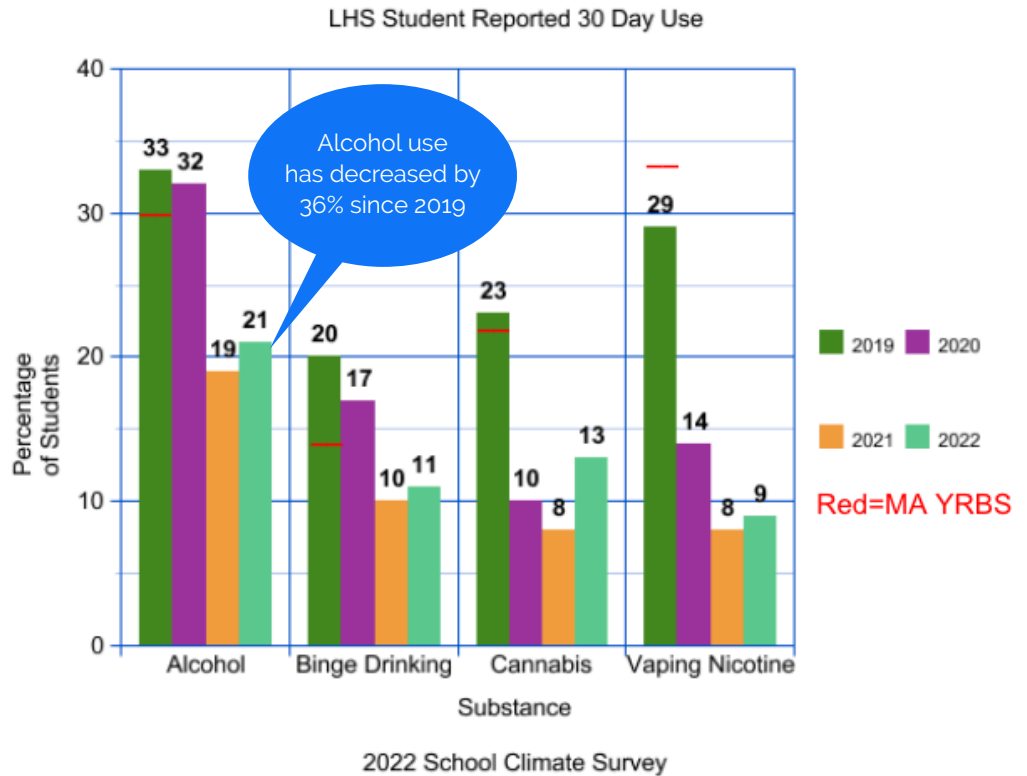




What is CLOSE? **CLOSE Community** is the **Coalition of Longmeadow Organizing Substance Education for the Community** & is led by caring volunteers including parents, educators, health care providers, grandparents, students, police officers, clergy, business owners & civic volunteers. For more information about our work in the *schools* (evidence-based curricula grades 3-10, positive social norms marketing campaigns, 12th grade Recovery panels, SBIRT) or in the *community* (mock teen bedroom, free Narcan trainings, parent ed events, focus groups) please sign up for our newsletter at [closecommunity.org](http://closecommunity.org).

**Our LHS School Climate Survey shows...** Since 2013, over 90% of LHS students have participated in a School Climate survey each spring. This survey enables us to identify emerging trends and to target our health curriculum and interventions to the needs and concerns of our students. We compare our data with the Massachusetts Youth Risk Behavior Survey (MA YRBS). *Most LHS students make healthy choices* pertaining to substance use most of the time. In our 2022 survey, when LHS students were asked about use in the past 30 days (an indicator of regular, current use):

- 79% had not used alcohol
- 91% had not used e-cigs/vapes
- 87% had not used cannabis
- 89% had not binge drank
- Over 99% had not misused Rx medications (opiates, sedatives or stimulants)



**Cannabis Use:** After a two year spike in reported 30 day use from 2017-2019, we've seen a 59% decrease in 12th grade cannabis use, with 2.6% of of LHS students reporting daily use. Majority of daily users started at age 14 or younger. Students who reported cannabis use in the past 12 months reported using with friends at night (83%), after school events (67%), and during school hours away from school (61%).

**Driving Under the Influence:** Since our survey started in 2013, LHS Students have exercised more caution than their counterparts throughout the state when it comes to driving impaired by alcohol (2%). In 2022, 4% reported driving after using cannabis in the last 30 days. The risk of being involved in a fatal crash *doubles* with cannabis impaired driving (National Highway Traffic Safety Administration). Ongoing collaboration with law enforcement, parents, teachers and students is underway for strategies to reduce this risky behavior.

**Risk Factors and Areas of Concern:** (1) *Mental Health:* 41% of LHS Students report experiencing symptoms associated with an anxiety disorder in the past 12 months. 30% report symptoms associated with depression, 23% report symptoms associated with an eating disorder. Continuation of our Social Emotional Learning efforts, access to counselors and development of community resources is vital to addressing these needs.

(2) *Vaping:* While LHS student cigarette use remains low, the regular use of Electronic Nicotine Delivery Systems (ENDS—such as the Juul or Phix) peaked at 28% in 2018 in keeping with a national trend. 18% of students felt there was no to slight risk of harm from ENDS use. 9% of LHS students report using ENDS (not cigarettes, specifically) in the past 30 days, a decrease of more than 70% in 4 years, and 4% report daily use of ENDS. 77% of daily users also use cannabis regularly; and were 12X more likely to be daily cannabis users.

**Want to sign up as a SafeHome?** A SafeHome is a Longmeadow family that commits to providing safe, healthy homes for our children, above-the-influence of youth substance use. Learn more at [www.closecommunity.org/parents/safe-homes](http://www.closecommunity.org/parents/safe-homes)

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**Meet our Board of Directors!** Shelly Warren (President), Chris Rich (VP), Candice Healy, Katie Kroon, Dr. Jilla Sabeti, Amy Higgins

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