



Indicated Prevention – Welcome to Adolescent Services

Adolescent SUD Summit
Sacramento CA
November 9, 2017

William W. Harris, MPS, CCPS, CADC-II
Jan Ryan, MA, PPS



Examples of Indicated Prevention Outcomes

Riverside County: Individual Prevention Service
Murrieta Valley BreakThrough SAP
Stanislaus Countywide SAP

Stanislaus County Student Assistance Specialist Data

	Cumulative	15-16	14-15	13-14	12-13	11-12
Total # of students served	13,657	3975	4009	2453	1833	1387
Administrator Surveys:						
SAP Seems to be helping students who participate in it	97.8% (185/189)	98% (51/52)	98.2% (55/56)	100% (32/32)	92.3% (24/26)	100% (23/23)
Staff Report on Services:						
% of staff who reported student benefitted from SAP	94.3% (9677/10261)	93.7% (2590/2764)	94% (2938/3122)	93.4% (1892/2024)	96.3% (1265/1313)	95.5% (992/1038)
% of staff who reported improvement in the area for which the student was referred	90.6% (9305/10261)	90.2% (2494/2764)	90.3% (2820/3122)	90.4% (1831/2024)	92% (1208/1313)	91.7% (952/1038)
% of staff who reported improvement in additional areas	46.8% (4804/10261)	46.3% (1282/2764)	47.6% (1487/3122)	48.1% (974/2024)	44.7% (587/1313)	45.6% (474/1038)
Pre-Post Surveys:						
% of students who indicated improvement on the Post-Survey when they indicated the issue as an area of difficulty on the Pre-Survey						
Absences/Truancy	80% (1116/1395)	71.6% (278/388)	78.6% (317/403)	93.6% (207/221)	77.5% (180/232)	88.7% (134/151)
Academic Issues	80.3% (3351/4168)	77.3% (912/1179)	78.7% (957/1216)	85.9% (656/763)	76.7% (438/571)	88.3% (388/439)
Anger Management	85% (3324/3906)	81.3% (1066/1310)	84.9% (594/699)	91.1% (742/814)	81.9% (495/604)	89.1% (427/479)
Anxiety	83.1% (3020/3630)	83.1% (1068/1284)	83.3% (564/677)	85.6% (639/746)	78.6% (427/543)	84.7% (322/380)
Family	85.3% (3046/3570)	83.5% (1004/1201)	83.9% (522/622)	87.9% (702/798)	83.4% (434/520)	89.5% (384/429)
Grief	78.5% (1075/1368)	77% (446/579)	n/a	83.5% (275/329)	72.7% (198/272)	82.9% (156/188)
Relationships	83.4% (2599/3113)	77.9% (617/792)	81.6% (775/949)	90.3% (553/612)	84.2% (375/445)	88.5% (279/315)
Sadness	83.3% (3445/4131)	80.6% (982/1217)	84.4% (1072/1269)	88% (620/704)	75.3% (410/544)	90.9% (361/397)
Self Esteem	82.9% (2047/2468)	79.9% (555/694)	81.5% (602/738)	85.3% (391/458)	81.4% (276/339)	93.3% (223/239)
Substance Use	66.5% (300/451)	59.2% (48/81)	65.4% (72/110)	64.3% (65/101)	70.6% (77/109)	76% (38/50)



RC Individual Prevention Service – Clinic Setting

- Immediately following the first session,
 - 86% reported a readiness to change their marijuana use;
 - 81% of participants reported a readiness to change their alcohol use.
 - 95% satisfied with the initial session
 - 96% would recommend IPS services to others
- During a 3-month follow-up interview,
 - 77% of the interviewees reported a reduction in alcohol use
 - 88% reported a reduction in drug use.

RC IPS Participant Feedback and Satisfaction

- 95% satisfied with the initial session
- 84% planned on using the information they received during the session
- 96% would recommend IPS services to others

After 3 Months Focus Group Participants Returned and Reported...

- Had a better outlook on their future
- Been motivated to improve their situation
- Felt like they have the support they need to make positive changes in their lives
- Made healthier decisions for themselves
- Experienced fewer problems from AOD
- Used the information they received from the Prevention Specialist

Focus Group Findings n= 22 or 16% of the study
participants





Protective Factors (N=42)

Protective Factor	Significant Differences, p<0.05	Average Score			% Who Agreed*		
		Pre	Post 1	Post 2	Pre	Post 1	Post 2
Overall Effectiveness	Pre-Post 1 & Pre-Post 2	3.2	3.4	3.5	90%	98%	98%
Problem-Solving Skills	Pre-Post 1 & Pre-Post 2	3.2	3.4	3.4	90%	93%	95%
Internal Locus of Control	Pre-Post 2	3.6	3.7	3.8	98%	98%	100%
Knowledge of Resources	Pre-Post 2	3.4	3.5	3.7	95%	100%	100%
Open Thinking	Pre-Post 2	3.4	3.5	3.6	100%	100%	100%
Self-Confidence	Pre-Post 2	3.4	3.4	3.6	95%	98%	100%
Self-Esteem	Pre-Post 2	3.2	3.3	3.5	85%	90%	94%
Resiliency	Pre-Post 2	3.2	3.3	3.5	88%	96%	98%
Self-Efficacy	Pre-Post 2	3.0	3.2	3.4	79%	93%	95%
Family Support	None	3.5	3.5	3.5	93%	90%	95%
Healthy Decisions	None	3.1	3.1	3.2	83%	86%	98%

*Includes participants who selected “agree” or “strongly agree” (response options ranged from 1 = strongly disagree to 4 = strongly agree).

Protective Factors (N=42)

Protective Factor	Significant Differences, p<0.05	Average Score			% Who Agreed*		
		Pre	Post 1	Post 2	Pre	Post 1	Post 2
Overall Effectiveness	Pre-Post 1 & Pre-Post 2	3.2	3.4	3.5	90%	98%	98%
Problem-Solving Skills	Pre-Post 1 & Pre-Post 2	3.2	3.4	3.4	90%	93%	95%
Internal Locus of Control	Pre-Post 2	3.6	3.7	3.8	98%	98%	100%
Knowledge of Resources	Pre-Post 2	3.4	3.5	3.7	95%	100%	100%
Open Thinking	Pre-Post 2	3.4	3.5	3.6	100%	100%	100%
Self-Confidence	Pre-Post 2	3.4	3.4	3.6	95%	98%	100%
Self-Esteem	Pre-Post 2	3.2	3.3	3.5	85%	90%	94%
Resiliency	Pre-Post 2	3.2	3.3	3.5	88%	96%	98%
Self-Efficacy	Pre-Post 2	3.0	3.2	3.4	79%	93%	95%
Family Support	None	3.5	3.5	3.5	93%	90%	95%
Healthy Decisions	None	3.1	3.1	3.2	83%	86%	98%

*Includes participants who selected “agree” or “strongly agree” (response options ranged from 1 = strongly disagree to 4 = strongly agree).

Perceptions About Reducing/Quitting (N=42)

Survey Items	Survey	Average Rating	Average Pre-Post 2 Change	% of Increased Pre-Post 2 Ratings
How <u>important</u> is it that you make a change?*	Pre	6.5	+1.2	38%
	Post 1	7.1		
	Post 2	7.7		
How <u>confident</u> are you that you can make a change?	Pre	7.5	+0.3	19%
	Post 1	7.6		
	Post 2	7.8		

*Indicates a statistically significant change in Pre-Post 2 Survey ratings.

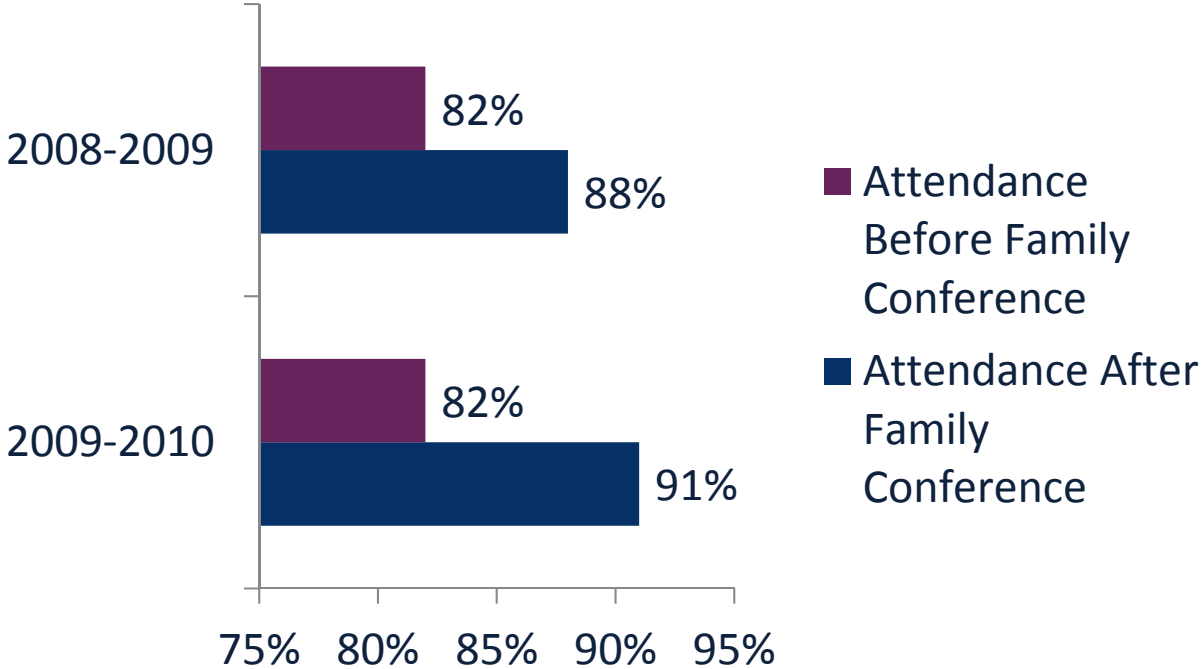
Summary of Evaluation Findings

- ✓ Increased protective factors
- ✓ Increased readiness to change AOD-involvement or use
- ✓ Decreased risk factors for developing more serious AOD problems
- ✓ Developed a Prevention Services Agreement
- ✓ Followed a Prevention Services Agreement
- ✓ Identified participants who need to be referred to diagnostic assessment
- ✓ Increased family involvement in participants' lives
- ✓ Prevented/reduced the onset of participants' AOD use and related behaviors
- ✓ Increased use of community resources
- ✓ Sustained outcomes resulting from participation in BRRIM
- ✓ High Levels of Overall Satisfaction



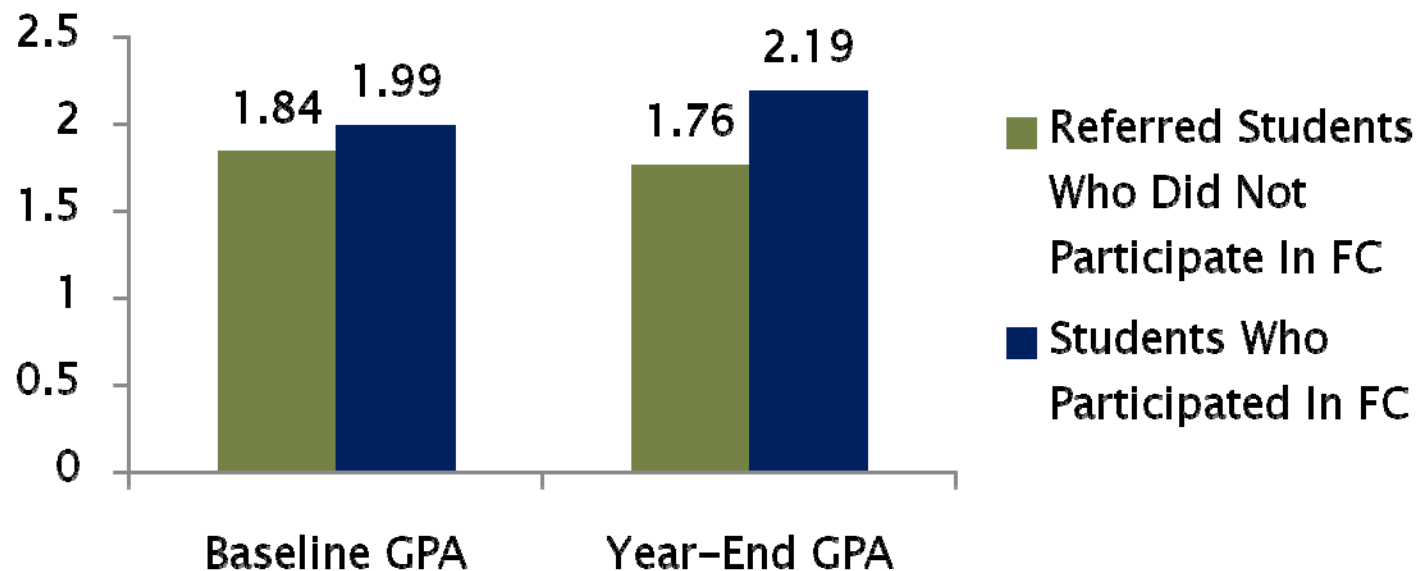
Murrieta BreakThrough Impacts on Attendance

- Average attendance rates significantly increased after Family Conference participation



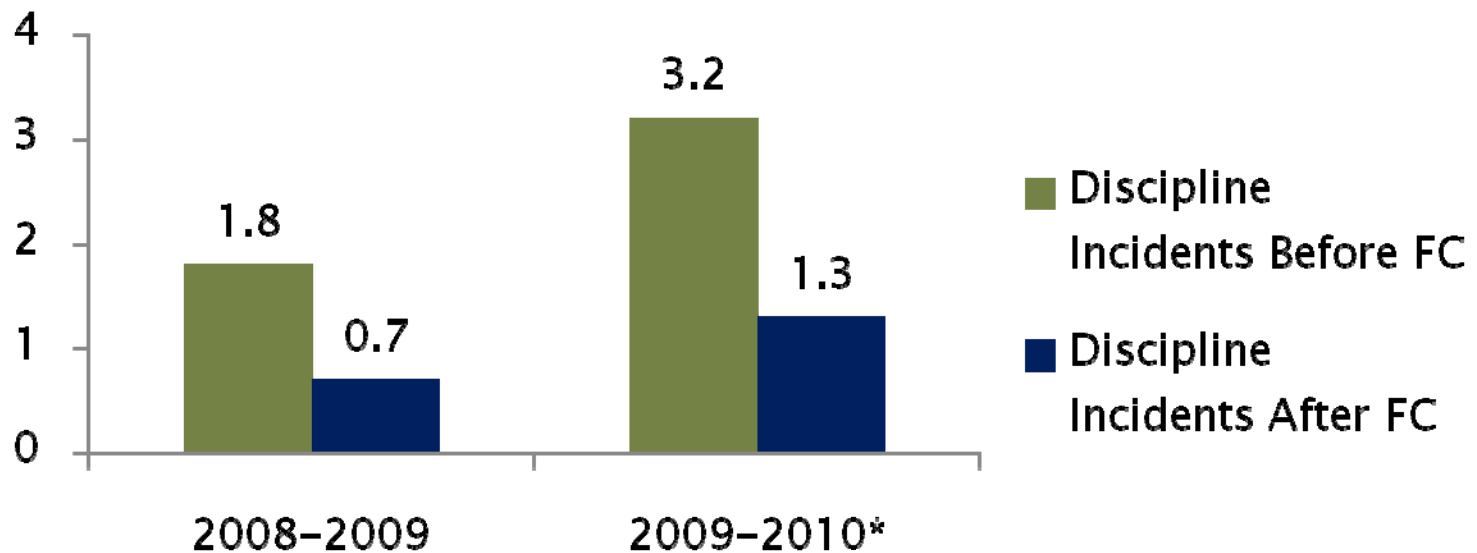
Murrieta BreakThrough SAP Impacts ON GPA

- Students who participated in a Family Conference had a higher year-end GPA on average than those who were referred but did not participate



MVUSD BreakThrough SAP Impacts on Discipline

- Average number of discipline incidents significantly decreased after Family Conference participation



*2009-2010 analysis included only those with one or more discipline incidents before FC, whereas the previous year's analysis included all FC participants

Contact Information

William W. Harris, MPS

Riverside University Health System – Behavioral Health
Substance Abuse Prevention and Treatment Program
(951) 955-3306

Jan Ryan, MA, PPS

Prevention Consultant
(760) 333-6102
janryanprevention@mac.com