

## Nashua Prevention Coalition Strategic Plan 2018-2019

**Vision:** A Nashua community that will support a positive environment for youth to grow up healthy, confident, and substance free.

**Mission:** To increase awareness, education, and community involvement in substance misuse prevention for children and teens.

### Objectives – Underage Drinking

#### Long-Term Objectives (Problem Statement)

**Reduce the progression of 30-day alcohol use from 2017's rate of 3.2% in 8<sup>th</sup> grade to 17.7% in 9<sup>th</sup> grade and 29.6% in 10<sup>th</sup> grade by 3% for 9<sup>th</sup> graders and 5% for 10<sup>th</sup> graders by 2023 (YRBS 2017).**

#### Intermediate Objectives (Root Causes)

**Increase meaningful conversations with parents about the dangers of substance misuse.**

Increase by 5% the number of 7<sup>th</sup> and 8<sup>th</sup> grade students that reported talking with parents about the dangers of substance misuse.

- Baseline in 2017: 47.0% Target in 2021: 52.0%

Reduce by 5% the number of 9<sup>th</sup> to 12<sup>th</sup> grade students that did NOT have meaningful conversations with parents about the dangers of substance misuse.

- Baseline in 2017: 50.2% Target in 2021: 45.2%

#### Short-Term Objectives (Local Conditions)

Reduce by 2% the number of 9<sup>th</sup> to 12<sup>th</sup> grade students that were feeling sad or hopeless for 2 weeks in a row.

- Baseline in 2017: 28.7% of youth (39.9% females/18.3% males) Target in 2019: 26.7% of youth.

Reduce by 2% the number of 9<sup>th</sup> to 12<sup>th</sup> grade students that were electronically bullied during the past 12 months.

- Baseline in 2017: 17.8% of youth (24.4% females/10.4% males) Target in 2019: 15.8% of youth.

Reduce by 2% the number of 9<sup>th</sup> to 12<sup>th</sup> grade students that drove after drinking alcohol one or more times in the past 30 days.

- Baseline in 2017: 6.7% of youth (130 students) Target in 2019: 4.7% of youth.

Reduce by 3% the number of 9<sup>th</sup> to 12<sup>th</sup> grade students that obtained alcohol from people giving it to them.

- Baseline in 2017: 37.4% of youth Target in 2019: 34.4% of youth.

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### Objectives – Prescription Drug Misuse

#### Long-Term Objectives (Problem Statement)

**Reduce the percentage by 5% of 9<sup>th</sup> to 12<sup>th</sup> grade students that think it is easy to get prescription drugs from 31.9% in 2017 to 26.9% in 2023.**

#### Intermediate Objectives (Root Causes)

**Youth in Nashua can easily access prescription drugs which led to New Hampshire’s significant opioid crisis.**

Reduce by 3% the number of 9<sup>th</sup> to 12<sup>th</sup> graders that were offered, sold or given illegal drug on school property during past 12 months.

- Baseline in 2017: 18.1% of youth (637 students) Target in 2021: 15.1% of youth.

Decrease by 2% the number of 9<sup>th</sup> to 12<sup>th</sup> graders that feel there is NO RISK in taking a prescription drug without a prescription.

- Baseline in 2017: 13.4% (473 youth) Target in 2021: 11.4%

#### Short-Term Objectives (Local Conditions)

Reduce the progression of 30-day prescription drug use without a doctor’s prescription as youth transition grades.

- Baseline in 2017: < 1% 8<sup>th</sup>; 3.3% in 9<sup>th</sup>/10<sup>th</sup> grade; 8% in 11<sup>th</sup>/12<sup>th</sup> grade. Target in 2019: 3% in 9<sup>th</sup>/10<sup>th</sup> grade; 6% in 11<sup>th</sup>/12<sup>th</sup> grade.

Reduce by 3% the number of 9<sup>th</sup> to 12<sup>th</sup> graders that perceive peers do NOT think it is wrong to use Rx drugs without a prescription.

- Baseline in 2017: 20.3% (716 youth) Target in 2019: 17.3%

Reduce by 2% the number of 9<sup>th</sup> to 12<sup>th</sup> graders that seriously considered suicide in past 12 months.

- Baseline in 2017: 14.6% (339 females, 170 males) Target in 2019: 12.6%

Reduce by 2% the number of 9<sup>th</sup> to 12<sup>th</sup> graders whose suicide attempt resulted in injury, poisoning or overdose that had to be treated by a medical professional.

- Baseline in 2017: 31.9% (70 youth) Target in 2019: 29.9%

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### Objectives – Marijuana Use

#### Long-Term Objectives (Problem Statement)

**Reduce the percentage by 5% of 9<sup>th</sup> to 12<sup>th</sup> grade students that perceive that peers DO NOT think it is wrong to use marijuana from 60.6% in 2017 to 55.6% in 2023.**

#### Intermediate Objectives (Root Causes)

**The wide acceptance of marijuana has led to marijuana being easy to access.**

Reduce the progression of 30-day marijuana use as youth transition grades.

- Baseline in 2017: 2.5% 8<sup>th</sup>; 10.1% in 9<sup>th</sup> grade; 23% in 10<sup>th</sup> grade. Target in 2021: 8% in 9<sup>th</sup> grade; 20% in 10<sup>th</sup> grade.

Reduce the progression of youth reporting that it is easy or very easy to access marijuana as youth transition grades (2309 youth).

- Baseline in 2017: 46.3% 9<sup>th</sup> grade; 69.4% 10<sup>th</sup> grade; 73% 11<sup>th</sup> grade; 79.4% 12<sup>th</sup> grade.
- Target in 2021: 44.3% 9<sup>th</sup> grade; 67.4% 10<sup>th</sup> grade; 71% 11<sup>th</sup> grade; 77.4% 12<sup>th</sup> grade.

#### Short-Term Objectives (Local Conditions)

Reduce the progression of 30-day prescription drug use without a doctor's prescription as youth transition grades.

- Baseline in 2017: < 1% 8<sup>th</sup>; 3.3% in 9<sup>th</sup>/10<sup>th</sup> grade; 8% in 11<sup>th</sup>/12<sup>th</sup> grade. Target in 2019: 3% in 9<sup>th</sup>/10<sup>th</sup> grade; 6% in 11<sup>th</sup>/12<sup>th</sup> grade.

Increase the number of 7<sup>th</sup> and 8<sup>th</sup> graders that believe their parents think it is as WRONG for them to use marijuana as it is tobacco.

- Baseline in 2017: 94.7% wrong marijuana; 95.9% tobacco Target in 2019: 96% marijuana and tobacco

Decrease by 3% the number of 9<sup>th</sup> to 12<sup>th</sup> graders that do NOT believe they matter to people in the community.

- Baseline in 2017: 17.8% (626 youth) Target in 2019: 15.8%

Reduce by 3% the number of 9<sup>th</sup> to 12<sup>th</sup> graders that reported using electronic vapor products during the past 30 days.

- Baseline in 2017: 23.8% (839 youth) Target in 2019: 20.8%