



Community Action for
Substance Free Youth

Lyme-Old Lyme Youth Survey 2011

*In collaboration with LYSB and
Lyme-Old Lyme Public Schools*

CASFY Mission

To prevent and reduce alcohol and other drug use among youth by collaborating with the community to raise awareness, modify social norms, educate youth and adults, initiate policy change and promote healthy activities.

About the Survey

- 580 surveys
- Grades 7-12 included in analysis
- 89.6% participation rate
- Males outnumber females (53% vs. 45%)
- 21 surveys excluded
- Analysis completed by SERAC

Three Objectives-Alcohol

- **Increase perception of “risk of harm”**
 - Freshman 101
 - Communication with parents
 - Assist teachers
- **Increase enforcement-police & school**
 - Party patrols
 - Information about school ATOD rules/consequences
- **Reduce social access**
 - Media campaigns: “Hey You” and “The Easiest Place...”
 - Increase parent/child communication-encourage discussion of **rules/parent disapproval**.
 - Encourage monitoring/securing alcohol in homes

The Easiest Place
For Kids to Get Beer
is right next to the milk.

Keep Alcohol Out of the Hands of Kids.



Community Action for
Substance Free Youth



Lymes Youth
Service Bureau

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TRI-STATE
DIESEL
ENFIELD, CT
DANBURY, CT



Progress

ALCOHOL: Decrease in rate of *lifetime* use and *recent* use (LOLHS: 15% vs. 35% in 2009).

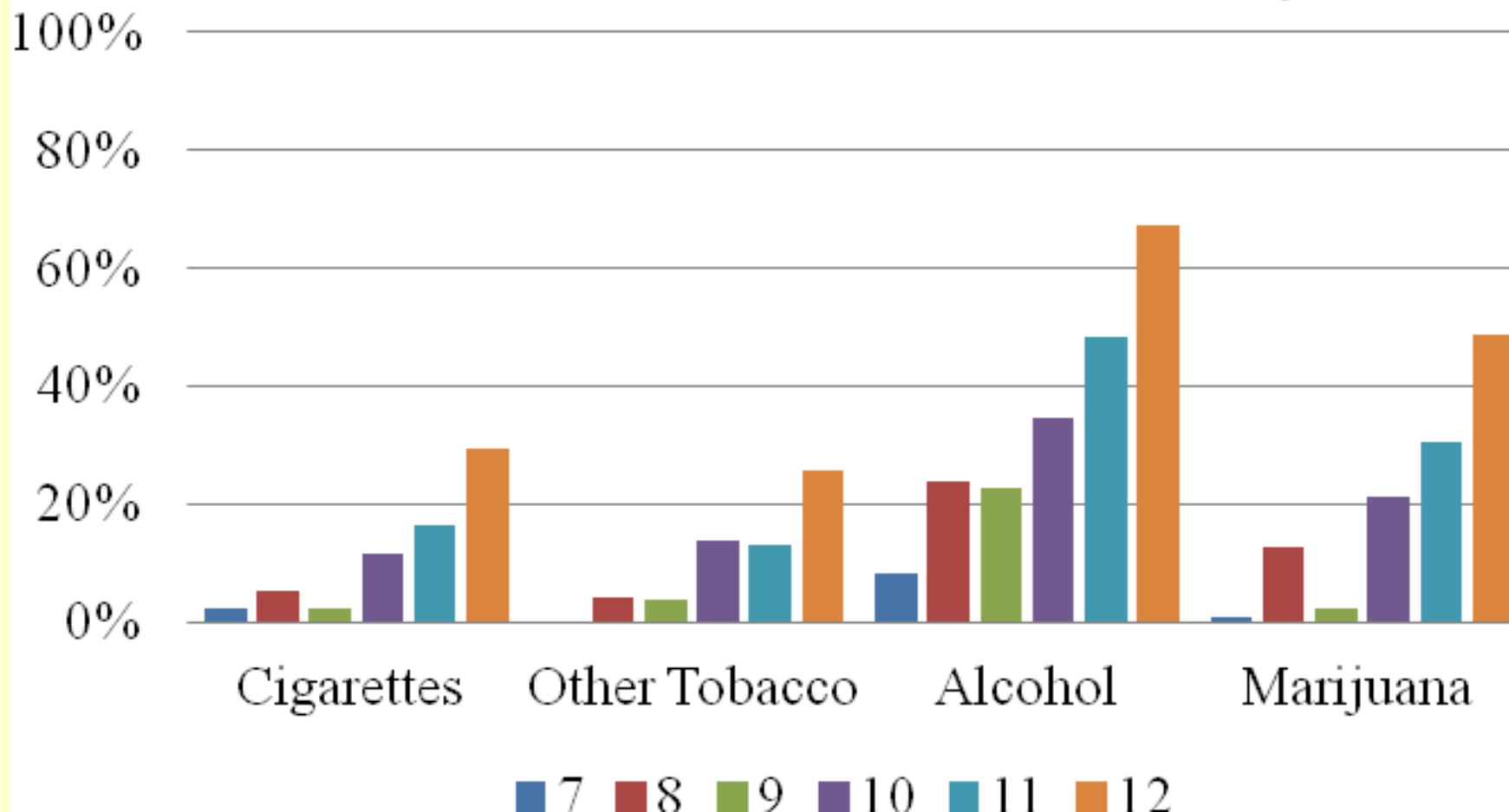
- Likely increase in perception of harm of alcohol
- Increase in awareness of consequences for alcohol possession in school; police enforcement activity
- Increase in “clear family rules” for alcohol (9-10th)

MARIJUANA: Decrease overall in *recent* use rate of (LOLHS: 11% vs. 19% in 2009)

TOBACCO: Decrease overall in *recent* use (LOLHS: 6% vs. 16% in 2009)

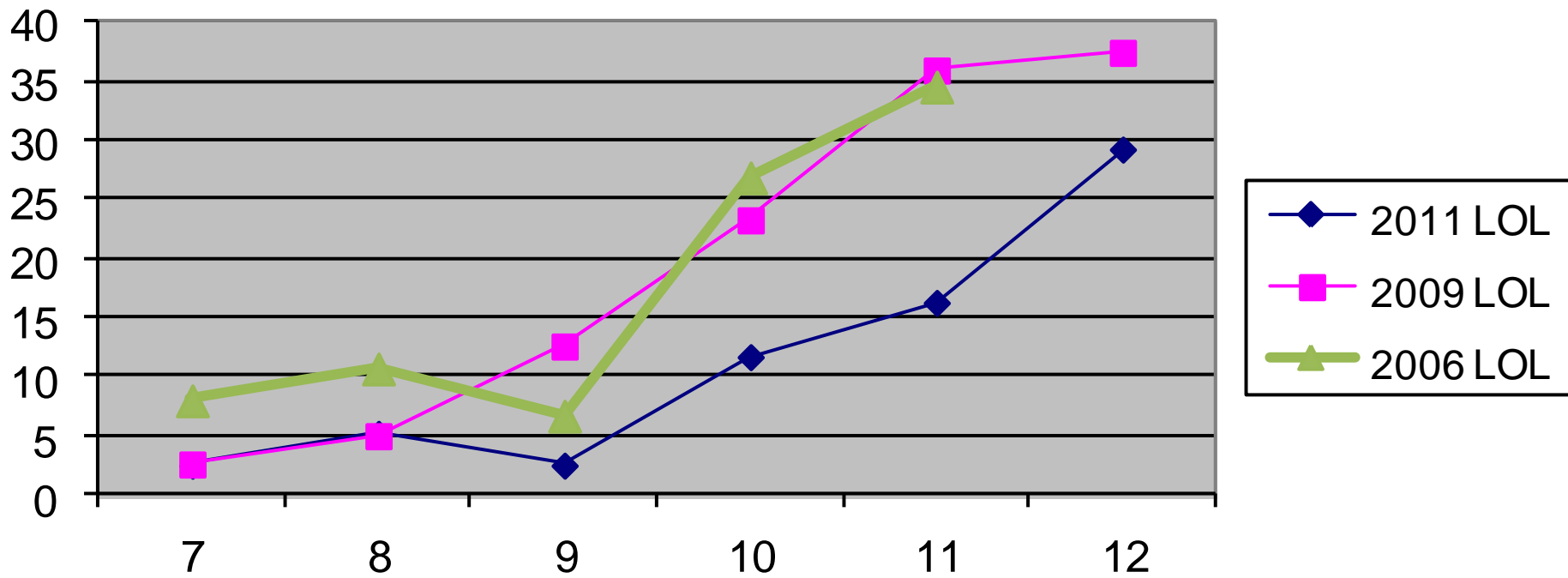
2011 Overview

Lifetime Use of Core Substances by Grade



Cigarettes-used at least once

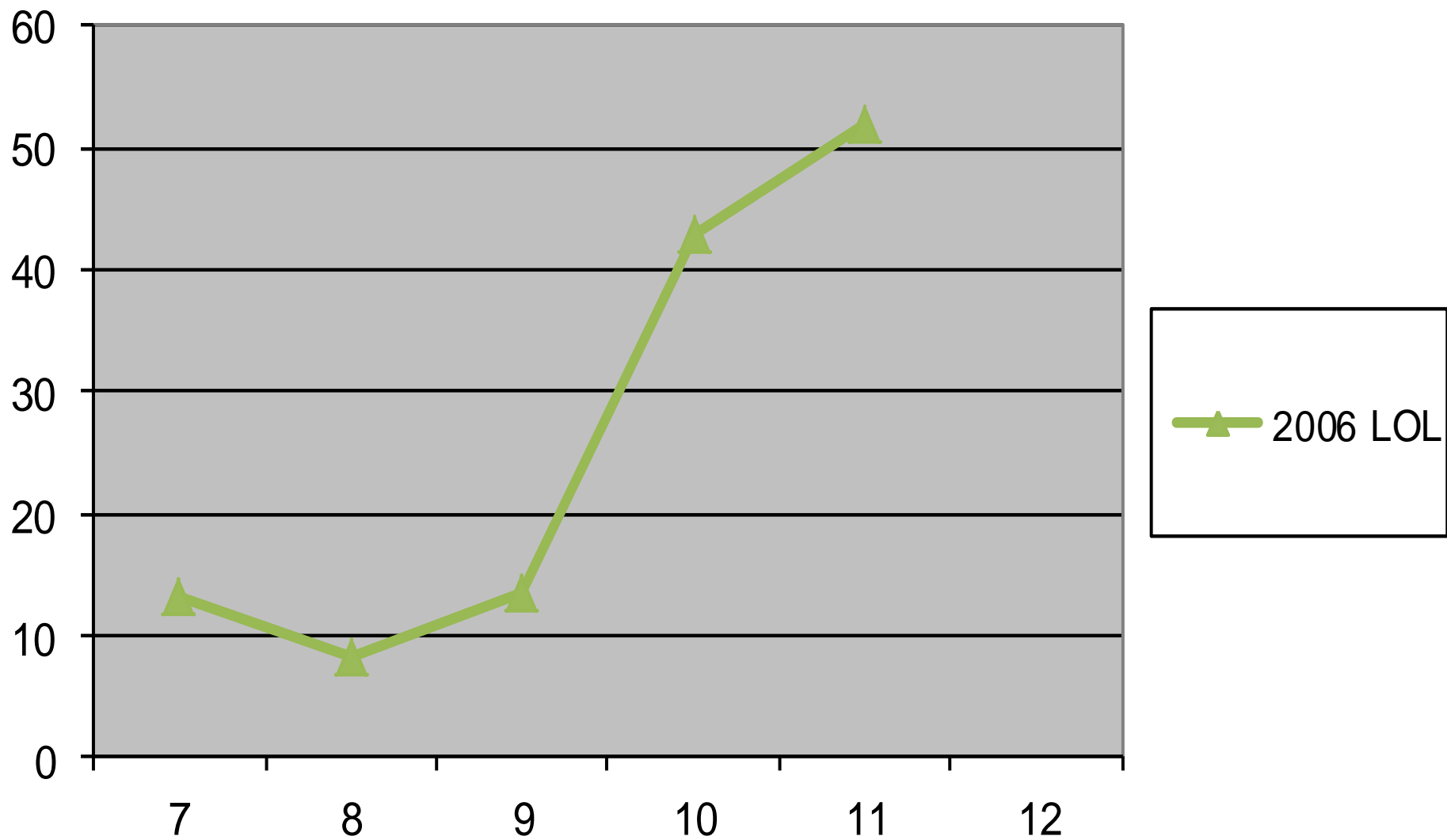
Lifetime Use of Cigarettes



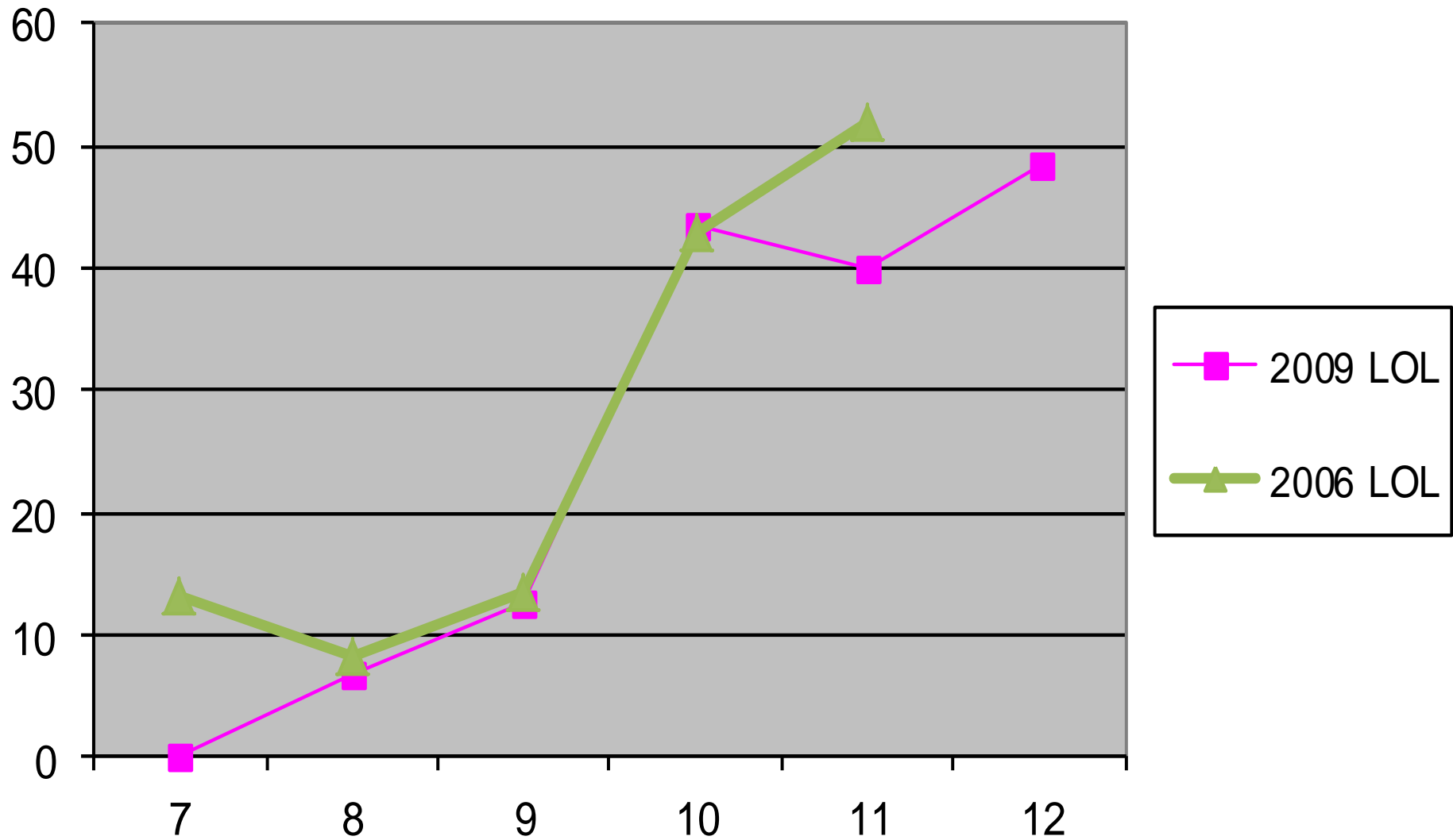
Decrease in Recent Tobacco Use

94% of LOLHS students in
2011 used no tobacco in the
past 30 days compared to
84% in 2009

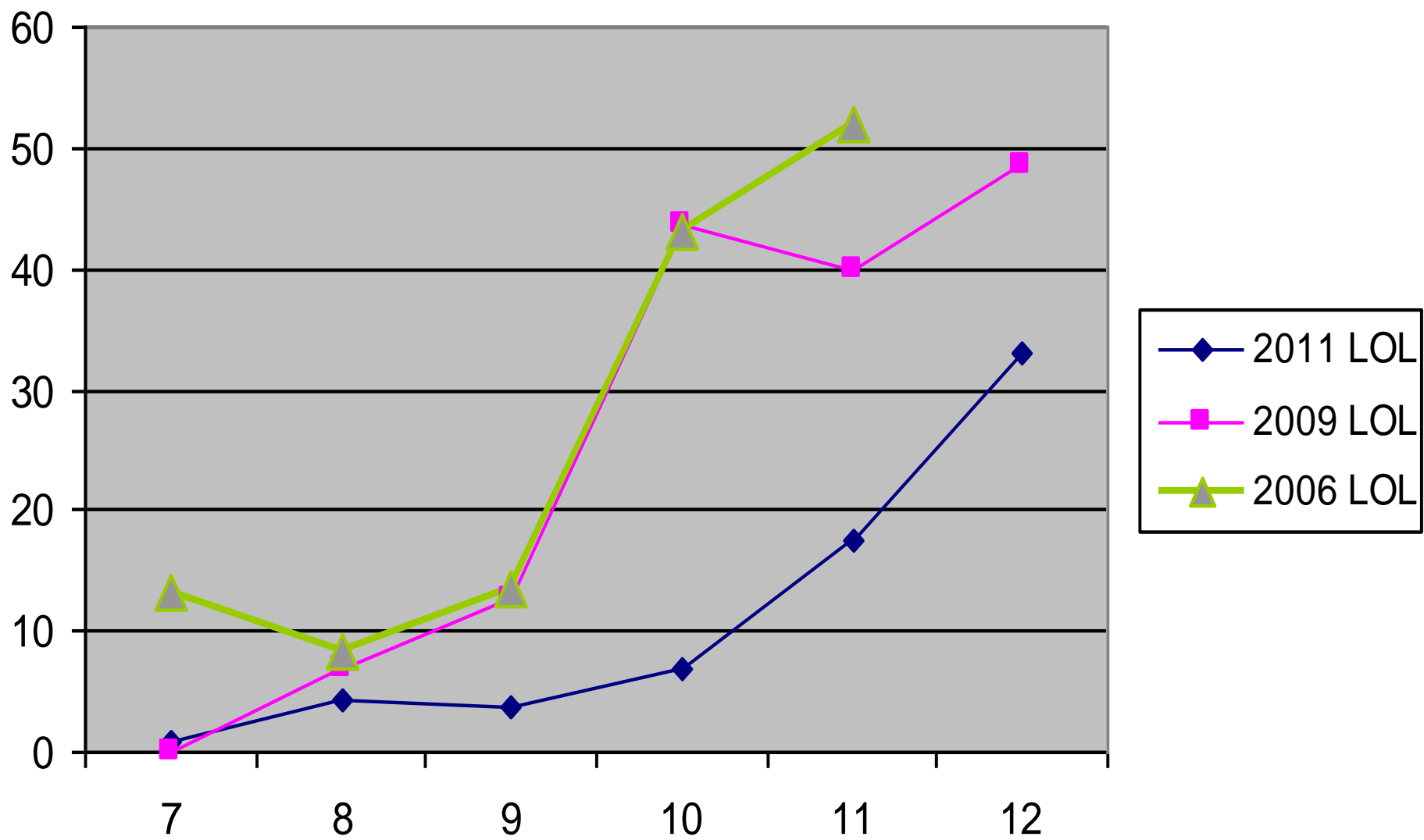
Recent Use of Alcohol



Recent Use of Alcohol

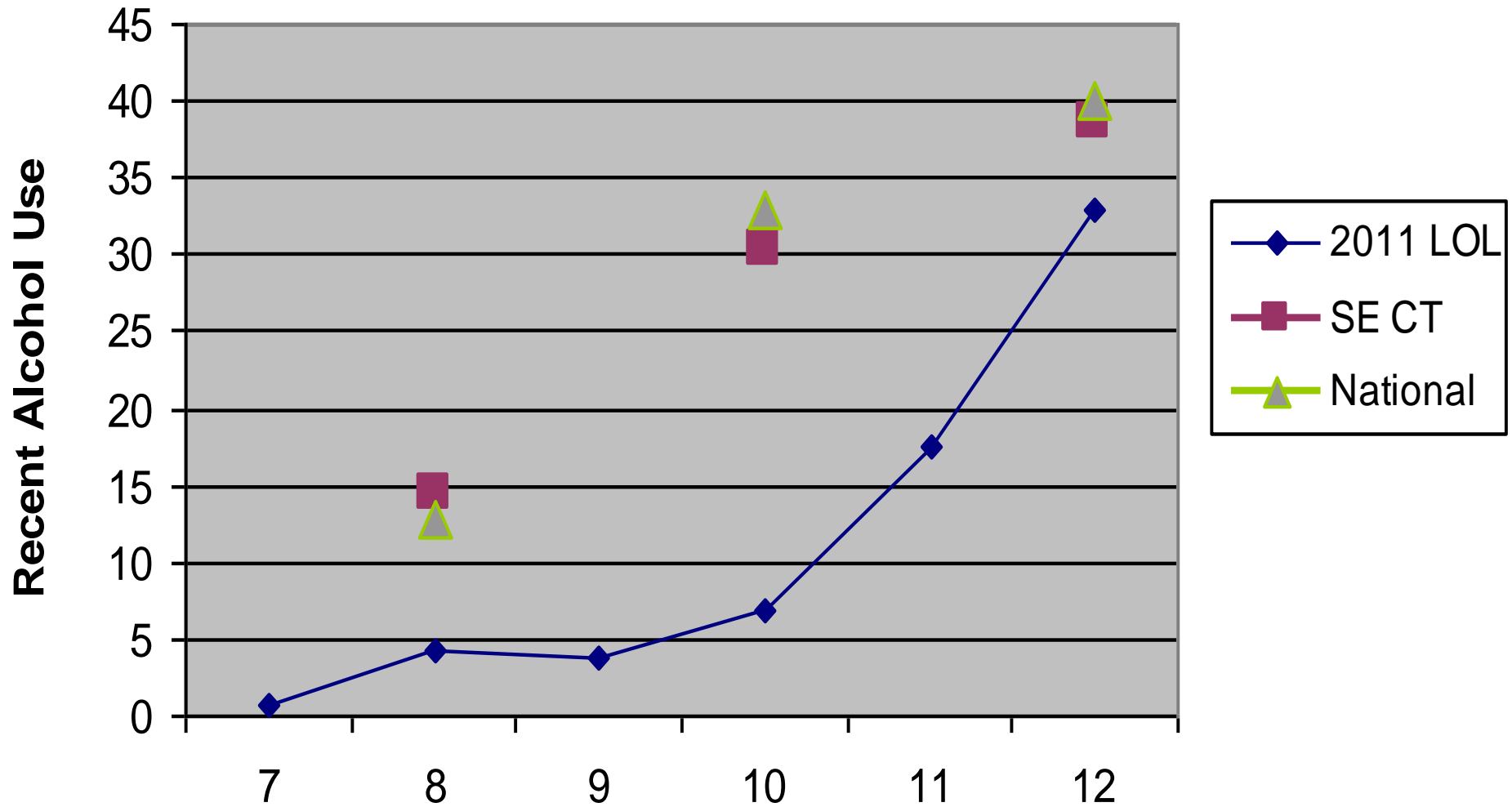


Recent Use of Alcohol

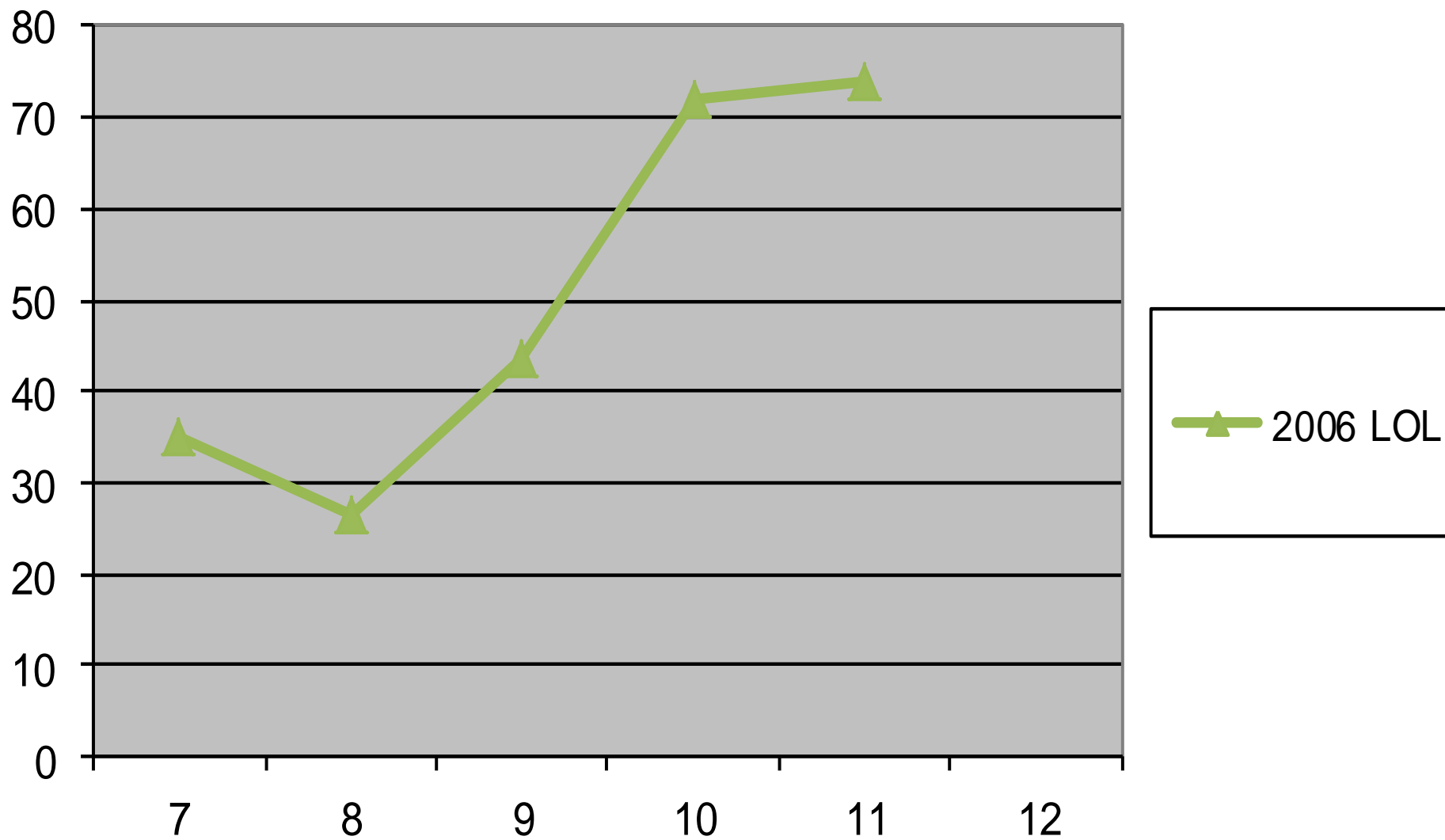


Recent Alcohol Use

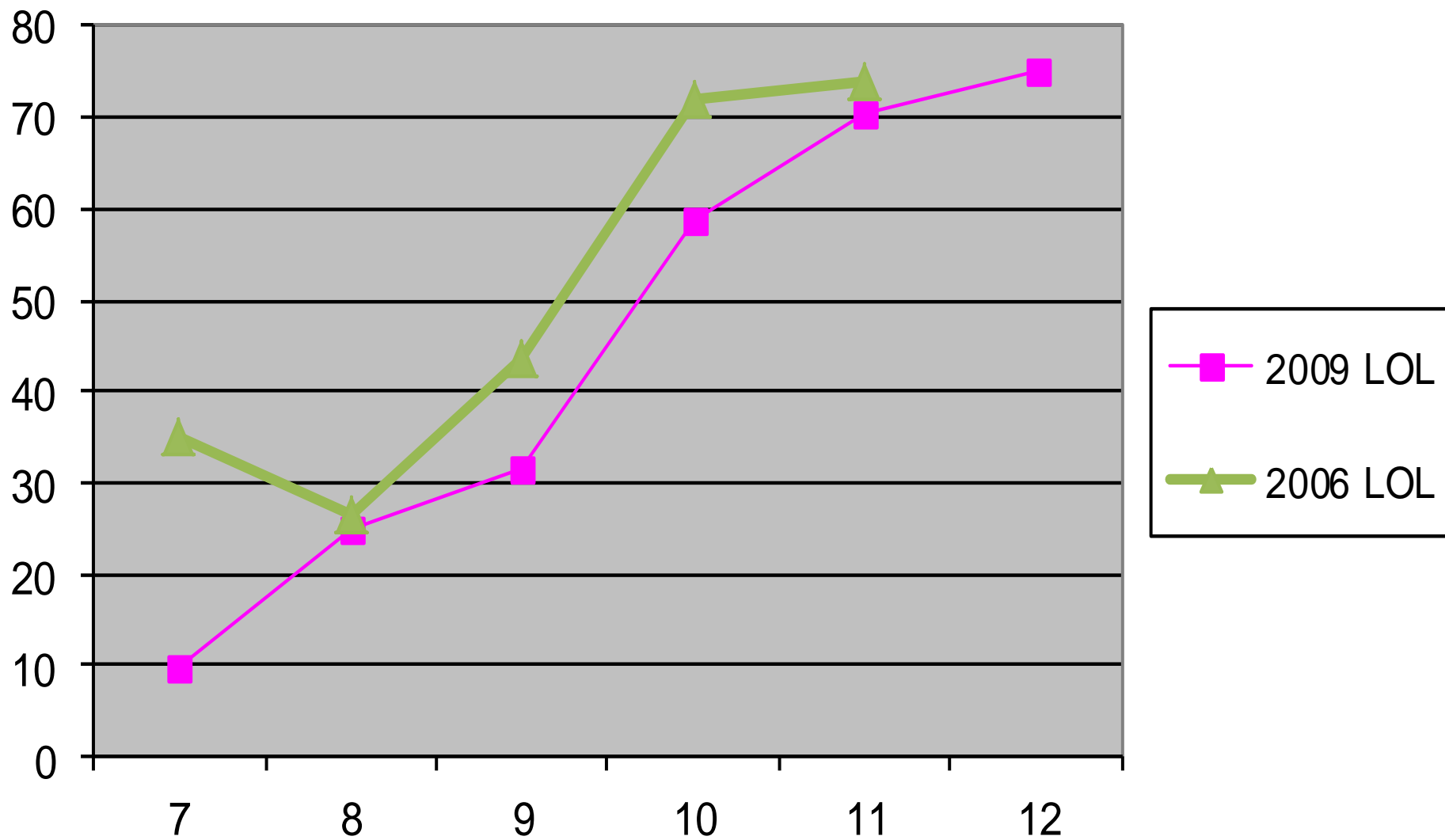
Lyme/Old Lyme vs National and Regional Results



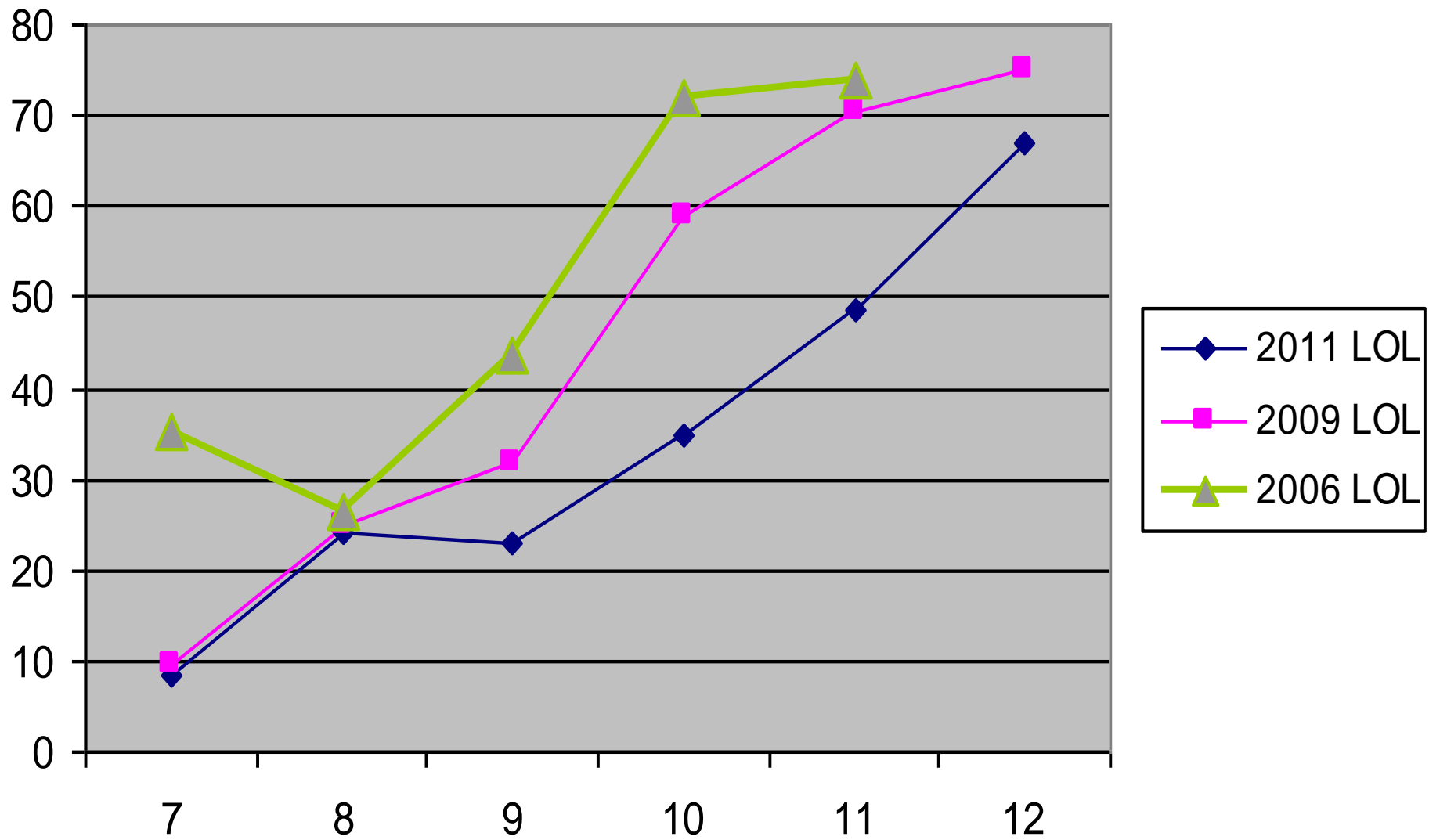
Lifetime Use of Alcohol



Lifetime Use of Alcohol

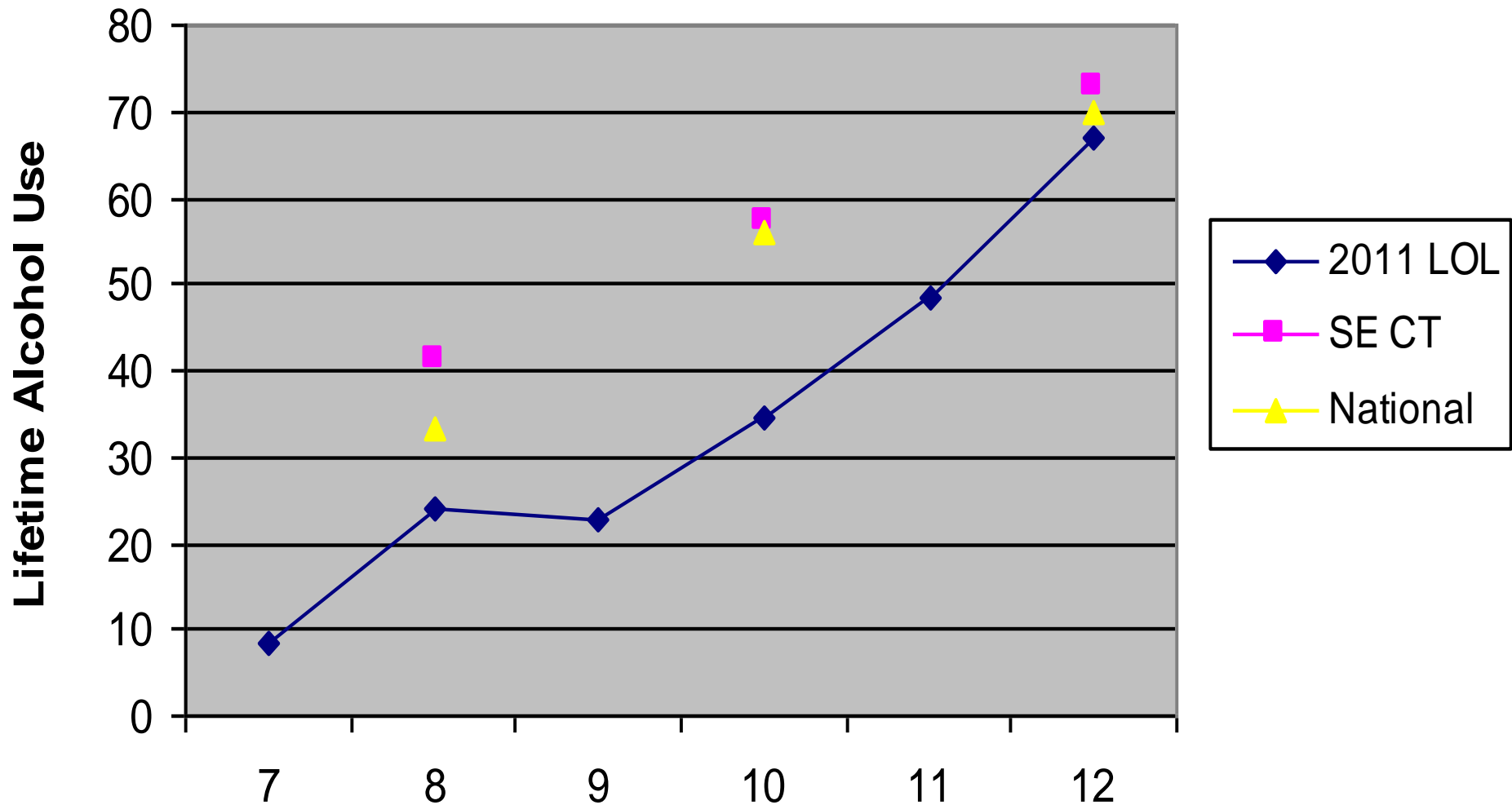


Lifetime Use of Alcohol



Lifetime Alcohol Use

Lyme/Old Lyme vs. SE CT & National

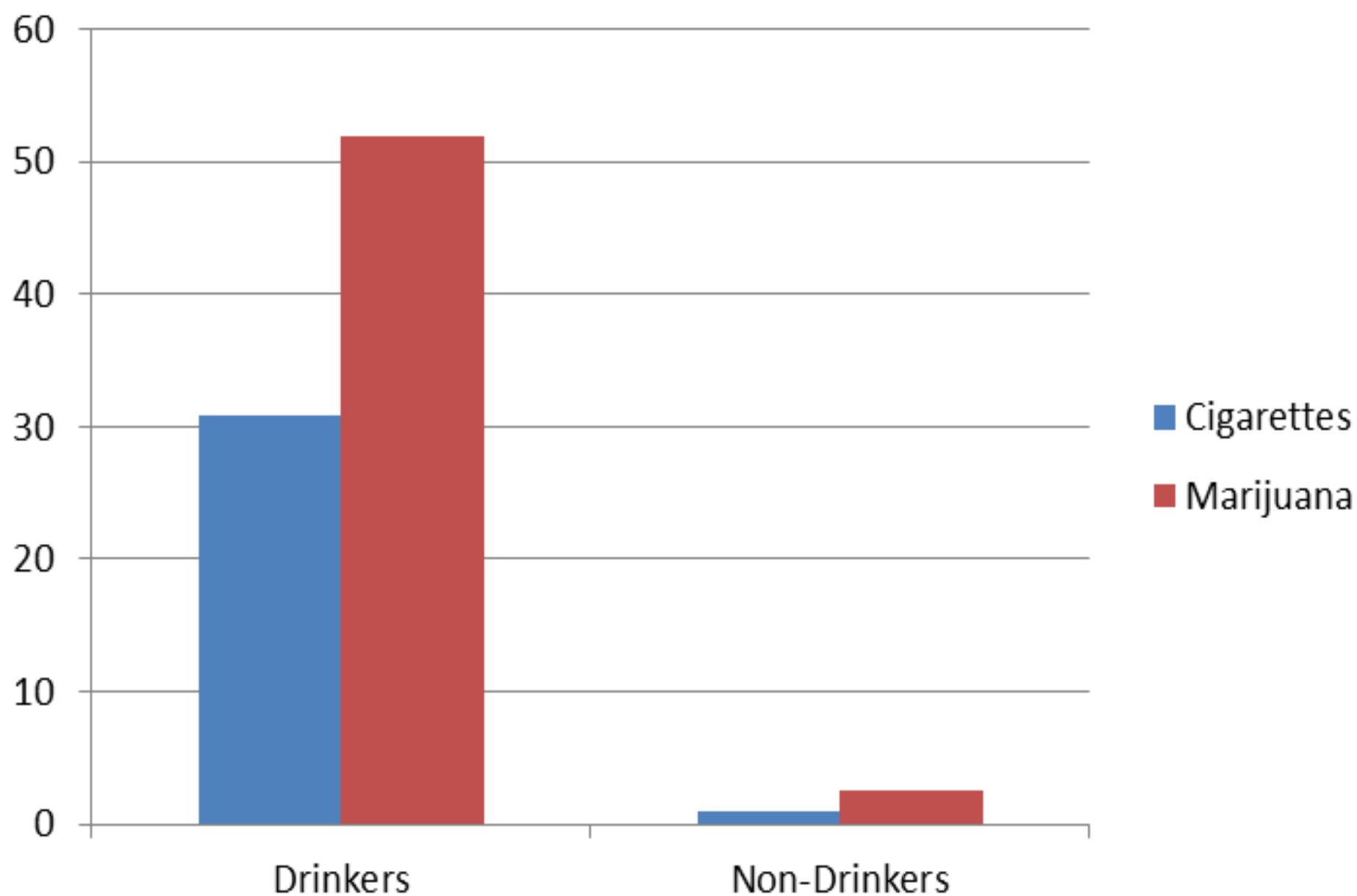


**85% of LOLHS students did NOT drink
in the past 30 days (vs. 65% in 2009)**

Concerns about drinkers

- Binge drinking (4-5 drinks)
- Males- much higher rate of drinking than females (true for all substances)
- Users of alcohol-likely users of other substances

Other Substance Use - Drinkers vs. Non Drinkers



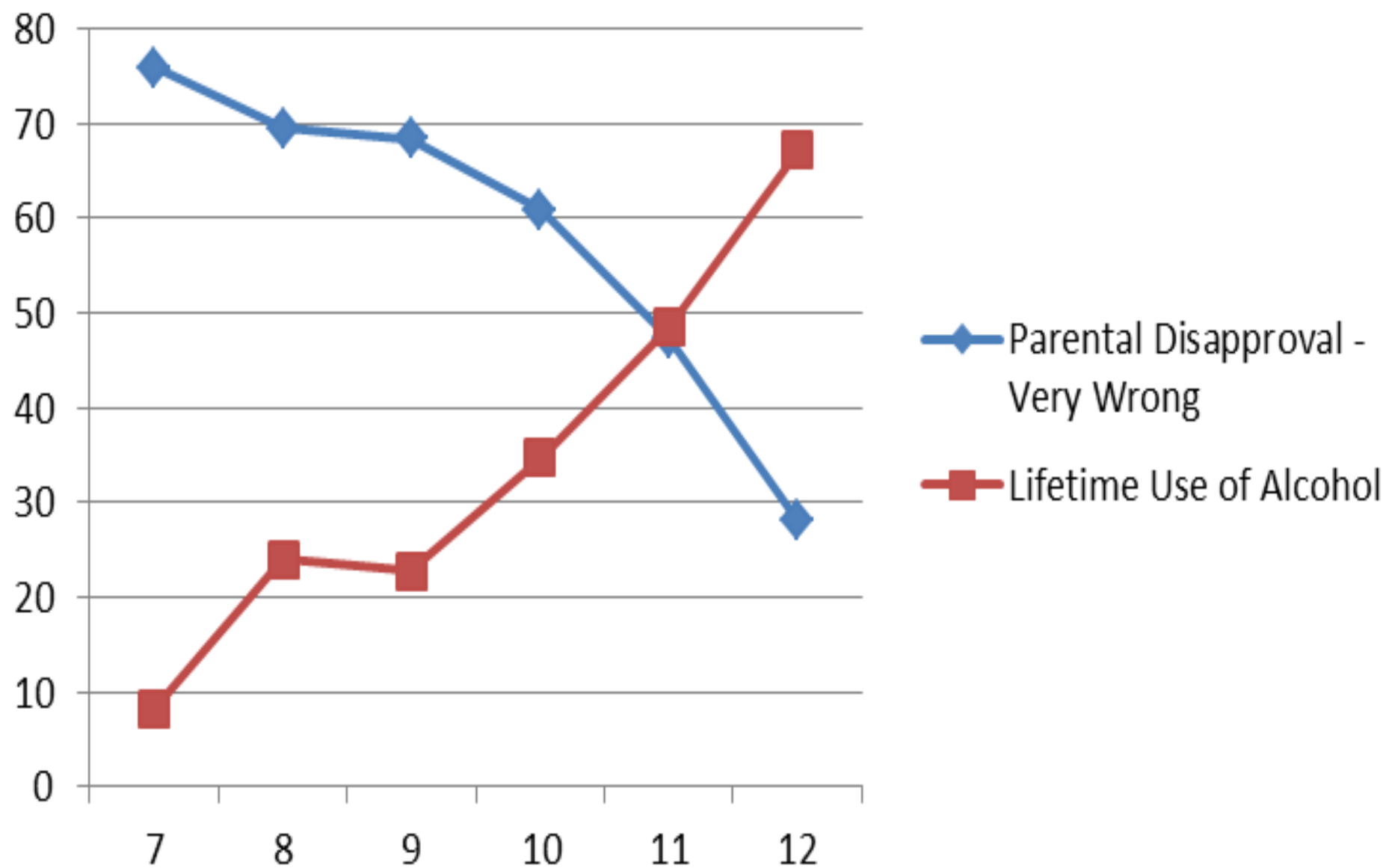
Perception of Parent/Guardian Disapproval

Survey Question:

How wrong do your parent/guardian(s) feel it would be for you to do the following:
Drink alcohol (beer, wine or hard liquor)?

- Not at all wrong
- A little bit wrong
- Wrong
- Very wrong

Perceived Parental Disapproval vs. Alcohol Use

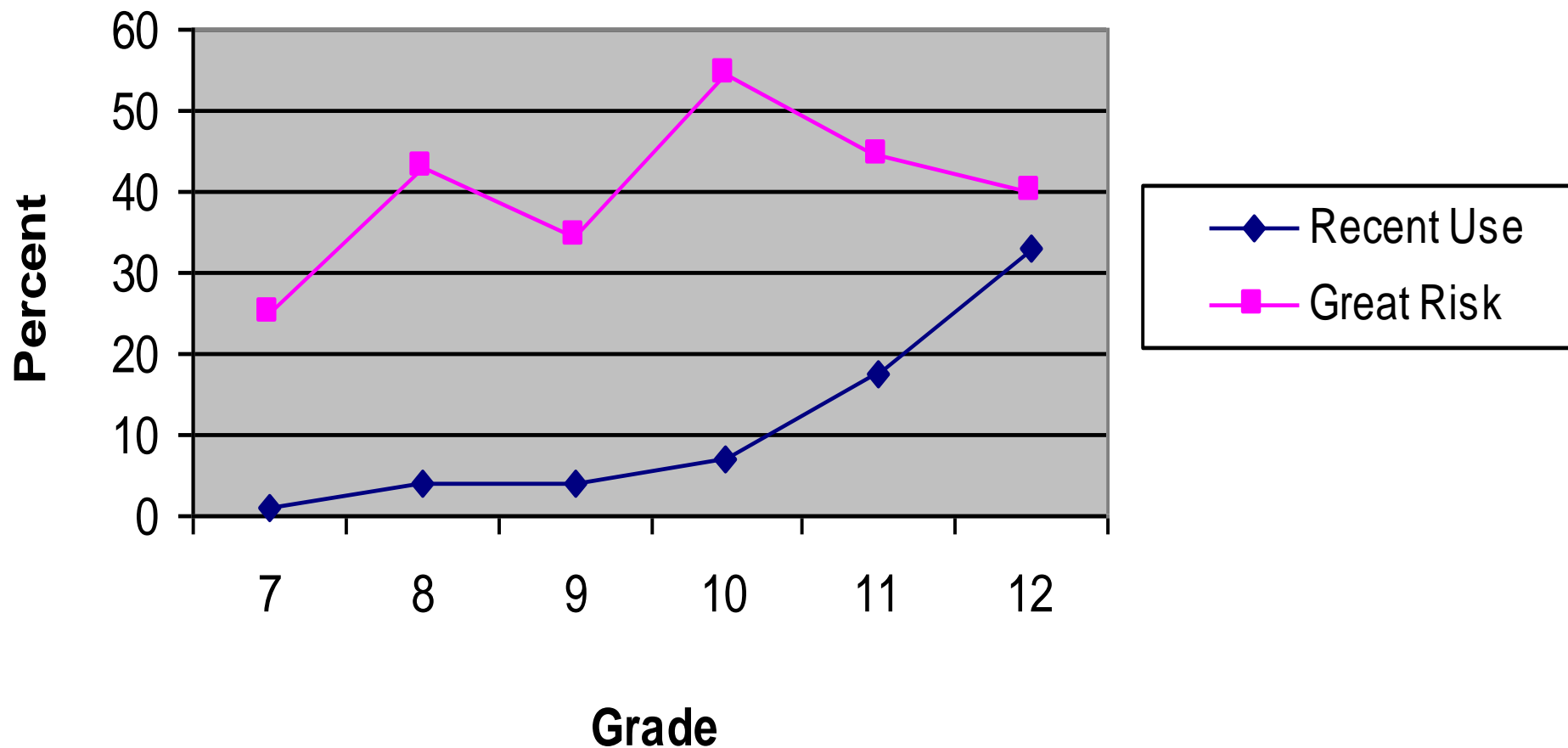


Alcohol-Clear Family Rules

Definitely True

LOL Survey Year	7	8	9	10	11	12
2006	66%	72%	52%	45%	52%	xxx
2009	73%	59%	63%	49%	47%	44%
2011	60%	51%	68%	64%	50%	40%

Alcohol - 2011 Recent Use vs Perceived Harm



Riding as a passenger in a car with a driver who has been drinking or using drugs

	2006	2011
10	26.9%	14.7%
11	26.9%	18.4%
12	xxxx	23.2%

Access to Alcohol - Sources

**Sophomores, Juniors and Seniors who
reported drinking in past 30 days**

- At a party with no adults present**
- With friends**
- At someone else's home**

**Youth are twice as likely to take risks with
friends than adults are.**

HEY YOU!

Providing alcohol to a
person under 21 is **illegal**.

It can get you 18 months in
prison and a \$1,500 fine.

Please don't take the risk!



Community Action for
Substance Free Youth
substance free is where it's at



Expulsion: “Most severe discipline if caught with alcohol”

Grade	2006 LOL Survey	2009 LOL Survey	2011 LOL Survey
8	0.0%	32.4%	34.4%
10	2.2%	11.5%	44.3%*
12	xxxx	3.1%	42.5%*

Alcohol Dependence

The earlier a young person starts drinking, the more likely they will become alcohol dependent-alcoholics.



An adolescent that begins drinking at age 13 has a 45% greater chance of becoming an alcoholic than someone who waits until age 21.

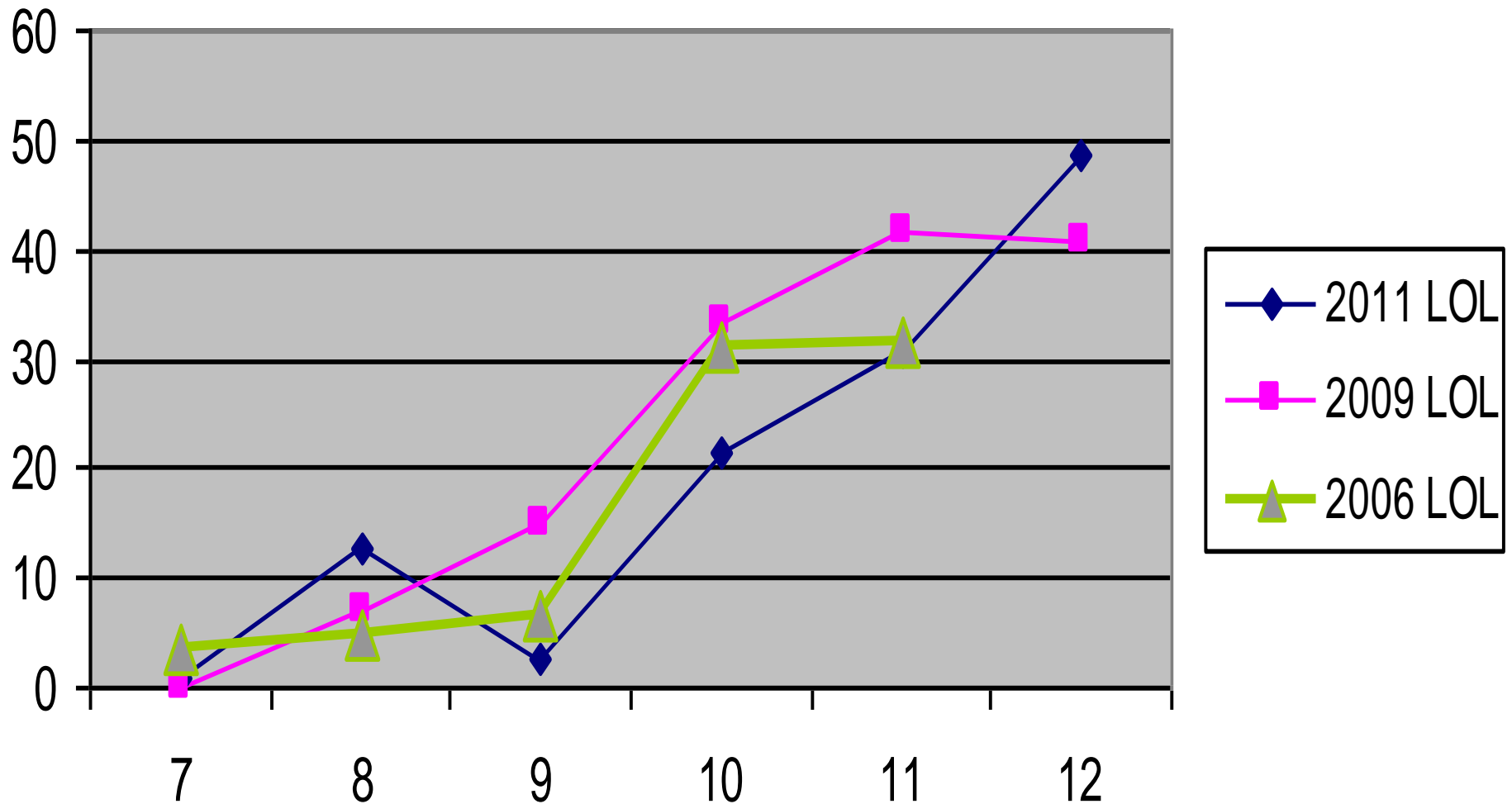
Marijuana Use

Survey Question:

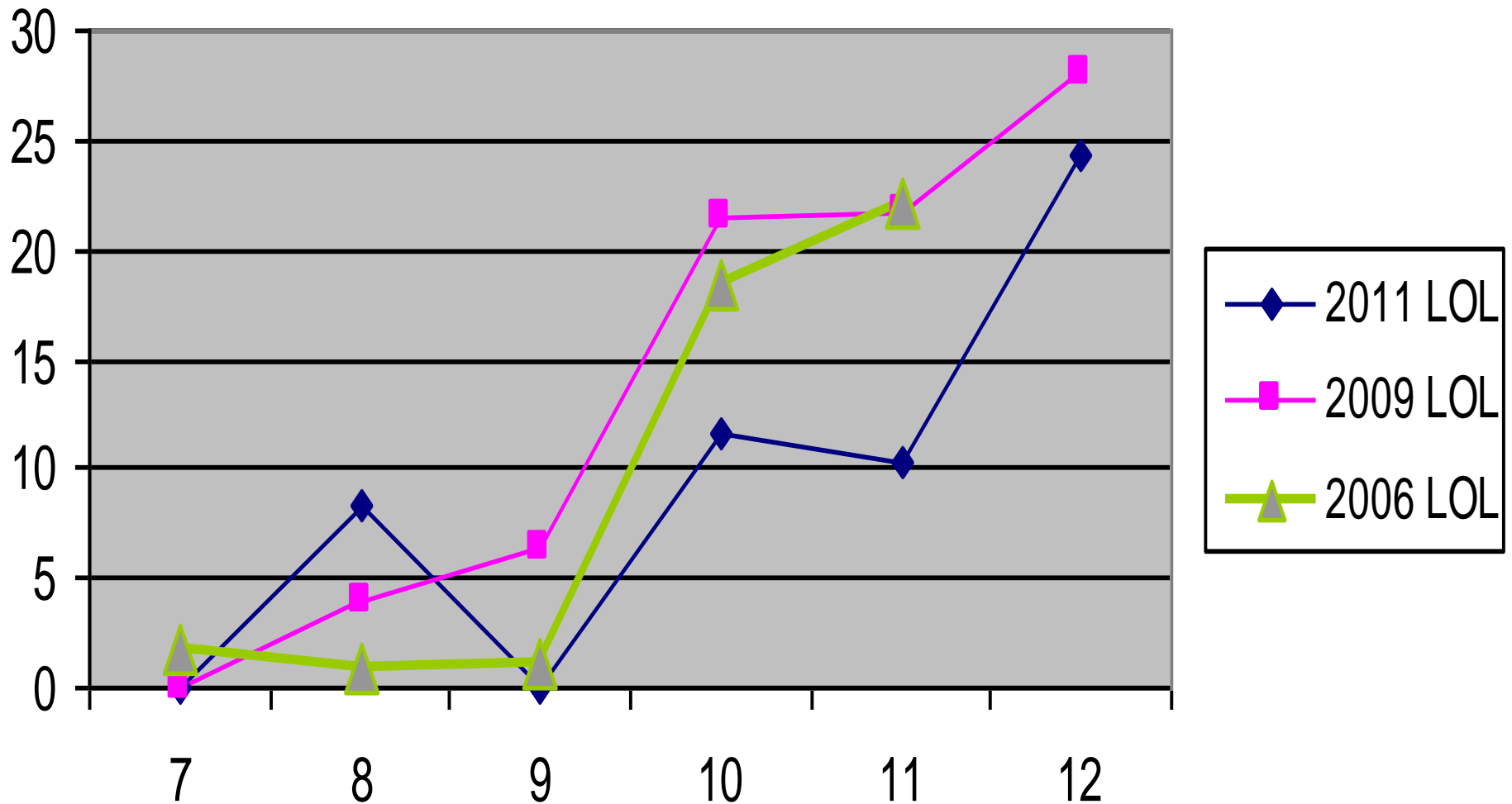
Think back over the past 30 days. On how many days, IF ANY, did you use marijuana or hashish?

- I have never used
- Not in the past 30 days
- Occasionally (1-5 days)
- Frequently (6-20 days)
- Almost every day (21 days or more)

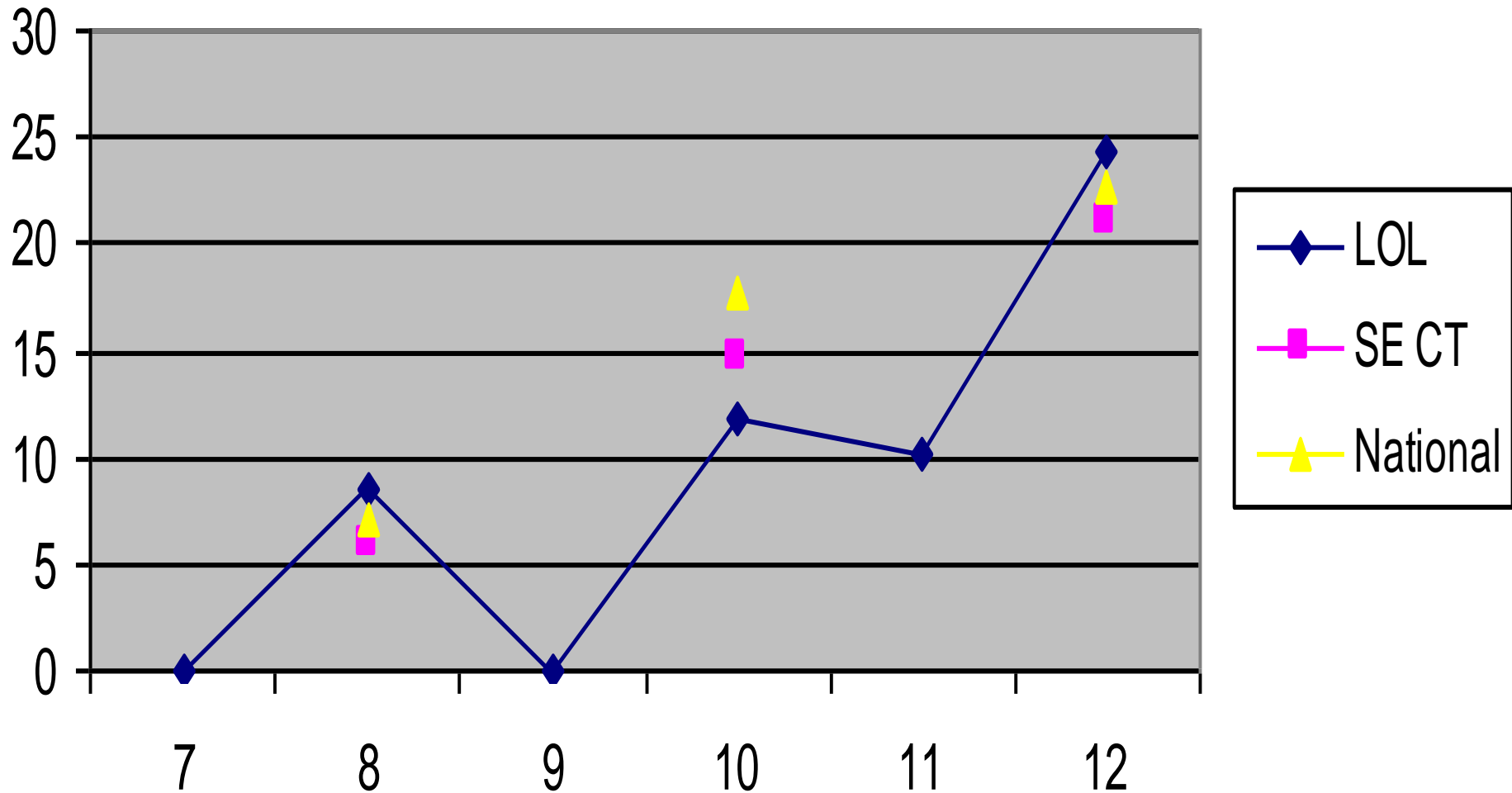
Lifetime Use of Marijuana



Recent use of Marijuana

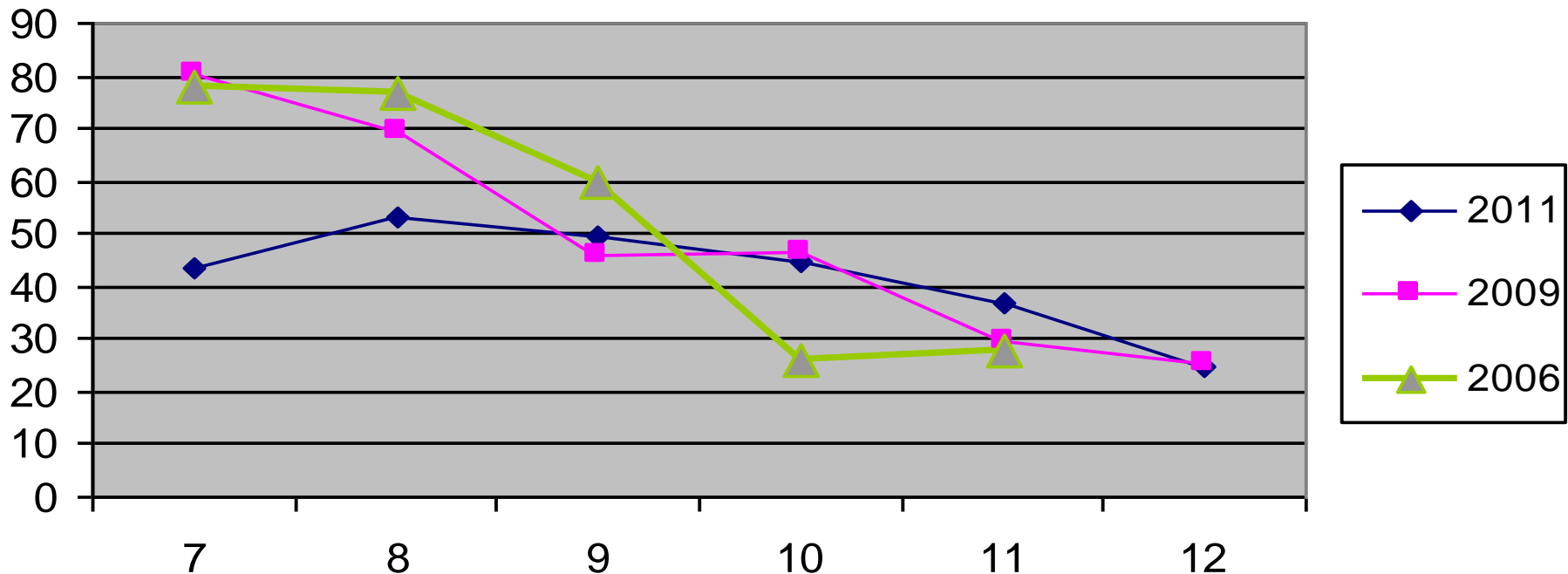


2011 - Recent Marijuana Use

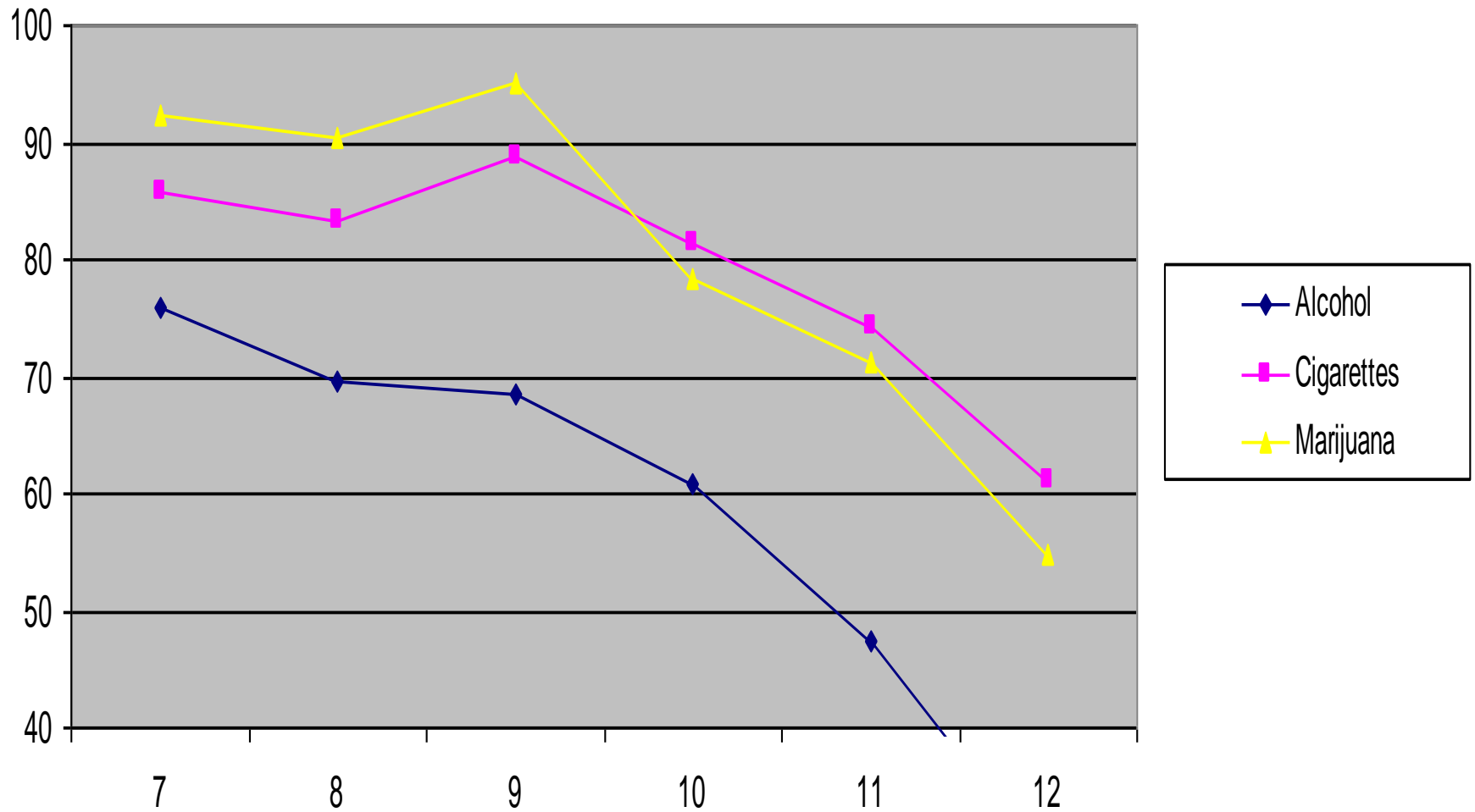


Survey Question: How much do people risk harming themselves physically and in other ways when they use marijuana 1 or 2 times a week?

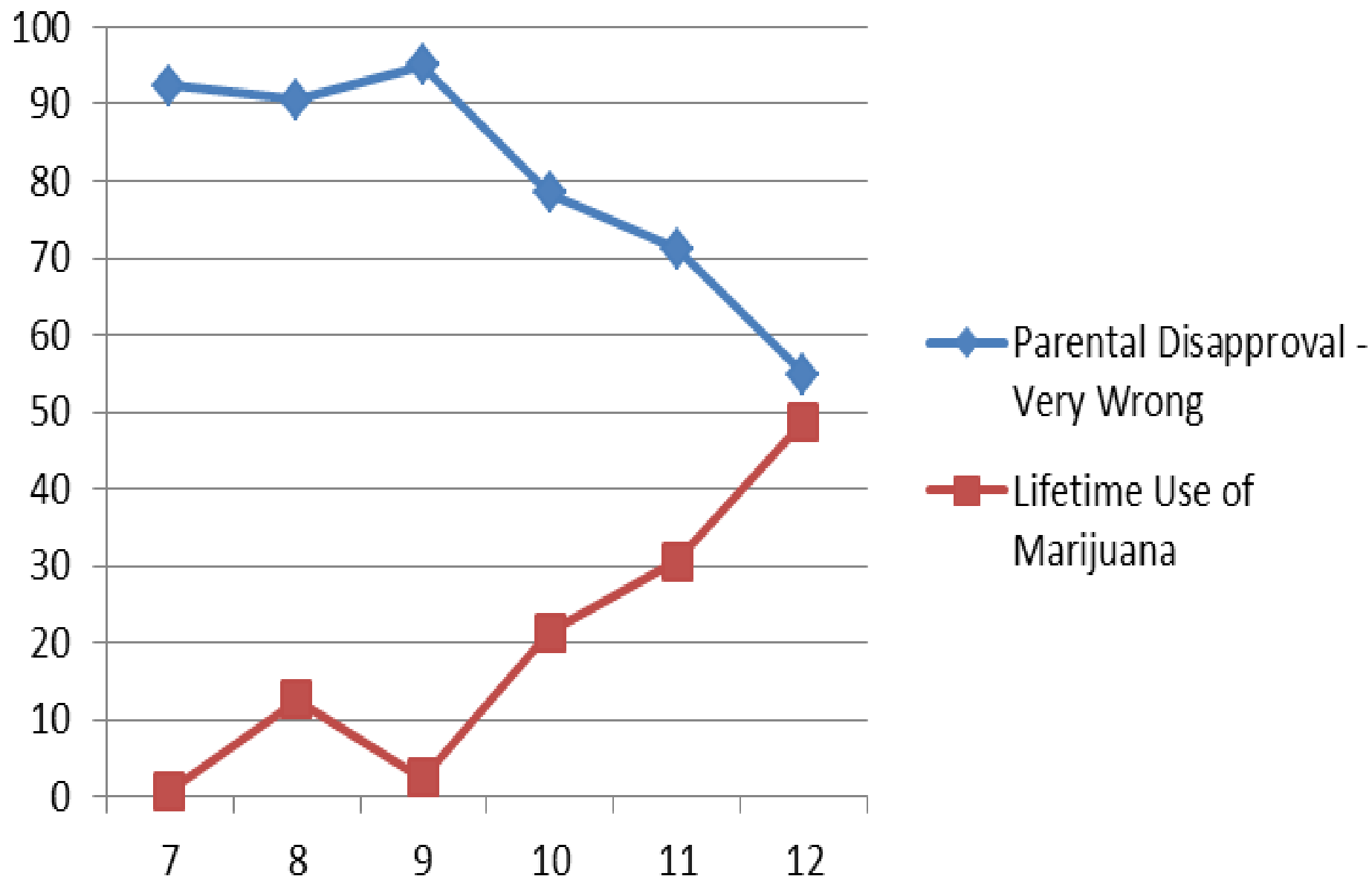
Marijuana - Perception of Harm (A Lot of Harm)



2011 - Perception of Parental Disapproval (Very Wrong to Use)



Perceived Parental Disapproval vs. Marijuana Use



Marijuana

Definitely Clear Rules

7 th	64%
8 th	58%
9 th	86%
10 th	74%
11 th	64%
12 th	51%

Mean Age of Onset-L/OL

Substance	2009		2011
Alcohol	14.1		14.3
Cigarettes	14.4		14.3
Marijuana	14.4		14.6

L/OL Age of Onset-2009

Alcohol	14.1
Tobacco	14.4
Marijuana	14.4

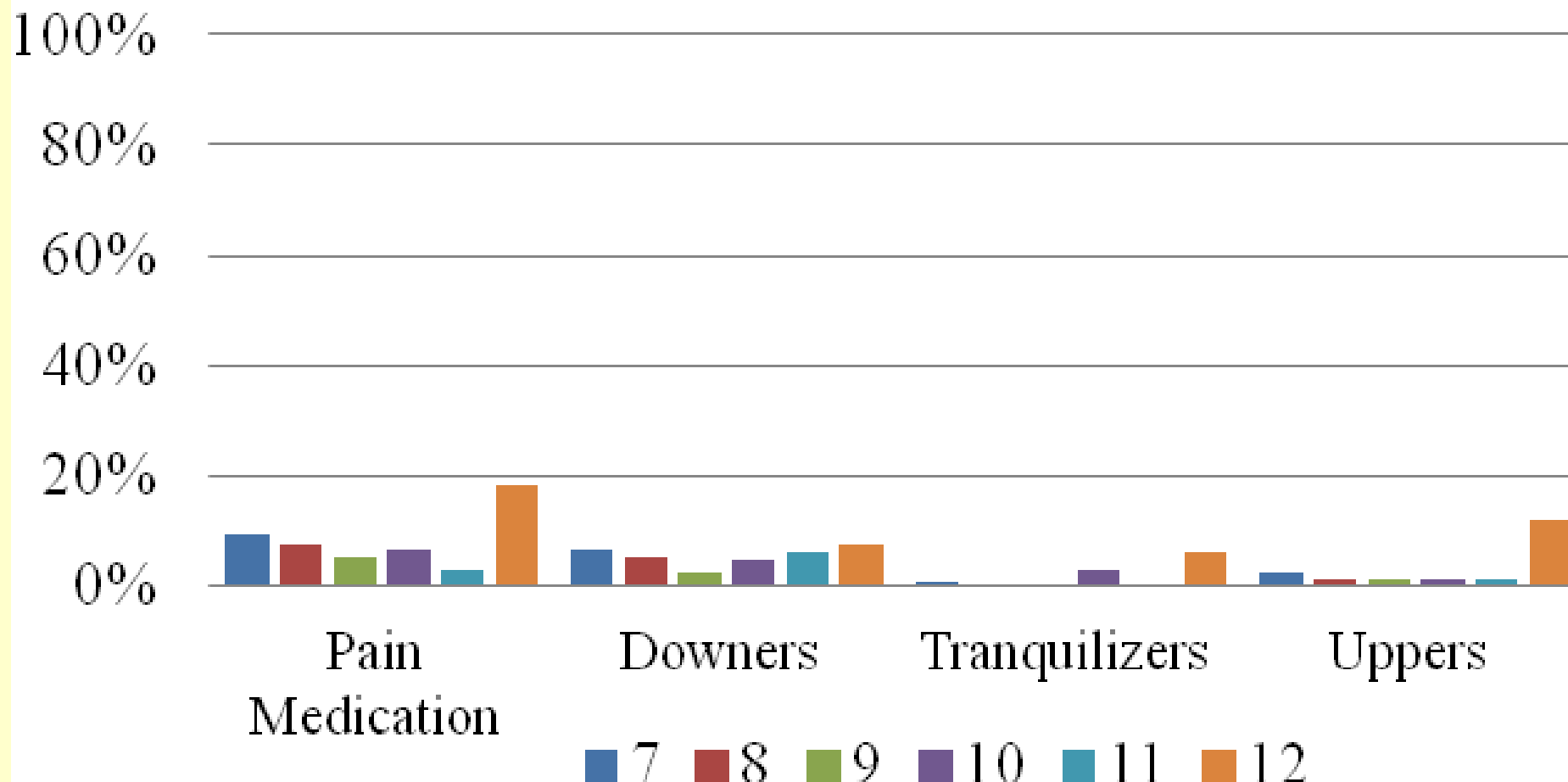
Parental vs. Youth Perceptions

Definitely Clear Rules	Alcohol	Marijuana
Parents with kids grades 7 - 12	81.4%	92.3%
Youth Grades 7 to 12	55.3%	65.3%

Believe Risk of Great Harm from...	Alcohol	Marijuana
Parents with kids grades 7 - 12	94.0%	85.0%
Youth Grades 7 to 12	39.8%	42.0%

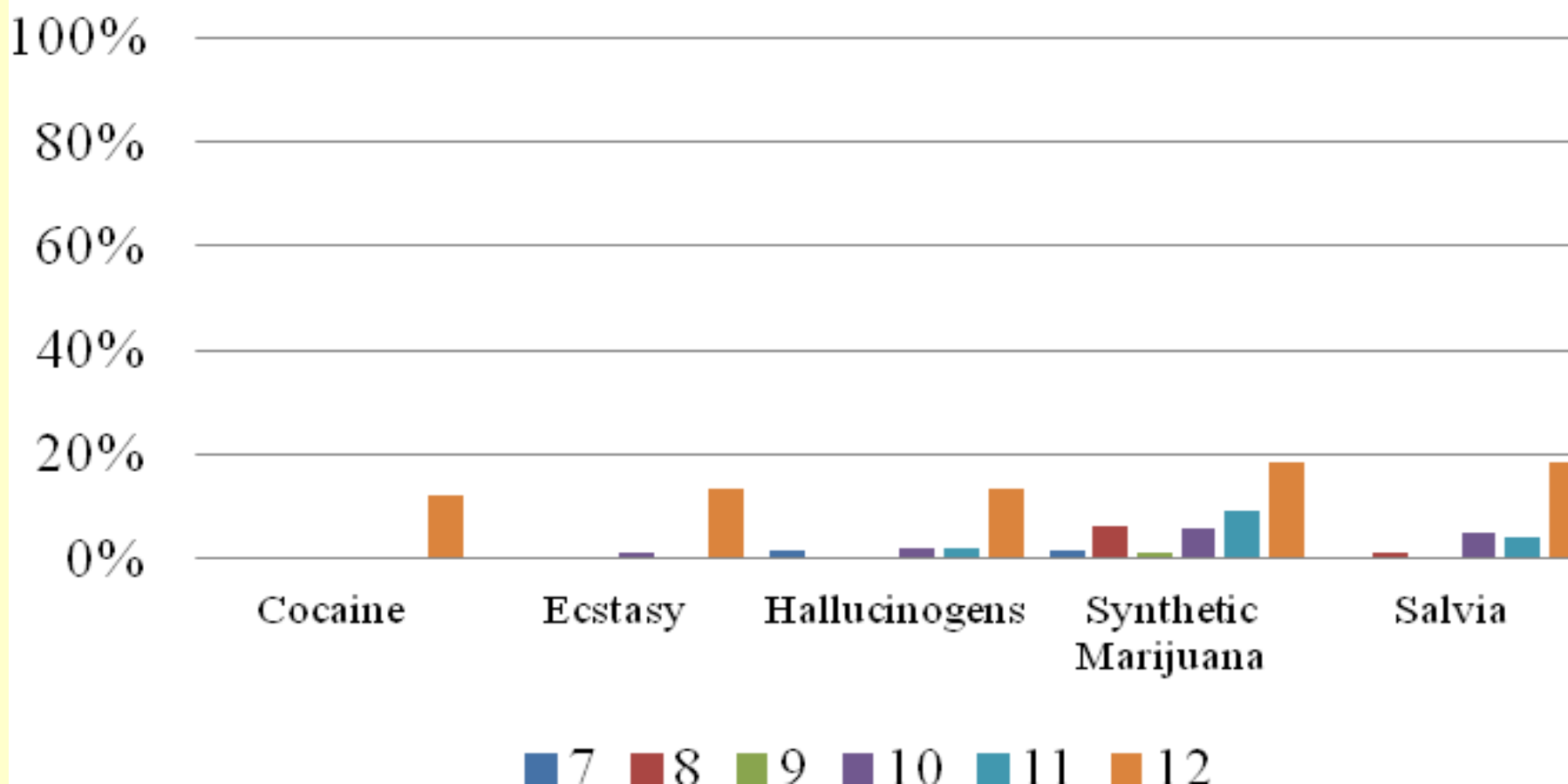
Survey Question: Have you ever used any of these drugs on your own, without your own prescription or a doctor or dentist telling you to?

Lifetime Use of Selected Legal Drugs

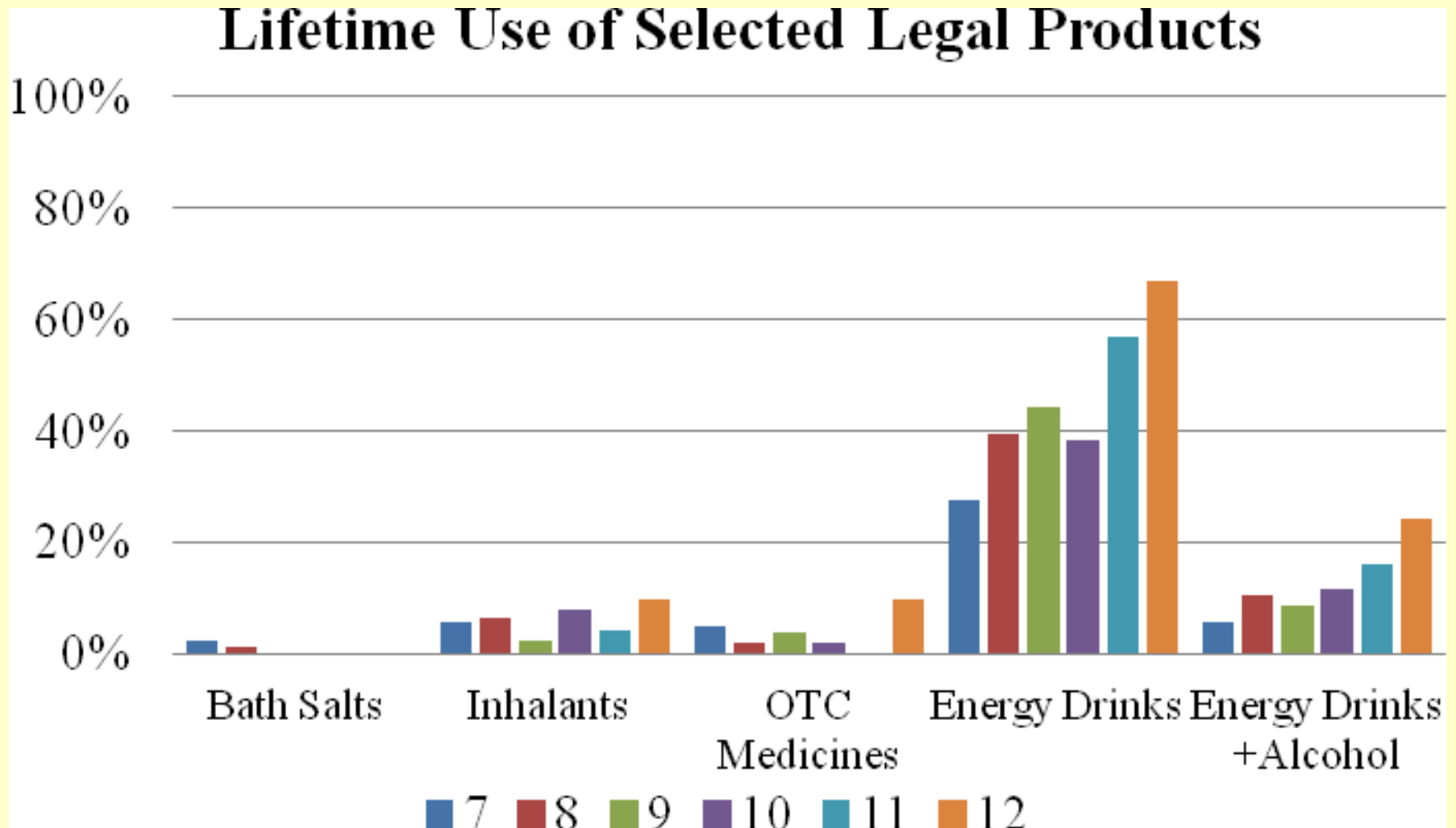


LOL 2011

Lifetime Use of Selected Illegal Drugs



Other Drugs



Concerns

- Marijuana use rising nationally
- Risk of harm perceptions for marijuana, alcohol and prescription drugs
- Clear family rules and parental disapproval
- Alcohol parties at homes with no adults, when with friends, and at other persons' homes
- Illegal drug use rates among older teens (higher than region and nation)
- Weekend activities for high school youth
- Energy drinks

Progress

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Next Steps

- Conduct focus groups-what was effective?
- Conduct an in-depth needs assessment on marijuana use (April)
- Involve more parents of middle school and older elementary children in coalition planning
- Plan for 2012-13
- Contact LSYB: www.lysb.org 860-434-7208
lymesyouthbureau@sbcglobal.net

The Courage to Speak

With Ginger Katz,

Founder of the
Courage To Speak Foundation, Inc.

March 15, 2012 at 7 pm

Lyme-Old Lyme Middle School Auditorium

For parents and community members, and
Students grade 6 and up.

Issues to be addressed:

- Signs to look for
- Alcohol and drug prevention
- The code of silence and its dangers
- Addiction and its impact on families
- What to do if your child is using or experimenting with drugs including alcohol
- How to recognize risky behaviors



Courageous Parenting 101

March 21, 28 & April 4 from 7-9 at LOLMS Library

A free three-session substance abuse education and prevention program developed by the Courage to Speak Foundation to help parents like you understand substance abuse and its impact on children and youth. You will gain the knowledge required to communicate more effectively with your children. Pre-Register with LYSB.