

**BIRMINGHAM CITY COMMISSION
SPECIAL MEETING AGENDA
WORKSHOP
MONDAY, APRIL 11, 2022
6:45 P.M.**

WORKSHOP SESSION

This will be considered a workshop session of the City Commission. No formal actions will be taken. The purpose of this workshop is to participate in a discussion regarding trends and insights related to teen substance abuse, mental health and the needs of the teen community as presented by the Birmingham Bloomfield Community Coalition.

I. CALL TO ORDER

Therese Longe, Mayor

II. ROLL CALL

Alexandria Bingham, City Clerk

III. PRESENTATION & DISCUSSION

A. Introduction – Tom Markus, City Manager

B. Presentation from BBCC

C. City Commission Questions, Discussion and Comment

1. What ideas do you have to build partnership between BBCC and the City to support youth and families in our community?

IV. PUBLIC COMMENT

V. ADJOURN

This meeting is open to the public and the public is welcome to attend.

Should you wish to participate in this meeting, you are invited to attend the meeting in person or virtually through ZOOM: <https://zoom.us/j/655079760> Meeting ID: 655 079 760

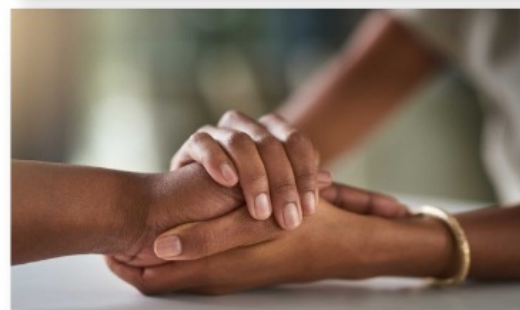
You may also present your written statement to the City Commission, City of Birmingham, 151 Martin Street, P.O. Box 3001, Birmingham, Michigan 48012-3001 prior to the hearing.

NOTICE: Individuals requiring accommodations, such as mobility, visual, hearing, interpreter or other assistance, for effective participation in this meeting should contact the City Clerk's Office at (248) 530-1880 (voice), or (248) 644-5115 (TDD) at least one day in advance to request mobility, visual, hearing or other assistance. Las personas que requieren alojamiento, tales como servicios de interpretación, la participación efectiva en esta reunión deben ponerse en contacto con la Oficina del Secretario Municipal al (248) 530-1880 por lo menos el día antes de la reunión pública. (Title VI of the Civil Rights Act of 1964).

Understanding and Supporting Our Teens

Monday, April 11, 2022
Birmingham City Commission -
Workshop

Trends and insights related to
substance use,
mental health and
the needs of our teens



ABOUT BBCC...

BBCC takes a research driven, youth-led approach to substance abuse prevention, health and wellness.

BBCC and the YAB provide education, tools, activities, and support to help youth rise above life's challenges by making informed decisions about their safety, health and wellness, as well as encouraging adults to thoughtfully support them.



bbcoalition.org



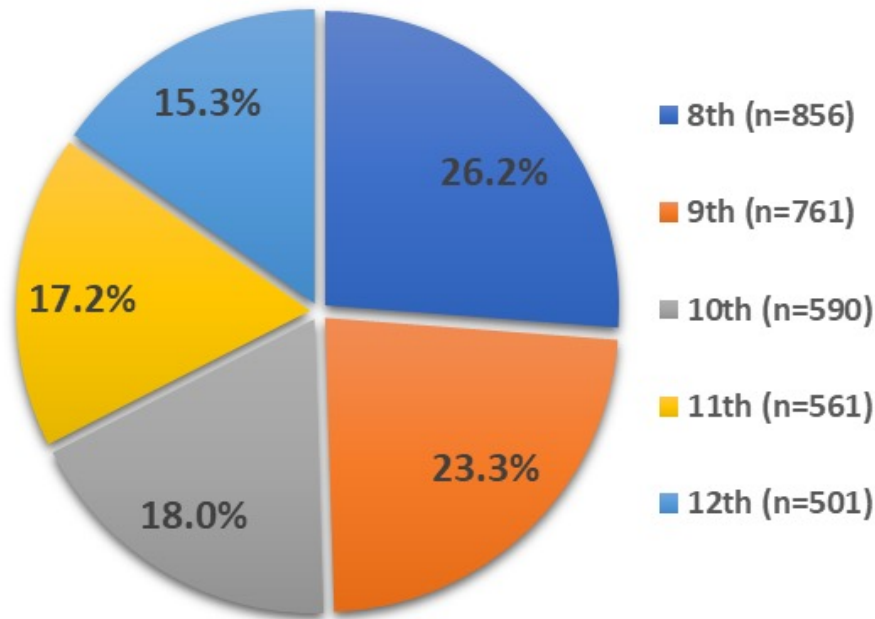
Student Survey Overview

- Administered Survey to 3,483 students
- After cleaning, 3,269 surveys were used
- For each question, those that did not answer were excluded, then percentages were calculated

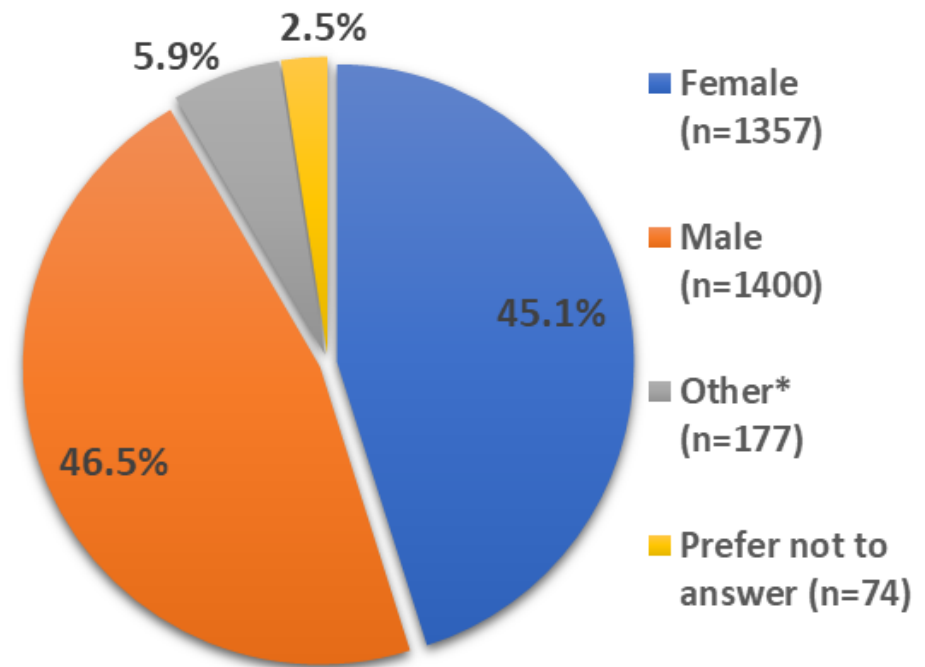


Grade and Gender

Grade

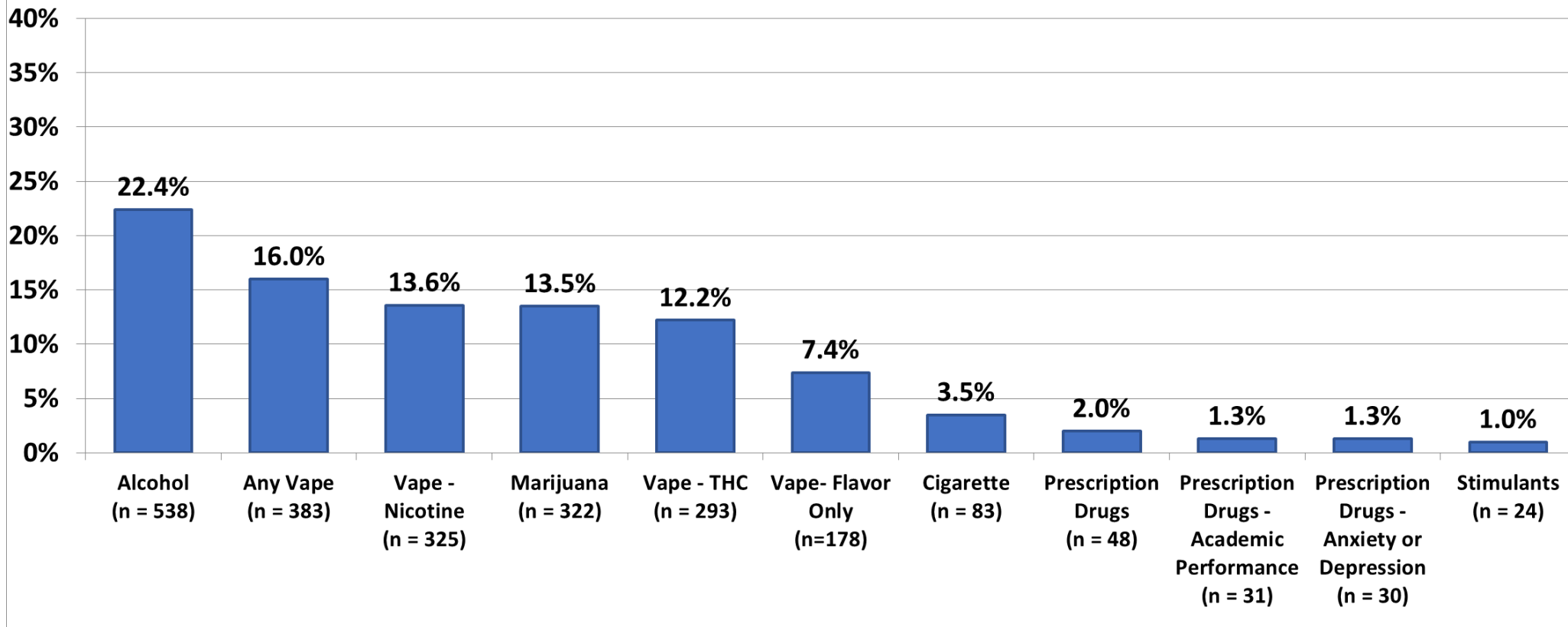


Gender



**Other includes transgender female, transgender male, non-binary, gender non-conforming, gender fluid, and other/a gender not listed here.*

Birmingham Bloomfield High Schools Past Year Substance Use - 2021



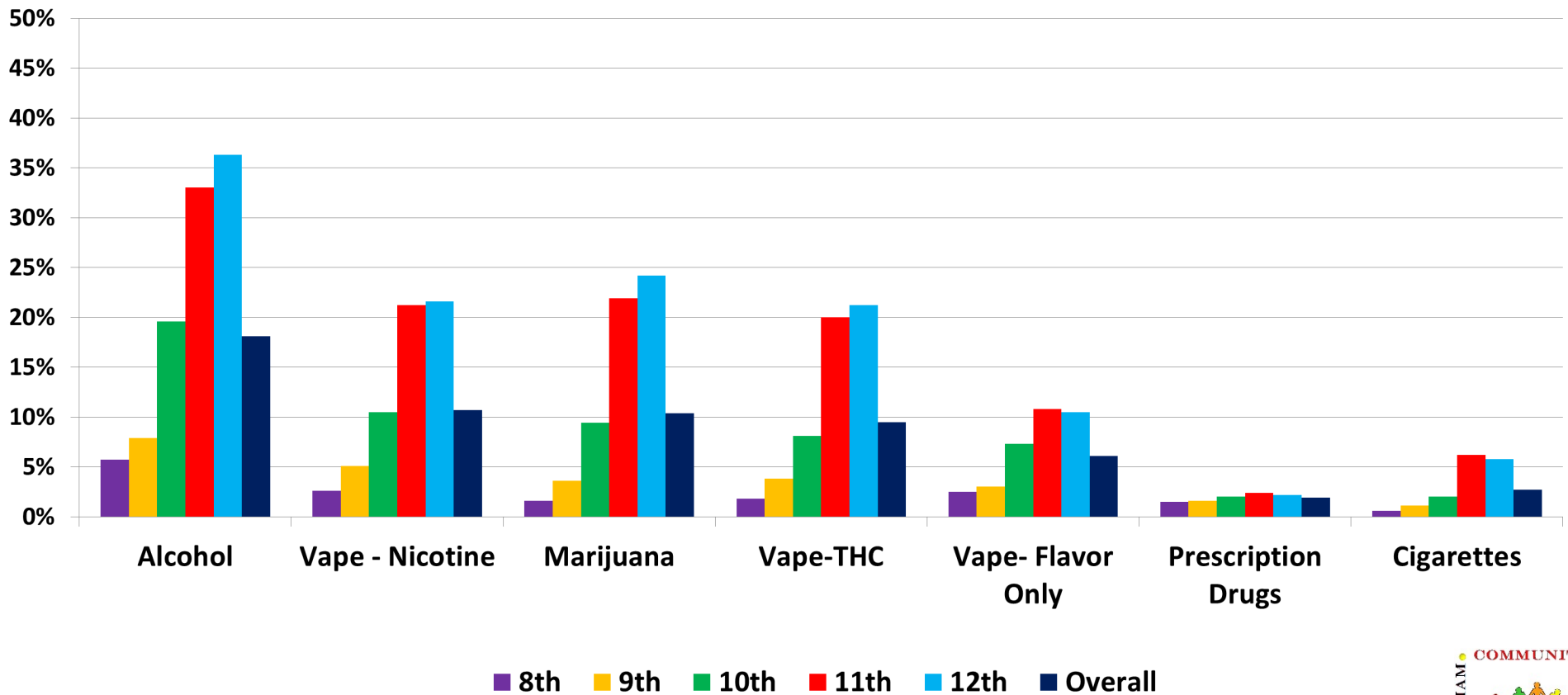
Other Substances

- RX Drugs to get high: 0.8% n = 18
- Cocaine: 0.5%. n = 12
- MDMA: 0.3%. n = 8
- Synthetic Drugs: 0.3%. n = 7
- Steroids: 0.2%. n = 5
- Heroin: 0.2%. n = 5
- Methamphetamine: 0.2% n = 4



Past Year by Grade

Past Year Prevalence by Grade
2021



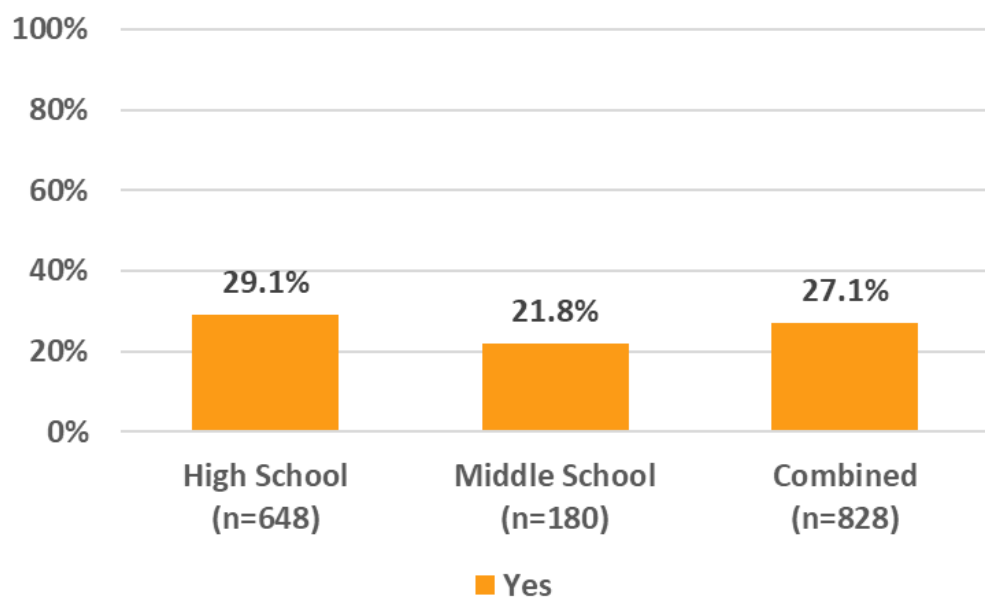
Mental Health



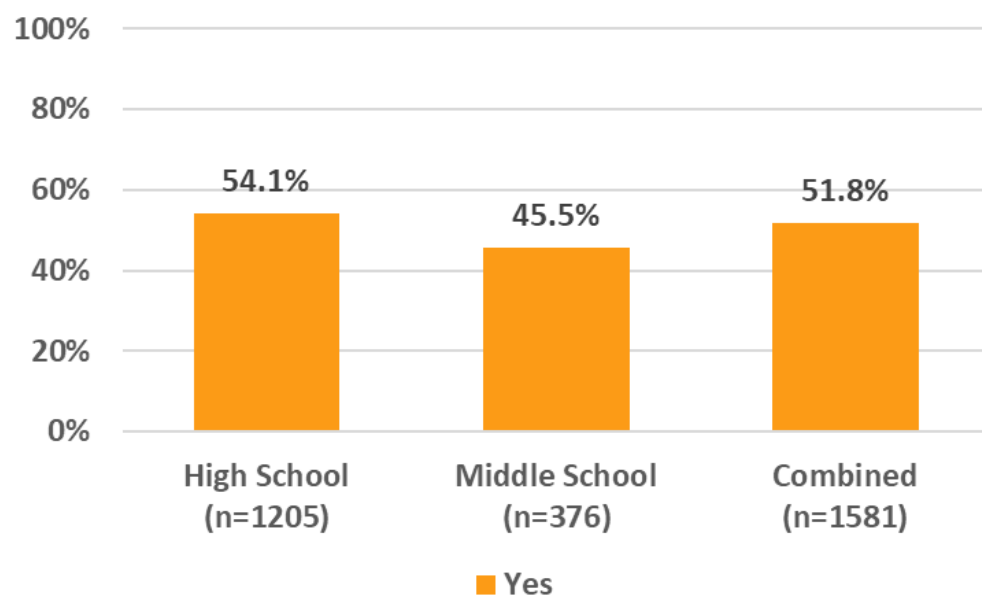
Birmingham Bloomfield 2021 Survey:

Mental Health & Wellness – past 30 days

During the last month, did you ever feel so sad or hopeless every day for two weeks or more in a row that you stopped doing your usual activities?



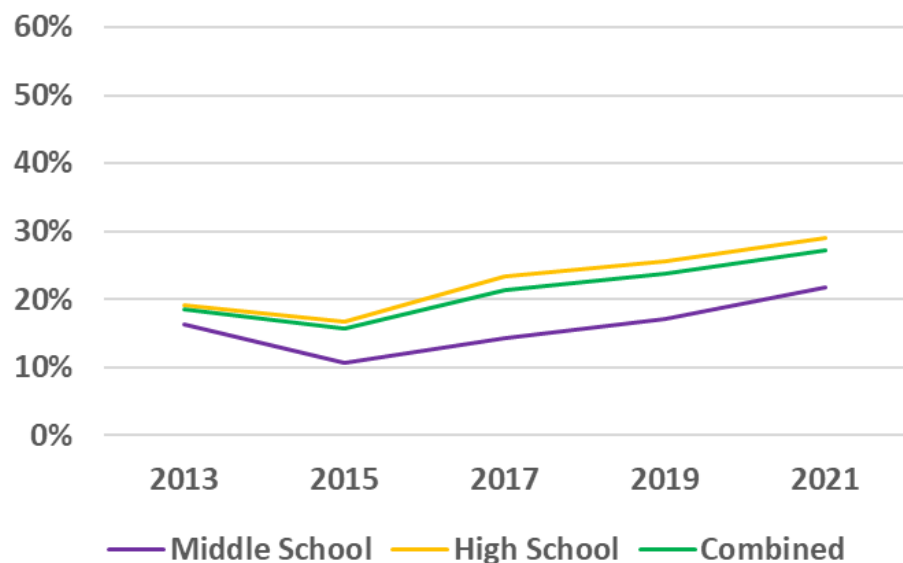
During the last month, did you ever feel so overly anxious or stressed that you found it difficult to do your work, take care of things at home, and/or get along with other people?



Mental Health & Wellness: Trend Data

Sad or Hopeless

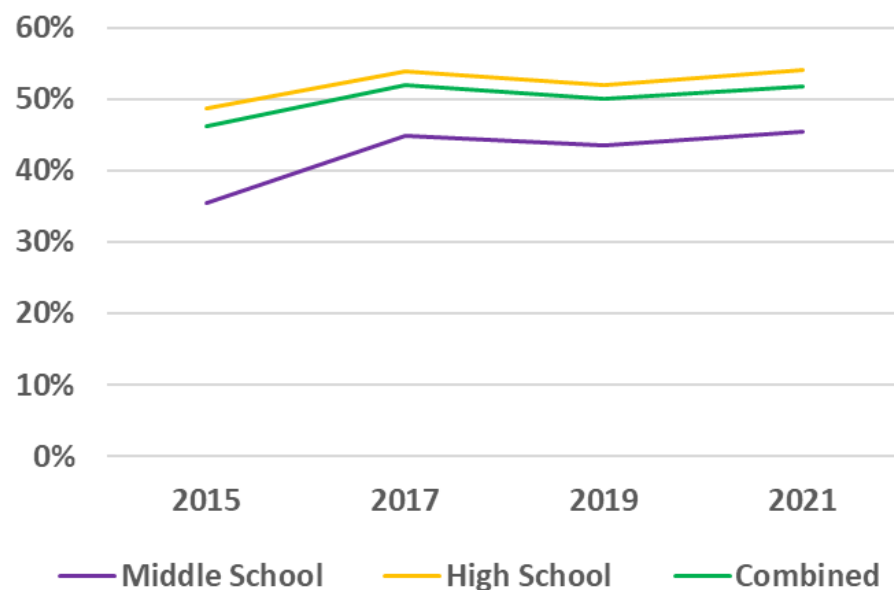
During the last month, did you ever feel so sad or hopeless every day for two weeks or more in a row that you stopped doing your usual activities?



	2019			2021		
	Yes	No	Total	Yes	No	Total
Middle	163	789	952	180	644	824
High	907	2647	3554	648	1578	2226
Total	1070	3436	4506	828	2222	3050

Anxious or Stressed

During the last month, did you ever feel so overly anxious or stressed that you found it difficult to do your work, take care of things at home, and/or get along with other people?



	2019			2021		
	Yes	No	Total	Yes	No	Total
Middle	415	540	955	376	450	826
High	1846	1708	3554	1205	1024	2229
Total	2261	2248	4509	1581	1474	3055

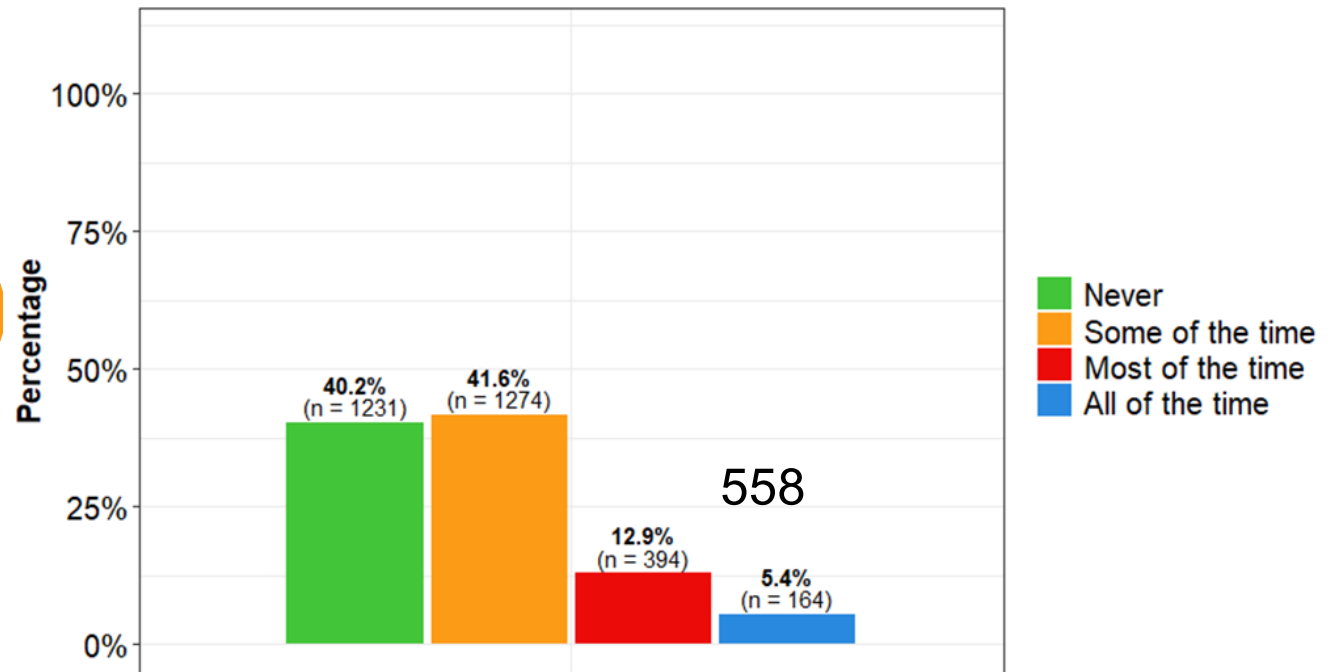
Mental Health

1. Had less fun doing things than you used to
 2. Felt sad or depressed for several hours
 3. Felt more irritated or easily annoyed than usual
 4. Felt angry or lost your temper
 5. Felt nervous, anxious or scared
- Never
 - Some of the time
 - Most of the time
 - All of the time

Had Less Fun
Doing Things
Than You
Used To?

During the Past 30 Days How Often Have You Had Less Fun Doing Things Than You Used To?

Birmingham Bloomfield



Data source: BBCC Teen Survey 2021

Had Less Fun + Gender

Females are **2.0** times **MORE** likely to state they had less fun doing things than they used to most of the time or all of the time during the past 30 days compared to males.

Less Fun Doing Things + Past 30-Day Substance Use

High school students that stated that during the past 30 days they had less fun doing things than they used to *Most of the time* or *All of the time* are:

- **2.3** times MORE likely to have used marijuana in the past 30 days
- **2.2** times MORE likely to have used e-cigarettes with nicotine in the past 30 days
- **2.6** times MORE likely to have vaped THC in the past 30 days
- **2.3** times MORE likely to have vaped any substance in the past 30 days

compared to those that *Never* or *Some of the time* had less fun doing things than they used to.

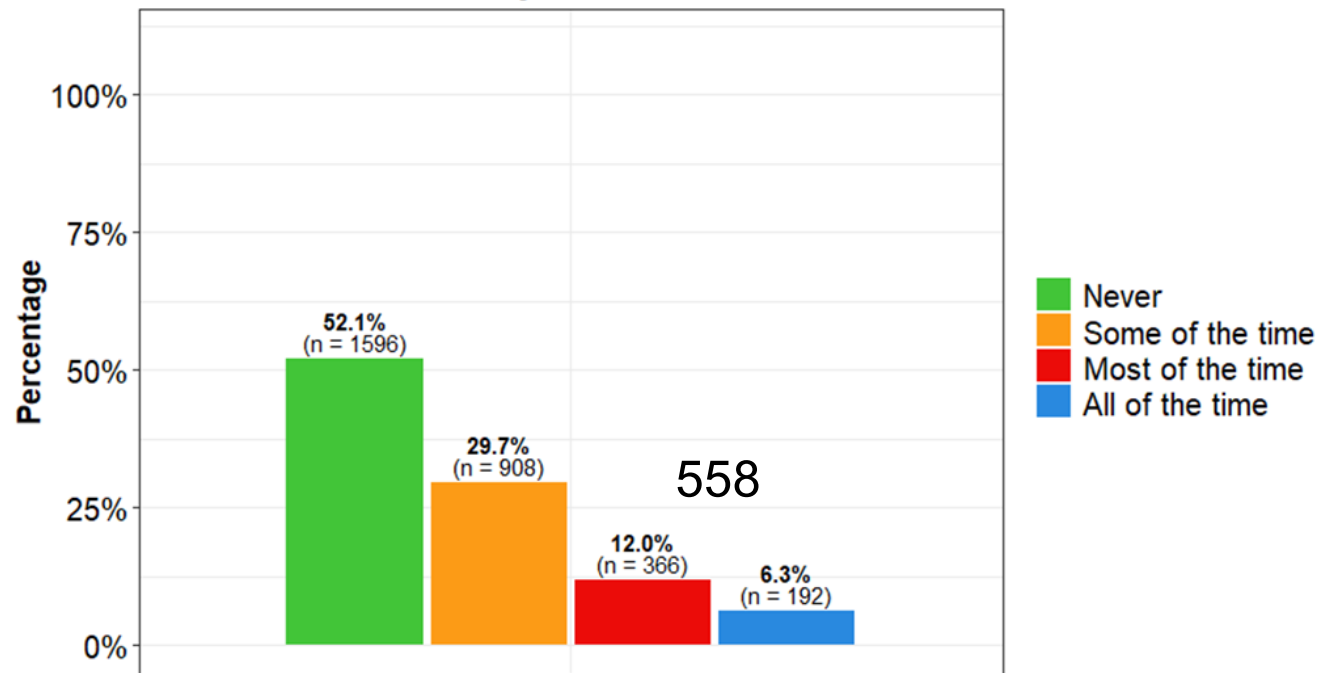


**Any Vape include vaping nicotine, THC or flavor only*

Felt Sad or
Depressed for
Several
Hours?

During the Past 30 Days How Often Have You Felt Sad or Depressed for Several Hours?

Birmingham Bloomfield



Data source: BBCC Teen Survey 2021



Sad or Depressed + Gender

Females are **3.0** times **MORE** likely to state they have felt sad or depressed for several hours *most of the time or all of the time* during the past 30 days compared to males.

Sad or Depressed + Past 30- Day Substance Use

High school students that stated that during the past 30 days they felt sad or depressed for several hours *Most of the time* or *All of the time* are:

- **2.2** times MORE likely to have drank alcohol in the past 30 days
- **2.6** times MORE likely to have used marijuana in the past 30 days
- **2.6** times MORE likely to have used e-cigarettes with nicotine in the past 30 days
- **2.8** times MORE likely to have vaped THC in the past 30 days
- **3.0** times MORE likely to have vaped any substance in the past 30 days

compared to those that *Never* or *Some of the time* felt sad or depressed.

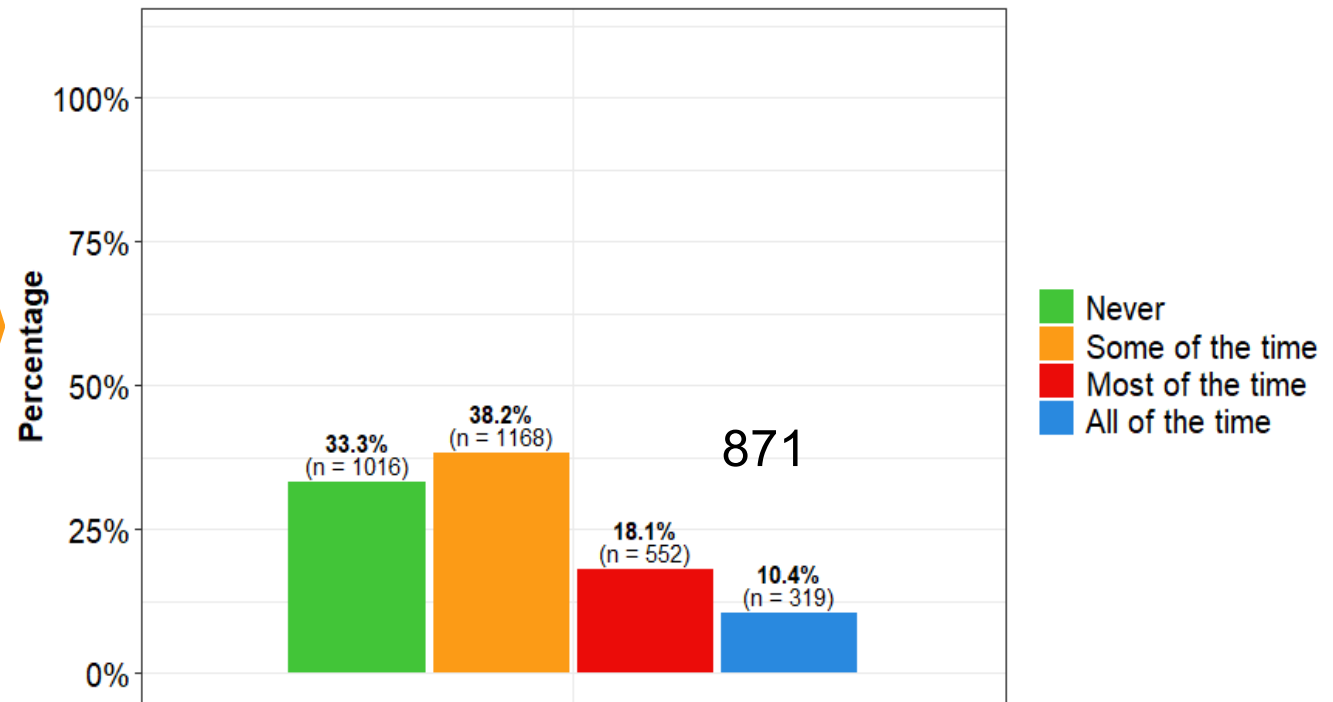


**Any Vape include vaping nicotine, THC or flavor only*

Felt More
Irritated or
Easily Annoyed
than Usual?

During the Past 30 Days How Often Have You Felt More Irritated or Easily Annoyed than Usual?

Birmingham Bloomfield



Data source: BBCC Teen Survey 2021



Irritated & Annoyed + Gender

Females are **2.8** times **MORE** likely to state they have felt more irritated or easily annoyed than usual *most of the time or all of the time* during the past 30 days compared to males.

Irritated or Annoyed + Past 30-Day Substance Use

High school students that stated that during the past 30 days they felt more irritated or easily annoyed *Most of the time* or *All of the time* are :

- **2.1** times MORE likely to have used e-cigarettes with nicotine in the past 30 days
- **2.2** times MORE likely to have vaped THC in the past 30 days
- **2.4** times MORE likely to have vaped any substance in the past 30 days

compared to those that *Never* or *Some of the time* felt more irritated or easily annoyed

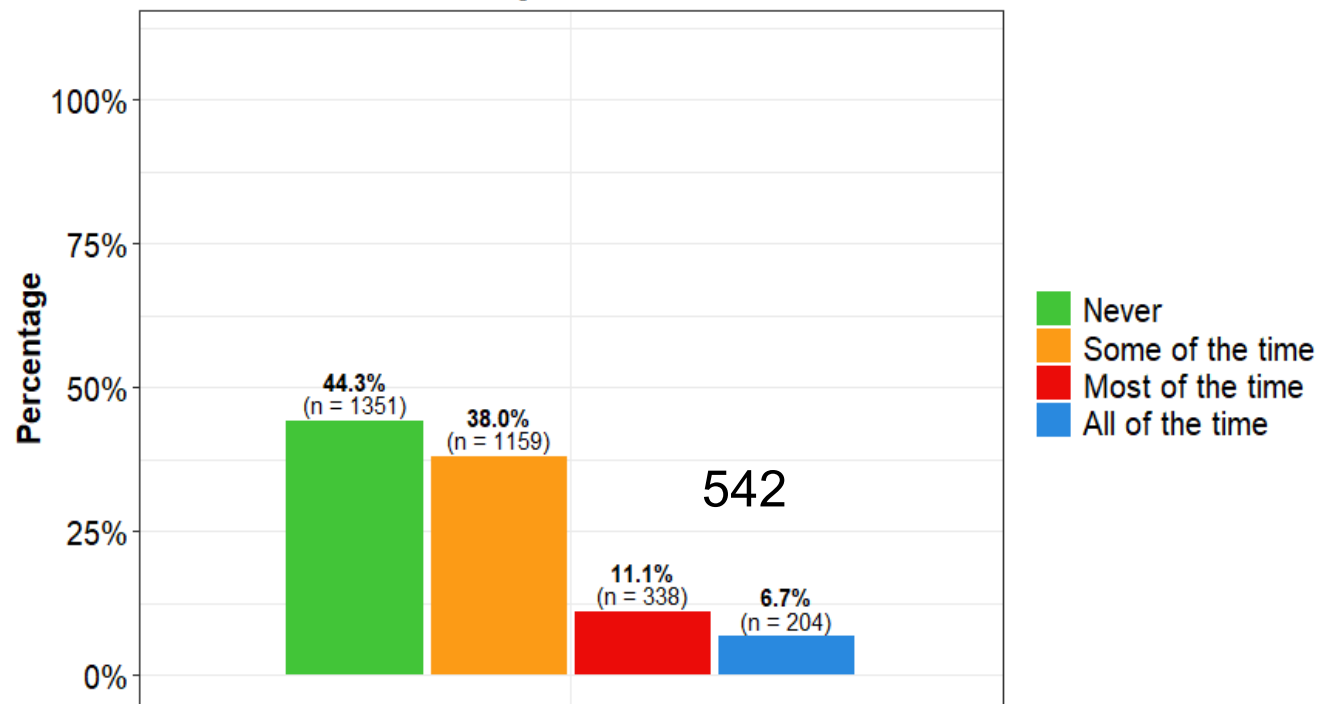


**Any Vape include vaping nicotine, THC or flavor only*

Felt Angry or
Lost Your
Temper?

During the Past 30 Days How Often Have You Felt Angry or Lost Your Temper?

Birmingham Bloomfield



Data source: BBCC Teen Survey 2021

Angry or Lost Temper + Gender

Females are **2.6** times **MORE** likely to state they have felt angry or have lost their temper *most of the time or all of the time* during the past 30 days compared to males.

Angry, Lost Temper + Past 30-Day Substance Use

High school students that stated that during the past 30 days they felt angry or lost their temper *Most of the time* or *All of the time* are:

- **2.0** times MORE likely to have drank alcohol in the past 30 days
- **2.0** times MORE likely to have used marijuana in the past 30 days
- **2.3** times MORE likely to have used e-cigarettes with nicotine in the past 30 days
- **2.3** times MORE likely to have vaped THC in the past 30 days
- **2.6** times MORE likely to have vaped any substance in the past 30 days

compared to those that *Never* or *Some of the time* felt angry or lost their temper.

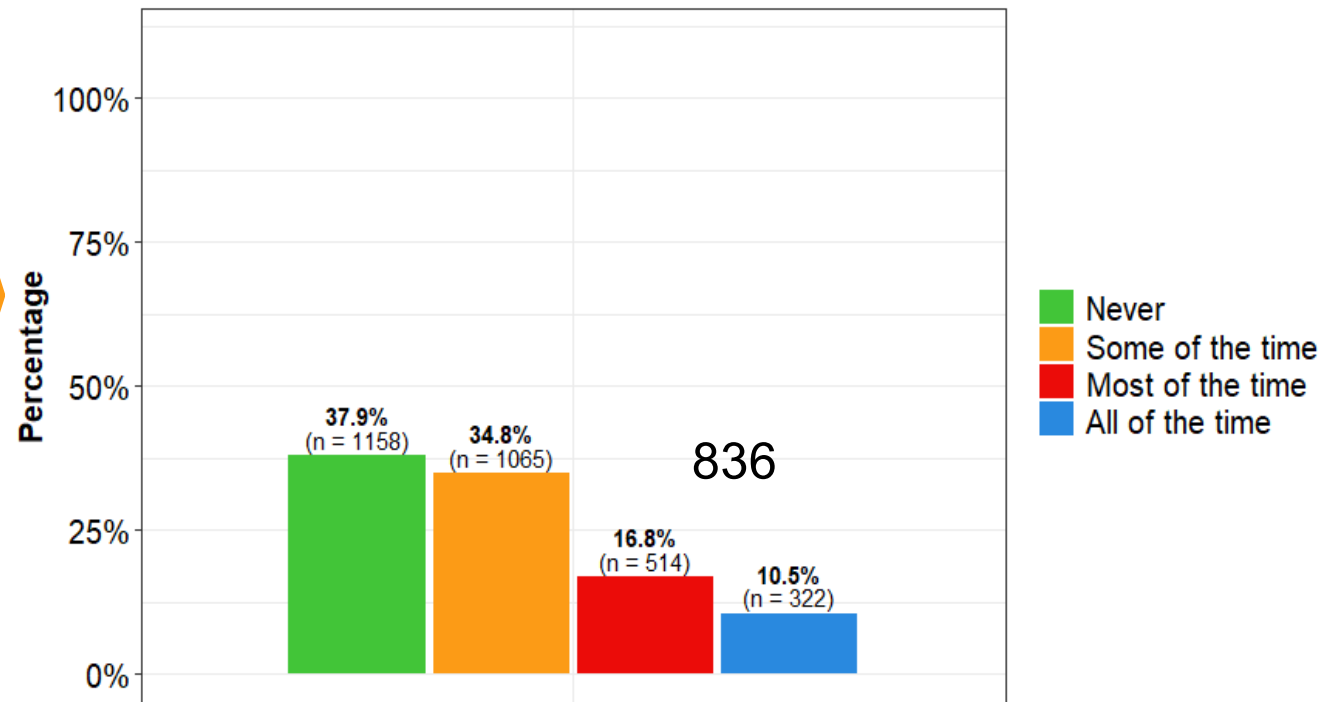


**Any Vape include vaping nicotine, THC or flavor only*

Felt Nervous,
Anxious, or
Scared?

During the Past 30 Days How Often Have You Felt Nervous, Anxious, or Scared?

Birmingham Bloomfield



Data source: BBCC Teen Survey 2021



Nervous, Anxious, Scared + Gender

Females are **4.4** times **MORE** likely to state they have felt nervous, anxious, or scared *most of the time or all of the time* during the past 30 days compared to males.

Nervous, Anxious, Scared + Past 30-Day Substance Use

High school students that stated that during the past 30 days they felt nervous, anxious, or scared *Most of the time* or *All of the time* are:

- **2.0** times MORE likely to have used marijuana in the past 30 days
- **2.1** times MORE likely to have used e-cigarettes with nicotine in the past 30 days
- **2.2** times MORE likely to have vaped THC in the past 30 days
- **2.3** times MORE likely to have vaped any substance in the past 30 days

compared to those that *Never* or *Some of the time* felt nervous, anxious, or scared.

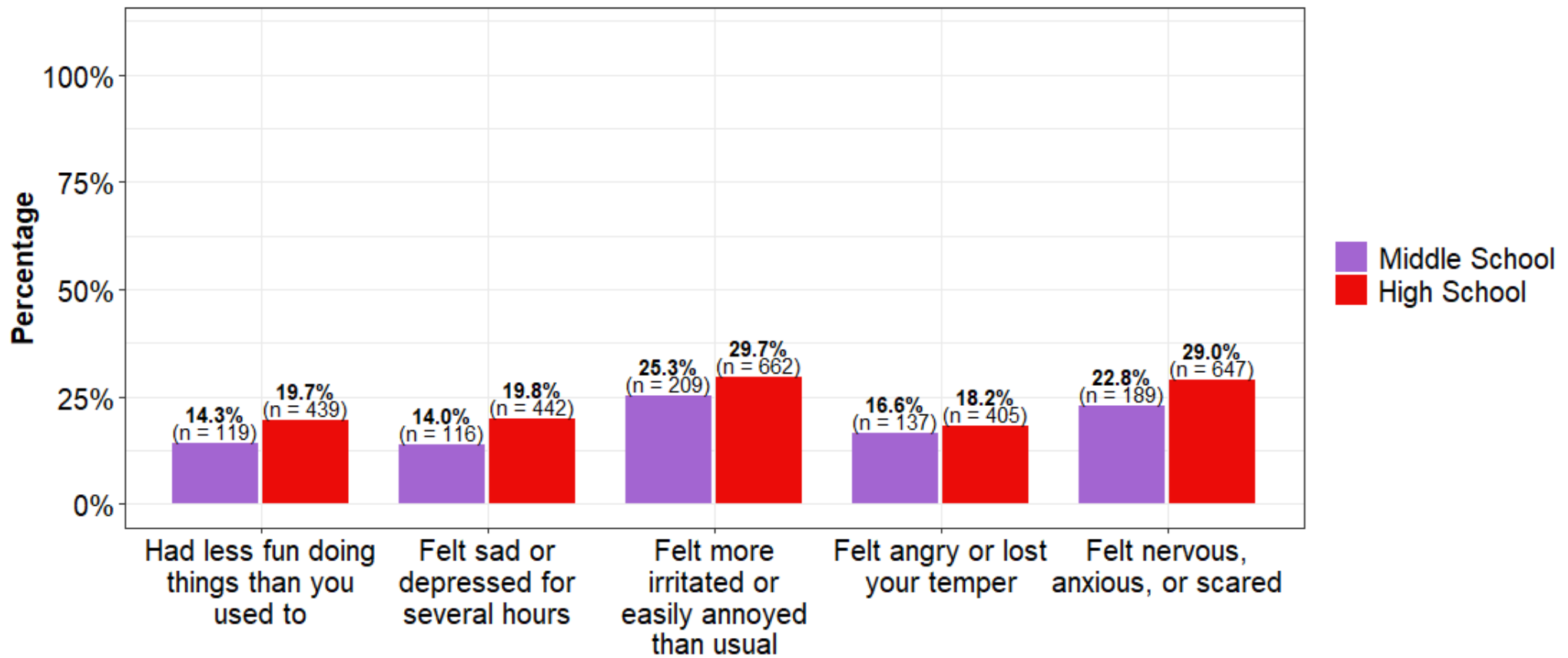


**Any Vape include vaping nicotine, THC or flavor only*

Mental Health by School Level

Percentage of Students by School Level Who During the Past 30 Days Report Most or All of the Time They...

Birmingham Bloomfield



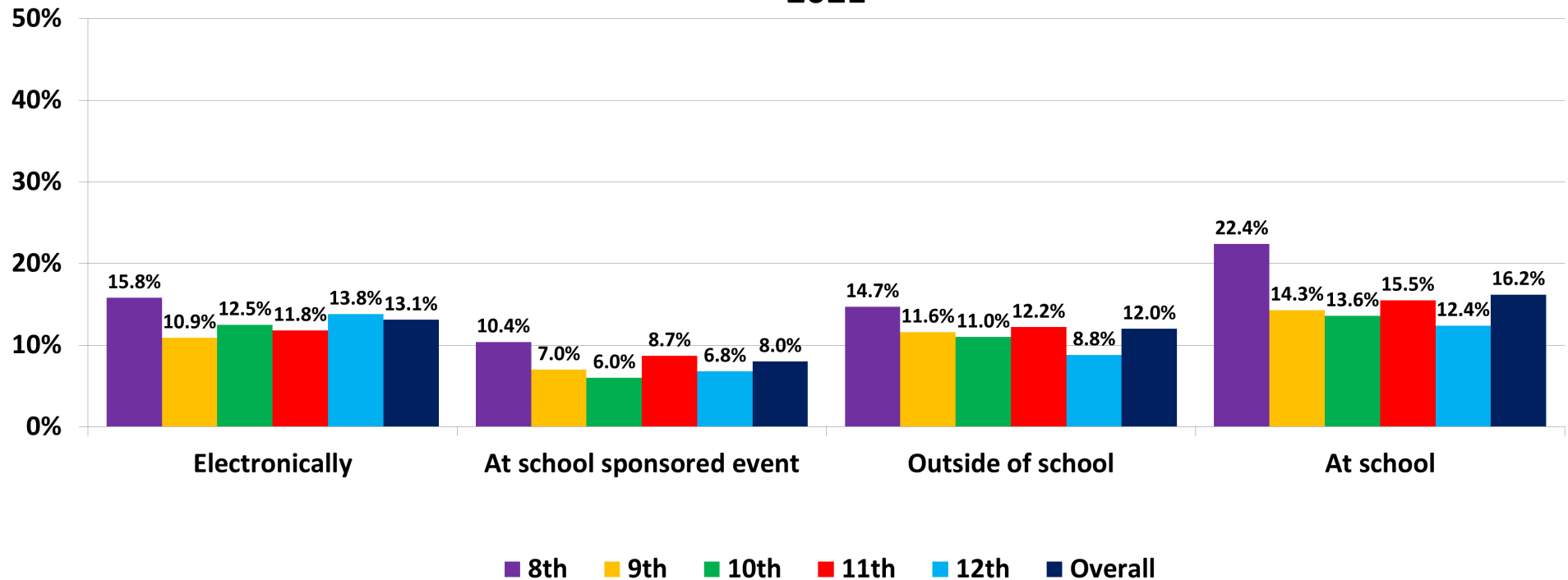
Data source: BBCC Teen Survey 2021

Bullying



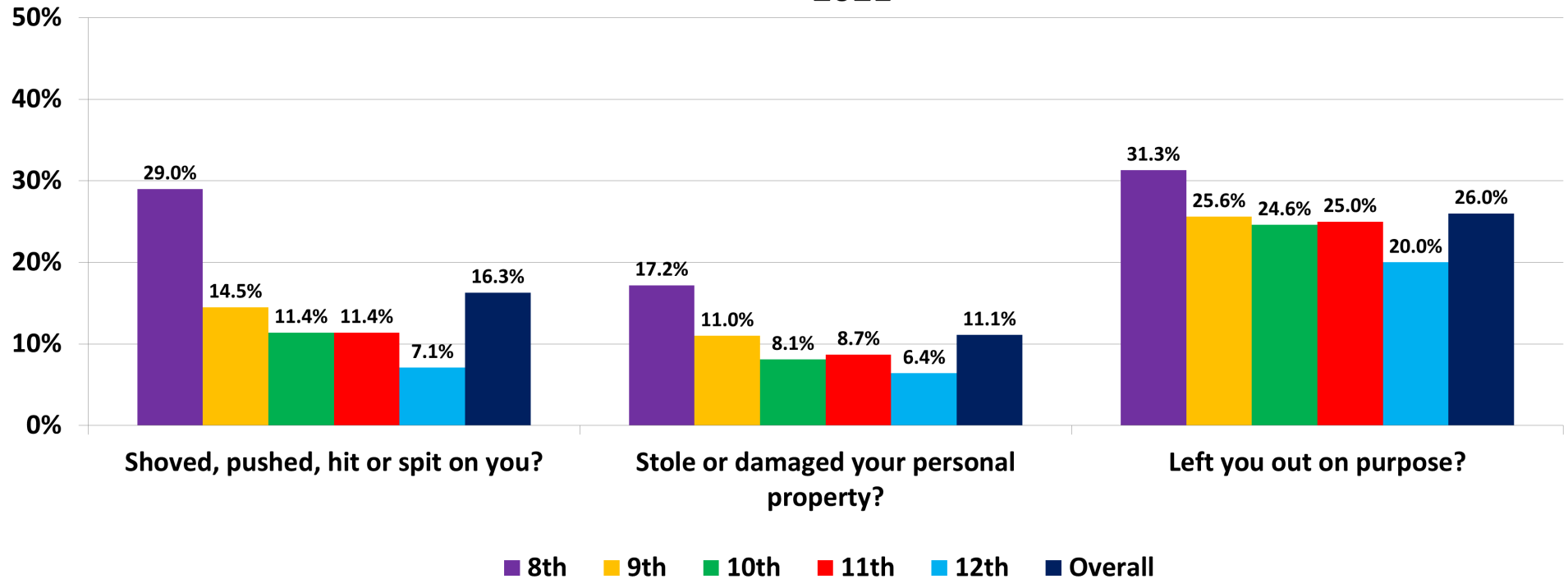
During the past 12 months, have you been bullied...

Percentage of students by grade who report they were bullied in the past 12 months
2021

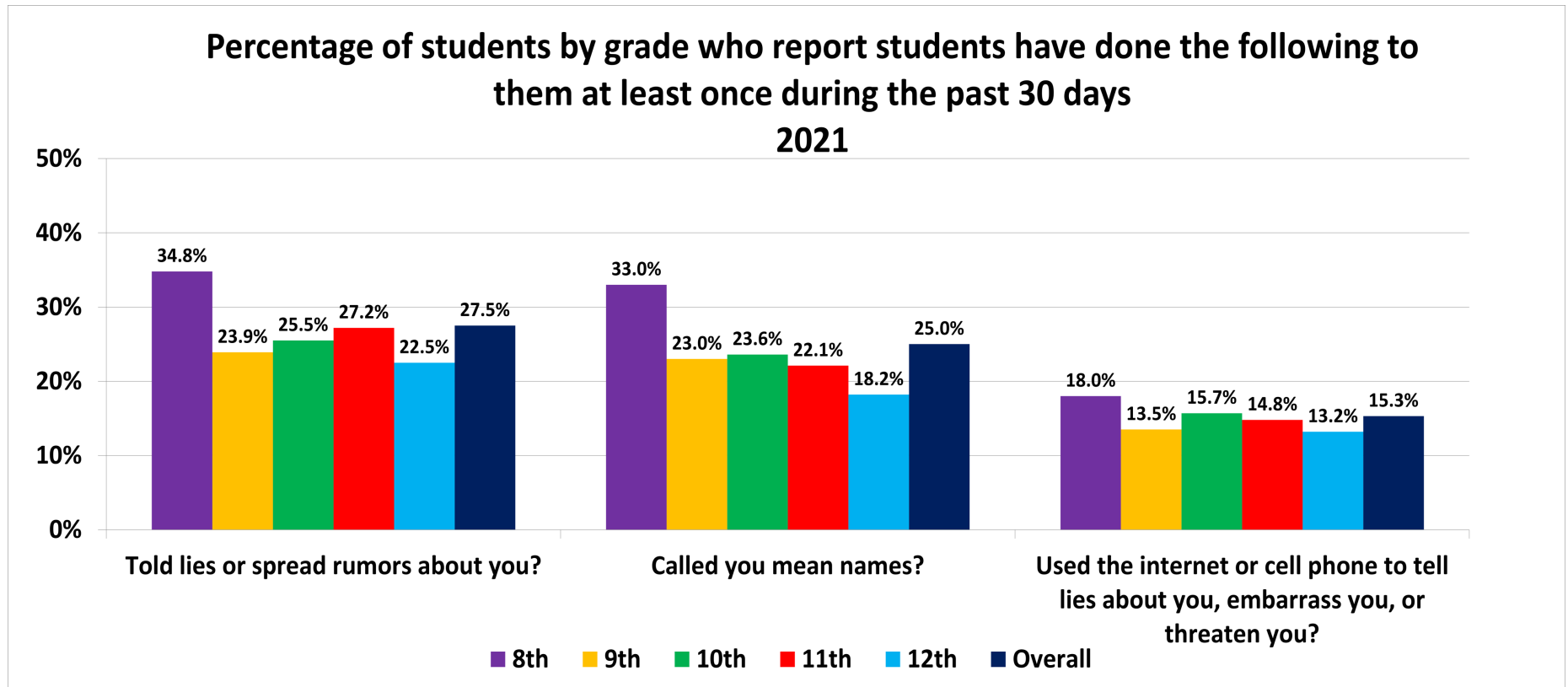


During the past 30 days, how many times has another student...


Percentage of students by grade who report students have done the following to them at least once during the past 30 days
2021



During the past 30 days, how many times has another student... cont.



If you have been bullied in the past 12 months, how much of an impact did it have on the following areas in your life?

If you have been bullied in the past 12 months, how much of an impact did it have on the following areas in your life?		No impact	Marginal impact	Moderate impact	Significant impact	Extreme impact	I have not been bullied in the past 12 months
	Studies	44.9% (n = 1372)	5.1% (n = 157)	3.2% (n = 97)	198 1.8% (n = 54)	101 1.5% (n = 47)	43.5% (n = 1332)
	Social life	36.7% (n = 1123)	7.4% (n = 228)	5.7% (n = 174)	387 4.0% (n = 121)	213 3.0% (n = 92)	43.2% (n = 1324)
	Self-esteem	32.7% (n = 998)	7.5% (n = 230)	5.5% (n = 167)	511 5.4% (n = 165)	344 5.9% (n = 179)	43.1% (n = 1317)
	Confidence	33.4% (n = 1021)	7.1% (n = 216)	5.7% (n = 174)	506 5.2% (n = 160)	332 5.6% (n = 172)	43.0% (n = 1316)
	Home life	44.7% (n = 1366)	4.9% (n = 150)	2.9% (n = 88)	214 2.0% (n = 61)	126 2.1% (n = 65)	43.4% (n = 1329)
	Physical health	45.0% (n = 1375)	4.0% (n = 121)	2.6% (n = 78)	228 2.6% (n = 78)	150 2.4% (n = 72)	43.5% (n = 1329)
	Mental health	33.1% (n = 1009)	7.1% (n = 218)	5.1% (n = 157)	508 5.0% (n = 154)	351 6.5% (n = 197)	43.1% (n = 1315)

Birmingham Bloomfield 2021 Survey:

If you ever found yourself needing help related to bullying, who would you talk to?

Middle Schoolers

- 26.0% would turn to a PARENT (n=214)
- 21.4% would turn to a FRIEND (n=176)
- 17.9% would turn to a FAMILY MEMBER (n= 147)
- 7.2% DID NOT KNOW who they would turn to (n=59)
- 15.3% would turn to NO ONE (n=126)
- 3.8% would turn to a SCHOOL COUNSELOR (n=31)
- 2.6% would turn to OTHER (n=21)
- 2.3% would turn to a TEACHER (n=19)
- 1.2% would turn to a COACH (n=10)
- 1.0% would turn to a PRINCIPAL (n=8)
- 0.7% would turn to a RELIGIOUS LEADER (n = 6)
- 0.4% would turn to a ATHLETIC TRAINER (n=3)
- 0.2% would turn to a DOCTOR (n=2)

High Schoolers

- 25.9% would turn to a FRIEND (n=572)
- 25.2% would turn to a PARENT (n=555)
- 16.5% would turn to a FAMILY MEMBER (n= 363)
- 6.5% DID NOT KNOW who they would turn to (n=143)
- 14.4% would turn to NO ONE (n=318)
- 3.2% would turn to OTHER (n=70)
- 2.7% would turn to a SCHOOL COUNSELOR (n=60)
- 1.7% would turn to a TEACHER (n=38)
- 1.6% would turn to a COACH (n=36)
- 0.8% would turn to a RELIGIOUS LEADER (n = 18)
- 0.6% would turn to a DOCTOR (n=14)
- 0.5% would turn to a PRINCIPAL (n=12)
- 0.3% would turn to a ATHLETIC TRAINER (n=6)

646

Suicidal Ideation



During the Past 12 Months Did You...

During the past 12 months, did you...	Overall	8th	9th	10th	11th	12th
Ever seriously consider attempting suicide?	13.4% (n = 410)	12.6% (n = 104)	13.8% (n = 99)	15.2% (n = 84)	14.5% (n = 73)	11.0% (n = 50)
Make a plan about how you would attempt suicide?	9.6% (n = 293)	9.3% (n = 77)	10.9% (n = 78)	10.1% (n = 56)	10.7% (n = 54)	6.2% (n = 28)
Actually attempt suicide?	3.3% (n = 102)	2.9% (n = 24)	3.3% (n = 24)	4.0% (n = 22)	3.6% (n = 18)	3.1% (n = 14)

Mental Health and Suicide



Students that stated that during the past 30 days they *Insert Mental Health Question* *Most of the time* or *All of the time* are X times **MORE** likely to have *seriously considered attempting suicide* in the past 30 days compared to those that *Never* or *Some of the time* *Insert Mental Health Question* .

High School

- had less fun doing things than they used to *Most of the time* or *All of the time* are **6.6** times **MORE** likely to state they seriously considered attempting suicide in the past 12 months
- felt sad or depressed for several hours *Most of the time* or *All of the time* are **11.4** times **MORE** likely to state that they seriously considered attempting suicide in the past 12 months
- felt nervous, anxious, or scared *Most of the time* or *All of the time* are **7.0** times **MORE** likely to state that they seriously considered attempting suicide in the past 12 months

Middle School

- had less fun doing things than they used to *Most of the time* or *All of the time* are **6.0** times **MORE** likely to state they seriously considered attempting suicide in the past 12 months
- felt sad or depressed for several hours *Most of the time* or *All of the time* are **12.2** times **MORE** likely to state that they seriously considered attempting suicide in the past 12 months
- felt nervous, anxious, or scared *Most of the time* or *All of the time* are **10.8** times **MORE** likely to state that they seriously considered attempting suicide in the past 12 months

Birmingham Bloomfield 2021 Survey:

If you ever found yourself needing help related to stress, anxiety and/or depression you are feeling, who would you talk to?

Middle Schoolers

- 29.2% would turn to a PARENT (n=239)
- 19.1% would turn to a FRIEND (n=156)
- 15.6% would turn to a FAMILY MEMBER (n= 128)
- 13.6% would turn to NO ONE (n=111)
- 7.5% DID NOT KNOW who they would turn to (n=61)
- 4.4% would turn to OTHER (n=36)
- 4.2% would turn to a SCHOOL COUNSELOR (n=34)
- 2.7% would turn to a DOCTOR (n=22)
- 1.5% would turn to a COACH (n=12)
- 1.2% would turn to a RELIGIOUS LEADER (n = 10)
- 0.6% would turn to a TEACHER (n=5)
- 0.4% would turn to a ATHLETIC TRAINER (n=3)
- 0.1% would turn to a PRINCIPAL (n=1)

High Schoolers

- 26.4% would turn to a PARENT (n=578)
- 24.8% would turn to a FRIEND (n=544)
- 15.3% would turn to a FAMILY MEMBER (n= 336)
- 12.6% would turn to NO ONE (n=276)
- 5.8% DID NOT KNOW who they would turn to (n=127)
- 5.2% would turn to OTHER (n=114)
- 3.3% would turn to a DOCTOR (n=72)
- 3.2% would turn to a SCHOOL COUNSELOR (n=70)
- 1.4% would turn to a COACH (n=30)
- 0.9% would turn to a RELIGIOUS LEADER (n = 19)
- 0.7% would turn to a TEACHER (n=15)
- 0.3% would turn to an ATHLETIC TRAINER (n=6)
- 0.2% would turn to a PRINCIPAL (n=4)

575

Youth Action Board (YAB)Teens



YAB Teen Insights for Parents/Adults

- The Pandemic, “The lost year.”
 - “I’m 18 and starting my Senior year, but honestly, I still feel like I’m 16 and a Sophomore. I literally lost a year but have to push through my senior year now.” – YAB Senior starting her last year of high school this year.
 - “There is a lot of pressure for scores on SATs and ACTs and APs because I honestly just am not mentally ready to actually take those things into consideration. I still feel like a freshman but now it’s like I’m getting ready for college and I’m just not ready.” – YAB Junior
 - “Coming back to school was one of the most nerve-racking things I have ever gone through and it’s so hard to adjust to homework.”
- On the Pandemic and Covid:
 - “I would like parents to know that we are also very concerned about our safety, we are also worried about getting infected and infecting others. We all really need someone to talk to in times like these.” – YAB Junior



YAB Teen Insights for Parents/Adults

- On mental health, stress and pressure:
 - “Accepting our feelings and showing us that they are valid is very important. There’s nothing worse than opening up to someone and they make you feel like your feelings are not real, difficult, or hard “enough” to be upset about.”
– YAB Senior
 - “I would like parents to be a little more relaxed. We experience so much stress from school and the world. We are already so hard on ourselves. It is very helpful when our parents are not adding on to that stress by constantly asking about homework or telling us rules. Sometimes we just need someone to talk to and be safe with without fear of becoming more overwhelmed.”
– YAB Junior
 - “I think it is important for parents to know that as teens, we are just trying our best. With school, extracurriculars, friends, family, etc, we have a lot going on. Patience is important. Although we might seem annoyed or stressed out at times, it is not normally a direct reflection on them as parents. It is important to give us space and the time to relax and hang out with friends after long weeks of school and work.” – YAB Junior



YAB Teen Insights for Parents/Adults

- On mental health, stress and pressure:
 - “Parents need to know that these may be touchy topics that students might be afraid to bring up with their parents. It’s important to not make your child feel ashamed over things that they cannot control, and parents should try to support their child and help them through challenges they have, not get upset with them.”
 - “Our parents always expect us to do our best and sometimes May be disappointed when we do something that didn’t turn out as they wanted. This may push students away a little, with the fear that their parents will be upset after sharing what’s going on in their personal life. “
 - “Parents can be more understanding that times have changed since they were younger, and they may not fully comprehend the scope of what can happen to a high school student mentally and emotionally.” – All of these are from a YAB Junior
 - “While we should be talking about developing healthy coping mechanisms as life becomes more stressful (because of schoolwork, shifting schedules and friend groups), a less talked about issue is mental health issues induced by social media. I think teens need to be reminded in different ways that social media is not real and may negatively impact mental health. For instance, while social media may promote negative body image in teens, it can also show a fake and unhealthy culture of productivity and achievement.” –YAB Junior



YAB Teen Insights for Parents/Adults

- On communication:

- “When parents continuously ask specific questions when they can tell, or I say I need to be alone is something that makes me not want to open up. Also, when parents don’t give the space for teens to take their needed personal relaxation and friend time. When we are ready, we will come to the parents with issues and will answer their questions because we do know that they care. ” –YAB Junior
- “They should approach their children in a more gentle manner and be good listeners. This will go a long way and make their child want to open up to them more and trust their advice.” –YAB Senior
- “Listening is the best thing they could do and just be there.” – YAB Senior
- “I think that the support of many parents has been really helpful. During stressful times like this, understanding from adults is super important. I would say that instead of trying to push too much, it is helpful for them to listen, and give us opportunities to have breaks and relax. I really value patience from adults, because I tend to become much more irritable when there is a lot going on.” –YAB Senior



YAB Teen Insights for Parents/Adults

- On teen substance use and peer pressure:
 - “I’ve seen my friends give into peer pressure countless times. It’s heartbreaking to watch.” –YAB Junior
 - “Marijuana use is on the rise and is becoming more normalized. Teens and even adults don’t understand the extent of its harmful effects.” – YAB Senior
 - “Weed seems to be becoming more normalized - as alcohol has been.” – YAB Junior
 - “I feel like a lot of parents think that supplying the alcohol to their children will be a way to control what their children are drinking (they think it’s safer), but it still allows the kids to drink and think that it is safe/ok – but it is NOT ok.” – YAB Sophomore
 - “Peer pressure can be a dangerous thing because people are trying to change how you think and get you to do things you don’t really want to. Then there is the self pressure you feel when you want to fit in, look cool and not miss out.” – YAB Junior
 - “Peer pressure is a problem of self-assurance. If you are not confident in yourself, it’s more difficult to defend your decision NOT to drink or use substances.” – YAB Senior



Question for City Commissioners:

What ideas do you have to build partnership between BBCC and the City to support youth and families in our community?

Sign-up for our e-news!

Carol Mastroianni, executive director
cmastroianni@bbcoalition.org

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