MONTGOMERY COUNTY OFFICE OF DRUG & ALCOHOL

Montgomery County
Department of
Health and Human Services
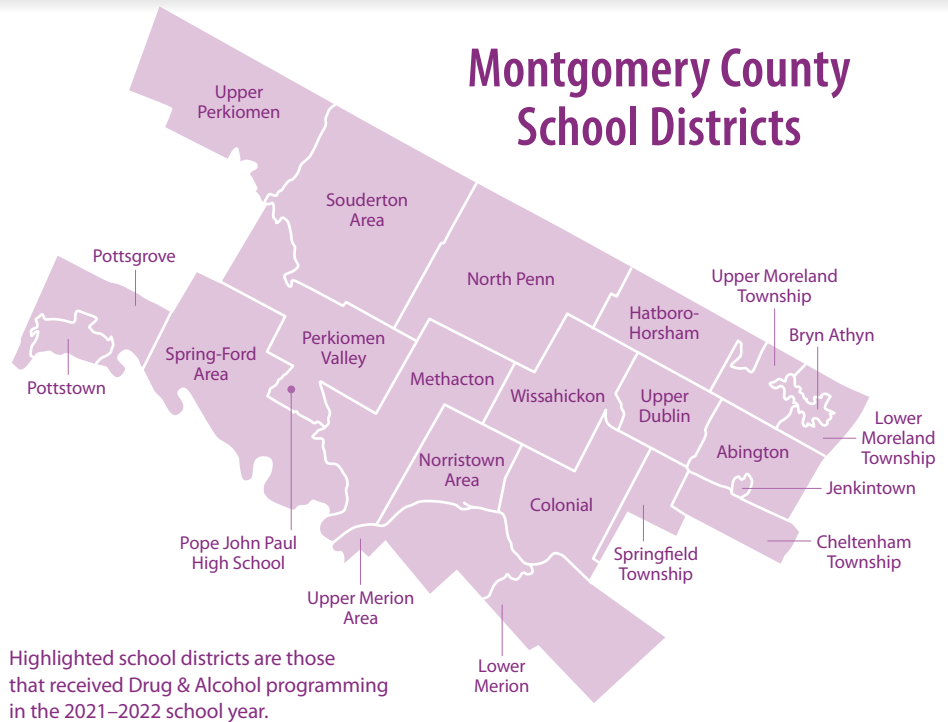
WestEd
WestEd.org

PREVENTION PROGRAMMING AND EVALUATION FINDINGS 2021-2022

11 programs implemented

- Be Part of the Conversation
- Botvin Life Skills Training
- CATCH My Breath
- Guiding Good Choices
- Strong African American Families
- Second Step
- Signs of Suicide
- Strengthening Families 10-14
- Student Assistance Program
- Too Good for Drugs
- Vaping Prevention Plus Wellness

Montgomery County School Districts

Upper Perkiomen
Souderton Area
Pottsgrove
Pottstown
Spring-Ford Area
Perkiomen Valley
North Penn
Hatboro-Horsham
Upper Moreland Township
Bryn Athyn
Methacton
Wissahickon
Upper Dublin
Lower Moreland Township
Abington
Jenkintown
Norristown Area
Colonial
Cheltenham Township
Pope John Paul High School
Springfield Township
Upper Merion Area
Lower Merion

Highlighted school districts are those that received Drug & Alcohol programming in the 2021–2022 school year.

32,795 surveys completed

15,152 students reached
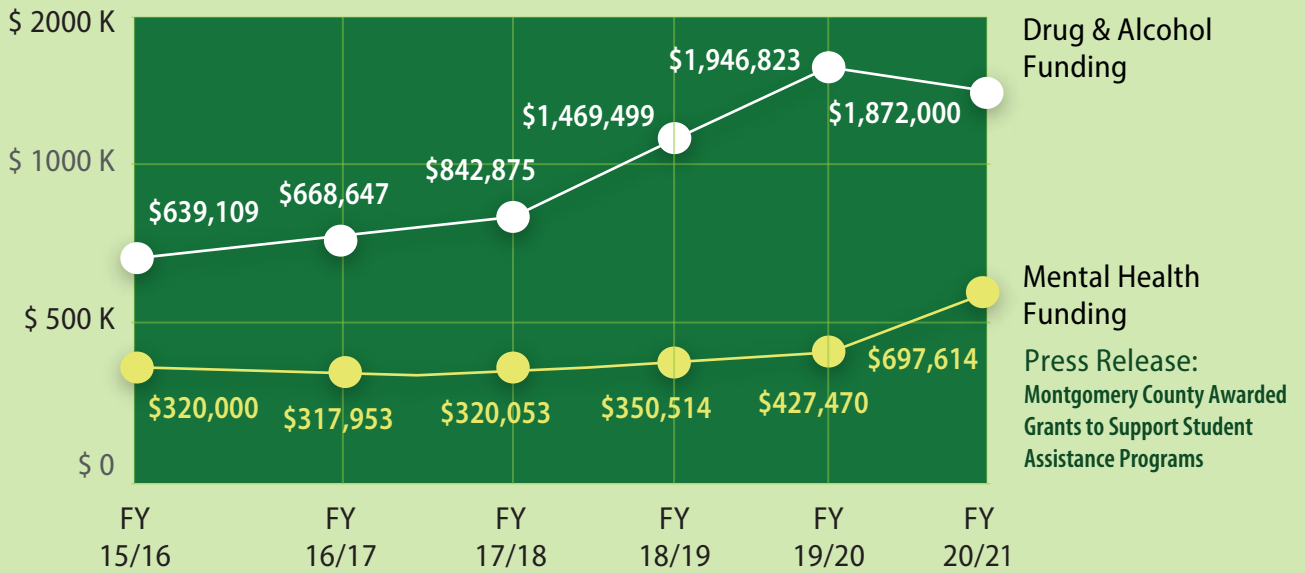
972 parents reached

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 2021-22 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.
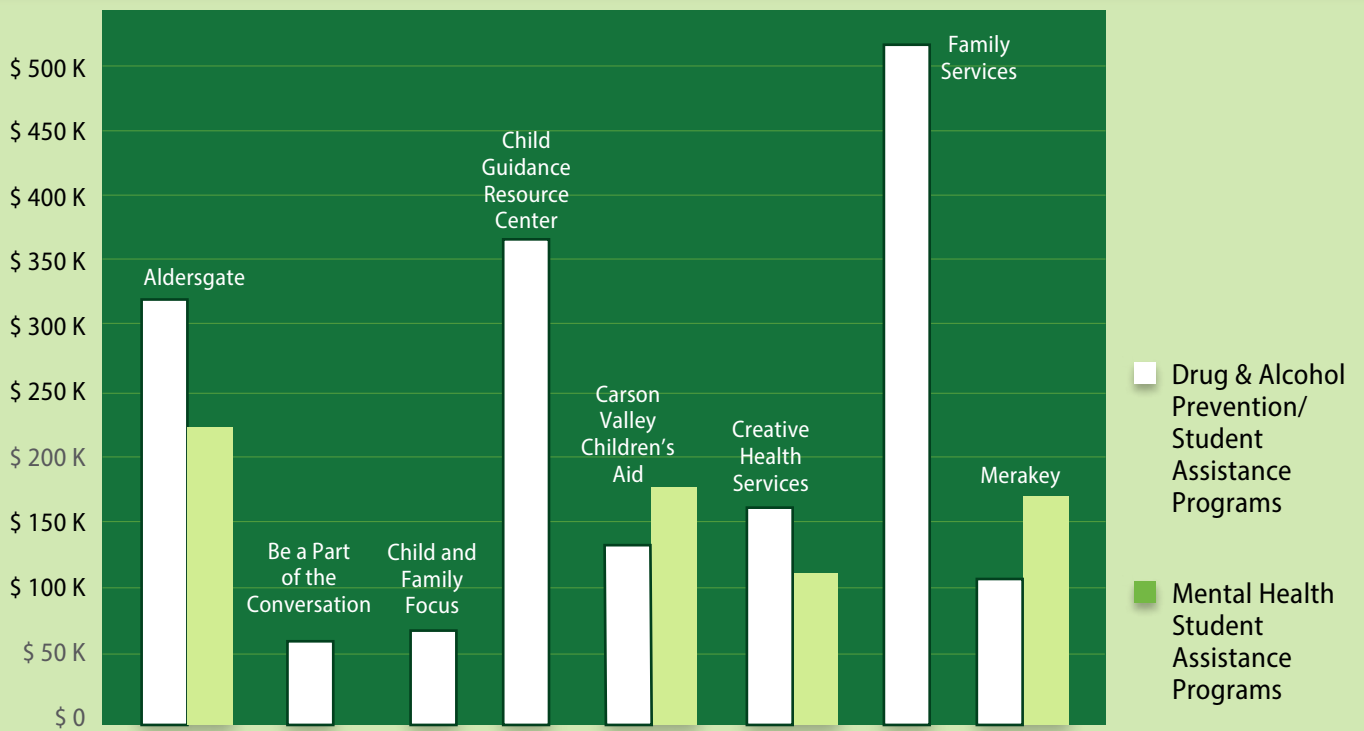
WestEd has designed data collection procedures, trained providers on data collection, and conducted analyses of the evaluation data collected from students participating in evidence-based programs provided in Montgomery County schools as well as other prevention programming offered throughout the county.

Questions? Contact Katie Kucz, MPH — Prevention Coordinator, Office of Drug and Alcohol, Montgomery County Department of Health and Human Services. To see more program results visit https://montcopaprevdata.org/

FUNDING

OVERALL FUNDING

Drug & Alcohol Funding
- FY 15/16: $639,109
- FY 16/17: $668,647
- FY 17/18: $842,875
- FY 18/19: $1,469,499
- FY 19/20: $1,946,823
- FY 20/21: $1,872,000

Mental Health Funding
- FY 15/16: $320,000
- FY 16/17: $317,953
- FY 17/18: $320,053
- FY 18/19: $350,514
- FY 19/20: $427,470
- FY 20/21: $697,614

Press Release:
Montgomery County Awarded Grants to Support Student Assistance Programs

FUNDING BY AGENCY & SERVICES

Agencies: Aldersgate, Be a Part of the Conversation, Child and Family Focus, Child Guidance Resource Center, Carson Valley Children's Aid, Creative Health Services, Family Services, Merakey

Legend:
- **Drug & Alcohol Prevention/Student Assistance Programs**
- **Mental Health Student Assistance Programs**

MINI-GRANTS GIVEN TO 3 MINI-GRANTEES TOTALING $15,175

1 private school | **1** community organization | **1** coalition

PROGRAM FINDINGS

TOO GOOD FOR DRUGS

At pre-test, only
24%
identified the peer pressure refusal strategy known as "broken record."

At post-test,
70%
of students correctly identified the strategy.

At pre-test, only
49%
of students correctly identified body parts that can be damaged by using tobacco.

At post-test,
88%
of students correctly identified the body parts.

At pre-test, only
39%
of students could identify the peer pressure refusal strategy known as "a better idea."

At post-test,
80%
of students identified the strategy.

At pre-test, only
49%
of students could correctly identify the peer pressure refusal strategy known as "state the facts."

At post-test,
88%
of students could identify the strategy.

At pre-test, only
37%
of students knew that beer, wine, and liquor contain the same amount of alcohol per serving.

At post-test,
71%
of students knew this fact was true.

CATCH MY BREATH
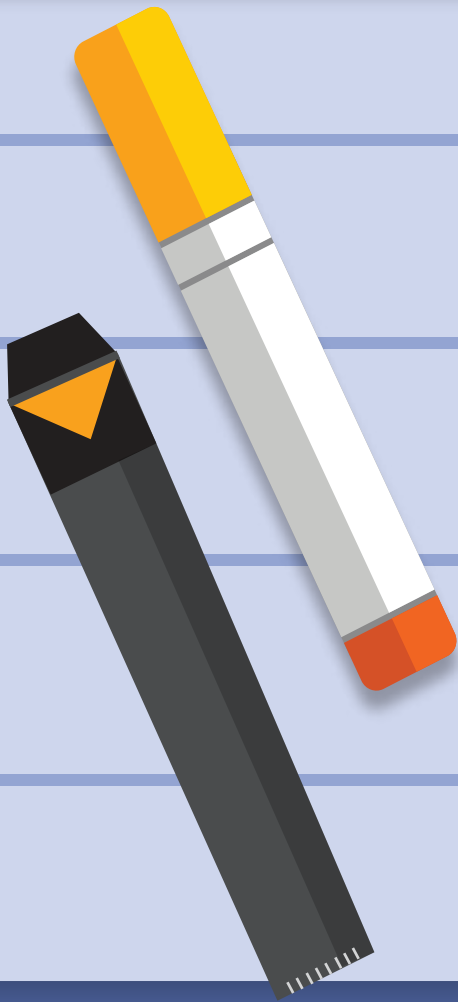
79% disagreed that
✖ E-cigarette vapor contains mostly water.
↑ an increase of 33 percentage points

67% knew that
✔ Water was not a main part of E-liquid (or E-juice).
↑ an increase of 29 percentage points

74% agreed that
✔ Direct pressure is advertising paid for by the tobacco industry.
↑ an increase of 26 percentage points

93% knew that
✔ Most E-cigarettes, including JUUL, contain nicotine.
↑ an increase of 16 points

91% knew that
✔ Most sweet, candy, and fruit flavored E-cigarettes contain nicotine.
↑ an increase of 21 points

SIGNS OF SUICIDE

MOST SUICIDE ATTEMPTS OCCUR WITHOUT ANY WARNING SIGNS OR CLUES – % FALSE

63% pre   **80%** post

change in **23%** getting this correct

DEPRESSION IS AN ILLNESS THAT DOCTORS CAN TREAT – % TRUE

52% pre   **75%** post

change in **23%** getting this correct

SECOND STEP FINDINGS

SUMMATIVE: Same finding as last year, nearly all students in K-2 identified belly breathing as a strategy for calming down & identified other strategies for calming down

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 Kindergrten through 8th grade.

After participating in the Second Step program:

5%
of students scored in the **NEED** range

↓ a decrease of 12 percentage points

Children with scores in the NEED range can be considered at risk for exhibiting or developing social-emotional problems.
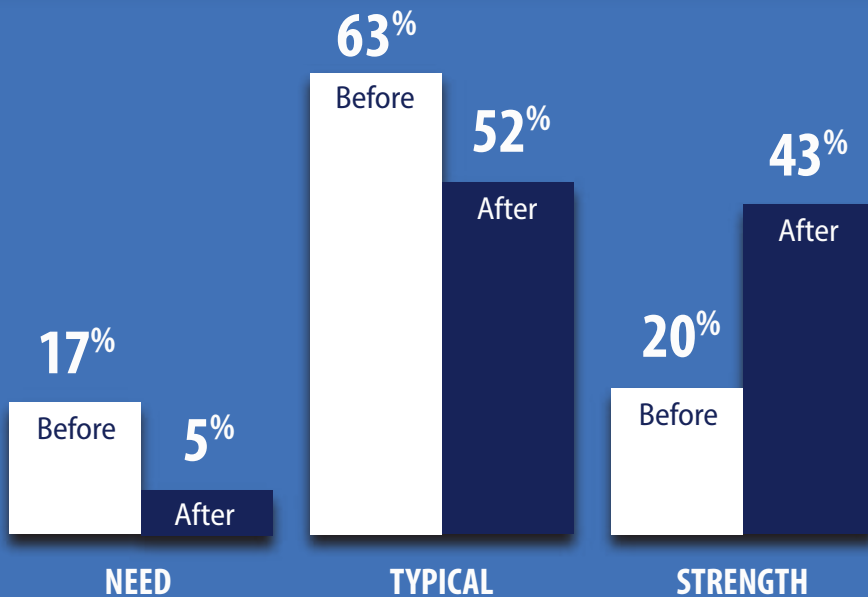
43%
of students scored in the **STRENGTH** range

↑ an increase of 23 percentage points

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

63% Before
52% After

17% Before
5% After

20% Before
43% After

NEED   **TYPICAL**   **STRENGTH**

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

3 VIRTUAL PARENT PROGRAMS REACHING 129 PARENTS

2
alcohol prevention

1
addiction training

100%
of participants felt they were aware of resources after attending the program

85.7%
of participants found the presentations very helpful

88.1%
of participants would attend another Be a Part of the Conversation program

88.1%
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

2 Taking the Lead
36 participants

2 Parent Seminars
161 participants

School Policy Training
34 participants

1 media campaign
132,000 reached

PARENT EVIDENCE-BASED EDUCATION PROGRAMS

PARENT EDUCATION

12 non-evidenced based programs

111 parents reached

3 EVIDENCED-BASED PROGRAMS

6 Strengthening Families program cohorts, **154** youth and parents

14 Guiding Good Choices program cohorts, **177** youth and parents

4 Strong African American Families program cohorts, **42** youth and parents

COMMUNITY PREVENTION

AlcoholEdu reaching **1,219** high school students

29 Girls on the Run scholarships

7 Mock Teen Bedrooms reaching

1,400 tip sheets for parents distributed to pediatrician's offices

500 social host takeout bags distributed to local restaurants
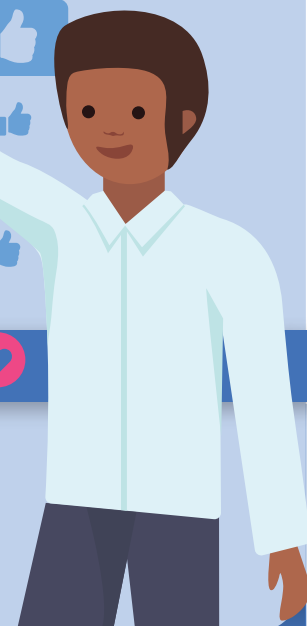
144 parents

COALITION SUPPORT

Technical Assistance provided to 5 community coalitions:

62 hours of technical assistance provided

4 quarterly meetings

2 learning communities

4 session social media training

STUDENT ASSISTANCE PROGRAM (SAP)

Drug & Alcohol SAP Group	Mental Health SAP Group	Mental Health Individual Support (MH3)
499 hours reaching **508** students	**1,128** hours reaching **1,401** students	**2,982** hours reaching **2,531** students

SAP SERVICES

634 SAP Screenings

4 SAP Maintenance Trainings reaching **57** school personnel

70.5% of parent/caregivers said they felt better after the screening process was complete

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
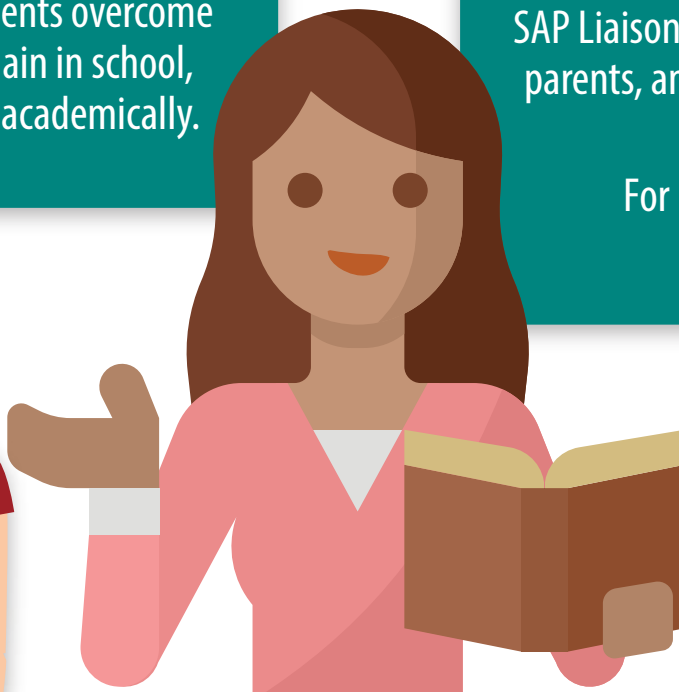
On average (4.05 on a scale from 1 to 5, where 5 is strongly agree), most participants in SAP programming felt they learned skills to help make better choices.