



Scituate FACTS — Coalition —

2019-2020

www.scituateFACTS.org

SCITUATE
FACTS



MISSION

Engaging the community to reduce teen drinking and substance use in Scituate, Massachusetts

Who we are

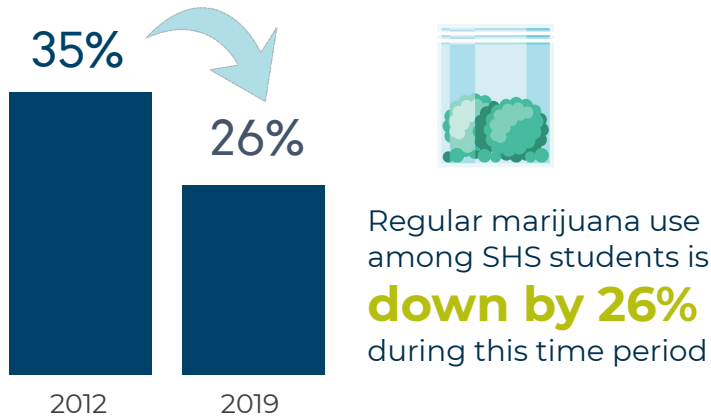
The “FACTS” of the Scituate FACTS Coalition name stands for Families, Adolescents and Communities against Substances, which embodies what our community-owned and community-led coalition stands for today. We use a science-based approach to reduce the harms substances cause our young people.

All members of our community participate in the work: parents, youth, clergy, business owners, medical professionals, school guidance, media, board of selectmen, police, treatment professionals, health educators, people in recovery, teachers, and school administrators.

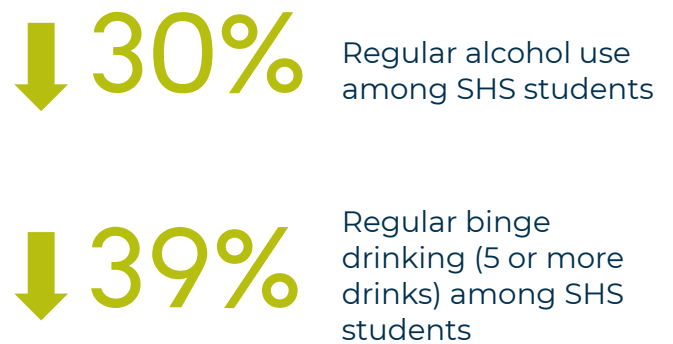
What started through a grassroots effort in 2011 has continued to get stronger through collaboration. Two staff members coordinate FACTS programs, which rely on the dedication of volunteers to fulfill our shared mission of helping children, and our community, thrive. Our work has been funded by a Drug Free Communities Support Program grant to the Town of Scituate since 2013.

Progress made in Scituate between 2012-2019

Rates of Marijuana Use declined



Rates of Alcohol Use declined



“Adolescents are increasingly hearing consistent messages from school, family members, peers and the community regarding the risks and consequences of substance use. FACTS continues to organize educational efforts to increase protective factors and decrease risk factors for our youth as well as deploy a variety of evidence-based strategies to support positive environmental changes within the community. We have seen that the frequency and intensity of substance use can be reduced or that substance use can be delayed altogether.”

- Greg Ranieri, Coalition Co-Chair, Department Chair of Health & Wellness for Scituate Public Schools

Other substances

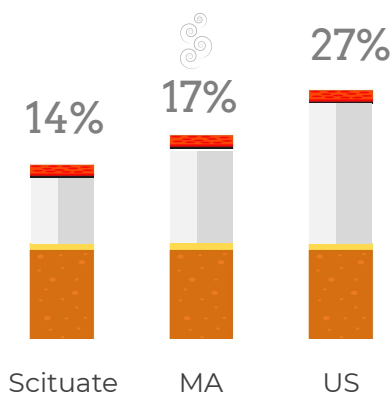
The use of other substances remains **consistently low** among youth in the community, including the lifetime misuse of prescription drugs (4%), cigarette smoking (14%), cocaine (3%) and heroin (2%).

PRESCRIPTION DRUGS

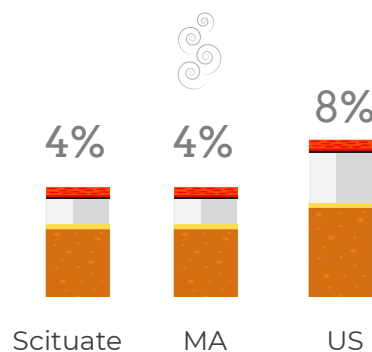
4% of SHS students report using a prescription drug that was not their own in the past month.



EVER TRIED CIGARETTES



USED CIGARETTES IN PAST MONTH



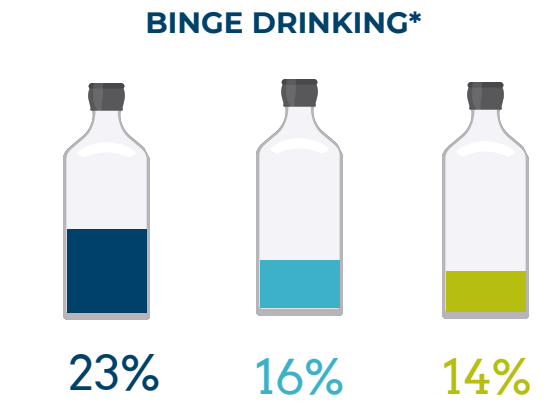
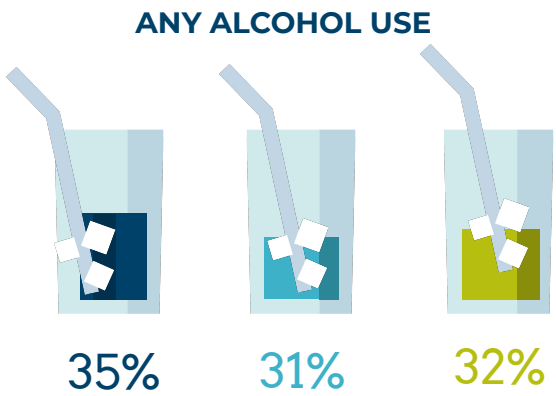
(1) 2011-12 Scituate High School Youth Risk Behavior Survey; (2) 2018-19 Scituate High School Youth Risk Behavior Survey. (3) Centers for Disease Control and Prevention, 2017 High School Youth Risk Behavior Surveillance System (YRBSS). <https://nccd.cdc.gov/Youthonline/>

How we compare



Although great strides have been made to reduce youth substance use in Scituate, there are opportunities to continue our efforts and to do more. The numbers in dark blue represent the percentage of Scituate High School students who report the behavior in the past month.

Alcohol Use



*Defined as consuming 5 or more drinks in one episode.

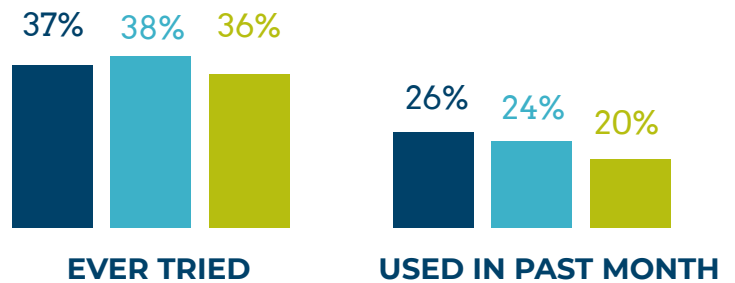
Marijuana Use



1 in 4 In the past month, 24% of SHS students rode with a driver who had used marijuana



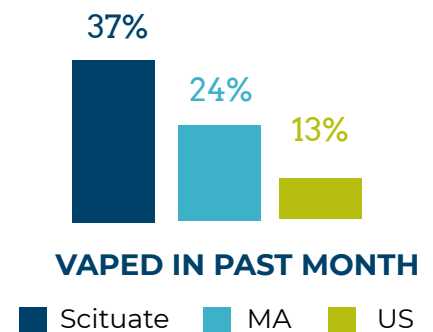
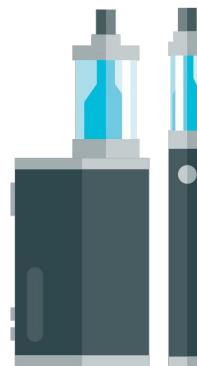
1 in 5 In the past month, 19% of SHS students vaped THC



E-Cigarette Use

One of the few health risk behaviors that is **increasing** among Scituate youth.

Since 2015, when we added the question to our survey, rates of past month vaping among SHS students have increased by 32%.



Risk & Protective Factor Worksheet

Check off each factor that is present for your child. Revisit this mix for each child, over time.

Protective Factors

Conditions that buffer youth from exposure to risk by either reducing the impact of the risks, or changing the way that young people respond to risks



Risk Factors

Conditions that predict substance use

Protective Factors

Family

- Strong family bonds, defined as warmth, attachment and commitment
- Healthy beliefs about substance use
- Parental monitoring and supervision
- Clear parental expectations and consequences for youth substance use

Community & School

- Healthy norms about substance use
- Strong bonds with institutions that promote positive social involvement (school, community, church)
- Opportunities for positive social involvement, skill development, and reinforcement/recognition for involvement

Individual

- Individual traits such as resiliency, positive attitudes about social involvement
- Skills to interact positively in social situations and to refuse peer social pressure
- Academic success

Risk Factors

Family

- Family history of substance use problems
- Persistent, serious family conflict
- Family management problems (such as ineffective parenting, lack of supervision, unclear expectations, lack of consequences)
- Favorable parental attitudes toward substance use
- Adverse childhood experiences (including history of parental mental illness; emotional, physical or sexual abuse or neglect; parental separation or divorce; family history of high-risk behavior; social isolation of the family; incarcerated household member)

Community & School

- Availability of substances
- Community laws and norms favorable toward substance use
- Low neighborhood attachment and community disorganization
- Extreme poverty
- Inadequate youth services or opportunities for positive social involvement
- Poor academic performance
- Lack of commitment to school

Individual & Peers

- Early and persistent antisocial behavior (lying, stealing, aggression)
- Friends who use substances
- Rebelliousness
- Criminal justice involvement or gang involvement
- Youth have favorable attitudes about substance use (low perception of risk; high perception of peer use; low disapproval of peer use)
- Early initiation of substance use
- Co-occurring disorders, or Individual traits such as risk-taking or sensation-seeking behaviors; lack of self-control; poor social coping skills; susceptibility to negative peer pressure

Print this worksheet:

www.scituateFACTS.org/ourapproach

Risk factors in Scituate

We know from years of prevention research that many important outcomes in adolescence are associated with specific factors in a young person's community, school, and family environment, as well as with individual characteristics. Many of these risk and protective factors are common for other problem behaviors, so in targeting key factors for substance misuse, we will also have positive impacts on school achievement, delinquency, anxiety, and depression.

In order to improve outcomes, we can work to build protective factors, and address risk factors, in each domain. Protective factors in the Scituate community include: strong bonds with institutions; opportunities for positive social involvement; and skills to refuse peer pressure. Pervasive risk factors are highlighted below. Scituate FACTS works to address these for everyone.

Risk factors in the Scituate community include:



Availability of substances



Low perception of risk



Perception of peer use



Parental attitudes favorable to use



Laws and norms favorable to use



An example of our approach in action: underage drinking

Identify the most pressing problems



Underage drinking is higher in Scituate than the MA average.



Examine the root causes (risk factors)



One reason is **availability**: young people have high-quality fake IDs, or know a young adult who will purchase alcohol for them.



Uncover the local conditions that contribute to the problem



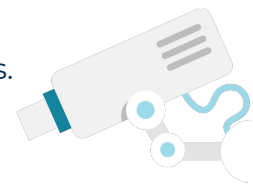
Package stores were not using best practices to prevent underage alcohol sales.



Identify and implement strategies that address the causes and conditions



Provide Beverage Alcohol Training to managers and employees of retailers. Change the Scituate Alcohol Licensing to require electronic ID scanners and training. Increase compliance checks.



And create change

...implementation will lead to a overall decrease in underage drinking (when multiple risk factors are addressed)



Our priority goals for this year

Every year, the Scituate FACTS Coalition creates goals based on the local substance use challenges. We conduct ongoing analysis of data, including self-reported rates of substance use by local youth. We consider these trends, along with our local risk factors, protective factors, and capacity, to create a detailed action plan each year. The coalition goals for 2019-2020 are to:



- Reduce binge drinking
- Reduce marijuana use
- Reduce riding with a driver who had been drinking or using marijuana
- Reduce nicotine vaping

Our strategic approach

We know that education alone is not enough to reduce risk in an individual with multiple risk factors for substance use problems. Our coalition work is grounded by the Strategic Prevention Framework. For effective prevention, we use of a mix of evidence-based strategies, engage different stakeholders (e.g., schools, law enforcement, health departments), and use local data to strategically address the risk and protective factors associated with the youth substance use challenges in the Scituate community. Below are the different types of strategies we use to reduce and prevent youth substance use.

<p>Strategies for reducing youth substance use</p>	 <p>Provide information</p>	 <p>Build skills</p>	 <p>Provide support</p>
 <p>Establish barriers to substance use (or enhance access to treatment)</p>	 <p>Change consequences</p>	 <p>Change physical design</p>	 <p>Modify policies</p>

Sample strategies in Scituate

Provide Information

- Improve health education with increased time on learning, evidence-based curriculum, and ongoing updates
- Share the latest data and educating all stakeholders on current trends
- Educate youth and families on the risks associated with substance use
- Share latest data with stakeholders

Build Skills

- Train package stores, bars, and restaurants
- Provide opportunities for middle schoolers to practice refusal skills
- Host conferences and workshops for parenting and prevention skills
- Provide in-service training for law enforcement

Provide support by enabling people to participate in activities that reduce risk or enhance protection

- Provide opportunities in school to create social media and social norming projects that support prevention
- Offer psycho-educational support groups for middle school and high school students during the school day
- Provide safe opportunities to socialize and build relationships

Establish barriers to substance use (or enhance access to treatment)

- Implement local control policies (e.g., limit youth access to marijuana)
- Conduct compliance checks
- Conduct confidential Screening, Brief Intervention, and Referral to Treatment (SBIRT) health screenings in 8th and 10th grade
- Provide funding for a mental health provider match service for whole community

Change Consequences (incentives/disincentives)

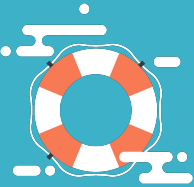
- Convene a work group to explore supportive changes to school-based consequences, such as supportive alternatives to suspension
- Provide scholarships for students who volunteer in prevention

Change Physical Design

- Add vape detectors in school restrooms
- Install ID scanners at establishments that sell alcohol
- Increase police patrols at beaches and hotspot areas for underage drinking

Modify Policies

- Strengthen policies with local alcohol retailers
- Update the Substance Misuse Prevention Policy for Scituate Public Schools
- Propose changes to local tobacco regulations to limit youth access to e-cigarettes





How to get involved

There are many ways to get involved with the positive changes happening in our community. There is something for everyone!

- **Volunteer with Scituate FACTS** — opportunities are available for all ages
 - Youth may join our Remind group text to learn about volunteer opportunities, including community service hours for high school students. Text @shsFACT to 81010
 - Teams of volunteers work on a variety of projects throughout the year including healthcare, data evaluation, event planning, fundraising, and more
- **Attend an Open Coalition Meeting** to learn more! Meetings are held throughout the year at the Scituate Town Library. Visit www.scituateFACTS.org/calendar for the schedule
- **Follow us on Facebook and Twitter.** Youth messages are shared via **Instagram** @scituateFACTS
- **Make a donation to the Friends of Scituate FACTS**, a non-profit booster organization, to support additional programs at www.friendsofscituatefacts.org

Funding for the Scituate FACTS Coalition is provided to the Town of Scituate through the Drug Free Communities Support Program of the Substance Abuse and Mental Health Service Administration. Grant Number SP019855.

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