

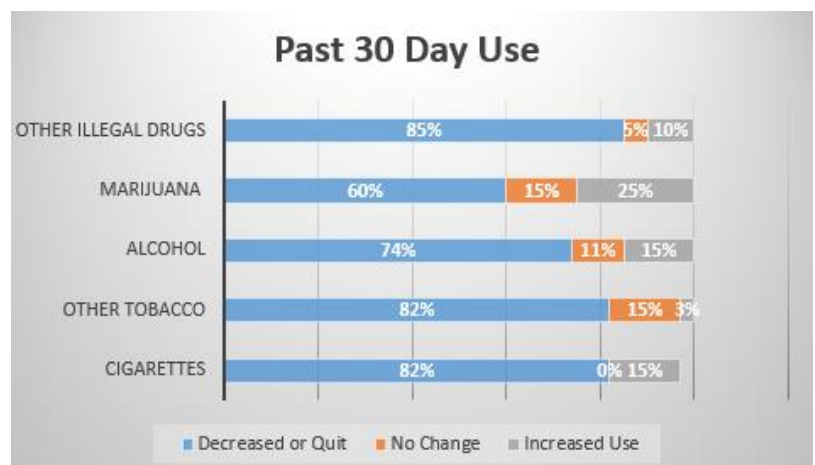
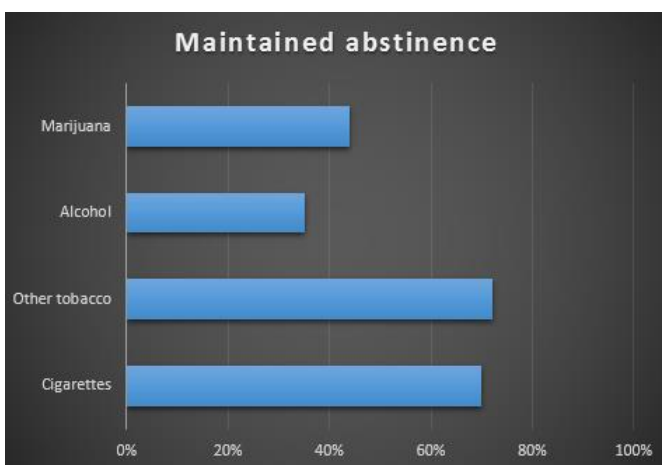
**Total Number of Students Reached: 676**

### Participation by Program

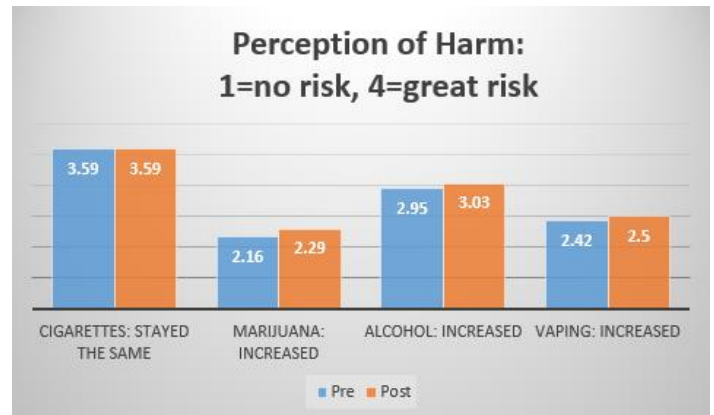
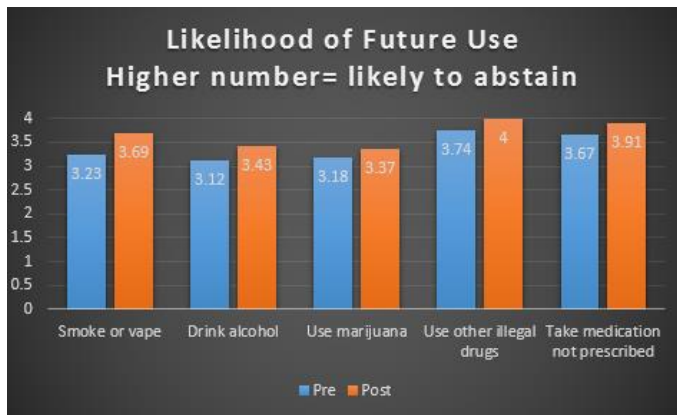
Lifeskills Training Program	MEI	Sources of Strength	Teen Intervene	Gay/Straight Alliance	Learning to Breathe	Coping Cat	Other
32 students	260 students	10 peer leaders	34 students	22 students	4 students	7 students	307 students

The Substance Use Prevention Program uses the Youth National Outcome Measures (Youth NOMs) tool to assess youth responses on substance use behavior, attitudes and perceptions. Providers collected pre-test data at the beginning of ongoing services and post-test data at the end of services. This includes data from LifeSkills, MEI, Teen Intervene, Everfi, and the NOT on Tobacco group.

### Lifeskills, MEI, Teen Intervene, NOT on Tobacco, and Everfi



An average of 66% of students who were not using substances at pre-test remained abstinent. For students who were using substances at pre-test, an average of 77% reduced or quit using by the end of the program.



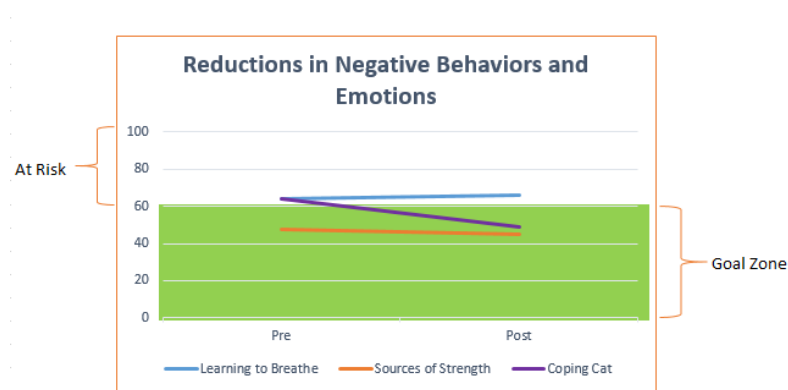
Compared to pre-test, students were more likely to say no to all substances at post-test.

Perception of harm tends to decrease as students age over time. The goal is for students to either maintain or increase their perception of substances as potentially harmful. Outcome: Students increased their perception of harm for all substances, except cigarettes, which stayed the same.

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.

### Learning to Breathe, Sources of Strength, and Coping Cat

A total of 21 students participated in these programs and demonstrated the following outcomes:



Learning to Breathe and Coping Cat showed reductions in negative emotions and behaviors, while Learning to Breathe did not. However, it should be noted that only 7 students had matched pre and post-tests, and therefore the data is not representative of all students in these programs.

## BESS Universal Screener

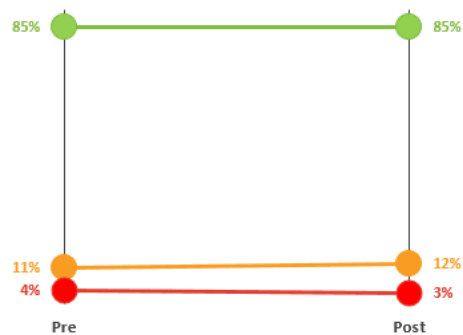
SHPs were responsible for working with their school administration to implement the BESS Universal screener to assess overall behavioral and emotional risk and overall mental health status of students at East. The BESS is utilized to guide the work of the SHPs as well as measure school-wide impact of prevention programming

### School Name: East High School (9th only )

### BESS Social Emotional Screener - Pre/Post % Comparison 2018-2019

Goal is to increase % Normal and decrease % Elevated and Extremely Elevated

#### BERI



### BERI - Behavior and Emotional Risk (Overall)

East data demonstrated the following positive results: The number of students who finished in the normal range held steady at the ideal level (85%). In addition, there was a small decrease in the number of students who were experiencing extremely elevated levels of risk.

## Info Dissemination

Parent Tool Kit Brochures and additional resources were e-mailed to all parents of East High School students.