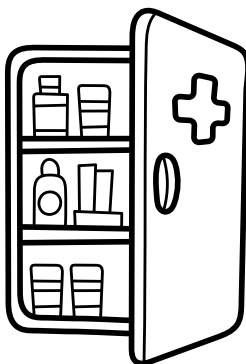


## AVAILABILITY OF SUBSTANCES

Underage substance use increases when substances are easily accessible.

| "Fairly easy" to "very easy" to get | '16 Rye | '25 Rye | % Change |
|-------------------------------------|---------|---------|----------|
| RHS 9-12 Alcohol                    | 70.1%   | 53.2%   | -24%     |
| RHS 9-12 Marijuana                  | 52.4%   | 24.6%   | -53%     |
| RHS 9-12 Rx Drugs                   | 19.9%   | 8.1%    | -59%     |



### GOOD NEWS

**Rye HS students have reported significant decreases in perceived availability of alcohol, marijuana/THC, and Rx drugs since 2016.**

The dramatic decline in students' perceived access to Rx drugs is a testament to a variety of strategies implemented across Rye and NY State, including but not limited to:

- policy changes related to prescriber-patient education and Rx medication prescribing practices,
- increases in safe disposal of Rx medications including DEA's National Take Back Days and disposal bins in the community, and
- increased education strategies and awareness among parents/caring adults related to Rx meds.

### CAUSE FOR CONCERN

**Rye, like communities across the county, continues to experience devastating losses due to accidental overdose and fentanyl poisoning.**

## MENTAL HEALTH CONNECTION

There is a strong connection between mental health and substance use...and that relationship is bi-directional.

- 1 in 2 teens with a substance use disorder have a co-occurring mental health challenge.
- Youth experiencing depression are 2x more likely to use substances.
- Early substance use can cause changes in the brain that can trigger mental health challenges that were not present before.
- Use of alcohol, marijuana, and nicotine use are each associated with an increased prevalence of suicidal thoughts as well as depression/anxiety symptoms, psychotic experiences, and attention deficit hyperactivity disorder symptoms. (Tervo-Clemmens, et al.)

### CAUSE FOR CONCERN

**Although the prevalence of suicidal thoughts among Rye students has declined, many RMS and RHS students reported thoughts of suicide in 2025.**

| Any thoughts of suicide | '16 Rye | '25 Rye | % Change | '25 (n) |
|-------------------------|---------|---------|----------|---------|
| RMS 7-8                 | 19.4%   | 16.9%   | -13%     | 59      |
| RHS 9-12                | 24.0%   | 21.5%   | -10%     | 121     |

**REDUCING AVAILABILITY IS A KEY PROTECTIVE FACTOR AGAINST SUBSTANCE USE. ALL COMMUNITY MEMBERS HAVE AN IMPORTANT ROLE TO PLAY.**

## Support is Available



**Rye Youth Council RESTORE**  
(mental health counseling)  
914-222-0988

**Family Navigator Support**  
(substance misuse)  
914-575-1605

**Encompass**  
(co-occurring disorders)  
914-406-0495

**988**

**SUICIDE & CRISIS LIFELINE**

**Available  
24/7/365**

## Rye is Taking Action

RyeACT and its partners provide support at the intersection of mental health and prevention

- **CODA Curriculum and CODA Youth Summits** (co-occurring disorders) - 40+ youth leaders
- **Teen Mental Health First Aid** (with Rye Youth Council) trained **4 cohorts of teens** to date
- **Youth Mental Health First Aid** (w/ RYC) trained **125+ faculty and staff** (public and private)
- **Youth Mental Health First Aid** (parents, faith leaders, community organizations) **250+ adults**
- **Holiday Survival Guide** Holiday messaging for all students every year at **RMS and RHS**
- **RMS Support Squad and RHS Support Team Displays** - increased visibility for resources in the schools and the community
- **Rye Youth Council Peer 2 Peer at RHS and RMS**
- **School District increased support staff** (counseling staff, social workers, ESS)
- **Rye Youth Council RESTORE** (low or no cost mental health counseling)
- **RyeACT Health and Wellness Action Team** (increased visibility and access to community support services)
- **RCSD** increased mental health support at school