PREVENTION PROGRAMMING AND EVALUATION FINDINGS 2021-2022

11 programs implemented

Be Part of the Conversation
Botvin Life Skills Training
CATCH My Breath
Guiding Good Choices
Strong African American Families
Second Step
Signs of Suicide
Strengthening Families 10-14
Student Assistance Program
Too Good for Drugs
Vaping Prevention Plus Wellness

Montgomery County School Districts

Highlighted school districts are those that received Drug & Alcohol programming in the 2021-2022 school year.

32,795 surveys completed
15,152 students reached
972 parents reached

The data reflected in this report highlights important information about the scope of data collection and key findings for a selection of the County’s evidence-based programs provided in schools during the 2021-22 school year.

WestEd has been funded by the Office of Drug and Alcohol in Montgomery County to assist in evaluation planning, program evaluation implementation, and comprehensive reporting of alcohol and drug programming in the county. WestEd is a nonpartisan, nonprofit research, development, and service agency working to improve education and other important outcomes for children, youth, and adults.

WestEd has designed data collection procedures, trained providers on data collection, and conducted analyses of the evaluation data collected from students participating in evidence-based programs provided in Montgomery County schools as well as other prevention programming offered throughout the county.

Questions? Contact Katie Kucz, MPH — Prevention Coordinator, Office of Drug and Alcohol, Montgomery County Department of Health and Human Services. To see more program results visit https://montcopaprevdata.org/
Press Release: Montgomery County Awarded Grants to Support Student Assistance Programs

Drug & Alcohol Funding
- FY 15/16: $320,000
- FY 16/17: $317,953
- FY 17/18: $320,053
- FY 18/19: $350,514
- FY 19/20: $427,470
- FY 20/21: $1,872,000

Mental Health Funding
- FY 15/16: $639,109
- FY 16/17: $668,647
- FY 17/18: $842,875
- FY 18/19: $1,469,499
- FY 19/20: $1,946,823
- FY 20/21: $697,614

MINI-GRANTS GIVEN TO 3 MINI-GRANTEES TOTALING $15,175
- 1 private school
- 1 community organization
- 1 coalition
## Too Good for Drugs

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Pre-Test (%)</th>
<th>Post-Test (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broken Record</td>
<td>24%</td>
<td>70%</td>
</tr>
<tr>
<td>Better Idea</td>
<td>39%</td>
<td>80%</td>
</tr>
<tr>
<td>State the Facts</td>
<td>49%</td>
<td>88%</td>
</tr>
<tr>
<td>Know Alcohol Amount</td>
<td>37%</td>
<td>71%</td>
</tr>
</tbody>
</table>

## Catch My Breath

<table>
<thead>
<tr>
<th>Statement</th>
<th>Pre-Test (%)</th>
<th>Post-Test (%)</th>
<th>Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>E-cigarette vapor contains mostly water</td>
<td>79%</td>
<td></td>
<td>33%</td>
</tr>
<tr>
<td>Water is not a main part of E-liquid (e-juice)</td>
<td>67%</td>
<td></td>
<td>29%</td>
</tr>
<tr>
<td>Direct pressure is advertising paid for by the tobacco industry</td>
<td>74%</td>
<td></td>
<td>26%</td>
</tr>
<tr>
<td>Most E-cigarettes, including JUUL, contain nicotine</td>
<td>93%</td>
<td></td>
<td>16%</td>
</tr>
<tr>
<td>Most sweet, candy, and fruit flavored E-cigarettes contain nicotine</td>
<td>91%</td>
<td></td>
<td>21%</td>
</tr>
</tbody>
</table>
SIGNS OF SUICIDE

MOST SUICIDE ATTEMPTS OCCUR WITHOUT ANY WARNING SIGNS OR CLUES – % FALSE

63% pre
80% post
change in 23% getting this correct

DEPRESSION IS AN ILLNESS THAT DOCTORS CAN TREAT – % TRUE

52% pre
75% post
change in 23% getting this correct
SECOND STEP FINDINGS

SUMMATIVE: Same finding as last year, nearly all students in K-2 identified belly breathing as a strategy for calming down & identified other strategies for calming down

DESSA

The Devereux Student Strengths Assessment (DESSA) is a strengths-based measure of social-emotional behaviors related to resilience, social-emotional competence, and school success for children in Kindergarten through 8th grade.

After participating in the Second Step program:

5% of students scored in the **NEED** range

- a decrease of 12 percentage points

Children with scores in the NEED range can be considered at risk for exhibiting or developing social-emotional problems.

43% of students scored in the **STRENGTH** range

- an increase of 23 percentage points

Children with scores in the STRENGTH range can be considered NOT at risk for exhibiting or developing social-emotional problems.

OTHER PROGRAMS

BE A PART OF THE CONVERSATION PARENT FORUMS

3 VIRTUAL PARENT PROGRAMS REACHING 129 PARENTS

- 2 alcohol prevention programs
- 1 addiction training

100% of participants felt they were aware of resources after attending the program
85.7% of participants found the presentations very helpful

88.1% of participants would attend another Be a Part of the Conversation program
88.1% of participants would recommend a Be Part of the Conversation program to a friend

YOUTH MARIJUANA PREVENTION PROJECT (YMPP)

A FIVE-YEAR INITIATIVE FUNDED BY THE MONTGOMERY COUNTY OFFICE OF DRUG & ALCOHOL

Our goals tie directly to the Identified Risk Factors from Montgomery County’s Needs Assessment process:

1. Reduce youth marijuana use in Montgomery County
2. Increase youth perceived risk of marijuana use
3. Increase youth perception of parental disapproval

<table>
<thead>
<tr>
<th>Activity</th>
<th>Participants</th>
<th>Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taking the Lead</td>
<td>36 participants</td>
<td></td>
</tr>
<tr>
<td>Parent Seminars</td>
<td>161 participants</td>
<td></td>
</tr>
<tr>
<td>School Policy Training</td>
<td>34 participants</td>
<td></td>
</tr>
<tr>
<td>Media Campaign</td>
<td>132,000 reached</td>
<td></td>
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**PARENT EVIDENCE-BASED EDUCATION PROGRAMS**

**PARENT EDUCATION**
- 12 non-evidenced based programs
- 111 parents reached

**3 EVIDENCED-BASED PROGRAMS**
- 6 Strengthening Families program cohorts, 154 youth and parents
- 14 Guiding Good Choices program cohorts, 177 youth and parents
- 4 Strong African American Families program cohorts, 42 youth and parents

**COMMUNITY PREVENTION**
- AlcoholEdu reaching 1,219 high school students
- Girls on the Run scholarships 29
- Mock Teen Bedrooms reaching 7
- Tip sheets for parents 1,400
- Social host takeout bags distributed to local restaurants 500
- Parents 144

**COALITION SUPPORT**
- Technical Assistance provided to 5 community coalitions:
  - 62 hours of technical assistance provided
  - 4 quarterly meetings
  - 2 learning communities
  - 4 session social media training
STUDENT ASSISTANCE PROGRAM (SAP)

<table>
<thead>
<tr>
<th></th>
<th>Drug &amp; Alcohol SAP Group</th>
<th>Mental Health SAP Group</th>
<th>Mental Health Individual Support (MH3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>499</td>
<td>1,128</td>
<td>2,982</td>
</tr>
<tr>
<td>Students</td>
<td>508</td>
<td>1,401</td>
<td>2,531</td>
</tr>
</tbody>
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SAP SERVICES

<table>
<thead>
<tr>
<th></th>
<th>634 SAP Screenings</th>
<th>4 SAP Maintenance Trainings</th>
<th>70.5% of parent/caregivers said they felt better after the screening process was complete</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Personnel</td>
<td>57</td>
<td></td>
<td></td>
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PA SAP trains school staff to identify alcohol, tobacco, other drugs, and mental health issues that act as barriers to student’s success.

The primary goal of SAP is to help students overcome barriers, remain in school, and advance academically.

Once students are referred to SAP, they complete a screening to assess domains such as drug and alcohol use, suicidal ideation, trauma, and other mental health issues.

Community or school based referrals are generated from the screening results.

SAP Liaisons meet in-person with students, parents, and school staff; they also attend SAP Team meetings.

For more information email: SAP@montcopa.org

On average (4.05 on a scale from 1 to 5, where 5 is strongly agree), most participants in SAP programming felt they learned skills to help make better choices.