

A Case for Resilience: Through the Lense of Substance Abuse Prevention

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Goals:

- Review youth trends in substance use in Vermont
- Review youth asset trends in Vermont
- A few emerging youth substance use trends

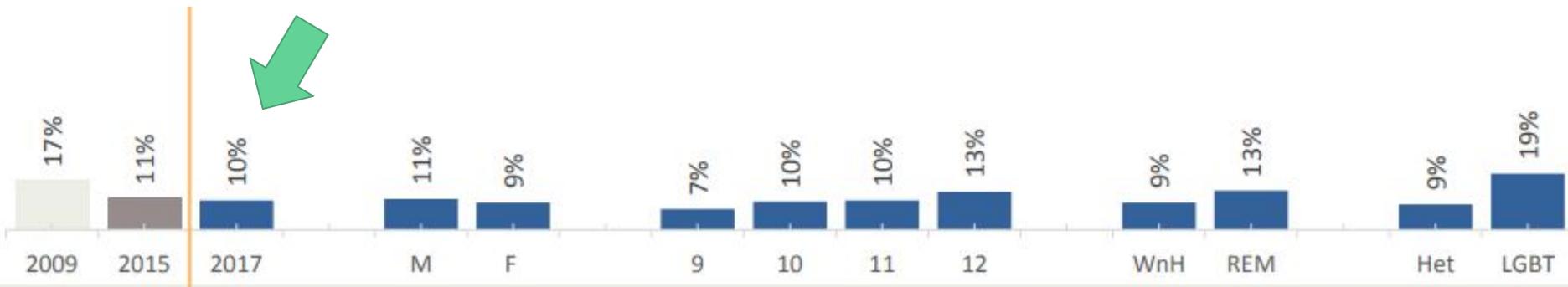
What Is The Youth Risk Behavior Survey (YRBS)?

- A survey given to VT youth in 6-12th grade every two years in VT.
- It measures the prevalence of behaviors that contribute to the leading causes of death, disease, injury and poor life outcomes among youth.
- We have been collecting it in VT since 1993.
- Data like this is collected in almost every US state and is compared among states.

The 2017 VT YRBS data represents 20,653 high school students from 69 schools and 13,887 middle school students from 122 schools

		Weighted %
Sex	Female	49%
	Male	51%
Grade	9 th grade	25%
	10 th grade	25%
	11 th grade	25%
	12 th grade	25%
Race	White, non-Hispanic (WnH)	84%
	Students of color (Racial and ethnic minority- REM)	16%
Sexual Orientation / Gender Identity	Heterosexual / Cisgender (Het)	89%
	Lesbian, Gay, Bisexual, or Transgender (LGBT)	11%

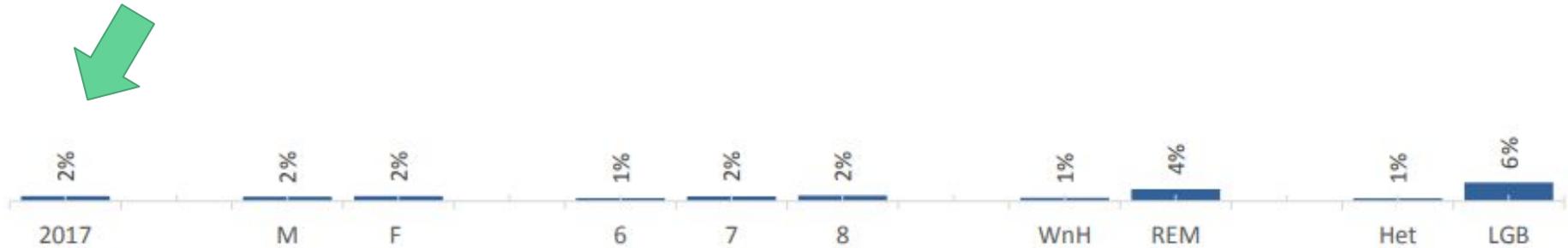
What % of high schoolers in Vermont report they **EVER** took a prescription pain reliever or stimulant not prescribed to them?



Ever took a prescription pain reliever or stimulant not prescribed to you or *“differently than how doctors told you to use it”*



What % of middle schoolers in VT report they EVER took a prescription stimulant not prescribed to them?



Is there a “gateway” drug?

Actually, it looks like there are 3

TOBACCO

ALCOHOL

CANNABIS



9 OUT OF 10

**PEOPLE WITH SUBSTANCE
PROBLEMS STARTED USING
BY AGE 18**

Addiction is an adolescent disease

ALCOHOL

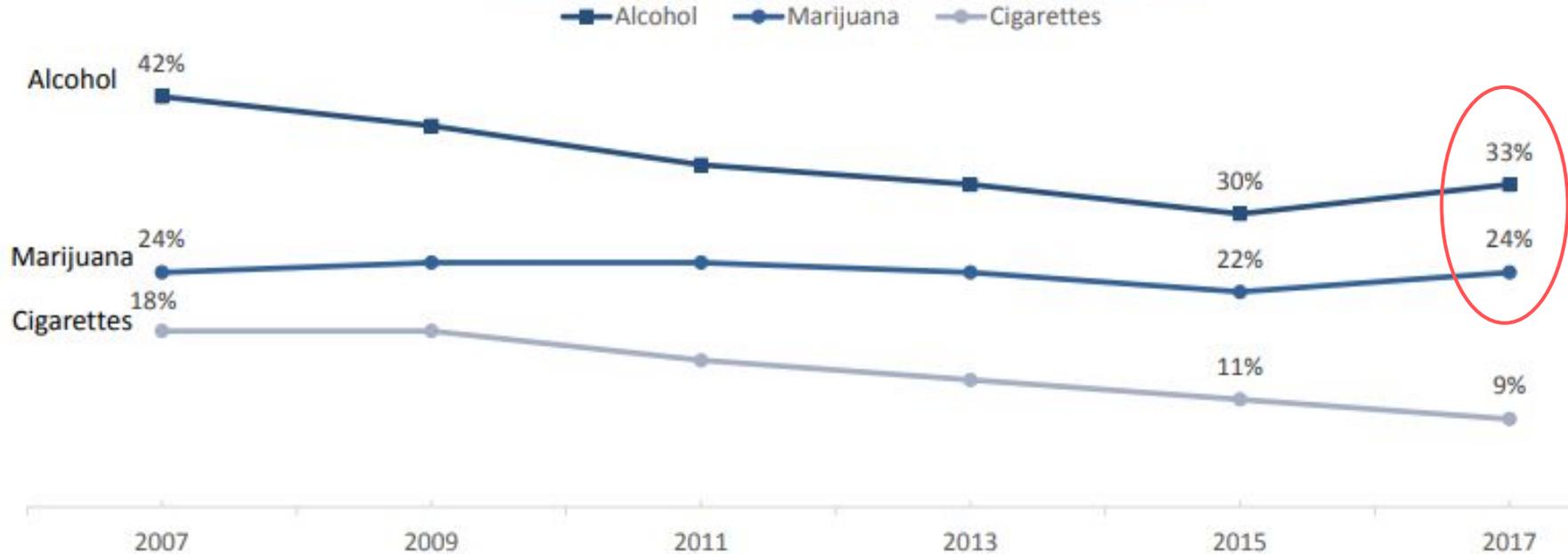
- 40% of people who begin drinking at age 15 develop an alcohol use disorder.
- 7% of those who begin drinking at age 21 develop an alcohol use disorder.

MARIJUANA

- 9% of users become addicted to marijuana; **if start by age 15 that number increases to 17%** or 1 in 6.
- 25–50% dependence rates among daily users

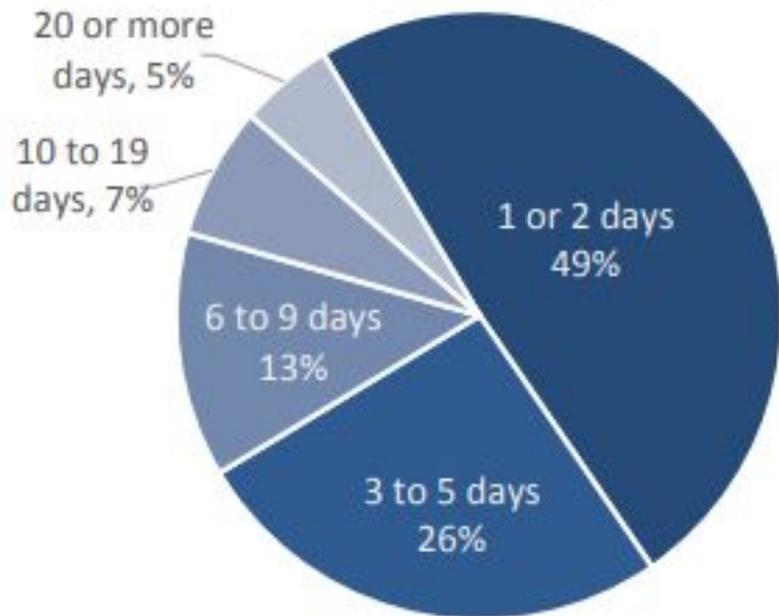
Vermont 9th - 12th grade average use

Past 30 Day Alcohol, Marijuana, and Cigarette Use

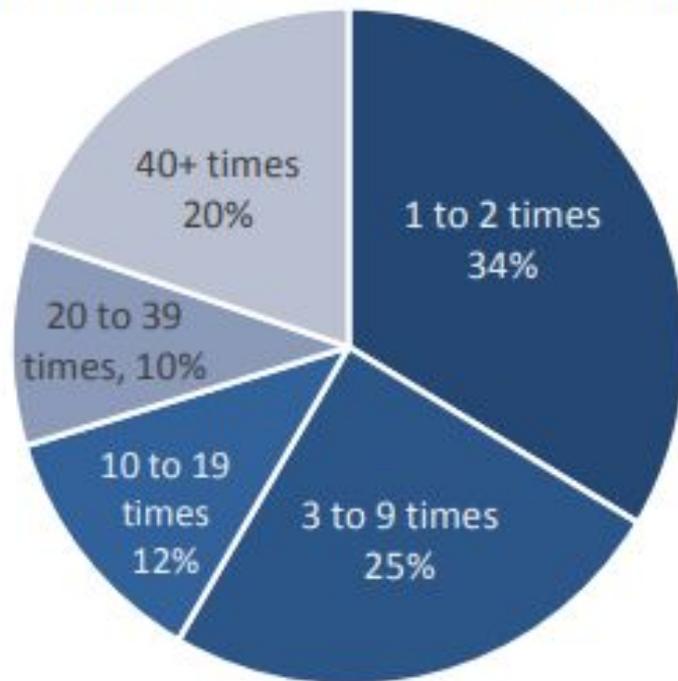


Frequency of Use

Days Alcohol Consumed, Among Current Drinkers
Past 30 Days

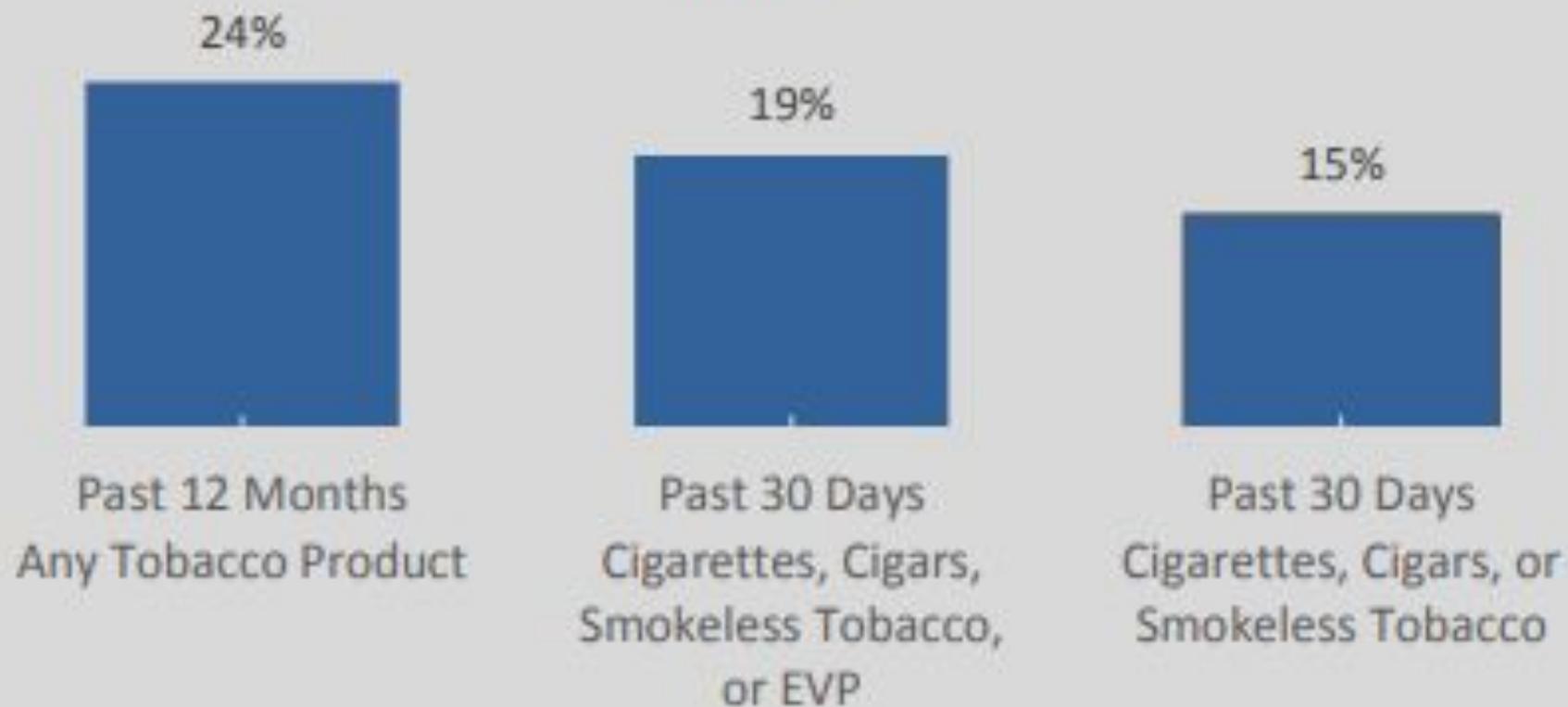


Frequency of Use Among Current Users



Tobacco Use Among High School Students, Past 12 Months* and 30 Days

*New in 2017



Heavy drinking among youth has been linked to:

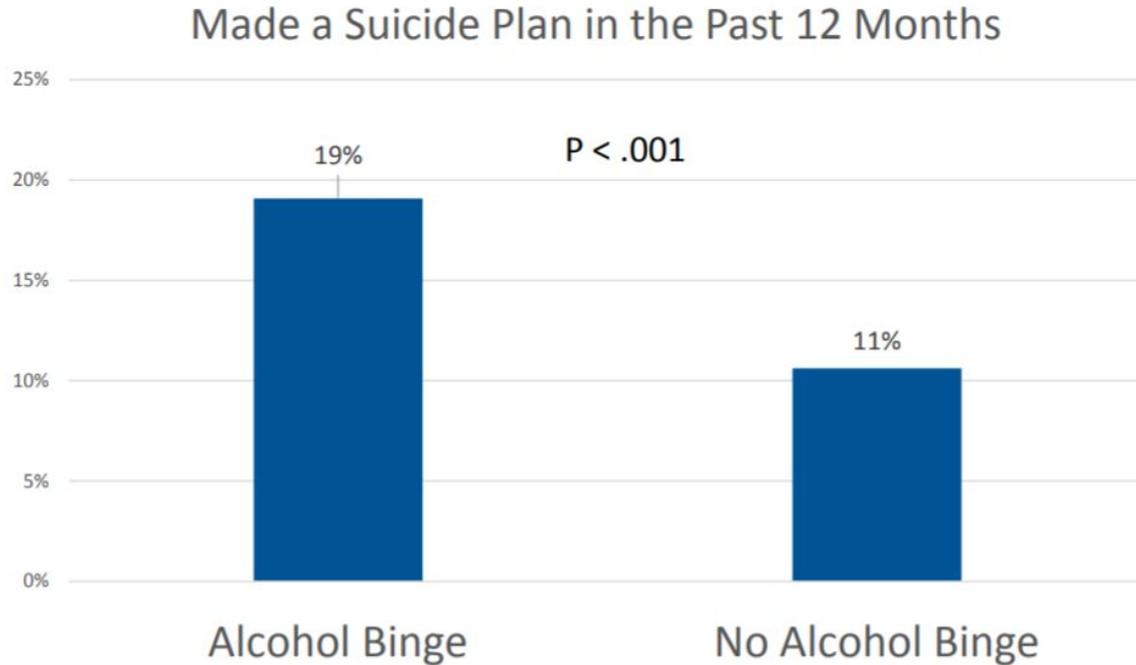
- violence
- academic and job problems
- suicidal behavior
- trouble with law enforcement authorities
- risky sexual behavior
- use of cigarettes, marijuana, and other illegal drugs.

Marijuana use is associated with:

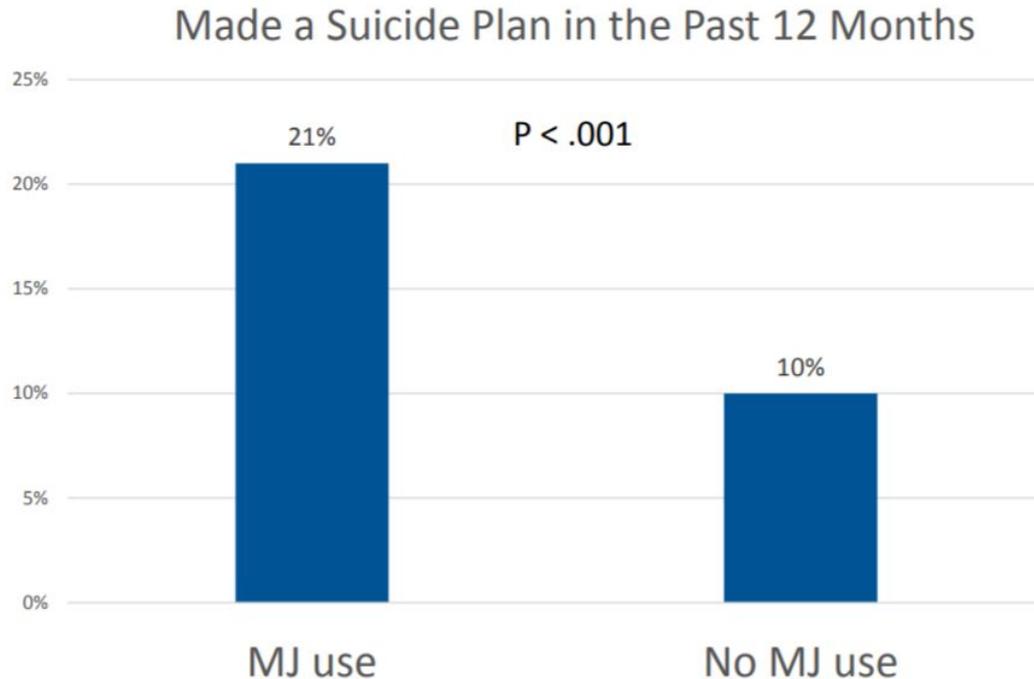


- smoking-related respiratory damage
- temporary short-term memory loss
- decreased motivation
- psychological dependence
- IQ loss and poor academic outcomes
- Poor job outcomes
- Increased risk for mental health problems

Correlations: Suicide Plans and Alcohol Binges (2015 YRBS)

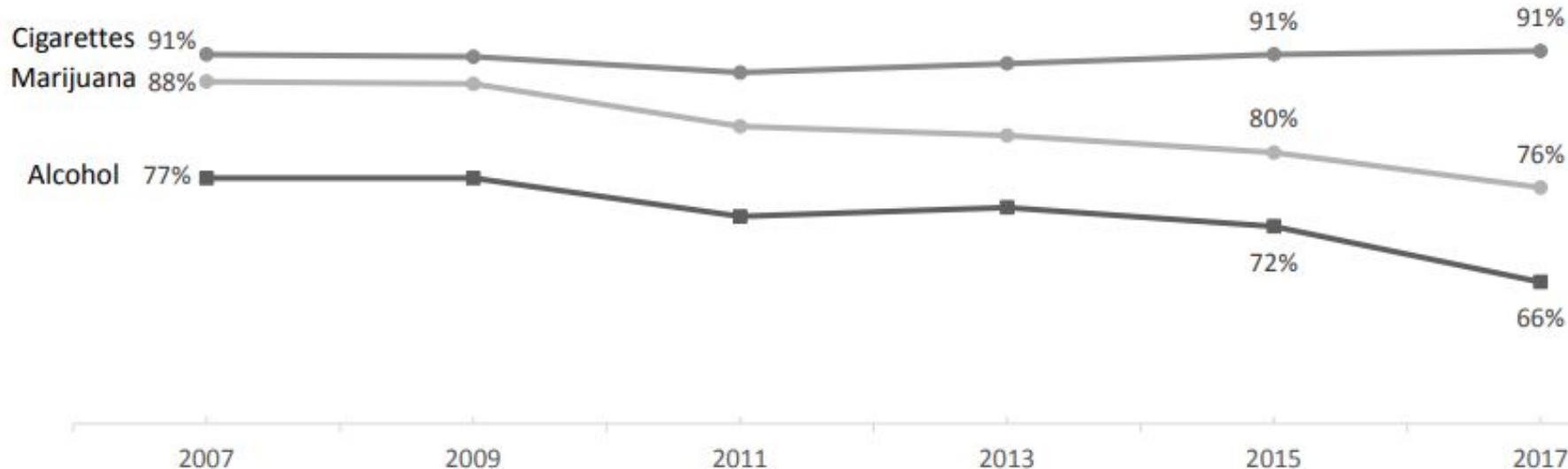


Correlations: Suicide Plans and Marijuana Use (2015 YRBS)



Parental Disapproval of Use: High School

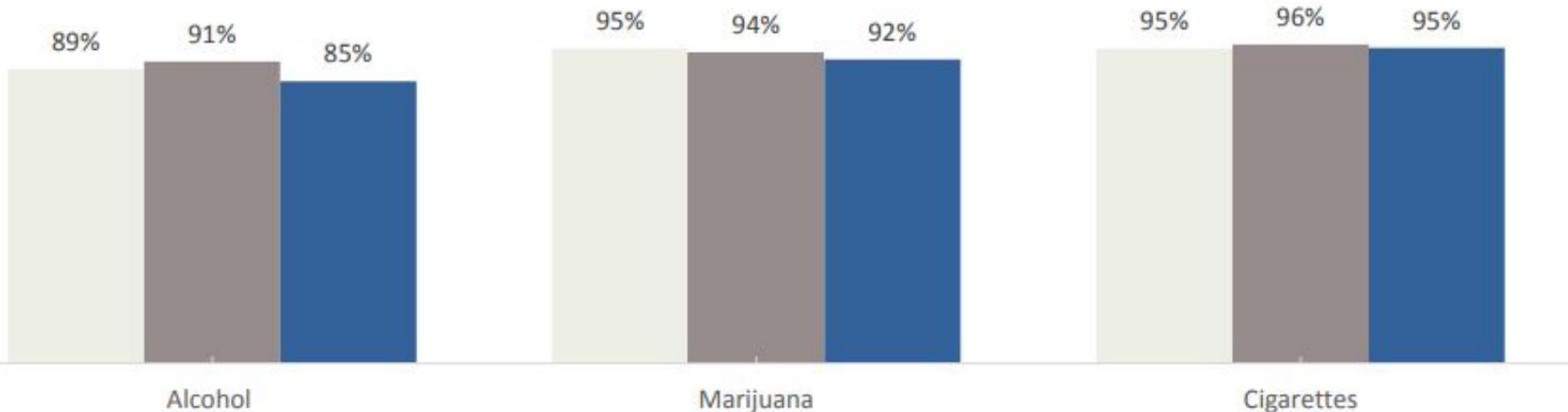
Parental Disapproval of Alcohol, Marijuana, and Cigarettes
Wrong or Very Wrong to Use



Parental Disapproval of Use: Middle School

Parents Would Feel It Would Be Wrong or Very Wrong to Use

2011 2015 2017





BUY JUUL



BUY JUULpods



**CLICK TO BUY YOUR JUUL
AND JUUL PODS DIRECT**



Kief



Hash



Resin



Wa



Budder



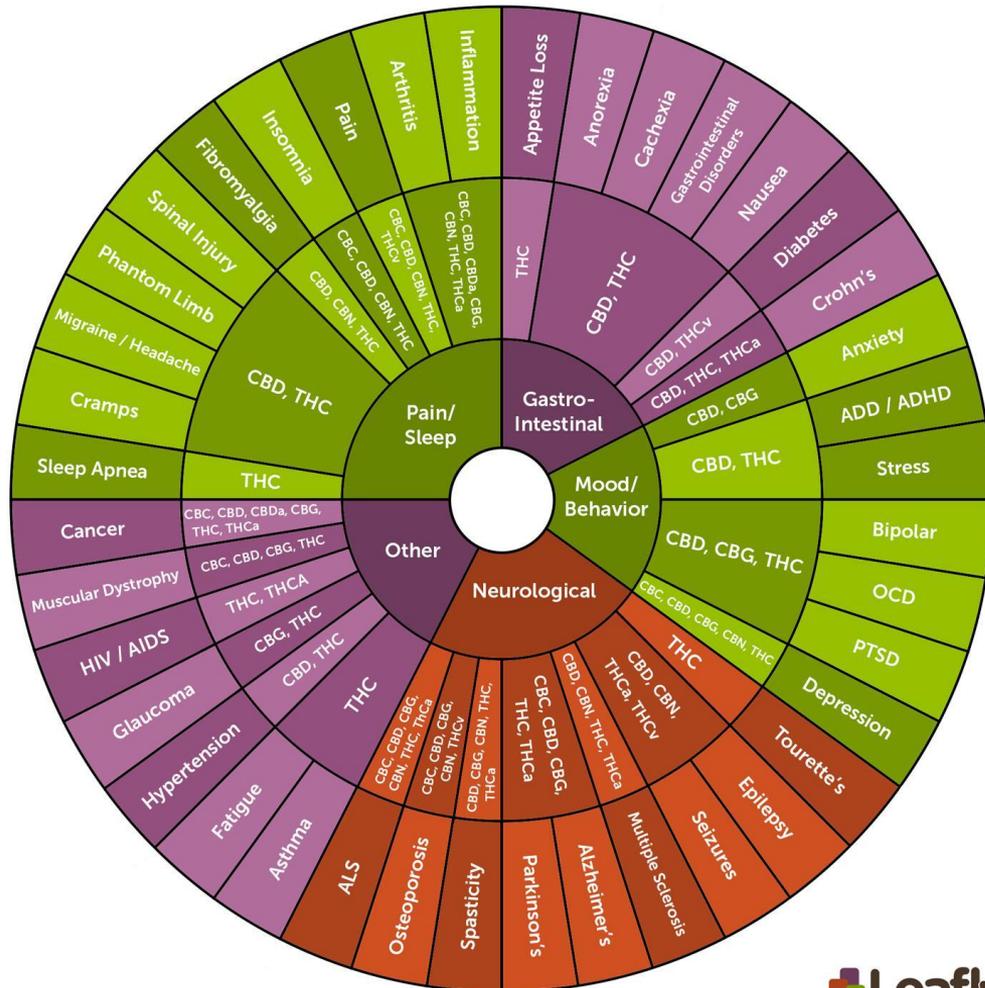
Oil (Butane, CO2)



Tincture



Shatter

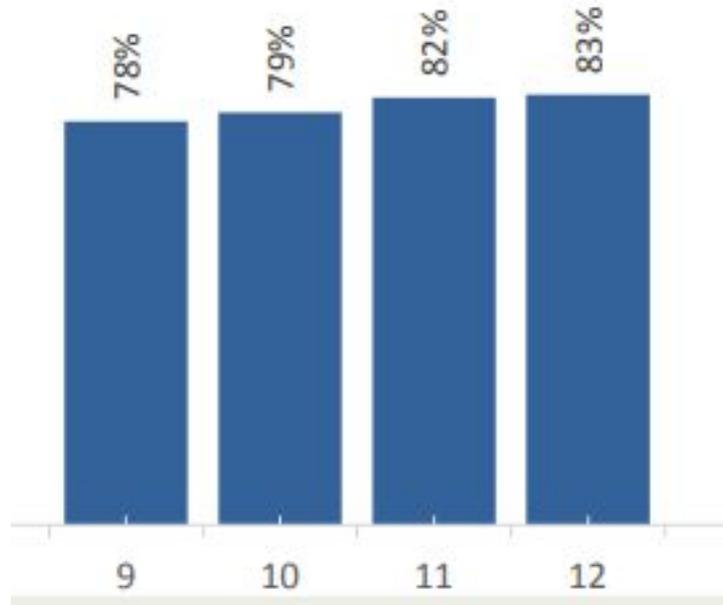


Assets Are Key

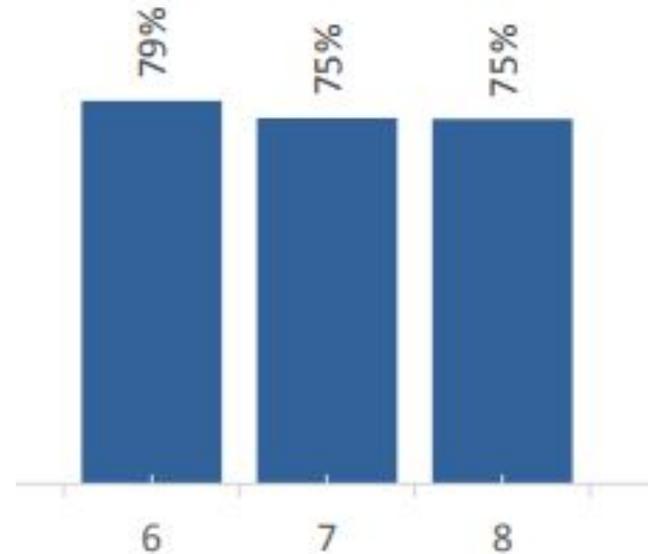


At least one teacher or adult in their school they can talk to.

9-12th grade average = 80%

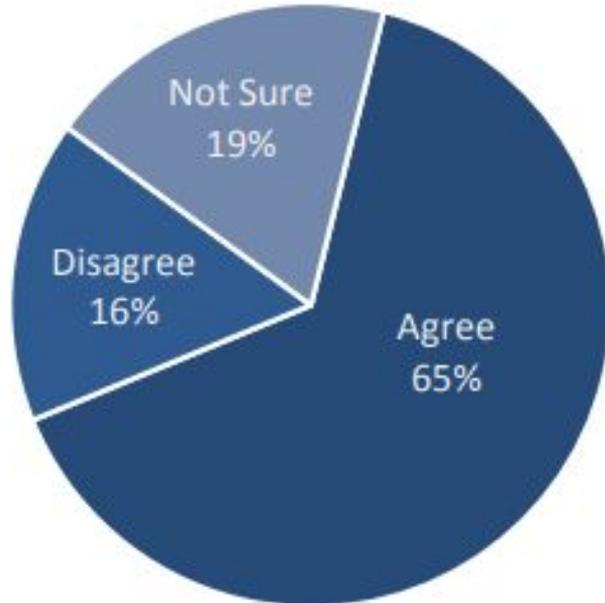


6-8th grade average = 76%

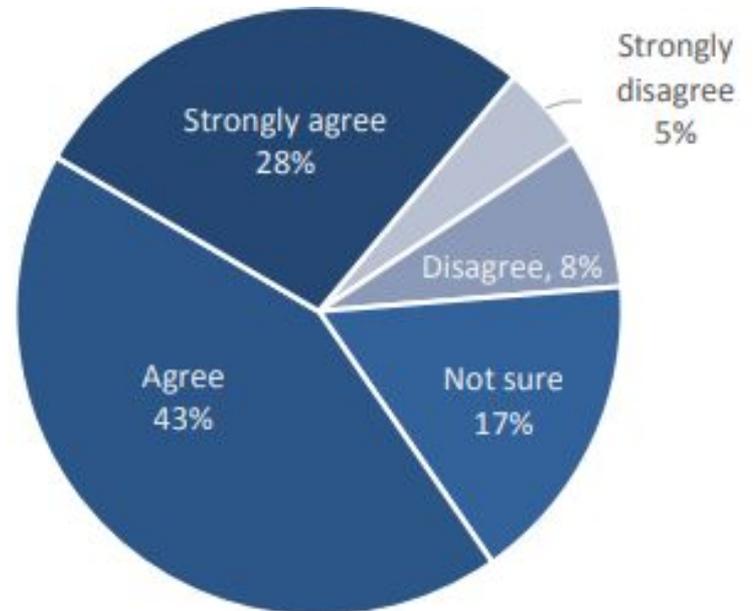


Agree or strongly agree that their school has clear rules and consequences for behavior

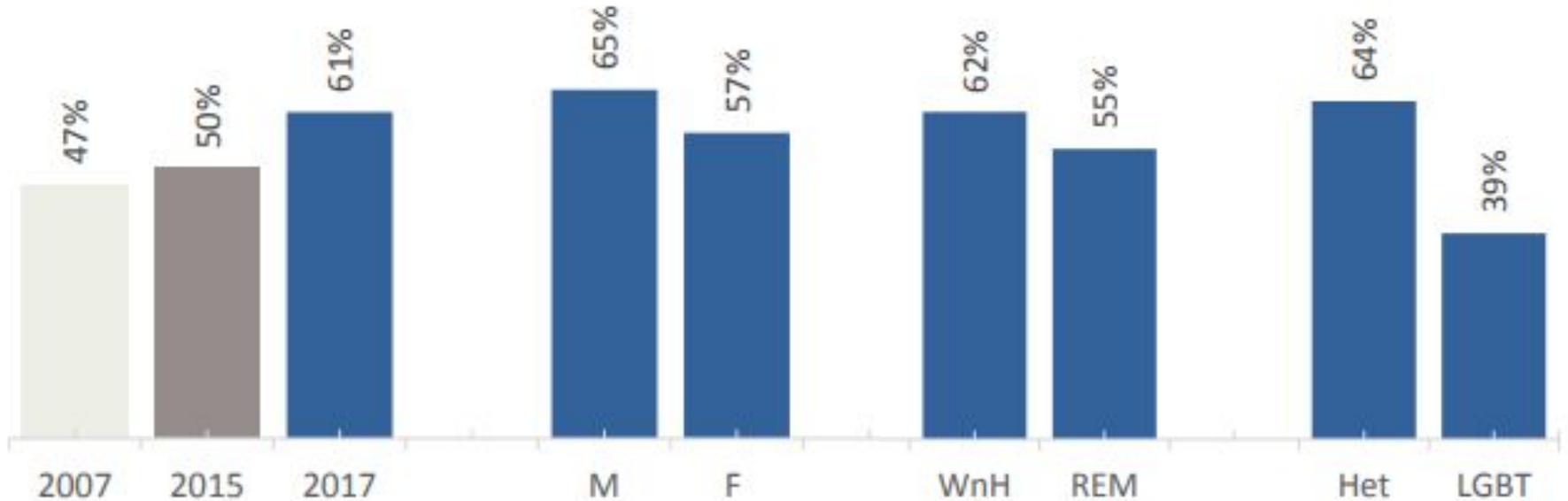
High School



Middle School



High School results: Agree or strongly agree that in their community they matter to people

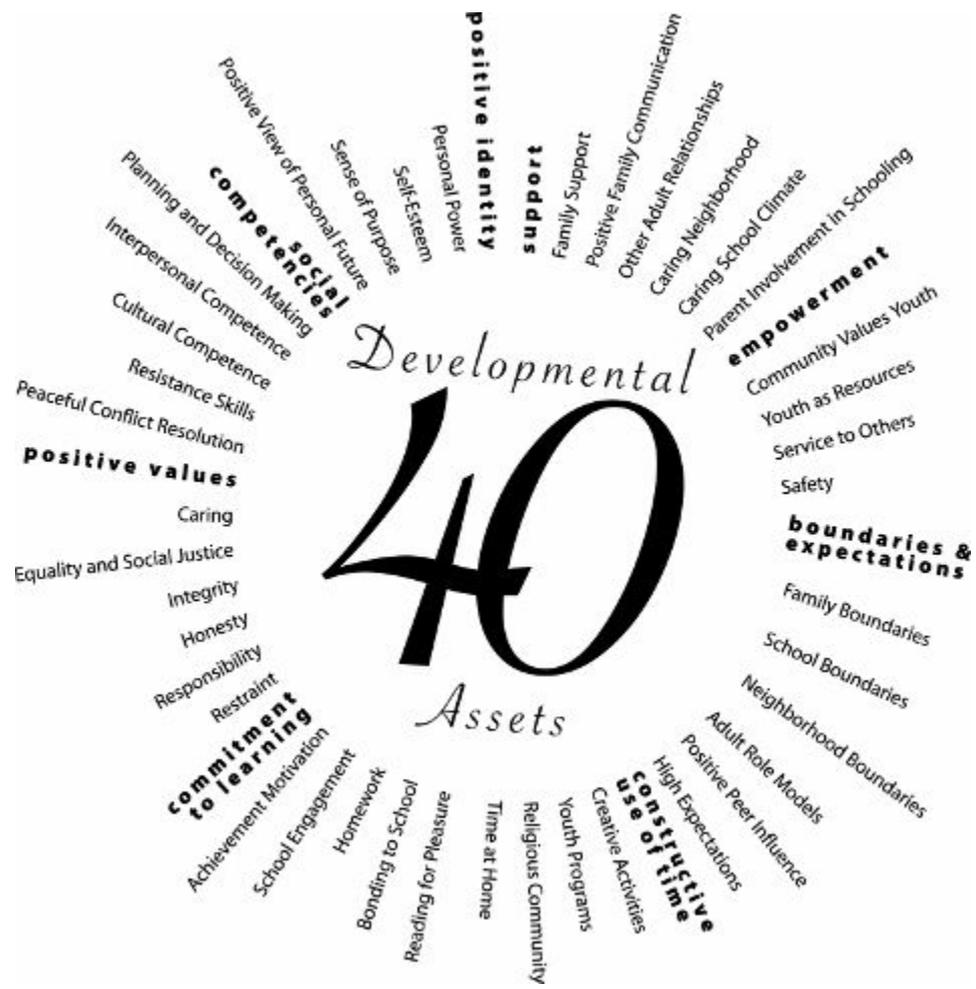


Middle School results: Agree or strongly agree that in their community they matter to people





What Can You Do?



The Search Institute

OVER 25 YEARS OF DEVELOPMENTAL ASSETS®

The Developmental Assets® are 40 research-based, positive experiences and qualities that influence young people's development. Recently, more than 120,000 students in grades 6–12 from across the U.S. were surveyed to update the Assets and continue to provide the world with relevant and useful data.



GROUND-BREAKING

First introduced in 1990, *The Troubled Journey: A Portrait of 6th to 12th-Grade Youth* report introduced Search Institute's framework of Developmental Assets®, now used throughout the world.

UNITING

In the 1990s, Developmental Assets® became the foundation for up to 600 community coalitions to motivate individuals, families, organizations and communities to work together.



COLLECTING A LOT OF DATA

Assets have been measured in more than 5 million young people, examining assets within different cultural groups, urban and rural youth, young people from grades 4 through college, and, in analyses currently underway, LGBT youth.



IMPROVING THE GLOBAL YOUTH COMMUNITY

Surveys have been conducted in more than 30 countries around the world, in 30 languages other than English and involving more than 5 million youth (25,000 globally).



FOSTERING POSITIVE YOUTH DEVELOPMENT

The more assets youth experience, the better off they are. Youth with more Developmental Assets report lower levels of high-risk behaviors (such as alcohol use and violence) and higher levels of thriving behaviors (such as academic work, leadership, and valuing diversity).



Developmental Assets

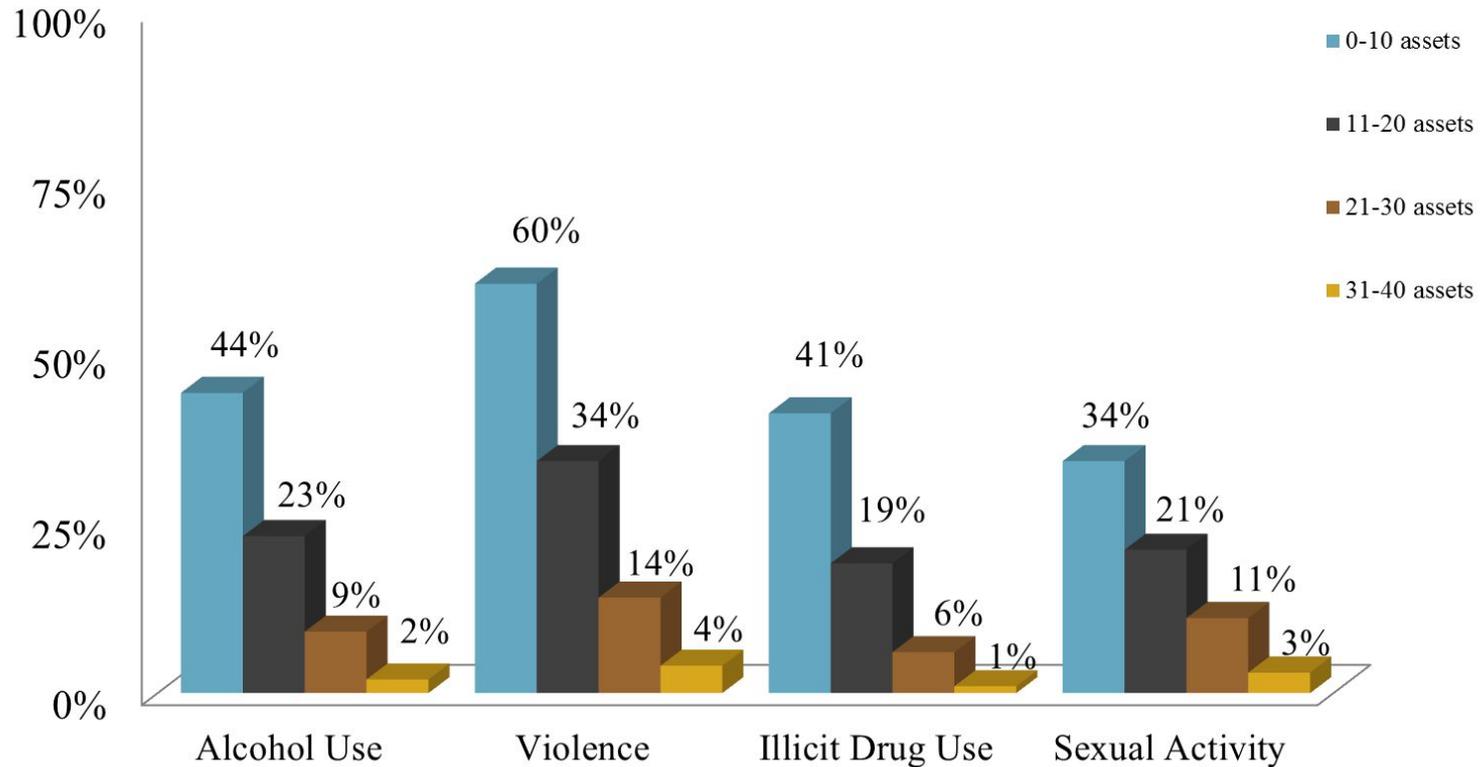
The Building Blocks of
Healthy Development

Positive experiences,
relationships,
opportunities, and
personal competencies
that young people need
to be healthy, caring,
competent, and
responsible.

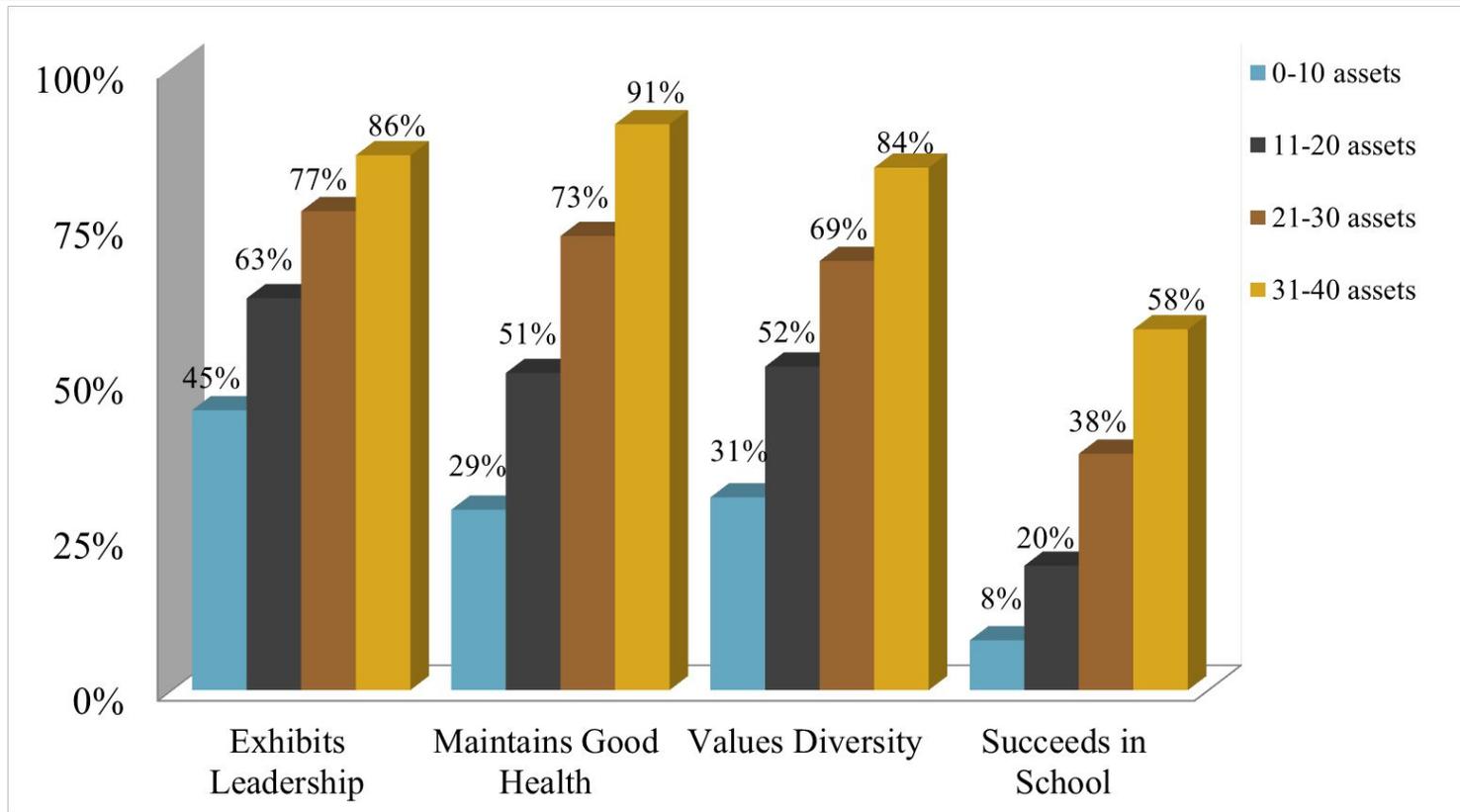
Asset Inventory

(<https://www.search-institute.org/wp-content/uploads/2017/12/AssetChecklist.pdf>)

Power of Assets to Prevent High Risk Behavior



Power of Assets to Create Positive Outcomes



The Asset Building Difference

FROM:

Young People's Problems

Professionals' Work

Young People Absorbing Resources

Incidental Asset Building

TO:

Young People's Strengths

Everyone's Work

Young People as Resources

Intentional Asset Building

Can you go a step higher with a young person in your life?

Levels of Relationship and Influence



Level 3: Leveraging the Relationship

Challenging; Mentoring
Creating Opportunities

Level 2: Nurturing the Relationship

Taking personal interest;
Demonstrating respect and empathy;
Understanding needs;
Treating young person fairly;
Identifying and encouraging gifts and talents

Level 1: Inviting a Relationship

Basic positive social interaction

Everyone is an Asset Builder

Parents

- Share at least one meal a day with your children. Use it as an opportunity to learn about each other.
- Limit television watching.
- Read to, or with, your children.
- Model competent, caring and healthy assets.
- Encourage active involvement in organizations, teams, and clubs at school, in the community, or in a congregation.
- Serve others in the community together with your children.
- Be a friend for the friends of your children; welcome them into your home.

Businesses

- Develop employment policies that encourage parents to be active in their children's lives.
- Provide opportunities for employees to build relationships with community youth through mentoring, volunteering, and internships for youth.
- Provide resources (donations, in-kind contributions, etc.) To youth developmental programs.

Schools

- Make it a policy to provide caring environments for ALL students.
- Develop mentoring relationships between teenagers and elementary children. OR community members and students.
- Expand efforts to promote healthy lifestyles.
- Integrate service learning, values development, relationship building, the development of social competencies, and other asset-building strategies into the curriculum.
- Use schools' connections to parents to increase parental involvement and understanding as their roles as asset-builders
- Engage students in their school community through participation in committees and boards.
- Seek youth input on topics related to them.

Local Government

- Partner with other organizations in creating child-friendly public places, and safe places for teenagers to gather and take advantage of opportunities.
- Strengthen or develop ordinances that reduce or eliminate youth access to alcohol, tobacco and other drugs.
- Support and expand neighborhood-building initiatives

UVM CASE STUDY:

Significant Reduction in Student High Risk Drinking

“Aside from presenting serious risks to the health and safety of our students, the misuse of alcohol and other drugs represents a fundamental obstacle to student engagement, intellectual and personal development, and the sustenance of a vibrant community of learners.”

Over 5 years

- Binge drinking rates declined by a third
- Students requiring medical attention for excessive drinking declined by more than 50%.
- Police calls for service for alcohol related issues to student neighborhoods declined by a third.

SMALL GROUP ACTIVITY

Review the UVM Case Study example and discuss opportunities for change in your school/organization.

UVM brought partners together and made changes across wide ranging areas of their school and community life to reduce substance use problems on campus. They examined and made changes to policy and practice, increased staff training and accountability, communicated with and engaged parents as partners, educated students and supported them with environments that supported healthier choices.

- What would it look like if the school you worked for did this?
- Who would need to be part of the task force?
- What are some of the things that might need to change?
- What enhancements could help support students and families to make healthy choices?

A few recommendations

KEEP LEARNING

1. Check out Vermont resources - ParentUPvt.org
2. Learn about the Search Institute 40 Developmental Assets
3. Educate yourself about today's marijuana
4. Educate yourself about electronic devices for nicotine and marijuana



Resources

Search Institute:

www.search-institute.org

ParentFurther: www.parentfurther.com

Parent Up: www.parentupvt.org

Talk They Hear You:

www.samhsa.gov/underage-drinking

Christine Lloyd-Newberry -

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Mariah Sanderson -

mariahbphc@gmail.com

Resources x2

With Structures, Schools can Save Students Lives:

<http://inservice.ascd.org/with-structures-schools-can-help-save-student-lives/>

Even on Your Worst Day You can be a Students Best Hope -

<http://www.ascd.org/Publications/Books/Overview/Even-on-Your-Worst-Day-You-Can-Be-a-Students-Best-Hope.aspx>

Getting to Y - Training for VT students to learn tools and strategies to examine YRBS data, explore root causes, and create next action steps. Teams plan and host a community event to share their summary with the school and community.

Bolster Collaborative - Provides current, practical resources to professionals, volunteers, and parents who serve the positive development of young people.

<http://bolstercollaborative.com/>