

Issue: Substance Abuse

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Region: South Circle which primary base program it addresses - 4-H

Section 1. Relevance

Where did this issue surface?

Texas Community Futures Forum

What is the issue/problem?

Substance abuse and youth

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

79 counties said it was their #1 TCFF issue/15 counties in South region identified it as an issue

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

Description: Drug, Alcohol, and tobacco

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

Middle School and high school

What are some general characteristics of the audience this program targets?

Desire to fit in and belong, given more freedom (independence) to make choices

Section 2. Response

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

State the goal of the program.

Empower youth to make ethical decisions concerning drugs, alcohol and tobacco

State the outcome objectives.

| Client Change | At the end of this program, will.... |
|----------------------|---|
| <i>Knowledge</i> | increase knowledge on... of making the right choices Negative effects of drugs, alcohol and tobacco; healthy impact |
| <i>Skills</i> | develop skills.... of making right decisions; Mentor fellow classmates, siblings, etc. How to say "no" to drugs, alcohol, and tobacco; positive impact |

| | |
|------------------------|--|
| <i>Attitude</i> | change their attitudes pertaining to... What is perceived as “being cool”; talking to their parents, teachers, etc about drugs, alcohol, and tobacco |
| <i>Behavior Change</i> | adopt.... Involvement in positive activities outside of school; create a mentoring program and other alternatives/options |
| <i>New Technology</i> | adopt.... Use educational resources to teach others (DUI, goggles, etc) |
| <i>Best Practice</i> | adopt Walking away (getting out of) situations involving the use of drugs, alcohol, and tobacco |

Program Design.

| Topic (Subject Matter) | Existing Resource(s) | Contact Person(s) |
|---|---|--------------------------|
| What is an illegal drug | DARE (law enforcement) | |
| Drinking Responsibly | Beer distributors | |
| Effects of Abuse (health effects) | Tour hospital, clinic, etc.; Have an individual give the many effects of abuse | |
| Community Service Project | Bags for substance abuse rehabilitation system; bags for youth who’s parents get arrested | |
| What is in it for me? (Benefits of saying I make my own choices and positive decision making) | Character counts | |
| Create Activities | Create alternative activities (dances, tournaments, etc.) | |
| | | |
| | | |

Section 3. Results

The last section deals with evaluation of this program. The evaluation content should mirror the objectives that are outlined in section two. Please try and list some specific questions that should be asked to the target audience to determine if the intended change took place. List as many potential questions as possible. The goal here is to create a question bank for each client change level so that the educator can review these questions to see if any of them are relevant to their program. If they are, then they can use them to measure change in their program.

| Client Change Level | Sample Questions (Review the objectives section to help place questions or statements in the space below) |
|----------------------------|---|
| <i>Knowledge</i> | What are the health effects of drugs/alcohol/tobacco? |
| <i>Skills</i> | Describe how you would handle being approached to use drugs/alcohol/tobacco? What have you done to assist fellow youth in dealing with the pressures to use drugs/alcohol/tobacco? |
| <i>Attitude</i> | How have you changed your communication with your teachers, parents, etc? Has your attitude changed regarding the perception of doing drugs to fit in with peers? |
| <i>Behavior Change</i> | What new activities outside of school have you started participating in and/or created? |
| <i>New Technology</i> | Have you educated (done any presentations) using resources to teach others about not using drugs, alcohol, or tobacco? |

| | |
|----------------------|--|
| <i>Best Practice</i> | How many times have you walked away when faced with the choice to use drugs/alcohol/tobacco? |
|----------------------|--|

Economic Indicators: Are there economic indicators that can be measured concerning this issue?

YES

Please list them below.

Indicators will be indirect, extremely hard to track, take many years to determine.

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.

| Internal to Extension Stakeholders | External Stakeholders |
|---|---|
| State programs Suspensions Special impact teams | Legislatures County Stakeholders Community officials Local youth based organizations |

Results

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

Likert Scaled Type Questions

| Statement | Strongly Disagree | Disagree | No Opinion | Agree | Strongly Agree |
|---|-------------------|----------|------------|-------|----------------|
| 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?