Annual Report 2018-2019

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About the DPS Substance Use Prevention Program

The DPS Substance Use Prevention Program (SUP), founded in 2015, was created to support schools in the design, implementation, and evaluation of Multi-Tiered Systems of Support (MTSS) for substance use prevention and early intervention in DPS secondary schools. Services range from prevention initiatives that impact entire school populations to targeted interventions with identified students who are in the early stages of substance use; included is a focus on alternatives to traditional disciplinary measures for substance related offenses. The SUP Program directly supports the district’s commitment to the Whole Child through its use of evidence-based, social emotional programming.

The structure of the program evolved from research based strategies developed by the Center for Substance Abuse Prevention (CSAP), which is an agency of the United States government under the Department of Health and Human Services (DHHS) and the Substance Abuse and Mental Health Services Administration (SAMHSA). Using multiple strategies in multiple settings and working toward a few common goals offers the best chance to prevent young people from using alcohol, tobacco, and other drugs.

Programs Offered

Participating schools choose at least 3 initiatives from a menu of options that align with the CSAP strategies; this allows schools to pick and choose programming that best fits their needs and culture. Schools are provided with a Prevention Specialist/School Health Professional (approximately .5 FTE) to lead and implement the chosen programming.

For details about any of these programs, please visit: http://denverrap.org/denverrap-at-dps/
**Program Accomplishments:**
During the 2018-2019 school year, 12,822 students were served by the Substance Use Prevention Program.

- Prevention Education: 6168
- Environmental Strategies: 3806
- Problem Identification and Referral: 219
- Other: 2821
- 59,012 DPS parents received resources and information on preventing youth substance use

**Program Outcomes**
The SUP Program utilizes SAMHSA’s Youth National Outcomes Measure (NOMs) to measure changes in substance use and perception of harm. Goals include: decreasing current use, decreasing likelihood of future use, and increasing the perception of substances as harmful.

**YOUTH NOMs SURVEY OUTCOMES**
**SCHOOL YEAR 2018-19**

**THINK BACK OVER THE PAST 30 DAYS AND REPORT HOW MANY DAYS, IF ANY, YOU USED THE FOLLOWING SUBSTANCES:**

<table>
<thead>
<tr>
<th>Substance</th>
<th>Percent of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cigarette (n=69)</td>
<td>81%</td>
</tr>
<tr>
<td>Other tobacco (n=78)</td>
<td>88%</td>
</tr>
<tr>
<td>Alcoholic beverage (n=237)</td>
<td>73%</td>
</tr>
<tr>
<td>Marijuana (n=272)</td>
<td>65%</td>
</tr>
<tr>
<td>Other illegal drugs (n=50)</td>
<td>82%</td>
</tr>
</tbody>
</table>

The chart on the left displays the percent of students that decreased or quit using substances at post-survey; only students who reported use in the pre-survey were included in the counts. 69 students reported smoking cigarettes on one or more days prior to the pre-survey, 56 of these students (81%) reported a decrease in use prior to the post-survey.

**I WOULD SAY NO IF SOMEONE TRIED TO GET ME TO:**

The chart on the right displays the percent of students that agreed, or strongly agreed, that they would say NO if someone tried to get them to use the indicated substance. Compared to the pre-survey, students were more likely to say NO to all of the indicated substances.
The SUP Program also utilizes Pearson’s BASC 3 Flex-Monitor to measure changes in student behavior and emotional functioning. This outcomes measure is used for programs that focus on coping skills and social emotional learning, which are known protective factors against youth substance use. The goal is to reduce problem behaviors and negative emotions; goal zone is 60 or less.

While Coping Cat was the only social emotional program that showed clear reductions, it should be noted that students participating in Learning to Breathe and Sources of Strength were already in the goal zone when they began these programs.

The chart on the left displays the percent of students indicating there is Moderate or Great Risk participating in the given behavior. A higher percentage of students felt each scenario presented greater risks on the post-survey.

84% of students completing the course agreed/strongly agreed that they learned new information about the impact of drugs and alcohol on the brain, body, and behavior. 82% agreed/strongly agreed that they would use the information they learned to make decisions about using various substances in the future.
Middle and High Schools and Prevention Staff:

Abraham Lincoln: Tyrez Howard and Erica Salazar
Bear Valley International: Megan Miccio and Jeanette NICASTRI
DCIS Montbello: Mike Gerber
Denver Online: Joe Weber and Florence Tracy
Denver School of the Arts: Christa Lyons
Denver School for Innovation and Sustainable Design: Joe Weber
East: Lauren Dodge and Theresa Wujcik
Florence Crittenton: Jeanette NICASTRI
Grant Beacon: Joe Weber
George Washington: Suzi Stein-Shevell and Gabriela Mohr
Hamilton: Julie Goldberg
Hill Campus of Arts and Sciences: Alice Franco
John F. Kennedy: Annie Walden-Newman
Lake International: Andrea Grasso
Merrill: Aimee Leifer
Noel Community Arts School: Sara Fellers
North: Tamika Perry
Northfield: Dina Zainy
Odyssey School of Denver: Dina Zainy
Prep Academy: Lauren Dodge
Skinner: Gabriela Mohr
South: Jacie Friel
Summit Academy: Larry Botnick
Thomas Jefferson: Megan Miccio
West Early College: Rachel Weber
West Leadership Academy: Andrea Grasso

Training Project: Grant dollars from The Denver Office of Behavioral Health Strategies are utilized to purchase evidence based curricula and provide training to school staff to implement these programs. The following school participated in the Training Project during the 2018-2019 school year.

Centennial
Stedman
Girls Leadership Academy
Excel Academy
DC21 at Wyman
Career Education Center Early College

2018-2019 Funding:

<table>
<thead>
<tr>
<th>Funding Sources</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colorado Office of Behavioral Health</td>
<td>$239,551</td>
</tr>
<tr>
<td>Denver Office of Behavioral Health Strategies</td>
<td>$59,700</td>
</tr>
<tr>
<td>Colorado Dept. of Education, School Health Professionals Grant</td>
<td>$997,329</td>
</tr>
<tr>
<td>DPS District Medicaid dollars</td>
<td>$74,024</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$1,370,604</strong></td>
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