

2018-2019

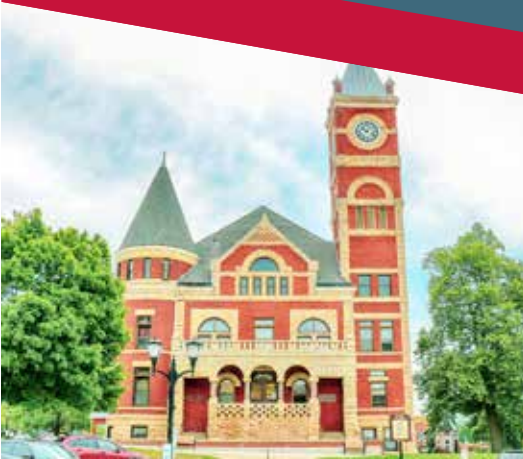
FINAL REPORT

UniverCity Year

Better • Places • Together

Teen Intervene toolkit

POPULATION HEALTH SCIENCES 780: PUBLIC HEALTH: PRINCIPLES AND PRACTICE



Summary Statement

Based on an initial community assessment and literature review of Teen Intervene and Brief Interventions, a toolkit and video were created to improve implementation of Teen Intervene in Green County. The toolkit includes elements which can be used to educate referral sources, collect program data, and grow the program to its full potential.

Public Health Issue

Alcohol and drug use in teens is a concern state-wide and has been identified as a priority by the Green County Health Department. Green County has rates of teen alcohol and drug use on par with the rest of the state, with 25% of teens in Green County reporting alcohol usage in the past thirty days compared to 30% state wide (YRBS, 2018). Many leaders, coalitions, and agencies in Green County are working to reduce teen alcohol and drug use in an effort to prevent usage disorders. One such program introduced to combat this issue is the Teen Intervene program implemented by the Green County Human Services Department.

The Teen Intervene program is an evidence-based approach to substance use reduction and prevention for teens with mild to moderate alcohol and other drug use. Though evidence has shown the program to be successful in other areas of the United States, participation in the Green County program has been low. Additionally, the referrals to the program have included a higher proportion of teens with greater than moderate substance use who would likely be better suited to a different program. While Teen Intervene may be used with teens who have more severe alcohol and other drug use concerns if they are on a waitlist for other treatment, it is most effective for teens with mild or moderate use. The Teen Intervene program utilizes one-on-one meetings between the teen and a prevention specialist. The meetings follow a motivational interviewing model and focus on personal goal setting. It has been shown that the likelihood of developing a substance use disorder is greatest for those who begin use in their early teens (Youth rural health interventions toolkit, n.d). Knowing how critical this period is for students, and that there are at least 20-30% of high school students currently using alcohol or drugs in Green County, the Teen Intervene program should be in high demand (YRBS, 2018).

Over the last two years the county piloted the Teen Intervene program in several schools. The program was positively received and participants saw improvements. Program staff and community leaders would like to see the program grow and see students use the program more. Referrals to the program are currently low, and resources allocated to the program are also limited. The purpose of this project is to provide marketing materials to the Green County program to increase utilization, explore barriers to program participation, and suggest additional programming based on a comprehensive literature review.

Methods

Primary data and information from the community were gathered from key informant interviews and a multi-sector community leaders meeting (GUPPY). A literature review was also conducted focusing on brief interventions, teen intervene implementation in other locations, and marketing and referral strategies used by similar

programs. The community assessment and literature review yielded clear results calling for diversifying referral sources, increasing information available on the program and increasing access to that information. This is needed for referral sources, participants, and participants' parent(s)/guardian(s). From this initial assessment, a logic model was created for the project including inputs, short and long-term outputs, and overall goals (Appendix 1).

In the spirit of flexibility and listening to community priorities, this project focused on creating a toolkit and video to educate referral sources about the Teen Intervene program in Green County. The toolkit and video combination will enable Kathy Comeau, the prevention specialist in charge of the program, to broaden the referral base without sacrificing her limited time giving presentations. These informational resources will also assist referral sources in making appropriate referrals to the program, mainly students that currently have mild to moderate use of alcohol or drugs.

Results

The completed toolkit includes general information about the Teen Intervene program, Green County specific data, guidelines for identifying teens for the program, how to sign teens up, contact information and a short FAQ section (Appendix 4). It is available in PDF format so that it can be either emailed, printed or added to a website. The key points page in the toolkit can also be used as a stand-alone brochure for teens, parents, or referral sources. The video includes a brief program description and rationale for the program in Green County, overview of the toolkit, and location of resources (brochures, toolkit, and Kathy's contact information). Finally, this project includes a pre- and post-intervention survey (Appendix 3) as well as a suggested evaluation plan (Appendix 2).

Discussion

This project highlighted the importance of clear and accessible information about health programs. Teen Intervene is an evidence-based program with success nationwide (Winters, 2016). In Green County barriers to full implementation have included a lack of available information and marketing, limited resources dedicated to the program, and school policies that contradict seeking support for alcohol and drug use issues.

Moving forward, Green County will benefit from increased awareness and use of Teen Intervene, as well as advocacy around treatment for student drug and alcohol use. In addition, this toolkit and evaluation plan can better facilitate program evaluation, program improvements, and potentially generate data to support grant applications for program expansion. Based on brief interventions in other places, Green County could benefit from including primary care providers as key referral sources, since they already have regular contact with students and generally ask about alcohol and drug use (Provider Guide: Adolescent Screening, Brief Intervention, and Referral to Treatment for Alcohol and Other Drug Use, 2018). Teen Intervene in Green County includes opportunities for parents to engage and support their teens throughout recovery, which has been shown to be a key factor by the National Institute on Drug Abuse (What are signs of drug use in adolescents, and what role can parents play in getting treatment?, n.d.).

In conclusion, the Teen Intervene program in Green County is on its way to reaching more referral sources, schools, administrators, and most importantly, students. With this toolkit the program can continue to grow and move towards reaching the ultimate goal of treatment for all students in Green County that struggle with drug and alcohol misuse.

Acknowledgements

This project was completed in partnership with UW-Madison's UniverCity Year, a program that helps local government leaders throughout Wisconsin find practical solutions to their toughest challenges. We are grateful for the support of the community members and the UniverCity Year staff.

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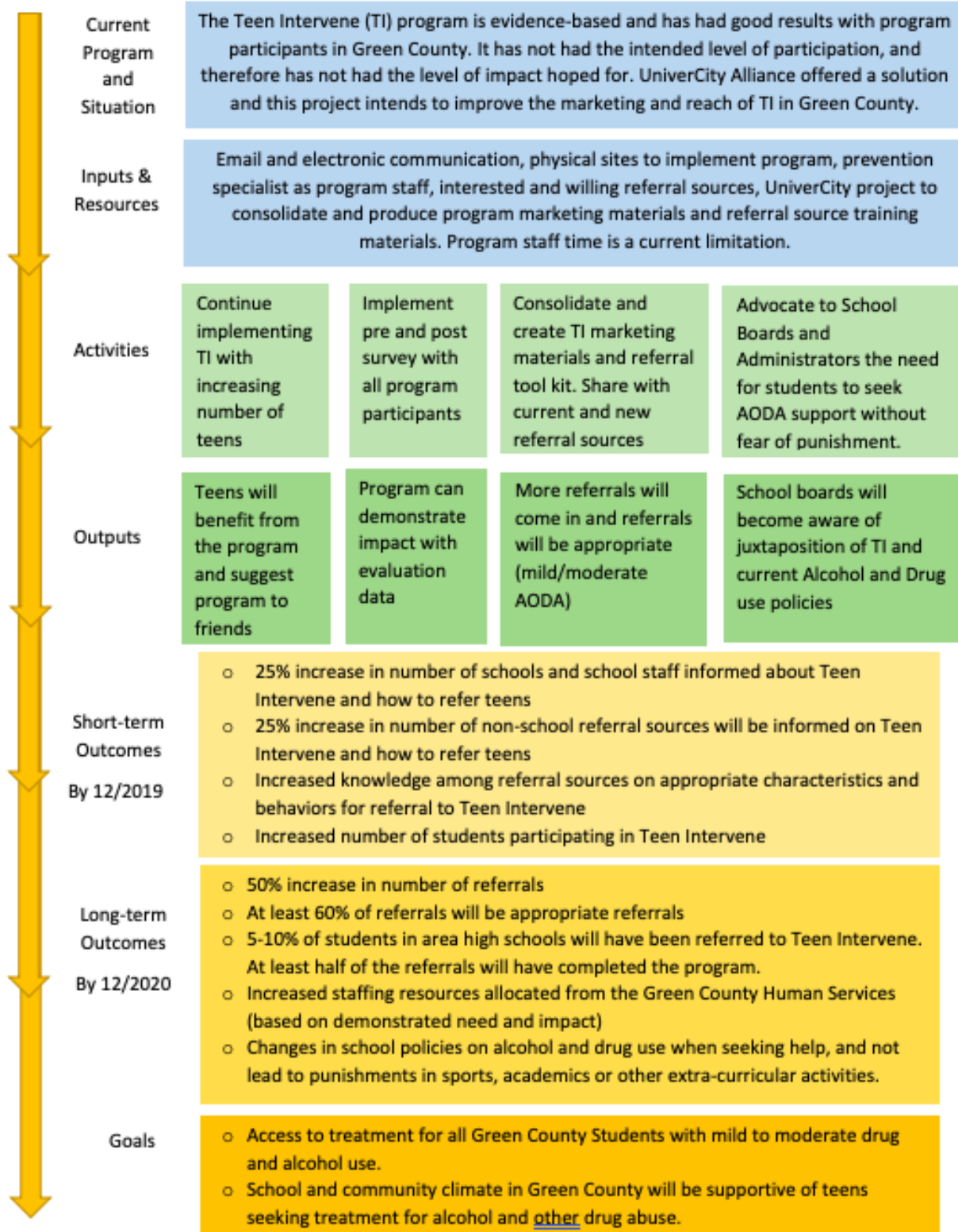
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Appendix 1

Logic Model: Teen Intervene Program and Marketing, Green County, WI



Appendix 2

Evaluation Plan for Teen Intervene

Type	Questions	Qualitative vs. Quantitative	Methods of Collection	Partners	Method for Reporting
Formative	<p>1. Are there schools that have higher Alcohol and Drug use than others? Are they already aware of and participating in Teen Intervene?</p> <p>2. What are current barriers to participation in Teen Intervene?</p> <p>3. What are students' attitudes towards participating in a program like Teen Intervene?</p>	<p>1. Quantitative: YRBS data for Green County schools could highlight areas with higher alcohol and drug use. Could look at program records to see where referrals are coming from.</p> <p>2. Qualitative: Survey high school students and staff to gauge awareness, interest, and attitudes towards Teen Intervene. Interview past participants and referral sources about experiences with the program and request feedback on program.</p>	<p>1. Secondary data from YRBS data, primary data from program data.</p> <p>2. Survey students and staff.</p> <p>3. Interview past program participants and referral sources that have experience interfacing with the program.</p>	<ul style="list-style-type: none"> • Green County High Schools and Middle Schools • Green County Human Services Department • GUPPY • School staff • Middle and High School Students and their parents • Past program participants 	Share findings at GUPPY meeting and with Human Services Department in the form of a brief report and suggestions for moving forward with Teen Intervene

Type	Questions	Qualitative vs. Quantitative	Methods of Collection	Partners	Method for Reporting
Process	<p>1. Is Teen Intervene being implemented as planned?</p> <p>2. How many students have been reached? What were the initial goals?</p> <p>3. What resources are needed to make Teen Intervene more widely used and available?</p>	<p>1. Quantitative: Review program data for number of referrals and number of students that have completed the program. Review initial program plans and compare with actual processes and progress. Review budgets and actual expenses to see if there is a discrepancy.</p> <p>2. Qualitative: Survey program staff and referral sources (school staff) about program capacity and function and what they would like to see.</p>	<p>1. Review program records, proposals and budgets and compare them with most recent numbers in each area.</p> <p>2. Survey program and school staff.</p>	<ul style="list-style-type: none"> ● Green County High Schools and Middle Schools ● Green County Human Services Department ● GUPPY ● School staff 	<p>Compile findings and share annually with Green County Human Services Department and GUPPY at meetings.</p>

Type	Questions	Qualitative vs. Quantitative	Methods of Collection	Partners	Method for Reporting
Impact	<p>1. What are participants' thoughts and feelings about teen intervene during and after completing the program?</p> <p>3. Are program participants "Staying clean" during and after participation?</p> <p>4. What are participants' parents' reactions to the program?</p> <p>5. What school policies or practices have changed regarding teen intervene or students seeking support for AOD misuse and abuse?</p>	<p>1. Quantitative: Have program participants and their parents complete short survey about program experiences and current use after completing the program, and at 3- and 6-months post-completion. Monitor YRBS data to see if there are any changes or trends over the years.</p> <p>2. Qualitative: Interview school administrators and staff regarding awareness about program, attitudes towards program, and related practices/policies.</p>	<p>1. Survey of program participants and their parents</p> <p>2. Interview school staff and other referral sources</p> <p>3. Review YRBS data annually</p>	<ul style="list-style-type: none"> • Current and past program participants and their parents • Green County High Schools and Middle Schools 	<p>Compile and share findings at annual Green County Human Services Department and GUPPY at meetings. Include article on the program and its updates in school newspaper.</p>

Type	Questions	Qualitative vs. Quantitative	Methods of Collection	Partners	Method for Reporting
Outcome	<p>1. Did the program succeed in reaching more Green County youth struggling with AOD misuse than in the first two years of the pilot program (greater than 6 students per year?)</p> <p>2. Did the program succeed in preventing participants from continuing to use substances or relapsing?</p> <p>3. Was the program more successful in certain aspects, for certain schools, or certain demographics more than others?</p>	<p>1. Quantitative: Compare program data with YRBS data to see what portion of youth struggling with AOD misuse was reached. Survey past program participants to ask about current use. Look at program data across different schools and demographics.</p> <p>2. Qualitative: Survey school staff, referral sources, participants, parents, and students to see if they think the program was successful.</p>	<p>1. Survey past program participants, school staff, referral sources, parents and students.</p> <p>2. Review YRBS data.</p> <p>3. Review program data.</p>	<ul style="list-style-type: none"> • Green County High Schools and Middle Schools • Green County Human Services Department • GUPPY • School staff • Past program participants and their families 	<p>Compile annual report and share with Green County Human Services Department as well as school administrators, it could also be available on Green County Human Services Dept website.</p>

Appendix 3

Teen Intervene Pre-program Survey

1. What school do you attend? _____
2. What grade are you in? 6th 7th 8th 9th 10th 11th 12th
3. What is your gender? Male Female
4. In your opinion, what is most important for you to get out of Teen Intervene?

	<i>1=not important at all</i>				<i>5=extremely important</i>
Goal setting	1	2	3	4	5
Having a neutral adult to talk to.....	1	2	3	4	5
Developing coping skills.....	1	2	3	4	5
Changing substance use behaviors.....	1	2	3	4	5
6. When was the last time that you used alcohol, tobacco, marijuana or any other drug?
 - ☐ In the last week
 - ☐ In the last month
 - ☐ In the last 3 months
 - ☐ In the last 6 months

Teen Intervene Post-Completion Survey

1. What school do you attend? _____
2. What grade are you in? 6th 7th 8th 9th 10th 11th 12th
3. What is your gender? Male Female
4. How helpful was your time spent in Teen Intervene in regards to...

	<i>1=not helpful at all</i>				<i>5=extremely helpful</i>
Goal setting	1	2	3	4	5
Developing coping skills.....	1	2	3	4	5
Changing substance use behaviors.....	1	2	3	4	5
5. Would you recommend Teen Intervene to friends that find themselves in similar situations?
 - ☐ Yes
 - ☐ No
6. When was the last time that you used alcohol, tobacco, marijuana or any other drug?
 - ☐ In the last week
 - ☐ In the last month
 - ☐ In the last 3 months
 - ☐ In the last 6 months
 - ☐ Since before starting Teen Intervene
7. Please comment on your responses to any of the previous questions, or share any other comments or feedback you have for the program.

About UniverCity Year



UniverCity Year is a three-phase partnership between UW-Madison and one community in Wisconsin. The concept is simple. The community partner identifies projects that would benefit from UW-Madison expertise. Faculty from across the university incorporate these projects into their courses, and UniverCity Year staff provide administrative support to ensure the collaboration's success. The results are powerful. Partners receive big ideas and feasible recommendations that spark momentum towards a more sustainable, livable, and resilient future. Join us as we create **better places together**.



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