

Camanche-DeWitt Coalition Drug-Free Communities Core Survey-2021/2022



**COMMUNITY
COMMITTED**

TO STOPPING UNDERAGE DRINKING AND YOUTH DRUG USE

Camanche-DeWitt COALITION



Dedicated to the Safety and Well-being of Our Youth

The Camanche-DeWitt Coalition's mission is "Through partnership and collaboration, work to reduce unhealthy use of substances and related issues by youth and, over time, adults in Camanche, DeWitt and surrounding areas."

"Community Committed" is a campaign focused on inspiring students, parents, and community members to encourage youth and young adults to stay drug and alcohol free. The campaign creates change in the way people think about drinking and drug use and motivates community members to unite and take a stand against substance misuse.

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Youth are most vulnerable to substance use

Individuals are the most vulnerable to substance use from early adolescence through young adulthood. The earlier a person starts using drugs and alcohol, the greater the risk for later substance-related problems.¹

The teenage years are vital to healthy brain development, so it is important to have healthy behavior during these years. Drug use can impact the brain's ability to function in the short-term as well as prevent proper growth and development later in life. A person's brain is not fully developed until age 25.

Use of addictive substances such as tobacco/nicotine, alcohol, marijuana and other drugs during adolescence interferes with brain development, reduces academic performance and increases the risk of accidents, homicides, suicides and serious health conditions, including addiction.²

For every year that substance use is delayed during the period of adolescent brain development, the risk of addiction and substance use decreases.

More than 90% of people who have substance use issues started to drink alcohol or use drugs before they were 18 years old.



¹ SAMHSA

² Center on Addiction

Risk Factors

Risk factors increase the chances young people will develop health & social problems like substance use. Here are some examples of risk factors:

COMMUNITY

- Laws & norms favorable to drug use
- Low community attachment
- Perceived availability of drugs
- Economic disadvantage

FAMILY

- Poor family management & discipline
- Favorable parental attitudes toward substance use
- Family conflict

SCHOOL

- Bullying
- Academic failure
- Low commitment to school
- Low academic achievement

INDIVIDUAL

- Sensation seeking
- Antisocial behavior
- Rebelliousness & impulsiveness
- Early initiation of substance use



Protective Factors

Protective factors help buffer young people from developing health & social problems. We want to increase these. Here are some examples of protective factors:

COMMUNITY

- Exposure to evidence-based programs
- Caring & supportive social networks
- High expectations of youth
- Opportunities for youth participation

FAMILY

- High parental expectations
- A sense of basic trust
- High levels of warmth & attachment
- Clear rules & expectations

SCHOOL

- Clear standards & rules for appropriate student behavior
- Youth responsibility in school tasks
- Caring & supportive environment

INDIVIDUAL

- Positive sense of self
- Emotional stability
- Belief in society's values
- Problem-solving skills

Drug-Free Communities Core Survey

The Camanche-DeWitt Coalition is a recipient of the Drug-Free Communities Support Program Grant (DFC). DFC coalitions are required to collect and submit new core measures data at least every two years. The Camanche-DeWitt Coalition has been working with the local schools every year to collect this data.

Students in grades 6th, 8th, and 11th answered questions about their attitudes and experiences with alcohol and drug use, plus their perceptions of their peer, family, school, and neighborhood and community environments.

The following pages highlight responses from students who attend Camanche, Central DeWitt, and St. Joseph Schools.



"This pamphlet was developed, in part, under grant number NH28CE002981 from the Office of National Drug Control Policy and the Centers for Disease Control and Prevention. The views, opinions, and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of ONDCP, CDC, or HHS, and should not be construed as such."

"It is against my values to use alcohol and drugs."



6th Grade

82%

8th Grade

84%

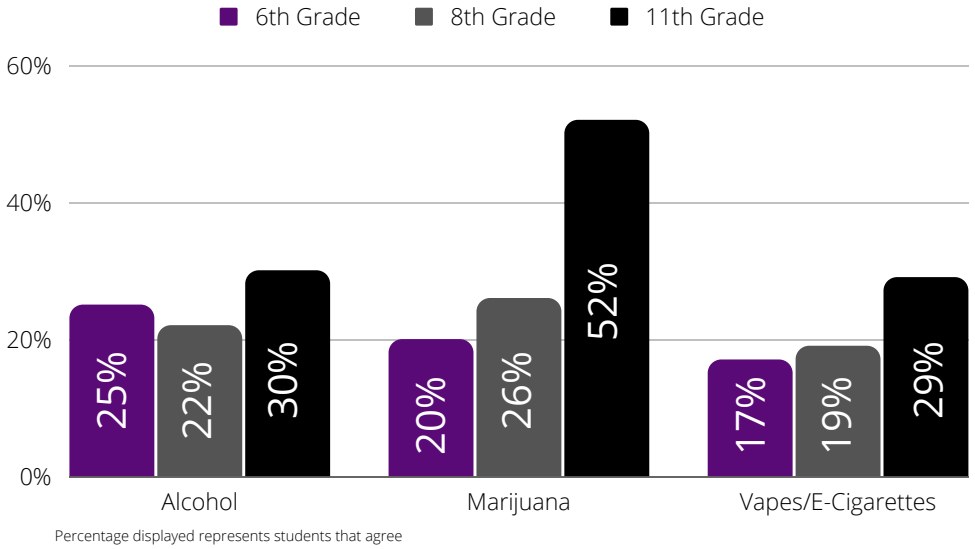


11th Grade

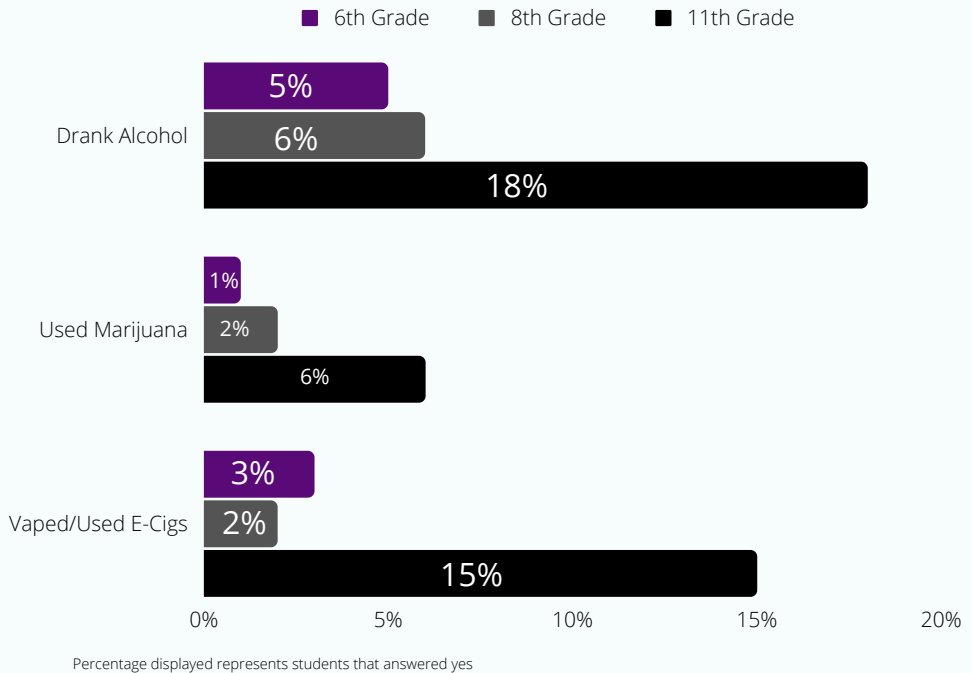
71%

Percentage displayed represents students that agree

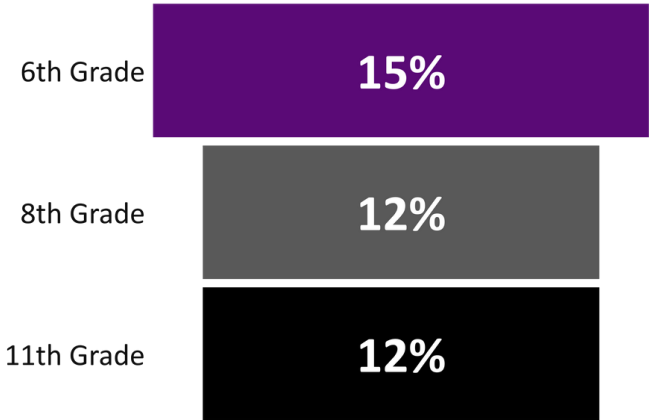
"I believe there is no risk or a slight risk to using..."



"In the past 30 days, I have..."



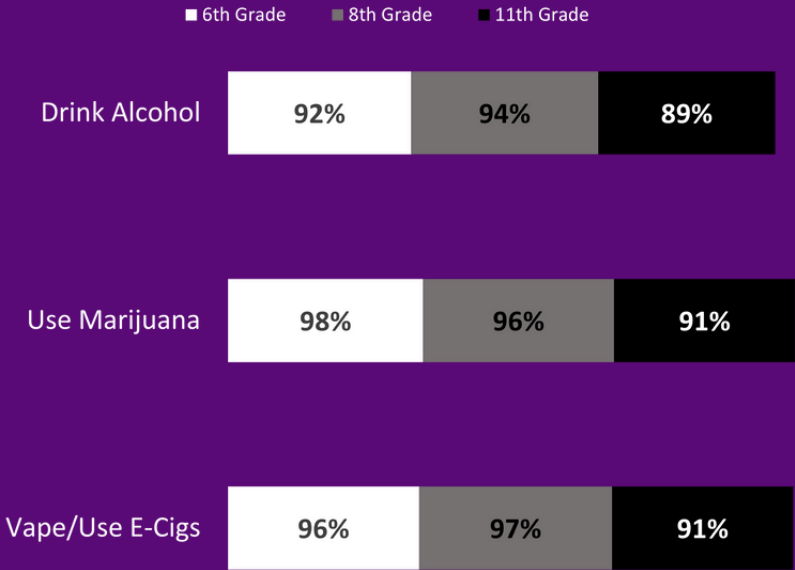
"There are people living in my home who have a **SERIOUS alcohol or drug problem."**



Percentage displayed represents students that agree

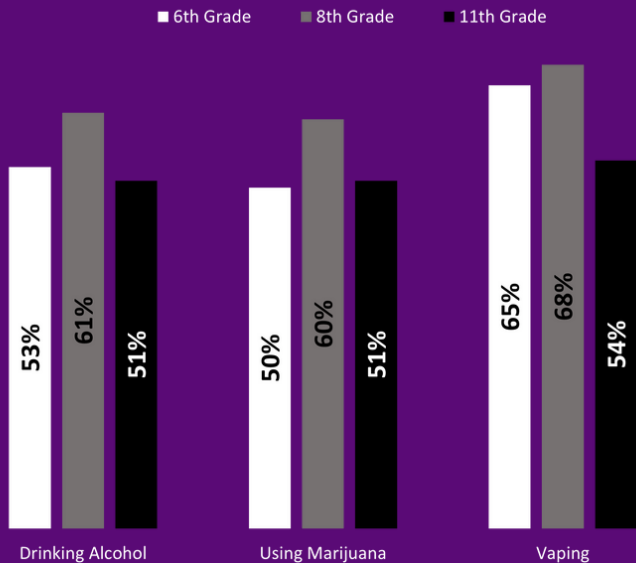


"My parents think that it's wrong for me to..."



Percentage displayed represents students that agree

"In the past year, my parent(s)/guardian(s) talked to me about not..."

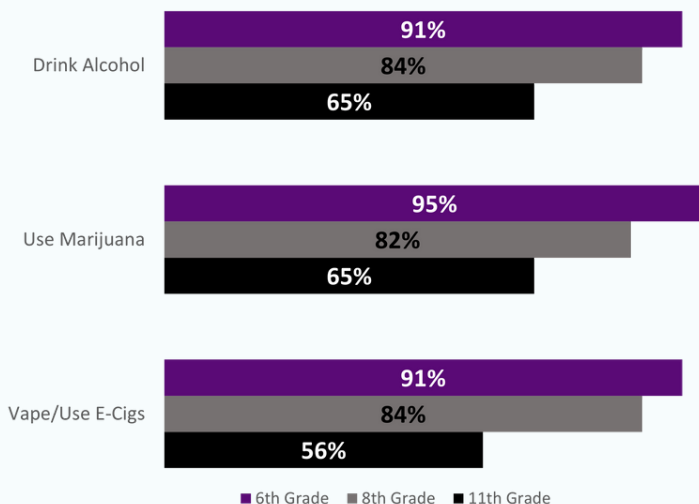


Percentage displayed represents students that answered yes



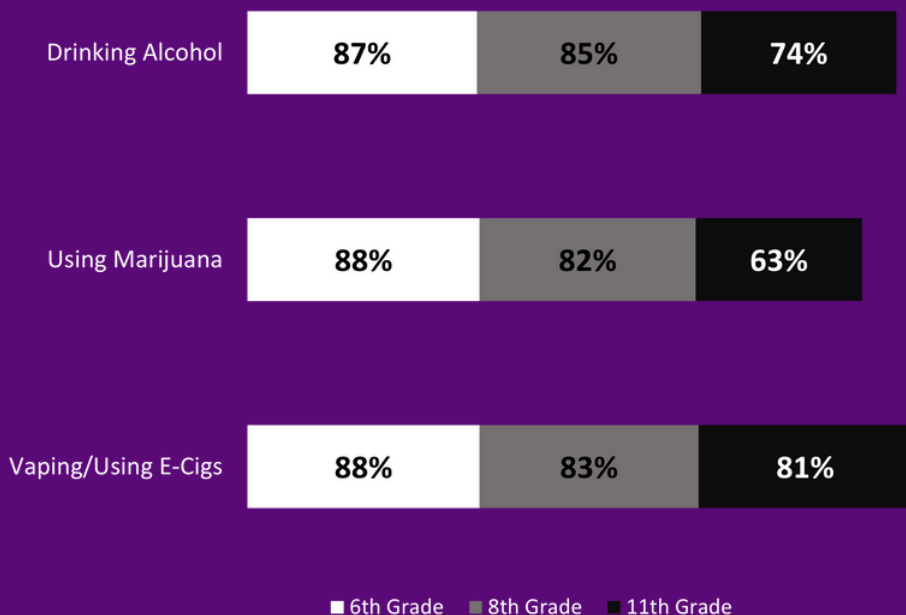
Youth who consistently learn about the risks of drugs & alcohol from their parents are up to 50% less likely to use drugs & alcohol than those who don't.

"My friends think it would be wrong for me to..."



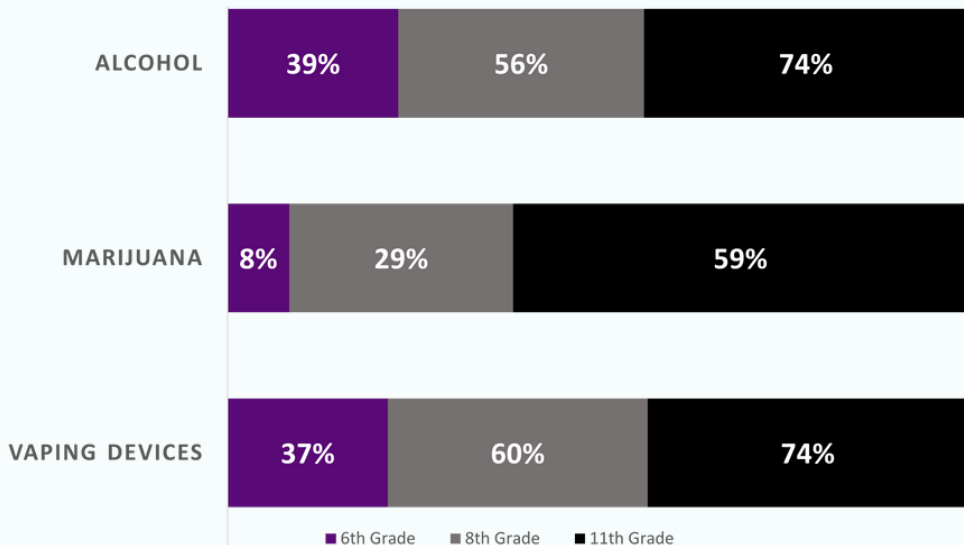
Percentage displayed represents students that agree

"I disapprove with someone my age ..."



Percentage displayed represents students that agree

"It's easy to get _____ in my community."



Percentage displayed represents students that agree

Top sources where youth get their alcohol from

Parents WITH their permission

6th grade- 88%
8th grade- 70%
11th grade- 45%

A sibling

6th grade- 12%
8th grade- 10%
11th grade- 18%

Parents WITHOUT their permission

6th grade- 18%
8th grade- 30%
11th grade- 21%

An adult other than my parents WITH that adult's permission

6th grade- 0%
8th grade- 10%
11th grade- 42%

A party

6th grade- 12%
8th grade- 20%
11th grade- 37%

A friend under 21

6th grade- 0%
8th grade- 10%
11th grade- 42%

"During the past 12 months, I have felt so sad or hopeless almost every day for 2 weeks or more in a row that I stopped doing some usual activities."

6th Grade

31%

8th Grade

30%

11th Grade

42%

Percentage displayed represents students that agree

"I have used drugs or alcohol to help deal with stress, anxiety, or depression."

6%

6%

27%

6th Grade

8th Grade

11th Grade

Percentage displayed represents students that agree

Build Resilience in Youth

Building resilience—the ability to adapt well to adversity, trauma, tragedy, threats, or even significant sources of stress—can help our children manage stress and feelings of anxiety and uncertainty. However, being resilient does not mean that children won't experience difficulty or distress. Emotional pain, sadness, and anxiety are common when we have suffered major trauma or personal loss, or even when we hear of someone else's loss or trauma.

Here are some tips for building resilience in children and teens:

- **Make Connections**

Teach your child the importance of engaging and connecting with their peers, including the skill of empathy and listening to others.

- **Help your child by having them help others**

Children who may feel helpless can feel empowered by helping others. Engage your child in age-appropriate volunteer work.

- **Maintain a daily routine**

Sticking to a routine can be comforting to children. Work with your child to develop a routine, and highlight times that are for schoolwork and play.

- **Take a break**

Teach your child how to focus on something that they can control or can act on. Be aware of what your child is exposed to that can be troubling. Take a break when things become too much.

- **Teach your child self-care**

Teach your child the importance of basic self-care. Make sure your child has time to have fun and participate in activities they enjoy.

- **Move toward their goals**

Teach your child to set reasonable goals and help them to move toward them one step at a time. Establishing goals will help children focus on a specific task and can help build the resilience to move forward in the face of challenges.

- **Nurture a positive self-view**

Help your child learn to trust themselves to solve problems and make appropriate decisions.

- **Keep things in perspective and maintain a hopeful outlook**

Even when your child is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. An optimistic and positive outlook can enable children to see the good things in life and keep going even in the hardest times.

- **Look for opportunities for self-discovery**

Tough times are often when children learn the most about themselves. Help your child take a look at what they have learned after facing a tough situation.

- **Accept change**

Change often can be scary for children and teens. Help your child see that change is part of life and new goals can replace goals that have become unattainable.

TIPS FOR PARENTS

TO HELP PREVENT YOUTH SUBSTANCE USE

1

TALK EARLY AND OFTEN

Talk to your child early and often about the risks associated with alcohol and drugs. Youth who consistently learn about the risks of drugs from their parents are up to 50% less likely to use drugs than those who don't.

2

SUPPORT HEALTHY ACTIVITIES

Prosocial engagement is a protective factor that can help reduce the risk of a youth developing addiction. Kids do better when they feel like they belong and are kept active.

3

SET CLEAR EXPECTATIONS

Be clear with your child that you expect them not to use drugs and alcohol. More than 80% of children say their parents are their biggest influence on whether they use drugs & alcohol or not.

4

PRACTICE REFUSAL SKILLS

Practice key messaging that your child can use in risky situations such as "No, my parents are very strict about that" or "I don't want to risk getting caught and getting kicked off the team."

5

ESTABLISH CLEAR CONSEQUENCES

Be clear and consistent about the immediate consequences of alcohol and drug use in your family. If your child is caught using, make sure to follow through on the established consequences.

6

IT'S NOT YOUR JOB TO BE COOL

It can be tempting to want to be your child's friend but what they need most is a parent to guide them safely through adulthood by setting clear expectations and holding them accountable.

TIPS FOR PARENTS

TO HELP PREVENT YOUTH SUBSTANCE USE

7

DO NOT SUPPLY DRUGS OR ALCOHOL

Many adults believe it's safer for youth to use alcohol or drugs if they are there to monitor them. However, parents that supply or condone alcohol and drug use can actually increase adolescent use rates as well as other risky behaviors.

8

PAY CLOSE ATTENTION

It may seem like your child needs you less as they grow up and hit teens years but staying engaged during their adolescent years is critically important. Get to know other parents and keep tabs on your child and what they are doing.

9

SCHEDULE FAMILY TIME

Research shows that spending time with family like bonding over activities or talking about your day has a long-lasting positive impact and strengthens healthy attachment.

10

MAKE SLEEP A PRIORITY

Sleep is critical for physical and mental health especially during adolescence when their brains are rapidly growing. Take electronics such as cellphones from their room so there are no distractions.

11

HAVE AN ESCAPE PLAN READY

Setting up an escape plan can help your teen exit difficult situations. Come up with a code word or emoji that your child can say or text if they are in a difficult situation so you can pick them up or help them exit the situation.

12

INTERVENE EARLY

If you suspect your child is struggling with substance use don't wait to get help. Science tells us the earlier a person gets help for a substance use disorder, the better the outcome.



To learn more

Visit

www.camanche-dewittcoalition.org
for more information about our coalition and
resources on substance use