

Strategies for Success
Youth Survey Results for FY2020

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 the fall of 2019. **A total of 1,352 middle school students completed the SFS survey and 1,324 high school students completed the survey.** High School data include all students from Carlsbad High School, Early College High School, and Eddy Alternative School. 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.

Highlights from FY 2020

Both Middle and High School

- Increases occurred in alcohol use and binge drinking since last year. Students are most likely to report drinking at someone else's home or at their own home.
- Students are reporting concerning levels of mental distress and suicide ideation.
- Students have a slightly lower perception that they will get caught drinking alcohol on campus than last year.
- Marijuana use on school campus increased.
- + Students perceived harm associated with using e-cigs increased.

Middle School

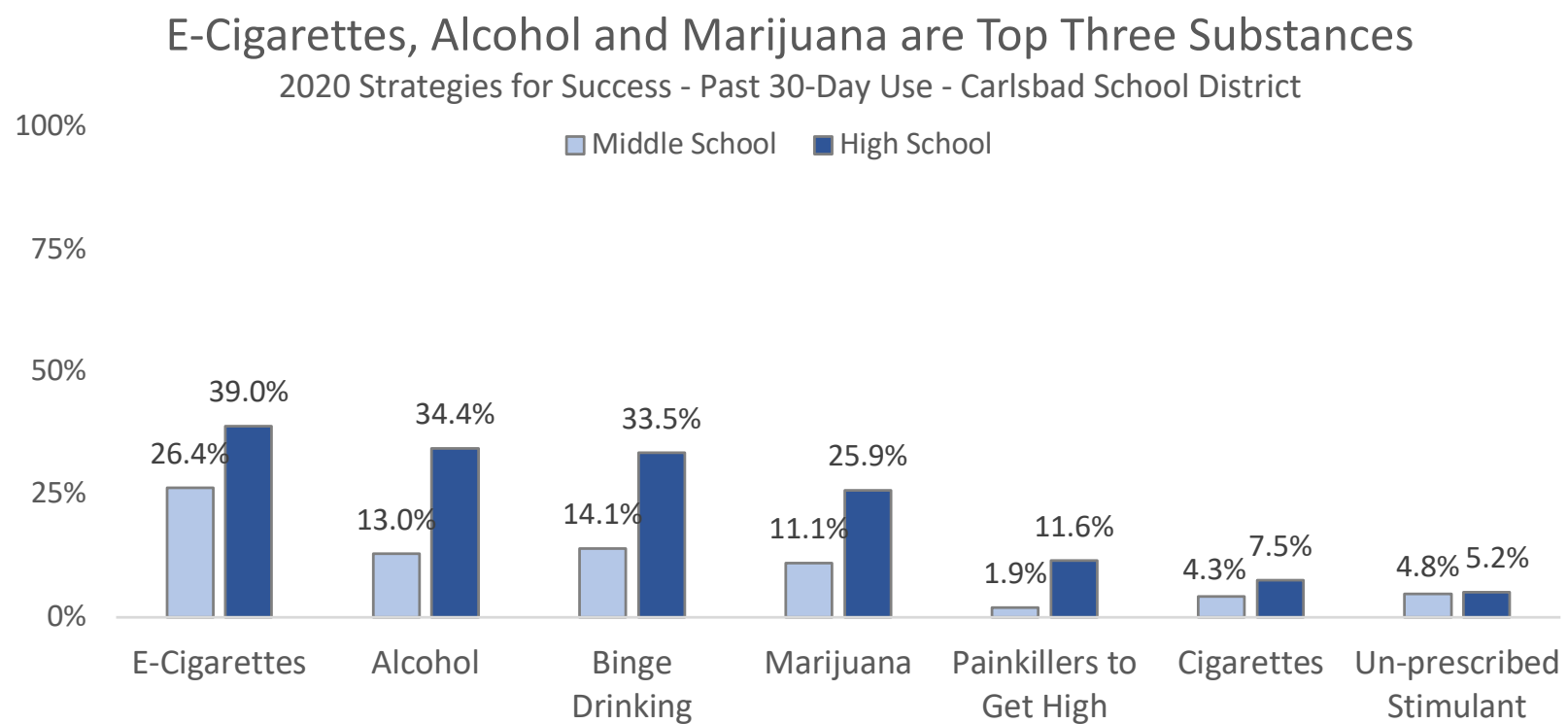
- Middle school students report decreases in getting alcohol from adult family members.
- Increases in e-cigarette use among middle school students from 10.6% in 2018 to 26.4% in 2020 is concerning.
- Middle school students report increases in being offered or sold illegal drugs and prescription drugs on campus.
- Middle school students report increases in getting alcohol from parties and unrelated adults.

High School

- + Decreases in e-cigarette use and regular cigarette use among high school students is encouraging.
- + Decreases reported for being offered or sold prescription drugs on campus.
- High schoolers report increases in using prescription painkillers to get high.

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 confirm that the brain does not stop developing until the early twenties and substance use during development can have lasting effects. ¹ The graph below shows the current substance use among middle and high school students.



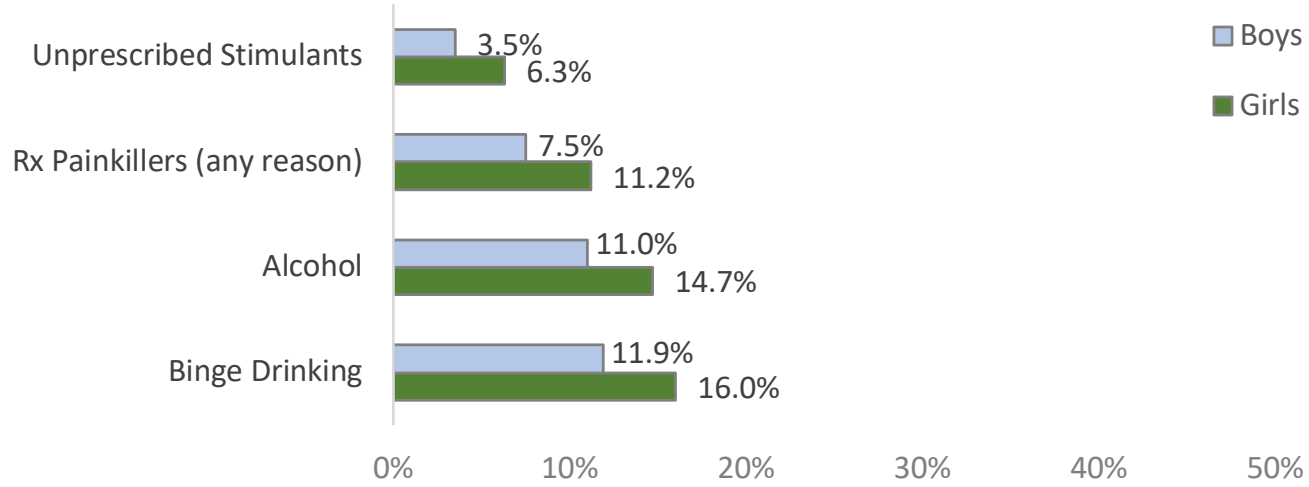
What has changed since 2019?		
	Desired Changes	Undesired Changes
Middle School		E-Cig use increased from 21.3% Binge drinking increased from 6.8%
High School	E-Cig use decreased from 43.2%	Binge drinking increased from 16.8% Painkiller use to get high increased from 4.1%

¹ Volkow, ND. (2017). Developmental Cognitive Neuroscience. <https://doi.org/10.1016/j.dcn.2017.10.002>

Substance Use Differences Among Girls and Boys

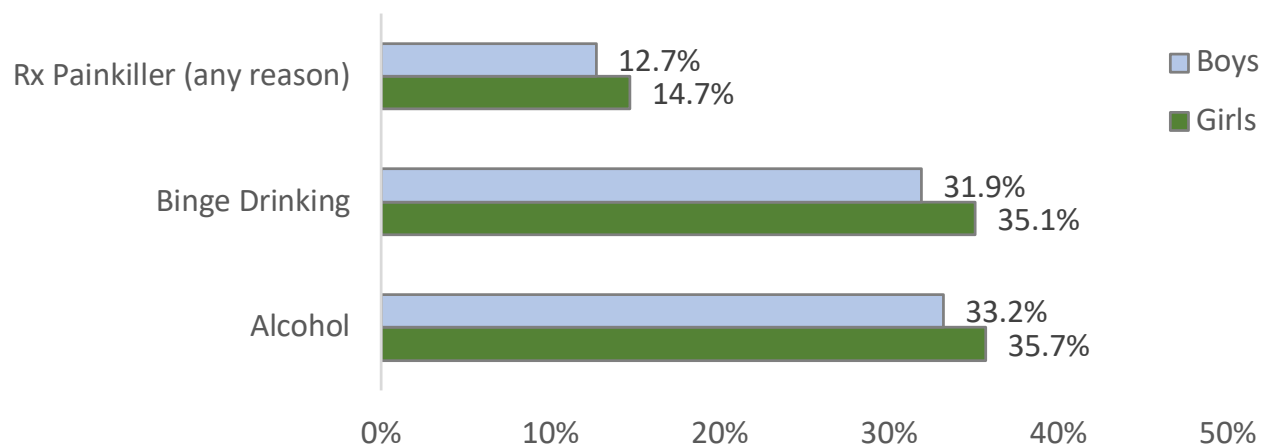
Middle School Girls are More Likely to Use Some Substances Than Boys

2020 Strategies for Success - Past 30-Day Use - Carlsbad School District



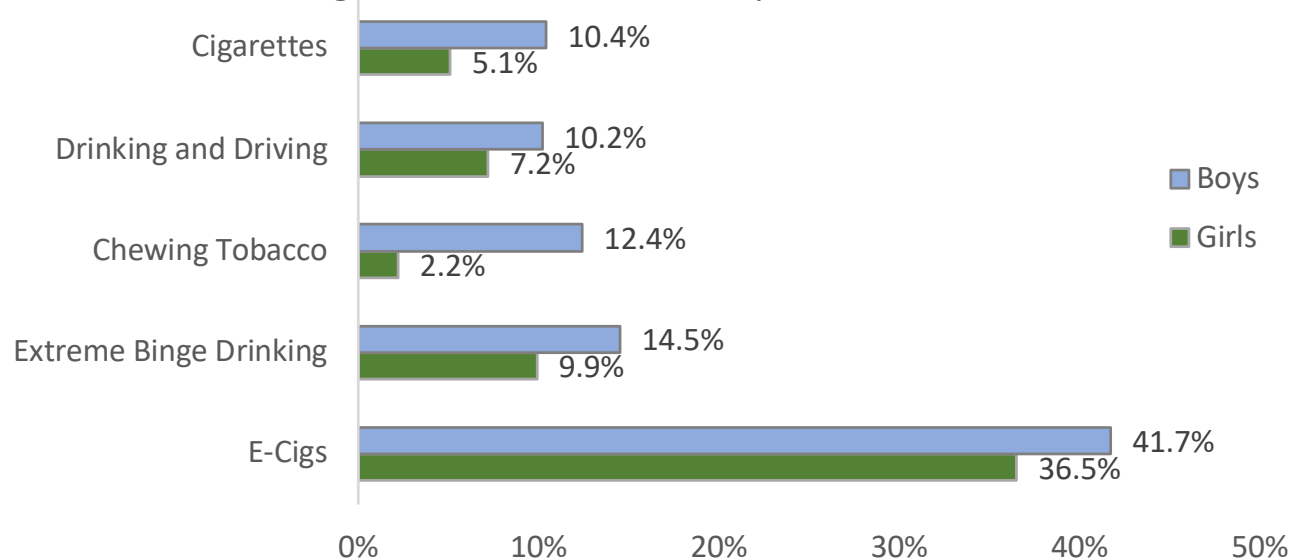
High School Girls are Slightly More Likely than Boys to Use Alcohol, Binge Drink, and Use Rx Painkillers

2020 Strategies for Success - Past 30-Day Use - Carlsbad School District



High School Boys are More Likely than Girls to Report E-cig use, Extreme Binge Drinking, Drinking and Driving, and to Use Chew and Cigarettes

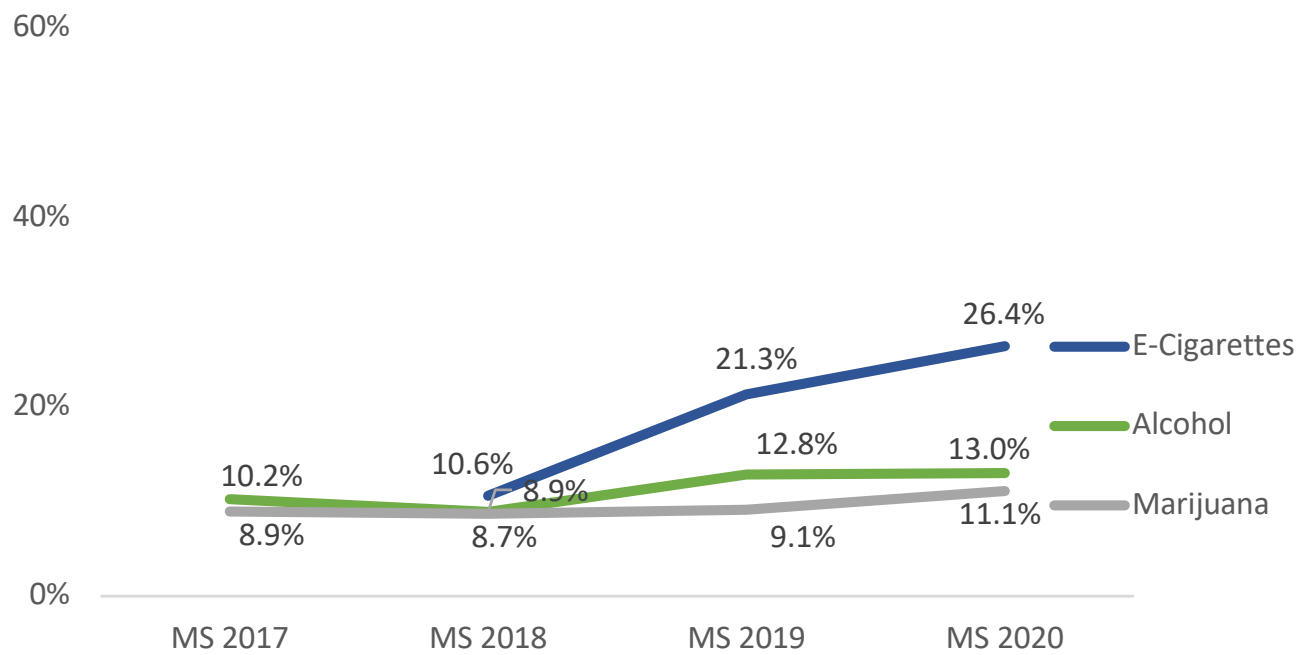
2020 Strategies for Success - Past 30-Days - Carlsbad School District



Trends Among the Top Three Substances

Middle School E-Cig Use Continues to Increase

2020 Strategies for Success - Past 30-Day Use - Carlsbad

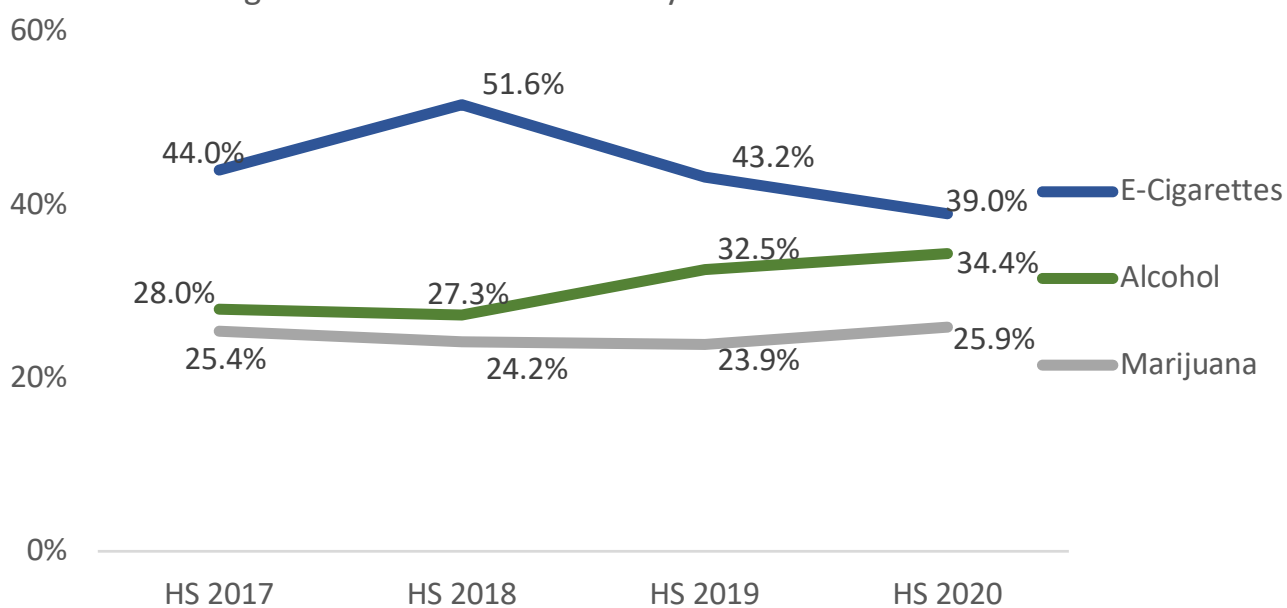


Since last year, middle school e-cig use increased from 21.3% to 26.4% - that is a 24% increase.

Alcohol and Marijuana use increase slightly.

High School E-Cig Use Declined, but Alcohol and Marijuana Use Increased Slightly

Strategies for Success - Past 30-Day Use - Carlsbad School District



Since last year, high school e-cig use decreased from 43.2% to 39.0%.

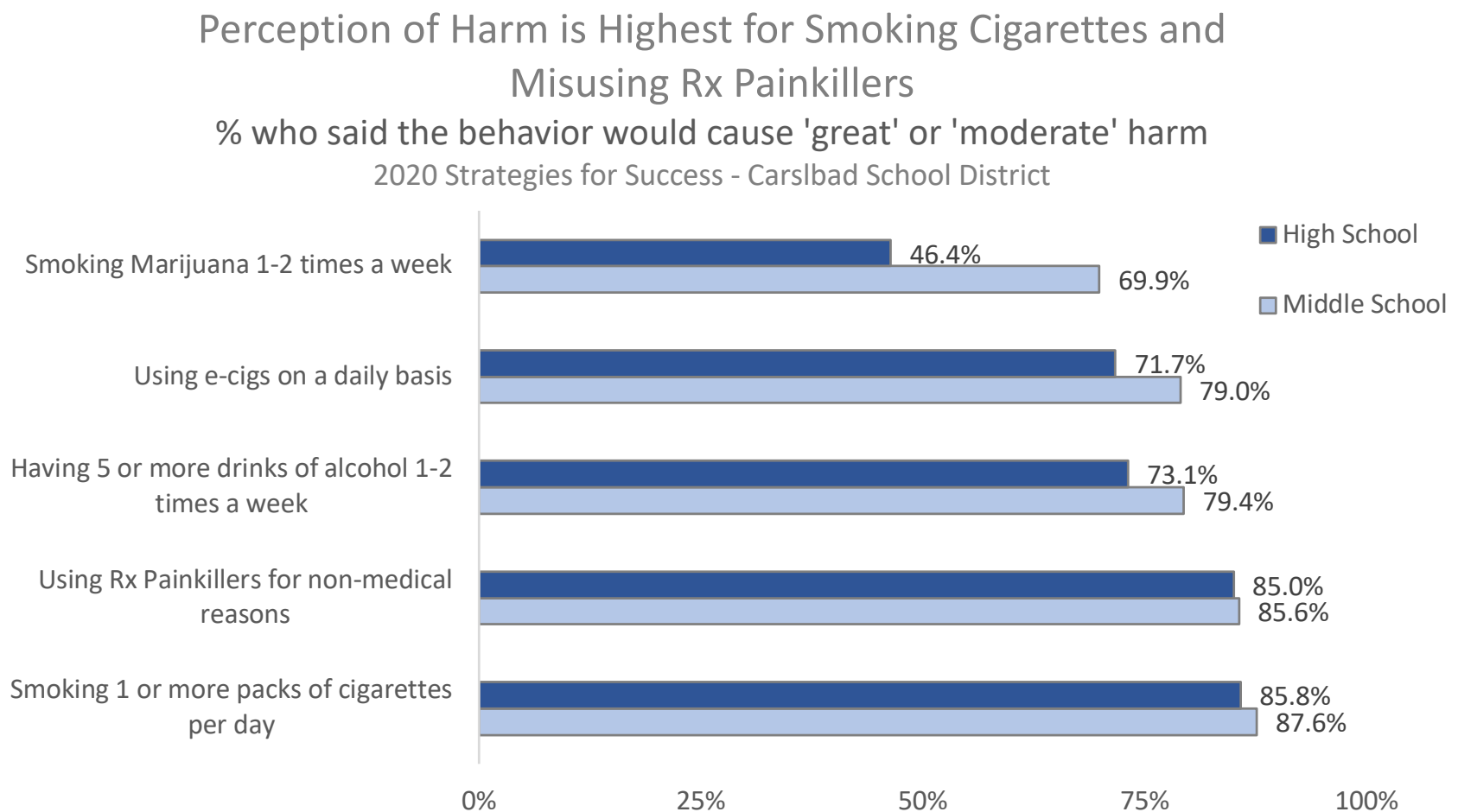
Alcohol and Marijuana use increased slightly.

High School Substance Use (in the past 30-days)	U.S. YRBS	New Mexico YRRS	Carlsbad SFS
E-Cigarettes	13.2%	26.4%	39.0%
Alcohol	29.8%	27.5%	34.4%
Marijuana	19.8%	27.9%	25.9%

SOURCES: <http://youthrisk.org/tables/#/2017>

Perception of Harm from Using Substances

A set of questions on the SFS asks about the perceived risk of harm associated with substance use. The graph below shows the percentage of students who said they risk “great” or “moderate” harm from using the substance as described.



Harm associated with e-cig use increased significantly from 2019 for both middle (2019 = 63.5%) and high school (2019 = 52.9%) students. A higher perceived risk of harm is associated with decreased tendency to engage in that behavior.

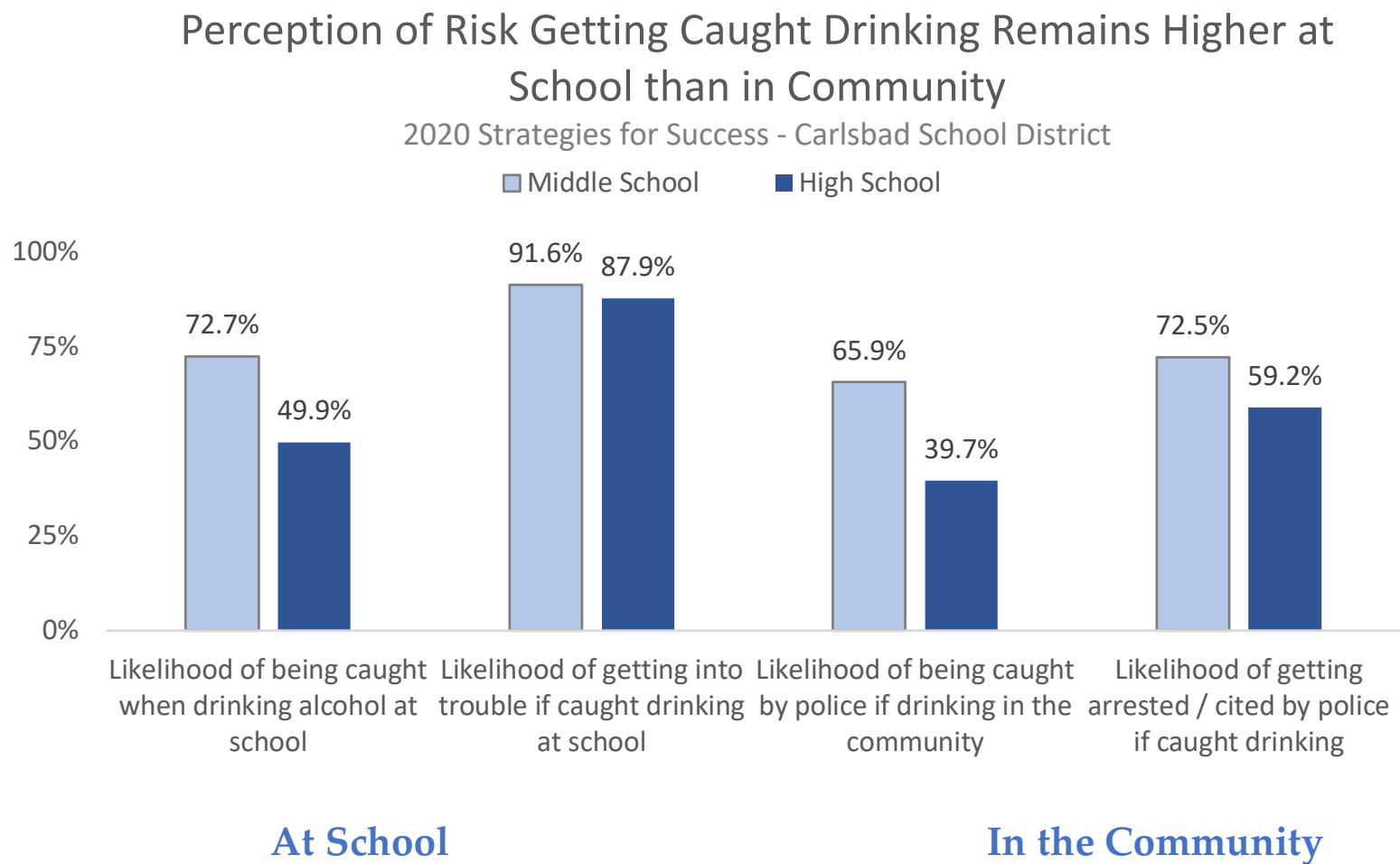
Attitudes Toward Alcohol Use

Youth were asked “how wrong” they think parents and peers would think it is for someone their age to drink alcohol regularly. The graph shows the percentage of students who answered “wrong” or “very wrong” to the question. Results are similar to last year’s percentages.

Parental and Peer Attitudes	Middle		High	
	2019	2020	2019	2020
My parents feel it is wrong for me to drink regularly	91.8%	90.6%	82.5%	82.8%
I think it is wrong for someone my age to drink regularly	86.5%	85.4%	67.6%	66.4%

Perception of Risk of Getting Caught Drinking Alcohol

Perception of risk of getting caught is also associated with reduced engagement in the risky behavior. The SFS asked students' perceived risk of getting caught at school and in the community for drinking, and the likelihood of getting into trouble if caught.



Perception of risk has remained fairly level the last two years and remains higher among middle school students.

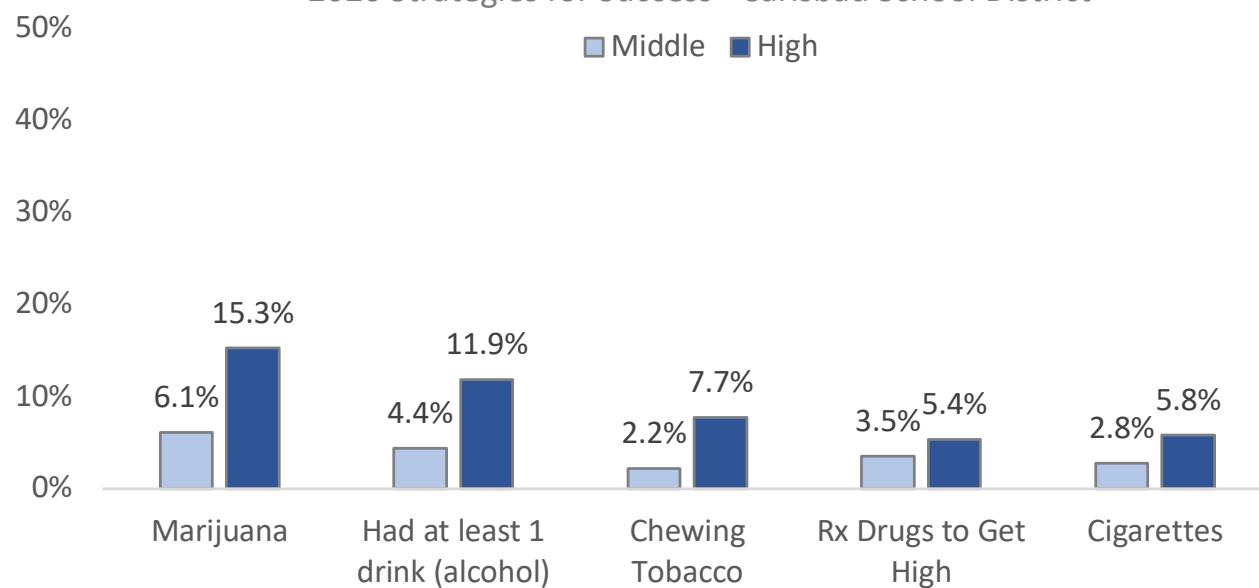
Perception of Risk of Getting Caught Drinking	Middle School			High School		
	2018	2019	2020	2018	2019	2020
Getting caught by a teacher or other staff at school	77.6%	75.1%	72.7%	57.5%	53.6%	49.9%
Getting into trouble if caught at school	91.2%	91.1%	91.6%	88.6%	88.8%	87.9%
Getting caught by police	68.8%	64.0%	65.9%	44.3%	37.3%	39.7%
Getting into trouble if caught by the police	74.6%	71.2%	72.5%	62.2%	57.5%	59.2%

Substance Use on School Property

The Office of Substance Abuse Prevention supports community programs that reduce or eliminate zero-tolerance policies that kick students out of school for substance use. Zero tolerance policies contribute to academic failure and higher substance use, however, school policies that are clear about rules and punishment help create a climate free of substance use and more conducive to learning. Finding the balance, treating students fairly, and referring students to the appropriate support services, can be challenging.

Marijuana Surpassed Alcohol as the Most Likley Substance to be Used on School Campus

2020 Strategies for Success - Carlsbad School District

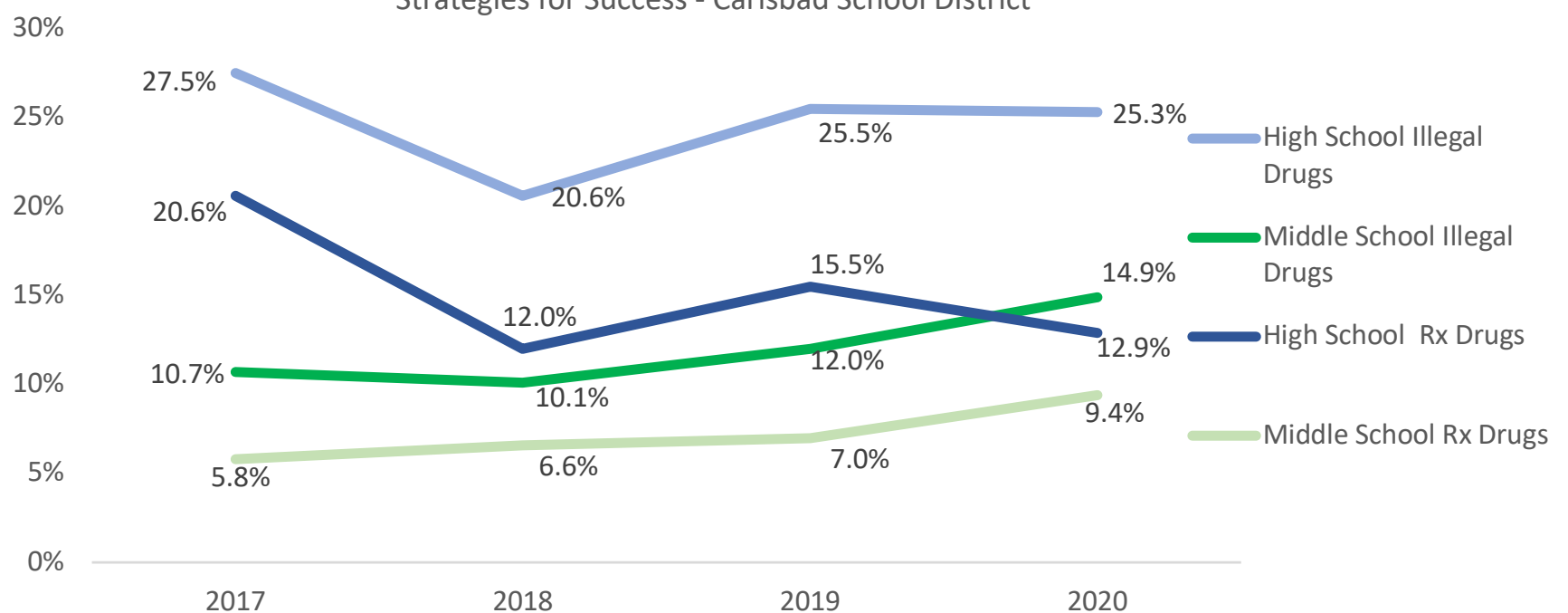


During this school year, did you ever do any of the following while on school property?

Answers do not distinguish whether or not the substances are used during school hours, or at school-sponsored events. The next graph displays how students responded to the question of being offered or sold drugs on campus over the past three years.

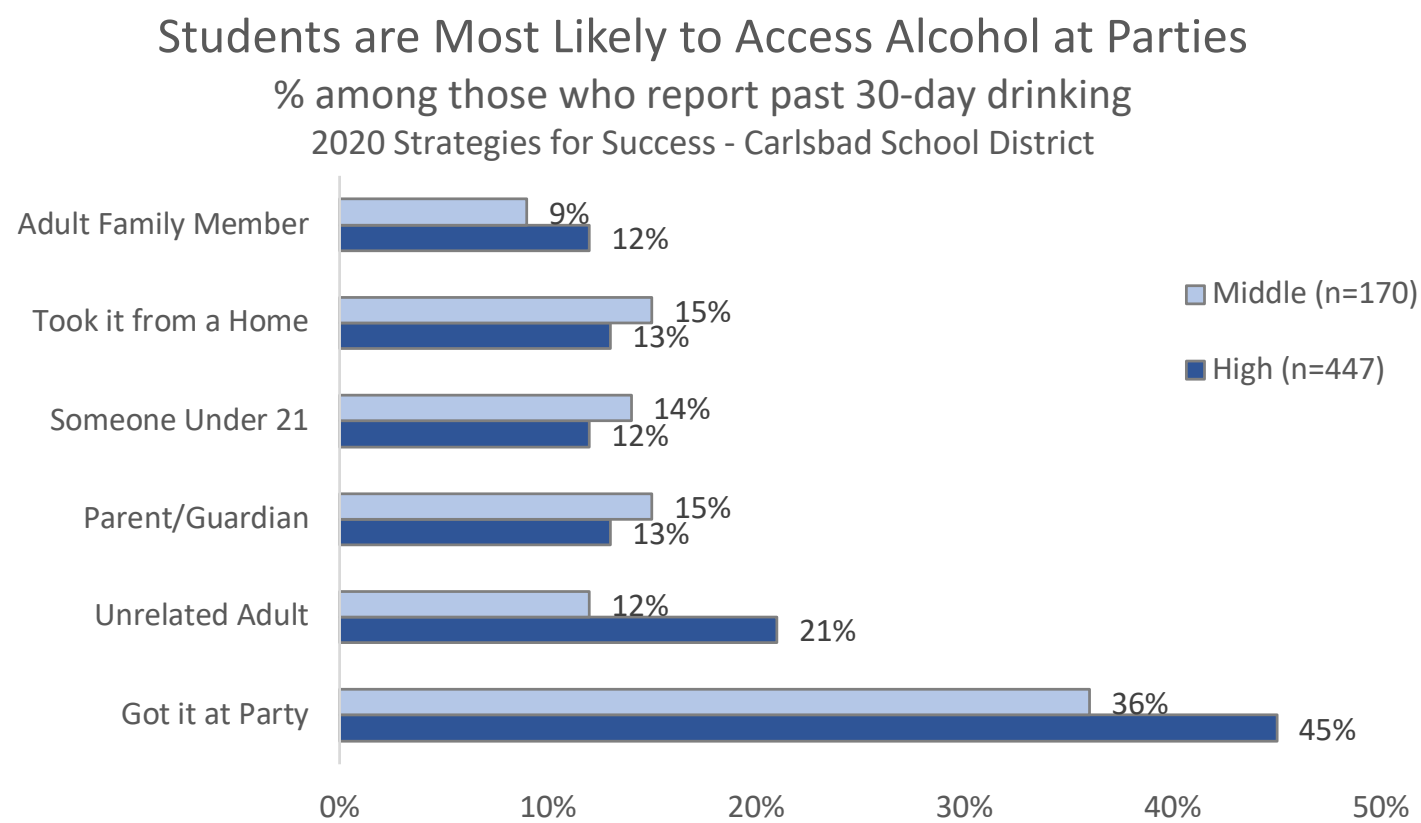
Being Offered or Sold Drugs on Campus by Type

Strategies for Success - Carlsbad School District



Sources for Alcohol for Minors

The Coalition works to reduce social access of alcohol to minors through coordination with law enforcement to hold adults accountable and educating parents and the community that it is a 4th degree felony to provide alcohol to minors. The graph shows where students report getting their alcohol. The percentage is only among the students who reported drinking in the past 30 days.



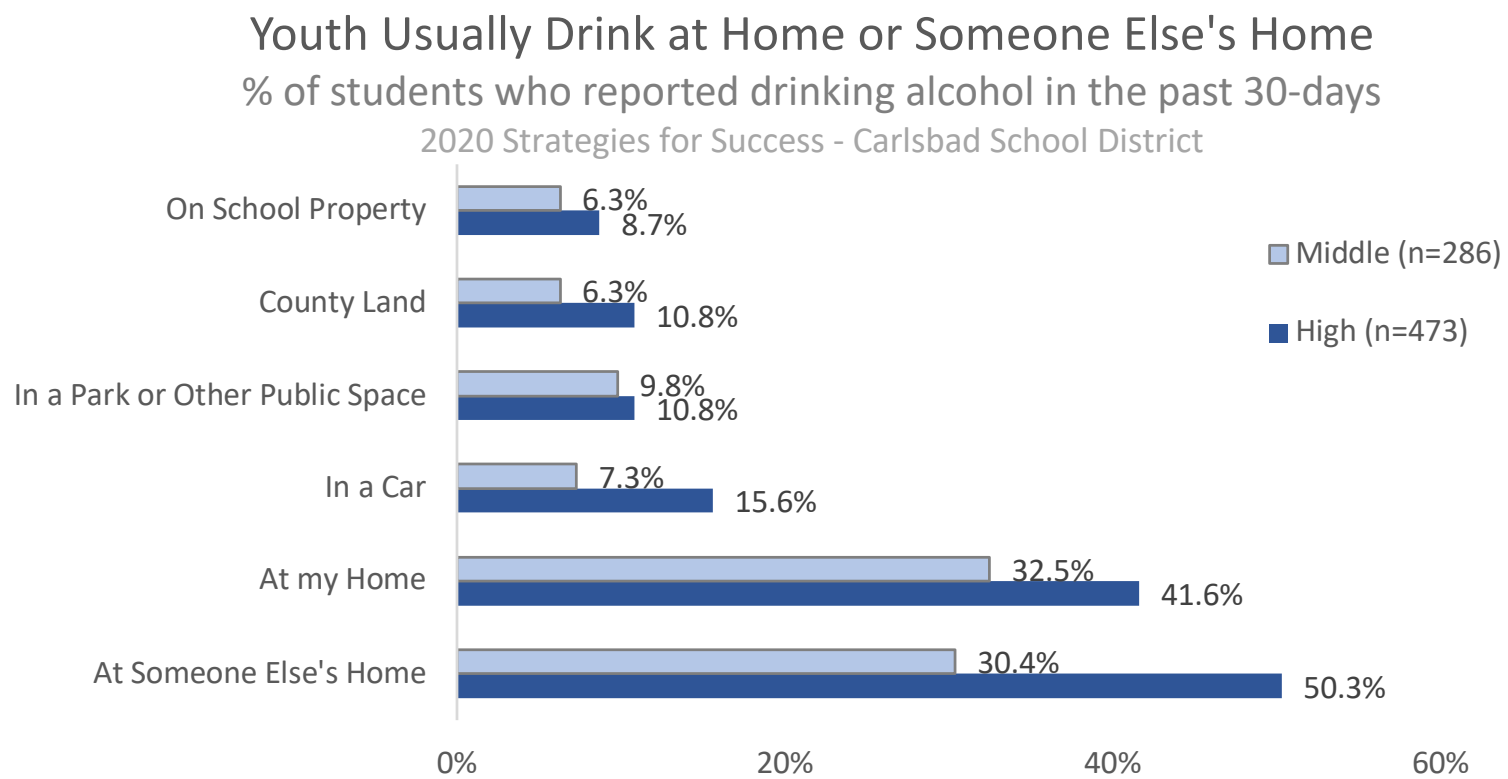
The most common sources of alcohol among high school students includes parties and unrelated adults. Middle school students also report getting alcohol at parties, but they are more likely to report taking it from home than getting it from parents/guardians.

Alcohol Access	Parent Guardian			At a Party		
	2018	2019	2020	2018	2019	2020
Middle School	9%	13%	15%	18%	24%	36%
High School	13%	15%	13%	37%	34%	45%

Middle school students report an increase in getting alcohol from parents and parties. High school students report a slight decrease in getting alcohol from parents, but a large increase in getting it at parties.

Underage Drinking Parties

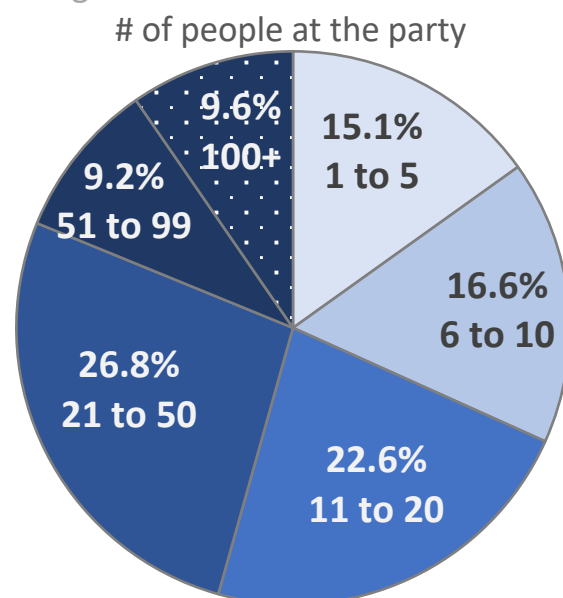
Carlsbad added questions to the regular Strategies for Success (SFS) high school survey to gain a better understanding of the party scene for teenagers. **The majority of Carlsbad youth are not attending parties where drinking and drugs are being used.**



59.2% of high school students and 72.7% of middle school students have not attended a party in the past year where teens are drinking.

Students who did attend a party where teens were drinking were most likely to report attending 1-3 in the last year (56.3% Middle; 51.8% High) or 4-5 parties (17.6% Middle; 16.4% High). Students were asked if they did attend a party, how many other people were at the parties they attended. Studies show *parties with more than eleven other people are riskier than smaller gatherings*, because attendees are more likely to experience other negative consequences such as physical fights or sexual assaults.

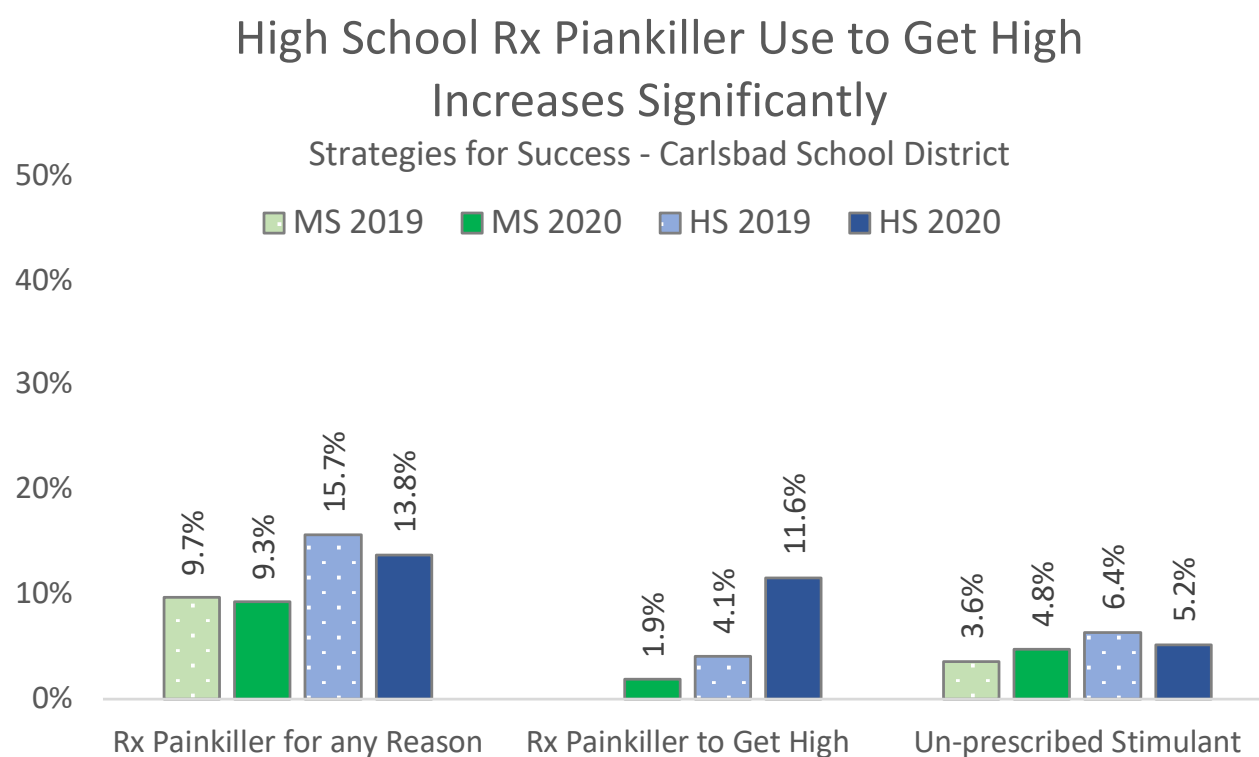
High School Students Attended Parties of All Sizes
2020 Strategies for Success - Carlsbad School District



Parties attended by both middle and high school students were most likely to have 21 to 50 other people in attendance.

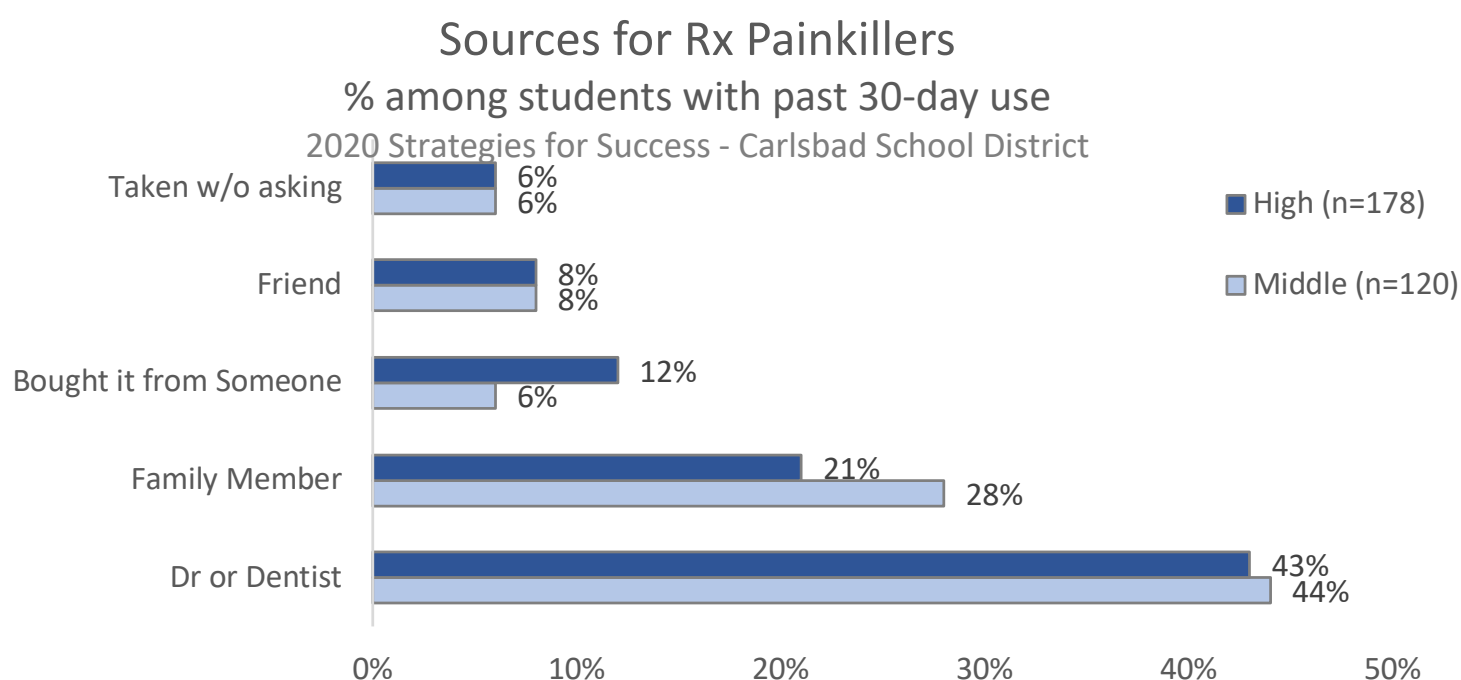
Prescription Painkiller Use and Access

The Coalition aims to reduce prescription painkiller misuse by educating adults on the dangers of sharing them with anyone to whom they were not prescribed, educating on safe storage and disposal, and promoting Drug Take Back Days. The graph below shows the percentage of students who took a prescription painkiller in the past 30-days for any reason or to get high, and who used stimulants in a manner not prescribed by their doctor.



*A technical error on the middle school survey in 2019 skipped the question about using painkillers to get high, so we only have data for high school students for that indicator.

The graph below shows where middle and high school students report getting their prescription painkillers. This question is analyzed only using the students who report using a prescription painkiller in the past month.

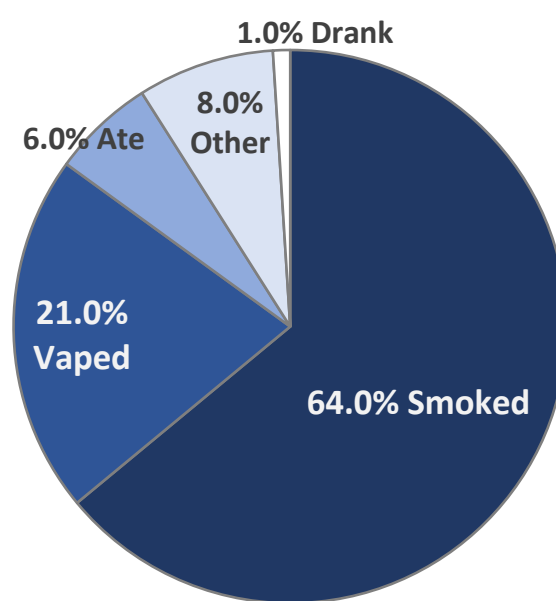


Marijuana Use and Access

Marijuana use has become one of the most commonly used substances among youth in Carlsbad. Youth often perceive that marijuana is *safe* and even *healthy*, especially since medical marijuana has been legalized and many states, including New Mexico, already have passed legislation or are discussing legalizing recreational marijuana. There is a general lack of awareness of the damage marijuana causes to the developing brain.

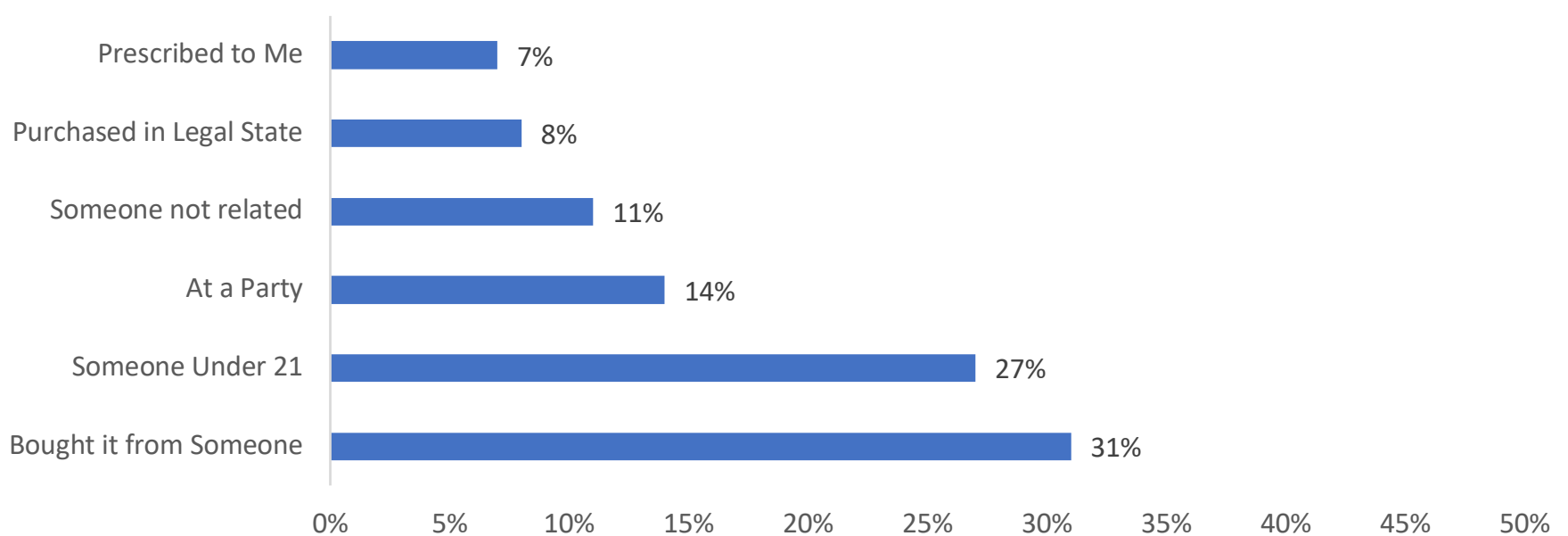
High School Students In Carlsbad are Most Likely to Smoke or Vape Marijuana

2020 Strategies for Success - Carlsbad School District
(n=335 who used in past 30-days)



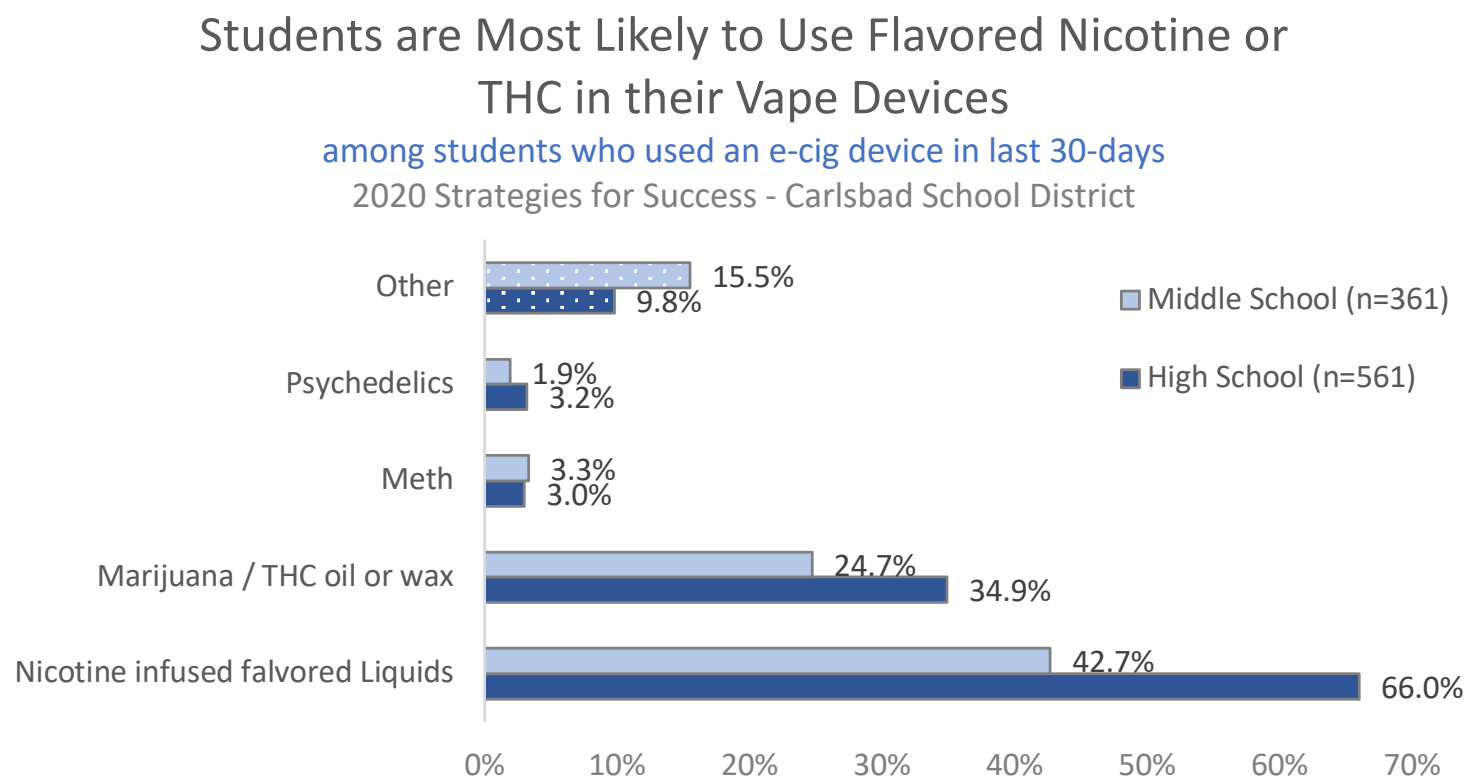
High School Students Access Marijuana From Others and at Parties

2020 Strategies for Success - Carlsbad School District (n=335 who used in past 30-days)

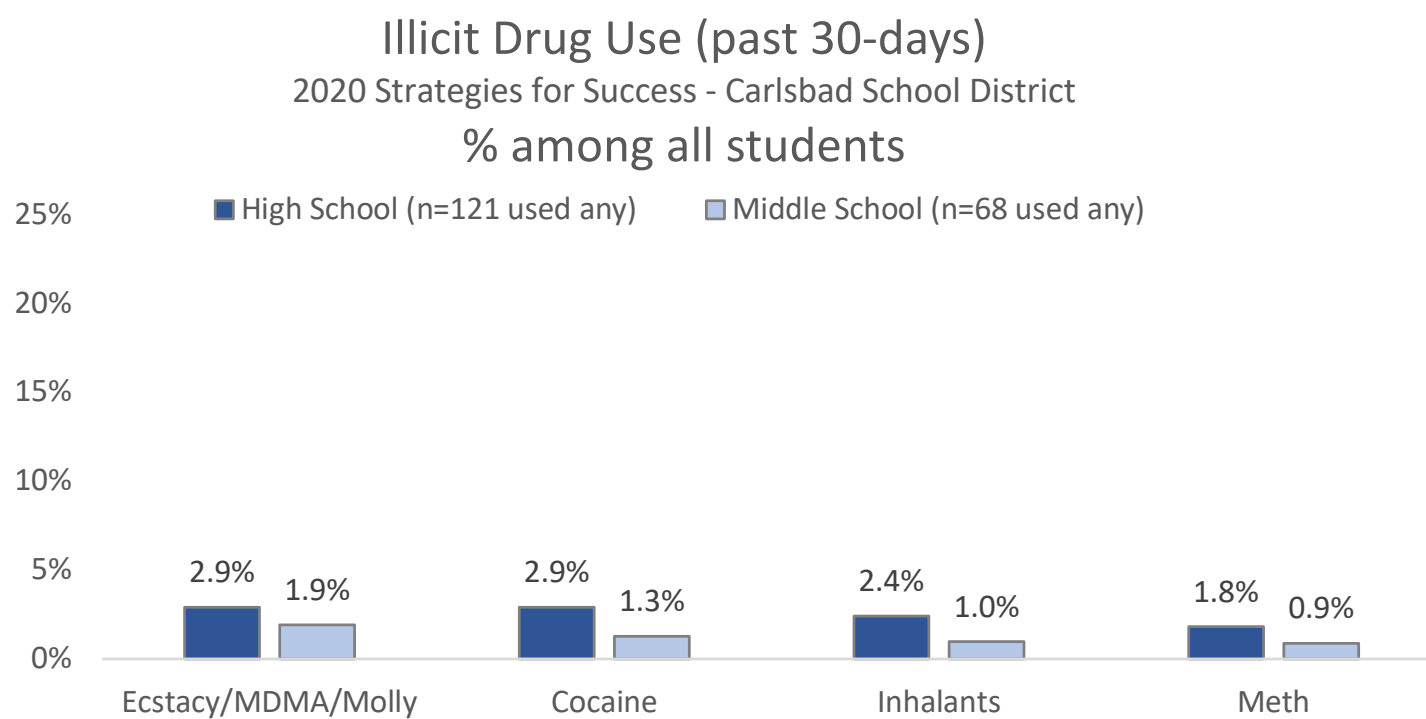


Vape Use and Other Drugs

The majority of students report NOT using an e-cigarette device or vape pen in the past 30-days (57.6% High School; 73.3% Middle). However, students do use e-cigarettes at high prevalence and they are using a variety of illegal substances in them.

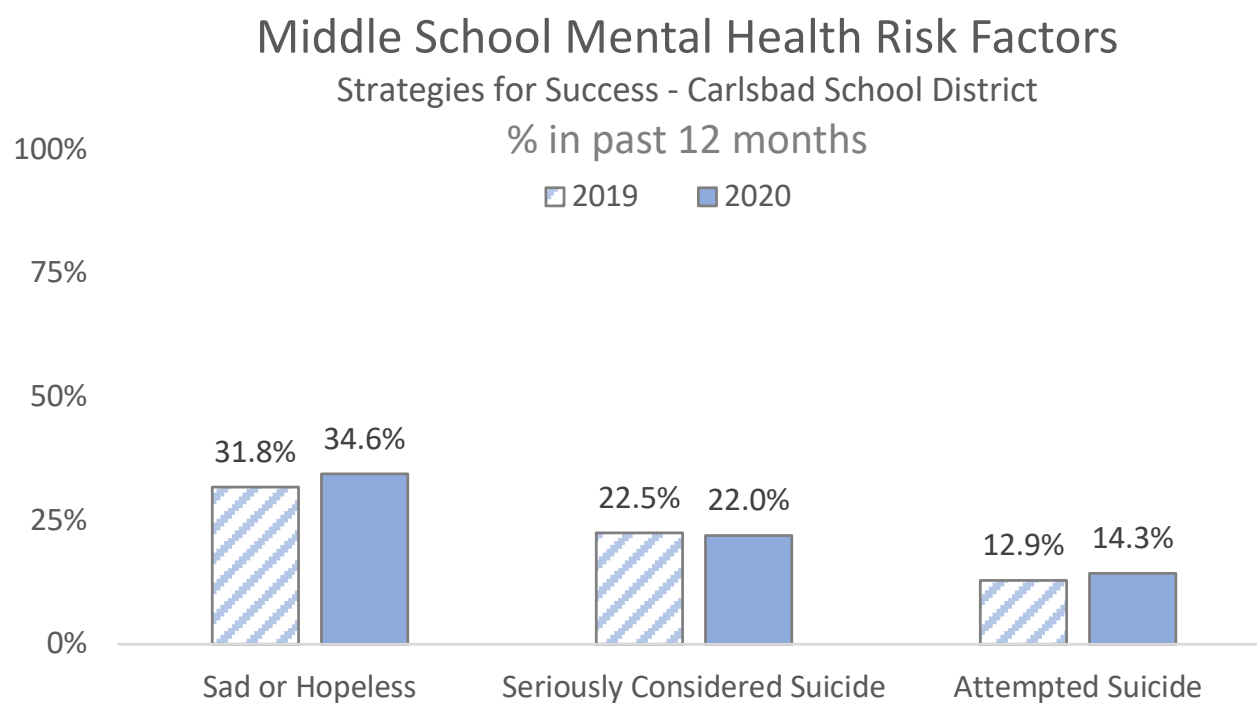


Further information is needed about what “other” substances youth are using in their e-cig devices. However, the majority are using flavored nicotine, followed by marijuana/THC products.

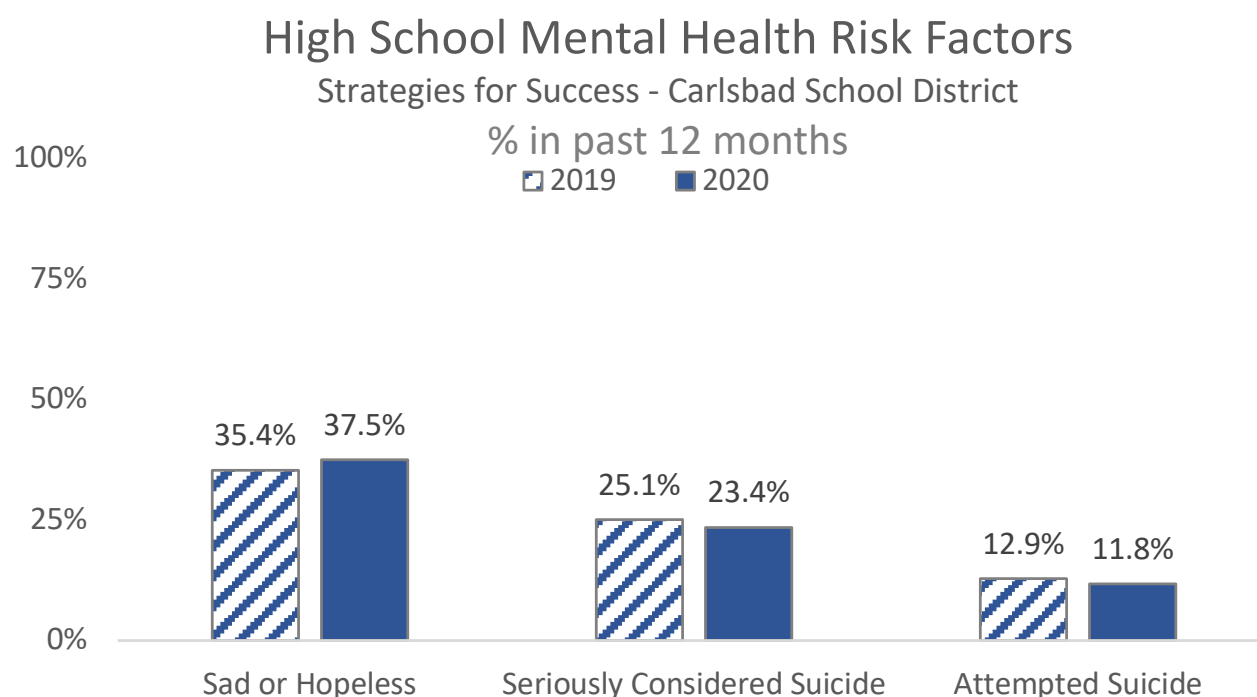


Mental Health Concerns

In an effort to better track mental health concerns, the Coalition added three mental health questions to the SFS in 2019. The graphs show the percentage of students who report feeling sad or hopeless almost every day for two weeks or more that it kept them from doing regular activities, and those who seriously considered suicide and attempted suicide in the past year.



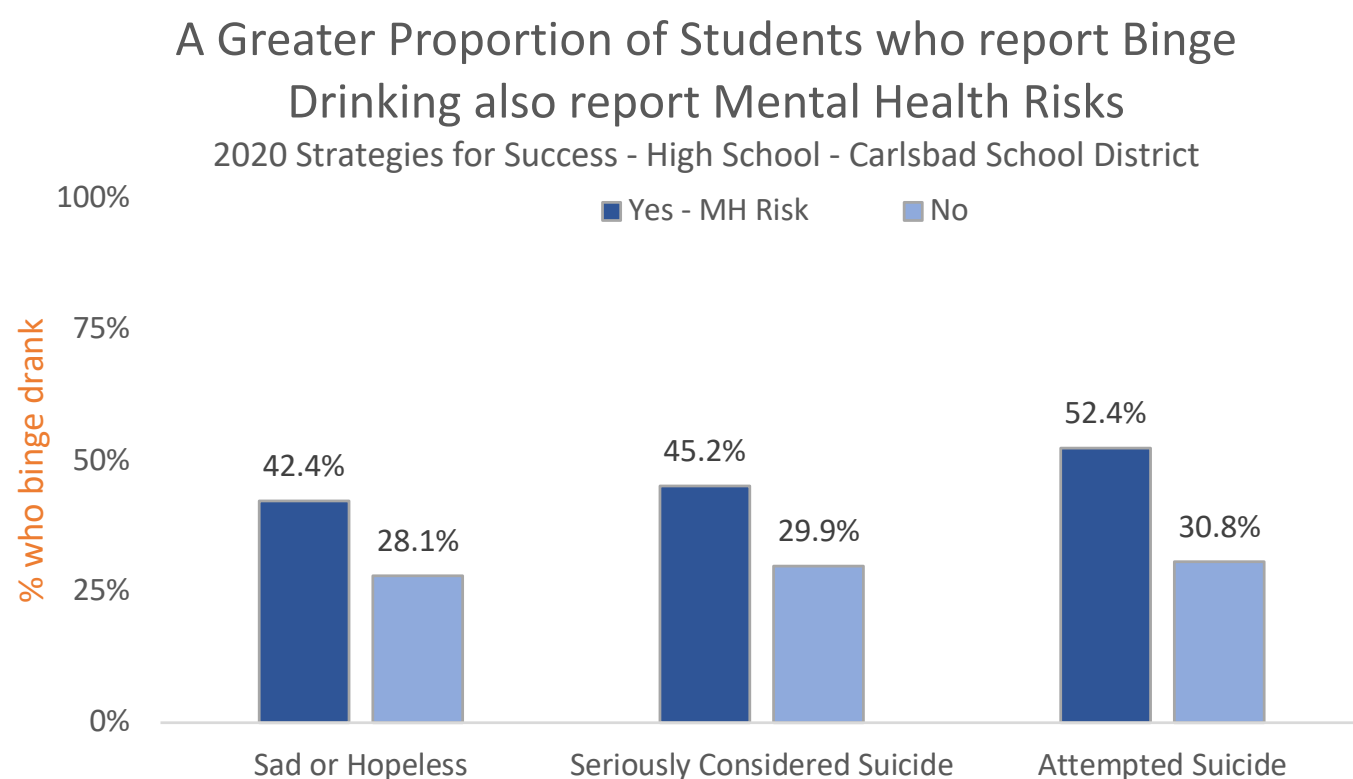
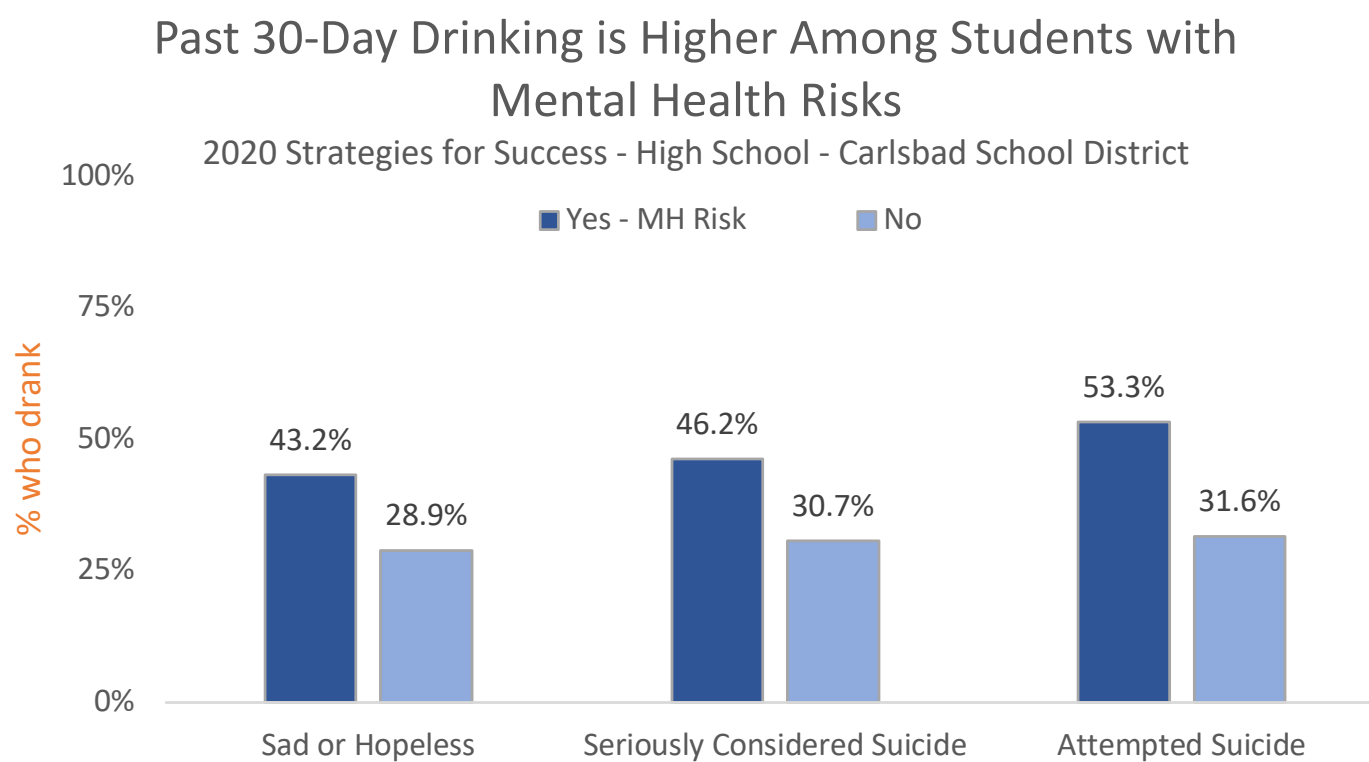
Mental Health Risks 2020	Seriously Considered Suicide		Attempted Suicide	
	#	%	#	%
Middle School	278	22.0%	183	14.3%
High School	299	23.4%	151	11.8%



Mental Health and Substance Use Overlap

The survey asks students if they experienced these mental health concerns in the past 12 months. The graph below shows how substance use and mental health issues co-exist. **Students who report experiencing these mental health concerns are also more likely to report substance use than students without the mental health concern.**

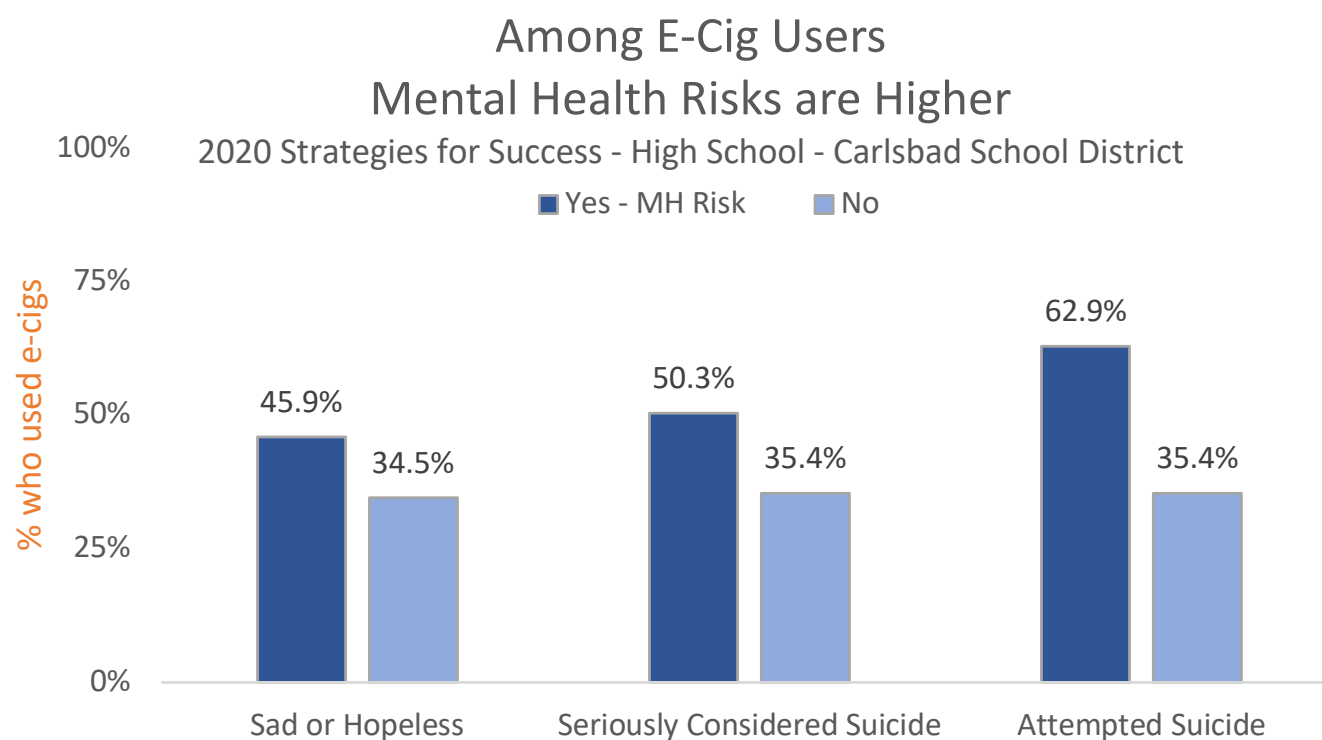
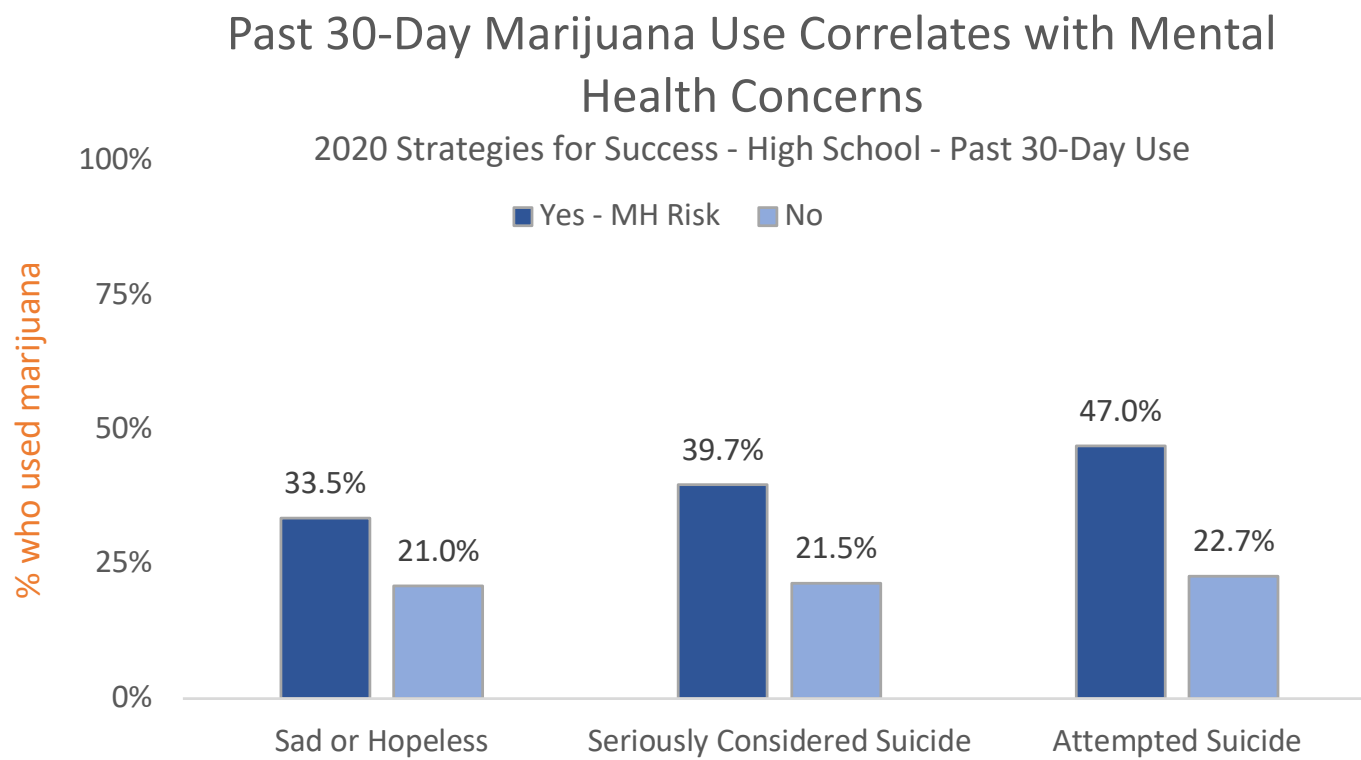
Alcohol Use and Mental Health Concerns



The graphs represent the percentage of youth who reported using the substance in the last 30-days, and whether or not they also report a mental health risk in the past 12-months.

Use is higher among youth who have mental health concerns.

Marijuana and E-Cigarette Use Corresponds with Higher Mental Health Risks

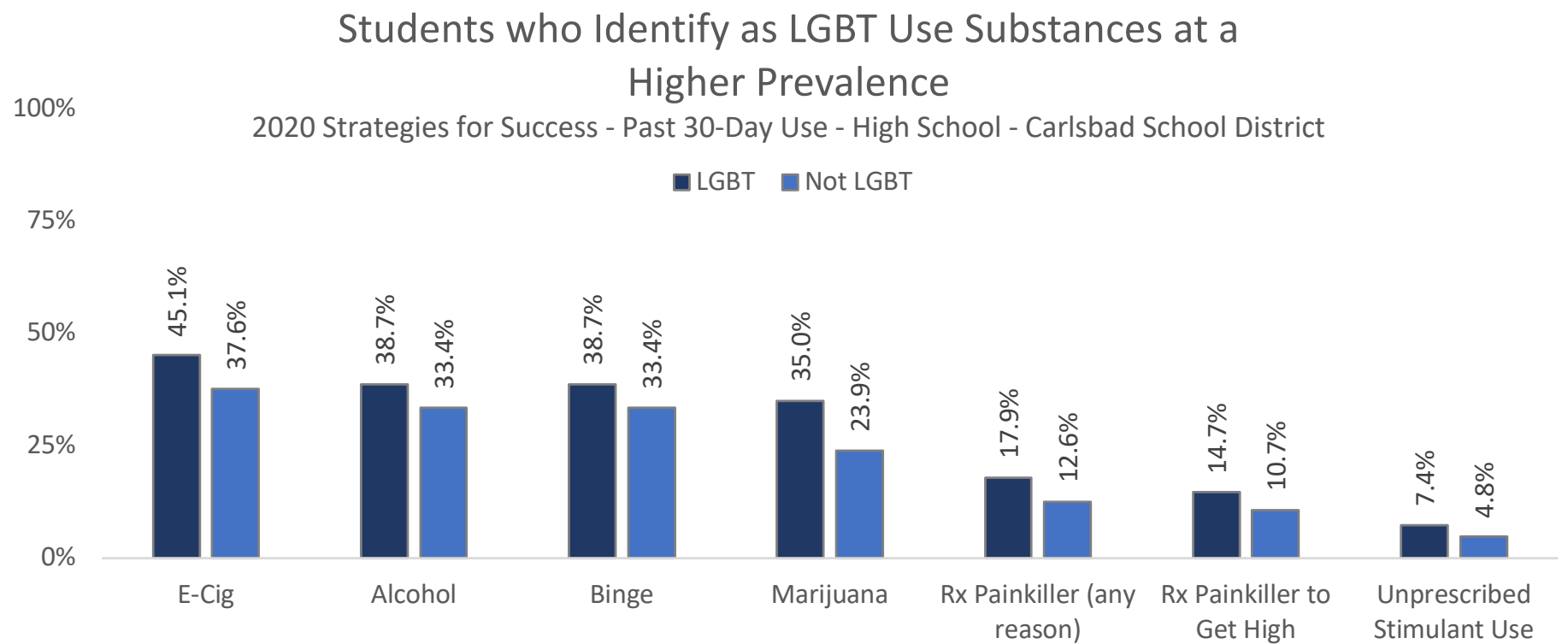


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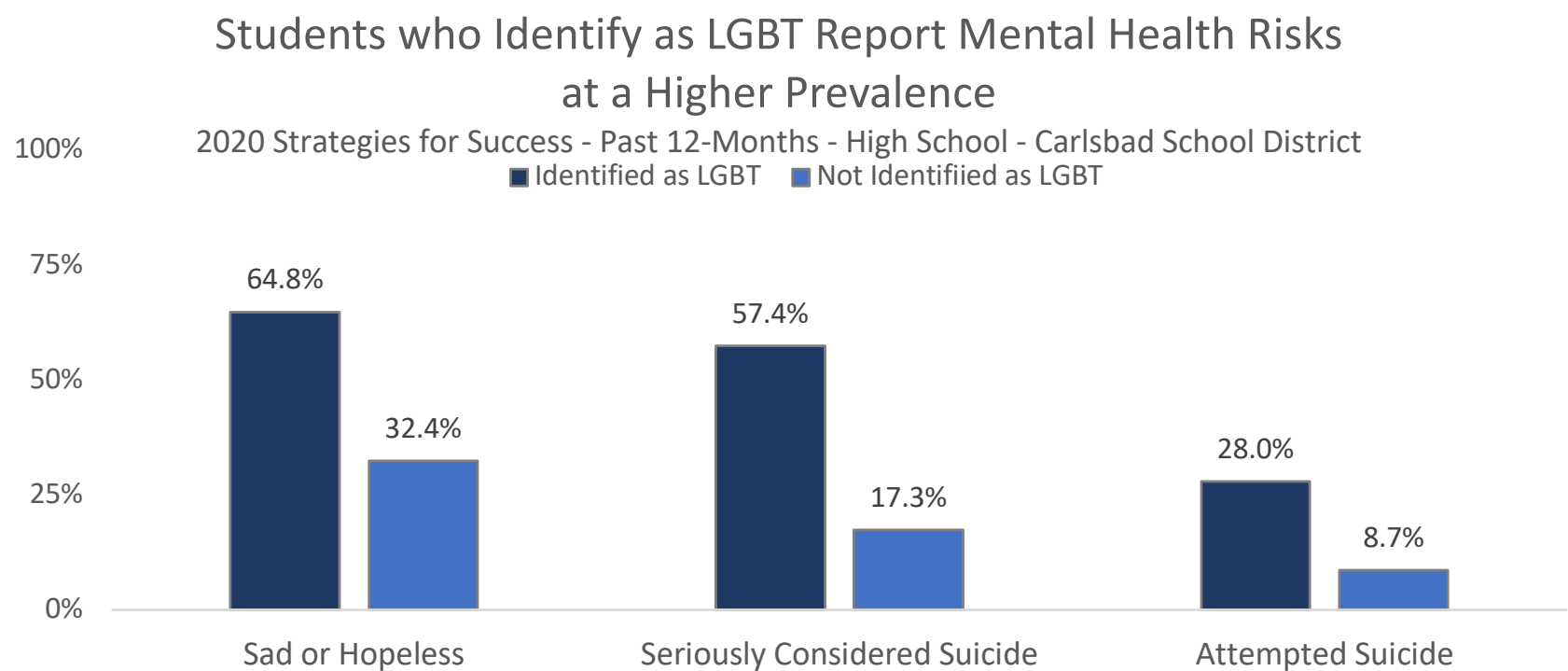
Substance Use and Mental Health Indicators Among LGBT Youth

Studies have shown youth who identify as being lesbian, gay, bisexual, or transgender (LGBT) often exhibit higher risk factors, including mental health issues and substance use. The graph below shows the percentage of students who report using the substance in the past 30-days according to how they identify.



The graph displays the percentage within the category (LGBT or Not LGBT), who reported using the substance in the past 30-days.

About 12.4% of High School Students in the Carlsbad School District identify as LGBT. Girls are much more likely to identify as LGBT (19.1%) than boys (6.1%).



Recommendations

- Have clear rules about what youth can and cannot do at school and at home.
- Support programs, teachers, students, and staff who strive to make school the safest and best part of each students' day.
- Encourage students to think about going to college or technical school after they graduate high school.
- Tell students you believe in them.
- Show interest in students' school work.
- Encourage students to pursue their interests and get involved in drama, debate, art, music, math league, sports, or other hobbies and areas of interest.
- Give students opportunities to use their skills and recognize them for trying.

These are all protective factors that help buffer youth from risks and help them succeed. [Read more here:](https://youth.gov/youth-topics/substance-abuse/risk-and-protective-factors-substance-use-abuse-and-dependence) <https://youth.gov/youth-topics/substance-abuse/risk-and-protective-factors-substance-use-abuse-and-dependence>

Thank You!

We would like to THANK everyone who played a role in helping us collect these data.

- All the students who took the time to answer the questions honestly;
- All the teachers who helped give instructions to students on completing the survey, took time out of their busy day, and gave up precious instruction time; and
- The school administration and staff who supported the data collection and want to use the findings to plan, implement, and evaluate programming.

2020 Strategies for Success - Demographics

Carlsbad Independent School District

School	Number of Surveys
Carlsbad High School	1,068
Carlsbad Early College High School	200
Eddy Alternative	14
Carlsbad Intermediate School	846
Carlsbad Sixth Grade Academy	457
Jefferson Montessori School	86
	2,671

# of Surveys by Grade	6 th	7 th	8 th	9 th	10 th	11 th	12 th	Total
Middle School	457	459	404	3				1,323
High School			5	370	355	266	315	1,311

	Middle School		High School	
	#	%	#	%
N	1,352		1,324	
Gender				
*Male	672	49.7%	602	45.5%
*Female	637	47.1%	700	52.9%
Race/Ethnicity				
Hispanic	798	59.0%	745	56.3%
White	402	29.7%	443	33.5%
Native American	47	3.5%	34	2.6%
Other	105	7.8%	102	7.7%
Mean Age	12.4		15.8	
Identify as LGBT	--	--	164	12.4%

*Not all students answered this question