

Protection Through the Science of Prevention



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- 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.

- “Risk and Protective Factors for Alcohol and Other Drug Problems in Adolescence and Early Adulthood: Implications for Substance Abuse Prevention”
- - David Hawkins, Richard Catalano and Janet Miller, 1992

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



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)

	Missouri %		Phelps County %	
	<u>2018</u>	<u>2020</u>	<u>2018</u>	<u>2020</u>
Alcohol	14.5	17	16.9	11.4
Marijuana	6.5	8.9	6.5	5.9
Rx Drugs	7.6	6.3	7.2	7.0
Cigs/Chew	8.7	5.3	8.6	6.2
E-Cigs	15.3	15.5	17.4	13.1

Measuring a Risk Factor: Perception of Risk

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

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

Measuring a Protective Factor: Clear Expectations

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

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

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

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



