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Substance Use *in North Dakota* 2013



Substance Use in North Dakota 2013

This is a product of the North Dakota State Epidemiological Outcomes Workgroup (SEOW).

For more information, go to www.nd.gov/dhs/prevention/seow.

DATA SOURCES

North Dakota Council on Abused Women's Services (CAWS)
www.ndcaws.org/

North Dakota Department of Corrections and Rehabilitation

North Dakota Department of Human Services, Community Readiness Survey (CRS), 2008
www.nd.gov/dhs/services/mentalhealth/prevention/crs.html

North Dakota Department of Mineral Resources

North Dakota Department of Public Instruction, Youth Risk Behavior Survey (YRBS), 2011
www.dpi.state.nd.us/health/yrbs/index.shtm

North Dakota Department of Transportation, Crash Summary (DOT), 2011
www.dot.nd.gov/divisions/safety/docs/crash-summary.pdf

North Dakota Indian Affairs Commission (NDIAC)
www.nd.gov/indianaffairs/?id=37

North Dakota Office of the Attorney General, Bureau of Criminal Investigation, Crime in North Dakota, 2011
www.ag.nd.gov/Reports/BCIReports/CrimeHomicide/Crime11.pdf

North Dakota Treatment Episodes Data Set (TEDS)

North Dakota University System (2012). NDCORE 2010 Aggregate Alcohol and Other Drug Survey Report.
Bismarck, ND: ND Higher Education Consortium for Substance Abuse Prevention

Pacific Institute for Research and Evaluation (PIRE), 2010
www.udetc.org/factsheets/ND.pdf

State Estimates of Substance Use from the 2009-2010 National Survey on Drug Use and Health (NSDUH)
www.samhsa.gov/data/NSDUH/2k10State/NSDUHsae2010/NSDUHsaeAppB2010.htm

United States Census Bureau
www.census.gov/

United States Department of Labor, Bureau of Labor Statistics (BLS)
www.bls.gov/eag/eag.nd.htm

This booklet tells the story of substance use in North Dakota. The data paints a picture that can help guide prevention efforts across the state.

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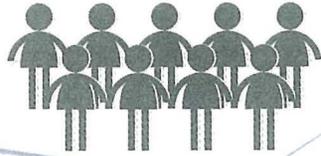
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ND population
699,628

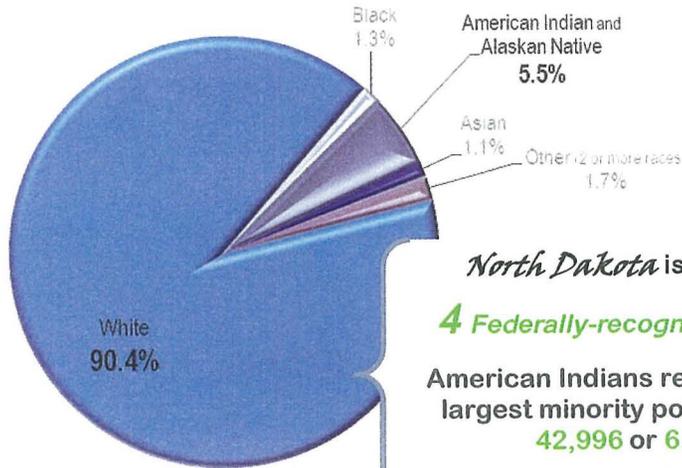
NORTH DAKOTA
10.1 people per square mile



UNITED STATES
88.9 people per square mile



(U.S. Census, 2012 estimate)



North Dakota is home to
4 Federally-recognized Tribes
American Indians represent the largest minority population at **42,996 or 6.4%**

(U.S. Census, 2010; NDIAC, 2011)

Poverty Rate¹
(2007-2011) 12.3%



603 OR 9 people per 10,000 of the general population were **homeless** in 2011.

(U.S. Census)

(Homelessness Research Institute, 2012)

There are **54,920 Veterans** in ND (U.S. Census, 2007-2011)

Per capita, there are **MORE THAN FOUR TIMES** the number of **National Guard members IN NORTH DAKOTA** than in the nation.



65 serve in the National Guard per 10,000 citizens

15 serve in the National Guard per 10,000 citizens

(ND National Guard, 2010)

There are two active duty **Air Force Bases** in the state.

(U.S. Census, 2010)

Minot Air Force Base
(5,521 living on base)

Grand Forks Air Force Base
(2,367 living on base)

TOP INDUSTRIES:¹

- 1. Agriculture**
- 2. Manufacturing**
- 3. Tourism**

North Dakota's 3.3% unemployment rate is the lowest in the nation.

(BLS, Feb 2013)



"NORTH DAKOTA HAS OVERTAKEN ALASKA AS THE NATION'S SECOND-BIGGEST OIL PRODUCER."²

North Dakota's oil industry will generate **more than 50,000 oil-related jobs** in the next ten years.

(ND Department of Mineral Resources)

"The oil rush has also brought soaring home prices, makeshift camps for workers, overbooked hotels, and an explosion of heavy truck traffic and crime."²

¹Published 3/15/2012, from www.ndbusinesswatch.com/business-news/oil-is-just-the-icing-on-the-cake-top-industries-in-north-dakota/

²Mufson, S. "In North Dakota, the gritty side of an oil boom" Washington Post. Published July 18, 2012. Retrieved from www.washingtonpost.com/business/economy/in-north-dakota-the-gritty-side-of-an-oil-boom/2012/07/18/gJQAZk5ZuW_story.html

“Attitudes about drinking and driving an ‘uphill battle’ in North Dakota”

INFORUM online August 1, 2012



“N.D. Man Charged with 14th Drunken Driving Offense”

The Minot Daily News August 17, 2012

“Man who bought alcohol for teens in fatal crash is sentenced”

INFORUM online July 9, 2012

“Woman Accused of Allowing Daughter to Drink to Unconsciousness”

Bismarck Tribune October 15, 2012

“A Sobering Problem - N.D. culture often soft on drunken driving”

The Jamestown Sun July 19, 2012



“Group hopes to use changes in policies to curb underage drinking”

The Jamestown Sun September 8, 2012

“Support civic effort to combat drug abuse”

Herald October 22, 2012

“Prescription drug abuse a ‘silent epidemic’ in N.D.”

GREAT PLAINS EXAMINER Aug 28, 2012

“Two under arrest for huffing and driving”

Bismarck Tribune August 26, 2012

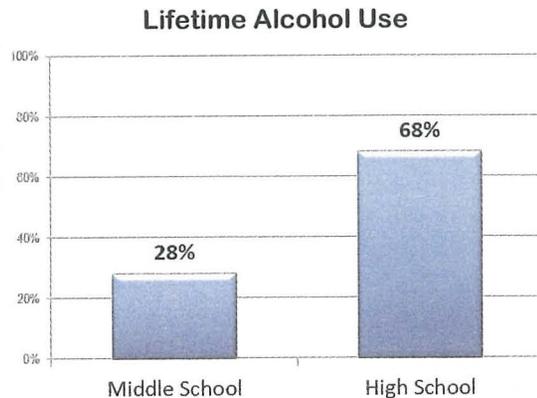
“Man Charged in Pharmacy Burglary Pleads Guilty”

Williston Herald April 28, 2012

ALCOHOL Underage Drinking

Underage Drinking is a problem in ND.

Despite declining rates, **ALCOHOL** remains the most widely used drug by our youth. Compared to other states, our state continues to rank high in the nation in **underage** and **binge drinking**.



(YRBS, 2011)

Youth start drinking early.

17% of **HIGH SCHOOL** students had their *first* full drink before **age 13**.

(YRBS, 2011)

People who begin drinking **before age 15** are **four times** more likely to become addicted than those who wait until they are 21.

(Center for Adolescent Health)

Not only are ND youth drinking, but they are drinking to get drunk (binge drinking*).



1 out of 4 (26%) of **HIGH SCHOOL** students engaged in binge drinking in the past 30 days.

Compared to 22% nationally.

(YRBS, 2011)

“The brain goes through dynamic changes during adolescence, and alcohol can seriously damage long- and short-term growth processes”

(American Medical Association, 2003)



Research indicates that brain development continues until about age 25.

(Coalition for Juvenile Justice, 2006)

* Binge Drinking: 5 or more drinks of alcohol within a couple of hours

ALCOHOL Underage Drinking

ND youth don't think it is risky...

69% of HIGH SCHOOL students believe drinking to get drunk* 1 or 2 times a week **does not** pose a great risk.
(YRBS, 2011)

But it is.

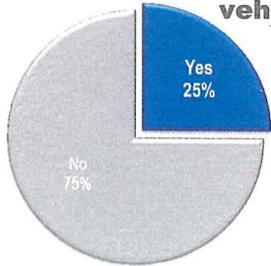
Not only is using alcohol illegal for those under 21, it's dangerous. Youth who drink are MORE LIKELY to be victims of crime, have serious problems in school, and be involved in alcohol-related traffic crashes.

(National Institute on Alcohol Abuse and Alcoholism, 2006)

Drinking and Driving

A quarter of HIGH SCHOOL students have ridden in a vehicle with a driver who had been drinking.

(YRBS, 2011)



Almost **1 in 8** (12%) HIGH SCHOOL students reported **driving after drinking** in the past 30 days.

(YRBS, 2011)

* Binge Drinking: 5 or more drinks of alcohol within a couple of hours

Crime

17% of all JUVENILE ARRESTS are alcohol-related.

(Crime in ND, 2011)



The majority (87%) of North Dakotans believe youth alcohol use is a problem in their community.

(CRS, 2008)

Problems in school

Students missed **334** school days due to suspensions/expulsions because of alcohol incidents during the 2011-2012 school year.

(ND DPI Suspension/Expulsion & Truancy Report, 2011-2012)

Death

Nationally, each year, approximately 5,000 young people die as a result of underage drinking, which is greater than ALL ILLEGAL DRUGS combined. Drinking alcohol even ONCE is a risk.

(National Institute on Alcohol Abuse and Alcoholism, 2006)

Cost

UNDERAGE DRINKING cost the citizens of North Dakota **\$168 million** in 2010. (PIRE, 2010)



\$240
for **every person**
in North Dakota

OR

almost **\$1000**
for a **family of four**

ALCOHOL Underage Drinking

Youth are getting alcohol from those around them.



1 in 3 (34%) HIGH SCHOOL drinkers said the **alcohol** they drank in the past 30 days was **given to them** by another person.

YRBS, 2011)

In North Dakota, it is **ILLEGAL** to provide alcohol to **ANYONE** under the age of 21.

(N.D.C.C 5-01)

97% of North Dakotans **SUPPORT** penalties for adults who provide alcohol to youth.

(CRS, 2008)



Teach a child to ride a bike, fish, swim or drive...
BUT teaching them to “drink responsibly” or adult-supervised drinking *increases* the likelihood that a child will engage in future harmful use.

(Journal of Studies on Alcohol and Drugs, 2011)

Most North Dakotans think it is **NOT OKAY** for...

- ▶ Parents to offer their youth alcoholic beverages in their home (89%).
- ▶ Youth to drink at parties as long as they don't get drunk (96%).
- ▶ Youth to drink as long as they don't drive afterwards (95%).

(CRS, 2008)

We can change the youth drinking culture in ND.

- ✔ Support efforts that limit youth access to alcohol (e.g., policies, enforcement).
- ✔ Be a positive role model.
- ✔ Have ongoing conversations with the youth in your life.

We cannot expect underage youth to say “no” to harmful drinking when their environment tells them “yes.”

Parents are the **#1 influence** in their child's life.

PARENTS LEAD
LISTEN EDUCATE ASK DISCUSS

Visit www.parentslead.org for tips on how to continue the conversation!

The majority (97%) of North Dakotans believe preventing alcohol and other drug use among youth is important.

(CRS, 2008)

ALCOHOL

Young Adults

Young adults in ND (ages 18-25) rank #2 in the nation for past month BINGE alcohol use.

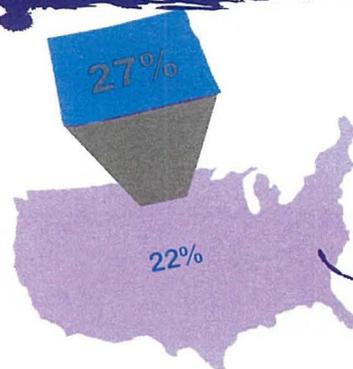
(NSDUH, 2009-2010)

ALCOHOL

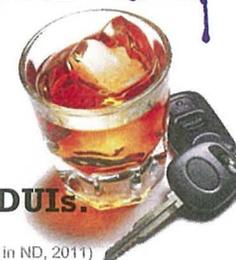
Adults

ND has the 3rd highest BINGE drinking rate in the nation.

Ages 26+
(NSDUH, 2009-2010)

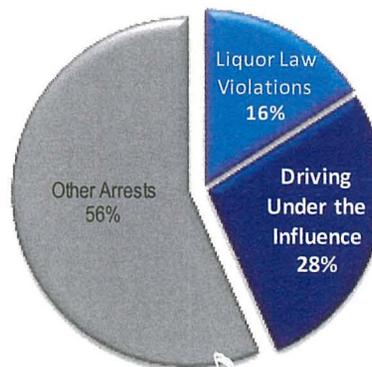


Our roads are unsafe because of drinking and driving.



Almost half of all adult arrests are alcohol related. Over one-quarter are DUIs.

(Crime in ND, 2011)



6,600 people were arrested for driving under the influence in 2011.

(Crime in ND, 2011)

WHICH IS MORE THAN...

Valley City

POPULATION 6,579

50% of fatalities on ND roads are alcohol-related.

(ND Highway Patrol, 2012)

There is 1 alcohol-related car crash every 8.6 hours.

(ND DOT, 2011)

56% of North Dakotans believe the contribution of alcohol and other drugs to crashes or injuries is NOT a serious problem.

(CRS, 2008)

* Binge Drinking: 5 or more drinks of alcohol within a couple of hours

College Students

51% of college students reported having 5 or more drinks* in one sitting at least once over the past two weeks.

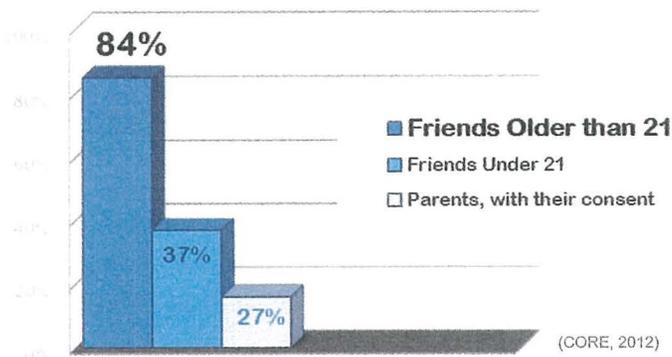
(CORE, 2012)

PARENTS MATTER

80% of ND college students believe that their parents' expectations or rules about alcohol is an effective way to limit their alcohol consumption.

(CORE, 2012)

Most common sources for COLLEGE STUDENTS (under 21) to obtain alcohol



(CORE, 2012)

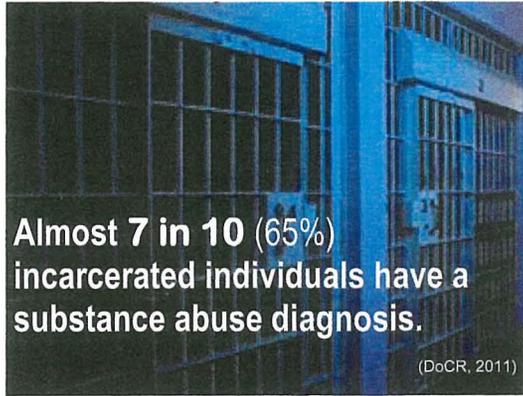
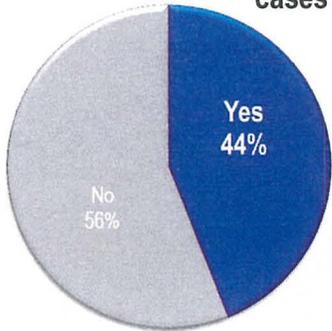
ALCOHOL

Adults

Alcohol use impacts our family, friends and communities.

Almost half of new domestic violence cases involve alcohol as a contributing factor.

(NDCAWS, 2011)



Almost 7 in 10 (65%) incarcerated individuals have a substance abuse diagnosis.

(DoCR, 2011)

Long-term, heavy alcohol use can lead to the following:

- ▶ Dementia
- ▶ Stroke
- ▶ Cardiovascular problems
- ▶ Psychiatric problems, including depression, anxiety, and suicide
- ▶ Cancer of the mouth, throat, esophagus, liver, colon, and breast (in general, the risk of cancer increases with increasing amounts of alcohol)
- ▶ Liver diseases, including Cirrhosis
- ▶ Other gastrointestinal problems, including pancreatitis and gastritis

(www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm)

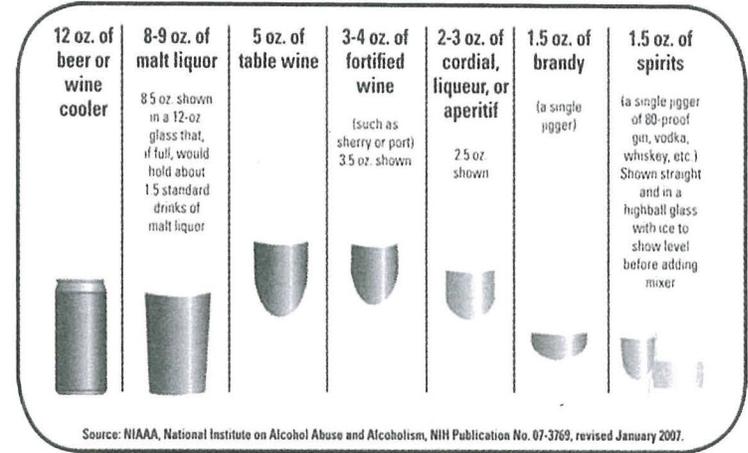
We can change the ND alcohol culture.

SUPPORT COMMUNITY POLICIES AND ENFORCEMENT EFFORTS THAT REINFORCE HEALTHY BEHAVIORS AND CHOICES

- Server Training
- DUI Checkpoints/Saturation Patrols

DRINK RESPONSIBLY, IF YOU ARE 21 OR OLDER

- Know what and how much you are drinking



DESIGNATE A DRIVER OR CALL A CAB

The majority (87%) of North Dakotans support DUI checkpoints.

(CRS, 2008)



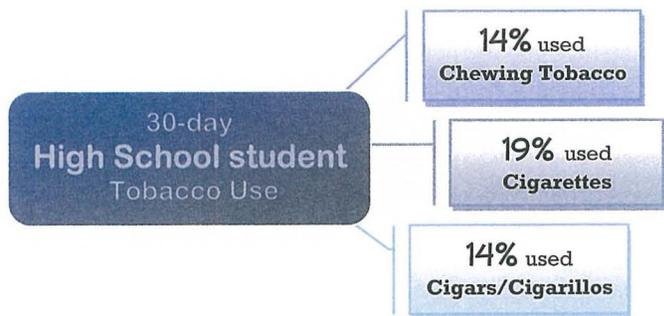
TOBACCO

All ages

Smoking costs ND citizens:

- ▶ **\$247 million** in total medical care
- ▶ **\$47 million** in Medicaid
- ▶ **\$192 million** due to lost productivity from premature death

(North Dakota; Campaign for Tobacco-Free Kids, 2011)



9% of HIGH SCHOOL students report using cigarettes for the first time before age 13.

(YRBS, 2011)



8% of HIGH SCHOOL students indicated they **smoked cigarettes on 20+ days in the past month**.

(compared to 6% of U.S. High School students)

(YRBS, 2011)

Students missed 589 school days

due to suspensions/expulsions because of tobacco incidents during the 2011-2012 school year.

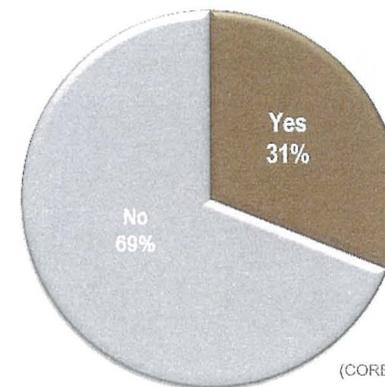
(ND DPI Suspension/Expulsion & Truancy Report, 2011-2012)

1 in 5 (22%) adults (ages 26+) report past month **cigarette use**.



(NSDUH, 2009-2010)

College Student Past Month Tobacco Use



(CORE, 2012)

800 NORTH DAKOTANS DIE prematurely each year due to **SMOKING** and approximately **90 MORE DIE** due to **SECONDHAND SMOKE** exposure.

(North Dakota; Campaign for Tobacco-Free Kids, 2011)

Need help quitting?



ND Tobacco **Quitline** is a **FREE** telephone-based service available to help North Dakota smokers and spit-tobacco users **Quit Tobacco**.



ND Tobacco **QuitNet** is web-based and provides the same service as **Quitline**.

MARIJUANA

All ages

Chronic marijuana use has been associated with **increased rates** of:

- ▶ Anxiety
- ▶ Depression
- ▶ Suicidal thoughts
- ▶ Schizophrenia

There are more cancer-causing chemicals in marijuana than tobacco.

(Marijuana: Know the Facts, ONDCP, October 2010)

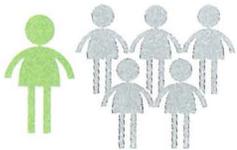
THC concentrations in marijuana have doubled since the 1980s.

(DrugFacts: Marijuana, NIDA, December 2012)

Youth Marijuana Abuse

Almost **1 in 6** (15%) high school students reported using marijuana in the past 30 days.

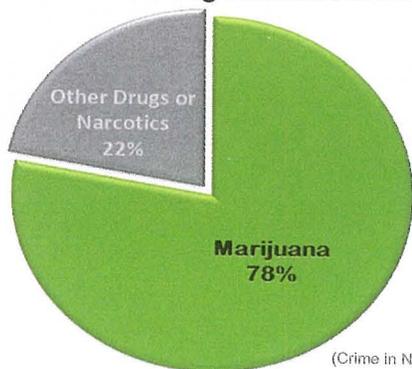
(YRBS, 2011)



6% of high school students tried marijuana for the first time **before age 13.**

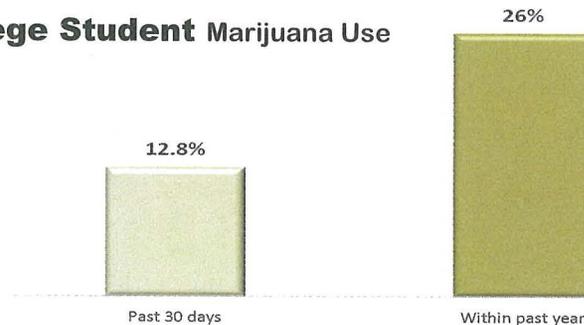
(YRBS, 2011)

Juvenile Drug-Related Arrests



(Crime in ND, 2011)

College Student Marijuana Use



(CORE, 2010)

Adult Marijuana Abuse

3% of adults (ages 26+) report using marijuana in the past month.

Compared to 5% nationally.
(NSDUH, 2009-2010)

68% of all adult **DRUG-RELATED ARRESTS** involve **MARIJUANA.**

(Crime in ND, 2011)

ONE-THIRD (33%) of North Dakotans believe that it is not at all difficult for **YOUTH** or **ADULTS** to **ACCESS MARIJUANA** in their community.

(CRS, 2008)

PRESCRIPTION DRUGS

All ages

Prescription Drugs are the 3rd most abused drug among ND high school students.

(YRBS, 2009-2011)

1 in 6 HIGH SCHOOL students (16%) report taking prescription drugs without a doctor's prescription.

(YRBS, 2011)

"We receive on average, **50 calls per week** requesting opioid treatment services."

- Quote from a ND Treatment Provider



44% of ND community members *don't know* if youth prescription drug abuse is a problem in their community.

(CRS, 2008)



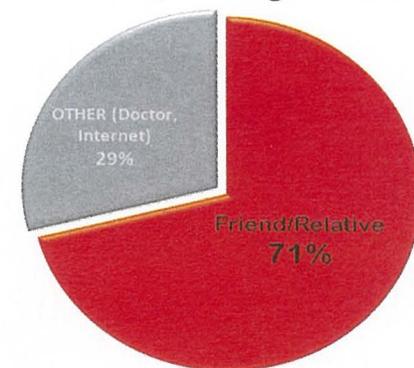
Prescription drugs are easily accessible.

29 million pills dispensed in ND (narcotic analgesics & muscle relaxants)

This is 43 pills for every man, woman, and child in the state.

(ND Board of Pharmacy, 2011)

Source of Prescription Pain Relievers Abused Among Those Age 12 or Older



(NSDUH National Findings, 2011)

Reducing access will reduce abuse.

Here is what we can do...

- ✓ Keep track of your meds.
- ✓ Store your meds in a secure and dry place (*not the bathroom*).
- ✓ Keep your meds out of sight.
- ✓ Deposit unused meds in the Take Back container located at participating sheriffs' offices and police departments.



Find locations here: www.ag.nd.gov/PDrugs/TakeBackProgram.htm

For tips on what you can do in your community, browse the **ND Prescription Drug Abuse Prevention Toolkit**: www.nd.gov/dhs/services/mentalhealth/prevention/pdf/drug-toolkit.pdf



INHALANTS

All ages

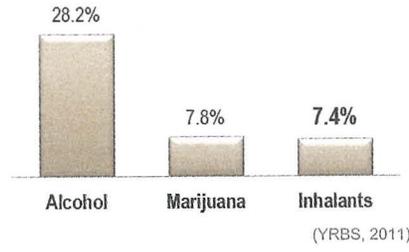
OTHER DRUGS

All ages



Inhalants are the 3rd most abused substance among ND middle school students.

Lifetime Abuse among Middle School Students



12% of high school students have abused inhalants in their lifetime.
(YRBS, 2011)

Inhalants are easily accessible in our homes, schools and communities.

Almost half (49%) of North Dakotans believe that it is not at all difficult to access inhalants in their community.

(CRS, 2008)

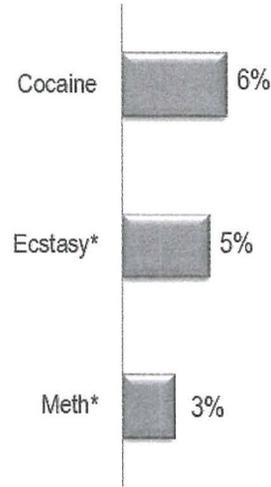
Here is what we can do...

- ✓ Purchase safer alternatives.
- ✓ Keep abusable products stored safely (at home, school, and the workplace).
- ✓ Monitor use of abusable products.

For tips on what you can do in your community, browse the **ND Inhalant Abuse Prevention Toolkit**:
www.nd.gov/dhs/services/mentalhealth/prevention/pdf/inhalant-toolkt.pdf

Illicit Drug use is relatively low in ND...

Lifetime Drug Use among High School Students



*Most recent data available (YRBS, 2009)

Other drug use among college students...

- ▶ 3% report using amphetamines (diet pills, speed) in the past year.
- ▶ 3% report using synthetic drugs in the past year.

(CORE, 2012)

4% of adults (ages 26+) reported past month illicit drug use.
Compared to 6% nationally
(NSDUH, 2009-2010)

but there are still consequences.

9% of all arrests are drug-related.

This is a 14% increase from 2010 to 2011.
(from 2339 to 2662)

(Crime in ND, 2011)



Effective prevention is everyone's responsibility...
individuals, families, schools, communities.

SUBSTANCE ABUSE PREVENTION

IS...

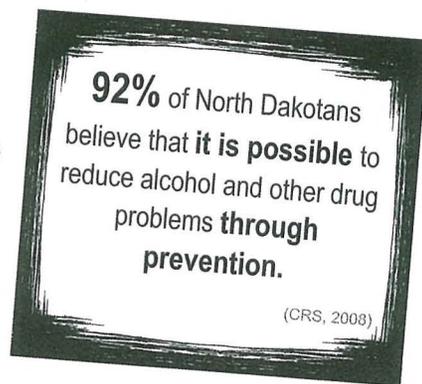
- ▶ creating healthy and safe environments for people of all ages
- ▶ focused on population-level change
- ▶ a comprehensive, multi-faceted approach

IS NOT...

- ▶ "prohibition" of alcohol
- ▶ condemning those who drink or sell alcohol responsibly and legally
- ▶ focused on those already abusing a substance

The majority (93%) of North Dakotans believe **alcohol and other drug prevention programs are a good investment** because they save lives and money.

(CRS, 2008)



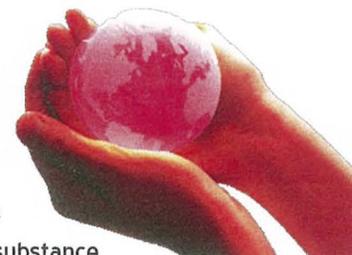
(CRS, 2008)



"One dollar spent on prevention saves \$10 that would later be spent on treatment, associated health costs, ER services, and incarceration."

(Iowa State U, Partnerships in Prevention Science Institute, 2008)

P NORTH DAKOTA
PREVENTION
RESOURCE AND MEDIA CENTER
www.nd.gov/dhs/prevention



The North Dakota Prevention Resource and Media Center (PRMC) provides **FREE** substance abuse prevention resources, curriculums, and toolkits to North Dakota residents regarding effective substance abuse prevention.



Sign up for the **PREVENTION E-NEWSLETTER** and receive updates on new resources and the latest news regarding substance abuse prevention.

To sign up, go to: www.nd.gov/dhs/prevention



You are their #1 influence.

PARENTS LEAD

LISTEN EDUCATE ASK DISCUSS

Parents LEAD offers you a one-stop resource for information and advice on how to start and continue age-appropriate conversations with your children about alcohol.

www.parentslead.org



For additional copies, contact:

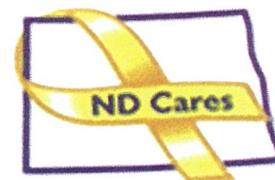


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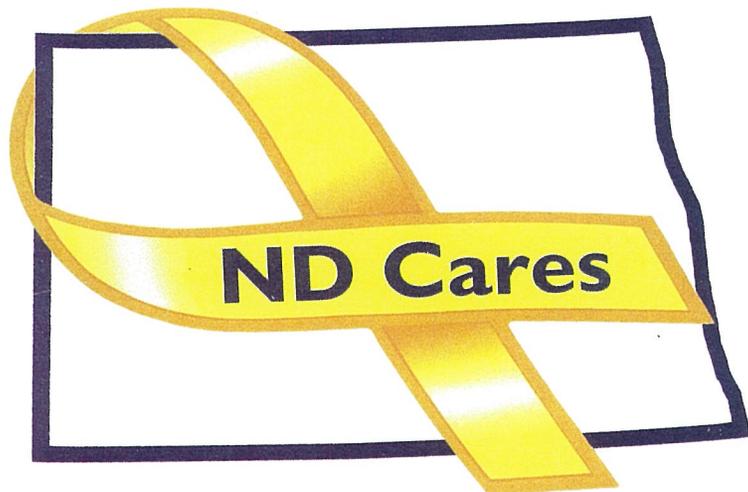
NORTH DAKOTA MILITARY DATA BOOK



Service Members, Veterans, Families, and Survivors

2014-2015





Supporting All Who Have Served

A Coalition Dedicated to Strengthening an Accessible, Seamless System of Support for Service Members, Veterans, Families, and Survivors in North Dakota

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“Suicides challenge military services”

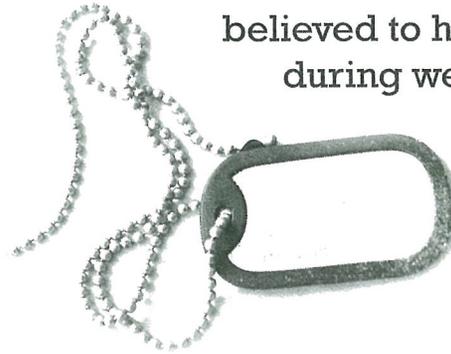
^{of Bismarck}
Tribune

“Veterans Officers Ask for Medical Services”

Williston Herald



“North Dakota National Guard soldier believed to have died by suicide during weekend training”



“New VA clinic in Williston helps to provide needs of area veterans”

Williston Herald

“Serving the military men and women after the fact”

Williston Herald



“US Officials Launch New Strategy to Prevent Suicide”



“Soldier’s Suicide Impetus for Effort”



“Event Helps Homeless and In-Need Veterans”

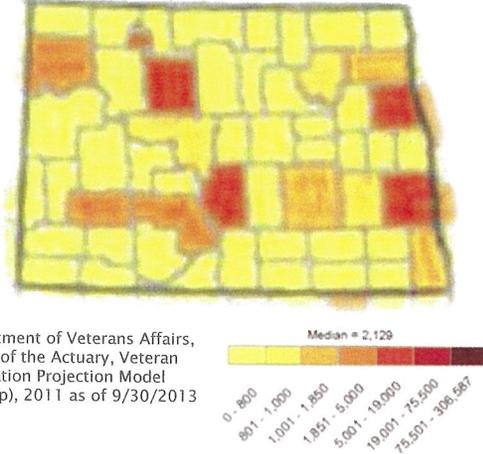


DEMOGRAPHICS

56,770
Veterans in North Dakota
11% of the population

U.S. Census Bureau 2012 American Community Survey 1-Year Estimates

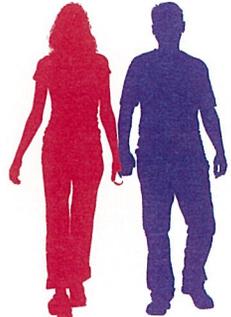
Veteran Population by County



Department of Veterans Affairs, Office of the Actuary, Veteran Population Projection Model (VetPop), 2011 as of 9/30/2013

Gender

8.9% Female
91.1% Male



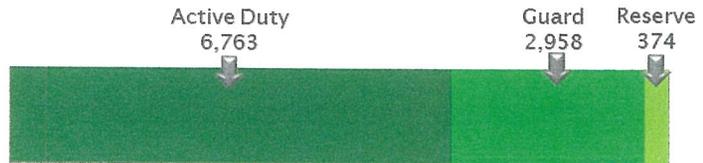
North Dakota

U.S. Census Bureau 2012 American Community Survey 1-Year Estimates

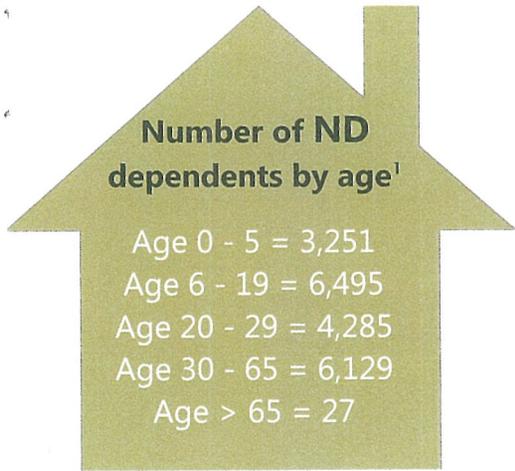
Deployment

Deployed since 9/11¹
[as of May 2012]

A total of **10,095** North Dakotans have been deployed since 9/11.



Dependents



Number of Dependents for all Activated North Dakota Service Members¹



Single Parenting



142,000²

Nationally, approximately 142,000 members of the U.S. Armed Forces (Active, Guard, and Reserve) are **single parents of minor children.**

Family Life

Military family life is characterized by unique demands.

- ▶ Separation
- ▶ Risk of injury or death of the service member
- ▶ Long work hours and shift work
- ▶ Frequent relocation
- ▶ Unique organizational culture and norms
- ▶ Family separations due to military deployments

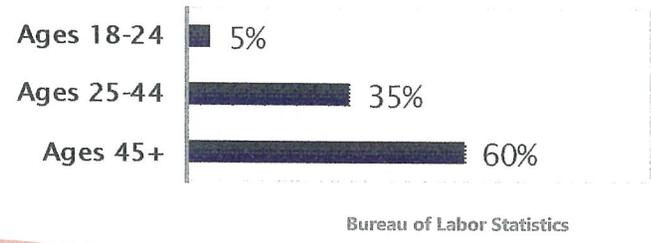
¹U.S. Department of Defense, Department of Manpower Data Center. (Dependent Data as of August 2012) (Deployment Data as of May 2012)

²Benchmark Institute: Guide to Veterans Legal Issues. (2011)

EMPLOYMENT

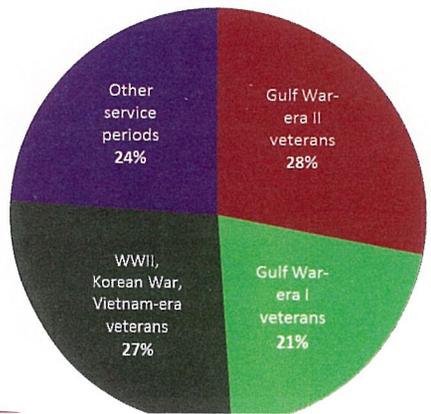
| Unemployment Rate of Veterans 18 Years and Over [Bureau of Labor Statistics, 2013 annual averages] | |
|---|------|
| United States | 6.6% |
| North Dakota | 3.2% |

**Unemployed Veterans in the US
in 2013, by Age Category**
(n=722,000)



While most veterans transition back to civilian life successfully, many still struggle. Securing steady employment in a rewarding, lucrative and long-term career is an enormous part of a successful transition.

National Unemployment by Period of Service



Bureau of Labor Statistics, Current Population Survey, annual averages 2013

HOUSING

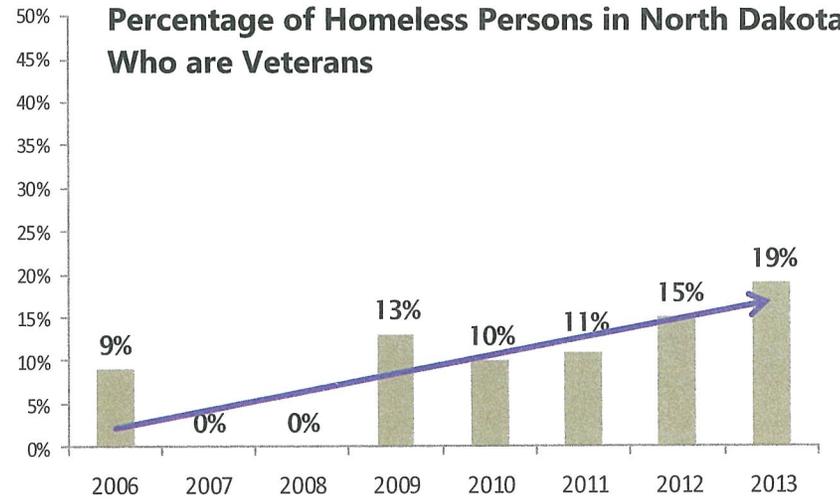
124

Homeless Veterans in ND

(121 sheltered and 3 unsheltered)

Housing and Urban Development (HUD)
2011 Point in Time Count

Percentage of Homeless Persons in North Dakota Who are Veterans



North Dakota Homeless Population Point-in-Time Survey, 2006-2013
According to HUD, a "homeless person" is an individual who lacks a fixed, regular, and adequate nighttime residence which includes temporary housing shelters.

Compared with other homeless adults, homeless Veterans are *more likely* to ...

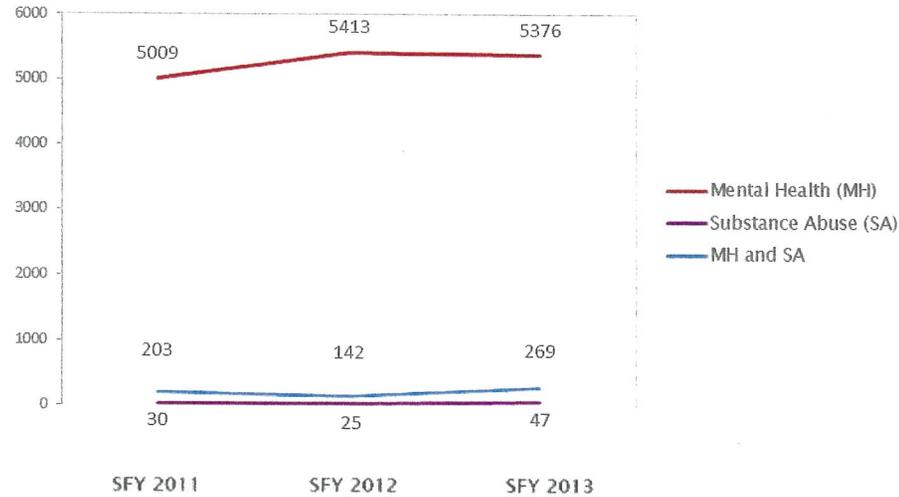
- ▶ Have **higher levels of education, military skills, and employment experience** that may be transferable
- ▶ Have a **mental illness, substance abuse and/or health problem** such as HIV/AIDS, cancer, or hypertension
- ▶ Be **living unsheltered** and experience **long-term homelessness**

BEHAVIORAL HEALTH

Substance Use and Mental Health

Veterans Health Administration

Number of Veterans Who Received Mental Health and Substance Abuse Services from Veteran Health in North Dakota



US Department of Veterans Affairs; Fargo VA Health Care System

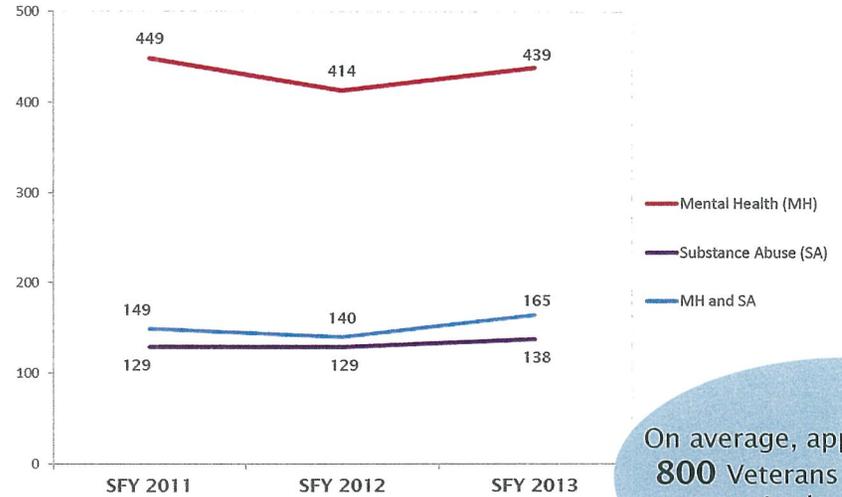
For the purposes of VA health benefits and services, a person who served in the active military service and who was discharged or released under conditions other than dishonorable is a Veteran.

Nationally, about **half** of returning service members who **need treatment** for mental health conditions seek it, and **slightly more than half** who **receive treatment** receive adequate care¹

¹ http://www.rand.org/content/dam/rand/pubs/research_briefs/2008/RAND_RB9336.pdf

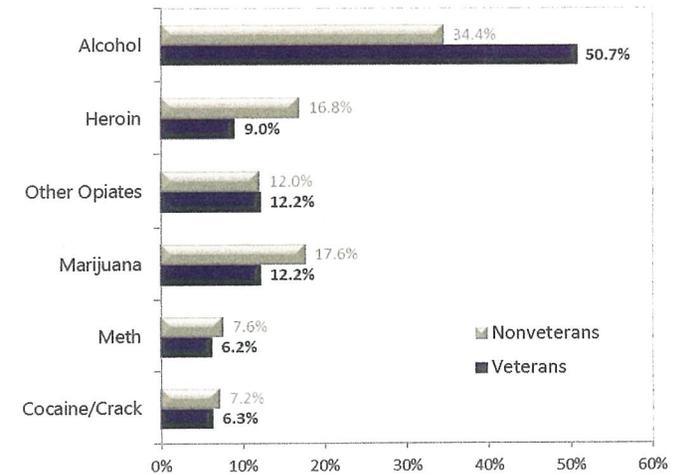
North Dakota Human Service Centers

Number of Veterans or Those Served in the Military Who Received Services from the Human Service Centers in North Dakota



On average, approximately **800** Veterans are served per year in the ND Human Service Centers.

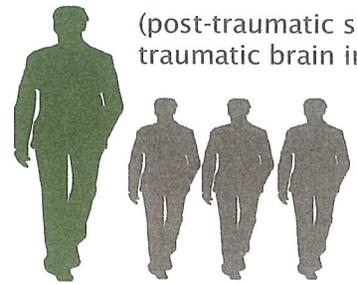
National Primary Substance of Abuse in Treatment Admissions, Aged 21 to 39 [NATIONAL NSDUH, 2010]



BEHAVIORAL HEALTH

Nationally, mental and substance use disorders caused **more hospitalizations** among U.S. troops in 2009 than any other cause¹

An estimated **1 in 4** (25-30%) of U.S. veterans of the wars in Iraq and Afghanistan have reported symptoms of a mental disorder or cognitive condition² (post-traumatic stress disorder, major depression, traumatic brain injury, etc.)

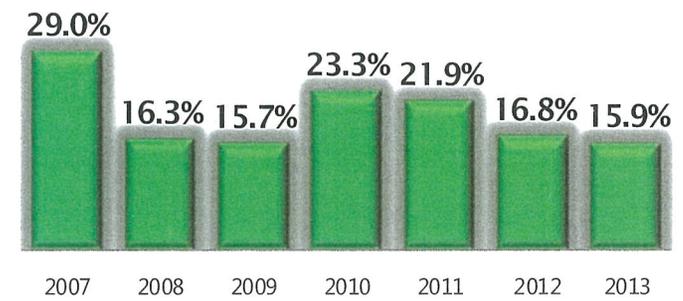


Definition of Post Traumatic Stress Disorder (Mayo Clinic): mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

Nationally, approximately **19%** of service members returning from Iraq or Afghanistan have **post traumatic stress disorder (PTSD) or depression**³

Since the Global War on Terrorism began, **more** North Dakota National Guard members have died by **SUICIDE** than in **COMBAT**.

Percentage of Suicides Committed by Veterans in North Dakota



Many Factors Influence an Individual's Likelihood To Develop a Behavioral Health Problem.²

The **RISK FACTORS** below are associated with a **HIGHER** likelihood of suicide and the **PROTECTIVE FACTORS** are associated with a **LOWER** likelihood of suicide.

| RISK Factors | PROTECTIVE Factors |
|--|---|
| <ul style="list-style-type: none"> ▶ Some major physical illnesses, mental disorders, and substance use disorders ▶ Barriers to accessing health care ▶ Stigma associated with help-seeking behavior ▶ Easy access to lethal means (e.g., firearms or poison) ▶ Lack of social support and sense of isolation ▶ Cultural/religious beliefs that accept suicide | <ul style="list-style-type: none"> ▶ Effective clinical care for physical illnesses, mental disorders and substance use disorders ▶ Easy access to a variety of clinical interventions ▶ Support for help-seeking behavior ▶ Restricted access to lethal means (e.g., firearms or poison) ▶ Strong connections to family and community support ▶ Cultural/religious beliefs that discourage suicide |

¹ Zoroya, G. (2010, May 14). Mental health hospitalizations up for troops. *USA Today*. Retrieved March 25, 2011, from http://www.armytimes.com/news/2010/05/gns_mental_health_051410/ (Original source: Pentagon's Medical Surveillance Month Report.)

² Substance Abuse and Mental Health Services Administration, Office of Applied Studies. (November 6, 2008). *The NSDUH Report - Major Depressive Episode and Treatment for Depression among Veterans Aged 21 to 39*. Rockville, MD.

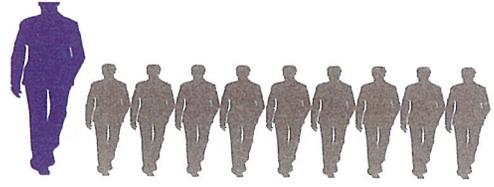
³ Tanielian, T. L., RAND Corporation & Center for Military Health Policy Research. (2008). *Invisible wounds of war: Summary and recommendations for addressing psychological and cognitive injuries*. Santa Monica: RAND.

² Examples of risk and protective factors selected from U.S. Department of Health and Human Services (HHS), Centers for Disease Control and Prevention (CDC), Injury Center: Violence Prevention, Suicide: Risk and Protective Factors, <http://www.cdc.gov/violenceprevention/suicide/riskprotectivefactors.html>.

BEHAVIORAL HEALTH

Traumatic Brain Injury

Traumatic Brain Injury (TBI) has been defined as "an alteration in brain function, or other evidence of brain pathology, caused by an external force."¹



1 in 10 (10.6%) male inmates in North Dakota has some history of military service.
(1% of female inmates have some history of military service)

63 of the 141 male inmates have an honorable, medical, training, administrative, or general discharge status.

About **1 in 5** service members, nationally, returning from Iraq or Afghanistan report experiencing a traumatic brain injury (TBI) during deployment²

20%

Traumatic brain injury (TBI) has become known as a "signature wound" of *Operation Enduring Freedom (OEF)* and *Operation Iraqi Freedom (OIF)*, because the incidence of TBI is higher in these conflicts than it has been in previous conflicts.¹

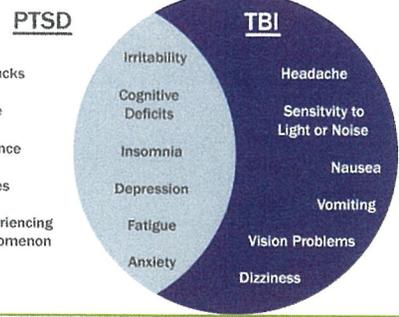
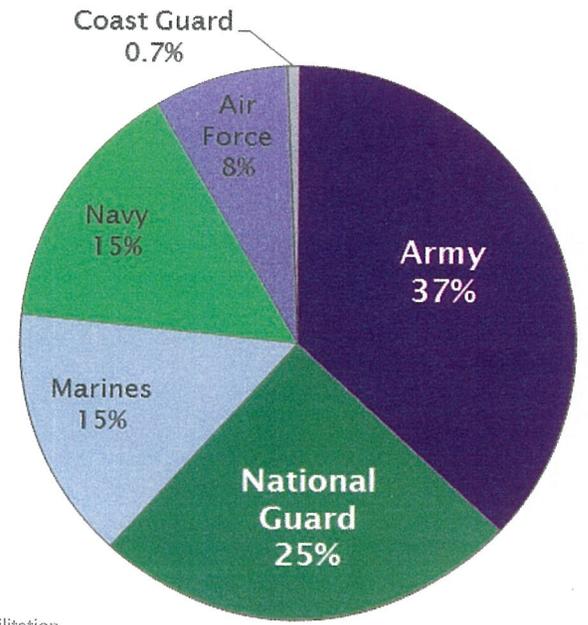


From 2002-2010, 219 North Dakota OEF/OIF Veterans were diagnosed with TBI-related conditions at a VA facility.²

ND Veteran Inmates →

50.4% have an **SUBSTANCE USE DISORDER** diagnosis
14.2% have a serious **MENTAL ILLNESS** diagnosis

Military Branches Represented among Male Inmates



Nationally, three-quarters of VA patients with a TBI diagnosis also had a diagnosis of PTSD.³

¹ Bagalman, Erin., Congressional Research Service. (Jan 2013). Traumatic Brain Injury among Veterans. Washington, DC: Library of Congress. http://www.ncsl.org/documents/statefed/health/TBI_Vets2013.pdf
² Tanielian, T. L., RAND Corporation & Center for Military Health Policy Research. (2008). *Invisible wounds of war: Summary and recommendations for addressing psychological and cognitive injuries*. Santa Monica: RAND.
³ Congressional Budget Office. (Feb 2012). *The Veterans Health Administration's Treatment of PTSD and Traumatic Brain Injury among Recent Combat Veterans*.

RESOURCES

National



www.warriorgateway.org



www.militaryonesource.mil



www.va.gov



www.ndguard.ngb.army.mil



www.nd.gov/veterans



www.nd.gov/dhs/services/mentalhealth



www.ndhealth.gov/suicideprevention/?id=73

North Dakota

SOURCES

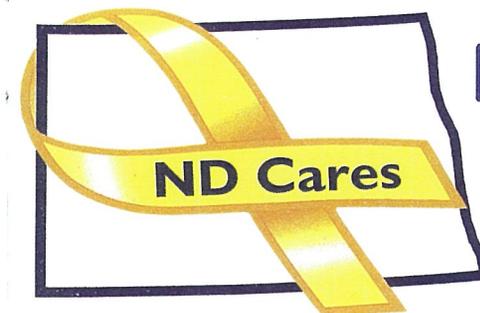
Please note that definitions may be different based on the source of the data or information. For more information on this or other methodology questions, visit the selected websites below.

US Department of Veterans Affairs: National Center for Veterans Analysis and Statistics—www.va.gov/vetdata

United States Census Bureau: American Community Survey—www.census.gov/acs

United States Department of Labor: Bureau of Labor Statistics—www.bls.gov

Substance Abuse and Mental Health Services Administration: National Survey on Drug Use and Health—www.samhsa.gov/data/NSDUH.aspx



MISSION

Strengthening an Accessible, Seamless Network of Support for Service Members, Veterans, Families, and Survivors

ABOUT US

Coalition members share a common interest in strengthening a seamless, accessible network of support across the state. The coalition is not a service provider, but represents a broad spectrum of programs and providers whose work touches the lives of service members, veterans, families and survivors.

PRIORITIES

Behavioral Health is the focus of ND Cares, as these problems are far-reaching and exact an enormous toll on individuals, their families, communities, and the broader society.

ND Cares Goals:

- * Conduct a comprehensive assessment of needs
- * Integrate existing programs and resources to strengthen an effective and efficient system
- * Develop a leader network to support collaborative efforts

ND Cares comprises a growing team of more than 40 military and civilian professionals throughout North Dakota.

Military service members and their families often communicate in ways that are specific to military life and culture. This reference guide includes basic information that can assist you in understanding the different military branches, identifying insignia you might see on a service member's uniform, and understanding common terms, phrases or slang that might be used by the military families with whom you work.

MILITARY

★ REFERENCE GUIDE ★

a resource for professionals

For more information, visit:
www.parentslead.org/professionals

PARENTS LEAD
FOR PROFESSIONALS



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U.S. MILITARY BRANCHES

ARMY

The Army defends the land mass of the U.S., its territories, commonwealths, and possessions. It does so through providing forces and capabilities for sustained combat and stability operations on land. The Army also provides logistics and support to other branches. The Army is the largest and oldest branch of the military.

NAVY

The Navy maintains, trains, and equips combat-ready maritime forces capable of winning wars, deterring aggression, and maintaining freedom of the seas. The Navy is America's forward deployed force and is a major deterrent to aggression around the world.

MARINE CORPS

The Marine Corps maintains ready expeditionary forces, sea-based and integrated air-ground units for contingency and combat operations, and the means to stabilize or contain international disturbance. The Marine Corps is an immediate response force that can be used to overwhelm the enemy.

AIR FORCE

The Air Force provides a rapid, flexible, and when necessary, lethal air and space capability that can deliver forces anywhere in the world in less than forty-eight hours. It routinely participates in peacekeeping, humanitarian, and aeromedical evacuation missions. Air Force crews annually fly missions into all but five nations of the world.

COAST GUARD

The Coast Guard provides law and maritime safety enforcement, marine and environmental protection, and military naval support. Activities can include patrolling our shores, performing emergency rescue operations, containing and cleaning up oil spills, and keeping illegal drugs from entering American communities.

MILITARY IN NORTH DAKOTA

Military forces in North Dakota include all three components; National Guard, Active Duty, and Reserve Forces.

The North Dakota Army National Guard and North Dakota Air National Guard have both state and federal missions. The Governor may activate the National Guard in order to preserve peace and public safety, as well as respond to natural or man-made emergencies such as flooding, tornadoes, or blizzards. These missions provide protection to both lives and property. The National Guard may also be ordered to federal active duty in support of their respective service branches, the U.S. Army and U.S. Air Force.

North Dakota also has two active duty air force bases; Minot Air Force Base and Grand Forks Air Force Base. Minot Air Force Base is home to the 5th Bomb Wing with its squadron of B-52H Stratofortress bombers and the 91st Space Wing with its fleet of Minuteman III Intercontinental Ballistic Missiles. Grand Forks Air Force Base is home to the 319th Air Base Wing, which guarantees global reach and engagement for the United States and its allies through robust air refueling and airlift capabilities.

Reserve component forces residing in North Dakota include the U.S. Army Reserve, U.S. Navy Reserve, U.S. Marine Corps Reserve and U.S. Air Force Reserve. The reserve forces are subject to federal active duty by their respective active duty components.



COMMON TERMS & LINGO

As with any large organization, the military has its own set of common terms and lingo. Here are some selected terms, acronyms, phrases, and slang terms that may be helpful to know when working with service members, veterans, and their families.

Members of the Military are Referred to Differently Depending Upon Their Specific Service Component

Soldiers: Members of the Army

Sailors: Members of the Navy

Airmen: Members of the Air Force

Marines: Members of the Marine Corps

Coast Guardsmen: Members of the Coast Guard

Reservists: Members of the Reserve

Guardsmen: Members of the National Guard

Official Acronyms

AWOL – Absent With Out Leave: not at one's place of duty and not authorized to be absent

CDR – Commander

CO – Commanding Officer

CONUS – Continental United States

DoD – Department of Defense

IED – Improvised Explosive Device

GWOT – Global War On Terror

NCO – Non-Commissioned Officer: an enlisted person with command responsibility over soldiers of lesser rank

NCOIC – Non-Commissioned Officer In Charge

OEF – Operation Enduring Freedom: official name used for the War in Afghanistan

OIF – Operation Iraqi Freedom: official name used for the War in Iraq

OND – Operation New Dawn: new name for the War in Iraq starting in September 2010 to reflect reduced role of US troops

OCONUS – Outside the Continental United States

OIC – Officer in Charge

PCS – Permanent Change of Station

POC – Point Of Contact: the person to liaise with on a given matter

ROTC – Reserve Officer Training Corps

SOP – Standard Operating Procedure: the routine manner of handling a set situation

TDY – Temporary Duty

Phrases

Battle assembly – new term used for Army Reserve weekend drills, a unit training assemblies, or multiple unit training assemblies

Boots on the ground – to physically be in a location (some may use this to say that they want “boots on the ground” for a particular project, which means they want everyone physically in the office, rather than having people call in.)

Drill – preparation of military personnel for performance of their duties through the practice and rehearsal of prescribed movements; members of the National Guard and Reserve are required to attend one weekend drill a month (sometimes starting Friday night until Monday morning)

Extended drill – extended time for drill in preparation for a deployment

Liberty – authorized free time ashore or off station, not counted as leave, also known as a “pass/liberty”

Ma'am – proper method of addressing female officers

Sir – proper method of addressing male officers

Tour of duty – the length of the tour depends on the mission objectives, and can be a few months or a couple of years

Slang

Above my/your pay grade – expression denying responsibility or authority (indicating that the issue should be brought to higher-ranking officials)

Civvies – civilian clothing

Down Range – physically in a combat zone

In-Country – in a foreign territory, especially a combat zone

Say again (your last) – request to repeat a statement, question, or order, especially over a radio

Stay in Your Lane – stay within your boundaries; do your job as commanded and trust that you will know what you need to know when you need to know it

Wilco – Will comply

MILITARY TIME

| Time | Military Time Equivalent |
|--------------------|--------------------------|
| Midnight (12 a.m.) | 0000 hrs |
| 1 a.m. | 0100 hrs |
| 2 a.m. | 0200 hrs |
| 3 a.m. | 0300 hrs |
| 4 a.m. | 0400 hrs |
| 5 a.m. | 0500 hrs |
| 6 a.m. | 0600 hrs |
| 7 a.m. | 0700 hrs |
| 8 a.m. | 0800 hrs |
| 9 a.m. | 0900 hrs |
| 10 a.m. | 1000 hrs |
| 11 a.m. | 1100 hrs |
| 12 p.m. | 1200 hrs |
| 1 p.m. | 1300 hrs |
| 2 p.m. | 1400 hrs |
| 3 p.m. | 1500 hrs |
| 4 p.m. | 1600 hrs |
| 5 p.m. | 1700 hrs |
| 6 p.m. | 1800 hrs |
| 7 p.m. | 1900 hrs |
| 8 p.m. | 2000 hrs |
| 9 p.m. | 2100 hrs |
| 10 p.m. | 2200 hrs |
| 11 p.m. | 2300 hrs |



ENLISTED INSIGNIA

| | ARMY | NAVY COAST GUARD | MARINES | AIR FORCE |
|----|--|---|---|---|
| E1 | Private | Seaman Recruit (SR) | Private | Airman Basic |
| E2 | Private E-2 (PV2)  | Seaman Apprentice (SA)  | Private First Class (PFC)  | Airman (Amn)  |
| E3 | Private First Class (PFC)  | Seaman (SN)  | Lance Corporal (LCpl)  | Airman First Class (A1C)  |
| E4 | Corporal (CPL)  Specialist (SPC)  | Petty Officer Third Class (PO3) **  | Corporal (Cpl)  | Senior Airman (SrA)  |
| E5 | Sergeant (SGT)  | Petty Officer Second Class (PO2) **  | Sergeant (Sgt)  | Staff Sergeant (SSgt)  |
| E6 | Staff Sergeant (SSG)  | Petty Officer First Class (PO1) **  | Staff Sergeant (SSgt)  | Technical Sergeant (TSgt)  |
| E7 | Sergeant First Class (SFC)  | Chief Petty Officer (CPO) **  | Gunnery Sergeant (GySgt)  | Master Sergeant (MSGt)  First Sergeant (MSgt)  |

ENLISTED INSIGNIA

| | ARMY | NAVY COAST GUARD | MARINES | AIR FORCE |
|----|---|--|--|---|
| E8 | Master Sergeant (MSG)  | Senior Chief Petty Officer (CPO) **  | Master Sergeant (MSgt)  | Senior Master Sergeant (SMSgt)  |
| E8 | First Sergeant (1SG)  | | First Sergeant  | First Sergeant  |
| E9 | Sergeant Major (SGM)  | Master Chief Petty Officer (MCPO)*****  | Master Gunnery Sergeant (MGySgt)  | Chief Master Sergeant (CMSgt)  |
| E9 | Command Sergeant Major (CSM)  | Fleet/Command Master Chief Petty Officer*****  | Sergeant Major (SgtMaj)  | First Sergeant  Command Chief Master Sergeant  |
| E9 | Sergeant Major of the Army (SMA)  | Master Chief Petty Officer of the Navy (MCPON) and Coast Guard (MCPOCG)  | Sergeant Major of the Marine Corps (SgtMajMC)  | Chief Master Sergeant (CMSgt)  |

Military rank is more than just who salutes whom; it is a badge of leadership. As each rank increases, so does responsibility for personnel, equipment, and mission. The "E" stands for "enlisted," the "W" stands for "warrant officer," and the "O" stands for "commissioned officer." The corresponding number next to each letter indicates the pay grade for that position.

OFFICER INSIGNIA

| | ARMY | NAVY COAST GUARD | MARINES | AIR FORCE |
|----|--|--|---|------------|
| W1 | Warrant Officer 1 (WO1)  | USN Warrant Officer 1 (WO1)  | Warrant Officer 1 (WO)  | No Warrant |
| W2 | Chief Warrant Officer 2 (CW2)  | USN Chief Warrant Officer 2 (CW02)  USCG  | Chief Warrant Officer 2 (CW02)  | No Warrant |
| W3 | Chief Warrant Officer 3 (CW3)  | USN Chief Warrant Officer 3 (CW03)  USCG  | Chief Warrant Officer 3 (CW03)  | No Warrant |
| W4 | Chief Warrant Officer 4 (CW4)  | USN Chief Warrant Officer 4 (CW04)  USCG  | Chief Warrant Officer 4 (CW04)  | No Warrant |
| W5 | Chief Warrant Officer (CW5)  | USN Chief Warrant Officer (CW05)  | Chief Warrant Officer 5 (CW05)  | No Warrant |

OFFICER INSIGNIA

| | ARMY | NAVY COAST GUARD | MARINES | AIR FORCE |
|----|---|---|--|--|
| 01 | Second Lieutenant (2LT)  | Ensign (ENS)  | Second Lieutenant (2LT)  | Second Lieutenant (2LT)  |
| 02 | First Lieutenant (1LT)  | Lieutenant Junior Grade (LTJG)  | First Lieutenant (1LT)  | First Lieutenant (1LT)  |
| 03 | Captain (CPT)  | Lieutenant (LT)  | Captain (CPT)  | Captain (CPT)  |
| 04 | Major (MAJ)  | Lieutenant Commander (LCDR)  | Major (MAJ)  | Major (MAJ)  |
| 05 | Lieutenant Colonel (LTC)  | Commander (CDR)  | Lieutenant Colonel (Lt Col)  | Lieutenant Colonel (Lt Col)  |
| 06 | Colonel (COL)  | Captain (CAPT)  | Colonel (COL)  | Colonel (COL)  |

OFFICER INSIGNIA

| | ARMY | NAVY COAST GUARD | MARINES | AIR FORCE |
|-----|---|---|--|--|
| 07 | Brigadier General (BG)  | Rear Admiral Lower Half (RDML)  | Brigadier General (BGen)  | Brigadier General (Brig Gen)  |
| 08 | Major General (MG)  | Rear Admiral Upper Half (RADM)  | Major General (Maj Gen)  | Major General (Maj Gen)  |
| 09 | Lieutenant General (LTG)  | Vice Admiral (VADM)  | Lieutenant General (Lt Gen)  | Lieutenant General (Lt Gen)  |
| 010 | General (GEN) Army Chief of Staff  | Admiral (ADM) Chief of Naval Operations and Commandant of the Coast Guard  | General (GEN) Commandant of the Marine Corps  | General (GEN) Air Force Chief of Staff  |
| | General of the Army (Reserved for wartime only)  | Fleet Admiral (Reserved for wartime only)  | None | General of the Air Force (Reserved for wartime only)  |

MILITARY FAMILY ASSISTANCE LOCATIONS

Family Assistance Centers (FAC) are operated regionally throughout North Dakota and provide support and assistance to service members and their families by offering information about military, federal, state and local resources.

Call 800-242-4940 for assistance 24 hours a day

MINOT

Armed Forces Reserve Center
3420 2nd St NE
Hours: Monday-Friday, 8:30AM to 4:30PM

Family Assistance Specialist
701-420-5861

Airman & Family Readiness Center
291 Peacekeeper Place
Minot Air Force Base
Hours: Monday-Friday, 7:30AM to 4:30PM
701-723-3950

DEVILS LAKE

Camp Grafton
4417 Highway 20 Building 6400
Hours: Monday-Friday, 8:30AM to 5PM

Family Assistance Specialist
701-665-7896

GRAND FORKS

Grand Forks Armory
1501 48th St S
Hours: Monday-Friday, 8AM to 4:30PM

Family Assistance Specialist
701-792-4568

Airman & Family Readiness Center
Grand Forks Air Force Base
575 Holzapple Street, Bldg 207
Hours: Monday-Friday, 7:30AM to 4:30PM
701-747-3241

Sources:

VA Health Care: *Understanding Military Culture: Structure & Branches* - http://www.mentalhealth.va.gov/communityproviders/docs/structure_branches.pdf

VA Health Care: *Understanding Military Culture: Common Terms & Lingo* - http://www.mentalhealth.va.gov/communityproviders/docs/terms_lingo.pdf

U.S. Department of Defense: *The United States Military Rank Insignia* - <http://www.defense.gov/about/insignias/>

BISMARCK

Military Service Center
1850 E. Bismarck Expressway
Hours: Monday-Friday, 8AM to 5PM

Family Assistance Specialist
701-333-4808

Family Assistance Specialist
701-333-4807

Family Assistance Coordinator
701-333-4806

FARGO

Military Service Center
2219 12th St N, Suite B
Hours: Monday-Friday, 8AM to 5PM

Family Assistance Specialist
1-800-460-1407

Airman & Family Readiness Program
Hector International Airport
1400 32nd Ave N
Hours: Monday-Friday, 8AM to 5PM
701-451-2112