

Dynamics of Youth Substance Use in Berkshire County

AN ANALYSIS OF PREVENTION NEEDS ASSESSMENT SURVEY RESULTS FOR BERKSHIRE COUNTY YOUTH

2012

Prepared by:



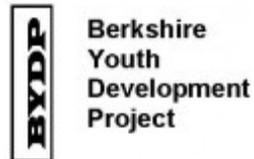
A program of the Berkshire Regional Planning Commission
Amy Kacala, Senior Planner

Prepared for:

Berkshire United Way



In support of the Berkshire Youth Development Project



This report was made possible through the collaboration and input from Berkshire

Youth Development Project partners:

- Northern Berkshire Community Coalition
- Pittsfield Prevention Partnership
- South Berkshire Community Coalition
- Berkshire Health Systems
- Berkshire District Attorney David F. Capeless
- Gladys Allen Brigham Community Center
- Railroad Street Youth Project
- Berkshire United Way

CONTENTS

INTRODUCTION.....	1
Analysis Report Overview	1
Substance Use.....	1
Risk and Protective Factors	1
About the Data	1
Survey Sites by Subregion.....	2
SUBSTANCE USE	3
Class of 2011: Our Baseline Cohort	3
Use Trends.....	3
Comparing the Region to Peer Norms	5
Eighth Grade.....	5
Tenth Grade	6
Twelfth Grade	6
Substance Use Trends Over Time	7
Substance Use Trend Summary.....	10
Risk and Protective Factors	11
Peer/Individual Domain	11
Community Domain	12
School Domain	14
Family Domain.....	14
High Risk and Protection.....	15
NEXT STEPS.....	16

Introduction

Every two years, Berkshire County school districts collaborate with the Berkshire Youth Development Project (BYDP) to administer a Prevention Needs Assessment Survey (PNAS) to eighth, tenth, and twelfth graders. The survey asks a number of questions aimed at quantifying the prevalence of substance use as well as other risk and protective factors that may contribute to those rates. The first PNAS was administered to Berkshire County youth in 2006 and was repeated in 2007, 2009, and 2011. The following report presents key findings of these surveys, what they tell us about youth substance use and the role family, schools, and community can plan in supporting healthy behaviors now and in the future.

Analysis Report Overview

This report provides an analysis of what PNAS results have shown about youth environments and behaviors over time. Survey data are reviewed and discussed for both substance use or exposure and the presence of risk and protective factors.

SUBSTANCE USE

A primary objective of the PNAS is to quantify the degree to which youth are using controlled or illegal substances, including how use and exposure to those substances changes over time. For the purposes of this report, substance use trends have been analyzed and discussed in three ways:

Class of 2011: Our Baseline Cohort

The class of 2011 is the first group of youth who took the survey in all three grades: eighth, tenth and twelfth. This class shows a baseline of behavior as children age in the Berkshires by illustrating use trends for the same group over time.

Comparing the Region to Peer Norms

Youth exposure to and use of substances is expected to occur to some degree, but the critical question in identifying problematic substances then becomes *what is typical for American youth?* Use of one substance may appear to be high but actually be “normal” for that age group; alternatively, local use levels may seem low but outpace national exposure rates. This section will compare the substance use trends of north, central, and south Berkshire County to “typical” age group behavior.

Use Trends Over Time by Substance

The main catalyst for this analysis was a desire on the part of Berkshire Youth Development Project to step back and see if substance exposure rates have decreased since 2006 when the BYDP formed. This section highlights substance-specific use trends by grade level.

RISK AND PROTECTIVE FACTORS

In addition to substance use trends, the Prevention Needs Assessment Survey looks at various risk and protective factors that may contribute to or help protect from substance abuse. These factors are categorized into four “domains” of youth experiences: community, family, school, and peer/individual.

About the Data

With the exception of the baseline cohort (Class of 2011), all data presented show four year averages for each local geography (subregion or county) as well as peer norm values. An average value provides a more robust picture of system behavior by controlling for some natural behavior variation from class-to-class; this gives a better picture of what is “typical” for the county. It is then possible to compare local “norms” against multi-year averages for the entire nation to determine where local youth are relative to their larger peer group. In this way we

can begin to see more systemic patterns of substance use that exceed national norms and that may warrant more program interventions from the Berkshire Youth Development Project partners.

- County and subregion values reflect an average of 2006, 2007, 2009, and 2011 survey results.
- Comparative data for the nation is taken from one of two sources: The Monitoring the Future (MTF) Survey or the Bach Harrison Norm (BH Norm)¹. The MTF data lags the survey results by a year and therefore the 2004, 2005, 2007, and 2009 data were used. Monitoring the Future results for 2011 will be released in the 2013 PNAS reports. BH norm data is updated every two years as new survey data is available.

SURVEY SITES BY SUBREGION

Within the county, the survey is administered at the following schools, listed by subregion:

North County

In northern Berkshire County, the PNAS is administered at the following school sites for the respective school years (8th, 10th and 12th graders).

- North Adams Public Schools
- Adams-Cheshire Regional School District
- Mt. Greylock Regional School District
- McCann Regional Vocational-Technical High School
- Berkshire Arts and Technology Charter School

- Northern Berkshire School Union

Central County

In central Berkshire County, the PNAS is administered at the following school sites for the respective school years (8th, 10th or 12th graders).

- Lenox Memorial Middle and High School
- Central Berkshire Regional School District
- Pittsfield School District
- Lee Middle and High School

South County

In southern Berkshire County, the PNAS is administered at the following school sites for the respective school years (8th, 10th or 12th graders).

- Monument Mountain Regional High School
- Monument Valley Middle School
- Mount Everett Regional High School

¹ The BH Norm was developed by Bach Harrison L.L.C. to provide states and communities with the ability to compare their results on risk, protection, and antisocial measures with more national measures. Survey participants from eight statewide surveys and five large regional surveys across the nation are combined into a database of approximately 460,000 students. Results are weighted to make the contribution of each state and region proportional to its share of the national population so rates can be calculated.

Substance Use

Class of 2011: Our Baseline Cohort

The Class of 2011 is the first group of youth who took the PNAS three times (8th, 10th, and 12th grades), providing a view of how use rates changed over time as the same survey group aged.

USE TRENDS

The clear trend for all substances, with the exception of inhalants, is that total exposure increases over time as children age.

Figure 1: Class of 2011 Substance Use Over Time (2007-2011)

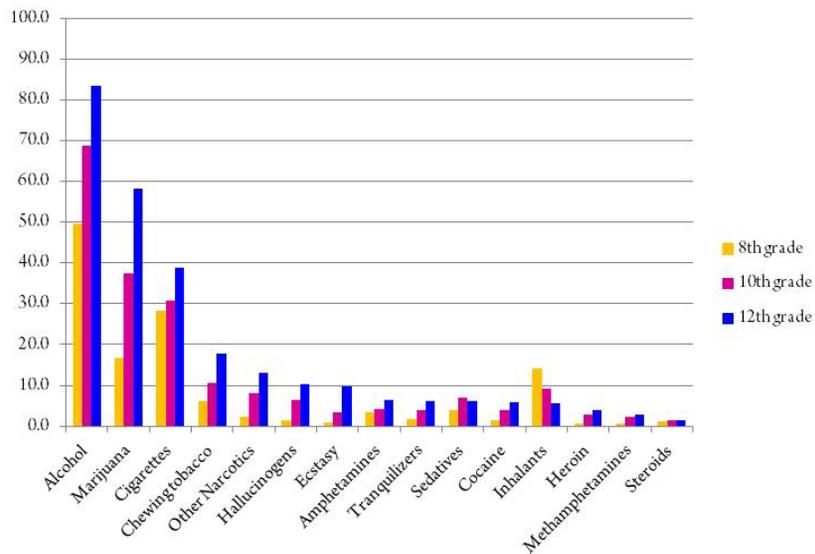
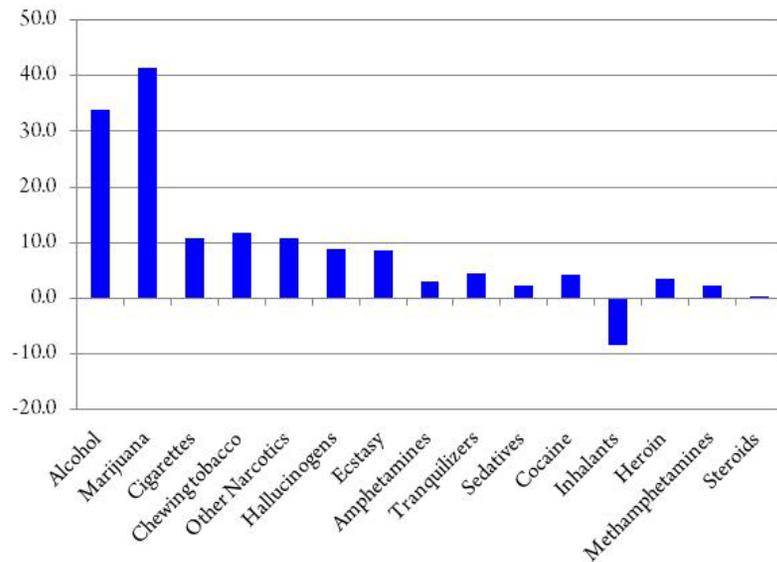


Table 1: Class of 2011 Substance Use Over Time *

2007 8th Graders	2007	2009	2011	2007-2011	
	PNA	PNA	PNA	Total Change	% Change
Over Time	8th grade	10th grade	12th grade		
Alcohol	49.6	68.6	83.4	33.8	68.1%
Marijuana	16.8	37.5	58.3	41.5	247.0%
Cigarettes	28.2	30.9	38.9	10.7	37.9%
Chewing tobacco	6.1	10.7	17.8	11.7	191.8%
Other Narcotics	2.3	8.2	13.0	10.7	465.2%
Hallucinogens	1.4	6.3	10.3	8.9	635.7%
Ecstasy	1.0	3.4	9.7	8.7	870.0%
Amphetamines	3.5	4.2	6.5	3.0	85.7%
Tranquilizers	1.7	3.8	6.2	4.5	264.7%
Sedatives	3.9	7.1	6.1	2.2	56.4%
Cocaine	1.5	4.0	5.8	4.3	286.7%
Inhalants	14.1	9.2	5.6	-8.5	-60.3%
Heroin	0.5	2.8	3.9	3.4	680.0%
Methamphetamines	0.6	2.3	2.8	2.2	366.7%
Steroids	1.1	1.4	1.4	0.3	27.3%

*Substances sorted by frequency of use in 12th grade

Figure 2: Total Change in Exposure Rates from 8th to 12th Grade for Class of 2011



Three substances stand out as having significant levels of use in terms of total percent of children who have used the substance: alcohol, marijuana, and cigarettes.

1. Alcohol

The substance that exhibits the highest levels of use from 8th grade through high school is alcohol. Half of the class had already tried alcohol in eighth grade (12-13 years of age), gradually increasing once youth were in high school. By senior year, nearly 85% of the students had tried alcohol. Notable alcohol use trends:

- **High use at young age** – 20% higher use exposure than the next substance (cigarettes) in eighth grade.

- **Pervasiveness** – nearly all students (83.4%) had tried alcohol by the time they reached senior year.

2. Marijuana

The second most commonly used substance for Class of 2011 respondents was marijuana. Unlike alcohol, marijuana use started to gain more momentum once students had reached high school. Notable marijuana use trends:

- **Later exposure followed by rapid growth** – marijuana use grew 247% between 8th and 12th grades. While this is not the highest percent change of all substances, it is the highest in terms of total additional people exposed (+41.5% of the class).

3. Cigarettes

The third most commonly used substance for Class of 2011 respondents was cigarettes. Notable cigarette use trends:

- **Early exposure followed by slow growth** – while nearly 30% of eight graders had tried cigarettes, use increased only slightly (37.9% increase) from eighth grade to twelfth grade. This is three to four times lower in terms of total change (10.7) than alcohol (33.8%) or marijuana (41.5%) during the same time period.

Comparing the Region to Peer Norms

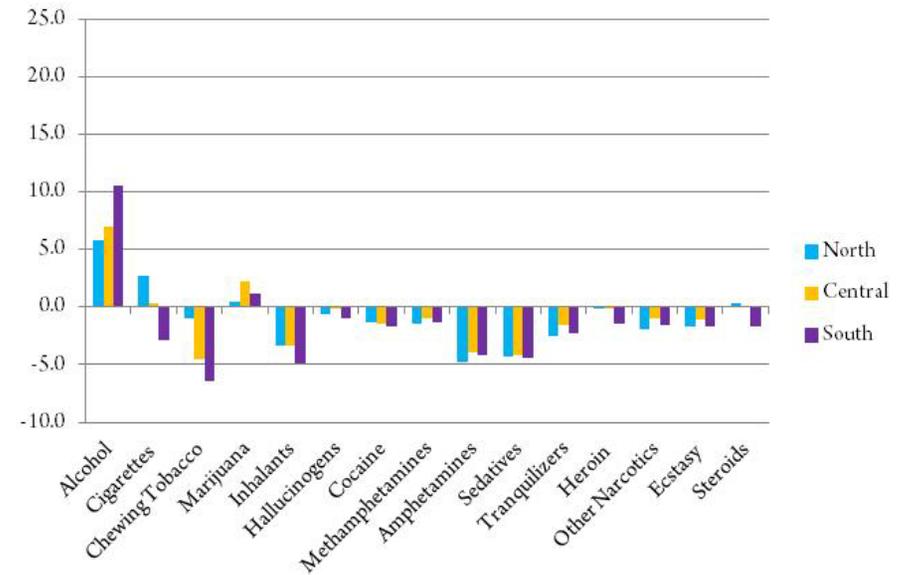
The following sections compare local substance use trends to national (MTF average) norms by peer group. Local data is presented by subarea in the county (north, central, and south) to illustrate any subregional differences in youth exposure. This is useful as each subregion is served by a different coalition within the BYDP.

Providing substance use information by subarea allows prevention programming providers to better understand risks and exposure of different substances and ages in their service area.

EIGHTH GRADE

In eighth grade, local youth's exposure was below national peer norms for all substances on the survey except alcohol and marijuana. Of these two, marijuana exceeded national norms by less than 5% in any subregion and is therefore not significant. Alcohol use, however, is above 5 percentage points over the national exposure norm for this age group in both the north (45.9% use, 5.8 percentage points higher than national norm) and central (47.1% use, 7.0 percentage points higher than the national norm) subregions and over 10% more in the south subregion (50.6% use, 10.5 percentage points higher than the national norm).

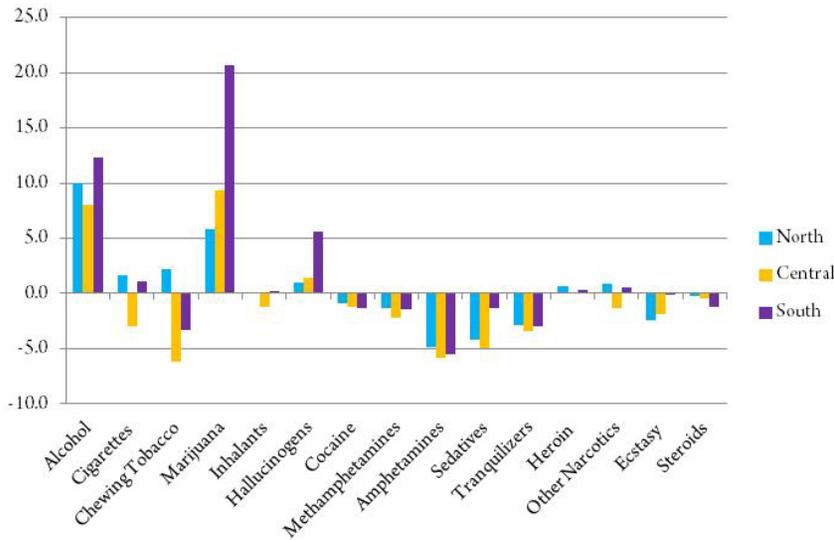
Figure 3: Comparison of Subregional 8th Grade Substance Use to National Averages



TENTH GRADE

By tenth grade, alcohol use further outpaces national averages in each area, now exceeding national peer rates by 10% or more in north (+10.1%) and south(+12.4%) subregions. Total use is also significant, with 38.9% of 10th graders in north county, 42.4% in central county, and 53.8% of 10th graders in south county having tried marijuana – compared to a national norm of 33% for that age group. Notably, south county exceeds this national exposure level by 20.7 percentage points. South county students also now exhibit significant use of hallucinogens, exceeding national norms by 5.6 percentage points. South county students also now exhibit significant use of hallucinogens, exceeding national norms by 5.6 percentage points.

Figure 4: Comparison of Subregional 10th Grade Substance Use to National Averages

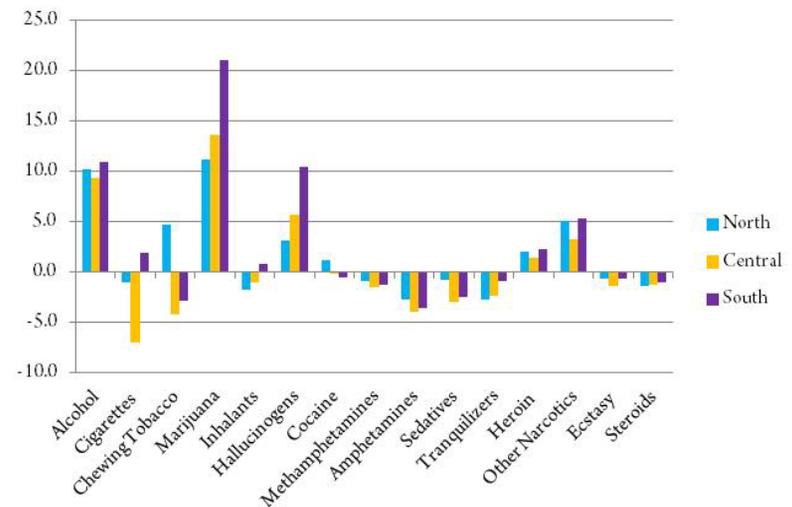


TWELFTH GRADE

By twelfth grade, marijuana is the substance with local use rates most exceeding national peer norms. Marijuana use by local high school seniors exceeds the national peer norm of 43.6% use by 11.2 % in north (54.8% of all 12th graders exposed), 13.6% in central (57.1% of all 12th graders exposed), and 21.0% in south county (64.6% of all 12th graders exposed). Alcohol use also remains significantly higher than the national peer norm of 74.2% and impacts more total students than any other substance. North county exposure is 84.4%, 83.6% in central county and 85.2% in south county, all roughly 10 percentage points above the national norm.

Two other substances also now significantly exceed national norms: hallucinogens and “other narcotics.” Hallucinogen use averaged 9.4 % in north, 12.0 % in central and 16.8% in south county compared to a national peer norm of 6.3%. Other narcotics averaged 18.4 % in north, 16.5 % in central and 18.6% in south county compared to a national peer norm of 13.2%.

Figure 5: Comparison of Subregional 12th Grade Substance Use to National Averages

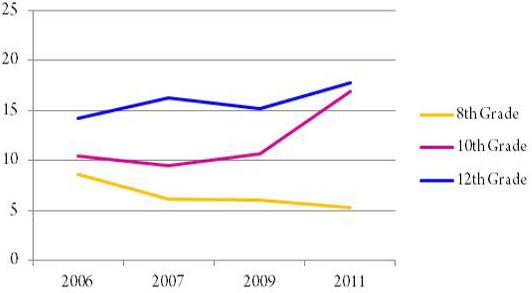
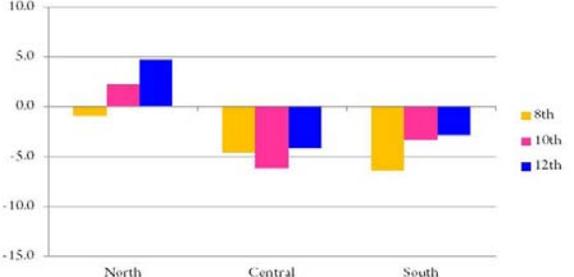
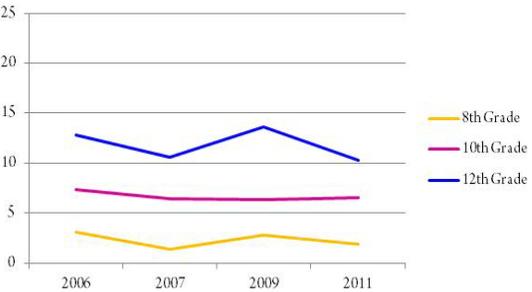
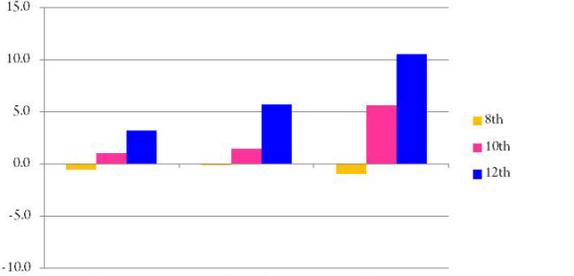
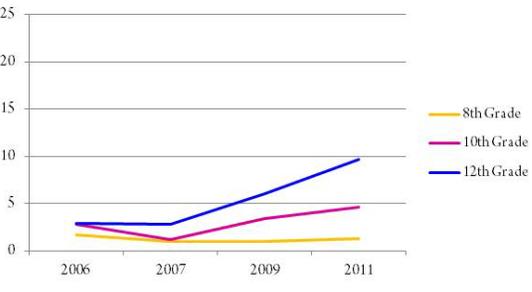


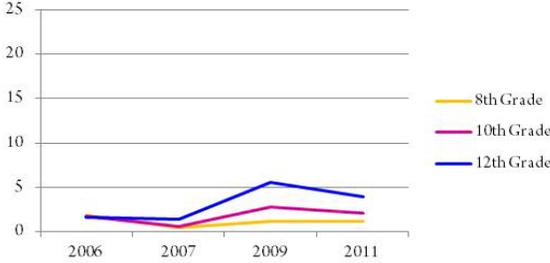
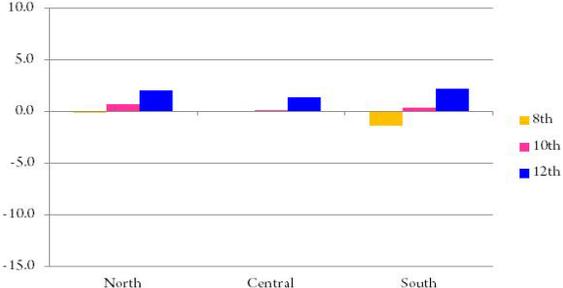
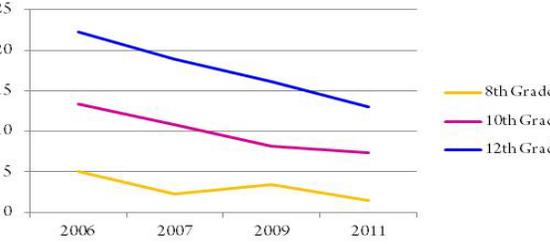
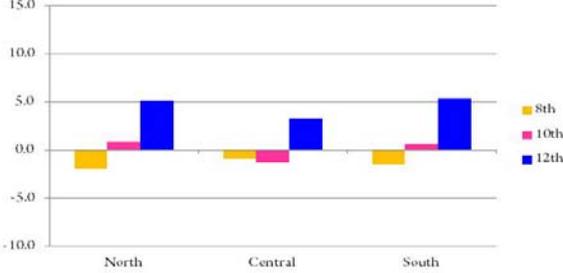
Substance Use Trends Over Time

While the use of four-year averages helps to convey the overall performance comparison of local and national norms to illustrate areas of concern, it also masks differences over time of substance use prevalence in local youth. The following sections review and compare countywide use trends for specific substances in two ways:

- **Comparing Use Over Time By Grade Level:** The line charts in the first column illustrate the use trends over time for Berkshire County youth. Unlike the baseline cohort data, this data compares survey results by grade level for the four survey years. Some variations in use is expected simply because groups of students vary class to class, however, this still provides a view of substance use trends over time in the region.
- **Comparing Subregional Performance by Grade Level to Peer Norms:** The far right column compares sub regional use rates (4-year averages) for individual substances against national peer use rates. The bar graphs illustrate only the margin of difference between local and national rates. Therefore the zero line for each substance indicates the national norm value. The bars for each age group and subregion then show the degree to which local use is above (positive value) or below (negative value) national peer norms.

Use Over Time by Age Group	Substance	Use Differences between County and Nation
<p>Line graph showing alcohol use over time for 8th, 10th, and 12th graders from 2006 to 2011. The y-axis represents percentage use from 0 to 100. The x-axis shows years 2006, 2007, 2009, and 2011. The 8th grade (yellow) starts at ~55% and ends at ~40%. The 10th grade (pink) starts at ~75% and ends at ~68%. The 12th grade (blue) starts at ~85% and ends at ~82%.</p>	<h3 style="text-align: center;">Alcohol</h3> <ul style="list-style-type: none"> Alcohol use has decreased from 2006 levels in all age groups, with the greatest reductions seen in 8th graders (28.8% reduction over 2006 levels) and very little improvement (4.0% reduction) in 12th graders. Despite these declines, alcohol use still exceeds peer norms for all ages in each subarea of the county. 	<p>Bar chart comparing alcohol use in North, Central, and South counties to national norms for 8th, 10th, and 12th graders. The y-axis ranges from 0.0 to 25.0. In North county, 8th grade is at 10, 10th at 10, and 12th at 6. In Central county, 8th is at 9, 10th at 8, and 12th at 7. In South county, 8th is at 11, 10th at 12, and 12th at 10.</p>
<p>Line graph showing marijuana use over time for 8th, 10th, and 12th graders from 2006 to 2011. The y-axis represents percentage use from 0 to 100. The x-axis shows years 2006, 2007, 2009, and 2011. The 8th grade (yellow) starts at ~22% and ends at ~15%. The 10th grade (pink) starts at ~45% and ends at ~45%. The 12th grade (blue) starts at ~60% and ends at ~58%.</p>	<h3 style="text-align: center;">Marijuana</h3> <ul style="list-style-type: none"> Marijuana use trends declined 29.0% from 2006 levels for eighth graders but have not displayed a clear trend in 10th and 12th grades. The degree to which local youth's marijuana use exceeds peer norms spikes sharply in 10th and 12th grades in Berkshire County, with the most pronounced increases occurring in south county. 	<p>Bar chart comparing marijuana use in North, Central, and South counties to national norms for 8th, 10th, and 12th graders. The y-axis ranges from 0.0 to 25.0. In North county, 8th is at 1, 10th at 6, and 12th at 11. In Central county, 8th is at 2, 10th at 9, and 12th at 13. In South county, 8th is at 1, 10th at 21, and 12th at 21.</p>
<p>Line graph showing cigarette use over time for 8th, 10th, and 12th graders from 2006 to 2011. The y-axis represents percentage use from 0 to 100. The x-axis shows years 2006, 2007, 2009, and 2011. The 8th grade (yellow) starts at ~30% and ends at ~18%. The 10th grade (pink) starts at ~38% and ends at ~35%. The 12th grade (blue) starts at ~48% and ends at ~38%.</p>	<h3 style="text-align: center;">Cigarettes</h3> <ul style="list-style-type: none"> Cigarette use has declined from 2006 levels in all age categories. The greatest reductions were seen in eighth graders (-42.5%), weakest improvement in 10th graders (-10.7%) but 12th grade holding a downward trend (-21.1%). Cigarette use in north county begins above the norm but then is below peer norms by 12th grade. South county shows the reverse trend, beginning with a low exposure rate in 8th grade and then losing ground in later grades. Central county shows a distinct trend of use not keeping pace with peer norms as youth age. 	<p>Bar chart comparing cigarette use in North, Central, and South counties to national norms for 8th, 10th, and 12th graders. The y-axis ranges from -15.0 to 10.0. In North county, 8th is at 3, 10th at 2, and 12th at -1. In Central county, 8th is at 0, 10th at -3, and 12th at -7. In South county, 8th is at -2, 10th at 1, and 12th at 2.</p>

Use Over Time by Age Group	Substance	Use Differences between County and Nation																																				
<p data-bbox="317 240 636 267">Use Over Time by Age Group</p>  <table border="1" data-bbox="205 293 737 586"> <caption>Chewing Tobacco Use Over Time</caption> <thead> <tr> <th>Year</th> <th>8th Grade</th> <th>10th Grade</th> <th>12th Grade</th> </tr> </thead> <tbody> <tr> <td>2006</td> <td>8.5</td> <td>10.5</td> <td>14.0</td> </tr> <tr> <td>2007</td> <td>6.0</td> <td>9.5</td> <td>16.0</td> </tr> <tr> <td>2009</td> <td>6.0</td> <td>10.5</td> <td>15.0</td> </tr> <tr> <td>2011</td> <td>5.5</td> <td>17.0</td> <td>18.0</td> </tr> </tbody> </table>	Year	8th Grade	10th Grade	12th Grade	2006	8.5	10.5	14.0	2007	6.0	9.5	16.0	2009	6.0	10.5	15.0	2011	5.5	17.0	18.0	<p data-bbox="905 245 1178 280">Chewing Tobacco</p> <ul data-bbox="785 293 1283 472" style="list-style-type: none"> • Chewing tobacco use has declined in the eighth grade population by 38.7% but risen in both 10th (62.5%) and 12th (25.4%) grades. • Use tends to be higher in north county compared to central or south county subregions. 	<p data-bbox="1388 240 1871 267">Use Differences between County and Nation</p>  <table border="1" data-bbox="1339 293 1913 570"> <caption>Chewing Tobacco Use Differences</caption> <thead> <tr> <th>Subregion</th> <th>8th</th> <th>10th</th> <th>12th</th> </tr> </thead> <tbody> <tr> <td>North</td> <td>-1.0</td> <td>2.0</td> <td>4.5</td> </tr> <tr> <td>Central</td> <td>-4.5</td> <td>-6.0</td> <td>-3.5</td> </tr> <tr> <td>South</td> <td>-6.5</td> <td>-2.5</td> <td>-2.0</td> </tr> </tbody> </table>	Subregion	8th	10th	12th	North	-1.0	2.0	4.5	Central	-4.5	-6.0	-3.5	South	-6.5	-2.5	-2.0
Year	8th Grade	10th Grade	12th Grade																																			
2006	8.5	10.5	14.0																																			
2007	6.0	9.5	16.0																																			
2009	6.0	10.5	15.0																																			
2011	5.5	17.0	18.0																																			
Subregion	8th	10th	12th																																			
North	-1.0	2.0	4.5																																			
Central	-4.5	-6.0	-3.5																																			
South	-6.5	-2.5	-2.0																																			
 <table border="1" data-bbox="205 656 737 948"> <caption>Hallucinogen Use Over Time</caption> <thead> <tr> <th>Year</th> <th>8th Grade</th> <th>10th Grade</th> <th>12th Grade</th> </tr> </thead> <tbody> <tr> <td>2006</td> <td>3.5</td> <td>7.5</td> <td>13.0</td> </tr> <tr> <td>2007</td> <td>1.5</td> <td>6.5</td> <td>10.5</td> </tr> <tr> <td>2009</td> <td>3.0</td> <td>6.5</td> <td>13.5</td> </tr> <tr> <td>2011</td> <td>2.0</td> <td>6.5</td> <td>10.0</td> </tr> </tbody> </table>	Year	8th Grade	10th Grade	12th Grade	2006	3.5	7.5	13.0	2007	1.5	6.5	10.5	2009	3.0	6.5	13.5	2011	2.0	6.5	10.0	<p data-bbox="932 607 1157 643">Hallucinogens</p> <ul data-bbox="785 656 1283 834" style="list-style-type: none"> • Hallucinogen use has decreased among Berkshire County 8th graders (-38.4%), 10th graders (-12.2%) and 12th graders (-19.5%). • While hallucinogen use exceeds peer norms in each region in both 10th and 12th grades, it is most pronounced in south county. 	 <table border="1" data-bbox="1339 656 1913 932"> <caption>Hallucinogen Use Differences</caption> <thead> <tr> <th>Subregion</th> <th>8th</th> <th>10th</th> <th>12th</th> </tr> </thead> <tbody> <tr> <td>North</td> <td>-0.5</td> <td>1.0</td> <td>3.0</td> </tr> <tr> <td>Central</td> <td>0.0</td> <td>1.5</td> <td>5.5</td> </tr> <tr> <td>South</td> <td>-0.5</td> <td>5.5</td> <td>10.5</td> </tr> </tbody> </table>	Subregion	8th	10th	12th	North	-0.5	1.0	3.0	Central	0.0	1.5	5.5	South	-0.5	5.5	10.5
Year	8th Grade	10th Grade	12th Grade																																			
2006	3.5	7.5	13.0																																			
2007	1.5	6.5	10.5																																			
2009	3.0	6.5	13.5																																			
2011	2.0	6.5	10.0																																			
Subregion	8th	10th	12th																																			
North	-0.5	1.0	3.0																																			
Central	0.0	1.5	5.5																																			
South	-0.5	5.5	10.5																																			
 <table border="1" data-bbox="205 1018 737 1310"> <caption>Ecstasy Use Over Time</caption> <thead> <tr> <th>Year</th> <th>8th Grade</th> <th>10th Grade</th> <th>12th Grade</th> </tr> </thead> <tbody> <tr> <td>2006</td> <td>2.0</td> <td>2.5</td> <td>2.5</td> </tr> <tr> <td>2007</td> <td>1.0</td> <td>1.0</td> <td>2.5</td> </tr> <tr> <td>2009</td> <td>1.0</td> <td>3.5</td> <td>6.0</td> </tr> <tr> <td>2011</td> <td>1.5</td> <td>4.5</td> <td>9.5</td> </tr> </tbody> </table>	Year	8th Grade	10th Grade	12th Grade	2006	2.0	2.5	2.5	2007	1.0	1.0	2.5	2009	1.0	3.5	6.0	2011	1.5	4.5	9.5	<p data-bbox="982 969 1100 1005">Ecstasy</p> <ul data-bbox="785 1018 1283 1196" style="list-style-type: none"> • Ecstasy use has increased over time for both 10th and 12th grades, up 23.5% and 143.8% above 2006 levels, respectively. • Despite these recent increases in use, however, local youth are still at or below national norms in each subregion. 	 <table border="1" data-bbox="1339 1018 1913 1294"> <caption>Ecstasy Use Differences</caption> <thead> <tr> <th>Subregion</th> <th>8th</th> <th>10th</th> <th>12th</th> </tr> </thead> <tbody> <tr> <td>North</td> <td>-1.0</td> <td>-1.5</td> <td>-0.5</td> </tr> <tr> <td>Central</td> <td>-1.0</td> <td>-1.5</td> <td>-1.0</td> </tr> <tr> <td>South</td> <td>-1.0</td> <td>-1.0</td> <td>-0.5</td> </tr> </tbody> </table>	Subregion	8th	10th	12th	North	-1.0	-1.5	-0.5	Central	-1.0	-1.5	-1.0	South	-1.0	-1.0	-0.5
Year	8th Grade	10th Grade	12th Grade																																			
2006	2.0	2.5	2.5																																			
2007	1.0	1.0	2.5																																			
2009	1.0	3.5	6.0																																			
2011	1.5	4.5	9.5																																			
Subregion	8th	10th	12th																																			
North	-1.0	-1.5	-0.5																																			
Central	-1.0	-1.5	-1.0																																			
South	-1.0	-1.0	-0.5																																			

Use Over Time by Age Group	Substance	Use Differences between County and Nation																																				
<p data-bbox="317 241 636 266">Use Over Time by Age Group</p>  <table border="1" data-bbox="201 302 751 565"> <caption>Heroin Use Over Time (Estimated %)</caption> <thead> <tr> <th>Year</th> <th>8th Grade</th> <th>10th Grade</th> <th>12th Grade</th> </tr> </thead> <tbody> <tr> <td>2006</td> <td>1.5</td> <td>1.5</td> <td>1.5</td> </tr> <tr> <td>2007</td> <td>1.0</td> <td>1.0</td> <td>1.0</td> </tr> <tr> <td>2009</td> <td>1.5</td> <td>2.5</td> <td>5.5</td> </tr> <tr> <td>2011</td> <td>1.5</td> <td>2.0</td> <td>4.0</td> </tr> </tbody> </table>	Year	8th Grade	10th Grade	12th Grade	2006	1.5	1.5	1.5	2007	1.0	1.0	1.0	2009	1.5	2.5	5.5	2011	1.5	2.0	4.0	<p data-bbox="989 245 1100 269">Heroin</p> <ul data-bbox="785 289 1304 500" style="list-style-type: none"> • Heroin use has increased in 10th (23.5%) and 12th (143.5%) graders above 2006 levels, with a shift occurring between the 2007 and 2009 surveys. • The degree to which 4-year 12th grade use rates exceed national peer norms is relatively comparable across all three subregions. 	<p data-bbox="1388 241 1871 266">Use Differences between County and Nation</p>  <table border="1" data-bbox="1339 293 1902 581"> <caption>Heroin Use Differences (County - Nation)</caption> <thead> <tr> <th>Subregion</th> <th>8th</th> <th>10th</th> <th>12th</th> </tr> </thead> <tbody> <tr> <td>North</td> <td>0.0</td> <td>0.5</td> <td>1.5</td> </tr> <tr> <td>Central</td> <td>0.0</td> <td>0.0</td> <td>1.0</td> </tr> <tr> <td>South</td> <td>-1.0</td> <td>0.5</td> <td>1.5</td> </tr> </tbody> </table>	Subregion	8th	10th	12th	North	0.0	0.5	1.5	Central	0.0	0.0	1.0	South	-1.0	0.5	1.5
Year	8th Grade	10th Grade	12th Grade																																			
2006	1.5	1.5	1.5																																			
2007	1.0	1.0	1.0																																			
2009	1.5	2.5	5.5																																			
2011	1.5	2.0	4.0																																			
Subregion	8th	10th	12th																																			
North	0.0	0.5	1.5																																			
Central	0.0	0.0	1.0																																			
South	-1.0	0.5	1.5																																			
 <table border="1" data-bbox="201 662 751 906"> <caption>Other Narcotics Use Over Time (Estimated %)</caption> <thead> <tr> <th>Year</th> <th>8th Grade</th> <th>10th Grade</th> <th>12th Grade</th> </tr> </thead> <tbody> <tr> <td>2006</td> <td>5.0</td> <td>13.0</td> <td>22.0</td> </tr> <tr> <td>2007</td> <td>3.0</td> <td>11.0</td> <td>19.0</td> </tr> <tr> <td>2009</td> <td>4.0</td> <td>8.0</td> <td>16.0</td> </tr> <tr> <td>2011</td> <td>2.0</td> <td>7.0</td> <td>13.0</td> </tr> </tbody> </table>	Year	8th Grade	10th Grade	12th Grade	2006	5.0	13.0	22.0	2007	3.0	11.0	19.0	2009	4.0	8.0	16.0	2011	2.0	7.0	13.0	<p data-bbox="919 605 1169 630">Other Narcotics</p> <ul data-bbox="785 649 1304 889" style="list-style-type: none"> • Use of “other narcotics” has decreased for all age groups over time with the most pronounced trend in the 12th grade group which, by 2011 had reduced exposure by 234% from where it was in 2006. • While 12th graders have shown notable improvement, the 4-year average for that age group remains above the national peer norm. 	 <table border="1" data-bbox="1339 654 1902 927"> <caption>Other Narcotics Use Differences (County - Nation)</caption> <thead> <tr> <th>Subregion</th> <th>8th</th> <th>10th</th> <th>12th</th> </tr> </thead> <tbody> <tr> <td>North</td> <td>-1.0</td> <td>0.5</td> <td>4.5</td> </tr> <tr> <td>Central</td> <td>-1.0</td> <td>-1.0</td> <td>3.0</td> </tr> <tr> <td>South</td> <td>-1.0</td> <td>0.5</td> <td>5.0</td> </tr> </tbody> </table>	Subregion	8th	10th	12th	North	-1.0	0.5	4.5	Central	-1.0	-1.0	3.0	South	-1.0	0.5	5.0
Year	8th Grade	10th Grade	12th Grade																																			
2006	5.0	13.0	22.0																																			
2007	3.0	11.0	19.0																																			
2009	4.0	8.0	16.0																																			
2011	2.0	7.0	13.0																																			
Subregion	8th	10th	12th																																			
North	-1.0	0.5	4.5																																			
Central	-1.0	-1.0	3.0																																			
South	-1.0	0.5	5.0																																			

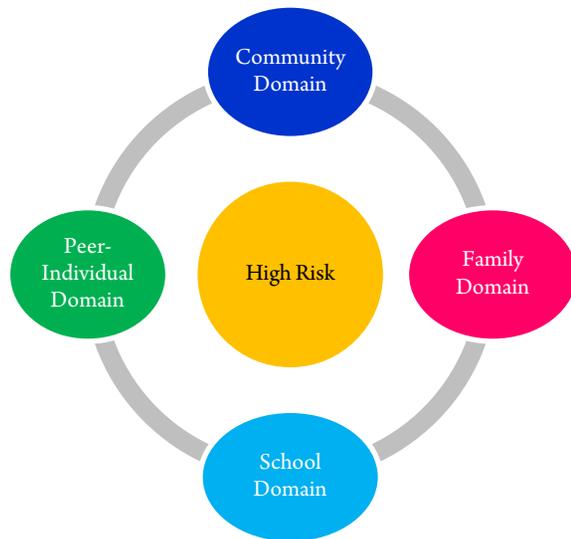
SUBSTANCE USE TREND SUMMARY

Positive Trends

- Eighth grade substance use has decreased in each type of substance over time. This effectively delays start of use which could show positive trends as those youth age. Future survey results will help clarify if current eight graders retain lower use rates as they age through the school system.
- Notable decreases have been made in total use for alcohol, cigarettes and “other narcotics.” These three substances saw a total use decrease of five or more percentage points in two of the three grade levels.

Trends of Concern

- Chewing tobacco, heroin, and ecstasy were the three substances to show an increase in use over time in 10th and 12th graders.



Peer / Individual	Community
<ul style="list-style-type: none"> • Early initiation of drug use and other problem behaviors • Early and persistent antisocial behavior • Alienation and rebelliousness • Friends who use drugs and engage in problem behaviors • Gang involvement • Constitutional factors 	<ul style="list-style-type: none"> • Community laws and norms favorable toward drug use, firearms and crime • Availability of drugs and firearms • Transitions and mobility • Low neighborhood attachment • Community disorganization • Extreme economic deprivation
Family	School
<ul style="list-style-type: none"> • Family history of the problem behavior • Family conflict • Family management problems • Parental attitudes favorable towards drugs or other anti-social behaviors 	<ul style="list-style-type: none"> • Academic failure • Lack of commitment to school

Risk and Protective Factors

The PNAS includes additional survey questions aimed at better understanding the context within which these youth behaviors are occurring. This context is broken down into protective factors and risk factors, each of which is categorized into four domains: peer/individual, community, family, and school. Risk factors considered under each domain are listed in the chart, left. In order to gauge the relative risk or protection of county youth relative to their larger peer age group, results were again averaged over the four test survey years.

PEER/INDIVIDUAL DOMAIN

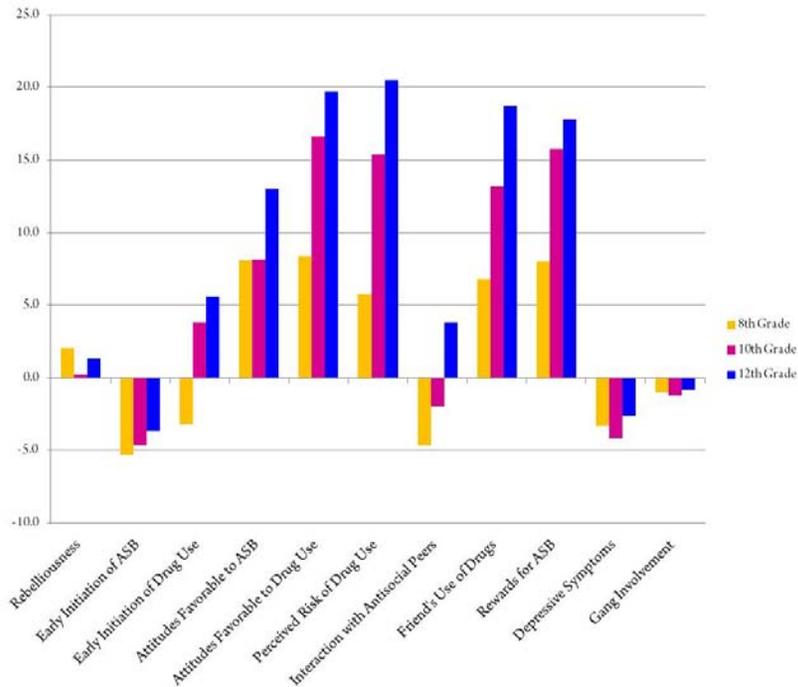
The peer/individual domain includes factors related to personal behavior and social environment factors that could impact substance use behaviors of the surveyed individuals. Risks include early exposure, mental health, exposure to violence, and peer and personal attitudes and behaviors. Protective factors for this domain are categorized into perceived opportunities and rewards for engaging in pro-social behaviors.

Risk Factors

Five of the eleven risk factors for the peer/individual domain show higher than norm risk rates:

- Youth at all ages perceive that attitudes are favorable to anti-social behaviors such as alcohol and drug use;
- Drug use is not perceived to pose a high level of risk to health and safety; and
- Youth perceive that there is general social acceptance and rewards for engaging in alcohol and drug use.

Figure 6: Countywide Peer/Individual Risk Factors by School Grade



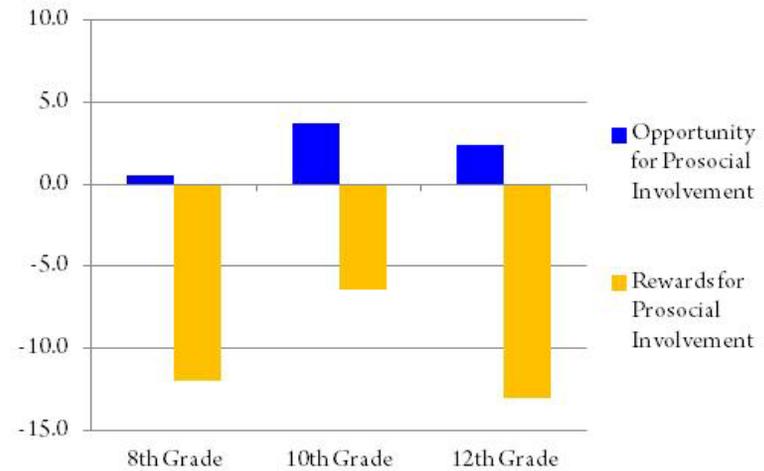
In comparison to national peer norms, county eighth graders display significantly above (between 5 and 10 percentage points higher) average risk levels in these five categories. However, risk levels rise further in high school with nearly 20% more of the entire grade level at higher risk in four of the categories than national peer norms (attitudes favorable to drug use, perceived risk of drug use, friend's use of drugs, and rewards for anti-social behavior).

On the protective side, students perceive opportunities for pro-social involvement exist but do not feel rewarded for their prosocial

engagement (whereas they do perceive rewards for anti-social behavior).

Protective Factors

Figure 7: Countywide Peer/Individual Protective Factors by School Grade



Risk and protective factors therefore illustrate that youth perceive drug and alcohol use a low-risk behavior that will yield positive social and individual/peer rewards. Alcohol and drug use is viewed more favorably by the time students reach high school. This social acceptance and positive reinforcement behind drug and alcohol use are the largest group of risk factors facing local youth and are more pronounced locally than the “norm” for their age group nationally.

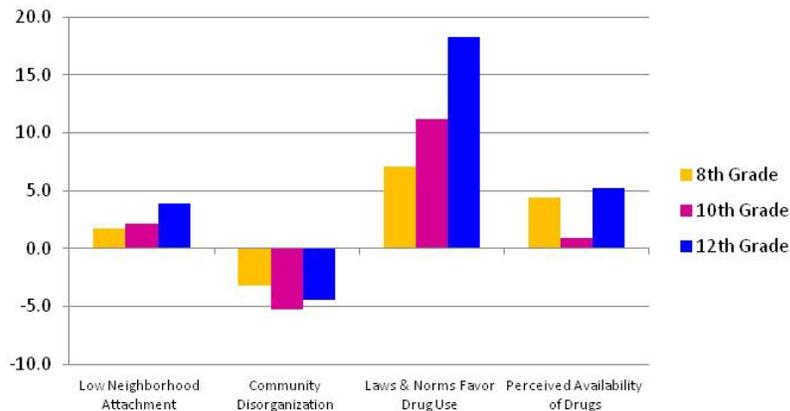
COMMUNITY DOMAIN

The community domain includes four factors in the larger community or neighborhood that could increase risk of youth engaging in drug and alcohol use: low neighborhood attachment (or sense of community),

community disorganization (sense of chaos or conflict), laws or norms that favor drug use, and perceived availability of drugs.

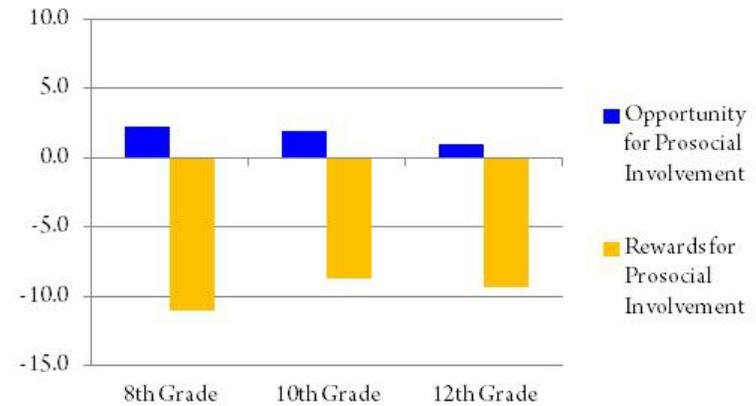
Local youth at all grade levels reported lower than norm levels of risk from community disorganization. Low neighborhood attachment and drug availability were above norms but still generally within the 5% threshold. Significant risk for all age groups was, however, reported for laws and norms favoring drug use. There is some speculation that this relates to the recent change to marijuana laws; however, norms should not be discounted as contributing to this risk rate, particularly given the risk patterns illustrated in the peer/individual domain which all revolved around a general social acceptance or sanction of such behaviors.

Figure 8: Countywide Community Risk Factors by School Grade



Protective factors for the community domain, again expressed in terms of opportunities and rewards, show that opportunities are available but that youth do not perceive reward for avoiding drugs and alcohol.

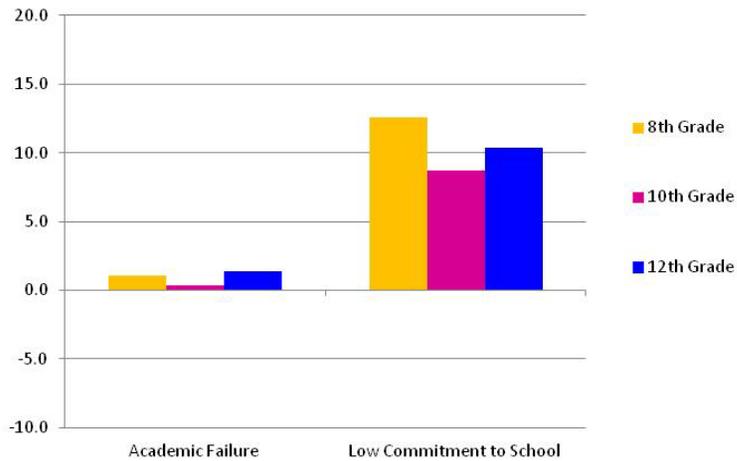
Figure 9: Community Protective Factors by School Grade



SCHOOL DOMAIN

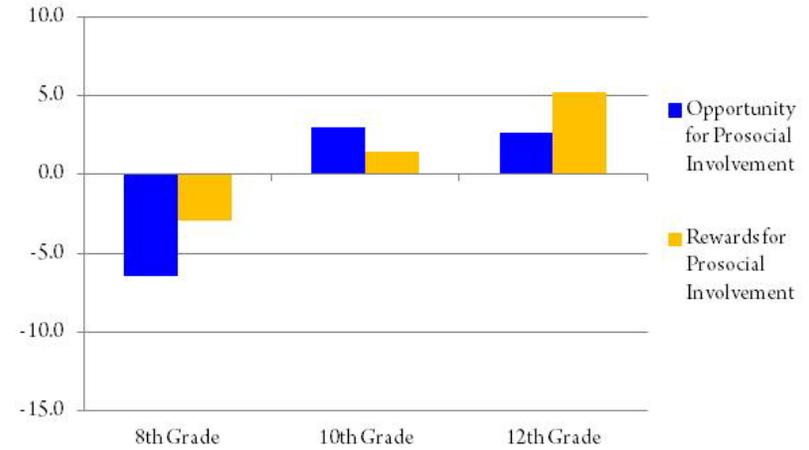
The school domain contains two risk factors: academic failure and a low commitment to school. Of these two, area youth displayed a lower commitment to school than their peers nationally.

Figure 10: Countywide School Risk Factors by School Grade



Protective factors in the school domain, however, illustrate that high school students perceive both opportunities and rewards for engaging in pro-social behaviors. This was not true for 8th graders, however, who perceived both fewer opportunities and rewards. This aside, school is the only domain where protective factors appear to be performing at or above national norms in terms of perceived rewards.

Figure 11: Countywide School Protective Factors by School Grade



FAMILY DOMAIN

The family domain includes six risk factors, with local youth displaying higher than national norm levels for each family domain risk factor. The two highest risk factors for eighth graders are poor family management and parent attitudes that favor anti-social behaviors. The risk associated with these two factors increases as children age, reaching 10% more impact locally than peer norms by 10th and 12th grades. Exposure to adult anti-social behaviors or attitudes favorable to drugs has a strong impact on youth, particularly 10th and 12th graders. Six family domain risk factors exceeded norms by 10% or more indicating that parent attitudes present a significant risk to local youth using drugs and alcohol.

Figure 12: Countywide School Risk Factors by School Grade

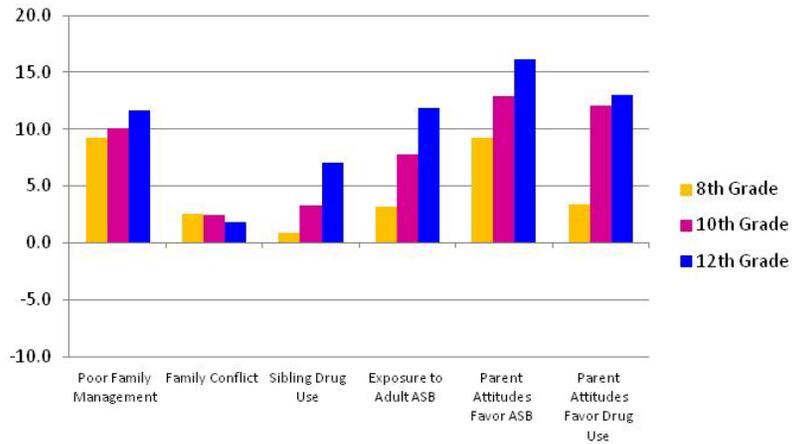
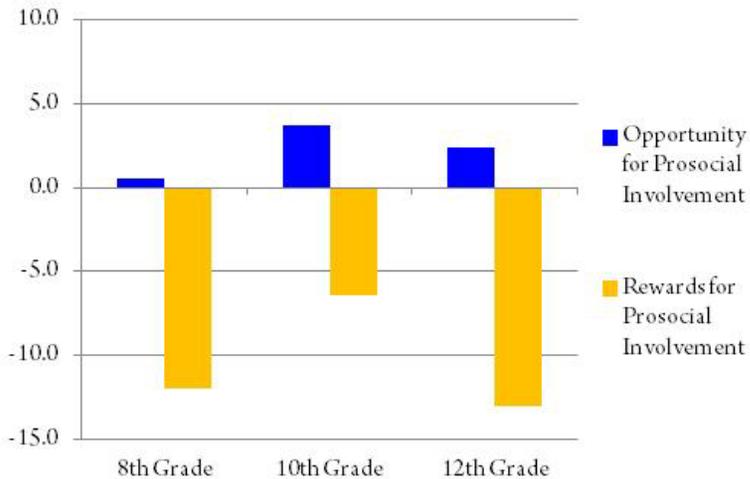


Figure 13: Countywide School Protective Factors by School Grade

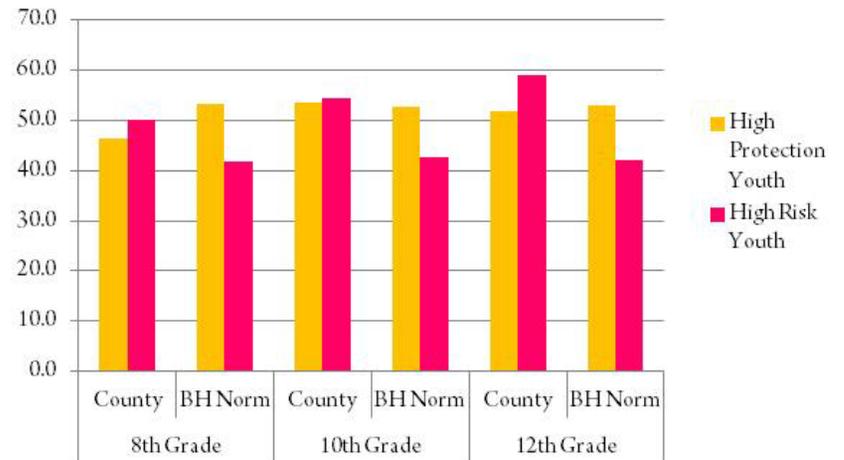


HIGH RISK AND PROTECTION

The final category of risk and protective factors reviews:

- High Risk:** High Risk youth are defined as the percentage of students who have more than a specified number of risk factors operating in their lives (6th grade: 7 or more risk factors, 7th-9th grades: 8 or more factors, 10th-12th grades: 9 or more factors).
- High Protection:** High Protection youth are defined as the percentage of students who have more than a specified number of protective factors operating in their lives (all grades: 5 or more protective factors).

Figure 14: High Risk and Protection



The prevalence of high protection youth in the county is relatively comparable to the national norms for all grades surveyed. Local youth display higher rates of high risk exposure than national norms. Half of

all eighth graders in the county are in the high risk category (50.1%) compared to 41.9% nationally; 54.3% of 10th graders in the county are high risk compared to 42.7% nationally and 59.1% of 12th graders are in the high risk category compared to 42.3% nationally.

Next Steps

This analysis was conducted to help BYDP partners understand how local youth substance use and risk/protective factors compare to norms for the three age groups surveyed, how use rates have changed over time, and to highlight any geographic differences in use. BYDP partners will use this information to review their programming to determine if the right types of activities are reaching the correct audiences based on the performance trends highlighted in this report. Current partner programming offered in each of the three sub regions of the county is reviewed in the appendix to this report. This inventory provides a starting point for their self-assessment and discussion of how best to tailor programming to maximize positive impacts on youth behaviors.

Appendix

Berkshire Youth Development Project

The Berkshire Youth Development Project (BYDP) formed in 2006 as a countywide collaboration aimed at reducing youth substance abuse rates in Berkshire County. BYDP partners include Northern Berkshire Community Coalition, the Pittsfield Prevention Partnership, and South Berkshire Community Coalition with support from Berkshire Health Systems, Berkshire District Attorney David F. Capeless, Berkshire United Way, the Gladys Allen Brigham Community Center, and the Railroad Street Youth project.

BYDP Strategies and Activities

COUNTYWIDE STRATEGIES

411 in the 413 Youth Conference

This youth conference, organized and developed by youth themselves, provides leadership opportunities for youths across Berkshire County. Community members volunteer their time to provide workshops on topics like: Financial Literacy, Eating Healthy on a Budget, Tips on Applying to College, Hot Political Topics and Turning your Crafts into Cash. Young people who are *alternative leaders* are recruited with the help of school personnel to come, learn and meet like-minded individuals who might otherwise go unnoticed in their school systems. Sixty to eighty participate in the conference each year and 2-5 participate in the planning of the event.

Rx Round Up

Adults, October 29, 2011, April 30, 2011 (150 participants), September 25, 2010 (150 participants), July 10, 2010 (100 participants), Semi-Annual

The Rx Round Ups are an opportunity for county residents to take back their unused, unwanted or expired medications to their local police station or collection site and dispose of them in a safe, environmentally friendly, DEA approved disposal container. All contents are then properly disposed of through incineration. At all times, a law enforcement officer is on-site during the collection and is also responsible, along with the DEA, for transporting the prescription pills to the approved incineration site. The Rx Round Up is targeted to anyone who has unused, unwanted or expired prescription drugs in their home—this is typically the adult and senior population, and is intended to prevent youth from accessing other medications in the home.

Youth Worker Summit

The Youth Worker Summit is held every other year to coincide with the release of the latest Prevention Needs Assessment data. It is open to anyone who works with young people in Berkshire County and is interested in discussing ways to work together more effectively, efficiently, and creatively in the interest of improving the lives of young people.

The focal point of the day is the presentation of the latest Prevention Needs Assessment Survey results. The survey, which is conducted with 8th, 10th, and 12th graders throughout Berkshire County every other winter, was designed to assess adolescent substance use, antisocial behavior and the risk and protective factors that predict these behaviors. The presentation provides an overview of the latest data, basic analysis, and an opportunity for questions and discussion. Part of the day is spent in breakout groups, engaging in discussions on topics inspired by the data the group has just learned about and its implications. The day also provides dynamic networking opportunities.

NORTH COUNTY

Berkshire Youth Development Project activities in northern Berkshire County are headed up by the Northern Berkshire Community Coalition.

Communities Mobilizing for Change on Alcohol - nb21

The nb21 initiative teams meet monthly to develop strategies that will help curb underage drinking by reducing youth access to alcohol and establishing stronger community norms against underage drinking. Programs and activities include: Safe Homes of North Berkshire program; community education events for youth, parents, educators, law enforcement; twice yearly alcohol server training; twice yearly compliance checks; annual sticker shock campaign; policy change on local ordinances.

Northern Berkshire Neighbors

The mission of Northern Berkshire Neighbors (nBn) is to connect and support residents within neighborhoods, to build community, create stronger neighborhoods, and make connections between neighborhood groups, institutions and other resources. This program has several components:

- Community Outreach Worker Program: Outreach Workers participated in one 15-week training in the winter/spring of 2010 and 2011. Throughout and thereafter, they organize in their neighborhoods and remain connected with nBn for support. (Adults)
- nbSTEP Dance: Program began in 2006 and runs approximately October through May each year, generally meeting once a week and holding 3-5 performances. (Children ages 6-16)
- Summer Basketball: Summer Basketball is held July + August each summer. It was previously Summer Baseball, which was held 2004 to 2009. Summer Basketball was held in 2010 and 2011. (Children ages 8-16)

- Quarterly Summits and semi-annual Neighborly Awards: Summits and awards have both been held for over 10 years and help foster dialogue and highlight community successes and leaders. (All ages)

UNITY

UNITY, the youth development arm of the Northern Berkshire Community Coalition, has provided a forum for youth voice and involvement in the northern Berkshire community since 1994. UNITY offers youth-driven, adult-advised leadership initiatives focused on leadership, community service, and the arts. In all of its activities, UNITY seeks to bring together diverse groups of young people from the five northern Berkshire high schools (as well as out-of-school and homeschooled youth) to work together, learn from one another, and try to become leaders in their communities, their schools, and their own lives.

This program has several components:

- Youth Leadership Program: Since 2005, this program meets weekly October-May.
- Teen Writing Workshop: Since 1999, this program meets weekly October-April.
- Grooove: Ongoing—meets weekly through most of year, holds concert/open mic nights 4-6 times per year.
- 411 in the 413 Youth Conference: (See countywide strategies.)
- Northern Berkshire Youth Collaborative: Since 2003, monthly meetings September-June of this group of youth worker professionals. The NBYC presented quarterly SAY It Proud awards for positive actions by young people from 2006 to 2009. These were created in response to the PNAS data collected by the BYDP. Youth awards are now made at the twice-yearly Community Recognition Awards in North County.

CENTRAL COUNTY

Berkshire Youth Development Project activities in central Berkshire County are headed up by the Pittsfield Prevention Partnership.

Lenox

Mandatory prom meetings: Lenox holds annual mandatory prom meetings for students and parents in collaboration with the Brien Center and local law enforcement to discuss the negative impact of drug and alcohol use.

Social Norms Campaign: Lenox gathers social norms data from parents through surveys and then publishes positive social norms messaging in school calendars that are sent home to all families with children who attend Lenox public middle and high school.

Dalton

Hot Topics: At-risk middle school students are identified to participate in a series of after school workshops facilitated by a teacher and a Brien Center counselor. Peer mentors from the high school also attend the workshops and develop relationships with the middle school students. Topics include substance use and other risky behavior.

High School Assemblies: Wahconah High School hosts a series of assemblies aimed at educating students about risky behavior, including substance use and violence.

Lee

Lee has supported team-building programs for at-risk youth. The school system has also adapted and expanded a bullying program.

Pittsfield Prevention Partnership

Parenting: The PPP sponsored a variety of parenting workshops throughout the community aimed at helping parents develop effective communication and discipline strategies.

SAY It Proud: The PPP recognizes 20 students every year with a SAY IT Proud award. Nominations are received from many sources, and

the students are awarded for their healthy choices and positive activities in the community.

Community Laws and Norms: High School students participate in Sticker Shock, visiting participating liquor stores and placing stickers on multi-packs of alcohol alerting customers to the Underage Drinking Law; older teens participate in Shoulder Taps Surveys, asking customers entering liquor stores if they would be willing to buy them alcohol and recording the results; and 21 year olds act as mystery shoppers, visiting bars and package stores and recording whether they are carded when they attempt to purchase beer (Alcohol Purchase Survey).

Social Norms Marketing: The PPP launched a high profile social norms campaign in May 2009 that stayed up for about 15 months, the Totally Free campaign. During the 2010 – 2011 school year, students designed a survey for a sample of their peers at the three Pittsfield high schools, collected and analyzed the results, and crafted some positive norm messages. A designer is putting together posters and billboards that will go up at the start of the school year in September 2011.

Community Education: The PPP has sponsored numerous events aimed at educating parents and the community about the dangers of underage drinking, including law enforcement and the medical community in the delivery of these education efforts. The PPP also tables regularly at community events such as Third Thursdays. The PPP works closely with the press to keep the community informed about all its strategies.

After Prom: The PPP helps sponsor after prom parties for the local high school students.

Pittsfield Public School Safe Schools Activities

Project Alert: Since 2007 Brien Center Substance Abuse Counselors have been teaching this evidence-based substance abuse prevention curriculum in 6th grade in the Pittsfield Public Schools.

SADD: The two middle schools and two high schools have had Students Against Destructive Decisions clubs since 2006.

After School Programming: The Safe Schools grant allowed the schools to offer a variety of after school programming to high school students.

SOUTH COUNTY

Berkshire Youth Development Project activities in southern Berkshire County are headed up by the South Berkshire Community Coalition and Railroad Street Youth Project (RSYP).

Senior Life History

Middle School ages 13-15, School year 2010-2011 (29 participants), Summer 2011 High School age and seniors 60+ years of age (24 participants), Continuous

The Senior Life History Project is a recreational activity that incorporates writing, photography and video production with both the youth and the older adults working side by side to create a historical account of the senior's life. Students and seniors will meet once a week at the schools. Together, the students and seniors will recreate the life of the senior; the culmination of which will be a Life History Scrapbook that the senior can share with his/her friends and family. Additionally, the process will be documented through video recording.

Peer Mentoring

Middle School ages 12-15, School year 2010-2011 (60 participants), Annual, Monument Valley Middle School

We train groups of Monument Valley Middle School students to take leadership roles in their school and to be peer mentors.

Thursday Theatre at Lunch

High School, School year 2009-2010 (80 participants), Monument Mountain Only

The open mic lunch is an organized time during lunch at the high schools in which students can perform anything they want (music, singing, rap, theater pieces, poems, etc.) This will create a space for those with talent to showcase it in a non-traditional forum. The program will continue during the school year on the first Thursday of every month – the public is welcome to attend.

Community Youth Work Initiative

High School, Summer 2010 (8 participants), Summer 2011 (16 participants), Annual

Youth will work in groups for local non-profit and community organizations and be paid for their work. In 2010 funds from American Recovery & Re-Investment Act Stimulus Funds were awarded to make this project happen – 8 youth were given jobs for the summer, working at 10 different non-profit sites throughout Berkshire county. Greenagers facilitates this program.

Who I am Makes a Difference

Youth and Adults, throughout the year 2010, 2011, 200 participants annually, Continuous

Blue ribbon idea of "you matter" which emphasizes recognition of youth and the knowledge that they are seen and heard- that we are involved with them and what they love.

Art Project

High School 2009-2010 (15 participants), One-time, Monument Mountain Only Choices and Risks is an art project for adults and young people to explore the choices and risks in their lives and the consequences of their action. The art will be exhibited locally as a way to bring out stories that illustrate the context in which risky behaviors take place and the consequences of those decisions.

Alcohol Education

Middle School (6th, 7th and 8th grades) School year 2010 (250 participants), One-time.

Educated the students on the facts and risks associated with alcohol use.

Sticker Shock

Adults and Youth, December 2008 (500 participants), Biennial

In participation with local vendors, we placed stickers—with a message that read something like “Purchasing Alcohol for Minors is Illegal” on alcoholic beverages. This also provided an opportunity to have discussions with individuals about underage drinking prevention.

Community Alcohol, Tobacco and Other Drugs (ATOD) Education, Presentations and Forums

Throughout the year 2009, 2010, 2011, 500 participants annually, Continuous

Throughout the year we host various prevention forums covering topics such as bullying, suicide and substance use.

Town Hall Forum RE Alcohol Awareness

Adults, March 2010 (60 participants), Biennial

Forum educating the public on the social host law, emergency room stats that relate to alcohol, resources and prevention.

RSYP Apprenticeship Programs

RSYP works with community partners to run fall and spring sessions of apprenticeships each year. These 8-week programs meet weekly afterschool where young people obtain marketable skills by directly working with workplace mentors in top notch facilities. Our Culinary Program is taught by Dan Smith of John Andrews Restaurant and Brian Alberg of the Red Lion Inn - both award winning chefs. Our Cosmetology Program partners are Michele's Salon & Day Spa, Sim's Salon & Barber Shop and Studio Day Spa. Both of these programs

have 32 participants per year. We also make individual apprenticeship placements on a regular basis at a wide variety of businesses like Apex Automotive, SoCo Creamery, Hancock Shaker Village and Farm Girl Farm.

RSYP Youth Operational Board (YOB)

RSYP meets weekly with the YOB, a group of youths who review and approve youth-inspired project proposals on a weekly basis and steer the direction of all RSYP programs. The Executive Board communicates with the YOB to ensure the organization’s youth-driven philosophy pervades every aspect of the organization. YOB provides a place for the opinions of young people to be heard and provides funding & support to countless youth-inspired projects. Recent projects include a making greenhouse made out of recycled water bottles to the Flying Cloud Institute, the Castle St. Tunnel Mural Public Art Project, the production of an original play that brings together the friends and families of suicide victims to raise awareness offer support around mental health issues and a service trip to New Orleans to rebuild homes damaged by Hurricane Katrina.

RSYP Drop-In Center

RSYP's Drop-In Center is open M-F for youths to use computers, create artwork, speak to a trusted adult, hang out with friends or just be. This judgment free zone is frequented by many different walks of life, from drop-outs to special needs kids to those who are community minded. About 30 youths a week come through the drop-in center. We have a social worker on staff available to meet with kids weekly or in a crisis. If the young people of South County need help with something, they know this is a place where they can come and receive help without judgment.

RSYP Community Service Program

Young people who are sentenced to do community service as a penalty for breaking the law can come to us with help completing their hours.

After a 1 hour intake with our social worker, we will create a plan for each youth based on their interests or aspirations. By developing a relationship with a local business owner or piquing their interest in a proposed career- youth community service hours are not only being met but rehabilitation is happening. We serve 20-35 young people per year.

RSYP Mentoring Program

Young people are paired with adults in the community based on common interests and personality. Once the pairs are "matched", a process the parents are a part of, they meet on a weekly basis. RSYP coordinates match activities periodically and provides support to both parties, ensuring that a positive relationship is formed. Guidance counselors often refer youth who could benefit from having a trusted adult in their life, others self identify. RSYP has between 12-20 mentors per year.

RSYP Sexuality Health Education

In the 2009-2010 academic year, we partnered with Elizabeth Freeman Center to provide comprehensive Sexuality Health Education to students at Monument Mountain High School. The curriculum covers pregnancy prevention, anatomy, STI's, LGTB issues, bullying, building healthy relationships and sex & the media. In 2010-2011, we reached 90% of all students in grades 9-12, approx. 550 students.

Program Name	Geography	Targeted Risk Factor(s)	Protective Factor / Program Rationale	Age Targeted	Frequency and Duration	Average Annual Participation
Countywide						
Rx Roundup	Berkshire County	Prescription drug abuse and access	Remove old prescriptions from homes to reduce youth access to prescription drugs	Adults	Semi-annual	100-150
BYDPs 411 in the 413 Youth Conference	Berkshire County		Prosocial involvement	14-18 year olds	Annual	60-100
Youth Worker Summit	Berkshire County		Education	Adults	Biennial	40-50
Northern Berkshire Community Coalition						
Communities Mobilizing for Change on Alcohol – nb21	Northern Berkshire	Alcohol	<ul style="list-style-type: none"> • Opportunity for Prosocial Involvement • Community Laws and Norms Favorable Toward Drug Use/Early Initiation of Drug Use 	Adults over 21	<ul style="list-style-type: none"> • Monthly strategy team meetings; annual events 	2000
Northern Berkshire Neighbors	North Berkshire County, particularly North Adams and Adams					2,500
Community Outreach Worker Program			<ul style="list-style-type: none"> • Low Neighborhood Attachment/Community Disorganization 	Adults	<ul style="list-style-type: none"> • Monthly outreach worker meetings; quarterly summits • Since winter/spring of 2010 and 2011 	
nbSTEP Dance			<ul style="list-style-type: none"> • Pro-social youth engagement 	Youth ages 6-16	<ul style="list-style-type: none"> • Program began in 2006 • Runs approximately October through May, generally meeting once a week and holding 3-5 performances 	

Program Name	Geography	Targeted Risk Factor(s)	Protective Factor / Program Rationale	Age Targeted	Frequency and Duration	Average Annual Participation
Summer Basketball			<ul style="list-style-type: none"> Pro-social youth engagement 	Youth ages 8-16	<ul style="list-style-type: none"> Summer Basketball is held July + August each summer. It was previously Summer Baseball, which was held 2004 to 2009. Summer Basketball was held in 2010 and 2011 	
Summits and Awards				All	<ul style="list-style-type: none"> Quarterly Summits and semi-annual Neighborly Awards have both been held for over 10 years. 	
UNITY	Youth who live or attend school in northern Berkshire County		<ul style="list-style-type: none"> School, Peer/Individual, Rewards for Pro-social Involvement 	Youth ages 14-19		<ul style="list-style-type: none"> In direct, weekly UNITY activities: 50. In the whole of UNITY offerings, including attendees of Groove concerts and the 411 in the 413 Youth Conference: 250.
Youth Leadership Program					Since 2005, this program meets weekly October-May.	
Teen Writing Workshop					Since 1999, this program meets weekly October-April	

Program Name	Geography	Targeted Risk Factor(s)	Protective Factor / Program Rationale	Age Targeted	Frequency and Duration	Average Annual Participation
Grooove					Ongoing—meets weekly through most of year, holds concert/open mic nights 4-6 times per year.	
Northern Berkshire Youth Collaborative					Since 2003, monthly meetings September-June of this group of youth worker professionals. The NBYC presented quarterly SAY It Proud awards for positive actions by young people from 2006 to 2009. These were created in response to the PNAS data collected by the BYDP.	
Pittsfield Prevention Partnership						
Parenting Workshops	Pittsfield	Family Management, Family Conflict	Helps families build communication and support skills	Parents of children of various ages	3 – 5 sessions; offered at various times throughout the year	50 parents
SAY It Proud	Pittsfield		Positive Rewards for pro-social engagement	11 – 19 year olds	Four times a year	20 students
Community Laws and Norms	Pittsfield	Community Laws and Norms favoring drug use	Strategies to spread word that our community will abide by the drinking laws and want kids to refrain from drinking until they are 21 years old.	All underage drinkers as well as those adults	All activities occur twice a year.	The entire community

Program Name	Geography	Targeted Risk Factor(s)	Protective Factor / Program Rationale	Age Targeted	Frequency and Duration	Average Annual Participation
Social Norms Marketing	Pittsfield	Family Management; peer attitudes about drug use; family attitudes about drug use	By broadcasting positive social norms messages to students and parents, healthy decisions are supported.	Middle and High School Students and their parents	Throughout the year	The entire community
Community Education	Pittsfield	Perceived Risk of Drug Use; Family Management; Community Laws and Norms	By spreading the word about substance use prevention at school and community events, we hope to educate parents about what they can do to keep their kids drug free.	Primarily parents	Throughout the year	Hundreds.
After Prom and other Positive Activities for Youth	Pittsfield		Opportunities for Prosocial Involvement. By supporting after prom, a countywide talent show, and other substance free events, we create opportunities for young people to have fun without drugs and alcohol.	Middle and High School Students	March (Talent show) and May (After Prom)	Hundreds.
Lenox Safe Prom	Lenox	Family management; perception of risk; community laws and norms	Students who attend prom must bring a parent to attend a forum about alcohol and drug use	High School students	May	All students attending prom and their parents
Lenox Parent Social Norms Campaign	Lenox	Family management	Parent messages target positive norms in the community supporting parents' use of protective factors to keep their kids drug and alcohol free	Parents of middle and high school students	Calendar with messages is sent out to every home in August	All parents of middle and high school students

Program Name	Geography	Targeted Risk Factor(s)	Protective Factor / Program Rationale	Age Targeted	Frequency and Duration	Average Annual Participation
Dalton Hot Topics	Nessacus Middle School	Perception of Risk; Peer attitudes about drug use	Evidence based curriculum to help teens make healthy choices	Middle School	6 sessions, 2 x a year	20
Dalton High School Assemblies	Wahconah High School	Perception of Risk	Assemblies provide education about risky behavior	High School	5 sessions, once a year	All high school students
Lee Team Building Program	Lee High School	Opportunity for Prosocial involvement	Program provides at-risk youth with team building activities	9 th graders	Once a year	About 40
South Berkshire Community Coalition						
Senior Life History	Monument Valley Middle School		Social bonding, opportunity for pro-social involvement	13-15 year olds and seniors 60+	School year, annual	60
Peer Mentoring	Monument Valley Middle School	Poor family management	Social bonding, support decision-making and problem solving	12-15 year olds	School year, annual	60
Thursday Theatre at Lunch	Monument Mountain High			High School students	One time (2009-10)	
Community Youth Work Initiative	South County		Opportunities for pro-social involvement	13-24 year olds	Summer 2010, 11)	16
Who I am Makes a Difference	South County		Self-esteem building	Youth and adults	Annual, continuous	200
Art Project	Monument Mountain High School	Perception of risk	Alternate discussion method for risky behaviors – choices and risks	Youth and adults	One time (09-10 school year)	15
Alcohol Education	Monument Valley Middle School	Perception of risk	Education of risks	Middle School	Once 2010	60
Sticker Shock	South County	Laws and norms favorable toward use	Awareness raising campaign to reduce adults purchasing alcohol for minors	Youth and adults	Biennial	500

Program Name	Geography	Targeted Risk Factor(s)	Protective Factor / Program Rationale	Age Targeted	Frequency and Duration	Average Annual Participation
ATOD Education, Presentations and Forums	Monument Valley Middle School, Mt Everett Middle and High School	Anti-social behaviors, perception of risk, attitudes favorable towards use	Education and awareness of issues	11-16 year olds	Annual, School Year	All 6 th -8 th grade students at MVMS and all 7 th -10 th grade students at MERHS
Town Hall Forum RE Alcohol Awareness	South County	Alcohol abuse among youth	Education	Adults	Biennial	60
Railroad Street Youth Project (RSYP)						
RSYP Apprenticeship Programs	South County			14-25 year olds	8-10 week sessions, offered twice a year	55
RSYP Operational Board (YOB)	South County			14-25 year olds	Weekly, continuous	40
RSYP Drop-in Center	South County			14-25 year olds	M-F year round	200
RSYP Community Service Program	South County			14-25 year olds	Variable	28
RSYP Mentoring Program	South County			14-25 year olds	2 hours /wk for 6+ months	14
RSYP Sexuality Health Education	Monument Mountain High School	Teen Pregnancy	Education	14-25 year olds		500