

# Health & Wellness - Substance Abuse - Youth

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Region: East

Circle which primary base program it addresses - 4-H

FCS

CD

## Section 1. Relevance

### Where did this issue surface?

Texas Community Futures Forum

County Committees

Commodity / Industry / Special Interest Groups

### What is the issue/problem?

Substance abuse in youth.

### Problem size and scope? (How many people does it affect? How wide spread?)

>79 counties statewide see it as the #1 state issue in TCFF

>30 counties in East Region (½ of the region) saw it as an issue

### Problem severity? (How serious is this issue?)

**HIGH**

Drugs / Alcohol/ Tobacco

### Target Audience? (Who does the problem impact and how many?)

Youth

### What are some general characteristics of the audience this program targets? How will you market this program to others?

Latch key children, generational addictions

## Section 2. Response

Response refers to how Extension intends to address the issue by developing an educational program.

### State the goal of the program.

*To decrease the use of alcohol, drugs and tobacco in youth and to increase positive use of leisure time among youth*

### State the outcome objectives.

<b>Client Change</b>	<b>At the end of this program, will....</b>
<i>Knowledge</i>	increase knowledge on..... >effects of alcohol, drugs and tobacco use in youth >alternative use of leisure time
<i>Skills</i>	develop skills.... >able to identify drugs, i.e. crack >ways to reject drugs, alcohol and tobacco as far as using and/or purchasing
<i>Attitude</i>	change their attitudes pertaining to... >use of drugs / alcohol / tobacco is not cool
<i>Behavior Change</i>	adopt... >participate in positive alternative activities
<i>New Technology</i>	adopt... >Participate in website asking questions for help / advice
<i>Best Practice</i>	adopt .....

### Program Design

<b>Topic (Subject Matter) **</b>	<b>Strategy to Deliver Content (Method)</b>	<b>Existing Resource(s)</b>	<b>Contact Person(s) (Includes CEA's Specialists, Commodity Reps)</b>
Second Hand Smoke		"Put It Outside" "Raising Healthy Children" "Winners are Tobacco Free"	Carol Rice Courtney Schoessow Health Tech Camp
Drug prevention		"Too Cool to Do Drugs"	Carol Rice
Alcohol		<a href="http://www.madd.com">www.madd.com</a> <a href="http://www.sadd.com">www.sadd.com</a>	Local drug and alcohol counselor

### **Section 3. Results**

<b>Client Change Level</b>	<b>Sample Questions</b> (Review the objectives section to help place questions or statements in the space below)
<i>Knowledge</i>	Pre and Post Test 1. What are the health effects of drugs / alcohol / tobacco? 2. What are the consequences of drinking and driving? 3. What activities have you engaged in since participating in the program? 4. What did you learn in alternative activities? 5. Can you recognize drugs, i.e. marijuana, alcohol? 6. How have you made a positive effect on your community? 7. What does the use of alcohol and drugs cost yourself, your family, and the community?
<i>Skills</i>	1. Identify the following drugs: marijuana, meth, crack. 2. Have you been influenced to use or purchase drugs / alcohol / tobacco?
<i>Attitude</i>	1. Has your opinion changed about drugs / alcohol / tobacco? 2. Has your opinion changed about a person who drinks and drives? 3. Do you still want to use drugs / alcohol / tobacco when you become 21 years old? 4. How do you feel that you do not engage in drugs / alcohol / tobacco?
<i>Behavior Change</i>	1. What ways has your lifestyle changed as a result of alternative activities? 2. What alternative activities have you engaged in? 3. Have you eliminated negative influences?
<i>New Technology</i>	1. How often do you visit the website? 2. Have you considered creating your own website?

Listed below are some survey and question examples you may want to use with your youth audiences.

#### **Likert Scaled Type Questions**

<b>Statement</b>	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>No Opinion</b>	<b>Agree</b>	<b>Strongly Agree</b>
I have a better understanding the effects of alcohol can have on me during my life.					
Smokeless tobacco products can lead to health problems just like smoke tobacco products do.					
I have friends that do not force me to use drugs and alcohol.					
I feel like I have someone to talk to concerning drugs and alcohol.					

My parents have talked to me about the dangers of drugs and alcohol.					
I do not give into peer pressure when it comes to drugs and alcohol.					
I choose to hang out with my friends because they do not use drugs and alcohol.					
I do not hang out with those kids that use drugs and alcohol.					
It is NOT cool to use drugs and alcohol.					
I now see that the decisions I make now can effect the rest of my life.					
These days, fewer young people are starting to smoke.					
If cigarettes were not advertised anywhere, fewer young people would start to smoke.					

**Specific Behavior Questions**

**During the past 30 days, on how many days did you use tobacco?**

- 0 days
- 1 to 5 days
- 6 to 10 days
- 11 to 15 days
- 16 to 20 days
- 21 to 25 days
- 26 to 30 days

**During the past 6 months, how many times, if any, have you tried to quit using tobacco?**

- None
- 1 time
- 2 times
- 3 to 5 times
- 6 to 9 times
- 10 or more times
- I do not use tobacco products.

**Open Ended Questions or Interviews**

**What are diseases you can get because of tobacco use?**

**Do you have the self-esteem to not give in to peer pressure on these topics learned today?**

**Why do you choose not to use drugs or drink alcohol? Answer only if you do not use drugs or alcohol.**

**Do you think it would be easy or hard for you to buy cigarettes (dip or drink alcohol) (if you wanted some)?**

**Do you think it is cool to smoke (dip or drink alcohol) ? Why or why not?**

**Do you think alcohol use by youth is a serious problem? Why or why not?**

**What would you recommend as a solution to the underage drinking problem?**

**Interpretation.** The last step in the process is interpreting the results to our stakeholders. List internal and external stakeholders that would be interested in the results of this educational program. Do not forget to think about other state agencies and groups that would be interested in these outcomes.

<b>Internal to Extension Stakeholders</b>	<b>External Stakeholders</b>
Extension Administration 4-H Leaders and Parents University System	Texas Dept. of Health Commissioners Court Law Enforcement

**Additional Resources.** What additional resources are needed to address this issue? In other words, what is needed to design innovative programs that will impact our audiences? Use the space below or the back if needed.

- >Money
- >Prepackaged programs
- >Youth & Health Specialist

