



Northwest (HHS Region 10)

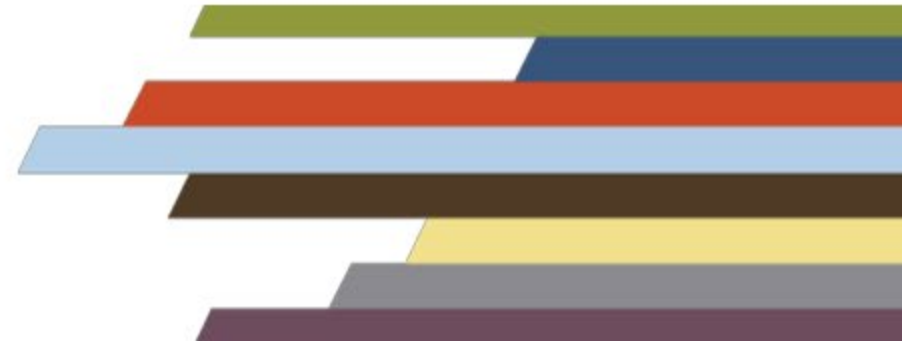
PTTC

Prevention Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



# Prevention Works: A Call to Action

*Kevin Haggerty, MSW, PhD*



# Acknowledging our Land

We acknowledge that we are all on the traditional lands of different peoples. I live and work on the ancestral lands of the Costal Salish People. We have a responsibility to acknowledge our Indigenous connections and the histories of Indigenous land dispossession.

To identify the stewards of your land, type your location into <https://native-land.ca/>

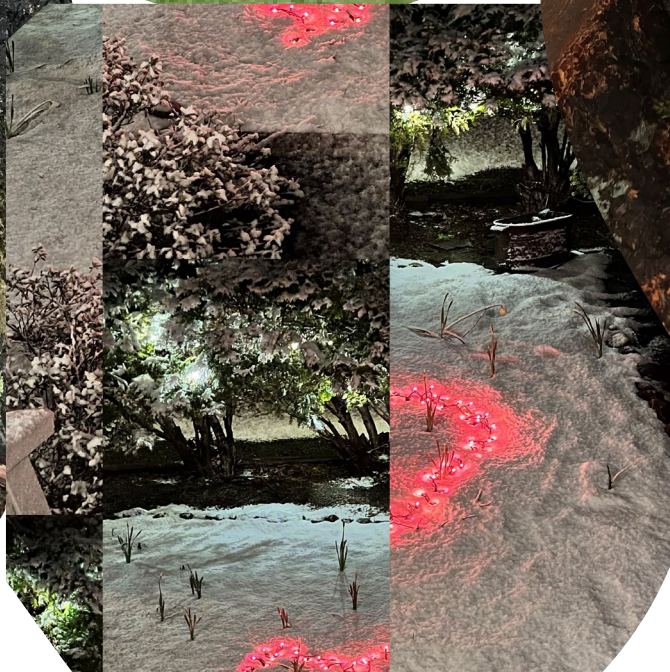




# A bit about me...

Kevin Haggerty, PhD, MSW  
Emeritus Professor of Prevention,  
University of Washington,  
School of Social Work

# Finding Patterns



# Introduction Poll

## Poll Questions:

How familiar are you with Monitoring the Future data?

How familiar are you with Blueprints for Healthy Youth Development Website?

How familiar are you with the Surgeon General's report Facing Addiction, Chapter 3 on prevention?

# Session objectives....

## **Session Objectives:**

- Explore Monitoring the Future and some state trend data that have demonstrated decreasing overall trends in substance use among high school age youth.
- Identify three websites that provide information on the tested and effective prevention programs
- Identify areas of focus for the prevention field that need attention based on state and national data points

Please put questions & comments in the Q & A as they arise.

# Monitoring the Future (MTF)

- MTF is a long-standing project at the Institute for Social Research, University of Michigan
- Purpose: Examine changes in beliefs, attitudes, and substance use behaviors among adolescents, young adults, and midlife adults in the US
- Nationally representative annual 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade student surveys (~40,000 students in ~400 public and private secondary schools)
  - 12<sup>th</sup> graders since 1975
  - 8<sup>th</sup> and 10<sup>th</sup> graders since 1991
- Longitudinal follow-up surveys of 12<sup>th</sup> grade sub-sample (~2,400 individuals annually) through age 65

# True or False? Poll 2

- Trends suggest a long term decline in tobacco use, alcohol use, and most illegal drug use among high school youth.
- Youth cannabis use has increased along with legalization (medical and retail) in 38 states.
- More young people are graduating from high school drug free than any time since 1975.
- Youth fentanyl use and overdoses are increasing. True or False?



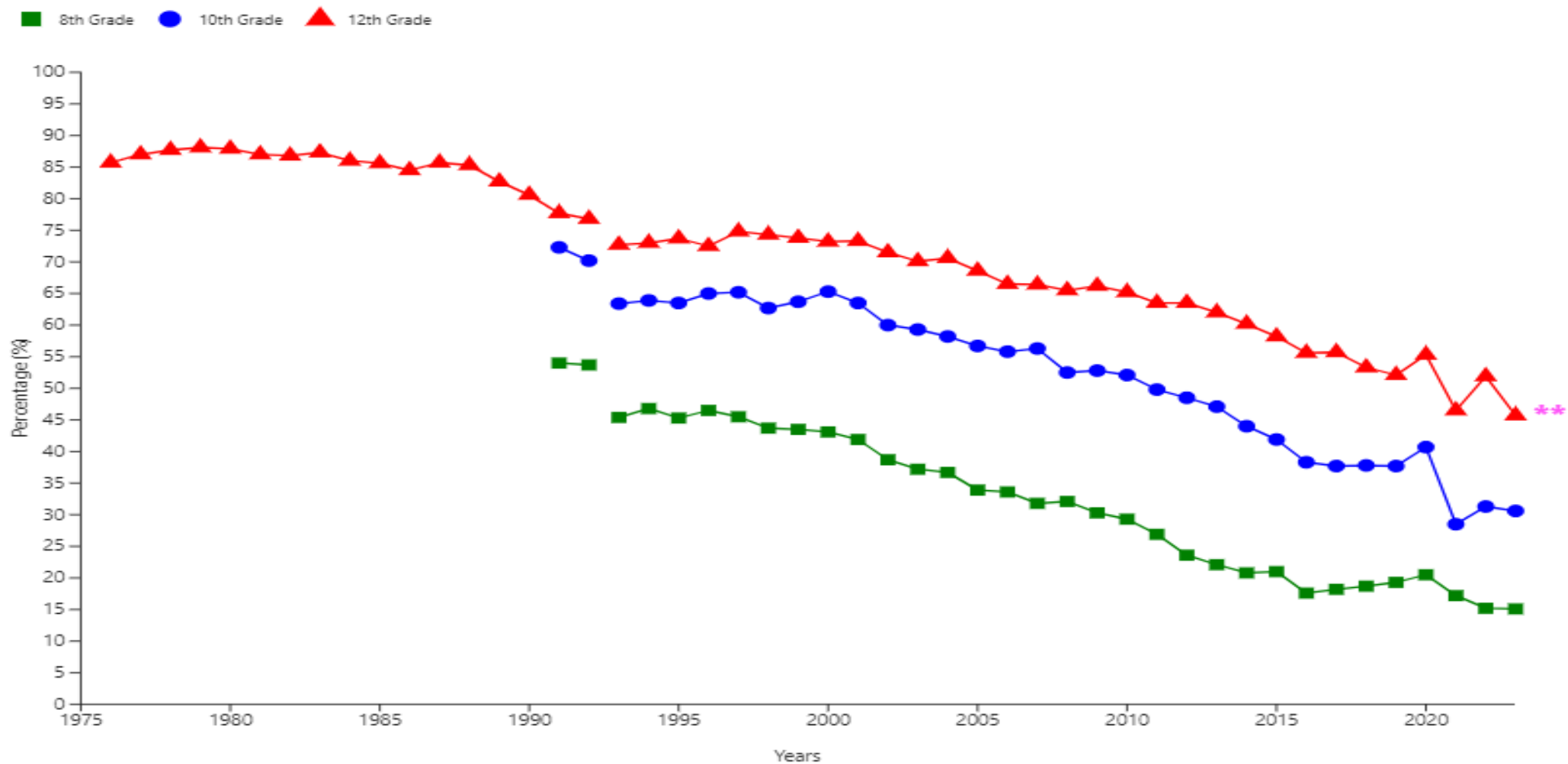
# The MTF Data Dashboard....

<https://monitoringthefuture.org/data/index.html>

# Key Take Aways....

- Trends suggest a long term decline in tobacco use, alcohol use and most illegal drug use among high school youth.
- Youth cannabis use has stayed relatively flat, despite legalization (medical and retail) in 38 states.
- More young people are graduating from high school drug free than any time since 1975.
- Despite the promising trend, youth fentanyl use and overdoses are increasing.....
- **What do we do?**

## Alcohol: Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Grade



Miech, R. A., Johnston, L. D., Patrick, M. E., O'Malley, P. M., & Bachman, J. G. (2024). Monitoring the Future national survey results on drug use, 1975–2023: Overview and detailed results for secondary school students. Monitoring the Future Monograph Series. Ann Arbor, MI: Institute for Social Research, University of Michigan. Available at <https://monitoringthefuture.org/results/annual-reports/>


# Interesting Fact....Good News

Gen Z (13-28) are drinking alcohol 20% less than millennials at the same developmental time....and less than other generations as well. Giving rise to a very large NA industry.


**Forbes**




FORBES > BUSINESS > RETAIL


## Why GenZ Is Drinking Less And What This Means For The Alcohol Industry

Clara Ludmir Contributor   
*I write about evolving consumer behavior and its impact on retail.*

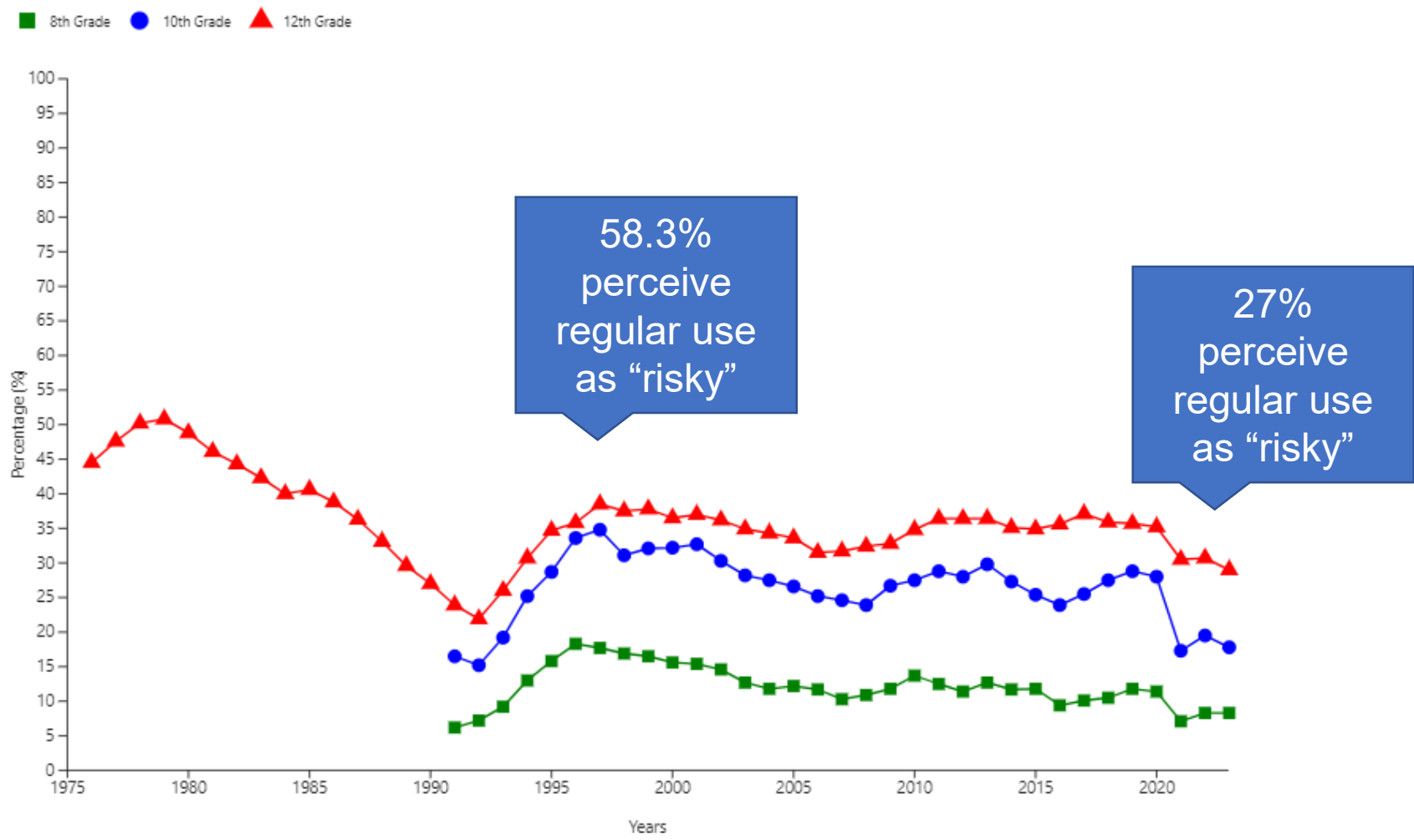
[Follow](#)

 Jun 27, 2023, 12:14pm EDT

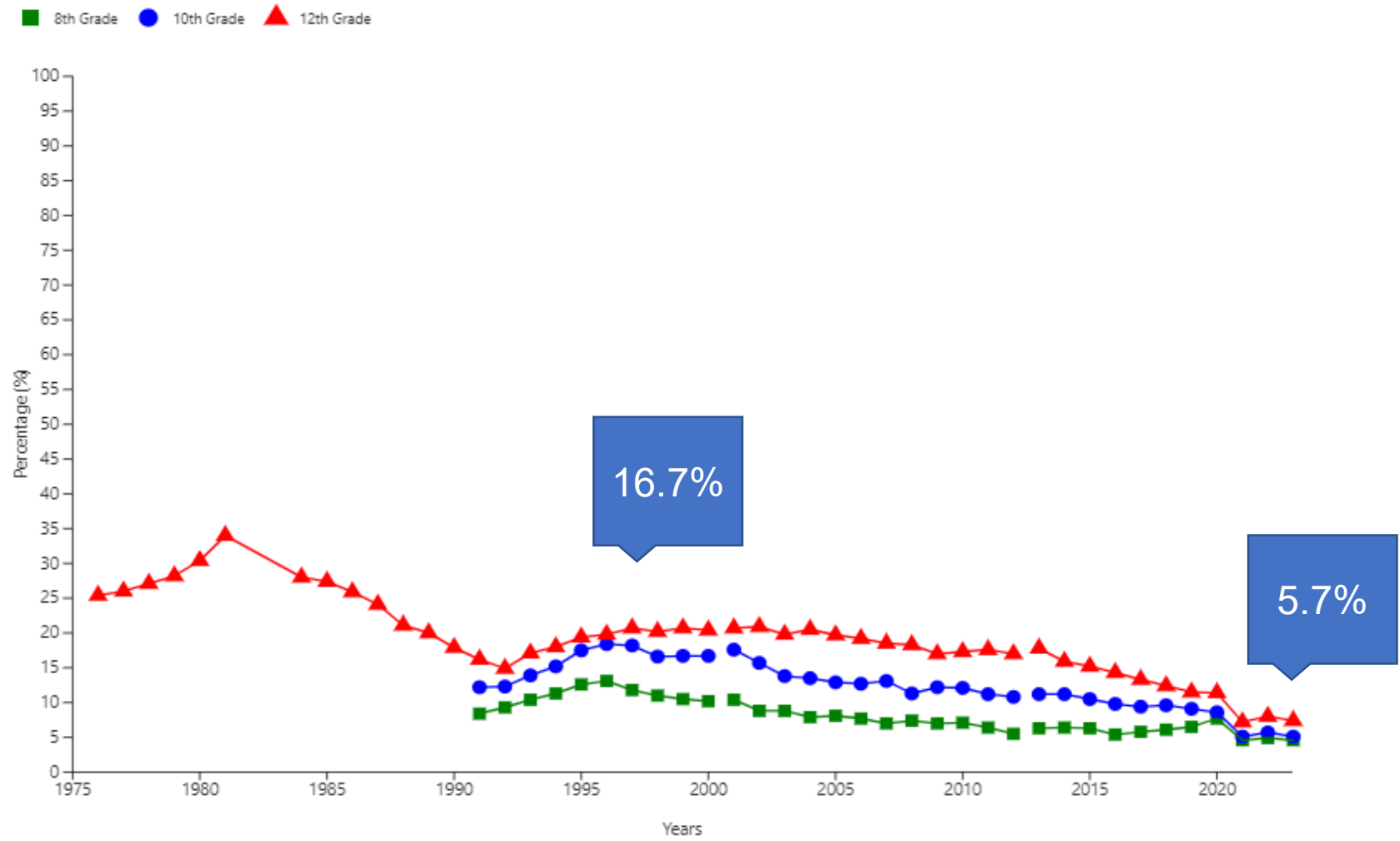


## Marijuana (Cannabis): Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Grade



Miech, R. A., Johnston, L. D., Patrick, M. E., O'Malley, P. M., & Bachman, J. G. (2024). Monitoring the Future national survey results on drug use, 1975–2023: Overview and detailed results for secondary school students. Monitoring the Future Monograph Series. Ann Arbor, MI: Institute for Social Research, University of Michigan. Available at <https://monitoringthefuture.org/results/annual-reports/>

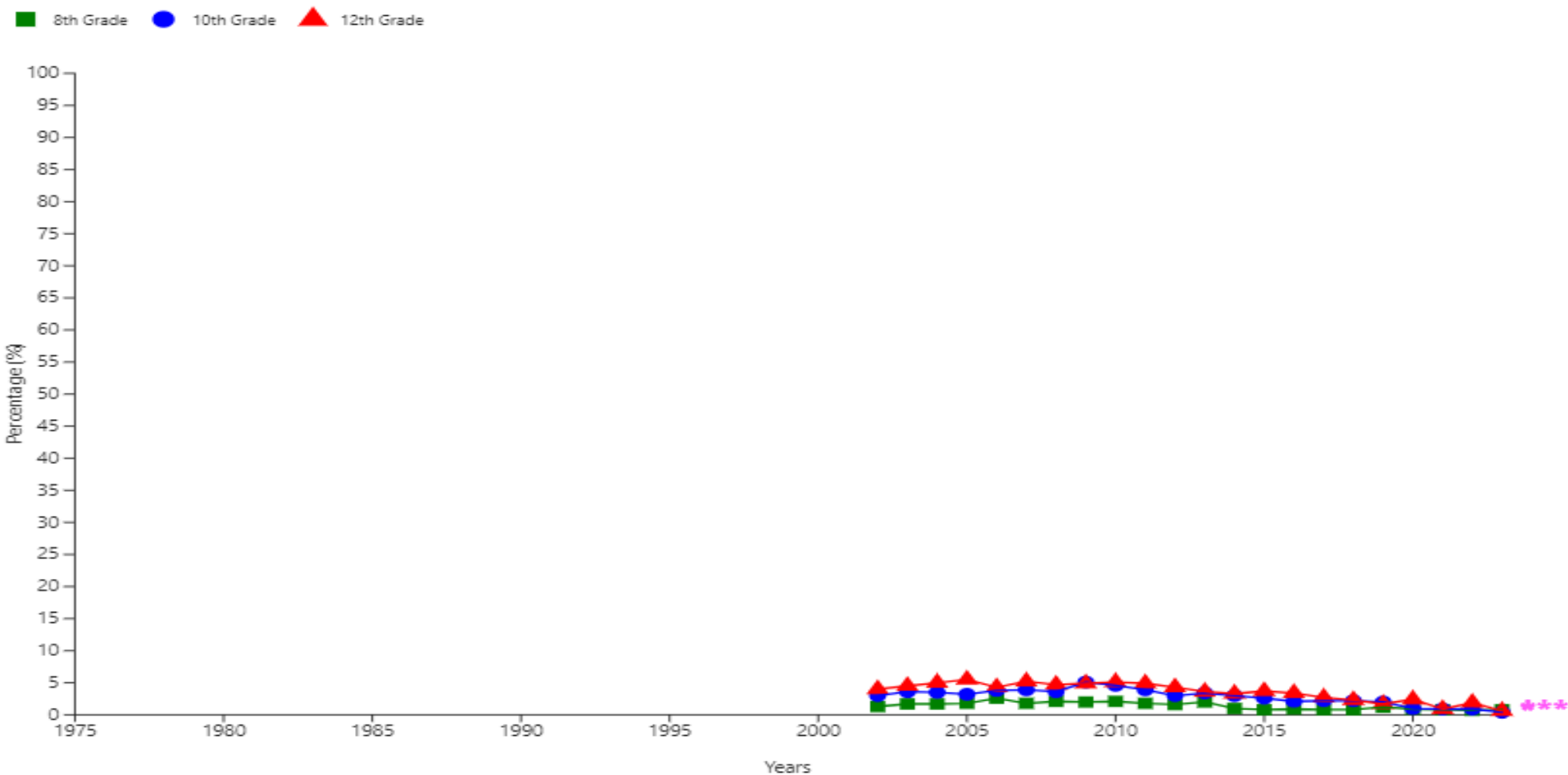
### Any Illicit Drug other than Marijuana: Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Gra



Miech, R. A., Johnston, L. D., Patrick, M. E., O'Malley, P. M., & Bachman, J. G. (2024). Monitoring the Future national survey results on drug use, 1975–2023: Overview and detailed results for secondary school students. Monitoring the Future Monograph Series. Ann Arbor, MI: Institute for Social Research, University of Michigan. Available at [https://www.monitoringthefuture.com/publications/monographs/mtf2023-overview-and-detailed-results-for-secondary-school-students/](#)

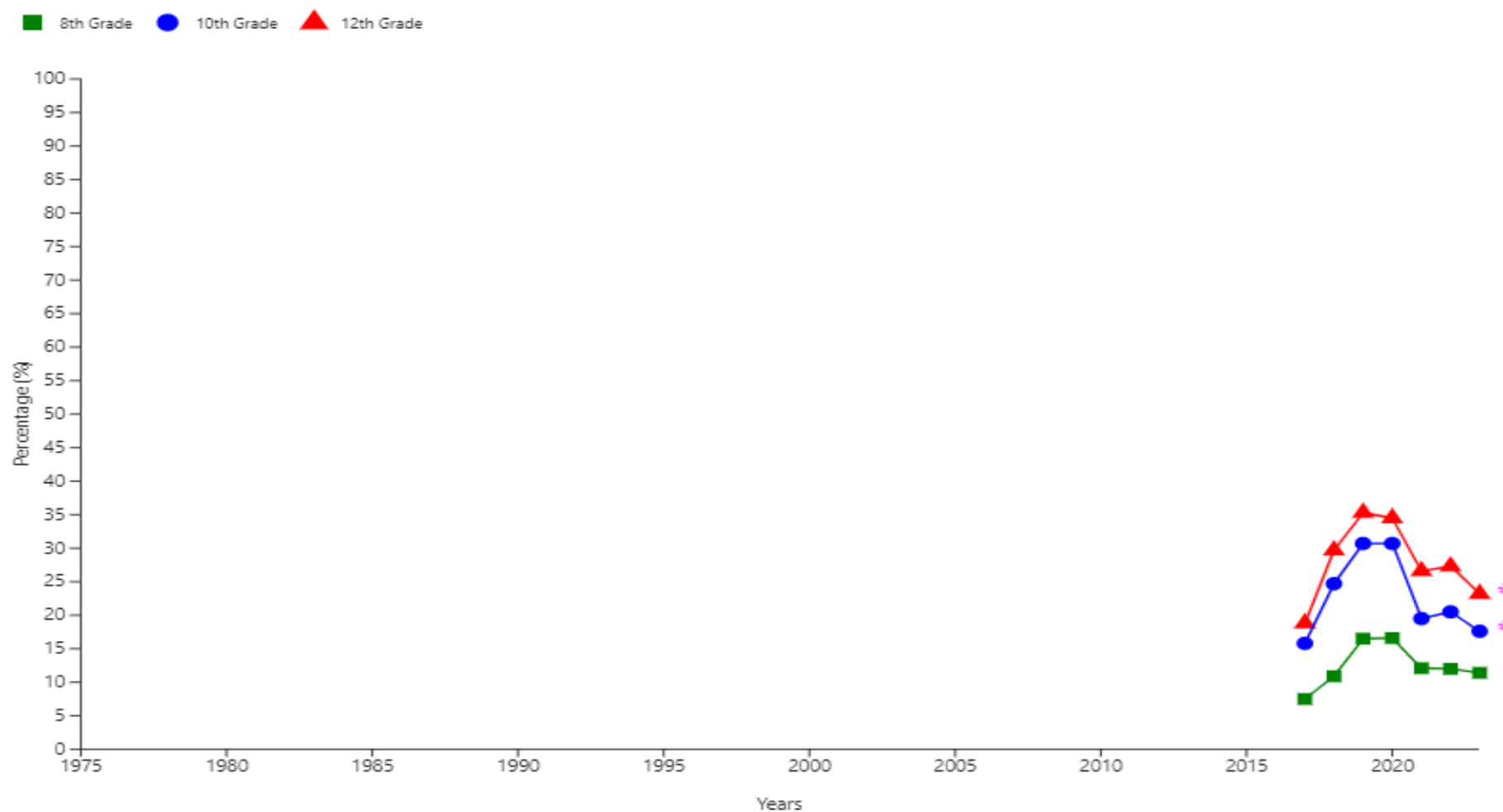
OxyContin

## OxyContin: Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Grade



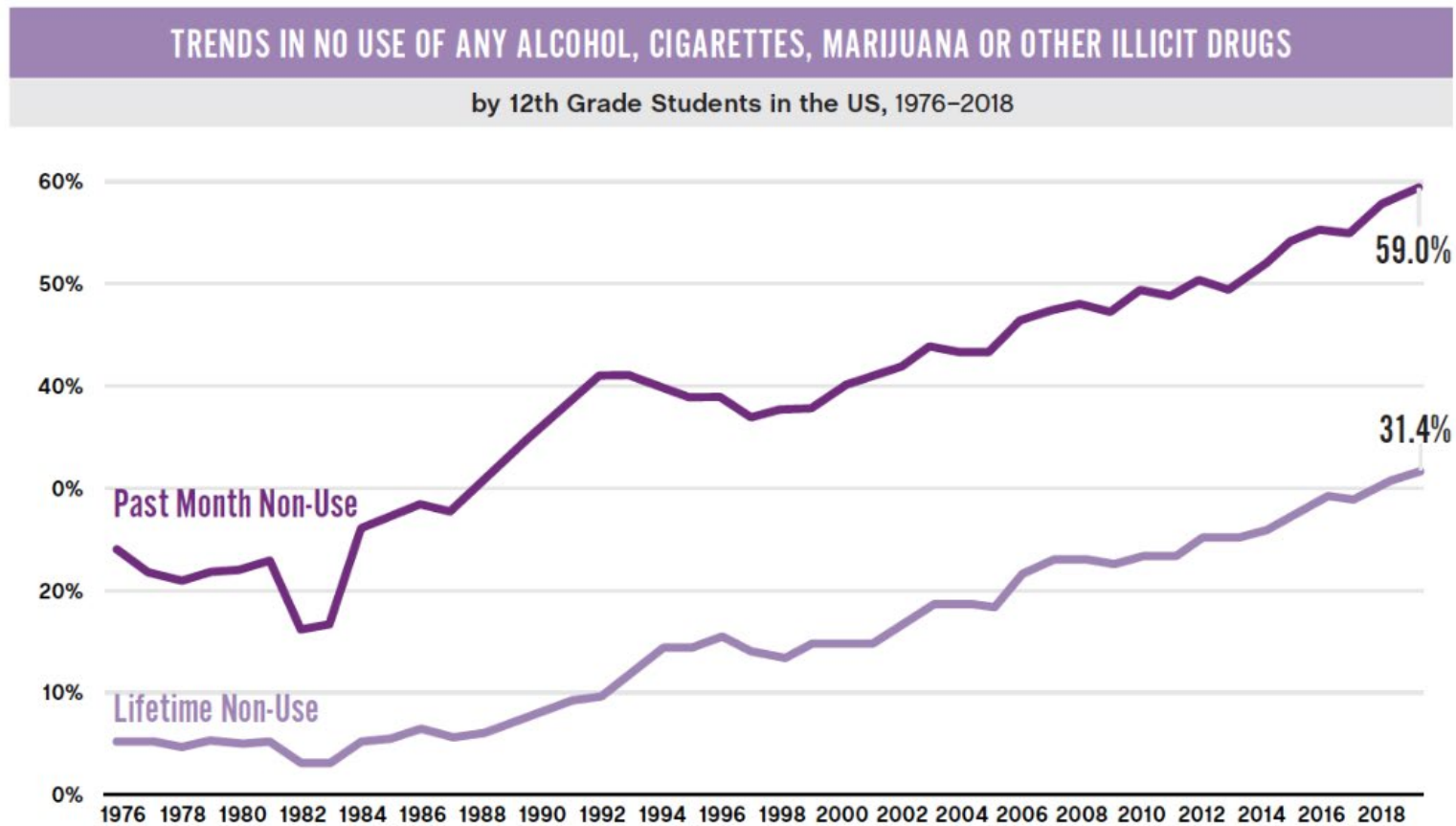
Miech, R. A., Johnston, L. D., Patrick, M. E., O'Malley, P. M., & Bachman, J. G. (2024). Monitoring the Future national survey results on drug use, 1975–2023: Overview and detailed results for secondary school students. Monitoring the Future Monograph Series. Ann Arbor, MI: Institute for Social Research, University of Michigan. Available at

## Vape Nicotine (E-cigarettes): Trends in Last 12 Months Prevalence of Use in 8th, 10th, and 12th Grade





# Important fact: More youth graduate drug free than at any time since 1975

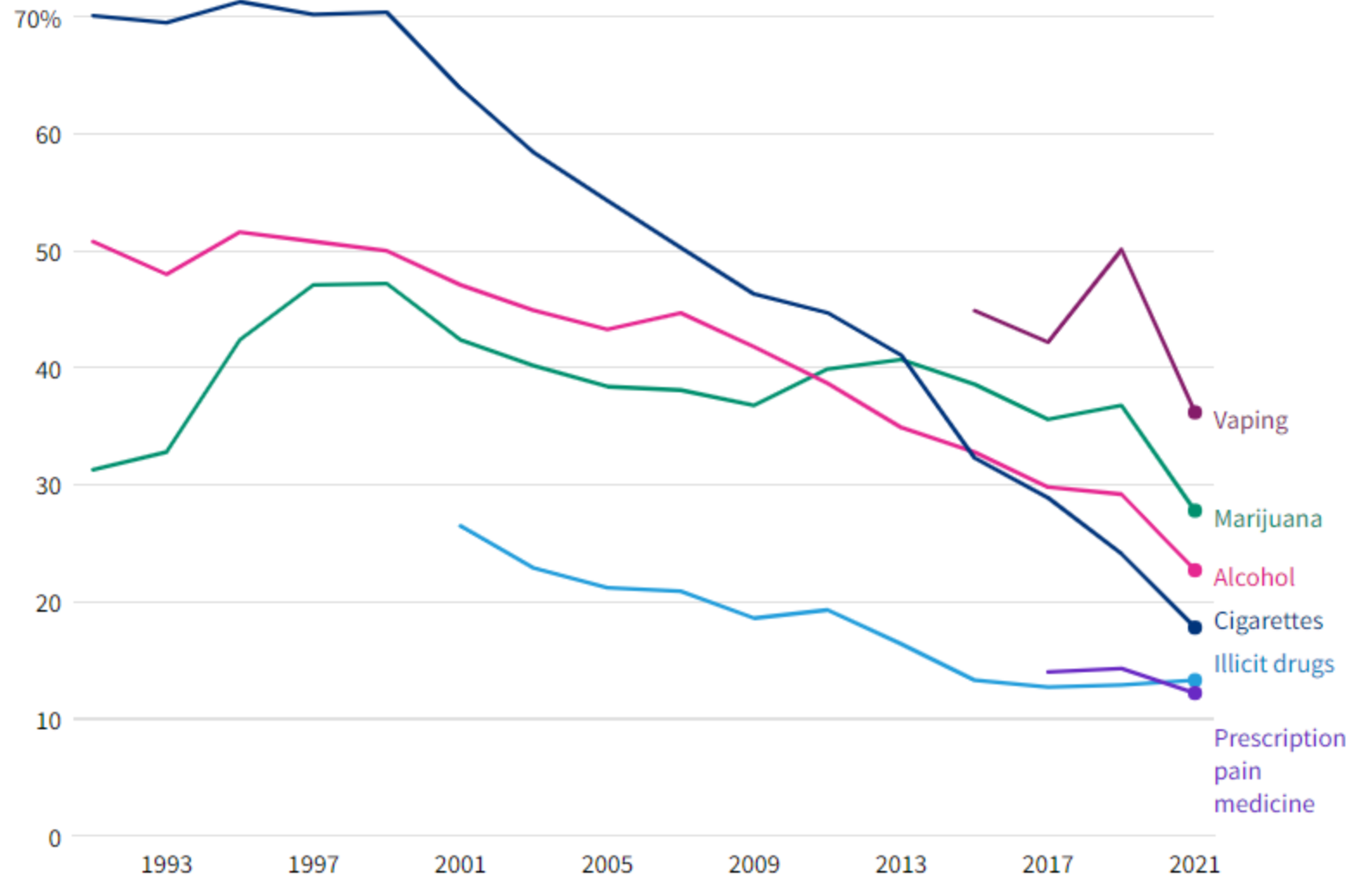


**Source:** *Monitoring the Future, 2019*; Levy, S., Campbell, M. C., Shea, C. L., DuPont, C. M., & DuPont, R. L. (2020). Trends in substance nonuse by high school seniors: 1975–2018. *Pediatrics*, 146(6), e2020007187.

A consistent pattern—  
National data from the CDC

## Teen substance abuse has been declining for decades.

Percent of high school students who have used select drugs or alcohol



Alcohol data reflects students who currently drink (at least 1 drink in the last 30 days). All other data reflects students who have ever used the substance. Illicit drugs counted in this survey are cocaine, inhalants, heroin, methamphetamines, ecstasy, or hallucinogens.

Source: Centers for Disease Control and Prevention • [Get the data](#) • [Embed](#) • [Download image](#) • [Download SVG](#)

# Illinois—CDC/YRBS High School Students

| Substance          | National Data 2013 | Illinois 2021 |
|--------------------|--------------------|---------------|
| Alcohol (30 day)   | 34.9%              | 22.8%         |
| Binge (30 day)     | 20.8%              | 11.6%         |
| Marijuana (30 day) | 23.4%              | 15.1%         |
| Smoke (30 day)     | 22.4%              | 2.5%          |
| Heroin (30 day)    | 2.2%               | 1.4%          |

# Minnesota

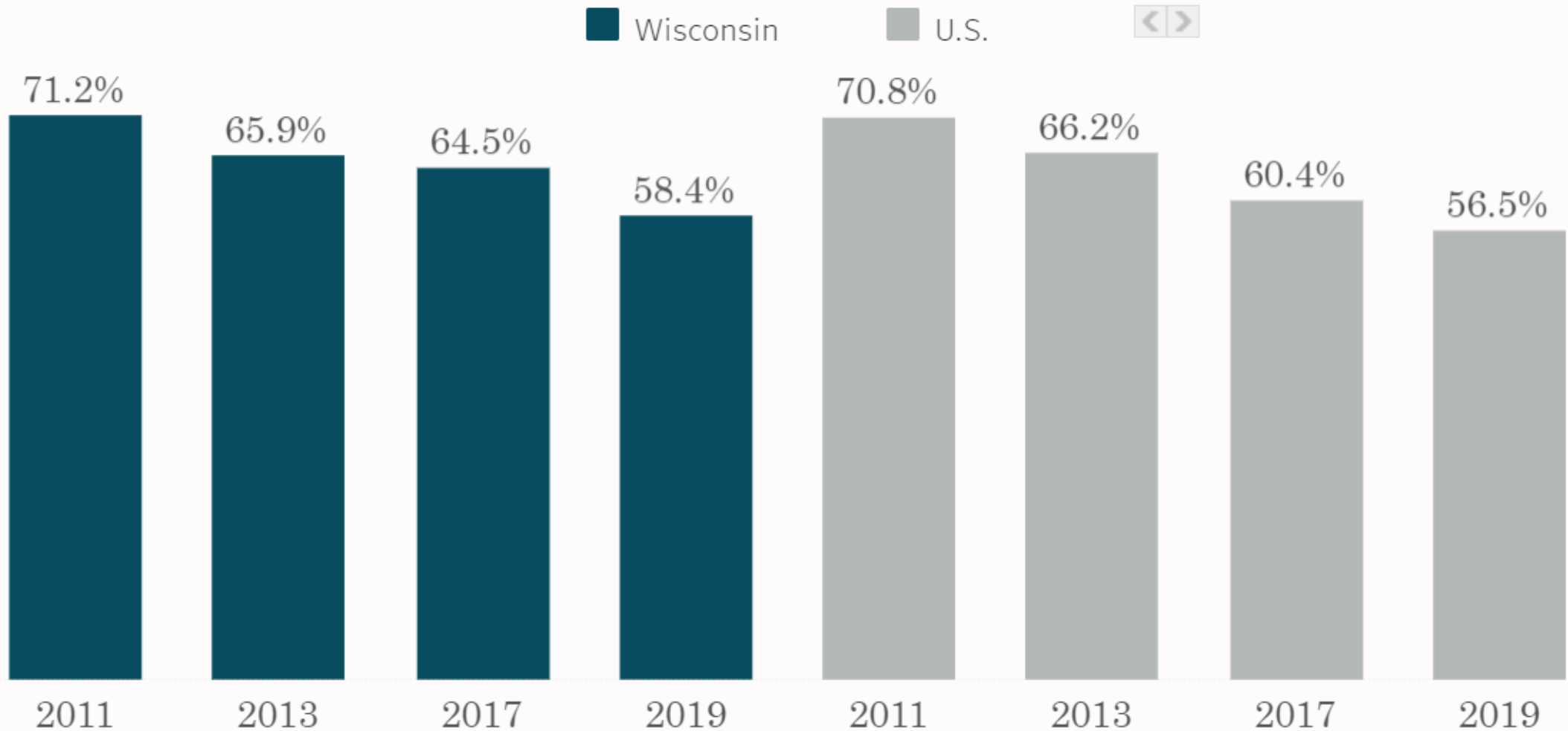
## Any tobacco use

- **Current Use:** 20.5% of high school and 4.1% of middle school students reported having used a tobacco product in the past 30 days, a statistically significant decline from 26.4% (high school) and 5.2% (middle school) in 2017. An estimated **65,050** students in grades 6 through 12 used a tobacco product in the past 30 days, 12,740 fewer than in 2017.
- **Ever Use:** 37.9% of high school and 12.4% of middle school students reported having ever used a tobacco product, a statistically significant decline from 2017 (47.1% and 16.2%, respectively).

Source: Minnesota Youth Tobacco Survey, 2020

# Wisconsin

Trend Over Time: Percentage who Have Ever Consumed Alcohol



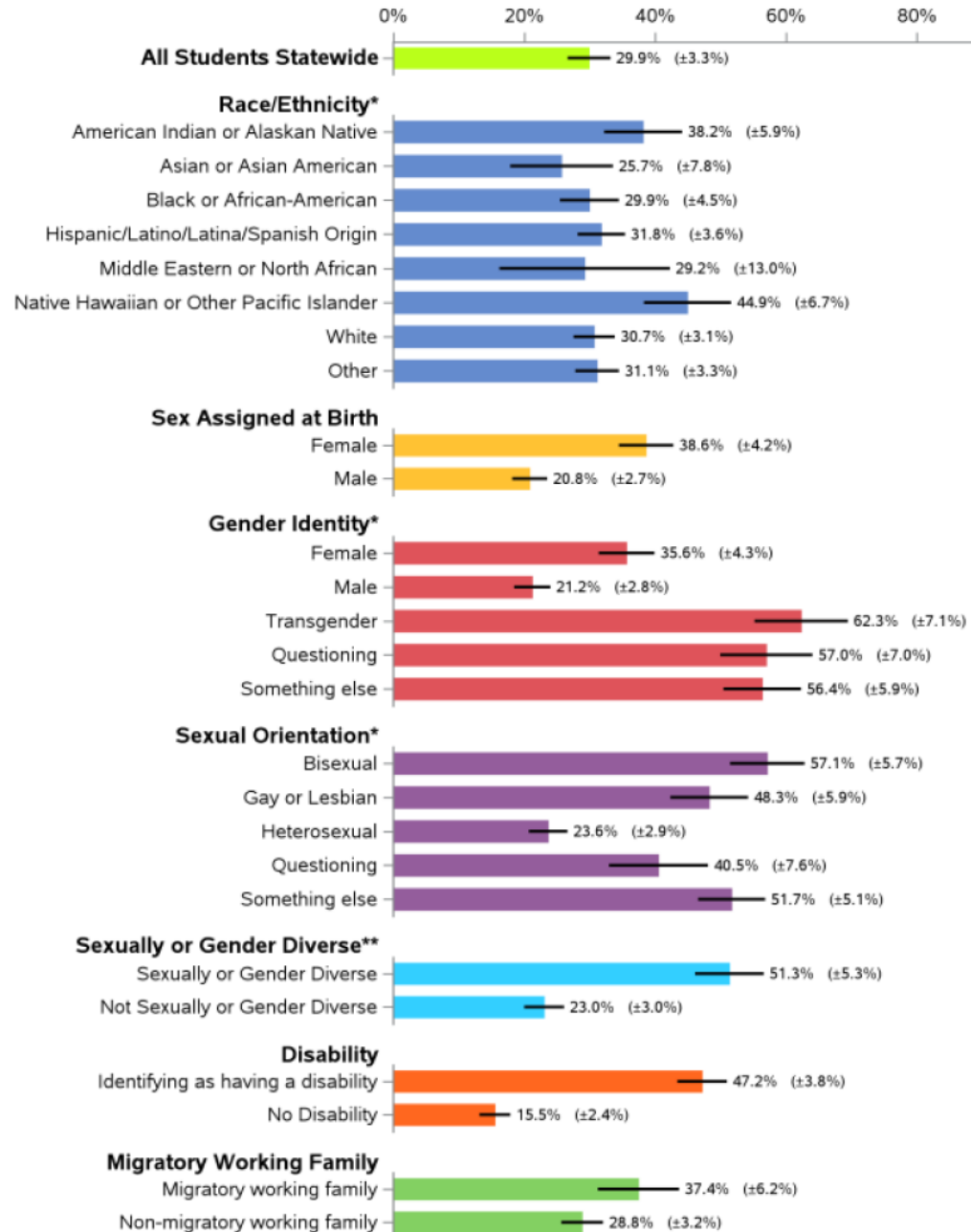
Recommended Citation: Wisconsin Department of Health Services. DHS Interactive Dashboards, Alcohol Youth Consumption Module [web query].

# Disparities Persist

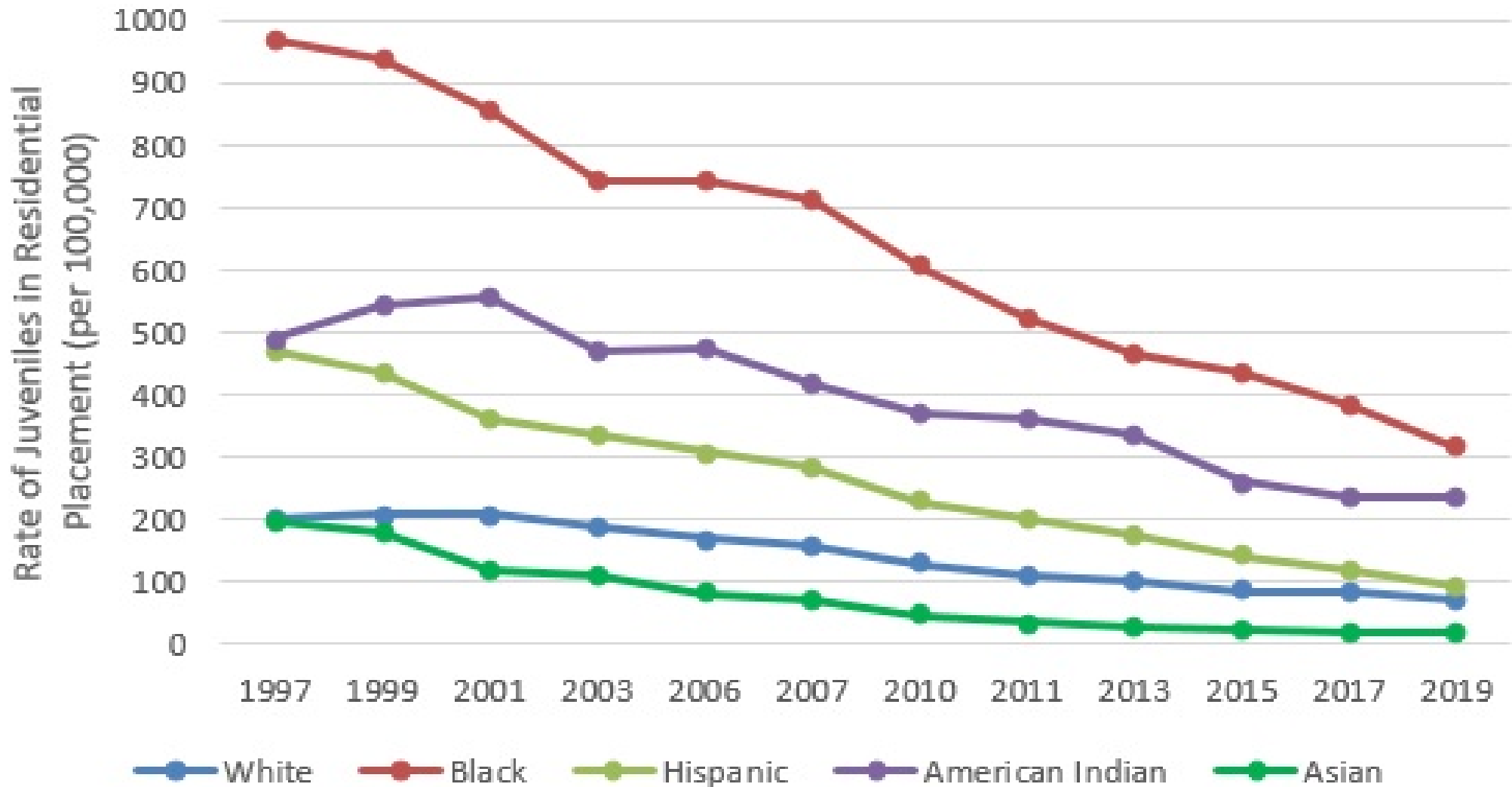
While we see declines overall—disparities continue to exist, particularly for LGBTQ+ and youth with disabilities

From Washington State Healthy Youth Survey 2024

### Statewide Relationship between Feeling Sad/Hopeless and Demographics, Grade 10, 2023

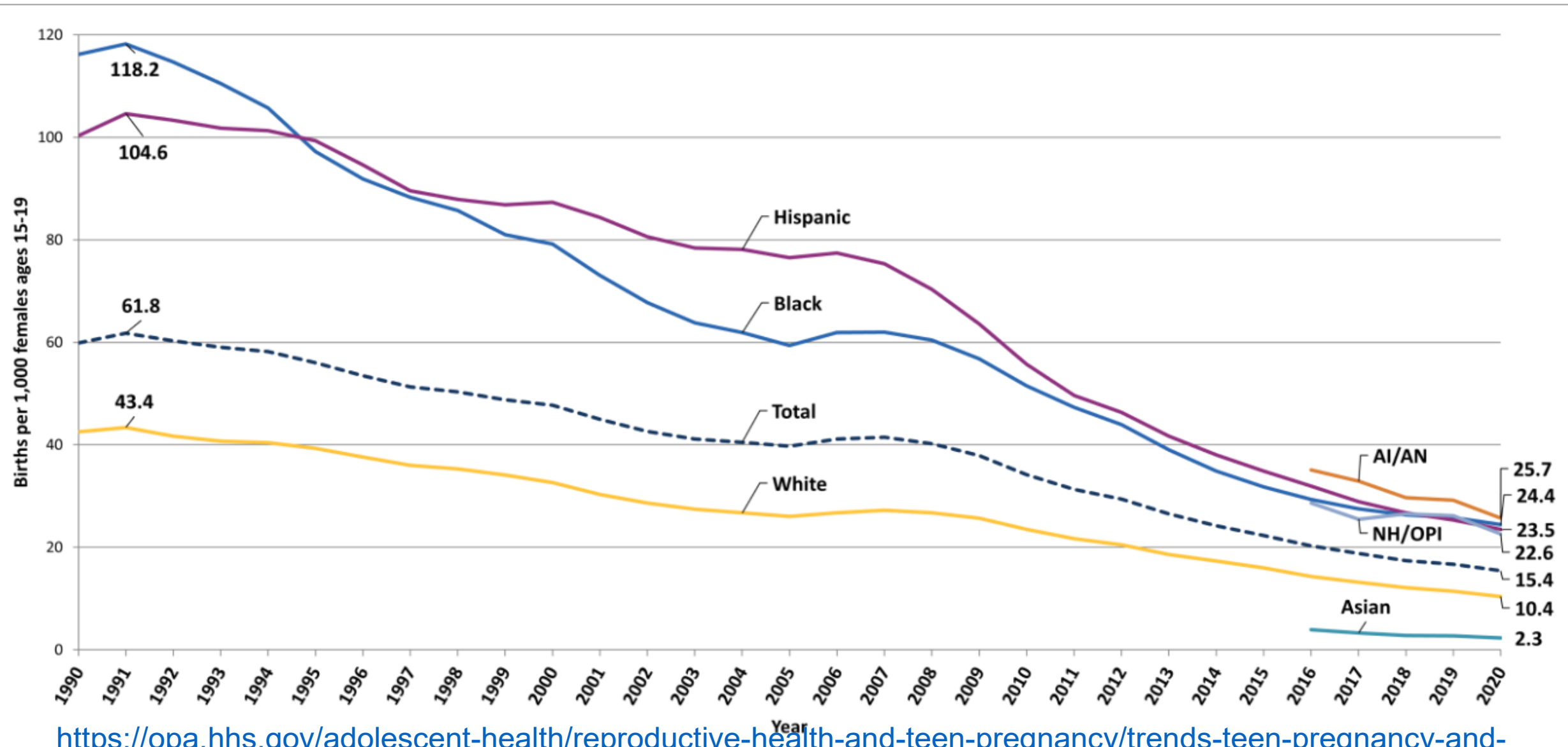


**Figure 1. Rate of Juveniles in Residential Placement by Race/Ethnicity, 1997–2019**



Source: Sickmund, M., Sladky, T.J., Puzzanchera, C., and Kang, W. 2021. *Easy Access to the Census of Juveniles in Residential Placement*. Online. Available: <https://www.ojjdp.gov/ojstatbb/ezacjrp/>

Figure 1: Birth rates for females ages 15-19, by race and Hispanic origin of mother, 1990-2020



<https://opa.hhs.gov/adolescent-health/reproductive-health-and-teen-pregnancy/trends-teen-pregnancy-and-childbearing>



# Why isn't this "Front Page" News?

Teen Drug Use Habits Are  
Changing, For the Good.  
With Caveats.

Dr Nor Volkow, NIDA  
Director

New York Times,  
[https://www.nytimes.com/2024/04/06/health/teens-drugs-alcohol-nicotine.html?unlocked\\_article\\_code=1.vU0.4-D0.DMhboSUJalgf&smid=url-share](https://www.nytimes.com/2024/04/06/health/teens-drugs-alcohol-nicotine.html?unlocked_article_code=1.vU0.4-D0.DMhboSUJalgf&smid=url-share)





**In the US, the equivalent to a high-school classroom of teens dies every week from drug overdose.**

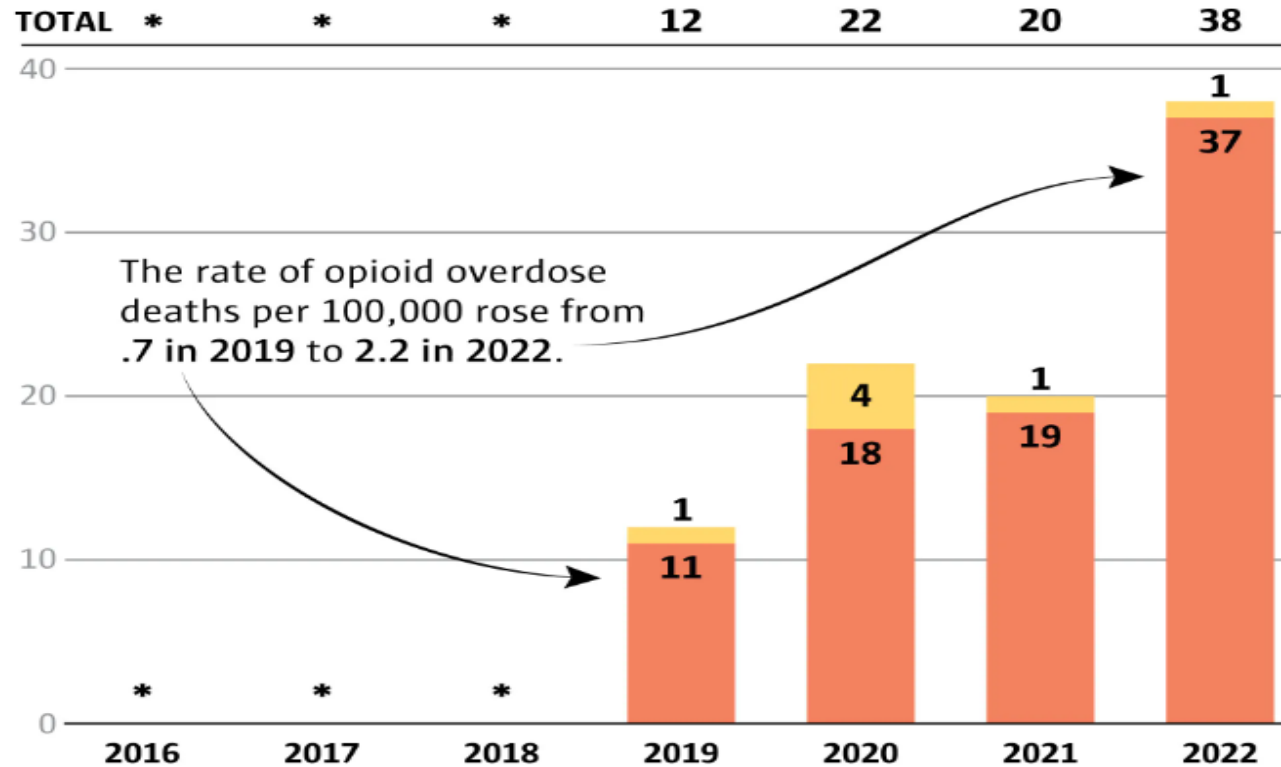
**Among US teens aged 10-19 who died of an overdose in 2021:**

- Most (60%) died at home
- Two-thirds (67%) of the time, someone else was also home
- Naloxone given in <1 in 3 deaths
- 1 in 3 teens had used opioids before
- 1 in 7 teens had overdosed before
- Counterfeit pills involved in 25% of deaths

# Opioid overdose deaths in Washington youth triple

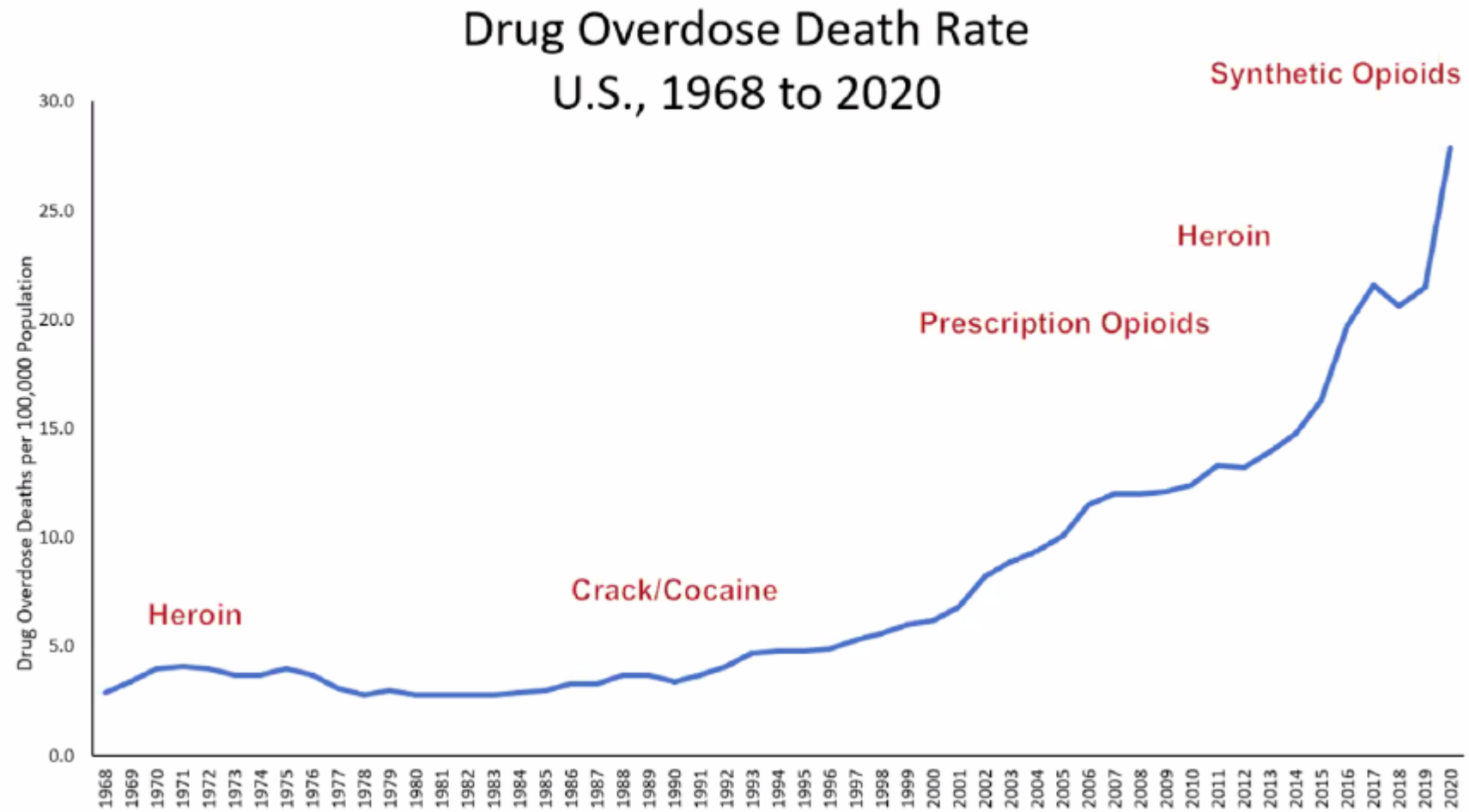
The number of youths 17 and younger who've died from an opioid overdose has tripled since 2019; at least 109 youth died from 2016 to 2022. A vast majority of deaths are tied to synthetic opioids, such as fentanyl.

■ Synthetic opioid overdose death    ■ Other opioid overdose death



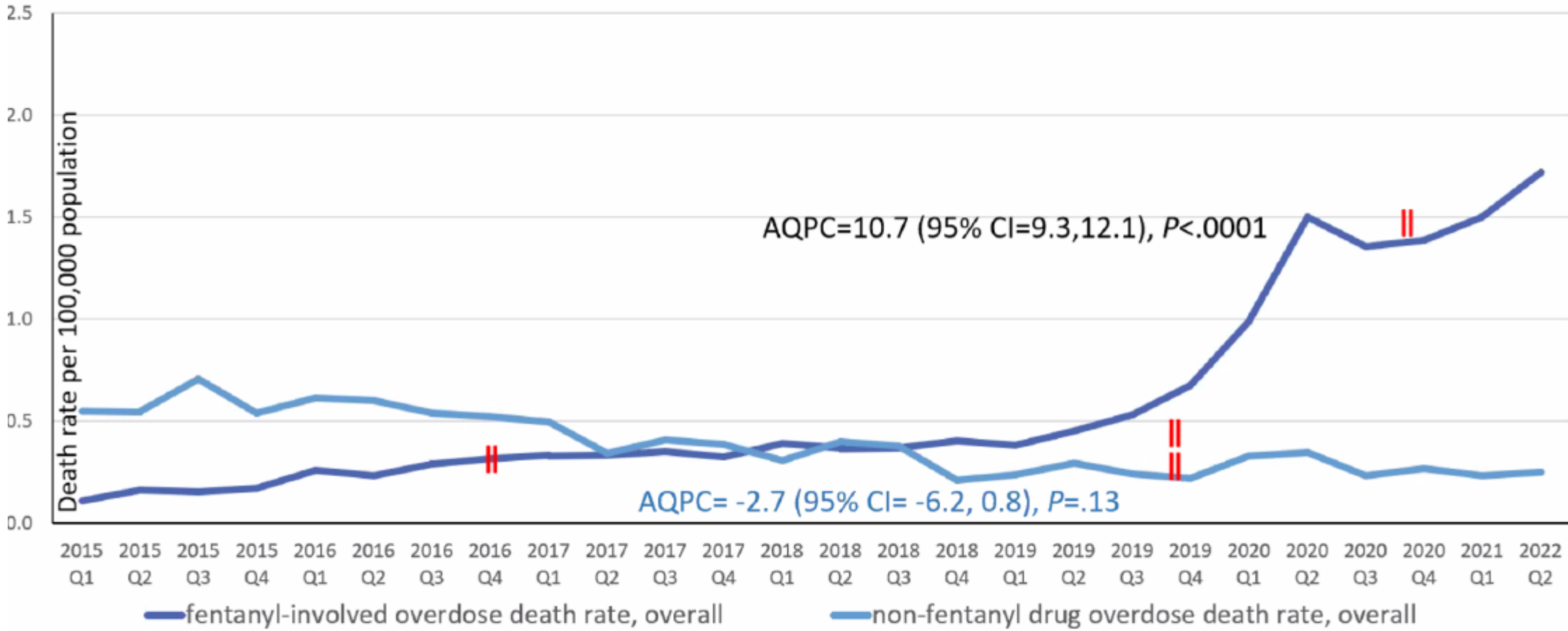
\* Fewer than 10 deaths. State guidelines require all counts between 1 and 9 be suppressed to maintain privacy.  
Source: Washington State Department of Health

# Trajectory of the U.S. Overdose Crisis



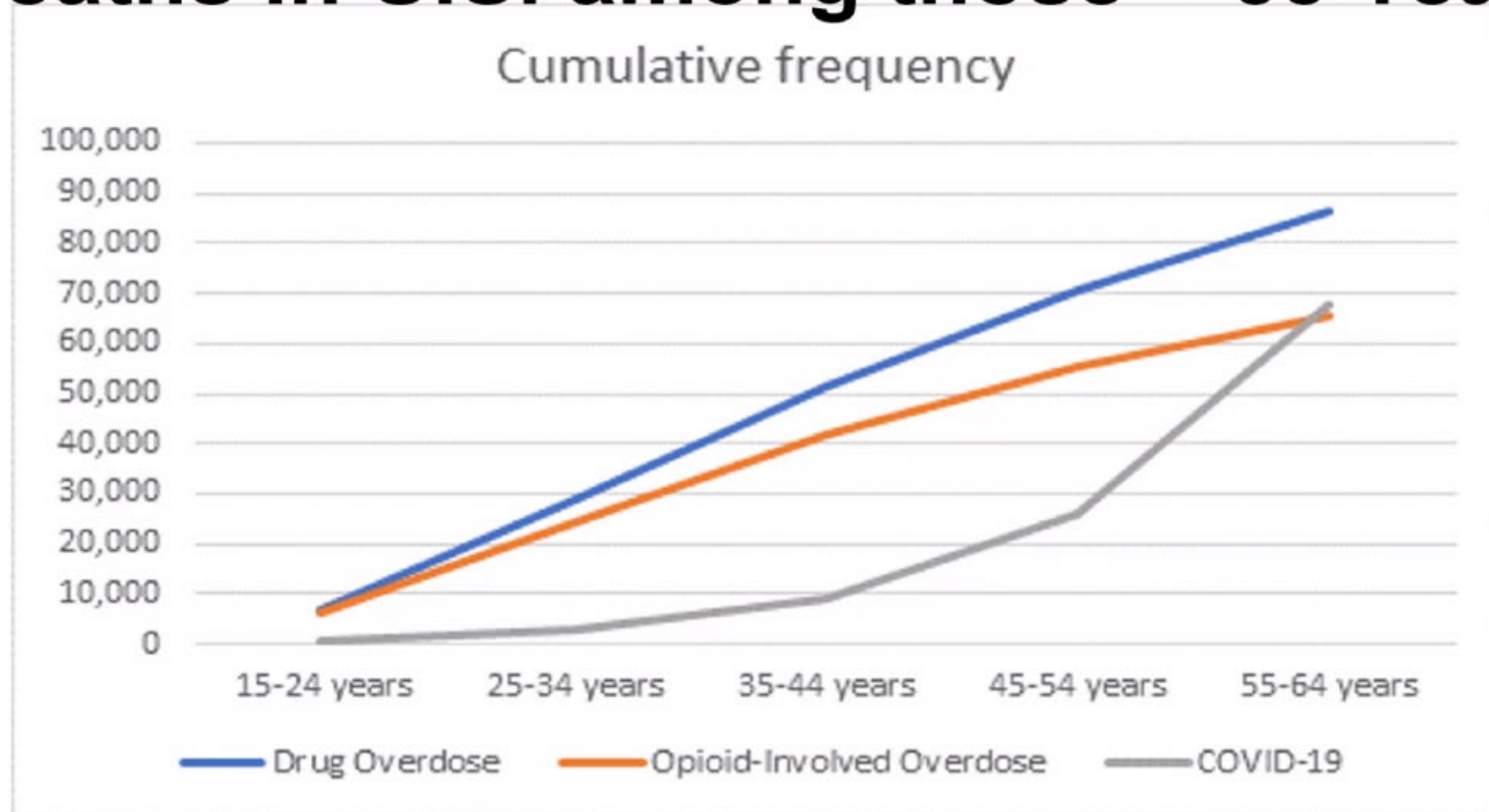
Source: CDC WONDER National Vital Statistics System, 2021.

# Fentanyl-involved and Non-fentanyl Overdose Death Rates In US Youth Aged 15-19 Prior To and During The COVID Pandemic



National Vital Statistics System multiple-cause-of-death 2015-2020 final and 2021 provisional data U.S. census monthly data. ||: Joinpoints indicate significant changes in nonlinear trends using Bayesian Information Criterion. AQPC=average quarter percentage change during 2015 Q1-2022 Q2. ICD-10 cause of death code: synthetic opioids other than methadone (T40.4, primarily fentanyl and analogs).

# Overdose Deaths Outpace COVID-19 Deaths in U.S. among those < 65 Years



# Overdose Prevention

## Overdose Prevention:

- Be aware of counterfeit pills, heroin
- Don't use alone
- Start with a little to assess effect
- Avoid polysubstance use (especially with benzodiazepines)
- Call 911 in event of overdose
- **Carry naloxone!**

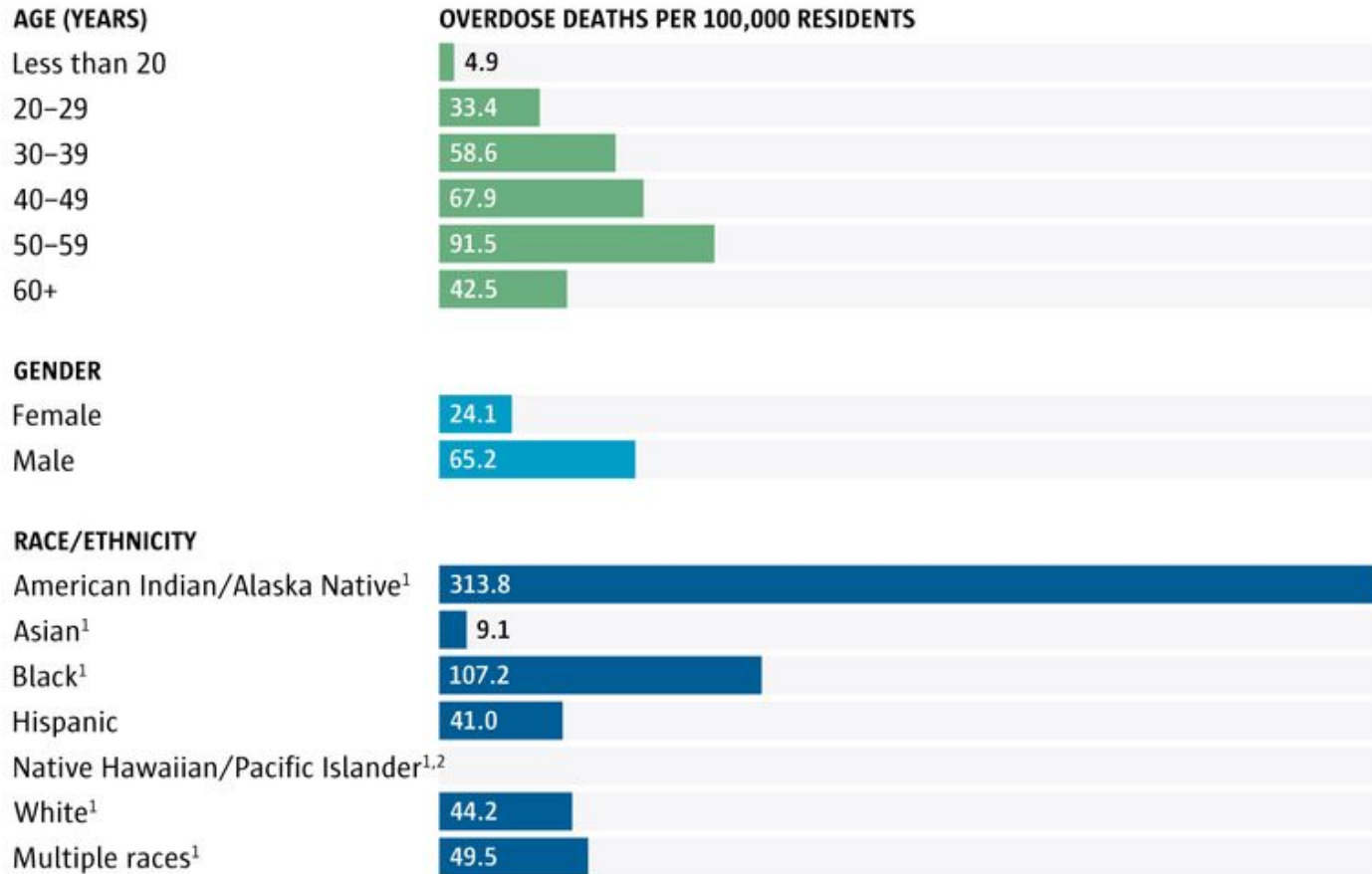


Robinson CA, Wilson JD. *Pediatrics*.  
2020;145(Suppl 2):S153-S164

# CAUTION!!

## Distribution of overdose deaths in King County in 2022

Vulnerable populations were disproportionately affected by the drug epidemic, especially American Indian/Alaska Native and Black communities. Overdoses were also more common among males and older adults.



<sup>1</sup> Non-Hispanic

<sup>2</sup> Data for Native Hawaiian/Pacific Islander residents is suppressed by the source to protect confidentiality. On average, the rate of overdose deaths within this community was 29 per 100,000 per year from 2019-2021.

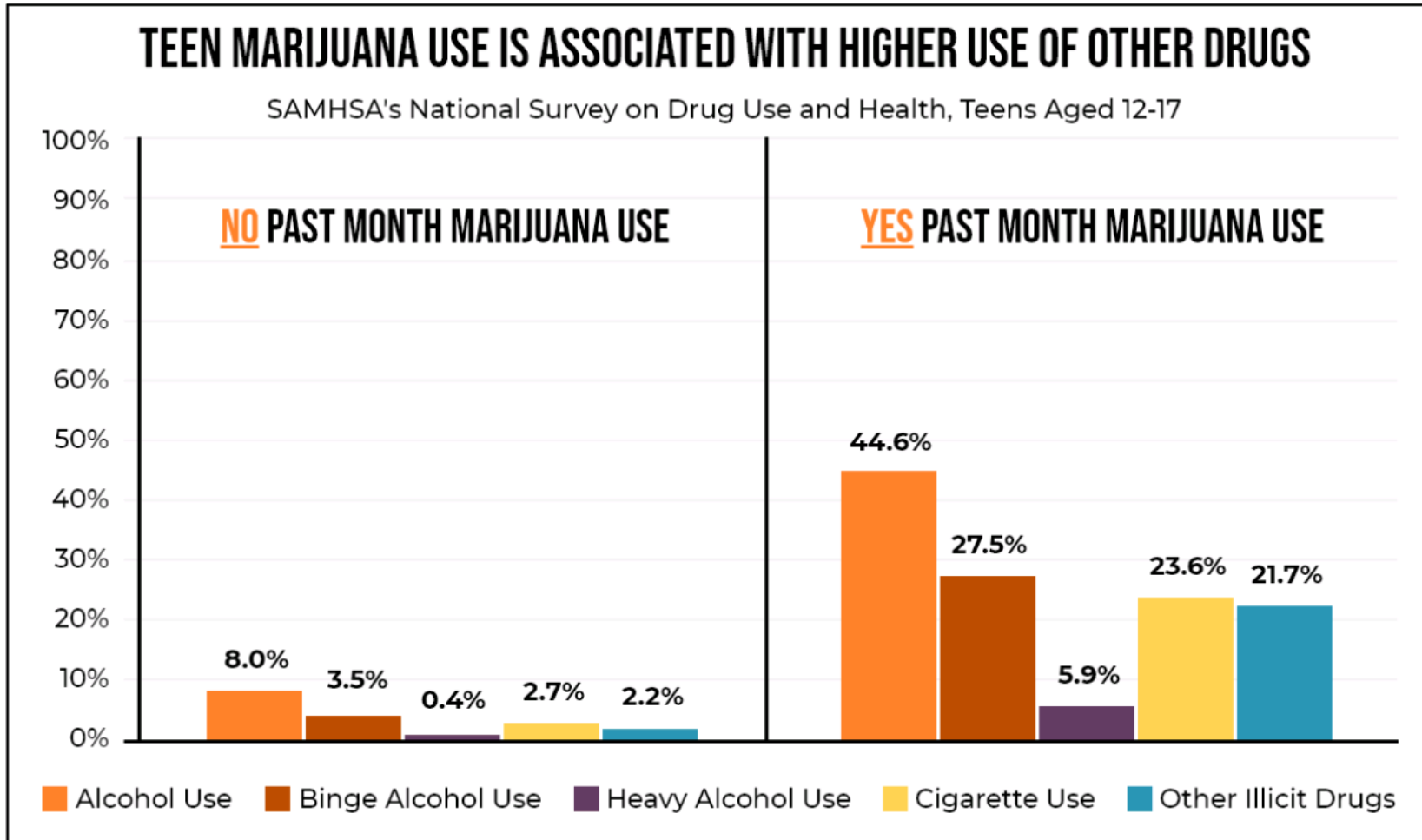
Less than 1% of 10<sup>th</sup> graders report use of Heroin, Oxy or Fentanyl

BUT.....

After high school....these rates go up!



# FOR TEENS, ALL SUBSTANCE USE IS RELATED



# Don't throw the baby out with the bathwater!



The urgency of this public health crisis and the escalating danger of the illicit drug supply point to a need for a greatly expanded focus on [prevention](#).

Nora Volkow, Director, National Institute of Drug Abuse

**OVER 90 EFFECTIVE POLICIES AND PROGRAMS PROVEN TO PREVENT BEHAVIORAL HEALTH PROBLEMS ARE NOW AVAILABLE**

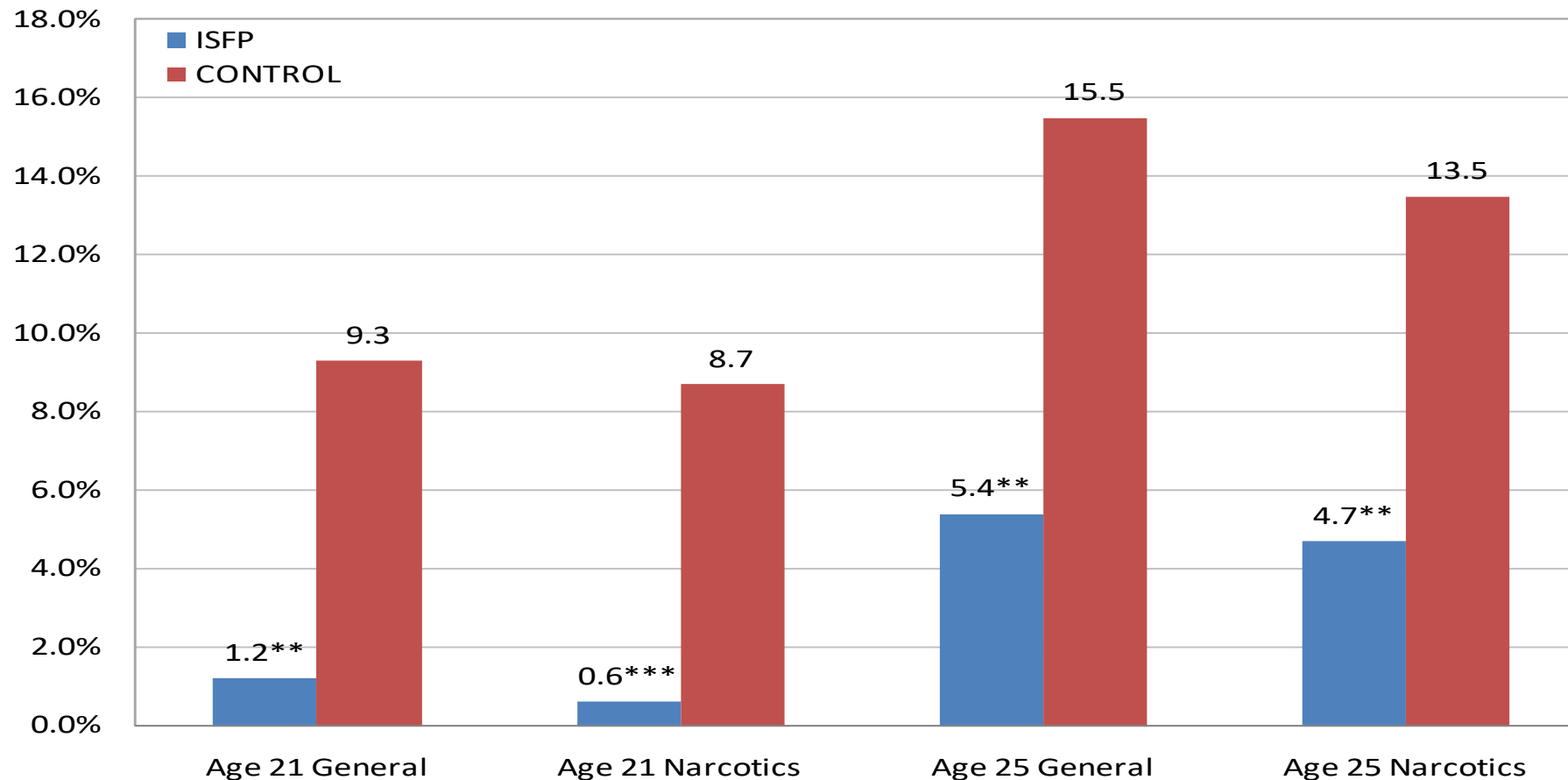
**Effective programs:** [www.blueprintsprograms.com](http://www.blueprintsprograms.com); O'Connell, Boat & Warner, 2009.

**Effective policies:** Anderson et al. 2009; Catalano et al. 2012; Hingson & White 2013; Vuolo et al., 2016, **Surgeon General, 2016.**

**Effective prevention saves money:** [www.wsipp.wa.gov](http://www.wsipp.wa.gov)  
Washington State Institute for Public Policy Benefit-Cost Results,  
May 2017

# Iowa Strengthening Families 10-14 Young Adult Outcomes

## Lifetime Prescription Drug Misuse (PDM)

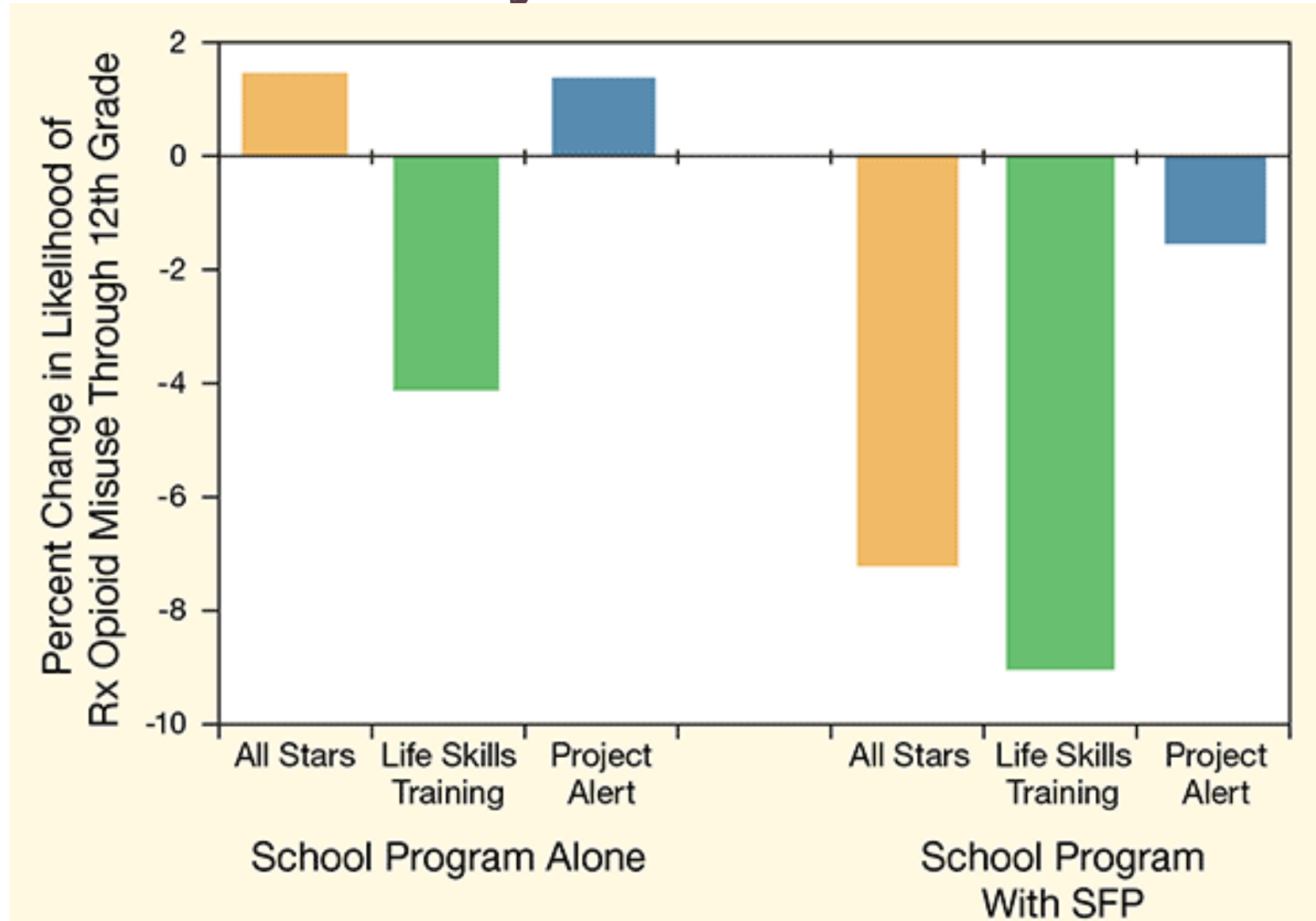


\*\*p<.01; \*\*\*p<.001; RRRs = 65-93%

Sources: Spoth, Trudeau, Shin, et al. (2013). Spoth, Trudeau, Shin & Redmond (2008)

Notes: General=Misuse of narcotics or CNS depressants or stimulants.

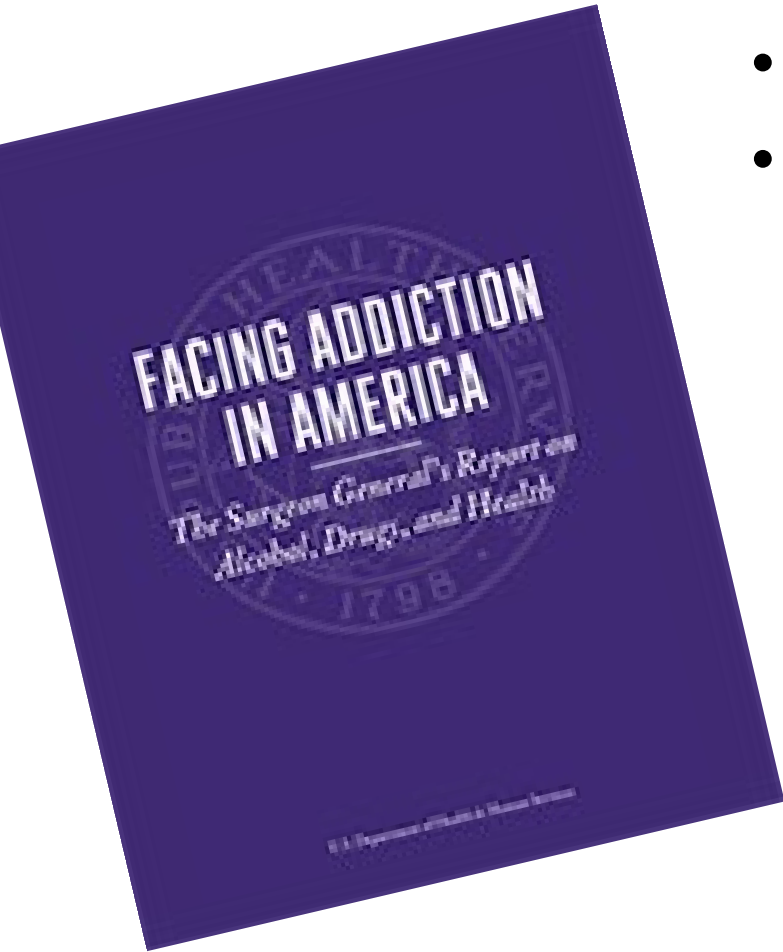
# Life Skills Training reduced the risk of Opioid Misuse by Grade 12



Source: NIDA Notes  
(December 2015)

# Effective Prevention Programs

## Surgeon General's Report (SGR)



- Its never too early or too late
- Effective prevention programs have reduced substance misuse:
  - Community-based
  - Family-based
  - School-based
  - Brief motivational interventions in colleges and emergency rooms
  - Workplace
  - Primary care

*U.S. Department of Health and Human Services (HHS), Office of the Surgeon General, Facing Addiction in America:*

*The Surgeon General's Report on Alcohol, Drugs, and Health. Washington, DC: HHS, November 2016.*

# Effective Prevention Programs (SGR)

## Ages 0-10:

- Nurse Family Partnership
- Raising Healthy Children
- Good Behavior Game
- Classroom Centered Intervention
- Linking the Interests of Teachers and Families
- Fast Track
- Preventive Treatment Program

# Effective Prevention Programs (SGR)

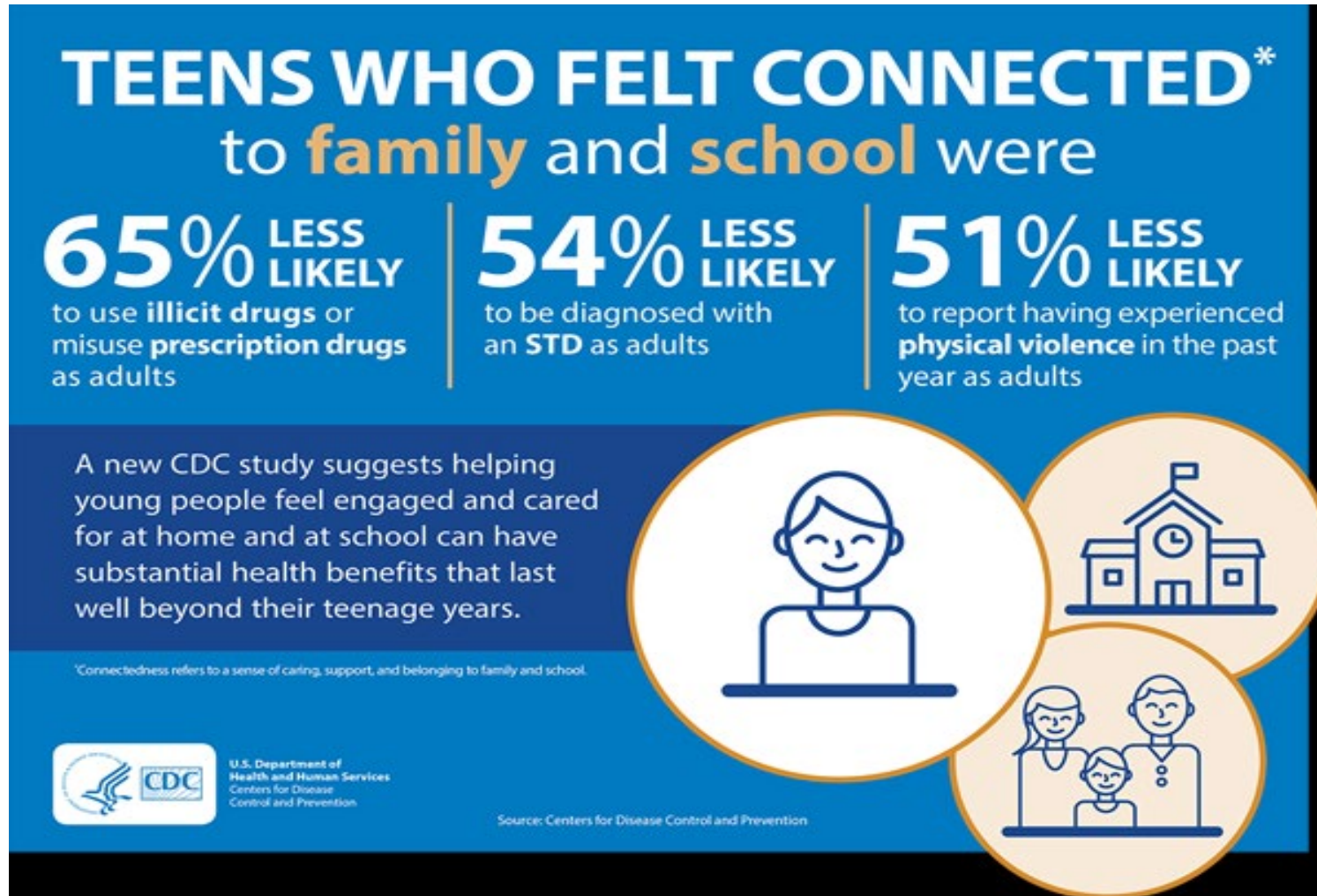
## Ages 10-18:

- **Life Skills Training**
- School Health and Alcohol Harm Reduction Program
- Preventure/Adventure
- Unplugged
- keepin' it REAL
- Atlas
- **Strengthening Families 10-14**
- Guiding Good Choices
- Strong African American Families
- SODAS City
- I Hear What You are Saying
- Familias Unidas
- Bicultural Competence Skills Training
- Project Chill
- Positive Family Support
- Keep Safe
- Coping Power
- Project Towards No Drug Use



| <b>Program name</b><br><small>(click on the program name for more detail)</small> | <b>Date of last literature review</b> | <b>Total benefits</b> | <b>Taxpayer benefits</b> | <b>Non-taxpayer benefits</b> | <b>Costs</b> | <b>Benefits minus costs (net present value)</b> | <b>Benefit to cost ratio</b> | <b>Chance benefits will exceed costs</b> |
|---|---------------------------------------|-----------------------|--------------------------|------------------------------|--------------|---|------------------------------|--|
| <b>Program name</b><br><small>(click on the program name for more detail)</small> | <b>Date of last literature review</b> | <b>Total benefits</b> | <b>Taxpayer benefits</b> | <b>Non-taxpayer benefits</b> | <b>Costs</b> | <b>Benefits minus costs (net present value)</b> | <b>Benefit to cost ratio</b> | <b>Chance benefits will exceed costs</b> |
| <b>Home- or Family-based</b>  |                                       |                       |                          |                              |              |   |                              |  |
| Positive Family Support/Family Check-Up   | Feb. 2019                             | \$11,652              | \$3,632                  | \$8,020                      | (\$51)       | <b>\$11,601</b>                                 | \$227.16                     | <b>71%</b>                               |
| Parent Management Training - Oregon Model (Prevention population)                 | May. 2015                             | \$7,714               | \$2,239                  | \$5,475                      | (\$774)      | <b>\$6,940</b>                                  | \$9.96                       | <b>60%</b>                               |
| Nurse Family Partnership  | Mar. 2018                             | \$20,495              | \$5,061                  | \$15,434                     | (\$13,925)   | <b>\$6,570</b>                                  | \$1.47                       | <b>65%</b>                               |
| Familias Unidas   | Feb. 2019                             | \$7,317               | \$2,515                  | \$4,802                      | (\$1,756)    | <b>\$5,562</b>                                  | \$4.17                       | <b>69%</b>                               |
| Healthy Families America  | Jul. 2017                             | \$10,819              | \$7,062                  | \$3,757                      | (\$5,982)    | <b>\$4,837</b>                                  | \$1.81                       | <b>62%</b>                               |
| Strengthening Families for Parents and Youth 10-14                                | Aug. 2018                             | \$3,836               | \$1,181                  | \$2,655                      | (\$653)      | <b>\$3,183</b>                                  | \$5.87                       | <b>60%</b>                               |
| Home Instruction for Parents of Preschool Youngsters (HIPPY)                      | Aug. 2017                             | \$7,213               | \$2,319                  | \$4,894                      | (\$4,755)    | <b>\$2,458</b>                                  | \$1.52                       | <b>52%</b>                               |
| Computer-based substance use prevention programs                                  | Dec. 2014                             | \$2,411               | \$737                    | \$1,674                      | (\$84)       | <b>\$2,327</b>                                  | \$28.83                      | <b>64%</b>                               |
| Family Matters  | Jun. 2016                             | \$2,124               | \$669                    | \$1,455                      | (\$231)      | <b>\$1,893</b>                                  | \$9.19                       | <b>73%</b>                               |

# Connections Matter



Steiner RJ, Sheremenko G, Lesesne C, et al. Adolescent Connectedness and Adult Health Outcomes. Pediatrics. 2019;144(1):e20183766

# Being a 'Hope Dealer'

- How can you be that 'hope dealer' where you are?
- What can we do to bring prevention more upstream?



# Ending Poll

## Poll Questions:

How familiar are you with Monitoring the Future data?

How familiar are you with Blueprints for Healthy Youth Development Website?