Substance Misuse and Addiction

Prevention of substance misuse and addiction was ranked as the 3rd highest priority issue, identified by community survey and key stakeholders.

Access to substance misuse and recovery services was ranked as the 1st highest priority by key stakeholders, and the 4th highest priority by community respondents.

According to the Youth Risk Behavior Survey 2017, in our region,

- 17.6% of students reported using marijuana in the past 30 days
- 27.2% of students reported using alcohol in the past 30 days
- 75% of students believe their parents would not approve of them drinking alcohol
- 58% of students believe their peers think it is wrong for them to drink alcohol
- 55% of students believe their peers think it is wrong for them to smoke marijuana

“Similar findings were observed for respondents indicating difficulty accessing substance use services where nearly half of respondents (46%) who did receive substance use services in the prior 12 months also indicated difficulty in getting services they needed. Among those respondents who did not access substance use services in the prior 12 months, about 5% reported a need for services that they did not get.

[n= 557; Medicaid = 175]”

– Behavioral Health Needs Assessment 2016

“...12% indicated they had difficulty getting substance use services they needed including about 21% of Medicaid eligible respondents.”

– Behavioral Health Needs Assessment 2016

Compared to 2015...
The data isn’t exactly comparable, but respondents continue to rank substance misuse as a high priority from 2015 to now.

<table>
<thead>
<tr>
<th>Substance</th>
<th>Community</th>
<th>Key Stakeholders</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol and Drug Misuse:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ranked #6 out of 12 topics</td>
<td>34.5%</td>
<td>53.6%</td>
</tr>
<tr>
<td>Heroin &amp; Misuse of Pain Meds:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ranked #4 out of 12 topics</td>
<td>37.7%</td>
<td>55.1%</td>
</tr>
</tbody>
</table>

Of students believe their parents would not approve of them drinking alcohol: Community = 34.5%  Key Stakeholders = 53.6%

Of students believe their peers think it is wrong for them to drink alcohol: Community = 34.5%  Key Stakeholders = 53.6%

Of students believe their peers think it is wrong for them to smoke marijuana: Community = 34.5%  Key Stakeholders = 53.6%

Average of students reported using alcohol in the past 30 days: 27.2%

Average of students reported using marijuana in the past 30 days: 17.6%

Of students believe their parents would not approve of them drinking alcohol: 75%

Of students believe their peers think it is wrong for them to drink alcohol: 58%

Of students believe their peers think it is wrong for them to smoke marijuana: 55%

Reported reasons for substance use service access difficulties are similar with the top reasons being “I was not ready to stop using alcohol or drugs”, “I thought I could handle the problem without treatment”, and “There were no openings or I could not get an appointment.”

– Behavioral Health Needs Assessment 2016
Access to Mental Health Care Services

Both key stakeholders and community respondents named Access to Mental Health Care the 2nd highest priority issue overall.

38% indicated difficulty accessing mental health care.

Of these respondents, 48.5% reported waiting time to get an appointment was too long. 32.8% indicated service I needed was not available in my area. 31.8% stated they could not afford to pay. 27.8% reported service was not accepting new clients/patients. 24.7% indicated insurance deductible was too expensive.

Compared to 2015 Behavioral Health Needs Survey Findings...

2015 FINDINGS | TREND
--- | ---
“In the past 12 months, was there any time when you needed services for yourself but did not get them” (31.6%) | ↓
TOP REASONS FOR NOT GETTING NEEDED MENTAL HEALTH SERVICES
“Thought could handle problem without treatment” (32.6%) | N/A
“No openings could not get an appointment” (28.5%) | ↑
“Health insurance did not cover the service” (18.1%) | ↑
TYPE OF NEEDED MENTAL HEALTH SERVICES
Individual therapy or counseling (59.1%) | N/A
Medication/assistance with managing prescriptions (22.8%) | N/A
Both mental health and substance abuse services (co-occurring) (18.5%) | N/A

Key Stakeholder perspective

Of top underserved populations, people in need of mental health care ranked #1 (62%).
Availability of Primary Care Services

Availability of primary care services was ranked the 7th highest priority issue by community and key stakeholder responses.

2nd Highest Service Access Gap:

33% reported difficulty accessing primary care

Of these respondents,

- 35.9% reported waiting time to get an appointment was too long
- 31.7% could not afford to pay
- 28.1% reported insurance deductible was too expensive
- 25.1% had no health insurance
- 18.6% indicated service needed was not available in their area

Compared to 2015 Community Health Needs Survey Findings...

<table>
<thead>
<tr>
<th>2015 FINDINGS</th>
<th>TREND</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to affordable health insurance/cost of prescription drugs ranked 3rd highest out of 10</td>
<td>↑</td>
</tr>
<tr>
<td>Access to primary health care ranked 9th highest out of 10</td>
<td>↑</td>
</tr>
<tr>
<td>35% percent of respondents indicated difficulty accessing primary care. Root causes (such as wait time, cost, distance) were not specified</td>
<td>→</td>
</tr>
</tbody>
</table>
Healthcare for Seniors

Healthcare for seniors was ranked as the 9th highest priority issue, identified by community survey and key stakeholders.

Service Access Difficulty

- 6% self-reported difficulty accessing long term care (assisted living or nursing home)
- 5% self-reported difficulty accessing home health and hospice services

Population Demographics: % Age 65+

- VT 2015: 38%
- VT 2018: 30%
- NH 2015: 38%
- NH 2018: 30%
- Upper Valley Service Area 2015: 40%
- Upper Valley Service Area 2018: 21%

COMMUNITY RESPONDENTS:
- 38% High Priority
- 30% VERY High Priority

KEY STAKEHOLDER PERSPECTIVE:
- 13% VERY High Priority
- 38% High Priority
- 21% VERY High Priority
- 40% High Priority

Healthcare for seniors is identified as a higher priority issue in 2018 than it was in 2015.

The population in the Upper Valley service area is aging.

Compared to 2015... Health care for seniors is identified as a higher priority issue in 2018 than it was in 2015.

34% of all respondents in 2015 indicated healthcare for seniors as a focus area of health improvement (ranked 11th out of 12 issues), though among respondents aged 65 and older it was selected as the 2nd most pressing health issue.

5.6% of respondents in 2015 self-reported difficulty accessing long term care.

5% self-reported difficulty accessing home health and hospice services.

6% self-reported difficulty accessing long term care.
Child abuse and neglect was ranked as the 5th highest priority among community respondents and 4th highest priority among key stakeholders, with more than 75% of each group ranking this as a high or very high priority issue.

Has this child experienced one or more Adverse Childhood Experiences (ACES)?

“While children from any family can experience abuse and neglect, there is a strong correlation between child maltreatment and factors such as substance abuse, domestic violence, mental health, and financial insecurity.”

- Source: How are Vermont’s Young Children and Families? 2017 Report, Building Bright Futures, citing Vermont Agency of Human Services, Adoption and Foster Care Analysis and Reporting System, 2015 data.

Source: Data Resource Center for Child and Adolescent Health, www.childhealthdata.org/browse
Domestic Violence was ranked as the 8th highest priority among community respondents and 6th highest priority among key stakeholders, with more than 70% of each group ranking this as a high or very high priority issue.

According to the Upper Valley (NH) report of the 2017 Youth Risk Behavior Survey,

- 5.6% of students reported they had been physically forced to have unwanted sexual intercourse.
- 8.6% of students aged 18+ reported they had been physically forced to have unwanted sexual intercourse.
- 3.1% of students reported that their partner purposefully physically hurt them in the past year.
- 12.5% of students have reported being forced to perform unwanted sexual acts in the past year.

Vermont Network Against Domestic and Sexual Violence Vermont:

- 19,815 Hotline Call Responses in 2016
- 17,416 Hotline Call Responses in 2018
- 9,376 Individuals Served in 2016
- 8,976 Individuals Served in 2018

Including 7,004 victims of domestic or sexual violence.

According to the NH Domestic Fatality Review Committee, 2014-2015 Biennial Report:

- In 2014-2015, 27,233 people sought services for domestic violence, stalking and sexual assault from the state’s 13 crisis centers.
- The crisis centers report seeing increases in requests for shelter and transitional housing; hospital calls as the level of intensity in the violence has escalated; requests for accompaniment to court and requests for advocates at Child Advocacy Centers.
- 8,025 people filed domestic violence petitions at court
- 3,670 civil stalking petitions filed requesting protection from abuse
- 7,899 Criminal Bail Protective Orders issued
## FY2019 Community Health Needs Assessment
Selected Demographic and Economic Information

<table>
<thead>
<tr>
<th>Community Area</th>
<th>Median Household Income</th>
<th>% With Income Under 200% Poverty Level</th>
<th>% Family Households with Children Headed by a Single Parent</th>
<th>% Population with a Disability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lyme, NH</td>
<td>$121,471</td>
<td>6.7%</td>
<td>12.7%</td>
<td>9.2%</td>
</tr>
<tr>
<td>Hanover, NH</td>
<td>$113,925</td>
<td>15.2%</td>
<td>21.1%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Norwich, VT</td>
<td>$106,359</td>
<td>10.8%</td>
<td>26.3%</td>
<td>9.2%</td>
</tr>
<tr>
<td>Grantham, NH</td>
<td>$94,583</td>
<td>2.9%</td>
<td>34.4%</td>
<td>9.2%</td>
</tr>
<tr>
<td>Plainfield, NH</td>
<td>$84,700</td>
<td>14.8%</td>
<td>22.2%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Orford, NH</td>
<td>$76,094</td>
<td>20.3%</td>
<td>13.3%</td>
<td>10.2%</td>
</tr>
<tr>
<td>Woodstock, VT</td>
<td>$75,482</td>
<td>11.0%</td>
<td>48.9%</td>
<td>15.8%</td>
</tr>
<tr>
<td>Enfield, NH</td>
<td>$75,114</td>
<td>14.9%</td>
<td>23.8%</td>
<td>10.8%</td>
</tr>
<tr>
<td><strong>DH-APD Service Area</strong></td>
<td><strong>$71,051</strong></td>
<td><strong>19.1%</strong></td>
<td><strong>32.0%</strong></td>
<td><strong>12.5%</strong></td>
</tr>
<tr>
<td>Piermont, NH</td>
<td>$70,000</td>
<td>15.0%</td>
<td>17.4%</td>
<td>13.6%</td>
</tr>
<tr>
<td><strong>New Hampshire</strong></td>
<td><strong>$68,485</strong></td>
<td><strong>21.7%</strong></td>
<td><strong>29.1%</strong></td>
<td><strong>12.3%</strong></td>
</tr>
<tr>
<td>Thetford, VT</td>
<td>$67,888</td>
<td>21.9%</td>
<td>20.2%</td>
<td>9.3%</td>
</tr>
<tr>
<td>Fairlee, VT</td>
<td>$65,905</td>
<td>20.0%</td>
<td>38.2%</td>
<td>10.9%</td>
</tr>
<tr>
<td>Sharon, VT</td>
<td>$64,479</td>
<td>25.4%</td>
<td>37.0%</td>
<td>12.8%</td>
</tr>
<tr>
<td>Canaan, NH</td>
<td>$61,061</td>
<td>21.4%</td>
<td>36.8%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Hartford, VT</td>
<td>$59,365</td>
<td>23.9%</td>
<td>36.0%</td>
<td>16.0%</td>
</tr>
<tr>
<td>Hartland, VT</td>
<td>$58,804</td>
<td>21.0%</td>
<td>21.2%</td>
<td>13.7%</td>
</tr>
<tr>
<td>Orange, NH</td>
<td>$57,344</td>
<td>20.9%</td>
<td>54.5%</td>
<td>17.4%</td>
</tr>
<tr>
<td>Lebanon, NH</td>
<td>$56,448</td>
<td>25.7%</td>
<td>49.7%</td>
<td>17.1%</td>
</tr>
<tr>
<td><strong>Vermont</strong></td>
<td><strong>$56,104</strong></td>
<td><strong>28.8%</strong></td>
<td><strong>32.4%</strong></td>
<td><strong>14.0%</strong></td>
</tr>
<tr>
<td>Dorchester, NH</td>
<td>$55,250</td>
<td>31.7%</td>
<td>12.9%</td>
<td>22.5%</td>
</tr>
<tr>
<td>Grafton, NH</td>
<td>$50,682</td>
<td>24.4%</td>
<td>29.4%</td>
<td>24.9%</td>
</tr>
</tbody>
</table>
FY2019 Community Health Needs Assessment
Community Health Improvement Priorities
Comparison of Community and Key Stakeholder Respondents

- Affordable Health Insurance
- Access to mental health care services
- Prevention of substance misuse and addiction
- Access to substance misuse treatment and recovery services
- Child abuse or neglect
- Cost of prescription drugs
- Availability of primary care services
- Domestic violence
- Health care for seniors
- Affordable housing
- Access to healthy foods, good nutrition
- Access to assisted living or long term care services
- Strengthening and supporting families
- Access to public transportation

Percent selecting High Priority or Very High Priority