
Project SUCCESS

Program Brief FY 2018-19

Prevention Prepared Communities - Logistics:

The **Livingston COMMUNITY PREVENTION Project** (LCPP) was formed in 2008 to prevent substance use



Livingston COMMUNITY PREVENTION Project
"Supporting community health and wellness"

disorders throughout Livingston County. Karen Bergbower & Associates, Key Development Center, Inc. and Livingston County Catholic Charities are the collaborative partners of LCPP. These agencies work together to implement several prevention programs that have been proven to impact substance use and related problems. LCPP provides an array of prevention services that target all sectors of Livingston County, including parents, schools, and the community. LCPP is focusing on the following CMHPSM priority areas: reducing childhood and underage drinking, reducing

prescription and over the counter drug abuse/misuse, and reducing illicit drug use.

LCPP has targeted Livingston County as a whole with special emphasis in the community of Pinckney. This year, school-based services were expanded into Whitmore Lake. The Livingston County Community Alliance (LCCA) and It Stops with Students (ISWS)/Students Leading Students (SLS)/Students Taking a New Direction (STAND) work closely with all five school districts as well as local government, law enforcement, and community members. LCPP is also closely aligned with the Substance Use Disorder Prevention and Treatment Workgroup of the Human Services Collaborative Body as well as Wake Up Livingston, which is using the Project Lazarus model to decrease opiate-related overdoses and deaths.

Priority Areas, Primary Problems, and Associated Intervening Variables:

CMHPSM Priority Area 1: Reducing Childhood and Underage Drinking

- a) Primary Problem: Early Addiction, Delinquent/Problem Behavior
- b) Intervening Variables: Lack of Perceived Risk, Peer Pressure, Prosocial Attitudes toward School, Norms that Support Use, Easy Access to Alcohol, Parental Norms, Attitudes, and Knowledge of Underage Drinking

CMHPSM Priority Area 2: Reducing Prescription and Over the Counter Drug Abuse/Misuse

- a) Primary Problem: Opiate Related Overdoses and Deaths
- b) Intervening Variables: Lack of Perceived Risk of Prescription Drugs, Peer Pressure, Prosocial Attitudes toward School, Parental Norms, Attitudes, and Knowledge of Prescription Drugs, Easy Access to Prescription Drugs, Norms that Support Prescription Drug Use

CMHPSM Priority Area 3: Reducing Illicit Drug Use

- a) Primary Problem: Past 30 Day Use of Marijuana, Delinquent/Problem Behavior
- b) Intervening Variables: Lack of Perceived Risk of Marijuana Use, Peer Pressure, Prosocial Attitudes toward School, Parental Norms, Attitudes, and Knowledge of Drug Use, Easy Access to Drugs, Norms that Support Use

Evidence Based Intervention/Initiative and CSAP Prevention Strategies:

Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students), which has been implemented in Livingston County for 15 years, is a SAMHSA model program that prevents and reduces adolescent substance use and abuse by using interventions that have proven effective in reducing risk factors and enhancing protective factors. Highly trained professionals (Project SUCCESS Counselors) are placed in each Livingston County public middle and high school as well as 2 alternative schools to provide a full range of substance abuse prevention and early intervention services.

The Project SUCCESS Counselors primarily work with adolescents individually and in small groups, conduct large group prevention/education discussions and programs, train and consult on prevention issues with school staff, and refer and follow-up with students and families needing substance abuse treatment or mental health services in the community.

Project SUCCESS Program Components:

- The Prevention Education Series, an eight-session alcohol, tobacco, and other drug education program conducted by Project SUCCESS counselors, helps students identify and resist pressures to use substances, correct misperceptions about the prevalence and acceptability of substance use, and understand the consequences of substance use.
- School wide activities and promotional materials, like the MOST Campaign, to increase the perception of the harm of substance use, positively change social norms about substance use, and increase enforcement of and compliance with school policies and community laws.
- Parent education, including promotion of Safe Homes and the MOST Campaign.
- Individual and group counseling conducted by the Project SUCCESS Counselors.
- Screening and referral: Students and parents who require more intensive counseling, treatment, or other services are referred to appropriate agencies or practitioners in the community.

Project SUCCESS Counselors use the following Center for Substance Abuse Prevention (CSAP) intervention strategies: information dissemination, education, problem identification and referral, community based process, and environmental.

Outcomes/Results:

In addition to targeting all high school and middle school youth with prevention messages, campaigns, and activities, 1,009 middle and high school students were referred to the PS Counselor in Livingston County and Whitmore Lake. Of these 1,009 students, 641 Livingston County and 111 Whitmore Lake students met individually with a Project SUCCESS Counselor for interviews, assessment/referral, and time-limited counseling during the 2018-19 school year. As a result of these referrals and interviews, 113 Livingston County students and 14 Whitmore Lake students were able to meet with the PS Counselor for time-limited individual counseling. Of these students who received individual counseling, 88 Livingston County students and 3 Whitmore Lake students were able to report improvements in 2 of the following 6 areas: relationships, peer refusal, problem solving, attitude toward school, awareness of AOD risks, and AOD use. Additionally, 624 high school and middle school students in Livingston County and 19 Whitmore Lake students participated in PS groups during the 2018-19 school year. Of the Livingston County group participants, an average of 352 students were able to report an improvement in their awareness of the risks of alcohol, the risks of using prescription drugs that are not prescribed for you, and an increased awareness of the risks of marijuana use. Of the Whitmore Lake group participants, an average of 6 students were able to report an improvement in their awareness of the risks of alcohol, the risks of using prescription drugs that are not prescribed for you, and an increased awareness of the risks of marijuana use.

Following is a **Victory Story** shared by a Project SUCCESS Counselor:

“As a Project SUCCESS counselor at three schools, it has allowed me to develop many relationships within these schools with students and staff. I have had the opportunity to educate teachers, support staff, and students about substance abuse prevention as well as resources our community and the greater communities have to support families. Besides having the privilege of working with the students on a weekly basis, I am able to assist school staff in supporting their most vulnerable students on a daily basis with the resources and supports that we provide to the schools. They know they can reach out to me and I will help them as well as I can, even when I am not in their building that day. It is one of my greatest accomplishments as a Project SUCCESS counselor when a staff member reaches out to me to support a student or family in crisis. Recently, I had the opportunity to help the principal at one of my schools meet with a family in need of substance abuse resources and educational supports. This was due to the relationship and respect the school has for Project SUCCESS. When the school gives my contact information out to families it is because they trust and support me and the program that I represent. I am grateful to be a part of such a program that makes a difference and supports our community in the way that it does!”

Project SUCCESS, combined with other LCPP programming, continues to show its impact within Livingston County on Reducing Childhood and Underage Drinking (CMHPSM Priority Area 1), Reducing Prescription and Over the Counter Drug Abuse/Misuse (CMHPSM Priority Area 2), and Reducing Illicit Drug Use (CMHPSM Priority Area 3), as shown by local data from the Michigan Profile for Healthy Youth (MiPHY) survey:

- In 2017-18, 64% of Livingston County 7th graders reported taking one or two drinks of an alcoholic beverage nearly every day to be of moderate or great risk, a decrease from 72.7% in 2016.
- In 2017-2018, 62% of Livingston County high school students reported taking one or two drinks of an alcoholic beverage nearly every day to be of moderate or great risk, a decrease from 71.6% in 2016.
- Age of first alcohol use in 2016 was 10.6 years, age of first use in 2017-2018 is 8.8 years, which is a 17% change in age of first use of alcohol.
- A decrease in Livingston County high school students reporting that it is “sort of easy or very easy to get alcohol” from 62.5% in 2016 to 58% in 2017-18.
- A decrease in Livingston County high school students who reported using prescription drugs that are not prescribed to them has moderate or great risk, down from 82.5% in 2016 to 77.7% in 2017-18.
- A decrease in Livingston County middle school students who reported using prescription drugs that are not prescribed to them has moderate or great risk, down from 85.6% in 2016 to 77.5% in 2017-18.
- A decrease in Livingston County high school students who reported smoking marijuana once or twice per week to be of moderate or great risk, down from 46.8% in 2016 to 43.6% in 2017-18.
- An 18% decrease in Livingston County middle school students who reported smoking marijuana once or twice per week to be of moderate or great risk, down from 78.1% in 2016 to 64.2% in 2017-18.

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