

Strategies for the Prevention & Intervention of Adolescent Substance Use

A Community-wide Discussion

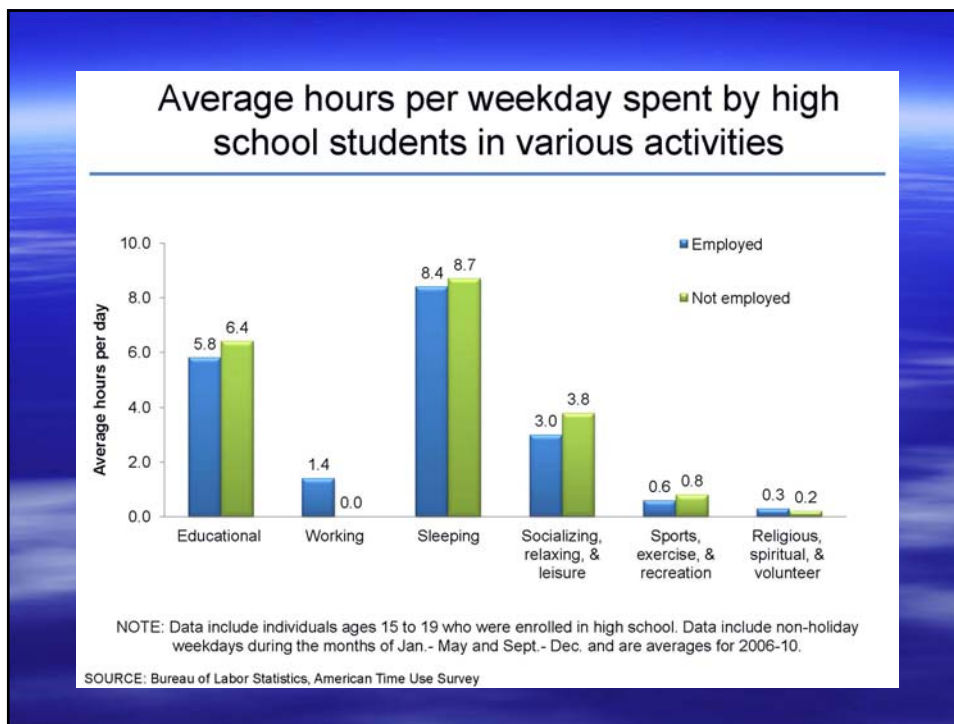
Dr. Stephen Mills, Superintendent
Dr. Alixe Callen, ABRHS Principal
Liza Huber, Director of Pupil Services

September 6, 2012

Our Core Values

Long-Range Strategic Plan

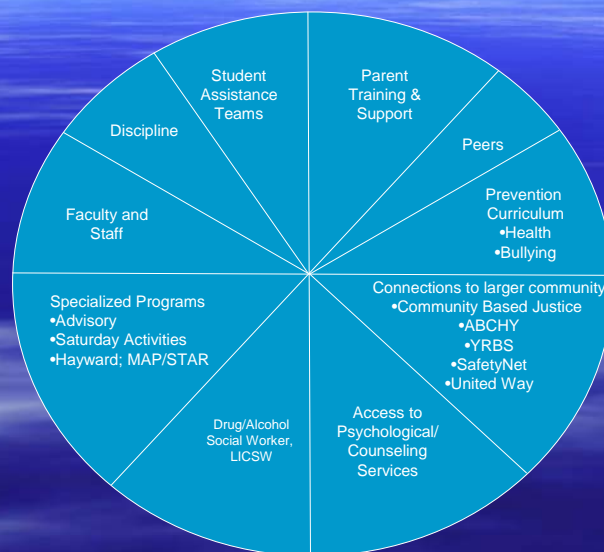
- **An environment that promotes social development and emotional and physical well-being for the entire school community.**
- An excellent academic program that prepares all students to achieve their individual potential.
- Diverse extracurricular opportunities accessible to all students that provide for student growth.
- A community that welcomes and respects the differences among us.
- Literacy, communication and technology skills for life long learning.
- Educational policy and resource decisions informed by research and evidence.



Health & Risk Factors of Our Youth

- Alcohol Use
- Drug Use (marijuana & illicit drugs)
- Mental Health
- Suicide

What Does School Provide?



Strategies for Prevention

Home/School Community Partnerships

- Memorandum of Understanding (MOU)
 - 2 (two) School Resource Officers (SROs)
- Participation in monthly Community Based Justice (CBJ) Meetings
- Bi-Annual Participation in Youth Risk Behavior Survey (2012 Results available by September 30th)
- Acton-Boxborough Coalition for Healthy Youth (ABCHY)
- United Way
- Safety Net

Strategies for Prevention

Clinical Supports

- Counselor/Psychologist in all schools
 - Elementary Schools (1 counselor per school, 2 shared psychologists)
 - RJ Grey (4 counselors, 2 psychologists)
 - ABRHS (12 counselors, 4 psychologists, .2, Drug/Alcohol Counselor)
- Stress Reduction (Grades 7-12)

Strategies for Prevention

Educational Initiatives and Practices

- Health Education Curriculums (Grades K-10)
- Social Curriculums in all schools
 - Bully-Proofing Your School
 - Steps to Respect
 - Open Circle
 - Second Step
- ABRHS Advisory Program

Strategies for Prevention

Social

- Access to healthy social events
 - Saturday Night Activities
 - Multiple dances, sporting events, performances
- Supervision
 - Breathalyzer
 - Administrative and Police presence
- Follow-up on community-based incidents
 - Education
 - Counseling
 - Consequences for athletics and student activities

Strategies for Prevention

Discipline

- Video Monitoring on Buses
- Breathalyzer
- 2011-2012
 - 35 suspensions for drug offenses, 8 for alcohol
 - 2 expulsions
- Anonymous Reporting Mechanisms
- Upgrade of External Cameras

In the Works *For Immediate Action*

- Community Forum featuring Chris Herren
- Specialized Training for Teachers
- More Saturday Night Activities
- Advisory Program
- Grade 11 Health & Physical Education Class

Going Forward

Short Term & Long Range Goals

Examine Resources

- Town Positions
- School Positions
- SROs

Expand Interagency Collaboration

- Police, fire, schools, social worker

Ideas under consideration

- Drug dogs
- Reduction of Student Privileges
- Expand chemical health contracts beyond athletics and student activities
- Increase campus security (Monitors)

REPORT ON
THE 2010 YOUTH RISK BEHAVIOR SURVEY
FOR STUDENTS IN GRADES 6, 8, 9, 10, 11, AND 12
FOR THE
ACTON PUBLIC SCHOOLS
AND THE
ACTON-BOXBOROUGH REGIONAL SCHOOLS

PREPARED BY:

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HAVERHILL, MA 01831

SEPTEMBER 2010

ALCOHOL USE

- **54.0%** of all respondents (57.4% - aggregate) (73% - MA YRBS) **report having had at least one drink of alcohol (other than for religious reasons) on at least one occasion during their lives** and **8.5%** (10.7% - aggregate) (20% - MA YRBS) **report having had their first drink of alcohol before the age of 13**. The incidence of lifetime alcohol use increased each year by grade (grade 9 – 34.1%, grade 10 – 51.6%, grade 11 – 60.8%, grade 12 – 71.8%) (females – 51.2%, males – 56.3%).
- **Nearly one-third (32.5%)** of all respondents (35.1% - aggregate) (46% - MA YRBS) **report having had at least one drink of alcohol on at least one occasion during the thirty days prior to the survey**. The incidence of recent alcohol use also increased each year by grade (grade 9 – 14.5%, grade 10 – 27.5%, grade 11 – 37.7%, grade 12 – 52.3%). Male respondents (34.3%) report doing so slightly more frequently than females (30.5%).
- **21.7%** of all respondents (22.6% - aggregate) (28% - MA YRBS) **report having had five or more drinks of alcohol in a row** (within a couple of hours) on at least one occasion during the thirty days prior to the survey. The incidence of recent binge drinking increased each year by grade (grade 9 – 7.7%, grade 10 – 16.1%, grade 11 – 25.7%, grade 12 – 38.3%). Again, males report this behavior more frequently (females – 18.7%, males – 24.5%).
- **One quarter (24.8%)** of all respondents (27.1% - aggregate) **report having attended parties held in homes in their school district where alcohol use by teens was allowed, either occasionally or frequently** during the twelve months prior to the survey. The incidence of this experience increased each year by grade (grade 9 – 9.5%, grade 10 – 21.4%, grade 11 – 31.7%, grade 12 – 38.4%). There was no variation by gender.
- **When asked their perception about how many students at their grade level in their school had used alcohol during the previous month, 19.3% believed that over three-quarters of their peers had done so and another 34.7% (total of 54.0%) believed that over half had done so. In fact, 32.5% of all respondents actually report having used alcohol during the previous month.**

ILLEGAL DRUG USE

- **29.2%** of all respondents (32.5% - aggregate) (41% - MA YRBS) **report having ever used marijuana** and **3.0%** (4.4% - aggregate) (9% - MA YRBS) **report having done so for the first time before the age of 13**. The incidence of lifetime marijuana use increased significantly each year by grade (grade 9 – 10.6%, grade 10 – 23.4%, grade 11 – 35.1%, grade 12 – 49.5%) (females – 24.5%, males – 33.5%). Further, **21.1%** of all respondents (22.9% - aggregate) (25% - MA YRBS) **report having used marijuana on at least one occasion during the thirty days prior to the survey** (females – 15.5%, males – 26.0%).
- **When asked their perception about how many students at their grade level in their school had used marijuana during the previous month, 7.7% believed that over three-quarters of their peers had done so** and another 21.0% (total of 28.7%) believed that over half had done so. In fact, **21.1%** of all respondents actually **report having used marijuana during the previous month**.
- **7.6%** of all respondents (8.5% - aggregate) **report having used someone else's prescription medication** during the twelve months prior to the survey (grade 9 – 4.8%, grade 10 – 6.7%, grade 11 – 7.2%, grade 12 – 11.3%). There was no variation by gender.
- **3.6%** all respondents (4.9% - aggregate) (9% - MA YRBS) **report having ever used any form of cocaine, including powder, crack, or freebase**. The incidence of lifetime cocaine use was highest among respondents from grade 12 (grade 9 – 2.1%, grade 10 – 3.5%, grade 11 – 1.6%, grade 12 – 6.2%) (females – 2.4%, males – 4.7%).
- **2.9%** all respondents (4.2% - aggregate) **report having sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high** on at least one occasion during the thirty days prior to the survey (grade 9 – 1.9%, grade 10 – 2.3%, grade 11 – 0.7%, grade 12 – 5.4%) (females – 1.4%, males – 4.2%).
- **4.0%** of all respondents (5.1% - aggregate) (7% - MA YRBS) **report having ever used MDMA (i.e. ecstasy, "E", "X")** (grade 9 – 2.4%, grade 10 – 3.2%, grade 11 – 2.3%, grade 12 – 6.7%). Male respondents (4.9%) report doing so slightly more frequently than females (2.9%).

ILLEGAL DRUG USE (CONT'D)

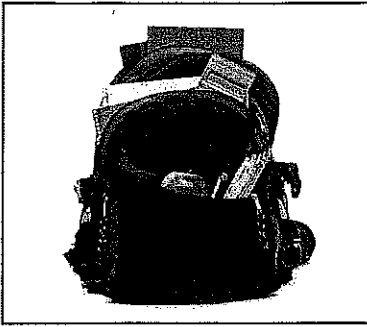
- **7.5%** all respondents (8.1% - aggregate) **report having ever used any “other type” of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB.** The incidence of this behavior was highest in grade 12 (grade 9 – 3.7%, grade 10 – 6.5%, grade 11 – 5.8%, grade 12 – 13.4%) and was higher among males (females – 4.6%, males – 10.1%).
- **Nearly one-fourth (23.2%)** of all respondents (18.0% - aggregate) (27% - MA YRBS) **report having been offered, sold, or given an illegal drug on school property** on at least one occasion during the twelve months prior to the survey. The incidence of this experience increased each year by grade (grade 9 – 15.2%, grade 10 – 22.8%, grade 11 – 26.2%, grade 12 – 29.2%). Male respondents (29.5%) were much more likely to have been offered, sold, or given an illegal drug on school property than were females (16.2%).

ILLEGAL DRUG USE

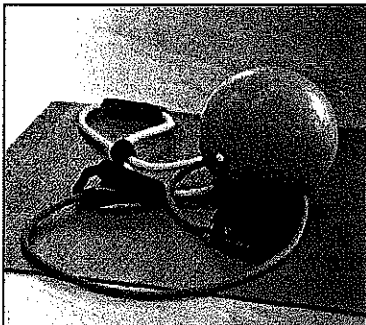
- **0.5%** of sixth grade respondents (0.6% - aggregate) and **8.0%** of eighth grade respondents (8.5% - aggregate) **report having ever used marijuana** (grade 8: females – 3.4%, males – 13.6%). Further, **3.0%** of eighth graders **report having used marijuana for the first time before the age of 12.**
- **0.3%** of sixth grade respondents (0.4% - aggregate) and **5.3%** of eighth grade respondents (6.0% - aggregate) **report having used marijuana on at least one occasion during the thirty days prior to the survey** (grade 8: females – 2.6%, males – 8.6%).
- **When eighth graders were asked their perception about how many students at their grade level in their school had used marijuana during the previous month, 21.5% believed that at least one-quarter of their peers had done so. In fact, 5.3% of all eighth grade respondents actually report having used marijuana during the previous month.**
- **7.4%** of sixth grade respondents (4.6% - aggregate) and **6.8%** of eighth grade respondents (6.2% - aggregate) **report having sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high** at least once during the thirty days prior to the survey. Males in both grades (grade 6 – 9.6%, grade 8 – 12.3%) report using inhalants recently more frequently than females (grade 6 – 5.0%, grade 8 – 2.3%).
- **4.7%** of eighth graders (4.6% - aggregate) **report having used someone else's prescription medication** during the twelve months prior to the survey (females – 2.2%, males – 7.8%).
- **0.8%** of sixth grade respondents (0.6% - aggregate) and **2.9%** of eighth graders (2.5% - aggregate) **report having ever taken steroid pills or shots without a prescription** (grade 8: females – 1.1%, males – 5.1%).
- **1.3%** of sixth grade respondents (0.7% - aggregate) and **11.8%** of eighth grade respondents (7.2% - aggregate) **report having been offered, sold, or given an illegal drug on school property** during the twelve months prior to the survey (grade 8: females – 6.8%, males – 17.9%).

ALCOHOL USE

- **4.2%** of sixth grade respondents (3.7% - aggregate) and **21.4%** of eighth grade respondents (19.8% - aggregate) **report having ever had a drink of alcohol other than for religious reasons** (grade 6: females – 3.3%, males – 5.1%; grade 8: females – 13.5%, males – 31.3%). Further, **5.0%** of sixth graders and **8.0%** of eighth graders **report having done so for the first time before the age of 12.**
- **2.4%** of sixth grade respondents (1.8% - aggregate) and **10.1%** of eighth grade respondents (9.8% - aggregate) **report having had at least one drink of alcohol on at least one occasion during the thirty days prior to the survey.** There was no variation by gender in grade 6 while in grade 8 males (15.9%) report recent alcohol use much more frequently than females (5.3%).
- **5.6%** of eighth grade respondents (5.7% - aggregate) **report having attended parties held in homes in their school district where alcohol use by teens is allowed,** either occasionally or frequently during the twelve months prior to the survey. Male respondents (9.6%) report this experience more frequently than females (2.3%).
- **When eighth graders were asked their perception about how many students at their grade level in their school had used alcohol during the previous month, 35.9% believed that over one-quarter of their peers had done so.** In fact, **10.1%** of all eighth grade respondents actually **report having used alcohol during the previous month.**



2011 Health and Risk Behaviors of Massachusetts Youth



Massachusetts Department of Elementary and
Secondary Education

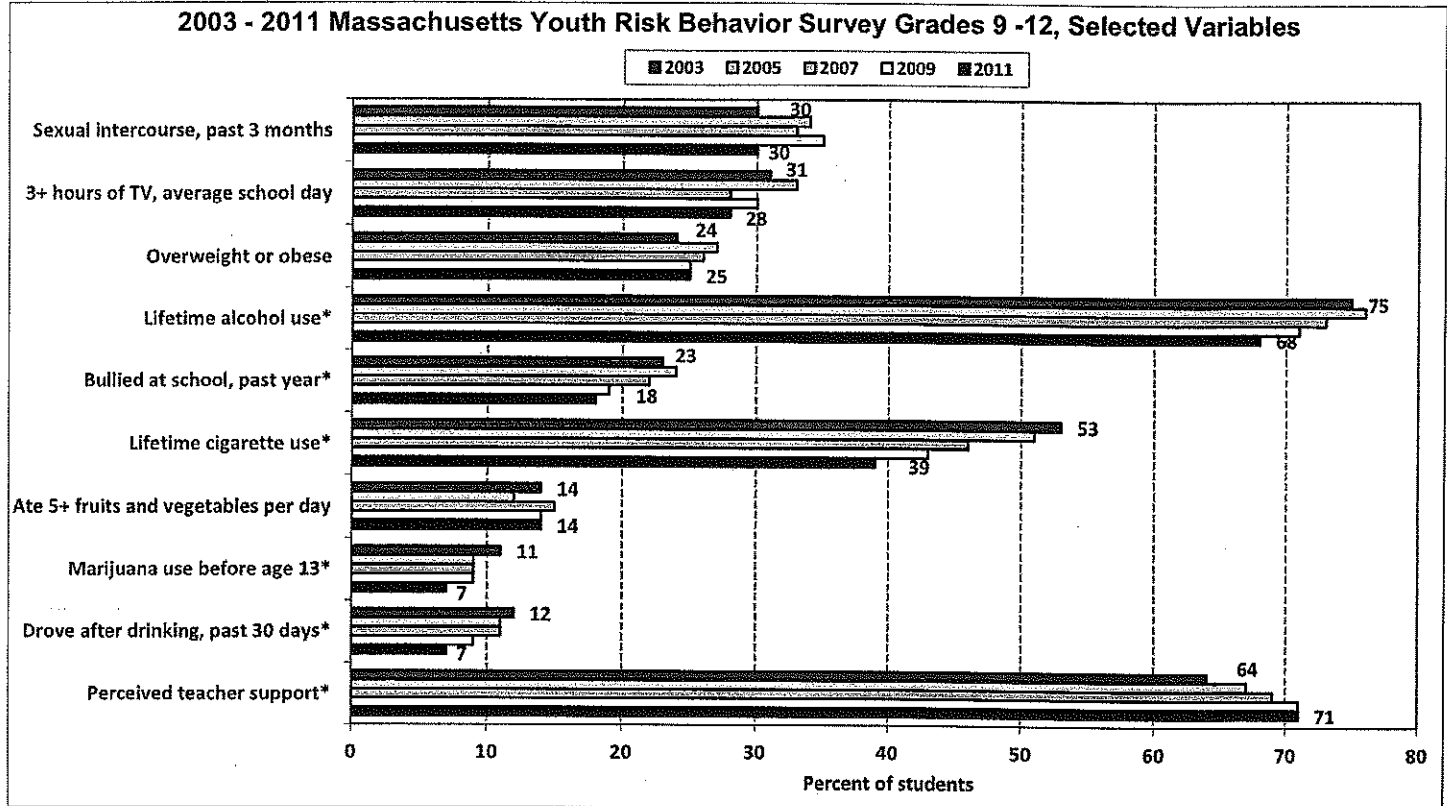
Massachusetts Department of Public Health

May 2012

EXECUTIVE SUMMARY

INTRODUCTION

Health and Risk Behaviors of Massachusetts Youth, 2011, is the product of a collaborative effort between the Massachusetts Department of Elementary and Secondary Education (ESE) and Department of Public Health (DPH) to conduct two youth surveys in Massachusetts public secondary schools in the spring of 2011. Altogether, 8,925 students in 137 schools participated in the surveys. ESE's Massachusetts Youth Risk Behavior Survey measures high school risk behaviors over time. DPH's Youth Health Survey provides a snapshot of middle school student risk behaviors as well as other health status indicators in high school.



SUMMARY OF KEY FINDINGS

Many adolescent risk behaviors have shown significant improvements since 2003. Since 2003 improvements have been seen in the areas of substance use, nutrition, violence and personal safety. In particular, a lower percentage of high school students in 2011 have ever used alcohol, driven after drinking, used marijuana before age 13, and been bullied at school. Also, more students are reporting eating breakfast every day, using seatbelts, and feeling there was a teacher in their school they could talk to about a problem.

Many important risk areas remain statistically unchanged since 2003. Among high school students, there have been no significant changes in the percent reporting any lifetime sexual intercourse, condom use at last intercourse among sexually active youth, or ever having been/gotten someone pregnant. Also unchanged are high school students' reports of physical education, physical activity, suicidal thought and behaviors, mental health indicators, and obesity.

Many risk behaviors begin in middle school; however, there have been some improvements in 2011. Compared to 2009, fewer middle school students reported using alcohol in their lifetime (20% vs. 26%), smoking cigarettes in their lifetime (10% vs. 15%), and drinking one or more glasses of soda on the day before the survey (34% vs. 39%). Also, more middle school students reported receiving A's, B's, or C's for grades in 2011 than in 2009 (92% vs. 87%). Indicators that have remained unchanged in middle school since 2009 include marijuana use, other drug use, physical activity, and weight.

Some factors that help protect against risky behaviors have worsened. The percentage of students reporting having ever been taught in school about HIV/AIDS continues to decline significantly.

Information regarding several risk and protective factors is beginning to emerge. In 2011, new questions about cyber-bullying, violence initiation, and support from teachers were asked. Seventeen percent (17%) of high school students reported being a victim of cyber-bullying and 10% of high school students reported initiating cyber-bullying in the past year. Sixty-three percent (63%) of high school students agreed or strongly agreed that their teachers really care about them and give them encouragement and support.

ALCOHOL USE

HIGH SCHOOL STUDENTS

Both the percentage of students who report ever having a least one drink of alcohol (lifetime use) and the percentage of students having their first alcoholic drink, other than a few sips, before the age of 13 years have been declining significantly since 2003.

Forty percent (40%) of students reported having an alcoholic beverage in the previous 30 days (current use). Nearly one quarter (22%) reported binge drinking (having five or more drinks of alcohol in a row within a couple of hours) in the previous 30 days.

Ninth graders were significantly less likely than both eleventh and twelfth graders to report lifetime alcohol use (58% vs. 72% and 78%), current alcohol use (29% vs. 41% and 53%) and current binge drinking (13% vs. 25% and 34%). In contrast, they were significantly more likely than their older peers to have had their first drink before age 13 (21% vs. 11% and 12%).

Tenth grade students were significantly less likely than twelfth grade students to report lifetime alcohol use (64% vs. 78%), current alcohol use (39% vs. 53%), and current binge drinking (19% vs. 34%). They were significantly more likely to report alcohol use before age 13 (13% vs. 12%) than twelfth graders.

MIDDLE SCHOOL STUDENTS

The percent of middle school students who reported ever having at least one drink of alcohol in their lifetime (lifetime use) was 20% in 2011, significantly lower than 26% in 2009.

Eight percent (8%) of students reported current alcohol use and 3% of students reported current binge drinking in 2011.

Alcohol use indicators show an increase as grade level increases. In 2011, lifetime use of alcohol was 8% for 6th graders and 33% for 8th graders. Current use of alcohol was 2% in 6th grade and 14% in 8th grade.

Figure 4: Alcohol Use Among High School Students, 2003-2011 (MYRBS)

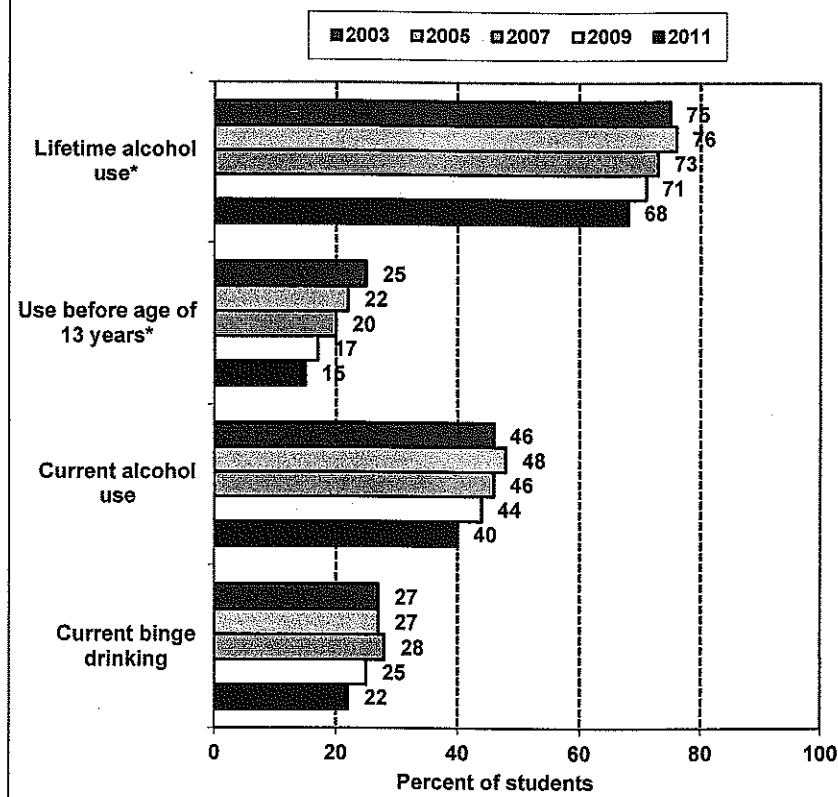
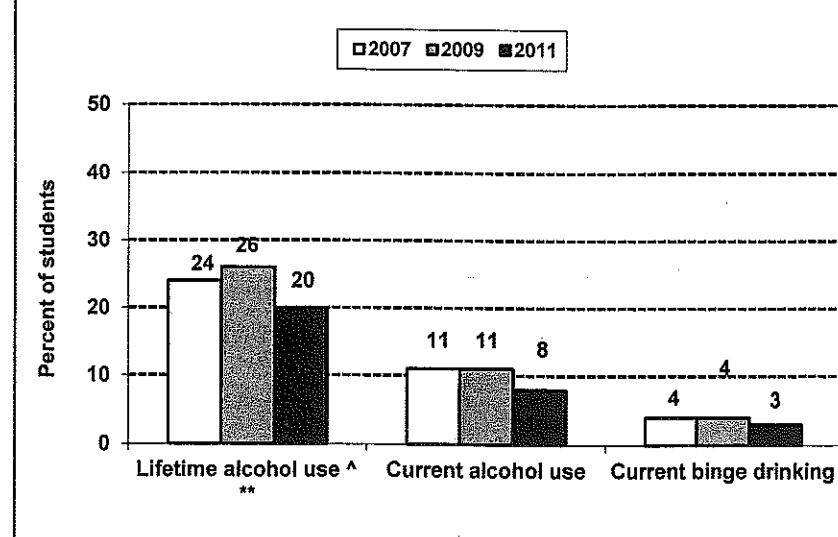


Figure 5: Alcohol Use Among Middle School Students, 2007-2011 (MYHS)



* Statistically significant increase or decrease over time ^ Percentages reflect a change in variable calculation ** Statistically significant difference comparing 2009 and 2011

MARIJUANA USE

HIGH SCHOOL STUDENTS

In 2011, forty-three percent (43%) of all high school students reported having used marijuana in their lifetime and slightly more than one quarter (28%) used marijuana in the past 30 days.

Seven percent (7%) of students reported having used marijuana before the age of 13, which has been significantly declining since 2003.

Male students were more likely than female students to report lifetime use (49% vs. 38%) and current use (33% vs. 23%).

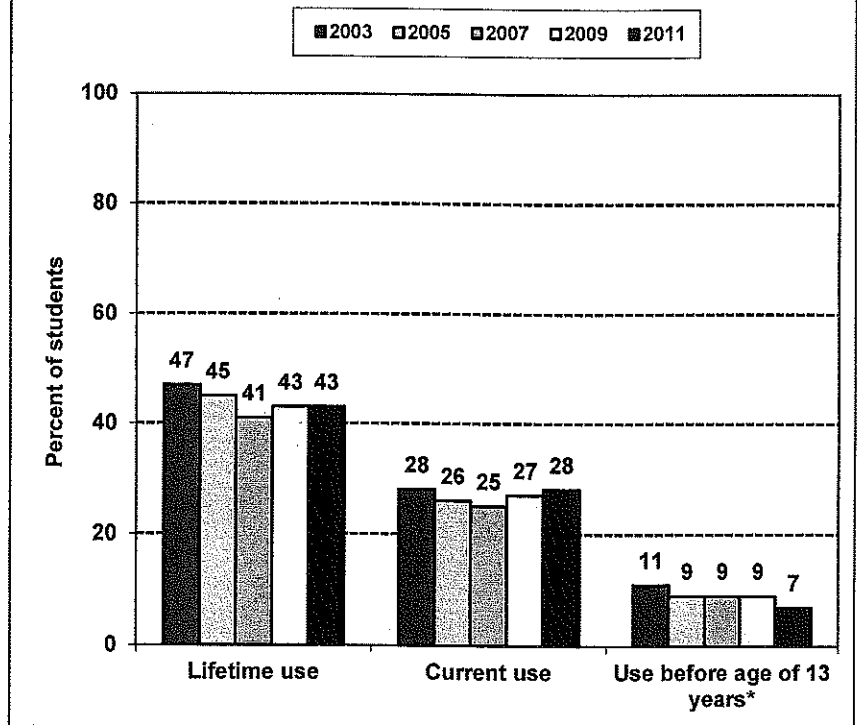
Ninth and tenth graders were significantly less likely than eleventh or twelfth graders to report have ever used marijuana (31% and 38% vs. 50% and 55%).

Current marijuana use was significantly more likely among twelfth grade students (35%) than ninth grade students (20%).

Less than half (40%) of high school students reported that they believe smoking marijuana occasionally would be a moderate or great risk to their health (MYHS 2011).

Seventy-nine percent (79%) of high school students reported that it would be very easy or fairly easy for them to obtain marijuana (MYHS 2011).

Figure 8: Marijuana Use Among MA High School Students, 2003-2011 (MYRBS)



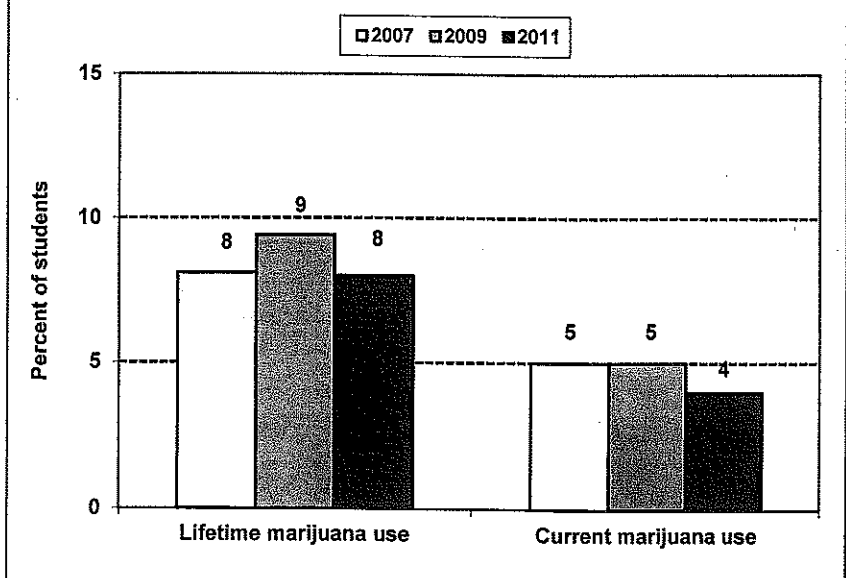
MIDDLE SCHOOL STUDENTS

In 2011, 8% of middle school students reported having used marijuana at least once in their lives. Four percent (4%) of respondents reported current use of marijuana in 2011.

Reported lifetime marijuana use among middle school students increases by grade level (2% in 6th grade, 7% in 7th grade, and 15% in 8th grade). Current use of marijuana also increases by grade level (1% in 6th grade, 4% in 7th grade, and 6% in 8th grade).

Seventy-nine percent (79%) of middle school students thought smoking marijuana occasionally would be a moderate or great risk to their health.

Figure 9: Marijuana Use Among MA Middle School Students, 2007-2011 (MYHS)



* Statistically significant increase or decrease over time

OTHER ILLICIT DRUG USE

HIGH SCHOOL STUDENTS

The reported use of ecstasy, methamphetamines, and steroids by high schools students has been significantly declining.

Two percent (2%) of students have used a needle to inject illegal drugs.

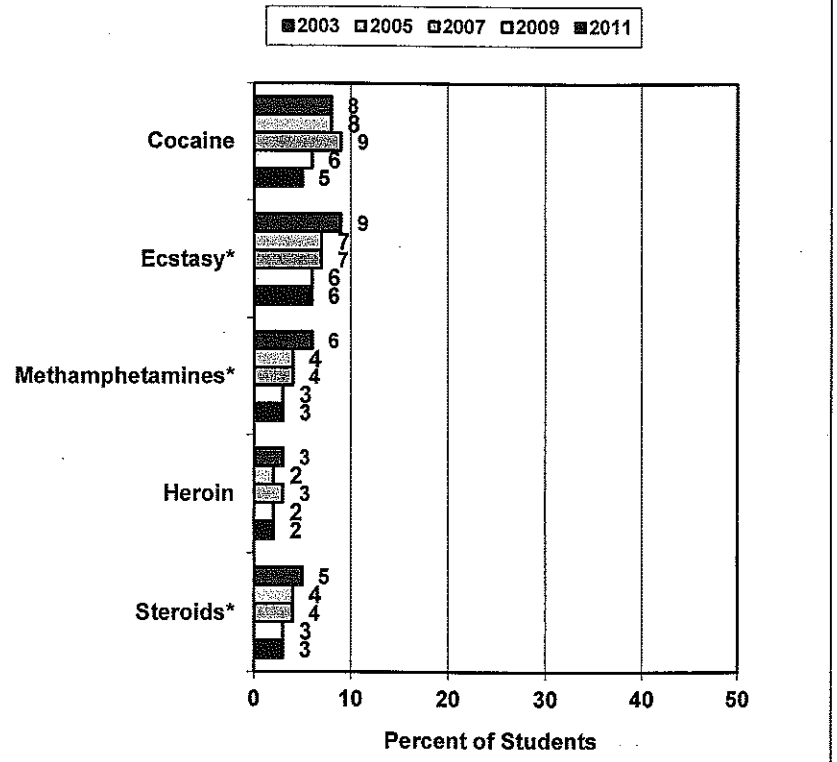
Five percent (5%) of all high school students used inhalants in the month before the survey.

Male students were significantly more likely to report lifetime use of cocaine (7% vs. 3%), ecstasy (7% vs. 4%) and needles to inject drugs (3% vs. 1%).

In 2011, fifteen percent (15%) of high school students reported ever taking a prescription drug that was not their own. Six percent reported this behavior in the previous 30 days. (MYHS 2011)

Eight percent (8%) of high school students reported taking over-the-counter medication to get high at least once in their lifetime. (MYHS 2011)

Figure 10: Lifetime Use of Other Drugs by MA High School Students, 2003-2011 (MYRBS)



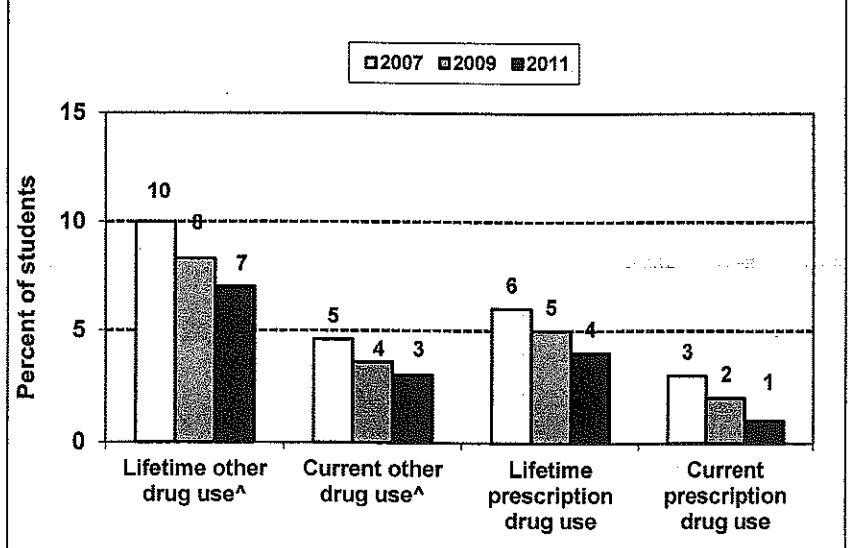
MIDDLE SCHOOL STUDENTS

In 2011, 4% of middle school students reported lifetime use of prescription drugs that were not their own while 1% reported current use.

The "other drug" category includes inhalants, heroin, cocaine, amphetamines, methamphetamines, and ecstasy. In 2011, 7% of middle school students reporting using these drugs in their lifetime and 3% of students reported using in the past 30 days.

In 2011, 2% of middle school students reported taking over-the-counter medicine to get high (during their lifetime).

Figure 11: Other Drug Use by MA Middle School Students, 2007-2011 (MYHS)



* Statistically significant increase or decrease over time ^ Other drug category is comprised of inhalants, heroin, cocaine, amphetamines, methamphetamines, or ecstasy

HIGH SCHOOL STUDENTS

The 2011 Massachusetts Youth Risk Behavior Survey included several measures of substance use on school property. These included alcohol, cigarette and marijuana use in the previous 30 days and having been offered, sold or given drugs in the previous year.

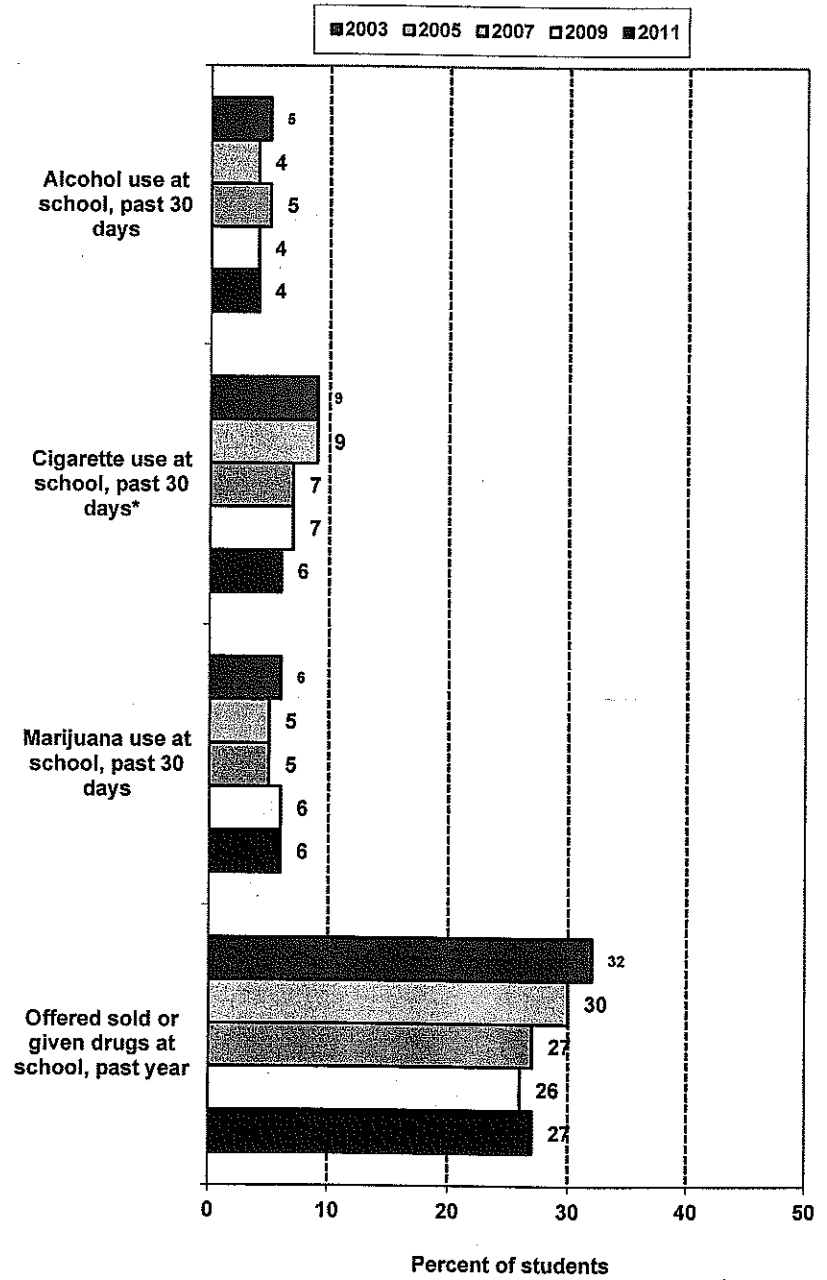
Overall, cigarette smoking on school property in the past 30 days has been significantly declining. A larger proportion of males than females reported they had smoked cigarettes on school property in the past 30 days (8% and 4%, respectively).

Four percent (4%) of high school students reported drinking alcohol on school property on one or more of the past 30 days.

Male students were more than twice as likely to report having used marijuana on school property in the past 30 days than female students, 9% and 4% respectively.

Twenty-seven percent (27%) of high school students reported being offered, sold, or given an illegal drug by someone on school property during the previous 12 months. A significantly larger percentage of male students (31%) reported this experience than female students (23%).

Figure 12: Substance Use on School Property Among MA High School Students, 2003-2011 (MYRBS)



(Note: Questions regarding substance use at school only appear on the Massachusetts Youth Risk Behavior Survey and therefore are only asked of high school students.) * Statistically significant increase or decrease over time