

DATA BRIEF

Indiana Youth Institute | December 2018

www.iyi.org

Opioids and Youth

Hoosier youth are the hidden victims of the opioid epidemic. The statewide crisis has a negative impact on child well-being, families and communities.

Prevalence

Hoosiers are more likely to die from a drug overdose than car crashes and gun homicides combined. In 2017, Indiana's rate of fatal overdoses was 25.7 per 100,000. This is significantly above the national average of 22.4, ranking Indiana's overdose death rate as the 15th highest in the nation.¹

- In 2017, 1,138 Hoosiers died from an opioid overdose, a rate of 17.1 deaths per 100,000 Indiana residents.²
- In 2016, opioid overdose deaths were most common among white (89.8%), followed by black (8.9%) and all other Hoosiers (1.3%).³
- 83 out of the 92 Indiana counties had at least one non-fatal emergency department visit involving any opioid in 2017.⁴

Impact on Youth

Opioid addiction has a negative impact on kids of all ages both directly and indirectly. Directly, youth may struggle with an addiction to prescription medication or heroin. Indirectly, parental and community opioid abuse may have an adverse impact on well-being.

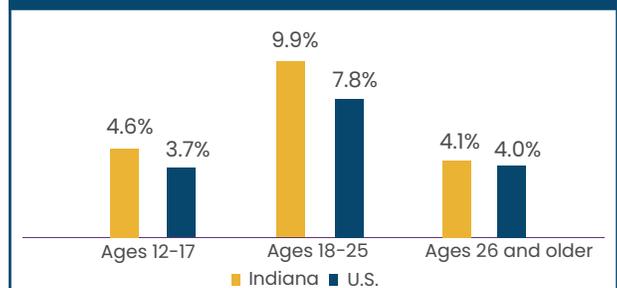
- Approximately 60 to 80 percent of infants exposed to opioids prenatally suffer from Neonatal Abstinence Syndrome (NAS), which can result in increased irritability, tremors, difficulty eating, vomiting, seizures and respiratory complications. NAS rates rose 86% in Indiana from 2013-2014 to 2015-2016.⁵
- The percentage of prescription opioid use in Indiana is higher than the national average across all age groups; however, it is particularly high among young adults, ages 18-25, with nearly 1 in 10 misusing opioids in the past year.⁶
- Substance abuse can impair a parent's awareness of and sensitivity to his or her child's emotions, which can interfere with healthy parent-child attachment.⁷
- Adverse Childhood Experiences (ACEs), such as living in a home with substance abuse, have lasting effects on health, behaviors and life potential. In Indiana, 9.6% of children lived with someone who had a drug or alcohol problem in 2016.⁸

Opioid Overdose Deaths per 100,000 by County of Residence, Indiana: 2017

Wayne	71.0
Starke	61.2
Randolph	60.2
Fayette	56.0
Jay	52.5
Wabash	35.0
Floyd	31.1
Howard	27.9
Jackson	27.3
Montgomery	26.0

Source: Indiana State Department of Health

Percentage of Past Year Prescription Opioid Misuse by Age Group, Indiana and U.S.: 2016



Source: Richard M. Fairbanks Opioid Report

Family

Hoosier children whose parents abuse opioids are more likely to experience abuse or neglect than other children. Research shows a clear connection between parents' substance abuse and child maltreatment. Parents' opioid abuse may affect their ability to function effectively in a parental role and impair awareness. In addition, resources may go toward opioids instead of food and household obligations.

- Indiana ranks 48th for child maltreatment which includes neglect, physical abuse and sexual abuse.⁹
- In 2017, 63.8% of children removed from the home by the Indiana Department of Child Services were removed for reasons that included parental drug and/or alcohol abuse.¹⁰
- The number of Indiana children in foster care tripled due to drug misuse by parents from 2,837 in 2003 to nearly 9,000 in 2016.¹¹
- Among 12-17-year-olds nationally, 57% who misused opioids received them from a friend or relative.¹²

Community

Opioid abuse takes a tremendous toll on the health of our communities as drug fatalities cost the state billions.

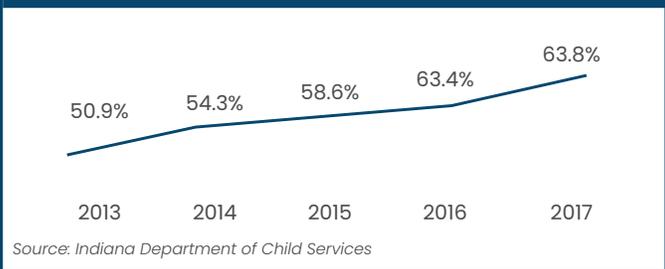
- The opioid epidemic was responsible for an estimated \$4.3 billion in economic damages to the state of Indiana in 2017 alone.
- Over the past 15 years, the epidemic has been responsible for an estimated \$43 billion in economic damages statewide.
- The largest share in 2017 was incurred in Marion County, with total damages close to \$7.4 million or \$7,759 per Marion County resident.¹³

Prevention and Treatment

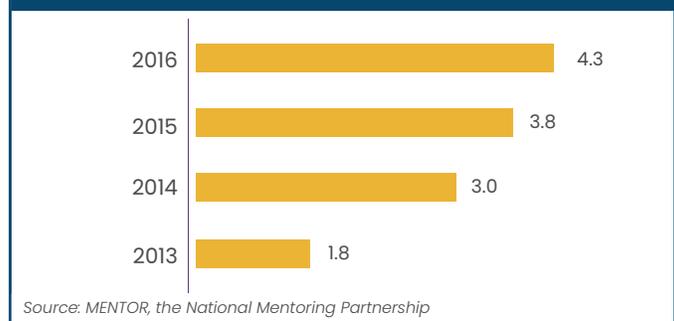
Indiana's response to the opioid crisis must meet the unique needs of youth and include the entire family.

- Hoosier children who experience ACEs, including living with someone with a drug or alcohol problem, could benefit from evidence-based quality mentoring programs. Mentoring can introduce self-esteem, self confidence and resilience to the youth as these qualities are necessary to overcome adverse childhood experiences.¹⁴
- To help prevent opioid misuse among teens, caring adults should build strong relationships with adolescents, collaborate with youth-serving sectors and community partners, and treat pain with caution. Few adolescents with an opioid use disorder receive treatment.¹⁵
- Effective school-based programs can be implemented in schools which teach students decision-making, communication, emotional self-regulation and other skills, in addition to providing information about the dangers associated with substance use.¹⁶
- Multidimensional Family Therapy (MDFT) is an evidence-based program that includes one influential adult in the youth's life. Focused on youth between ages 9-26, the program addresses the individual, family and environmental factors that contribute to substance abuse and related problems.¹⁷

Percentage of Children Removed from Home for Reasons Including Parent Drug and/or Alcohol Abuse, Indiana: 2013-2017



Annual Economic Damages from Indiana's Opioid Epidemic in Billions of Dollars, Indiana: 2013-2016



Sources

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