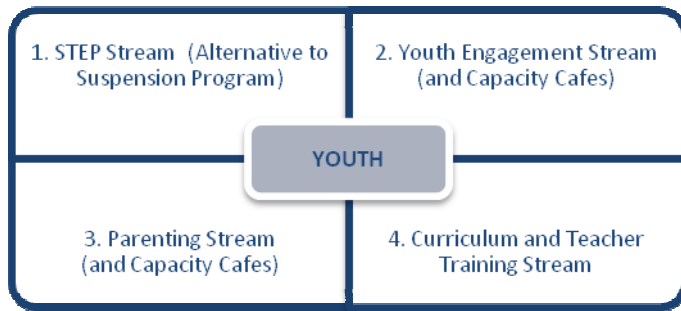


SACY EVALUATION HIGHLIGHTS FROM THE 2008-2009 SCHOOL YEAR



STEP STREAM

Who are the youth coming into STEP?

- ✓ Upon entering the STEP program, 36% of males and 63% of females report using alcohol as a way to deal with their feelings while 50% of males and 92% of females report using drugs as a way to deal with their feelings.
- ✓ Those youth who reported drinking more to help deal with feelings also reported feeling less happy with their home life.
- ✓ Those youth who reported higher levels of participation in school or community groups also gave higher ratings to the following statements 'I have a lot to be proud of.'; 'I do lots of important things.'; 'What my parents think of me is important.'

What did youth think about STEP?

- ✓ 96% of youth reported benefits from their participation.
- ✓ 100% of youth reported that they experienced the group leaders as helpful and understanding.

Findings from STEP Follow-Up

- ✓ 6 weeks post-STEP, 80% of the goals that were set by youth were being worked toward and 19% had been successfully achieved.
- ✓ 90% of youth reported that things went well when they returned to school.
- ✓ 17% of youth reported that their parents were supportive of them.
- ✓ 80% of youth would recommend the program to others who have AOD issues.
- ✓ 100% of youth who completed a year-end survey reported that they had benefited from STEP.

Comments from Youth in STEP

"I want to thank you for helping me understand the good and bad of drugs/and alcohol."

"I appreciate how you treated each one of us."

"You guys are amazing people, you changed me in so many positive ways :) Thanks."

"Gave me really good ideas and ways to achieve my goal."

"STEP is great. You really get time to put things in perspective."

Comments from Parents of Youth who Attended STEP

"The staff were excellent - as soon as you walk into the room they make you feel good about yourself. They knew how to do their job."

"It has helped my child in thinking positively to be drug free and focus on his studies. Most importantly to make right choice in choosing his friends."

"You trusted and respected my son - I know that he thrives on that and in turn, earning my son's respect and trust."

YOUTH ENGAGEMENT STREAM

Key Findings from AOD Classroom Presentations

- ✓ 93% of youth would highly recommend the presentation.
- ✓ Among youth who participated (note that presentations were universal and thus many youth had no involvement with AOD), 24% indicated they intended to make changes in their life related to AOD issues.

Key Findings from the Workshops

- ✓ Youth reported the main reasons that youth use AOD are: form of escape from daily problems (21%), stress relief (19%), to feel accepted (15%) and to assist with coping with feelings (18%).
- ✓ 22% of youth reported that they would like to be more successful in school.
- ✓ 83% of youth intended to make changes in their life as a result of the workshop. Key changes were: better choices around AOD use, setting personal goals and behaving more empathically toward others.

Key Findings from Year-End Feedback from Youth

- ✓ The majority of youth felt that SACY was not well known in the schools.
- ✓ 89% of youth who completed the year-end survey felt that SACY had made a difference.
- ✓ Volunteering in the homeless shelter, participating in the Capacity Cafes and attending Kat Kamp were the favourite activities noted by youth.

PARENT ENGAGEMENT STREAM

“Building Bridges” Workshop

- ✓ Parent comments about workshop key learnings focused on communication techniques (59%); positive parenting behaviours (22%); and adolescent development information (7%).
- ✓ When asked how the workshop could be improved, 34% of responses related to the wish to have a longer workshop.

“Building Bridges” Workshop Follow-Up

- ✓ 92% of parents noted doing things differently as a result of the workshop.

SACY 2008-2009 Evaluation Highlights, Arbor Educational & Clinical Consulting Inc. (www.arboreducational.com)

Youth Comments about SACY

“SACY has helped me develop my leadership skills and has educated me more about drugs and alcohol. In the three years I have been in SACY, I have learned a lot and become more aware of things around me. SACY has helped me learn more about the world and myself and has helped me grow as a person.”

“I've gained so much knowledge about drugs and alcohol, how to deal with stress, and I've met many great people. Getting the opportunity to learn so much and to pass on that knowledge is really important, especially when it concerns such big issues as drug and alcohol use. And like I said, the people are great. They're accepting, non-judgmental, and fun. They know where you're coming from and are easy to talk to.”

“It has made me realize the dangers of drugs not just the physical but emotional damage it could have on you.”

“Got to know more people in my school - students and teachers.”

“It has helped me get through some of the tougher aspects of adolescence, and has most definitely helped me resolve some serious conflicts between my peers and me.”

“The workshop was really awesome. I learned a lot about the substances and it really helped me get a reality check.”

- ✓ 42% of parents felt that even in the course of two weeks of changes, their relationship with their child had improved due to their effort in making changes.
- ✓ 100% of parents indicated that there were aspects of the parenting workshops that they continued to use in their parenting.
- ✓ 80% of parents gave SACY a rating of “excellent” or “very good” while 20% gave SACY a rating of “good.”

CAPACITY CAFES

General Capacity Cafes: Adult Perspectives

- ✓ Parent comments about what they intended to change in their parenting as a result of the Capacity Cafe included: more positive communication style (55%); increase support and care (16%), increased understanding (8%); increased respect for youth opinions (8%) and increased patience (8%).
- ✓ 92% of parents reported high agreement that they had a better understanding of youth AOD issues as a result of attending the Capacity Cafe.
- ✓ 81% of parents reported high agreement that they intended to spend more time talking with their teen about day-to-day things.
- ✓ 100% of parents reported high agreement that hearing the voices of youth was powerful.

General Capacity Cafes: Youth Perspectives

- ✓ 100% of youth reported that they received a high level of support from SACY staff during the Capacity Cafe.
- ✓ 100% felt that parents really wanted to hear what they had to say about the youth experience.
- ✓ 95% of youth reported high levels of pride as a result of their participation the cafe.
- ✓ 97% indicated high agreement that they would participate in another Capacity Cafe.

Aboriginal Capacity Cafes

- ✓ 100% of youth and adults reported feeling that it was important for Aboriginal people to have their own Capacity Cafe.
- ✓ There was high agreement that Capacity Cafes provide an important opportunity for youth and adults in the Aboriginal community.

Parent Comments about the “Building Bridges” Workshop

“It was great to meet other parents. It was a thread that I hold onto.”

“Parents need support. They need to understand their family is not different or alone in their difficulties.”

Parent Comments about SACY

“Very helpful presentations and excellent answers to questions - I wish there were more workshops. Need one on how to teach 13yo boys to keep track of their belongings 😊”

“Thank you to [SACY Youth Engagement worker]. It is a blessing to have had his support with my son... truly made the difference for my son’s future, changed my son’s world.”

“[Youth engagement worker] has had a terrific influence on my son. He has been straightforward and honest while also being respectful and, dare I say it, 'cool'. For a teenage boy this is so important to see. [The youth engagement worker] is an example of being a good, strong influence and a leader by example while not sacrificing his edge and relevance to teenagers. He has made a real difference in my son's life and helped him to understand consequences. I am very grateful.”

“Please have more of these events for other parents. It will be one of the best communication tools they can receive to begin their journey with a more positive understanding of their child.”

“More SACY involvement with youth at school and parents in the community.”

CURRICULUM AND TEACHER TRAINING STREAM

- ✓ 95% of school staff who completed a SACY professional day evaluation form indicated that the session met or exceeded their expectations.
- ✓ The most powerful component of the day according to 75% of school staff was the opportunity to participate in a Capacity Café.
- ✓ When asked what schools should take as next steps as they move toward working with youth around AOD issues, school staff identified the following: discuss school policies, offer more training for teachers, provide greater opportunity for adult-youth dialogue, incorporate more understanding and compassion into the teaching style and examine ways to reduce youth stress.

SCHOOL YEAR END FEEDBACK

- ✓ Among the 7 administrators who provided feedback at the end of June 2009, all wanted to see SACY expand all streams to all high schools in Vancouver.
- ✓ The STEP program fills a critical need in Vancouver schools in order to offer youth a positive place to go when they require time to think about the role that AOD plays in their lives.
- ✓ Teachers note that more training in the area of youth AOD youth is needed in schools.

KEY RECOMMENDATIONS FOR 2009-2010

- ✓ Continue to seek secure and sustainable funding for SACY.
- ✓ Work toward expansion in all Vancouver high schools provided there exist adequate resources.
- ✓ Increase the profile of SACY in schools and the communities in order to engage more youth and adults. This includes reaching more youth who would benefit from this preventative approach as well as more families from diverse ethnic and cultural backgrounds.
- ✓ Continue to work closely with schools in order to assess their unique needs in relation to SACY.
- ✓ Continue to develop partnerships with representatives from various organizations in order to strengthen the web of support for youth and families.

For more information on SACY please contact:

School Staff Comments about STEP

“We have sent students to SACY as a proactive measure versus a consequence following an inappropriate behaviour.”

“This is the best alternative to punitive discipline we have been offered.”

“Extremely valuable - an excellent alternative to standard suspensions and an effective and engaging program for students that continues to have benefits after students return to school.”

School Staff Comments about Overall SACY

“[Parent Engagement worker] has done an amazing job of working with the parents.”

“Parent education is increasing and there is a need for further staff education.”

“Continue to make each module [SACY stream] available individually to the schools, allowing them to choose the elements that compliment the other initiatives in place.”

“Several of the Alternative students have participated in SACY--I believe that this is a very solid educational opportunity for them to reflect on where they are going in their lives.”

“We really value the ongoing follow-up that the STEP program workers have provided. It would be beneficial to maintain this level of follow-up.”

“Thanks for a great year!”

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