



# COMPASS MARK

TRANSFORMING LIVES. STRENGTHENING COMMUNITIES.



## **Localized Approaches to the Opioid Epidemic**

*Prevention in Lancaster County*

November 1, 2017



# Presentation Outline

- What is Prevention?
- Lancaster County Youth Data
  - Lifetime Use
  - Risk and Protective Factors
- Compass Mark Programs
  - Individuals Served
  - Outcomes
- Community-Based Coalition Initiatives

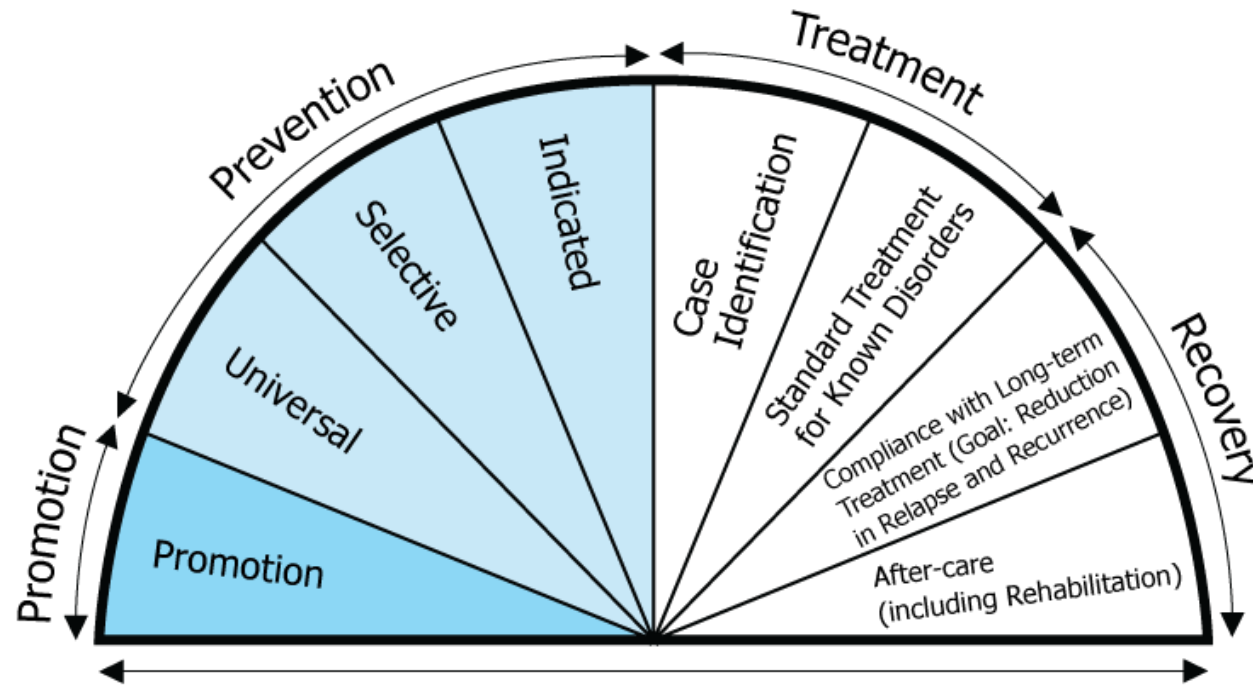


# Prevention Defined

- Interventions delivered prior to the onset of a disorder that are intended to **prevent** or **reduce the risk** of developing a behavioral health problem, such as underage alcohol use, prescription drug misuse and abuse, or illicit drug use. - SAMHSA
- Prevention is a **proactive** process that **empowers** individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles. -CSAP



# Continuum of Care



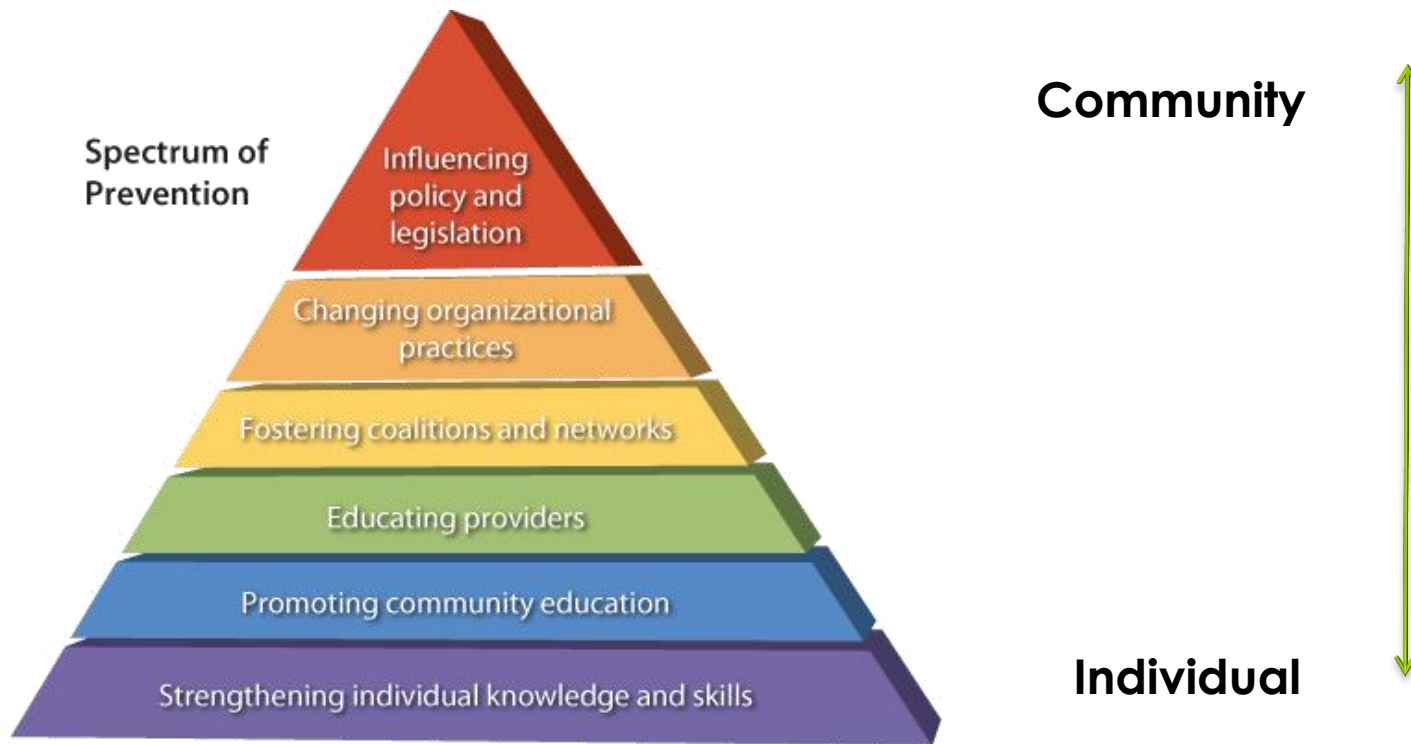


COMPASS MARK  
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AN OUNCE OF  
**PREVENTION**  
IS WORTH A POUND OF **CURE**



# Spectrum of Prevention





# Federal Prevention Strategies

- Information Dissemination
- Education
- Alternative Activities
- Problem Identification and Referral
- Community-Based Process
- Environmental



# Strategic Prevention Framework







# Prevention Science

- Approximately 10% of the population will develop a substance use disorder.
- Risk for Addiction
  - Alcohol or marijuana use prior to Age 15: *4x greater risk*
  - Childhood Trauma (4+Adverse Childhood Experiences): *7x greater risk*
  - Both parents with an addiction: *8x greater risk*
- Prevention efforts must be targeted, sustained and research-based!



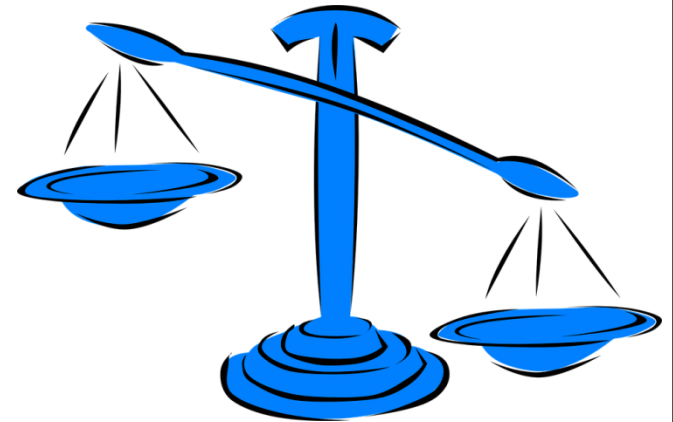
# Confidence Scale





# Risk and Protective Factors

- Based upon research conducted by David Hawkins and Ricardo Catalano
- “To prevent a problem from happening, we need to identify the factors that increase the risks of that problem occurring and then find ways to reduce them by enhancing protective or resiliency factors within individuals, families, schools, and communities.”





# Pennsylvania Youth Survey

- Gathers information about youth knowledge, attitudes, and behaviors towards alcohol, tobacco, and other drug use
- Administered every other year to 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> graders
- Measures risk and protective factors across four primary domains:
  - Community
  - School
  - Family
  - Individual
- 2015 statewide data was based on 216,916 responses from 960 schools (70% participation)



# Pennsylvania Youth Survey

- **Lifetime Use Among 6<sup>th</sup>-12<sup>th</sup> Graders**
  - Alcohol 38% LC (44% PA)
  - Marijuana: 14% LC (17% PA)
  - Cigarettes 14% LC (16% PA)
  - Narcotic Prescriptions 6% LC (6% PA)
  - Inhalants 5% LC (5% PA)
  - Smokeless Tobacco 5% LC (8% PA)

*Data from 2015 Pennsylvania Youth Survey of 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup> Graders*



# Pennsylvania Youth Survey

- **Lancaster County Risk Factors**

- Perceived Risk of Drug Use (44% at risk)
- Favorable Parental Attitudes (43% at risk)
- Low Neighborhood Attachment (41% at risk)
- Low Commitment to School (40% at risk)

- **Lancaster County Protective Factors**

- Belief in the Moral Order (65% with protection)
- Family Attachment (64% with protection)
- Family Rewards for Prosocial Involvement (63% with protection)

*Data from 2015 Pennsylvania Youth Survey of 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup> Graders*



# About Compass Mark

- Mission: To reduce the incidence, prevalence, and consequences of the harmful use of, and addiction to, alcohol, tobacco, and other drugs.
- Vision: To meet individuals and organizations where they are, in order to equip and guide them along the path to healthy, fulfilling lives free from substance abuse.
- Values:
  - Forward Thinking Innovators
  - Reliable Partners
  - Truthful Guides
  - Friends and Optimists
  - Real People



# About Compass Mark

- Primary focus on addiction prevention through community education, youth development and information / referral
- Serve Lancaster and Lebanon Counties
- Reach over 13,000 people each year
- Over 80% of funding is from state/county sources
- Priority on evidence-based programs and measuring individual/community level outcomes





# Programs

**Information Center:** A “one-stop-shop” for information about alcohol, tobacco, other drugs, and gambling.

- Information and Referral
- Publication Clearinghouse
- Community Education
- Coalition Mobilization



*FY16-17 People Served: 5,912*



# Programs

**School-Based:** Effective school-based prevention programs help students develop critical protective factors against addiction.

- LionsQuest
- SkillQuest
- Leadership Institute
- Project Towards No Drug Abuse
- Support for Students Experiencing Trauma



*FY16-17 People Served: 3,493*



# Programs

**Community-Based:** Community-based prevention programs are designed strengthen individual and community resiliency.

- Student Skills for Life
- Future Generations
- Family Services Advocate

*FY16-17 People Served: 752*





# Programs

- **Problem Gambling Prevention:** Education for children, youth and adults about gambling addiction and connecting those impacted to community resources.
- We Know BETter
- Health Fairs
- Screenings



*FY16-17 People Served: 3,588*



# Selected Outcomes

- **LionsQuest (% of students in Grade 3 with increase in skills/attitudes related to)**
  - Social and Personal Development 75%
  - Dangers of Drug & Alcohol Use 81%
  - School Climate/Behaviors 72%
- **Student Skills for Life (% of students)**
  - Reducing or stopping substance use: 88%
  - Completing entire program 98%
  - Reporting that they will not drink/drive 99%
- **Future Generations (average % increase for participants)**
  - Self-Efficacy 38%
  - Future Planning 43%



# Coalition Mobilization

- Action for Substance Abuse Prevention of Lititz (ASAP)
- Donegal Substance Abuse Alliance
- Elizabethtown Area CTC
- ELANCO Coalition for a Drug-Free Community
- Factory Ministries
- Lancaster County Recovery Alliance
- Manheim Township Community Life Task Force
- Penn Manor Bridges Task Force
- Project Lazarus
- Ephrata Cares
- Lancaster CTC
- Solanco Family Life Network
- Columbia Community Life Network



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