Using YRSS Data to Promote Student Wellness

Santa Fe Public Schools Office of Student Wellness
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The science of prevention requires quantitative and qualitative data to plan and evaluate programs.

The YRRS is our primary source of quantitative data about the risk and resiliency behaviors of our students.

Every two years, the YRRS provides our district with a snapshot of what our students are doing and what needs to be addressed.

How do we use YRRS results?
- To plan
- To evaluate
- To education and advocate
- To support funding
How YRRS Results Impacted Our Programs: Planning

- **Need: Reduce depression in middle and high school students**
  - Data: 22.7% of MS students reported ever having thought about killing themselves; 30.1% of HS students reported persistent feelings of sadness and hopelessness.
  - Plan: Provide on-site middle school mental health services and improve outreach for high school mental health services.

- **Need: Delay or prevent initiation of alcohol use by young students**
  - Data: 33.9% of HS students reported having had their first drink before age 13 (2007).
  - Plan: Implement alcohol prevention programs with 4th-8th grade students.

- **Need: Reduce high school abuse of prescription drugs**
  - Data: 12% of HS students reported using pain killers to get high in the past month.
  - Plan: Educate students and parents about the dangers of prescription drugs.

- **Need: Reduce unexcused school absences**
  - Data: 21.3% reported that they skipped once/week or more on average, significantly higher than the New Mexico average of 10.8%.
  - Plan: Strengthen middle school truancy prevention and intervention programs.
How YRRS Results Impacted Our Programs: Evaluation

- Use of YRRS data for program evaluation requires a high quality of data

- Increase sample size to improve ability to determine significant changes and trends - increase effectiveness by managing yourself

- General wisdom: three consistent data points can be interpreted as a trend

- Examples of what have SFPS has learned from the YRRS:
  - Tobacco prevention programs are working: current cigarette smoking has decreased from 33% in 2003 to 22.7% in 2011.
  - Binge drinking has decreased from a high of 48% in 2003 to 27.5% in 2011.
  - Serious violence at school has decreased from 16% of students carrying a weapon at school in 2003 to 7.7% in 2011.
How YRRS Results Impacted Our Programs: Education & Advocacy

- Internal Advocacy for Prevention and Wellness Programs
  - School Board
  - Principals and Teachers

- Community advocacy and education
  - To support state policy initiatives (e.g., Out of Control Brochure)
  - County Health Planning and Policy Council
  - Other local coalitions and organizations

- Parent Education
  - To provide accurate information about Social Norms - fewer than half of students are “doing it”
  - To provide a context through comparing with other areas in NM and the US
  - To raise awareness of the extent of a problem

- Student Education
  - Social Norms Education (impacts the hidden risk factor of what is “normal”)
How YRRS Results Impacted Our Programs: Funding

- Local, State and Federal Grants
- Operational Funds
- Local and National Foundation Funds
- Private Donors
Domains of the Prevention System of Care

**Societal**
- Social Norm changes
- Laws
- Policies

**Community**
- SFUDPA
- SFRJJB
- Community Collaborations

**Relationship**
- SWAT
- Let's Talk Santa Fe
- MS PIP

**Individual**
- Indicated
- Selected
- Universal
Prevention System of Care in the Individual Domain

- **Indicated**
  - Teen Court Services
  - Referral to IOP

- **Selective**
  - Project SUCCESS Groups

- **Universal**
  - Pre-K - 3rd Gr. – Second Step
  - 4th-6th gr. – Lifeskills
  - Middle School – Second Step
  - Secondary – Prevention Edu Series