



Greenwich Together Youth Survey Results

Greenwich Together mobilizes youth, parents and community partners to prevent substance misuse, promote behavioral and mental health and strengthen healthy choices through positive youth, family, and community development.

Greenwich Together was founded in 2017. We received the Drug Free Communities Grant in 2019 in which Kids in Crisis serves as the fiduciary. This federal grant provides us with the funding to be able to support the coalition efforts including administering a survey every 2 years.

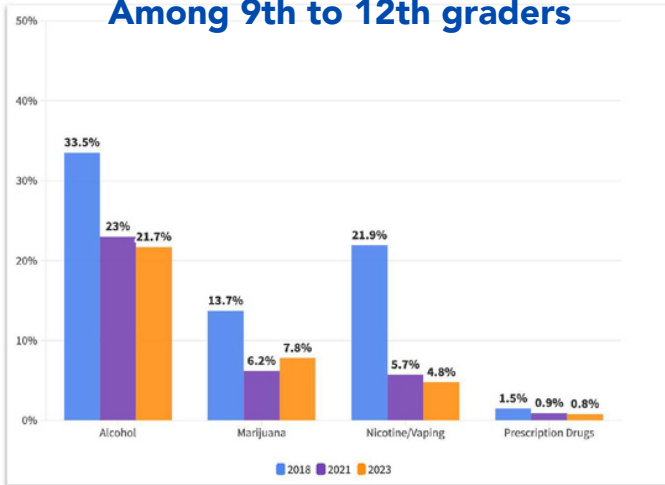
The survey was administered February 2023 and 4,041 youth in grades 7-12 in Greenwich private and public schools completed the survey.

WHY WE SURVEY:

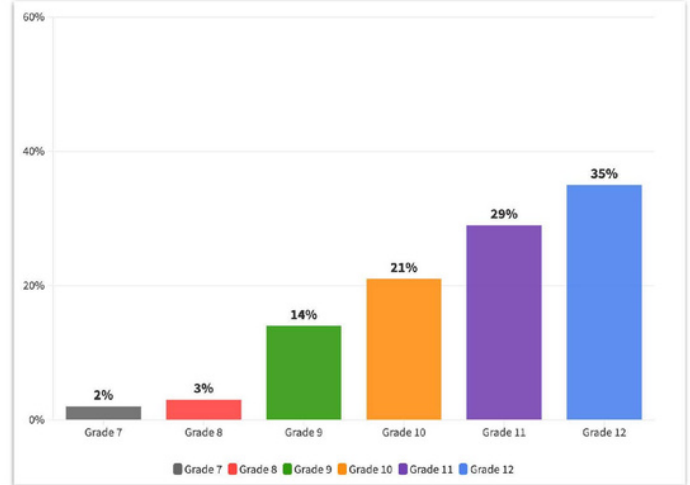
The purpose of the survey is to gather information about substance use and mental health trends, risk and protective factors, and inform how we can best support our youth as a larger community.

Greenwich Youth Substance Use: What We Learned

Substance Use Rates - Past 30 Days Among 9th to 12th graders



2023 Teen Alcohol Use - Past 30 Days



RISK FACTORS

- Social Media
- Substance Use
- Gaming
- Mental Health Concerns
- Irregular Eating
- Gambling

COMMUNITY PROTECTIVE FACTORS

- Family Support
- Feeling safe in the community
- Peer Support
- Feeling safe at school

INDIVIDUAL PROTECTIVE FACTORS

- Have connection to a trusted adult
- Teen reports on self image are very positive
- ASKING FOR HELP
- Know where to get help if they're struggling with a mental health issue and know where to go for help for substance misuse
- Are engaged in productive activities

TOP 4 REASONS THEY ARE DRINKING

- To Have Fun 85%
- Peer Pressure 46%
- Curiosity 42%
- Alcohol Readily Available 38%

TOP 3 PLACES THEY ARE DRINKING

- A Party 51%
- With friends at their home or my home 42%
- At home with parent present 24%

EASY TO GET?

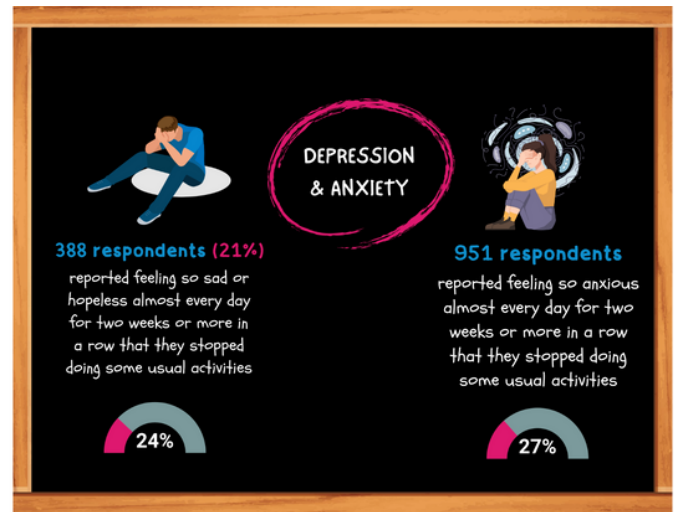
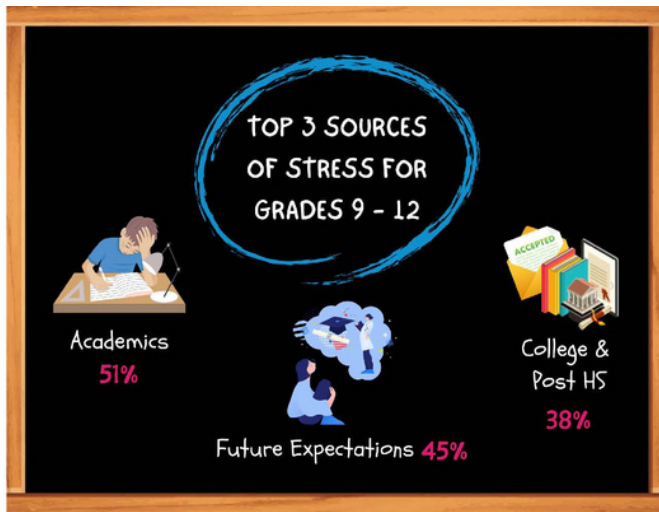
57% SAY YES

TOP 3 REASONS THEY ARE NOT DRINKING (GRADES 7 - 12)

- Don't Want to 60% **NOPE**
- Too Young 50% **21+**
- Against the Law 43%

Teens in Greenwich are 7X MORE LIKELY TO DRINK on weekends if they don't believe parents disapprove

Greenwich Youth Mental Health: What We Learned



Gender Differences

Males report...



- Higher levels of self-image
- Lower rates of sadness, anxiety and loneliness
- More positive and negative consequences of gaming
- Higher rates of gambling
- Higher rates of bullying someone

Females report...



- Higher rates of persistent depression and anxiety
- Higher levels of stress in all categories (academics, future expectations, etc.)
- Higher rates of irregular eating behaviors
- Higher rates of being bullied
- More positive and negative consequences due to social media
- Higher rates of 'needing a drink to have fun'
- Lower rates of feeling safe at school and in the community

What You Can Do



Talk to your kids early and often about alcohol and substance use. They hear you!



Set clear rules and expectations about drugs and alcohol.



Be a role model to your child regarding your use of alcohol, marijuana and prescription drugs.



Help your teens develop an exit strategy if they are feeling pressured to drink or use drugs.



Be attentive to what teens are doing in your home. The two most common places for Greenwich youth to drink are at a party or with friends in someone's home.

Our Community Partners

Alateen
Boys and Girls Club of Greenwich
Brunswick School
Child Guidance Center of Southern CT
Christ Church
Community Centers Inc. of Greenwich
Family Centers
First Baptist Church
Greenwich Academy
Greenwich Alliance for Education
Greenwich Catholic School
Greenwich Center for Hope and Renewal
Greenwich Chamber of Commerce
Greenwich Country Day School
Greenwich Department of Human Services
Greenwich Department of Health
Greenwich Education Group
Greenwich Emergency Medical Service Inc.
Greenwich Free Press
Greenwich Hospital
Greenwich Library
Greenwich PTA Council
Greenwich Police Department
Greenwich Public Schools
Greenwich Teen Center Arch Street
Greenwich United Way
Greenwich Youth Services Bureau
Global Health Systems Consultants



JFS Greenwich
Junior League of Greenwich
Kids In Crisis
Liberation Programs, Inc.
Sacred Heart Greenwich
Second Congregational Church of Greenwich
Silver Hill Hospital
The Hub
Whitby School
YMCA of Greenwich
YWCA Greenwich
Youth Coalition

Get in Touch

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