



# PREVENTION PROGRAMMING AND EVALUATION FINDINGS 2020–2021

**9** programs implemented

Be Part of the Conversation

CATCH My Breath

Guiding Good Choices

Second Step

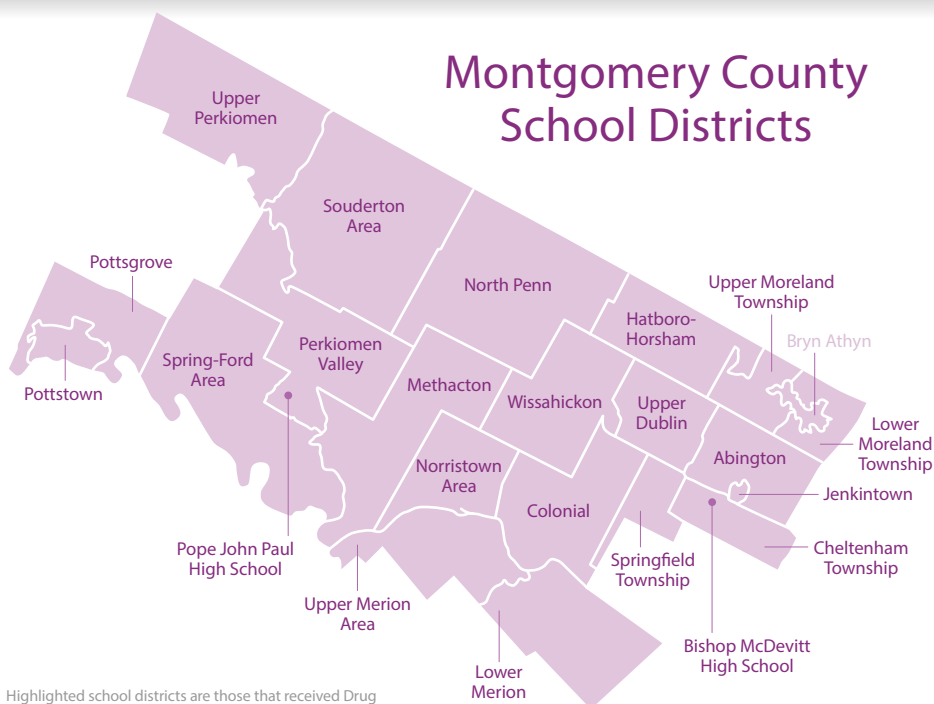
Signs of Suicide

Strengthening Families

Student Assistance Program

Too Good for Drugs

Vaping Prevention Plus Wellness



**29,152** surveys completed

**7,810** students reached

**929** parents reached



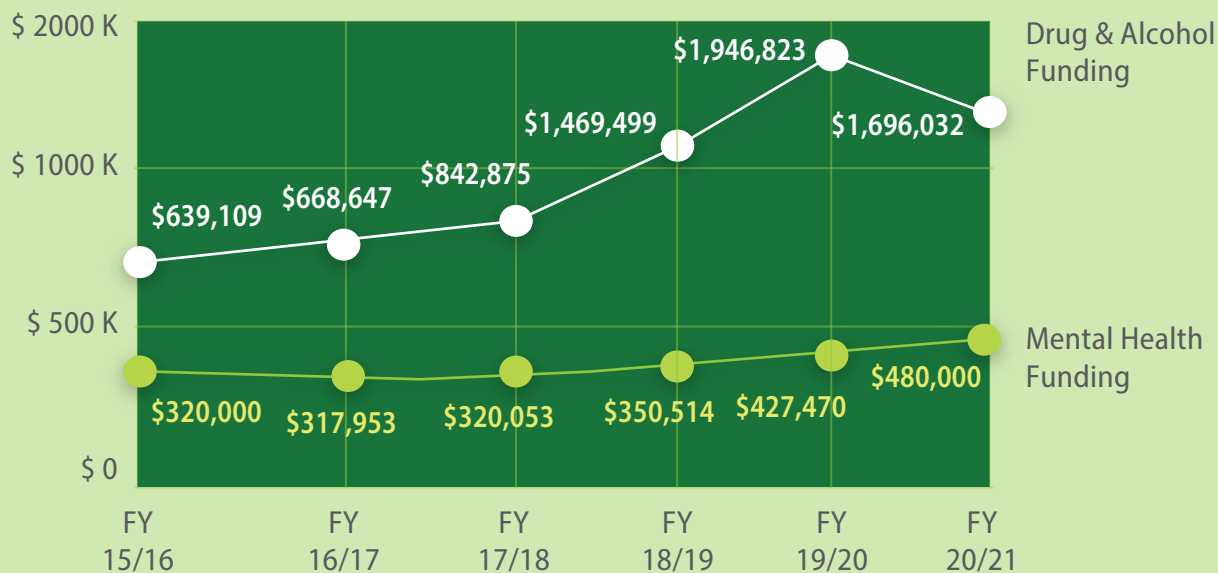
The data reflected in this report highlights important information about the scope of data collection and key findings for a selection of the County's evidence-based programs provided in schools during the 2020–2021 school year.

WestEd has been funded by the Office of Drug and Alcohol in Montgomery County to assist in evaluation planning, program evaluation implementation, and comprehensive reporting of alcohol and drug programming in the county. WestEd is a nonpartisan, nonprofit research, development, and service agency working to improve education and other important outcomes for children, youth, and adults.

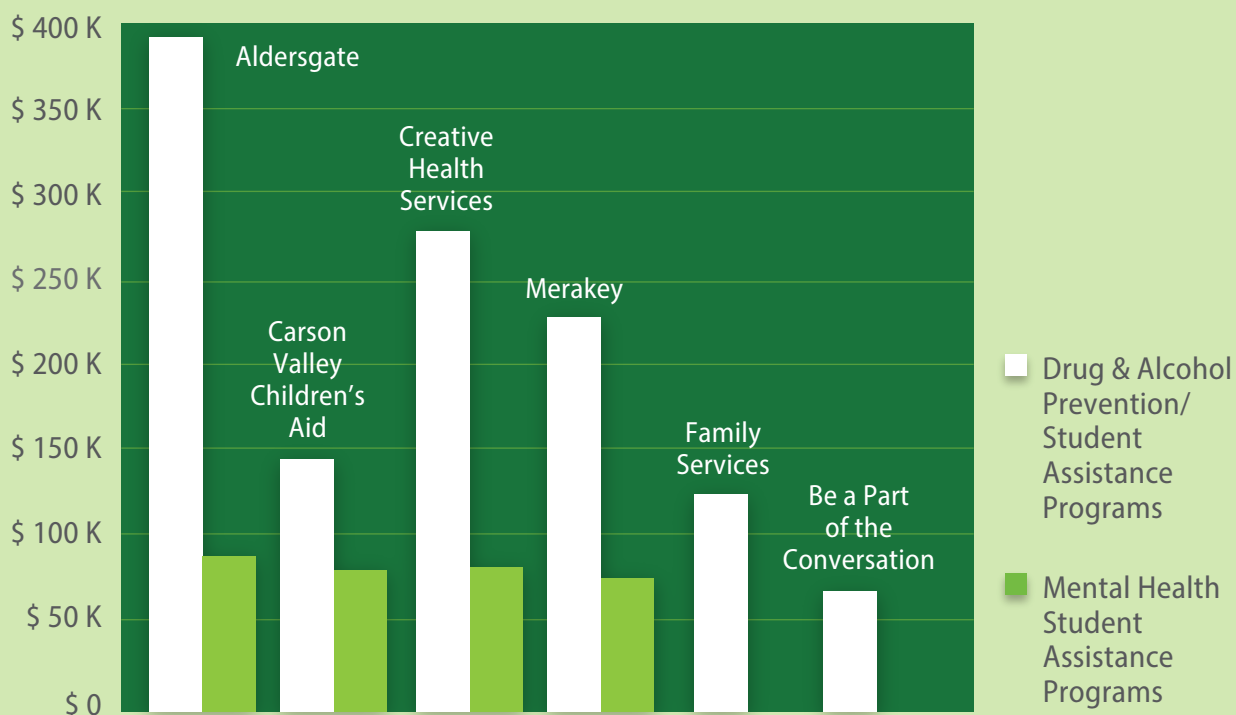
WestEd has designed data collection procedures, trained providers on data collection, and conducted analyses of the evaluation data collected from students participating in evidence-based programs provided in Montgomery County schools as well as other prevention programming offered throughout the county.

# FUNDING

## OVERALL FUNDING



## FUNDING BY AGENCY & SERVICES



MINI-GRANTS GIVEN TO 3 MINI-GRANTEES TOTALING **\$4,407**

**1** police department

**1** community organization

**1** coalition

# PROGRAM FINDINGS

## TOO GOOD FOR DRUGS

INCREASED KNOWLEDGE ABOUT THE IMPACT  
OF DRUG & ALCOHOL USE ON THE BODY



**79%** high school  
students  
knew

✓  
Marijuana could  
cause you to  
forget things.

↑ an increase of  
34 percentage  
points

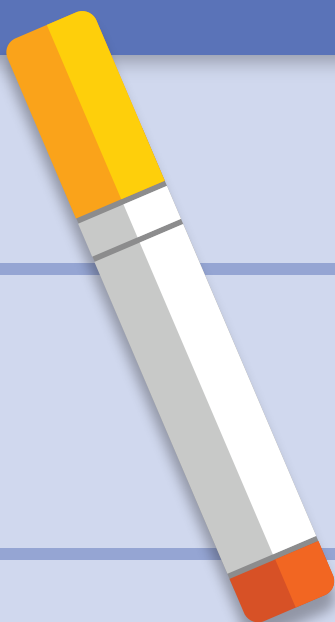
INCREASED KNOWLEDGE  
OF RISKS & HARM

**81%** 6<sup>th</sup>/7<sup>th</sup>  
graders  
knew

✓  
THC can be  
stored in the body  
for a month.

↑ an increase of  
15 percentage  
points

## CATCH MY BREATH



**76%** disagreed  
that

✗  
E-cigarette  
vapor contains  
mostly water.

↑ an increase of  
39 percentage  
points

**64%** knew  
that

✓  
Water was  
not a main part of  
E-liquid (or E-juice).

↑ an increase of  
34 percentage  
points

**74%** agreed  
that

✓  
Direct pressure is  
advertising paid for by  
the tobacco industry.

↑ an increase of  
35 percentage  
points

# SIGNS OF SUICIDE

## IMPROVEMENT IN MENTAL HEALTH AWARENESS



**75%**  
agreed

an increase of 19  
percentage points



Depression  
is an illness that  
doctors can treat.

**82%**  
disagreed

an increase of 19  
percentage points



"If I talk to someone  
about their suicidal feelings,  
it may give them the idea  
to kill themselves."



Most suicide attempts  
occur without any  
warning signs or clues.

**86%**  
disagreed

an increase of 18  
percentage points

## SECOND STEP FINDINGS

Nearly every student correctly identified strategies for  
**CALMING DOWN AND BELLY BREATHING**

### DESSA

The Devereux Student Strengths Assessment (DESSA) is a strengths-based measure of social-emotional behaviors related to resilience, social-emotional competence, and school success for children in Kindergarten through 8th grade.

After participating in the Second Step program:

**6%**

of students scored  
in the **NEED** range



a decrease of  
11 percentage  
points

Children with scores in the **NEED**  
range can be considered at risk for  
exhibiting or developing  
social-emotional problems.

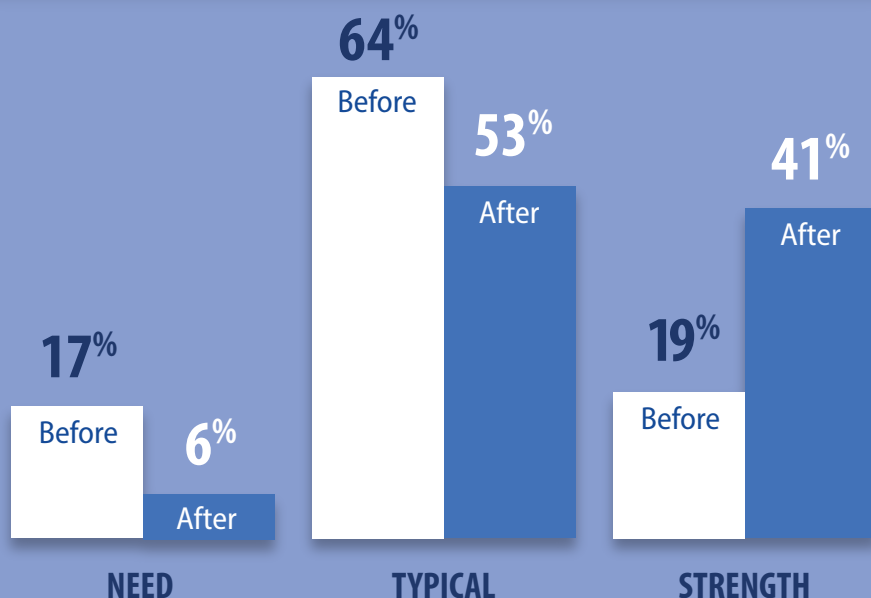
**41%**

of students scored in  
the **STRENGTH** range



an increase of  
22 percentage  
points

Children with scores in the  
**STRENGTH** range can be  
considered **NOT** at risk for  
exhibiting or developing  
social-emotional problems.



Naglieri, J.A., LeBuffe, P. A., and Shapiro, V. B. (2014). DESSA-Mini: Devereux Student Strengths Assessment (DESSA) K-8th Grade: A Universal screening and Progress Monitoring System for Social-Emotional Competencies. Charlotte, NC: Devereux Foundation.

## OTHER PROGRAMS

### BE A PART OF THE CONVERSATION PARENT FORUMS

**7** VIRTUAL PARENT PROGRAMS REACHING **401** PARENTS

**2**

alcohol  
prevention

**2**

cannabis  
prevention

**1**

stimulant  
misuse

**1**

parenting  
support

**1**

parenting  
and recovery

**89.6%**

of participants **felt they  
were aware of resources**  
after attending the program

**82%**

of participants found  
the presentations  
**very helpful**

**87.9%**

of participants  
**would attend another**  
Be a Part of the  
Conversation program

**86.7%**

of participants **would  
recommend a Be Part  
of the Conversation  
program to a friend**



### YOUTH MARIJUANA PREVENTION PROJECT (YMPP)

A FIVE-YEAR INITIATIVE FUNDED BY THE MONTGOMERY COUNTY OFFICE OF DRUG & ALCOHOL

Our goals tie directly to the Identified Risk Factors from Montgomery County's Needs Assessment process:

- 1 Reduce youth marijuana use**  
in Montgomery County
- 2 Increase youth perceived risk**  
of marijuana use
- 3 Increase youth perception**  
of parental disapproval



Taking  
the lead  
**225**  
participants

Marijuana and the  
Developing Brain  
**105**  
participants

Need to Know Health  
Teacher Training  
**41**  
participants

1 media  
campaign  
**342,000**  
reached

# PARENT EVIDENCE-BASED EDUCATION PROGRAMS

## PARENT EDUCATION

8

non-evidenced based programs

115

parents reached

## 2 EVIDENCED-BASED PROGRAMS

6

strengthening Families  
Program cohorts

8

Guiding Good Choices  
program cohorts

60

parents

53

children

130

parents

145

children



## PARENT PROGRAM RESULTS:

### Guiding Good Choices

73%

of participants said they  
held a family meeting to  
plan family fun and  
strengthen family bonding.

How well did you feel the  
meeting went?

Rating:

5.66  
(out of 7)

### Stenghtening Families 10-14

2.6%

Before

3.1%

After

SCALE OF 1-4

#### YOUTH RESULT:

my parent(s)/caregiver(s)  
talk to me about their  
values and believes.

2.9%

Before

3.5%

After

SCALE OF 1-4

#### PARENT RESULT:

I discuss our family's  
values with my youth

## COMMUNITY PREVENTION

### SOCIAL HOST INITIATIVE

8

law enforcement  
meetings

750

takeout bags  
distributed

2

parent presentations

64

parents attended

Social Host  
Media Campaign  
816,134  
reached



### COALITION SUPPORT

Technical Assistance provided to 5 community coalitions:

4

quarterly  
meetings

2

learning  
communities

5

session social  
media training

## STUDENT ASSISTANCE PROGRAM (SAP)



### Drug & Alcohol SAP Group

**319** reaching **327**  
hours students

### Mental Health SAP Group

**324** reaching **597**  
hours students

### Mental Health Individual Support (MH3)

**1,460** reaching **795**  
hours students

## SAP SCREENINGS

**522**  
SAP Screenings

**83%**  
would recommend to a friend

On average, most participants in SAP programming felt they learned skills to help make better choices.

PA SAP trains school staff to identify alcohol, tobacco, other drugs, and mental health issues that act as barriers to student's success.

The primary goal of SAP is to help students overcome barriers, remain in school, and advance academically.

Once students are referred to SAP, they complete a screening to assess domains such as drug and alcohol use, suicidal ideation, trauma, and other mental health issues.

Community or school based referrals are generated from the screening results.

SAP Liaisons meet in-person with students, parents, and school staff; they also attend SAP Team meetings.

For more information email:  
[SAP@montcopa.org](mailto:SAP@montcopa.org)



On average, participants reported being very satisfied with SAP services