



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Substance Abuse and Mental Health



Delaware Strategic Prevention Framework - Partnerships for Success

SPF PFS Year 4 Evaluation Report

October 1, 2017 - September 30, 2018

Presented to SPF- PFS Management Team, Division of Substance Abuse and Mental Health,
Delaware Health and Social Services

Report prepared by the Center for Drug and Health Studies, University of Delaware, March 2019

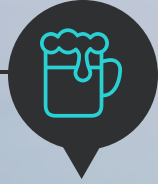
For information contact: Laura Rapp, PhD; lrapp@udel.edu

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What you need to know about Delaware's SPF PFS

Data from:
July 2015 to September 2018

Goals



Alcohol

- Prevent the onset and reduce the progression of underage drinking.
- Reduce alcohol related consequences among adolescents and young adults.



Prescription Drugs

- Prevent the onset and reduce the progression of prescription drug abuse among youth and young adults.
- Reduce prescription drug related consequences among adolescents and young adults.



Infrastructure

- Strengthen the prevention capacity and infrastructure at the state and community level.
- Leverage, redirect, and align funding streams and resources for prevention.

Process



11 Funded Agencies

- 7 community agencies funded in Year 4 of SPF PFS.
- Agencies located in all 3 counties, and some are implementing activities statewide.



158 Interventions

- 32 Evidence Based Programs implemented over the grant.
- All 6 CSAP strategy types implemented.
- Alternative Activities and Prevention Education are the most common activities.



2,048,694 Impacts

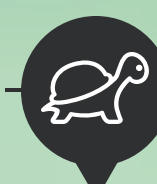
- Most impacts come from media campaigns and environmental strategies, such as compliance checks.
- Universal Indirect is the most frequently used IOM category.

Outcomes



Alcohol Win

- 25% decrease in combined 8th and 11th grade youth alcohol use over the course of SPF PFS (2014 to 2018).
- Perceptions of risk for binge drinking were increasing for the past few years but decreased in 2018 for 8th and 11th graders.



Rx Steady

- Reported prescription painkiller abuse among youth remains low.
- There has been no significant change in reported use during SPF PFS.
- Perception of risk associated with painkiller abuse has fluctuated slightly over the course of SPF PFS.



Infrastructure Change

- The majority of community agencies worked on developing a partnership structure that will continue to function beyond the end of the PFS grant period.

Subrecipient Overview

Interventions implemented over a 12 month period, October 2017 - September 2018

Boys and Girls Clubs of Delaware

- Statewide reach with 8 clubs across all three counties
- EBP programming includes Life Skills Training and Smart Moves
- Alternative activities, such as Teen Friday nights also provided

Delaware Alcohol and Tobacco Enforcement

- Statewide reach with enforcement activities, including the evidence-based practice of Compliance Checks
- Prevention messaging provided to communities through Citizen's Police Academy, Youth Academy and information dissemination activities such as National Night Out events, parades, and other community events

Delaware Multicultural and Civic Organization

- A variety of afterschool, summer camp, and community-based activities offered including the EBPs Theater Troupe and ATLAS
- The Cultural Health Ambassadors Program (CHAP) provides additional context and community engagement for youth and their families involved in prevention programming
- Strong relationship with the local school district which includes prevention programming in the school setting throughout the year

La Esperanza

- The prevention team translates and delivers the EBP Life Skills Training to a Spanish speaking population
- Works with local school district to provide prevention programming to youth
- Hosts an afterschool youth club

Open Door, Inc.

- Works to build capacity through coalition meetings
- Has a focus on the safe storage and disposal of prescription medicine, with PSAs disseminated in local movie theaters on this topic, and statewide distribution of Deterra Drug Deactivation Bags
- Partners with Delaware Alcohol and Tobacco Enforcement to provide the EBP Prime for Life to Youth Academy participants

Wesley College

- Offers a variety of drug and alcohol free alternative activities to college students
- Educates incoming students on alcohol policies and other prevention messages
- Provides BACCHUS peer education prevention program to select student populations


West End Neighborhood House

- Supports and encourages healthy relationships between adults and youth with prevention activities like "Talk to a Trusted Adult" and "Family Basketball Event"
- Conducts many Universal Direct (UD) prevention efforts -- seven out of nine interventions are considered UD, including the EBP Life Skills Training
- Focuses prevention efforts to the New Castle County population

Prevention Impacts

- During Year 4 PFS community contractors reached 934,655 individuals through prevention efforts
- The majority of these impacts were reached through Universal Indirect strategies
- When focusing on direct impacts, most were reached through Prevention Education and Alternative Activities
- In total, 57 prevention interventions occurred in Year 4 from 7 community contractors

Direct Impacts by Type of Intervention


Universal Direct
8277

Direct Impacts by CSAP Strategy	
Community-based Process	151
Prevention Education	4,569
Alternative Activities	4,351
Environmental Strategies	0
Information Dissemination	111
Problem Identification and Referral	0


Selective
905

Universal Indirect Impacts by Type of Intervention



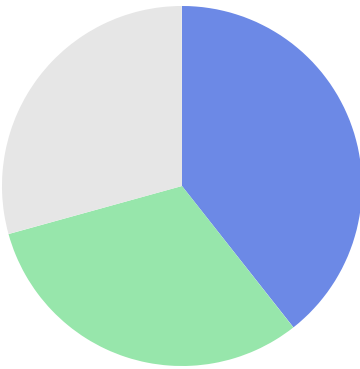
Universal Indirect Impacts by CSAP Strategy	
Community-based Process	0
Prevention Education	112
Alternative Activities	395
Environmental Strategies	337,566
Information Dissemination	587,400
Problem Identification and Referral	0



Process Data: Community Level Demographic Data -- Direct Impacts

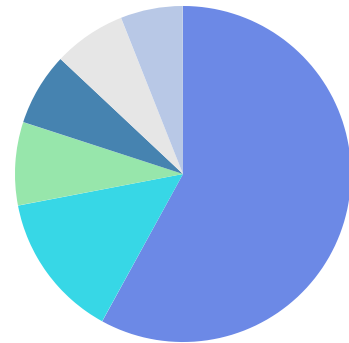
- 9,182 total impacts; 4,569 of which were through prevention education
- Majority of those reached were in the 12-17 age range - within the targeted age for this grant
- In total, 36 prevention interventions were considered to have a direct impact--majority of which were Alternative Activities (17) and Prevention Education (12)
- While each category of demographics below had relatively large unknown categorizations, ethnicity seemed to be the most difficult to track

Direct Impact by Gender



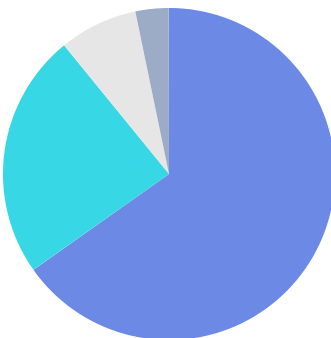
● Males - 39% ● Unknown - 31% ● Females - 29%

Direct Impact by Age



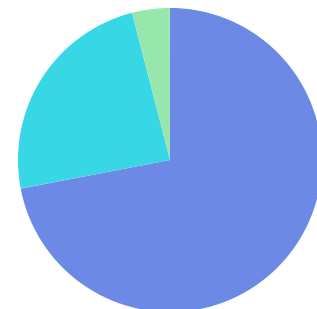
● Youth age 12-17 - 58% ● Age Unknown - 14%
 ● Young Adults Aged 21-25 - 8% ● Adults age 26 and older - 7%
 ● Children age 0 to 11 - 7% ● Young adults age 18-20 - 6%

Direct Impact by Race



● African American or Black - 60% ● Unknown - 22%
 ● White - 8% ● Other - 7% ● Multiracial - 3%

Direct Impact by Ethnicity

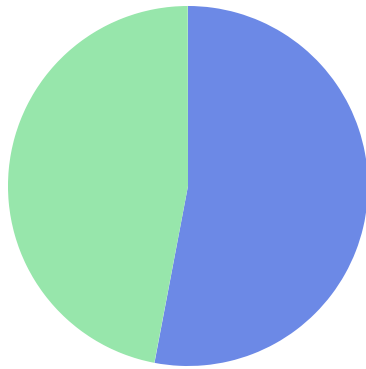


● Unknown - 72%
 ● Non-Hispanic, non-Latino/a, and not of Spanish Origin - 24%
 ● Hispanic, Latino/a, or of Spanish origin - 4%

Process Data: Community Level Demographic Data -- Indirect Impacts

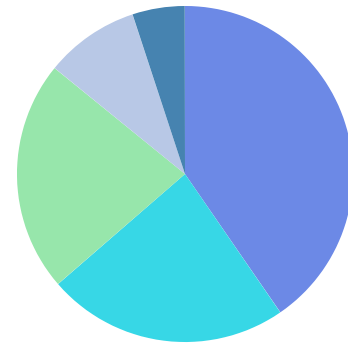
- 925,473 individuals were reached through indirect interventions
- The most implemented indirect CSAP strategies were Information Dissemination (11) and Environmental Strategies (7)
- Over one-third (40%) of indirect interventions reached individuals over the age of 26, likely due to the far reaching impacts of Information Dissemination and Environmental Strategies

Indirect Impact by Gender



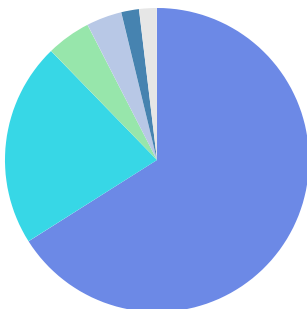
● Females - 53% ● Males - 47%

Indirect Impact by Age



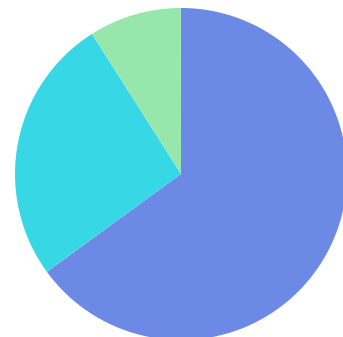
● Adults age 26 and older - 40% ● Young Adults age 18-20 - 23%
 ● Youth age 12-17 - 22% ● Children age 0 to 11 - 9%
 ● Young Adults age 21-25 - 5%

Indirect Impact by Race



● White - 70% ● Black or African American - 23%
 ● Unknown - 5% ● Asian - 4% ● Multiracial - 2%
 ● Other - 2%

Indirect Impact by Ethnicity



● Non-Hispanic, non-Latino/a, and not of Spanish Origin - 65%
 ● Unknown - 26% ● Hispanic, Latino/a, or of Spanish origin - 9%

EBPPP Evidence-Based Programs & Practices and Promising Practices



- There were a total of 11 evidence-based programs or practices in Year 4 across 7 contractors
- 8 of the EBPPPs were considered direct interventions and 3 were considered indirect
- All contractors implemented at least 1 EBPPP in Year 4

Evidence-based programs are federally registered, have positive outcomes for specific measures that are published in peer-reviewed journals, or success is demonstrated across multiple replications -- these programs often have curriculum or materials associated with them.



Evidence-based practices are similar to evidence-based programs but do not have curriculum or materials associated



Promising Practices are interventions that have seen small scale successes on targeted measures



Botvins LifeSkills Training (x3)
 SMART Girls
 PRIME For Life
 Theater Troupe

Rx Disposal Bags
 Compliance Checks

Coalition Meetings
 ATLAS
 BACCHUS

1 in 5

prevention interventions

were considered evidence-based programs, practices, or promising practices (19%)

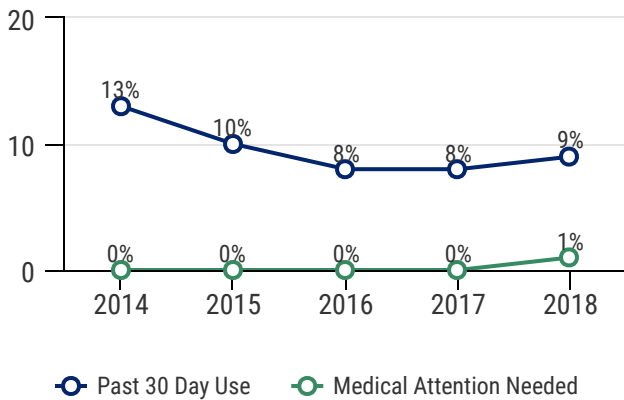
COMMUNITY OUTCOMES

Statewide Trend Data on Alcohol Use, Perceived Harm, & Consequences

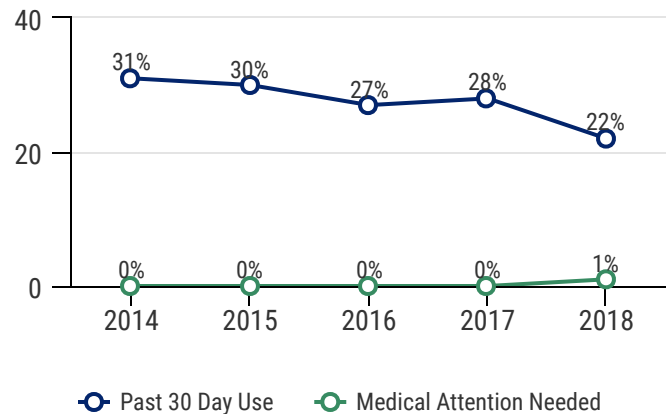
(Data Source: Delaware School Survey)

- Due to the wide geographic range targeted by PFS interventions, the data below represent trend data for the whole state of Delaware.
- Over the past year, past 30 day use of alcohol by 8th graders has increased by 12.5% and 11th graders' use has decreased by 21%. Both age populations have sustained lower rates of drinking since the grant was first implemented.
- Rate of perceived risk related to consuming five or more drinks in one sitting has steadily decreased among both 8th and 11th graders. This is an interesting trend since we are seeing less alcohol use, in general, since the beginning of the grant.
- Medical attention needed for alcohol use increased for both 8th and 11th grade students.

% of 8th Grade Delawareans Use and Consequences related to Alcohol



% of 11th Grade Delawareans Use and Consequences related to Alcohol



Perceived "Great" or "Moderate" Risk when Binge Drinking

	8th Grade	11th Grade
2014	67%	78%
2015	71%	76%
2016	67%	76%
2017	66%	75%
2018	65%	74%

All data is sourced from the Delaware School Survey. In past reports, data is typically merged for 8th and 11th graders; however, this report distinguishes each population which may result in slightly different substantive interpretations compared to previous data products.

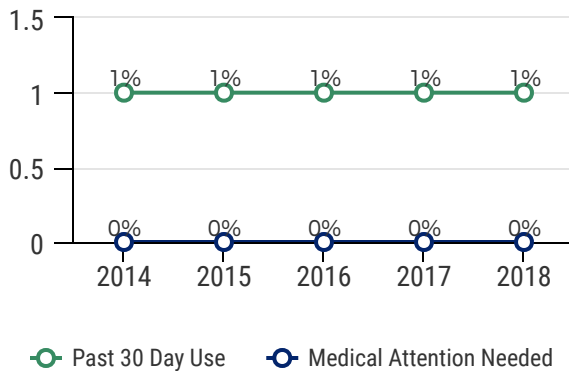
COMMUNITY OUTCOMES

Statewide Trend Data on Prescription Painkiller Misuse, Perceived Harm, & Consequences

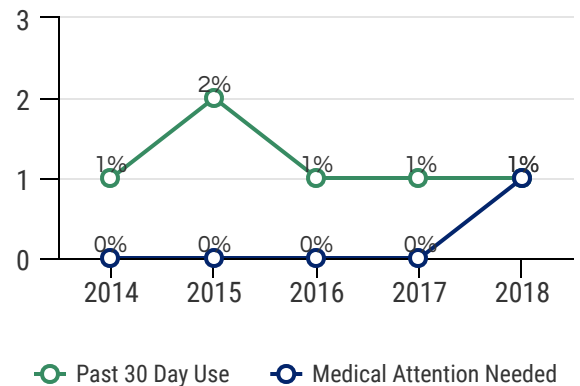
(Data Source: Delaware School Survey)

- Due to the wide geographic range targeted by PFS interventions, the data below represents trend data for the whole state of Delaware.
- There has been no increase in prescription drug misuse among Delaware 8th and 11th graders over the past year.
- Medical attention needed by 11th grade students has increased slightly since 2017.
- Both 8th and 11th graders have increased their perception of harm related to misusing prescription medication since 2017.

% of 8th Grade Delawareans Use and Consequences related to Prescription Painkiller Misuse



% of 11th Grade Delawareans Use and Consequences related to Prescription Painkiller Misuse



Perceived "Great" or "Moderate" Risk when Misusing Prescription Drugs

	8th Grade	11th Grade
2015	65%	76%
2016	62%	76%
2017	61%	74%
2018	64%	75%

All data is sourced from the Delaware School Survey. In past reports, data is typically merged for 8th and 11th graders; however, this report distinguishes each population which may result in slightly different substantive interpretations compared to previous data products. Perceived harm related to prescription drug misuse was not asked in 2014.

Recommendations

Community-level sub-recipient recommendations:

1. Increase the number of evidence-based programs and environmental strategies implemented.
2. Provide training related to the administration, collection, analysis and use of pre and post test data.
3. Implement interventions that are categorized as Selective or Indicated, according to the Institute of Medicine.
4. Expand programming to populations with known health disparities and greater risk of misusing alcohol and prescription drugs, such as LGTBQ youth, people with disabilities, and children of incarcerated parents.
5. Increase opportunities for organizations providing primary prevention programs to network and learn from each other, regardless of funding source or substances targeted. For example, an important area to network for and learn about is sustainability as we enter the last year of the project.

Notes

Data Sources:

- Process data obtained from community-level contractors from the time period of October 1, 2017 - September 30, 2018
- Youth Survey Data drawn from the Delaware School Survey (Years: 2014-2018; Source: Center for Drug and Health Studies, University of Delaware). All numbers are estimated to the nearest whole number.

Notes about these data:

Process data from contractors was submitted monthly to DSAMH SPF-PFS project managers through Survey Monkey. Data provided in this report may not reflect all interventions as some data submissions were submitted late, incomplete or missing.

Youth Survey Data: The Delaware School Survey is a Census-based survey that is conducted annually in all public school districts across the state, with the exception of one school district. Students are surveyed in 5th, 8th and 11th grades.