Protection Through the Science of Prevention

Jamie Myers
➢ A little history – Hawkins & Catalano
➢ The Strategic Prevention Framework
➢ Using Data to Measure Risk and Protective Factors
➢ Building Protective Factors through Planned Strategies
➢ Mentoring Makes a Difference
➢ The Poker Chip Principle
This provided the foundation on which to build effective, science-based prevention strategies.
Sobering Truths

- 9 of every 10 people with an addiction began smoking, drinking or using other drugs before they were 18 years old.
- Those who begin drinking by age 15 are 5 times more likely to be an adult alcoholic.
- The average age of first use of alcohol by teens in Missouri who have used is 12.9 and 14.1 for marijuana.
A Strategic Approach to Prevention

1. Assessment Data, Risk and Protective Factors
2. Capacity Building
3. Planning
4. Implementation of Evidenced based Strategy
5. Evaluation of Strategy

The Strategic Prevention Framework

A Continuous Process
### Assessing the Available Data

**Percentage of Students in Grades 6-12 who have used in the last 30 days (73.1% 6-9th grade in Phelps County)**

<table>
<thead>
<tr>
<th></th>
<th>Missouri %</th>
<th></th>
<th>Phelps County %</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2018</td>
<td>2020</td>
<td>2018</td>
<td>2020</td>
</tr>
<tr>
<td>Alcohol</td>
<td>14.5</td>
<td>17</td>
<td>16.9</td>
<td>11.4</td>
</tr>
<tr>
<td>Marijuana</td>
<td>6.5</td>
<td>8.9</td>
<td>6.5</td>
<td>5.9</td>
</tr>
<tr>
<td>Rx Drugs</td>
<td>7.6</td>
<td>6.3</td>
<td>7.2</td>
<td>7.0</td>
</tr>
<tr>
<td>Cigs/Chew</td>
<td>8.7</td>
<td>5.3</td>
<td>8.6</td>
<td>6.2</td>
</tr>
<tr>
<td>E-Cigs</td>
<td>15.3</td>
<td>15.5</td>
<td>17.4</td>
<td>13.1</td>
</tr>
</tbody>
</table>
Measuring a Risk Factor: Perception of Risk

Percent of Phelps County Youth that Perceive no risk or slight risk of:

<table>
<thead>
<tr>
<th>Activity</th>
<th>2018</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking E-cigarettes</td>
<td>40.4%</td>
<td>29%</td>
</tr>
<tr>
<td>5+ Drinks of Alcohol 2X/wk</td>
<td>21.7%</td>
<td>21.5%</td>
</tr>
<tr>
<td>Smoking Marijuana 1 or 2X/wk</td>
<td>39.9%</td>
<td>28.5%</td>
</tr>
<tr>
<td>Using Rx Drugs Not Prescribed</td>
<td>9.3%</td>
<td>13.3%</td>
</tr>
</tbody>
</table>

Missouri Student Survey 2020
### Measuring a Protective Factor: Clear Expectations

#### Percent of Phelps County Youth that Believe their parents think it is wrong to:

<table>
<thead>
<tr>
<th>Activity</th>
<th>2018</th>
<th>2020</th>
<th>MO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoke Tobacco</td>
<td>94.5%</td>
<td>93.2%</td>
<td>91.8%</td>
</tr>
<tr>
<td>1 or 2 alcohol drinks a day</td>
<td>94%</td>
<td>95%</td>
<td>93.4%</td>
</tr>
<tr>
<td>Smoke marijuana</td>
<td>94.6%</td>
<td>94.3%</td>
<td>92.5%</td>
</tr>
<tr>
<td>1 or 2 times a week</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use Rx Drug not prescribed to them</td>
<td>97.2%</td>
<td>96.5%</td>
<td>96.2%</td>
</tr>
</tbody>
</table>

Missouri Student Survey 2020
Risk and Protective Factors Exist in 5 Life Domains

**Individual Domain** – biological and psychological makeup, knowledge, skills and behaviors

**Peer Domain** – norms and behaviors of peers

**Family Domain** – family functioning, bonding, family management

**School Domain** – climate at school, policies, bonding to school, school performance

**Community Domain** – resources, norms, policies, bonding to community
Risk Factor Examples

- Association with drug using peers
- Academic failure
- Less involved in recreational, social and cultural activities
- Parents use drugs
- Lack of clear rules and consequences
- Lack of parental monitoring
- Alcohol and other drugs readily available
- Laws and ordinances are unclear or inconsistently enforced
- Lack of strong social institutions
Protective Factor Examples

- Positive relationships with adults
- Involved in substance-free activities
- Negative attitudes toward substances and substance use
- Parents encourage and value education
- Clear expectations regarding alcohol and other drug use
- Schools have high academic and behavioral expectations
- Community service opportunities available for youth
- Resources for families and youth are available
- Comprehensive risk focused programs are available

Hawkins & Catalano
Based on the assessment, the strategic plans will:

• ...work to **build** or **strengthen** protective factors and **decrease** risk factors by implementing evidenced-based strategies.
Evidenced Based Community Strategies

Utilize a “strategic” method

- Media ads
- Direct contact with parents
- Social norming campaigns
- Retailer education
- Rx Drug Drop Boxes
- Model Prevention Programs in schools
- Mentoring
- Peer to peer education
Too Good for Drugs

• Evidence-based substance use prevention curriculum
• 10 sessions per grade
• Kindergarten through HS
• Over 2000 students in 11 schools during the ‘20/’21 school year
The Greatest Protective Factor

- Perhaps the strongest and most important Protective Factor young people need to help them overcome uncontrollable risk factors in their environment is caring relationships with supportive adults.
Mentoring Makes a Difference

“It’s all about the relationship”

- Mentors meet with their matched student in an after/during-school setting for an hour each week
- Mentors make a year long commitment
- The mentoring coordinator is available on site to support and assist
Mentoring Makes a Difference

• Serves children ages 5 to 14
• Students are referred by a counselor, teacher, or parent
• Meets weekly at the 3 Rolla Elementary Schools, and Rolla Middle and Junior High Schools
“My favorite thing about being a mentor is being able to see a weekly difference in the kiddos. I notice, as time passes, they start to trust their mentors more and are willing to work harder because they want to make their mentors proud!”

~Greta Belk
“It’s Magic”
Thank you, Kathy Heflin! Mentoring Coordinator
The Poker Chip Principle