



# PREVENTION PROGRAMMING AND EVALUATION FINDINGS 2019–2020

**12** programs implemented

Be a Part of the Conversation

Class Action

Girls Circle

keepin it REAL

LifeSkills

Protecting You/Protecting Me

Safe Dates

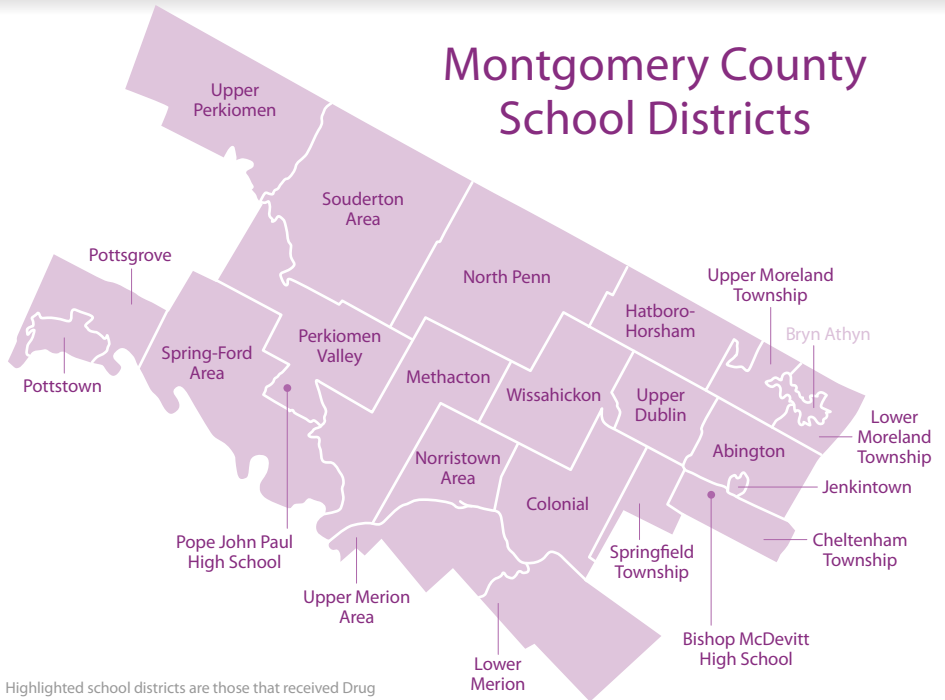
Student Assistance Program (SAP)

Second Step

Signs of Self-Injury

Signs of Suicide

Too Good For Drugs



**26,915** surveys completed

**18,992** students reached

**K-12 & Parent** programs



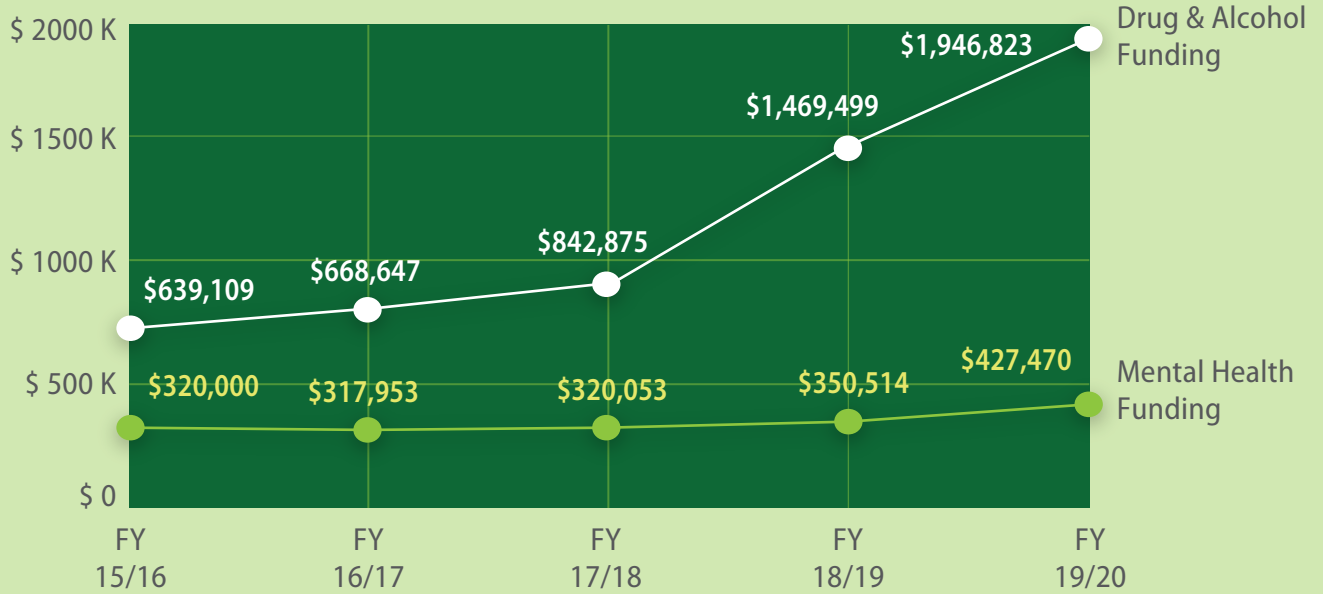
The data reflected in this report highlights important information about the scope of data collection and key findings for a selection of the County’s evidence-based programs provided in schools during the 2019-2020 school year.

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.

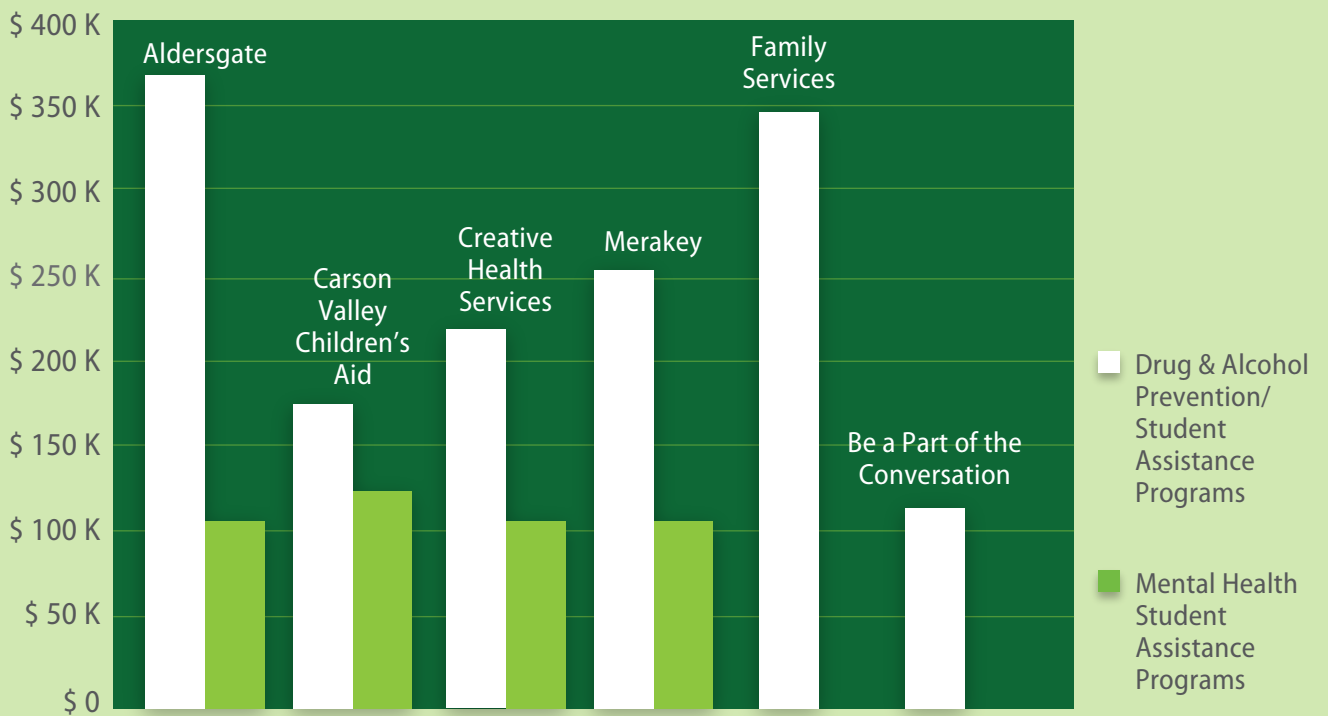
WestEd has designed data collection procedures, trained providers on data collection, and conducted analyses of the evaluation data collected from students participating in evidence-based programs provided in Montgomery County schools as well as other prevention programming offered throughout the county.

# FUNDING

## OVERALL FUNDING



## FUNDING BY AGENCY & SERVICES



MINI-GRANTS GIVEN TO 27 MINI-GRANTEES TOTTALLING **\$82,000**

**6** school districts/schools

**11** police departments

**5** community organizations

**5** coalitions


# PROGRAM FINDINGS

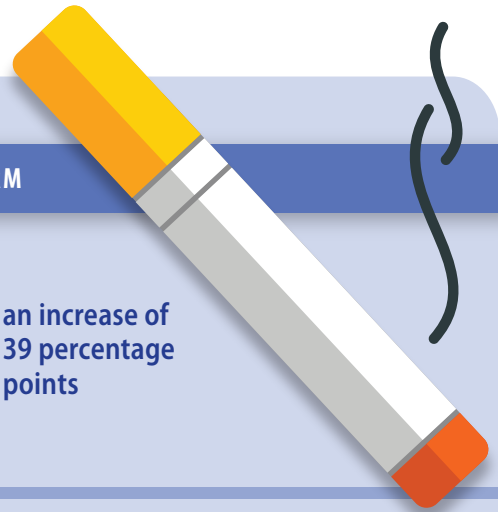
## LIFE SKILLS

### INCREASED KNOWLEDGE OF RISKS AND HARM




Cigarette smoking can cause your skin to wrinkle

**92%** elementary school students said this was true  an increase of 39 percentage points



People who smoke cigarettes can usually stop anytime they want

**76%** elementary school students said this was false  an increase of 24 percentage points



## TOO GOOD FOR DRUGS

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



medicine is a drug that changes the way your body works

**81%** 2nd grade students knew

 an increase of 20 percentage points

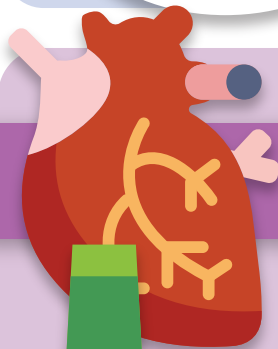


alcohol is a drug

### INCREASED KNOWLEDGE ABOUT DRUGS & ALCOHOL

**80%** 2nd grade students knew

 an increase of 9 percentage points



## CLASS ACTION

### INCREASED AWARENESS OF IMPACTS OF ALCOHOL USE

**89%** agreed  an increase of 17 percentage points

At least 50% of teen deaths are related to alcohol



## SIGNS OF SELF-INJURY

More students agreed



✓ People can replace self-injury with a new, healthier coping mechanism.

✗ Self-injury is the same as a suicide attempt.



More students disagreed

## SIGNS OF SUICIDE

### IMPROVEMENT IN MENTAL HEALTH AWARENESS

83% agreed

an increase of 30 percentage points



Depression is an illness that doctors can treat.



Drug and/or alcohol abuse is a sign that a person might be depressed and/or suicidal.

95% agreed

an increase of 6 percentage points

91% disagreed

an increase of 14 percentage points



The best thing to tell a suicidal friend is to 'pull yourself together & things will get better.'



Most suicide attempts occur without any warning signs or clues.

86% disagreed

an increase of 21 percentage points





## SECOND STEP

### 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 12 percentage points

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

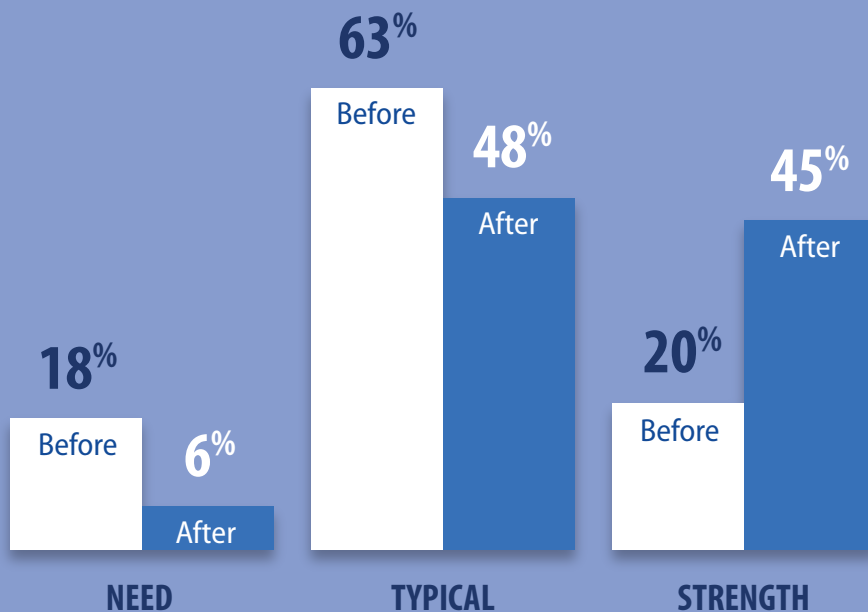
**45%**

of students scored in the **STRENGTH** range



an increase of 25 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

**14** PARENT PROGRAMS REACHING **379** MONTGOMERY COUNTY PARENTS

**2**

**elementary**  
parent presentations

**3**

**technology**  
parent presentations

**5**

**vaping prevention**  
parent presentations

**2**

**opioid**  
parent presentations

**2**

**teenage substance abuse**  
parent presentations

**73%**

of participants found  
the presentations  
**very helpful**

**87%**

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

**93%**

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

**81%**

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



## 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



School Policy Forum  
**Vaping, Nicotine,  
Marijuana**

**44**  
attendees

Health Teacher Training

**123**  
attended  
Part 1

**121**  
attended  
Part 2

**30**  
received  
Act 48 Credit

## STUDENT ASSISTANCE PROGRAM (SAP)

IN THE 2019–2020 SCHOOL YEAR **1,453** STUDENTS PARTICIPATED IN DRUG & ALCOHOL (D&A) SAP GROUPS

**1,549** Drug & Alcohol SAP Group hours | **526** Mental Health SAP Group hours | **1,254** Mental Health Individual Support (MH3) Group hours

**514** STUDENTS RECEIVED SAP SCREENINGS



**86%** reported they would attend another program like SAP in the future

**83%** said they 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 may be referred for 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 student, 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