

# Drugs and Alcohol in Woodland Schools

November 8, 2010

Presented by: Jodi Lietz



# Drugs and Alcohol

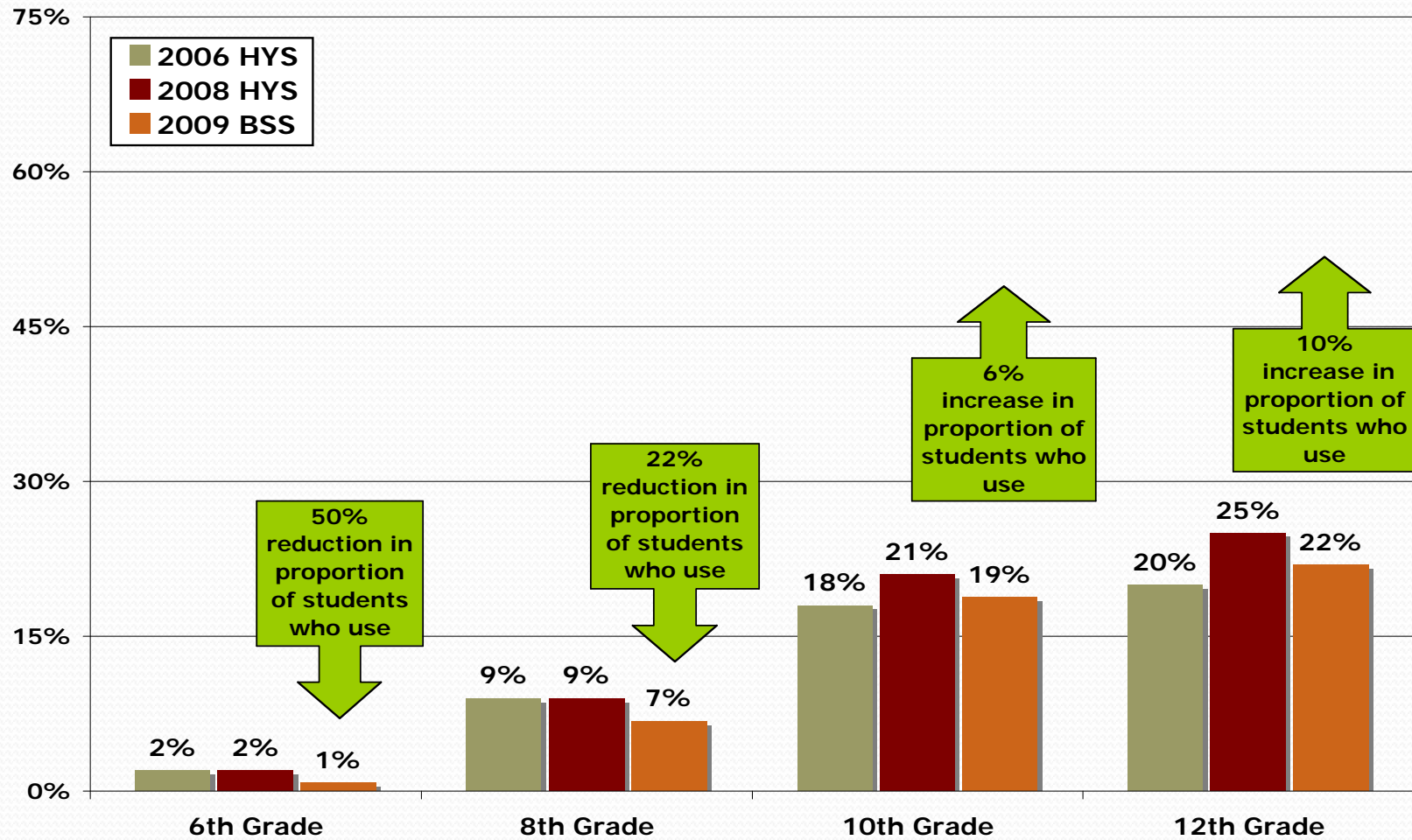
- How big is the problem?
- What is being done?
- What are the benefits of services?
- How do we sustain these services?

# How big is the problem?

Who's using what?

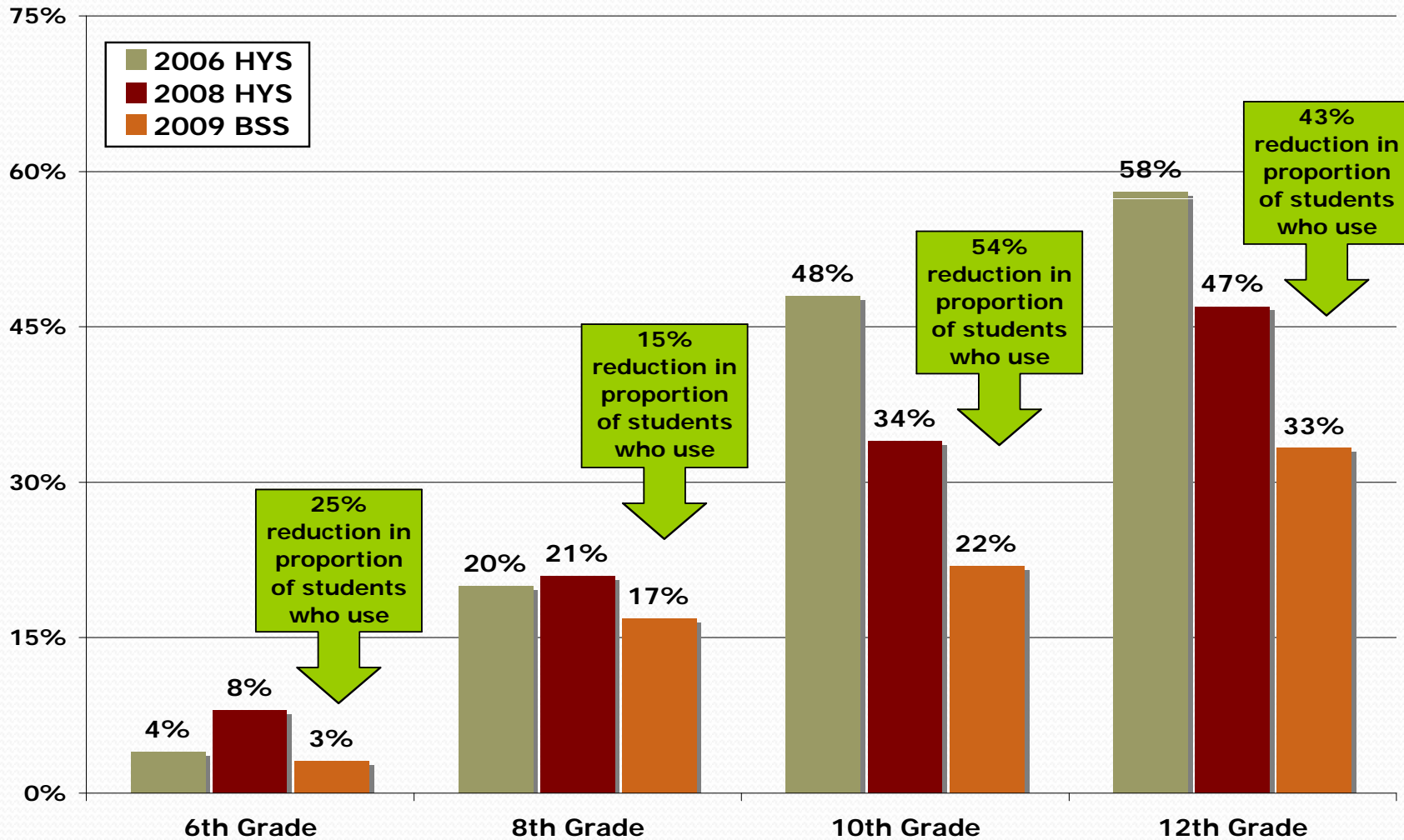
# MARIJUANA USE: Decrease by 5% the percentage of students who report past 30-day use (GPRA)

Past 30-Day Marijuana Use (GPRA 3)



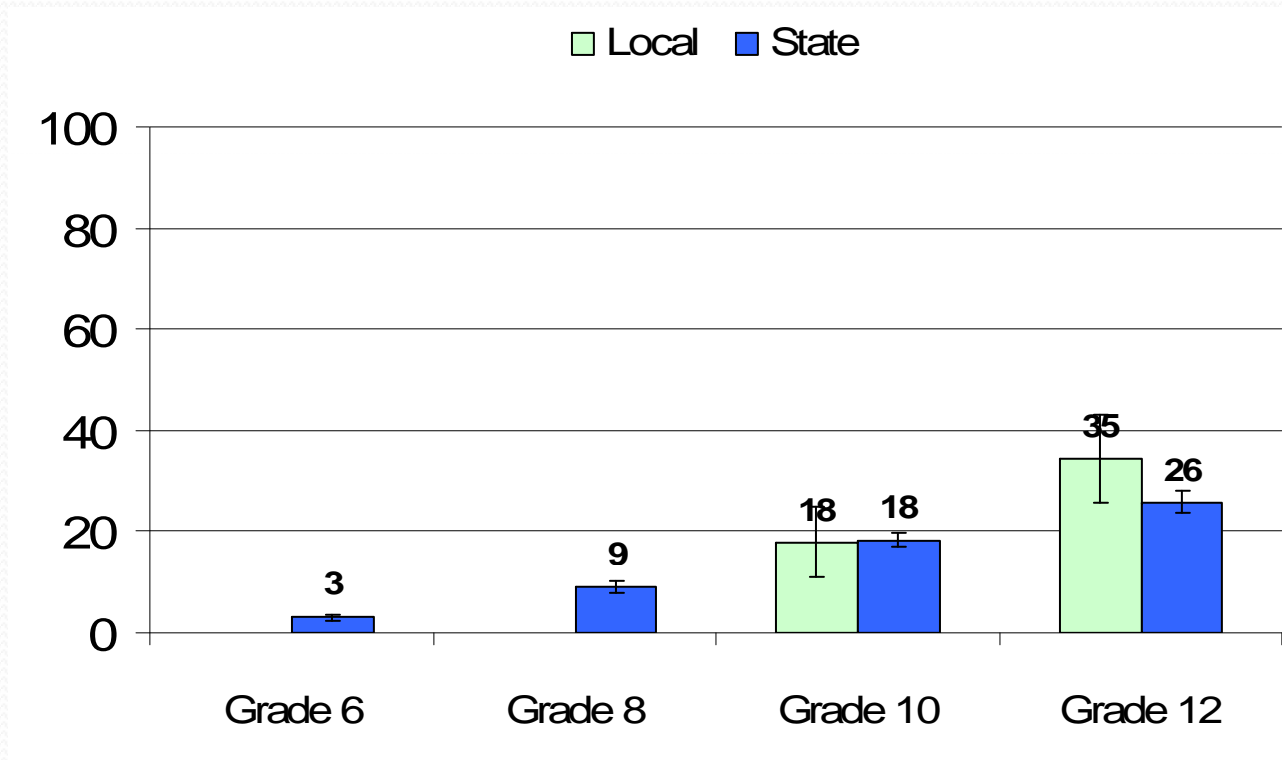
# ALCOHOL USE: Decrease by 5% the percentage of students who report past 30-day use (GPRA)

Past 30 Day Alcohol Use (GRPA  
4)



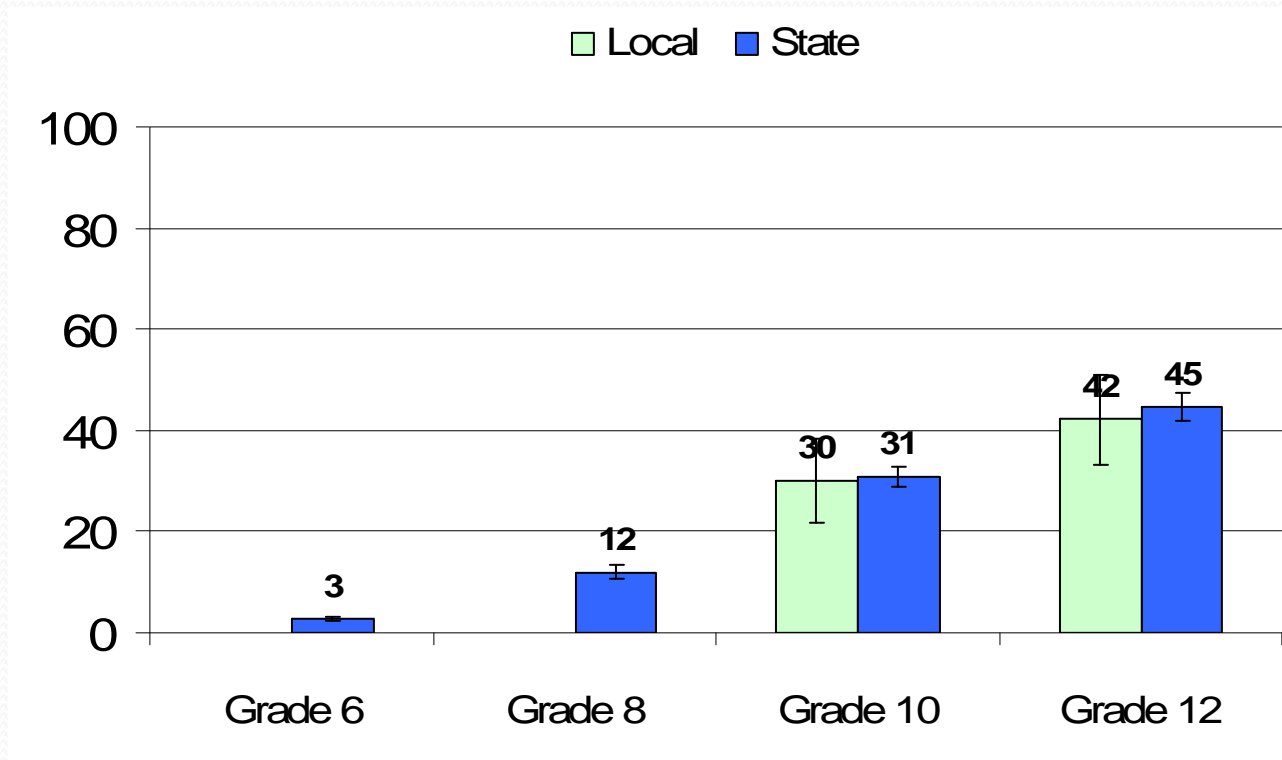
# Current Binge Drinking

Percent of students who report having drunk 5 or more drinks in a row in the past 2 weeks



# Lifetime Marijuana Use

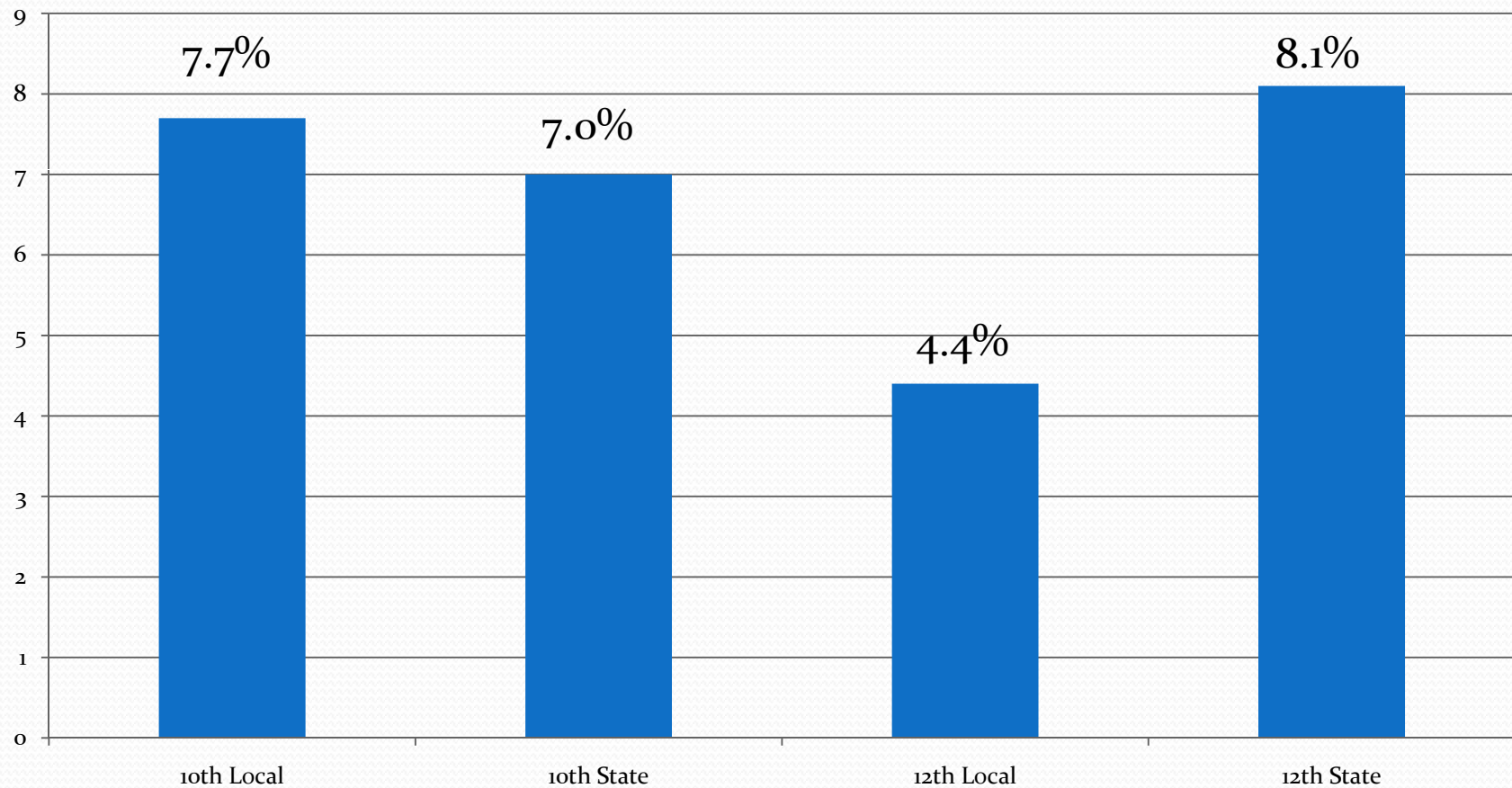
Percent of students who report having ever smoked marijuana



Source: Healthy Youth Survey 2008

Woodland High School (Woodland School District)

# Not counting alcohol, tobacco, or marijuana, use another illegal drug (in the past 30 days)?

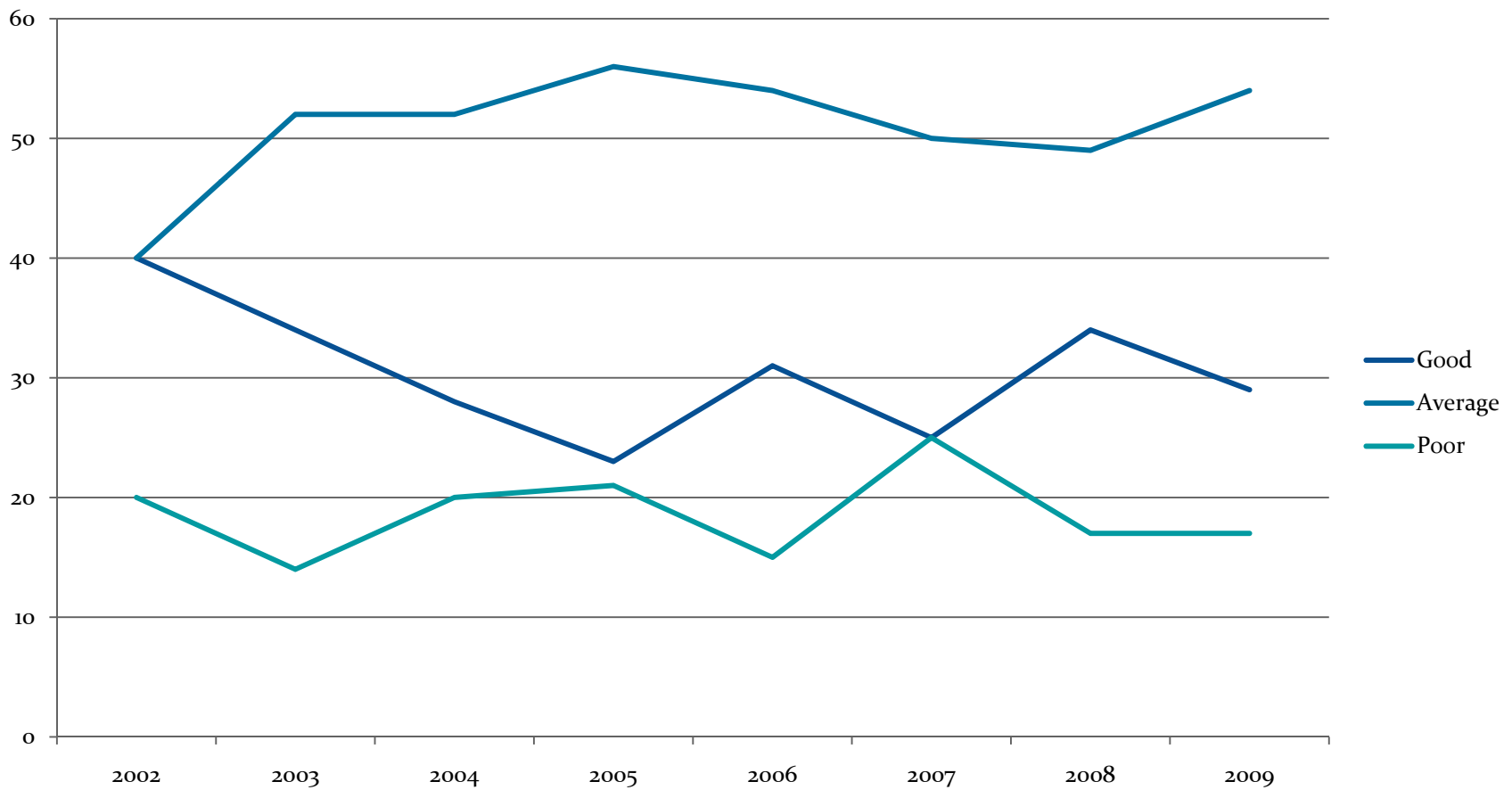


HYS 2008 Survey Results



# Question to WHS Seniors

Do you feel WHS provided a drug free environment?



# What is being done?

Services currently available



# Who Am I and What do I do?

Jodi Lietz, Prevention/Intervention Specialist

- Prevention Education Series to Freshman
- Referral process (from students, teachers, & administrators)
- Screening process (GAIN Short Screener)
- Run Groups
  - Tobacco
  - Substance Abusers (ATOD, Intervention, & Recovery)
  - Affected Others
  - Prevention Club
- Presentations to Teachers
- Refer students to other services (Mental Health counselor)



# Disciplinary Referrals

- Follow-up on suspension requirements
- 2008-2009 46% or 29 of my 63 students I met with in groups were referred due to a tobacco or drug/alcohol related suspension from school.

# What are the benefits of services?

Why we do what we do

The results

# Academic Achievement and Health

## Do Healthy Kids Really Learn Better?





# Maslow's Hierarchy of Needs

<b>Self-Actualization Needs:</b>	<b>To find self-fulfillment and realize one's potential</b>
Aesthetic Needs:	Symmetry, order and beauty
Cognitive Needs:	To know, understand and explore
Esteem Needs:	To achieve, be competent and gain approval and recognition
Belongingness and Love Needs:	To affiliate with others, be accepted and belong
Safety Needs:	To feel secure and safe, out of danger
Physiological Needs:	Hunger, thirst and so forth

# “Unlucky 13”

## Common 10<sup>th</sup> grade health risks

Severe asthma	0.4
Obesity	10.4
<b>Cigarette smoking</b>	13.8
Feeling unsafe at school	16.8
Drinking soda pop	16.9
<b>Marijuana use</b>	17.1
Insufficient exercise	25.1
Feeling depressed	27.6
Excess TV watching	27.8
<b>Alcohol use</b>	32.7
No breakfast	38.8
Insufficient sleep	64.8
Insufficient fruit/vegetables	74.7

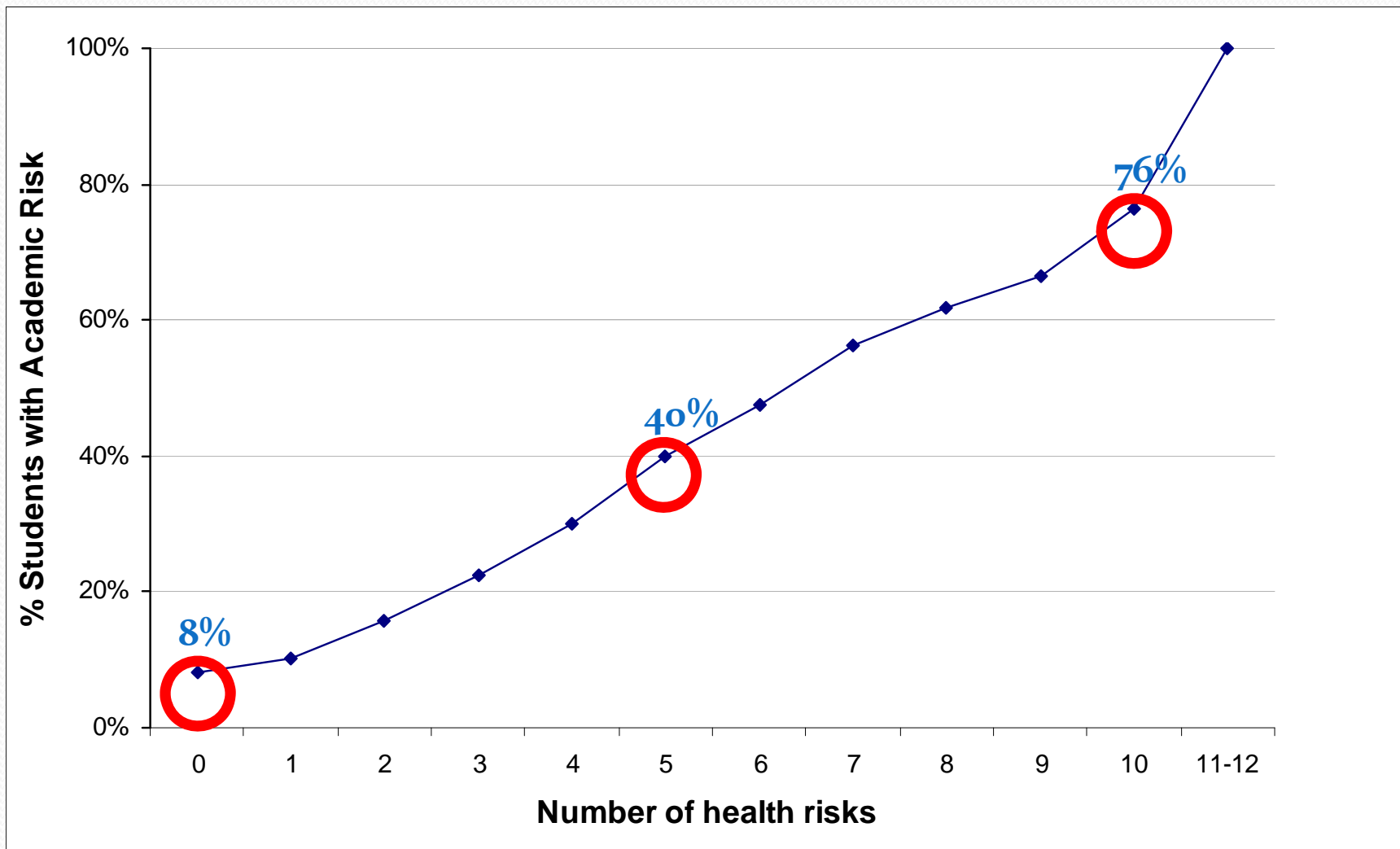
Source: 2006 Healthy Youth Survey





Every health risk makes  
a difference.

## Each Additional Health Risk Makes a Difference



Data source: 2006 Washington State Healthy Youth Survey, 8<sup>th</sup>-10<sup>th</sup> grade combined

## Which are *most important* health risks?

- Strongest associations (approaching double risk)
  - **Smoking**, severe asthma, **marijuana**, no breakfast, depression
- Moderate associations (about 50% greater risk)
  - Obesity, soda pop, insufficient exercise, TV, **alcohol**, feeling unsafe at school
- Weakest associations (10-20% risk increase)
  - Insufficient fruit & vegetables, not enough sleep



# Safe Schools, Healthy Students

## Results

- In 2008, 41% of students had failed one or more classes during the grading period before they enrolled in services. In 2009, after participating in SSHS services, 10% fewer students were failing classes.
- Results also show 72 students who were previously failing showed improvement in academic performance. Of these, 56 students were no longer failing ANY classes. The annual savings to tax payers by preventing one high school student from dropping out is \$10,500.\*
  - *\*The Costs and Benefits of an Excellent Education for All of America's Children, Henry Levin, Columbia University, 2007.*



WE CAN'T AFFORD TO  
SAVE THIS ONE, BUT  
DON'T WORRY! SOMEONE  
WILL CATCH HIM.

WELFARE  
SYSTEM

JUDICIAL  
SYSTEM

GANGS

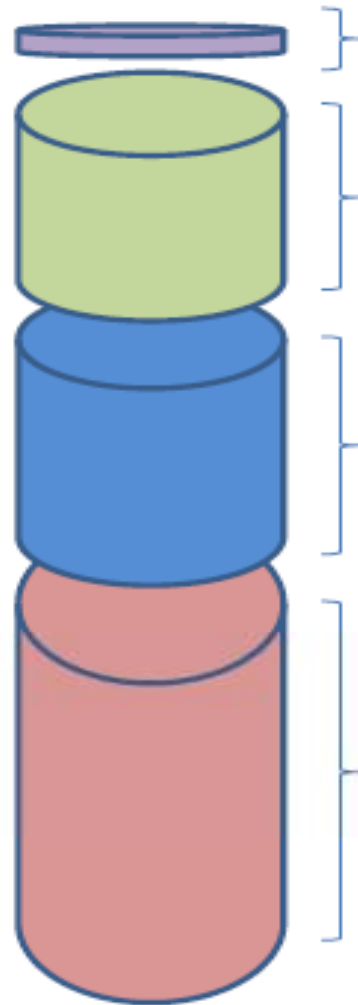
ALTERNATIVE SCHOOL

Gary Hall  
THE INDEPENDENT STAR



# Preventing Even One High School Student from Dropping Out Pays

**\$10,500**  
Annual  
Savings Per  
Student



**\$105:** Savings to taxpayer for TANF, Food Stamps, and Housing Assistance.

**\$1365:** Savings to taxpayer-paid criminal justice.

**\$1995:** Savings to public healthcare system.

**\$7035:** Lost taxes (federal, state, local) paid on labor market income.

# Sustainability

Now what?



# Sustainability

- How do we keep services available for the students and teachers?