

Evaluating CVUSD Community Readiness for Implementing a New Form of Drug Prevention

Known as PreVenture

AP Research

April 30, 2018

Word Count: 4469

Abstract

The aim of this study was to determine whether the Conejo Valley Unified School District (CVUSD) was in need of a new drug prevention program within the high schools. The program in question is PreVenture, a drug program that assess the student's susceptibility to substance abuse based on a student's character traits. Though studies on the success of PreVenture have been conducted in the UK and Australia, there have been no studies on the implementation of the program in a suburban school district in the United States. Therefore, it was necessary to determine the possibility of implementing the program while also assessing the existing measures in place. Additionally, it was also important to determine the parental, student and administrative interest in the prevention program. To accomplish this, surveys were administered to both students and parents in order to assess parent-student relationships in addition to interest. Interviews were also conducted with the Assistant Principals of Instruction (API's) at the high schools. The data resulted in student and parent interest in the program as well as a lack of parental involvement in regards to their child's decisions in academics and social aspects. Similarly, interviews with the API's determined that parental involvement played a crucial role in keeping students away from drugs and drug risk behaviors, as well as cited programs such as Project BreakThrough as community resources in place to help students with a variety of issues. The study concluded that there remains a demand for students who are in need of drug education and prevention, while also revealing a parental disconnect. Ultimately, this study contributes to the topic of substance abuse prevention within adolescents while focusing specifically on a suburban school district.

Introduction

In the Conejo Valley Unified School District (CVUSD), measures have been taken to combat the accessibility and exposure to drugs and drug paraphernalia on school campuses through programs such as Project BreakThrough Student Assistance Program, Project Alert, Red Ribbon Week and Reality Parties. These methods were designed with both the student and parent in mind, and aim to demonstrate the disastrous effects drugs have over students both academically and long term. To mediate this, these programs not only educate but also motivate students to pursue more positive and beneficial goals both short term and for their future. Despite the success of these programs, a deficiency remains for those students who are affected by substance abuse yet still fail to receive the aid they need. Initially, interest in this research project stemmed from an article published by The New York Times, “The Four Traits That Put Kids at Risk of Addiction” in which the success of a new program, known as PreVenture-Positive Choices, was producing promising results. PreVenture-Positive Choices, is a personality-based intervention drug program that targets students who display traits that put them at high risk of substance abuse: sensation-seeking, anxiety, depression and hopelessness. This program seeks to utilize said traits through encouraging students to channel their personality towards academic and long term success. Studies conducted in Australia and the UK revealed PreVenture produced significant reduction in risk behaviors such as binge drinking and smoking.

In contrast, this study will identify whether PreVenture would be a viable program to implement within the CVUSD high schools specifically. This study aims to determine the community's perception towards a more specific form of drug prevention as opposed to traditional, universal methods, as well as the overall need in high schools for further drug

prevention programs. The people participating in the study include students, teachers, parents and administrators within the CVUSD to whom this program would impact. The goal is to discover the realistic possibility of program implementation; the challenges needed to overcome utilization as well as gauging the community's overall reaction to PreVenture's mission.

Additionally, this study will be assessing the attributes of drug prevention methods already in place, and determine how these methods are effective at preventing substance abuse, or fail to prevent drug use among high school students. Project Breakthrough, the main community resource for teens and families dealing with a variety of issues including substance abuse, will be compared and contrasted to PreVenture within this study. Gauging information on communal opinion in regards to traditional prevention programs will also be gathered within the research. The end goal is to discover the restrictions and limitations of the program, and with possible positive feedback from the community, to ultimately begin the process of implementation within CVUSD.

Literature Review

Because PreVenture had not been implemented in any schools surrounding the CVUSD, it was important to gauge not only its success, but it's viability to be adapted into the CVUSD environment. PreVenture has been implemented at a variety of schools within the UK, Canada and Australia. Studies conducted in Australia, in association with The National Health and Medical Research Council, determined PreVenture's long term effectiveness of reducing the use of alcohol related behaviors, such as binge drinking and alcohol-related dangers. The study revealed that participants ages 13 to 14 years old were at a significantly lower risk of uptaking alcohol abuse, concluding that a personality-based intervention program was overall, a beneficial

methods of preventing substance abuse in adolescents (Newton, 2016). Though Newton's study was conducted within the environment of the Australian school system, it provided an insight into how this program may be of aid to the Conejo Valley School District in regards to preventative substance abuse methods. In an additional study determining the adaptability of PreVenture, the ease of integrating the program from already existing environments such as the UK and Canada, to an Australian school environment was measured. The focus group revealed that 82% of teachers and expert participants felt the program would be "very effective" in promoting positive coping methods, while also stating the program was adaptable to an Australian school setting with minor changes to language, scenario and graphic of the manuals (Barrett & Newton, 2015). This study offered promise to the adaptability of PreVenture to a variety of different school settings, supporting the effectiveness within the CVUSD.

The impact of parental monitoring greatly impacts the tendency for students to participate in substance abuse and risk-related behaviors. A study conducted by the University of Cincinnati explored the relationship between parenting and the use of marijuana in adolescents, and concluded that the students most at risk of substance abuse were those whose parents never/seldom engaged in positive parenting behaviors (King, 2015). This study revealed the strong correlation between positive parental involvement and adolescent drug use, making it necessary in this study to evaluate the parental involvement specifically within CVUSD. In a corresponding study, conducted by the Universite de Liege, it was revealed that adolescents were more likely to surround themselves with friends who have similar drug use levels, and tend to adapt to their friends' habits (Mathys, 2013). The impact of peers was a strong factor of substance abuse amongst teens, making it a key factor to also evaluate within this study. The

influence of parental involvement in conjunction with adolescent-relationships with their peers are both relevant factors that are necessary to evaluate the overall need and patterns of substance abuse within CVUSD.

To determine the overall need for a new drug prevention program within CVUSD itself, it was important to assess the current exposure students have to substances as well as what measures are already in place. According to the California Healthy Kids Survey (CHKS) within Ventura County, the accessibility of marijuana according to a range of students as, “very easy” increased from 14% in 7th grade, to 38% in 9th, while the accessibility of alcohol as, “very easy” increased from 19% in 7th grade to 40% in 9th. The growth in accessibility between 7th grade and 9th grade revealed an age group at high risk of substance abuse due to the increase of exposure from middle school to high school. While determining the methods already in place within CVUSD, Project BreakThrough appeared to be the main community resource. The counselor of BreakThrough, Rebecca Stelmar, revealed that the program’s aim was to help navigate students’ grades kindergarten to 12 (K-12), through issues such as mental health, family struggles, school challenges and substance abuse. Through meeting with families to discuss struggles affecting students, BreakThrough aims to connect families to resources and evaluate family strengths and determine how to use them towards beneficial causes. As a result, it was important to determine the student population utilizing this program, and determining whether or not students found such programs helpful.

In conclusion, the literature reviewed prior to the study conducted in CVUSD helped to identify gaps in current studies and to determine the impacts of PreVenture on the community’s need. It was revealed that PreVenture was extremely impactful on influencing adolescents

towards positive behaviors and away from substance abuse, while also demonstrating that PreVenture is an adaptable program suitable for a variety of school environments. Because of the adaptability of the program, it was necessary to determine within this study whether or not PreVenture would be suitable within CVUSD. Further studies also identified that parental involvement as well as peer influence are impactful factors in influencing the use of substances amongst adolescents. As a result of such, it was important to determine the parental and peer relationships students within CVUSD are experiencing, and how that factors into substance abuse on a local level. When localizing the issue, it was revealed through the California Healthy Kids Survey of Ventura County that exposure to drugs such as marijuana and alcohol are significantly increased between 7th grade to 9th grade. This information guided the target survey group to evaluate how 9th grade students perceived the exposure of substance abuse. Finally, Project BreakThrough was revealed as the main community resource, and it was necessary to evaluate the impact this program has on students in CVUSD, and what needs another program could help improve.

Research Methods and Participants

Due to the nature of the study, surveys focusing on the freshman (9th grade, class of 2021) student population within CVUSD high schools and their parents were collected from the three comprehensive high schools: Thousand Oaks High School, Westlake High School and Newbury Park High School. Freshman were the target age-range as this study assess the possible need for programs focusing on incoming high school students within CVUSD. Additionally, parent input was also a necessary aspect to determine student-parent relations as well as parent interest in a new drug intervention program. Century Academy, an online schooling program,

was excluded from this study as many of the students have unconventional scheduling, making surveying difficult to conduct, while Conejo Valley High School was excluded due to the fact there are no freshman students in attendance.

Survey Methods

To find the correct conjecture to take with the surveys, Ms. Stelmar, the counselor for Project BreakThrough, helped guide the questions to conduct a well-rounded study of both the students and parents. The total time of developing surveys took approximately two weeks. The surveying period and data collection took place over an eight-week period, consisting of handing out and collecting parent consent forms in person to students as well as via email messaging through administration. Both the student survey and parent survey form were conducted online, through Google Surveys.

The student survey (See Appendix A) asked questions pertaining to the participants' perceived exposure to substances and drug increase, while also asking if their perceived accessibility to said substances had increased as well. Further questions identified the relationships students had with their peers and parents/guardians, as well as other trusted figures both on and off campus. The concluding questions described PreVenture and asked whether students would be interested in such program either during or outside of school.

The parent survey (See Appendix B) paralleled many of the questions asked on the student survey, also identifying the parent-student relationship. This survey also determined the involvement of parents in their student's decisions and if they believed their student's exposure to drugs had increased since entering high school. Other questions revealed parental beliefs of

their child's comfort with opening up about struggles and challenges. The survey concluded by explaining and asking if parents were interested in a program such as PreVenture.

Interview Methods

In conjunction with surveys, interviews were conducted with the Assistant Principals of Instruction (API) at the high schools in order to gauge the methods and actions of prevention being taken at each school. It was important to assess from an administrative point of view the specific procedures being taken and whether these procedures proved to be beneficial in combating substance abuse among students as well as the overall need within the high schools for a prevention program tailored for students with specific needs. The questions pertained to what they believed the major issues are on campus, as well as detailing the schools' involvement with the police department in regards to substance abuse. The impact of parental involvement was also discussed and after explaining the concept and aim of PreVenture to the API's, they were asked whether they believed such a program would be beneficial for students, and why or why not they believed so. This final question was necessary to determine if there was administrative interest in PreVenture, and if it would be beneficial in the opinion of the administration.

Survey Results

Of the 136 students interviewed from across the three high schools within Conejo Valley Unified School District, Thousand Oaks High School, Westlake High School and Newbury Park High School, all participation came from freshman students (class of 2021). There were no identifying factors other than the student survey results were generated by freshman. As expected by the CHKS, 30.2% of student responded as "significant increase" while 20.9% of students

responded as “extreme increase” when asked had their exposure to substance abuse increased upon enrolling in high school. In conjunction to the student results, out of 45 parents surveyed with students attending freshman year in CVUSD, 34.9% of parents “strongly agreed” and 23.3% of parents responded “somewhat agree” to the statement: “Your child's exposure to substances such as alcohol and drugs has increased from middle school to 9th grade.”

When asked what current programs students have experience with, it was discovered that only 14.6% percent of students were familiar with Project BreakThrough, while only 18.2% of parents were familiar with BreakThrough while the majority of parents, 65.9% seemed most familiar with Red Ribbon week as well.

Interestingly, when the students were asked what person they felt most comfortable discussing problems with first, 64.6% of students responded “friend,” while when asked who they felt most comfortable talking with second, 28.3% responded “parent.” Contrastingly, when parents were asked who they believed their child felt most comfortable discussing challenges with first, 62.6% of parents responded “parent”, while 48.9% responded “friend” for who they believed their child felt most comfortable discussing challenges with second.

Students were asked to gauge their parents role regarding their social and academic decisions, to which 38.9% of students believed their parents were “very active” and 48.2% of students believed their parents were “moderately active.” In comparison, when parents were asked how much of their input their students decisions required, 35.6% responded their child made most of their decisions without parental input. Additionally, the survey revealed that 98.5% of the students are involved in a least one extracurricular, ranging from sports to clubs and volunteer groups.

Lastly, when students were asked if they were interested in a “program designed to help you focus on positive goals rather than drug prevention/intervention,” 30.6% of students responded “moderately interested,” while 12.9% responded “extremely interested.” In parallel, when parents asked if they were interested in a “program designed to help your child focus on positive goals rather than drug prevention/intervention,” 33.3% of parents responded “moderately interested” while 24.4% of parents respond “extremely interested.”

Interview Results

The implementation of a new form of drug prevention not only affects students and parents, but as well as the environment in which it would be administered. It was necessary to gain insight into current measures of drug prevention on campus, and determine the administrative views on the possible installation of PreVenture. Individual interviews were conducted with the Assistant Principals of Instruction (API) at the three high school within CVUSD: Thousand Oaks High School, Newbury Park High School and Westlake High School. Each interview asked the API’s the same questions in regards to drug prevention, and the responses, though varying, produced generally the same conclusion.

The first interview conducted at Thousand Oaks High School with Ms. Oliveri revealed that the most problematic issue the high schools are facing is “obviously vaping” as “students don't see it as drugs.” When asked what methods she believed to be productive in combating substances on campus, Oliveri detailed the Wellness counseling on campus, offered for students who suffer with anxiety and depression, teaches coping methods to deal with mental health issues. In addition to Wellness counseling, students suspended due to substance abuse on campus

are referred to Project BreakThrough, however this “isn't advertised to the general population,” while School Resource Officers are brought in only “if we [administration] suspect somebody being under the influence, or if we [administration] find somebody who is in possession of paraphernalia or drugs themselves.” The measures taken on campus are reactionary, and rather than prevention, focus more towards intervention. As a result, Oliveri determined the most productive form of drug prevention “comes down to what's going on at home, what kind of support is the parent providing,” determining, “when you see kids that are struggling you know, there's a possibility that there's very little parent involvement,” Furthermore, when asked if she felt PreVenture was a viable program to implement within the school, she concluded “something like that on our campus would absolutely be beneficial.”

The second API interviewed was Newbury Park High School's Mr. Wutkee, who also determined that e-cigarette and vaping devices were the primary substance of choice found on campus, explaining how “It's not like middle school where you have Red Ribbon Week, it's not the same. We don't really go into why drugs are bad, we figure by the time you get to high school you already know why drugs are bad.” In regards to intervention, he detailed the vigilance of teachers and staff in recognizing students who may be under the influence, while describing the high school's relationship with the police force as well as the drug dogs that frequent the campus. Furthermore, Wutkee concluded that aside from referrals to Project BreakThrough, or “checking in with their [students'] admin or counselor from time to time there's not a lot of whole other preventive programs that we have,” as a result of the limited scheduling time in a school day and the need for confidentiality when handling substance abuse. Because of the minimal time students spend on campus, Wutkee expressed the most impactful way to prevent

substance abuse is parental involvement and an overall supportive home life. When asked questioned about the viability and effectiveness of a program such as PreVenture, Wutkee determined, “There's definitely a need for it. And I think the needs going to get higher as more and more kids are going to be dupped and there's going to be a higher need for preventive and informative intervention.”

The final interview was Westlake High School's API, Ms. Judd, who confirmed the high schools were facing the same issues of e-cigarettes, and explained how the zero-tolerance policy for drugs and drug paraphernalia was also a district wide approach. In addition to zero-tolerance, Judd also cited the health classes put in place for students at all three high schools warn students on the dangers of drug use and how substance abuse can deteriorate health. Because of the school's limited access to students outside of school hours, Judd also emphasized the importance of parental involvement “The hard part is that we only have kiddos for 6 to 7 hours a day and the other part of the day is spent at home with their families. If we can continue to develop relationships with parents and get parents more actively involved in what their kid is doing whether or not supervised here at school, we could have a better way of combating drugs.” Finally, when asked about her belief of the success of PreVenture on campus, she concluded “anytime we're looking at ways to make students healthier and safer, it's always worth exploring and taking a look at.”

Discussion

This study aimed to determine the extent at which substance abuse and drug paraphernalia both on an off campus affects students within the CVUSD high schools, the

current prevention programs and methods in place designed to combat said issues, and student, parent and administrative interest in the possibility of a new drug-prevention program. Overall, the findings from survey and interview results supported the hypothesis; high schools are in need of more preventative drug programs and there is varying levels of interest in students, parents and administration.

The student survey revealed that the the sudden increase of exposure to substances as students transition from middle school to high school is evident to both students and parents. Despite such revelations, the majority of parents responded they have little input on their child's social and academic decisions, leaving opportunity for students to fall into a pattern of substance abuse as their parents' input is left at a minimum. Despite the parental response believing they have little impact on their child's decision, the majority of students feel the opposite; believing their parent plays a moderately to very active role in regards to their academics and social life.

Additionally, the large parental perception their child feels most comfortable with them to discuss challenges is false; the data findings reveal the majority of students feel most comfortable about opening up to their friends, as opposed to their parents. As a result, parents may underestimate the impact their child's peers and friends have on their child's decisions in regards to drug use. Minimal parental input on their child compared to the student's belief their parent plays very active roles in their decisions, as well as the misperception of parents as to their child's willingness to discuss issues with them, ultimately leads to a disconnect. This disconnect in parental awareness and participation seems to be the issue API's believe must be repaired in

order to most effectively combat substance abuse and keep students on a productive and successful path.

When determining the student and parent interest in PreVenture, the data resulted in varying levels of reception. The suggestion of PreVenture produced the least interest from students, though such results were anticipated. The existing health classes in place may act as a deterrent for students who feel they are already well informed on the dangers of drug use, while low student interest may stem from the high volume of students are already involved in time consuming activities ranging from sports teams to volunteer work. Their involvement in one or more extracurricular also creates logistical issues once the mandatory hours in a school day are over. However, the API's deemed the lack of time able to be dedicated to an extracurricular drug program may be mediate. The administration interviews revealed an overall strong endorsement of a drug-free campus and they seemed willing to promote programs that keep drug paraphernalia out of the hands of teens. Therefore, logistical and organizational details may be sorted through the administration in order to make such program more accessible to the majority of the student body, thus boosting overall student interest.

The API's were in agreement with the positive impact the police force has on campus. School Resource Officers within the schools help to identify and process students who are in possession of substances on campus, however their aim centers more on intervention, rather than prevention. The police involvement is designed as reactionary method to handle students who are already in possession of drugs, rather than keeping the substances out of the hands of students to begin with. Those students who are discovered with drugs on campus are suspended, due to the district wide Zero Tolerance policy on campus. All of the API's cited Project BreakThrough as

the program typically recommended to students who are suspended for drug paraphernalia on campus. Despite suspensions resulting in referral to BreakThrough, the program is not advertised to the student body. As a result, the majority of students are unaware of the program, and thus unable to turn to this community resource for support and counseling. As a result of such deficit, the API's were overall supportive of the possibility of an additional drug program to help reach a wider range of students, designed to keep students away from substance abuse rather than intervening after the abuse has already begun.

Ultimately, both students and parents revealed a dramatic increase in exposure to drugs once entering high school, and displayed varying levels of interest. The study revealed that though measures exist to keep drugs off of school campuses, these methods are reactionary and focus more towards intervention, rather than prevention. Overall, there remains a necessity for a prevention-centered program designed to encourage students to pursue healthy and beneficial habits, even before substance abuse becomes an issue.

Limitations

Throughout the original surveying process, the intention was to distribute surveys to 9th grade english classes of equal levels of rigor in order to ensure a homogeneous survey population, however it was difficult to contact students and teachers amongst the different schools. As a result surveys were distributed to all 9th grade students across the high schools, regardless of the academic rigor of the students. Consequently, students from varying levels of classes participated in the survey in order to receive a larger survey pool. Similarly, the lower levels of parental participation can also be attributed to the challenge of contacting parents.

In regards to the interviews received, the result represent only a small portion of the administrative staff, the Assistant Principals of Instruction, at each individual high school. Because of difficulty with scheduling, only interviews with the high school administration were conducted, excluding the responses from those within the district as a whole. The results from administration do not reflect the views of this district, however an additional study could be arranged to gauge the district's view of implementing PreVenture.

Lastly, while the survey produced results supporting the implementation of a new drug prevention, there remained a population of both students and parents who had little to no interest for the program. As a result, it may be difficult for the impact of PreVenture to reach as many students on campus as originally believed. Additionally, because this study focused on the need for a new drug prevention rather than evaluating the mental health needs pertaining to the nature of PreVenture's personality-targeted intervention, the interest of student population generated from the survey may not be consistent to those students who would actually participate in the program.

Conclusion

Overall, this study effectively evaluated the need for a new drug prevention program within CVUSD, adding additional research on the topic of substance abuse within the community. Although this study did not address the logistics of implementing a new drug prevention program, PreVenture-Positive Choice has apparent benefits in reducing substance abuse amongst adolescents, and its adaptability to a variety of school environments, it is a viable program to consider when combating drug use in students. This study revealed a clear disconnect between student-parent relationships in regards to decision making, while also demonstrating the

large impact student-peer relationships have in shaping the students behavioral patterns.

Additionally, the methods utilized currently within CVUSD focus more on intervention through methods such as School Resource Officers, while Project BreakThrough is a program utilized after the fact a student has been suspended for substances on campus. Further research in the district level is necessary to establish the actual possibility of implementation, as well as assessing the current mental-health of students that would be participating in PreVenture.

Ultimately, this study determines the overall community need for a new drug prevention, as well as identifies what methods are currently in place evaluates the effectiveness of said measures.

Parental and student interest in the possibility of implementing PreVenture was gauged, concluding that PreVenture would not only fill the need of a program designed to guide students towards long term goals and away from risk behaviors associated with substance abuse, but also elicited community interest.

References

- Barrett, E. L., Newton, N. C., Teesson, M., Slade, T., & Conrod, P. J. (2013). Adapting the personality-targeted Preventure program to prevent substance use and associated harms among high-risk Australian adolescents. *Early Intervention in Psychiatry, 9*(4), 308-315. doi:10.1111/eip.12114
- Collins, L., Smiley, S. L., Graham, A. L., Villanti, A. C., & Moore, R. A. (2017). Physician tobacco screening and advice to quit among U.S. adolescents - National Survey on Drug Use and Health, 2013. *Tobacco Induced Diseases, 15*(1-7). doi:10.1186/s12971-016-0107-6
- D'Amico, E. J., Tucker, J. S., Miles, J. V., Ewing, B. A., Shih, R. A., & Pedersen, E. R. (2016). Alcohol and marijuana use trajectories in a diverse longitudinal sample of adolescents: examining use patterns from age 11 to 17 years. *Addiction, 111*(10), 1825-1835. doi:10.1111/add.13442
- Hausheer, R., Doumas, D. M., Esp, S., & Cuffee, C. (2016). Parental Predictors of Adolescent Alcohol Use and Alcohol-Related Consequences. *Journal Of Addictions & Offender Counseling, 37*(1), 16-34. doi:10.1002/jaoc.12013
- la Haye, K., Green, H. D., Kennedy, D. P., Pollard, M. S., & Tucker, J. S. (2013). Selection and Influence Mechanisms Associated With Marijuana Initiation and Use in Adolescent Friendship Networks. *Journal Of Research On Adolescence (Wiley-Blackwell), 23*(3), 474-486. doi:10.1111/jora.12018
- Kalverdijk, L. J., Bachmann, C. J., Aagaard, L., Burcu, M., Glaeske, G., Hoffmann, F., & ... Zito, J. M. (2017). A multi-national comparison of antipsychotic drug use in children and

adolescents, 2005–2012. *Child & Adolescent Psychiatry & Mental Health*, 111-9.

doi:10.1186/s13034-017-0192-1

Keyes, K., Wall, M., Cerda, M., O'Malley, P., Galela, S., Feng, T., & Hasin, S. (2016). How does state marijuana policy affect US youth? Medical marijuana laws, marijuana use and perceived harmfulness: 1991-2014. *Society for the Study of Addiction*. doi:doi:

10.1111/add.13523

King, K. A., Vidourek, R. A., & Merianos, A. L. (2015). The association between parenting behaviours and marijuana use based on adolescent age. 1-11.

doi:10.3109/09687637.2015.1025703

Lubman, D., Cheetham, A., Jorm, A., Berridge, B., Wilson, C., Blee, F., & ... Berridge, B. J. (2017). Australian adolescents' beliefs and help-seeking intentions towards peers experiencing symptoms of depression and alcohol misuse. *BMC Public Health*, 17(1), 1-12.

doi:10.1186/s12889-017-4655-3

Mathys, C., Burk, W. J., & Cillessen, A. N. (2013). Popularity as a Moderator of Peer Selection and Socialization of Adolescent Alcohol, Marijuana, and Tobacco Use. *Journal Of Research On Adolescence (Wiley-Blackwell)*, 23(3), 513-523. doi:10.1111/jora.12031

Meredith, L. S., Ewing, B. A., Stein, B. D., Shadel, W. G., Brooks Holliday, S., Parast, L., & D'Amico, E. J. (2018). Influence of mental health and alcohol or other drug use risk on adolescent reported care received in primary care settings. *BMC Family Practice*, 191-9.

doi:10.1186/s12875-017-0689-y

Newton, N. C., Conrod, P. J., Slade, T., Carragher, N., Champion, K. E., Barrett, E. L., . . .

Teesson, M. (2016). The long-term effectiveness of a selective, personality-targeted prevention program in reducing alcohol use and related harms: A cluster randomized controlled trial. *Journal of Child Psychology and Psychiatry*, *57*(9), 1056-1065.

doi:10.1111/jcpp.12558

Vermeulen-Smit, E., Verdurmen, J., & Engels, R. (2015). The Effectiveness of Family

Interventions in Preventing Adolescent Illicit Drug Use: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Clinical Child & Family Psychology Review*, *18*(3), 218-239. doi:10.1007/s10567-015-0185-7

Ventura County. California Healthy Kids Survey, 2009-11: Main Report San Francisco: WestEd Health and Human Development Program for the California Department of Education.

Wright, N. E., Scerpella, D., & Lisdahl, K. M. (2016). Marijuana Use Is Associated with Behavioral Approach and Depressive Symptoms in Adolescents and Emerging Adults. *Plos ONE*, *11*(11), 1-17. doi:10.1371/journal.pone.0166005

Appendix A

Student Survey Form

As a freshman, has your exposure to substances such as alcohol, marijuana and other drugs increased since middle school?

1. No increase in exposure
2. Slightly increased exposure
3. Moderately increased exposure
4. Significantly increased exposure
5. Extremely increased exposure

As a freshman, has accessibility to substances such as alcohol, marijuana and other drugs increased since middle school?

1. No increase in exposure
2. Slightly increased in exposure
3. Moderately increased exposure
4. Significantly increased exposure
5. Extremely increased in exposure

Do you feel like you have a friend who is a positive influence in your life?

Yes

No

Maybe

Do you feel like you have a friend who is a negative influence in your life?

Yes

No

Maybe

Are you involved in any extracurricular activities? (Mark all that apply)

Sports team

Orchestra/ Band

ASB/ school leadership groups

Church youth groups

Clubs/ volunteer groups

Other:

Who would you go to FIRST when opening up about struggles/challenges you face?

Friend

Parent

Sibling

Teacher

Counselor

Adult Figure (youth leader, coach, etc.)

Other:

Who would you go to SECOND when opening up about struggles/challenges you face?

Friend

Parent

Sibling

Teacher

Counselor

Adult Figure (youth leader, coach, etc.)

Other:

Who would you go to THIRD when opening up about struggles/challenges you face?

Friend

Parent

Sibling

Teacher

Counselor

Adult Figure (youth leader, coach, etc.)

Other:

Do you have a trusted adult (teacher, counselor, yard duty, administration, etc.) at school?

1. No

2. Slightly trusted

3. Moderately trusted

4. Significantly trusted

5. Extremely trusted

How active are your parents/ guardians in your decisions about academics/ social aspects?

1. Not active

2. Slightly active

3. Moderately active

4. Very active

My parent/ guardian would react/ feel _____ if they found me with marijuana/ alcohol/ e-cigarettes (mark all that apply).

Indifferent

Concerned

Extremely concerned

Angry

Hurt

Disrespected

Other:

My parent/ guardian would react/ feel _____ if they found me with crack cocaine/ prescription drugs/ other illegal substances (mark all that apply).

Indifferent

Concerned

Extremely concerned

Angry

Hurt

Disrespected

Other:

Are you familiar with any of the following programs? (Mark all that apply)

BreakThrough Student Assistance Program

Red Ribbon Week

Project Alert

Reality Parties

None of the above

If you marked one or more above, have these programs helped you in any aspect?

1. Did not help

Slightly helpful

Moderately helpful

Substantially helpful

5. Extremely helpful

Did not mark any above

Would you be interested in a program designed to help you and your peers focus on positive goals rather than drug prevention/intervention?

No interest

Slightly interested

Moderately interested

Significantly interested

Extremely interested

Would you be willing to spend extra time outside of or during school or to participate in the program mentioned above?

Yes

No

Maybe

Appendix B

Parent Survey Form

How would you describe your role in your child's decisions regarding academics/ social aspects?

My child makes virtually all of their decisions without my input

My child makes most of their decisions without my input

My child makes about half of their decisions without my input

My child makes few of their decisions without my input

My child's decisions require virtually all of my input

Who would your child go to FIRST when opening up about struggles/ challenges they face?

Parent

Friend

Teacher

Counselor

Adult figure (youth group leader, coach, etc)

Other:

Who would your child go to SECOND when opening up about struggles/ challenges they face?

Parent

Friend

Teacher

Counselor

Adult figure (youth group leader, coach, etc)

Other:

Who would your child go to THIRD when opening up about struggles/ challenges they face?

Parent

Friend

Teacher

Counselor

Adult figure (youth group leader, coach, etc)

Other:

Your child's exposure to substances such as alcohol and drugs has increased from middle school to 9th grade

1. Strongly disagree

2. Somewhat disagree

3. Somewhat agree

4. Strongly agree

Are you familiar with any of the following programs? (Mark all that apply)

BreakThrough Student Assistance Program

Red Ribbon Week

Project Alert

Reality Parties

None of the above

If marked one or more above, to what extent did this program(s) help?

Not helpful

Slightly helpful

Moderately helpful

Significantly helpful

Extremely helpful

Did not mark above

Would you be interested in a personality-target program designed to help your child achieve academic and long term goals as opposed to standard drug prevention methods?

Not interested

Slightly interested

Moderately interested

Very interested