

# Prevention Needs Assessment Survey 2019

Quaboag Hills Substance Use Alliance



Prevention. Treatment. Recovery.



**Drug-Free Communities**

*Local Problems Require Local Solutions*

## Quaboag Hills Region-wide Results

Based on combined data from the following 5 school districts:  
Belchertown, North Brookfield, Quabbin Regional School District,  
Quaboag  
Regional School District and Ware

# Why do we care about youth substance use?

We value every youth and want them to be healthy & happy adults

We know now that the brain is still developing until age 25+

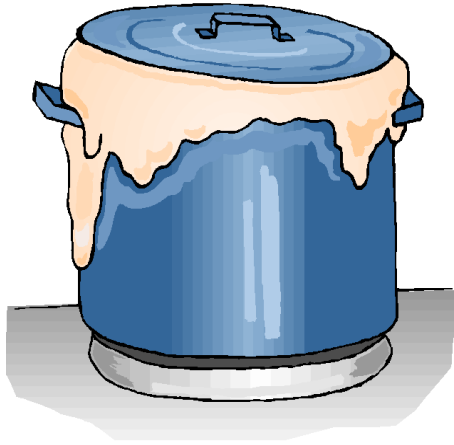
There can be worrisome consequences from substance use — lower GPA's, and higher rates of delinquency, dropout, early pregnancy.

Youth who use alcohol before age 13 are *five times more likely* to become dependent than youth who delay until age 21 or older

Marijuana can be addictive; it is the #1 reason youth seek substance use disorder treatment in Massachusetts

Opioid drug misuse in young adults may have its roots in earlier teenage substance use

# Preventing & Reducing Teen Substance Use



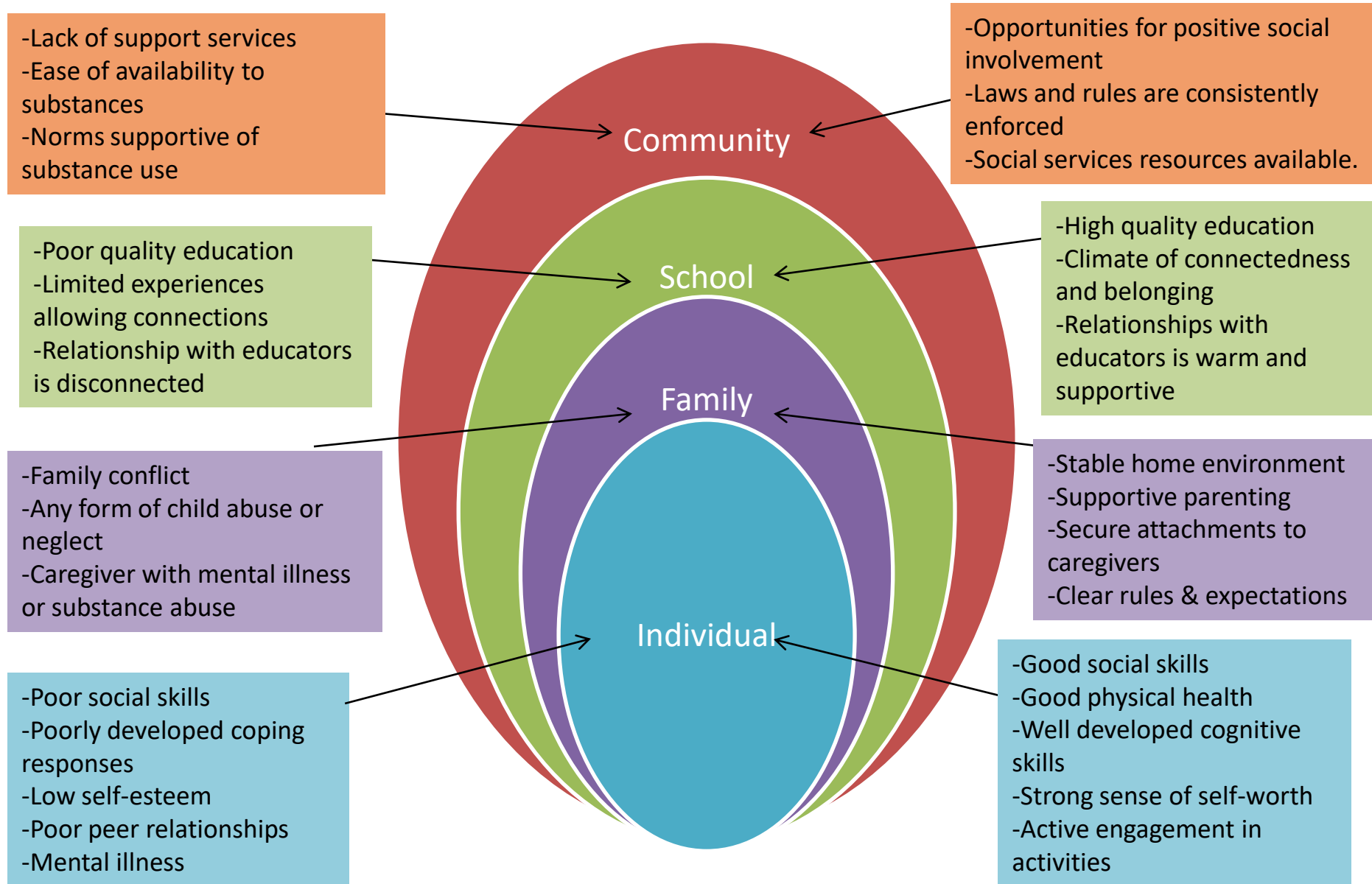
There is a lot 'cooking' in the adolescent brain.

Harmful substances like tobacco, nicotine, alcohol, marijuana and other drugs turn up the heat.

By creating environments that "turn down the temperature" for youth, we can prevent problems from boiling over or even starting to simmer.

Just like we turn down the heat on a stove, communities can keep youth from harm by making sensible changes.

# Risk & Protective Factors at Multiple Levels



# Substance Use Disorder

---

**There are three factors that greatly increase the risks for someone to develop a Substance Use Disorder**

## Age of First Use

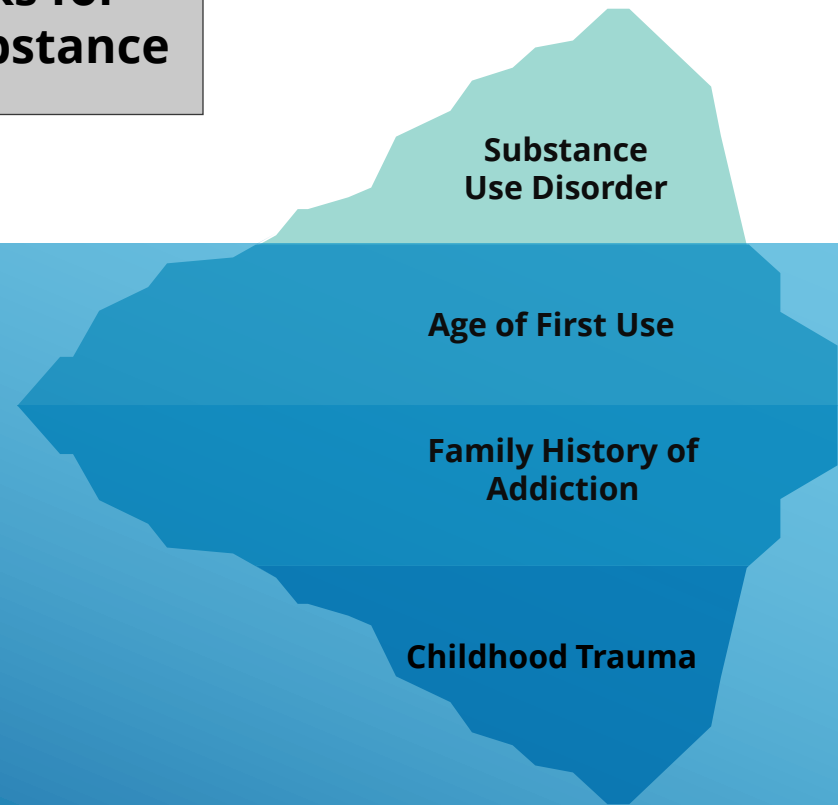
The earlier a individual initiates use, the greater the likelihood of creating dependency upon substance. 90% of addiction begin in the teenage years.

## Family History of Addiction

Individuals with a genetic link to family members with substance use disorder are more likely to develop an addiction. 1 in 2 youth with a family history who begin use in their teenage years are likely to develop an addiction.

## Childhood Trauma

Individuals with higher frequency or severity of adverse childhood experiences (ACEs) has a greater likelihood of developing a substance use disorder, as well as many other mental and physical health impacts.



# **2019 Quaboag Hills Region-wide Prevention Needs Assessment Survey (PNAS)**

**Surveyed 8<sup>th</sup>,  
10<sup>th</sup>, & 12<sup>th</sup>  
graders in 5  
school districts**

**Surveying was  
conducted in  
schools in  
March & April  
2019**

**Survey was 121  
questions, so what  
follows is just a  
sampling of data**



**N= 1318**  
**67% of all 8th, 10th & 12th  
grade students**

# Survey Validation

Six strategies were used to assess the validity students' survey responses.

Impossibly high reports of substance use	Exaggerated frequency of antisocial behaviors	Use of a fictitious drug	Inconsistency between lifetime and 30day use	Failure to complete 25% or more of the survey	Self described as “not honest”
Students who reported an average of four or more daily uses of the following drugs—cocaine, LSD/Psychedelics, Ecstasy, methamphetamine and heroin—were eliminated from the survey data set.	Students who reported an unrealistically high frequency of 5 antisocial behaviors, such as “attacking someone with intent to harm” and “getting suspended”—more than 120 instances within the past year—were removed from the analysis.	Students reported any use of the fictitious drug, surveys were not included in the analysis of the findings.	Such as reporting use of a drug within the past 30 days but not reporting it for lifetime use. Records with two or more such inconsistencies were removed.		Students who responded to a final survey questions about honesty by saying that "they were not honest at all" were removed from the analysis.

# 2019 Quaboag Hills Region-wide Parent Survey

Survey was  
completed online  
between March-  
May 2019

N= 226

Survey was 31  
questions



Parents from; Barre, Belchertown,  
Hardwick, Hubbardston, Monson, New  
Braintree, North Brookfield, Palmer,  
Ware, Warren & West Brookfield



# Drug Free Communities “Core Measures”

Required to provide data every two years on the following core measures for alcohol, tobacco, marijuana, and prescription drugs for three grades. Quaboag Hills surveys students in the 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> grades.

Past 30-day use; we want those rates to go down



Perception of risk or harm; we want this to go up



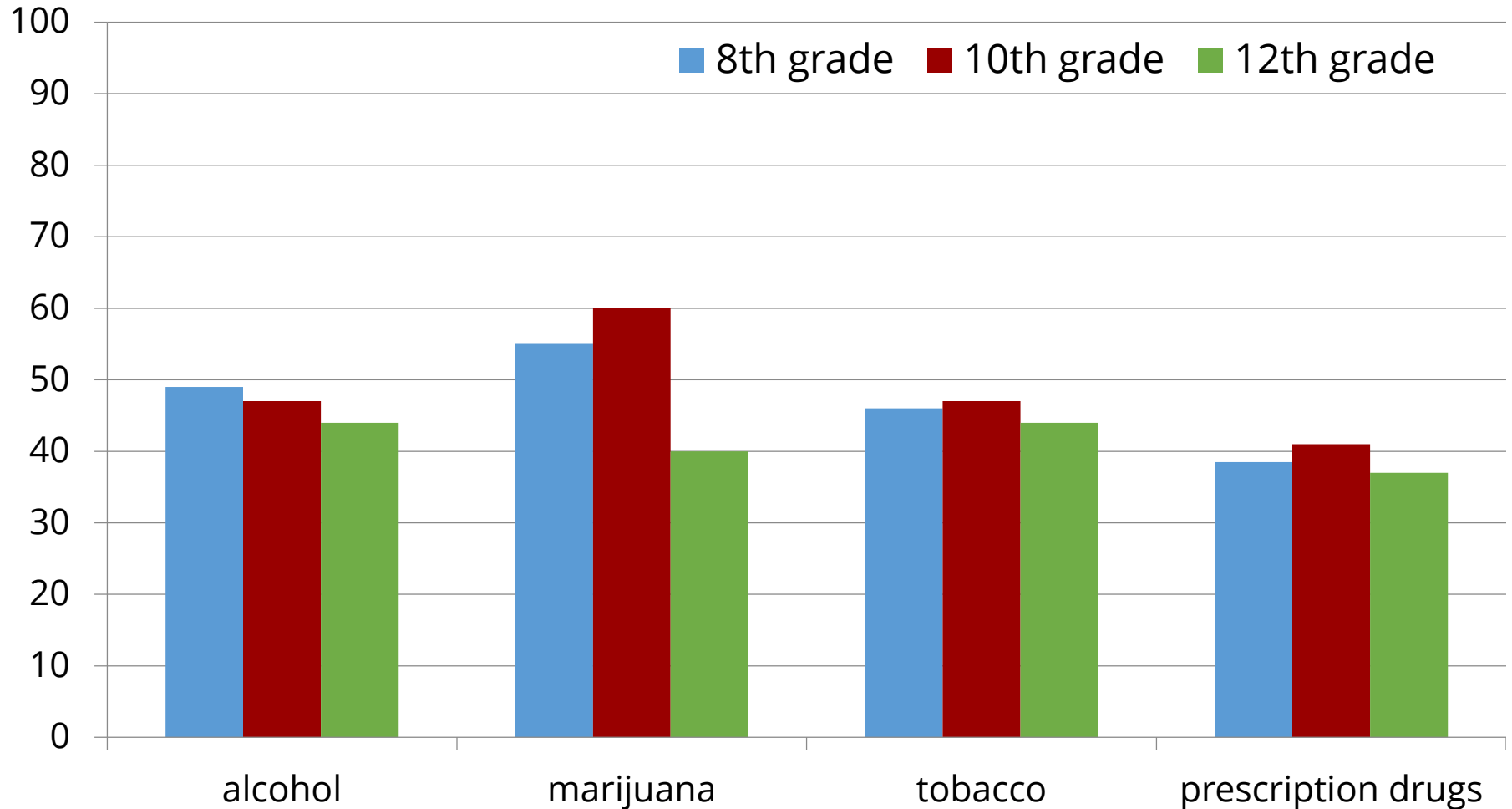
Perception of parental disapproval of use ; we want this to go up



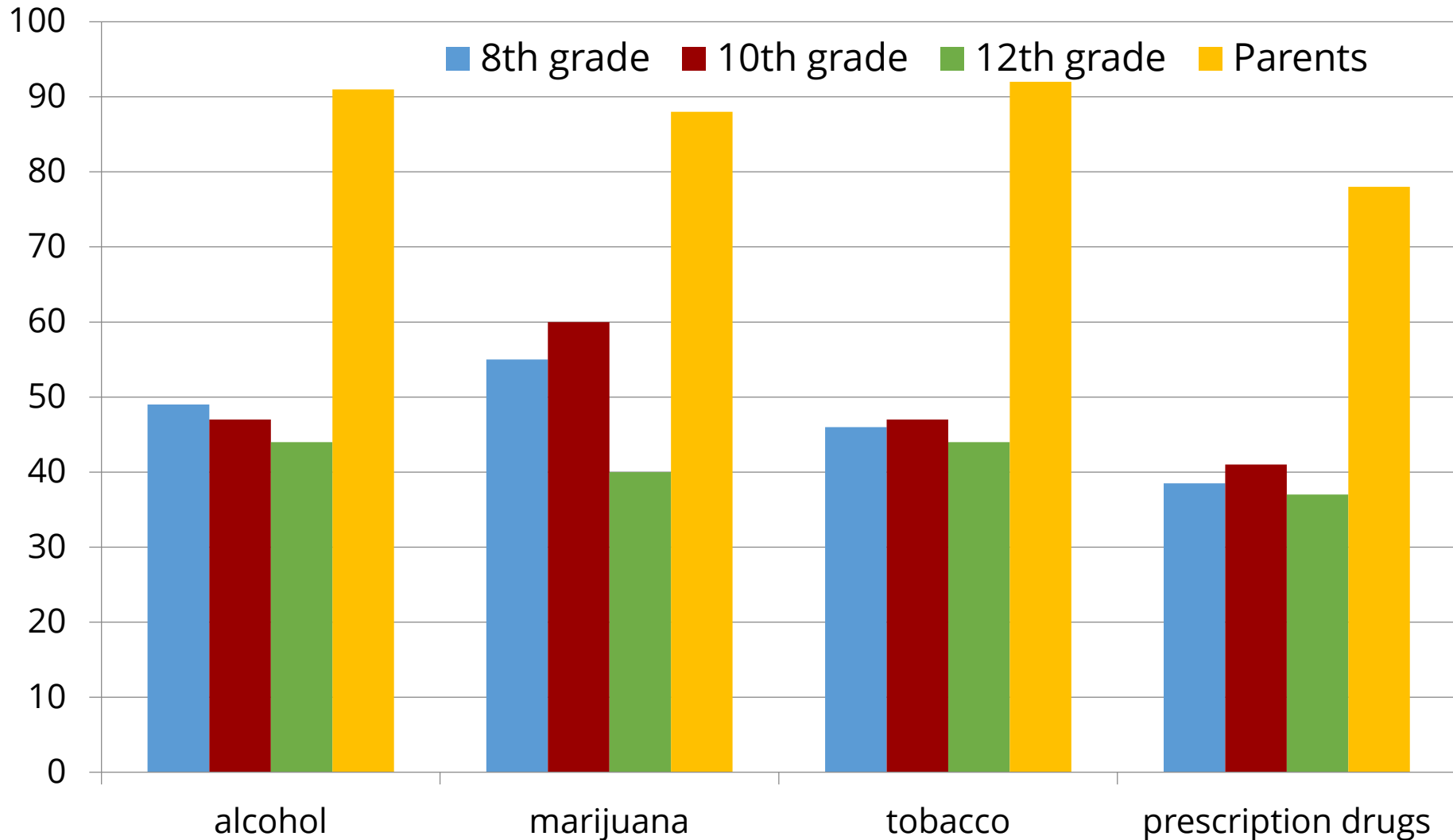
Perception of peer disapproval of use; we want this to go up



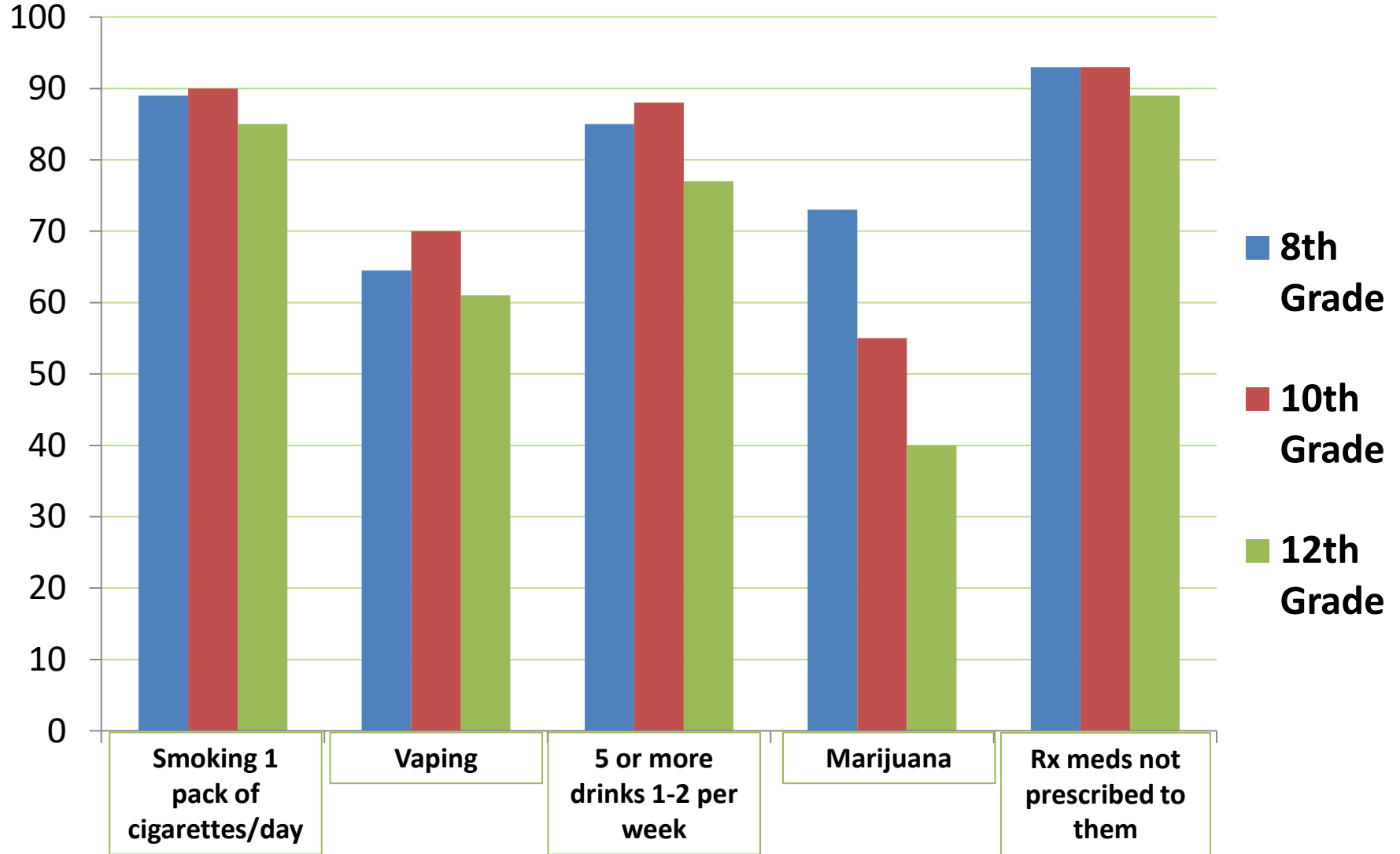
# Percentage of students who report having talked with their parents or guardians about substances in past 12 months?



# Percentage of parents or guardians who report talking with their child about substances in past 12 months?

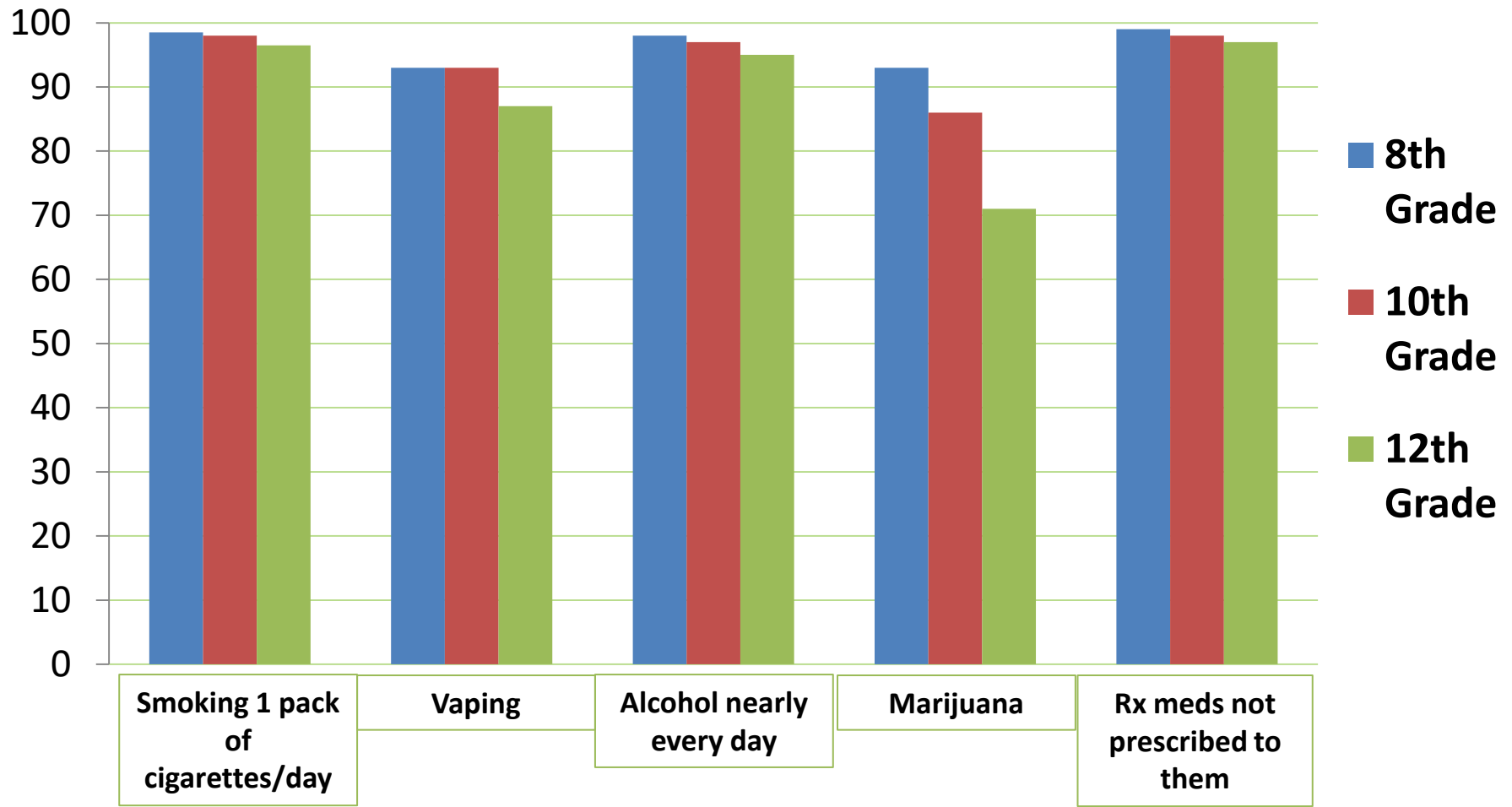


# Students' perceptions - how harmful is it?



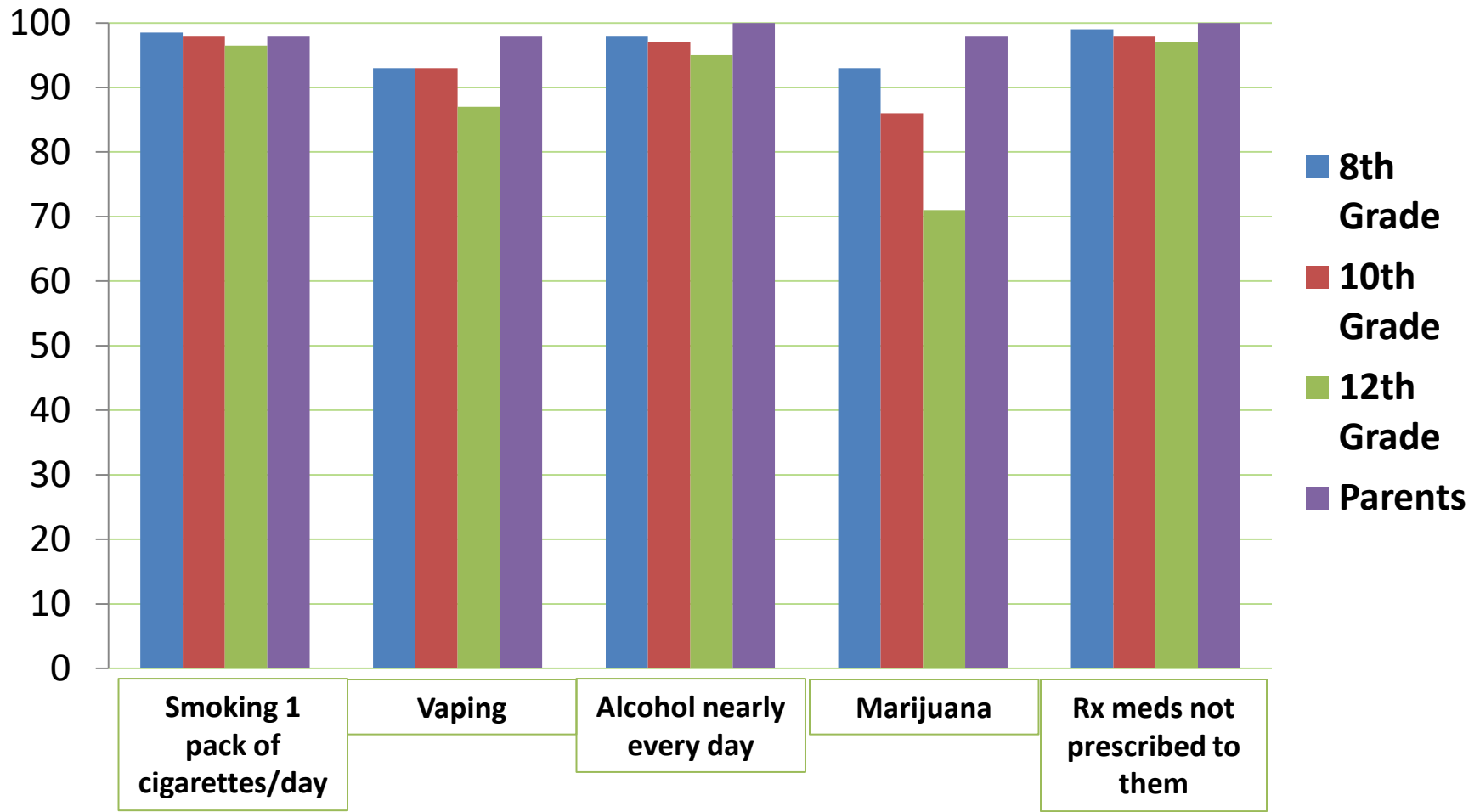
How much do people risk harming themselves if they...(“moderate” + “great risk”)

# Students' perceptions – how *wrong* do my parents feel it is for me?

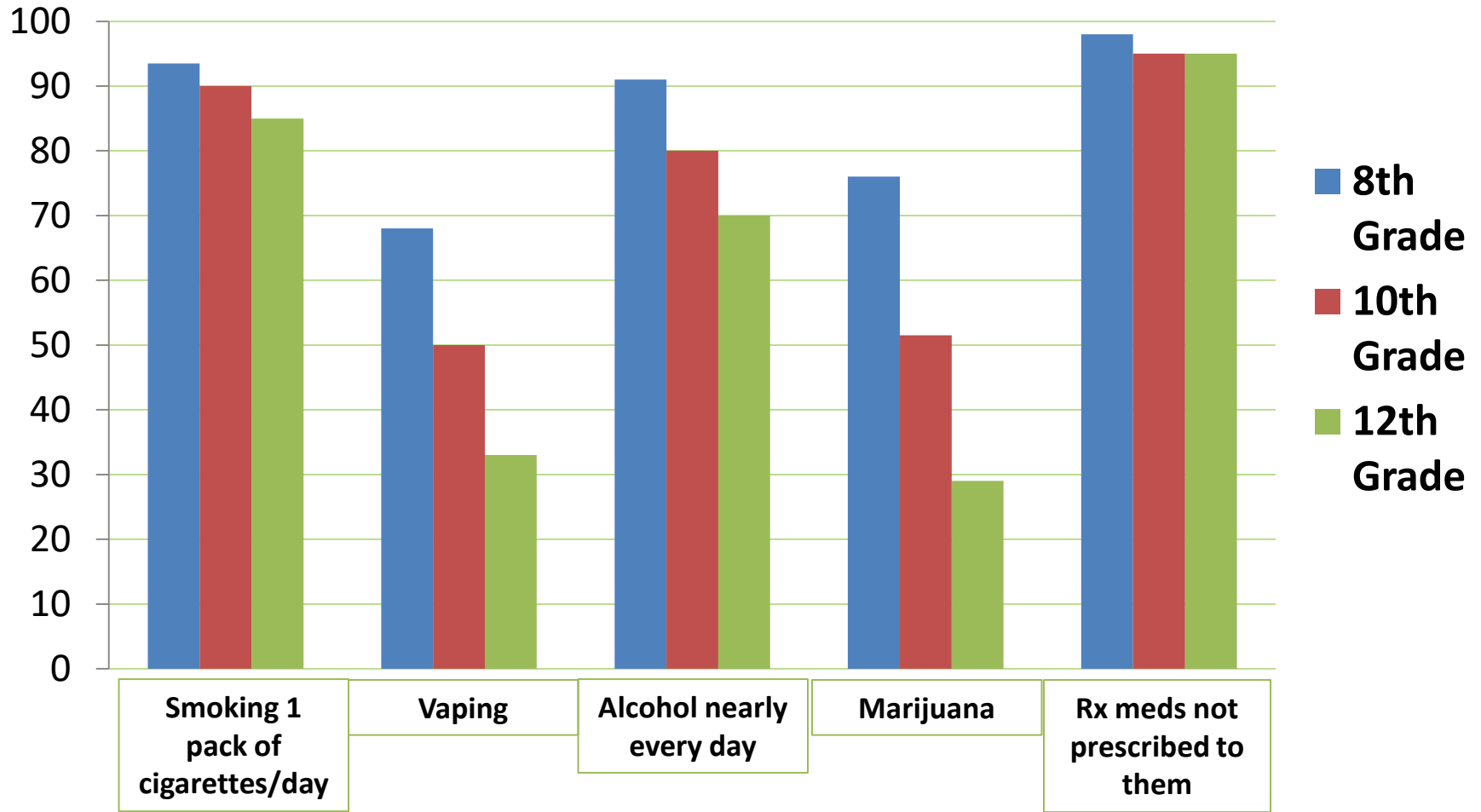


How wrong do your parents feel it would be for you to... (“wrong” + “very wrong”)

# How wrong do parents feel it is for youth to:

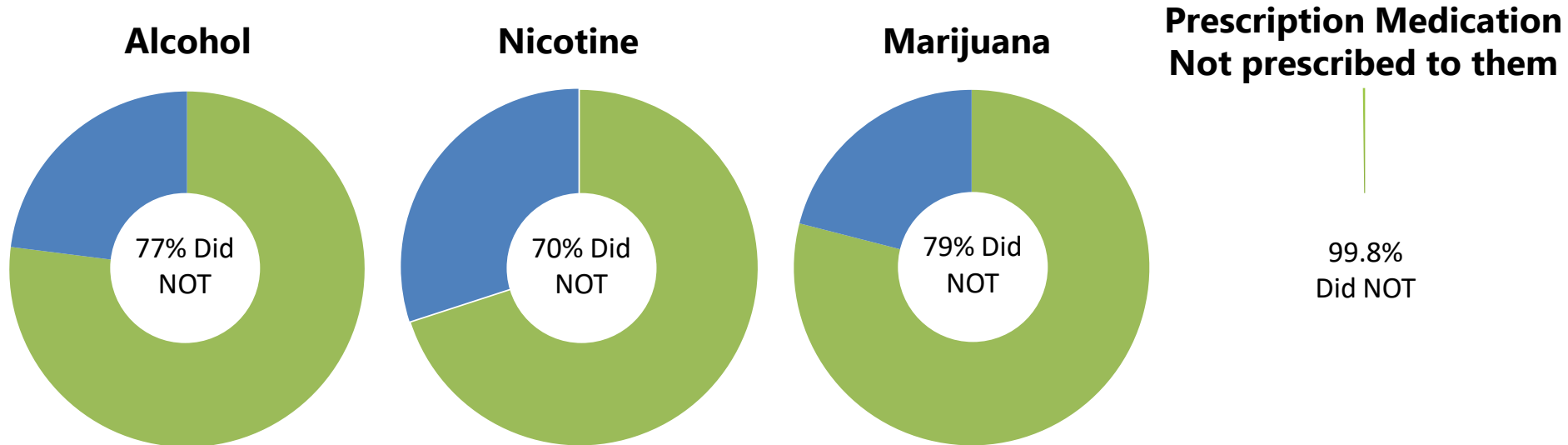


# Students' perceptions – how wrong do my *friends feel* it is for me?



How wrong do your friends feel it would be for you to:

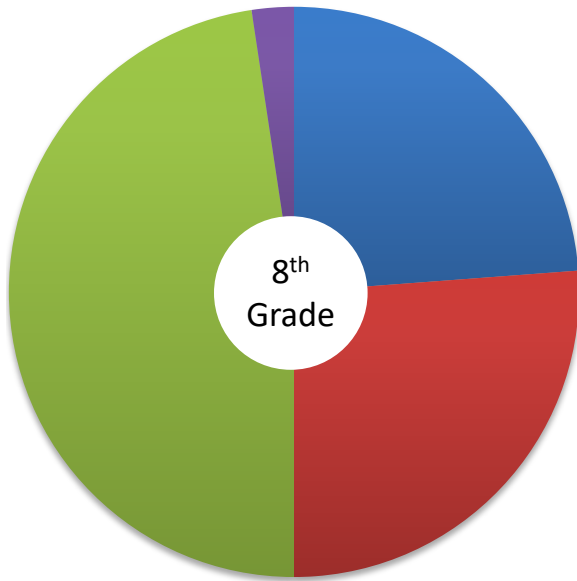
# Good news: the majority of students in the Quaboag Hills report Not Using Any Substances



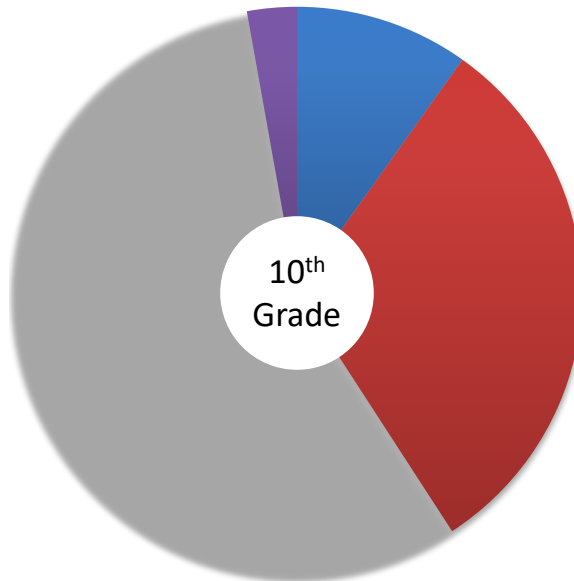
**\* Combined 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> grades in the Quaboag Hills Region**



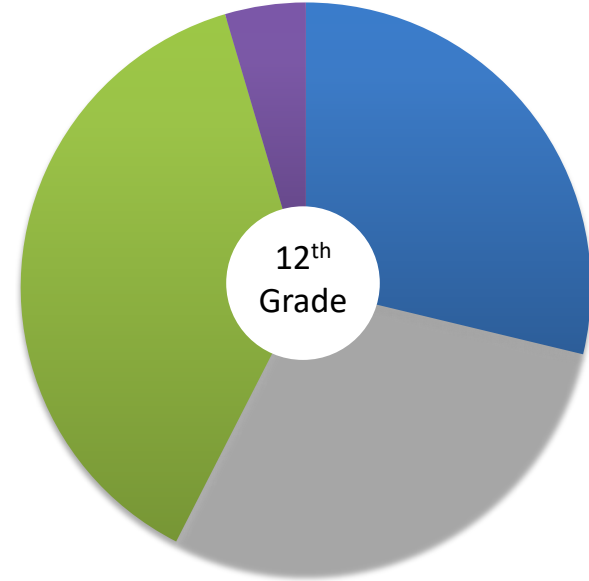
# Among students who use ratio of 30-day use



■ Alcohol      ■ Marijuana  
■ Vaping      ■ Prescriptions



■ Alcohol      ■ Marijuana  
■ Vaping      ■ Prescriptions

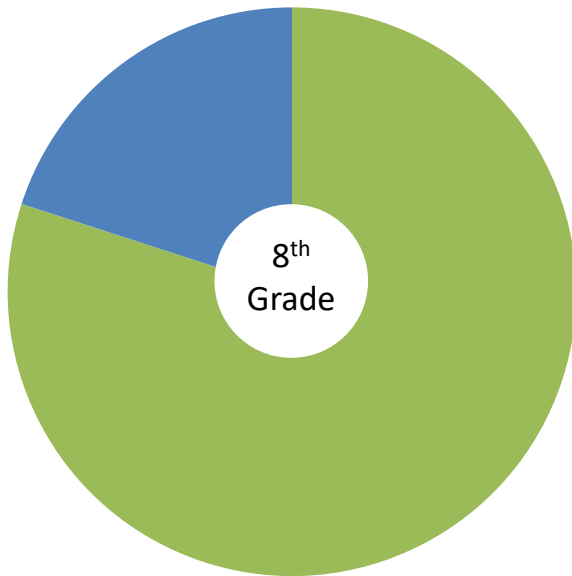


■ Alcohol      ■ Marijuana  
■ Vaping      ■ Prescriptions

Let's look more closely at nicotine use

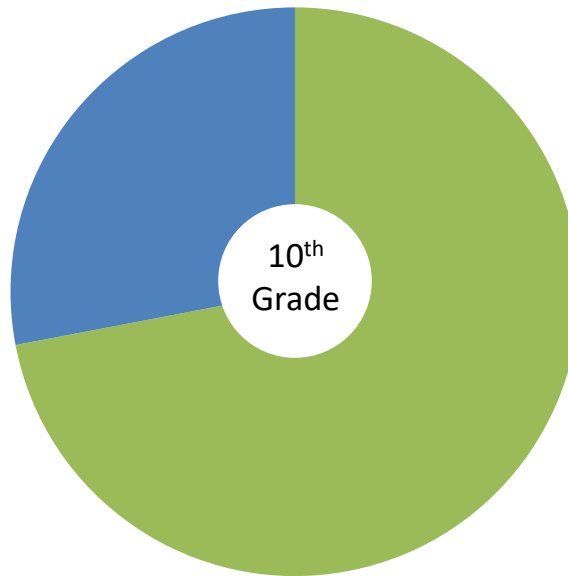


# Past 30-day Vaping Use Combined Quaboag Hills Region



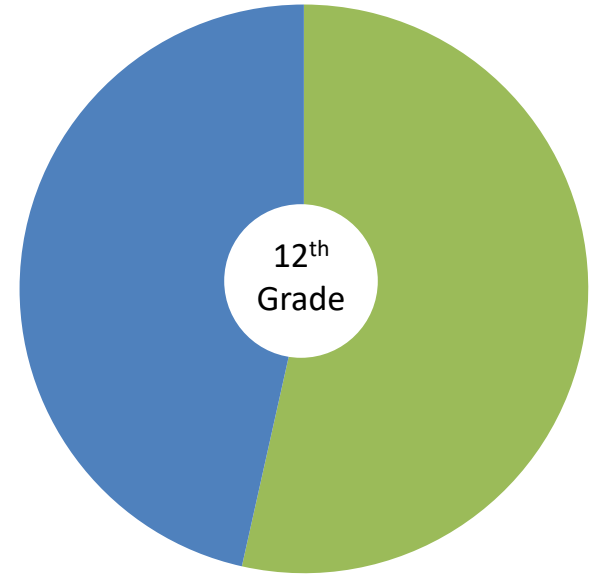
**80% did NOT use**

2017 90% did not use



**72% did NOT use**

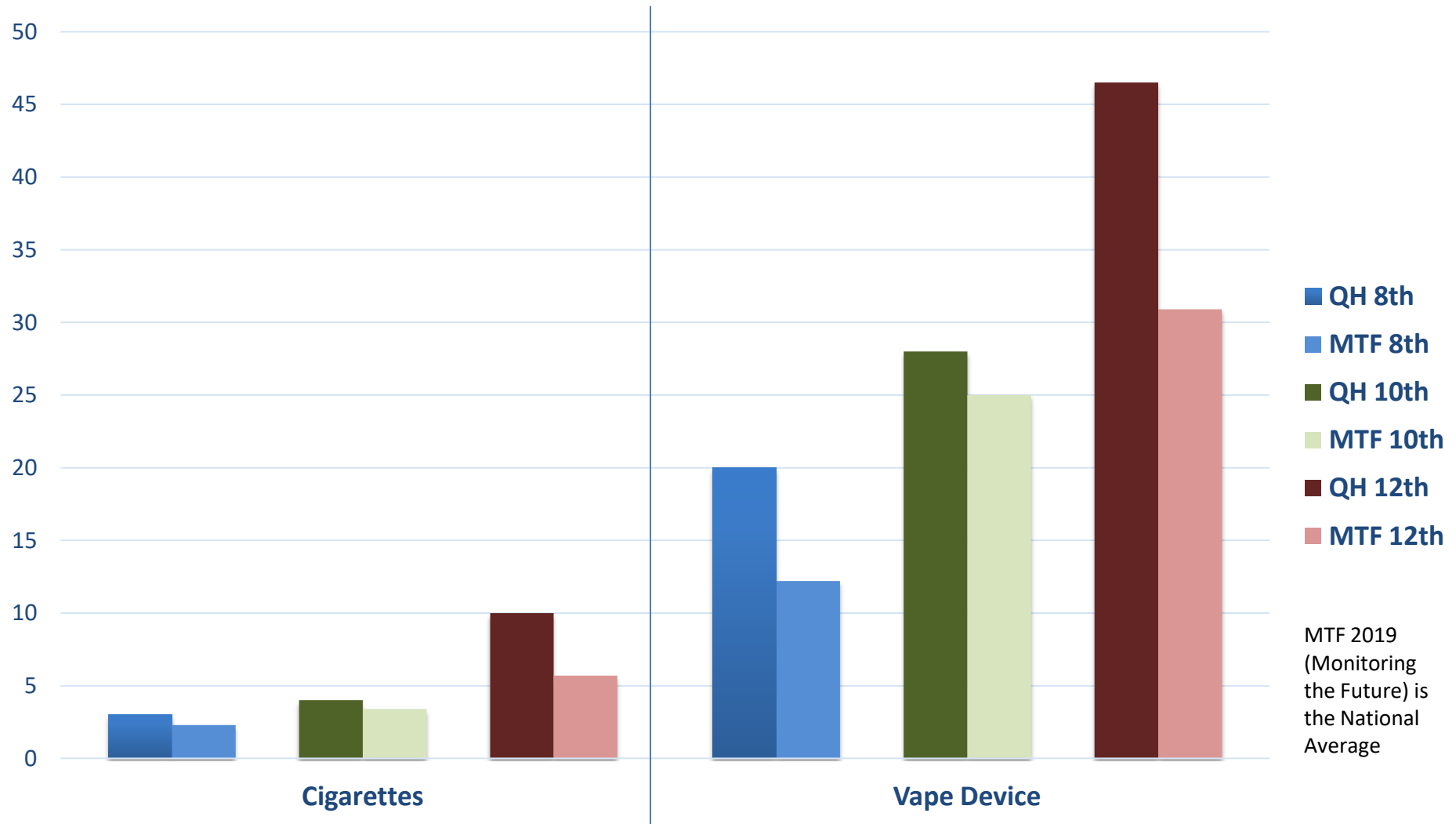
2017 80% did not use



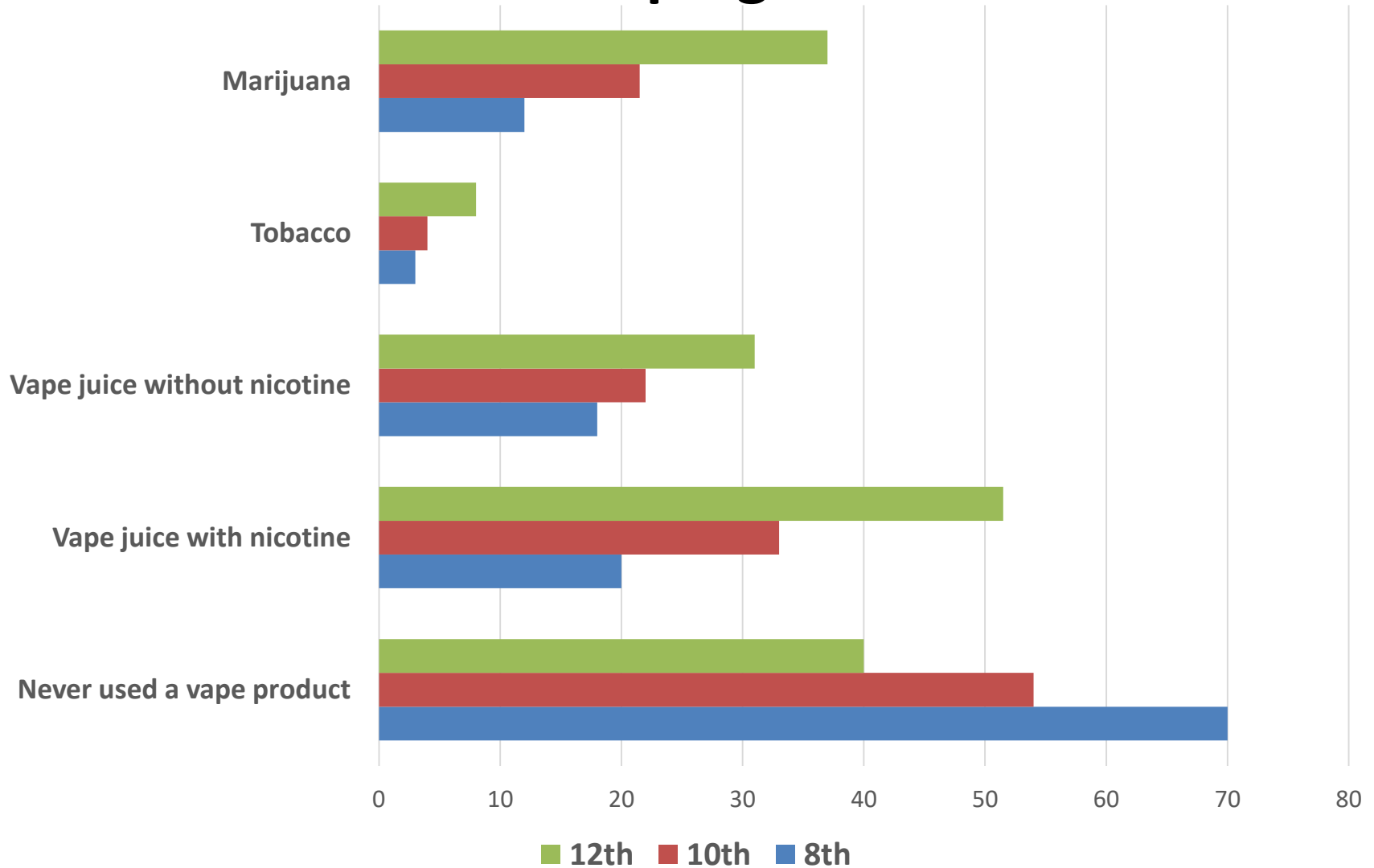
**54% did NOT use**

2017 72% did not use

# E-Cigarettes (vaping) vs. cigarettes; past 30-day use in our region and the nation

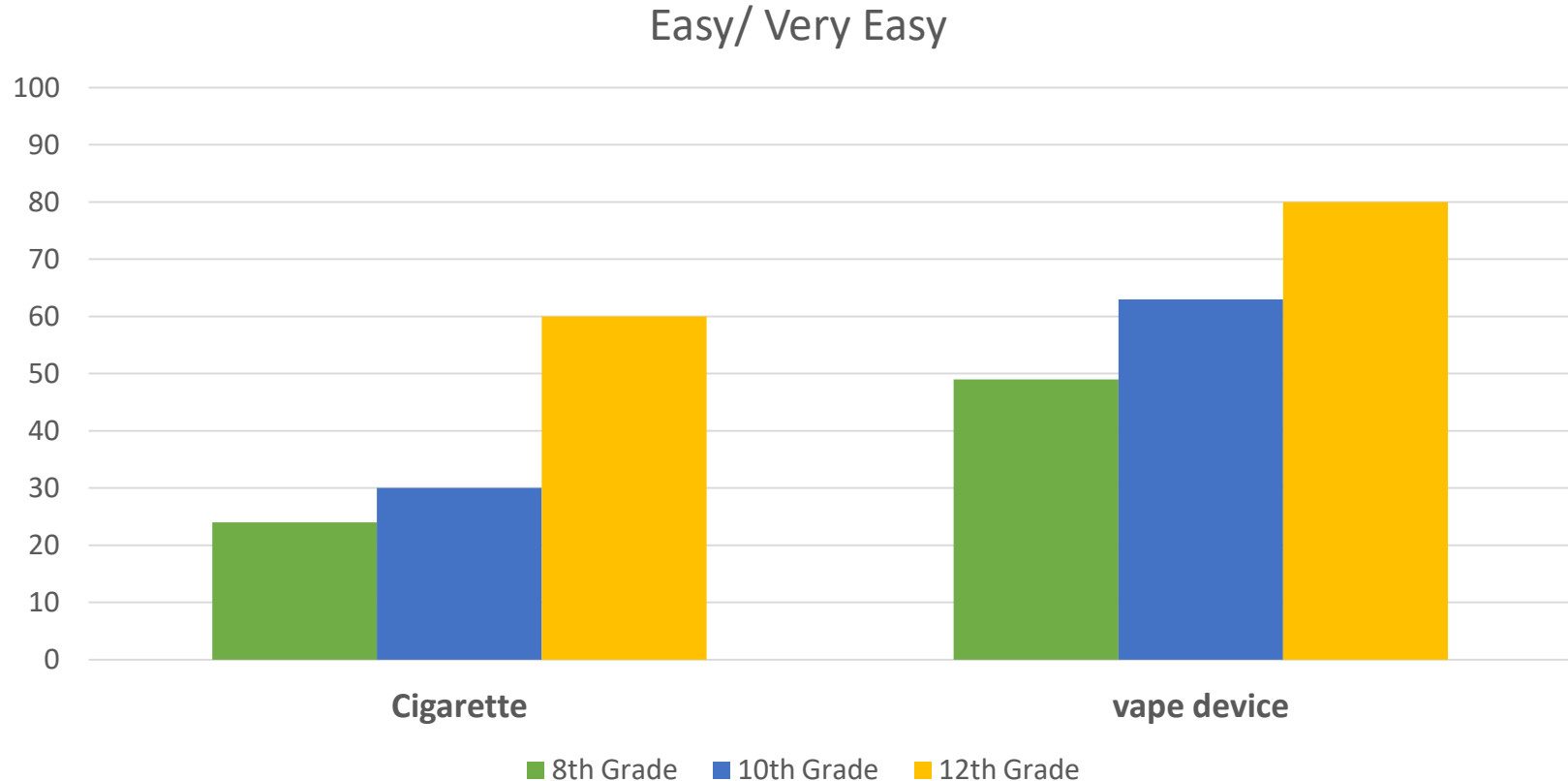


# What substances are Quaboag Hills youth vaping?

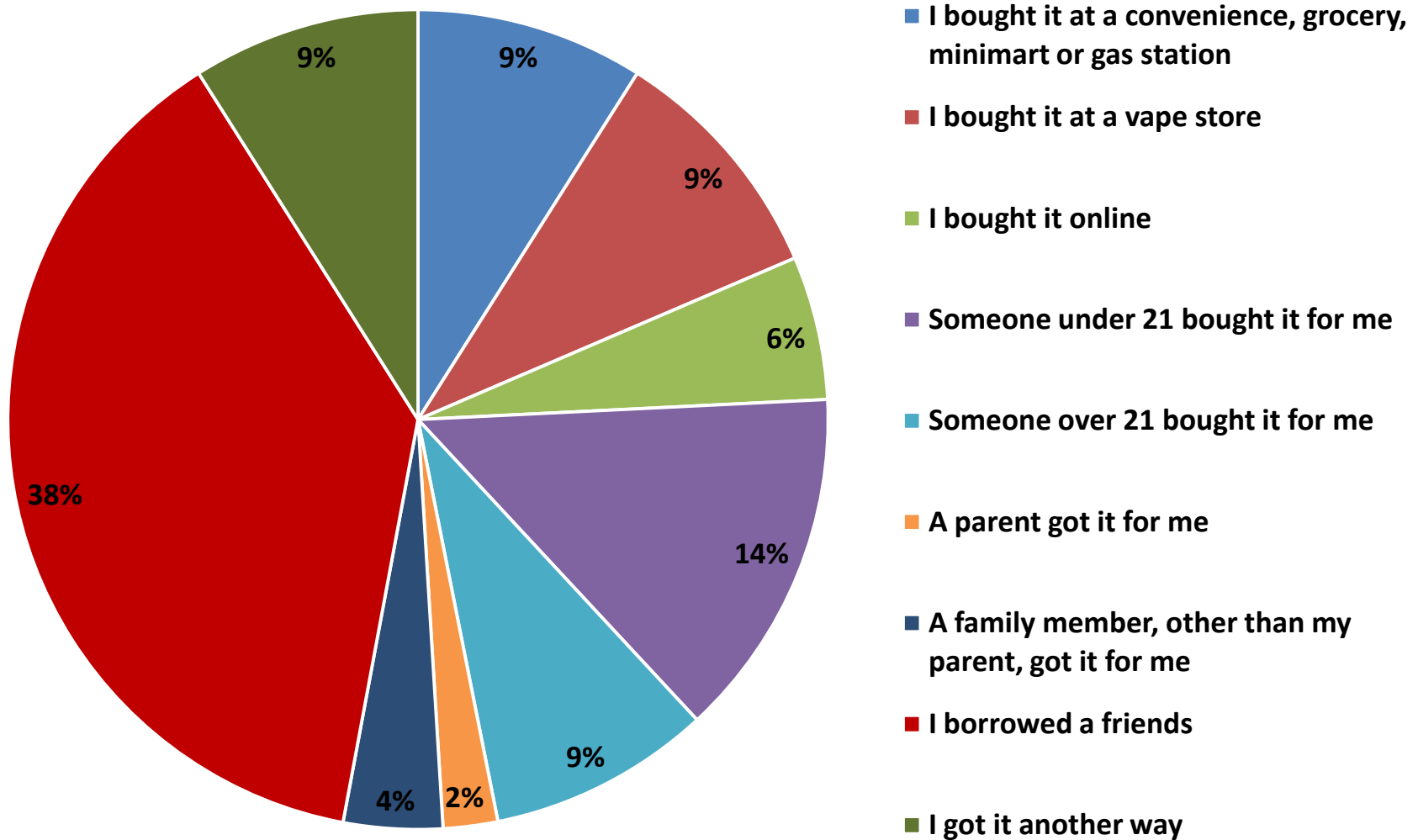


**If you wanted to get cigarettes, how easy would it be for you to get some?**

**If you wanted to get an e-cigarette, JUUL, vape pen or other electronic vapor product, how easy would it be for you to get one?**



# Where did students report getting vaping devices?

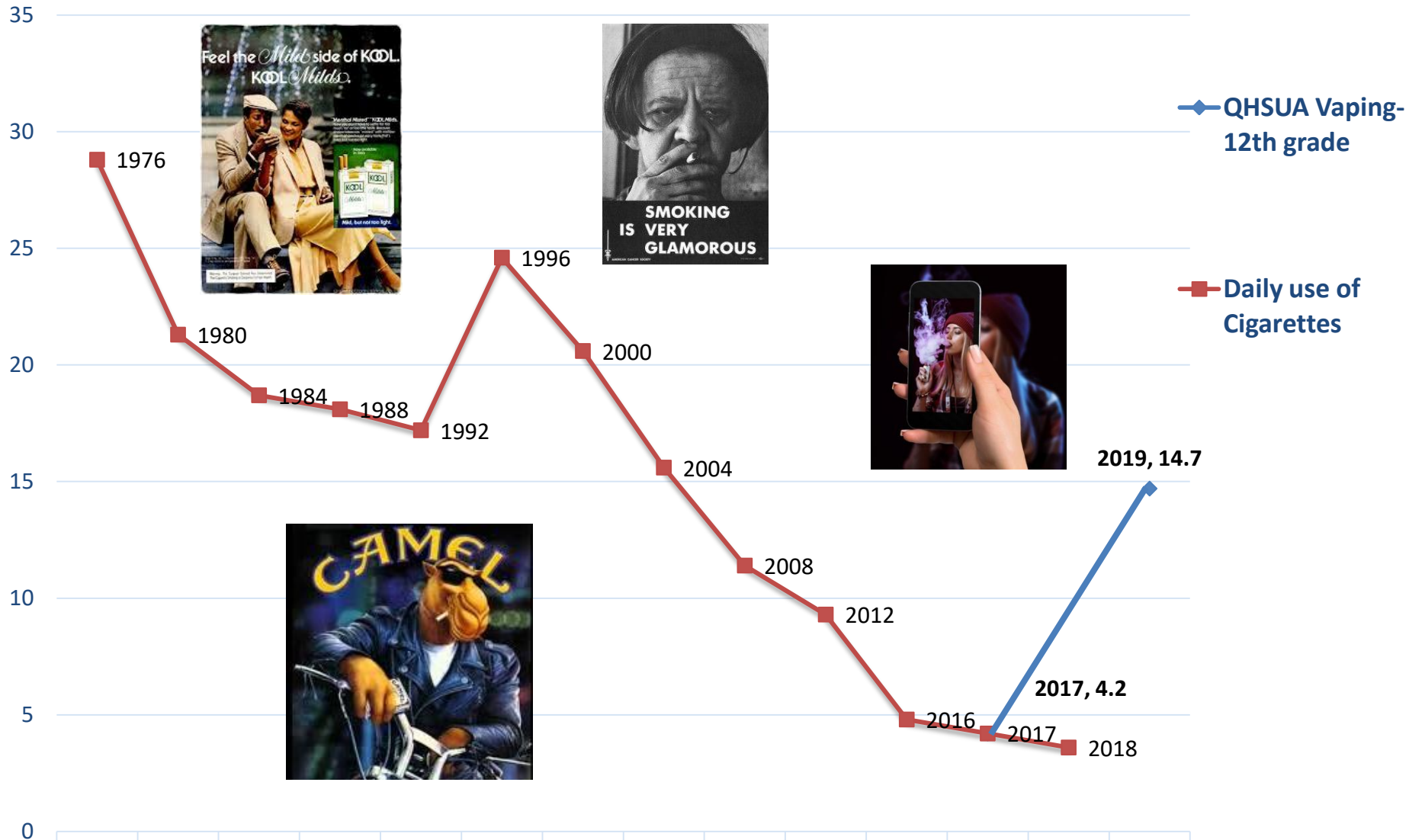


# During the past 30 days, on how many occasions (if any) have you: used e-cigarettes, JUUL, vape pens, or other electronic vapor products?

	Quaboag Hills					
	8th	10th	12th	Female	Male	Total
0 times	80.5	71.7	53.5	69.3	72.3	70.3
1 or 2 times	7.8	6.6	11.9	8.5	8.3	8.5
3 to 5 times	3.4	4.9	5.4	4.6	4.3	4.4
6 to 9 times	1.7	2.7	4.2	2.6	2.8	2.7
10 to 19 times	2.1	4.7	4.5	4.3	2.5	3.6
20 to 29 times	1.7	1.2	3.4	2.6	1.5	2.0
30 to 39 times	0.4	0.5	2.3	1.7	0.2	0.9
40+ times	2.5	7.6	14.7	6.2	8.1	7.5



# Daily Vaping now vs cigarette use historically (40+ times in 30 days) by 12<sup>th</sup> graders



**2 out of 3 teens who initiate use of  
Nicotine become addicted**

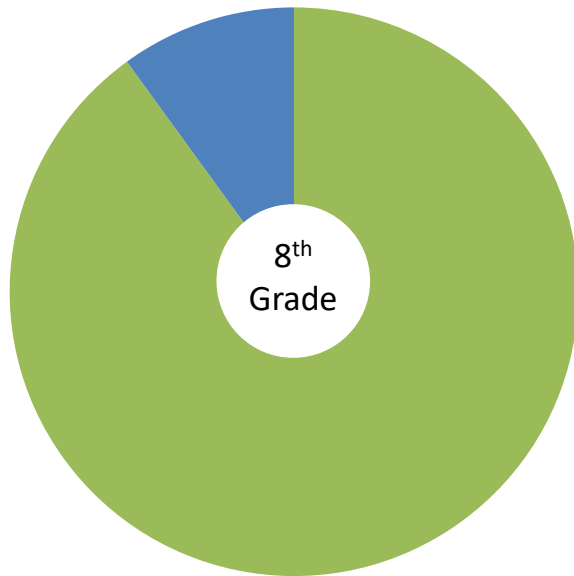


**Nicotine is among the top 3 most addictive  
substances, along with heroin and cocaine.**

# Let's look more closely at alcohol use

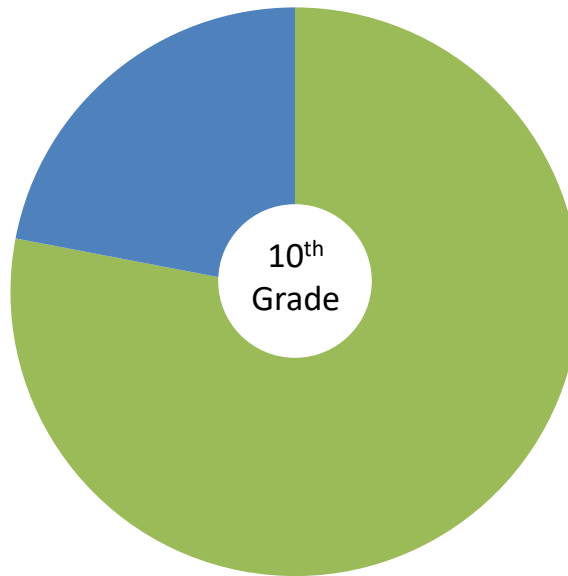


# Past 30-day Alcohol Use Combined Quaboag Hills Region



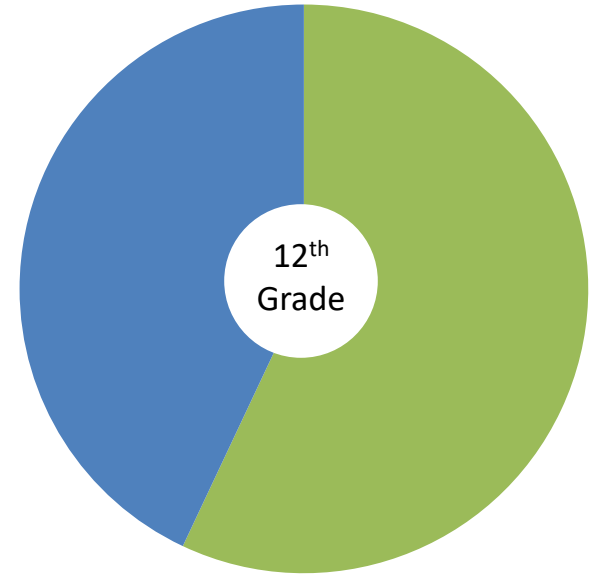
**90% did NOT use**

2017 90% did not use



**78% did NOT use**

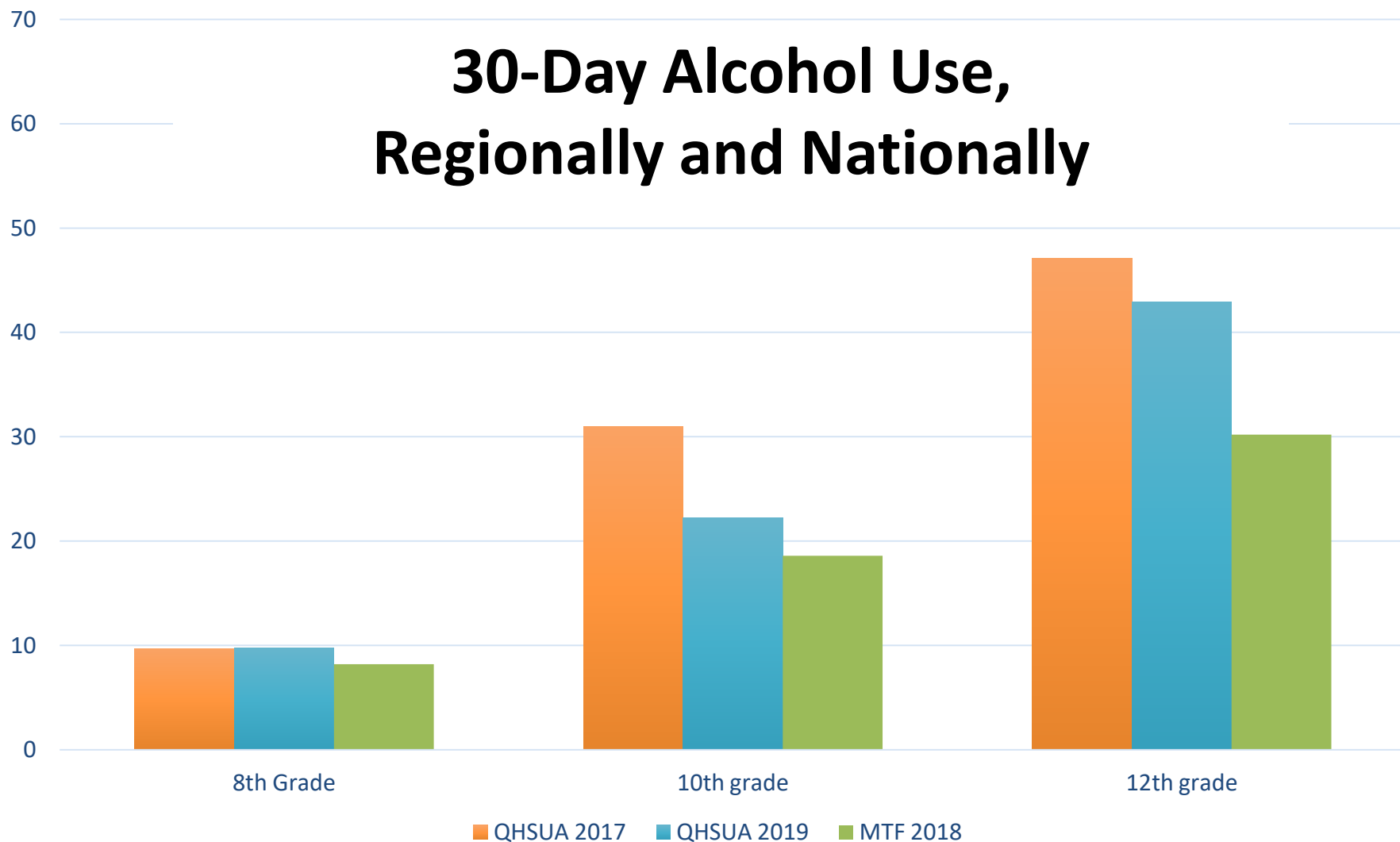
2017 69% did not use



**57% did NOT use**

2017 53% did not use

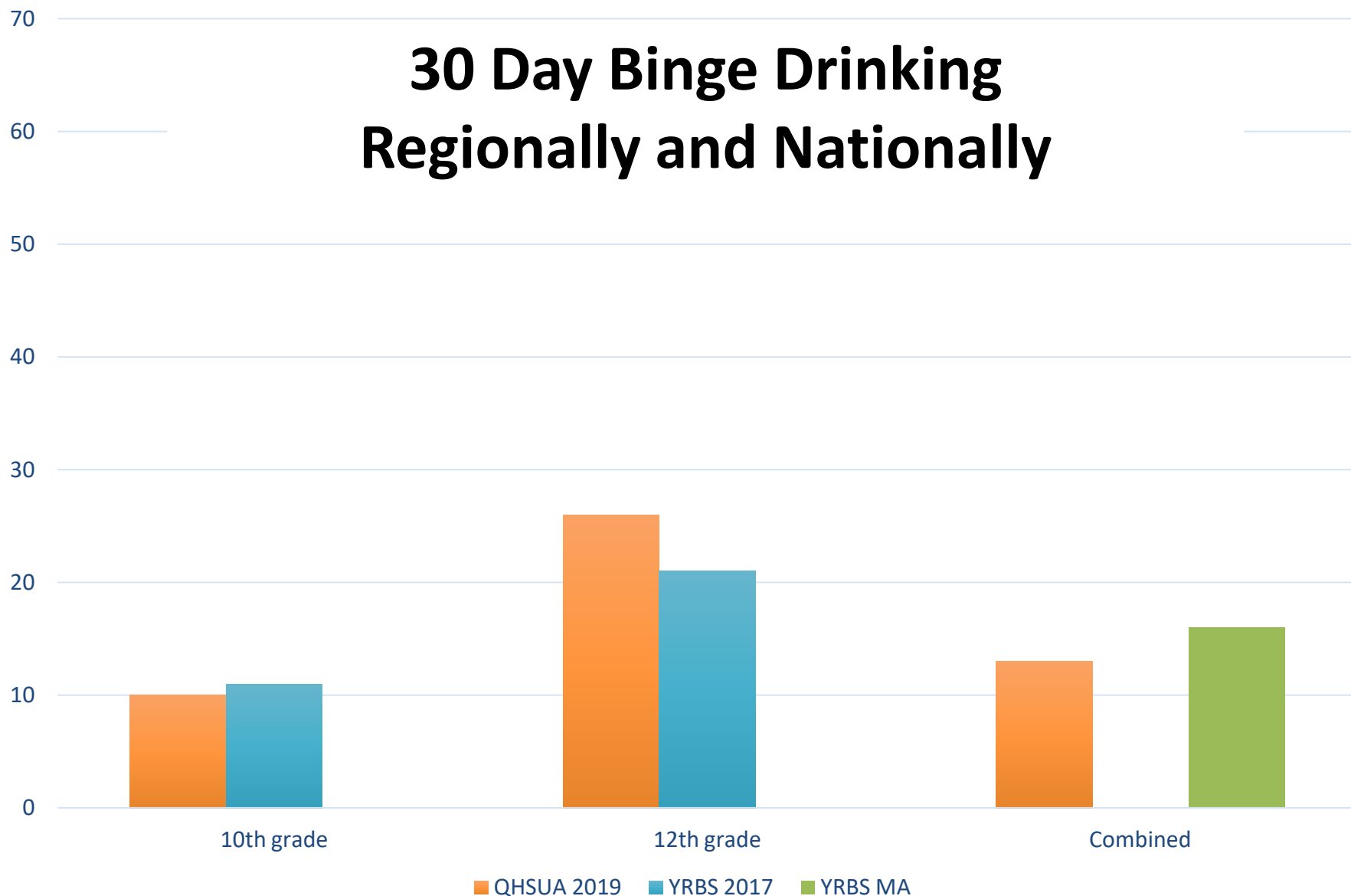
# 30-Day Alcohol Use, Regionally and Nationally



Note: 2 data points - 2017 and 2019 - do not make a valid trend. Data are only for informational purposes, not comparisons.

The 2018 Monitoring the Future (MTF) national survey shows a similar movement in terms of increasing rates of alcohol use as students age.

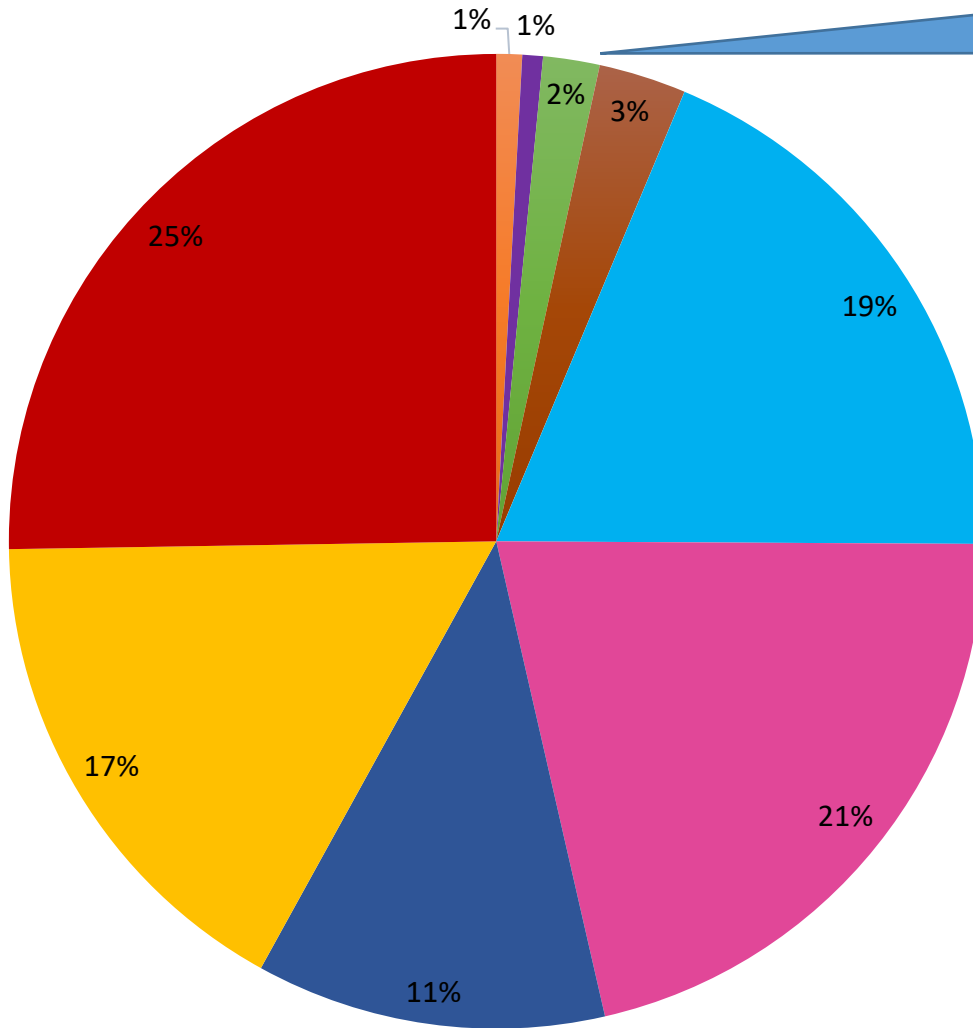
# 30 Day Binge Drinking Regionally and Nationally



The 2017 Youth Risk Behavior Survey (YRBS) national survey shows a similar trend in terms of increasing rates of binge drinking in higher grades.

# Where did students report getting alcohol?

Thank you to our local retailers for not selling alcohol to minors!



■ I got it from work

■ I bought it myself with a fake i.d.

■ I bought it myself from a store

■ A stranger bought it for me

■ I got it from home with my parent's permission

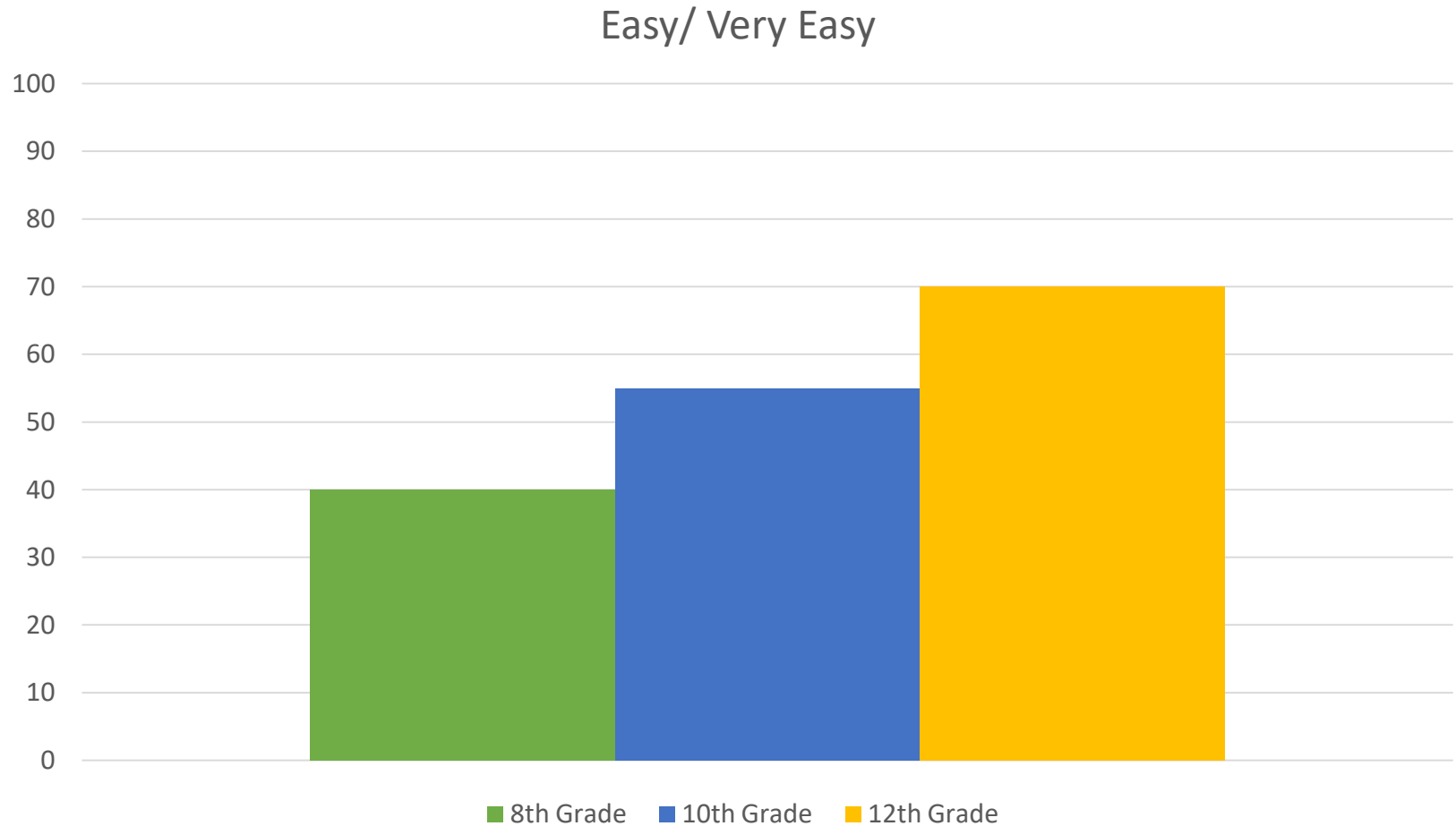
■ I got it from home without my parent's permission

■ I got it from a family member other than my parents

■ I got it from someone I know under age 21

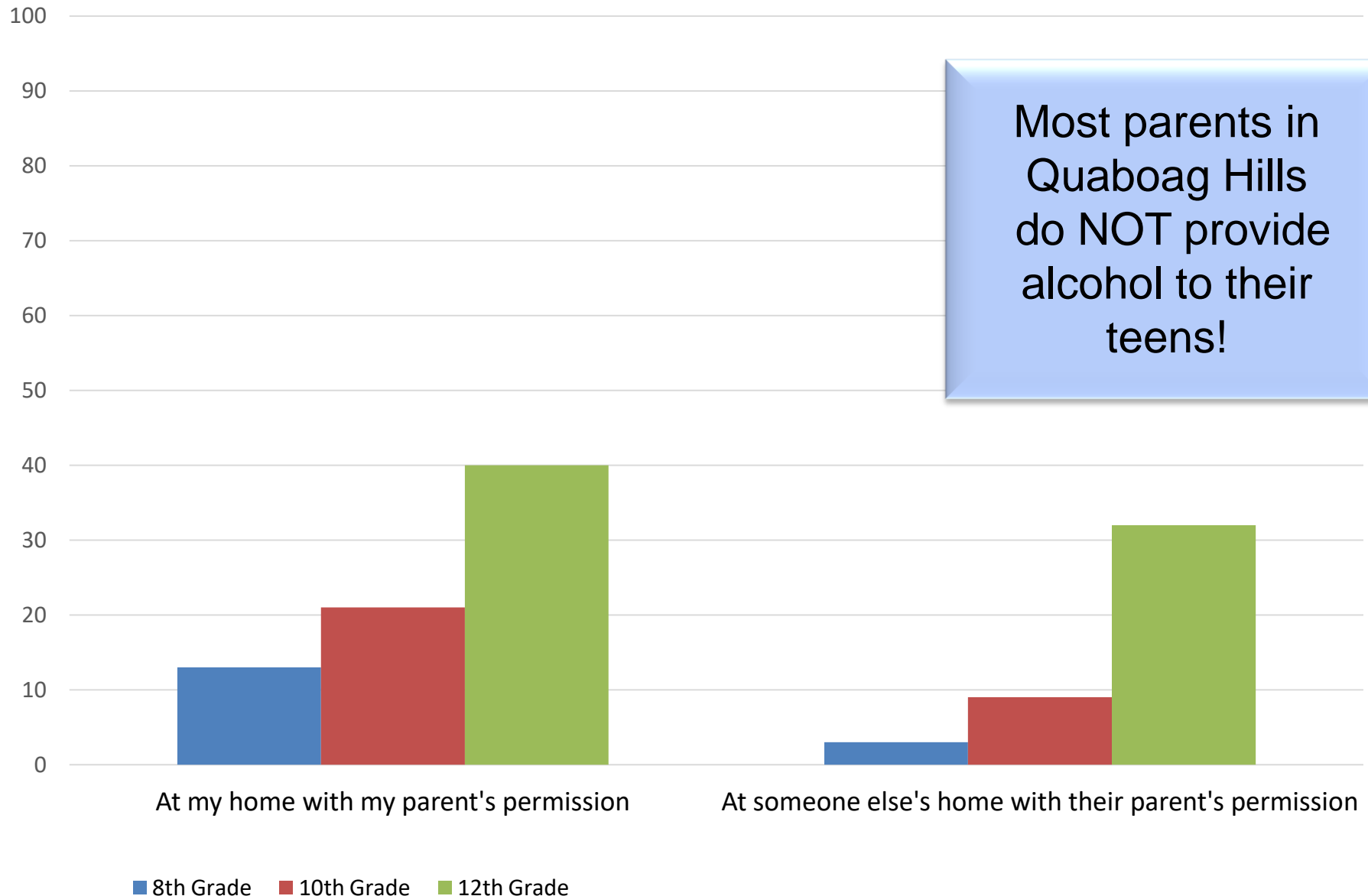
■ I got it from someone I know age 21 or older

# If you wanted to get beer, wine or hard liquor how easy would it be for you to get some?

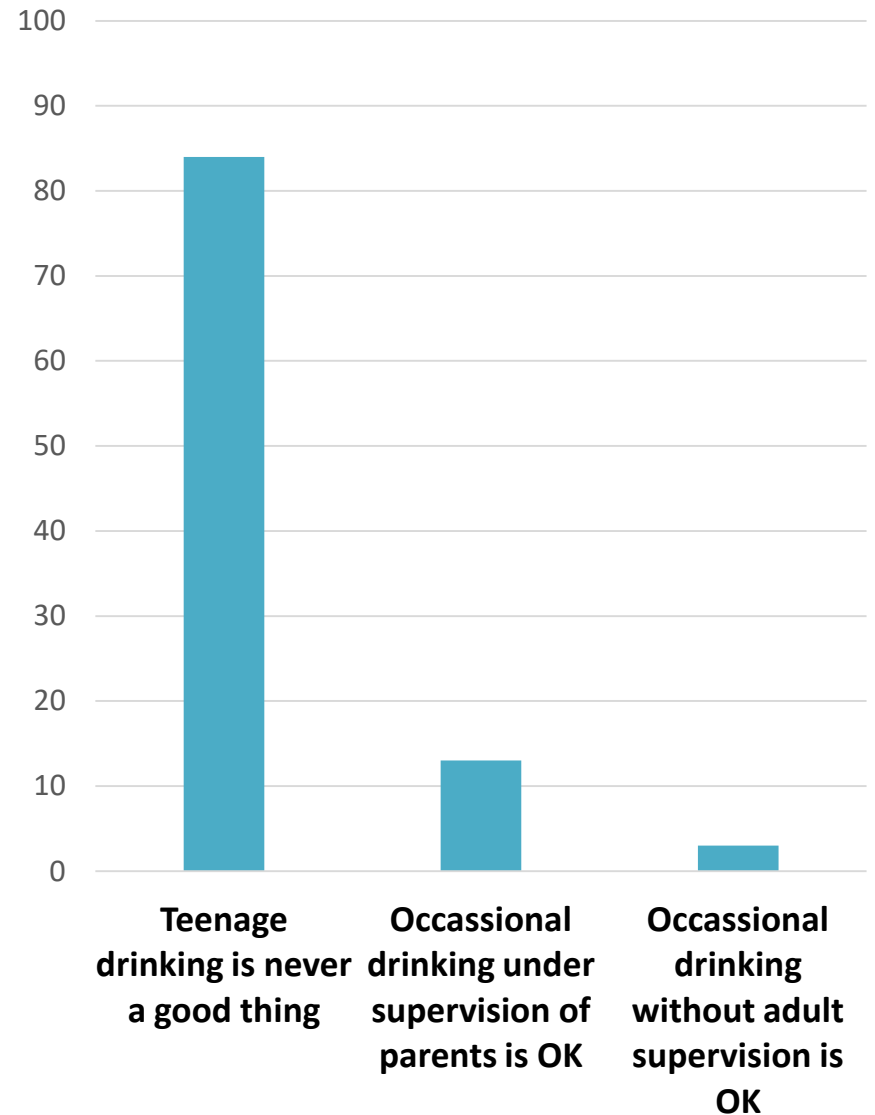
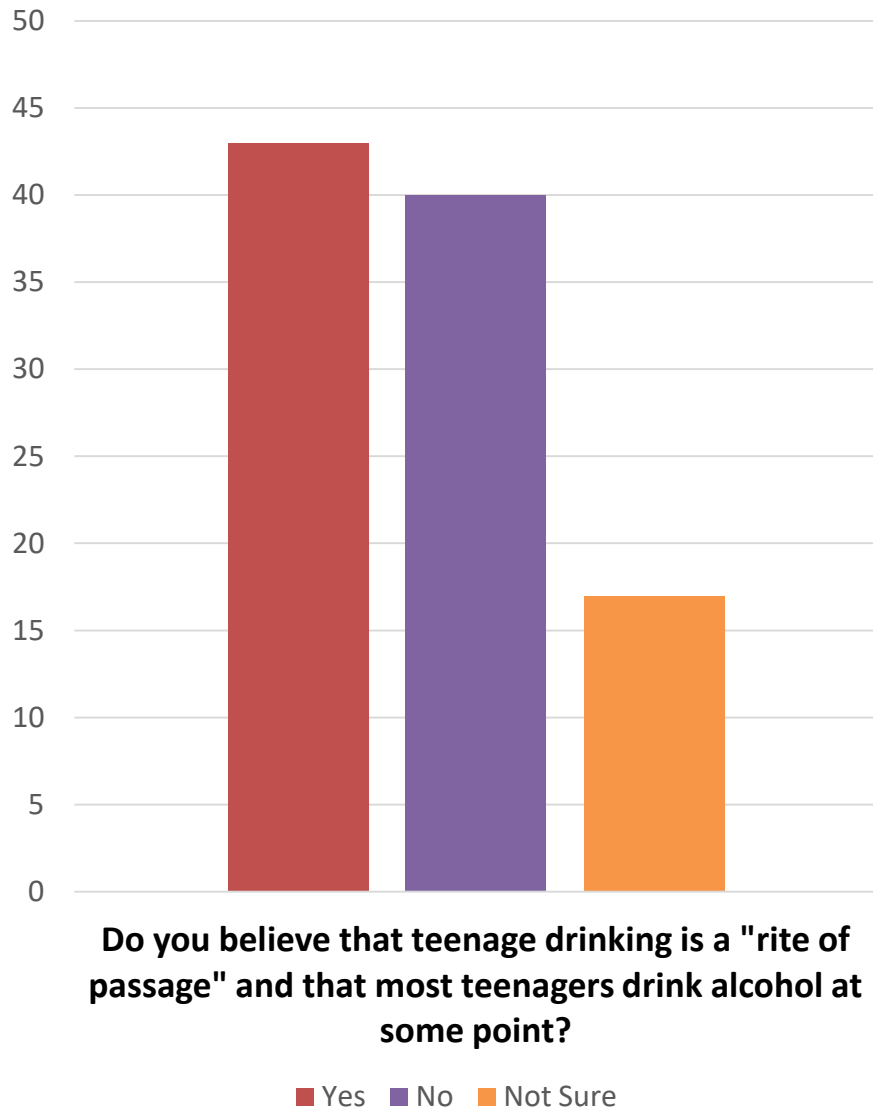




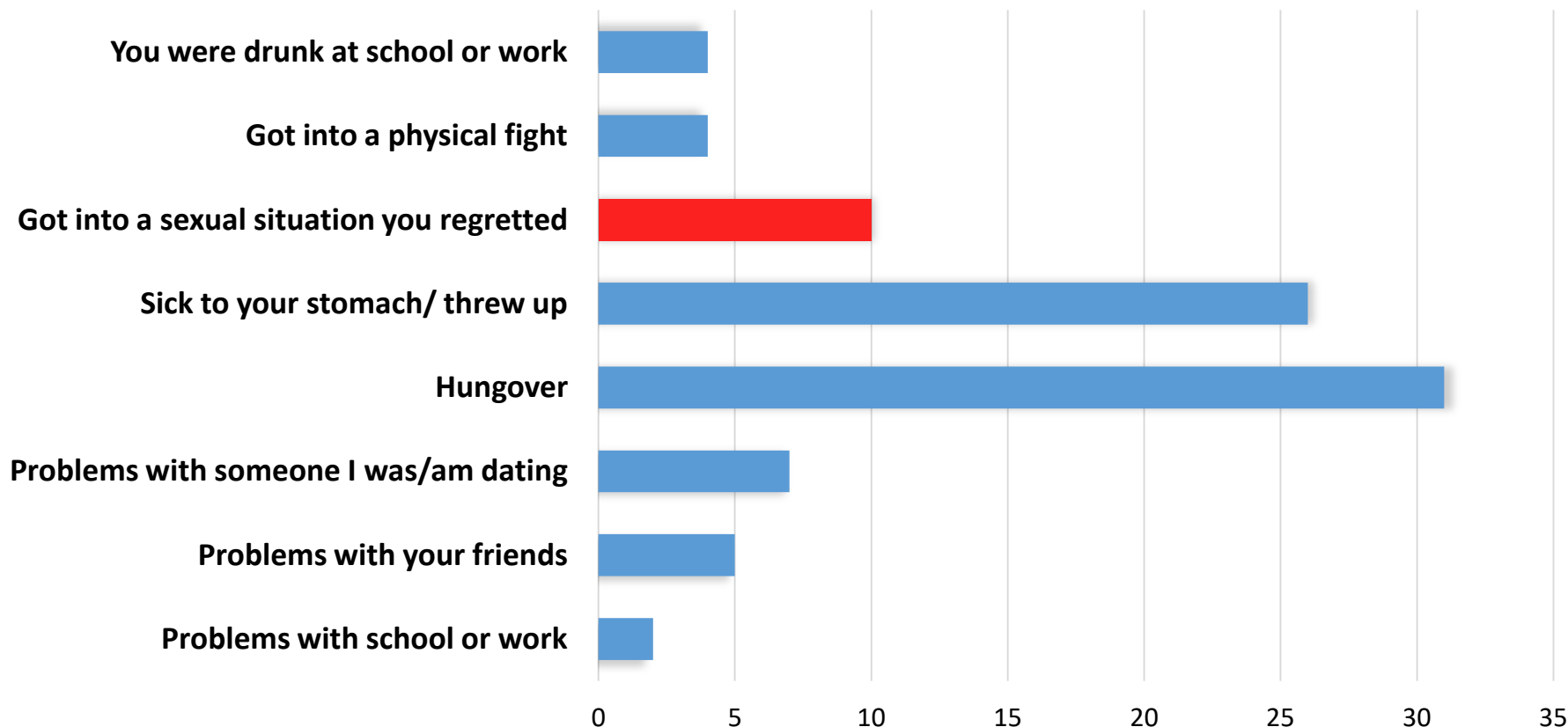
# Access to alcohol with parental permission



# Parental opinions of teenage alcohol use



# Worrisome Consequences of Alcohol Use among 12<sup>th</sup> Graders in the Quaboag Hills Region



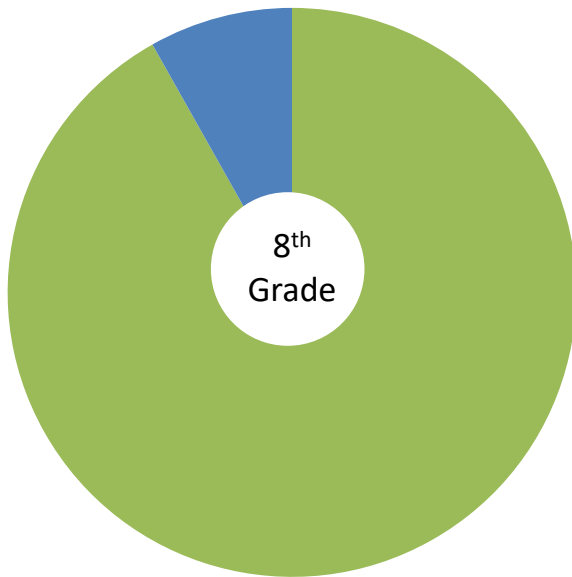
*Percent of students reporting 1+ times experiencing the consequence in past **12 months***

*\* 5% of females, 4% of males reported 1 or more instance of a sexual situation they later regretted*

Let's look more closely at the story of marijuana

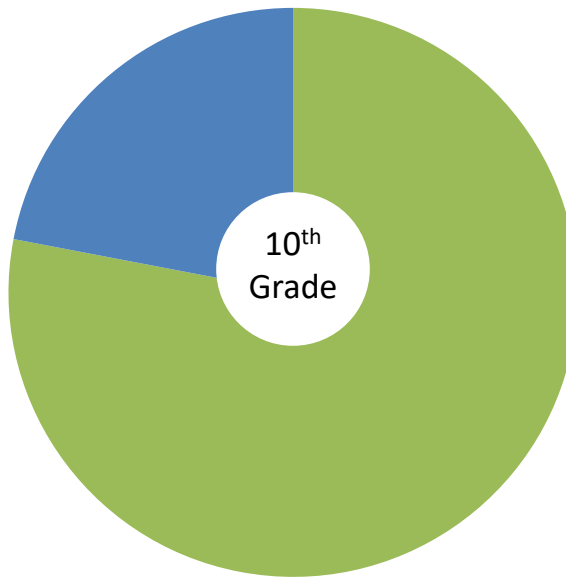


# Past 30-day Marijuana Use Combined Quaboag Hills Region



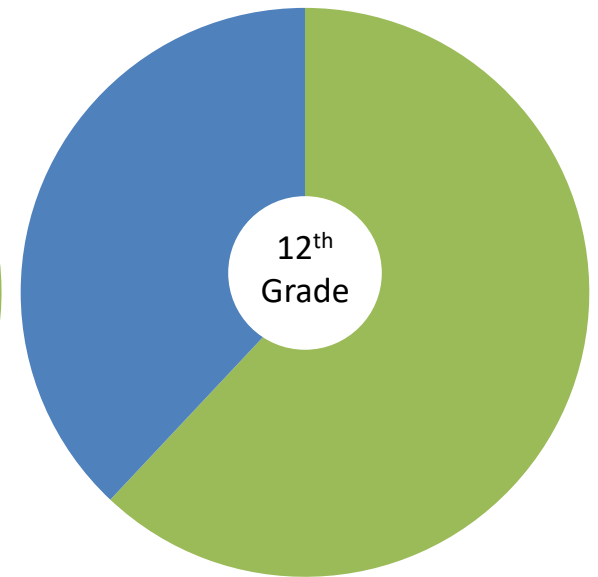
**90% did NOT use**

2017 92% did not use



**78% did NOT use**

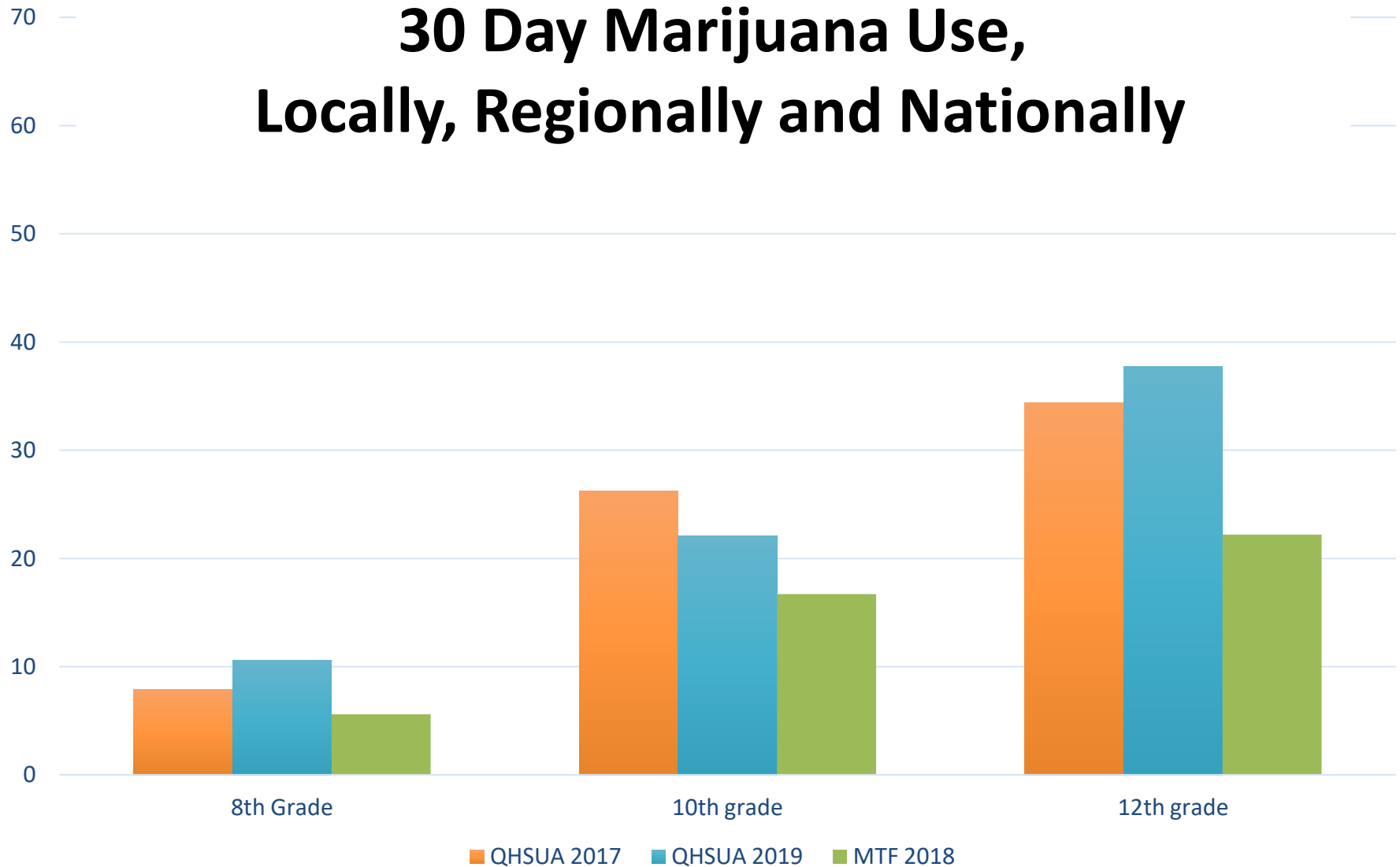
2017 74% did not use



**62% did NOT use**

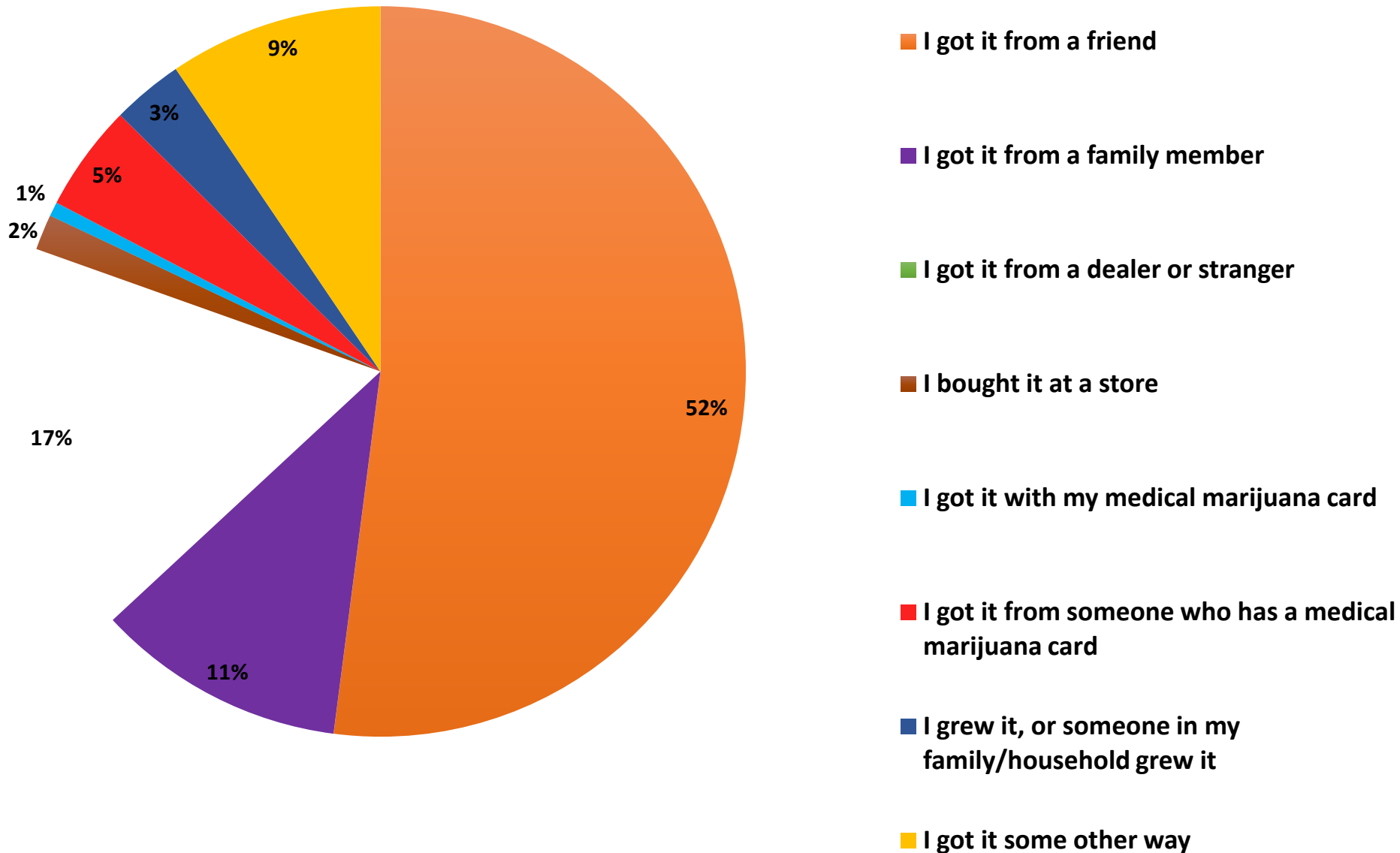
2017 66% did not use

# 30 Day Marijuana Use, Locally, Regionally and Nationally

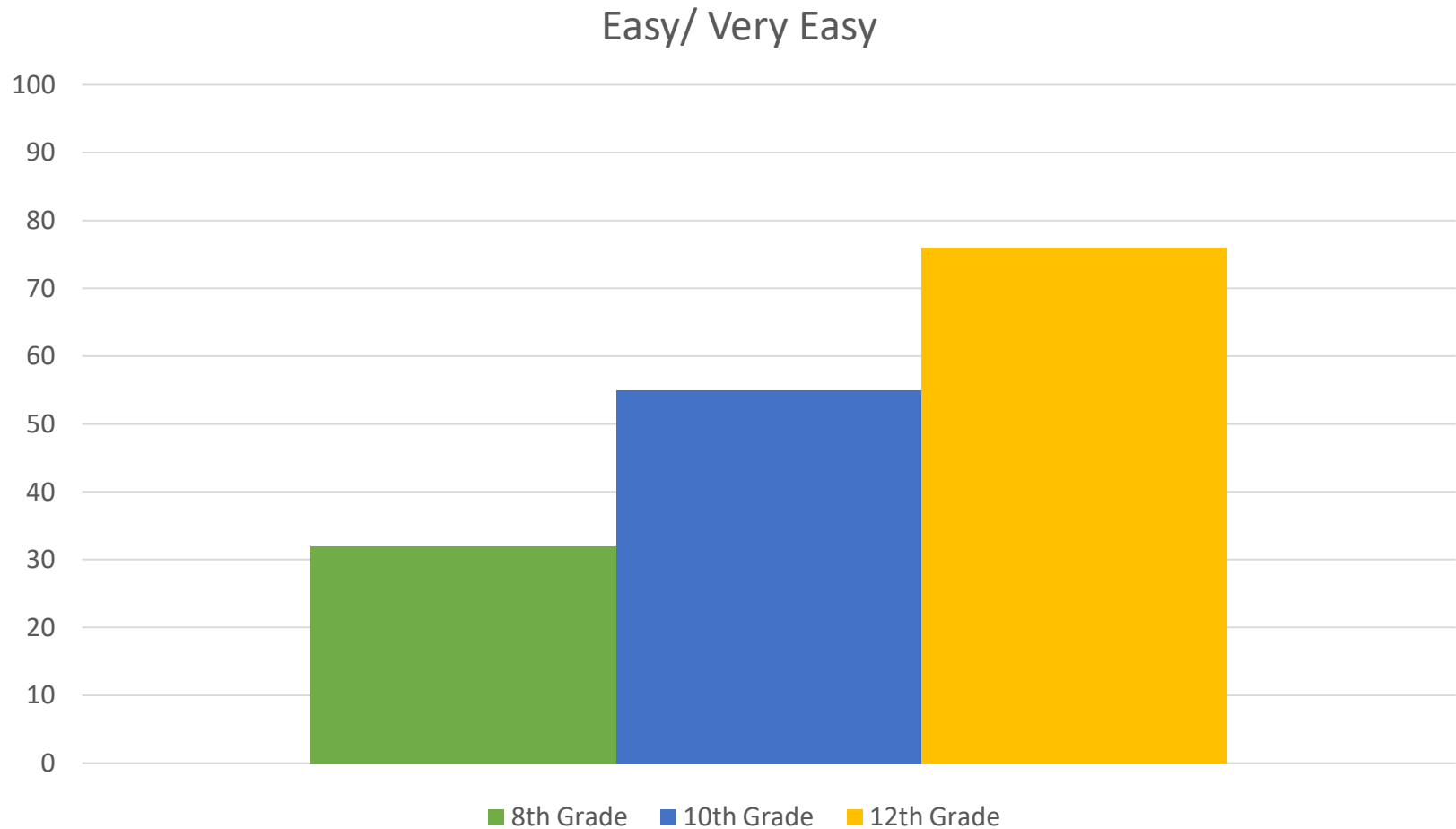


The 2018 Monitoring the Future (MTF) national survey shows a similar trend in terms of increasing rates of marijuana use as students age.

# Where did students report getting marijuana?

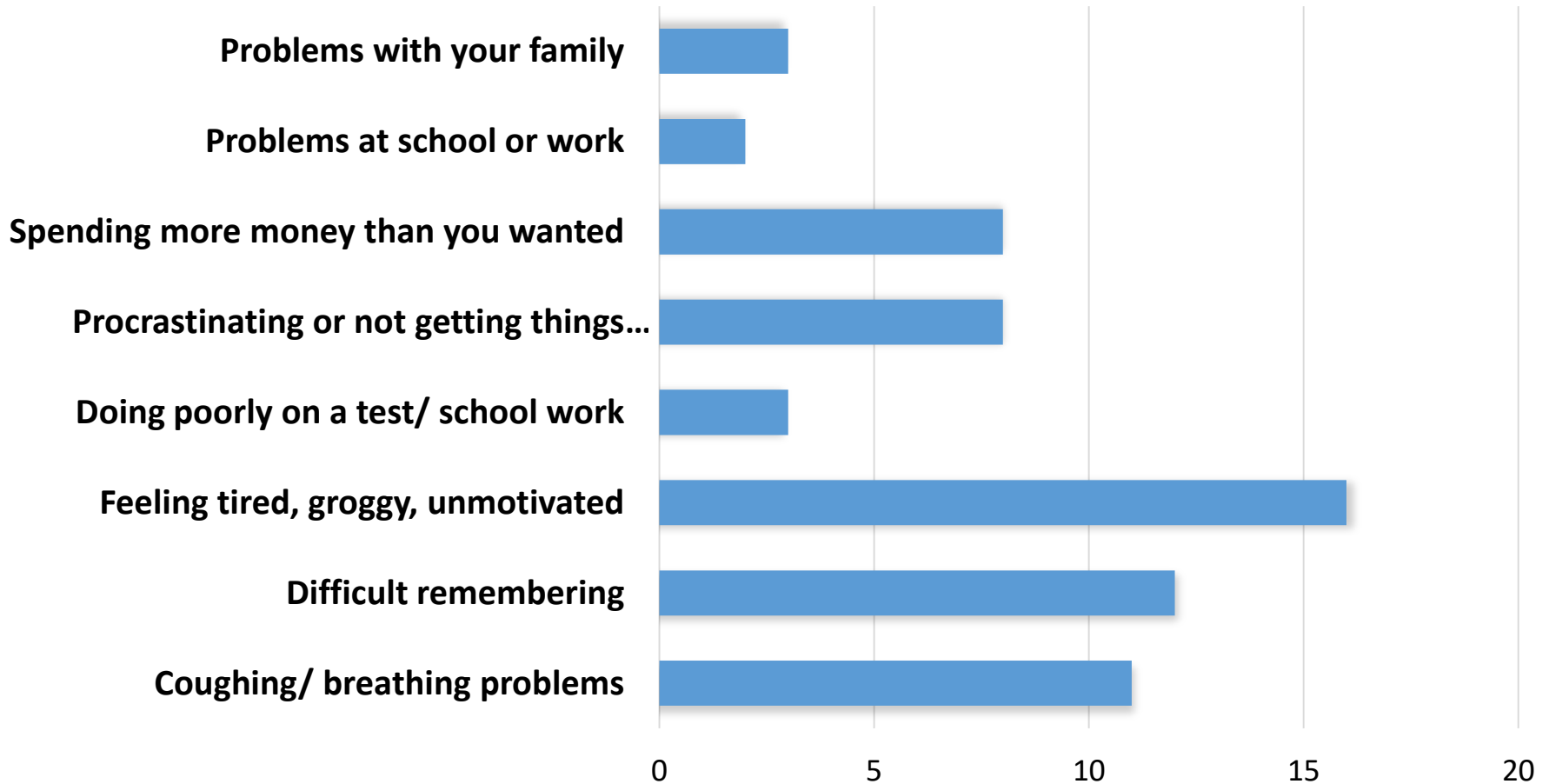


# If you wanted to get marijuana how easy would it be for you to get some?



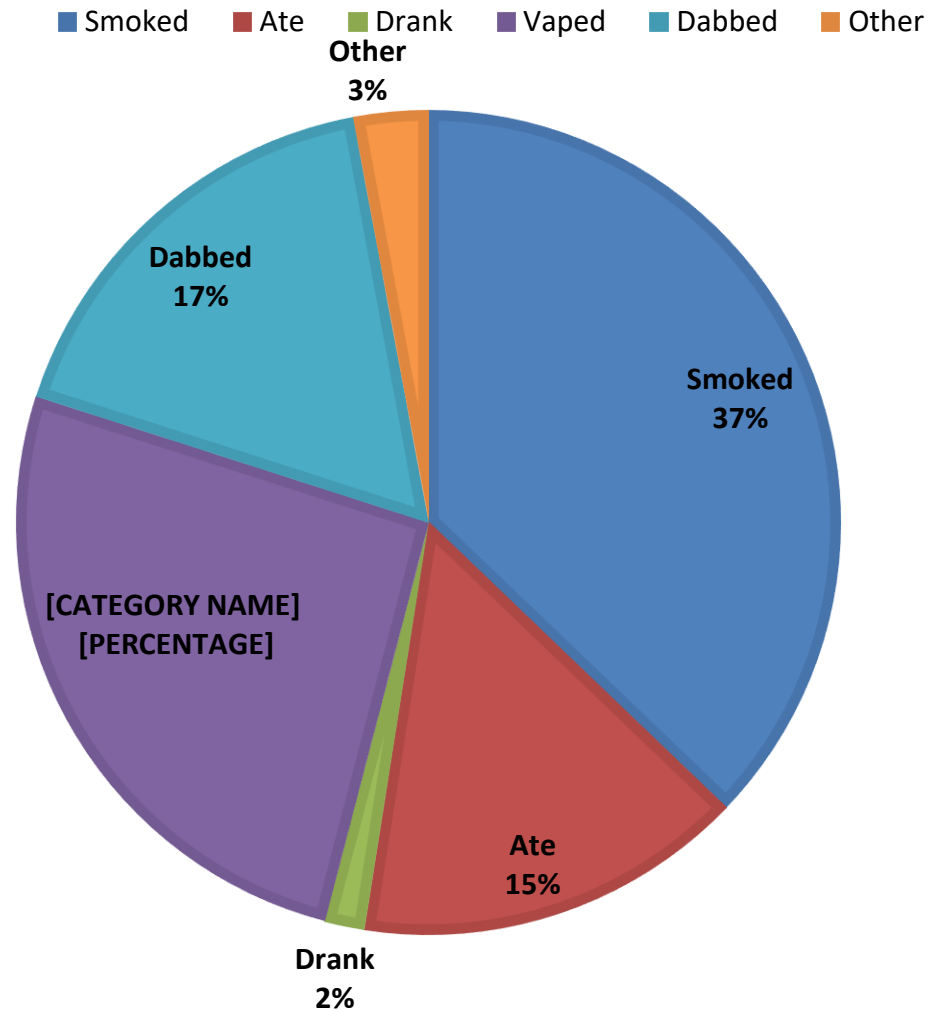


# Worrisome Consequences of Marijuana Use among 12<sup>th</sup> Graders in the Quaboag Hills Region



*Percent of students reporting 1+ times experiencing the consequence in past **12 months***

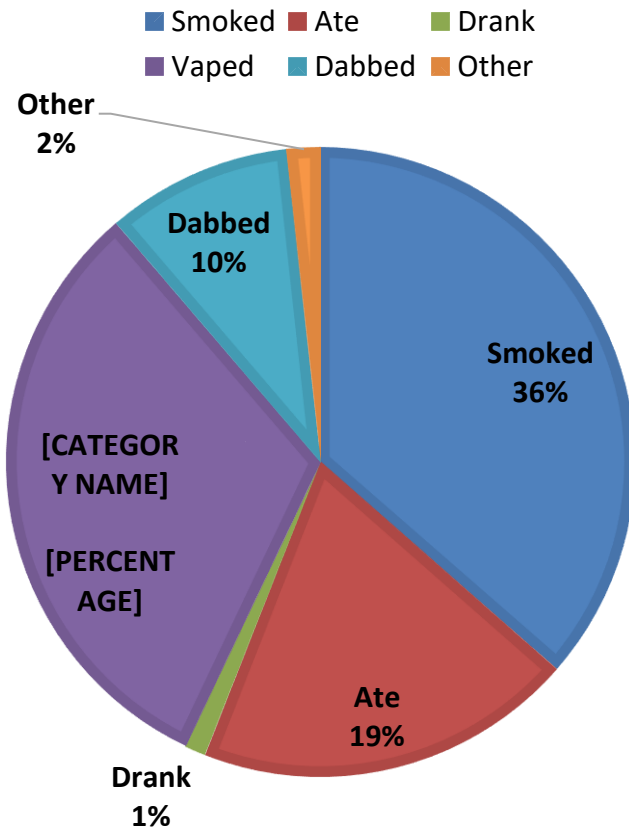
# How is marijuana being used in youth in the Quaboag Hills?



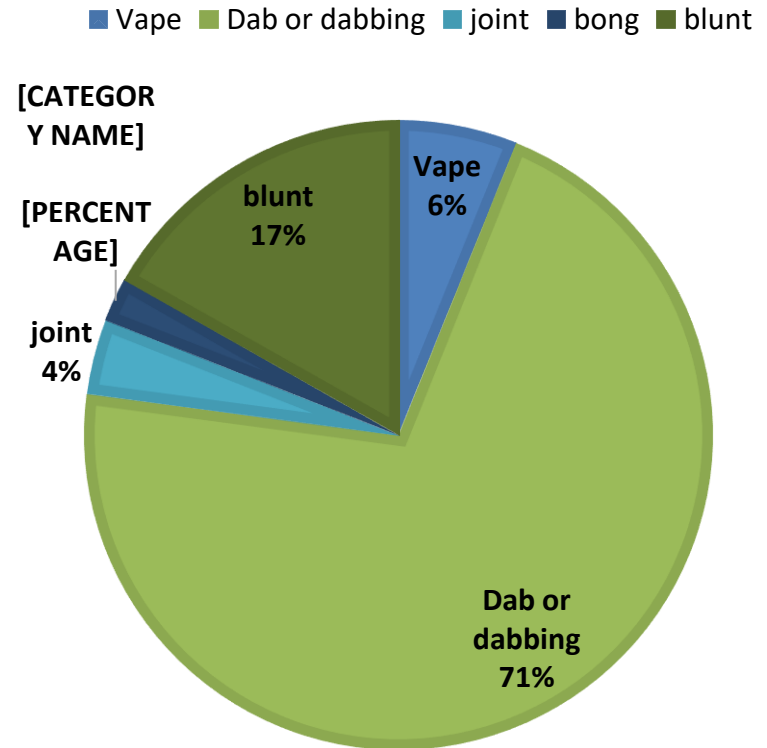
# Parental understanding of current marijuana use by teenagers.

Data from the 2019 parent survey.

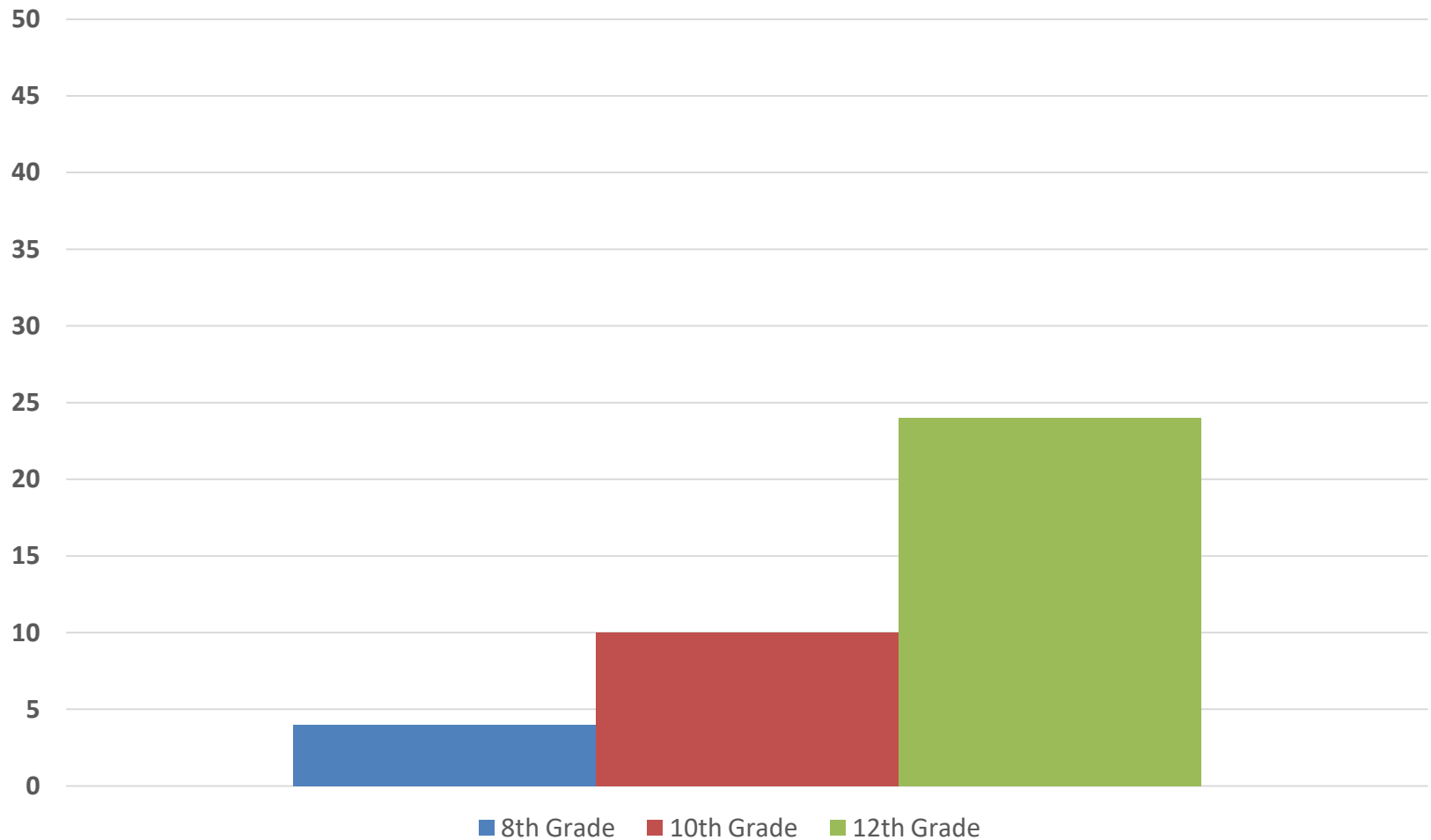
How do parents think marijuana is used by youth?



Methods or terms parents are not aware of or do not understand



# 30 day use of alcohol and marijuana at the same time (within 2 or 3 hours of each other)



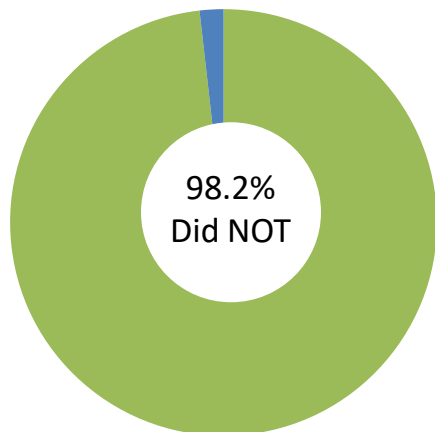
# Let's look more closely at the story of prescription and illicit drug use



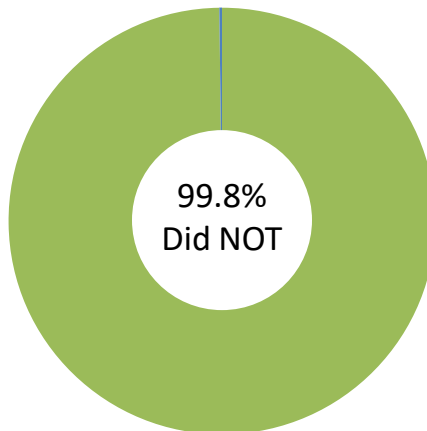
# 30-day use of illicit drugs

## Combined 8, 10 & 12<sup>th</sup> grades Quaboag Hills Region

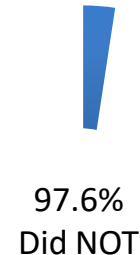
**Hallucinogens**  
LSD, mushrooms, etc



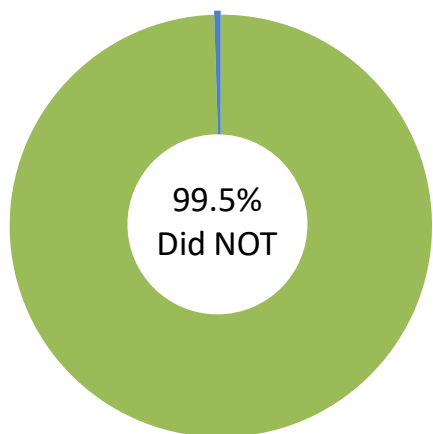
**Methamphetamines**



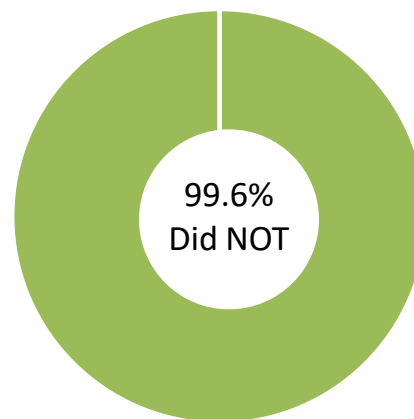
**Inhaled gasses or fumes**



**Cocaine/ Crack**

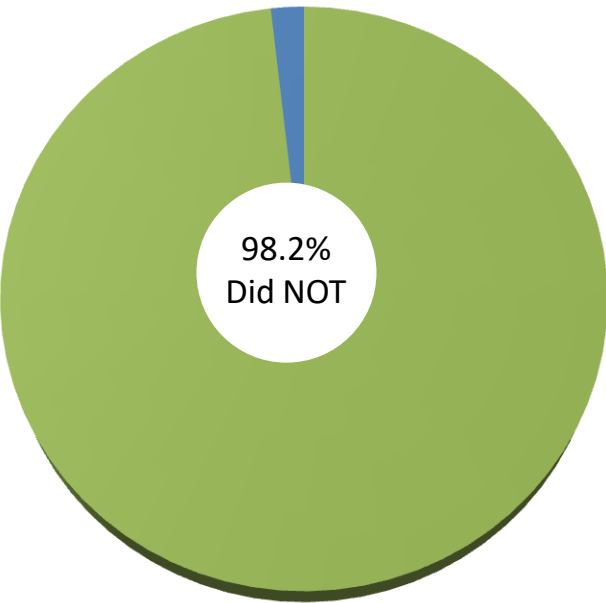


**MDMA (Ecstasy/ Molly)**

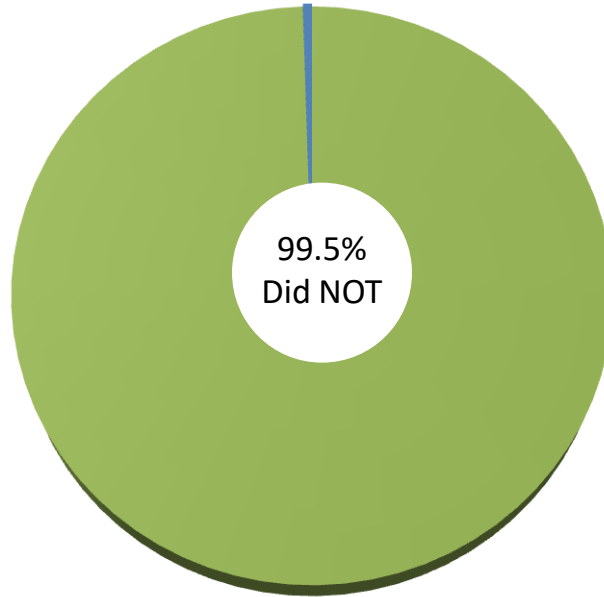


# 30-day use of prescription medications, (without a doctor telling you to take them) Combined 8, 10 & 12<sup>th</sup> grades Quaboag Hills Region

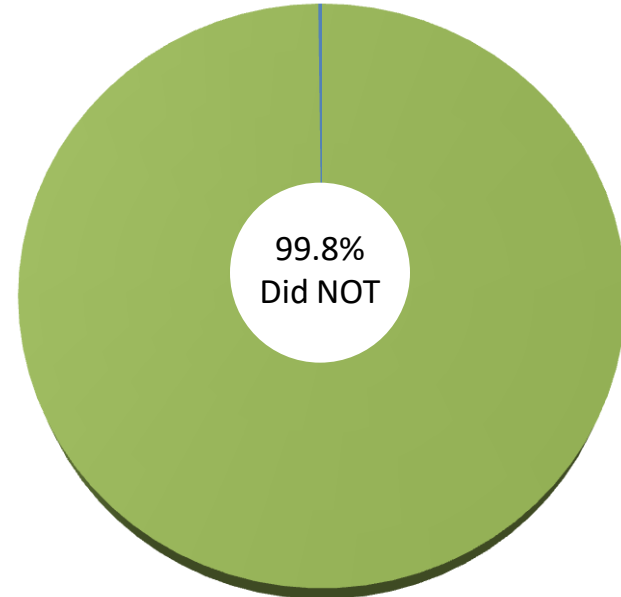
**Stimulants  
(Adderall, Ritalin)**



**Sedatives  
(Barbiturates or  
sleeping pills)**



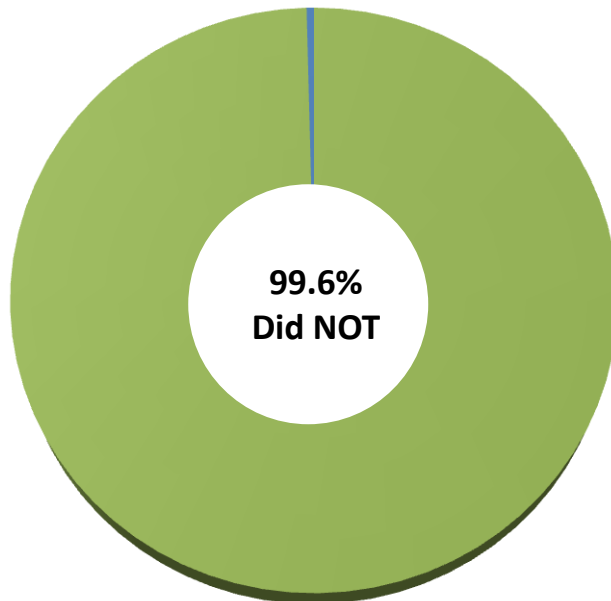
**Tranquilizers  
(Valium,  
Xanax, Ativan)**



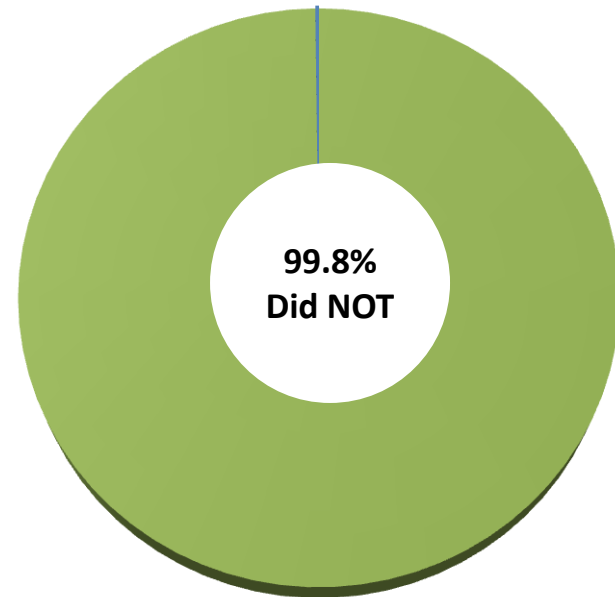
# 30-day use of Opioids

## Combined 8, 10 & 12<sup>th</sup> grades Quaboag Hills Region

**Prescription Opioids  
(OxyContin, Demerol, Vicodin)**

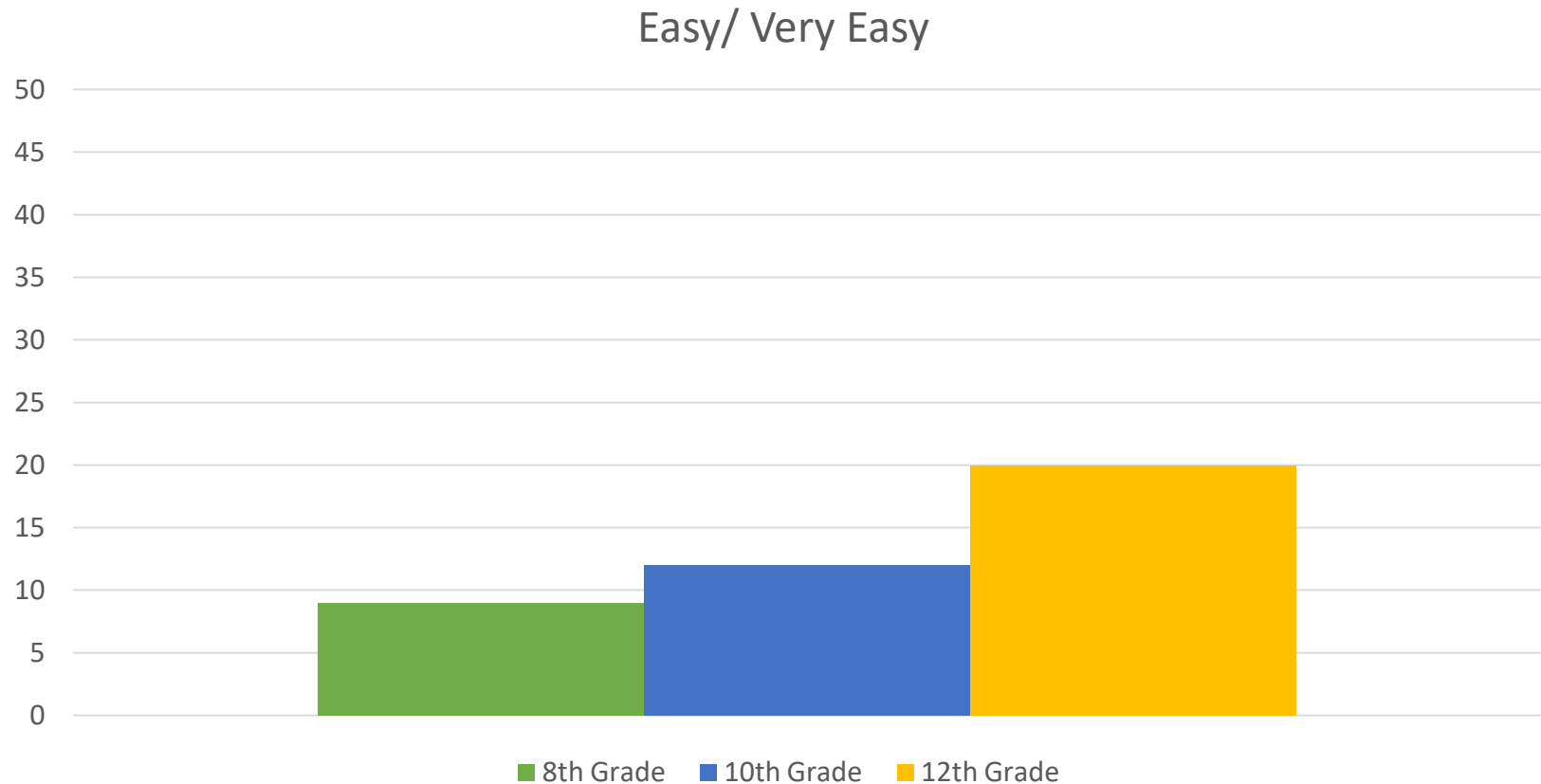


**Heroin**

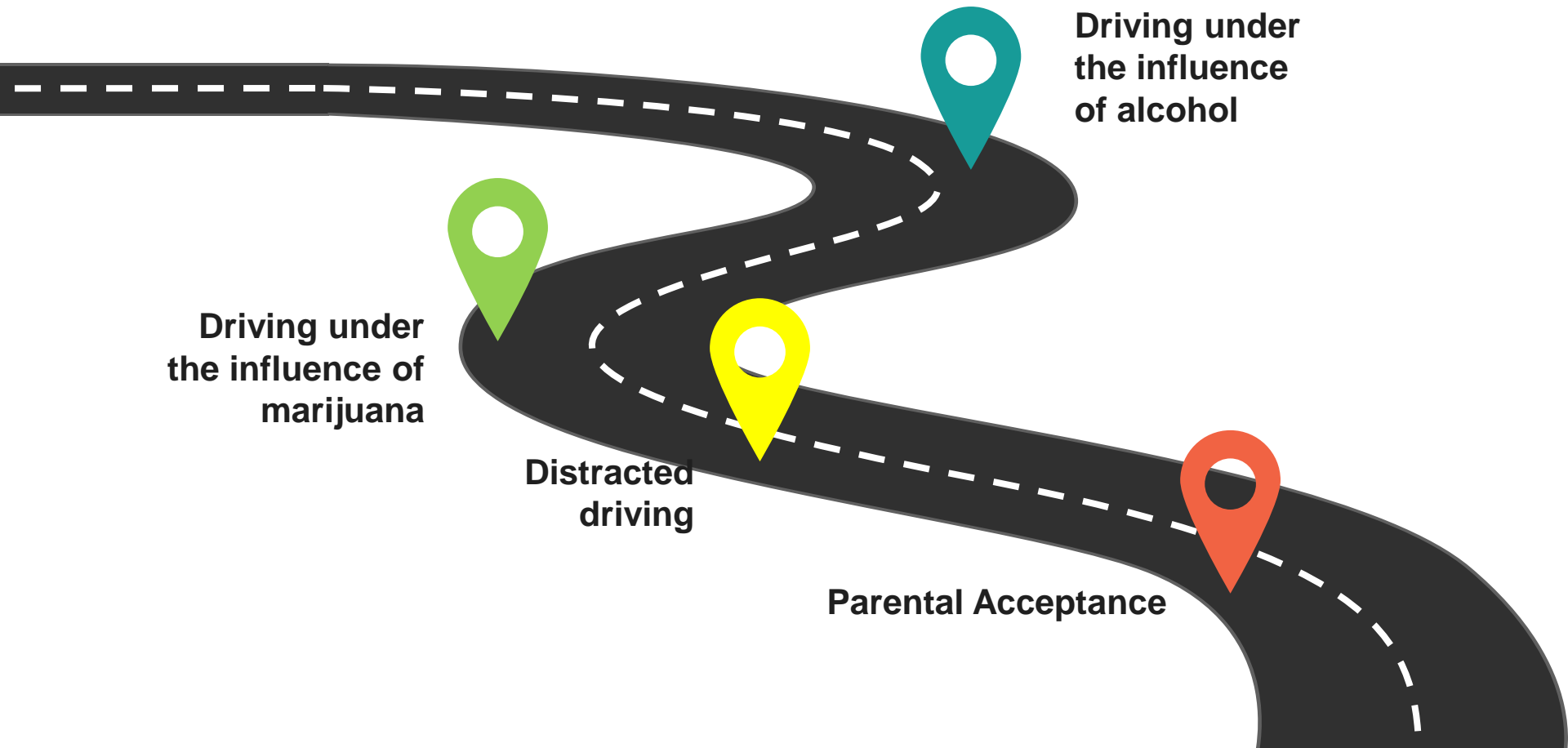




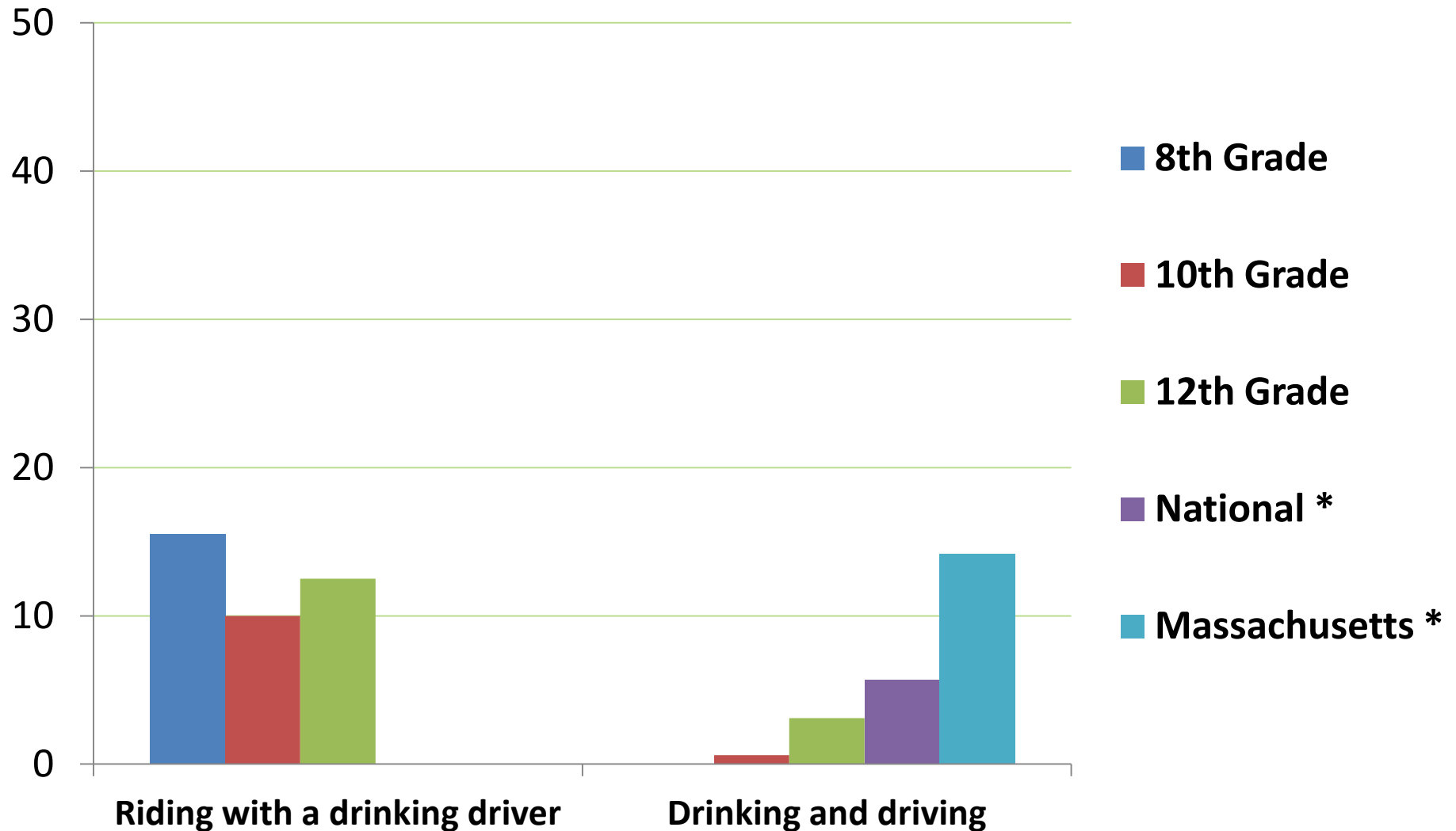
**If you wanted to get prescription drugs not prescribed to you by a doctor (such as Adderall, Xanax or Vicodin), how easy would it be for you to get some?**



# Let's look at driving statistics

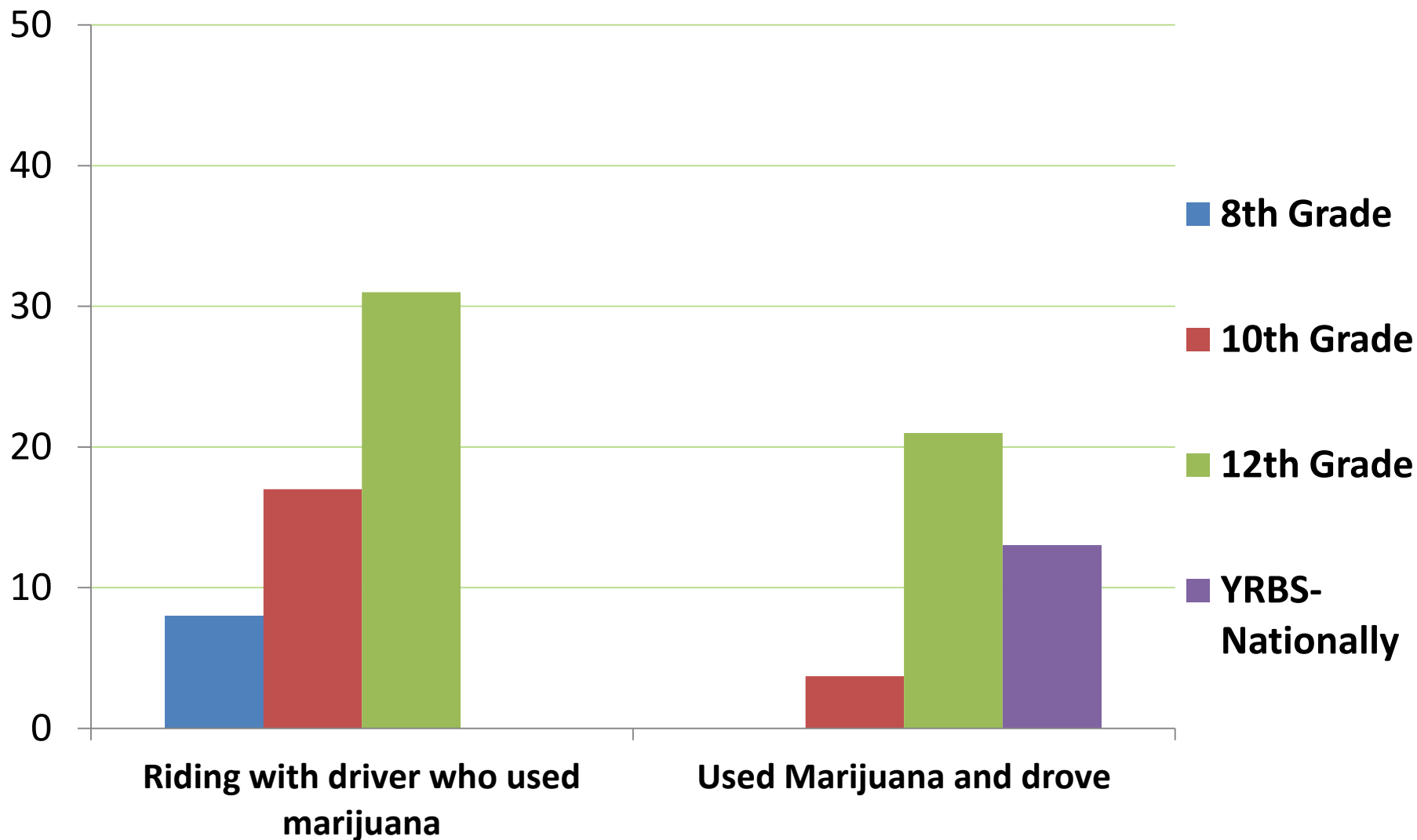


# Drinking, Riding & Driving Past 30-day



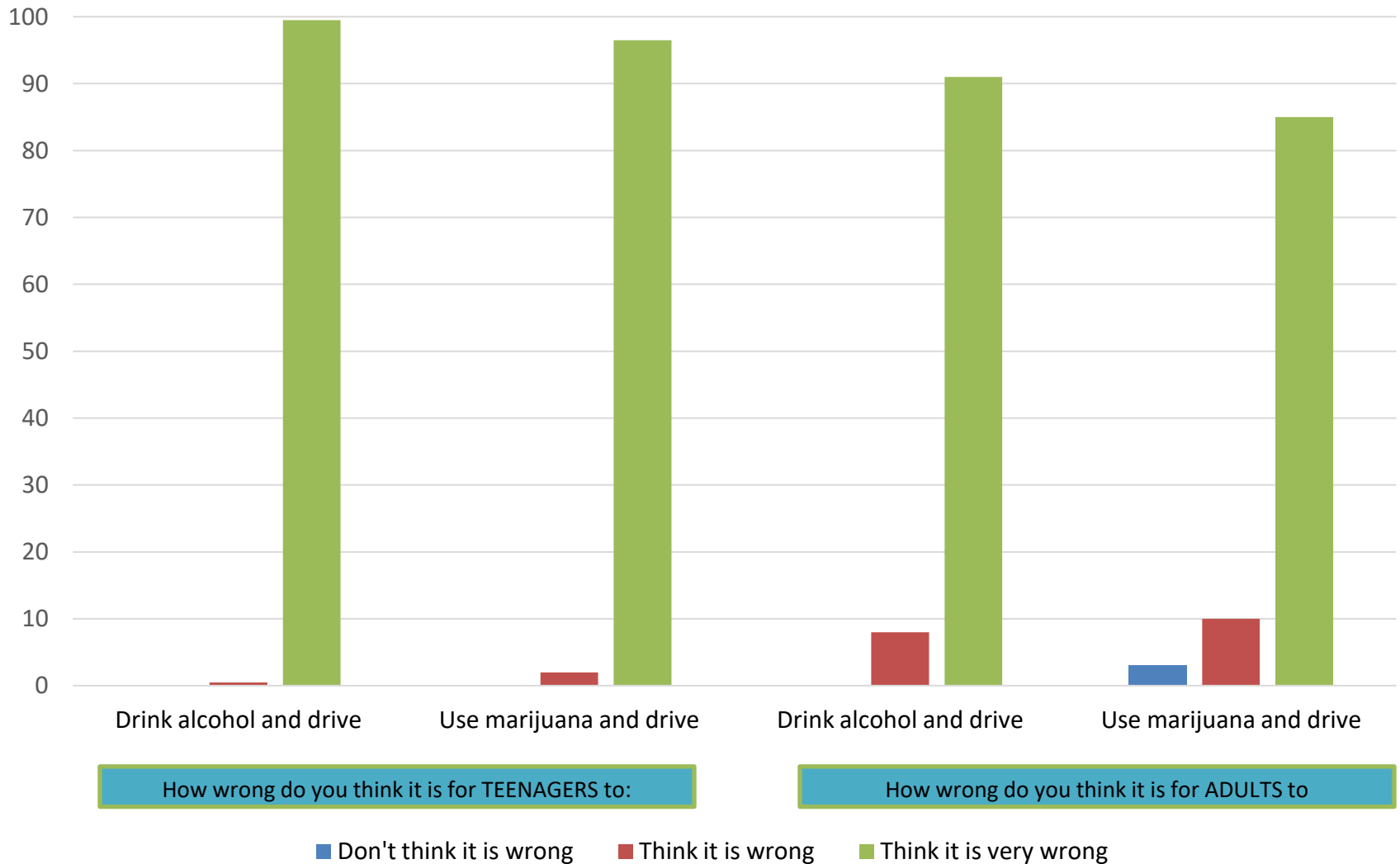
*\* YRBS data 2017*

# Marijuana Use, Riding & Driving



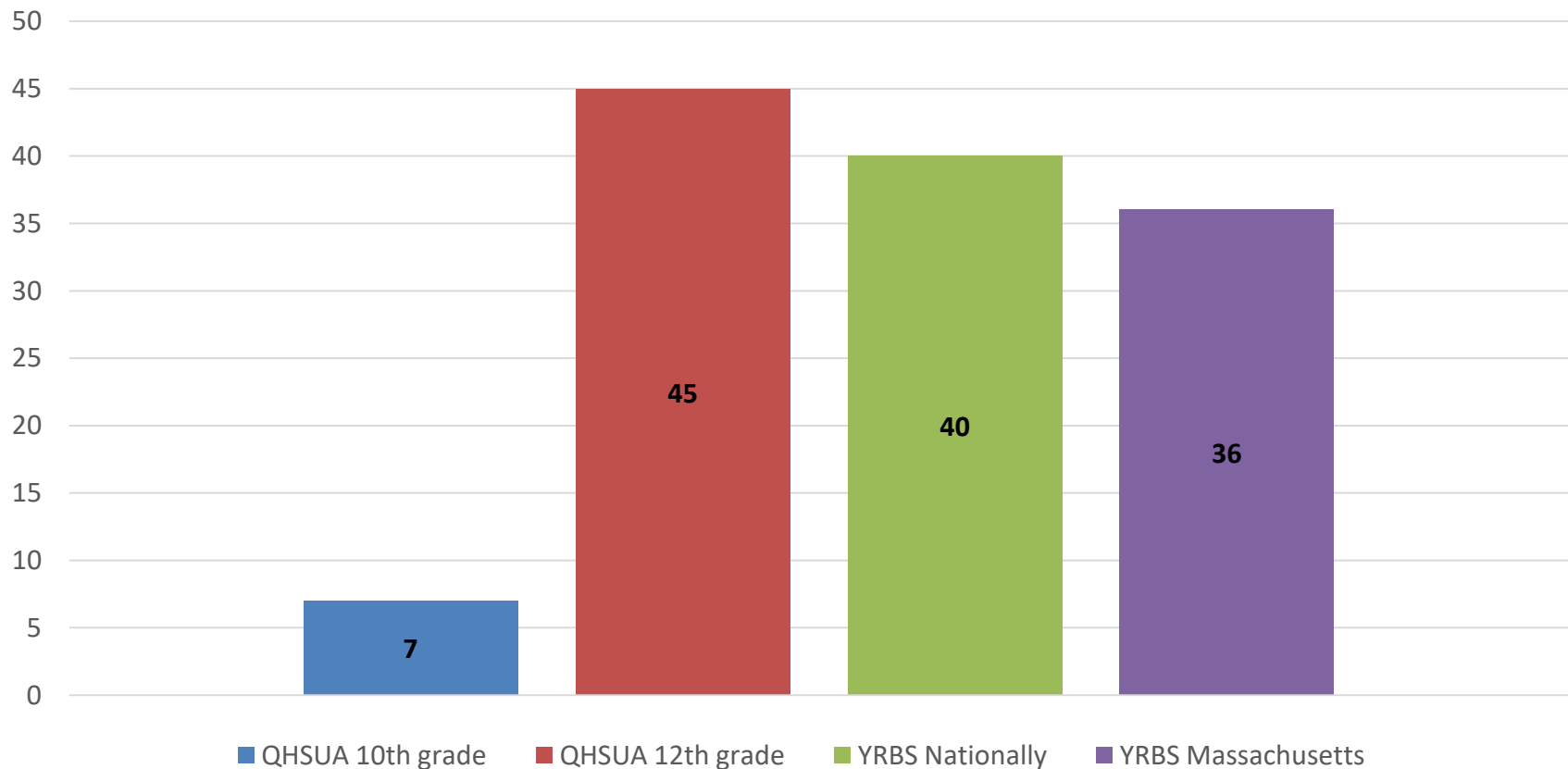
*30-day frequency- based on a driver within three hours of marijuana use*

# Parents agree that drinking or using marijuana and driving is not OK



# Students reporting Distracted Driving in the past 30 days

Drive a car while texting, emailing, using social media, or reading something on your phone



*2019 QHSUA PNAS data/ 2017 YRBS data*

The QHSUA with the Town of Ware was awarded the Sober Truth on Preventing Underage Drinking Act (STOP Act) in 2019. Designed to work with local driving schools to support evidence based curriculum and programs for new drivers and their parents.



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# Let's look at Mental Health





# Social media impacts on mental health in the Quaboag Hills Region

## On-line bullying

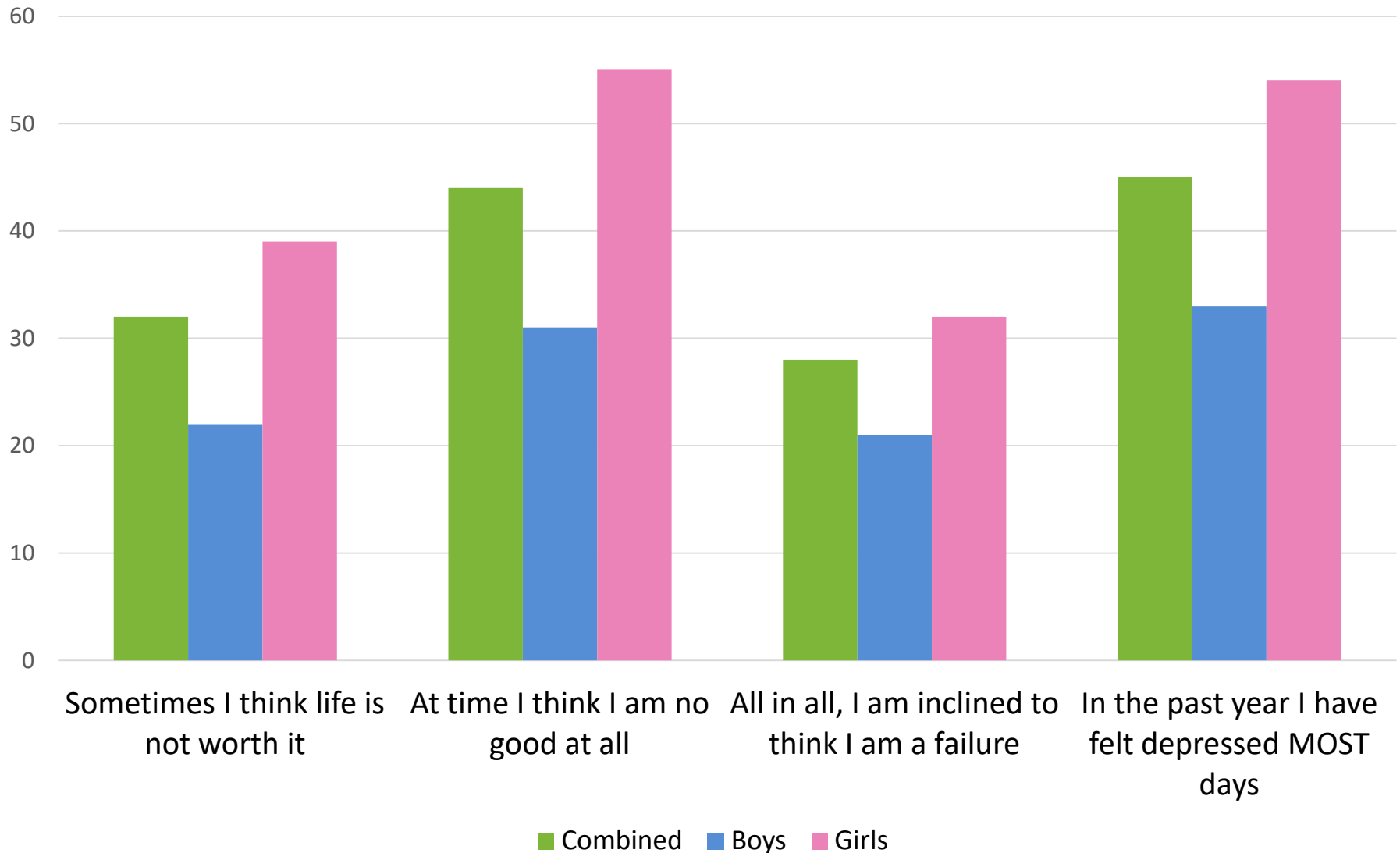
18% of female and 6% of male students report being bullied online in the past year.

## Screen Time

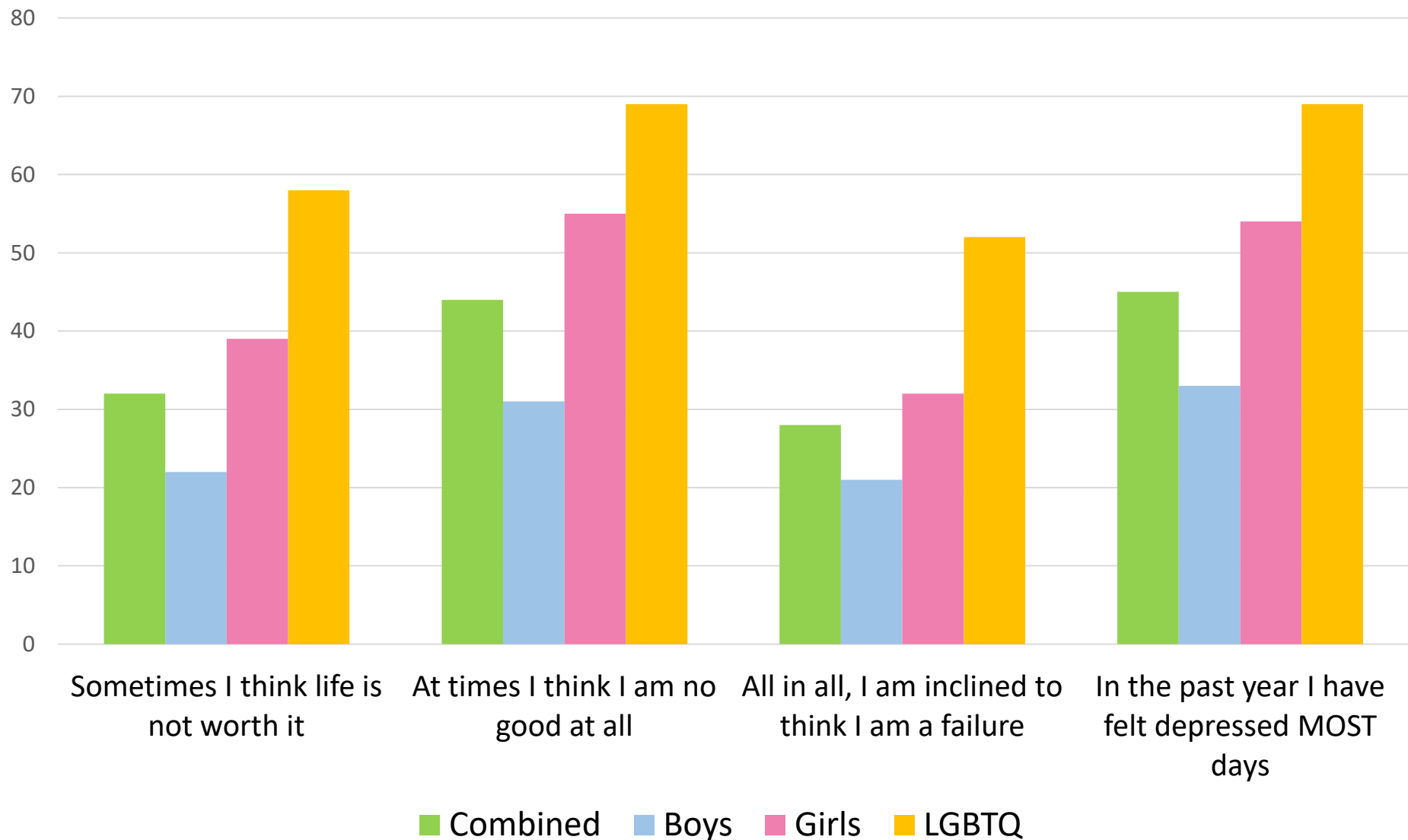
71% of all students report spending 3 or more hours of each day on TV, computers, tablet or phone.- not related to their school work.



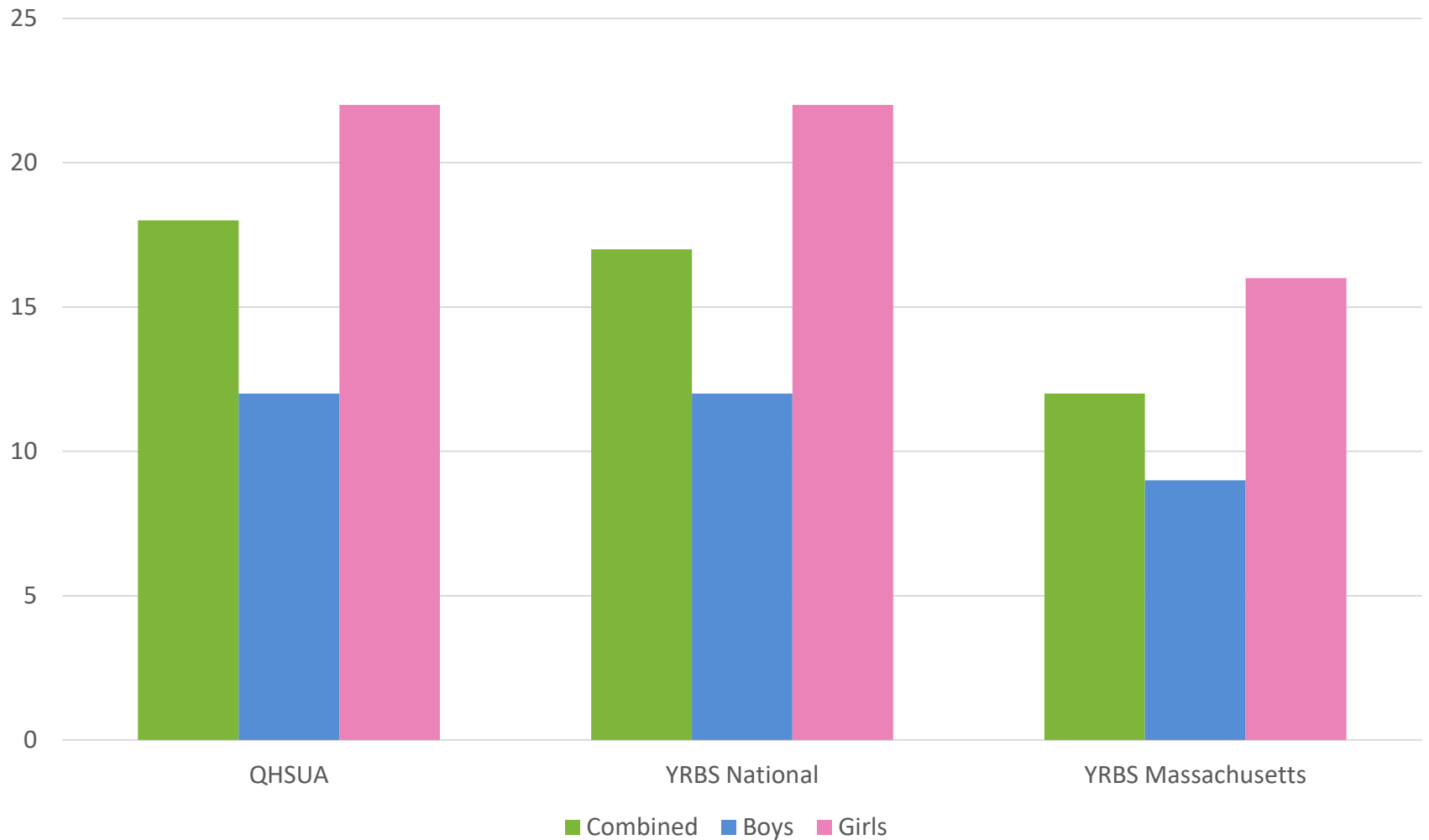
# Students reporting depression symptoms



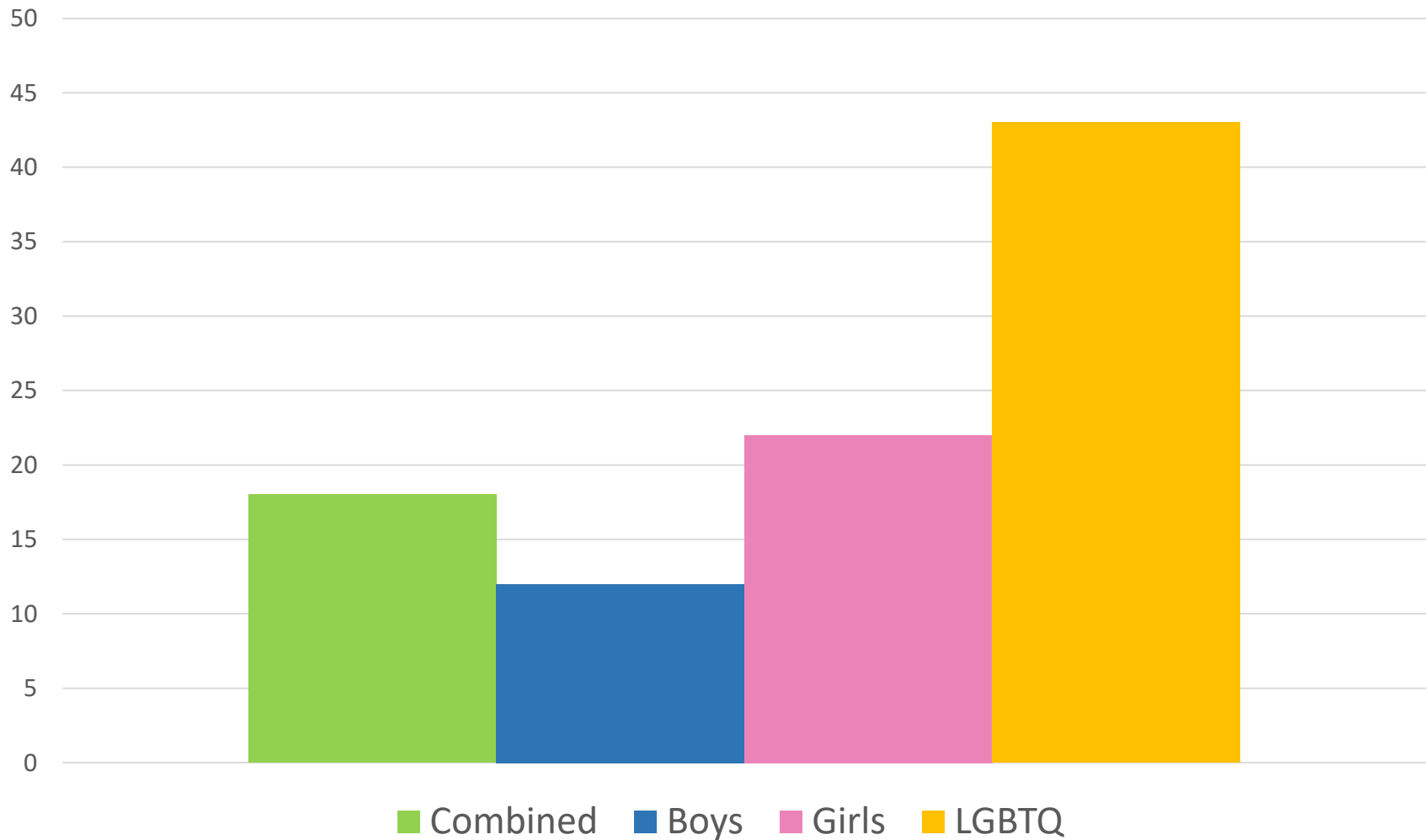
# QHSUA Region Students reporting depression symptoms



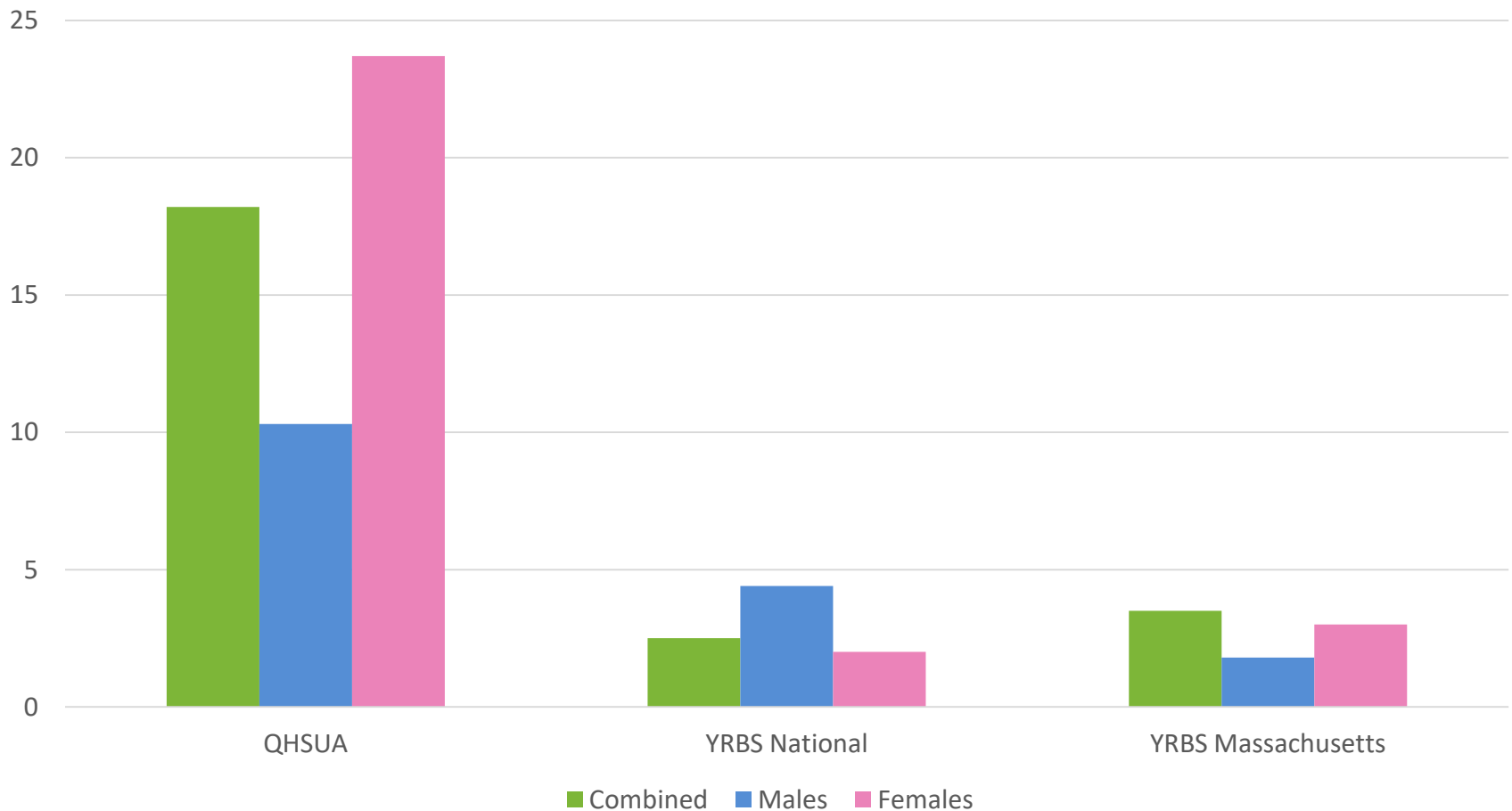
# Students who report seriously contemplating suicide in the past year.



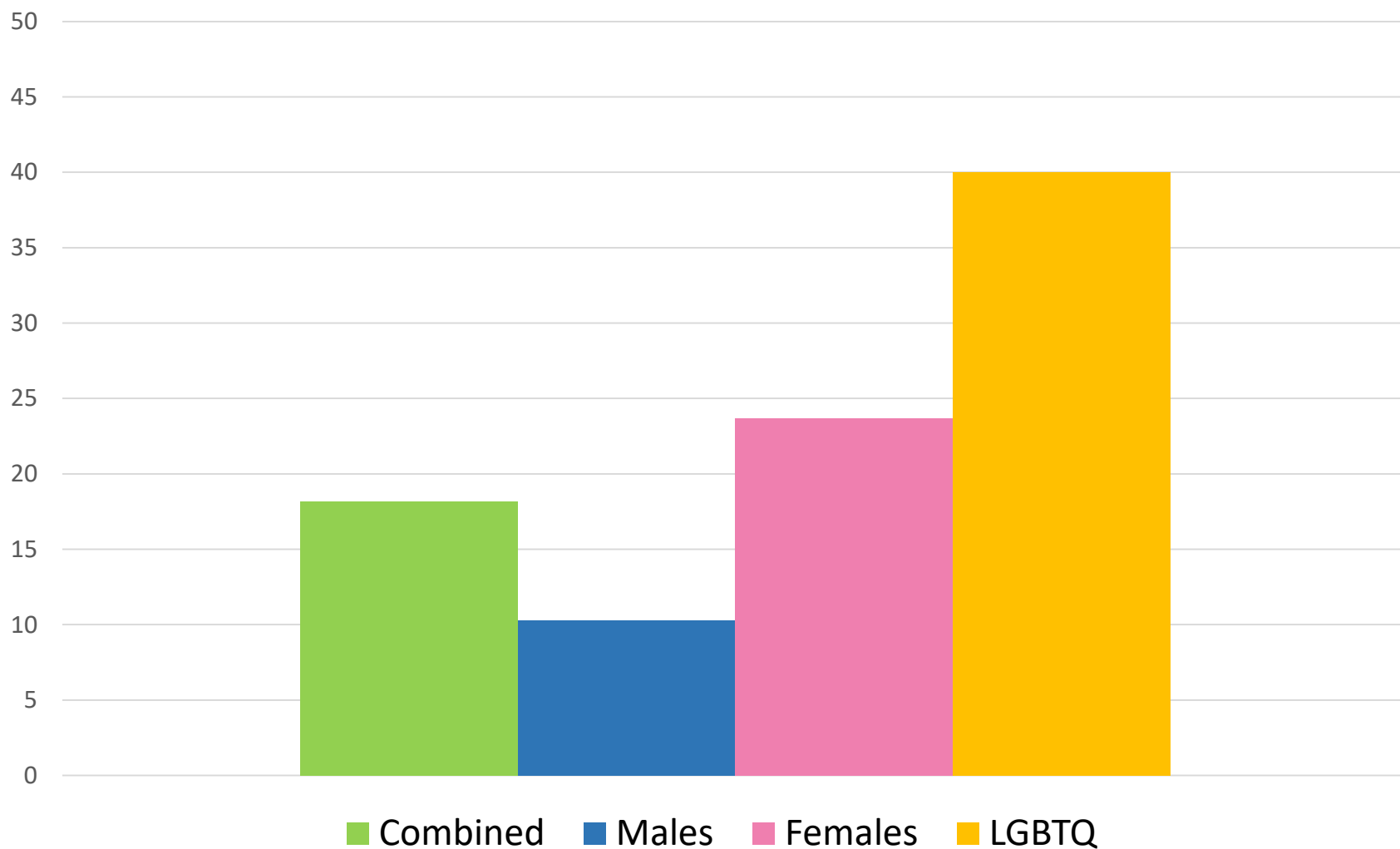
# QHSUA Region Students who report seriously contemplating suicide in the past year.



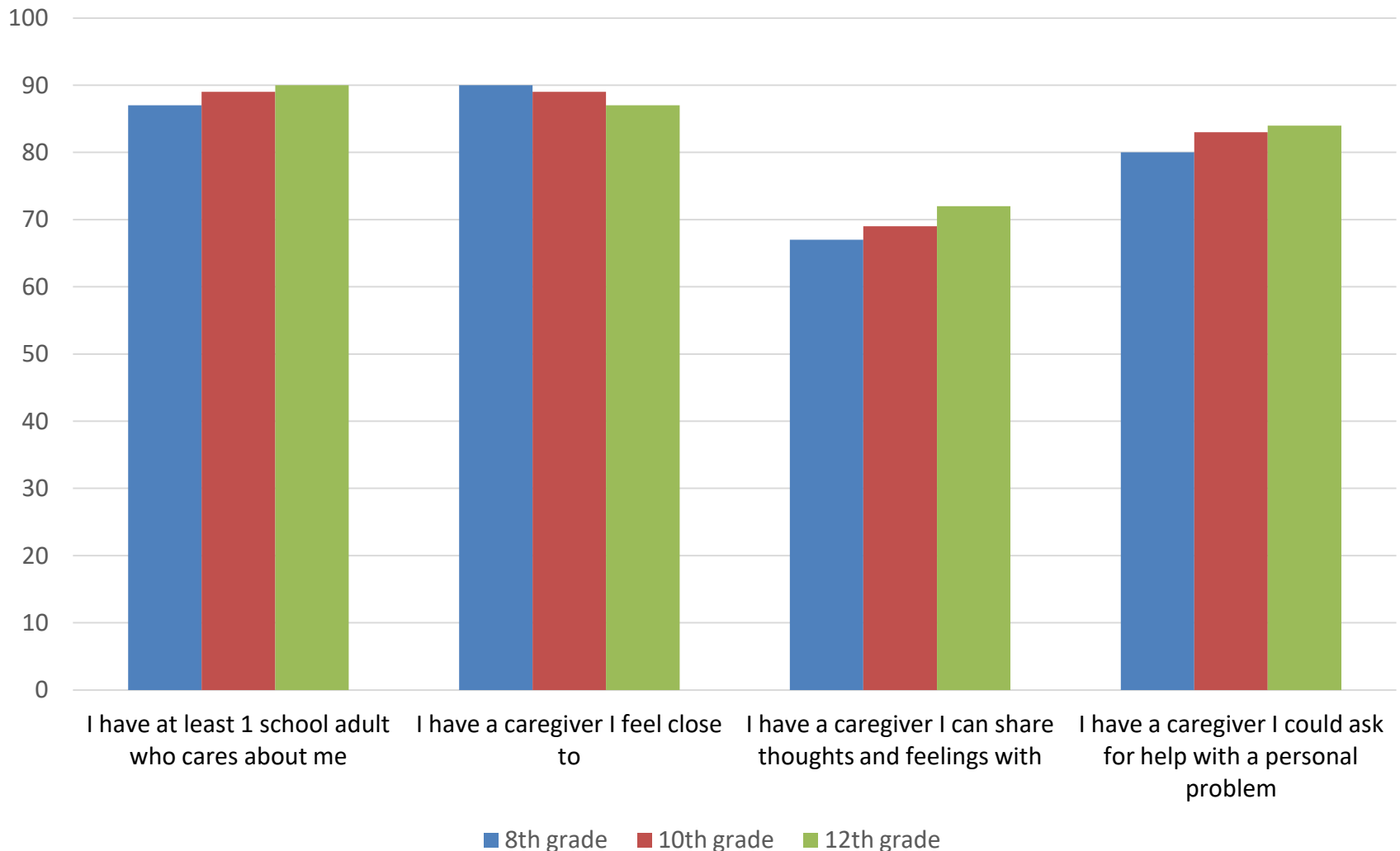
# Students who report self harm, without the intent to die by suicide, in the past year



# **QHSUA Region Students who report self harm, without the intent to die by suicide, in the past year**



# Do students have adults they can turn to for support?

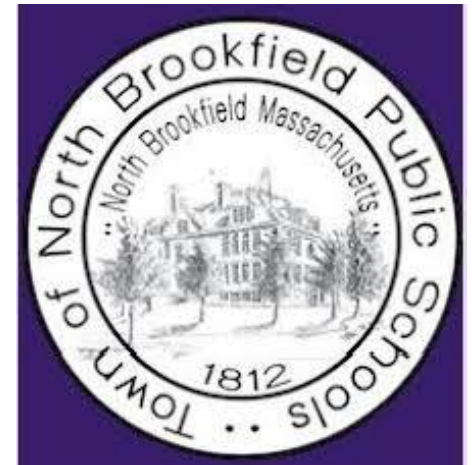




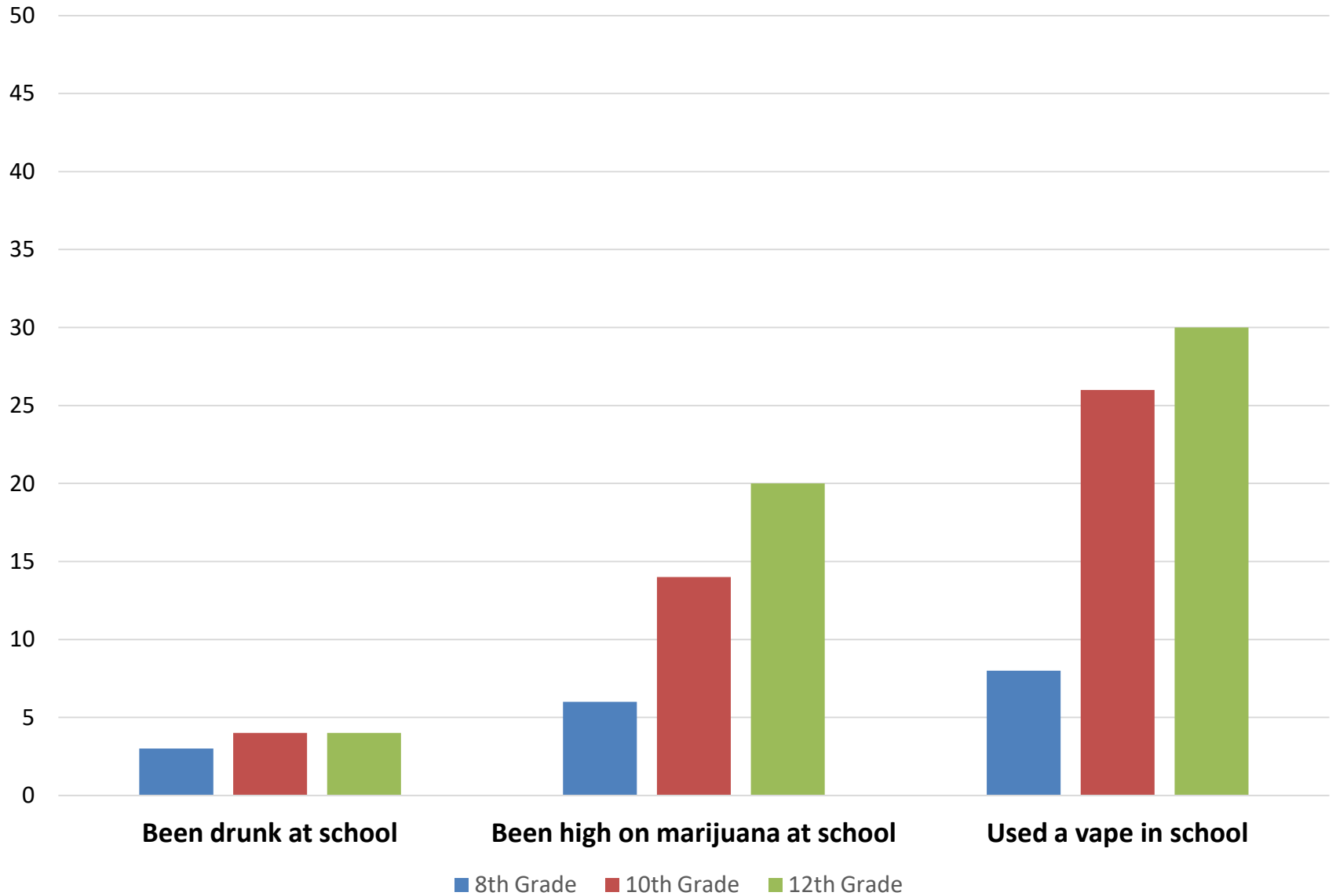
# Let's look at the School Culture in the Quaboag Hills



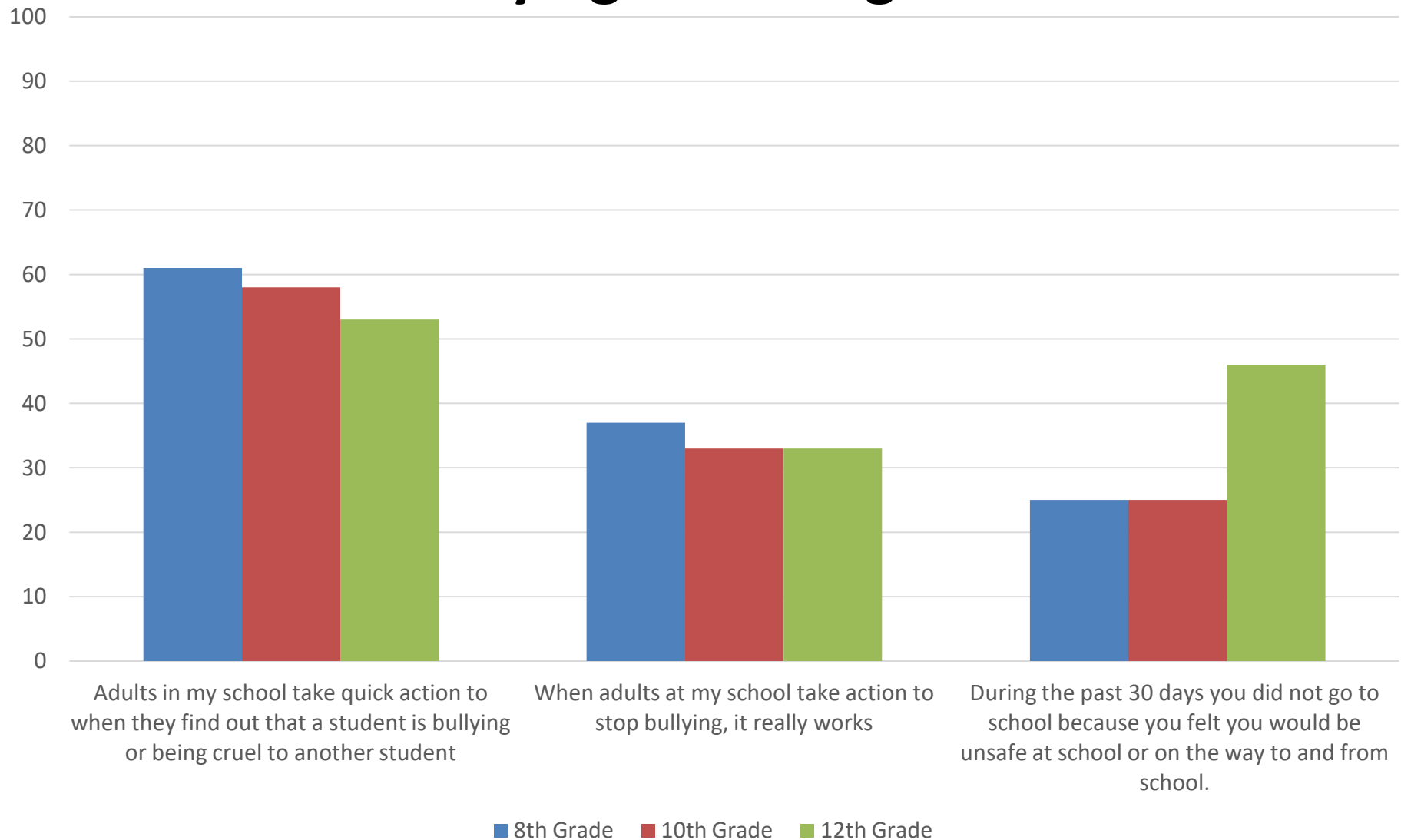
TRADITION AND INNOVATION  
TOGETHER



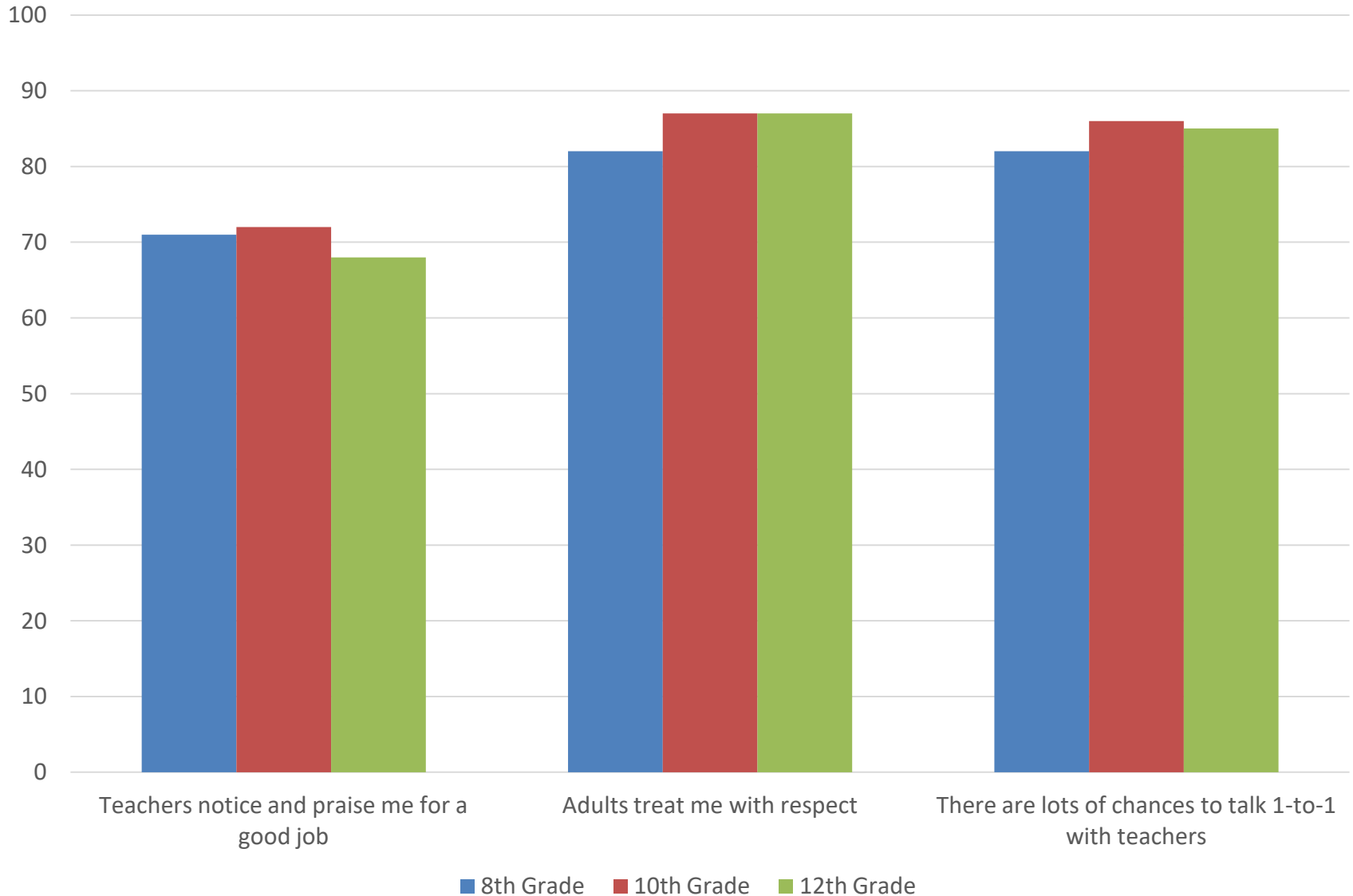
# Past 12 months, at school



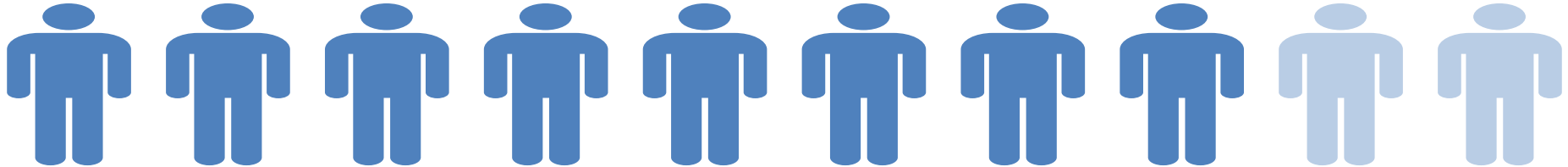
# What do Quaboag Hills students say about bullying in our region?



# What do Quaboag Hills students say about the school teacher/ student relationships in our region?



**82% of students feel safe at  
school**



**80% of 8<sup>th</sup> graders  
82% of 10<sup>th</sup> graders  
86% of 12<sup>th</sup> graders  
Report feeling safe at school**

# How will we use the data?



**Encourage Hope**

**Promote the Positive Norm**

**Inform and Shape School and  
Community Prevention  
Strategies**

**Educate Parents; School Staff;  
Students; Community Leaders;  
and Public Officials**

**Advocate for Effective Public  
Health & Prevention Policies**

**Resource Development & Grant  
Writing**

**And much more!**

**Questions? Comments?**



## **Quaboag Hills Substance Use Alliance**

**[www.QHSUA.org](http://www.QHSUA.org)**

**Facebook/QHSUA**

**Gail Gramarossa, Program Director**

**[ggramarossa@townofware.com](mailto:ggramarossa@townofware.com)**

**Nekr Jenkins, Project Director**

**[njenkins@townofware.com](mailto:njenkins@townofware.com)**

**(413) 544-4386**