

Carlsbad Strategies for Success (SFS) FY2018 HIGHLIGHTS

The Strategies for Success (SFS) survey was collected online from middle and high school students in the Carlsbad Independent School District during October 2017. **A total of 1,215 students completed the middle school SFS survey and 1,454 completed the high school version.** 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 in the community and school. In addition to monitoring outcomes, the data help the community plan the most effective and needed prevention services.

Highlights from FY 2018

Middle School Positive Findings

- + Carlsbad middle school students do not exhibit riskier substance-related behaviors than students in the rest of the state.
- + Substance use (past 30-days) has not changed significantly from last school year.
- + *Perception of harm* of drinking alcohol, smoking cigarettes and marijuana, and using prescription drugs to get high has *increased slightly* from last school year.
- + Students think it is *more likely* they will get caught at school and in the community for drinking alcohol than they did last school year.
- + Substance use on campus and availability of drugs on campus remain fairly low.

Middle School Concerns

- There is an increase in adult family members, unrelated adults and other minors providing alcohol to middle school students.
- Middle school students report an increase in taking alcohol from a home without asking.
- Perception of harm from using e-cigarettes is low.

High School Positive Findings

- + Carlsbad high school students also do not exhibit riskier substance-related behaviors than students in the rest of the state.
- + There is a slight decrease in teens accessing alcohol from parties.
- + *Perception of harm* of drinking alcohol, smoking cigarettes and marijuana, and using prescription drugs to get high has *increased slightly* from last school year.
- + Substance use and availability of drugs on campus decreased slightly from last school year.

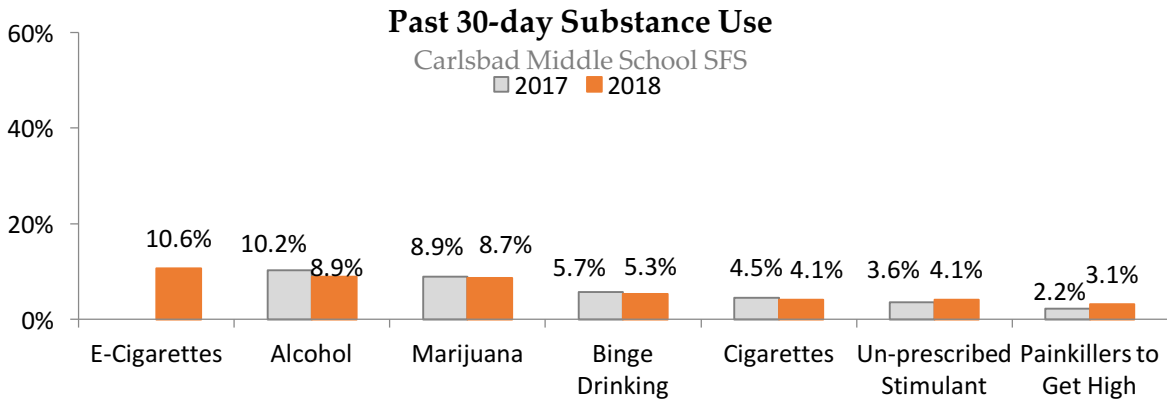
High School Concerns

- There is a significant increase in e-cigarette use among high school students.
- There are slight increases in teens reporting getting their alcohol from adult family members, unrelated adults, and other minors.
- Perception of harm from using e-cigarettes and marijuana is low.
- Substance use is higher among students who identify as lesbian, gay, bi-sexual or transgender (LGBT).

Substance Use

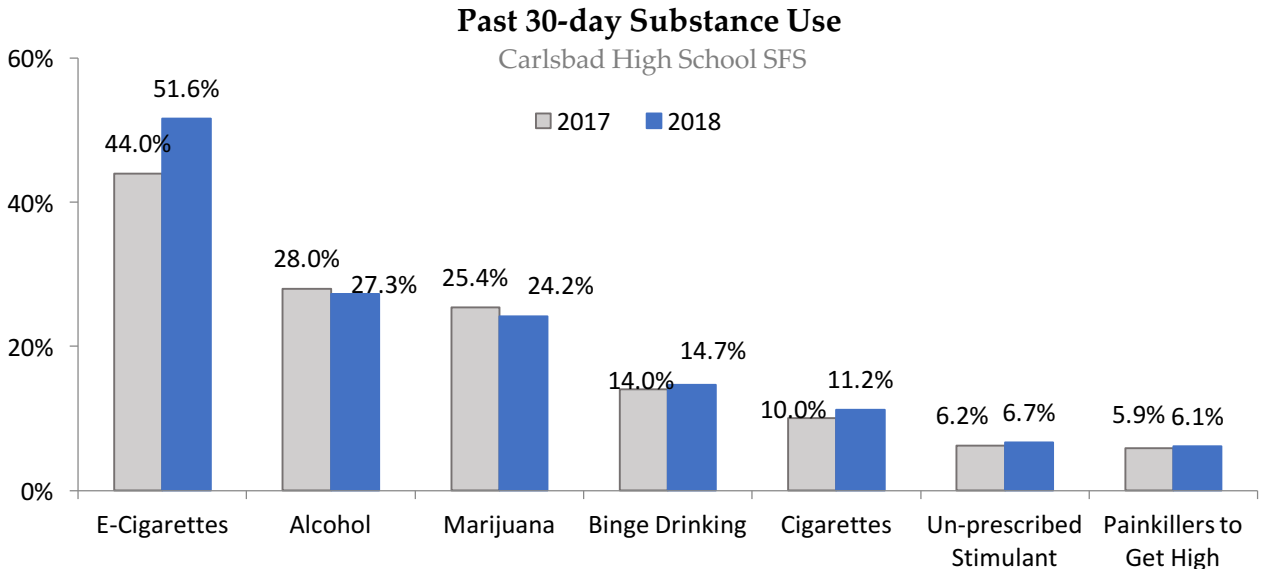
Middle School

Between 8-10% of Carlsbad Middle School students report using e-cigarettes, alcohol, and marijuana in the past month. This is consistent with YRRS results for Eddy County from 2015 and is slightly lower than New Mexico middle school students as a whole. There are no significant changes from 2017 data, except that current e-cigarette use was not captured until this year.



High School

The **top substances used among Carlsbad High School students are e-cigarettes, alcohol and marijuana**, with a significant increase in e-cigarette use in FY2018.

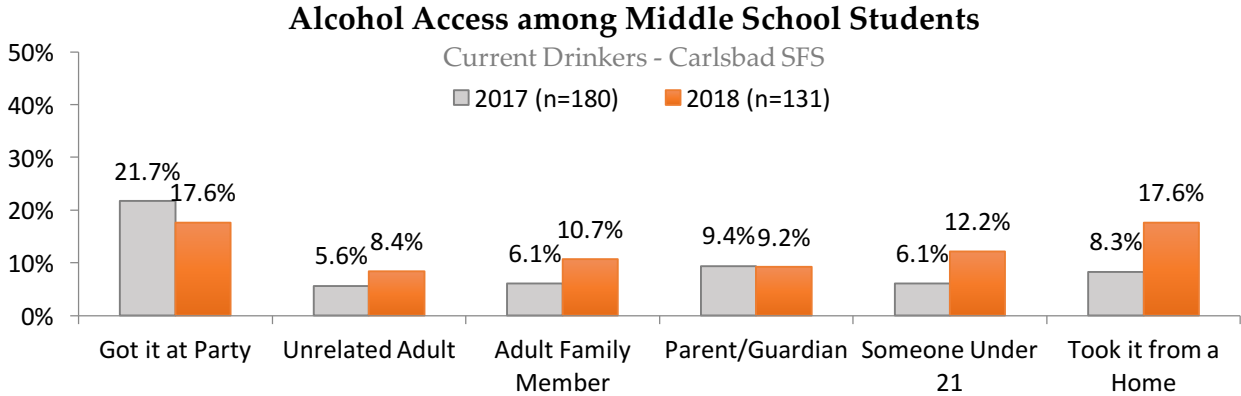


Boys report higher use for most substances except for alcohol, where girls report slightly higher use (28% compared to boys at 26.5%). Boys have much higher e-cig use (58%) compared to girls (44.6%), however, nearly half the students did not respond to this question.

Source of Alcohol

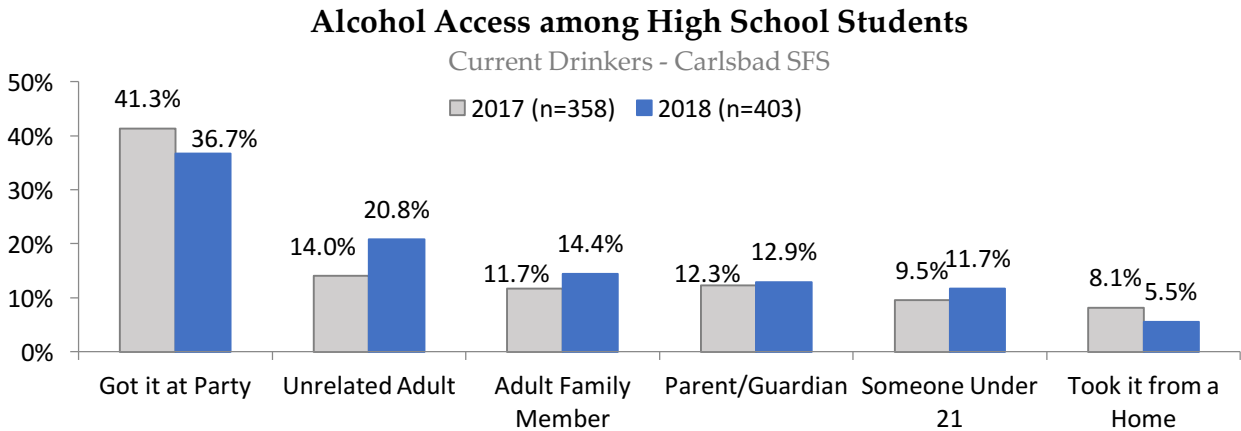
Middle School

This year, middle school students report an increase in *taking their alcohol from someone's home*. *Getting it from a party* remains the other most common source for alcohol. Slight increases are reported in getting alcohol from an *unrelated adult, family member, and someone under 21*.



High School

High school students indicate that they mostly get their alcohol at parties. The second most common source for alcohol is from an unrelated adult and then adult family members. This indicates a need to publicize and enforce existing laws regarding providing alcohol to minors.

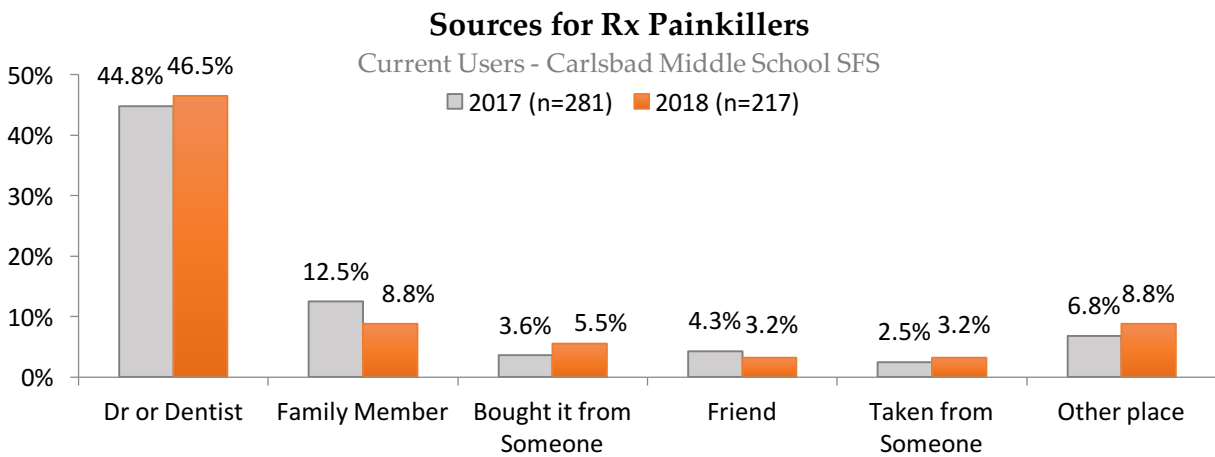


Prescription Drug Access

Several of the Coalition’s strategies aim to reduce illegal or unsafe access to prescription painkillers. This includes working with pharmacists to educate their patients on the dangers of sharing Rx, and the importance of safe storage and disposal, and working with parents to do the same. We hope to see *sharing* reduce over time. It is very dangerous to share prescription medication with someone for whom it was not prescribed, and there is a high possibility of addiction among prescription opioids.

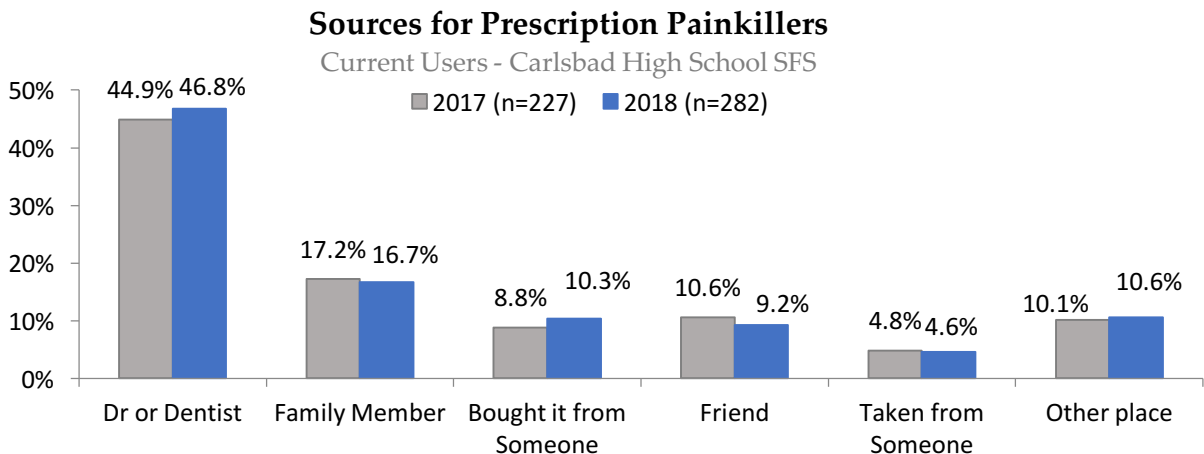
Middle School

Across all grades the most common source of prescription painkillers is from a doctor or dentist. The second most common source is a *family member* or *some other place*.



High School

Like the middle school students, *the most common source of prescription drugs was from a doctor or dentist*. Family members are the second most common source for prescription painkillers. There are no significant changes from 2017 data.

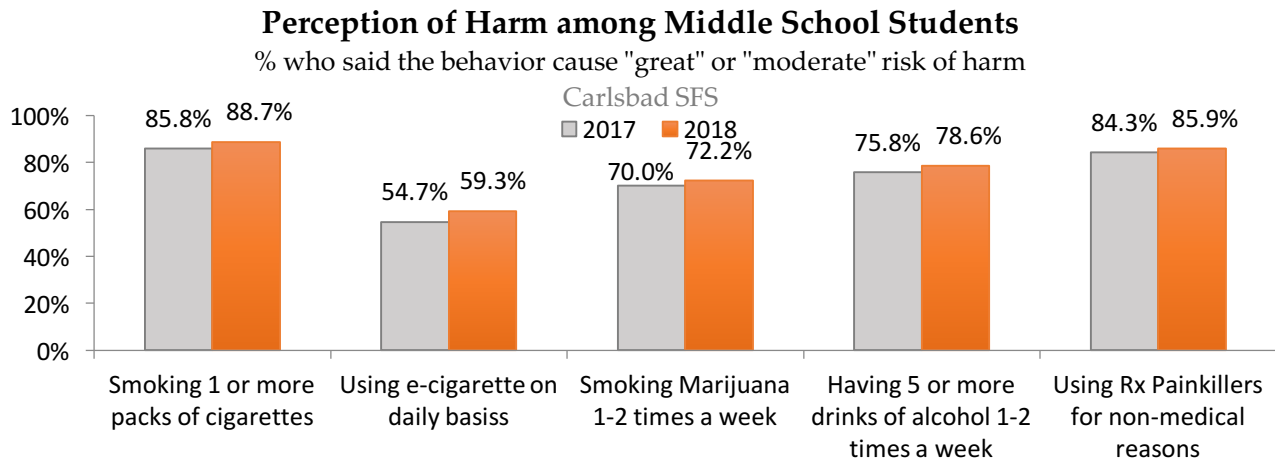


Perception of Harm

A high perception of harm of a certain behavior is associated with reduced levels of that risky behavior. Therefore, we hope to see youth express high perceptions of harm for misusing substances because it is linked with lower use. Students were asked how much someone “risks harming themselves if they...” use the substance according to the statement.

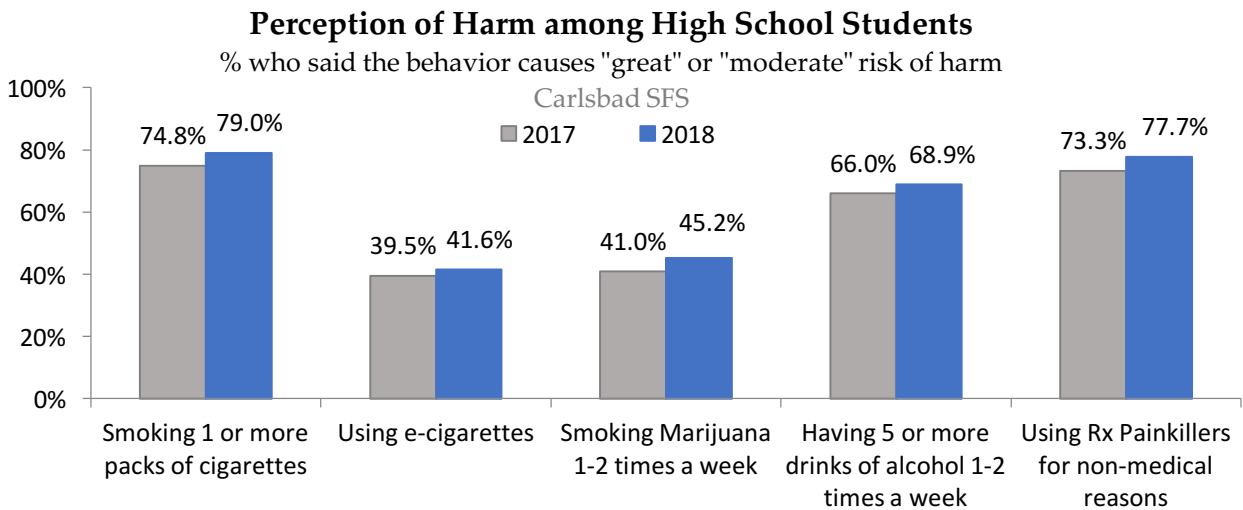
Middle School

Perception of harm is fairly similar across grades and there tends to be a **lowest** perception of harm for **using e-cigarettes** and **highest** for **smoking a pack or more of cigarettes per day**, and **using Rx painkillers for non-medical reasons**.



High School

High school students express lower perception of harm than middle school students for all substances, but the patterns are similar across all grades. There is a lower perception of harm for use of e-cigarettes and marijuana, and higher perception of harm for smoking a pack (or more) of cigarettes per day and misusing prescription painkillers.

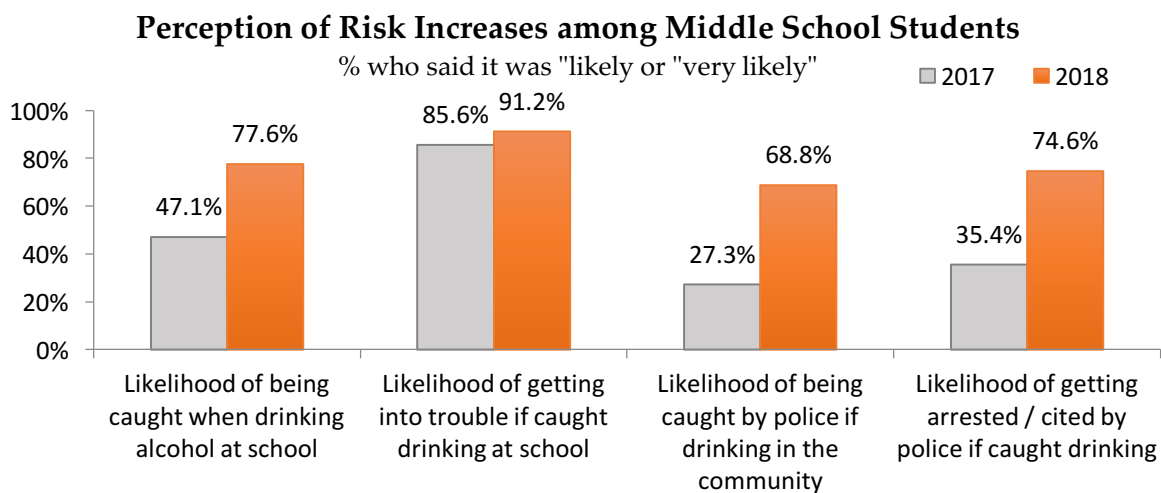


Perception of Risk of Getting Caught

Perception of risk of getting caught for something is associated with decreased levels of participating in that risky behavior. Consistent rules and enforcement of those rules help establish a balanced perception of risk for unwanted behavior and encourage civic behavior. Clear and consistent rules at home and at school are considered protective factors for youth that helps create healthy boundaries.

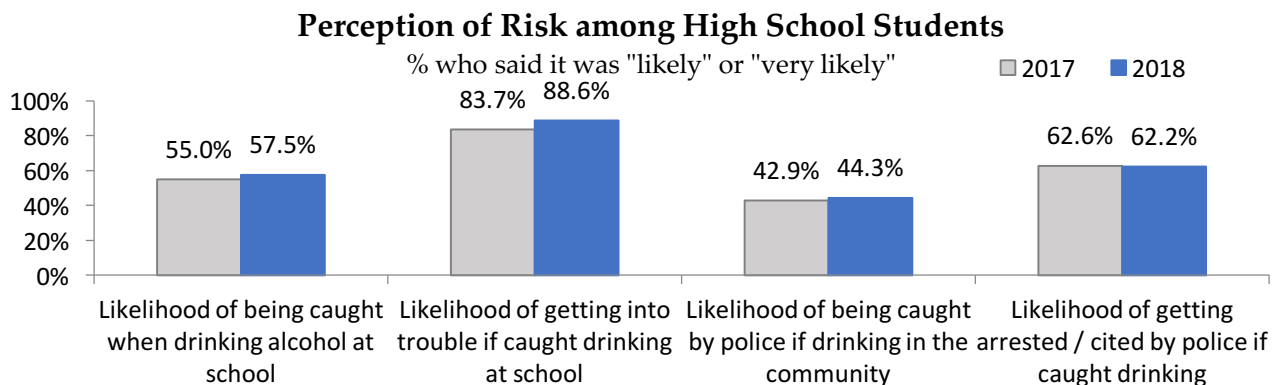
Middle School

There are significant increases in perception of risk in FY2018 for likelihood of getting caught for drinking at school and in the community. There tends to be *a greater perception of risk at school than in the community in general*. Students also perceive the greatest risk of getting into trouble if caught drinking at school.



High School

Perception of risk tends to be lower for high school students. There is very little change from last year, but we see a *slight increase in perception of getting into trouble if caught drinking at school*.

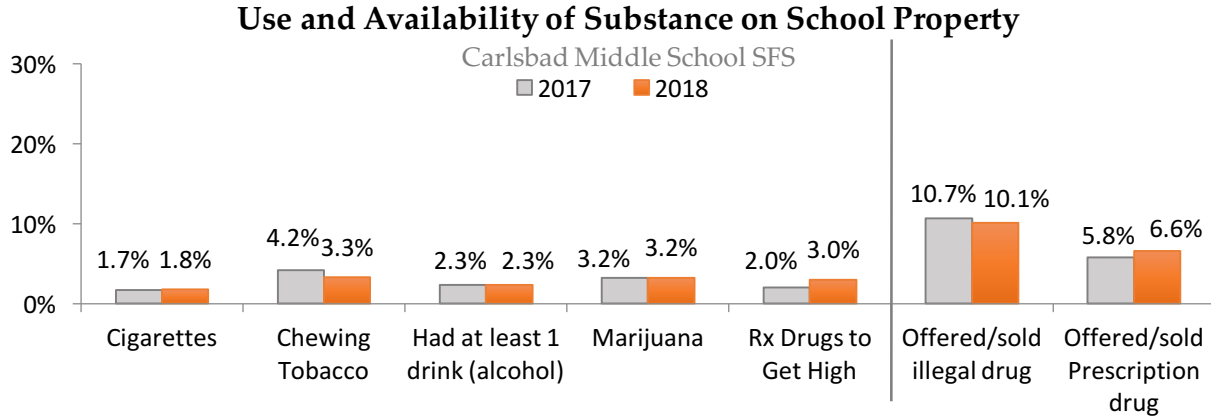


Use of Substances on School Property

Survey respondents are asked if they used substances on school property during the school year. The question does not specify if this is during school hours, during games, or other extra-curricular activities.

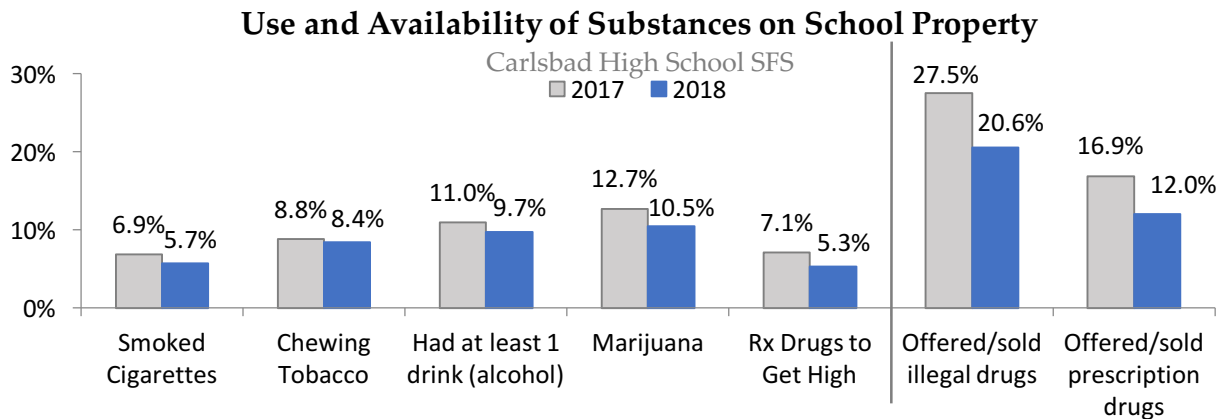
Middle School

Substance use on school property tends to increase with age. We see very little change from last year to this year in use or students who report being offered drugs on campus.

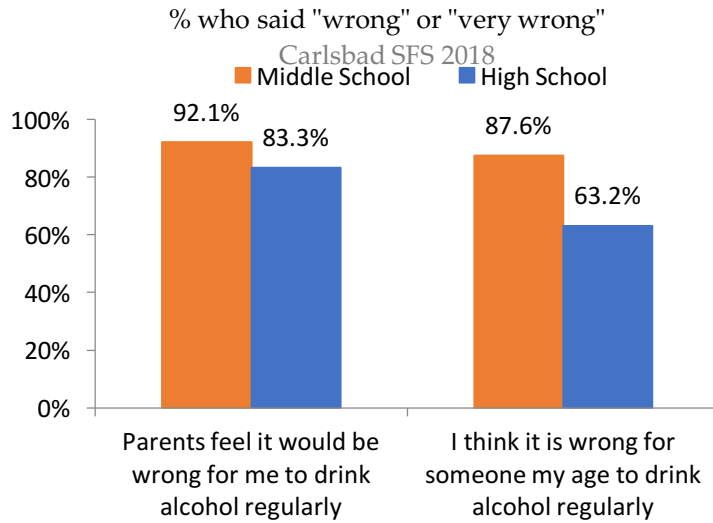


High School

Substance use and availability on campus have decreased slightly from last school year. Marijuana is used most on school property, followed by alcohol. The proliferation of *edibles* is believed to be contributing to use of marijuana on campus.



Attitudes toward Alcohol Use



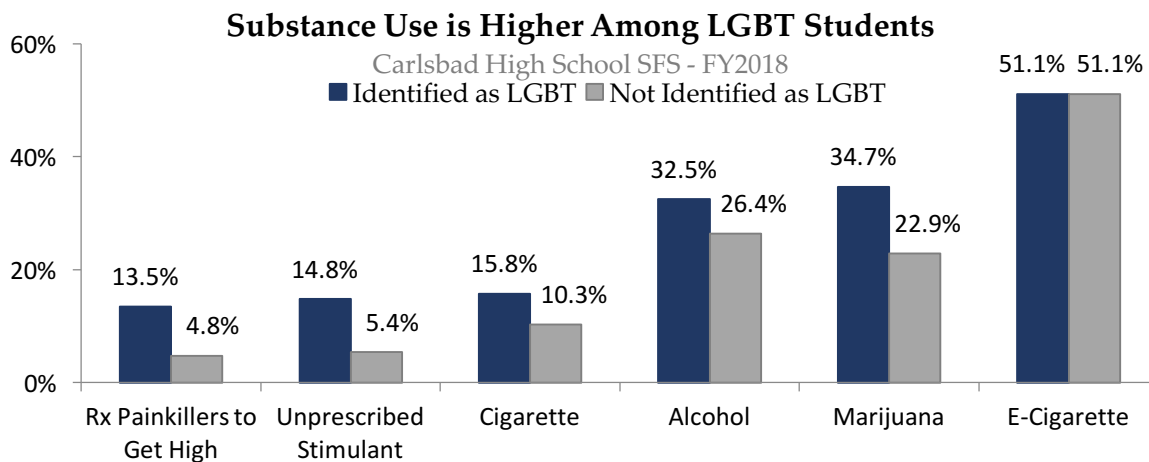
Students were asked how wrong they think their parents think it would be for them to drink alcohol regularly, and how wrong the student thinks it is for someone their age to drink regularly. **Middle school students tend to have a stronger personal belief that their parents think it would be wrong** for them to drink, and they think it is more wrong for students their age to drink than high school students think it is.

Substance Use Among Lesbian, Gay, Bi-sexual, or Transgender (LGBT) Students

Research reveals that students with disabilities experience difficulties in school including struggling academically, being bullied, and experimenting with substances more than students without disabilities. Similarly, students who identify as lesbian, gay, bisexual, or transgender (LGBT) also tend to report higher risk factors than students who do not identify as LGBT.

Carlsbad FY2018 High School Students	#	%
Identify as LGBT	152	10.5%
Have a long term disability	186	12.8%

The graph below compares students who identify as LGBT to students who do not. *LGBT students have a significantly higher frequency of use across all substances except e-cigs.*



Demographics - Carlsbad Strategies for Success Survey FY2018

School	Number of Surveys
Carlsbad High School	1,140
Carlsbad Early College High School	206
Eddy Alternative	9
Carlsbad Intermediate School	779
Carlsbad Sixth Grade Academy	388
Jefferson Montessori School	79

# of Surveys by Grade	6 th	7 th	8 th	9 th	10 th	11 th	12 th	Total
Middle School	400	422	372					1,194
High School			1	410	382	354	303	1,450

*21 Middle School students and 4 High School students did not identify their grade level

	Middle School		High School	
	#	%	#	%
N	1,215	--	1,454	--
Gender				
*Male	567	46.7%	731	50.3%
*Female	613	50.5%	711	48.9%
Race/Ethnicity				
Hispanic	645	53.1%	804	55.3%
White	398	32.8%	506	34.8%
Native American	55	4.5%	45	3.1%
Other	117	9.6%	99	6.8%

*35 Middle School students and 12 High School students did not identify their gender