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# Project SUCCESS

## Program Brief FY 2020-2021

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### Prevention Prepared Communities - Logistics:



The **Livingston COMMUNITY PREVENTION Project (LCPP)** consists of three partner agencies that collaborate to provide substance abuse prevention services in Livingston County. The collaborative partners are Karen Bergbower & Associates, Key Development Center, Inc., and Livingston County Catholic Charities. The LCPP provides prevention services to students, parents, schools, and the community.

### 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 16 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 4 alternative schools to provide a full range of substance abuse prevention and early intervention services. They Project SUCCESS Counselors use the following Center for Substance Abuse Prevention (CSAP) Strategies: information dissemination, education, problem identification and referral, community-based process, and environmental.

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 Awareness 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.

*"At the end of the school year I received a letter from a student stating, "I would like to take this opportunity to say thank you for inviting me to the group. Also thank you for teaching me different ways, strategies to cope and understanding that there is truly nothing wrong with me and that life is more than just myself but for others around me and that life is and will get better than it is now. So thank you for listening to me when I needed a shoulder to cry on and just be understanding of my situation or situations going on at home. But thank you so much for being the person that you are today and helping other teenagers like me with their issues and or situations." To me, this speaks volumes on the importance of the work we do in the schools. Every student deserves to feel the way this young woman does and that is why every element of our role as PS Counselors is so essential. I am positively impacted everyday by the students I work with, and it is the moments like above, hearing that my passion has done the same for them that makes this job so meaningful."*

– Caitlin Nelson

## Outcomes/Results:

In Livingston County during the 2020-2021 school year:

- 781 middle and high school students were referred to Project SUCCESS Counselors.
- 421 middle and high school students met individually with a Project SUCCESS Counselor for interviews, assessment/referral, and time-limited counseling.
- Of the middle and high school students who received time-limited individual counseling, 56 students reported improvements in 2 of the following 6 areas: relationships, peer refusal, problem solving, attitude toward school, awareness of AOD risks, and AOD use.
- Of the 382 high school and middle school students who participated in Project SUCCESS groups, 231 reported improvements in their awareness of the risks of alcohol, the risks of using prescription drugs that are not prescribed for you, and the risks of marijuana use.

Project SUCCESS services are provided to students within the school environment. Program implementation was affected by COVID protocols throughout the year. Hartland Schools did not allow any implementers to enter a few of their buildings for the school year and Howell schools allowed implementers later in the year, during second semester. All schools had in person learning most of the year, but student involvement was limited due to how each school implemented in person learning such as block scheduling, weekly virtual days, and some school wide quarantines.

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 7<sup>th</sup> 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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