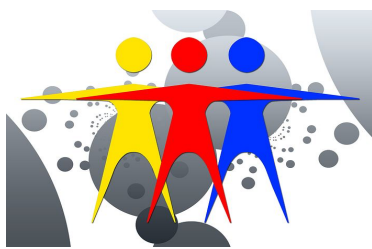
EAPs support employee wellness

(Excerpts from betterup.com)

EAPs support you through significant life and career events. In addition to helping with the substance use issues mentioned above, your local EAP can help you with work stress, mental health, and significant life and career events. They provide valuable resources to help you navigate stressors without letting work suffer. Examples of situations EAPs support are:

- Family situations, such as divorce, adoption assistance, or childcare
- Social or professional relationships like conflict resolution, networking, family issues, and relationship building
- Recovery from substance abuse
- Recovery from traumatic events
- Mental wellness support to help employees cope with stress or mental health issues
- Career transitions, be it a lateral switch or a promotion - EAPs can help support you to smoothly navigate the responsibilities of the new role.

Talk with Your Local EAP Representative (Listed Below) for Resources on Substance Use, Mental Health, and More



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer volunteers do not make clinical

diagnoses or clinical evaluations; however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer volunteers will follow up to ensure you have been able to access services that address the difficulty you were experiencing.

IAM EAP Director, District 142

Paul Shultz

704-907-3563 E-mail: pmschultz@att.net

Treatment Resources

FindTreatment.gov

The confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

FindTreatment.gov

988 Suicide & Crisis Lifeline

24-hour, toll-free, confidential support for people in distress. Prevention and crisis resources for you or your loved ones.

Call or text 988.

FindSupport.gov

Find Support is an online guide that helps people navigate through common questions when they are at the start of their journey to better behavioral health.

FindSupport.gov