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Community Wellness

Survey Report 2021

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The 2021 Community Well Survey was developed and distributed by the Drug Free Coalition of Tippecanoe County during the spring/summer of 2021. The information received from the survey results was compiled into this report by members of the Data and Assessment Committee of the Coalition.

Data and Assessment Committee Members are:

Bonnie Crawford – Committee Chair
 Will Evans – Purdue Wellness
 Rob Hainje – Tippecanoe County Sheriff’s Department
 Jane Krause – Purdue College of Pharmacy
 Kristina Lesley – Drug Free Coalition Executive Director
 Amy O’Shea – United Way of Greater Lafayette

Executive Summary

General introduction of the survey

The Community Wellness survey is distributed by the Drug Free Coalition of Tippecanoe County on a biennial basis. The purpose of this survey is to collect the responses of a well-rounded cross-section of our community on the subjects of mental health and substance use experiences.

The following are the questions that were asked on the survey:

1. *Select the option that represents your age group.*
2. *Choose the options that best describe you:*
3. *What do you think are the biggest stressors you face today?*
4. *What issues are you dealing with that you think the community needs to be paying more attention to?*
5. *What mental health issues impact you the most?*
6. *What types of barriers have stopped or do stop you from asking for help for yourself or someone you know?*
7. *What positive ways do you see you or your peers use to cope with stress?*
8. *When a man has 5 or more alcoholic drinks or a woman has 4 or more within a two-hour period, it is considered binge drinking. Considering this definition of binge drinking, how many times in the past two weeks have you participated in binge drinking?*
9. *While under the influence of alcohol, have you (Select all that apply):*
10. *During the past 30 days, how many of those days did you use marijuana (pot, weed)?*
11. *Within the past 12 months, which of the following prescription drugs have you used to get high?*
12. *During the past 12 months, how did you usually get your prescription drugs to get high?*
13. *Within the past 12 months, which of the following substances have you used? (Select all that apply.)*
14. *Which substances do you think are high risk? (Select all that apply.)*

Methodology

The 2021 Community Wellness survey was distributed in a variety of methods in Tippecanoe County. All grantees of the Drug Free Coalition of Tippecanoe County are required to distribute surveys to their staff. The survey was also administered on a variety of social media platforms such as Facebook and Nextdoor aimed at individuals ages 18+ in Tippecanoe County, Indiana. Local agencies also distributed the Community Wellness Survey to their clients both electronically and on paper. Individuals also shared the link to the survey to their personal

family and friend on their private email lists and social media pages. The Drug Free Coalition of Tippecanoe County sent the 2021 Community Wellness survey out to their full listserv.

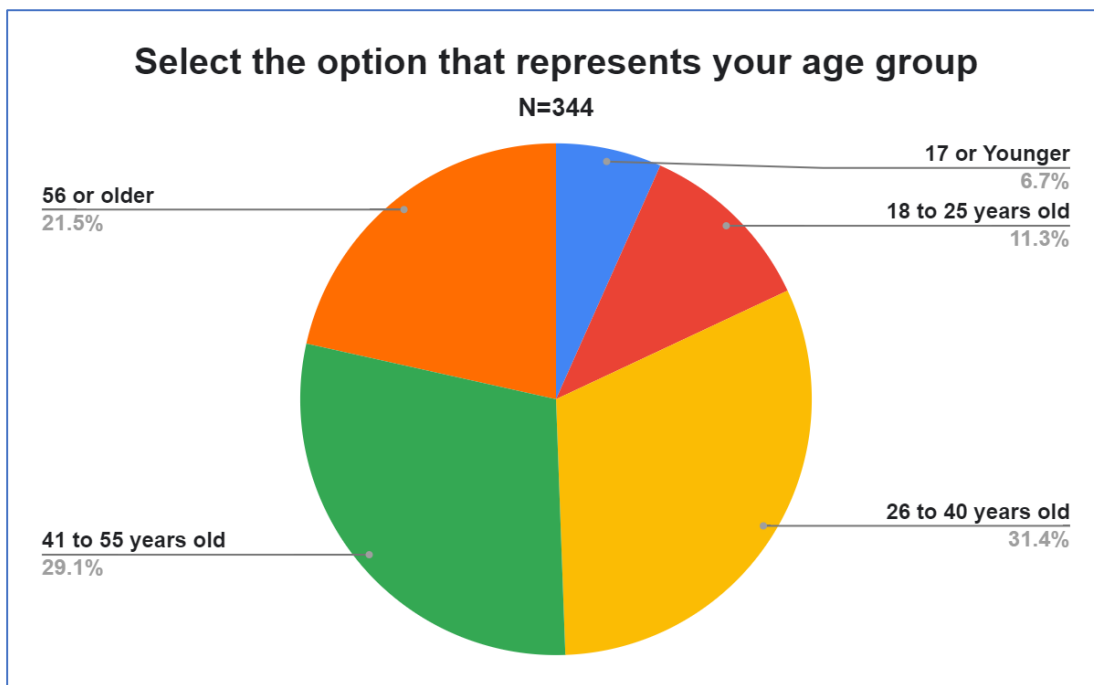
Open-ended responses were qualitatively analyzed to generate themes using methods of word repetition and key words in responses. In addition, open-ended responses were assessed independently by multiple committee members to reduce bias.

Findings

The following findings takes each question on the survey and provides a verbal description of the question, the number of responses and visible themes. There will also be a chart showing visually the gleaned data from the question. Finally, there will be a paragraph that gives statistical information (N = and percentage of responses) for each of the themes identified in the charts. We hope the consistency in our reporting method will make the findings easier for the reader to use.

Age Group of Respondents

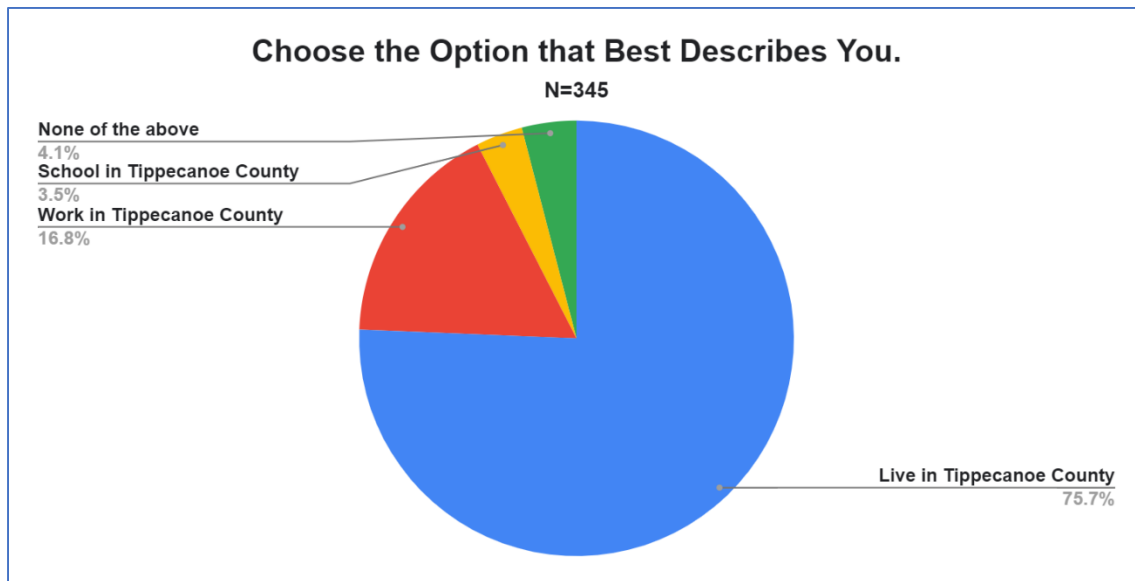
In the first question of the survey, respondents were asked to indicate what age group they fit into. The respondents were given five choices: 17 years or younger, 18-25 years old, 26-40 years old, 41-55 years old or 56 years or older. Respondents were only allowed to choose one response to this question.



There were 344 respondents to this questions. The age group choice responses are broken down as follows: Younger than 17 years 6.7% (N=23), 18 to 25 years 11.3% (N=39), 26 to 40 years 31.4% (N=108), 41 to 55 years 29.1% (N=100) and 56 years or older 21.5% (N=74).

Description of Respondents

In Question 2 of the survey, respondents were asked to select the one choice that most accurately describes their association with Tippecanoe County. Respondents were given four choices: I live in Tippecanoe County, I work in Tippecanoe County, I go to school in Tippecanoe County or None of the Above.

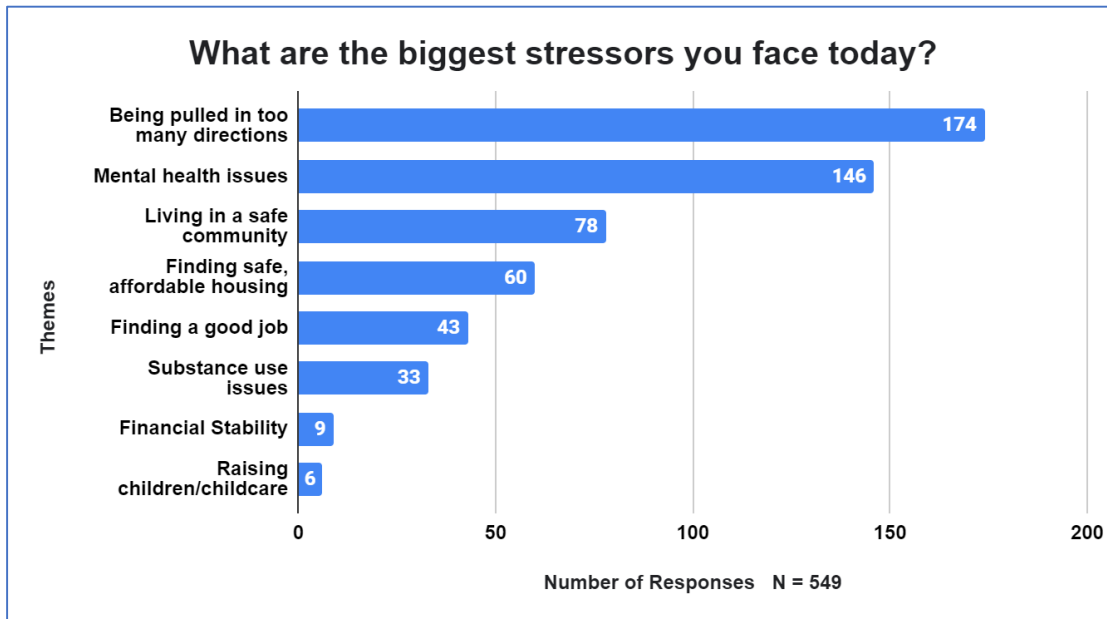


There were 345 responses to Question 2. Respondents were only allowed to make one selection from the four available choices. Responses are broken down as follows: I live in Tippecanoe County 75.7% (N= 261), I work in Tippecanoe County 16.8% (N=58), I attend school in Tippecanoe County 3.5 % (N=12), and None of the above 4.1% (N=14).

Biggest Stressors Community Members Face

In the third question of the survey, respondents were asked “*What do you think are the biggest stressors you face today?*” Respondents were given options they could choose from as well as an open ended option so they could include stressors not included in the options list. The options list included the first six items listed on the chart. In addition to those, the additional stressors listed dealt with financial responsibilities, finding appropriate childcare and the responsibilities of raising children. This is a question that had relevance to everyone who completed the survey

The choice with the largest number of responses was “Being pulled in too many directions.” In today’s society, far too many people can identify with the stress of having too many responsibilities, external expectations and internal expectations they have to meet. Striving to meet those responsibilities and expectations can certainly intensify stress which can lead to the second largest response.



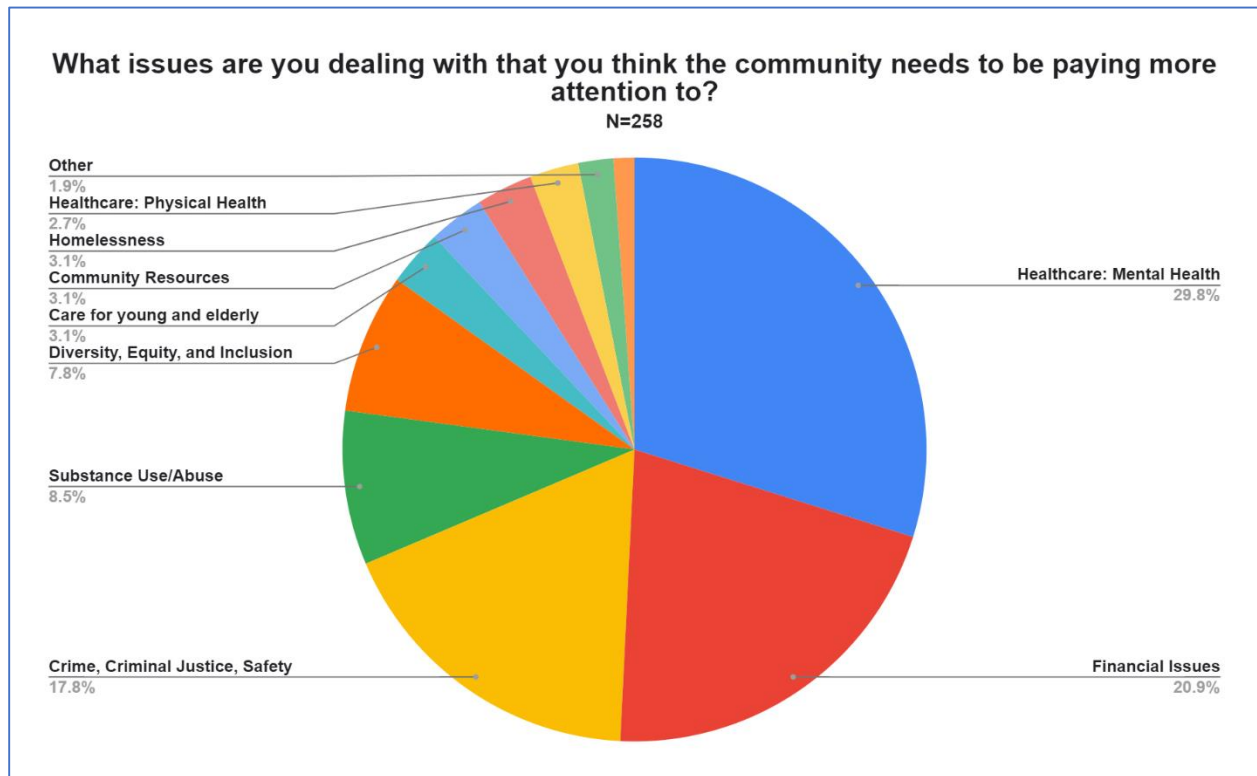
The choice with the second largest number of responses was “Mental health issues.” One has to wonder how much higher this response is than it might be at other times due to the COVID pandemic and the many additional stressors the virus has placed on individuals, families, schools, health care facilities and businesses. According to the American Psychological Association’s *Stress in America 2020 A National Mental Health Crisis*, nearly 8 in 10 (78%) say the Corona virus pandemic is a significant source of stress in their life. The other responses are also significant stressors to individuals depending on their current position in life: financial status, age, family status, physical health, etc.

There were 331 respondents to this questions. Respondents were able to select multiple responses that were given in the question, and/or they could also add their own additional responses. Since more than one response could be chosen, the total individual responses was 549. The stressors included Being pulled in too many directions 31.7% (N=174), Mental health issues 26.6% (N=146), Living in a safe community 14.2% (N = 78), Finding safe, affordable housing 10.9% (N = 60), Finding a good job 7.8% (N = 43), Substance use issues 6.0% (N = 33), Financial stability 1.6% (N = 9) and Raising children/childcare 1.1% (N=6).

Issues the Community Needs to be Aware of

In the fourth question of the survey, respondents were asked “*What issues are you dealing with that you feel the community should be paying more attention to?*” This question presented a variety of answers which shed light on issues that respondents feel the community needs to engage in. The answers were broken down into 11 themes (referenced in the Community Wellness Codebook), with the top responses being Healthcare: mental health, Financial issues, and Crime and criminal justice.

The top three themes for this question included 68.5% of the total responses. Healthcare: Mental Health included almost one-third of the responses. Respondents realize that mental health issues are a concern in the community, and there are not enough providers available to meet the needs. Approximate one-fifth of the respondents expressed their concern for financial issues; many in the community do not have the financial resources available to them to meet their daily needs for things such as adequate housing, transportation, food and health care. Another category of concern expressed by respondents dealt with the level of crime in our community, criminal justice concerns and the safety the respondents felt living in the community.



There were 258 respondents to Question 4. All answers were in short answer format and divided amongst 11 themes. One respondent’s answer may have components in more than one theme. Healthcare: mental 29.8% (N=77), Financial issues 20.9% (N=54), Crime/criminal justice/community safety 17.8% (N=46), Substance use/abuse 8.5% (N=22), Diversity/equity/inclusion 7.8% (N=20), Care for the young and elderly 3.1% (N=8),

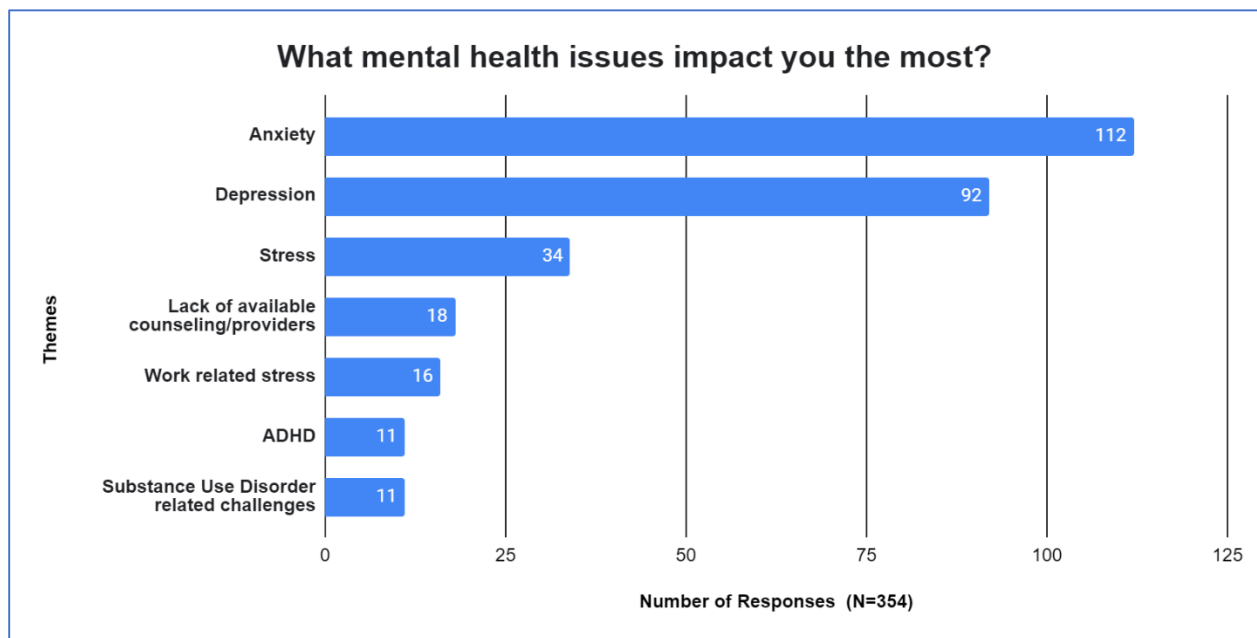
Community resources 3.1% (8), Homelessness 3.1% (N=8), Healthcare: physical health 2.7% (N=7), Education 1.2% (N=3) and Other 1.9% (N=5).

Mental Health Issues Impacting Community Members

The fifth question of the survey is “*What mental health issues impact you the most?*” This question is an open-ended question so respondents answered by writing their response in a blank, rather than choosing from a list of options.

The top two responses were Anxiety with 112 responses and Depression with 92 responses. Some individuals who responded included only one of these, but many wrote both anxiety and depression in the same open-ended answer box indicating that these two impact people in our community together.

People noted that stress in their lives is a mental health concern both stress in general and stress from work. There is a concern around the lack of availability of workforce or providers of mental health services with people noting that they would have difficulty accessing a counselor or therapist.



There were 287 respondents to this questions. Respondents were given the ability to write in any response they choose. Since more than one response could be included, the total individual responses was 354.

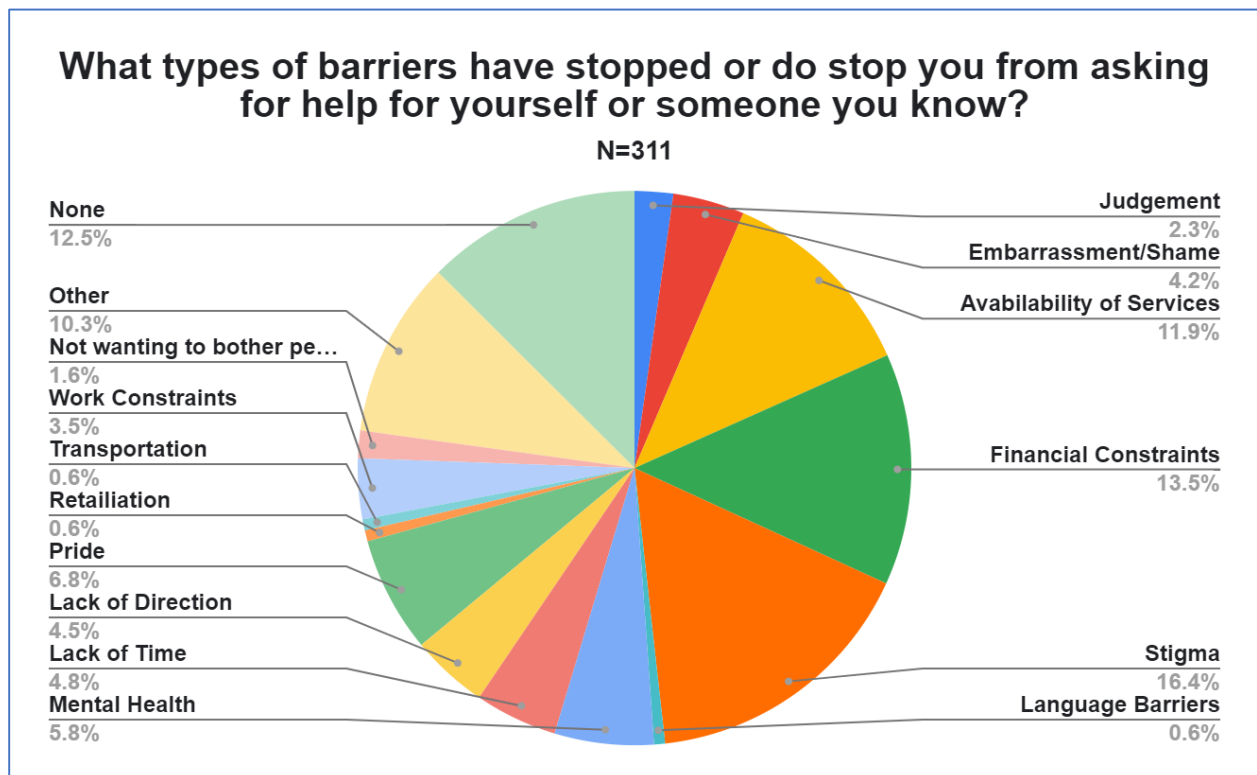
More responses to this question are included in the appendix, but the most common were: Anxiety 31.6% (N=112), Depression 26% (N=92), Stress 9.6% (N=34), Lack of available counseling/providers 5.1% (N=18), Work related stress 1.4% (N=16), ADHD 3.1% (N=11) and Substance use disorder related challenges 3.1% (N=11).

Barriers that Impact Asking for Help

Community responses to the question “*What types of barriers have stopped or do stop you from asking for help for yourself or someone you know?*” shed light on key limitations keeping community members from engaging with mental health services.

While approximately 12% of the respondents indicated that They do not encounter barriers to asking for help, that means that approximately 88% of the respondents do have barriers. The largest percentage (16.4%) indicate that the stigma of asking for help for mental health or addiction concerns is a major barrier. Men don’t ask for help or talk about their emotions or they will be judged negatively. Financial constraints of either not making enough money, making too much money or not having medical insurance impact respondents from asking for help. Another fairly large group (11.9%) indicate that the availability of services in our area was a barrier to getting assistance.

There were 271 respondents to this question. Respondents were able to write in multiple responses when answering. Since more than one response could be given, the total individual responses was 311. Thematic definitions and examples can be found in the Code Book. The themes listed most frequently included Stigma, Financial constraints and Availability of services. The following chart shows the 16 identified themes from responses to question 6. Percentages shown reflect the 311 total responses that were provided.

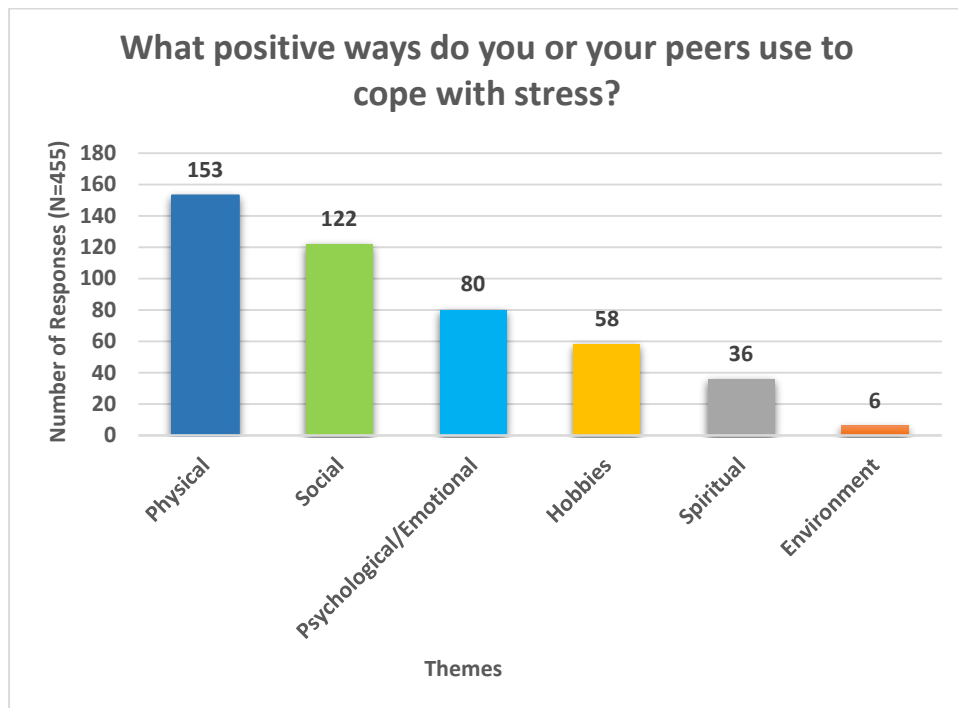


The largest barriers to seeking care include Stigma 16.4% (N=51), Financial constraints 13.5% (N=42), and Availability of services 11.9% (N=37). Secondary barriers include Personal pride 6.8% (N=21), Personal mental health 5.8% (N=18), Lack of time 4.8% (N=15), Lack of direction 4.5% (N=14) and Embarrassment/shame 4.2% (N=13). Additional barriers include Work constraints 3.5% (N=11), Judgement 2.3% (N=7), Not wanting to bother others 1.6% (N=5), Language barriers 0.6% (N=2), Retaliation 0.6% (N=2), Transportation 0.6% (N=2) and Other 10.3% (N=32). 12.5% (N=39) reported no barriers to seeking help.

Positive Ways to Deal with Stress

In the seventh question, participants were asked to provide open-ended responses to the question “*What positive ways do you or your peers use to cope with stress?*” Many responders provided more than one answer to this question. A total of 455 single responses were received and qualitatively analyzed. Respondents provided a wide range of answers and six themes of positive ways to cope with stress/self-care emerged.

For this question, the theme of “physical” is defined as “activities done to help improve the well-being of a person’s physical health.” Example responses in this theme included: walking, breathing and walking the dog. The theme of “social” is defined as “activities that nurture and deepen relationships with other people.” Example responses in this theme included: attending 12-step meetings or other mutual support groups, communication with others and asking others for help. Additional definitions and example responses are included in the Codebook.

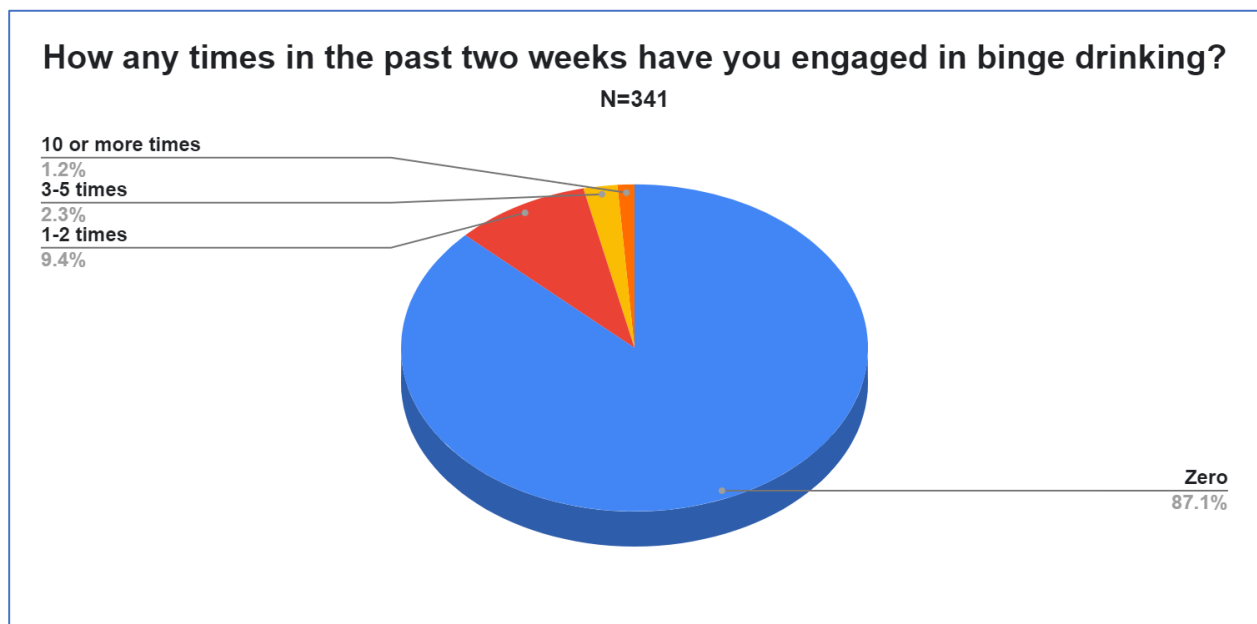


The six themes of self-care that emerged included: Physical 33.6% (N=153), Social 26.8% (N=122), Psychological/emotional 17.6% (N=80), Hobbies 12.8% (N=58), Spiritual 7.9%

(N=36) and Environment 1.3% (N=6). The two most common ways to cope with stress were exercise (N=84) as a sub-theme of physical self-care and talking with/spending time with a friend/family member or socializing (N=73) as a sub-theme of social self-care.

Binge Drinking in the Past Two Weeks

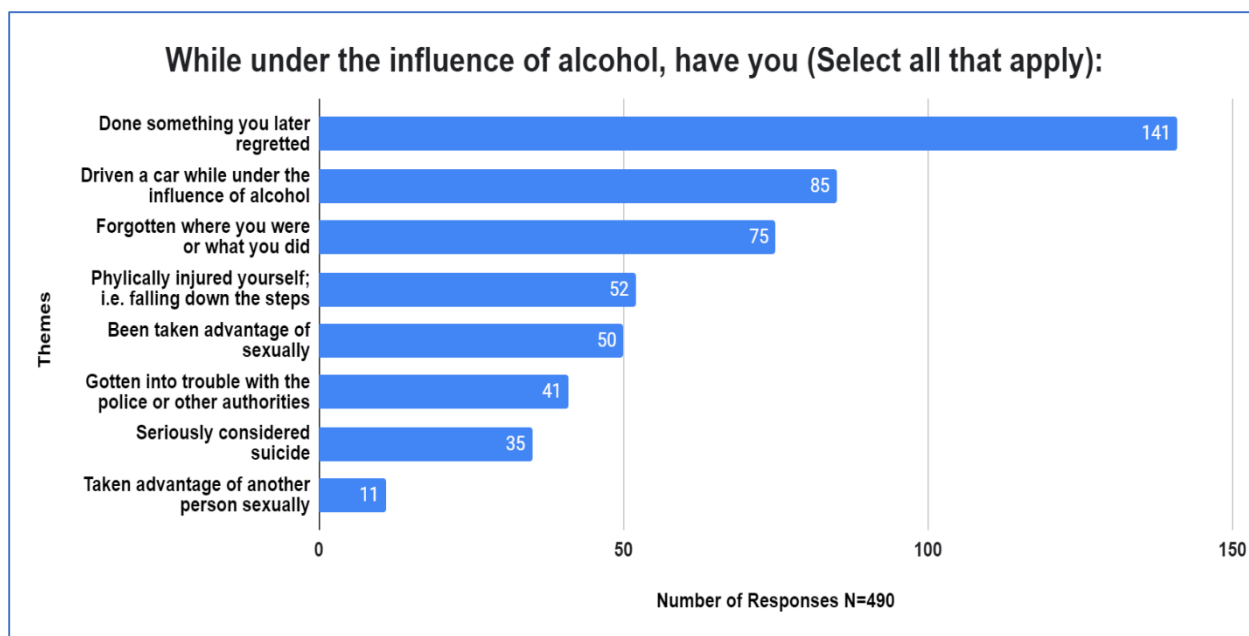
In the eighth question of the survey, respondents were asked “*When a man has 5 or more alcoholic drinks or a woman has 4 or more within a two-hour period, it is considered binge drinking. Considering this definition, how many times in the past two weeks have you participated in binge drinking?*” Respondents were given options they could choose from ranging from Zero to 10 or more times..



There was a total of 341 individual responses to this question. The responses were broken down as follows: Zero 87.1% (N = 297); 1-2 times 9.4% (N = 32); 3-5 times 2.3% (N = 8) and 10 or more times 1.2% (N = 4). There were no responses (0%) in the range of 6-9 times.

Behaviors While Under the Influence of Alcohol

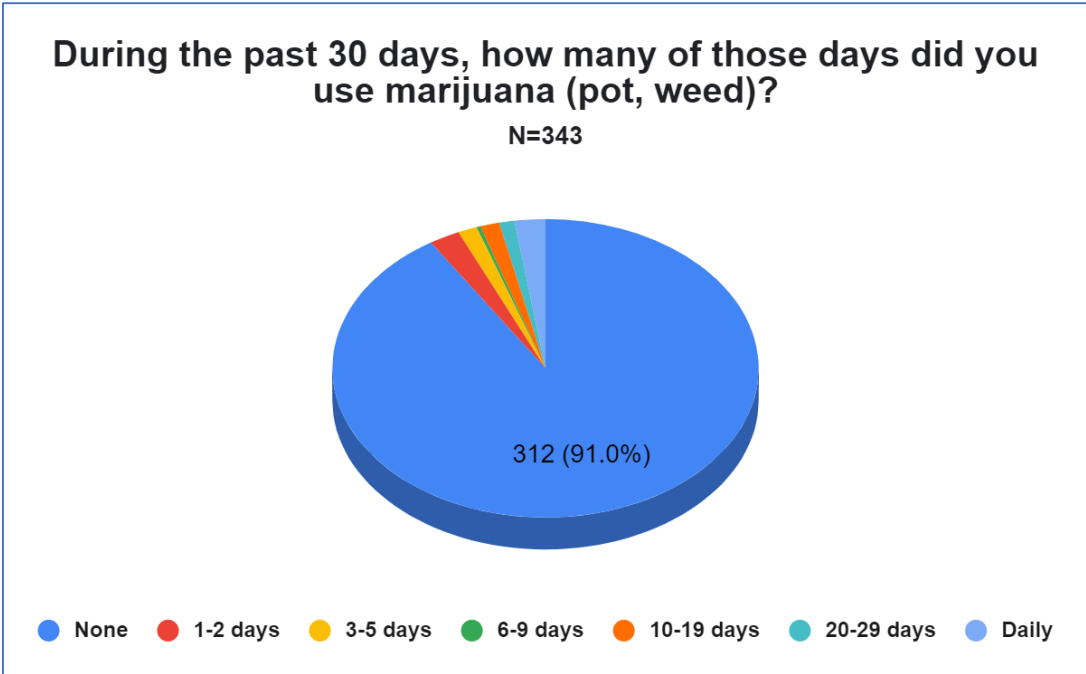
In the ninth question of the survey, respondents were asked “*While under the influence of alcohol, have you...*” Respondents were given the option to choose all that apply. There were a total of 174 responses to this question with 490 individual responses.



There were a total of 490 individual responses for this question. Responses were themed in the following ways: Done something you later regretted 28.8% (N = 141); Driven a car while under the influence of alcohol 15.3% (N = 85); Forgotten where you were or what you did 10.6% (N = 75); Physically injured yourself i.e. fallen down the stairs 10.6% (N = 52); Been taken advantage of sexually 10.2% (N = 50); Gotten into trouble with the police or other authorities 8.4% (N = 41); Seriously considered suicide 7.1% (N = 35) and Taken advantage of another person sexually 1.5% (N = 35).

Marijuana Use in the Past 30 Days

Question 10 asks participants “*During the past 30 days, how many of those days did you use marijuana (pot, weed)?*” There were seven choices for respondents to choose from (listed in the codebook). The top three responses chosen are; none, daily, and 1-2 days. Respondents were only allowed to make a single choice.

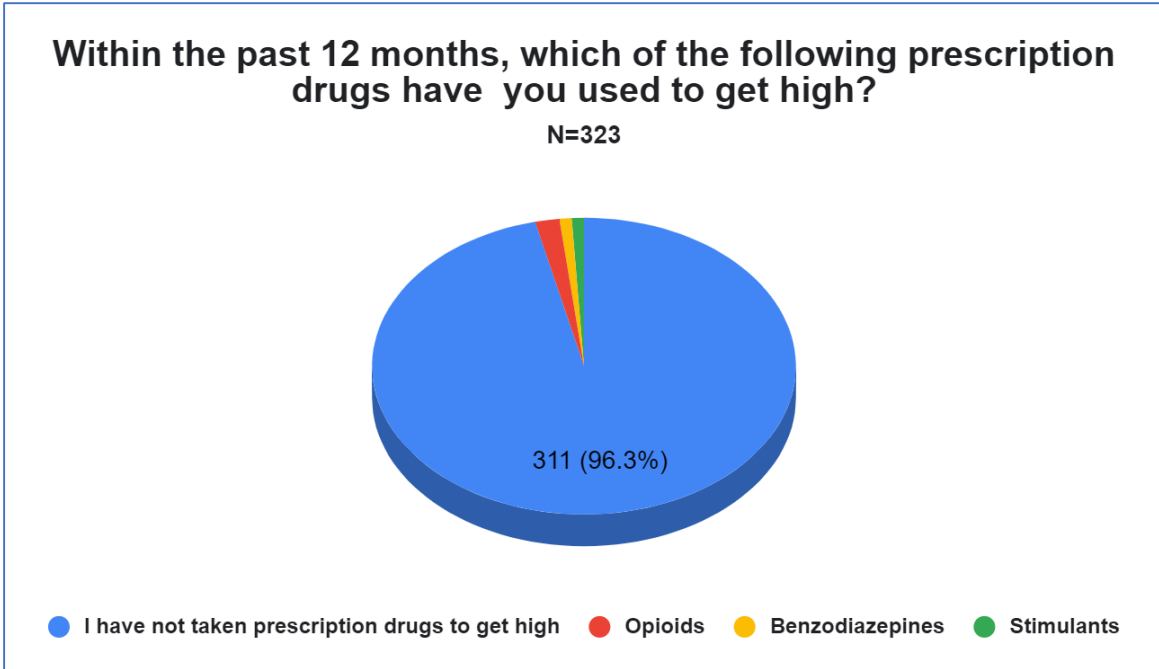


An over whelming response of the total 343 respondents to question 10 answered none 91% (N=312). The other responses were as follows: 1-2 days 2.3% (N=8), 3-5 days 1.5% (N=5), 6-9 days 0.3% (N=1), 10-19 days 1.5% (N=5), 20-29 days 1.2% (N=4) and daily 2.3% (N=8).

Prescription Drug Use in the Past 12 Months

Question 11 asks participants to share what prescription drugs they used to get high during the past 12 months. It provides three options of types of drugs including benzodiazepines, stimulants and opioids. There is an option for the participant to choose if they have not taken prescription drugs to get high in the last 12 months and also allows for a respondent to write in an answer.

The overwhelming majority of survey participants (N=311) responded with Not applicable. I have not taken prescription drugs to get high in the past 12 months. Six people responded with opioids, and three responded with benzodiazepines and three responded with stimulants.

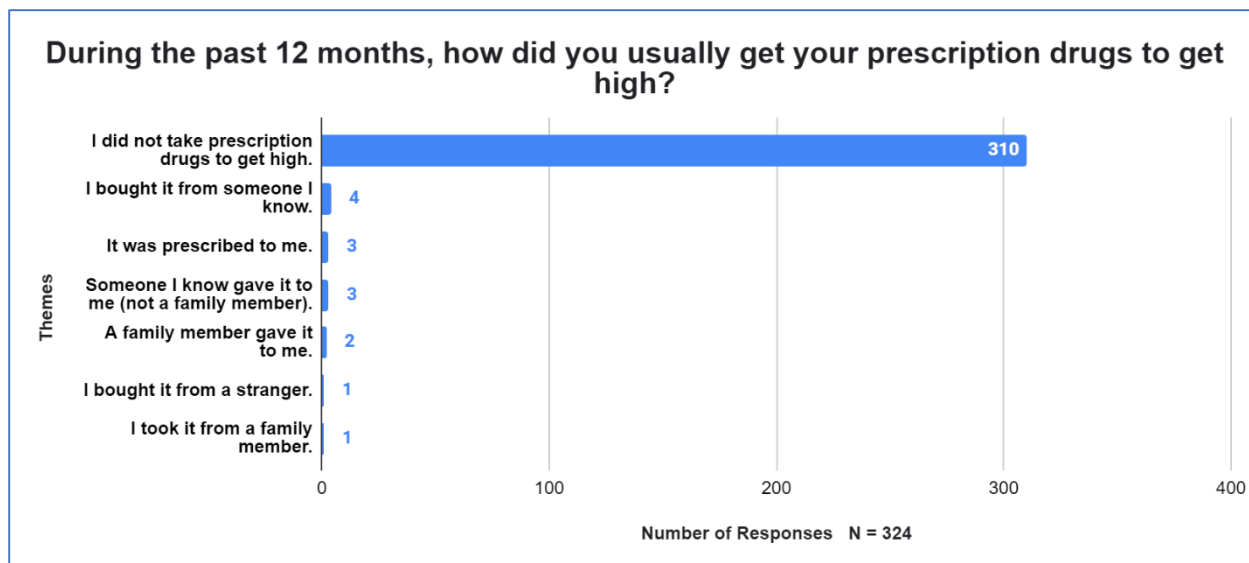


There were 323 responses to this question. The overwhelming majority of responses, 96% were that no prescription drugs were used to get high (N=311) while 1.8% responded that opioids were used (N=6), 0.9% answered with benzodiazepines (N=3) and 0.9% said stimulants (N=3).

Ways of Getting Prescription Drugs to Get High

To follow up on question 11, the survey seeks to understand how individuals who have used prescription drugs to get high obtain those drugs. This question provided nine options to choose from and an open-ended Other category. There were two options that were not chosen at all during this survey; I stole it from a stranger and I took it from someone I know received no responses.

Like the previous question, this question also had a majority of responses of Not Applicable. I did not take prescription drugs to get high. Only 14 of the 324 total responses gave responses that indicated how they got the prescription drugs to get high. Buying it from someone they know got the most responses of the choices available.

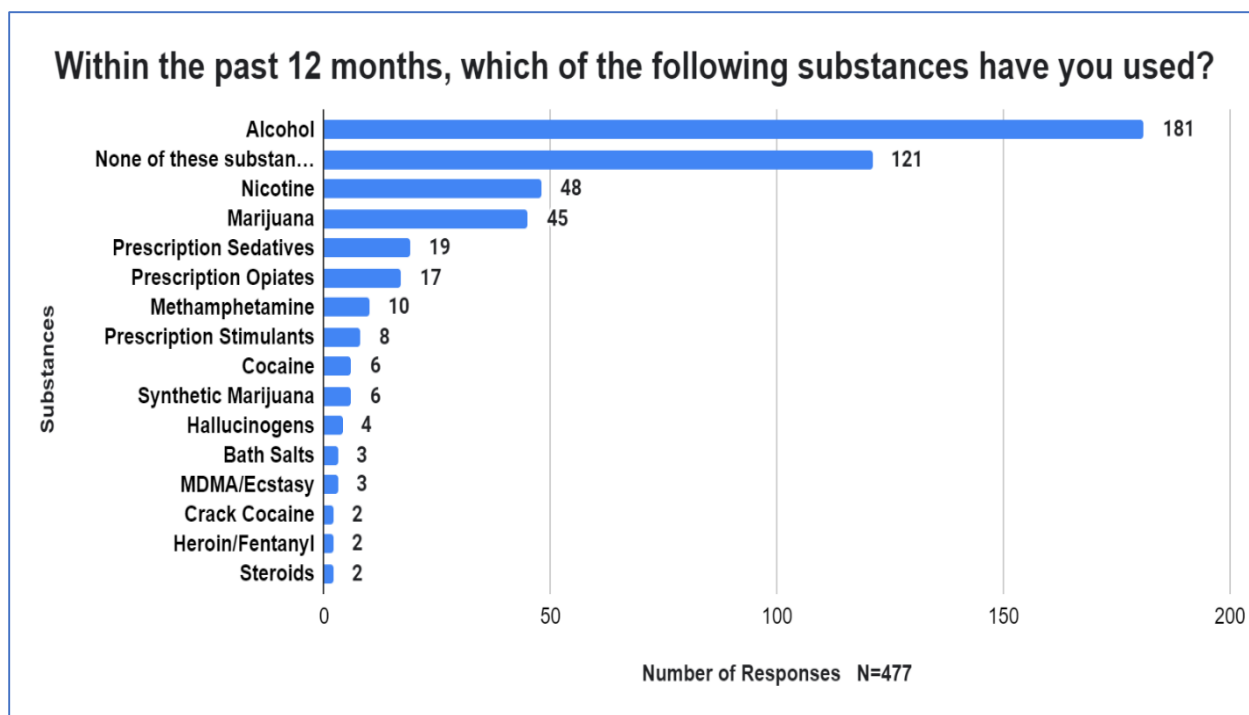


Of the 324 responses to this question, 95.6% (N=310) said that they did not take prescription drugs to get high. Following is the breakdown of the 14 responses for those who used prescription drugs: Someone I know gave it to me (not a family member) 1% (N=3), It was prescribed to me 1% (N=3), I took it from a family member 0.3% (N=1), I bought it from someone I know 1.2% (N=4), I bought it from a stranger 0.3% (N=1) and A family member gave it to me 0.6% (N=2).

Substances Used in the Past 12 Months

The following chart is an analysis of the responses given to Question 13 on the survey: *Within the past 12 months, which of the following substances have you used? (Select all that apply.)* An extensive list of substances was included as options for this question as well as the response, “I have not taken any of these substances.” There were 336 responses to this question.

As one would expect, alcohol was the substance with the most responses. This is not surprising as alcohol is a legal substance and a large majority of the survey respondents were 21 or older. The second largest response was I have not taken any of these substances. Again, this response is not surprising based on the demographics of those who completed the survey: many are involved with organizations and agencies who work to lessen the impact of substance use.



The rest of the results on the chart fall in line with national data provided by the Substance Abuse and Mental Health Services Administration (SAMHSA) presented in *Key Substance Use and Mental Health Indicators in the United States: Results from the 2018 National Survey on Drug Use and Health*.

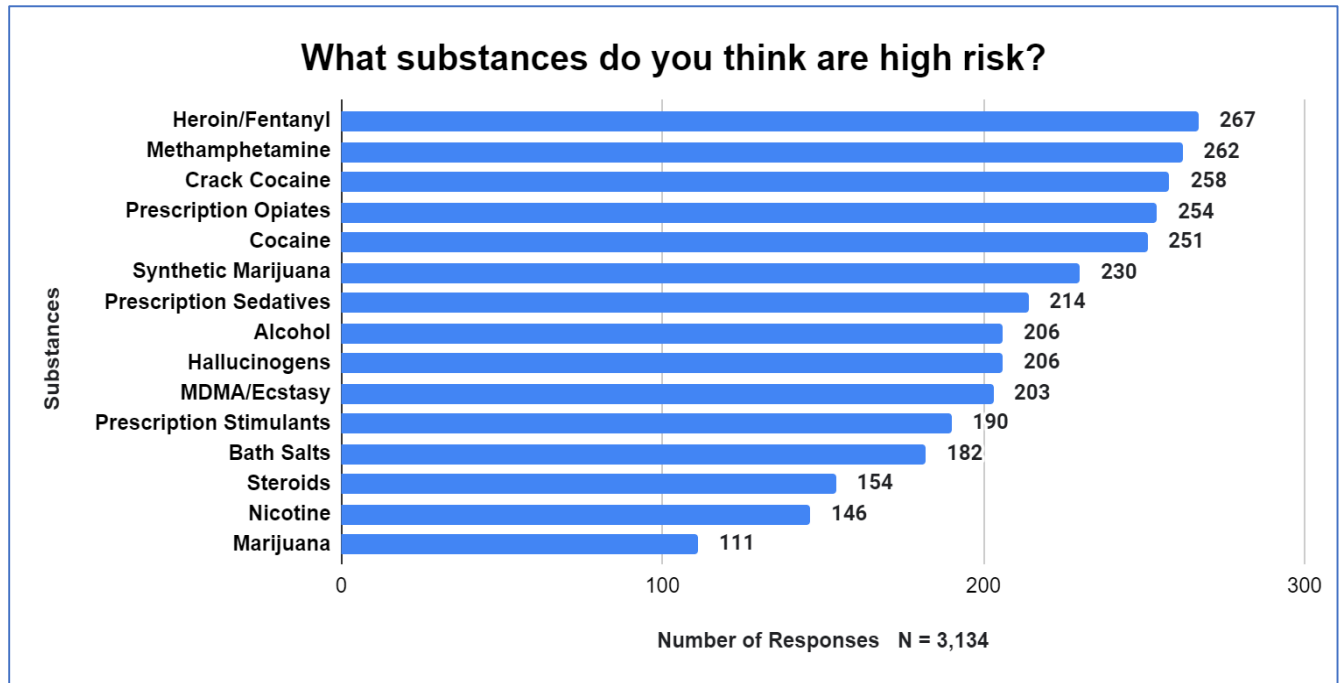
For this question a total of 336 respondents answers the question. Respondents were asked to choose all responses that apply. There was a total of 477 individual responses. Percentages given are based on the total individual responses. The largest number of respondents said that they used alcohol 38% (N=181). Themes in decreasing order are: I have not taken any of these substances 26.1% (N=121), Nicotine 10.1% (N=48), Marijuana 9.4% (N=45), Prescription sedatives 4.0% (N=19), Prescription opiates 3.6% (N=17), Methamphetamine 2.1% (N=10), Prescription stimulants 1.7% (N=8), Synthetic marijuana 1.3% (N=6), Cocaine 1.3% (N=6), Hallucinogens .8% (N=4), MDMA/ecstasy .6% (N=3), Bath salts .6% (N=3), Steroids .4% (N=2), Heroin/fentanyl .4% (N=2) and Crack cocaine .4% (N=2).

Substances that are High Risk

Question 14 asked respondents “Which substances do you think are high risk? (Select all that apply.)” Again, a comprehensive list of substances were listed, and respondents identified those they thought were the highest risk for users. There were 303 respondents to this question.

In reviewing the data, it is evident that those respondents believe opiates and stimulants (excluding prescribed stimulants) pose the largest risk for users along with synthetic

marijuana/spice. At the other end of the spectrum, respondents believe that marijuana and nicotine provide the lowest level of risk of the substances listed.



For this question a total of 303 respondents responded with substances they think are the highest risk. Respondents were asked to choose all responses that apply. There was a total of 3,134 individual responses. Percentages given are based on the total individual responses. Themes with percentages in decreasing order are: Heroin/fentanyl 8.5% (N=265), Methamphetamine 8.3% (N=262), Crack cocaine 8.2% (N=258), Prescription opiates 8.1% (N=254), Cocaine 8.0% (N=251), Synthetic marijuana 7.3% (N=230), Prescription sedatives 6.8% (N=214), Hallucinogens 6.6% (N=206), Alcohol 6.6% (N=206), MDMA/ecstasy 6.5% (N=203), Prescription stimulants 6.1% (N=190), Bath salts 5.8% (N=182), Steroids 4.9% (N=154), Nicotine 4.7% (N=146) and Marijuana 3.5% (N=111).

Conclusion

The Tippecanoe County Drug Free Coalition’s (DFC) Community Wellness Survey is an opportunity for individuals from different cross-sections of Tippecanoe County to give a voice to what they see happening in their community in regards to mental health and substance use.

The Data and Assessment Committee of the DFC has listed the top four takeaways from survey responses including:

- Mental health issues identified in Question 4 and 5 of the survey can lead to substance use, homelessness, or other concerns. In Question 5, respondents identified anxiety and

depression as their top mental health issues. They also identified mental health as the top issue that they think the community should be paying attention to.

- The top three answers identified as barriers to asking for help are stigma, financial constraints, and availability of services.
- Although many respondents identified stressors in their lives, many also identified positive ways they are dealing with that stress most commonly physical activity, socializing and taking time for hobbies.
- Marijuana is not seen as a risky substance. According to the results of Question 14, respondents said that marijuana is the least risky of those substances listed.

The Drug Free Coalition of Tippecanoe County would like to take the time to thank everyone who contributed their time and hard-work to the Community Wellness Survey. It is our hope that members of this community and beyond can reference this data to make informed decisions on community needs and positive directions for the citizens of Tippecanoe County.

For more information about the report or additional items, please consult the Tippecanoe County Drug Free Coalition at kristina@dftipp.org or 765-471-9916.

Codebook

This codebook identifies the themes that were included in the charts for each question in the Community Wellness survey and gives a definition of that theme and in some instances several examples.

1. Select the option that represents your age group.

- a. Number of responses: 344
- b. 5 themes (choices)
 - i. 17 or younger
 1. Defined: This is the option chosen by individuals aged 17 years or below
 - ii. 18 to 25
 1. Defined: This is the option chosen by individuals aged 18 years to 25 years
 - iii. 26 to 40
 1. Defined: This is the option chosen by individuals aged 26 years to 40 years
 - iv. 41 to 55
 1. Defined: This is the option chosen by individuals aged 41 years to 55 years
 - v. 56 or older
 1. Defined: This is the option chosen by individuals aged 56 years or above

2. Choose the options that best describe you:

- a. Number of responses: 345
- b. 4 themes (choices) (only one can be selected)
 - i. I live in Tippecanoe County (261)
 1. Defined: This option was chosen by individuals whose primary residence is within Tippecanoe County
 - ii. I work in Tippecanoe County (58)
 1. Defined: This option was chosen by individuals whose primary employment is within Tippecanoe County, but may not live there.
 - iii. I attend school in Tippecanoe County (12)
 1. Defined: This option was chosen by individuals whose educational institution is within Tippecanoe County but they may not live and/or be employed there.
 - iv. None of the above (14)
 1. Defined: This option was chosen by individuals who do not identify with any of the above options.

3. What do you think are the biggest stressors you face today?

- a. Number of responses: 331

b. 8 themes

- i. Finding a Good Job (43)
 1. Defined: Finding a job that is satisfying and provides an appropriate wage
 2. Examples:
 - a. Finding a job that is satisfying
 - b. Finding a job that provides an adequate wage
 - c. Finding a job that provides benefits and health insurance
- ii. Finding safe, affordable housing (60)
 1. Defined: Finding a home that is at a reasonable price in a safe environment that a person would be comfortable living in
 2. Examples:
 - a. Finding housing that meets the family's needs
 - b. Finding housing that doesn't take a large part of disposable income
 - c. Finding housing that is safe from environment concerns like lead and mold
- iii. Living in a safe community (78)
 1. Defined: Living in a community that is reasonably free from crime and violence; one a person would be happy living in
 2. Examples:
 - a. Living in a community with adequate police and fire protection
 - b. Living in a community that provides safe parks for family use
 - c. Living in a community that provides quality schools for children
- iv. Substance Use Issues (Total 33)
 1. Defined: Dealing with Issues related to using addictive substances
 2. Examples:
 - a. Living with a child, parent or significant other with substance use issues
 - b. Suffering from Substance Use Disorder
 - c. Wanting treatment for a substance use disorder but not being able to find or afford the treatment
- v. Mental Health Issues (146)
 1. Defined: Dealing with issues related to mental health concerns
 2. Examples:
 - a. Living with a child, parent or significant other with mental health concerns
 - b. Suffering from a mental health disorder
 - c. Wanting treatment for a mental health disorder and not being able to find or afford treatment

- vi. Being pulled in too many directions (174)
 - 1. Defined: Having too many responsibilities and not having enough time to handle them the way the person would like
 - 2. Examples:
 - a. Having to provide care for both children and elderly parents
 - b. Having to work but also having to help children with online schooling during lockdown or quarantine
 - c. Having to cook meals, do regular home maintenance while having to take children to activities
- vii. Financial stability (9)
 - 1. Defined: Having enough money to be able to pay for financial responsibilities without undue stress
 - 2. Examples:
 - a. Having the ability to pay for adequate housing
 - b. Having the ability to pay for health care/insurance for family members
 - c. Having the ability to provide healthy food/meals for family members
- viii. Raising children/childcare (6)
 - 1. Defined: Being able to spend quality time with children and being able to provide quality childcare
 - 2. Examples:
 - a. Being able to find and pay for appropriate childcare for children
 - b. Being able to spend time with children doing fun and educational things
 - c. Being able to provide the things necessary to give children a quality childhood

4. What issues are you dealing with that you think the community needs to be paying more attention to?

- a. Number of responses: 264
- b. 11 themes
 - i. Mental Health (77)
 - 1. Defined: The issue of access and affordability of mental health services is an important part of healthcare
 - 2. Examples:
 - a. Having access to counseling without being put on a waitlist
 - b. Being able to find and provide a free or cheap local mental health service
 - c. The lack of mental health providers.

- ii. Financial Issues (54)
 - 1. Defined: Circumstances in Tippecanoe County that may be impacting the financial state of an individual
 - 2. Examples:
 - a. Low wages for people with a bachelor's degree
 - b. Having to work so much that I can't take a break to deal with my personal issues & take care of myself. Doing so would mean I can't pay my bills.
 - c. Job opportunities
- iii. Crime/Criminal Justice/Community Safety (46)
 - 1. Defined: Levels of Crime in the community, feelings of safety in the home or out in the community, and other criminal justice issues in Tippecanoe County
 - 2. Examples:
 - a. Gun violence in the community
 - b. Increase in crime/shootings
 - c. Increased police presence
- iv. Substance Use/Abuse (22)
 - 1. Defined: The prevalence of substance use/abuse in our community as well as access to substance use treatment
 - 2. Examples:
 - a. Lack of rehab centers
 - b. Getting a job with a history of substance use and a drug felony
 - c. Mental health and drug and alcohol abuse in teens and young adults
- v. Diversity, Equity, and Inclusion (20)
 - 1. Defined: The ability for individuals to feel equal and included in their community despite any differences, and the community celebrates all cultures and backgrounds.
 - 2. Examples:
 - a. Racism
 - b. We need to be more aware of young, poor kids that are trying to break that cycle of poverty.
 - c. Concerned about polarized cultures
- vi. Care for young and elderly (8)
 - 1. Defined: The ability of youth and elderly individuals to obtain the care and resources they need in our community
 - 2. Examples:
 - a. Affordable child care for working families- two income households get no assistance, and can't afford the rates of care. This puts a lot of people in a difficult situation trying

- to work to provide and have safe, affordable care for our children.
 - b. Elder health care and daily care
 - c. Young and older persons, more programs for them
- vii. Community Resources (8)
 - 1. Defined: Families are able to fulfill their needs with available resources in our community
 - 2. Examples:
 - a. Hobbies, activities for families, distractions from stress
 - b. Finding safe housing
 - c. Mind/body offerings in Lafayette
- viii. Homelessness (8)
 - 1. Defined: Individuals and families without access to housing
 - 2. Examples:
 - a. Affordable housing in safe area
 - b. Homeless population and outreach to surrounding counties.
- ix. Healthcare: Physical Health (7)
 - 1. Defined: Agencies and practices in the community that add to a person's physical health
 - 2. Examples:
 - a. Affordable health care
 - b. More local assistance for cancer patients
 - c. Autism resources
- x. Education (3)
 - 1. Defined: Education concerns in the community include preschool, primary, secondary, and post-secondary institutions
 - 2. Examples:
 - a. Rising cost of college tuition
 - b. Flaws in our education system
 - c. Lack of affordable preschool
- xi. Other (5)
 - 1. Defined: Community awareness suggestions that do not fit into aforementioned categories
 - 2. Examples:
 - a. Road conditions
 - b. Trash pickup/recycling
 - c. Public transportation

5. What mental health issues impact you the most?

a. Number of responses: 354

b. 7 themes

i. Anxiety (112)

1. Defined: A nervous disorder characterized by a state of excessive uneasiness and apprehension, typically with compulsive behavior or panic attacks.

ii. Depression (92)

1. Defined: A mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.

iii. Stress (34)

1. Defined: A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

iv. Lack of available counseling/providers (18)

1. Defined: A situation within a community where there is a limited number of providers available to provide mental health counseling.

v. Work-related stress (16)

1. Defined: A state of mental or emotional strain or tension happening because of things occurring during employment

vi. ADHD (11)

1. Defined: A chronic condition including attention difficulty, hyperactivity, and impulsiveness.

vii. Substance use disorder related challenges (11)

1. Defined: Difficulties that occur for an individual who suffers from substance use disorder

6. What types of barriers have stopped or do stop you from asking for help for yourself or someone you know?

a. Number of responses: 271

b. 16 themes

i. Stigma (51)

1. Defined: Being looked down upon or viewed as lesser due to belonging to a particular circumstance or quality

2. Examples:

a. Social Stigmas

b. Stigma attached to addictions and mental health issues

c. Stigma

ii. Financial Constraints (42)

1. Defined: The inability to access resources due to lack of funds or financial support

2. Examples:

a. Cost of therapy

- b. Money—therapy is expensive and it is hard to afford when I have other bills that have to be paid
 - c. Making too much money to qualify for financial assistance but not having affordable health insurance to pay for services
- iii. Availability of Services (37)
 - 1. Defined: Unable to seek care because the options for care are low in a given area.
 - 2. Examples:
 - a. Too few mental health facilities available in Lafayette
 - b. Limited resources available for mental health services
 - c. Lack of available counseling
- iv. Pride (21)
 - 1. Defined: Not seeking care due to personal ego or sense of dignity
 - 2. Examples:
 - a. Pride
 - b. Personal ego
 - c. Stubbornness
- v. Lack of Time (15)
 - 1. Defined: Not seeking care due to inability to attend therapy, schedule therapy or find resources
 - 2. Examples:
 - a. Time – I don't always have time to ask for help or go to therapy
 - b. No time with being pulled in many different directions
 - c. No time
- vi. Mental Health (18)
 - 1. Defined: Not seeking care due to personal mental health needs being a deterrent
 - 2. Examples:
 - a. Anxiety
 - b. PTSD
 - c. Social anxiety
- vii. Lack of Direction (14)
 - 1. Defined: Not seeking care due to ignorance of how to seek care or how to begin the process
 - 2. Examples:
 - a. Not knowing a doctor or therapist to recommend
 - b. Not knowing where to go to gain help
 - c. Knowing where/how to access the system

- viii. Embarrassment/Shame (13)
 - 1. Defined: Not seeking care due to negative comparison from others or feeling wrong for belonging to a particular circumstance
 - 2. Examples:
 - a. Embarrassment
 - b. Shame
 - c. I do not want others to know that I struggle with my mental health
- ix. Work Constraints (11)
 - 1. Defined: Not seeking care due to workplace demands or perceptions
 - 2. Examples:
 - a. Not able to take off work
 - b. Complaints about using sick time or days off because you come back to more work than you had before and people are mad at you for being off work
 - c. Privacy regarding workplace
- x. Judgement (10)
 - 1. Defined: Not seeking care due to fear of being perceived negatively.
 - 2. Examples:
 - a. Being judged
 - b. Fear of judgement
 - c. Our community is very quick to judge people on their past and not look at the progress and effort they are making to become better people
- xi. Not Wanting to Burden Other People
 - 1. Defined: Not seeking care due to the anticipated perception that one's mental health needs may burden another
 - 2. Examples:
 - a. Fear of being a burden
 - b. I do not want to burden people with my problems or seem too needy
 - c. Fear of being a burden or worrying people
- xii. Language Barriers (2)
 - 1. Defined: Not seeking care due to ineffective communication between patient and provider
 - 2. Examples:
 - a. Language
 - b. Not speaking English properly

- xiii. Retaliation (2)
 - 1. Defined: Not seeking care due to fear of consequences from others
 - 2. Examples:
 - a. Reaction to asking for help
 - b. Being scared of repercussions
- xiv. Transportation (2)
 - 1. Defined: Not seeking care due to lack of needed transportation to travel to care
 - 2. Examples:
 - a. Transportation
 - b. Hard to find dependable care for disabled seniors
- xv. Other (32)
 - 1. Defined: Any barrier that did not accurately fit another them and which did not have at least two responses of a similar sentiment
 - 2. Examples:
 - a. Knowing that my loved one has to ask for help himself
 - b. Asking for too much
 - c. I don't have many friends
- xvi. None (39)
 - 1. Defined: Respondents replied that no barriers currently exist for them in regards to seeking mental health care for self or others
 - 2. Examples:
 - a. None
 - b. I have asked for help so I am good
 - c. None. I am surrounded by healthy, stable people. We help each other as much as we can

7. What positive ways do you or your peers use to cope with stress?

- a. Number of responses: 455
- b. 6 themes
 - i. Physical (153)
 - 1. Defined: Activities done to help improve the well-being of a person's physical health.
 - 2. Examples:
 - a. Walking
 - b. Breathing
 - c. Animal/Pets – walking the dog
 - ii. Social (122)
 - 1. Defined: Activities that nurture and deepen relationships with other people.
 - 2. Examples:
 - a. 12-step meetings/recovery mutual support groups

- b. Communication
 - c. Asking for help
 - iii. Psychological/Emotional (80)
 - 1. Defined: Activities that stimulate a person’s mind and help to regulate emotions in a healthy way.
 - 2. Examples:
 - a. Journaling
 - b. Taking time off my myself/vacation
 - c. Mindfulness/positive self-talk
 - iv. Hobbies (58)
 - 1. Defined: An activity regularly done in one’s leisure time for pleasure.
 - 2. Examples:
 - a. Singing
 - b. Cooking/baking
 - c. Gardening
 - v. Spiritual (36)
 - 1. Defined: Activities that nurture a person’s spirit and allows one to think beyond oneself. Spiritual self-care does not have to be religious.
 - 2. Examples:
 - a. Meditation
 - b. Prayer
 - c. Attending church and religious ceremonies
 - vi. Environment (6)
 - 1. Defined: Maintaining a clean and safe living and working environment.
 - 2. Examples:
 - a. Cleaning the house
 - b. Working

8. When a man has 5 or more alcoholic drinks or a woman has 4 or more within a two-hour period, it is considered binge drinking. Considering this definition of binge drinking, how many times in the past two weeks have you participated in binge drinking?

- a. Number of responses: 341
- b. 5 themes (choices)
 - i. Zero (297)
 - 1. Defined: Not engaging in binge drinking in the past two weeks
 - ii. 1-2 times (32)
 - 1. Defined: Engaging in binge drinking 1 or 2 times in the past two weeks
 - iii. 3-5 times (8)

- 1. Defined: Engaging in binge drinking 3 to 5 times in the past two weeks
- iv. 6-9 times (0)
 - 1. Defined: Engaging in binge drinking 6 to 9 times in the past two weeks
- v. 10 or more times (4)
 - 1. Defined: Engaging in binge drinking 10 or more times in the past two weeks

9. While under the influence of alcohol, have you...

- a. Number of responses: 174
- b. 8 themes
 - i. Done something you later regretted (141)
 - 1. Defined: While under the influence of alcohol, the respondent did something he/she later wished he/she hadn't done.
 - ii. Driven a car while under the influence of alcohol (85)
 - 1. Defined: While under the influence of alcohol, the respondent drove a motor vehicle.
 - iii. Forgotten where you were or what you did (75)
 - 1. Defined: While under the influence of alcohol, the respondent either forgot where he/she was or what he/she did.
 - iv. Physically injured yourself i.e. fallen down the stairs (52)
 - 1. Defined: While under the influence of alcohol, the respondent did something to physically injure himself/herself.
 - v. Been taken advantage of sexually (50)
 - 1. Defined: While under the influence of alcohol, the respondent was sexually taken advantage of by another person.
 - vi. Gotten in trouble with the police or other authorities (41)
 - 1. Defined: While under the influence of alcohol, the respondent has gotten into some type of criminal trouble.
 - vii. Seriously considered suicide (35)
 - 1. Defined: While under the influence of alcohol, the respondent has seriously thought about death by suicide.
 - viii. Taken advantage of another person sexually (11)
 - 1. Defined: While under the influence of alcohol, the respondent has sexually taken advantage of another person.

10. During the past 30 days, how many of those days did you use marijuana (pot, weed)?

- a. Number of responses: 343
- b. 7 themes (choices) (only one selection could be made)
 - i. None (312)
 - 1. Defined: Marijuana was not used in the past 30 days

- ii. 1-2 days (8)
 - 1. Defined: Marijuana was used 1-2 days in the past 30 days from date of survey completion
- iii. 3-5 days (5)
 - 1. Defined: Marijuana was used 3-5 days of the past 30 days from survey completion
- iv. 6-9 days (1)
 - 1. Defined: Marijuana was used 6-9 days of the past 30 days from survey completion
- v. 10-19 days (5)
 - 1. Defined: Marijuana was used 10-19 days of the past 30 days from survey completion
- vi. 20-29 days (4)
 - 1. Defined: Marijuana was used 20-29 days of the past 30 days from survey completion
- vii. Daily (8)
 - 1. Defined: Marijuana was used daily in the past 30 days from survey completion

11. Within the past 12 months, which of the following prescription drugs have you used to get high?

- a. Number of responses: 323
- b. 4 themes
 - i. Not Applicable I have not taken prescription drugs to get high in the past 12 months – (310)
 - 1. Defined: Respondent has not taken a prescription drug for the purpose of getting high in the past 12 months.
 - ii. Opioids – (6)
 - 1. Defined: Substances that act on opioid receptors to produce morphine-like effects
 - 2. Examples:
 - a. Morphine
 - b. Methadone
 - c. Hydrocodone
 - iii. Stimulants – (3)
 - 1. Defined: A substance that raises levels of physiological or nervous activity in the body
 - 2. Examples:
 - a. Adderall
 - b. Ritalin,
 - c. Concerta
 - iv. Benzodiazepines – (3)
 - 1. Defined: Drugs which lower brain activity

2. Examples:
 - a. Xanax
 - b. Valium
 - c. Ativan

12. During the past 12 months, how did you usually get your prescription drugs to get high?

- a. Number of responses: 324
- b. 7 Themes
 - i. Not Applicable I have not taken prescription drugs to get high in the past 12 months (310)
 1. Defined: The respondent has not used a prescription drug for the purpose of getting high.
 - ii. I bought it from someone I know. (4)
 1. Defined: The respondent purchased prescription drugs from an acquaintance for the purpose of getting high.
 - iii. It was prescribed to me. (3)
 1. Defined: The respondent misused prescription drugs that had been prescribed to them to get high.
 - iv. Someone I know gave it to me (not a family member). (3)
 1. Defined: The respondent was given prescription drugs for the purpose of getting high from someone they know but who is not a family member.
 - v. A family member gave it to me. (2)
 1. Defined: The respondent was given prescription drugs for the purpose of getting high by a family member.
 - vi. I bought it from a stranger. (1)
 1. Defined: The respondent bought prescription drugs for the purpose of getting high from someone they didn't know.
 - vii. I took it from a family member. (1)
 1. Defined: The respondent stole prescription drugs for the purpose of getting high from a member of their family.

13. Within the past 12 months, which of the following substances have you used?

(Select all that apply.)

- a. Number of responses: 477
- b. 16 Themes
 - i. Alcohol (181)
 1. Defined: The respondent has used alcohol within the past 12 months.
 - ii. I have not taken any of these substances (121)

1. Defined: The respondent has not used any substances within the past 12 months.
- iii. Nicotine (48)
 1. Defined: The respondent has used nicotine within the past 12 months.
- iv. Marijuana (45)
 1. Defined: The respondent has used marijuana within the past 12 months.
- v. Prescription sedatives (19)
 1. Defined: The respondent has used prescription opiates within the past 12 months.
- vi. Prescription opiates (17)
 1. Defined: The respondent has used prescription opiates within the past 12 months.
- vii. Methamphetamine (10)
 1. Defined: The respondent has used methamphetamine within the past 12 months.
- viii. Prescription stimulants (8)
 1. Defined: The respondent has used prescription stimulants within the past 12 months.
- ix. Cocaine (6)
 1. Defined: The respondent has used cocaine within the past 12 months.
- x. Synthetic marijuana/spice (6)
 1. Defined: The respondent has used synthetic marijuana/spice within the past 12 months.
- xi. Hallucinogens (4)
 1. Defined: The respondent has used hallucinogens within the past 12 months.
- xii. Bath salts (3)
 1. Defined: The respondent has used bath salts within the past 12 months.
- xiii. MDMA/ecstasy (3)
 1. Defined: The respondent has used MDMA/ecstasy within the past 12 months.
- xiv. Crack cocaine (2)
 1. Defined: The respondent has used crack cocaine within the past 12 months.
- xv. Heroin/fentanyl (2)
 1. Defined: The respondent has used heroin/fentanyl within the past 12 months.

- xvi. Steroids (2)
 - 1. Defined: The respondent has used steroids within the past 12 months.

14. Which substances do you think are high risk? (Select all that apply.)

- a. Number of responses: 3,134
- b. 15 Themes:
 - i. Heroin/fentanyl (267)
 - 1. Defined: The respondent believes that heroin/fentanyl is a high risk substance to its users.
 - ii. Methamphetamine (262)
 - 1. Defined: The respondent believes that methamphetamine is a high risk substance to its users.
 - iii. Crack cocaine (258)
 - 1. Defined: The respondent believes that crack/cocaine is a high risk substance to its users.
 - iv. Prescription opiates (254)
 - 1. Defined: The respondent believes that prescription opiates is a high risk substance to its users.
 - v. Cocaine (251)
 - 1. Defined: The respondent believes that cocaine is a high risk substance to its users.
 - vi. Synthetic marijuana/spice (230)
 - 1. Defined: The respondent believes that synthetic marijuana/spice is a high risk substance to its users.
 - vii. Prescription sedatives (214)
 - 1. Defined: The respondent believes that prescription sedatives is a high risk substance to its users.
 - viii. Alcohol (206)
 - 1. Defined: The respondent believes that alcohol is a high risk substance to its users.
 - ix. Hallucinogens (206)
 - 1. Defined: The respondent believes that hallucinogens is a high risk substance to its users.
 - x. MDMA/ecstasy (203)
 - 1. Defined: The respondent believes that MDMA/ecstasy is a high risk substance to its users.
 - xi. Bath Salts (182)
 - 1. Defined: The respondent believes that bath salts is a high risk substance to its users.
 - xii. Steroids (154)
 - 1. Defined: The respondent believes that steroids is a high risk substance to its users.

xiii. Nicotine (146)

1. Defined: The respondent believes that nicotine is a high risk substance to its users.

xiv. Marijuana (111)

1. Defined: The respondent believes that marijuana is a high risk substance to its users.

Appendix 2:

The information in this appendix gives the number of responses for each theme including those with only one response.

1. *Select the option that represents your age group: (344 responses)*

17 or younger - 23
18 to 25 years old - 39
26 to 40 years old - 108
41 to 55 years old - 100
56 or older – 74

2. *Choose the options that best describes you: (345 responses)*

I live in Tippecanoe County. - 261
I work in Tippecanoe County. - 58
I attend school in Tippecanoe County. - 12
None of the above. – 14

3. *What do you think are the biggest stressors you face today? (331 responses)*

Being pulled in too many directions -174
Mental Health Issues - 146
Living in a safe community - 78
Finding safe, affordable housing - 60
Finding a good job - 43
Substance use issues - 33
Financial stability - 9
Raising children/childcare – 6

4. *What issues are you dealing with that you think the community needs to be paying more attention to? (264 responses)*

Mental Health - 77
Financial Issues - 54
Crime, Criminal Justice, Community Safety - 46
Substance Use/Abuse - 22
Diversity, Equity, Inclusion - 20
Care for young and elderly - 8
Community Resources - 8
Homelessness - 8
Physical Healthcare - 7

Other - 5
Education – 3

5. *What mental health issues impact you the most? (287 responses)*

Anxiety - 112
Depression - 92
Stress -34
Lack of available counseling/providers - 18
Work related stress - 6
ADHD - 11
Substance use disorder related to challenges -11
PTSD - 7
Schizophrenia/personality disorders/mania - 7
Bipolar - 6
Loneliness/isolation - 6
Family/relationship related stress - 5
Financial Concerns - 3
Autism Spectrum Disorder - 3
Childhood trauma - 2
Stigma - 2
Pandemic related stress/issues - 2
Homelessness - 2
Political anxiety/current social challenges - 1
Feelings of unworthiness/lack of motivation - 1
Health Concerns - 1
Fear of failure - 1
Issues due to incarceration - 1
Self-sabotage - 1
Epilepsy - 1
Grief - 1
OCD - 1
Sex offenders - 1
Gun violence - 1
Alzheimer's - 1
Health insurance - 1
Eating disorders - 1
Personal accountability – 1

6. *What types of barriers have stopped or do stop you from asking for help for yourself or someone you know? (271 responses)*

Stigma - 34
Financial - 33
Access to Services - 24
None - 22
Pride - 16
Embarrassment/shame - 14
Lack of awareness - 14
Lack of time - 13
Other - 11
Work constraints - 6
Anxiety - 3
Transportation - 2
Gender norms - 1
Bad experiences - 1
Mental health - 1
Lack of social support - 1

7. *What positive ways do you see you or your peers use to cope with stress? (280 responses)*

Exercise - 84
Talk with/spending time with a friend or family member/socializing - 73
Listen to/play music/drive around and listen to music - 19
Therapy - 19
Mediation - 19
Time outdoors - 17
Prayer/attending church/religious activities - 17
Walking - 14
Reading - 14
12-step meetings/recovery mutual aid groups - 13
Hobbies - 11
Mindfulness/positive/self-talk - 11
Support group - 11
Yoga - 10
Arts/creativity/creative outlets - 8
Breathing - 7
Journaling - 7
Self-care - 7
Taking time off/taking time for myself/vacation - 7
Volunteering/helping others - 7
Living in community/building relationships/not isolating/seeking fellowship - 7

Animals/pets/walking the dog - 6
 Comedy/humor/laughter - 6
 Medication - 6
 Cooking/baking - 5
 Video games - 5
 Rest/relaxation - 4
 Sleep - 4
 Board games - 3
 Gardening - 3
 Watching TV/movies - 3
 Along Time - 3
 Activities in the community - 3
 Cleaning the house - 2
 Day care - 2
 Working - 2
 Hiking - 2
 Drive around - 2
 Asking for help - 2
 Playing with children - 2
 Singing - 1
 Crystals and oils - 1
 Dancing - 1
 Salt lamps - 1
 Massage - 1
 Weighted blanket - 1
 Being honest - 1
 Podcasts - 1
 Self-help books - 1
 Taking things day by day - 1
 Communication - 1
 Girl's night out - 1
 Seeking employee assistance program - 1
 General shenanigans - 1
 Drinking - 1
 Marijuana - 1

8. *When a man has 5 or more alcoholic drinks or a woman has 4 or more within a two-hour period, it is considered binge drinking. Considering this definition of binge drinking, how many times in the past two weeks have you participated in binge drinking? (341 responses)*

Zero - 297
 1-2 times - 32

3-5 times - 8
6-9 times - 0
10 or more times - 4

9. *While under the influence of alcohol, have you (Select all that apply): (174 responses)*

Done something you later regretted - 141
Driven a car while under the influence of alcohol - 85
Forgotten where you were or what you did - 75
Physically injured yourself i.e. fall down the stairs - 52
Been taking advantage of sexually - 50
Gotten into trouble with the police or other authorities - 41
Seriously considered suicide - 35
Taken advantage of another person sexually - 11

10. *During the past 30 days, how many of those days did you use marijuana (pot, weed)? (343 responses)*

None - 312
1-2 days - 8
3-5 days - 5
6-9 days - 1
10-19 days - 5
20-29 days - 4
Daily - 8

11. *Within the past 12 months, which of the following prescription drugs have you used to get high? (323 responses)*

Benzodiazepines (ex. Xanax, Valium, Ativan) - 3
Stimulants (ex. Adderall, Ritalin, Concerta, etc.) - 3
Opioids (ex. Morphine, Methadone, Hydrocodone, Oxycodone, Buprenorphine, etc.) - 6
Not applicable. I have not taken prescription drugs to get high in the past 12 months - 305
Only taken prescriptions - 3
I don't take prescription drugs for anything - 1
I've never taken drugs to get high - 2

12. *During the past 12 months, how did you usually get your prescription drugs to get high? (324 responses)*

I did not take prescription drugs to get high. - 310
I bought it from someone I know. - 4

Someone I know gave it to me (not a family member) - 3
It was prescribed to me. - 3
A family member gave it to me. - 2
I bought it from a stranger. - 1
I took it from a family member. - 1
I took it from someone I know (outside of the home) - 0
I stole it from a stranger. - 0

13. *Within the past 12 months, which of the following substances have you used? (Select all that apply.) (336 responses)*

Alcohol - 181
I have not taken any of these substances - 121
Nicotine - 48
Marijuana - 45
Prescription sedatives - 19
Prescription opiates - 17
Methamphetamine - 10
Prescription stimulants (Adderall, Ritalin, Etc.) - 8
Cocaine - 6
Synthetic marijuana/spice - 6
Hallucinogens - 4
Bath salts - 3
MDMA/ecstasy - 3
Crack cocaine - 2
Heroin/fentanyl - 2
Steroids - 2

14. *Which substances do you think are high risk? (Select all that apply.) (303 responses)*

Heroin/Fentanyl - 267
Methamphetamine - 262
Crack Cocaine - 258
Prescription Opiates - 254
Cocaine - 251
Synthetic marijuana/spice - 230
Prescription Sedatives - 214
Alcohol - 206
Hallucinogens - 206
MDMA/ecstasy 203
Prescription Stimulants - 190
Bath salts - 182
Steroids - 154
Nicotine - 146
Marijuana - 111