School Efforts to Prevent Substance Use and Link to Care: Understanding and Responding to Local Youth Substance Use Patterns

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Travis County Youth Substance Abuse Prevention Coalition Summit
June 4th, 2019
Public Health Approach to Prevention

Public Health 3.0
  • Multi-sector
  • Address/improve Social Determinants of Health

Promote and protect health of youth
  • Shift risk factors in favorable direction,
  • Redefine ‘normal’

Primary prevention
  • Environmental: Policies
  • Developmental: Social Emotional Learning in Schools, Health Education
  • Informational: Local Data—Youth, Communities, Health providers

Secondary prevention: SBI-RT
Review available data on youth substance use patterns, challenges to acquiring quality information on risky youth behavior.

Learn what districts are currently doing and planning to do regarding youth substance use, opioid prevention, and use of naloxone in schools.

Identify actions that can improve central Texas capacity to prevent and intervene effectively for youth in need.
Youth Self-Report Data Sources

YRBS (Youth Risk Behavior Survey, CDC), 2 year cycle, 2019
- Representative sample for national, state*, county* (not Travis County)
- Self-report survey of multiple risky health behaviors
- Challenges in getting school districts to participate

Monitoring the Future (NIH: National Institute on Drug Abuse)
- Annual, nationally sampled survey; substance use focus

Texas School Survey of Drug and Alcohol Use, 2 year cycle 2018
- Representative sample for state, Public Health Region

School District Efforts: varied
- AISD Student Substance Use and School Safety Survey, 2 year cycle
  - Representative sample for AISD, MS/HS, campus
  - Lacks national, state comparables; AISD has lengthy time series data to track trends
  - Questions are similar to other surveys
Youth Behavioral Health Data Challenges

Data Use
• Challenges in framing and communicating findings to the public
• Different methods/sources for data collection make comparisons challenging
• Lack of comparable data impacts capacity to attract grant funding

Data Acquisition
• School Districts are essential partners to obtaining population level data on youth
• Districts using different tools; YRBS consideration
• Conducting surveys incur cost, require consent/assent, disruption
• Interpretation/understanding and context for presentation of findings may be challenges for Districts
National, State, and Local Youth Self-Report Data

- Alcohol
- Marijuana
- Methamphetamine
- Prescription Drugs (other than as prescribed)
- E-cigarettes (Vaping)

- YRBS: National and State patterns
- Austin ISD maps: variations by neighborhood

- Lot of good news in the data, as well as concerns
Texas Youth Risk Behavior Survey (YRBS)

Year: 2017
Risk Factor: Tobacco Use - Current electronic vapor product user
Percentage of students who used an electronic vapor product including e-cigarettes, ecigs, vape pens, and hookahs on one or more of the past 30 days

<table>
<thead>
<tr>
<th>Age</th>
<th>Sample Size</th>
<th>Percent</th>
<th>95% Confidence Interval Lower</th>
<th>95% Confidence Interval Upper</th>
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<tbody>
<tr>
<td>11-12 yrs</td>
<td>351</td>
<td>8.8%</td>
<td>7.4%</td>
<td>10.1%</td>
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<tr>
<td>13-14 yrs</td>
<td>352</td>
<td>8.2%</td>
<td>6.9%</td>
<td>9.5%</td>
</tr>
<tr>
<td>15-16 yrs</td>
<td>352</td>
<td>8.4%</td>
<td>7.1%</td>
<td>9.9%</td>
</tr>
<tr>
<td>17 yrs</td>
<td>352</td>
<td>8.2%</td>
<td>6.9%</td>
<td>9.5%</td>
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<table>
<thead>
<tr>
<th>Gender</th>
<th>Sample Size</th>
<th>Percent</th>
<th>95% Confidence Interval Lower</th>
<th>95% Confidence Interval Upper</th>
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<tbody>
<tr>
<td>Female</td>
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<td>8.8%</td>
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<td>Male</td>
<td>629</td>
<td>10.1%</td>
<td>8.9%</td>
<td>11.4%</td>
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</table>

<table>
<thead>
<tr>
<th>Grade</th>
<th>Sample Size</th>
<th>Percent</th>
<th>95% Confidence Interval Lower</th>
<th>95% Confidence Interval Upper</th>
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<tbody>
<tr>
<td>9th</td>
<td>657</td>
<td>7.6%</td>
<td>6.3%</td>
<td>9.0%</td>
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<td>657</td>
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<td>6.3%</td>
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<tr>
<td>11th</td>
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<td>12th</td>
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<td>7.4%</td>
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<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Sample Size</th>
<th>Percent</th>
<th>95% Confidence Interval Lower</th>
<th>95% Confidence Interval Upper</th>
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<tbody>
<tr>
<td>White</td>
<td>394</td>
<td>13.7%</td>
<td>12.1%</td>
<td>15.4%</td>
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<tr>
<td>Black</td>
<td>121</td>
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<td>Hispanic</td>
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<td>7.7%</td>
<td>5.6%</td>
<td>9.9%</td>
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<tr>
<td>Other</td>
<td>125</td>
<td>11.4%</td>
<td>8.9%</td>
<td>14.1%</td>
</tr>
</tbody>
</table>

Select Report Filters

- Year: 2017
- Indicator Category: Tobacco Use
- Indicator: Current electronic vapor product use
- Demographics Group (Graphs Only)
  - Age

Line Graph Color Key
- 11-12 yrs
- 13-14 yrs
- 15-16 yrs
- 17 yrs

*The sample size excludes all surveyed students except those with missing answers.*
*At least one drink of alcohol, on at least 1 day during the 30 days before the survey
†Decreased 1991-2017, decreased 1991-2007, decreased 2007-2017 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).] Note: This graph contains weighted results.
Texas YRBS Year: 2017
Risk Factor: Alcohol - Current Drinking (Last 30 Days)

- Race/Ethnicity:
  - White: 33.90%
  - Black: 24.00%
  - Hispanic: 29.80%
  - Other: 0.00%
  - Texas: 24.00%
  - USA: 29.80%

- Gender:
  - Male: 10.00%
  - Female: 20.00%

- Age:
  - <=15 years: 18.00%
  - 16-17 years: 10.00%
  - 18+ years: 52.00%

Sources:
- http://healthdata.dshs.texas.gov/CommunitySurveys/YRBS
Austin ISD: Frequency of Use (Not Use in last 30 Days)

• “During this school year how often did you use…”
  (alcohol, marijuana, e-cigarettes)

• I never used/heard of it
• Less than once this year
• About once this year
• About once a month
• Several times a month
• Several times a week
• Every day

Zip Code analysis:
Used at least monthly

Contact Children’s Optimal Health for methodology and detailed data considerations.
Austin ISD Alcohol: Frequency of Use

Austin ISD High Schools

AISD High School Alcohol Use
“During this school year, HOW OFTEN did you use alcohol?”

Austin ISD Middle Schools

AISD Middle School Alcohol Use
“During this school year, HOW OFTEN did you use alcohol?”
How dangerous do YOU think it is for KIDS YOUR AGE to use alcohol?

How wrong do your FRIENDS feel it would be if you used alcohol?
One or more times during the 30 days before the survey
† Increased 1991-1995, decreased 1995-2017 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
Note: This graph contains weighted results.
Texas YRBS Year: 2017
Risk Factor: Illicit Drug Use – MARIJUANA Current Use (Last 30 Days)

http://healthdata.dshs.texas.gov/CommunitySurveys/YRBS
Austin ISD Marijuana: Frequency of Use

Austin ISD High Schools

AISD High School Marijuana Use
“During this school year, HOW OFTEN did you use marijuana?”

Austin ISD Middle Schools

AISD Middle School Marijuana Use
“During this school year, HOW OFTEN did you use Marijuana?”
Austin ISD High Schools Marijuana: Perception of Harm/Danger

How dangerous do YOU think it is for KIDS YOUR AGE to use marijuana?

How wrong do your FRIENDs feel it would be if you used marijuana?
*Also called "speed," "crystal," "crank," or "ice," one or more times during their life
†Decreased 1999-2017 [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]
Note: This graph contains weighted results.
Texas YRBS Year: 2017
Risk Factor: Illicit Drug Use - Ever used METHAMPHETAMINES

Age

Gender

Race/Ethnicity

http://healthdata.dshs.texas.gov/CommunitySurveys/YRBS

Texas YRBS Year: 2017
Risk Factor: Ever used PRESCRIPTION PAIN MEDICINE without a prescription
Percentage of students who ever took prescription pain medicine (such as codeine, Vicodin, OxyContin, Hydrocodone, or Percocet) without a doctor's prescription one or more times during their life

![Chart showing percentage of students who ever used prescription pain medicine without a prescription by age, gender, and race/ethnicity.](http://healthdata.dhs.texas.gov/CommunitySurveys/YRBS)

http://healthdata.dhs.texas.gov/CommunitySurveys/YRBS

Percentage of High School Students Who Ever Took Prescription Pain Medicine Without a Doctor's Prescription or Differently Than How a Doctor Told Them to Use It*

Counting drugs such as codeine, vicodin, oxycontin, hydrocodone, and percocet, one or more times during their life

State Youth Risk Behavior Surveys, 2017
Year: 2017
Risk Factor: Tobacco Use – Ever Used electronic vapor product
Percentage of students who ever used an electronic vapor product including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, or hookah pens

http://healthdata.dshs.texas.gov/CommunitySurveys/YRBS
Year: 2017
Risk Factor: Tobacco Use - Current electronic vapor product use (Last 30 Days)

[Graph showing percentages of different demographics using electronic vapor products]

Austin ISD E-Cigarette (Vape): Frequency of Use

Austin ISD High Schools

Austin ISD Middle Schools
How dangerous do YOU think it is for KIDS YOUR AGE to use e-cigarettes?

How wrong do your FRIENDs feel it would be if you used e-cigarettes?
How dangerous do YOU think it is for KIDS YOUR AGE to use e-cigarettes?

How wrong do your FRIENDs feel it would be if you used e-cigarettes?
During the 12 months before the survey, decreased 1993-2017, increased 1993-1997, decreased 1997-2017. [Based on linear and quadratic trend analyses using logistic regression models controlling for sex, race/ethnicity, and grade (p < 0.05). Significant linear trends (if present) across all available years are described first followed by linear changes in each segment of significant quadratic trends (if present).]

Note: This graph contains weighted results.
Texas YRBS Year: 2017
Risk Factor: Illicit Drug Use - Offered, sold or given drugs on school property

http://healthdata.dshs.texas.gov/CommunitySurveys/YRBS
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Austin ISD</td>
<td>Tracy Spinner, M. Ed., Director of Health</td>
</tr>
<tr>
<td>Bastrop ISD</td>
<td>Diana Rios-Rodriguez, RN, Head School Nurse</td>
</tr>
<tr>
<td>Eanes ISD</td>
<td>Katie Bryant, LCSW-S, Student Support Counselor</td>
</tr>
<tr>
<td>Hays CISD</td>
<td>Macie Walker, BSN, RN Director Student Health Services</td>
</tr>
<tr>
<td>New Braunfels ISD</td>
<td>Karen Schwind, BSN, RN, NCSN, Health Services Coordinator</td>
</tr>
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