

Adolescent Substance Use & Mental Health

Disorders & Personal Reflection

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Background

There are teens in my generation whose mental well-being has been declining due to using substances. I wanted to find more information about the connection between substances and mental health disorders.

Research Question

Do teens use substances to hide their mental health disorders?

Methods

I conducted an internet search using terms like, “substance use in teens” & “mental health disorders teens.” I followed trusted sites like, “SAMHSA” & “CHILDMIND.”

References



Findings

- There has been an increase in mental health disorders in adolescents.
- Substances are accessible to teens.
- Mental health disorders and substances often become intertwined.

Reasons teens with mental health disorders use substances:

- To escape from reality.
- To relieve stress.
- To cope with anxiety.
- To make social situations easier.

The picture to the right represents the causes and effects of substance use among teens with mental health disorders.

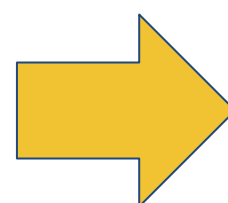
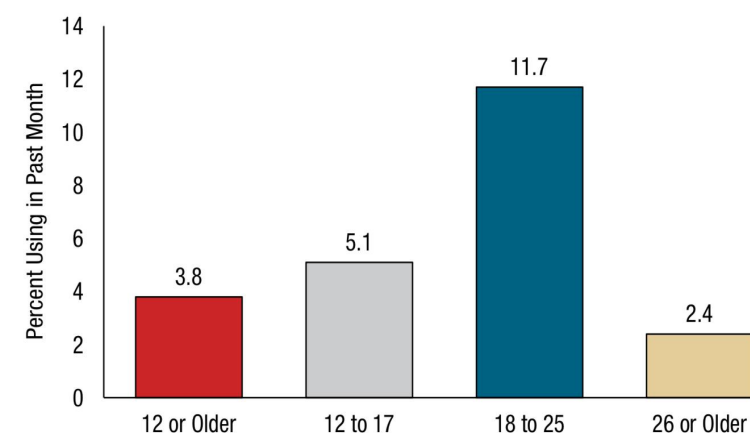


Figure 1. 2020 Nicotine Vaping Percentage Usage



This chart shows numbers of how there is an increase beginning at the age of 12 with the use of vapes.



Reflections



- James Island Charter High School
- 11th
- Working with my Mentor and Near-Peer Mentor.
- Be yourself and be passionate about it.

Mentorship

- Sam
- Aniya
- I enjoyed our laughable moments together!

Acknowledgements

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