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 2018-2019 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.
OVERALL FUNDING

Drug & Alcohol Funding:
- FY 15/16: $639,109
- FY 16/17: $668,647
- FY 17/18: $842,875
- FY 18/19: $1,469,499

Mental Health Funding:
- FY 15/16: $320,000
- FY 16/17: $317,953
- FY 17/18: $320,053
- FY 18/19: $350,514

FUNDING BY AGENCY & SERVICES

Aldersgate: $415,000
Creative Health Services: $310,000
Carson Valley Children’s Aid: $90,000
Merakey: $120,000
Family Services: $150,000
Be a Part of the Conversation: $50,000

MINI-GRAINS GIVEN TO 26 MINI-GRANTEES TOTALLING $82,000

10 school districts/schools
9 police departments
3 community organizations
2 coalitions
1 university
1 church
PROGRAM FINDINGS

**LIFE SKILLS**

- **DECREASED FAVORABLE ATTITUDES TOWARD DRUG & ALCOHOL USE**
  - 92% middle school students said this was false, an increase of 26 percentage points.

- **INCREASED KNOWLEDGE OF RISKS AND HARM**
  - 74% high school students said this was true, an increase of 18 percentage points.

**TOO GOOD FOR DRUGS**

- **INCREASED KNOWLEDGE ABOUT THE IMPACT OF DRUG & ALCOHOL USE ON THE BODY**
  - Smoking marijuana makes the heart beat faster, an increase of 50 percentage points.
  - A person's vision can be affected by drinking alcohol, an increase of 15 percentage points.

**4TH GRADE STUDENTS**

- 45% knew what an over-the-counter drug is, an increase of 26 percentage points.
- 56% knew marijuana slows a person's reaction time, an increase of 16 percentage points.
- 44% correctly identified impacts of inhalant use, an increase of 19 percentage points.

**CLASS ACTION**

- **INCREASED AWARENESS OF IMPACTS OF ALCOHOL USE**
  - At least 50% of teen deaths are related to alcohol, an increase of 17 percentage points.

- **DECREASED FAVORABLE ATTITUDES TOWARD DRUG & ALCOHOL USE**
  - Fewer students agreed.

- **INCREASED KNOWLEDGE OF RISKS AND HARM**
  - 74% agreed an increase of +17%.
SIGNS OF SELF-INJURY

- More students agreed
- People can replace self-injury with a new, healthier coping mechanism.

SIGNS OF SUICIDE

- More students disagreed
- Self-injury is the same as a suicide attempt.

IMPROVEMENT IN MENTAL HEALTH AWARENESS

- 77% agreed
- Depression is an illness that doctors can treat.
- An increase of 28 percentage points

- 95% disagreed
- The best thing to tell a suicidal friend is to ‘pull yourself together & things will get better.’
- An increase of 17 percentage points

- 98% agreed
- Drug and/or alcohol abuse is a sign that a person might be depressed and/or suicidal.
- An increase of 7 percentage points

- 87% disagreed
- Most suicide attempts occur without any warning signs or clues.
- An increase of 13 percentage points
Nearly all students reported:

- You can calm down by using belly breathing — or putting your hands on your belly and breathing in and out slowly.

The majority of students knew:

- The steps to calming down begin with “Name your feeling” & “Stop what you are doing.”

Nearly all students knew:

- Use belly breathing to calm down

- Nearly all students knew:
  - Problem-solving skills, including saying the problem, thinking of solutions, and exploring consequences

- Skills for learning include focusing attention, listening, & using your ears and brain to focus attention.
11 PARENT PROGRAMS REACHING 222 MONTGOMERY COUNTY PARENTS

- 5 elementary parent presentations
- 5 vaping prevention parent presentations
- 1 teenage substance abuse parent presentation

92% of participants found the presentations very helpful

88% of participants felt confident talking about the topic after attending the program

93% of participants felt they were aware of resources after attending the program

95% of participants would recommend a Be Part of the Conversation program to a friend
IN THE 2018–2019 SCHOOL YEAR 1,466 STUDENTS PARTICIPATED IN DRUG & ALCOHOL (D&A) SAP GROUPS

- **Drug & Alcohol** SAP Group hours: 2,366
- **Mental Health** SAP Group hours: 1,009
- **Mental Health 3** Group hours: 1,173

707 STUDENTS RECEIVED BHWORKS SCREENINGS

- 88% reported they would attend another program like SAP in the future
- 92% said they would recommend to a friend
- Knowledge about topics covered in the SAP increased on average from “a little” to “a lot”

On average, participants reported being more comfortable talking about the topic after participating in the SAP group

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 student, parents, and school staff; they also attend SAP Team meetings.

On average, participants reported being very satisfied with SAP services