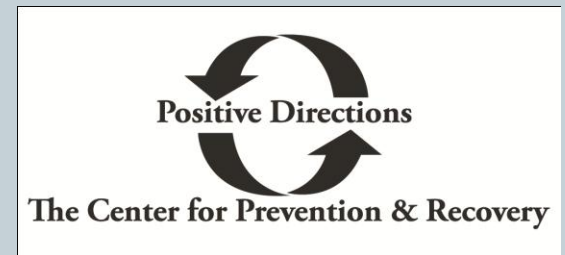


WESTPORT YOUTH SURVEY RESULTS COMMUNITY PRESENTATION



November 10, 2011
Town Hall, Westport



Tonight's Presentation



Introduction & Overview:

Lory Rothstein - Director, Partnership for Success Grant, Positive Directions

Westport Youth Survey Results:

Dr. Archie Swindell - Quantitative Services

Positive Youth Development:

Barbara Butler - Director, Westport Human Services

Marty Hauhuth - Executive Director, Positive Directions

Panel Discussion/Questions & Answers:

Dr. Archie Swindell

Barbara Butler

Marty Hauhuth

Dr. Katie Liebenberg - Director of Adolescent Services, Positive Directions

Ben Reiser - Staples High School Student & Blogger

Augie Gradoux-Matt – Staples High School Student & TAG member

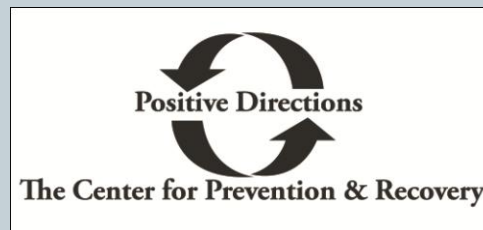
Brett Aronow - Co-President, Westport PTA Council

Pam Kelley - Grant Director, Positive Directions

Positive Directions



Positive Directions is a not-for-profit community-based agency that promotes and supports individuals, families, and communities by providing evidence-based prevention programs and treatment services for mental health and addictive behaviors.



Positive Youth Development



Positive Youth Development (PYD) improves the health and safety of our children through a comprehensive philosophical approach on *preventing* youth problems, rather than *correcting* them after the fact.

PYD supports and develops positive youth programs which include:

- Parenting education & networking
- Middle school programs
- Safe places to gather
- Youth volunteerism
- Mentoring
- Youth leadership development



Governor's Prevention Initiative for Youth Survey



- Collaboration of Positive Directions; Positive Youth Development and the Westport Public Schools
- Third time survey conducted in Westport Public Schools
- Previous surveys: 2000 and 2002
- 979 students, grades 7 – 11, were surveyed in April 2011
- Monitors use of alcohol, tobacco, marijuana, other illicit drugs, inhalants, prescription drugs without a medical order, and energy drinks
- Monitors attitudes and behaviors related to substance use

Why be concerned about Underage Drinking?



Among teens, alcohol is the most commonly abused drug and is often the gateway to other drug use.

It is increasingly apparent that there are not just social consequences associated with underage drinking.

Adolescent drinking can affect the brain and an adolescent's growth and development.

Alcohol and the Teenage Brain



- Scientists now know that it takes the brain about 25 years to fully develop
- Significant brain development happens during adolescence
- Research indicates that adolescent alcohol use affects the area of the brain (pre-frontal cortex) responsible for:



- Forward planning
- Decision-making
- Good judgment
- Impulse control

Future Consequences of Adolescent Drinking



- 40% of alcoholics began drinking under the age of 15;
10% at age 21-22
- It takes 5 to 10 years for an adult to become addicted, but it can take only 1 to 2 years for an adolescent
- 10% reduction in the hippocampus which stores short term memory; imperative for learning

Source: www.niaaa.nih.gov

Future Consequences of Adolescent Drinking



Dr. Susan Tapert, Neurologist UC San Diego:

- “For girls who had been engaged in heavy drinking during adolescence, it looks like they’re performing more poorly on tests of spatial functioning, which links to mathematics engineering kinds of functions.”
- “For boys who engaged in binge drinking during adolescence, we see poor performance on tests of attention-so being able to focus on something that might be somewhat boring for sustained period of time. The magnitude of the difference is 10%, I like to think of it as the difference between an A and a B.”

Source: NPR.org ,1/25/10, Teen Drinking May cause Irreversible Brain Damage, Trudeau

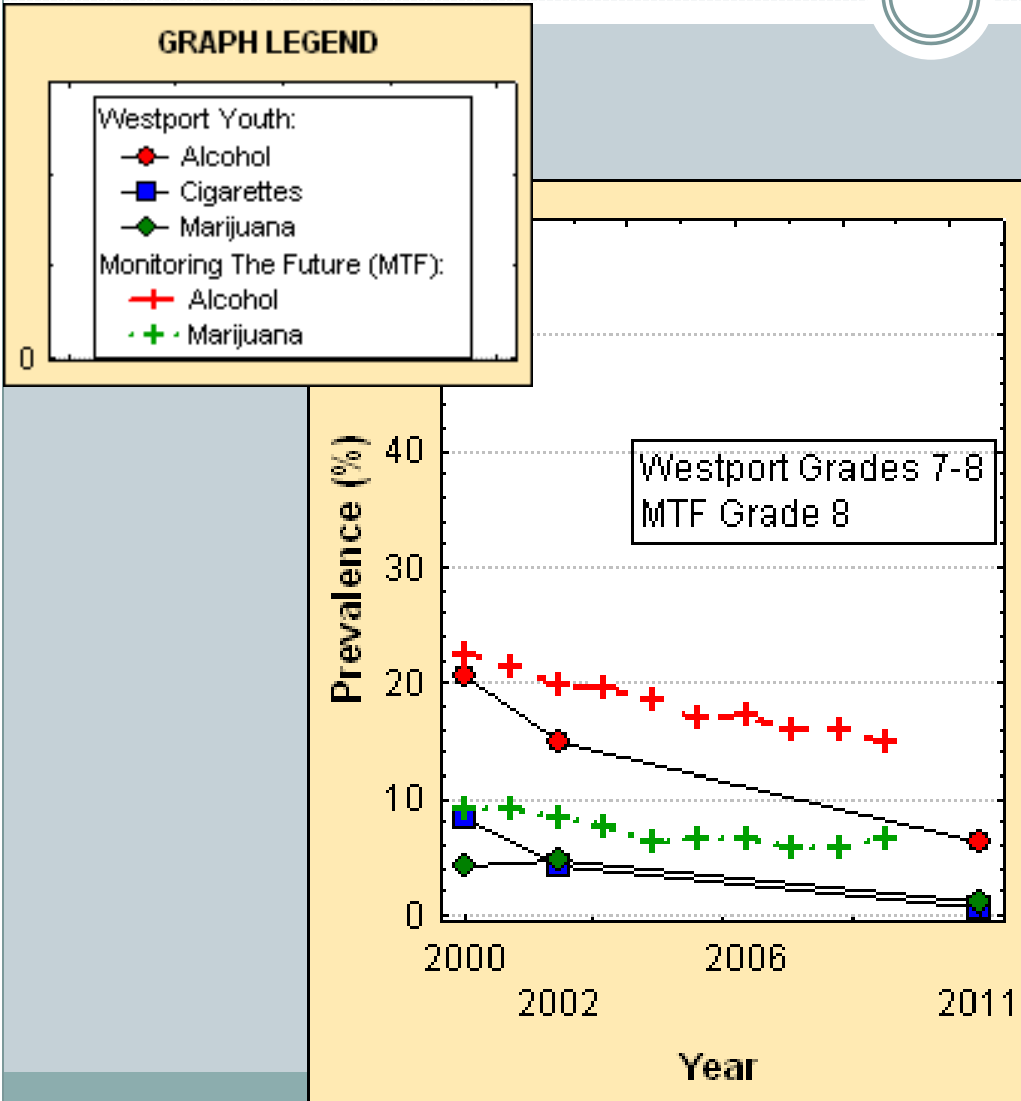
Logistics of Westport Youth Surveys



Numbers = surveys included in analysis

Grade	2000	2002	2011
	count	count	count
7	112	132	187
8	115	156	197
9	115	98	208
10	92	102	200
11	0	0	187
12	0	0	0
TOTAL	434	488	979

Positive Trends in Use of Alcohol, Cigarettes, Marijuana -- Grades 7-8

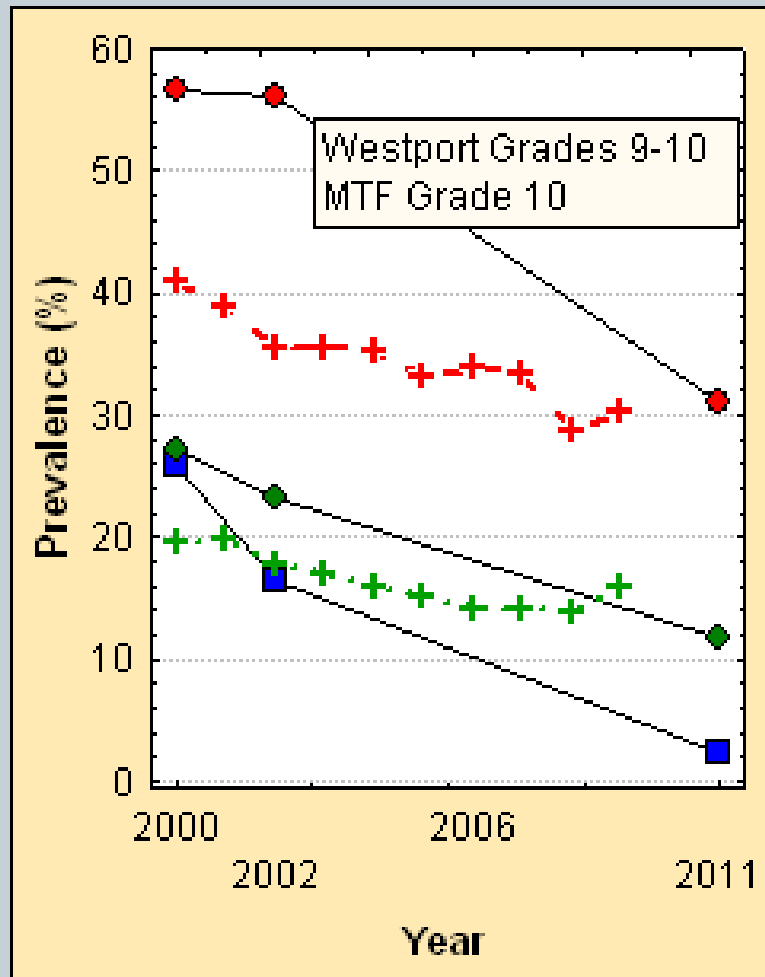


Prevalence (%)

	<u>2000</u>	<u>2002</u>	<u>2010-11</u>
Alcohol			
Westport	20.5	15.0	6.3
MTF*	22.4	19.6	13.8
Cigarettes			
Westport	8.4	4.2	0.5
MTF	14.6	10.7	7.1
Marijuana			
Westport	4.1	4.6	1.1
MTF	9.1	8.3	8.0

* **Monitoring The Future**

Positive Trends in Use of Alcohol, Cigarettes, Marijuana -- Grades 9-10

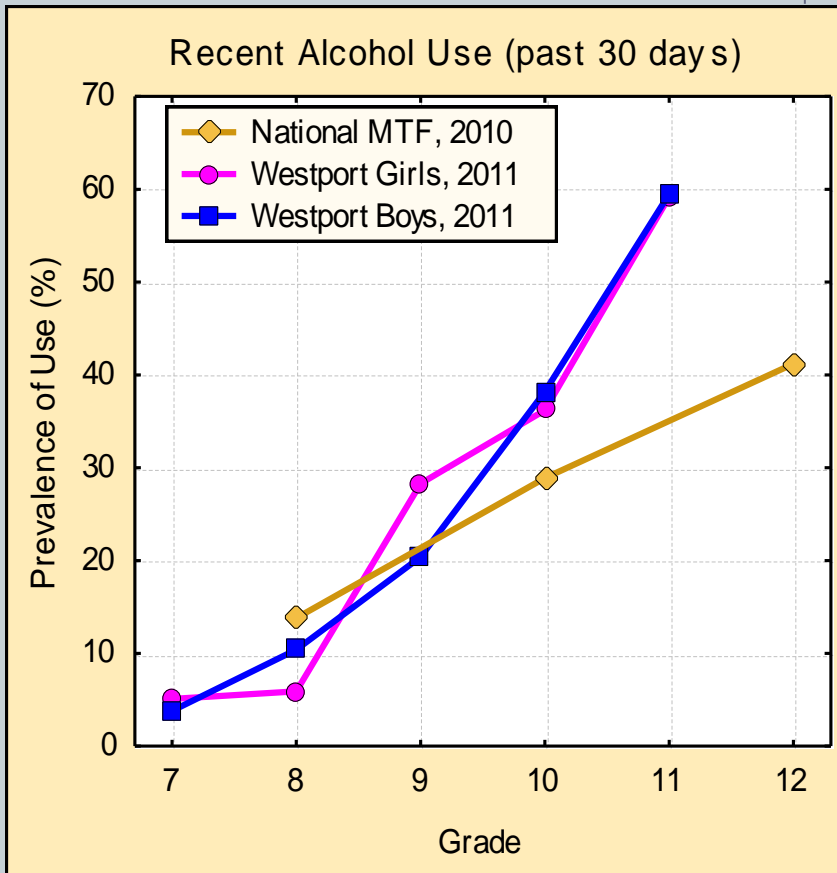


Prevalence (%)

	<u>2000</u>	<u>2002</u>	<u>2010-11</u>
Alcohol			
Westport	56.6	56.0	31.0
MTF*	41.0	35.4	28.9
Cigarettes			
Westport	25.8	16.5	2.5
MTF	23.9	17.7	13.6
Marijuana			
Westport	27.1	23.2	11.8
MTF	19.7	17.8	16.7

* **Monitoring The Future**

Use of Alcohol – 2011

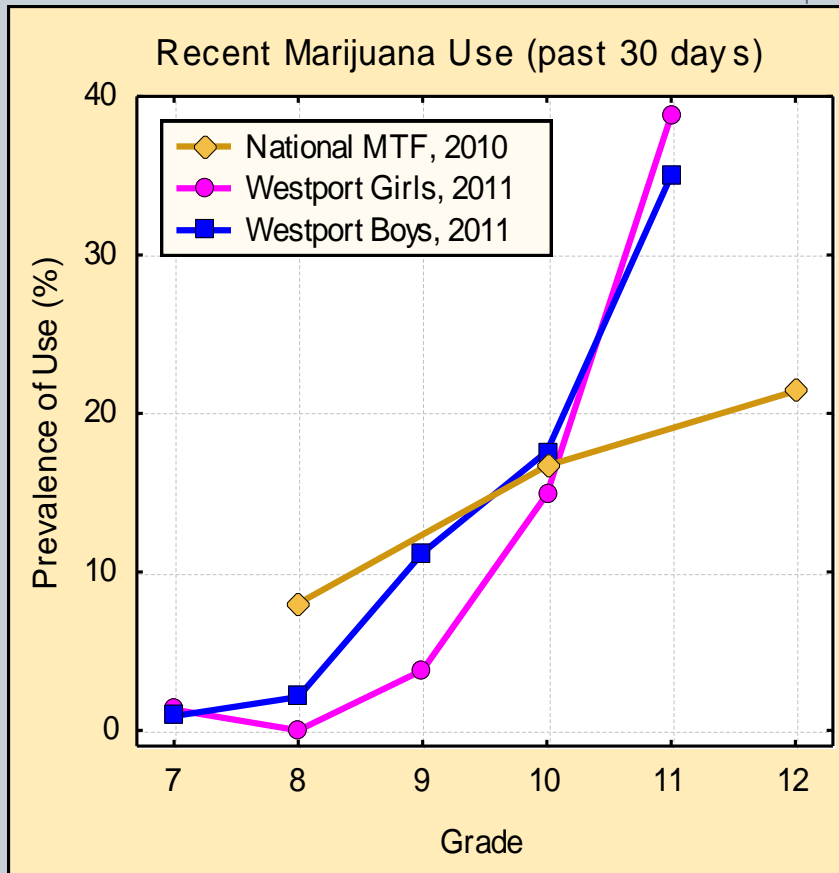


Grade	Westport		MTF*
	Girls	Boys	
7	5.1	3.8	
8	5.9	10.4	13.8
9	28.3	20.4	
10	36.2	38.2	28.9
11	59.2	59.5	
12			41.2

* Monitoring The Future

Use of Marijuana – 2011

14



Grade	Westport Girls	Boys	MTF*
7	1.3	0.9	
8	0.0	2.1	8.0
9	3.8	11.2	
10	14.9	17.6	16.7
11	38.8	35.0	
12			21.4

* Monitoring The Future

Age of Initiation of Use – All Youth

Westport 2011 survey, YRBSS 2009 survey

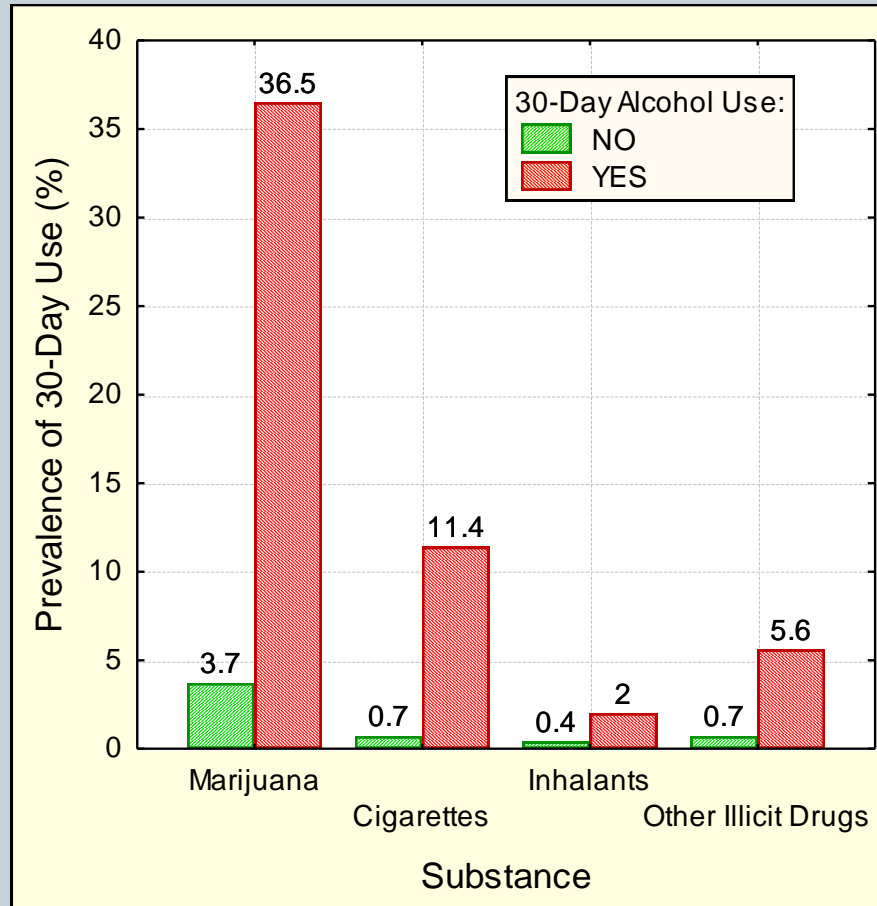


Gender	Drank Alcohol before Age 13		
	Westport	YRBSS*	
		Conn.	National
	%	%	%
Female	9.6	15.6	18.8
Male	23.2	19.3	23.7

* YRBSS = Youth Risk Behavior Surveillance System (CDC sponsor)

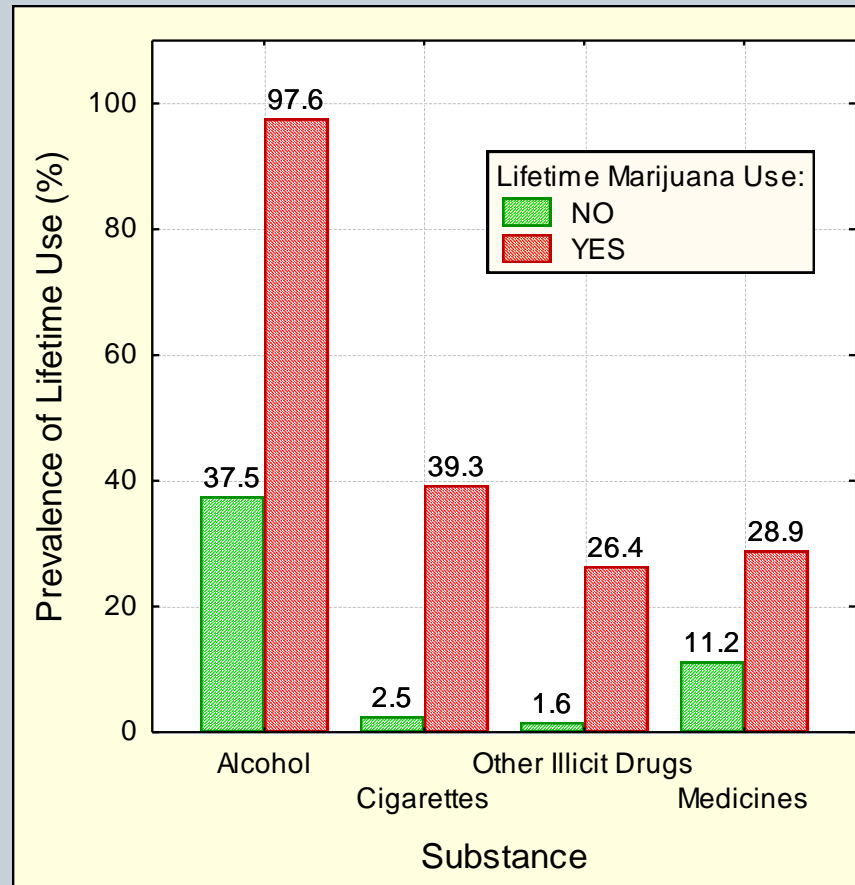
Association of Alcohol Use With Other Substances

(30-day use, Westport grades 7-11)



Association of Marijuana Use With Other Substances

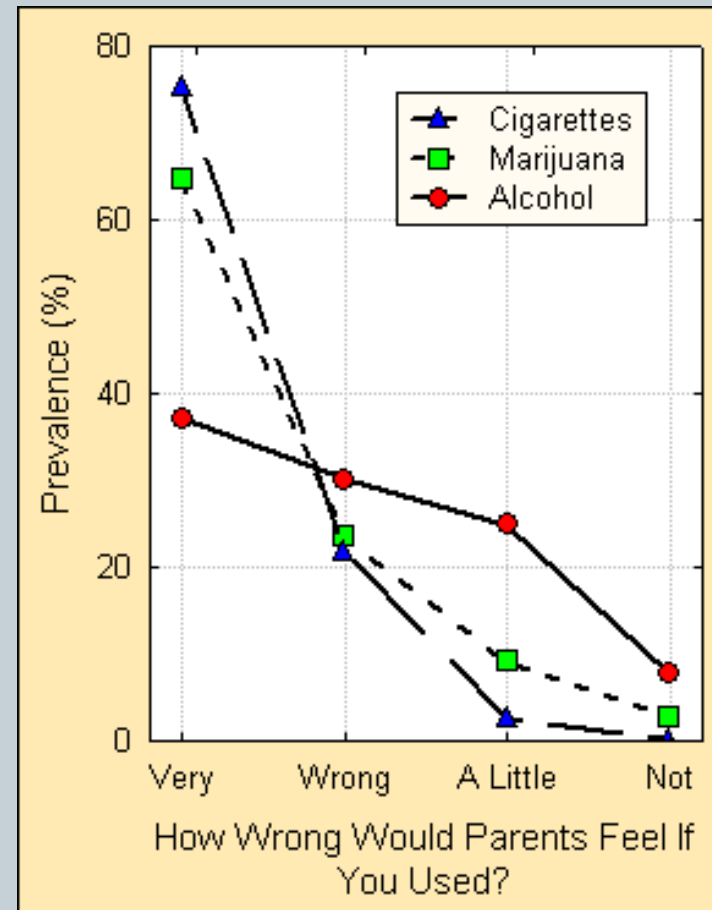
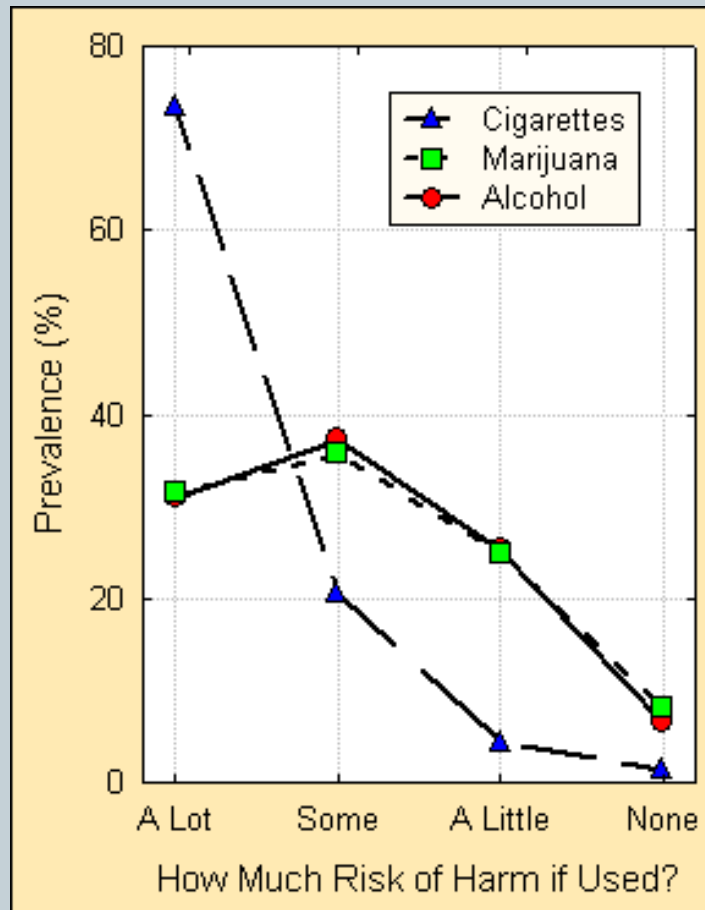
(Lifetime use, Westport grades 7-11)



How Youth Perceive Risk of Personal Harm & Disapproval by Their Parents



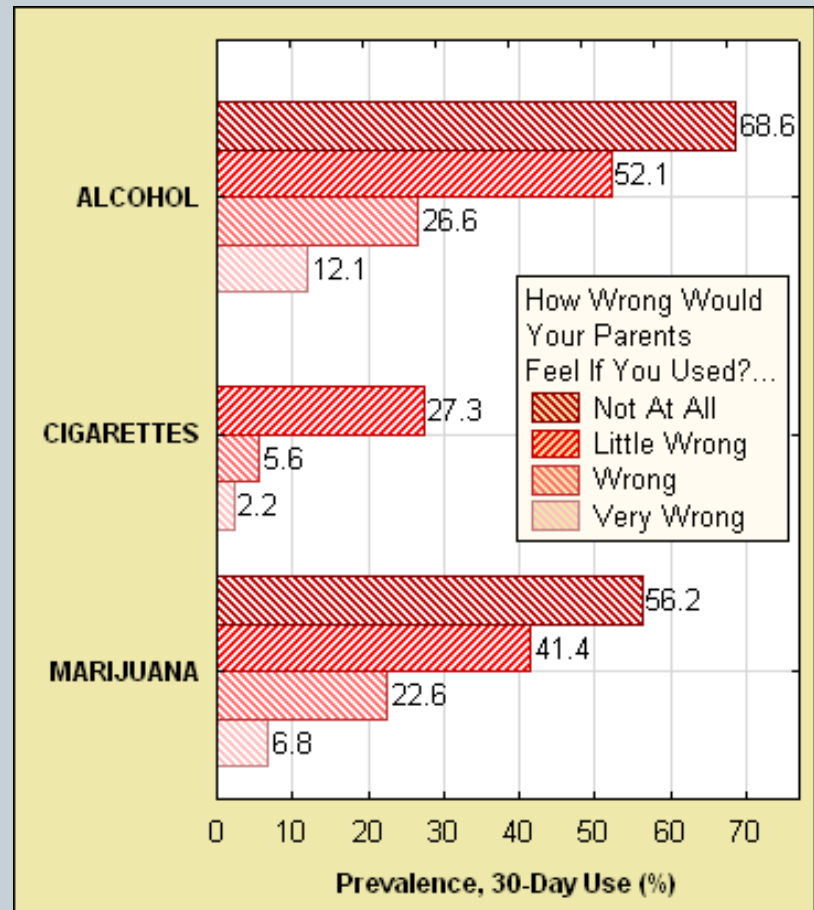
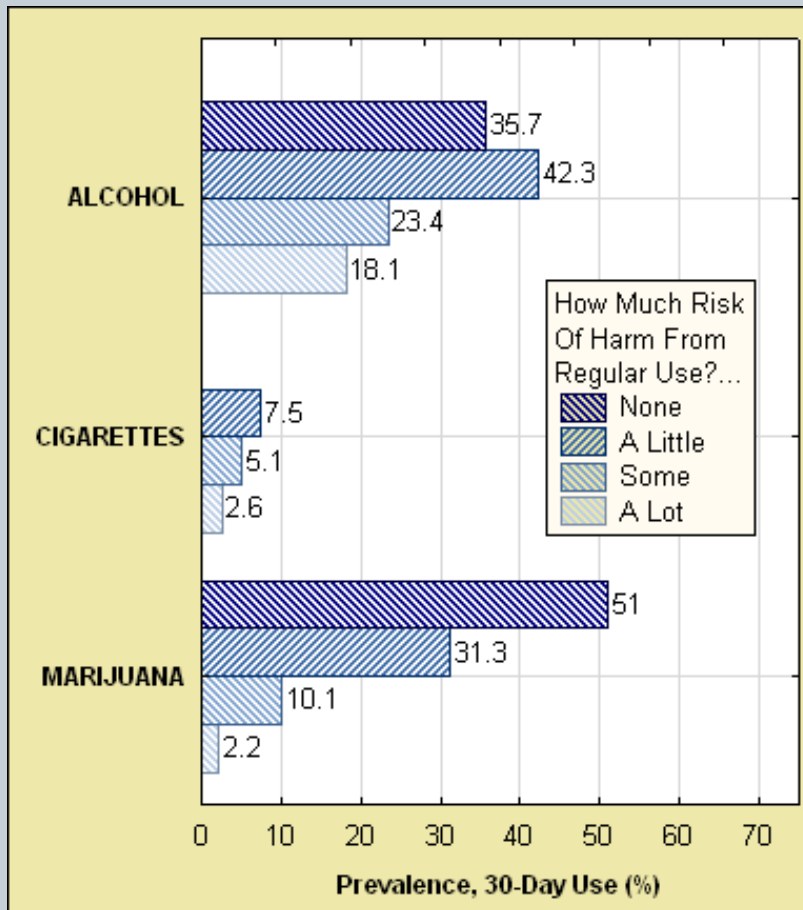
Westport grades 9-11



How the Prevalence of Use is Related to Perceived Risk of Harm & Parental Disapproval



Westport grades 7-11



Association of Alcohol Use with Risky Behaviors & Attitudes - Cheating



Past 30-day Alcohol use	Middle School Grades 7 & 8	High School Grades 9 - 11
	“In past year, I cheated on a test in school.”	
Used Alcohol	54.2 % said yes	55.8 % said yes
Did not use Alcohol	19.1 % said yes	31.8 % said yes
	“I think it is <u>very wrong</u> to cheat on tests in school.”	
Used Alcohol	20.8 % Agreed	28.3 % Agreed
Did not use Alcohol	60.4 % Agreed	47.7 % Agreed

Association of Alcohol Use with Risky Behaviors & Attitudes - Bullying



Past 30-day Alcohol use	Middle School Grades 7 & 8	High School Grades 9 - 11
	“In past year, I bullied someone.”	
Used Alcohol	25 % said yes*	8.6 % said yes
Did not use Alcohol	6 % said yes	7.4 % said yes
	“I think it is <u>very wrong</u> to tease or taunt someone.”	
Used Alcohol	70.8 % Agreed	71.7 % Agreed
Did not use Alcohol	76.6 % Agreed	78.4 % Agreed

*Important note - total number of kids reporting using alcohol in grades 7 & 8 was less than 10% Therefore, 25% of <10% of 7 & 8 graders is a somewhat negligible number.

Why Community Matters



- Positive trends can be attributed to a variety of efforts:
 - Parents
 - Schools
 - Community

- Since 1996, Positive Youth Development (PYD) has been supporting the Westport community by developing and sustaining programs focused on educating and building resiliency among our youth.

- Barbara Butler and Marty Hauhuth, founding members of PYD.



Positive Youth Development



United Way
Town of Westport
Westport Public Schools
The PTA Council
Positive Directions

- A collaborative approach concentrating on preventing youth problems rather than correcting them after the fact.

Raising resilient children is not the responsibility of the schools alone. The entire community has always cared about its children.



- Comprised of:



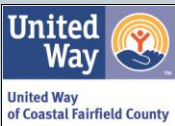
Town of Westport

Positive Directions

Westport Schools

Parents

United Way of Coastal Fairfield County



- Parent Resource Committee:



PTA Representatives from each Westport school

School Administration

Human Services Department

Positive Directions

United Way of Coastal Fairfield County





Positive Youth Development Programs



- Toquet Hall - Teen activity center
- Community Service Corps - Middle school volunteer opportunities
- School Psychologist Parent Meetings - Developmentally focused parent meetings held in schools with school psychologist
- ParentConnect - Professionally facilitated, grade specific parent support groups held at Positive Directions
- Risky Behavior Forums - Town-wide forums focused on preventing risky behaviors
- Westport Mentor Program - Matches adult mentors with K-12 youth
- Student Outreach Counselor - On-site support and short term crisis intervention for high school students



Positive Youth Development



Parenting Classes

facilitated by Positive Directions



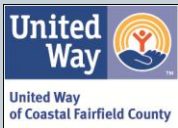
➤ **Creating Lasting Connections**

Science based 10 week curriculum building communication skills



➤ **Taming the College Process**

Parent groups to help families handle stress associated with the admissions process



➤ **Our Daughters' Voices**

4 week class to help parents support adolescent daughters, build self-esteem and avoid bullying behavior



Positive Youth Development is a family/schools/community collaboration. Community based programs are intended to compliment school curriculum.



Fairfield County Alliance to Prevent Substance Abuse



- Fairfield, Weston, Westport and Wilton work collaboratively to achieve substance abuse reduction with the goal of keeping our youth healthy and safe and our communities strong.
- Comprised of representatives in the areas of:
 - Education
 - Business
 - Media
 - Local Police
 - Social Services
 - Youth Services
 - Clergy
 - Health & Medical
- During the past ten years Positive Directions' highly collaborative efforts have generated more than \$1.5 million of state funding for our community prevention programs.

Going Forward



- Survey results are encouraging and show positive trends. Parents, schools and community need to remain engaged to achieve further improvements.
- Survey results will guide future planning regarding educational and youth programs, parenting classes and community conversations.
- Positive Youth Development will continue to support the youth in our community by advocating on their behalf and continuously improving and expanding PYD programs.
- Future surveys will be conducted to continuously monitor adolescent behaviors and attitudes.

Panel Discussion



Barbara Butler

Director - Westport Human Services

*

Marty Hauhuth

Executive Director - Positive Directions

*

Brett Aronow

Co-President - Westport PTA Council

*

Dr. Archie Swindell

Quantitative Services

Dr. Katie Liebenberg

Director Adolescent Services

Positive Directions

*

Pam Kelley

Grant Director - Positive Directions

*

Ben Reiser

Student & Blogger - Staples H. S.

*

Augie Gradoux-Matt

Student & TAG member - Staples H.S.

Additional Information



RESOURCES

Positive Directions

www.PositiveDirections.org

Positive Youth Development

www.WestportPYD.org

Partnership for Drug Free America

www.DrugFree.org

Set The Rules CT

www.SetTheRulesCT.org

Parents. The Anti-Drug.

www.TheAntiDrug.com

Student Blog

CoolTeensDontDrink.com

SURVEY and PRESENTATION

The 2011 survey results and
tonight's presentation are
available at

www.PositiveDirections.org