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.

Questions? Contact Katie Kucz, MPH — Prevention Coordinator, Office of Drug and Alcohol, Montgomery County Department of Health and Human Services, (610) 278-3538, kkucz@montcopa.org, www.montcopa.org
OVERALL FUNDING

FUNDING BY AGENCY & SERVICES

MINI-GRANTS GIVEN TO 27 MINI-GRANTEES TOTALLING $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**
  - **80%** 2nd grade students knew
  - an increase of 9 percentage points

INCREASED KNOWLEDGE ABOUT DRUGS & ALCOHOL

CLASS ACTION

INCREASED AWARENESS OF IMPACTS OF ALCOHOL USE

- **At least 50% of teen deaths are related to alcohol**
  - **89%** agreed
  - an increase of 17 percentage points
**SIGNS OF SELF-INJURY**

- People can replace self-injury with a new, healthier coping mechanism. **More students agreed**
- 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. **Agreed**
- 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.’ **Disagreed**
- 95% agreed, an increase of 6 percentage points
  - Drug and/or alcohol abuse is a sign that a person might be depressed and/or suicidal. **Agreed**
- 86% disagreed, an increase of 21 percentage points
  - Most suicide attempts occur without any warning signs or clues. **Disagreed**
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.

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**

<table>
<thead>
<tr>
<th>Category</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drug &amp; Alcohol (D&amp;A) SAP Group hours</td>
<td>1,549</td>
</tr>
<tr>
<td>Mental Health SAP Group hours</td>
<td>526</td>
</tr>
<tr>
<td>Mental Health Individual Support (MH3) Group hours</td>
<td>1,254</td>
</tr>
</tbody>
</table>

**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@montcopia.org

On average, participants reported being very satisfied with SAP services.