

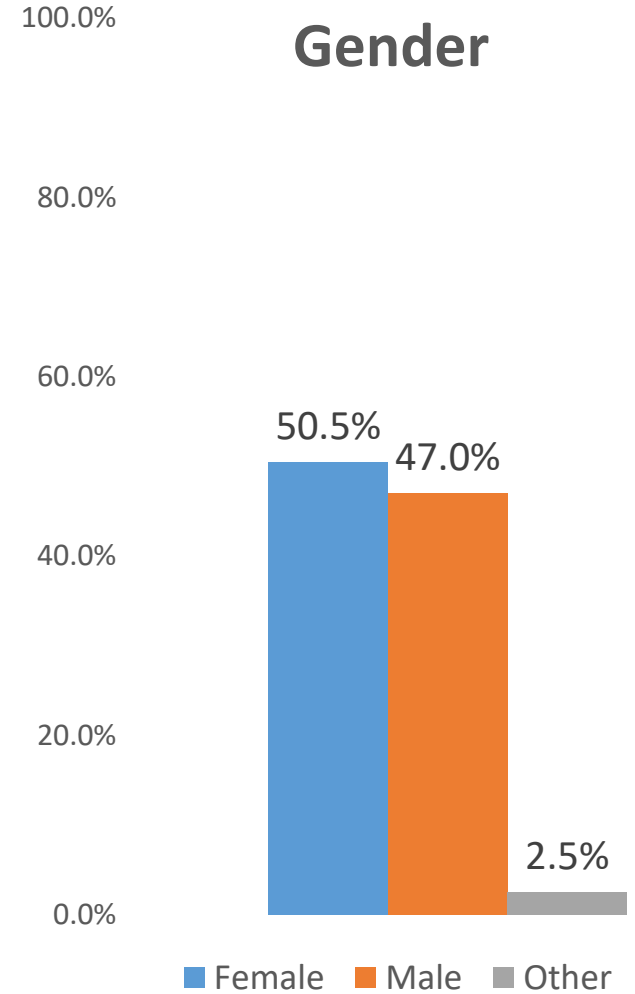
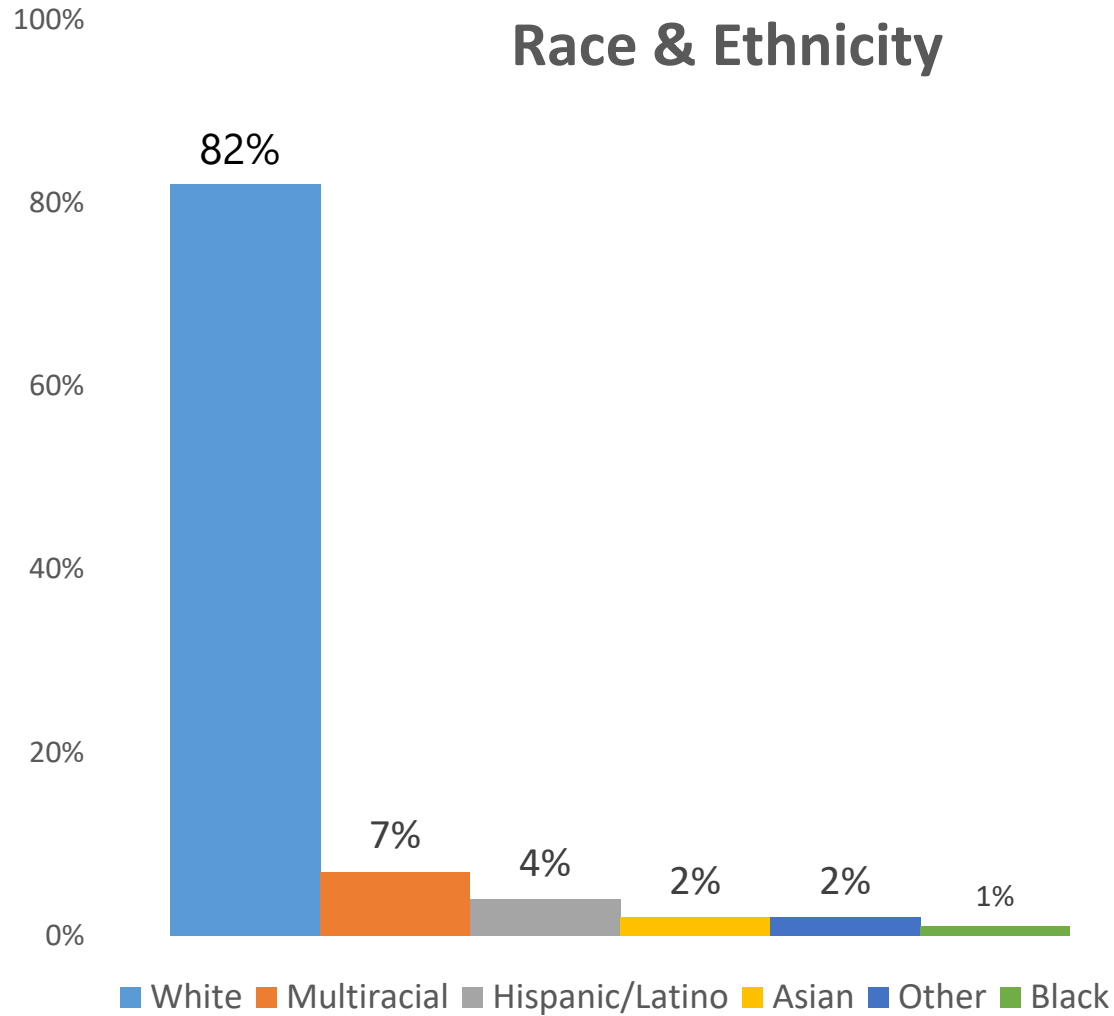


Durham Middlefield

— LOCAL WELLNESS COALITION —

Youth Survey Data Results
March 2020

Demographics

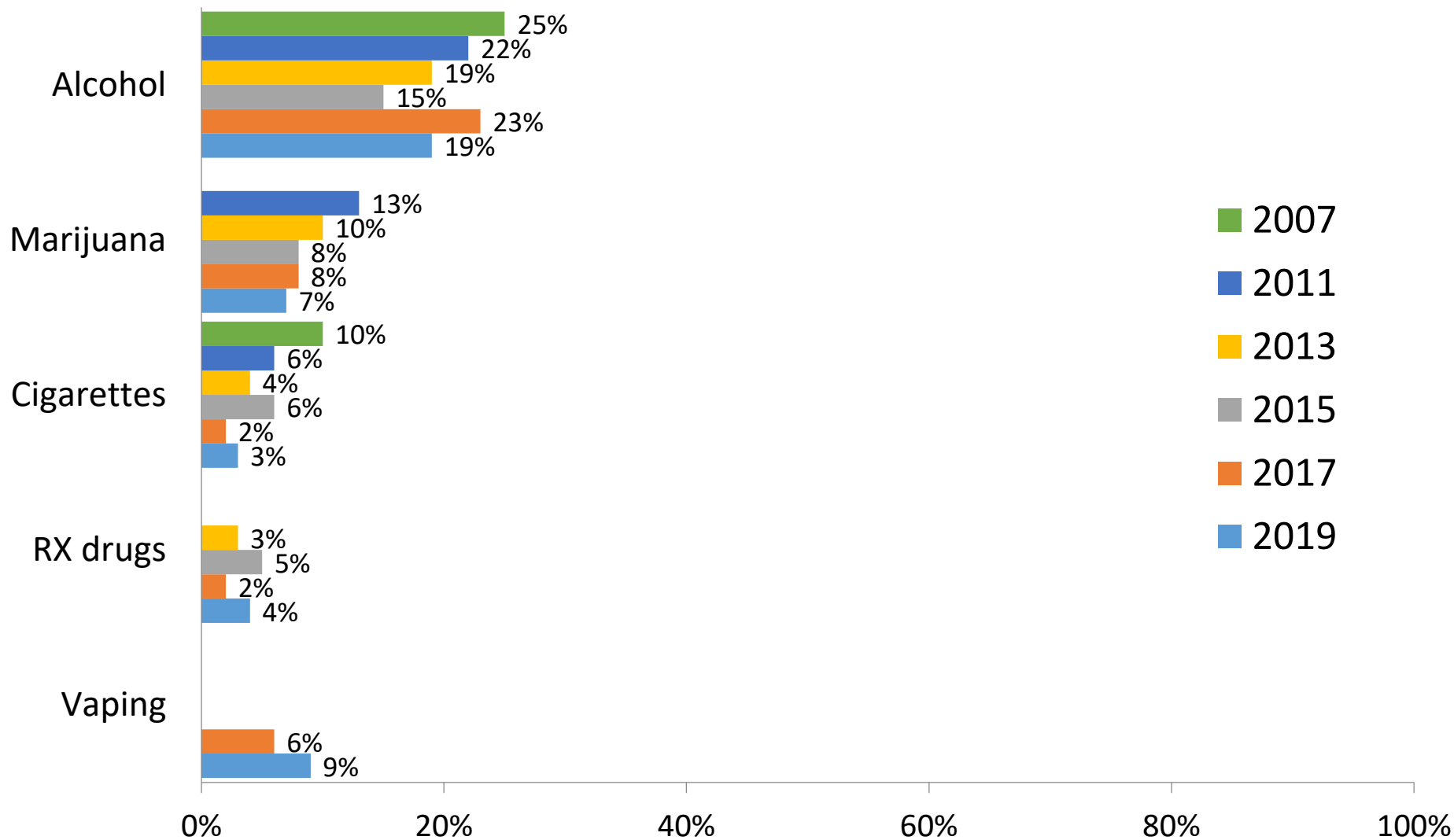


Reducing Risks

Many Durham Middlefield youth are making healthier choices

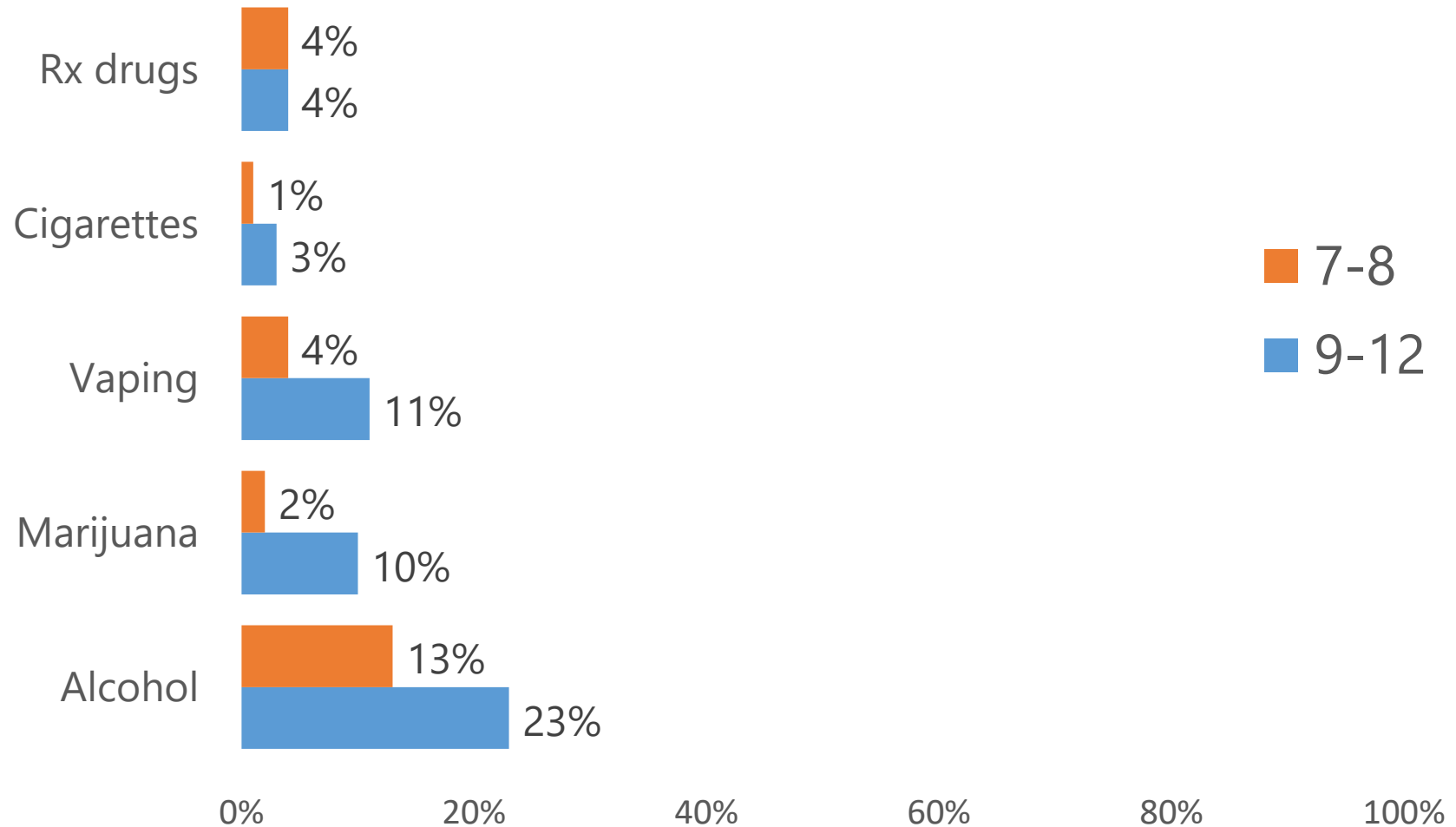


Most use rates are decreasing among 7th-12th graders in Durham Middlefield.



2007, n=764; 2011, n=858, 2013, n=828; 2015, n=748; 2017, n=692; 2019, n=604

30-day use rates for MS and HS students in 2019.

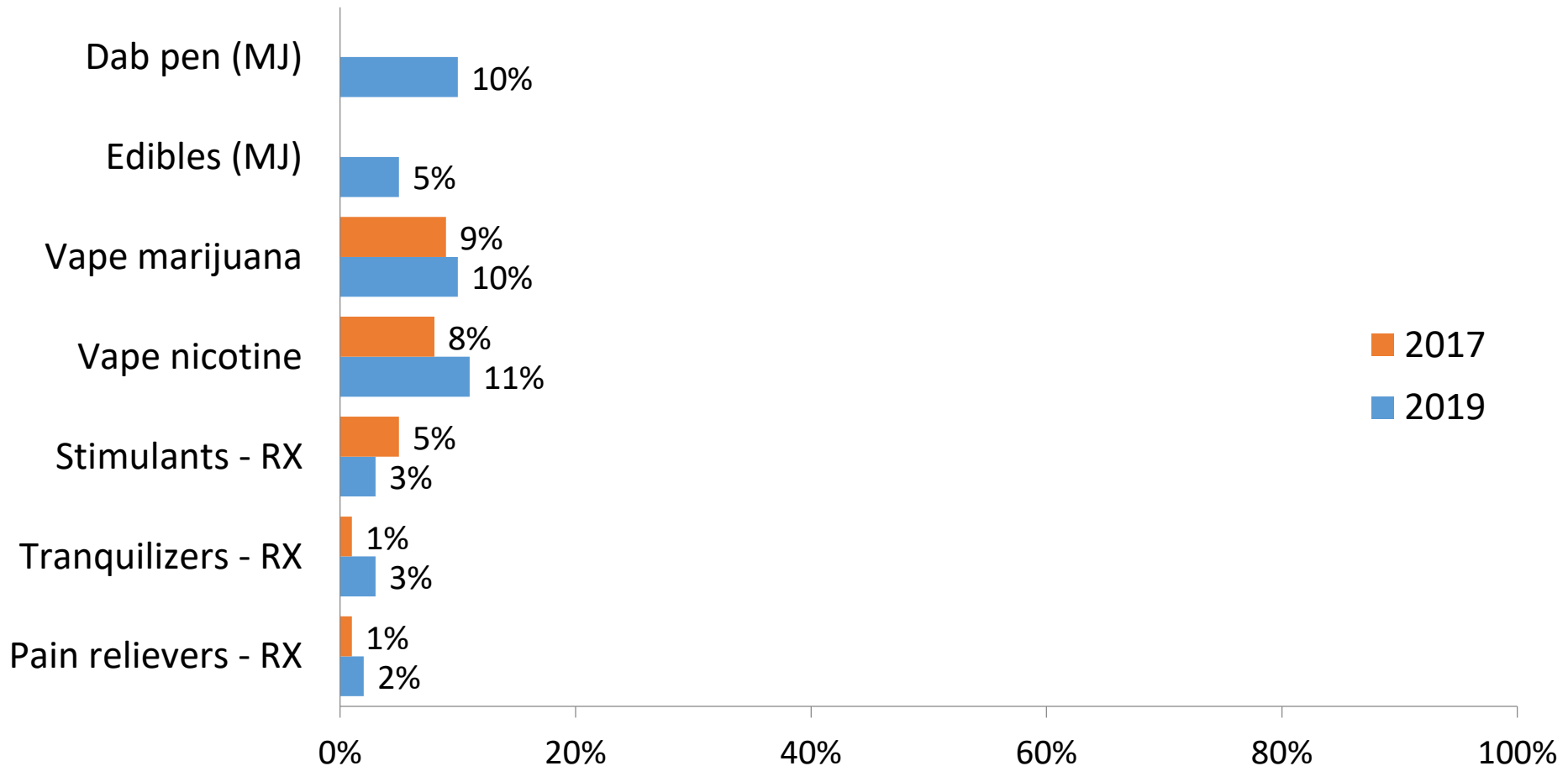


Binge drinking rates among HS students have decreased.

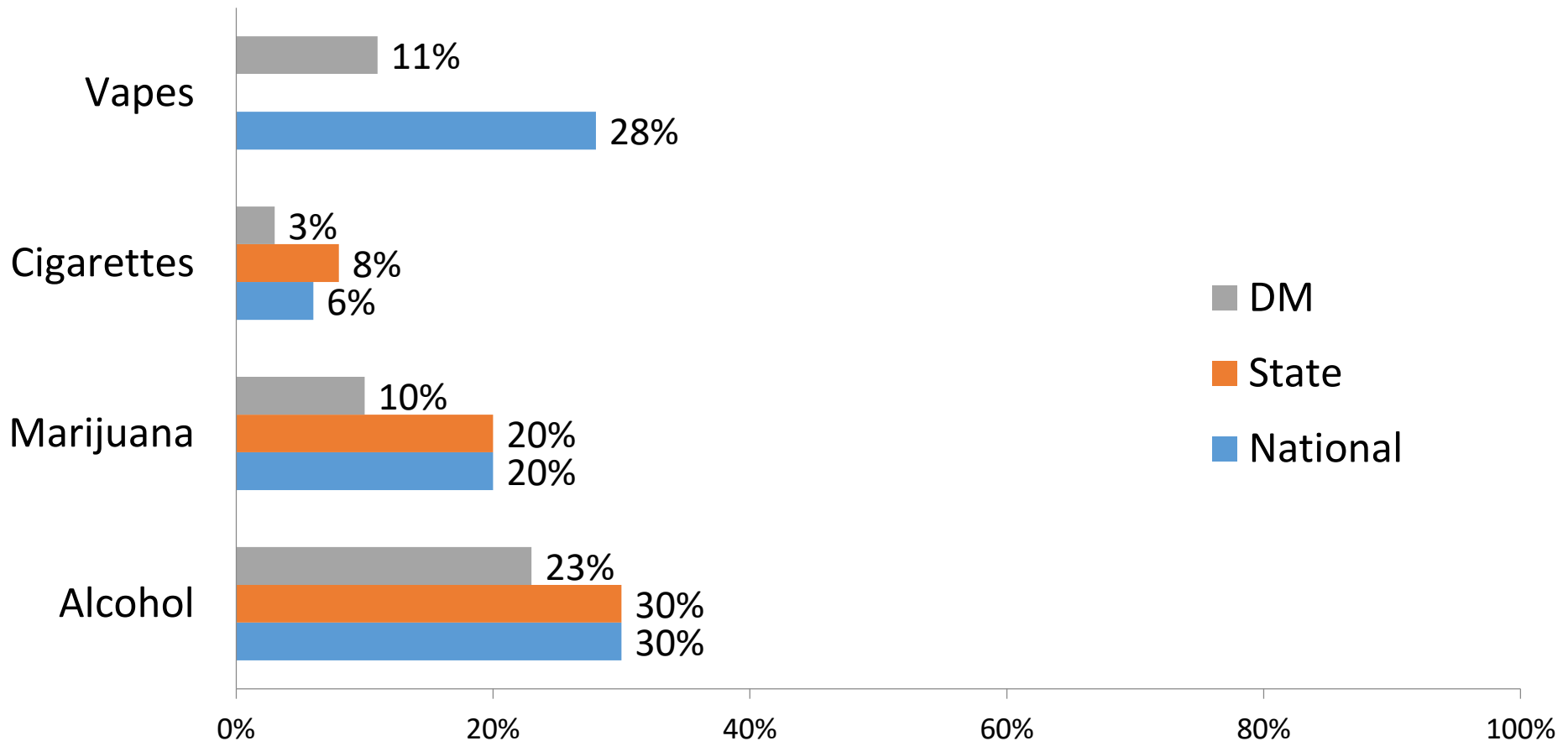
14% of HS students



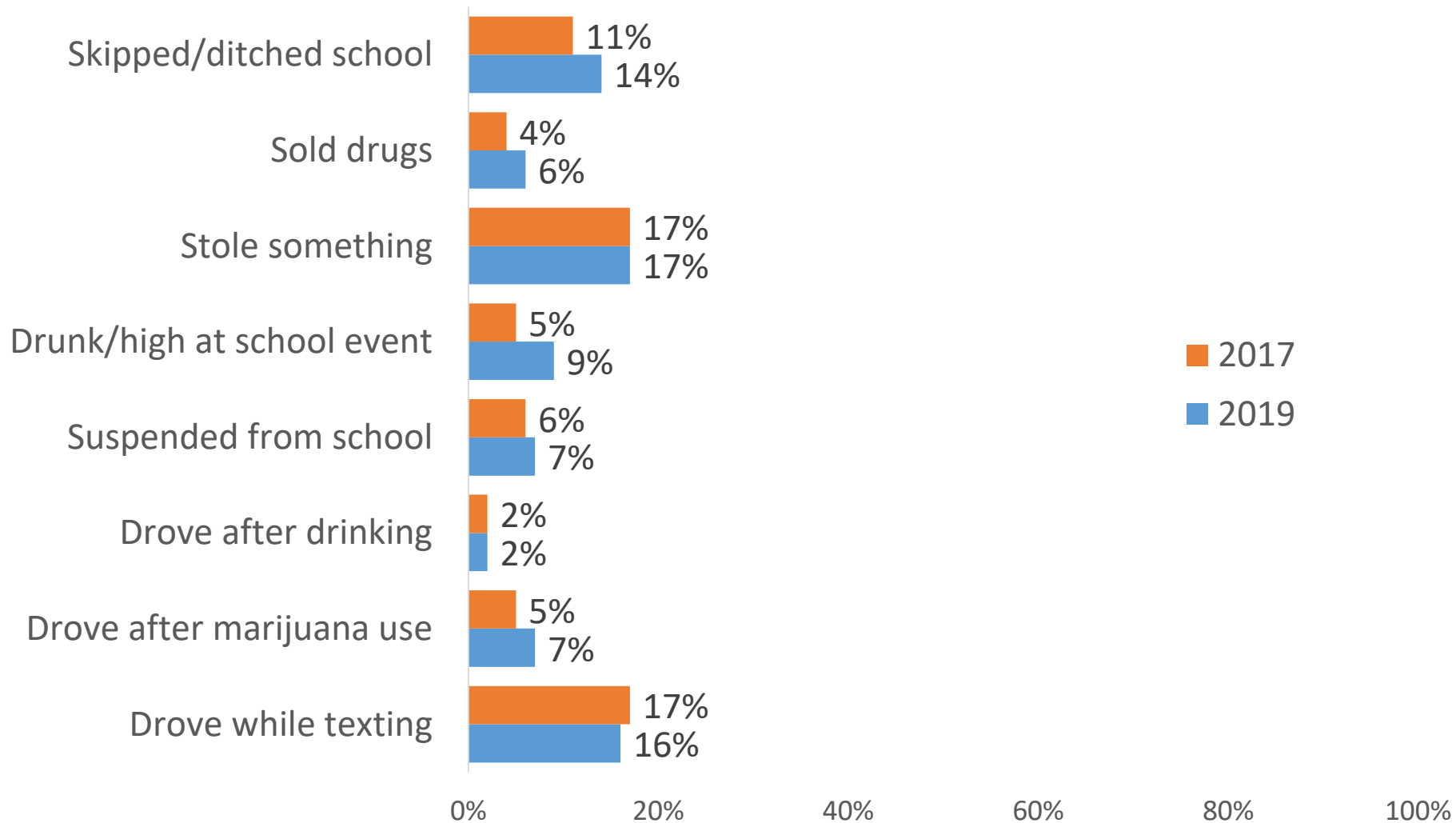
Additional substances - recent use rates among high school students.



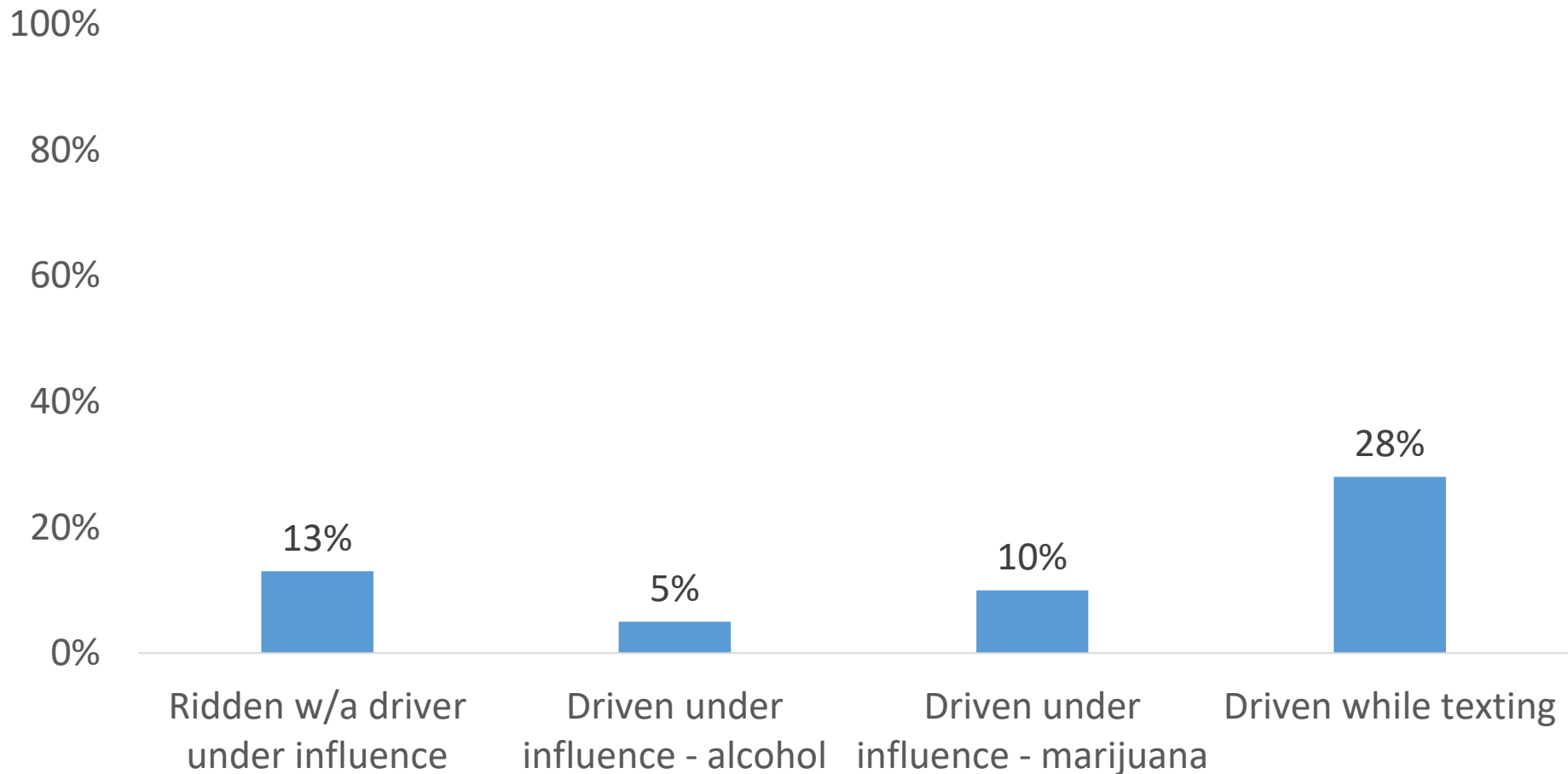
National, state and local 30 day substance use rates among high school students.



Additional behaviors among HS youth.



Driving & risky behaviors reported by juniors & seniors.



Attitudes and behaviors around substance use are **mostly positive**.

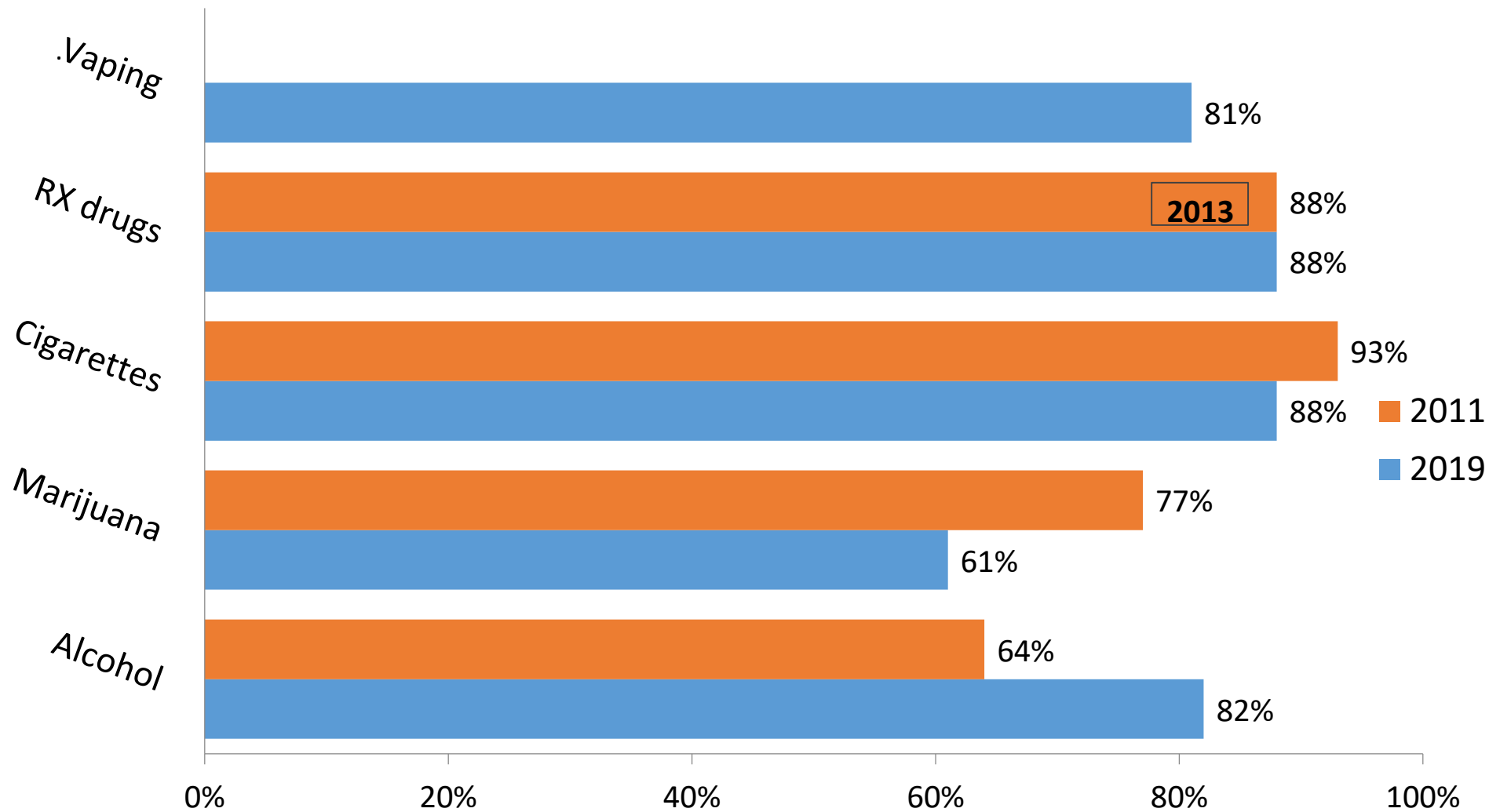
A small percentage of Durham Middlefield youth **agree** to the following statements:

- It's OK to take someone else's prescription drugs to do better in school (homework, tests, SATs, projects) (5%)
- It's OK to take someone else's prescription drugs for pain relief (6%)
- It is OK to drive if you've only had a couple of drinks (7%)
- It is OK to drive if you've smoked marijuana (7%)

Slightly higher approval rates were found around casual use of alcohol and marijuana use:

- It is okay to drink sometimes even if you are underage (18%)
- It's not a big deal to smoke marijuana (23%)

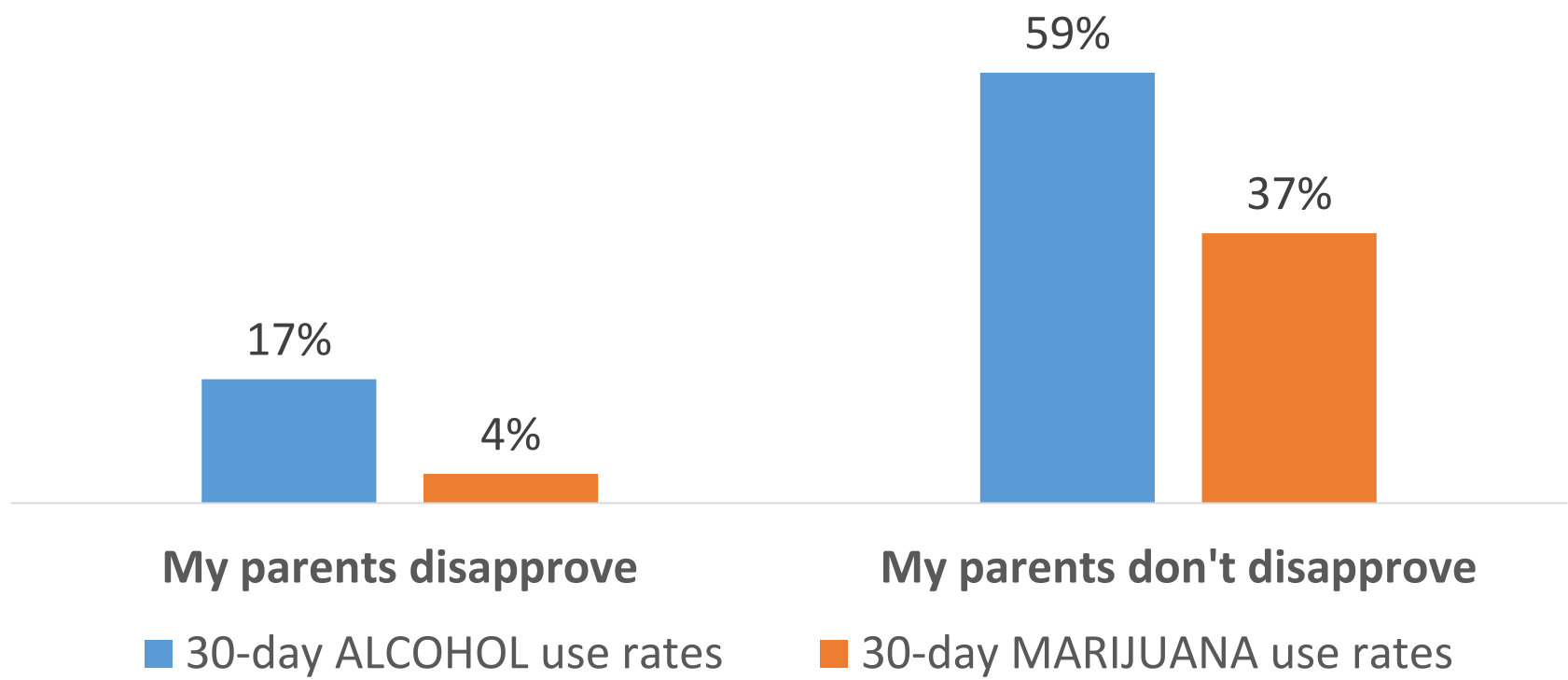
Perceived risk of substance use among 7th to 12th graders.



2011, n=858, 2013, n=828; 2019, n=604

PARENTS have the power!

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



Family norms support substance use prevention.

- 71% reported “My family has clear rules about alcohol and drug use”
- 77% reported “When I am not at home, one of my parents know where I am and who I am with.”
- 70% “If I had a personal problem I could ask my mom or dad for help”



Trusted Adults, Causes of Stress and Mental Health

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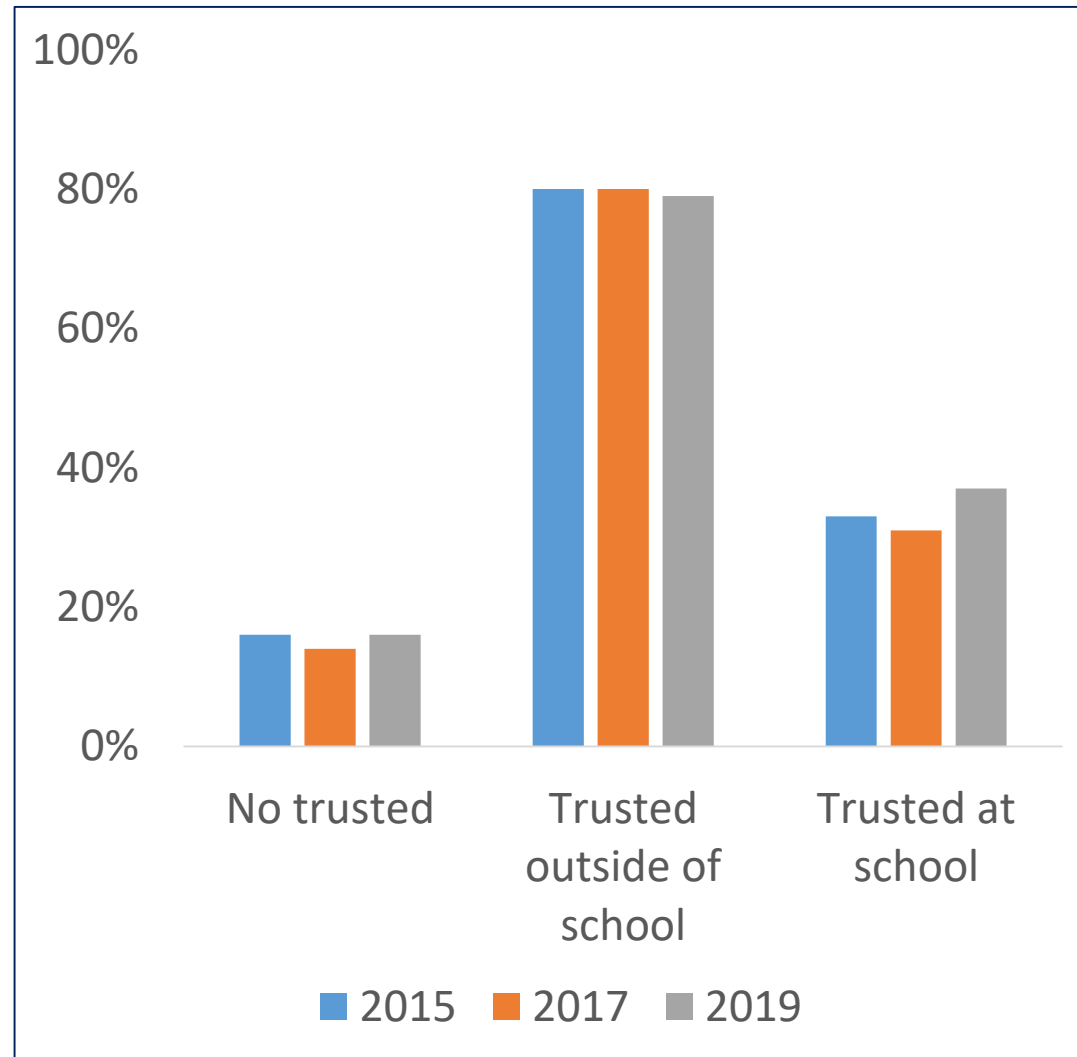
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The majority of DM youth have a trusted adult...

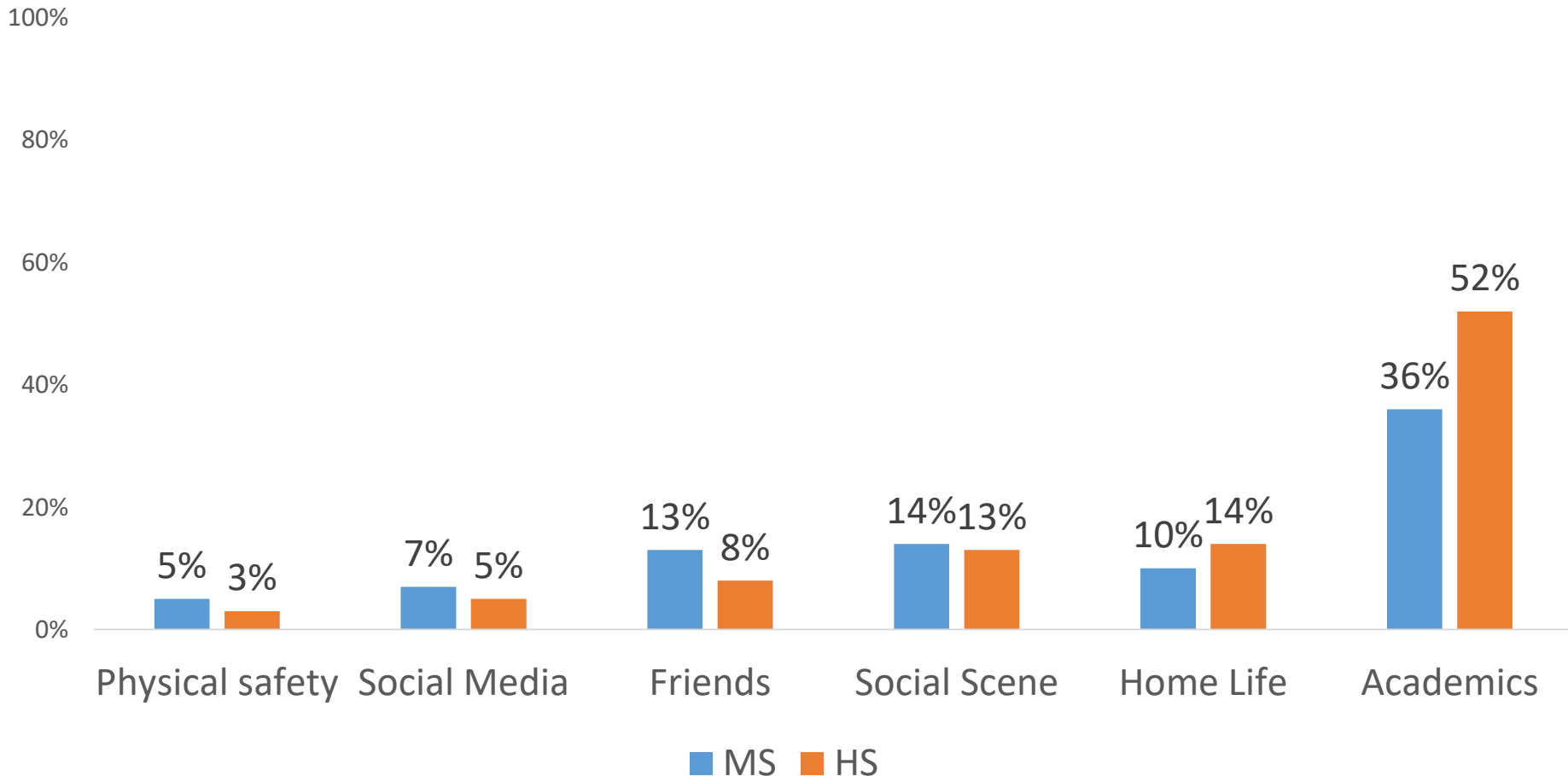
- outside of school (79%)
- at school (37%)
- 16% do not



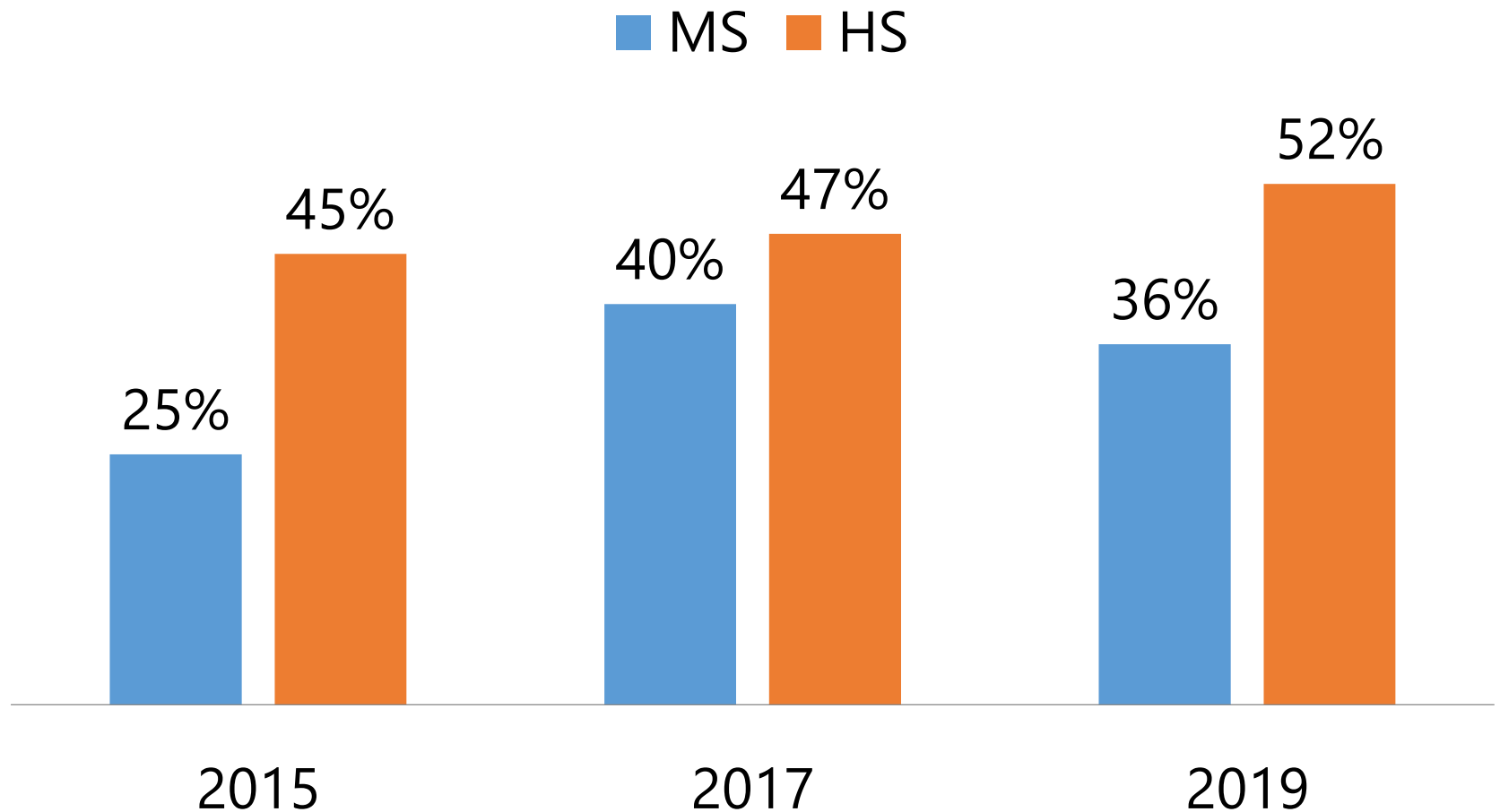
Supports & Sign and Symptoms

	2019 %
Do you know where to go for help if you or a friend are struggling with mental health issues?	
Yes	75
No	10
Not sure	15
Would you be able to recognize the signs and symptoms if a friend or peer were struggling with depression?	
Yes	71
No	7
Not sure	23

Causes of Stress, Anxiety and Worry



Academics causes the most day to day stress among students.



Close to 1 out of every 4 youth reported **feeling depressed** in the past year.

In the past year...

- 26% of youth reported feeling sad or hopeless (almost every day for 2+weeks or more that they stopped doing some usual activities) (n=148)
- 16% of youth reported that had seriously considered attempting suicide (n=89)
- 13% of youth had made a plan on how they would attempt suicide (n=71)
- 5% of youth attempting suicide (n=26)

Sad feelings & attempted suicide

HS Only	DM %	CT %	US %
Sad/Hopeless	28	27	32
Considered attempting suicide	16	14	17
Plan on how to attempt suicide	12	na	14
Attempted suicide	4	8	7

30-Day Use Rates

- Age, Gender, Race/Ethnicity

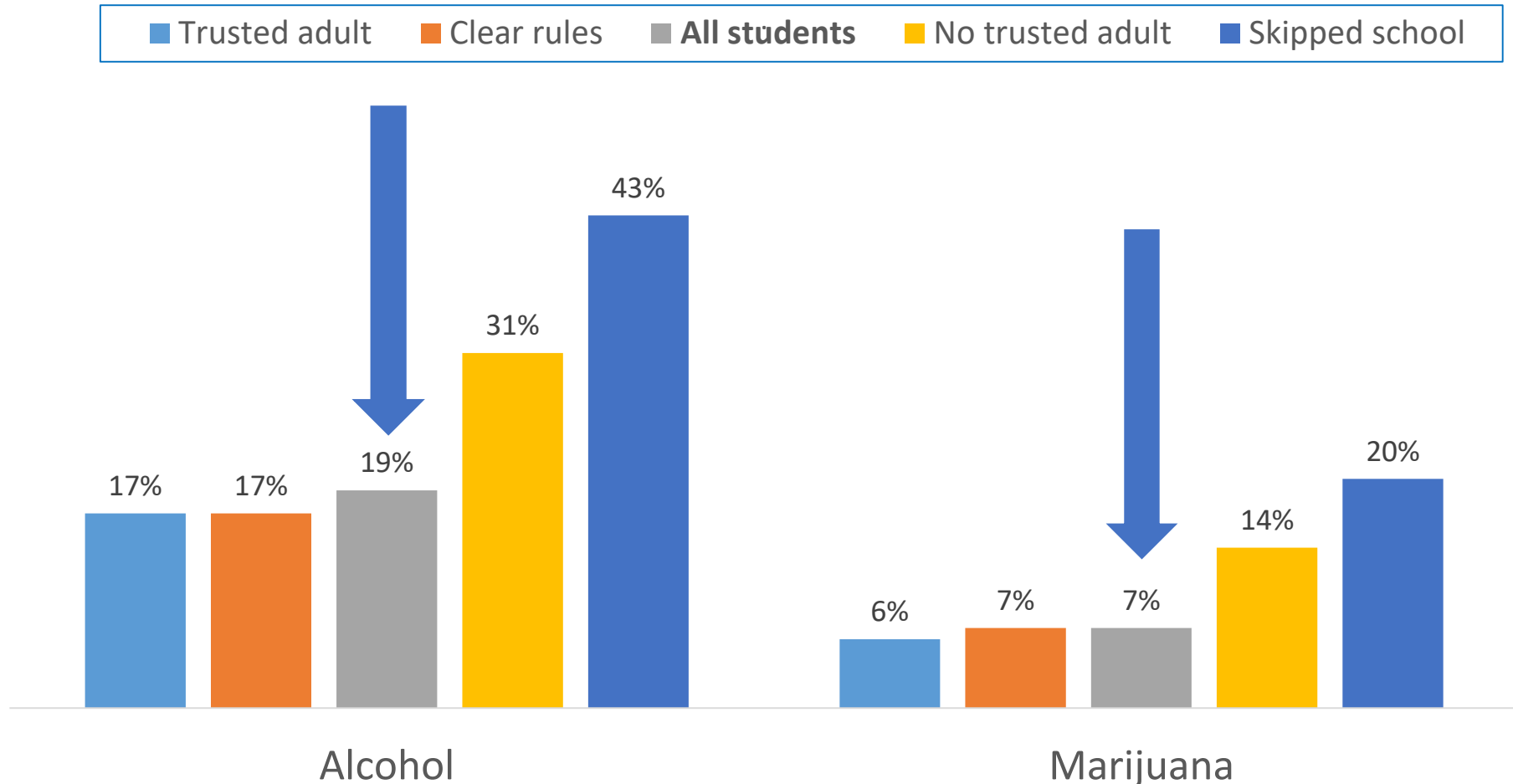
Lower 30-day use rates.

- Trusted Adult
- Can go to parents for help
- Clear rules at home & Parents that monitor

Higher 30-day use rates.

- Self-reported mental health indicators
- No trusted adult
- Risky behaviors

Use rates are lowered with the presence of protective factors.



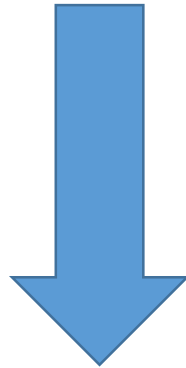
Building Assets

DMLWC is committed to increasing the positive support and strengths that assist teens in their success.



What are Developmental Assets?

A framework toward positive youth development – includes skills, experiences, relationships, and behaviors



Enables young people to develop into successful and contributing adults

Eight Categories of Development Assets

External Assets

Empowerment

21.0

Young people need to feel valued and valuable. This happens when youth feel safe and respected.

Support

20.8

Young people need to be surrounded by people who love, care for, appreciate, and accept them.

Boundaries and Expectations

20.1

Young people need clear rules, consistent consequences for breaking rules, and encouragement to do their best.

Constructive Use of Time

18.5

Young people need opportunities – outside of school – to learn and develop new skills and interests with other youth and adults.

Internal Assets

Social Competencies

21.4

Young people need the skills to interact effectively with others, to make difficult decisions, and to cope with new situations.

Positive Values

20.6

Young people need to develop strong guiding values or principle to help them make healthy life choices.

Commitment to Learning

18.9

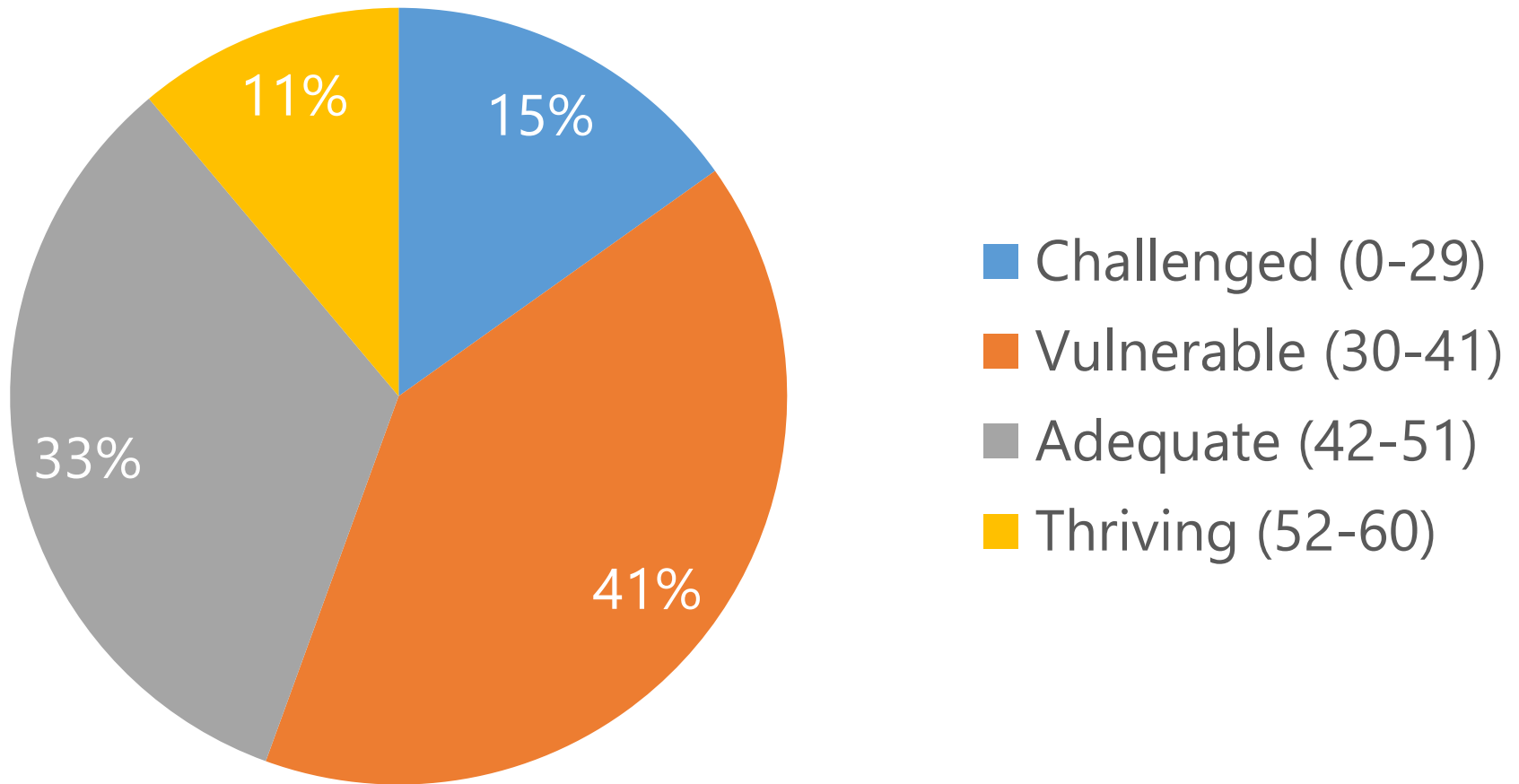
Young people need a sense of the lasting importance of learning and a believe in their own abilities.

Positive Identity

18.2

Young people need to believe in their own self-worth and to feel that they have control over the things that happen to them.

Composite assets score.



DMLWC is committed to reducing ACCESS to all substances.

Saturday October 26th 2019

National Prescription Drug Take-Back Day

Turn in your unused or expired medication for safe disposal

Visit www.dea.gov or call 800-882-9539 for a collection site near you.



FREE Narcan Training

Saturday October 26th 2019

10:00am-11:00am

Middlefield Community Center

405 Main Street Middlefield Ct

Training will include:

- Overdose Prevention Strategies
- Signs and Symptoms of an Overdose
- How to Administer Narcan
- Good Samaritan Law
- Support Information and Resources

What is Narcan?

Narcan is a prescription drug that reverses an opioid overdose. Opioids include heroin and prescription pain pills such as oxycodone, codeine and morphine.

SAVE A LIFE

RSVP to Durham Middlefield Local Wellness Coalition
dmiccinello@dmyfs.org or (860)349-0258
WALK INS WELCOME!

A limited supply of Narcan will be available

Saturday October 26th

10:00am-2:00pm

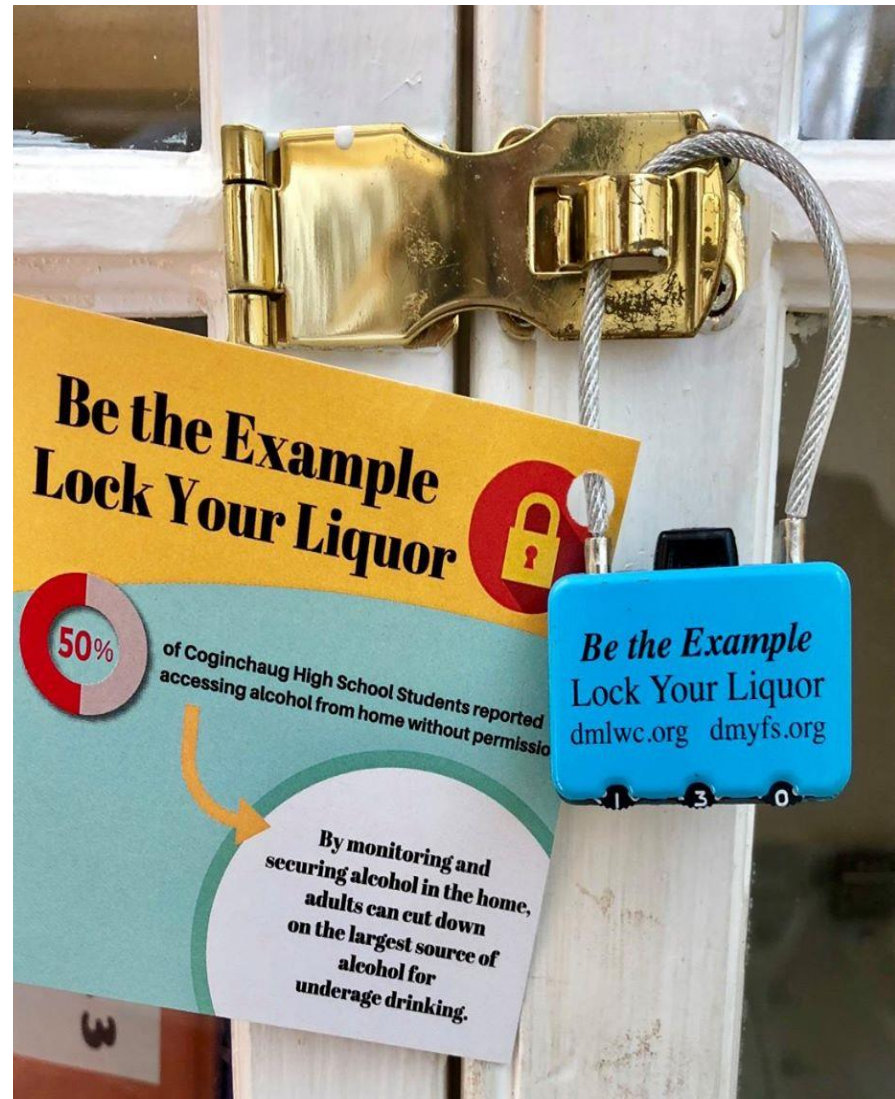
Middlefield State Troopers Office

405 Main Street Middlefield Ct

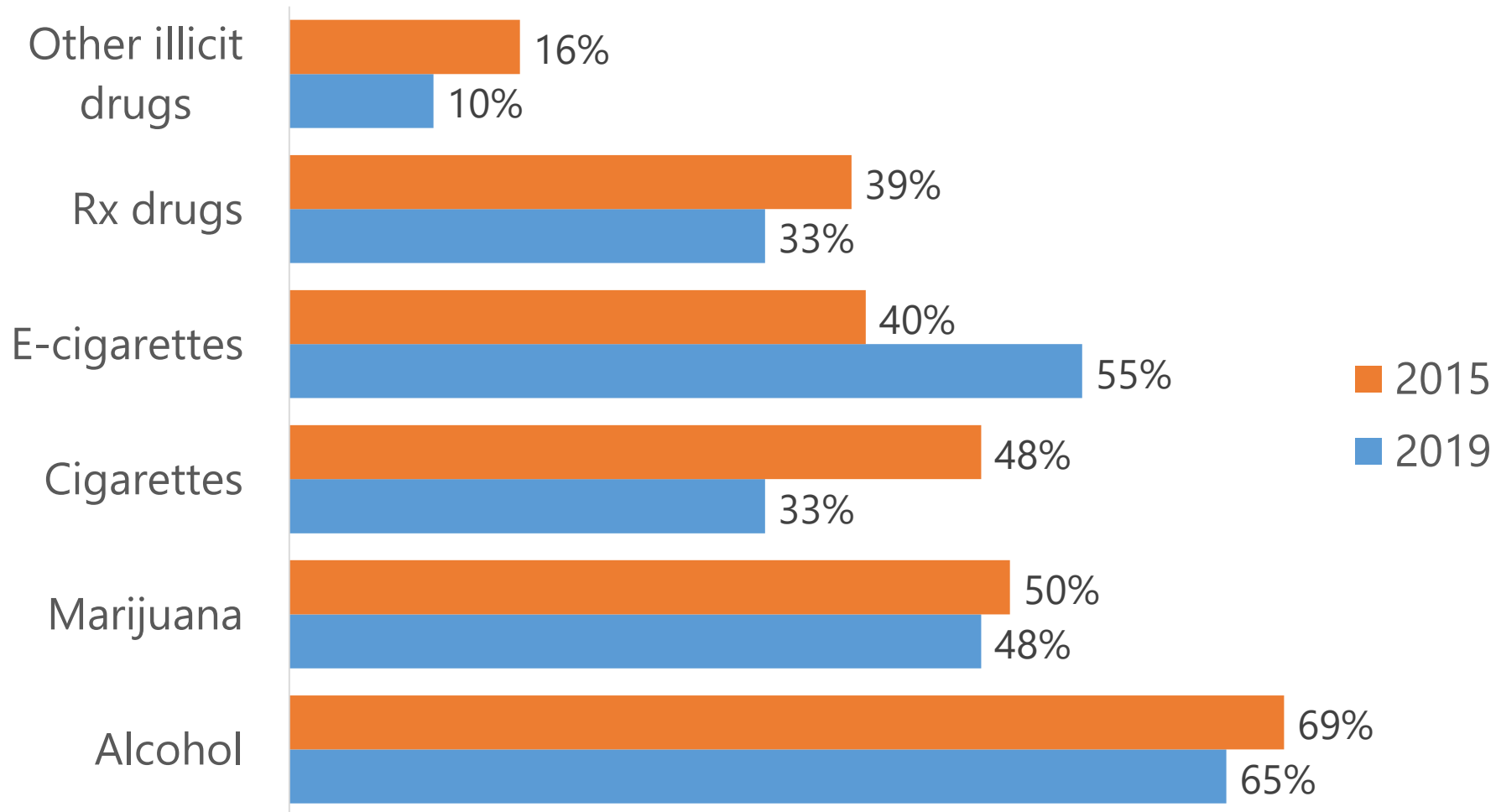
Drop off your old unused prescription drugs to be disposed of properly and keep them out of your medicine cabinets where anyone could take them!



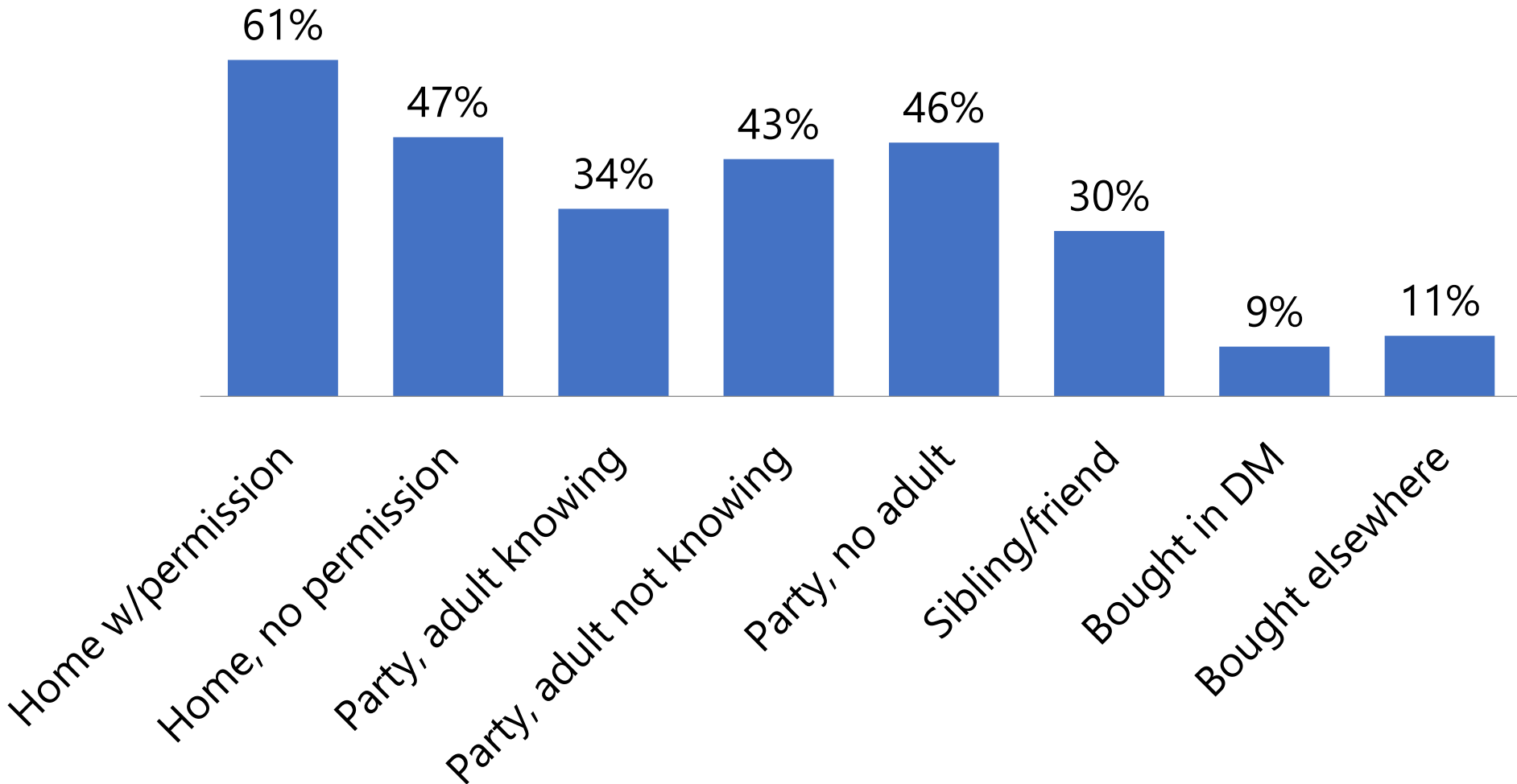
DMLWC's mission is to reduce substance abuse in our community through community action, education, support, and collaboration.



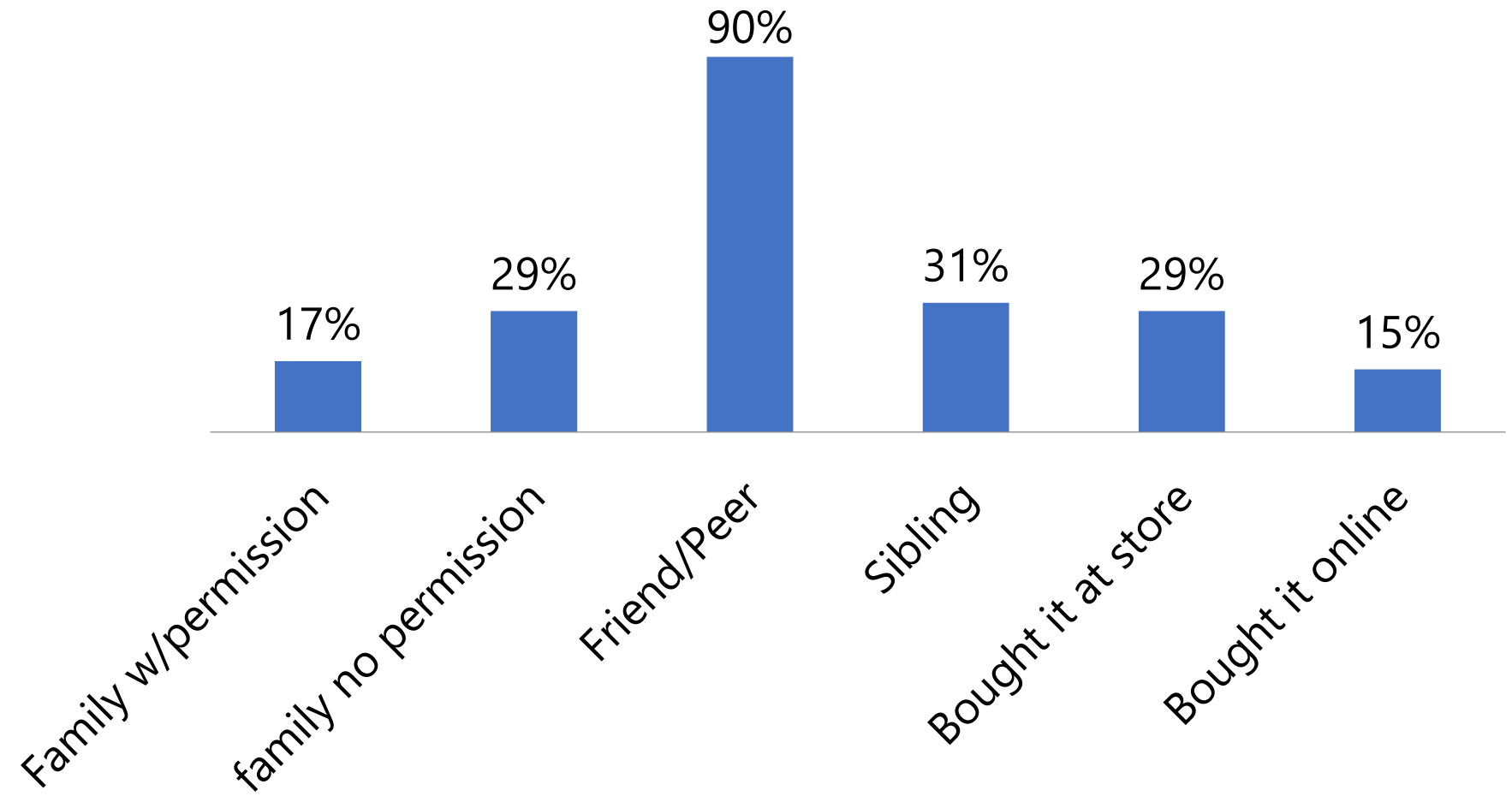
Perception is that **access** to alcohol and e-cigs is **easy** among HS youth.



High school youth are getting alcohol at home and parties.



Most high school students report getting vapes from friends.





- What jumped out at you?
- Any surprises?
- Is there anything you would like to know more about?
- What do you feel is most relevant?