

CARLSBAD COALITION STRATEGIES FOR SUCCESS

2023 Survey Results

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Presented to the Carlsbad School Administration

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Strategies for Success
Youth Survey Results for 2023
Carlsbad Independent School District

The Strategies for Success (SFS) survey was collected online from middle and high school students across the Carlsbad Independent School District in March of 2022. A total of 1,120 middle school students completed the SFS survey and 1,119 high school students completed the survey, for a total of 2,239 surveys. Questions on the SFS are used to monitor and measure the Carlsbad Community Anti-Drug and Gang Coalition's outcomes related to youth substance use, access to alcohol and other drugs, and perceptions of risk for using substances in the community and school. In addition to monitoring outcomes, the data help the community plan the most effective and needed prevention services.

Positive Findings

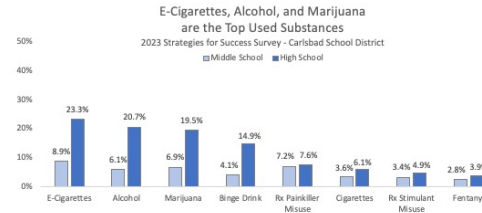
- + Middle school substance use decreased for alcohol, e-cigarettes, and marijuana. High school substance use stayed similar to last year for most substances.
- + Students offered resiliency factors such as wanting to take care of their health, to avoid negative consequences or get in trouble, and to protect their future plans as reasons for not drinking or using other substances.
- + More than 80% of students have an adult who believes they will be a success, and at least one friend their own age who cares about them.
- + More than 90% of students say their parent/guardian knows who they are with and what they are doing when not at home.
- + High school perception of the risk of using marijuana weekly increased from 45% to 49.3%.
- + Middle school and high school students report decreases in getting alcohol from parents and parties since last year.

Troubling Findings

- Students over-estimate peer substance use, rather than realizing the majority of students are not using substances.
- High school substance use increased very slightly for most substances but increased significantly for cigarettes 3.2% in 2022 compared to 6.1% in 2023.
- High school students report increases in prescription painkillers (for any reason) and unprescribed stimulant use.
- Perception of harm decreased (undesired) for cigarette use, misuse of prescription painkillers, e-cigs, and alcohol use.
- Perception of peer disapproval of substance use is lowest (compared to parents and self).
- Nearly 17% of high school students who reported past 30-day e-cigarette use reported buying it in a store, despite it being illegal for anyone under age 21.
- Students are most likely to access alcohol at parties and un-related adults.
- Youth access marijuana by purchasing or receiving it from others, at parties, and adult family members.

Current Substance Use

Current substance use is measured by the percentage of people who report using the specific substance in the past-30 days. Adolescent substance use is risky because research literature confirms that the brain does not stop developing until the early twenties and substance use during development can have lasting effects. ² The graph below shows the current substance use among middle and high school students.



	Middle School	High School
Positive changes since 2022	E-Cig use decreased from 11.6% Alcohol use decreased from 8.5% Marijuana use decreased from 8.1%	Alcohol use decreased slightly from 21.1%



Boys

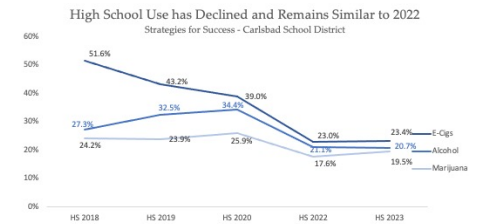
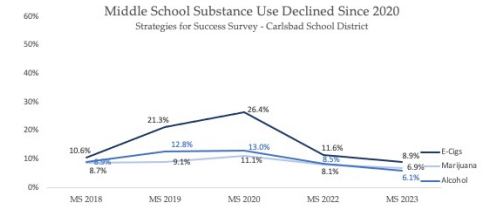
High school boys are more likely to use every substance than high school girls.



Girls

Middle school girls are more likely to use e-cigs, alcohol, marijuana, Rx, and cigarettes than middle school boys.

Trends Among the Top Three Substances Show Reductions
No surveys were collected in 2021 due to COVID/school closures



High School Substance Use (past 30-days)	U.S. YRBS 2021	New Mexico YRBS 2021	Carlsbad SFS 2023
E-Cigarettes	18.0%	25.3%	23.4%
Alcohol	15.8%	19.5%	20.7%
Marijuana	22.7%	20.3%	19.5%

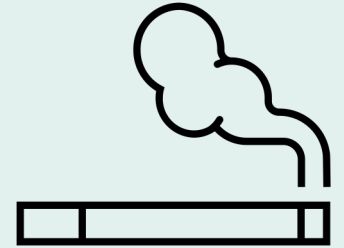
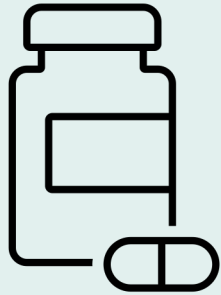
SOURCES: NM <https://youthrisk.org> and U.S. <https://yrbs-explorer.services.cdc.gov/>

SFS HIGHLIGHTS REPORT

Strategies for Success



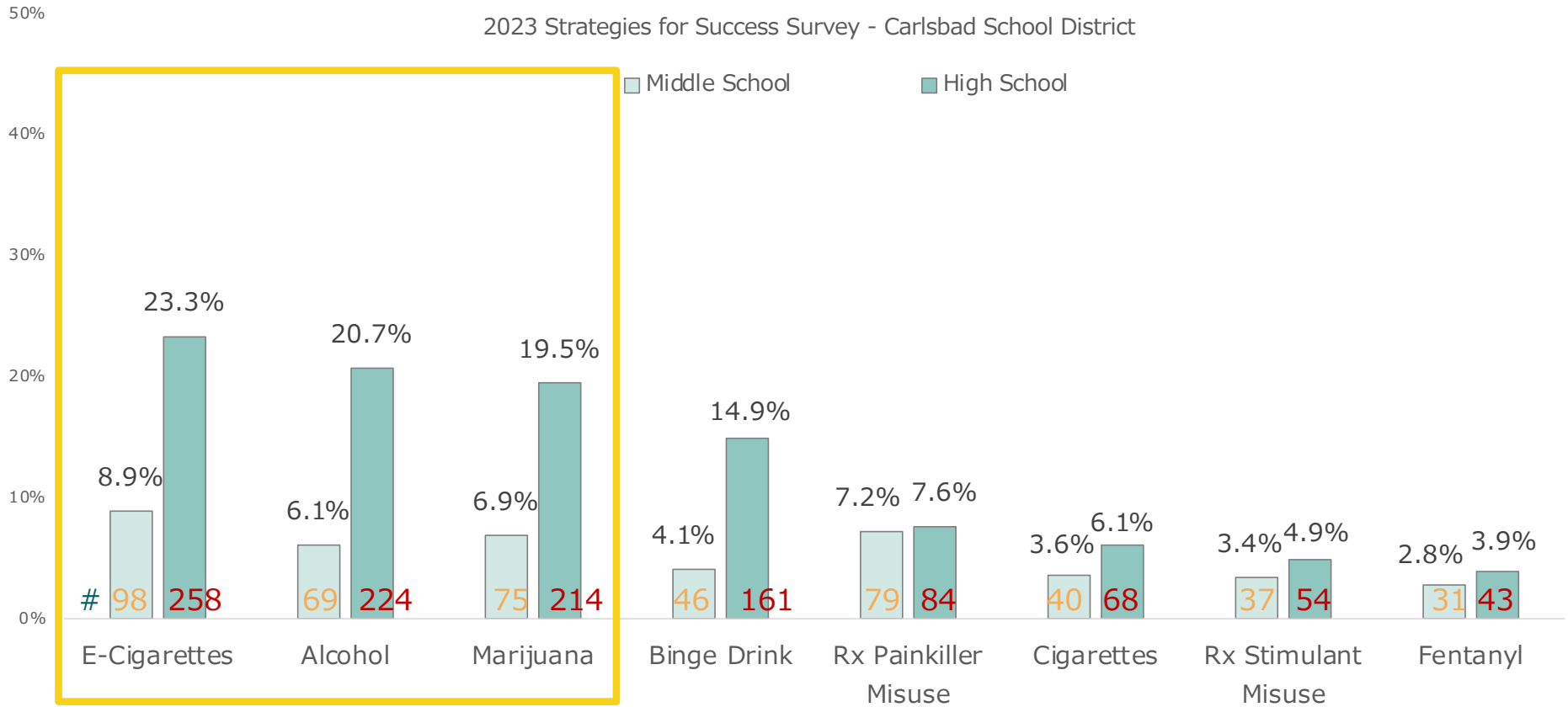
Carlsbad SFS 2023	Middle School		High School	
	#	Mean Age	#	Mean Age
	1,120	12.9	1,119	15.9
Gender	#	%	#	%
Male	525	46.8%	516	46.3%
Female	517	46.1%	541	48.5%
Non-Binary or Genderfluid, other	75	6.7%	58	5.2%
Race/Ethnicity*				
Asian	34	3.0%	43	3.8%
Black	79	7.1%	75	6.7%
Hispanic	716	63.9%	699	62.5%
Native American	83	7.4%	63	5.6%
White	392	35.0%	431	38.5%
Other	69	6.2%	47	4.2%
Identify as Lesbian, Gay, Bisexual, or Questioning	194	17.3%	222	19.8%



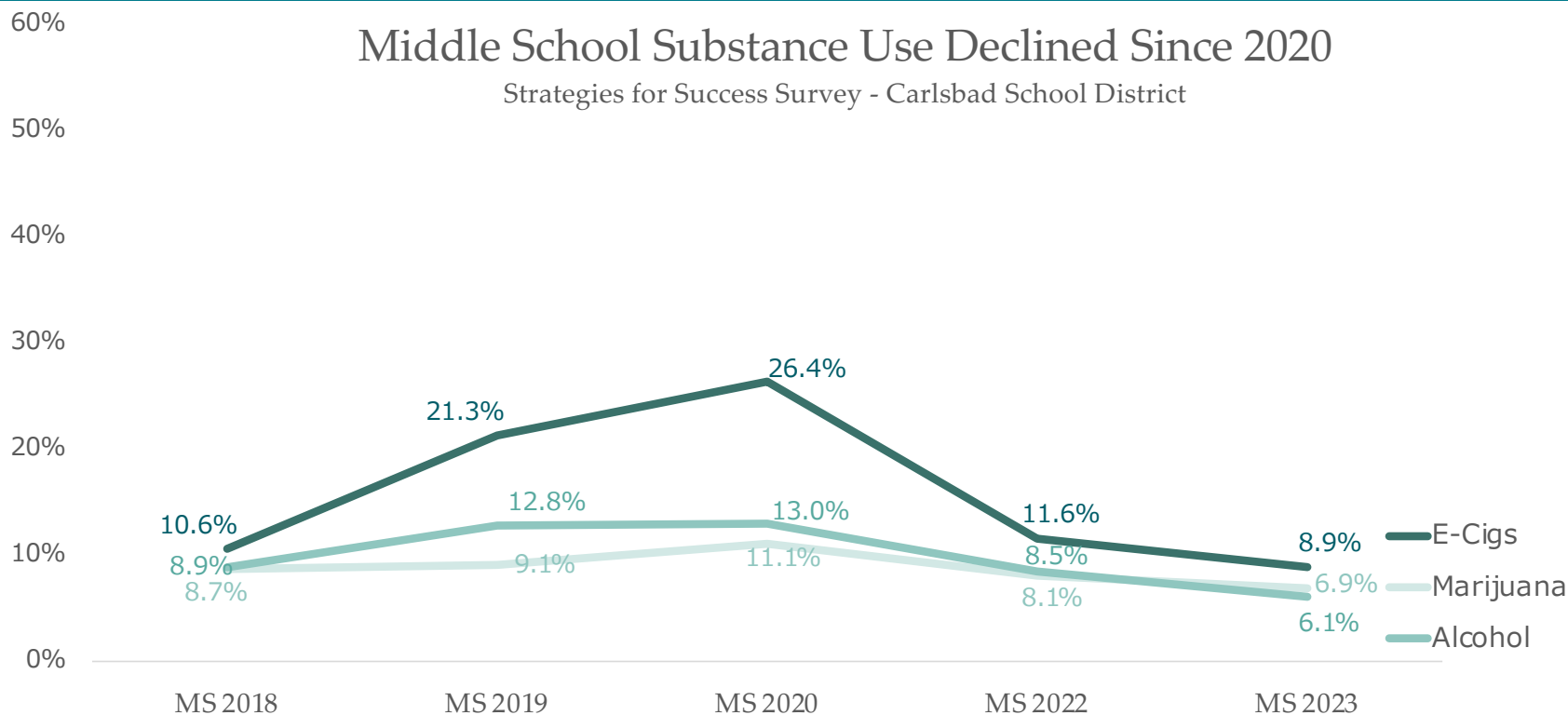
WHAT ARE THE TOP USED SUBSTANCES
BY YOUTH IN CARLSBAD SCHOOLS?

Past 30-Day Substance Use

E-Cigarettes, Alcohol, and Marijuana are the Top Used Substances



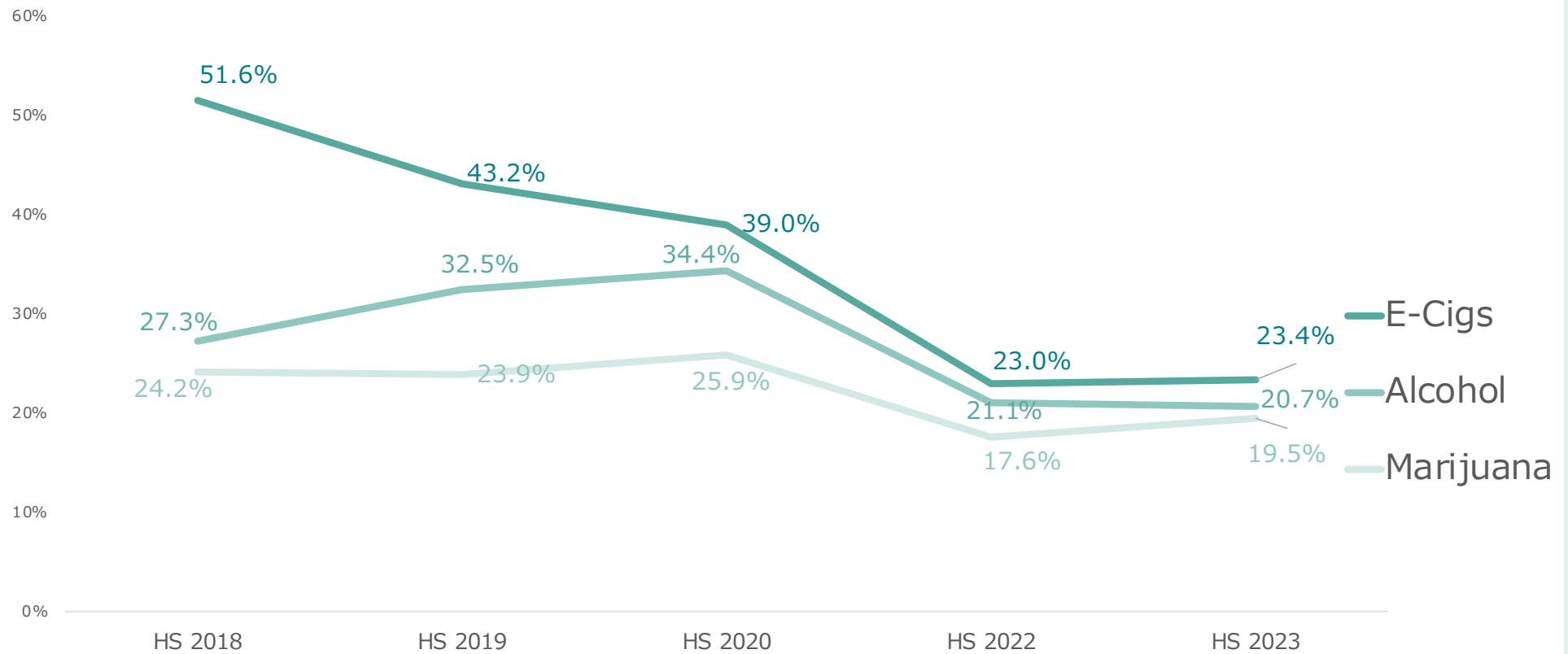
Middle School Trends



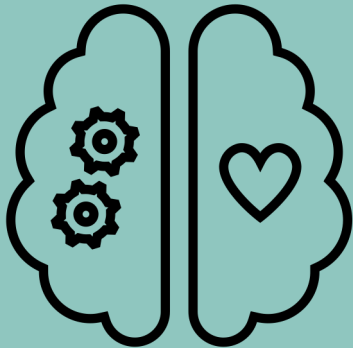
High School Trends

High School Use Remains Similar to 2022

Strategies for Success - Carlsbad School District



The Adolescent Brain



Alcohol and marijuana affects crucial parts of the brain which are vulnerable in the developing brain, including:

1. Prefrontal Cortex (planning, judgement, decision-making, impulse control, and language development)
2. Hippocampus (memory and learning)

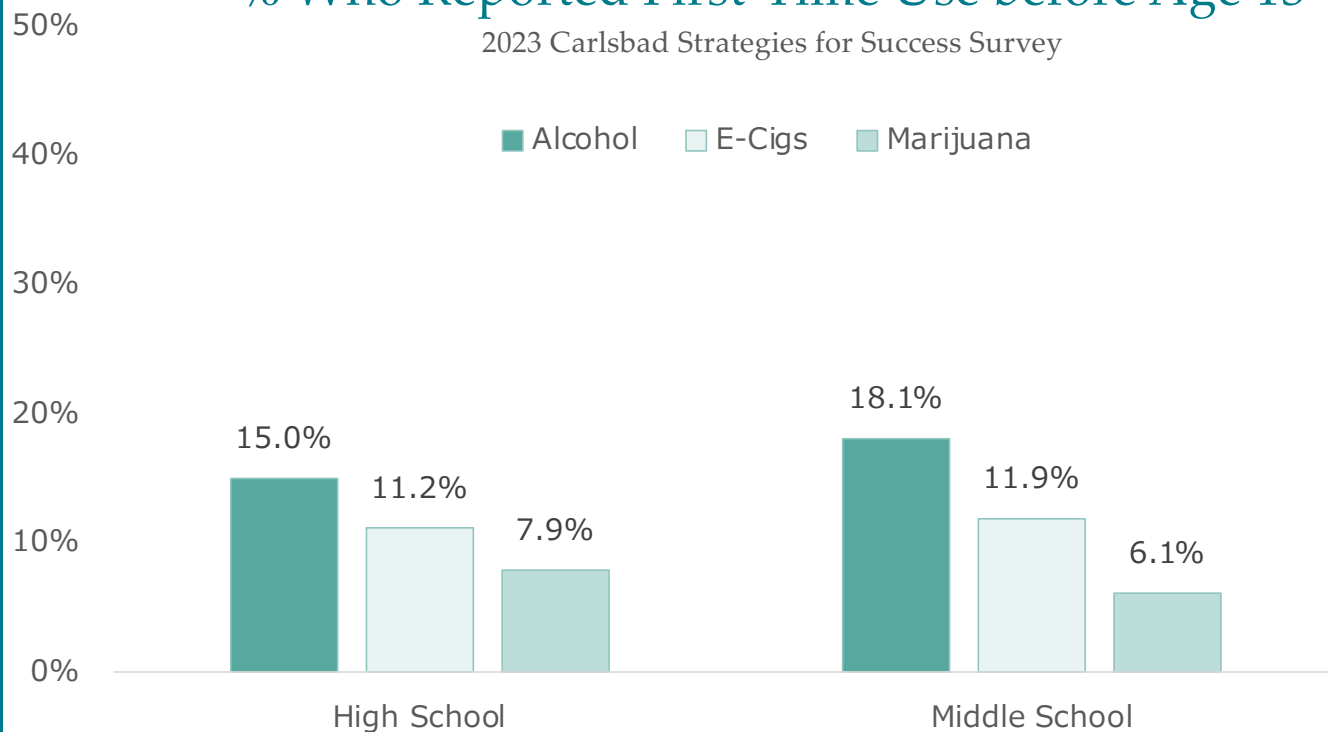
This can result in irreversible changes in the brain that can impact decision-making, personality, memory and learning.

Early Initiation

GOAL:
DELAY AGE OF
FIRST USE

% Who Reported First-Time Use before Age 13

2023 Carlsbad Strategies for Success Survey

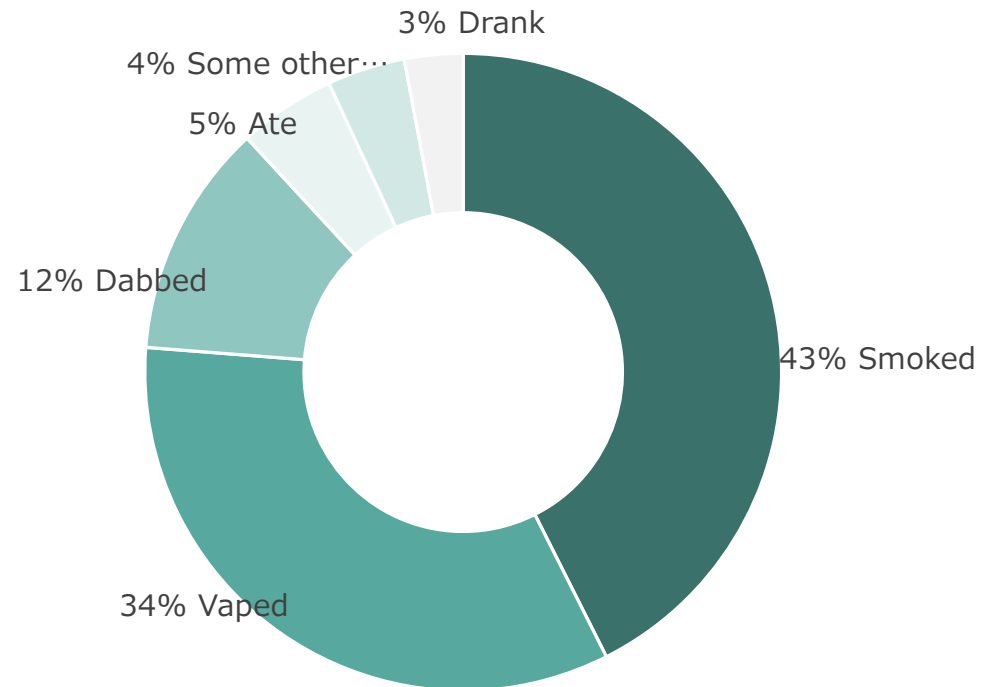


Marijuana

Current Marijuana Use	Girls	Boys
Middle School	6.9%	5.3%
High School	17.3%	19.9%

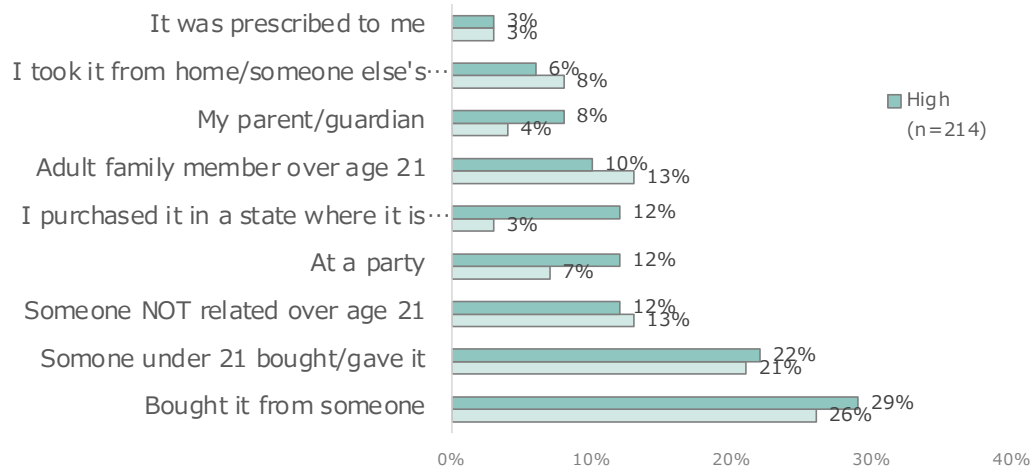
Smoking Marijuana is Most Common Consumption Method

2023 Strategies for Success Survey - High School - Carlsbad School District
Current Users n=214



Youth Usually Access Marijuana from Social Sources

2023 Strategies for Success Survey - Carlsbad School District

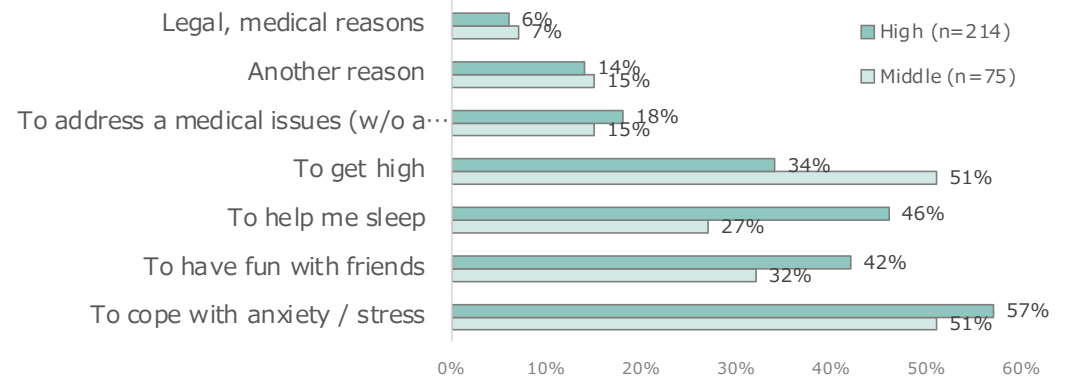


ACCESS & REASONS FOR USE

Reasons for Adolescent Marijuana Use

2023 Strategies for Success Survey - Carlsbad School District

% among current users





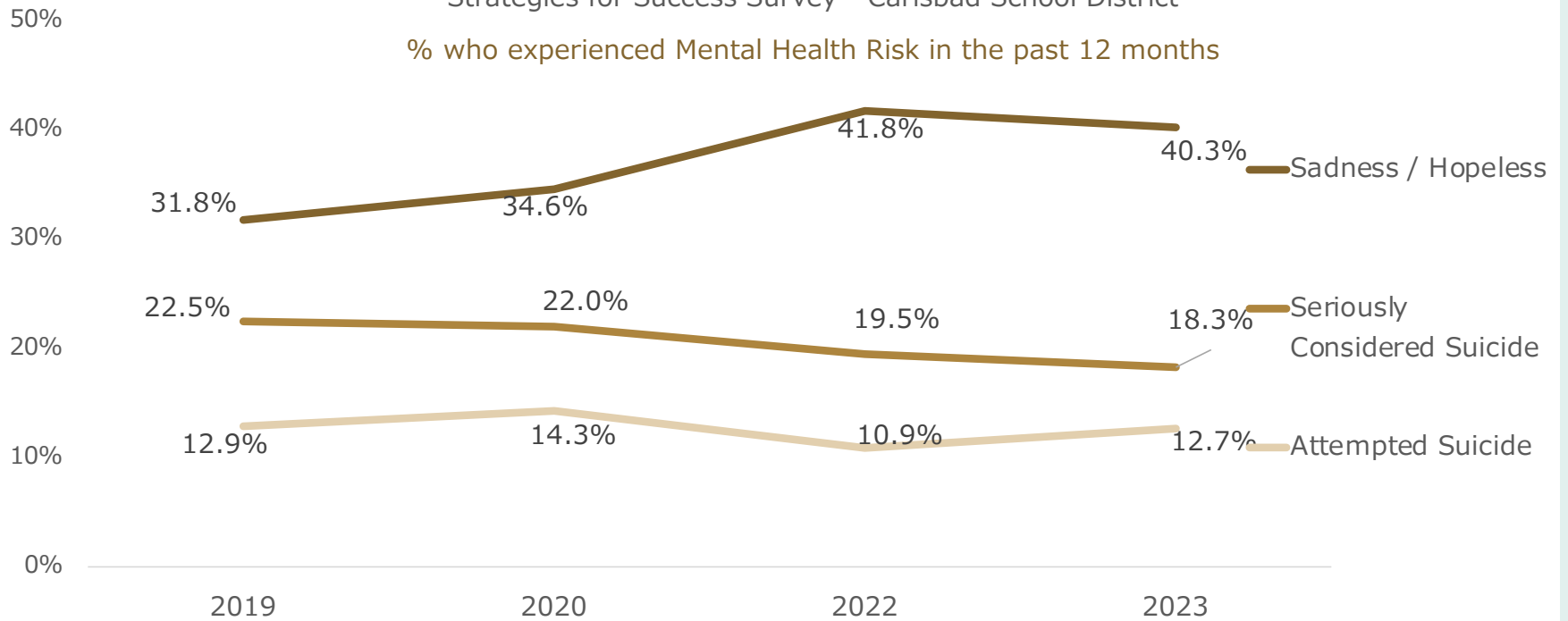
MENTAL HEALTH

Middle School Mental Health Issues

Middle School Sadness/Hopelessness and Considering Suicide Decrease Slightly

Strategies for Success Survey - Carlsbad School District

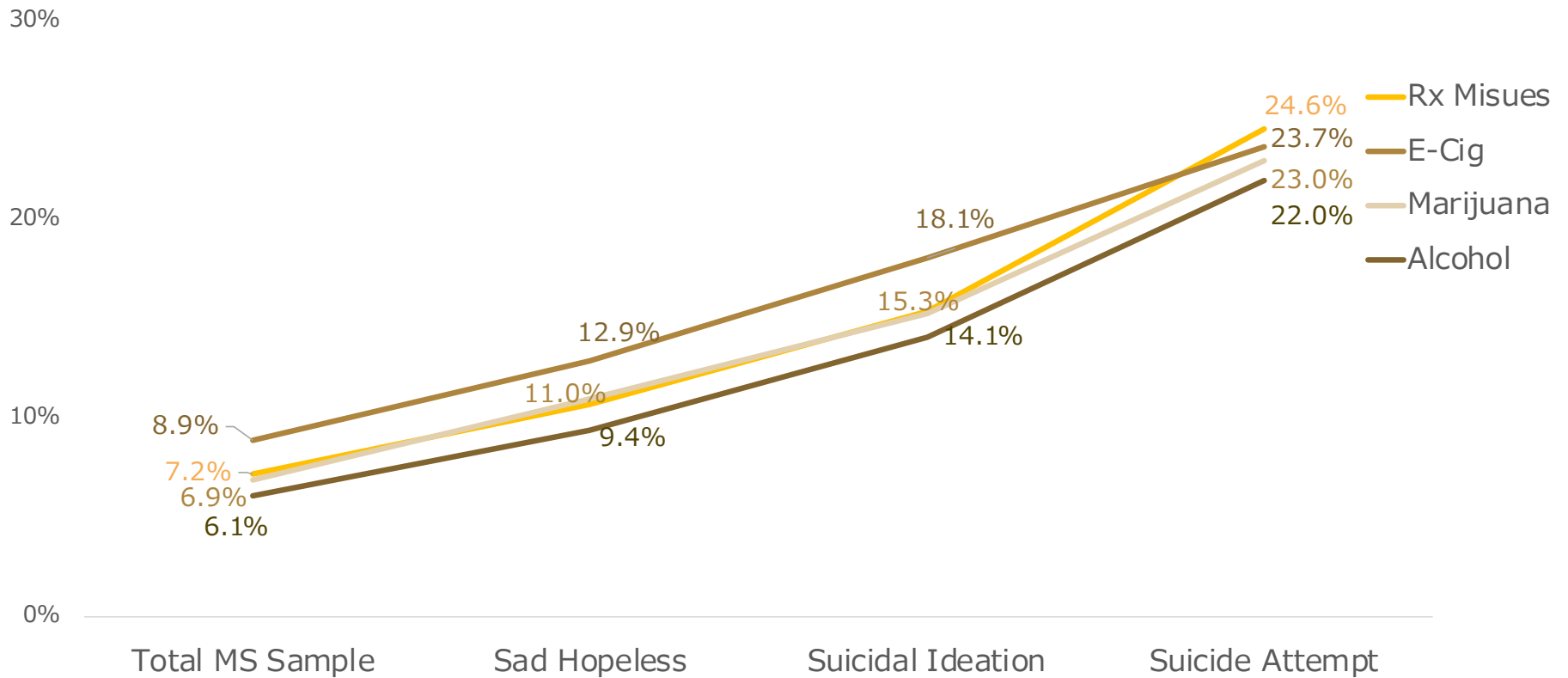
% who experienced Mental Health Risk in the past 12 months



Mental Health Conditions Compound Substance Use

Middle School Substance Use Correlates with Severity of Mental Health Risks

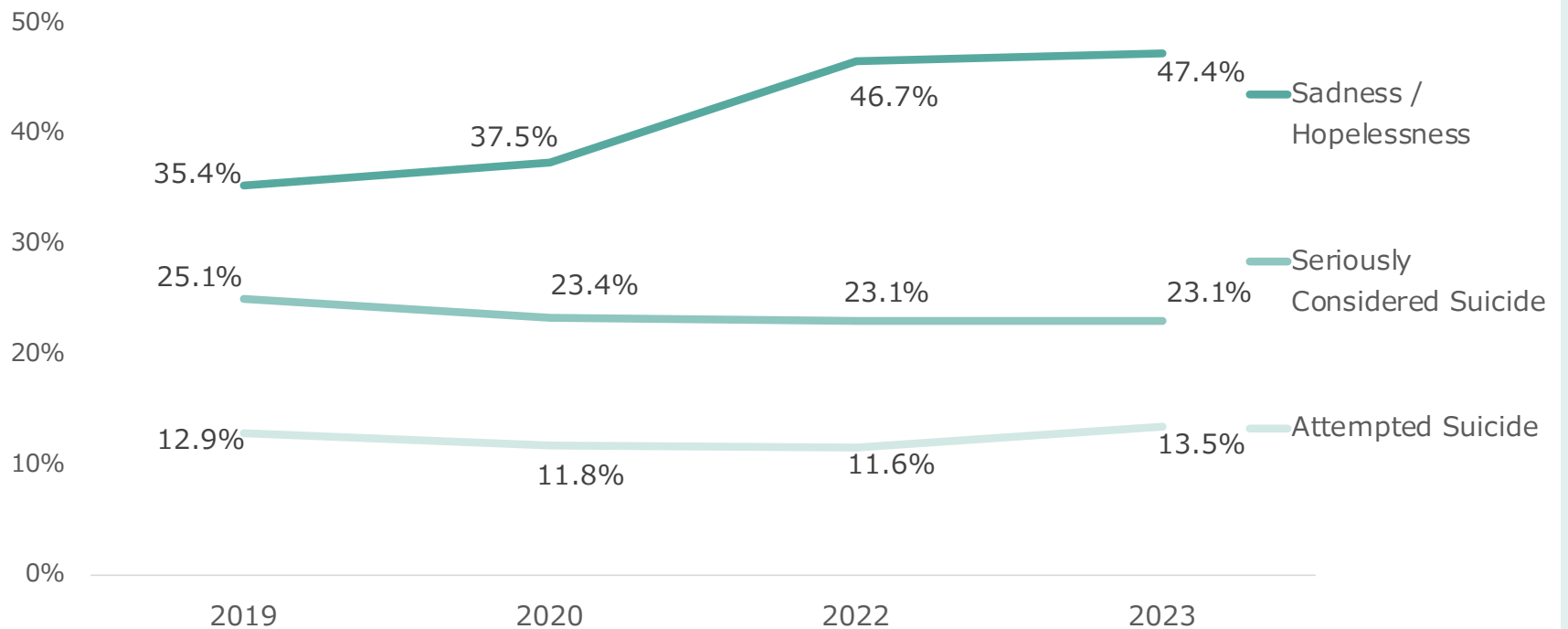
2023 Strategies for Success Survey - Carlsbad School District



High School Mental Health Issues

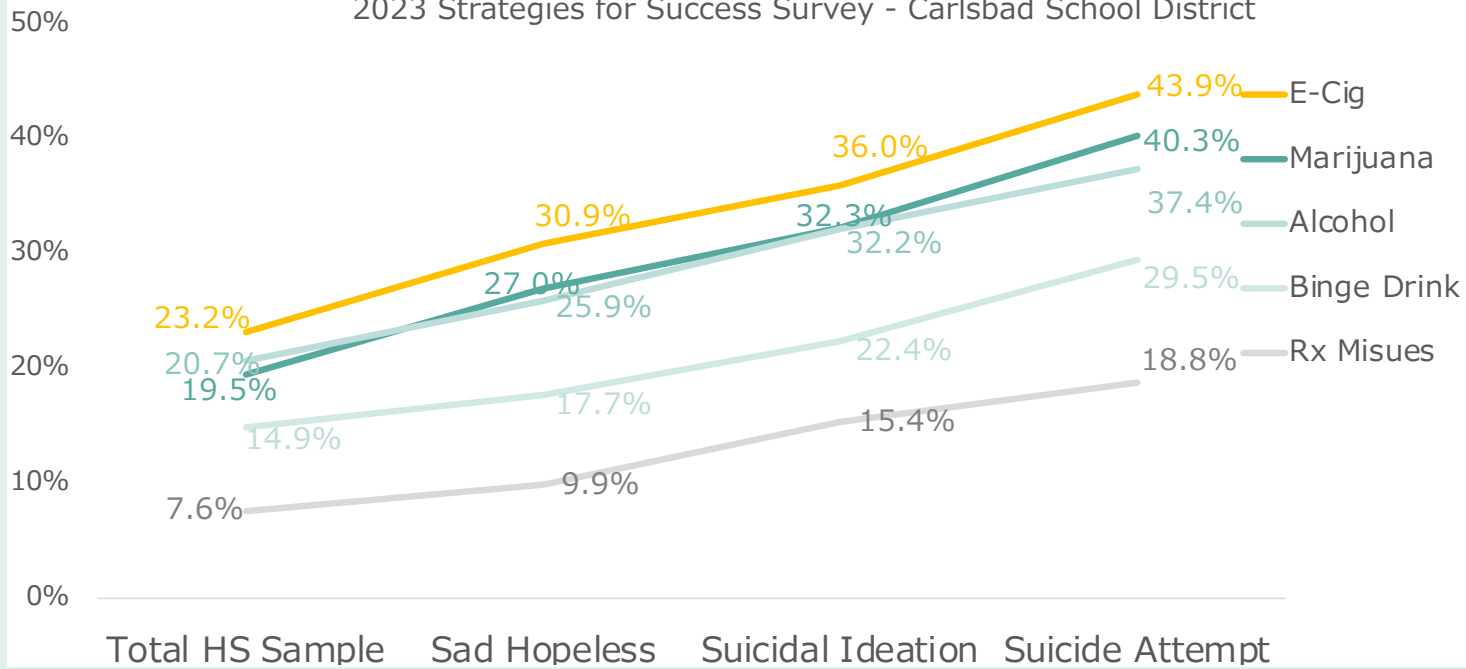
High School Youth Report Slight Increases in Mental Health Risk Factors

Strategies for Success Survey - Carlsbad School District
% who experienced Mental Health Risk in the past 12 months



High School Substance Use Correlates with Severity of Mental Health Risks

2023 Strategies for Success Survey - Carlsbad School District



Mental health conditions compound substance use

Youth at higher risk

Disparities and Populations at Higher Risk

- Students who identify as LGBT
- Students who have been bullied
- Students with mental health risks

National studies indicate adolescents whose parents use marijuana are more likely to use marijuana than adolescents whose parents do not use¹

RISK...

**...and
protective
factors**

RISK & RESILIENCY

- Pressure to succeed
- Shame-based parenting
- Failure at school

- Friendships
- Affirmation of sexuality
- Positive body image
- Safety

- Harassment
- Move out of family home
- Alcohol and drug dependence

- Social networks
- Self-esteem
- Good understanding of mental health

Early years

- Parental neglect
- Family facing adversity
- Child poverty

- Positive parenting
- Nurturing home environment
- Strong attachment

Childhood

- Abuse
- Parental divorce
- Malnutrition
- Adverse Childhood Experiences

- Good education
- Supportive parenting
- Emotional literacy
- Communication skills

Adulthood

- Discrimination
- Relationship breakdown
- Debt and poverty
- Unemployment
- Community violence
- Toxic work

- Savings
- Good work
- Good quality housing
- Family contribution

Later years

- Loneliness
- Loss
- Inequality
- Physical illness and disability

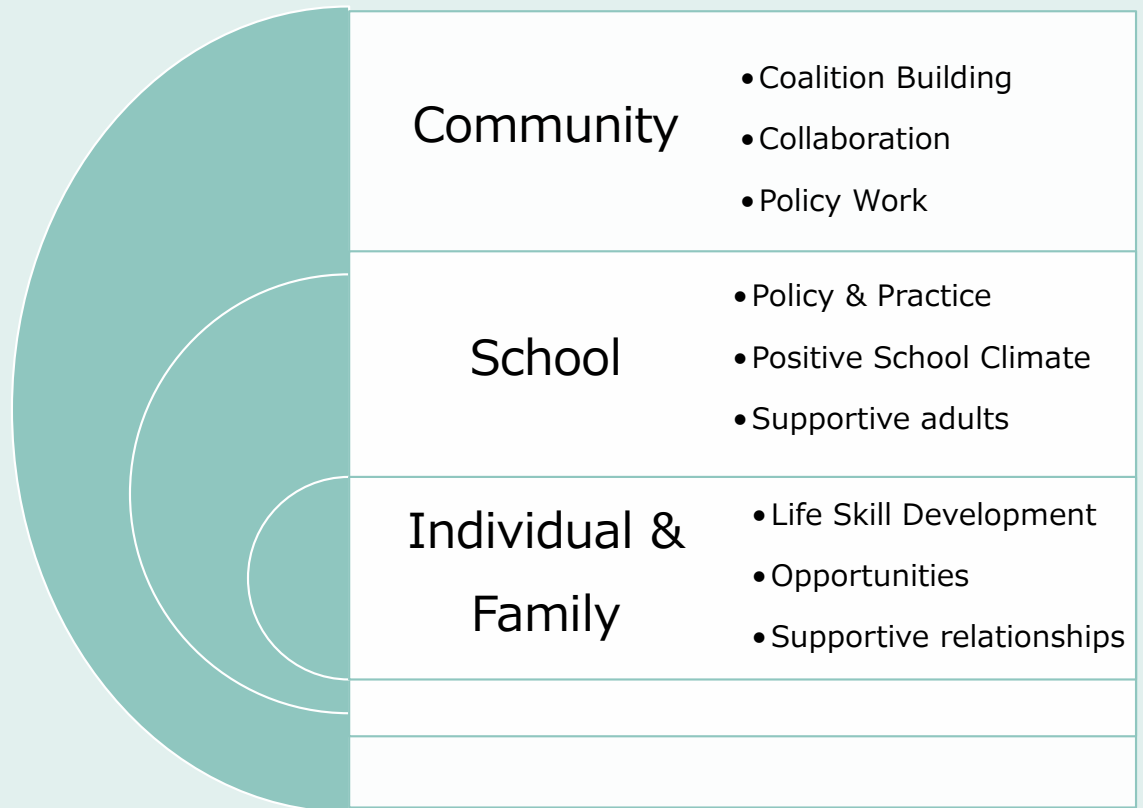
- Positive roles
- Family connections
- Financial security

Resiliency







For protective factors at the family and community levels, visit nbhc.ca/resilience

**Strategies
Address
Multiple
Contexts**



Youth Risk & Protective Factors

<https://www.communitiesthatcare.org.au/how-it-works/risk-and-protective-factors>

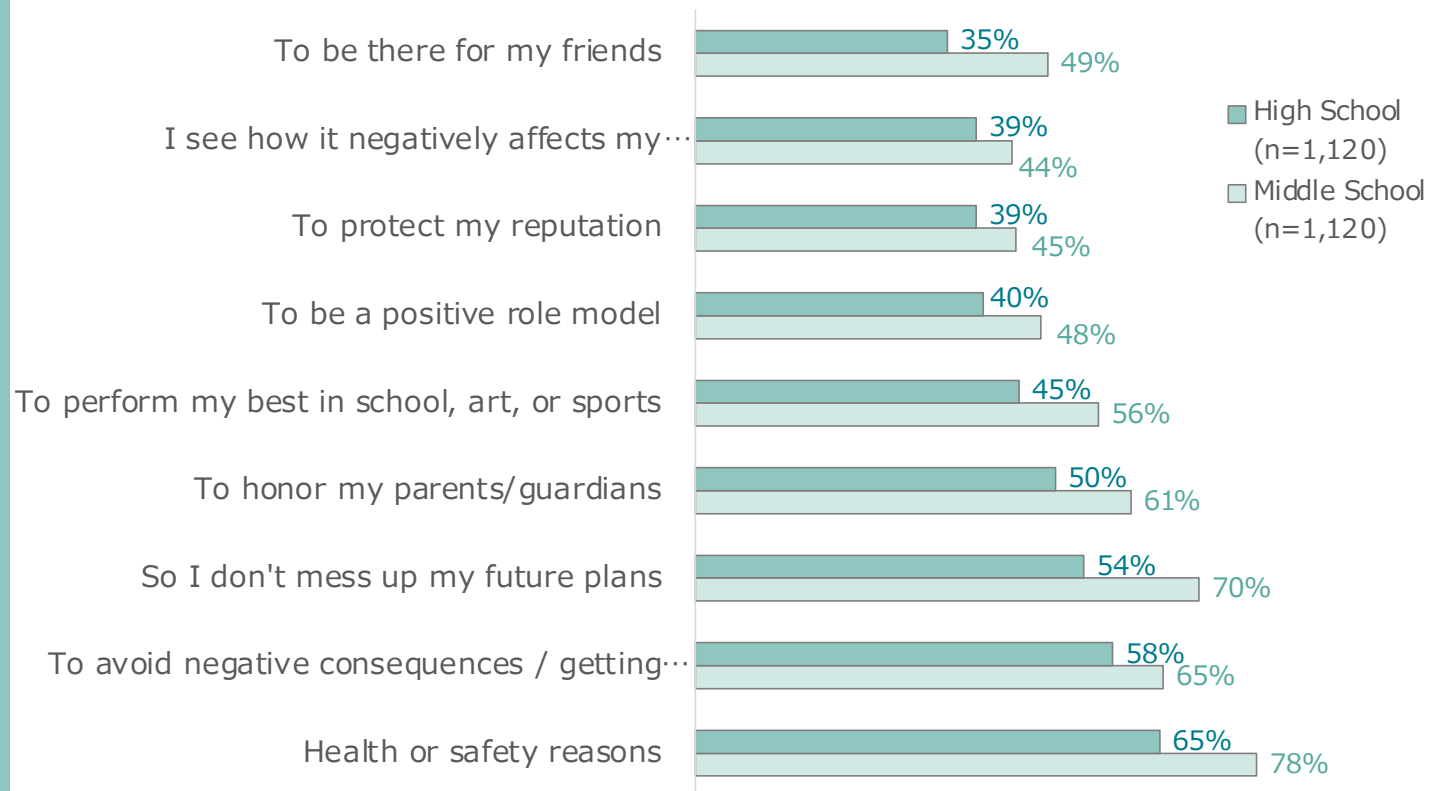
RISK FACTORS Risk factors increase the likelihood young people will develop health and social problems.	DOMAIN	PROTECTIVE FACTORS Protective factors help buffer young people with high levels of risk factors from developing health and social problems.
<ul style="list-style-type: none"> • Low community attachment • Community disorganisation • Community transitions and mobility • Personal transitions and mobility • Laws and norms favourable to drug use • Perceived availability of drugs • Economic disadvantage (not measured in youth survey) 		<ul style="list-style-type: none"> • Opportunities for prosocial involvement in the community • Recognition of prosocial involvement • Exposure to evidence-based programs and strategies (some are measured in youth survey)
<ul style="list-style-type: none"> • Poor family management and discipline <ul style="list-style-type: none"> • Family conflict • A family history of antisocial behaviour • Favourable parental attitudes to the problem behaviour 		<ul style="list-style-type: none"> • Attachment and bonding to family • Opportunities for prosocial involvement in the family • Recognition of prosocial involvement
<ul style="list-style-type: none"> • Academic failure (low academic achievement) <ul style="list-style-type: none"> • Low commitment to school • Bullying 		<ul style="list-style-type: none"> • Opportunities for prosocial involvement in school • Recognition of prosocial involvement
<ul style="list-style-type: none"> • Rebelliousness • Early initiation of problem behaviour <ul style="list-style-type: none"> • Impulsiveness • Antisocial behaviour • Favourable attitudes toward problem behaviour • Interaction with friends involved in problem behaviour <ul style="list-style-type: none"> • Sensation seeking • Rewards for antisocial involvement 		<ul style="list-style-type: none"> • Social skills • Belief in the moral order • Emotional control • Interaction with prosocial peers

Strongest Protective Factors in Carlsbad

If you choose not to drink alcohol or use other substances, what would be your main reasons?

Students say health reasons, their future plans, and other negative consequences keep them from using substances

2023 Strategies for Success Survey - Carlsbad School

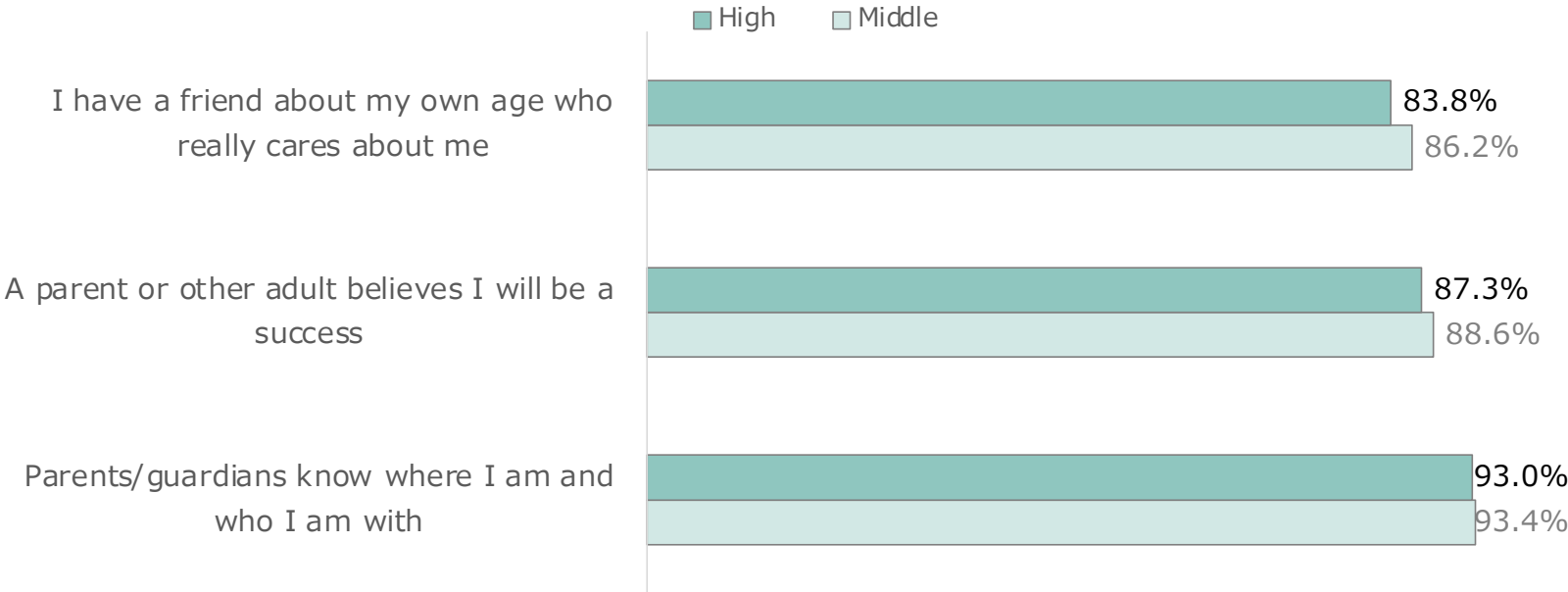


Protective Factors

Most Students have Supportive Friends and Adults in their Life

% who said "mostly true" or "very true"

2023 Strategies for Success Survey - Carlsbad School District

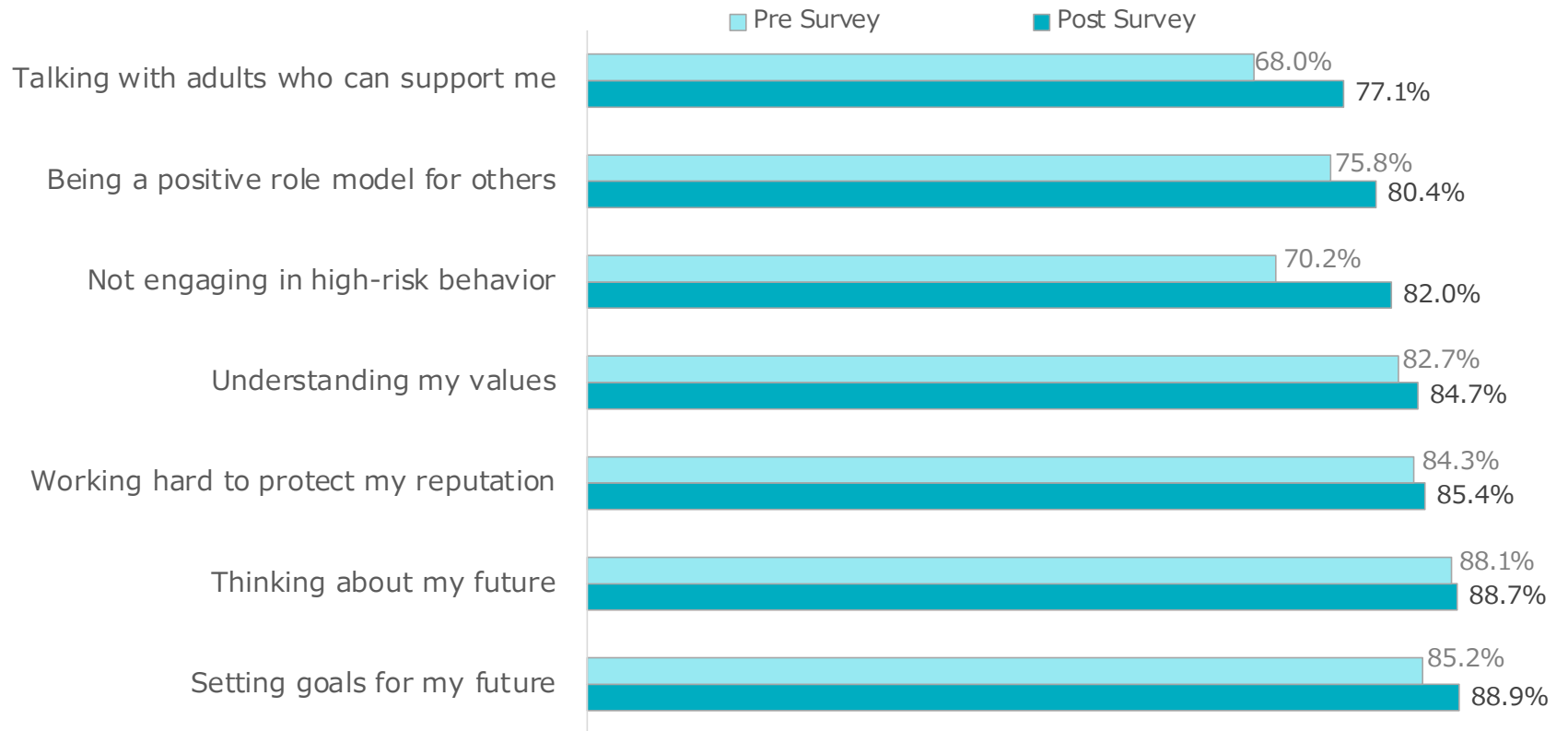


All Stars Results

All Protective Factors Increased

% who said "Important" or "Very Important" to the following statements

Carlsbad Coalition - 2022-2023 School Year



Over 600 students served

Recommendations

These are all protective factors that help buffer youth from risks and help them succeed.

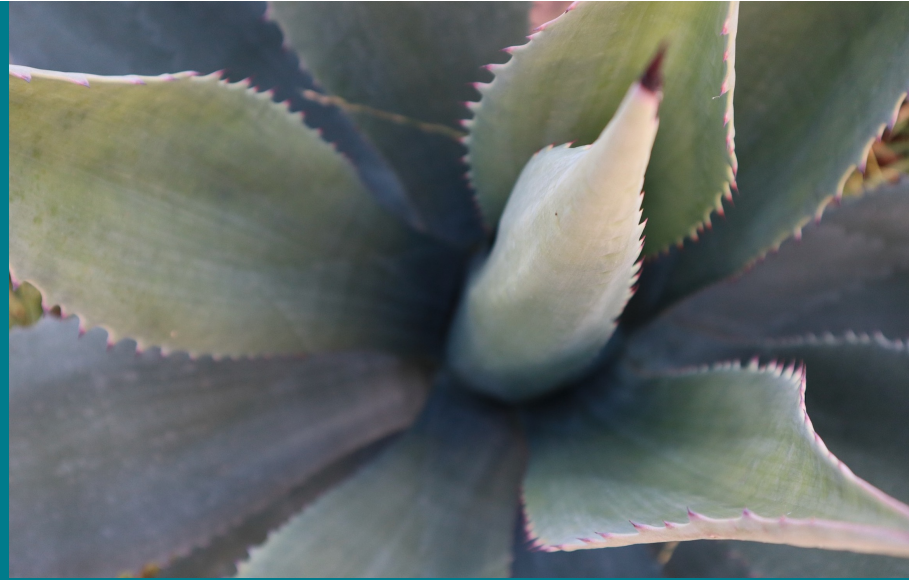
1. Support mental health services and help equip teachers to better identify and refer students who are struggling to those services.
2. Have clear rules about what youth can and cannot do at school and at home.
3. Support programs, teachers, students, and staff who strive to make school the safest and best part of each students' day.
4. Encourage students to think about going to college or technical school after they graduate high school.
5. Tell students you believe in them.
6. Show interest in students' schoolwork.
7. Encourage students to pursue their interests and get involved in drama, debate, art, music, math league, sports, or other hobbies.
8. Give students opportunities to use their skills and recognize them for trying.

Discussion

1. What stood out to you?
2. What ideas do you have after seeing this information?
3. How can we support work in the schools?



Thank you!



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