

School Age Children and Youth (SACY) Highlights From Final Evaluation 2009-2013

*Conducted by Arbor Educational & Clinical Consulting Inc.

**Full report available on request (604-713-5233)

SACY Aims to Increase:

- Education regarding substance use & harm reduction.
- School and community engagement.
- Connectedness to adults, schools, & communities.
- Help & support seeking behaviors.
- Self-reflection and optimism.
- Communication between youth and parents.
- Building youth and parent resiliency.

AN OVERVIEW

SACY is an evidence-informed initiative that aims to enhance substance use prevention, support, and brief intervention in Vancouver School Board (VSB) schools and surrounding communities in order to promote health and wellness for youth and families.

NUMBERS REACHED FROM 2009-2012 SCHOOL YEARS

Youth Stream:

- 25,500 Students participated in a classroom education session.
- 8,400 contacts in workshops or groups.

S.T.E.P: (a three day, structured, educational opportunity for students experiencing substance use related issues)

- 511 youth.

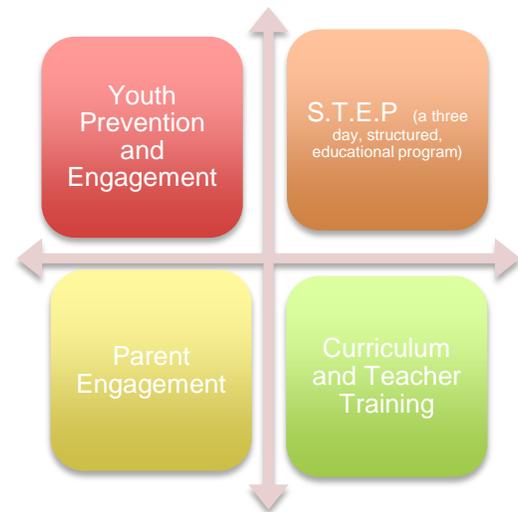
Parent Stream:

- 3000 contacts through which parents/ caregivers received support or education.

Curriculum & Parent Teaching:

- 225 School staff participated in a total of 8 professional development events.

SACY'S FOUR STREAMS



HIGHLIGHTS FROM YOUTH STREAM

Increased Knowledge about how to avoid drug use:

- 74% of youth report that they know where to go for help for issues related to substance use.
- 67% of SACY-involved youth reported they better understand how substance use can impact their lives.
- 62% of youth indicated that the information learned will be helpful in their life.

Harm Minimization in Substance Use

- 22% of youth indicated that they intended to make changes in their lives as a result of participating in SACY.

"I like the approach to dealing with issues, triggers, and coping as opposed to drugs themselves." - Teacher

HIGHLIGHTS FROM S.T.E.P. YOUTH

Knowledge: The top three ways that S.T.E.P. youth identified ways to avoid substance use were:

- 60% deciding not to buy substances.
- 52% telling others that you don't want to use.
- 51% telling others that you have to be somewhere so you can't be drunk/high.

Harm Minimization in Substance Use

From the S.T.E.P. program to ten weeks post-S.T.E.P., youth reported:

- 12% decrease in weekly marijuana use.
- 20% decrease in daily marijuana use.
- 34% of S.T.E.P. youth thought that they would easily be able to avoid alcohol and drugs if they chose to do so.

YOUTH STREAM: FOSTERING RESILIENCY

As a result of participating in SACY, youth reported:

There is an adult who really cares about them.
71%*

There is an adult from SACY with whom they can talk.
79%*

Participating more in school
54%

Feeling more involved in their community
65%

* SACY-Involved youth.

"The school is now more youth friendly" - Student

"I joined SACY to have a place to be heard." - Student

"Thank you for being here, your support has been critical in helping my daughter work through this time." - Parent

HIGHLIGHTS FROM THE PARENT STREAM

As a result of attending a workshop or Capacity Café, adults reported:

94%
of parents intend to enhance their communication with their youth.

57%
intend to spend more time talking with their youth about substance use issues.

59%
strongly agreed that they know where to get more help or resources.

62%
continued to use some of the techniques they learned in their day-to-day parenting.

S.T.E.P. STREAM: FOSTERING RESILIENCY

As a result of participating in S.T.E.P., youth reported:

School Engagement

- 84% that it was very important for them to graduate from high school.

Connectedness to Adults

- 84% strongly agreed that they felt understood by S.T.E.P. staff.

Help Seeking

- 25% became involved in SACY after their return from the program.

Optimism

- 69% strongly agreed things would go well for them when they returned to their school after the program.
- 71% agreed that they can make whatever choices they want for their future.