

## 2013 STUDENT SURVEY AND FOCUS GROUP RESULTS

*Hermon School Board  
March 10, 2014*

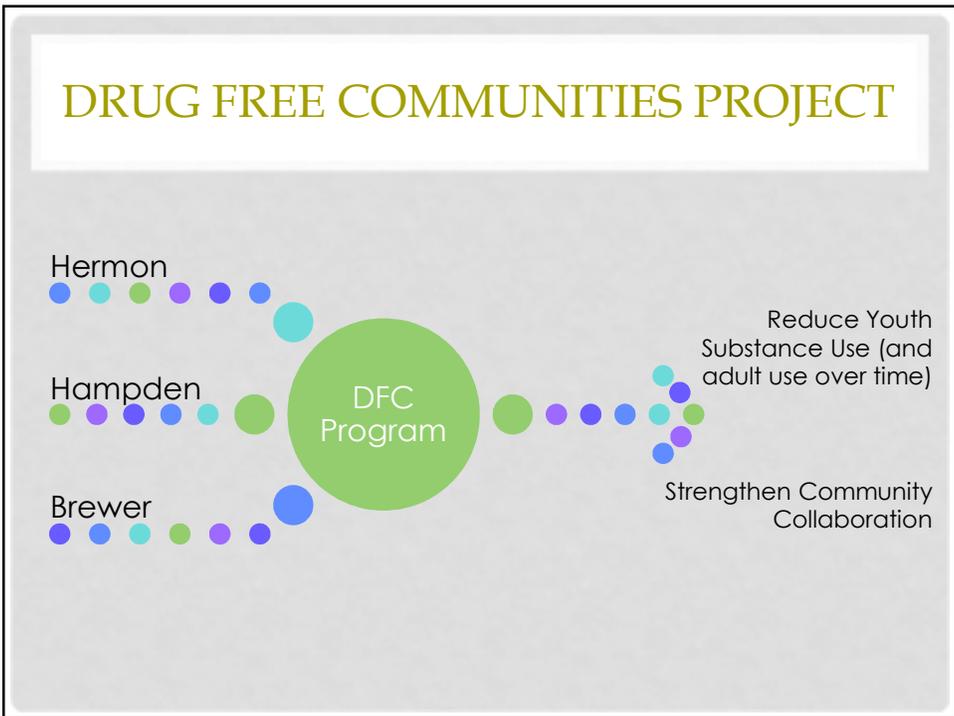
*Prepared by Hornby Zeller Associates, Inc. and  
Bangor Region Public Health and Wellness*

## TONIGHT'S GOALS

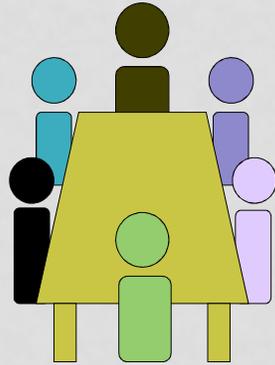
- Review Drug Free Communities Project
- Examine local information from surveys and focus groups
- Discuss implications and next steps

**OVERVIEW OF THE DRUG  
FREE COMMUNITIES PROJECT**

*ROBIN CARR-SLAUENWHITE, DFC COORDINATOR*



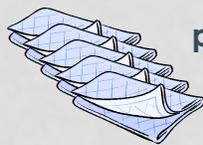
## THE COALITION MODEL



- Schools
- Parents
- Healthcare
- Social Service
- Law Enforcement
- Parents
- Youth
- Faith Community
- Local Government
- Business
- Media

## THE COALITION'S CHARGE

- **GOAL # 1:** Reduce youth substance use
- **GOAL # 2:** Increase community collaboration
- Achieve the goals by using environmental strategies



**pass out blankets  
or turn up the heat?**



What can we do to ENCOURAGE the behavior we do want to see? And, DISCOURAGE the behavior we don't want to see?

# FINDINGS AND TRENDS AROUND SUBSTANCE USE

*HORNBY ZELLER ASSOCIATES, INC. ON BEHALF OF  
BANGOR REGION PUBLIC HEALTH AND WELLNESS*

## DATA SOURCES

- Maine Integrated Youth Health Survey (MIYHS)
  - Middle and High School Students (grades 7 through 12)
  - Administered in 2009, 2011 and 2013
- Focus Groups conducted at local area schools with students and personnel

## HOW MANY PARTICIPATED?

### MIYHS (February 2013)

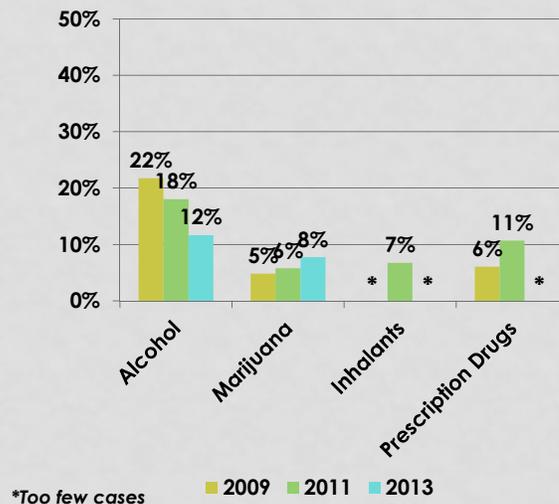
	2009	2011	2013
Hermon Middle School	139	127	136
Hermon High School	384	521	420

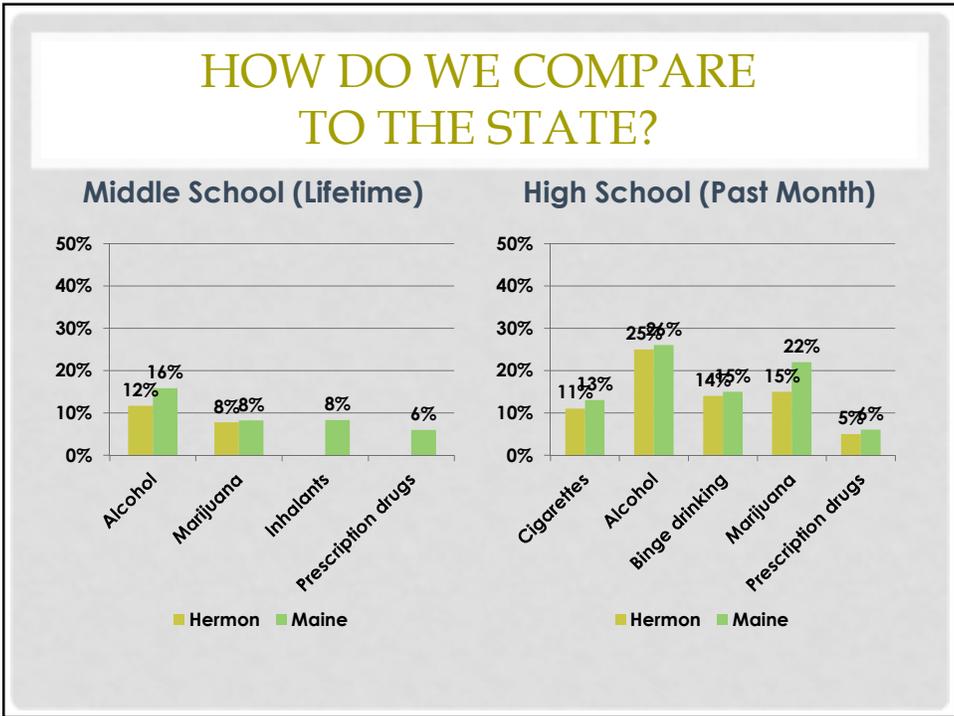
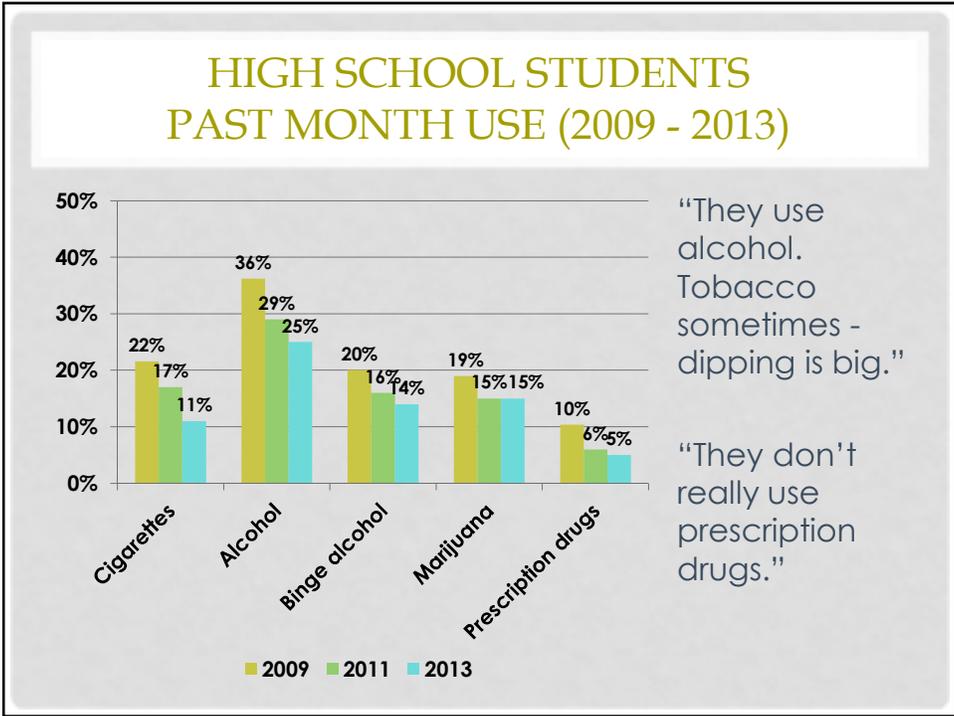
### Focus Groups (Spring 2013)

- Hermon High School
  - 8 students (5 boys, 3 girls)
- Hermon Middle School
  - 9 students (3 boys, 6 girls)
- 10 Staff (MS/HS)

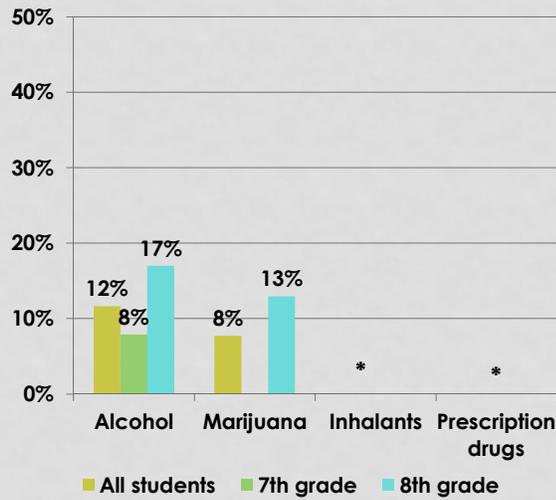
## MIDDLE SCHOOL STUDENTS LIFETIME USE (2009 - 2013)

“There is not a lot of drugs and alcohol, but there is other stupid stuff.”



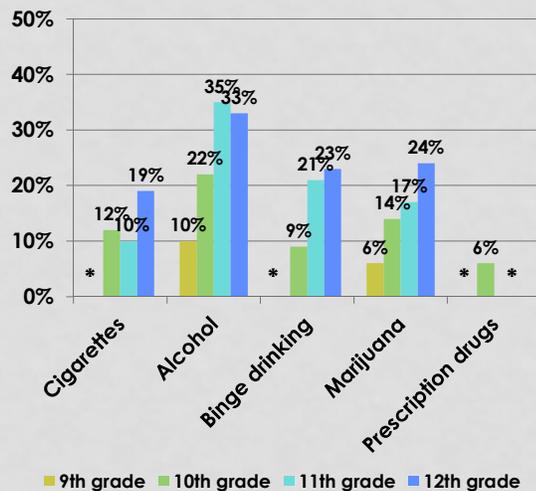


### LIFETIME SUBSTANCE USE AMONG MIDDLE SCHOOL STUDENTS, BY GRADE (2013)



- Almost **1 in 5 8<sup>th</sup> graders** have tried alcohol at least once.
- 1 in 10 have tried marijuana.

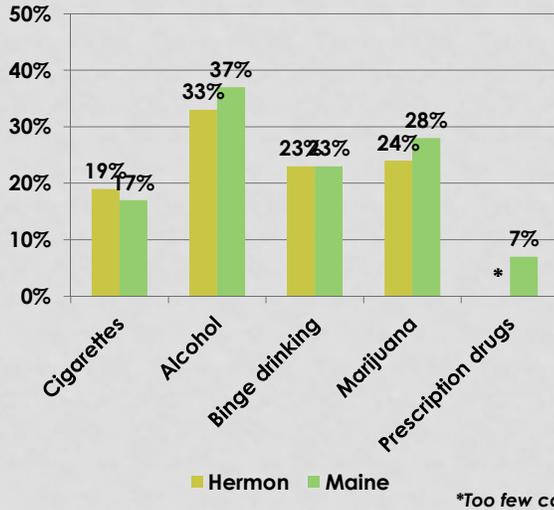
### PAST MONTH SUBSTANCE USE AMONG HIGH SCHOOL STUDENTS, BY GRADE (2013)



“Juniors and seniors use more. When you get to high school, you want to fit in.”

“Sophomores try it out. Then it depends on if they like it or not.”

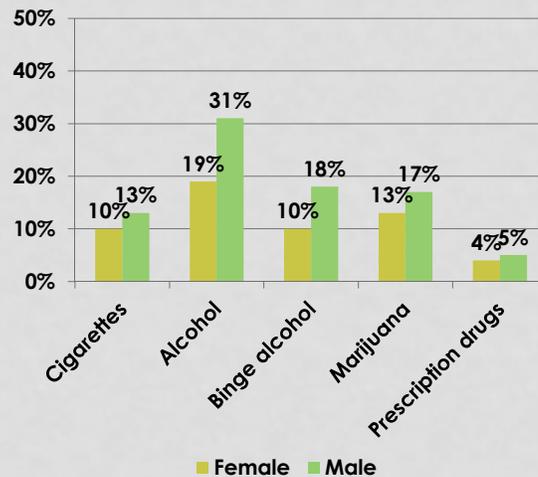
### PAST MONTH SUBSTANCE USE AMONG 12<sup>TH</sup> GRADERS COMPARED TO MAINE (2013)



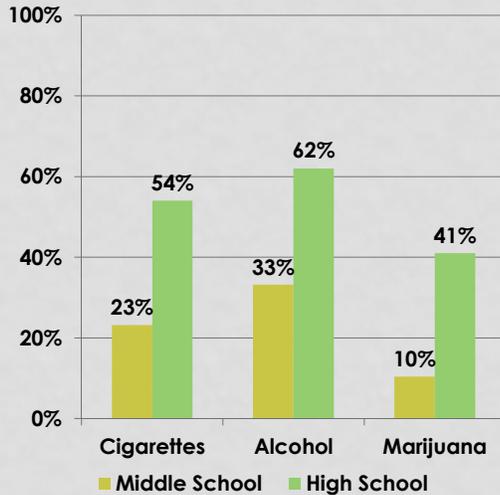
- Generally the **same** or **lower** than 12<sup>th</sup> graders around the state.

### PAST MONTH SUBSTANCE USE AMONG HIGH SCHOOL STUDENTS, BY GENDER (2013)

- Boys are **more likely** to report past month substance use than girls.
- For example, **31% of boys** reported drinking alcohol in the past month, compared with **19% of girls**.



## AT RISK FROM PERCEPTIONS OF EASY ACCESS (2013)



“We find older friends, or anybody of age. ‘Hey, will you get me this?’”

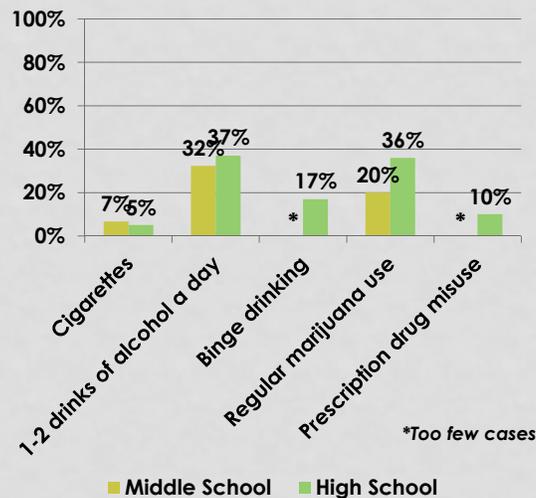
“Parents buy it. Older cousins and siblings too.”

“Marijuana is pretty easy. It just depends on who you know.”

## AT RISK FROM LOW PERCEIVED RISK OF HARM (2013)

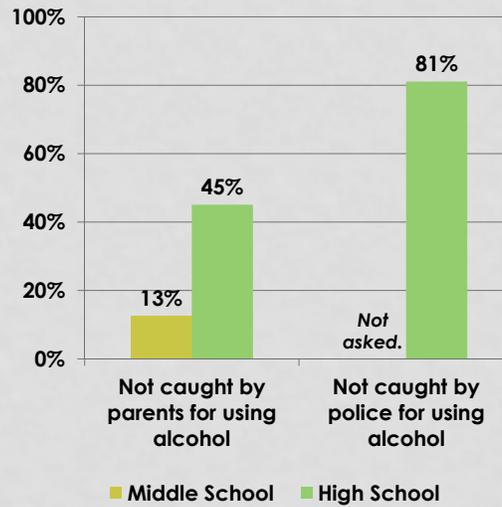
“If you only have 1-2, it can’t really...if you abuse it, yeah...but 1-2 can’t really hurt you.”

“There is always a risk. You can’t control yourself, it impairs your judgment.”

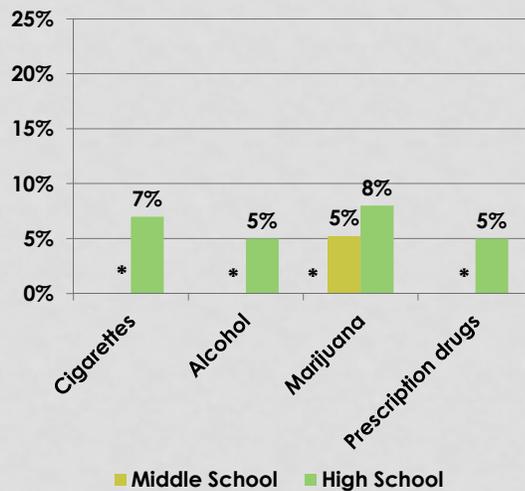


## AT RISK FROM LOW PERCEPTIONS OF BEING CAUGHT FOR ALCOHOL USE (2013)

- **4 out of 5** high school students do NOT think they will be caught by police.
- **About half** of high school students don't think they will be caught by their parents.



## AT RISK FROM PARENTAL ATTITUDES TOWARDS USE (2013)



\*Too few cases

- Very few students think their parents are accepting of substance use.

*BUT...*

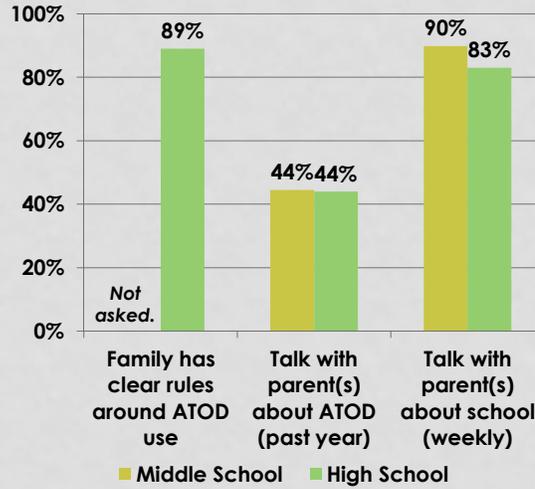
"Me and my dad, we always drink at parties. I can try it with my family so I don't need to go out."

## PROTECTED BY FAMILY ENVIRONMENT (2013)

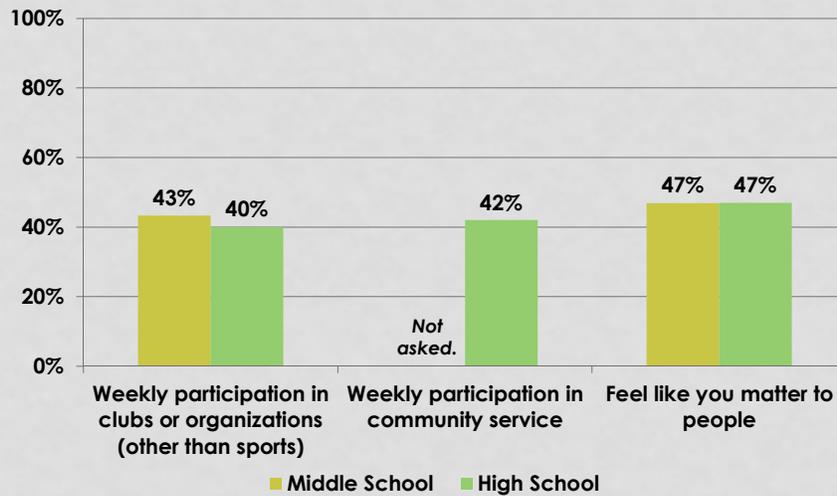
“Me and my dad talk about what he did and what I do. He talks to me about being responsible.”

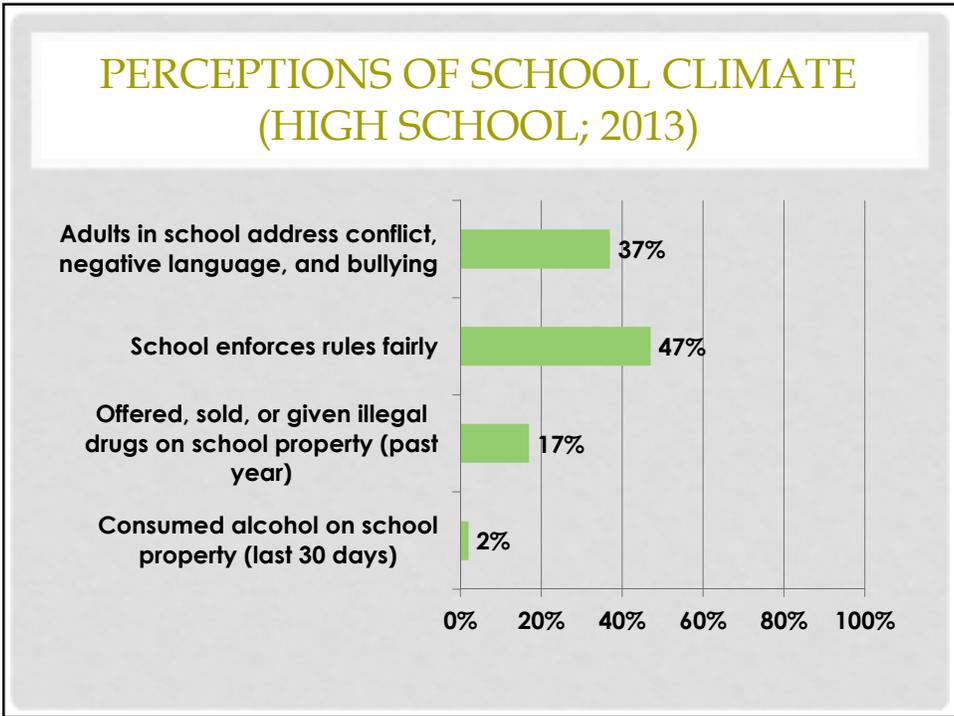
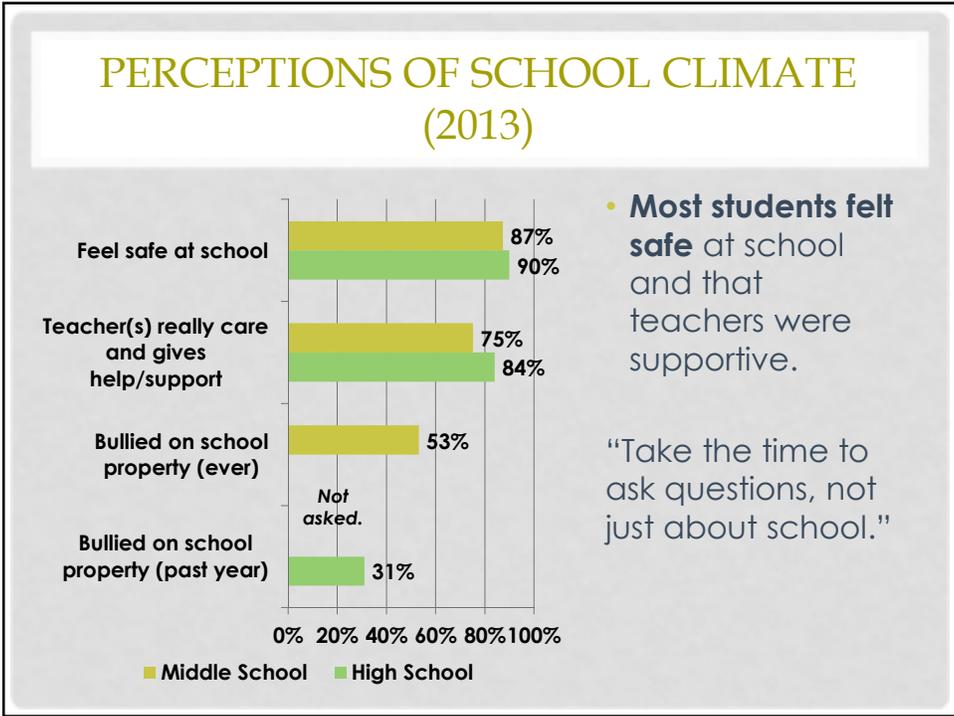
“My parents don't talk to me about it. I guess they aren't doing a very good job.”

“My parents say, you do it and you throw your life away.”



## PROTECTED BY POSITIVE ACTIVITIES/ATTITUDES (2013)





## WHAT ELSE DO STUDENTS SAY?

### Middle School

“Students sniff markers, and teachers should say, ‘Don’t do that!’”

“You can incorporate drugs and alcohol in talks about goals and decisions.”

“Being able to see the effects of it is more effective than a ‘guy.’”

### High School

“It is important to have goals, making good decisions. If you do that, you won’t do the other things.”

“A bunch of guys won’t do it when sports are going on or else they get kicked off the team.”

## WHAT DO STAFF SAY AROUND SCHOOL POLICY?

- High School staff characterized the alcohol and drug policy as “severe.”
  - Some staff seemed uncomfortable with the policy.
  - They felt consistent enforcement of the policy was a challenge.

“Enforcement is never black and white...I’m not a big fan of zero tolerance.”

“The real users, they just don’t bring the stuff to school.”

## WHAT CAN WE TAKE AWAY FROM THIS?

- Alcohol and marijuana are the primary substances being used.
  - Use increases with age.
  - Boys are more likely than girls to use.
  - Rates are usually lower than Maine overall.
- Access is through social networks.
- Families/parents play a huge role but are not always talking.
- Students respond to messages around goals and dreams and personal stories/interactions.
- Staff are worried about the school policy.

## QUESTIONS TO CONSIDER

- How do these findings support or conflict with what you have observed?
- Are there certain grade groups or other populations of concern?
- How can the community and the Drug Free Communities grant help address these concerns?

**IMPLICATIONS AND  
NEXT STEPS**

*ROBIN CARR-SLAUENWHITE, DFC COORDINATOR*

**HERMON'S INITIAL STEPS**

Participated in Regional Coalition	Conducted Assessment	Identified Priorities
<ul style="list-style-type: none"><li>• Kara Kitchin</li><li>• Kim Nichols</li><li>• Angie Scripture</li><li>• Patty Duran</li></ul>	<ul style="list-style-type: none"><li>• Focus Groups held in Hermon Schools</li><li>• Reviewed data from MIYHS</li></ul>	<ul style="list-style-type: none"><li>• Alcohol</li><li>• Marijuana</li><li>• Social Access</li><li>• Policies that Affect Youth Use</li></ul>

## NEXT STEPS

### Hermon Meeting

- November 2013
- Many attended!!!
- Reviewed regional work
- Identified priorities (community education and policy recommendations)

### Policy Recommendations Work

- Diverse group came together to discuss recommendations to improve/strengthen the school substance use policy
  - Law Enforcement
  - Parents
  - Building Principals
  - School Nurse
  - School Social Worker
  - Juvenile Community Corrections
  - Diversion Program Coordinator/Teacher

### Community Education Work

- One meeting held, school staff/parents/law enforcement attended
- Interest in involving youth to do PSAs
- Interested in making the community/parents more aware of resources such as ALANON, AA, treatment etc
- PSA work will likely take place in the regional group going forward
- Tip Line for law enforcement is also being considered

## OPPORTUNITIES TO GET INVOLVED

- Attend meetings
- Ask group members for more information or resources
- Support strategies that we know work (evidence based and rooted in science)
- Grow solutions in the community!

## CONTACT INFORMATION

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