
1. PREVENTION PREPARED COMMUNITIES – LOGISTICS

St. Joseph Mercy Chelsea's Community Health department is the provider agency of Project Success. Project Success operates in both Manchester and Chelsea's middle school and high schools within Western Washtenaw County. Our priority areas are to reduce childhood and underage drinking, reduce prescription and over the counter drug abuse/misuse, and to reduce illicit drug use. St. Joseph Mercy's Community Health department along with the Project Success counselor, Michaela Buckhannon, LLMSW, work closely with Manchester Community Schools, Chelsea School District, SRSly Manchester and SRSly Chelsea as well as each towns corresponding Wellness Coalitions.

2. PRIMARY PROBLEM & ASSOCIATED INTERVENING VARIABLES

CMHPSM Priority Area 1: Reducing Childhood and Underage Drinking

The primary problem when it comes to priority area one is that of delinquent behavior. This behavior is often normalized and can make youth think that adults, as well as others support youth alcohol use. Other such risk factors include the ease of access to alcohol, peer pressure to drink, and a lack of perceived risk and harm (negative consequences) when it comes to youth consuming alcohol. Protective factors for reducing underage drinking include problem solving skills, coping skills, clear parental expectations for behavior and values, and positive opportunities for engagement within school, community and family. The target population for reducing childhood and underage drinking are youth and parents in both Chelsea and Manchester Michigan.

CMHPSM Priority Area 2: Reducing Prescription and Over the Counter Drug Abuse/Misuse

The primary problem in reducing prescription and over the counter drug abuse or misuse is the escalation of data where the national rates pertaining to overdose, injury, death, and addiction are quite high. This makes younger adults and youth think that more people are using in their age demographic than what actually are. Other risk factors include lack of perceived risk and harm of taking prescription medication not as prescribed, norms that support prescription medication use, ease of access to prescription medication, and peer pressure to abuse/misuse it. Protective factors for reducing prescription and over the counter drug abuse/misuse include those listed in priority area one as well as early prevention education on the risks and harm of prescription and over the counter drug abuse/misuse and reducing access by collaborating with ongoing efforts in this area (i.e.: big red barrel, drug take back days, etc.). The targeted population for priority area two are youth and parents in both Chelsea and Manchester Michigan.

CMHPSM Priority Area 4: Reducing Illicit Drug Use

The primary problem when it comes to reducing illicit drug use can be seen with the statistics of past 30 day use of marijuana as well as delinquent/problem behavior. Some of the intervening variables of illicit drug use in youth include norms that support illicit drug use, peer pressure, lack of perceived risk and harm of the illicit drug, familial or peer use and marketing of marijuana to youth through mass media. Other risk factors for illicit drug use include the misunderstanding and misperception of the medicalization and legalization of marijuana for recreational use. Protective factors for reducing illicit drug use include prevention education early on, strong family bonds, positive opportunities for engagement within school, community and family, positive coping skills and problem solving skills as well as clear parental expectations for behavior and values. The targeted population for priority area three are youth and parents in both Chelsea and Manchester Michigan.

3. EVIDENCE BASED INTERVENTION/INITIATIVE & CSAP STRATEGIES

Project Success has been implemented in Manchester for nine years and in Chelsea for three years. It is an evidence based program that prevents and reduces adolescent substance use and abuse. It places a Project Success Counselor in Chelsea and Manchester's High School and Middle School to provide: individual and group counseling, prevention and drug education, training/consultation on prevention issues, coordination of substance abuse services and policies of the school, and referral/follow-up services with students and families needing substance abuse treatment or mental health services in the community. Project Success uses these universal, indirect and direct interventions to decrease factors that put students at risk of substance use and to increase factors that protect students.



Project SUCCESS Program Components

- The Prevention Education Series (PES), provides up to eight-sessions on alcohol, tobacco, and other drug education available to the schools to be used in health, PE, science or other classroom settings
- Individual and group counseling sessions where students learn how to identify and resist pressures to use substances, correct misperceptions about the prevalence and acceptability of substance use, and understand the consequences/risk of substance use
- School wide activities and promotional materials to increase the perception of the harm of substance use, positively change social norms about substance use, and increase enforcement of and compliance with school policies
- Parent and community education on various substances youth use and what resources are available to help with this (alcohol, tobacco, marijuana, e-cigarettes, prescription drug abuse and other drugs)
- Screening and referral for treatment, students and parents who require more intensive counseling, treatment, or other services are referred to appropriate agencies or practitioners in the community
- Positive Social Norming campaign to help students realize most of their peers are not using Alcohol, Tobacco, or Other Drugs (ATOD). Last year the social norming campaign was rebranded as "SRSly? Check Your Stats" and included a PSA in each community, as well as additional posters on vaping, and protective factors (students involved in clubs, students who approve of their friends being drug free, and students who do fun thing with their parents).

The Project SUCCESS program utilizes the Center for Substance Abuse Prevention (CSAP) intervention strategies of information dissemination, education, problem identification and referral, community based process, environmental and alternatives.

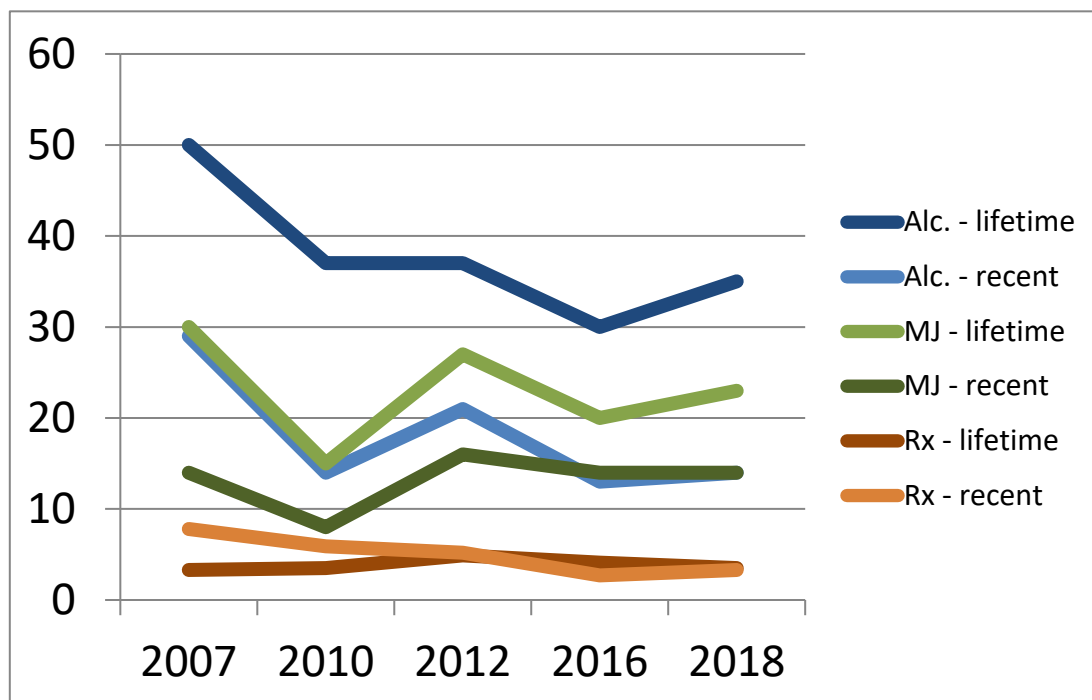
4. OUTCOMES/RESULTS

In addition to targeting all high school and middle school youth with prevention messages, campaigns, and activities a total of 104 high school and middle school students met with the Project SUCCESS Counselor for individual ongoing counseling during the 2018-19 school year. During these meetings, many youth are given resources and referrals to address their individual needs. There were 18 students that participated in various groups and in the pages below you will find the break down by school and subgrouping (see appendices 3-5). Students who met for ongoing individual counseling also completed a post-test assessing their perceptions of risk and harm when it comes to youth use of alcohol, tobacco, marijuana and abuse of prescription medication. The majority of students from each school reported a higher awareness of risk for teen ATOD use after completing the individual ongoing meetings, however from last year until this year we do see a reduction in the number of students reporting marijuana as harmful and risky for both group and individual services. This could be related to the fact that within the last year, Michigan has voted to allow marijuana for recreational adult use. When we compare student's perception of harm, we see that the same students who completed individual ongoing sessions saw marijuana as being less harmful than alcohol and prescription medication abuse (see appendices 3-5). We see this reduction in perception of risk and harm of marijuana being consistent even when we look at long term data from the Michigan Profile for Healthy Youth survey (MiPHY) from 2018 (see appendix 2).

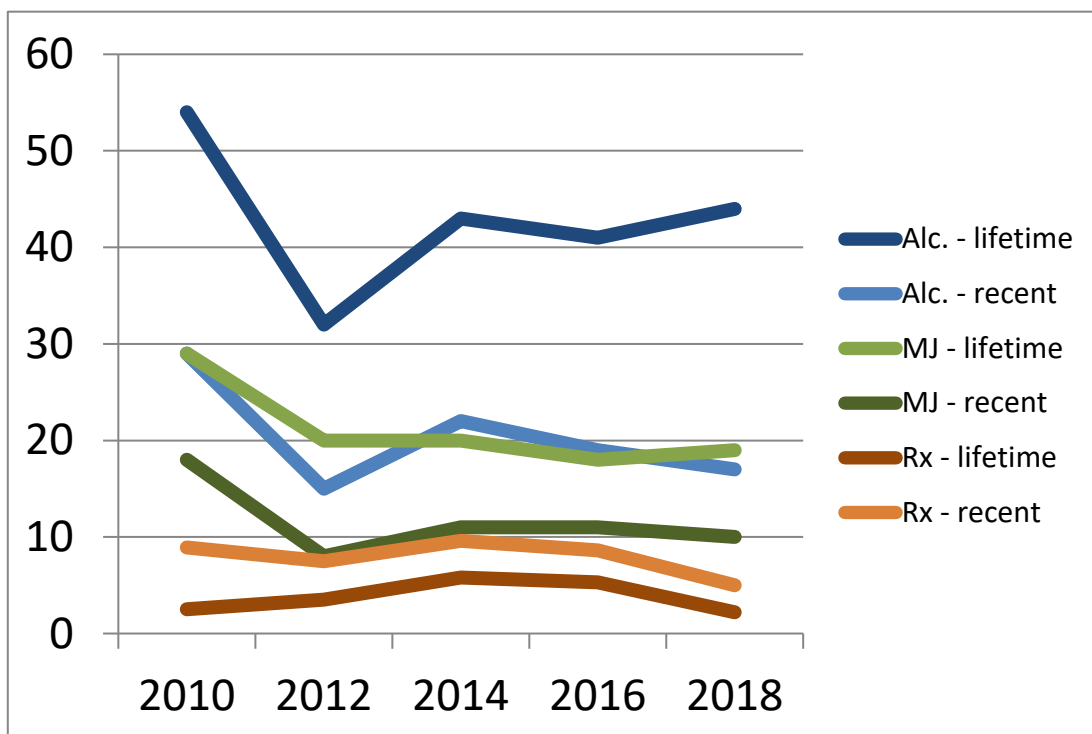
Connecting our program outcomes with the results for the MiPHY survey from 2018 for both Chelsea and Manchester high school students we see that the rate of use has dropped significantly from 2007 until now (see appendix 1). We see that in Manchester where they have had a Project Success program consistently for the past nine years, the rate of recent use for alcohol, marijuana and prescription medication have all declined since 2016 until 2018, where as in Chelsea, where Project Success has been in place on and off for a period of three years, the rate of recent use has either become stagnant or increased ever so slightly. It appears that the prevention efforts of both SRSly and Project Success in both Manchester and Chelsea's middle schools and high schools appear to be making an impact on our priority areas of reducing childhood and underage drinking, reducing prescription and over the counter drug abuse/misuse, and reducing illicit drug use.

Appendix 1

Chelsea High School Trend Data – MiPHY 2018

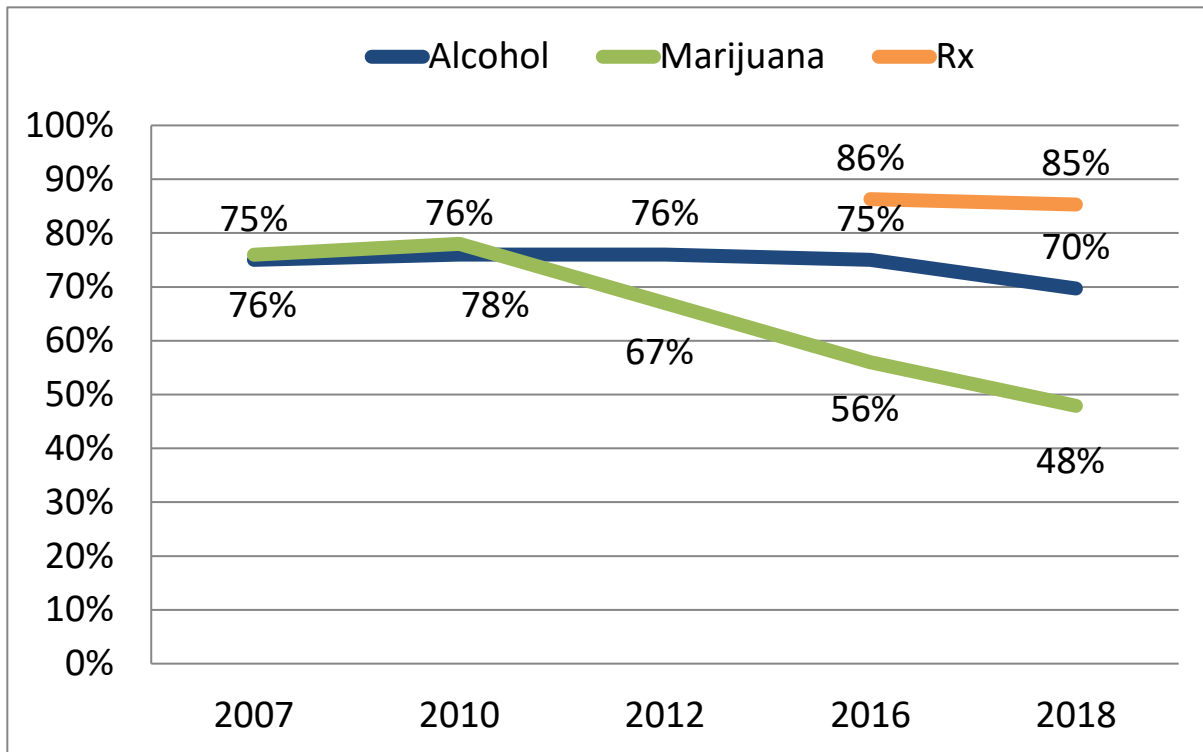


Manchester High School Trend Data – MiPHY 2018

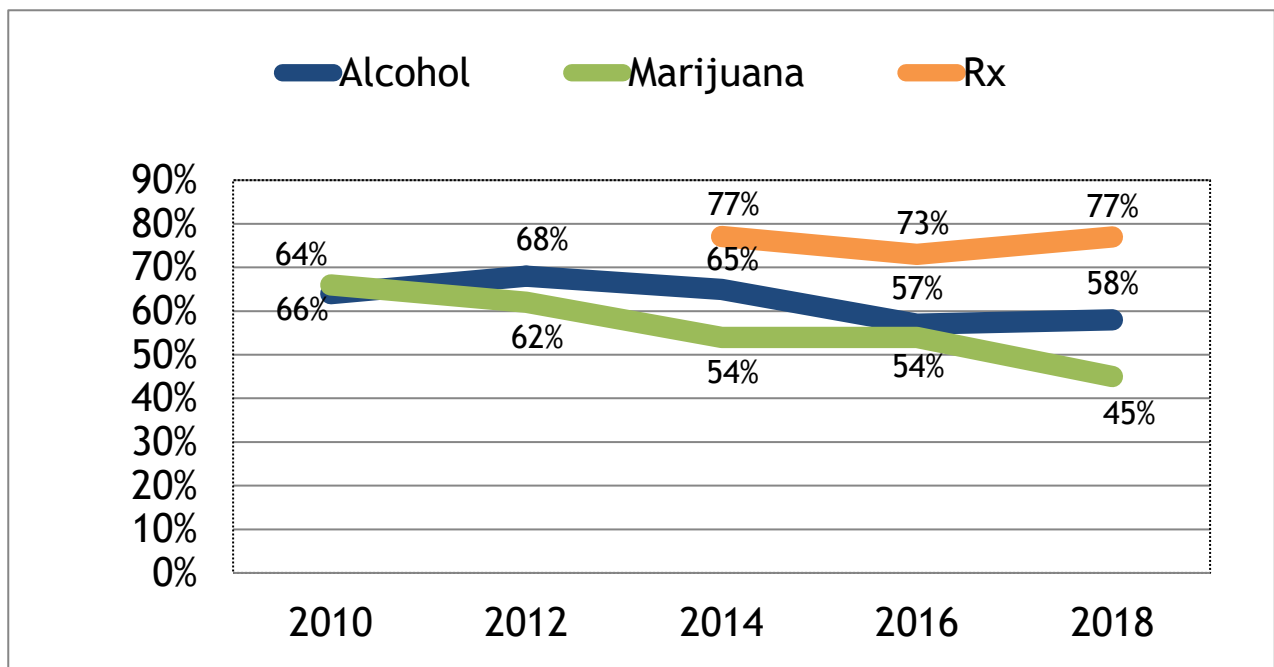


Appendix 2

Chelsea High School Perception of Risk Data (MiPHY18)



Manchester High School Perception of Risk Data (MiPHY18)



Appendix 3

Beach Middle School:

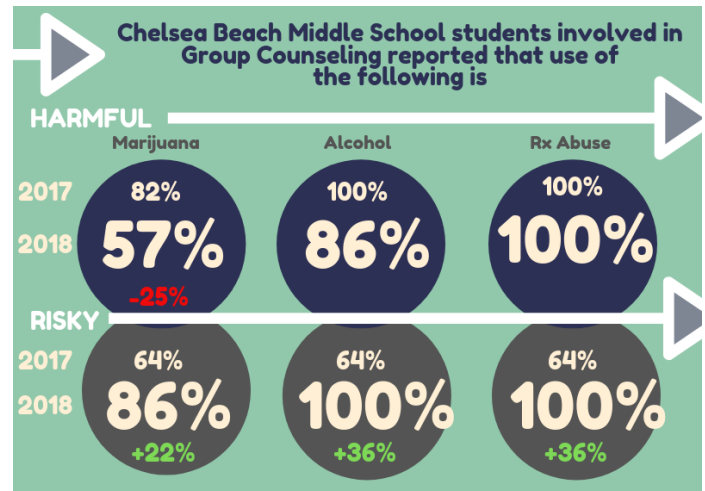
Of the 7 students who participated in group we see that

- 85.7% reported improved relationships at schools
- 100% reported improvement in their ability to say no in situations of peer pressure
- 85.7% of students reported improving in two or more of the following protective factors: improved relationships, ability to say no to negative influences, ability to handle feelings, ability to handle problems in life, or made a change to stop ATOD use or have not used.

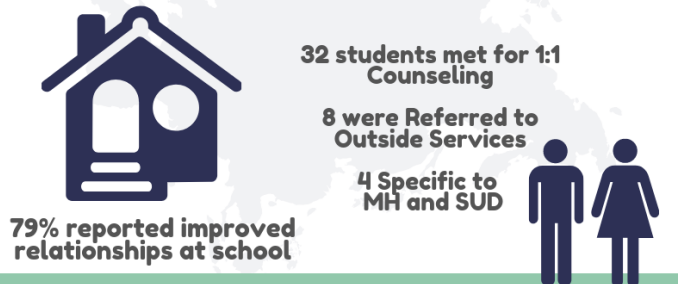
For universal prevention education in the classrooms 382 students at Beach Middle school took part in a two session unit on vaping, addiction, brain development, risk and harm of ATOD use, and how to handle peer pressure.

Of the 32 students who met for individual ongoing counseling

- 79.2% reported improved relationships at schools
- 100% reported improvement in their ability to say no in situations of peer pressure
- 95.5% of students reported improving in two or more of the following protective factors: improved relationships, ability to say no to negative influences, ability to handle feelings, ability to handle problems in life, or made a change to stop ATOD use or have not used.



Of the students who engaged in Individual Counseling

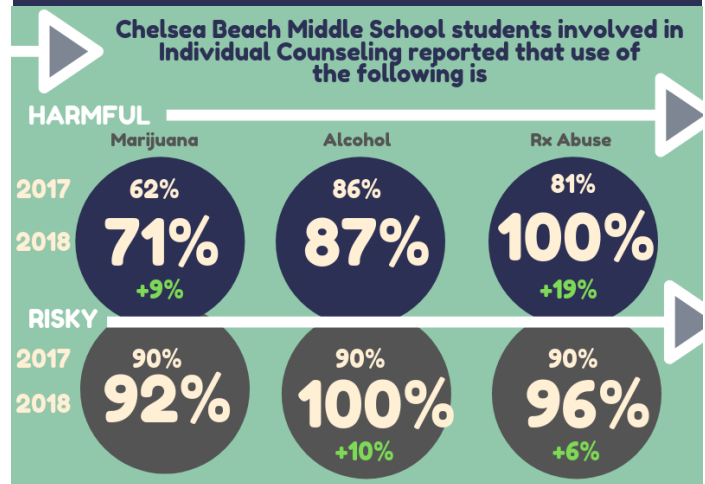


382 7-8th grade students Completed the two unit Prevention Education Series on Vaping, ATOD and Addiction

21 Adults attended Community Education



CHELSEA BEACH MIDDLE SCHOOL



Appendix 4

Chelsea High School:

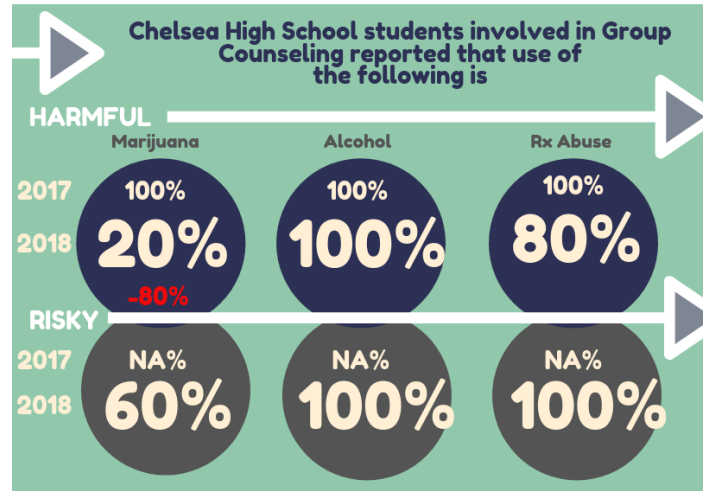
Of the 5 students who participated in group we see that

- 20% reported improved relationships at schools
- 60% reported improvement in their ability to say no in situations of peer pressure
- 100% of students reported improving in two or more of the following protective factors: improved relationships, ability to say no to negative influences, ability to handle feelings, ability to handle problems in life, or made a change to stop ATOD use or have not used.

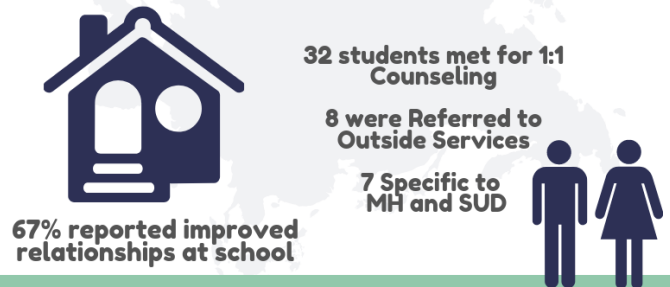
For universal prevention education in the classrooms 244 students at Chelsea high school took part in a two session unit on emotional regulation, stress management, addiction, teenage development, risk and harm of ATOD use, and how to handle peer pressure

Of the 32 students who met for individual ongoing counseling

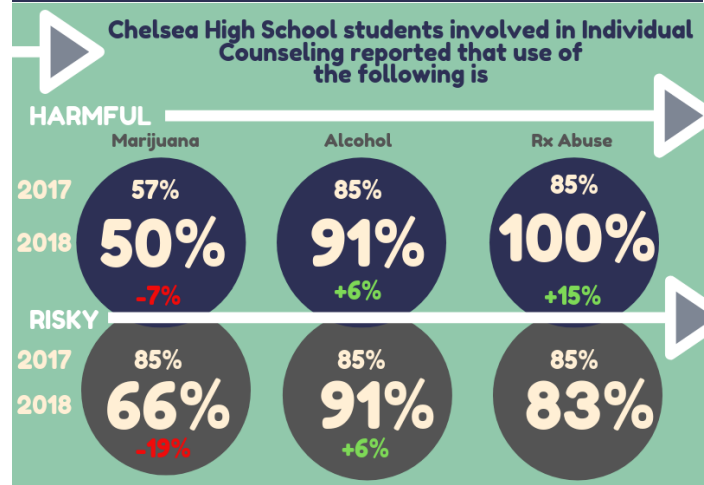
- 66.7% reported improved relationships at schools
- 75% reported improvement in their ability to say no in situations of peer pressure
- 100% of students reported improving in two or more of the following protective factors: improved relationships, ability to say no to negative influences, ability to handle feelings, ability to handle problems in life, or made a change to stop ATOD use or have not used.



Of the students who engaged in Individual Counseling



CHELSEA HIGH SCHOOL



Appendix 5

Manchester Middle School and High School:

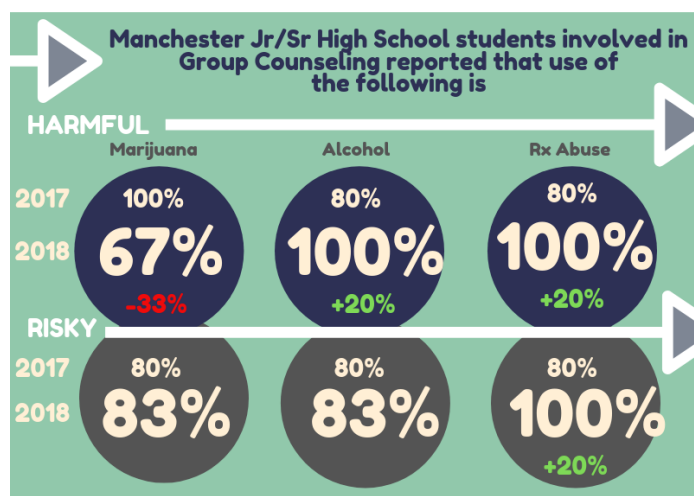
Of the 6 students who participated in group we see that

- 83.3% reported improved relationships at schools
- 50% reported improvement in their ability to say no in situations of peer pressure
- 100% of students reported improving in two or more of the following protective factors: improved relationships, ability to say no to negative influences, ability to handle feelings, ability to handle problems in life, or made a

For universal prevention education in the classrooms 206 students at Manchester middle school and high school took part in a two session unit on emotional regulation, stress management, addiction, teenage development, risk and harm of ATOD use, and how to handle peer pressure

Of the 40 students who met for individual ongoing counseling

- 85% reported improved relationships at schools
- 85% reported improvement in their ability to say no in situations of peer pressure
- 95% of students reported improving in two or more of the following protective factors: improved relationships, ability to say no to negative influences, ability to handle feelings, ability to handle problems in life, or made a change to stop ATOD use or have not used.



Of the students who engaged in Individual Counseling



MANCHESTER JR/SR HIGH SCHOOL

