

Project SUCCESS

Schools Using Coordinated Community Efforts to Strengthen Students

Program Brief • 2021-2022

What is Project SUCCESS?

Project SUCCESS, which has been implemented in Livingston County for 17 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 counselors, called 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 use prevention and early intervention services.

Project SUCCESS Counselors work with adolescents individually and in small groups, implement awareness activities, train and consult on prevention issues with school staff, and connect students and families to community resources like substance use treatment and mental health services.

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 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** on several issues as well as promoting Safe Homes.
- **Individual and Group Counseling** conducted by the Project SUCCESS Counselors in the school.
- **Screening and Referral:** Students who require more intensive counseling, treatment, or other services are referred to appropriate agencies or practitioners in the community.



Outcomes/Results:

In Livingston County during the 2021-2022 school year:

- 932 middle and high school students were referred to Project SUCCESS Counselors.
- 520 middle and high school students met individually with a Project SUCCESS Counselor for interviews, assessment/referral, and time-limited counseling.
- Of the 104 middle and high school students who received time-limited individual counseling, 50 students reported improvements in 2 of the following 6 areas: relationships, peer refusal, problem solving, attitude toward school, awareness of alcohol and other substance use risks, and alcohol and other substance use.
- Of the 491 high school and middle school students who participated in Project SUCCESS groups, 328 reported increased awareness of the risks of alcohol use, 330 reported increased awareness of the risks of using prescription drugs that are not prescribed for you, and 319 reported increased awareness of the risks of marijuana use.

Project SUCCESS Uses a Variety of Strategies to Impact Change*

information dissemination
education
problem identification and referral
community-based process
environmental

* Center for Substance Abuse Prevention

Impact on Youth Substance Use:

Project SUCCESS, combined with other LCPP programming, continues to impact youth substance use within Livingston County as shown by local data from the Michigan Profile for Healthy Youth (MiPHY) survey:

- The percentage of middle school youth reporting past 30-day **USE OF ALCOHOL DECREASED** 77.1% from 4.8% in 2015 to 1.1% in 2017.
- The percentage of high school youth reporting past 30-day **USE OF ALCOHOL DECREASED** 26% from 24.6% in 2016 to 18.2% in 2017.
- The percentage of middle school youth reporting past 30-day **USE OF MARIJUANA DECREASED** 97.2% from 3.6% in 2015 to .1% in 2017.
- The percentage of high school youth reporting past 30-day **USE OF MARIJUANA DECREASED** 21.1% from 18% in 2016 to 14.2% in 2017.
- The percentage of middle school youth reporting past 30-day **USE OF PRESCRIPTION DRUGS DECREASED** 88.5% from 9.6% in 2015 to 1.1% in 2017.
- The percentage of high school youth reporting past 30-day **USE OF PRESCRIPTION DRUGS DECREASED** 20% from 4.5% in 2016 to 3.6% in 2017.

The Livingston COMMUNITY PREVENTION Project (LCPP)

The LCPP collaborative partners are Karen Bergbower & Associates, Key Development Center, Inc., and Livingston County Catholic Charities. Working closely with the Livingston County Community Alliance, the LCPP provides substance use prevention services across Livingston County targeting students, parents, schools, and the community to achieve the following goals:

- Reducing Childhood and Underage Drinking
- Reducing Prescription and Over the Counter Drug Abuse/Misuse
- Reducing Illicit Drug Use



Want More Information?

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