

Depressive Feelings & Illicit Drug Use Among Michigan Youth



When youth have **both substance abuse problems and mental illnesses such as depression**, they are at increased risk for poor parental and friend relationships, school dropout, suicide, and homelessness^{1,2}.

In 2009 (data not shown):

- **15.2%** of Michigan youth reported depressive feelings over the last year and illicit drug use at some point during their **lifetime**.
- **9.4%** of Michigan youth reported depressive feelings over the last year and illicit drug use in the **past 30 days**.

Youth with depressive feelings were **1.5 times** more likely to report illicit drug use at some point during their **lifetime**.

- 56% of youth with depressive feelings reported using illicit drugs during their lifetime compared to 37% of youth without depressive feelings.

Youth with depressive feelings were **2 times** more likely to report illicit drug use in the **past 30 days**.

- 35% of youth with depressive feelings reported using illicit drugs in the past 30 days compared to 15% of youth without depressive feelings.

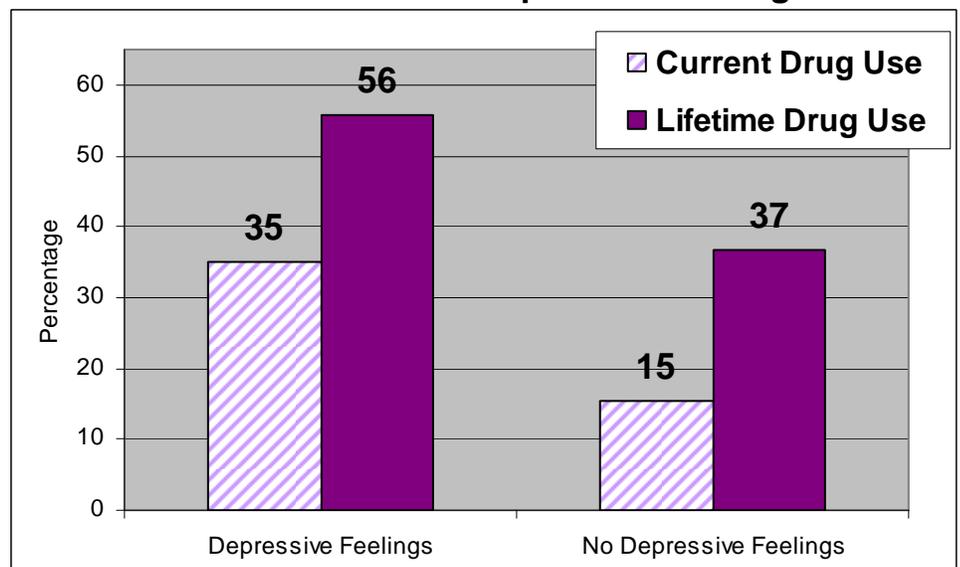
Depressive feelings are defined as “feeling so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that some usual activities are stopped.”

Youth are 9th-12th grade students attending Michigan public high schools.

“**Illicit drug use**” includes marijuana, cocaine, heroin, barbiturates, inhalants*, or club drugs (ex. ecstasy).

*Inhalants were not included in current illicit drug use (past 30 days).

Drug Use Among Michigan Youth With and Without Depressive Feelings



References: 1. Hawkins, E.H., A tale of two systems: co-occurring mental health and substance abuse disorders treatment for adolescents. Annual review of psychology, 2009. 60: p.197-227. 2. U.S. Dep. Health Human Serv, Report to Congress on the Prevention and Treatment of Co-occurring Substance Abuse and Mental Disorders. 2002, Subst. Abuse Ment. Health Serv. Admin.: Rockville, MD.