

# Trumbull Partnership Against Underage Drinking & Drugs

## Student Attitudes & Behaviors 2019 Survey Results



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# Who is TPAUD?

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TPAUD is a grant-funded community coalition that was formed in 2006.

***TPAUD's mission is to engage and mobilize youth, parents, and community partners to reduce youth alcohol and drug use and create a safe and healthy community.***

# TPAUD Grant Funding

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- 5-year Drug Free Communities (DFC) Support Program grant from the White House Office of National Drug Control Policy (ONDCP) and the Substance Abuse Mental Health Services Administration (SAMHSA) - \$125,000 per year.
- Local Prevention Council funding from CT Dept. of Mental Health and Addiction Services (DMHAS) - \$5,662.90 per year that is passed through to community prevention efforts
- State Targeted Response (STR) Opioid Prevention Grant - \$5,000

# TPAUD Members



TPAUD uses a public health prevention model; all prevention strategies are data-driven and evidence-based.

TPAUD's efforts focus on education, outreach, and enforcement.



# Survey Objectives

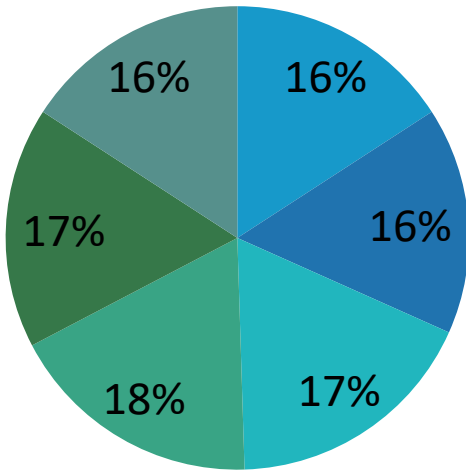
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1. Take a snapshot of substance abuse, other risky behaviors, and current social norms among Trumbull students in grades 7-12.
2. Monitor trends in substance abuse and other risky behaviors over time through use of 2007 baseline data.
3. Inform TPAUD's efforts to educate the community on current trends and norms. Update working action plans for reducing substance use and other associated risky behaviors among Trumbull youth.
4. Comply with reporting required by grant funding.

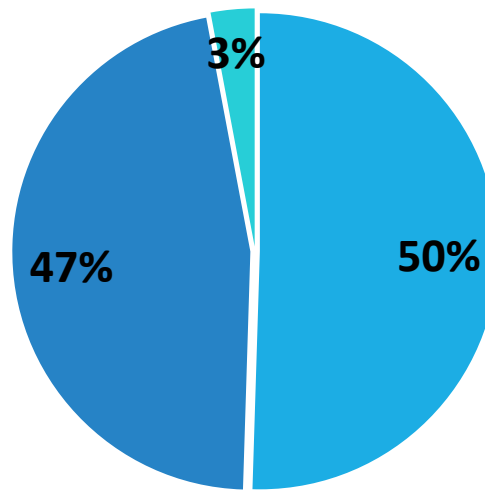
# Survey Details

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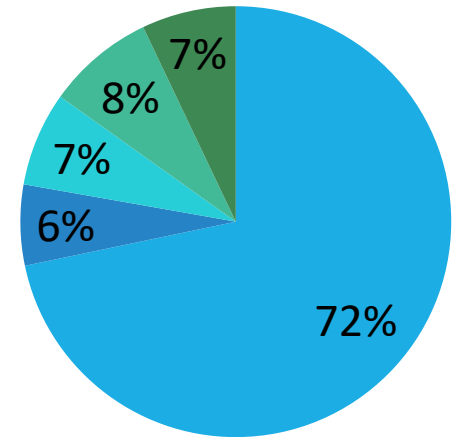
- HS surveys were administered to students in November. n=1,920
- MS surveys were administered to students in December. n=916
- Previous student surveys were administered in 2007, 2010, 2013, 2015, 2017



■ 7th ■ 8th ■ 9th  
■ 10th ■ 11th ■ 12th

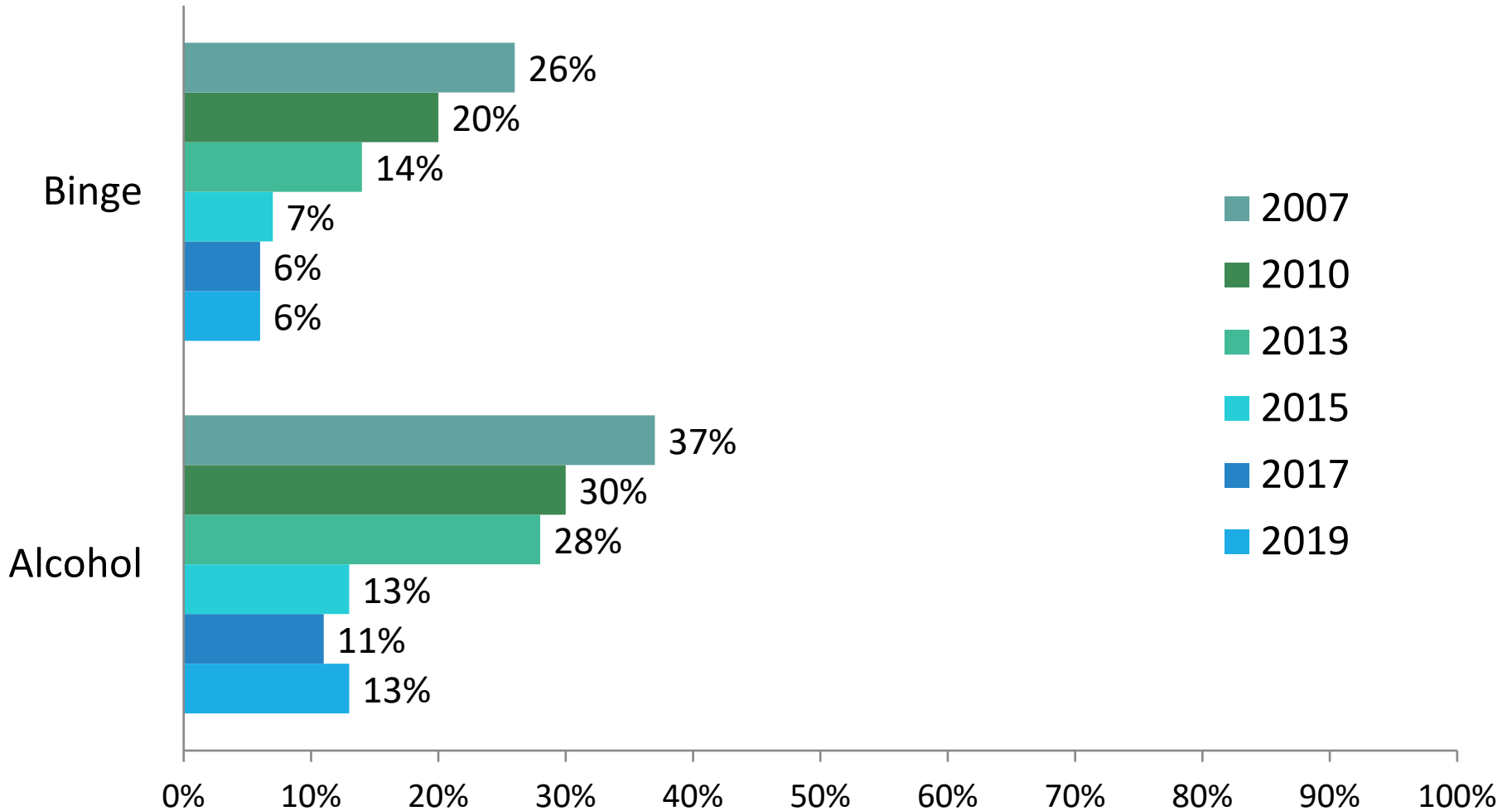


■ Female ■ Male  
■ Other



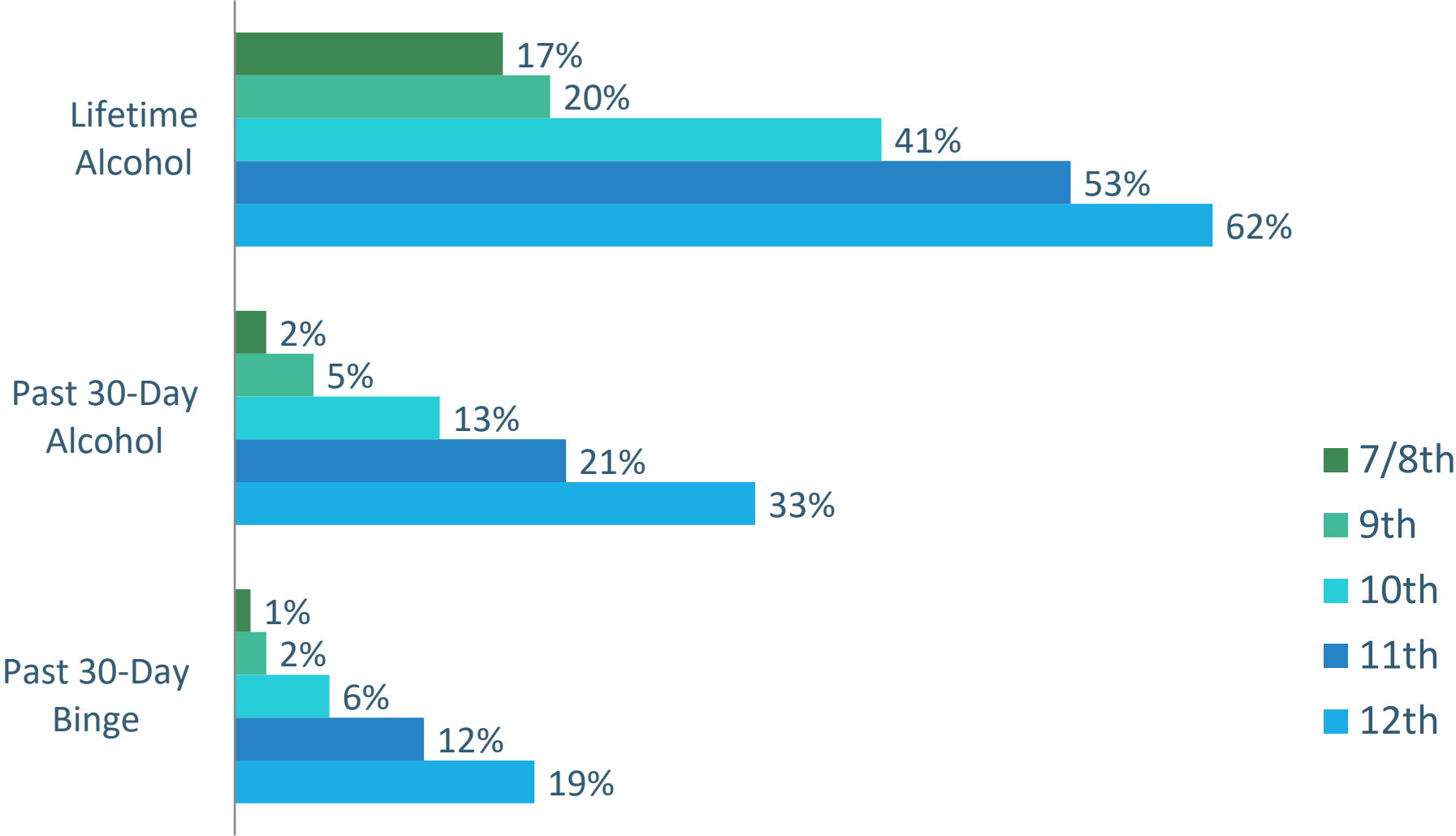
■ White ■ Black  
■ Asian ■ Multiple  
■ Other

# Alcohol and binge drinking rates among 7th-12th graders in Trumbull.

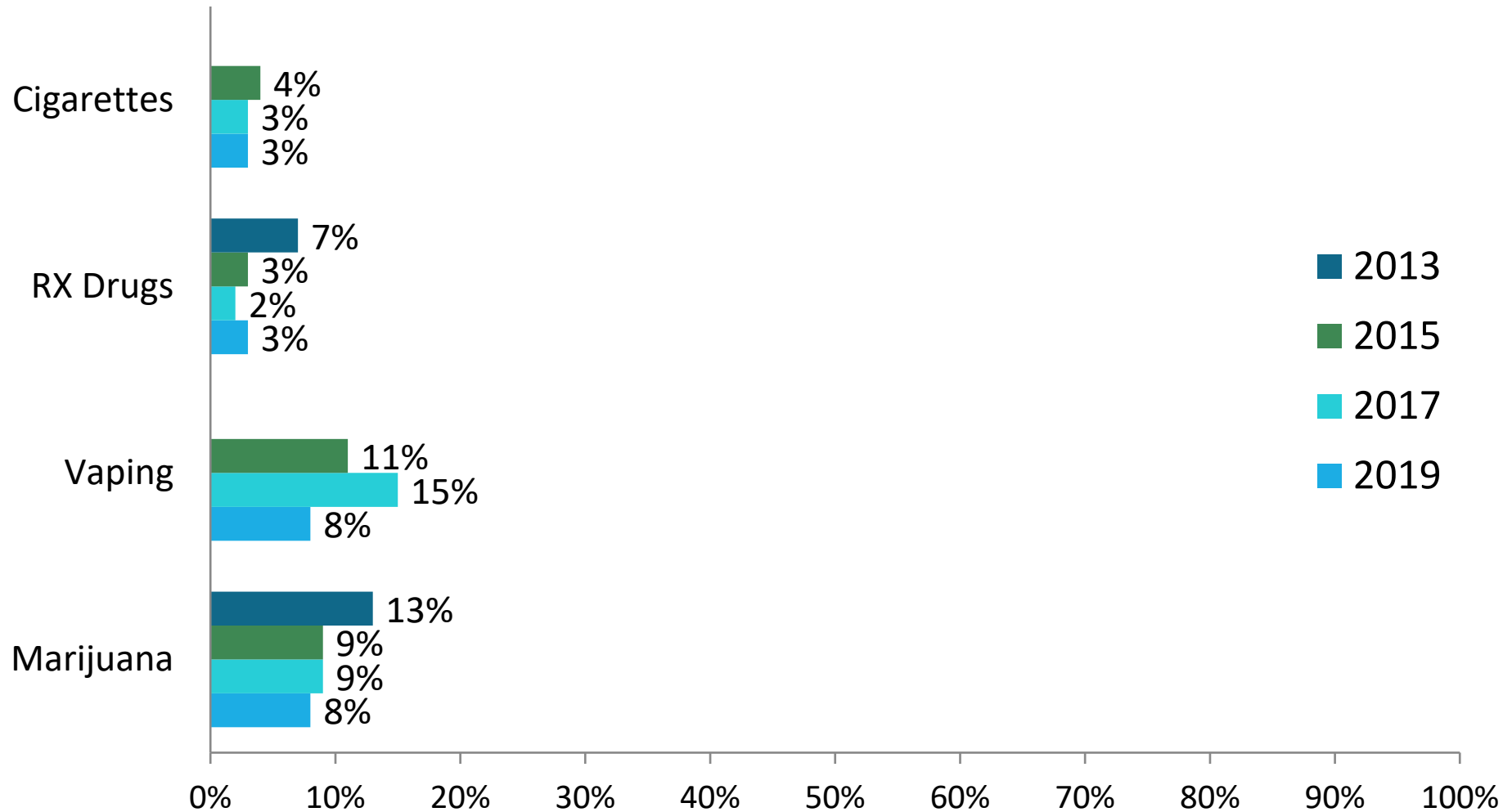




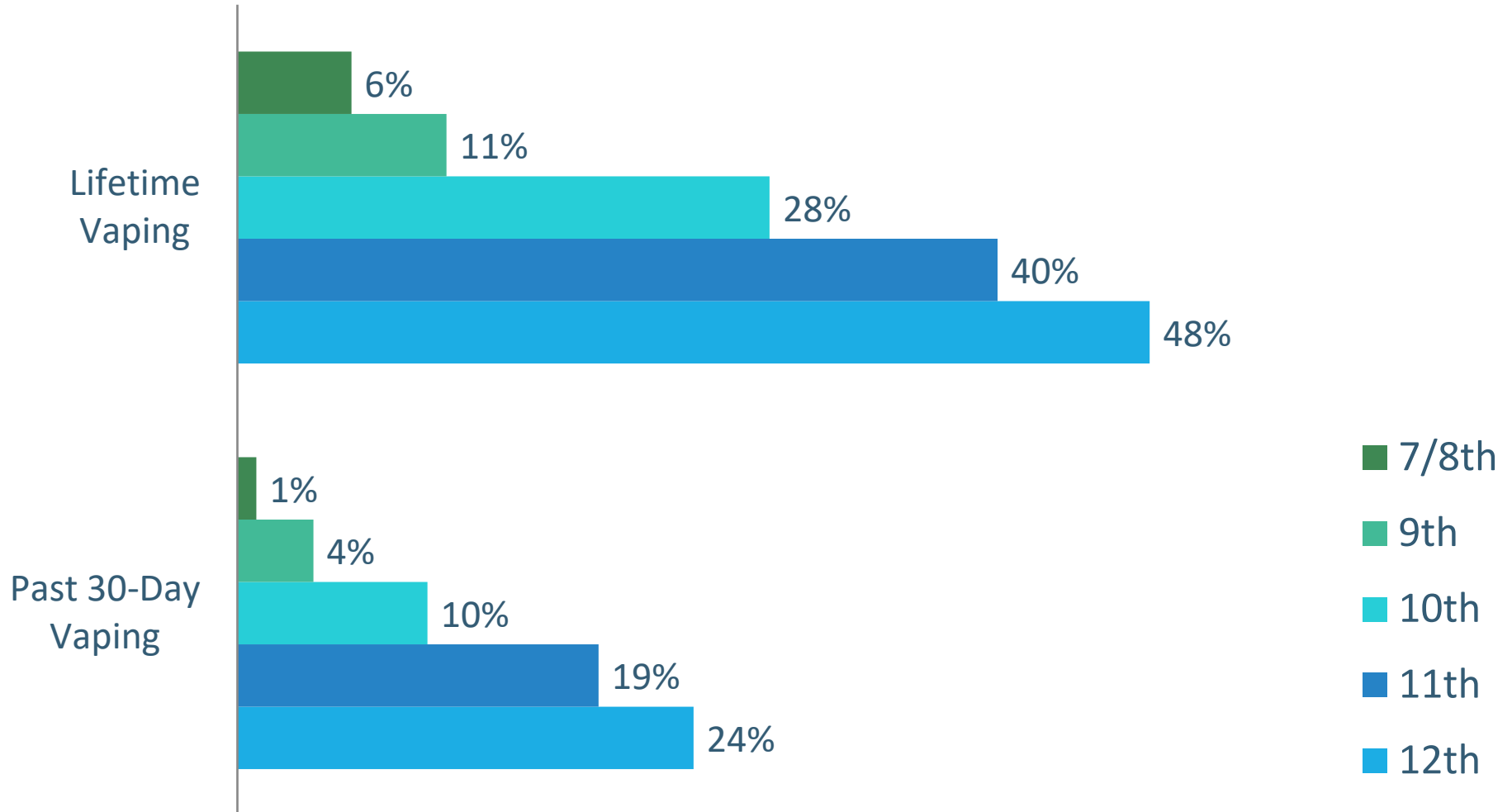
# Alcohol use rates by grade.



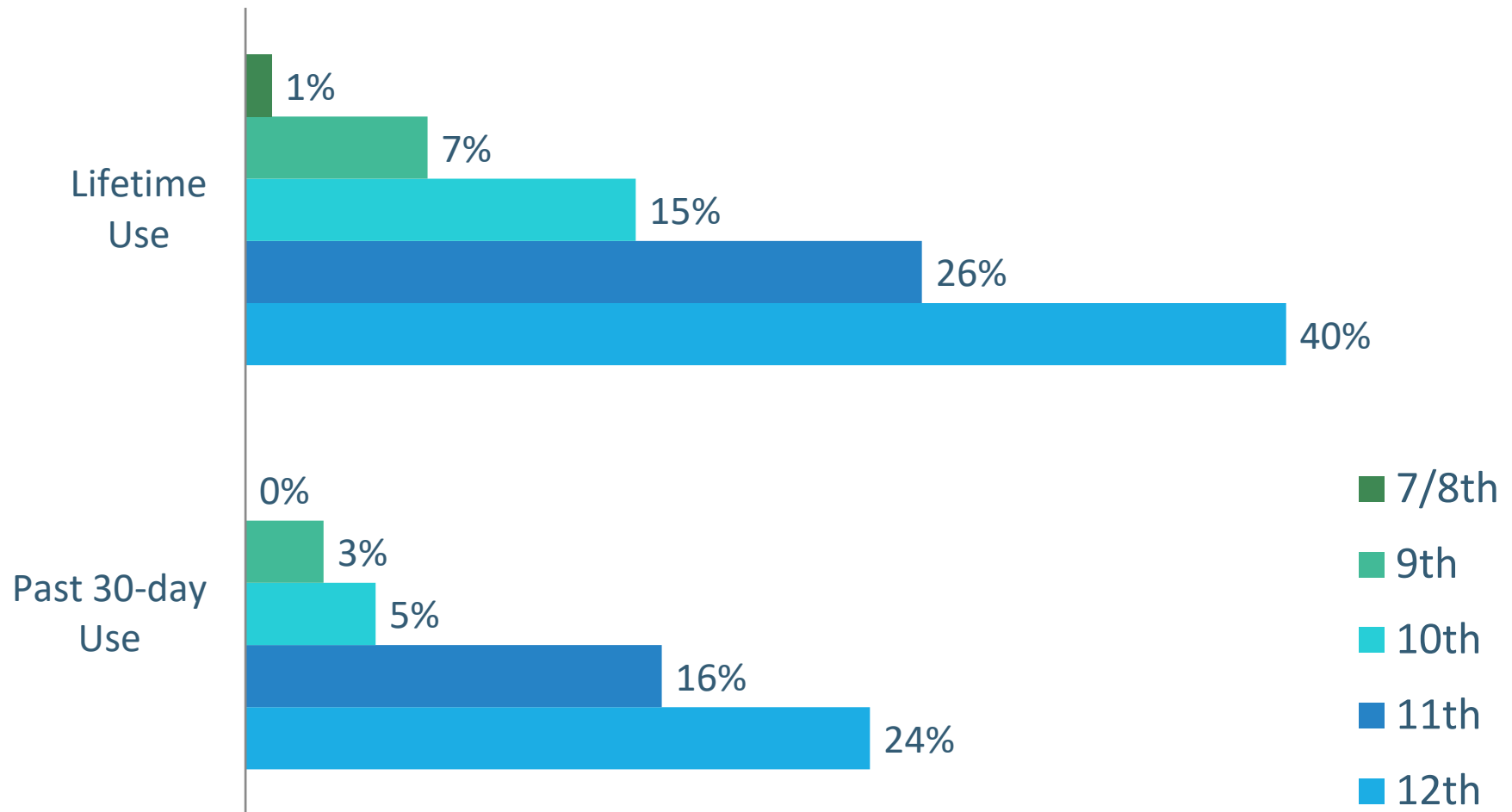
# Other substance use rates are decreasing among 7th-12th graders.



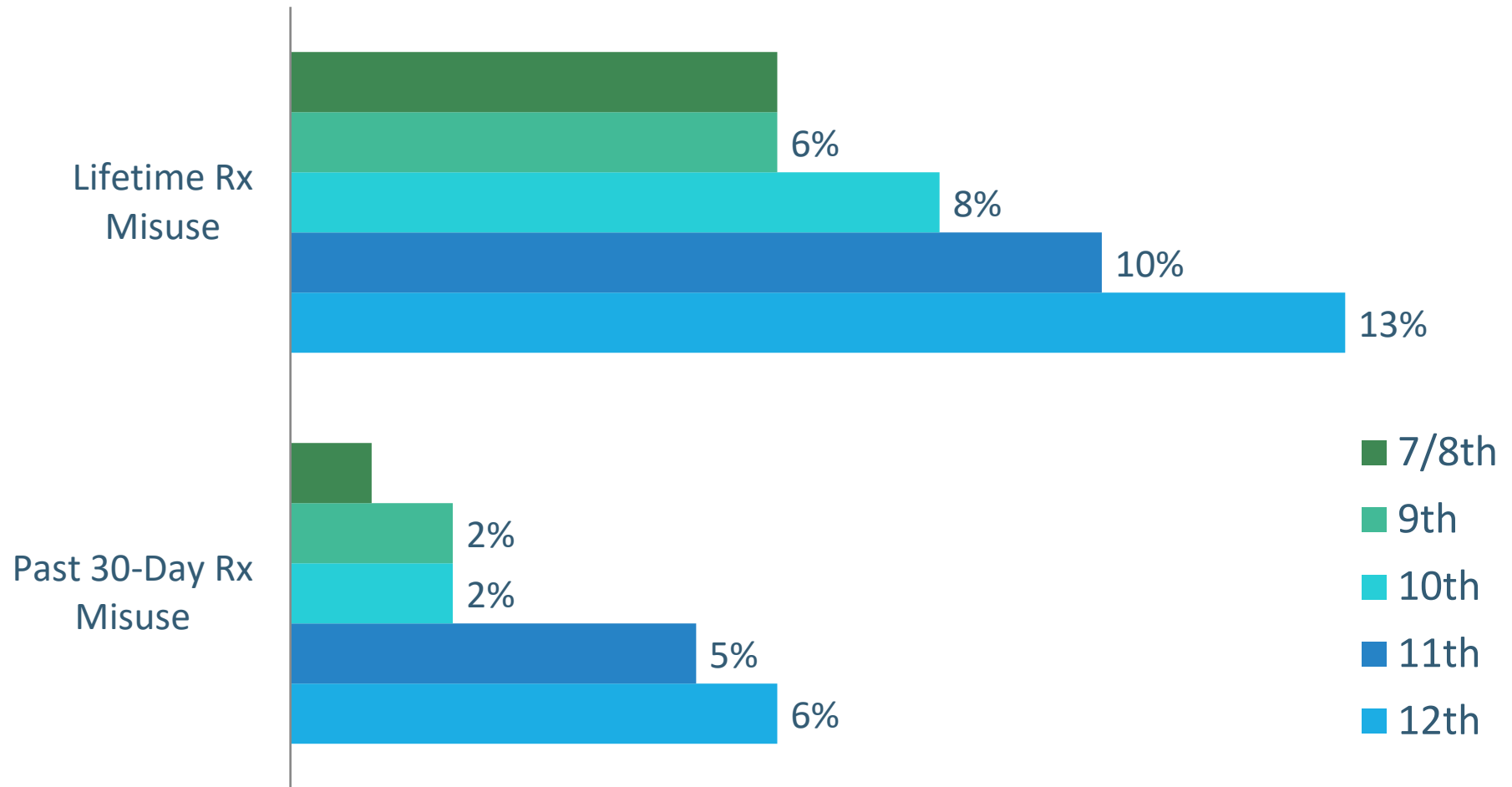
# Vaping rates by grade.



# Marijuana use rates by grade.



# Rx Drug Misuse rates by grade.



# Other Drug Use.

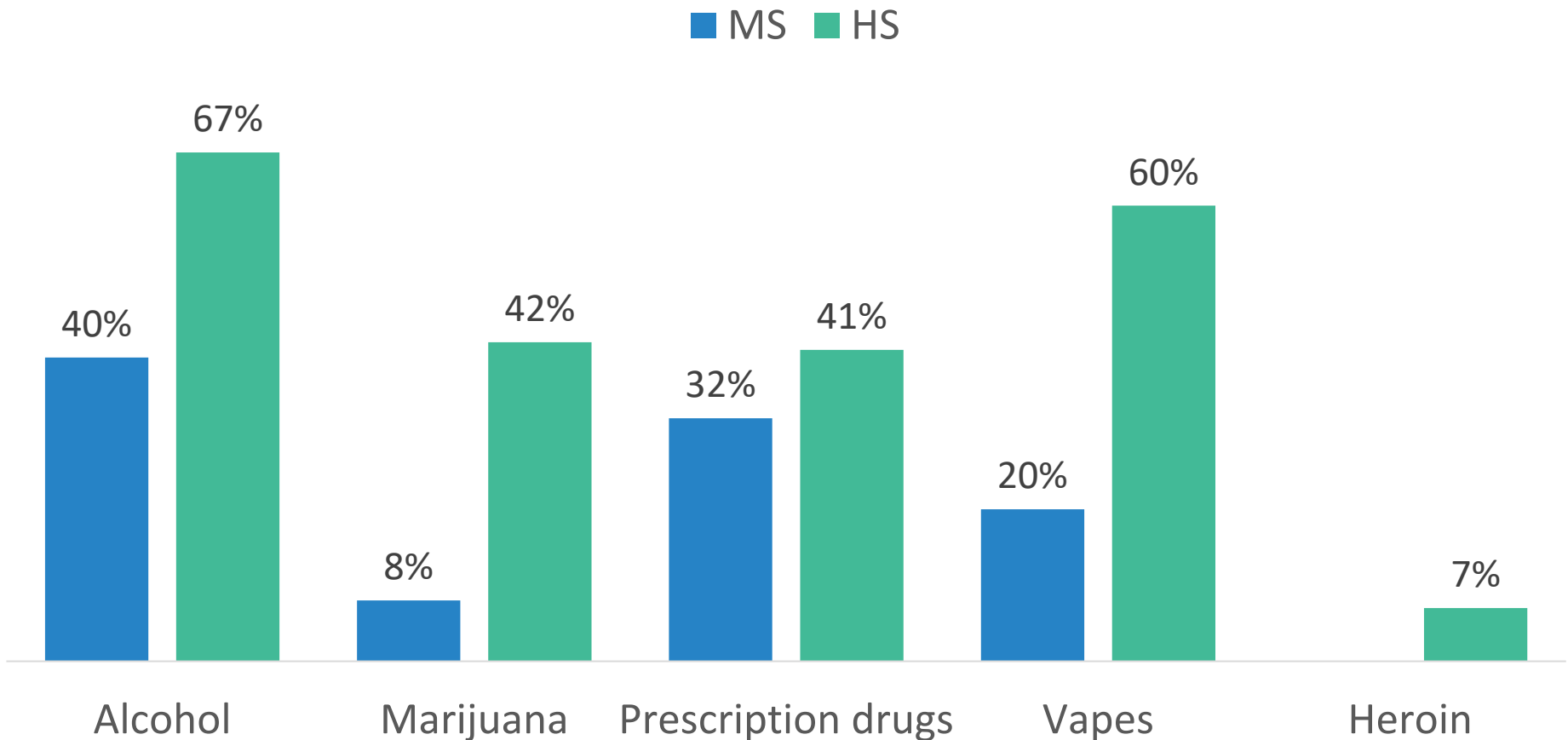
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- ‘Prescription Drugs’ including pain relievers, tranquilizers/benzodiazepines, and stimulants – **less than 3%** of high school students reported past 30-day use.
- Vaping THC – 12% of all HS students; 66% of HS students who had vaped in past 30 days had also vaped THC in the past 30-days.
- Heroin – 2.8% (n=52) of HS students
- Other illicit drugs – 3.3% (n=63) of HS students

# Frequency of use

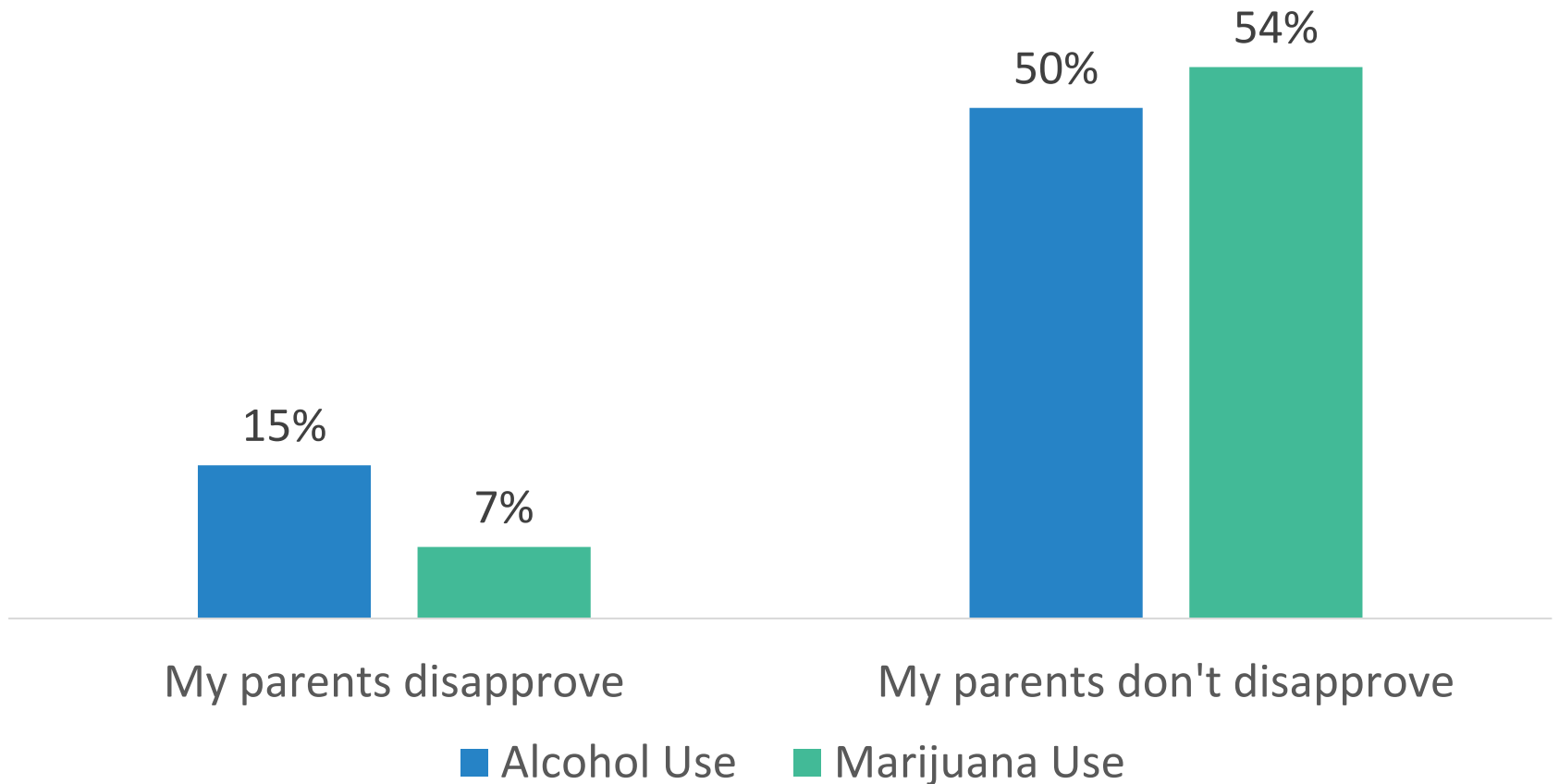
In the past 30 days, how often have you...	1-5 days	6-20 days	21+ days
drank alcoholic beverages?	10%	5%	4%
used marijuana, cannabis, THC oil?	6%	4%	5%
JUULed/ vaped nicotine?	7%	3%	6%

Perception is that access to substances is *easy* among MS & HS youth.

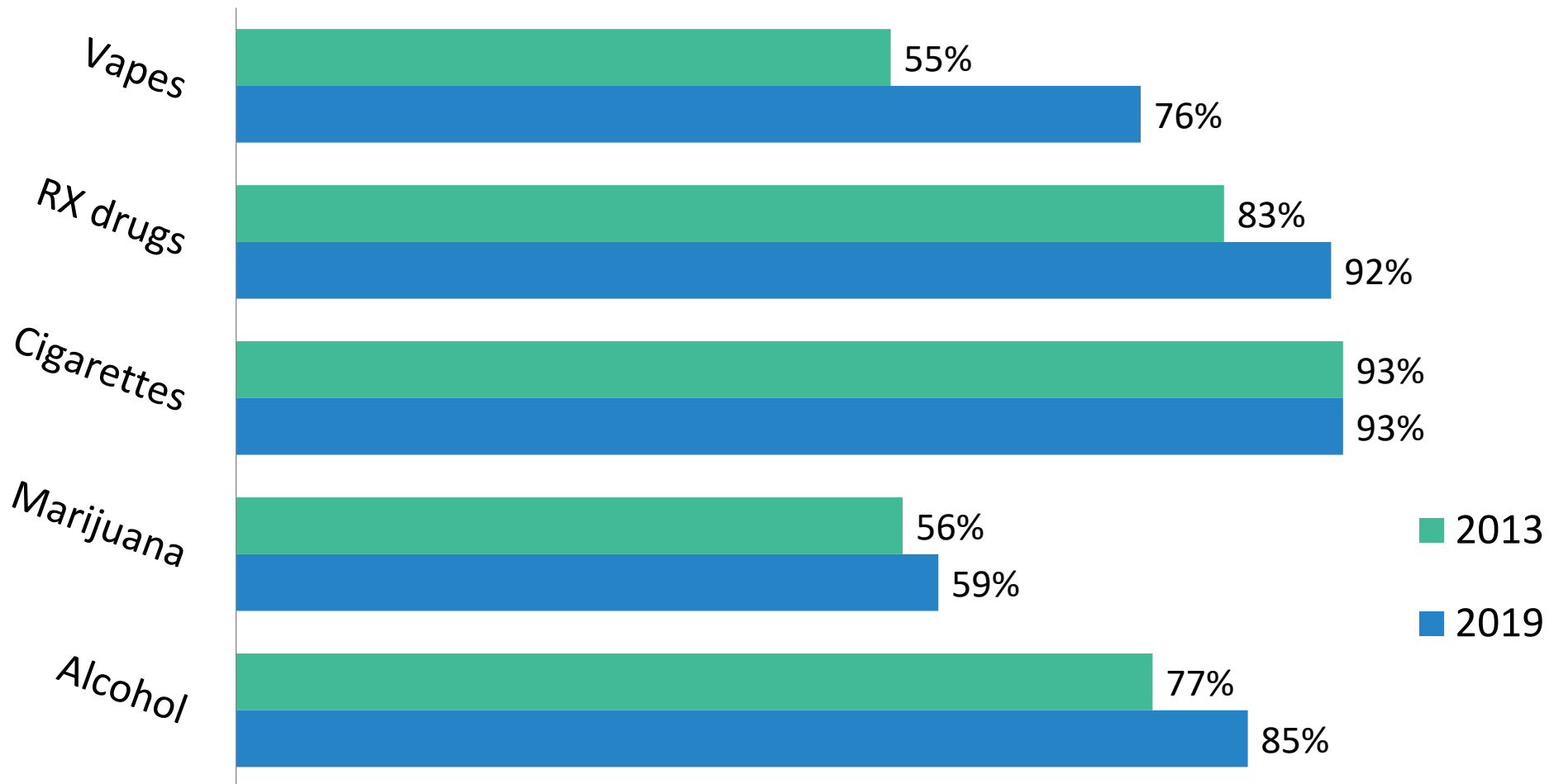




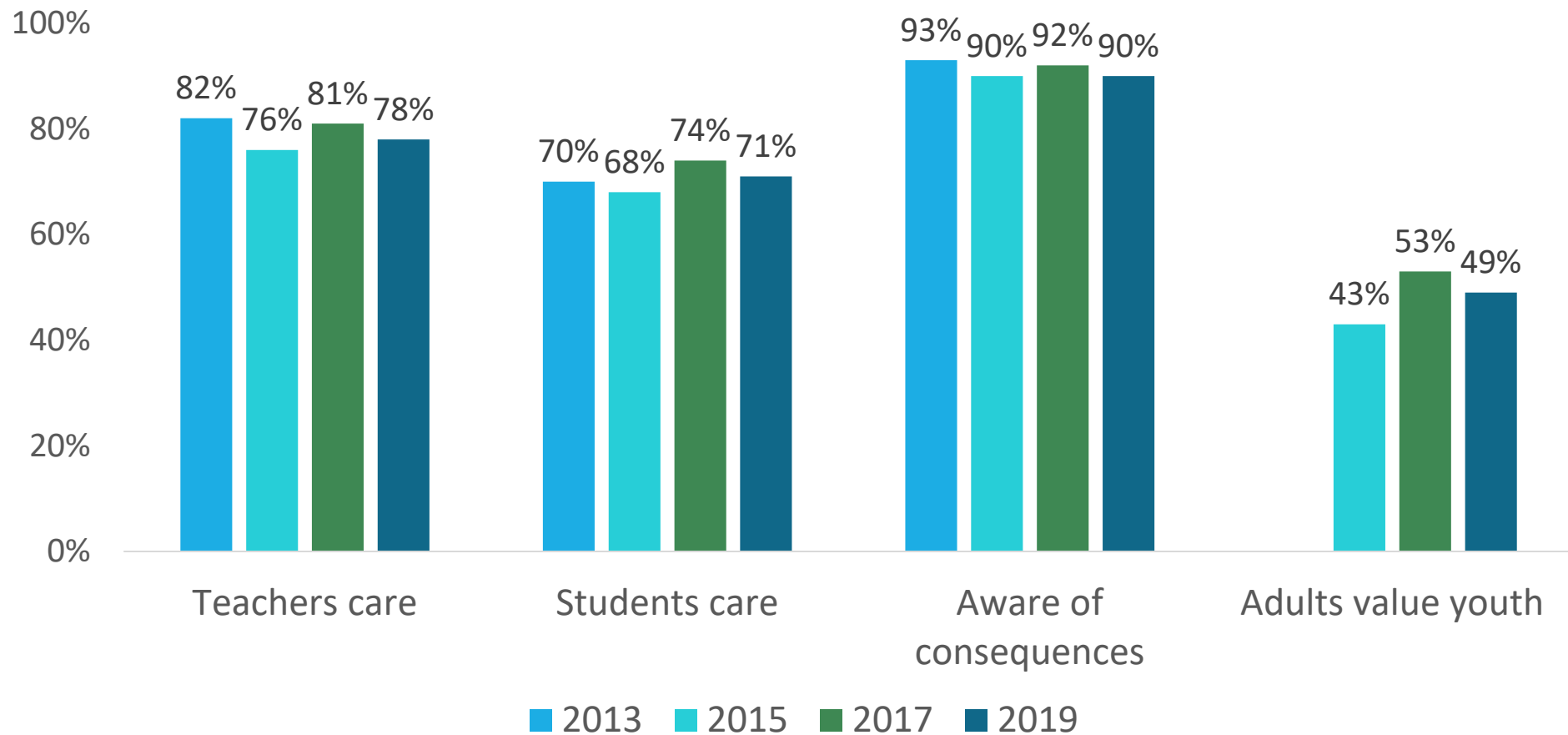
Youth who believe their parents disapprove of substance use are **less likely to use** than those who do not.



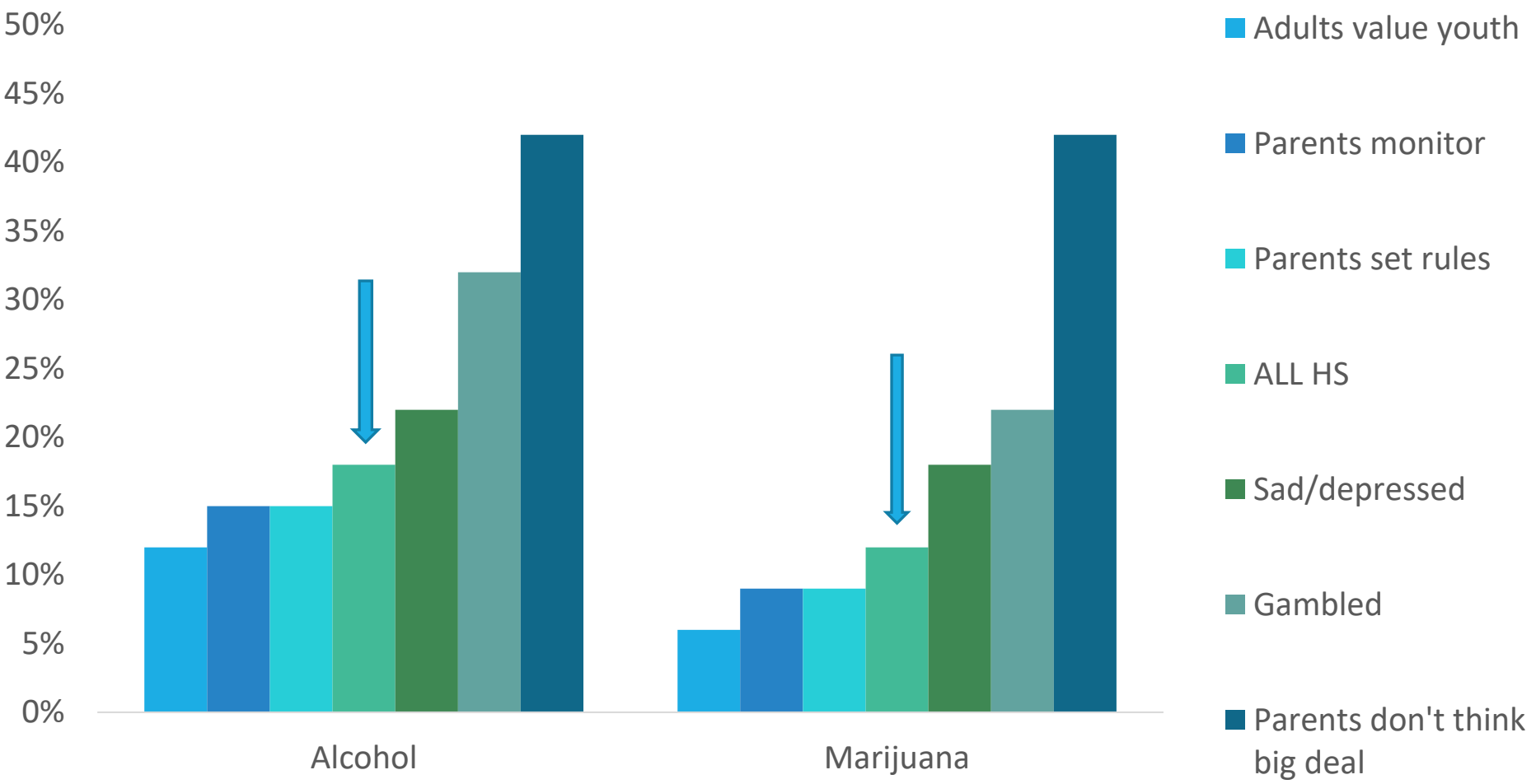
# Perceived risk of substance use among HS youth has **increased** especially around **vaping**.



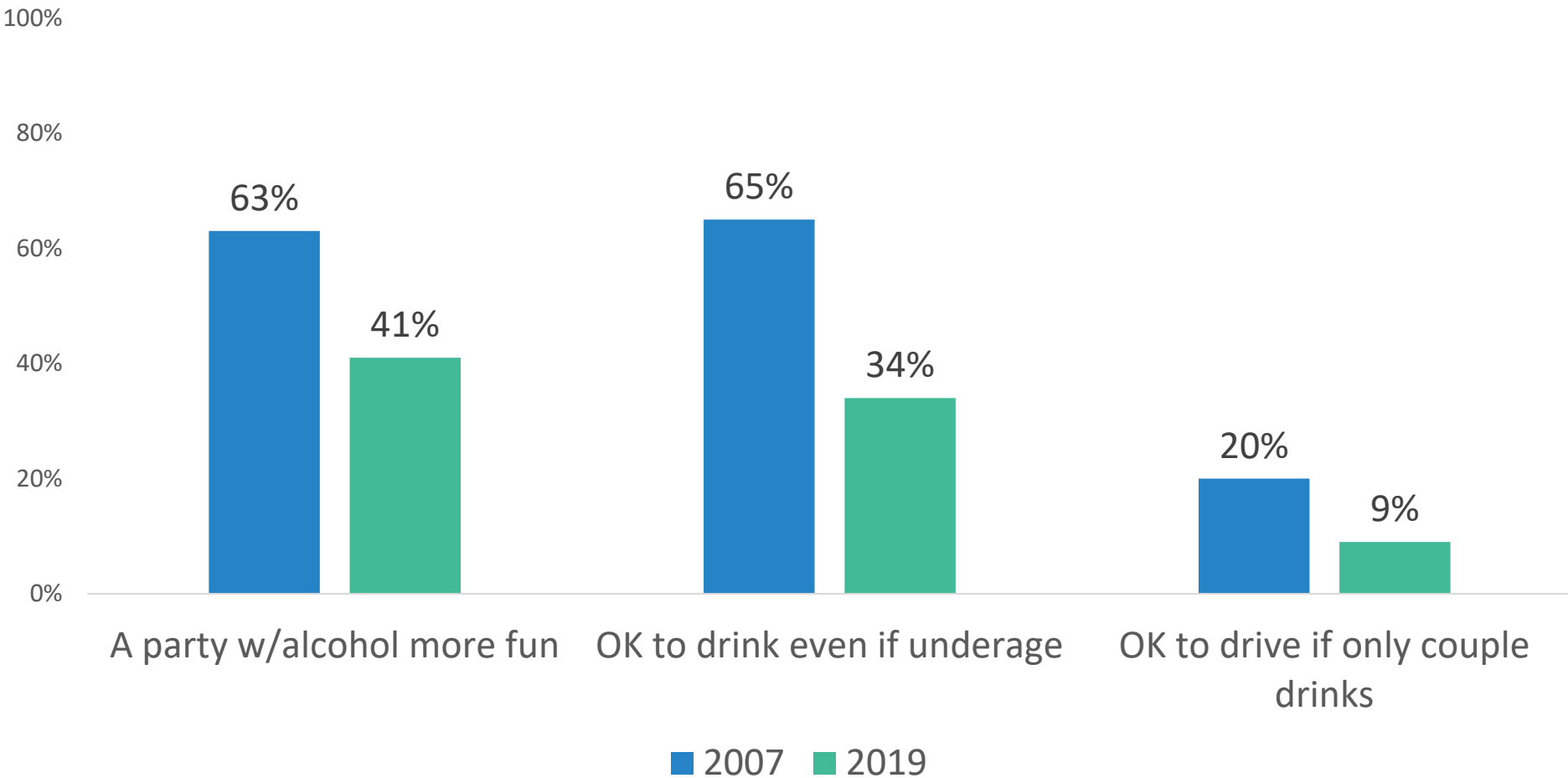
# The majority of HS youth are aware of **consequences** around substance use at school.



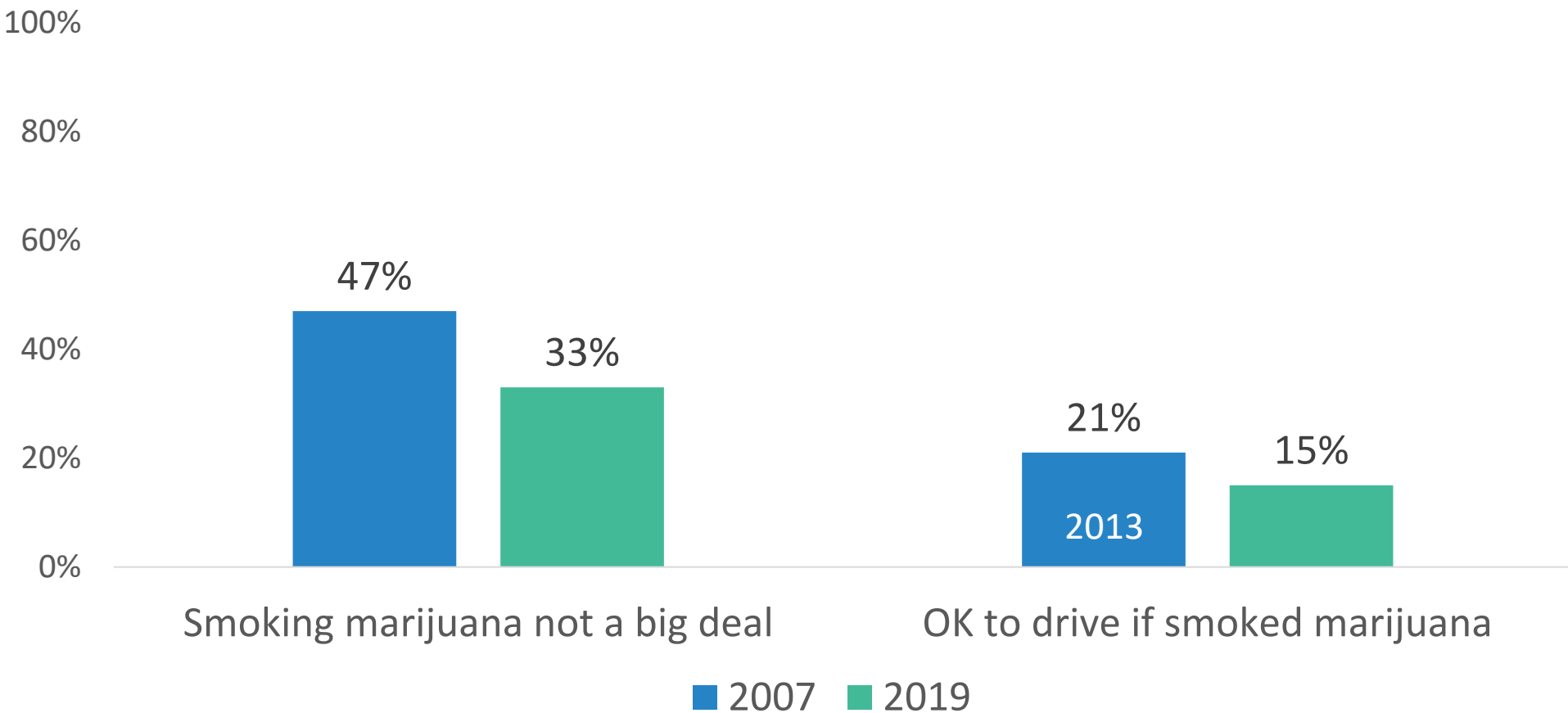
# Youth use rates can be lowered by increasing protective factors .



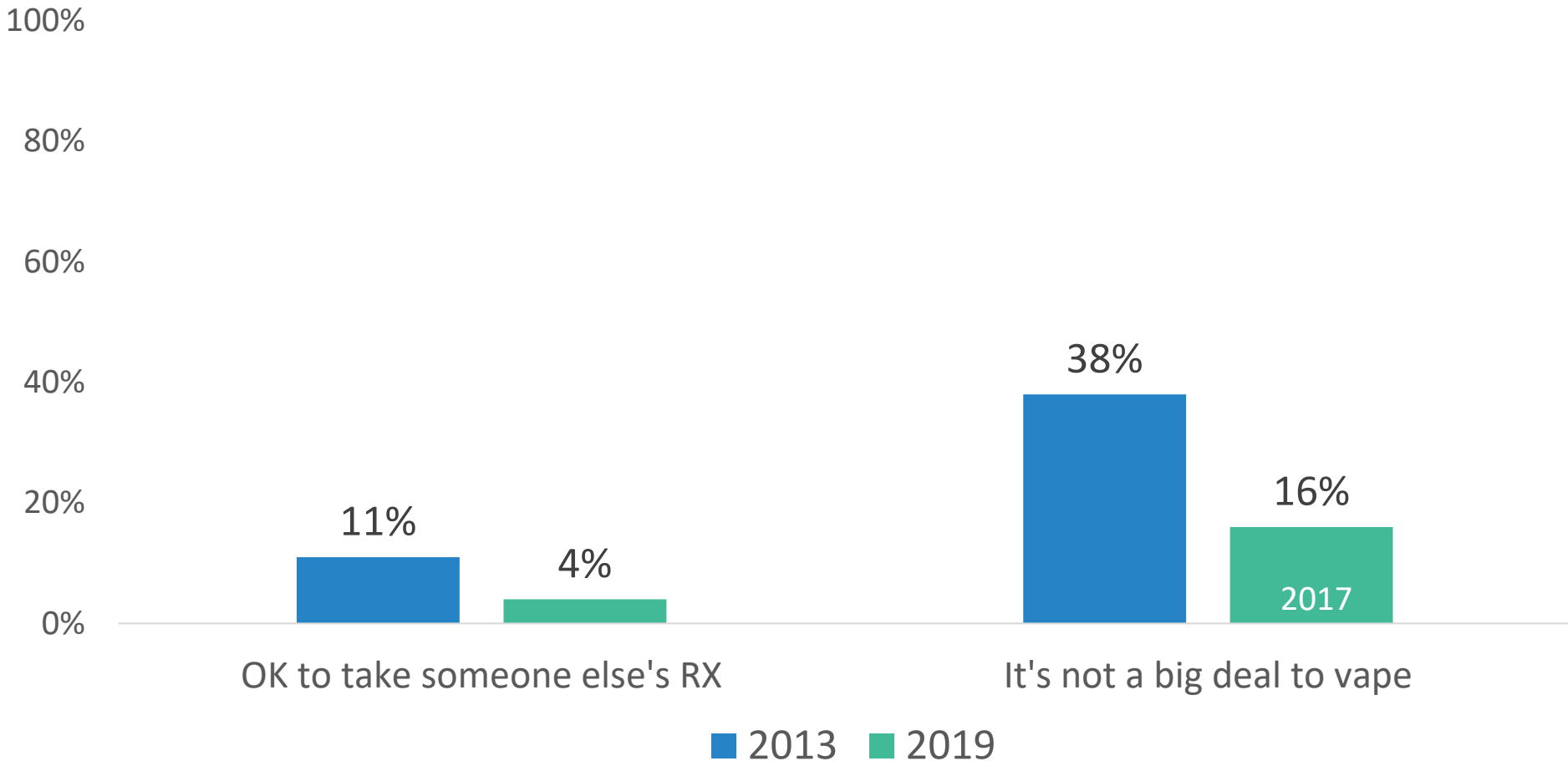
# Youth attitudes around underage alcohol use are shifting.



# Attitudes around marijuana use are also shifting.



# Attitudes around prescription drug abuse & vaping.

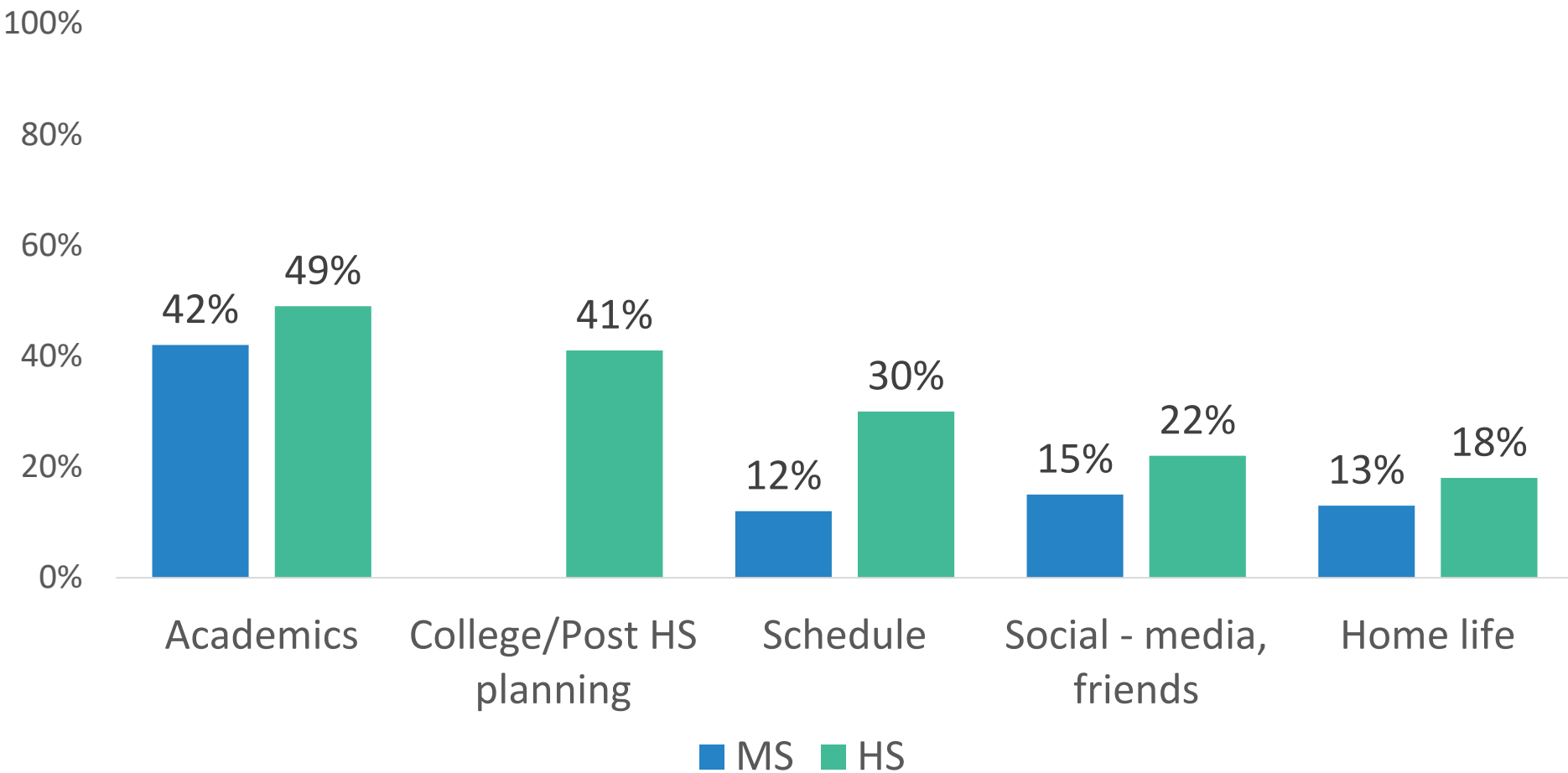


# Other risky behaviors...

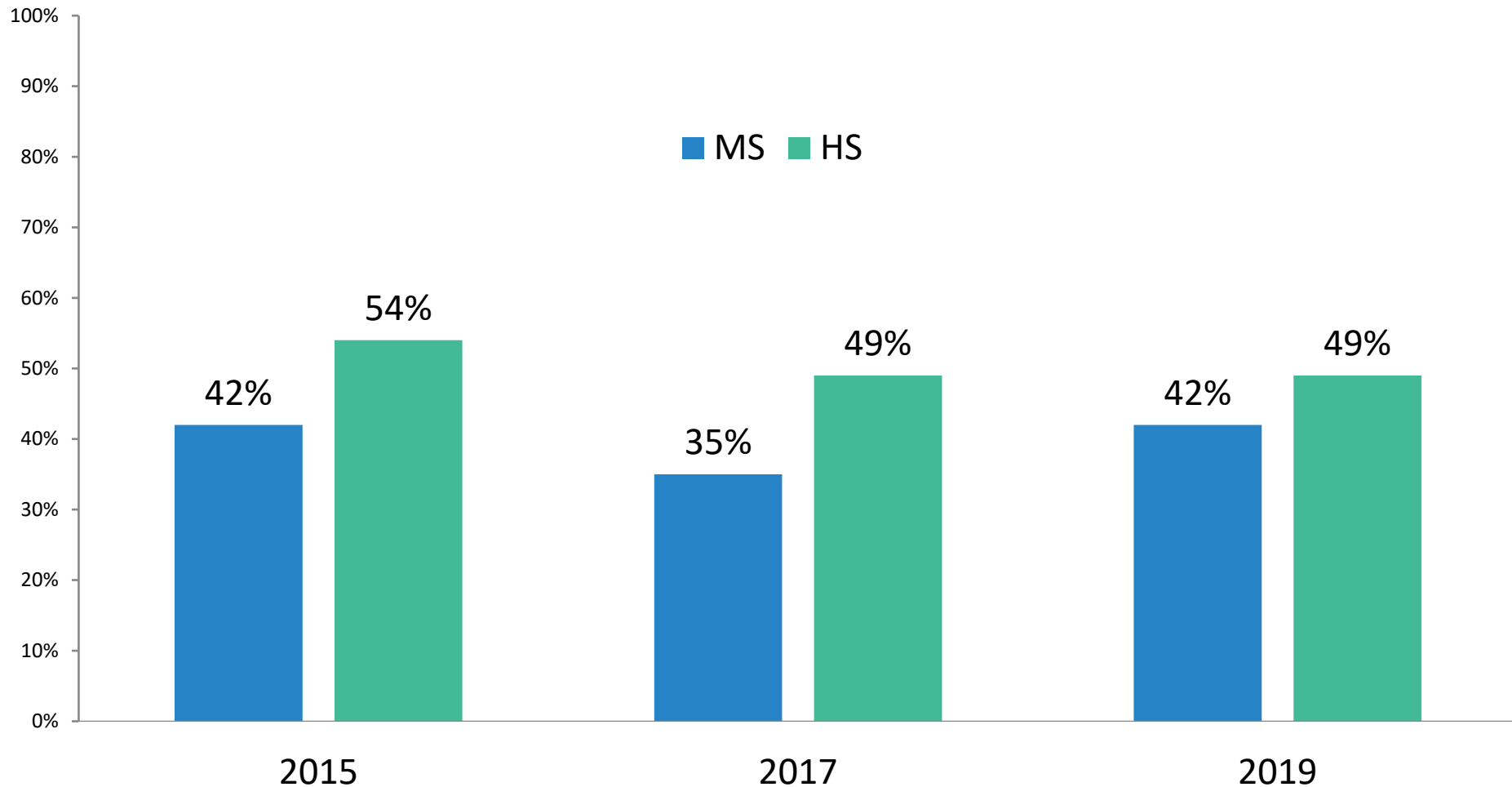
In the past year, have you? High School Only	2019
Driven a car after you had been drinking?	4%
Driven a car after you had use marijuana/THC?	8%
Ridden as a passenger with a driver under the influence of drugs or alcohol?	23%
Gambled?	18%



# Academics causes the most day to day stress among students.



# Reported rates of stress around academics, 2015 to 2019.



1 out of every 3 HS youth reported **feeling sad or hopeless** in the past year.

In the past year...

26% of middle school youth & 33% of high school youth

...reported **feeling sad or hopeless** (almost every day for 2+weeks or more in a row that they stopped doing some usual activities)

# The majority of HS youth know where to get help ...

☐ 79% - if they had a serious concern about depression or anxiety.

☐ 77% - if they had concern for a friend or family member around substance use.

# Takeaway Messages

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- Prevention Works – community collaboration makes it happen
- Parents Have the Power – Parental disapproval is a strong predictor of youth behavior
- Our work isn't done – new substances and local factors emerge
- We need to focus education efforts on older students
- School climate and connection to school matter.
- TPAUD can be a resource to the community

# 7 Strategies for Community Change

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- *Provide Information* – 9<sup>th</sup> Grade Forum, Parent programs, Wellness curriculum, social marketing campaigns
- *Build Skills* – Keep A Clear Mind, Narcan training, Mental Health First Aid, training for police, training for alcohol sellers and servers
- *Provide Support* – collaboration with The CARES Group and Mary J. Sherlach Counseling Center
- *Enhance Barriers & Reduce Access* – TipsLine, Party Patrols, Compliance Checks, Drug Drop Box, Safe Rx storage information, social access campaigns
- *Change Consequences* – Social Host Law enforcement
- *Change Physical Design* – surveillance in open spaces and high-risk locations, signage
- *Modify/Change Policy* – bag checks at THS athletic events; expanded health to 12<sup>th</sup> graders; educating legislators around retail marijuana, minimum tobacco/vaping age, vaping sale/taxation

# Questions or Comments

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