

Quality of Life 2017

*Behavioral Health Needs Assessment of
Lake County*



About the Report

Be Free Lake (formerly the Safe Climate Coalition of Lake County, Inc.) is a countywide coalition developed to collaborate with community stakeholders to focus on youth substance abuse and violence reduction and prevention, while maximizing resources and providing opportunities for health and wellness for children and families to be self-sufficient, productive contributors in Lake County and society. Our vision is to create a community focused on educating and advocating health and wellness.

Be Free Lake currently focuses on alcohol and other drug use and mental health issues in Lake County by providing comprehensive prevention strategies and educating our community on the importance of youth abstaining from substance use and helping to identify those in need of mental health services.

This report serves as our needs assessment findings on current alcohol and other drug use trends and issues, as well mental health statistics. Conducting a comprehensive needs assessment provides the opportunity for community groups, parents, schools, law enforcement, and other entities working to provide prevention and treatment services to examine what substance use and mental health issues are currently affecting the community to determine thoughtful strategies to positively affect those issues.

Alcohol and other drug use has a series of adverse effects (consequences) that can negatively affect a community. Issues range from reduced academic performance, violence, crime, motor vehicle crashes, overdoses, high-risk sex, health risks, suicides, accidental deaths, increased chance of addiction the earlier the age of onset, economic impacts and so on. Understanding an area's alcohol and drug use issues, including use, the root causes, and the local conditions supporting use is the first step to reducing and preventing substance abuse issues in a community. It is long known that mental illness and substance use often go hand and hand. Providing mental health services to those exhibiting signs or symptoms of a mental health disorder earlier is important. In 2015, Lutheran Services Florida identified Mental Health and Case Management as the most needed services in Lake County. There continues to be a gap in receiving mental health services, identifying mental health needs, and a shortage of mental health professionals accepting Medicaid or providing a sliding scale.

The partners that make up Be Free Lake are continually working to better the quality of life of all Lake County residents. For more information on Be Free Lake or the Quality of Life Behavioral Health Needs Assessment, please contact Be Free Lake's Executive Director, Delrita Meisner at delrita@befreelake.org or visit us online at www.befreelake.org.

Report prepared by Be Free Lake and Community Prevention Planning



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Area Description

Lake County, Florida is part of the Orlando-Kissimmee-Sanford Metropolitan Statistical Area, located in the Northern center of the state just 35 miles from Orlando. Lake County is home to 14 distinct municipalities and over 1,000 lakes and rivers. The highest point in peninsular Florida is in Lake County, Sugarloaf Mountain. In 2016, the estimated population of Lake County was 335,306 persons. Since 2010, the population has increased by 12.8%. Where the percent of persons under the age of eighteen decreased from 2010 to 2016, the percent of persons over the age of 65 years or older has increased, largely due to retirement communities. It is also important to understand the differences between Lake County youth and the population as a whole. In the 2016/17 school year, there were over 42,515 students enrolled in Lake County Schools. Among families with youth under 18 years of age in 2015, 18.1% were below the federal poverty level, yet when looking at the County's population as a whole that number decreases to 12.8%. In the 2016/17 school year, 60.9% of students were considered economically disadvantaged. The youth population has a higher rate of minorities when compared with Lake residents overall. Among students enrolled in the District, 53% were White, compared to 71.2% of all residents. 24% of students are Hispanic, compared to 14.7% of Lake residents overall and 15.1% of students are African American, compared to 10.8% of residents overall. Among Lake County residents, roughly 87.4% of persons of age have graduated from high school and roughly 21.5% of persons over the age of 25 have a Bachelor's or higher degree. There are over 145,000 housing units in Lake County, with roughly 90,000 owner-occupied units and 30,000 renter-occupied units. Of units with a mortgage, roughly 10.9% of residents pay over 35% of their income to their mortgage. For renters, 47.3% pay over 35% of their income to rent.

Table 1. Population Demographics of Lake County, Florida, 2010 versus 2016

	2010	2016
Population estimate	297,052	335,396
Persons under 5 years, percent	5.50%	5.10%
Persons under 18 years, percent	20.80%	19.60%
Persons 65 years and over, percent	24.20%	26.40%
Female persons, percent	51.50%	51.60%
White, percent	82.00%	84.10%
Black or African American alone, percent	9.80%	10.80%
American Indian and Alaska Native alone, percent	0.50%	0.60%
Asian alone, percent	1.70%	2.30%
Native Hawaiian and Other Pacific Islander alone, percent	0.10%	0.20%
Two or More Races, percent	2.30%	2.00%
Hispanic or Latino, percent	12.10%	14.70%
White alone, not Hispanic or Latino, percent	74.50%	71.20%

Source: US Census

Consequences of Substance Use

Decreased School Performance

Table 2. School Performance by Alcohol Use Level Among Lake County Students, 2016

	Middle School				High School			
	Never Drank Alcohol	Drank, But Not in Past Month	Drank in Past Month, Not Binge	Binge Drank in Past 2 Weeks	Never Drank Alcohol	Drank, But Not in Past Month	Drank in Past Month, Not Binge	Binge Drank in Past 2 Weeks
<i>Mostly As and Bs in Past Year</i>	79.2%	71.2%	77.3%	64.3%	76.0%	70.9%	76.3%	67.3%
<i>Skipped At least One Day in Past Year</i>	23.8%	35.4%	44.1%	60.8%	20.8%	35.6%	45.1%	57.3%

Note: Binge drinking is defined as five or more drinks in a row on one or more occasions within the past two weeks.

Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** youth school performance by alcohol use level.
- **This is Important Because...** it shows the difference in academic levels by alcohol use category.

Table 3. School Performance by Marijuana Use Level Among Lake County Students, 2016

	Middle School			High School		
	Never Used Marijuana	Used, But Not in Past Month	Used in Past Month	Never Used Marijuana	Used, But Not in Past Month	Used in Past Month
<i>Mostly As and Bs in Past Year</i>	79.2%	63.7%	63.6%	77.4%	77.1%	61.1%
<i>Skipped At least One Day in Past Year</i>	25.5%	66.4%	60.5%	24.3%	39.1%	57.1%

Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** youth school performance by marijuana use level.
- **This is Important Because...** it shows the difference in academic levels by marijuana use levels.

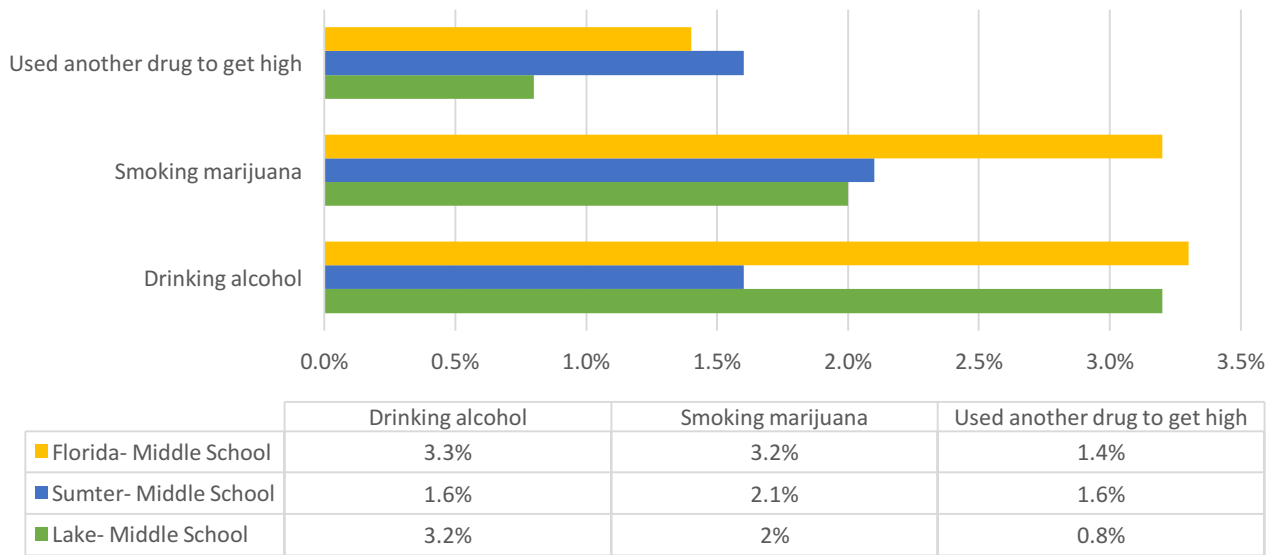
Table 4. School Performance by Other Illicit Drug Use Level Among Lake County Students, 2016

	Middle School			High School		
	Never Used Illicit Drugs (Other Than Marijuana)	Used, But Not in Past Month	Used in Past Month	Never Used Illicit Drugs (Other Than Marijuana)	Used, But Not in Past Month	Used in Past Month
<i>Mostly As and Bs in Past Year</i>	77.2%	80.6%	78.9%	77.1%	64.2%	56.8%
<i>Skipped At least One Day in Past Year</i>	26.9%	33.6%	51.1%	27.2%	51.0%	60.0%

Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** youth school performance by other illicit drug use rates.
- **This is Important Because...** it shows the difference in academic levels by illicit drug use other than marijuana use levels.

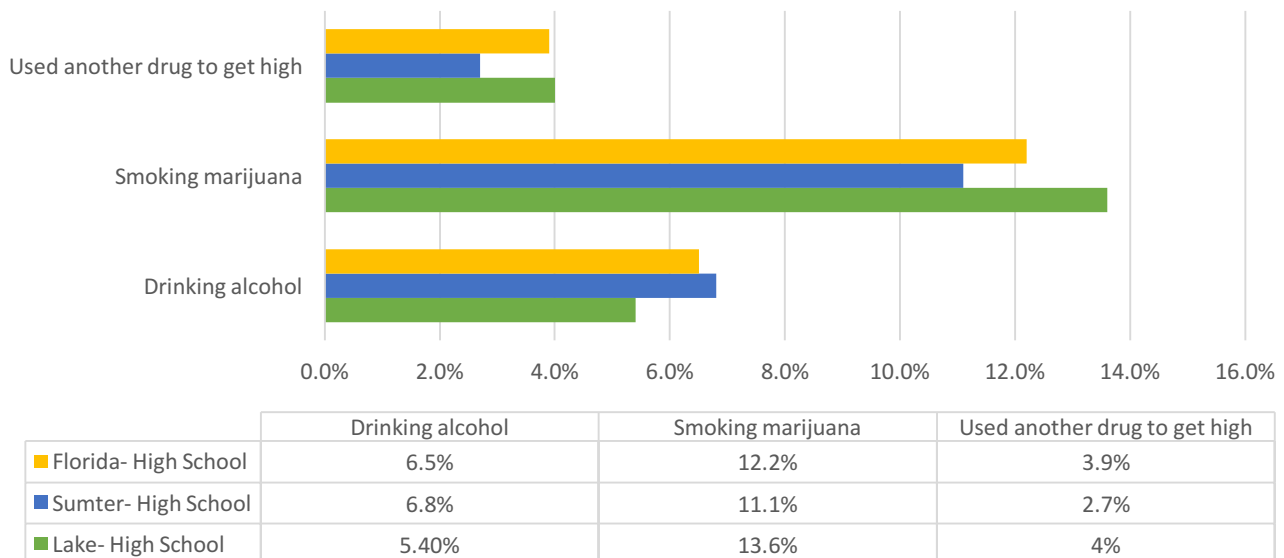
Figure 1. Percentage of Middle School Students Using Alcohol and Other Drugs Before or After School in the Past Year, Lake and Sumter Counties Versus Students Statewide, 2016



Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** the percentage of youth who report being under the influence of alcohol and other drugs during school hours.
- **This is Important Because...** alcohol and other drug use affect school performance.

Figure 2. Percentage of High School Students Using Alcohol and Other Drugs Before or After School in the Past Year, Lake and Sumter Counties Versus Students Statewide, 2016

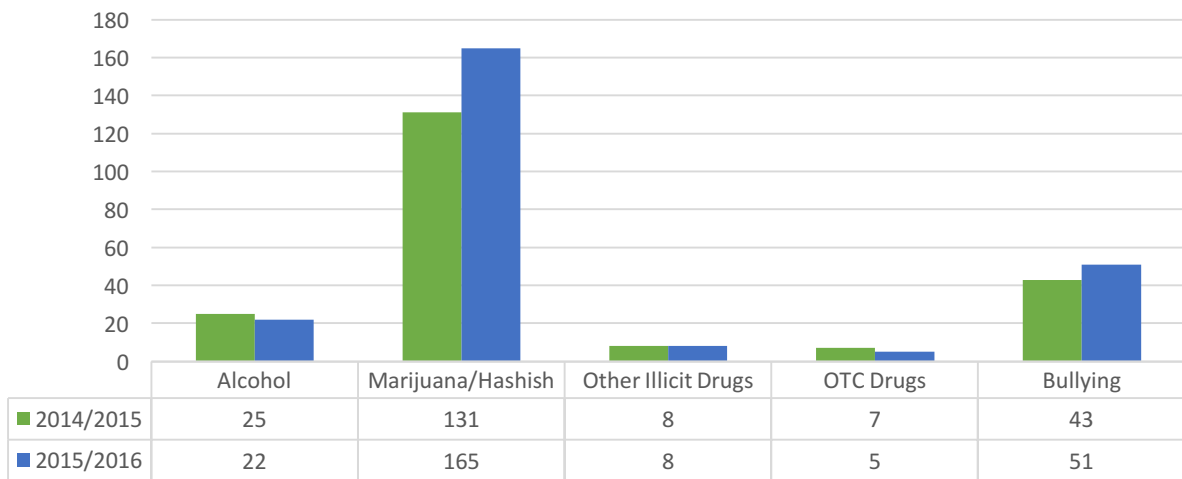


Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** the percentage of youth who report being under the influence of alcohol and other drugs during school hours.
- **This is Important Because...** alcohol and other drug use affect school performance.

Criminal and Delinquent Behaviors

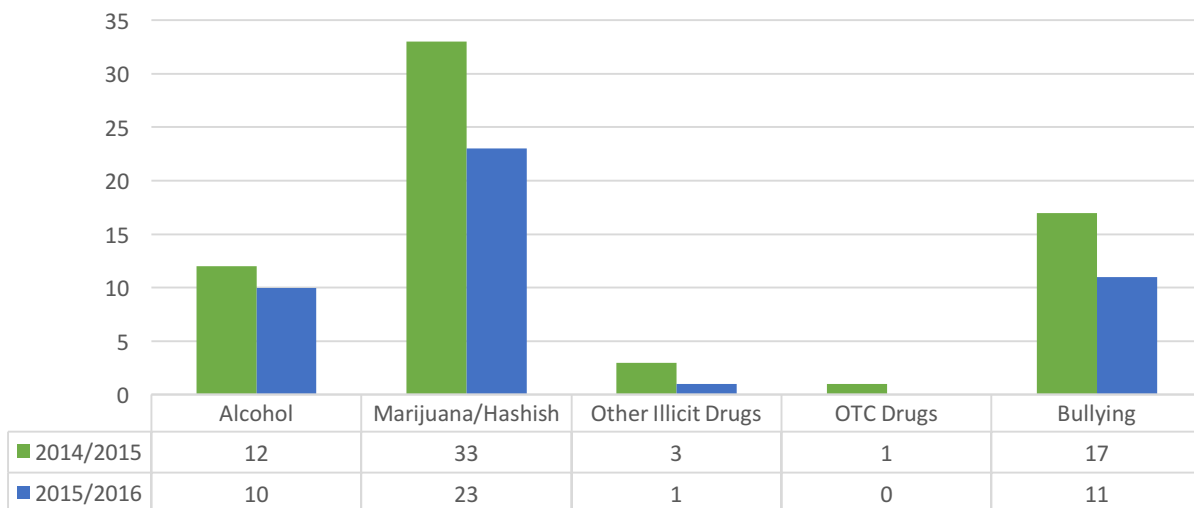
Figure 3. Select Delinquent Behavior Incidents at Lake County Schools, 2014/2015 – 2015/2016



Source: Florida Department of Education, SESIR Report

- **This Indicator Measures...** the number of incidents for drug use/possession, alcohol use, and bullying in Lake County Schools.
- **This is Important Because...** children can't learn unless they feel safe. There is no commitment to coming to school if school is seen as a place to engage in delinquent behavior. Teachers have little time to teach if they spend their time in classroom management.

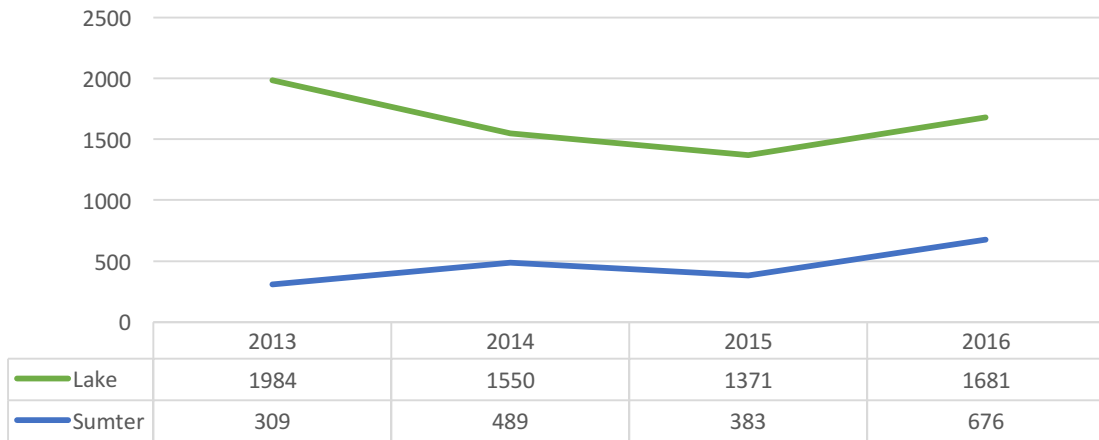
Figure 4. Select Delinquent Behavior Incidents at Sumter County Schools, 2014/2015 – 2015/2016



Source: Florida Department of Education, SESIR Report

- **This Indicator Measures...** the number of incidents for drug use/possession, alcohol use, and bullying in Sumter County Schools.
- **This is Important Because...** children can't learn unless they feel safe. There is no commitment to coming to school if school is seen as a place to engage in delinquent behavior. Teachers have little time to teach if they spend their time in classroom management.

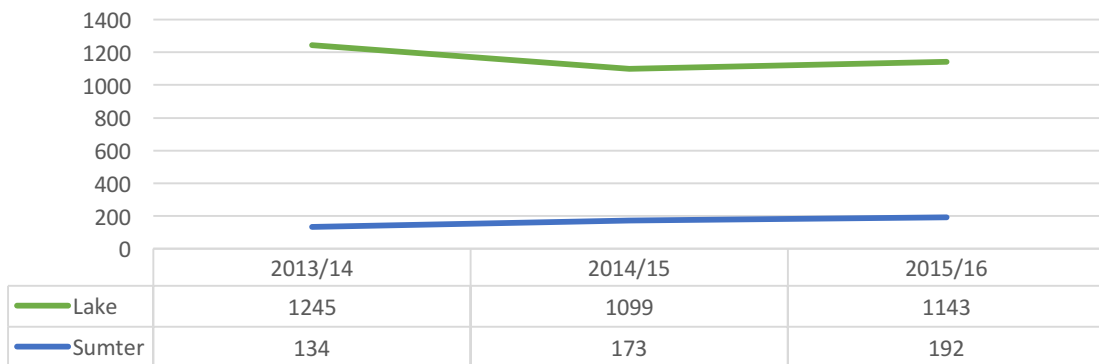
Figure 5. Total Youth and Adult Drug/Narcotic Arrests in Lake and Sumter Counties, 2013 - 2015



Source: Florida Department of Law Enforcement, Uniform Crime Report

- **This Indicator Measures...** the total number of drug/narcotic arrests in Lake and Sumter Counties.
- **This is Important Because...** it provides a snapshot of alcohol and drug arrests in an area where law enforcement was involved.

Figure 6. Total Youth Arrests in Lake and Sumter Counties, 2013/14- 2015/16



Source: Florida Department of Juvenile Justice Delinquency Report

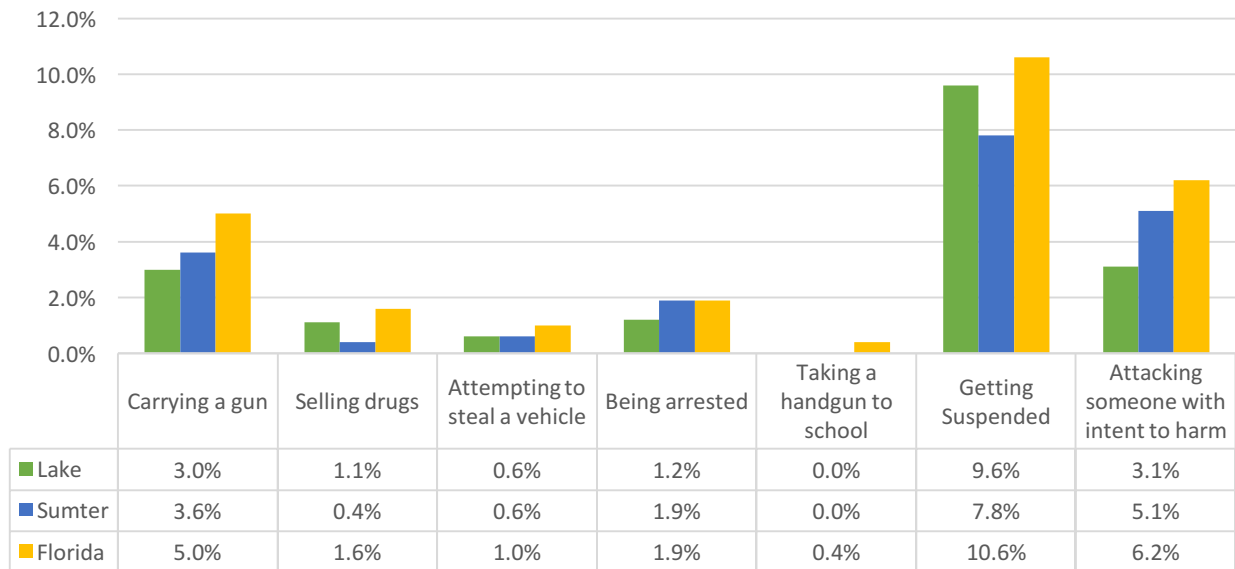
- **This Indicator Measures...**the total rate of youth arrests in Lake and Sumter Counties.
- **This is Important Because...**when the rate of youth referred for delinquency is declining, it can be an indication that fewer youth are engaging in delinquent behavior.



The RVT class works to teach employees, managers, and owners of establishments that sell alcohol how to keep it out of the hands of minors and not sell alcohol to obviously intoxicated persons. It is important that alcohol vendors do their part to help keep communities safe. By participating in the class, alcohol vendors will be equipped with the knowledge needed to avoid arrest, fines, and jail time for alcohol violations.

If you are an alcohol vendor in Lake County and would like to participate in this free course, contact Delrita Meisner at delrita@befreelake.org.

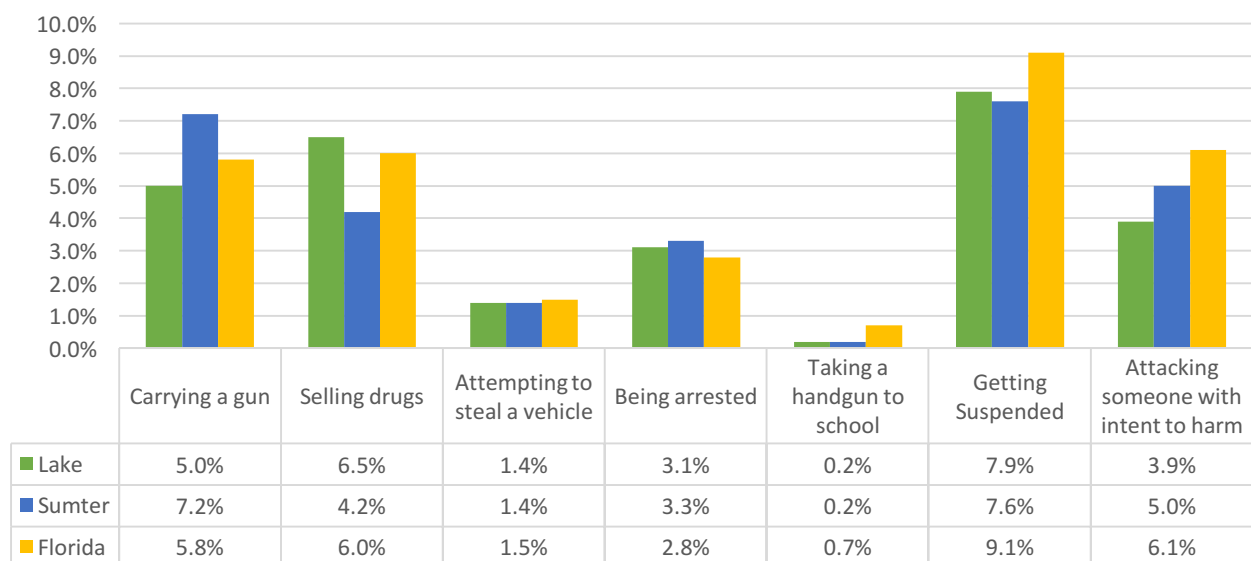
Figure 7. Delinquent Behaviors Reported by Lake, Sumter, and Florida Statewide Middle School Students, 2016



Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** select delinquent behaviors youth are conducting at school.
- **This is Important Because...** it helps school officials know where to focus their resources and helps let the community and parents know where education efforts needs to be strengthened.

Figure 8. Delinquent Behaviors Reported by Lake, Sumter, and Florida Statewide High School Students, 2016



Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** select delinquent behaviors youth are conducting at school.
- **This is Important Because...** it helps school officials know where to focus their resources and helps let the community and parents know where education efforts needs to be strengthened.

Table 5. Delinquent Behavior by Alcohol Use Level in Lake County, 2016

*Past Year	Middle School				High School			
	Never Drank Alcohol	Drank, But Not in Past Month	Drank in Past Month, Not Binge	Binge Drank in Past 2 Weeks	Never Drank Alcohol	Drank, But Not in Past Month	Drank in Past Month, Not Binge	Binge Drank in Past 2 Weeks
<i>Ever Belonged to a Gang?</i>	1.3%	3.0%	5.4%	16.2%	1.0%	3.5%	1.2%	8.5%
<i>Carried a Handgun*</i>	2.3%	6.1%	12.0%	27.8%	4.4%	8.0%	4.2%	13.9%
<i>Attacked Someone to Hurt Them*</i>	2.1%	11.8%	20.6%	39.5%	2.5%	7.7%	3.7%	20.7%
<i>Sold Illegal Drugs*</i>	0.4%	3.4%	8.8%	33.2%	1.9%	6.9%	10.5%	28.6%
<i>Attempted to Steal a Vehicle*</i>	0.4%	0.5%	1.4%	7.2%	0.0%	0.9%	2.0%	7.1%
<i>Been Arrested*</i>	0.3%	2.1%	4.3%	16.7%	1.3%	1.8%	3.6%	8.7%
<i>Been Suspended from School*</i>	7.1%	6.7%	19.6%	36.7%	4.4%	11.1%	12.9%	16.0%

Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** youth who report delinquent behaviors by alcohol use level.
- **This is Important Because...** it tells us if youth who use alcohol are engaging in other delinquent behaviors at higher rates than youth who are alcohol free.

Table 6. Delinquent Behavior by Marijuana Use Level in Lake County, 2016

*Past Year	Middle School			High School		
	Never Used Marijuana	Used, But Not in Past Month	Used in Past Month	Never Used Marijuana	Used, But Not in Past Month	Used in Past Month
<i>Ever Belonged to a Gang?</i>	1.6%	7.2%	12.4%	1.7%	3.0%	5.1%
<i>Carried a Handgun*</i>	3.7%	0.0%	26.6%	6.1%	8.1%	6.1%
<i>Attacked Someone to Hurt Them*</i>	4.7%	19.2%	31.7%	4.1%	10.6%	10.3%
<i>Sold Illegal Drugs*</i>	0.7%	10.7%	31.8%	0.8%	6.7%	33.3%
<i>Attempted to Steal a Vehicle*</i>	0.3%	0.0%	4.8%	0.5%	4.6%	2.2%
<i>Been Arrested*</i>	0.3%	11.0%	14.2%	1.6%	5.4%	4.2%
<i>Been Suspended from School*</i>	7.3%	10.5%	45.0%	4.7%	15.5%	22.2%

Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** youth who report delinquent behaviors by marijuana use level.
- **This is Important Because...** it tells us if youth who use marijuana are engaging in other delinquent behaviors at higher rates than youth who are marijuana free.

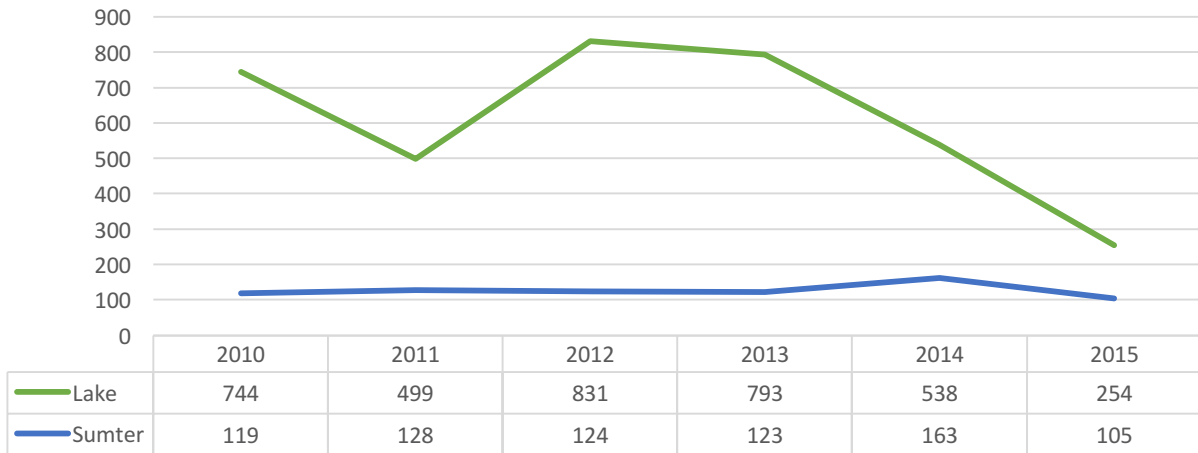
Table 7. Delinquent Behavior by Illicit Drug Use Level, Other than Marijuana in Lake County, 2016

*Past Year	Middle School			High School		
	Never Used Illicit Drugs (Other Than Marijuana)	Used, But Not in Past Month	Used in Past Month	Never Used Illicit Drugs (Other Than Marijuana)	Used, But Not in Past Month	Used in Past Month
<i>Ever Belonged to a Gang?</i>	1.6%	1.0%	12.5%	1.6%	3.9%	9.2%
<i>Carried a Handgun*</i>	3.4%	13.1%	17.0%	4.7%	13.3%	12.8%
<i>Attacked Someone to Hurt Them*</i>	4.4%	16.6%	25.7%	4.0%	14.7%	14.3%
<i>Sold Illegal Drugs*</i>	1.3%	7.5%	18.5%	2.5%	28.7%	30.5%
<i>Attempted to Steal a Vehicle*</i>	0.4%	0.0%	4.9%	0.5%	3.6%	6.3%
<i>Been Arrested*</i>	1.1%	0.0%	6.2%	1.3%	8.7%	8.6%
<i>Been Suspended from School*</i>	8.2%	9.2%	28.2%	6.8%	16.6%	23.6%

Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** youth who report delinquent behaviors by drugs other than marijuana use level.
- **This is Important Because...** it tells us if youth who use illicit drugs other than marijuana are engaging in other delinquent behaviors at higher rates than youth who are other drug free

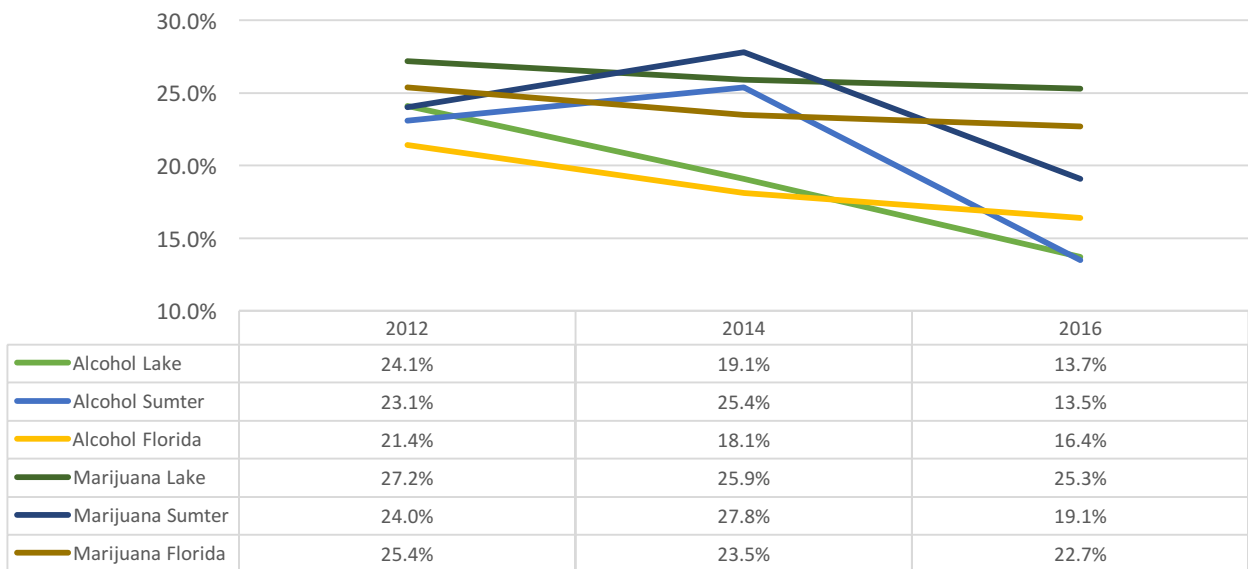
Figure 9. Adult DUI Arrests in Lake and Sumter Counties, 2008 - 2015



Source: Florida Department of Law Enforcement

- **This Indicator Measures...**the number of arrests from “driving under the influence” in Lake and Sumter Counties between 2010 and 2015.
- **This is Important Because...**it indicates that people are drinking alcohol/using drugs outside their home and then making a decision to get behind the wheel of their vehicle putting themselves and others at risk.

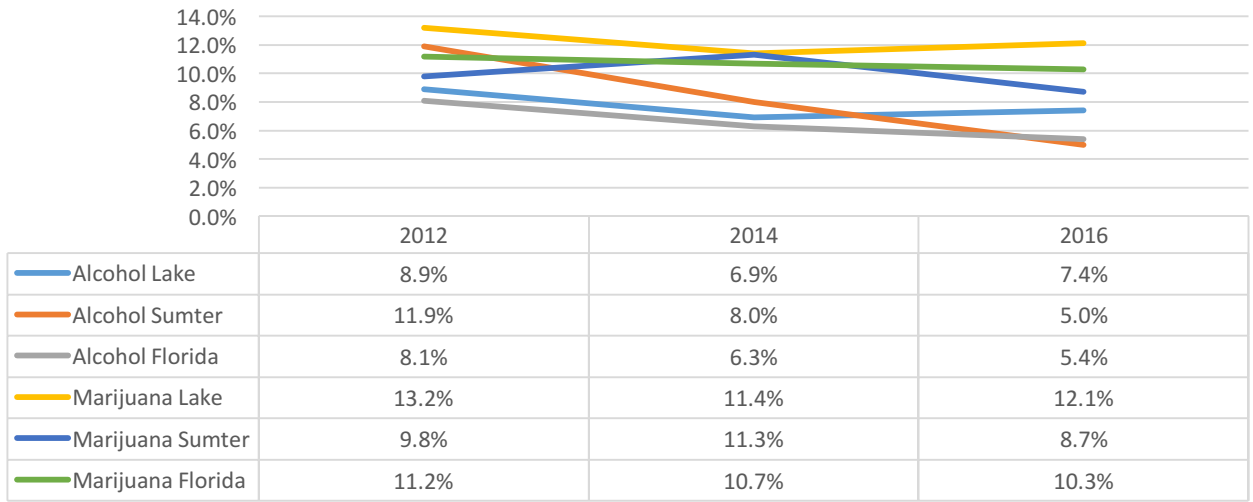
Figure 10. Lake, Sumter, and Florida Statewide High School Students Who Report Riding in a Car with Someone Who Was Under the Influence, 2012 - 2016



Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** The percentage of high school youth in Lake, Sumter, and Florida Statewide who report they have been a passenger in a car while the driver was under the influence of alcohol or marijuana.
- **This is Important Because...** impaired driving can lead to motor vehicle crashes, injuries, and fatalities.

Figure 11. Lake, Sumter, and Florida Statewide High School Students Driving a Car Under the Influence of Alcohol or Marijuana, 2012 - 2016



Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** The percentage of high school youth who report they operated a motor vehicle while under the influence of alcohol or marijuana.
- **This is Important Because...** impaired driving can lead to motor vehicle crashes, injuries, and fatalities and DUI arrests.

HEY, PARENT.

My teen isn't allowed to drink alcohol.



Not Even At Your House.

No One's House is a safe place for teen drinking.

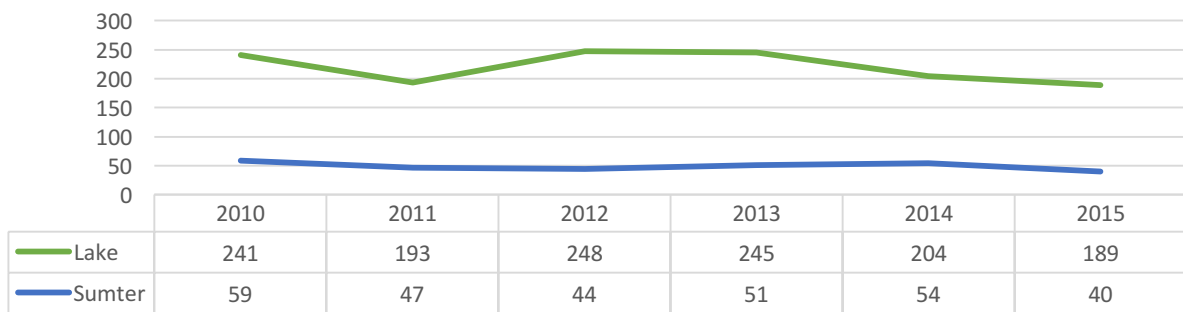
No One's House is a parent-to-parent campaign that works to reduce the number of parents in a community who are providing teens with alcohol and/or allowing teens to drink in their homes. By pledging, you agree that you will not provide teens alcohol and will not willingly allow teens to drink alcohol at your home.

Are you a parent in Lake County? Take the pledge at www.nooneshouse.com



Motor Vehicle Accidents

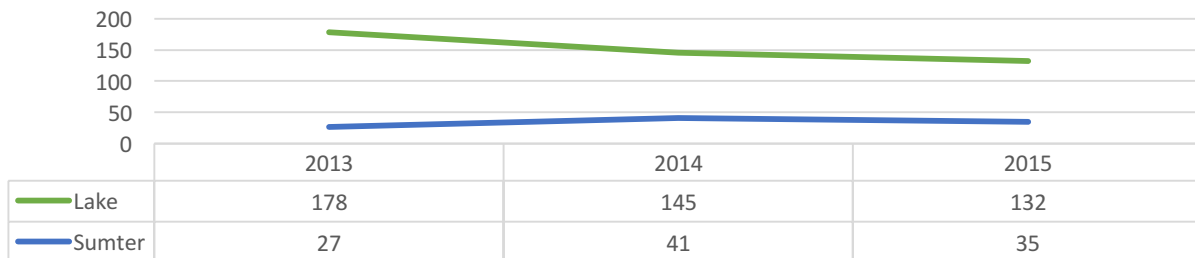
Figure 12. Total Number of Alcohol-Related / Suspected Motor Vehicle Crashes, 2010 – 2015



Source: Florida Department of Highway Safety and Motor Vehicles

- **This Indicator Measures...** the total rate of alcohol-related / suspected motor vehicle crashes in Lake and Sumter Counties.
- **This is Important Because...** alcohol impairs the ability to drive making the roadway unsafe for not only the driver but others on the road.

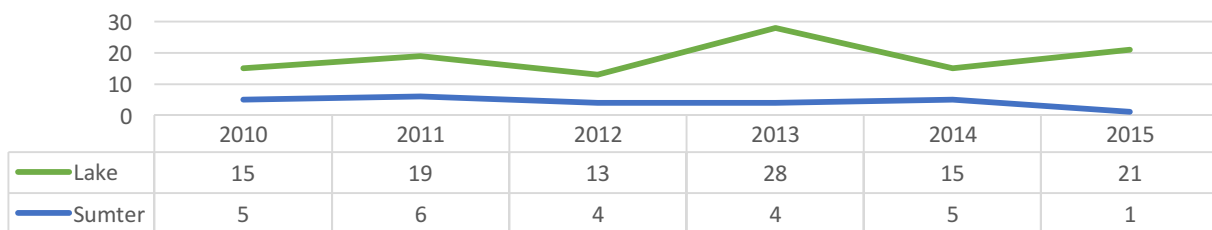
Figure 13. Total Number of Alcohol-Related Motor Vehicle Injuries, 2013-2015



Source: Florida Department of Highway Safety and Motor Vehicles

- **This Indicator Measures...** the total rate of injuries resulting from alcohol-related crashes in Lake and Sumter Counties.
- **This is Important Because...** injuries related to alcohol impaired driving are avoidable.

Figure 14. Total Number of Alcohol-Related Motor Vehicle Fatalities, 2010-2015



Source: Florida Department of Highway Safety and Motor Vehicles

- **This Indicator Measures...** the total rate of alcohol-related fatalities from suspected motor vehicle crashes in Lake and Sumter Counties.
- **This is Important Because...** deaths related to alcohol impaired driving are avoidable.

Alcohol and Drug Addiction

Table 8. Number of Persons Who Attended Treatment by Program Type, 2010/11 – 2015/16

	2010/2011	2011/2012	2012/2013	2013/2014	2014/2015	2015/2016
Substance Abuse						
Adult	4,567	4,197	1420	3,719	2,836	3,028
Child	472	513	477	468	1,078	1,310
TOTAL SEEN	21,687	22,254	22,389	22,182	22,116	23,963

Source: LifeStream Behavioral Center, Inc.

- **This Indicator Measures...** the number of adults and children in Lake and Sumter Counties that received substance abuse treatment at LifeStream Behavioral Center, Inc.
- **This is Important Because...** we see how many people in the community are suffering from substance abuse and overtime it will help us understand if the problems are worsening or getting better and where to focus prevention, intervention, and treatment efforts.

Table 9. Substance Use Disorders for Persons Aged 12 and Older in Florida Circuit 5, 2012 – 2014
Rolling rate

Circuit 5	2012, 2013, 2014	
	12-17 years old	18 plus
Substance Use Disorders		
Alcohol Dependence, Past Year	0.97%	2.53%
Alcohol Dependence or Abuse, Past Year	3.03%	5.44%
Illicit Drug Dependence, Past Year	2.18%	1.50%
Illicit Drug Dependence or Abuse, Past Year	3.94%	2.00%
Abuse or Dependence of Alcohol or Drugs	5.98%	6.95%
Treatment Needs		
Needing but not Receiving Treatment for Alcohol Use, Past Year	2.94%	5.43%
Needing but not Receiving Treatment for Illicit Drug Use Past Year	3.82%	1.72%

Source: National Survey on Drug Use and Health- sub-state data are reported as annual averages

District 5 includes: Citrus, Hernando, Lake, Marion, and Sumter Counties

- **This Indicator Measures...** the percentage of persons (youth or adult) that report addiction issues and treatment needs.
- **This is Important Because...** it shows the percent of residents in need of services for substance use that are receiving treatment.

Table 10. Number of Primary Treatment Admissions Among Northwest Florida Juveniles, Young Adults, and Adults, July 2015 - June 2016

	Age 17 and Under	Young Adults 18-25	Ages 26-34	Ages 35 and Up	Total
Alcohol	38	341	1,179	3,415	4,973
Marijuana	1,097	530	510	379	2,516
Rx Opioid	11	640	1,751	950	3,352
Heroin	4	187	499	289	979
Cocaine	8	147	293	500	949
Methamphetamine	13	77	205	131	426

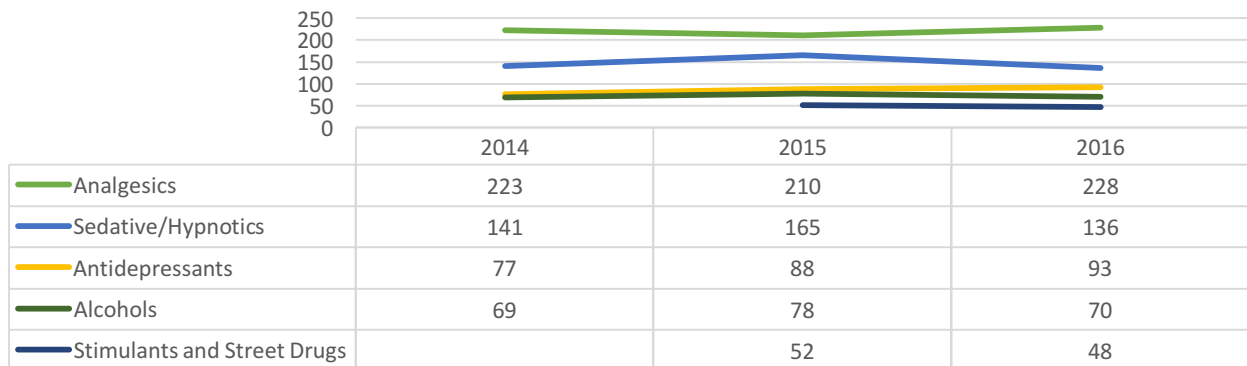
Source: Florida Department of Children and Families

*Northeast Region includes: Alachua, Baker, Bradford, Citrus, Clay, Columbia, Dixie, Duval, Flagler, Gilchrist, Hamilton, Hernando, Lafayette, Lake, Levy, Marion, Nassau, Putnam, St. Johns, Sumter, Suwannee, Union, and Volusia Counties

- **This Indicator Measures...** The primary substance of use among youth and adults entering treatment.
- **This is Important Because...** It shows the type of drugs people need treatment services for due to addiction.

Overdose Data

Figure 15. Poison Information Center Calls about Substances of Abuse in Lake County, 2014 - 2016



Source: Florida Poison Information Center

- **This Indicator Measures...** The amount of calls to Poison Control for drug overdoses in Lake County.
- **This is Important Because...** it helps measure number of overdoses that are occurring, whether accidental or intentional, due to drug use at a potentially lethal level.

Table 11. Tracked Opioids found in Toxicology Reports at Time of Death in District 5 in 2015

	18 and under	18-25	26-34	35-50	Over 50
Oxycodone Cause	0	1	2	9	10
Oxycodone Present	0	1	4	4	11
Hydrocodone Cause	0	0	0	5	7
Hydrocodone Present	0	1	1	5	8
Methadone Cause	0	1	4	9	3
Methadone Present	0	3	2	9	2
Morphine Cause	0	3	5	7	8
Morphine Present	0	0	5	5	8
Fentanyl Cause	0	1	2	2	2
Fentanyl Present	0	1	0	2	0

District 5 includes: Citrus, Hernando, Lake, Marion, Sumter Counties

Source: Florida Medical Examiners Commissioners Reports

- **This Indicator Measures...** Opioids that were identified at the time of death through toxicology scan, either cause or present, in District 5, by the Medical Examiner.
- **This is Important Because...** It shows the type of drugs, that when used incorrectly, can result in death.

Table 12. Tracked Street Drugs found in Toxicology Reports at Time of Death in District 5, 2015

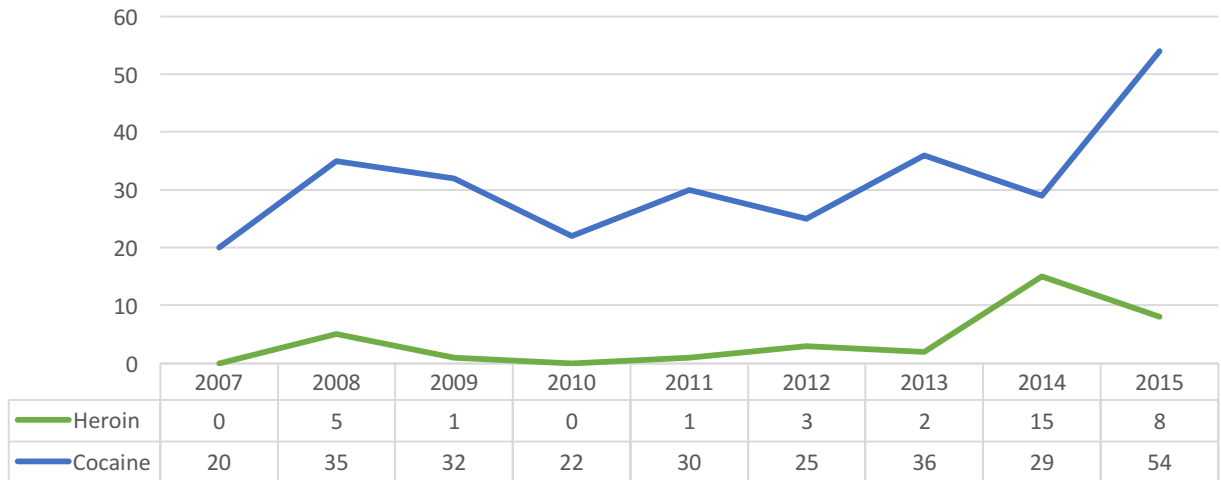
	Cocaine Cause	Cocaine Present	Heroin Cause	Heroin Present
18 and under	0	0	0	0
18-25	5	6	0	0
26-34	3	6	3	0
35-50	14	7	3	0
Over 50	8	5	2	0

District 5 includes: Citrus, Hernando, Lake, Marion, Sumter Counties

Source: Florida Medical Examiners Commissioners Reports

- **This Indicator Measures...** Tracked Benzodiazepines that were identified at the time of death through toxicology scan, either cause or present, in District 5, by the Medical Examiner.
- **This is Important Because...** It shows the type of drugs, that when used incorrectly, can result in death.

Figure 16. Street Drugs found in Toxicology Reports at Time of Death in District 5, 2007 - 2015

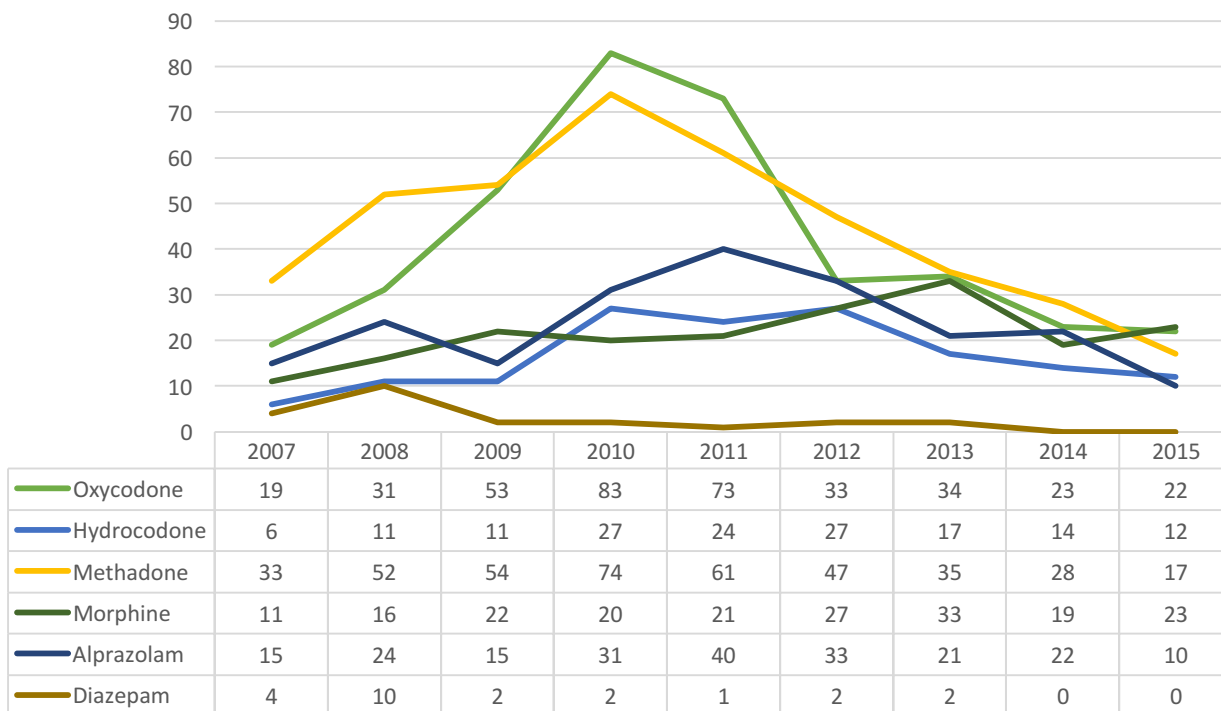


Source: Florida Medical Examiners Commissioners Reports

District 5 includes: Citrus, Hernando, Lake, Marion, Sumter Counties

- This Indicator Measures... Tracked street drugs that were identified at the time of death through toxicology scan, either cause or present, in District 5, by the Medical Examiner.
- This is Important Because... it measures the amount of deaths that have been related to cocaine and heroin use in District 5.

Figure 17. Drugs Identified at Time of Death of the "Cause" of Death in District 5, 2007-2015



Source: Florida Medical Examiners Commissioners Reports

- **This Indicator Measures...** Tracked prescription drugs that were identified at the time of death through a toxicology scan as the cause of death in District 5, by Medical Examiners.
- **This is Important Because...** it measures the amount of deaths caused by prescription drug overdose in District 5.

Prevalence of Substance Use

Youth Use

Table 13. Lake County Past 30-Day Alcohol and Other Drug Use by Middle and High School Students

Past 30-day use trend:	2000	2010	2012	2014	2016	2016 Florida
Alcohol	35.7	30.7	25.9	19.5	14.6	18.3
Binge drinking	21.7	14.4	11.1	8.3	8.0	7.7
Cigarettes	20.4	12.1	9.1	6.2	4.6	3.4
Marijuana or Hashish	16.1	13.3	14.6	13.0	11.9	11.2
Inhalants	3.8	3.4	1.8	2.3	0.9	1.6
Cocaine or Crack Cocaine	1.5	0.5	0.8	0.5	0.2	0.6
Heroin	0.5	0.4	0.3	0.3	0.1	0.2
Depressants	1.5	2.4	1.1	2.4	1.5	1.8
Prescription Pain Relievers	--	3.7	3.1	3.7	2.0	1.8
Prescription Amphetamines	--	0.7	1.3	0.6	1.3	1.2

Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...**the percentage of self-reported use of alcohol and other drug use by youth in the past 30-days of the survey date.
- **This is Important Because...** Measuring amount of use over a long-term period helps determine alcohol and other drug trends and issues. Currently in Lake County, rates of cigarettes, marijuana, inhalants, prescription pain relievers, and prescription amphetamines are higher than Florida statewide averages.

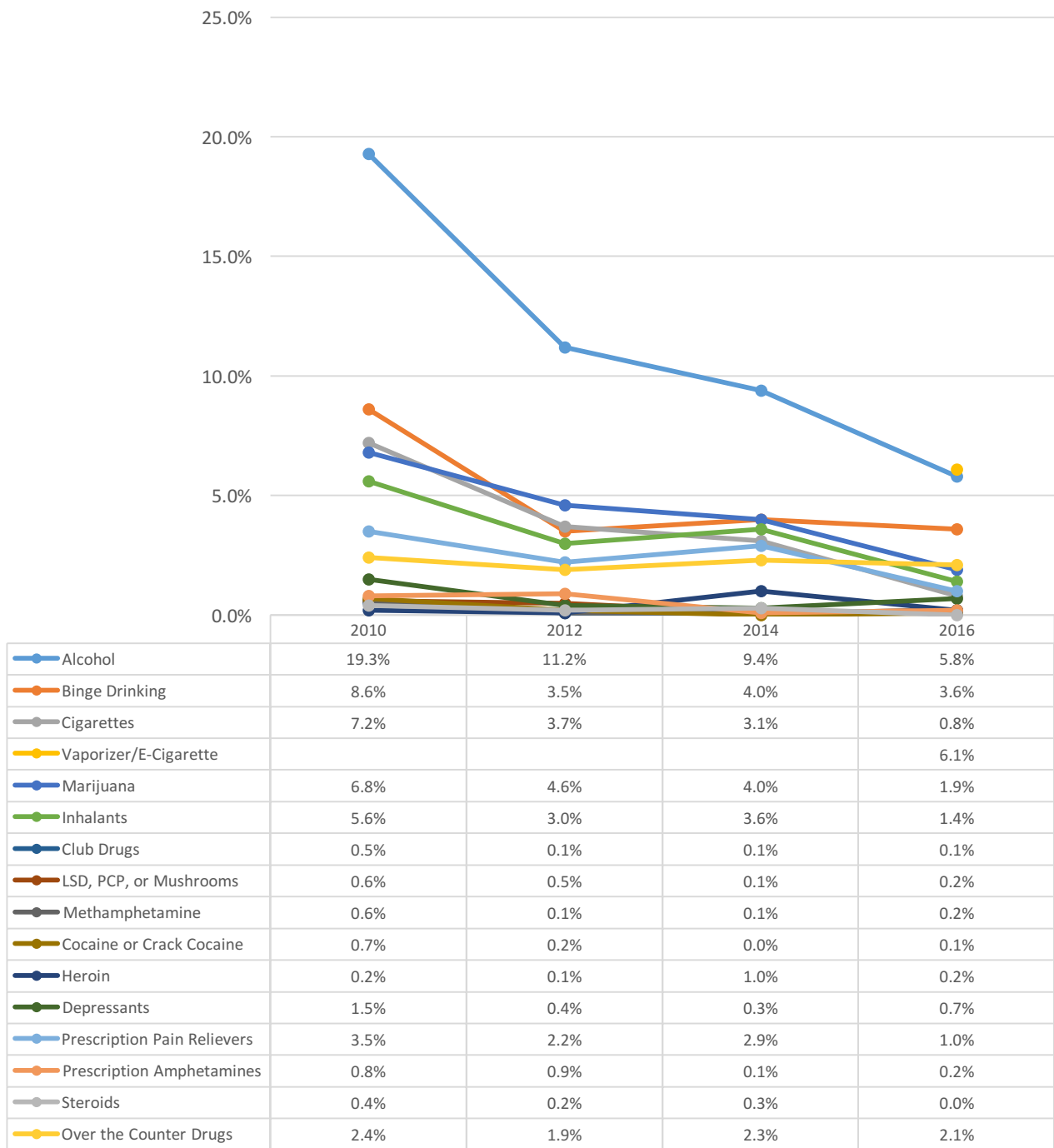
Table 14. Sumter County Past 30-Day Alcohol and Other Drug Use by Middle and High School Students

Past 30-day use trend:	2000	2010	2012	2014	2016	2016 Florida
Alcohol	29.3	28.5	26.3	21.0	16.2	18.3
Binge drinking	16.3	14.7	13.0	12.4	7.6	7.7
Cigarettes	19.6	8.9	8.5	7.0	3.7	3.4
Marijuana or Hashish	8.7	9.3	9.6	10.1	8.1	11.2
Inhalants	7.0	3.9	2.4	1.6	1.6	1.6
Cocaine or Crack Cocaine	0.7	0.7	0.6	0.6	0.4	0.6
Heroin	0.9	0.5	0.3	0.3	0.4	0.2
Depressants	1.2	2.4	1.7	1.4	1.8	1.8
Prescription Pain Relievers	--	4.1	3.0	2.7	2.0	1.8
Prescription Amphetamines	--	1.7	1.4	0.8	2.0	1.2

Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** the percentage of self-reported use of cigarettes, marijuana, and alcohol use by youth in the past 30-days of the survey date.
- **This is Important Because...** Measuring amount of use over a long-term period helps determine alcohol and other drug trends and issues. Currently in Sumter County, rates of alcohol, binge drinking, cigarettes, and prescription pain relievers are higher than Florida statewide averages.

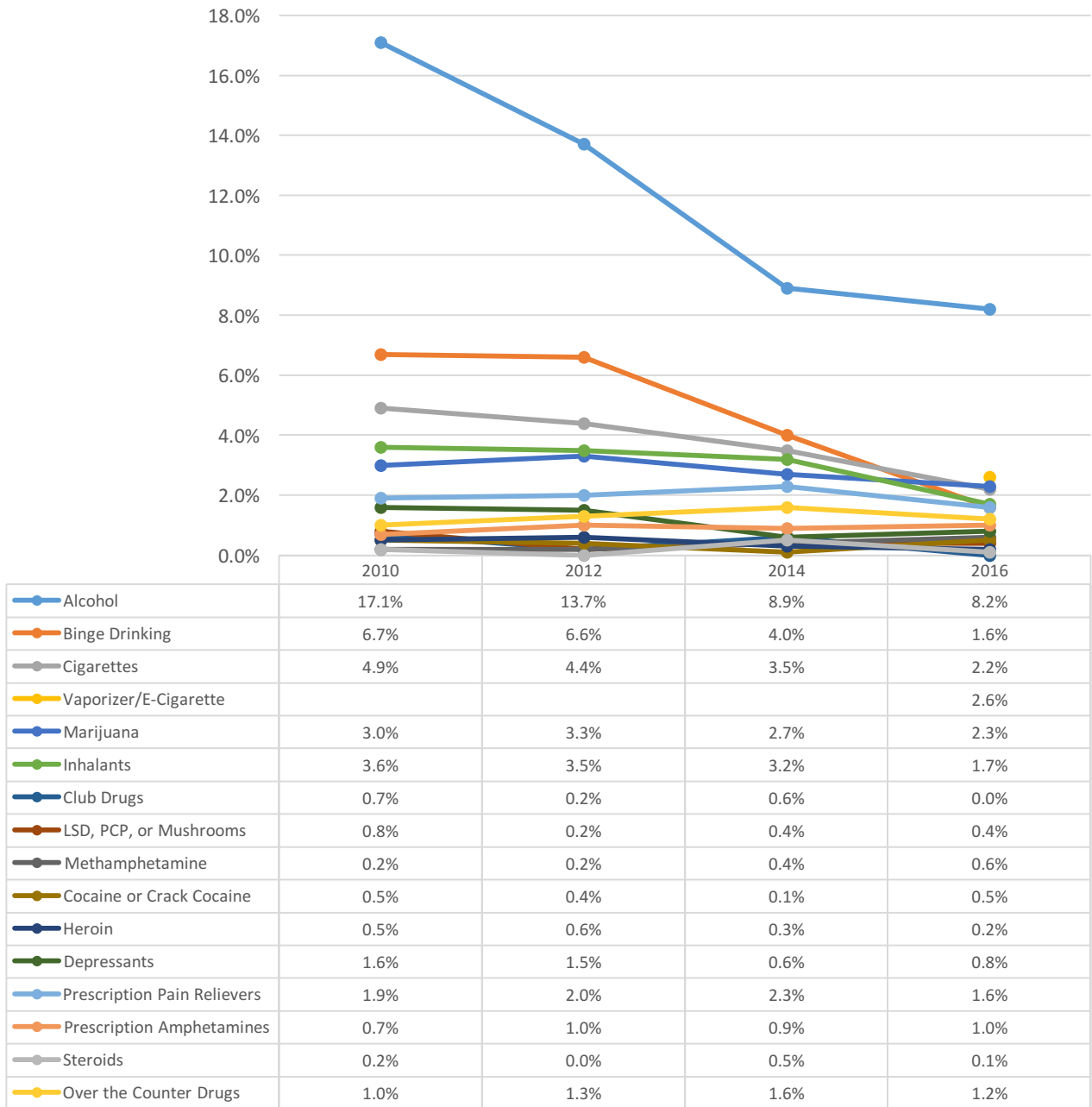
Figure 18. Past 30 Day Alcohol, Marijuana, Cigarette, and Other Drug Use Rates of Lake County Middle School Students, 2010 - 2016



Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** the percentage of self-reported use of alcohol and other drugs in the past 30-days of the survey date by Lake County middle school students.
- **This is Important Because...** it shows increases and decreases in alcohol and other drug use among Lake County middle school students. For instance, from 2014 to 2016, past 30-day use of alcohol use decreased 3.6 percentage points.

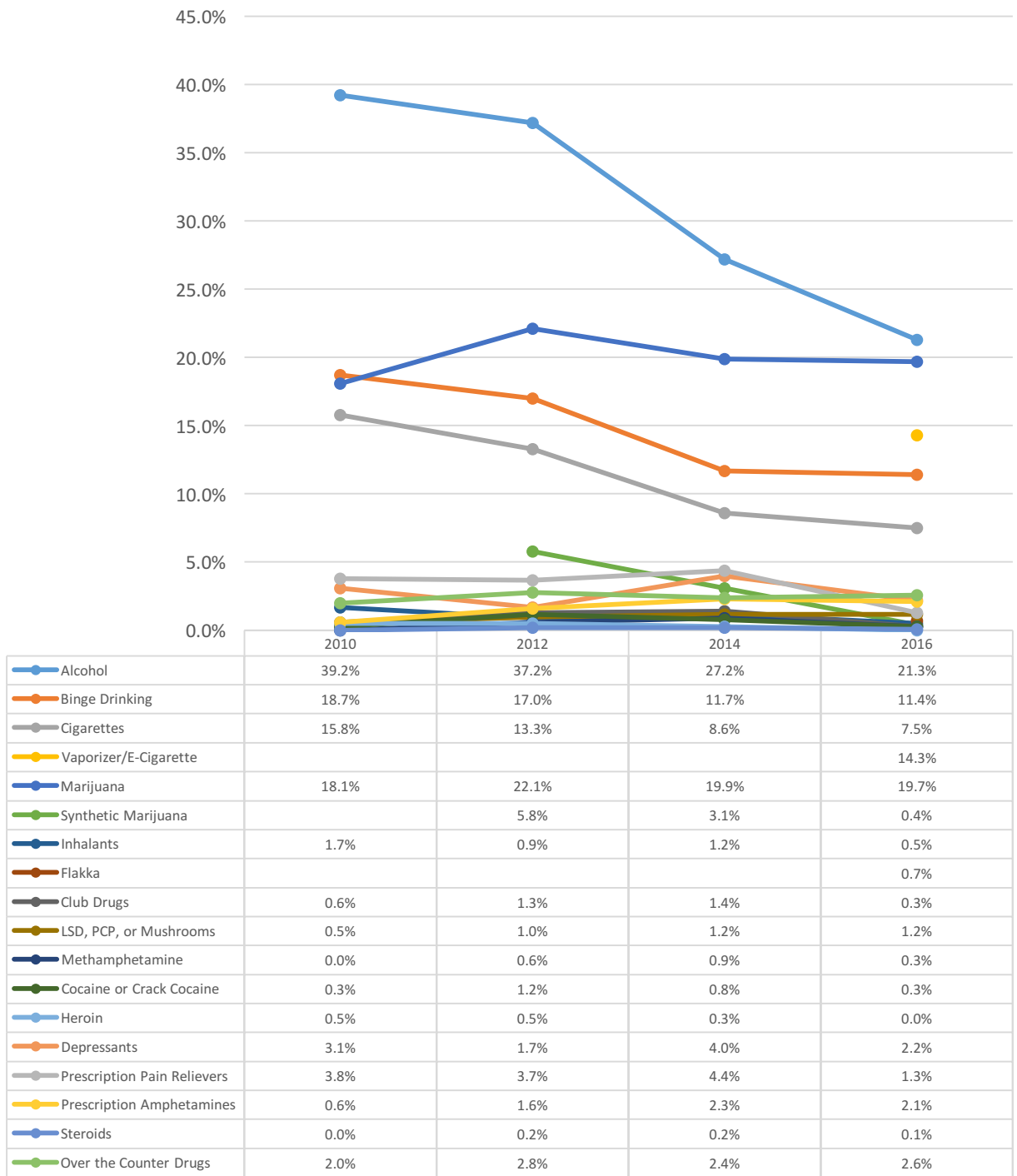
Figure 19. Past 30 Day Alcohol, Marijuana, Cigarette and Other Drug Use Rates of Sumter County Middle School Students, 2010 - 2014



Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...**the percentage of self-reported use alcohol and other drugs in the past 30-days of the survey date by Sumter County middle school students.
- **This is Important Because...** it shows increases and decreases in alcohol and other drug use among Sumter County middle school students. For instance, from 2014 to 2016, binge drinking rates decreased 2.4 percentage points.

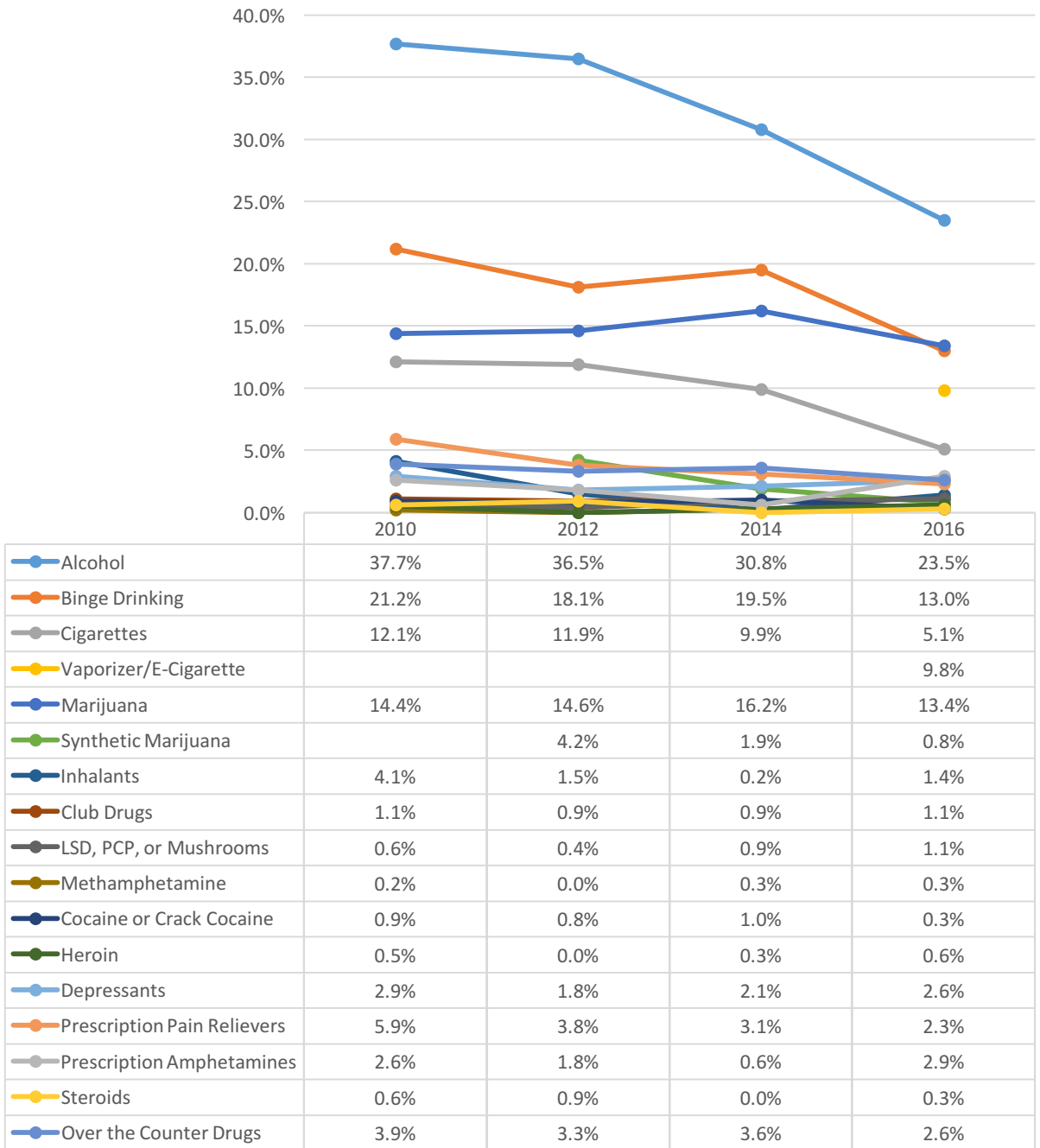
Figure 20. Past 30 Day Alcohol, Marijuana, Cigarette and Other Drug Use Rates of Lake County High School Students, 2010- 2016



Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...**the percentage of self-reported use of alcohol and other drugs in the past 30-days of the survey date by Lake County high school students.
- **This is Important Because...** it shows increases and decreases in alcohol and other drug use among Lake County high school students. For instance, from 2014 to 2016, past 30-day alcohol use rates decreases 5.9 percentage points.

Figure 21. Past 30 Day Alcohol, Marijuana, Cigarette, and Other Drug Use Rates of Sumter County High School Students, 2010 – 2016

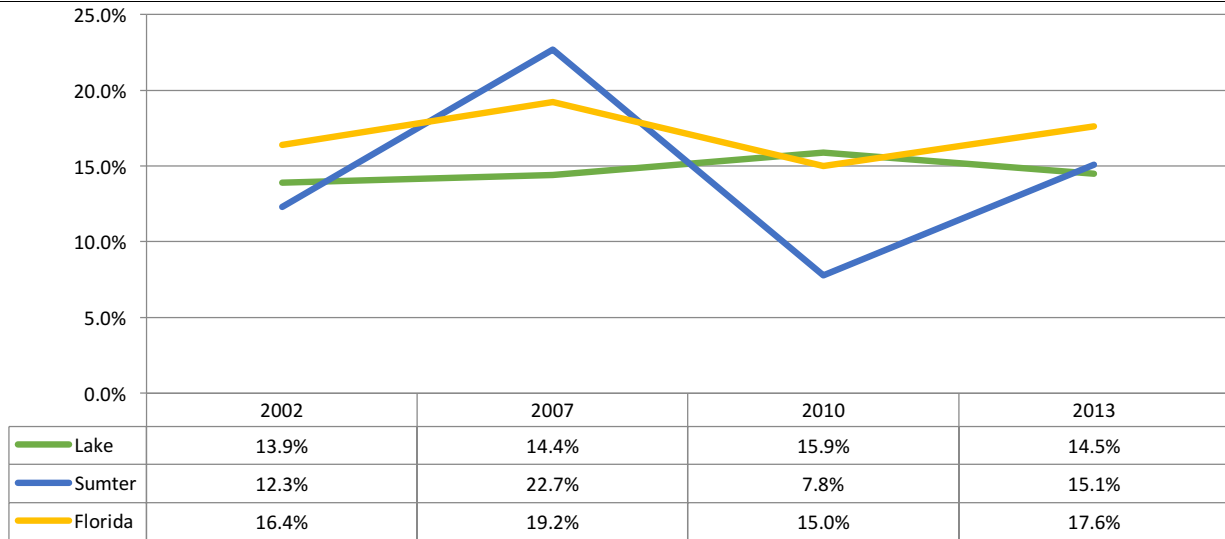


Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** the percentage of self-reported use alcohol and other drugs in the past 30-days of the survey date by Sumter County high school students.
- **This is Important Because...** it shows increases and decreases in alcohol and other drug use among Sumter County high school students. For instance, from 2014 to 2016, past 30-day alcohol use rates decreases 7.3 percentage points.

Adult Use

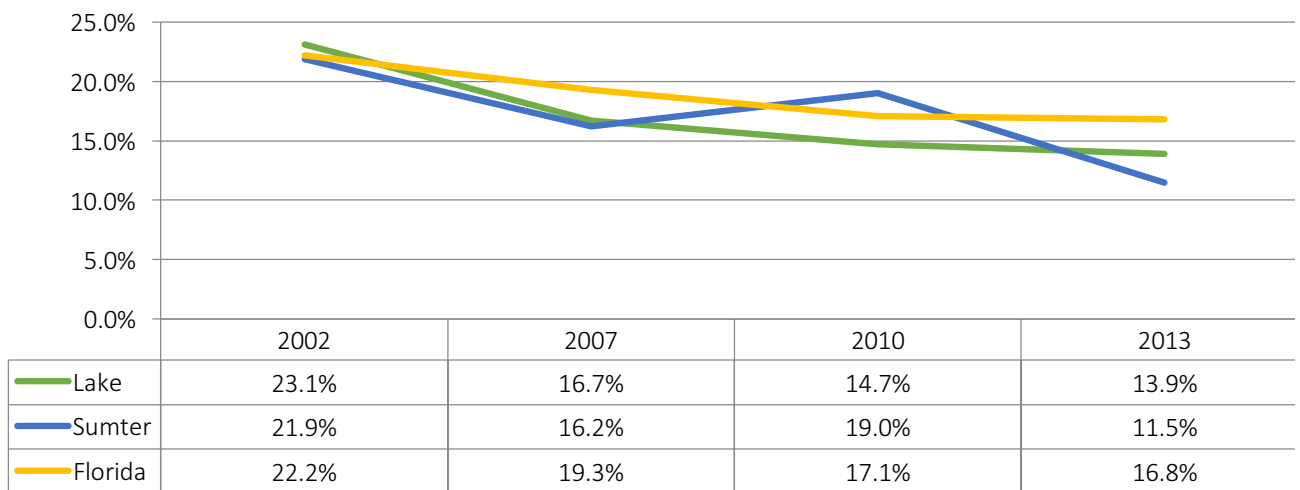
Figure 22. Adult Drinking- Percentage of Adults Who Engage in Binge or Heavy Drinking



Source: 2013 Florida BRFSS Data Report, Florida Department of Health, Division of Disease Control

- **This Indicator Measures...** the percentage of adults who engage in heavy or binge drinking.
- **This is Important Because...** excessive drinking causes approximately 79,000 deaths per year in the United States, making it the third leading cause of preventable death in the nation.

Figure 23. Adult Tobacco Use- Percentage of Adults who are Current Smokers



Source: 2013 Florida BRFSS Data Report, Florida Department of Health, Division of Disease Control

- **This Indicator Measures...** the current use of adult tobacco use in Lake and Sumter Counties compared to the state as defined by having smoked 100+ cigarettes and still smoking.
- **This is Important Because...** this addictive habit leads to health problems for the majority of individuals who indulge in this activity.

Table 15. Alcohol and Other Drug Use Prevalence Data for Persons Aged 18 and Older in Florida Circuit 5, 2012 – 2014

Circuit 5	2012, 2013, 2014
Alcohol	
Use, Past Month	56.03%
Binge Use, Past Month	20.57%
Tobacco Product	
Use, Past Month	30.71%
Cigarette Use, Past Month	26.12%
Marijuana	
Use, Past Year	10.29%
Use, Past Month	6.71%
Other Illicit Drugs	
Any Illicit Drug Other than Marijuana, Past Month	2.73%
Cocaine Use, Past Year	1.72%
Nonmedical Use of Pain Relievers, Past Year	3.07%

Source: National Survey on Drug Use and Health- sub-state data are reported as annual averages

District 5 includes: Citrus, Hernando, Lake, Marion, and Sumter Counties

- **This Indicator Measures...** the percentage of persons over the age of 18 in District 5 who report substance use.
- **This is Important Because...** to identify substance use issues it is important to get an accurate picture of current use.

Friday Night Done Right is a social norming campaign that works to change the misconception that most youth use alcohol and other drugs to have a good time and provide fun alternatives to alcohol and other drug use. To get involved in the campaign in Lake County, contact Delrita Meisner at delrita@befreelake.org.



Contributing Factors/Local Conditions Supportive of Substance Use

Perceptions of Risk of Harm

Table 16. Perceptions of Risk of Harm among Lake County Middle and High School Students

Perception of risk or harm:	2000	2010	2012	2014	2016	2016 Florida
One or two drinks nearly every day	38.2	39.7	38.6	37.2	41.9	42.8
Smoke a pack or more every day	63.3	69.7	67.8	66.9	68.2	68.4
Smoke marijuana one or twice a week	--	--	--	37.2	38.6	36.3
Try marijuana once or twice	32.4	30.3	26.4	22.6	24.5	24.9
Prescription drug use without a doctor's order	--	--	68.2	68.6	68.5	68.5

Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** perceptions of the risk of harm of using alcohol or other drugs among Lake County middle and high school students.
- **This is Important Because...** knowing what youth think and feel about alcohol and other drugs is important to properly affect change, whether it be decreasing substance use or exposing truths about substance use. For instance, over 30% of students do not see a great risk or harm in smoking a pack of cigarettes every day. From that, we know more education is needed to inform youth of the dangers surrounding tobacco use.

Table 17. Perceptions of Risk of Harm among Sumter County Middle and High School Students

Perception of risk or harm:	2000	2010	2012	2014	2016	2016 Florida
One or more drinks every day	38.6	42.9	37.9	42.9	46.3	42.8
Smoke a pack or more every day	68.3	65.3	65.3	64.1	72.7	68.4
Smoke marijuana one or twice a week	--	--	--	44.2	49.0	36.3
Try marijuana once or twice	36.9	35.7	3.16	28.9	33.3	24.9
Prescription drug use without a doctor's order	--	--	63.6	72.8	75.2	68.5

Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** perceptions of the risk of harm of using alcohol or other drugs among Sumter County middle and high school students.
- **This is Important Because...** knowing what youth think and feel about alcohol and other drugs is important to properly affect change, whether it be decreasing substance use or exposing truths about substance use.

Table 18. Alcohol and Other Drug Use Perception Data for Persons Aged 18 and Older in Florida Circuit 5, 2012 – 2014

	2012, 2013, 2014
Alcohol: Perceptions of Great Risk of Having ≥ 5 Drinks Once or Twice a Week	40.56%
Cigarettes: Perceived Great Risk of Smoking ≥ 1 Packs/ Day	71.56%
Marijuana: Perceptions of Great Risk of Smoking Marijuana Once a Month	27.77%

Source: National Survey on Drug Use and Health- sub-state data are reported as annual averages

District 5 includes: Citrus, Hernando, Lake, Marion, and Sumter Counties

- **This Indicator Measures...** the percentage of persons over the age of 18 in District 5 who see great risk of harm in alcohol and other drug use.
- **This is Important Because...** it indicates the percentage of people who believe alcohol and other drug use is not harmful. When risk is not perceived, individuals may be more likely to engage in the behavior.

Access to Alcohol and Other Drugs

Table 19. Usual Source of Alcohol within the Past 30-Days, 2014 - 2016

	Lake 2014	Lake 2016	Sumter 2014	Sumter 2016	Florida 2014	Florida 2016
Bought in a store	1.6%	7.2%	6.6%	10.1%	8.1%	8.3%
Bought in a restaurant, bar, club	1.8%	1.1%	2.2%	1.2%	1.7%	1.6%
Bought at a public event	1.9%	2.5%	0.0%	1.2%	0.8%	0.7%
Someone bought it for me	23.0%	20.4%	13.1%	18.4%	17.5%	14.7%
Someone gave it to me	48.3%	45.5%	44.6%	44.6%	43.0%	44.8%
Took it from a store	0.5%	0.0%	1.1%	0.0%	0.3%	0.3%
Took it from a family member	8.2%	11.6%	13.1%	5.9%	11.0%	11.7%
Some other way	14.6%	11.7%	19.3%	18.7%	17.5%	17.8%

Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** youth who reported alcohol use in the past 30-days usual source of gaining access to alcohol.
- **This is Important Because...** knowing where youth are gaining access is imperative to developing strategies that will reduce and prevent underage drinking. In Lake County, there was a significant decrease in the amount of youth who purchased alcohol in a store. In Sumter County, youth report high rates of access by taking alcohol from a family member.

Table 20. Usual Drinking Location within the Past 30-Days, 2014 - 2016

	Lake 2014	Lake 2016	Sumter 2014	Sumter 2016	Florida 2014	Florida 2016
My home	38.3%	7.2%	37.8%	33.9%	32.5%	8.3%
Another person's home	36.4%	1.1%	34.9%	38.9%	46.3%	1.6%
Car or other vehicle	1.0%	2.5%	5.6%	3.9%	1.6%	0.7%
Restaurant, bar or club	2.1%	20.4%	0.0%	1.8%	2.7%	14.7%
Public place	3.1%	45.5%	7.0%	1.1%	3.9%	44.8%
Public event	2.2%	0.0%	0.0%	1.8%	1.6%	0.3%
School property	2.2%	11.6%	1.8%	2.5%	1.2%	11.7%
Some other place	14.6%	11.7%	12.9%	16.0%	10.3%	17.8%

Source: Florida Youth Substance Abuse Survey 2016

- **This Indicator Measures...** the usual drinking location of Lake and Sumter high school students who reported alcohol use in the past 30-days compared to Florida Statewide averages.
- **This is Important Because...** in Lake and Sumter, most youth report drinking in their home or a friend's home.

IQ DROPS 8 POINTS!

Marijuana affects the developing brain leading to an average of 8-point decrease in IQ in adults who used marijuana as teens.

Source: NIDA

SHORT-TERM MEMORY

Marijuana can cause short-term memory problems that can last for days or weeks.

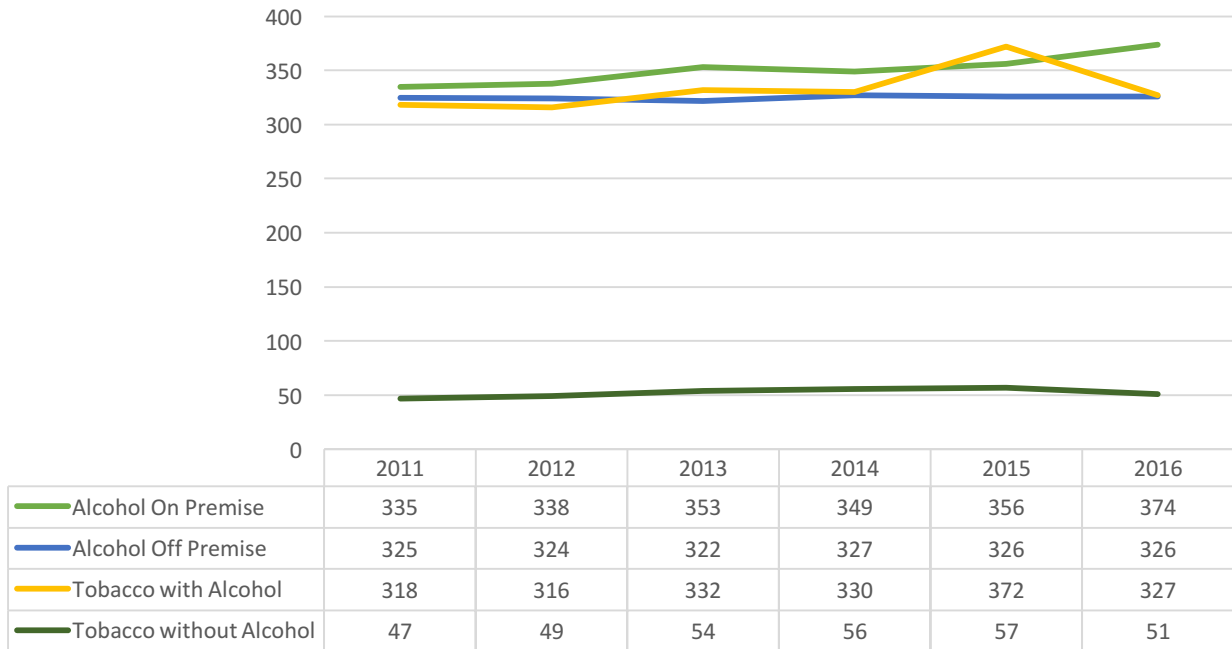
Source: NIDA

MARIJUANA POTENCY

THC, the psychoactive ingredient in marijuana has increase from an average of 1% in 1970 to up to 30% in 2013.

Source: Join Together

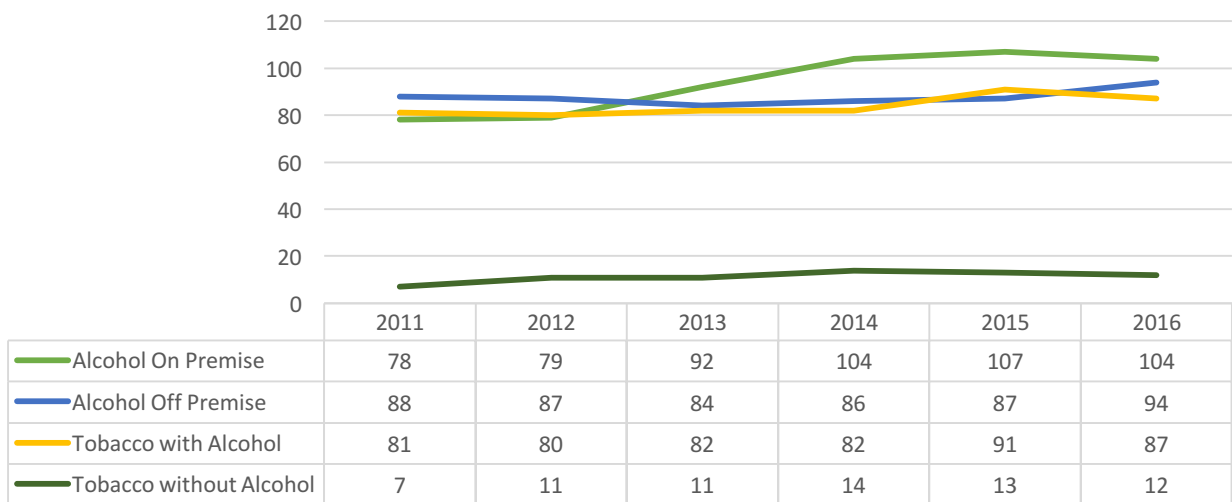
Figure 24. Lake County Alcohol and Tobacco Licenses, 2011 - 2016



Source: Division of Alcoholic Beverages & Tobacco

- **This Indicator Measures...** the number of alcohol and tobacco outlets in Lake County.
- **This is Important Because...** tobacco use and excessive alcohol use are major public health issues. High densities of alcohol and tobacco vendors have a correlation to related harms, such as sexual assault, alcohol impaired driving, violence, crime, binge drinking, economic and social disintegration, and other neighbor disruptions.

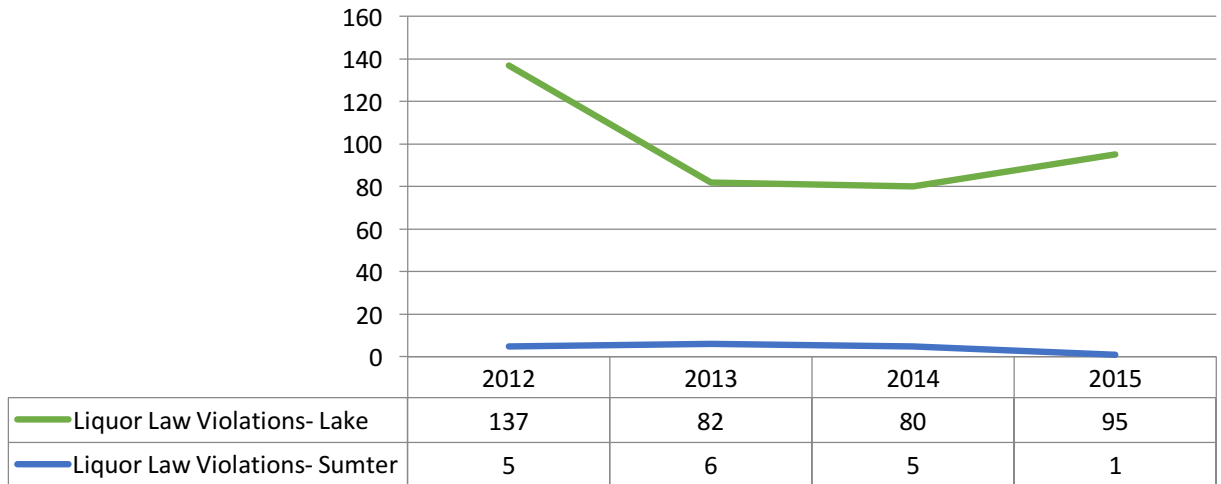
Figure 25. Sumter County Alcohol and Tobacco Licenses, 2011 - 2016



Source: Division of Alcoholic Beverages & Tobacco

- **This Indicator Measures...** the number of alcohol and tobacco outlets in Sumter County.
- **This is Important Because...** tobacco use and excessive alcohol use are major public health issues. High densities of alcohol and tobacco vendors have a correlation to related harms, such as sexual assault, alcohol impaired driving, violence, crime, binge drinking, economic and social disintegration, and other neighbor disruptions.

Figure 26. Liquor Law Violations in Lake and Sumter Counties, 2012 - 2015



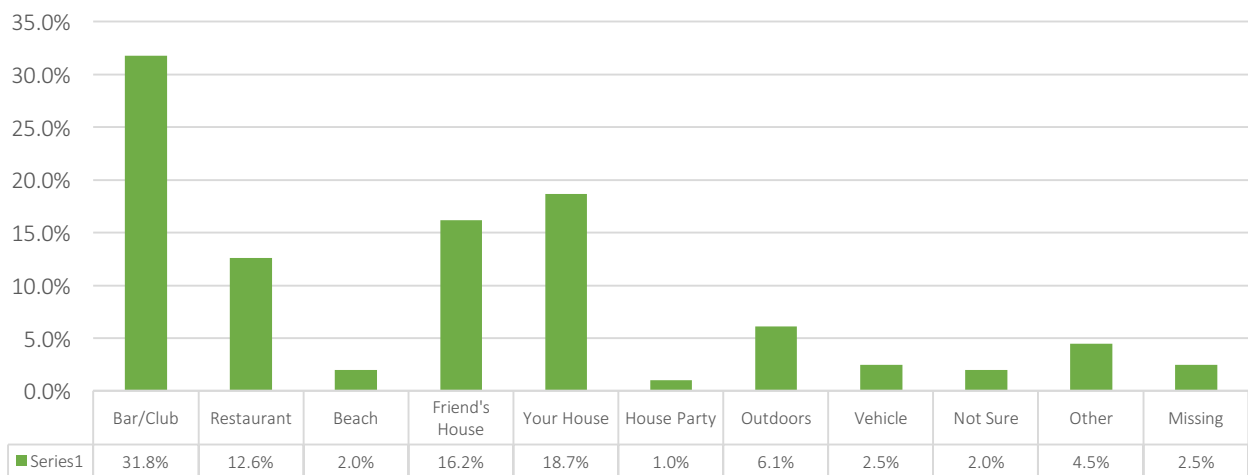
Source: Florida Department of Law Enforcement

District 5 includes: Citrus, Hernando, Lake, Marion, and Sumter Counties

- **This Indicator Measures...** the number of alcohol sales violations in Lake and Sumter Counties.
- **This is Important Because...** liquor law violations include arrests such as sales to minors and overserving intoxicated persons.

Note: Number of arrest can vary year to year depending on the amount of underage decoy (compliance checks) conducted in a county or other liquor law checks conducted by law enforcement.

Figure 27. Last Place DUI Offenders Report Drinking Before Arrest in Lake County, 2017

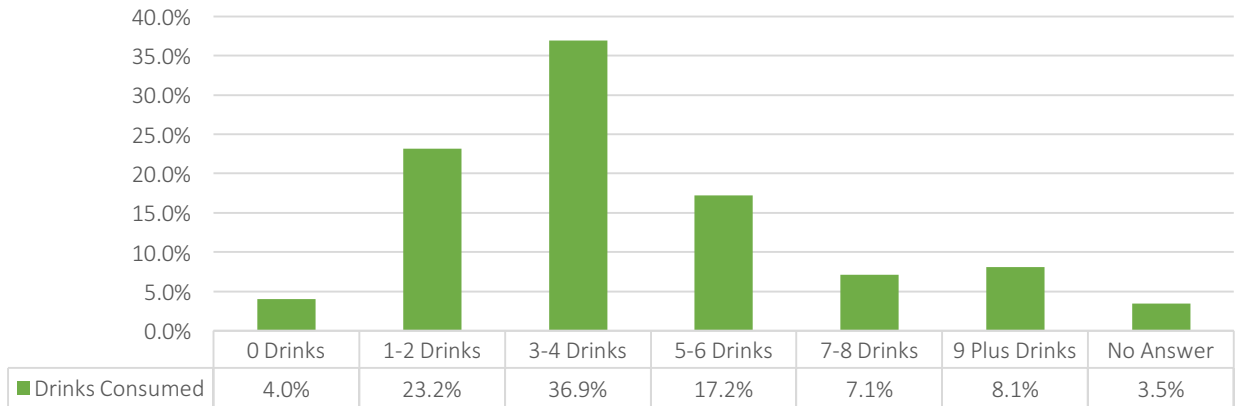


Source: Last Drink Survey, West Central Florida Driver Improvement and Hernando Community Coalition, conducted in February and March 2017

District 5 includes: Citrus, Hernando, Lake, Marion, and Sumter Counties

- **This Indicator Measures...** the last place persons (n=198) who were arrested for a DUI reported obtaining/consuming alcohol in District 5 before their arrest.
- **This is Important Because...** Understanding where people are leaving from while intoxicated can help determine where education and controls are needed. For instance, if a bar/club is allowing people to drive away intoxicated they may need Responsible Beverage Server Training for their alcohol sellers/servers.

Figure 28. Amount of Drinks DUI Offenders Consumed Before Arrest in District 5, 2017



Source: Last Drink Survey, West Central Florida Driver Improvement and Hernando Community Coalition, conducted in February and March of 2017

- **This Indicator Measures...** the amount of alcohol consumed by DUI offenders in District 5 (n=198) prior to their arrest.
- **This is Important Because...** It provides a snapshot of the different levels of alcohol consumption that can result in impaired driving.

Social Norms Surrounding Alcohol and Other Drugs

Table 21. Perceptions of Parental Disapproval of Use Among Lake and Sumter Middle and High School Students, 2016

Percent	Lake Middle	Sumter Middle	Florida Middle	Lake High	Sumter High	Florida High
Daily Alcohol Use	98.4	96.8	97.3	90.6	95.0	93.8
Smoke Tobacco	99.3	99.2	98.6	96.7	98.2	96.8
Smoke Marijuana	97.4	98.8	97.0	83.1	89.5	88.6
Use Prescription Drugs	98.3	97.4	98.2	95.5	98.1	97.3

Source: Florida Youth Substance Abuse Survey, 2016

- **This Indicator Measures...** youth perceptions of parents' disapproval of alcohol and other drug use in Lake and Sumter Counties, compared to Florida Statewide averages. The higher the rate, the better.
- **This is Important Because...** understanding the norms surrounding alcohol and other drug use in a community can help target community risk factors.

Table 22. Perceptions of Peer Disapproval of Use Among Lake and Sumter Middle and High School Students, 2016

Percent	Lake Middle	Sumter Middle	Florida Middle	Lake High	Sumter High	Florida High
Daily Alcohol Use	92.2	92.2	91.3	76.4	80.2	84.2
Smoke Tobacco	94.6	94.3	94.8	84.1	86.7	90.3
Smoke Marijuana	90	90.8	88.6	57.7	68.3	72
Use Prescription Drugs	96.4	96.2	95.7	90.4	94.3	92.7

Source: Florida Youth Substance Abuse Survey, 2016

- **This Indicator Measures...** youth perceptions of peers' disapproval of alcohol and other drug use in Lake and Sumter Counties, compared to Florida Statewide averages. The higher the rate, the better.
- **This is Important Because...** understanding the norms surrounding alcohol and other drug use in a community can help target community risk factors.

Promotion of Alcohol and Tobacco Products

Environmental Scan Survey Results

In 2013, 2014, 2015, and 2016 Be Free Lake conducted Environmental Scans of 20 Lake County alcohol and tobacco vendors to determine the signage practices of local establishments. The following table displays the types of establishments that were scanned:

Type	2013	2014	2015	2016
Gas Station/Convenience Store	10	18	18	17
Grocery Store/Retail Store	2	0	2	2
Bar/Club/Restaurant	4	0	0	2
Smoke Shop	1	0	0	0
Liquor Store	3	2	0	0
TOTAL	20	20	20	21

Table 23. Signage Practices of Establishments Scanned that Sold Alcohol Products

	2013 (n=17)	2014 (n=20)	2015 (n=20)	2016 (n=19)
Amount of signage outside of store (all types)	192	559	481	395
Amount of alcohol signage outside of store	73 or 38%	122 or 21.8%	61 or 12.7%	77 or 19.5%
Amount of signage inside of store (all types)	170	789	595	407
Amount of alcohol signage inside the store	100 or 58.5%	302 or 38.3%	264 or 44.3%	142 or 34.9%
Number of stores with We ID signs for alcohol outside	7	19	12	14

Source: Be Free Lake

- **This Indicator Measures...** the number/percent of alcohol product advertisements and warning signage at local establishments.
- **This is Important Because...** youth can enter establishments and see products and adds (many which target youth) and we can see determine if signage is promoting or deterring use.

Table 24. Signage and Sales Practices of Establishments Scanned that Sold Tobacco Products

	2013 (n=16)	2014 (n=20)	2015 (n=20)	2016 (n=21)
Amount of signage outside of store (all types)	232	559	481	401
Amount of tobacco signage outside of store	120 or 51.7%	72 or 12.9%	77 or 16%	96 or 23.9%
Amount of signage inside of store (all types)	175	789	595	440
Amount of tobacco Signage inside of store	82 or 46.9%	201 or 25.5%	210 or 35.3%	198 or 45%
Number of Stores with We ID signs for tobacco outside	14	19	16	12
Number of stores that sold electronic cigarettes	---	---	20	21

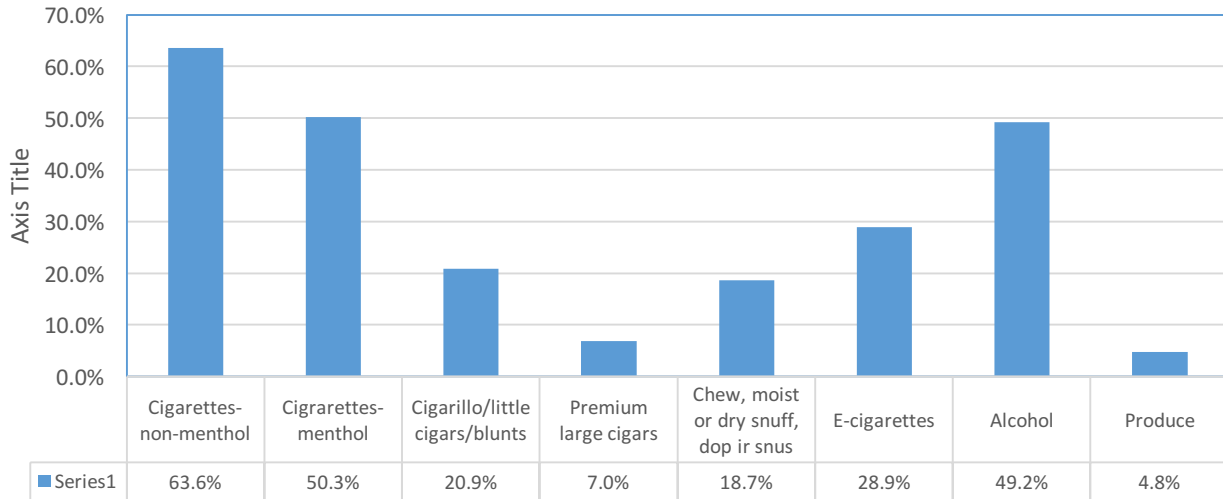
Source: Be Free Lake

- **This Indicator Measures...** the number/percent of tobacco product advertisements and warning signage at local establishments.
- **This is Important Because...** youth can enter establishments and see products and adds (many which target youth) and we can determine if signage is promoting or deterring use.

Point of Sale (POS) Assessment Results

For this assessment process 166 of 384 stores were selected as a sample to have a 95% confidence interval with a margin of error ± 5 across all variables. There are 199 stores assessed on this report to account for stores that are no longer open, or are unable to be surveyed. Stores were selected by taking a simple random sample of the complete county tobacco retailer list.

Figure 29. Percent of Stores that Advertised Products Outside in Lake County, 2016 (n=187)



Source: Lake County Health Department, Tobacco Free Florida

- **This Indicator Measures...** the percent of tobacco product advertisements outside of Lake County stores.
- **This is Important Because...** youth are outside and enter establishments and see products and adds (many which target youth).

Table 25. Tobacco Retailers Near Schools and Park in Lake County, 2016

	Lake County #	Lake County %	Florida #	Florida %
Retailers Near Schools				
Within 300 feet	2	1%	649	2%
Within 500 feet	4	1%	1,295	5%
Within 1,000 feet	18	5%	3,571	13%
Within ½ mile	141	37%	12,901	47%
Retailers Near Parks				
Within 300 feet	9	2%	896	3%
Within 500 feet	16	4%	1,640	6%
Within 1,000 feet	36	9%	3,511	13%
Within ½ mile	93	24%	9,655	35%
Retailers Near Schools and/or Parks				
Within 300 feet	11	3%	1,537	6%
Within 500 feet	20	5%	2,872	11%
Within 1,000 feet	51	13%	6,529	24%
Within ½ mile	184	48%	17,386	64%

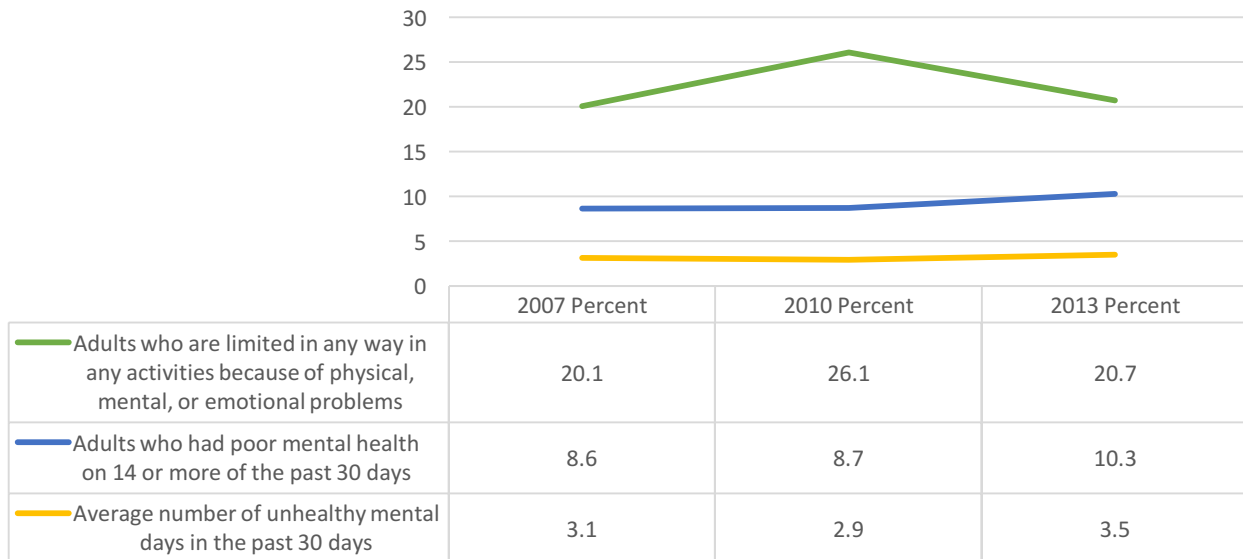
Source: Lake County Health Department, Tobacco Free Florida

- **This Indicator Measures...** the amount and percent of Lake County tobacco retailers near parks and schools.
- **This is Important Because...** youth are outside and enter establishments and see products and adds (many which target youth).

Mental Health

Experiences of Symptoms

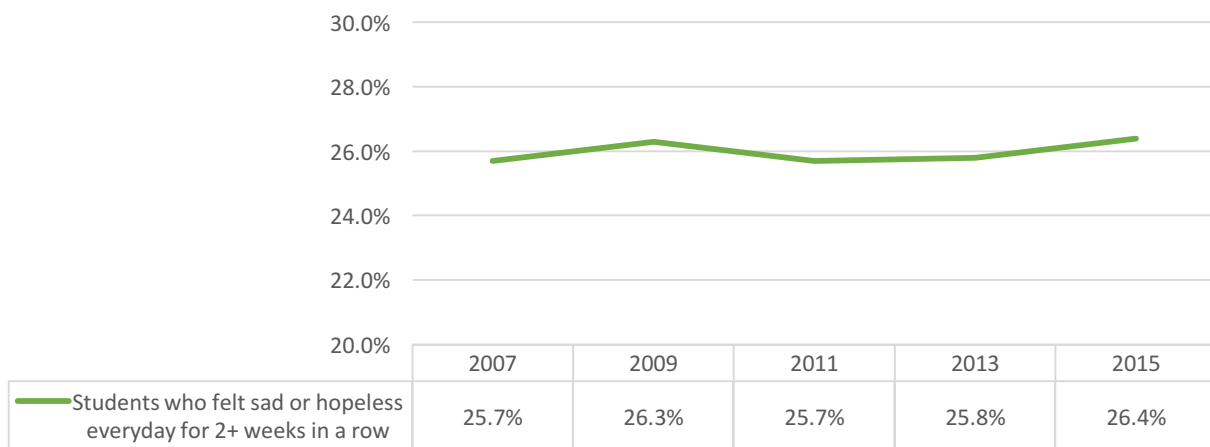
Figure 30. Mental Health Indicators or Lake County Adults, 2013



Source: Behavioral Risk Factor Surveillance System data (last year county-level released at time of report)

- **This Indicator Measures...** the number of adults who reported mental health issues.
- **This is Important Because...** it identifies the percent of Lake County adults who are struggling with mental health issues.

Figure 31. Florida High School Students Who Felt Sad or Hopeless Every day for 2+ Weeks in a Row, 2007 - 2015



Source: Florida Youth Risk Behavior Survey

- **This Indicator Measures...** the percent of Florida students who reported feeling sad or hopeless.
- **This is Important Because...** it shows the percent of youth in Florida who may be experiencing depression and need mental health services.

Treatment Services

Table 26. Number of Persons Who Received Mental Health Services, 2010/11 – 2015/16

	2010/2011	2011/2012	2012/2013	2013/2014	2014/2015	2015/2016
Mental Health						
Adult	12,336	12,351	12,423	12,139	12,485	13,129
Child	4,312	4,783	5,014	4,926	4,824	5,501
Wellness Integration						
Primary Care	---	410	355	930	760	520
Homeless Services						
Anthony House	---	---	---	---	133	146
Open Door	---	---	---	---	---	329

Source: LifeStream Behavioral Center, Inc.

- **This Indicator Measures...** the number of adults and children in Lake and Sumter Counties that received mental health or support services at LifeStream Behavioral Center, Inc.
- **This is Important Because...** we see how many people in the community are receiving mental health services.

Figure 32. Number of Baker Acts Processed in Lake and Sumter Counties, 2016 – 2017 Fiscal Year

Detox (DETOX)	1,047
Mental Health (MH)	1,142
BA52	1,960
COP	1,424
Exparte-SA	39
Exparte-MH	78
Marchman Acts	20
Involuntary Placement	3
TOTAL	5,713

Source: LifeStream Behavioral Center

- **This Indicator Measures...** the total number of Baker Act involuntary examinations in Lake County.
- **This is Important Because...** the Baker Act (Florida's Mental Health Act) assists individuals in immediate danger of hurting themselves or others by providing emergency psychiatric services.

Table 27. Number of Mental Health Service Providers per Resident

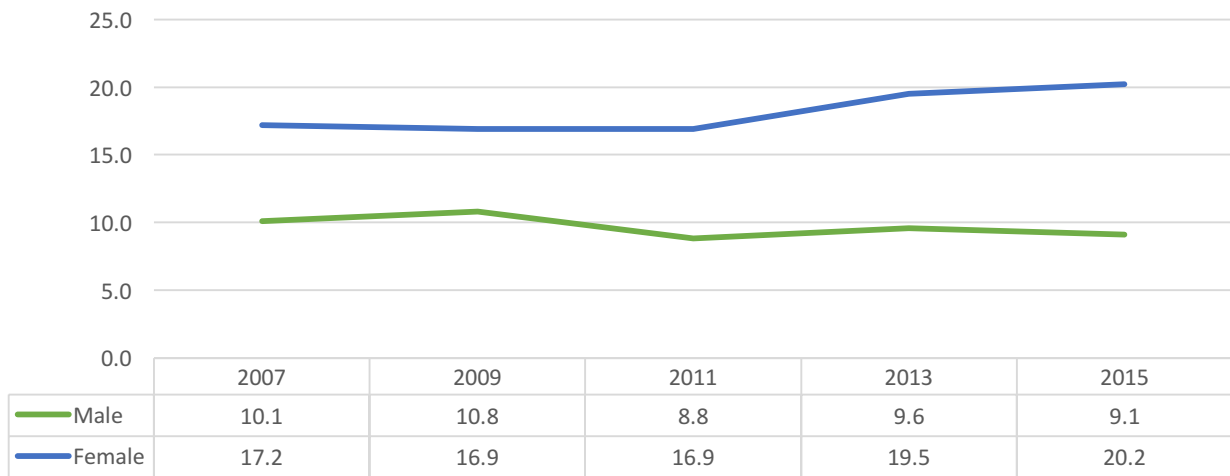
	Lake County	Florida	US
Mental Health Providers per resident	1,380:1	750:1	360:1

Source: Robert Wood Johnson Health Rankings

- **This Indicator Measures...** the number of available mental health specialists in an area.
- **This is Important Because...** it shows differences in available services depending on area.

Self-Harm and Suicide

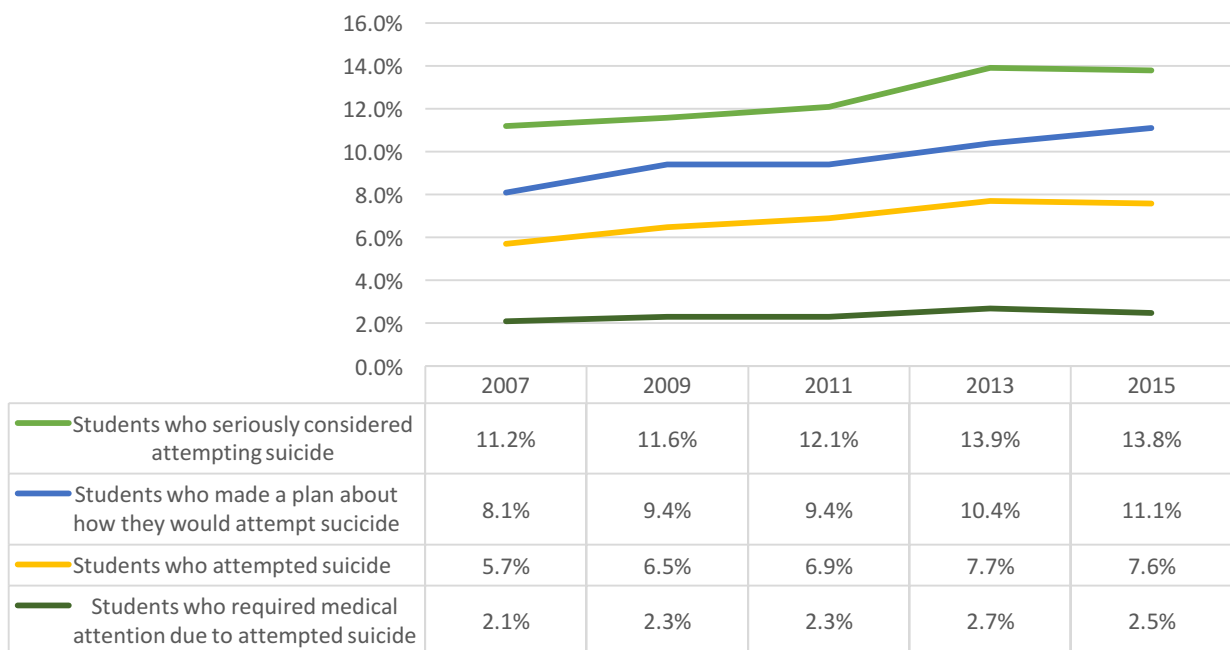
Figure 33. Florida High School Students Who Purposely Hurt Themselves Without Wanting to Die, 2007 – 2015



Source: Florida Youth Risk Behavior Survey

- **This Indicator Measures...** the percent of youth by gender who report purposely hurting themselves without wanting to die.
- **This is Important Because...** it shows the percent of Florida's youth who self-harming.

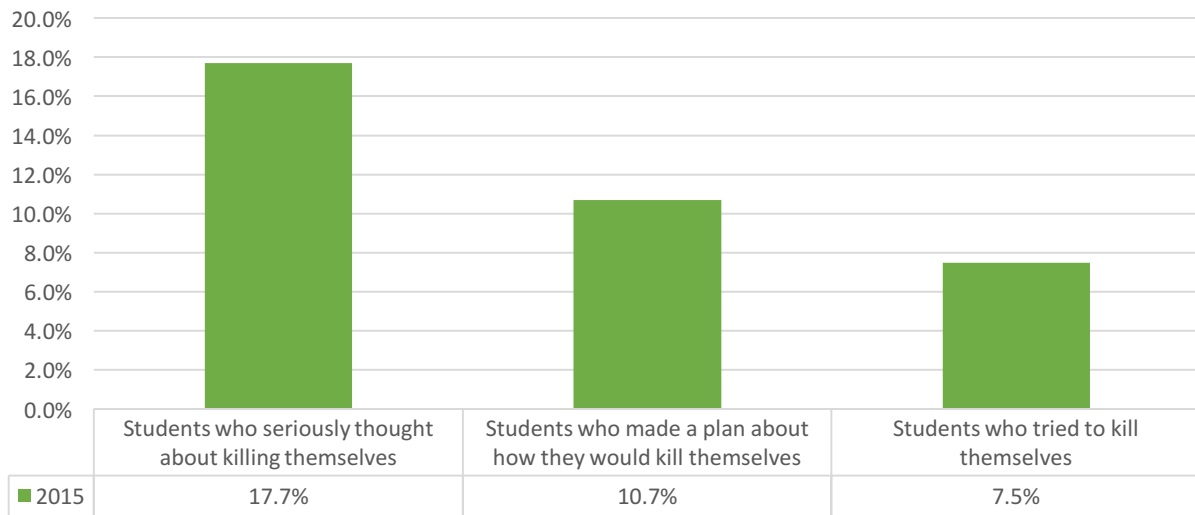
Figure 34. Florida High School Students Who Report Suicidal Ideations or Suicide Attempts, 2007 - 2015



Source: Florida Youth Risk Behavior Survey

- **This Indicator Measures...** the percent of Florida High School students who report considering or attempting suicide.
- **This is Important Because...** it shows the percent of Florida's youth who need mental health services.

Figure 35. Florida Middle School Students Who Report Suicidal Ideations or Suicide Attempts, 2015



Source: Florida Youth Risk Behavior Survey

- **This Indicator Measures...** the percent of Florida middle school students who report considering or attempting suicide.
- **This is Important Because...** it shows the percent of Florida’s youth who need mental health services.

Table 28. Number of Suicides by Age Group in Lake County, 2014 – 2015

	15-19	20-24	25-34	35-44	45-54	55-64	65-74	75-84	85 plus	TOTAL
2014	0	0	7	8	6	8	8	11	1	49
2015	1	1	6	4	9	12	10	7	2	55

Source: Florida Vital Statistics Annual Reports

- **This Indicator Measures...** the number of adults and children in Lake County that have committed suicide.
- **This is Important Because...** we see how many people in the community are suffering to the point of taking their own life.



“You’re Not Alone” is our Project AWARE social media campaign! The words, “Mental Health” are not bad words. We all need to take care of our minds and our bodies. Part of that is finding the courage to talk to someone if you are having feelings of sadness or are feeling stressed. As community members, we can each play a role in becoming a prevention-focused community by reducing stigma and increasing the amount of help provided to others.

Mental Health First Aid!



BeFree Lake was awarded a “Now is the Time – Project Aware-Community” Grant in October 2015 from the Substance Abuse and Mental Health Services Administration (SAMHSA). The purpose of this award is to increase the mental health literacy of adults in Lake and Sumter Counties. The project offers Youth and Adult Mental Health First Aid Training to agencies and community members.

Mental Health First Aid is an 8-hour certified training course which teaches participants a five-step plan to assess a situation, select and implement interventions and secure appropriate care for the individual. The course introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments. This CPR-like program increases your knowledge of mental disorders while reducing stigma and increasing the amount of help provided to others. As community members, we each play a role in becoming a prevention-focused community. As family members, service providers and key stakeholders, we are the heart of our community.

To register for a FREE Mental Health First Aid course, contact Delrita Meisner at delrita@befreelake.org

Since January 2016, Be Free Lake’s Project Aware grant has trained 926 residents throughout District 5 in Adult MHFA!

Additionally, through funding with CCA/LSF/DCF, Be Free Lake has trained 309 residents in Youth MHFA!

That’s total of 1,235 First Aiders!!

Join us, learn how you can you help. It might save a life!