



Together Promoting Healthy Youth

## **Community Assessment Report**

December 2006

2006 Five Town *Communities That Care* Participants

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Five Town *Communities That Care* is a collaborative project of public and private health, education, human service and civic organizations; local businesses; and citizens. Some of those represented include:

Aldermere Farm  
Appleton Village School  
Camden Hills Regional Adult Education  
Camden Hills Regional High School  
Camden Police Department  
Camden Rotary Club  
Camden-Rockport Middle School  
Camden-Rockport-Lincolnville Chamber  
Chestnut Street Baptist Church  
CHRHS Parent Group  
CRMS Parent Group  
Dominos  
Elm Street Printing  
Harbor Schools  
Hanniford (Camden)  
Hope Elementary School  
Knox County Community Health Coalition  
Lincolnville Central School  
M.S.A.D. #28

Maine Inhalant Prevention Task Force  
Maine Youth Suicide Prevention Program  
Midcoast Integrated Health Collaborative  
Midcoast Junior Golf Association  
Midcoast School of Martial Arts  
Midcoast Recreation Center  
NAMI-ME  
PenBay Health Care  
Penobscot Bay YMCA  
Pizza Hut  
Rockport Police Department  
St. Thomas Episcopal Church  
Stepping with the Stones Preschool  
The First  
The Teen Center  
United Christian Church  
University of Washington  
West Bay Rotary  
Verizon

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# Executive Summary

This report describes the results of the 2006 Risk and Protective Factor Assessment completed as part of the Five Town Communities That Care effort. The Communities That Care system is a way for members of the community to work together to promote healthy youth development and to reduce youth problem behaviors, such as substance abuse, violence, delinquency, school drop-out, and teen pregnancy. This system, developed by Dr. J. David Hawkins and Dr. Richard Catalano, is based on research that identified risk factors that predict youth problem behaviors, and protective factors that buffer children from risk and help them succeed in life.

A key goal of the Five Town Communities That Care effort is to identify the risk factors, protective factors, and behaviors that are prevalent in our community, and to implement tested and effective programs that address our community's unique profile. To that end, the Community Data Workgroup of Five Town Communities That Care's Community Board collected and analyzed data on Appleton, Camden, Hope, Lincolnville, and Rockport. They, with input from the community, identified priority risk and protective factors to address, as well as community strengths on which to build.

This assessment was completed using the 2006 Maine Youth Drug and Alcohol Use Survey (MYDAUS) and the data from prior MYDAUS years (2000 and 2004). The MYDAUS was administered to students in grades 6, 8, 10, and 12 in Appleton, Camden, Hope, Lincolnville, and Rockport. The survey was designed to assess students' involvement in problem behaviors, the risk factors that predict those behaviors, and protective factors that can buffer them.

The 2005 Community Assessment recognized several area of strength in the Five Town Community. *Community Opportunities for Prosocial Involvement* and *Family Recognition for Prosocial Involvement* were strong protective factors that were noted; low rates of the risk factors *Academic Failure* and *Early Initiation of Drug Use* were also recognized. In 2005 the Community Board once again prioritized the risk factors *Low Commitment to School* and *Friends Who Engage in Problem Behaviors* as areas for action. That report also recommended that the protective factors *School Opportunities for Prosocial Involvement*, *School Recognition for Prosocial Involvement*, and *Belief in the Moral Order* be enhanced.

This report recommends several areas that should be considered in the update of the Five Town Communities That Care Community Action Plan. The new data suggests that four protective factors should be enhanced: *Interaction With Prosocial Peers*, *Rewards for Prosocial Involvement*, *Prosocial Involvement* and *Community Recognition for Prosocial Involvement*.

Four risk factors were recommended for priority action: *Low Commitment to School*, *Friends Who Engage in Problem Behaviors*, *Family Conflict* and *Laws and Norms Favorable to Drug Use*. *Poor Family Management* should also be addressed whenever opportunity arises.

|                        |                           |  |  |   |  |
|------------------------|---------------------------|--|--|---|--|
| <b>2006 Strengths:</b> | <i>Protective Factors</i> | <b>Community Opportunities for Prosocial Involvement</b> |  | <b>Family Recognition for Prosocial Involvement</b> |  |
|                        | <i>Risk Factors</i>       | <b>Academic Failure</b>                                  |  | <b>Early Initiation of Drug Use</b>                 |  |
| <b>2006 Concerns:</b>  | <i>Protective Factors</i> | <b>Interaction With Prosocial Peers</b>                  | <b>Rewards for Prosocial Involvement</b>       | <b>Prosocial Involvement</b>                        | <b>Community Recognition for Prosocial Involvement</b> |
|                        | <i>Risk Factors</i>       | <b>Low Commitment to School</b>                          | <b>Friends Who Engage in Problem Behaviors</b> | <b>Family Conflict</b>                              | <b>Laws and Norms Favorable to Drug Use</b>            |

## Introduction

### **The Five Town Communities That Care Effort**

In the spring of 2003, the five town community of Appleton, Camden, Hope, Lincolnville, and Rockport began implementing the *Communities That Care* prevention-planning system. Developed by Dr. J. David Hawkins and Dr. Richard Catalano of the University of Washington's Social Development Research Group (SDRG) in Seattle, Washington, the *Communities That Care* system is a way for members of a community to work together to efficiently and effectively promote positive youth development and prevent youth problem behaviors such as substance abuse, delinquency, teen pregnancy, school drop-outs, and violence.

The Five Town Community is using the *Communities That Care* process to achieve the community's vision of a compassionate, accepting community of five towns where people actively work together to create a safe and healthy environment for all.

Five Town *Communities That Care* seeks to reduce problem behaviors and promote positive behaviors by addressing risk factors that exist in the community that have been shown to increase the likelihood that children will become involved in problem behaviors in adolescence and young adulthood. Five Town *Communities That Care* will also identify and enhance protective factors in the community that have been shown to buffer the effects of exposure to risk factors.

### **The Community Assessment**

This report represents the first step in this cyclical process. The Community Data Work Group of Five Town *Communities That Care* has collected data on risk factors, protective factors, and problem behaviors in the Five Town Area. The group has identified our community's strengths and some priority risk factors to address in the Five Town *Communities That Care* prevention plan.

Community Assessments were also done in 2003 (using 2002 MYDAUS data) and in 2005 (using 2004 MYDAUS data). Those reports are available on the Five Town *Communities That Care* website at [www.5townctc.org](http://www.5townctc.org).

## **Data Collection Methods**

In 2006 the *Maine Youth Drug and Alcohol Use Survey (MYDAUS)* was administered to 77,206 Maine students from 336 schools in 132 districts; all 16 counties were represented. More than 68% of all eligible students (grades 6-12) participated. The *MYDAUS* was administered to 528 students in grades 6, 8, 10 and 12 at Appleton Village School, Camden-Rockport Middle School, Hope Elementary School, Lincolnville Central School, and Camden Hills Regional High School. This represents approximately 80% of those eligible in those grades. Because participation rates are so high, we can have high confidence that the data represents the majority of youth who attend public schools in these grades. Data for the 2000, 2002, and 2004 *MYDAUS* waves were also considered in this assessment.

In 2003 archival data on juvenile drug related arrests, juvenile arrests for property crimes, juvenile alcohol related arrests, AFDC, Free and Reduced Lunch recipients, Food Stamp recipients, adolescent pregnancies, birthrate among juveniles, and school drop-outs was also analyzed. At that time the year 2000 US Census data on poverty was also considered. Five Town *Communities That Care* should consider a review of these sources during its next assessment.

## **How the Priorities Were Identified**

The Community Data Work Group analyzed the data in order to identify the risk factors that are most elevated and the protective factors that are lowest in the community. To facilitate this process the group noted which three risk factors were most reported for each grade level, and which protective factors were least reported. Those risk factors that were among the top three most reported and those protective factors that were among the three least reported were considered first as priority items. Then the group considered targeting the different domains when prioritizing (community, school, family, and peer/individual) and whether there were tested and effective programs or strategies identified that could address an area being considered.

The group also compared the current data with that for the prioritized risk and protective factors of the previous assessment. If an area had been prioritized in previous years, evidence of a strong downward trend was sought before a recommendation to drop an area was made.

A summary of these findings was prepared and the information presented to the entire Community Board at its November meeting. The Community Board then discussed other considerations, and by consensus selected the final priorities for prevention action in the next year.

# Report Overview

The next sections of the report provide detailed information and analysis for the risk factors and protective factors in the Five Town Community. The conclusion presents the final list of priorities and recommendations for future action.

## The Community Assessment Data

Graphs depict local values for each factor, and selected county and state level comparisons. Two types of graphs are used in the report. The first type (bar charts) shows rates only for 2006, with state and county comparisons. The second type (line graphs) shows data for different groups of students for a certain grade, during different years.

## Protective Factors

Understanding and identifying risk and protective factors helps communities understand what they should do to prevent problem behaviors and promote healthy development. Enhancing protective factors helps communities promote positive development even in the face of risk.

The individual protective factors measured on the MYDAUS are:

- Community Opportunities for Prosocial Involvement
- Community Recognition for Prosocial Involvement
- Family Attachment
- Family Opportunities for Prosocial Involvement
- Family Recognition for Prosocial Involvement
- School Opportunities for Prosocial Involvement
- School Recognition for Prosocial Involvement
- Social Skills
- Belief in the Moral Order
- Interaction with Prosocial Peers
- Prosocial Involvement
- Rewards for Prosocial Involvement

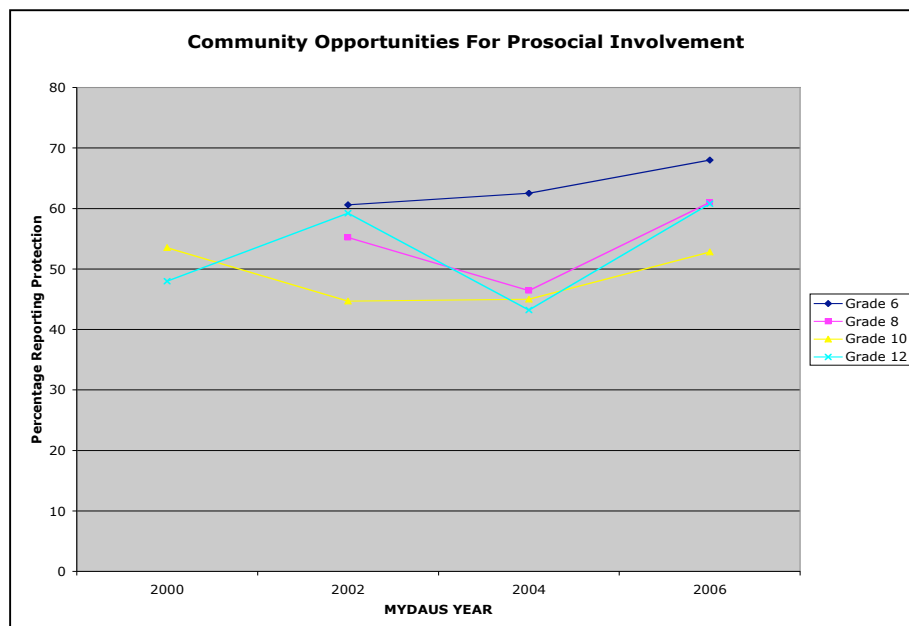
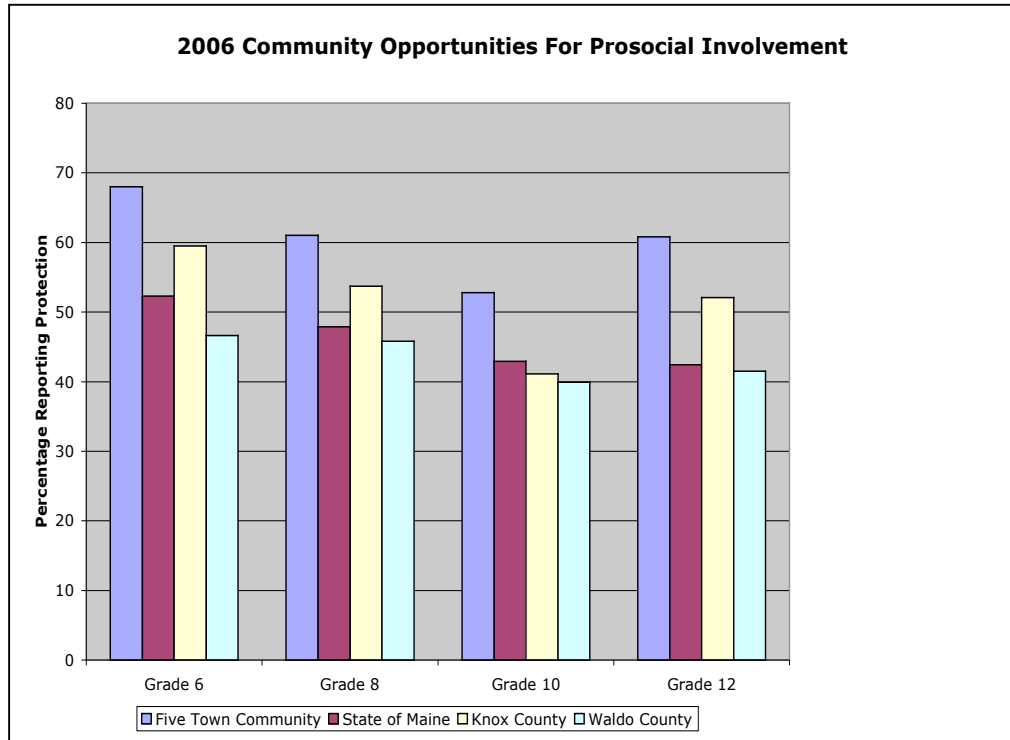
(Please note, we hope to see **HIGH** levels of protection.)

## Elevated Protection

The first three protective factors discussed were identified as areas of strength in the last community assessment. The last two are newly identified areas of strength.

### Community Opportunities For Prosocial Involvement

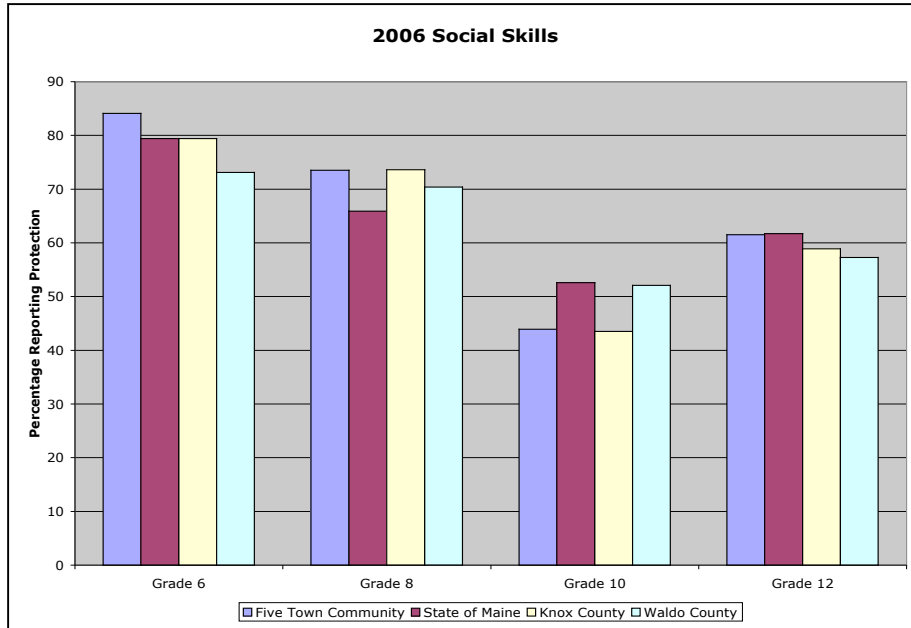
Youths who perceive more opportunities to participate in positive activities and interactions with prosocial adults are more likely to participate in such activities and less likely to use drugs.



The protective factor Community Opportunities For Prosocial Involvement was acknowledged as a community strength in both 2002 and 2004. Although this is no longer among the highest of the community protective factors, it is still an area of strength. Levels appear to be trending up.

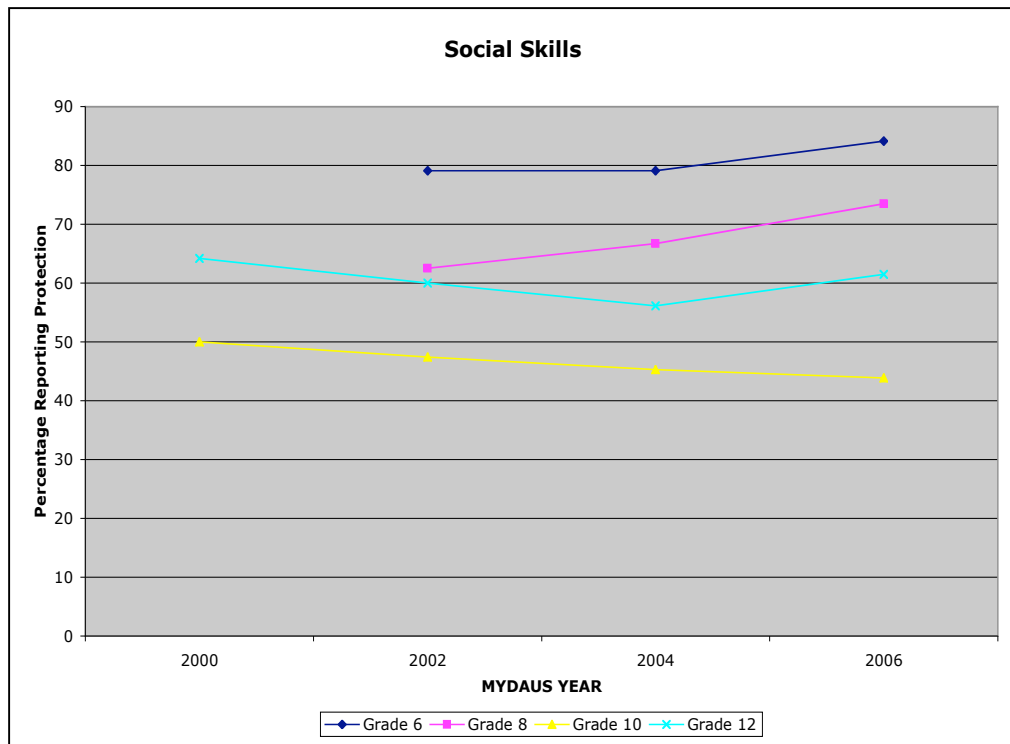
## Social Skills

Youths who display more skillful social behavior (e.g., social problem solving, greater respect and awareness of others, better communication) are less likely to use drugs or engage in delinquent or violent behavior themselves.



In 2002, only Five Town Area students in grade 6 measured at levels of protection above the state average. In 2004, both grades 6 and 8 measured above state averages. In the 2006 MYDAUS Five Town Area students in grades 6 and 8 were higher than state levels and grade 12 were at the state average.

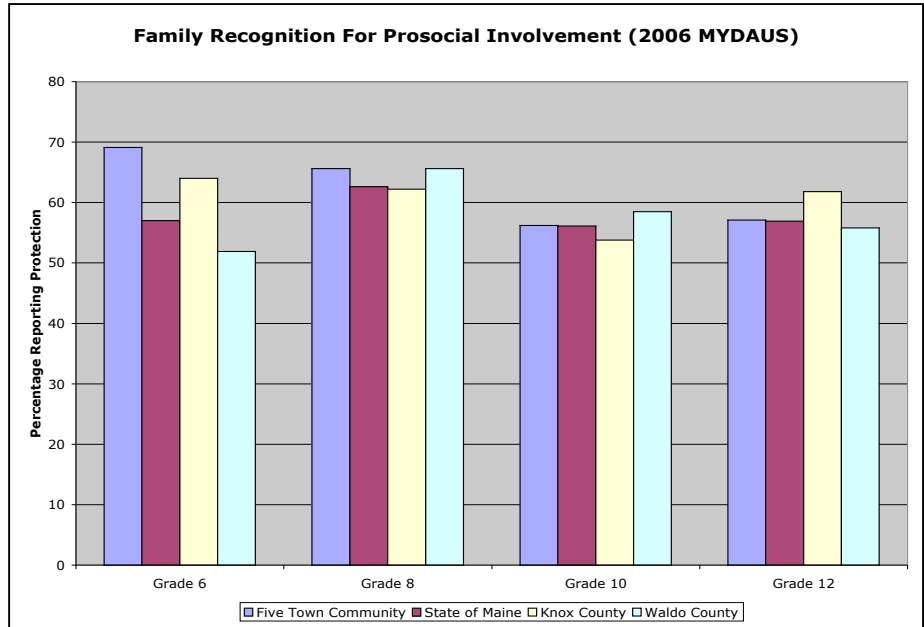
This protective factor remains one of the highest for our middle school students, and appears to be trending up for all but the 10<sup>th</sup> grade.



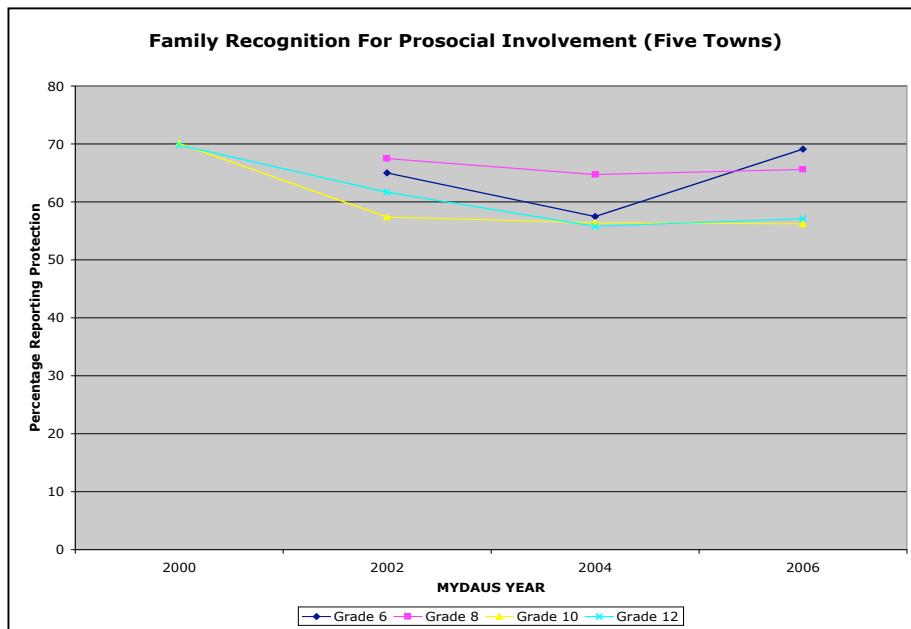
## Family Recognition For Prosocial Involvement

Youth who perceive greater rewards and recognition for involvement in prosocial activities in their family are more likely to participate in such activities and less likely to use drugs.

In 2002 Five Town students at all four grade levels were above State of Maine average levels of protection for this risk factor. In 2004, grades 6 and 12 had slipped below the average. In the 2006 survey, all grades are once again above the average level of protection for the state.



Five Town Area students report higher than state average levels of Family Attachment for all those measured except for grade ten.

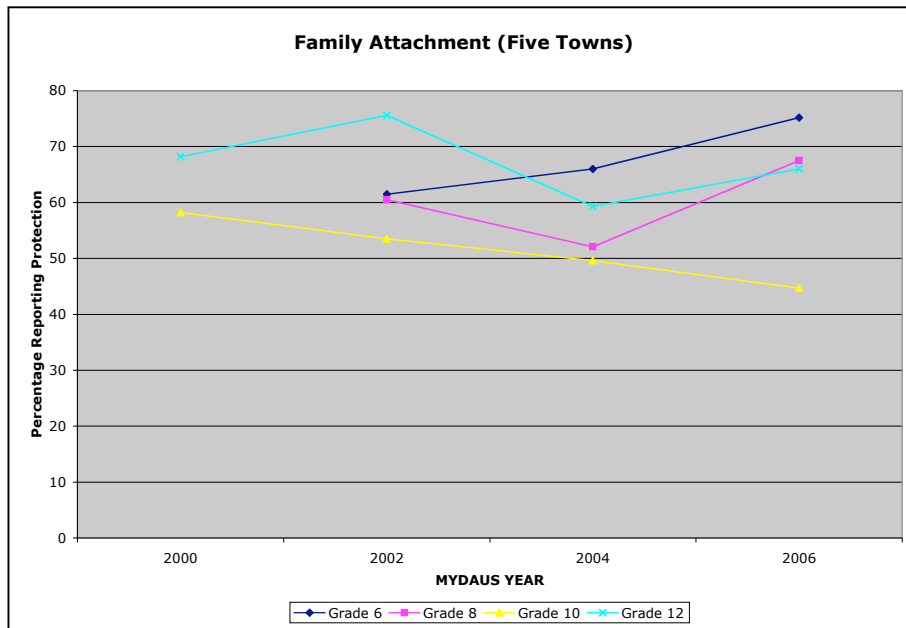
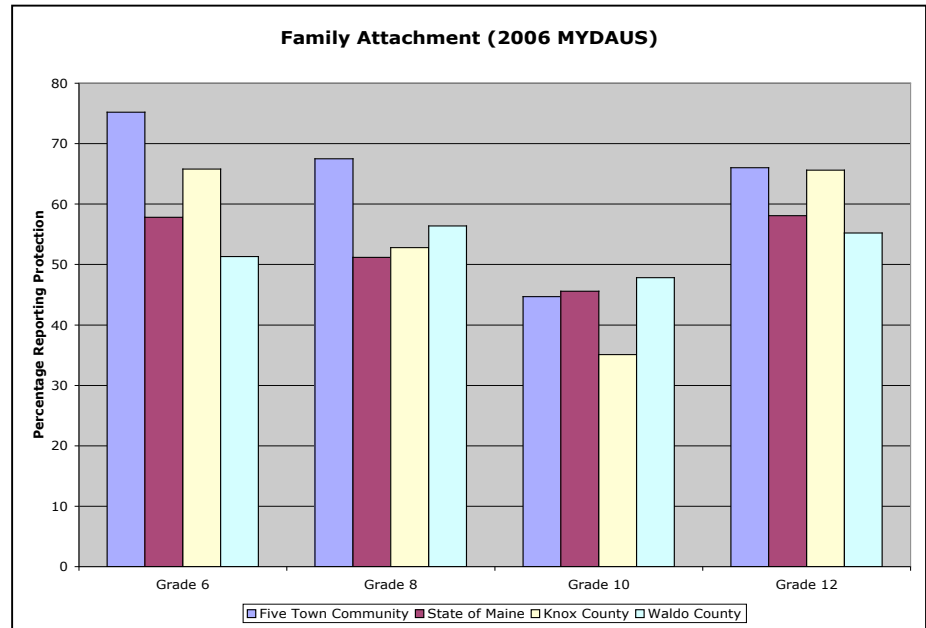


For grades 10 and 12 the trend in this factor is downward. There is no clear trend for grade 8, but grade six appears to be trending up. This protective factor was in the top three most reported to be present for our grade 6, 8, and 10 students.

## Family Attachment

Youths who report stronger emotional bonds to their parents (or legal guardians) are less likely to use drugs, unless their parents use drugs.

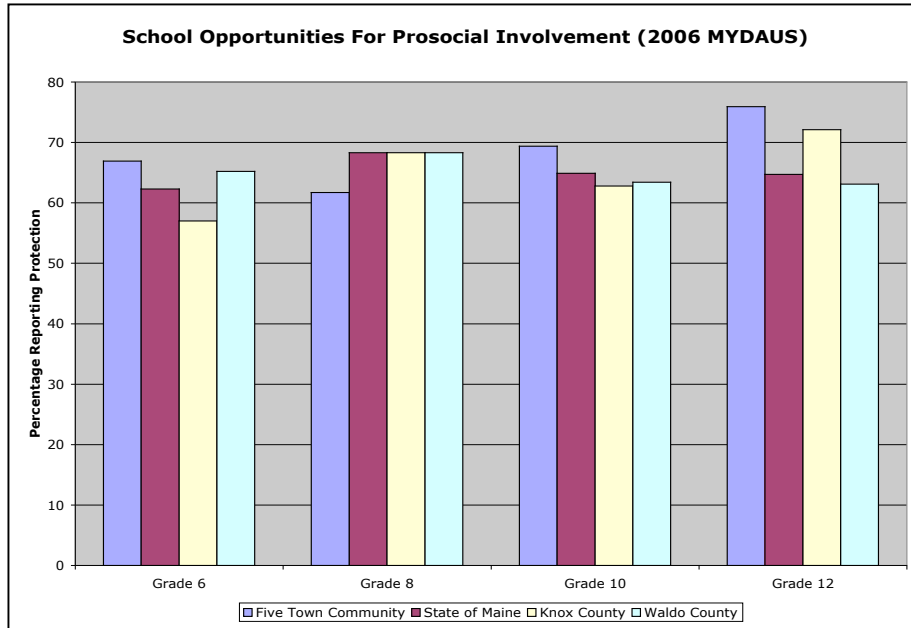
This protective factor was the second most reported for grades 6, 8, and 12 on the 2006 MYDAUS. For grade ten students it ranked as only the 9<sup>th</sup> highest (out of 12 protective factors).



Although this is an area of strength for the community, the continued downward trend for grade ten students should be noted and investigated.

## School Opportunities For Prosocial Involvement

Youths who perceive more opportunities for involvement in prosocial activities in school are more likely to participate in such activities and less likely to use drugs.

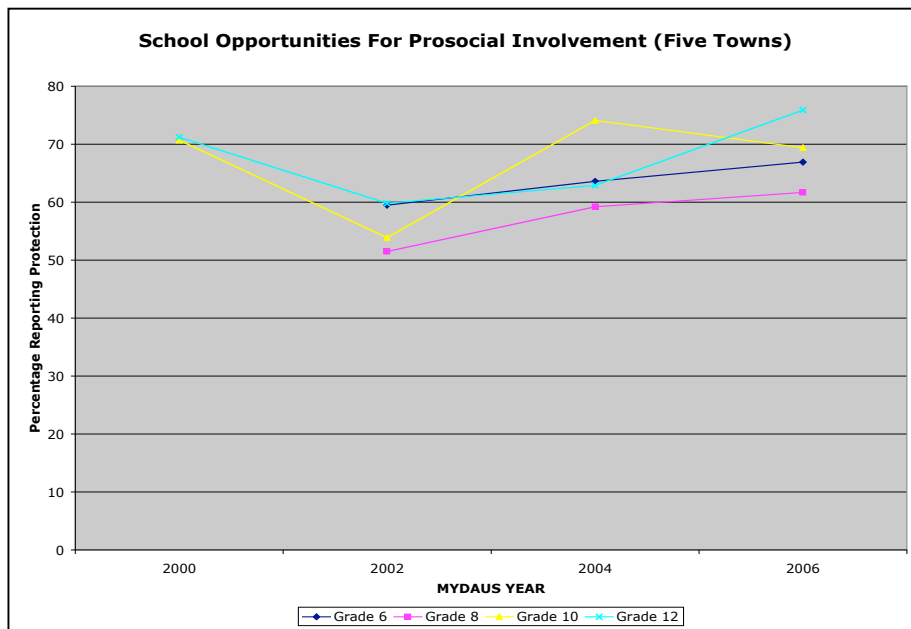


This protective factor was the highest reported for Five Town students in grades 10 and 12. Students in our community report higher levels of this protective factor than the state average for grades 6, 10, and 12.

This is clearly an area of strength in our community. This is especially good news because this protective factor was noted as an area for improvement rather than a strength in both 2002 and 2004.

In general, the level of this protective factor appears to be trending up over time.

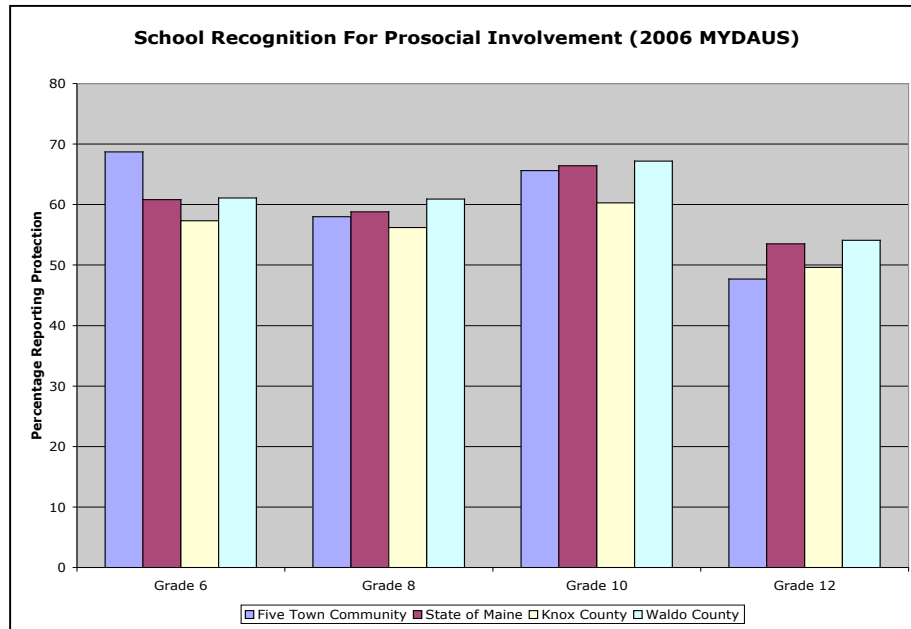
During the last assessment School Opportunities for Prosocial Involvement, School Recognition for Prosocial Involvement, and Belief in the Moral Order were all



recommended as potential targets for enhancement. The 2006 MYDAUS data suggested that we also look more closely at Interaction with Prosocial Peers, Rewards for Prosocial Involvement, Prosocial Involvement and Community Recognition for Prosocial Involvement. School Opportunities for Prosocial Involvement is now one of the community strengths and is analyzed in the previous section.

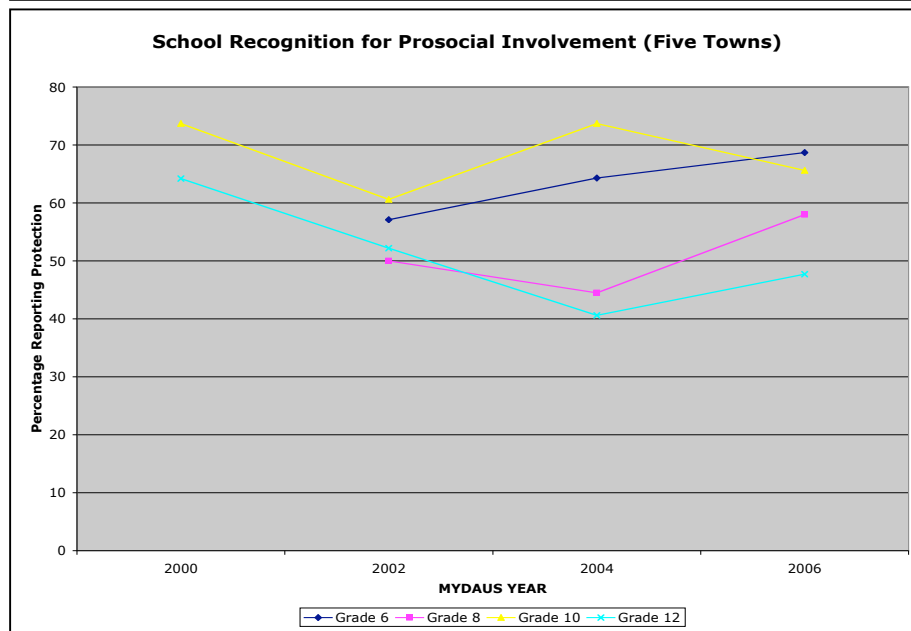
## Decreased Protection

### School Recognition for Prosocial Involvement



Youths who perceive greater rewards and recognition for involvement in prosocial activities at school are more likely to participate in such activities and less likely to use drugs.

This protective factor is inconsistent across grade levels in the Five Towns. For grade 10 it was among the highest, for grade 12 among the lowest. In the middle schools it ranged somewhere in between. On the 2006 MYDAUS with grade six students we are clearly above state average levels, but are not so fortunate in other grades.



In general, we now seem to be trending upwards in levels of this protective factor.

## Belief in the Moral Order

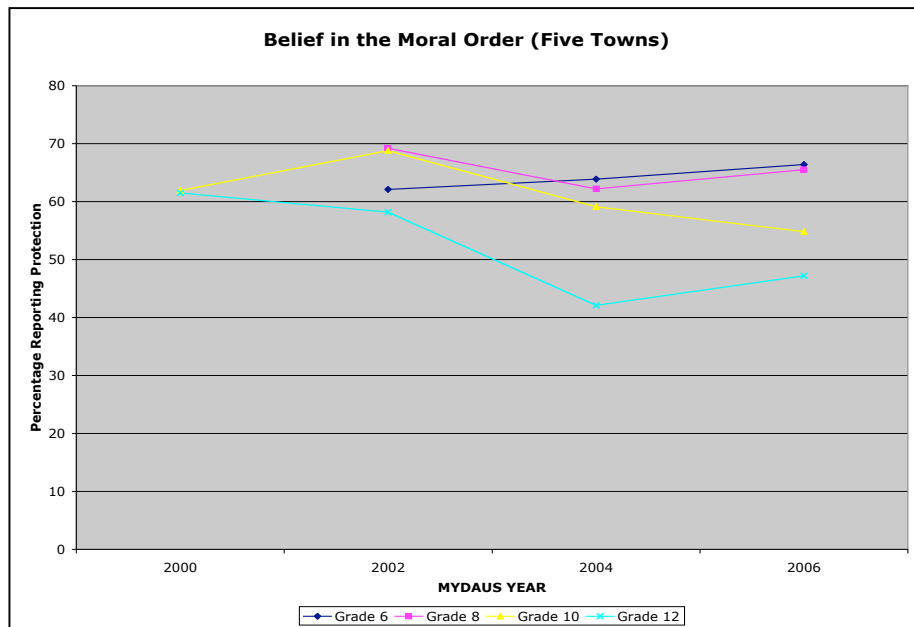
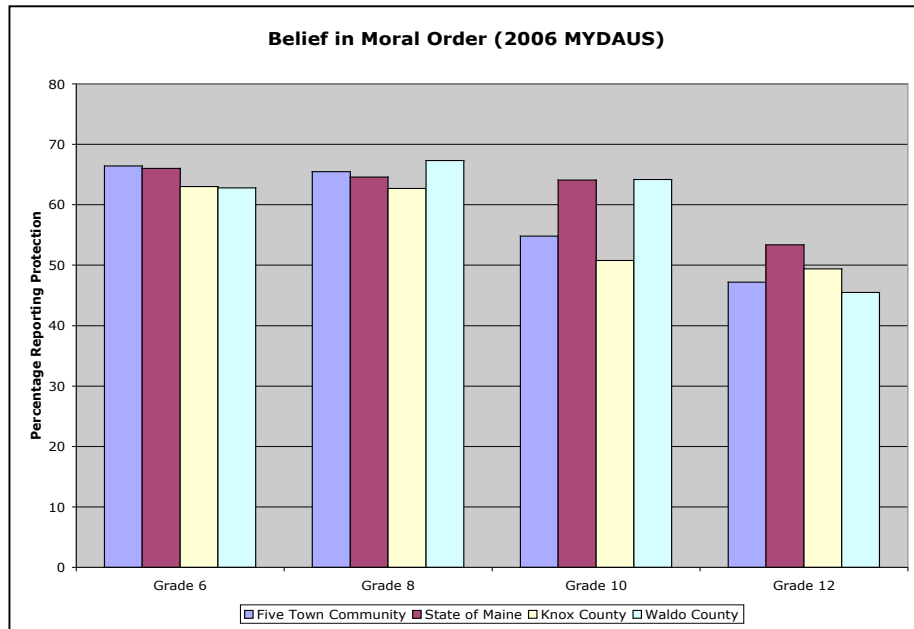
Youths who hold stronger moral beliefs are less likely to use drugs.

This protective factor was one of the three least frequently reported by Five Town Area 12<sup>th</sup> graders.

Both grades 10 and 12 are at levels below the state average of protection for this factor.

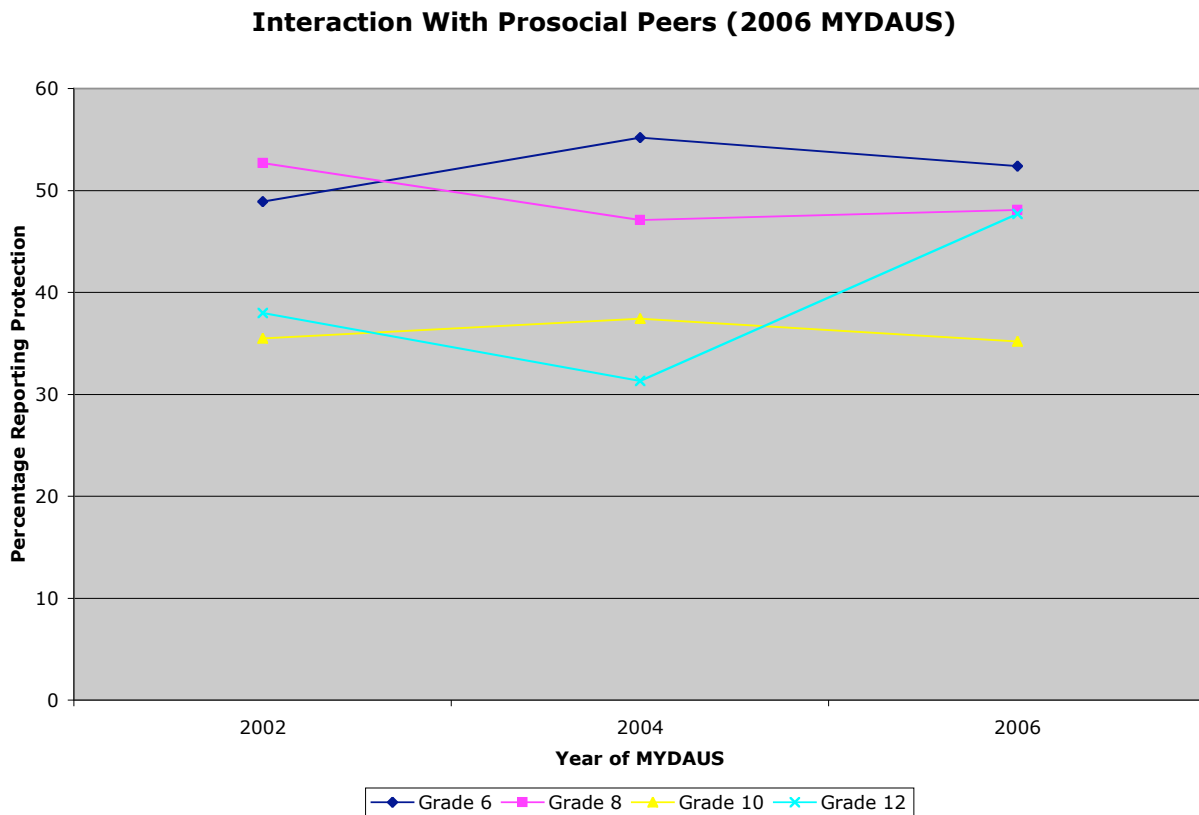
Middle school levels are trending upward, but high school protection in this area is not.

It should be noted that with the exception of the tenth grade, the trend graph is more encouraging than it was at the last assessment.



## Interaction with Prosocial Peers

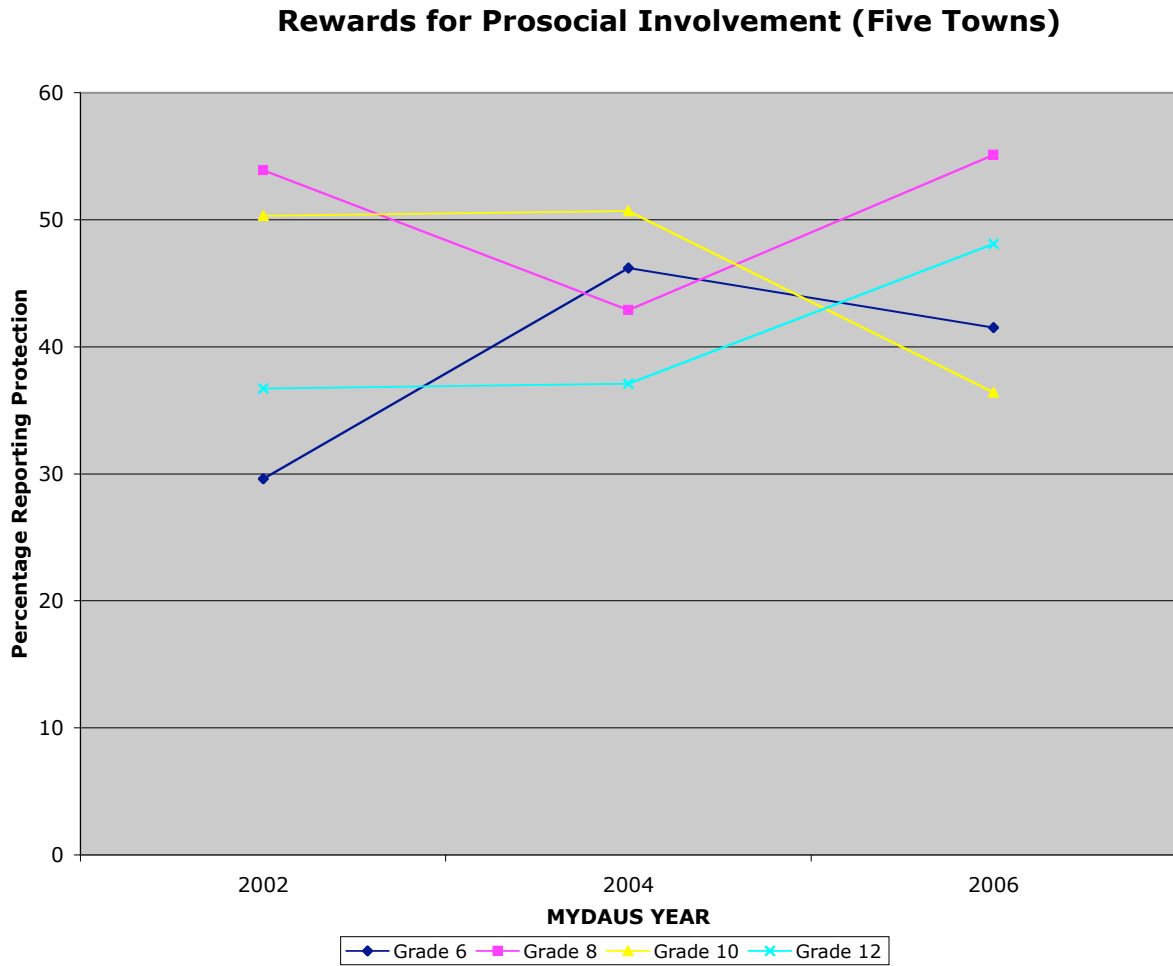
Youths who establish friendships with peers who engage in positive, healthy activities are less likely to become involved in antisocial or unhealthy activities.



State and County comparison data is not available for this protective factor. In the Five Town Community it was among the three lowest reported levels of protection for all four grades surveyed on the 2006 MYDAUS. With the possible exception of grade twelve, no significant upward trend can be seen.

## Rewards for Prosocial Involvement

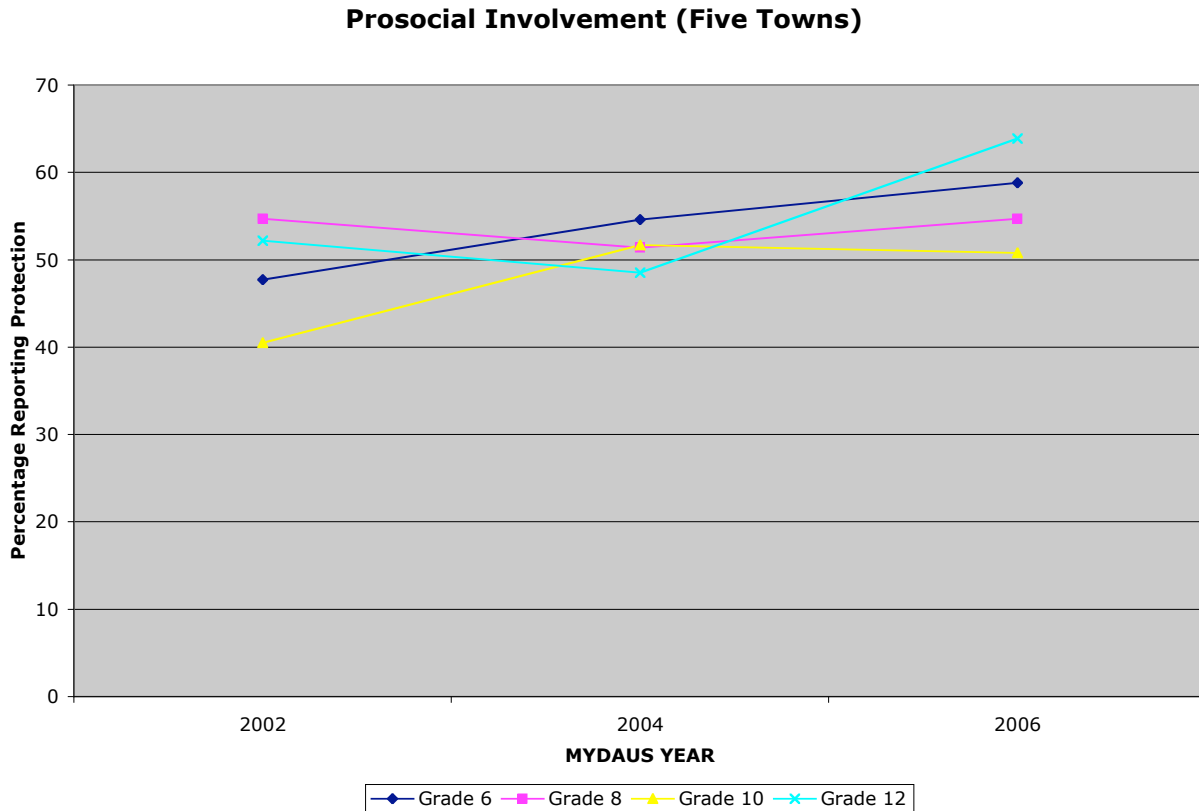
Youths who perceive social benefits for engaging in positive, healthy activities are more likely to engage in those activities and less likely to engage in unhealthy ones.



State and County comparison data for this protective factor is not available. On the 2006 MYDAUS, this protective factor was among the three lowest reported for grades 6 and 8 in the Five Town Community. Trend data is inconsistent across grades.

## Prosocial Involvement

Youths who actively participate in positive, healthy activities are less like to engage in problem behaviors.

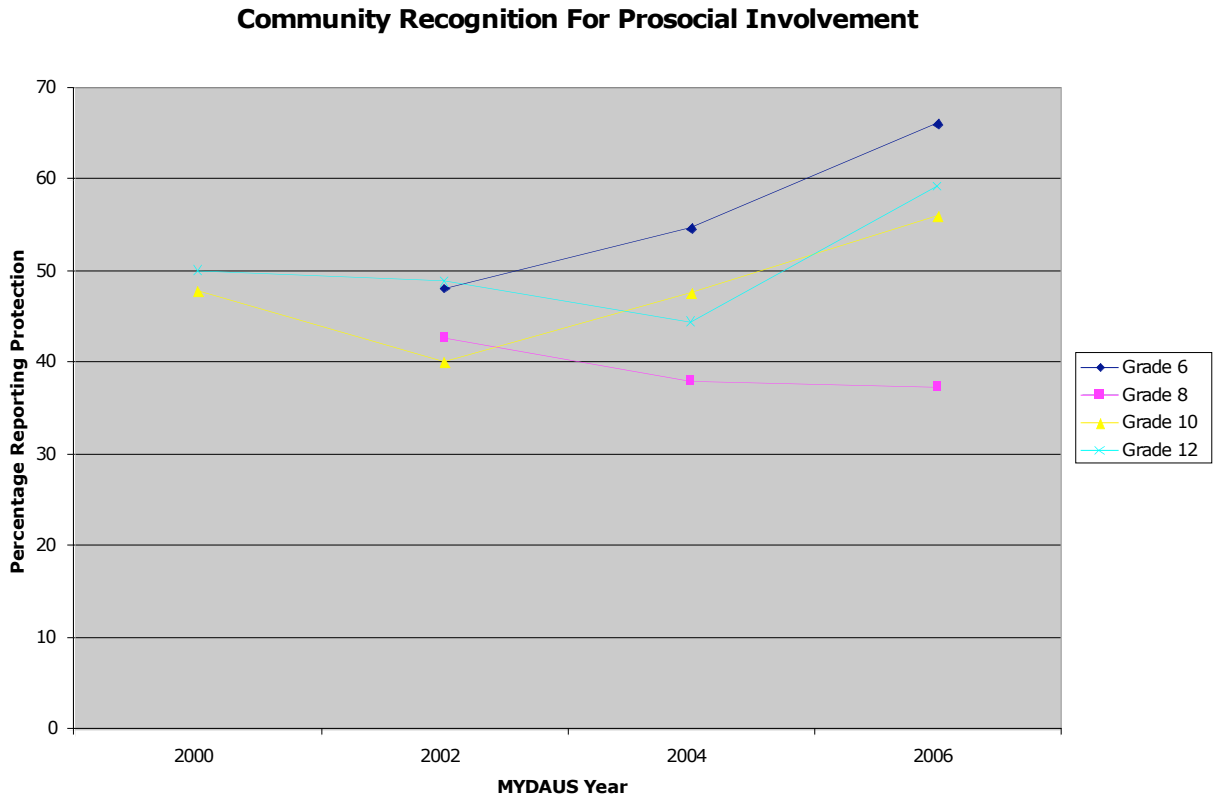


State and County level comparisons are not available for this protective factor. On the 2006 MYDAUS, this protective factor was among the three lowest for Five Town 6<sup>th</sup> and 8<sup>th</sup> graders, and among the three highest reported for 12<sup>th</sup> graders.

Rates of protection for Five Town youth in this area are trending up for all grades measured, with the possible exception of grade ten.

## Community Recognition for Prosocial Involvement

Young people who are recognized by adults in the community for positive participation in community activities are less likely to engage in problem behaviors.



State and county level comparison data is not available for this protective factor.

Protection is trending up for 6th and 10th grades. The news is not so encouraging for grade 8 and a trend is not yet clear for grade twelve.

# Risk Factors

Research has identified 20 risk factors that can reliably predict the adolescent problem behaviors of alcohol and other drug use, delinquency, dropping out of school, teen pregnancy, and violence. These risk factors are based on a review of over 30 years of research across a variety of disciplines and are subject to the most rigorous research criteria. These risk factors have been shown, in multiple longitudinal studies, to be reliable predictors of one of the five adolescent problem behaviors.

## *Risk Factors Measured on the MYDAUS*

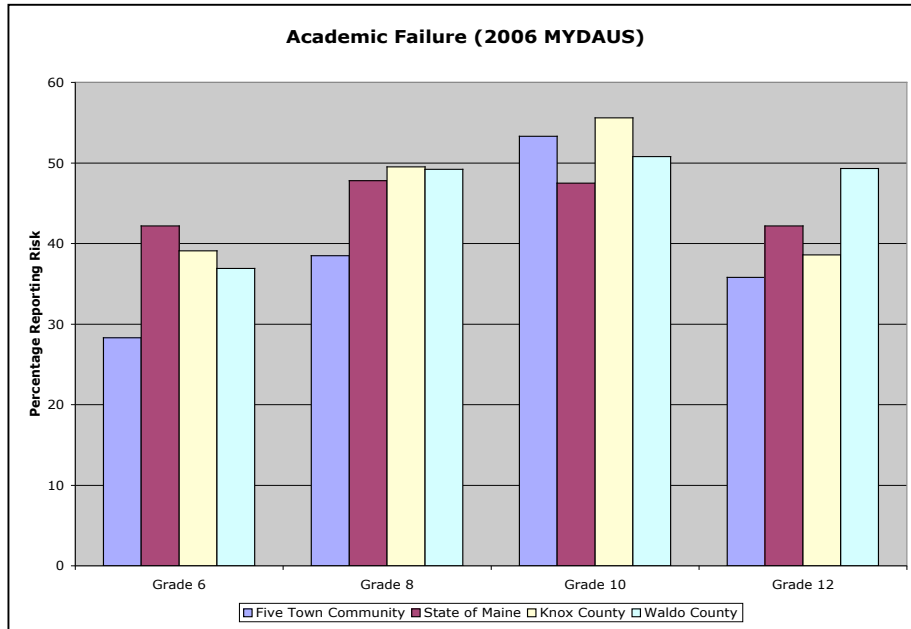
- Low Neighborhood Attachment
- Community Disorganization
- Laws and Norms Favorable to Drug Use
- Perceived Availability of Drugs
- Perceived Availability of Handguns
- Poor Family Management
- Family Conflict
- Family History of Antisocial Behavior
- Parental Attitudes Favoring Drug Use
- Parental Attitudes Favoring Antisocial Behavior
- Academic Failure
- Low Commitment To School
- Rebelliousness
- Early Problem Behavior
- Early Initiation of Drug Use
- Attitudes Favoring Drug Use
- Attitudes Favoring Antisocial Behavior
- Low Perceived Risks of Drug Use
- Friends' Antisocial Behaviors
- Friends' Use of Drugs
- Sensation Seeking
- Rewards for Antisocial Involvement

*(Please note that we hope to see **LOW** levels of risk.)*

## **Decreased Risk**

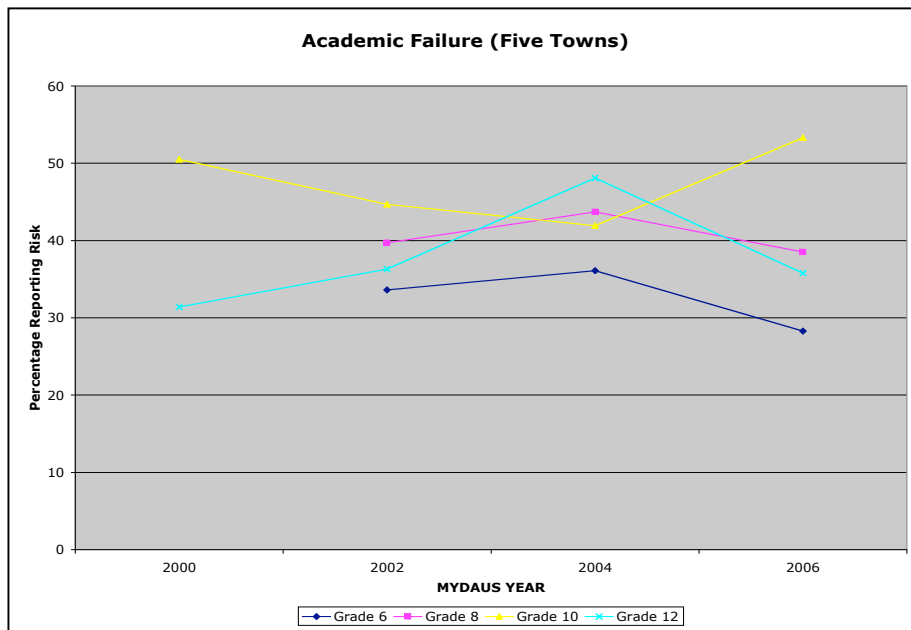
The Five Town Community benefits from low levels of risk in several areas. In the previous assessment, Academic Failure and Early Initiation of Drug Use were both recognized as areas of lower risk in the community. On the 2006 MYDAUS, the data showed that low rates of Early Problem Behavior, Perceived Availability of Handguns, and Friends Use of Drugs are newly identified areas of lower risk.

## Academic Failure



Beginning in the late elementary grades (grades 4-6), academic failure increases the risk of both drug use and delinquency.

For the last assessment, youths in all four grade levels reported lower levels of risk than the state of Maine average. On the 2006 MYDAUS, Five Town grade 10 students measured at higher risk, while the others remain below the state average.

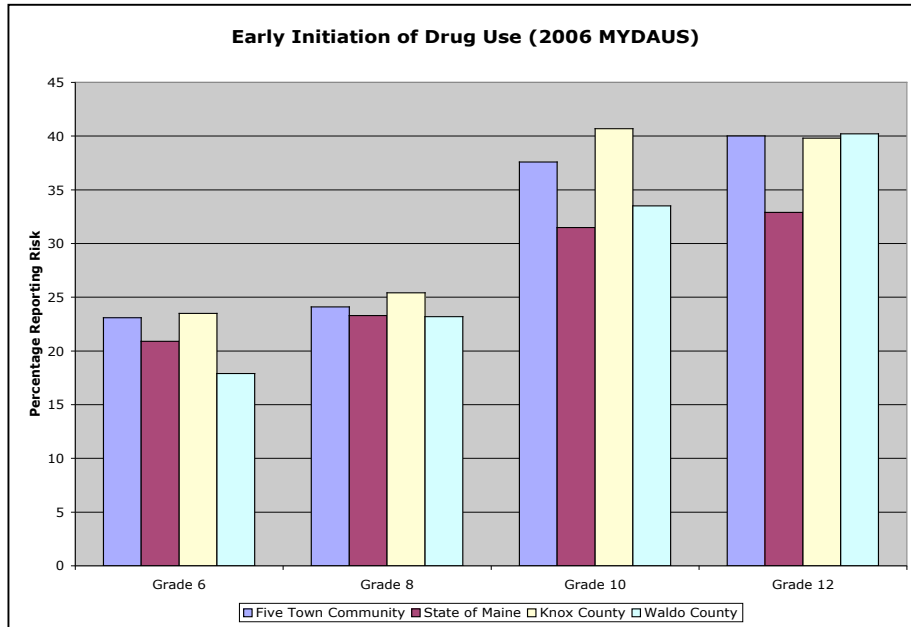


In 2006, this risk factor was not among the three highest or the three lowest reported for any of the grade levels measured. For all groups except grade ten, the risk appears to be trending down.

Generally, this can still be considered an area of lower risk.

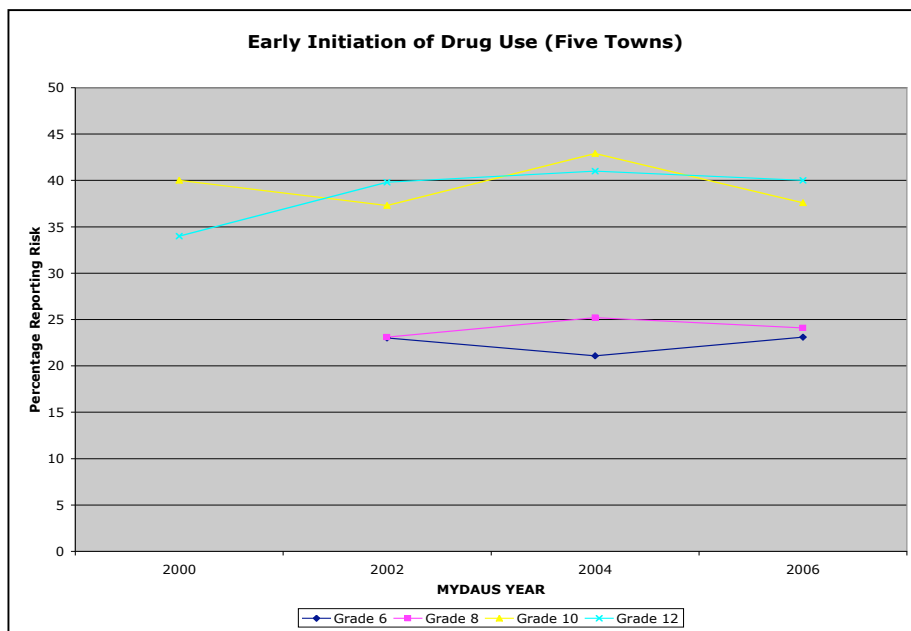
## Early Initiation of Drug Use

The earlier the onset of any drug use, the greater the involvement in other drug use and the greater the frequency of use. Onset of drug use prior to the age of 15 is a consistent predictor of later drug abuse.



At the last assessment in 2004, Five Town area students in grades 6 and 8 measured at levels of this risk factor that were below state of Maine averages. On the 2006 MYDAUS, all four grades measured at levels of risk ABOVE the State of Maine average.

This can no longer be considered an area of low risk for our community.



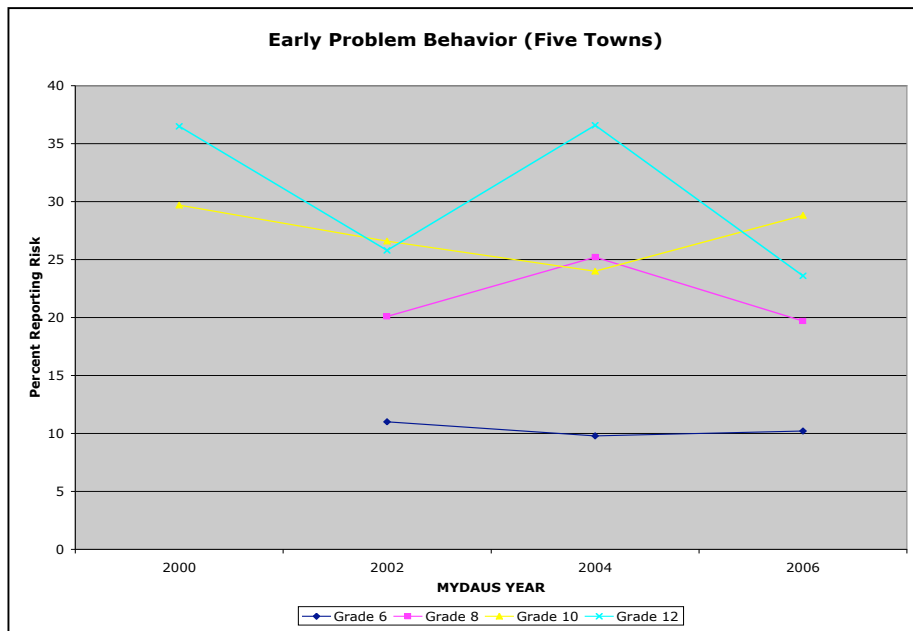
We do not see a strong trend either upward (which would be bad news) or downward (what we hope to see) with the possible exception of grade 10.

## Early Problem Behavior

Boys who are aggressive in grades K-3 or who have trouble controlling impulses are at higher risk for alcohol or other drug use, delinquency and violent behavior. When a boy's aggressive behavior in the early grades is combined with isolation, withdrawal, hyperactivity or attention deficit disorder, there is an even greater risk of problems in adolescence.

This risk factor also includes persistent antisocial behavior in early adolescence, such as misbehaving in school, skipping school and getting into fights with other children.

Both girls and boys who engage in these behaviors in early adolescence are at risk.

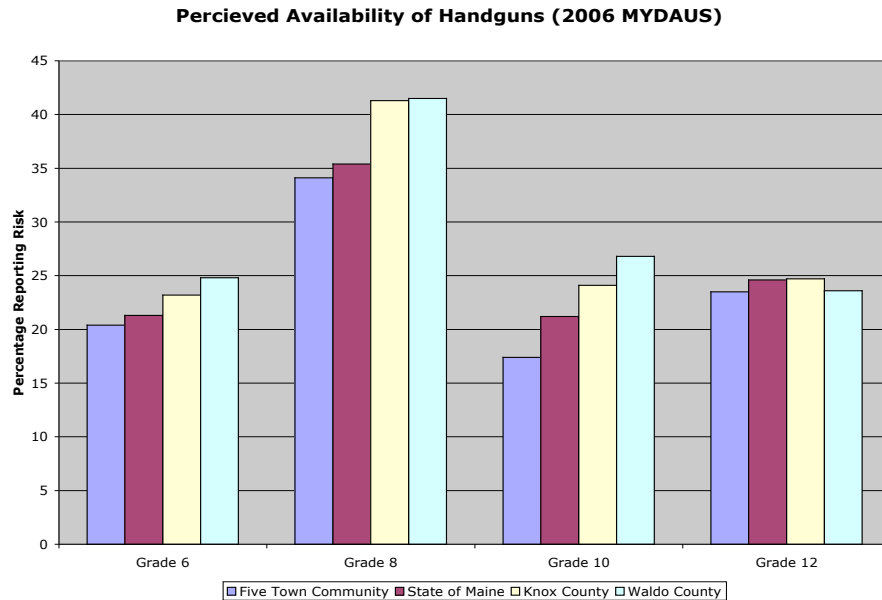


This risk factor was among the three lowest areas of risk for Five Town students in all four grade levels surveyed on the 2006 MYDAUS.

State and County comparison data is not available for this risk factor.

## Perceived Availability of Handguns

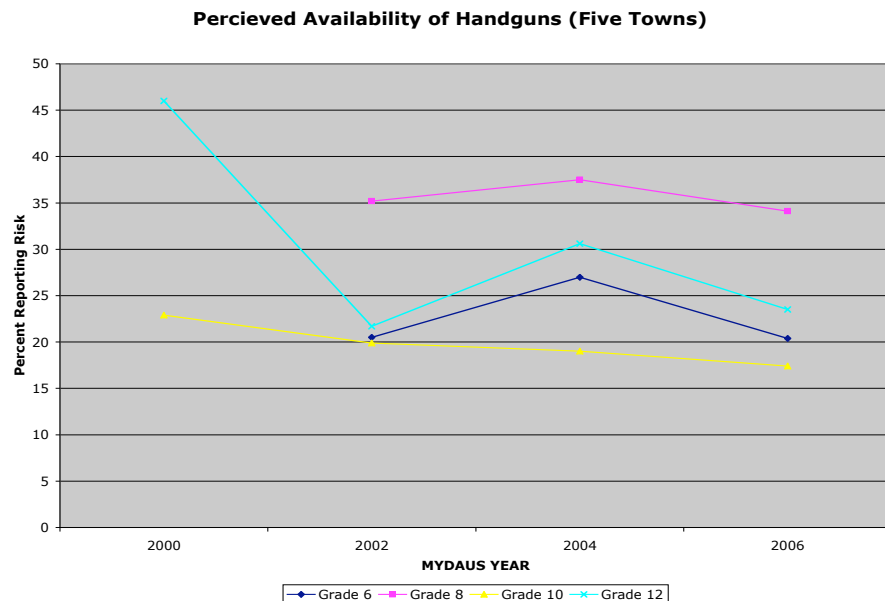
Firearm availability and firearm homicide have increased since the late 1950s. If there is a gun in the home, it is much more likely to be used against a relative or friend than against an intruder or stranger. Also, when a firearm is used in a crime of assault, the outcome is much more likely to be fatal than if another weapon or no weapon is used.



While a few studies report no association between firearm availability and violence, more studies do show a relationship. Given the lethality of firearms, the greater likelihood of conflict escalating into homicide when guns are present, and the strong association between the availability of guns and homicide rates, firearm availability is included as a risk factor.

This risk factor was among the three lowest for grades 10 and 12. All four grade levels of Five Town students measured on the 2006 MYDAUS reported lower than state average levels of risk for this factor.

The downward trend for all grades is also encouraging.

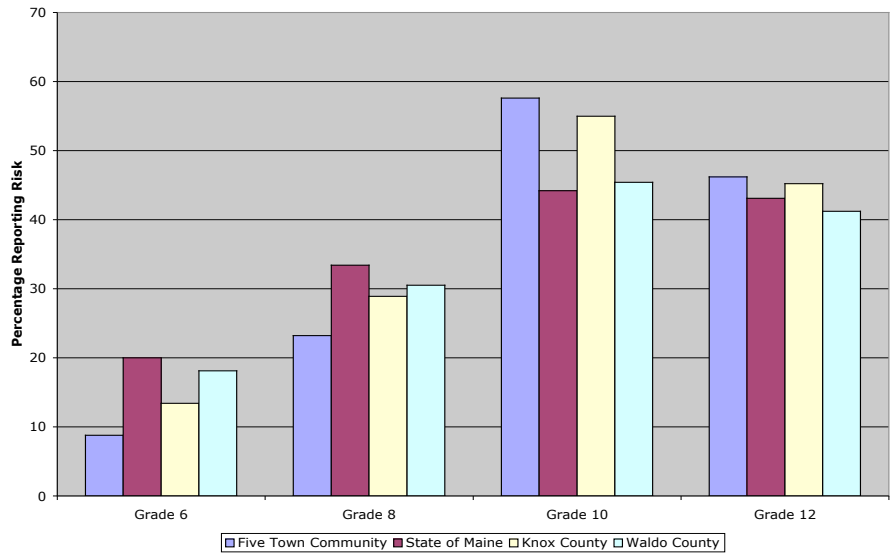


## Friends Use of Drugs

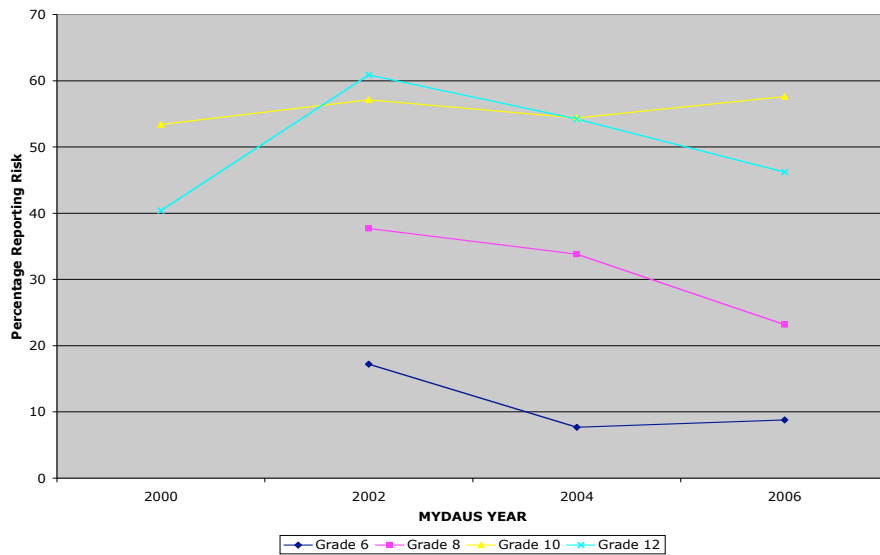
This is one of the most consistent predictors that research has identified. Even when young people come from well-managed families and do not experience other risk factors, spending time with friends who use drugs greatly increases their risk of developing those behaviors.

This risk factor was among the three lowest reported levels of risk for Five Town students in grades 6 and 8.

Friends Use of Drugs (2006 MYDAUS)



Friends Use of Drugs (Five Towns)



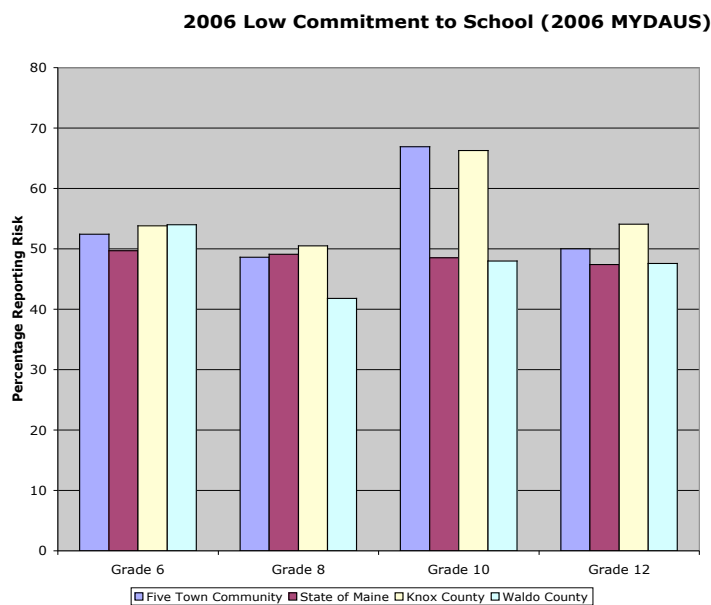
Five Town students in grades 6 and 8 report lower than state average levels of risk, while grades 10 and 12 report higher than state average levels of risk.

Trend data for grades eight and twelve is encouraging.

## Elevated Risk

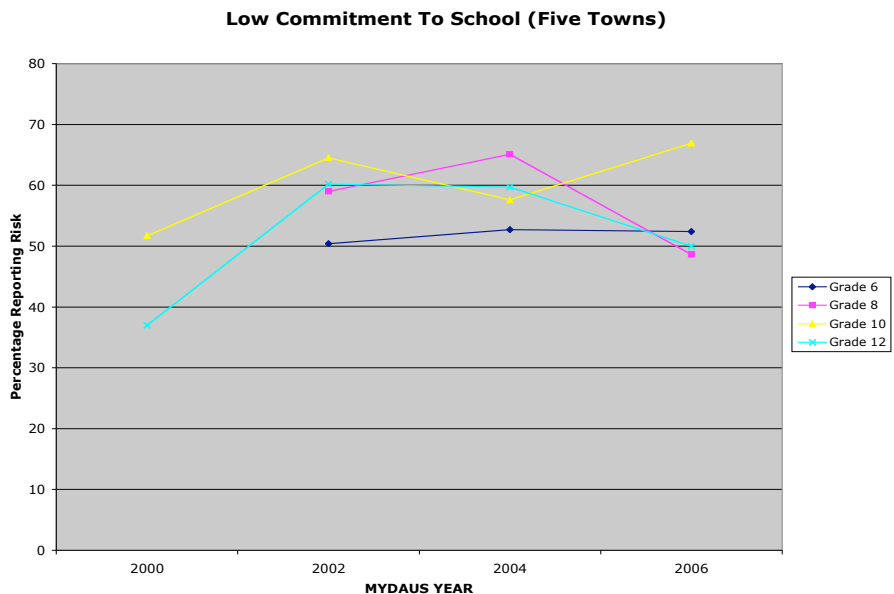
Youth in the Five Town Community experience high levels of some risk factors. The last assessment highlighted Low Commitment To School, Friends Who Engage in Problem Behavior (and the three separate scales that measure that risk factor), Favorable Attitudes Toward Problem behavior (and the three separate scales that measure that risk factor), Laws and Norms Favorable to Drug Use, and Poor Family Management. The 2006 MYDAUS data showed that Family Conflict was also an area worthy of closer analysis.

### Low Commitment to School



Drug use is less prevalent among students who expect to attend college than among those who do not. Factors such as liking school, time spent on homework, and perceiving schoolwork as relevant are also negatively related to drug use.

This risk factor was among the three highest for grades 6, 8 and 10 in the five towns on the 2006 MYDAUS. In both 2002 and 2004 Five Town area students in all four grade levels measured above state average levels for this risk factor. Grade 8 students are now slightly below state average levels and the trends are downward for grades 8 and 12 since 2002.



## Friends Who Engage In Problem Behavior

Spending time with friends who engage in problem behavior greatly increase their risk of developing those behaviors. The risk factor Friends Who Engage in Problem Behavior is assessed through three separate scales on the MYDAUS---Rewards for Antisocial Behavior, Friends' Antisocial Behavior, and Friends' Use of Drugs. According to the 2006 MYDAUS Friends' Use of Drugs is actually an area where Five Town Area middle school students now have relatively low risk, and is detailed in the previous section.

### Friends Who Engage in Problem Behavior: *Rewards for Antisocial Behavior*

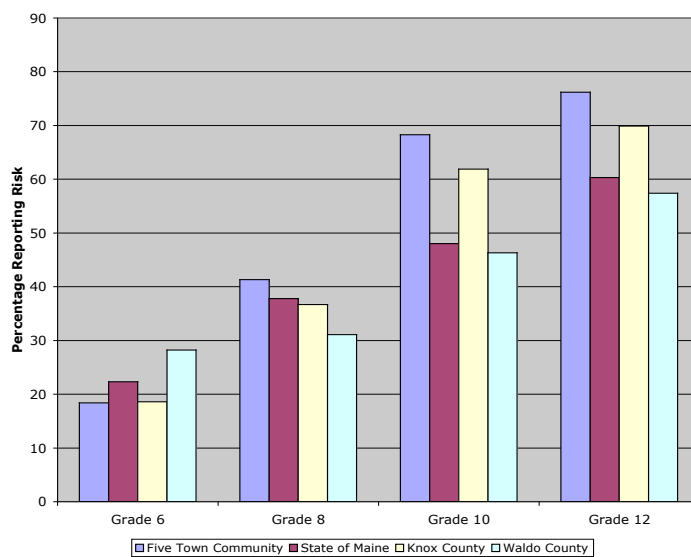
Youths who believe that their friends and peers would approve and admire them for engaging in drug use, Delinquency, and violence are more likely to become involved in such behaviors.

In 2002 all grade levels in the Five Towns measured at levels above state of Maine average levels. In 2004 the 8th grade was slightly below average levels. Results of the 2006

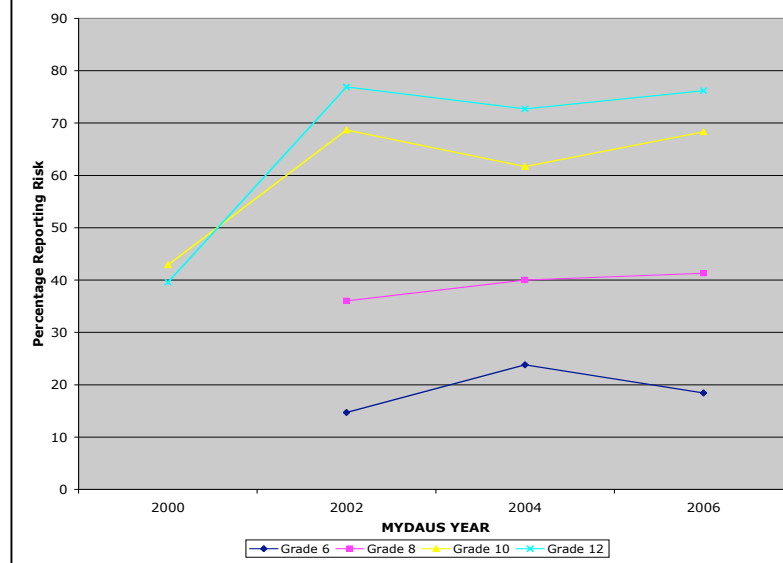
MYDAUS show that for grades 10 and 12, this risk is very elevated in the Five Town student population. It is among the highest three factors for grades 10 and 12. Grade 8 students are once again above the state of Maine average level for this risk, but grade six is now lower than the state average.

Trend data is not yet very encouraging, as rates appear to be rising. (Grade six may be the exception.)

**Rewards for Antisocial Involvement (2006 MYDAUS)**

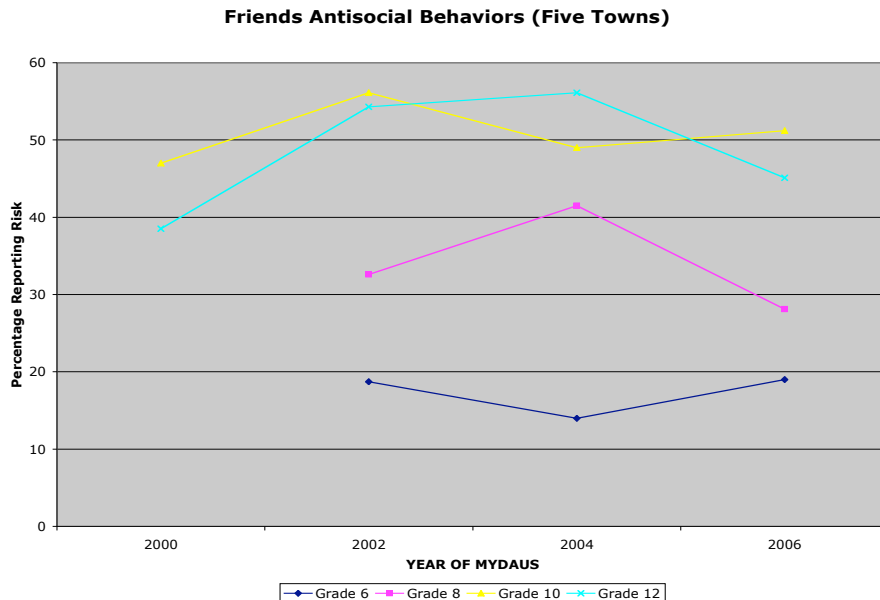
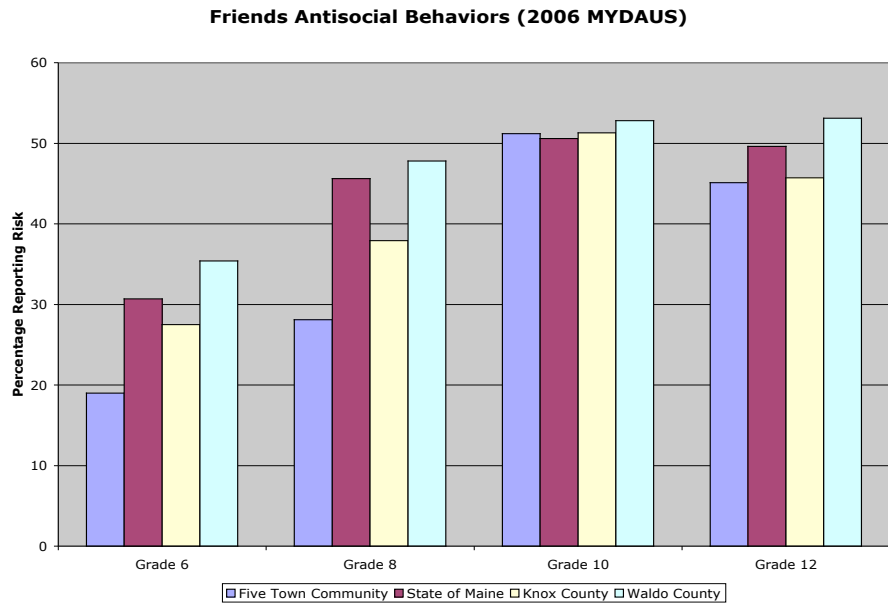


**Rewards for Antisocial Involvement (Five Towns)**



## Friends Who Engage in Problem Behavior: *Friends' Antisocial Behavior*

Even when young people come from well-managed families and do not experience other risk factors, spending time with friends who engage in antisocial behaviors greatly increases their risk of developing those behaviors.



In 2002 students in all four grade levels surveyed measured above state average levels of risk. On the 2004 MYDAUS only grade 12 students measured above the state average level. On the 2006 MYDAUS only grade ten was slightly above the state average level.

For grades 8 and 12, the rates appear to be trending down since 2002. For grades 6 and 10 the news is not as good, as rates have risen since 2004.

## Favorable Attitudes Toward Problem Behavior

During the elementary years, children usually express anti-drug, anti-crime and prosocial views; they have trouble imagining why people use drugs, commit crimes and drop out of school. In middle school, as others they know participate in such activities, their attitudes often shift toward greater acceptance, placing them at higher risk (Kandel et al, 1978; Krosnick & Judd, 1982, Gottfredson, 2001). This risk factor is assessed through three separate scales on the MYDAUS--Favorable Attitudes Towards Antisocial Behavior, Favorable Attitudes Toward Drug Use, and Low Perceived Risk of Drug Use.

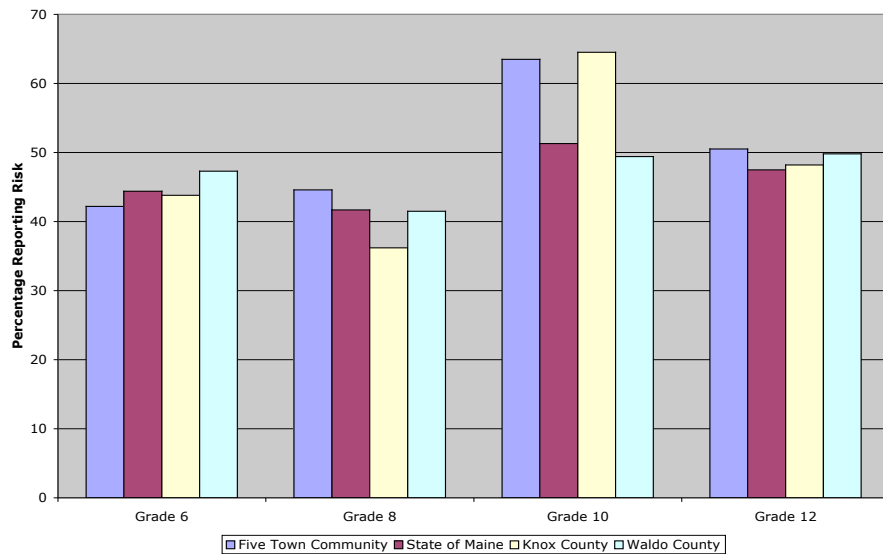
### Favorable Attitudes Toward Problem Behavior: *Favorable Attitudes Towards Antisocial Behavior*

Youths who express positive attitudes toward delinquency and violence are at higher risk for later involvement in such behaviors.

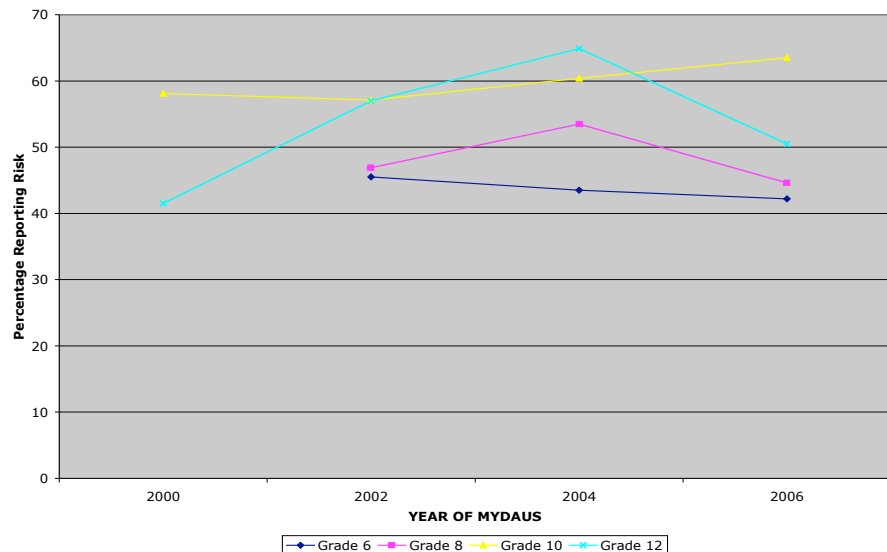
In 2002 all four grade levels surveyed measured at levels of risk higher than the state of Maine average. In 2004, all were above average except for grade six. On the 2006 MYDAUS grade six is once again slightly below average while the other grades remain above. For grade ten students, this was among the three highest areas of risk.

Trend data is mixed, though encouraging for grade six.

**Favorable Attitudes Towards Antisocial Behavior (2006 MYDAUS)**



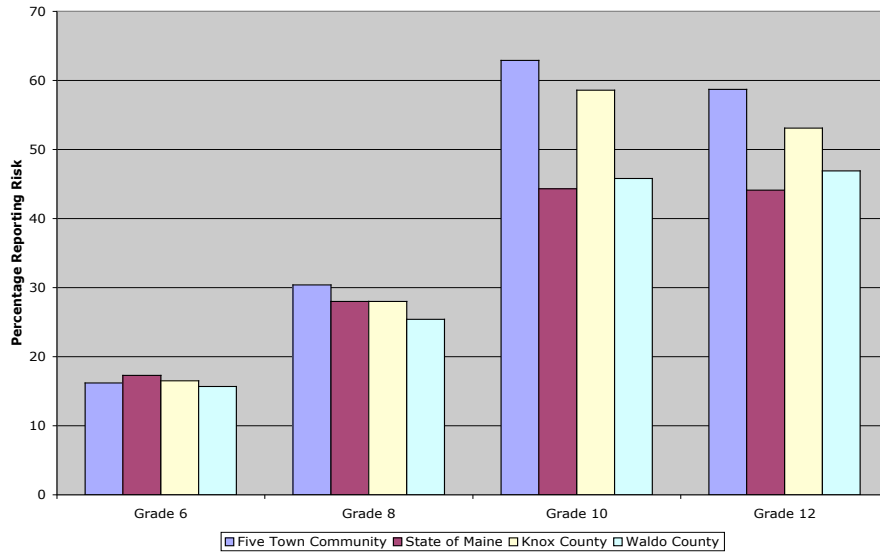
**Favorable Attitudes Toward Antisocial Behavior (Five Towns)**



## Favorable Attitudes Toward Problem Behavior: *Favorable Attitudes Towards Drug Use*

Young people who express positive attitudes toward drug use are at higher risk for later involvement in substance abuse.

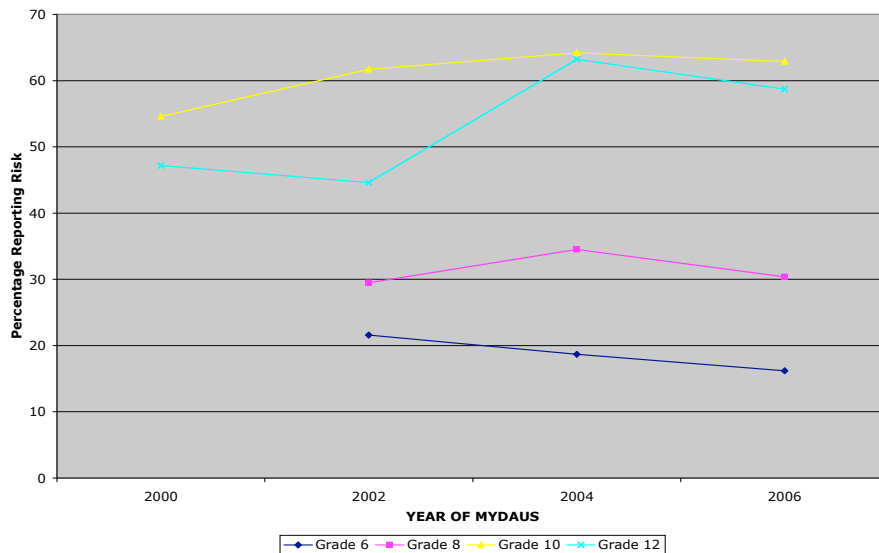
**Favorable Attitudes Towards Drug Use (2006 MYDAUS)**



In 2004 Five Town Area students in grades 8, 10 and 12 all reported levels of risk that were higher than the state average levels.

The same is true for 2006 data.

**Favorable Attitudes Towards Drug Use (Five Towns)**

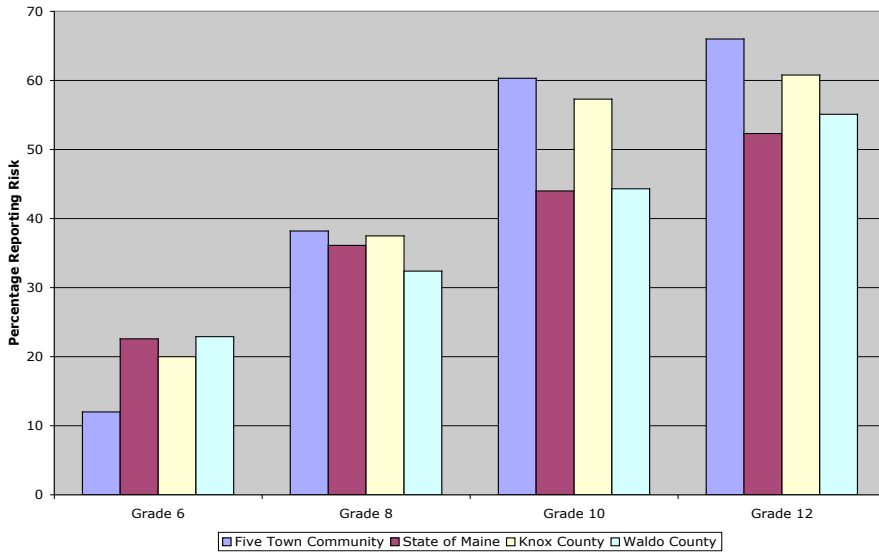


Trends appear to be slightly downward for all grade levels.

## Favorable Attitudes Toward Problem Behavior: *Low Perceived Risk of Drug Use*

Young people who do not perceive drug use to be risky are far more likely to engage in drug use.

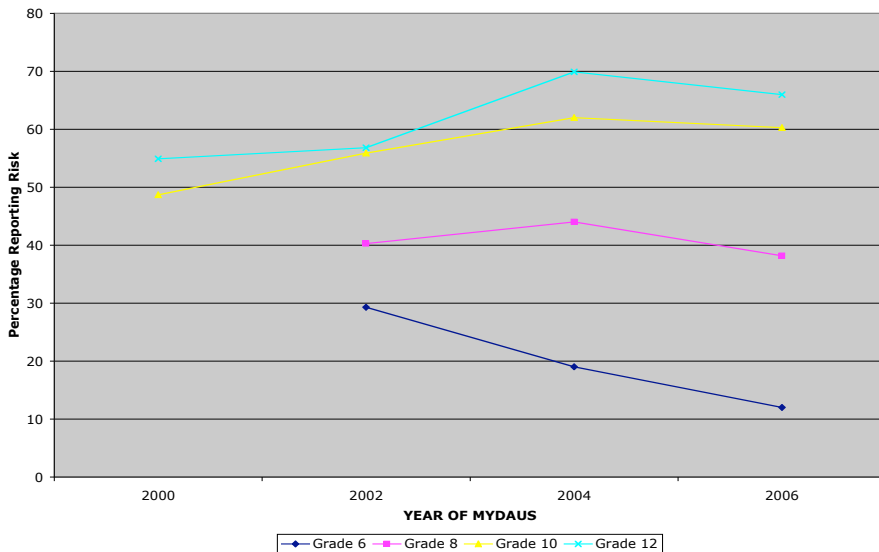
**Low Perceived Risks of Drug Use (2006 MYDAUS)**



In 2004 Five Town Area grade six students reported levels of risk below state of Maine average, but all others were above the average level of risk for this factor. The same is true again in 2006.

In 2006 this risk factor was among the three highest for Five Town grade twelve students.

**Low Perceived Risk of Drug Use (Five Towns)**

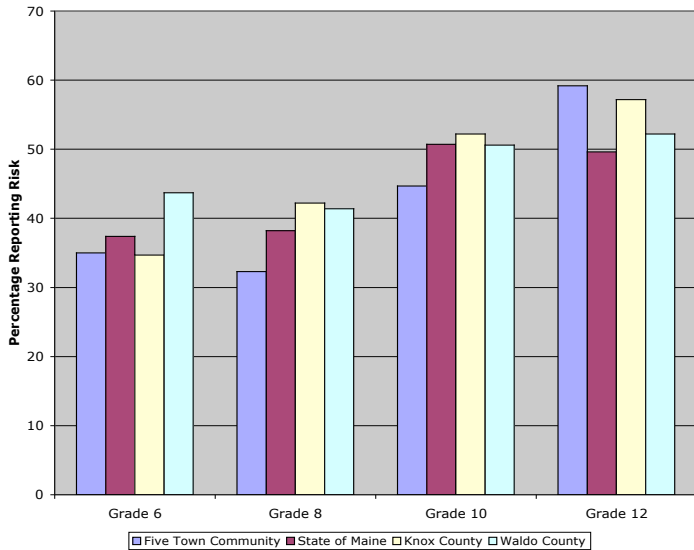


Trend data is slightly encouraging for grade six, but mixed for other grades.

## Laws and Norms Favorable to Drug Use

Attitudes about drug use and local laws and policies, such as the legal drinking age and taxes on alcohol and tobacco products, have been related to consumption.

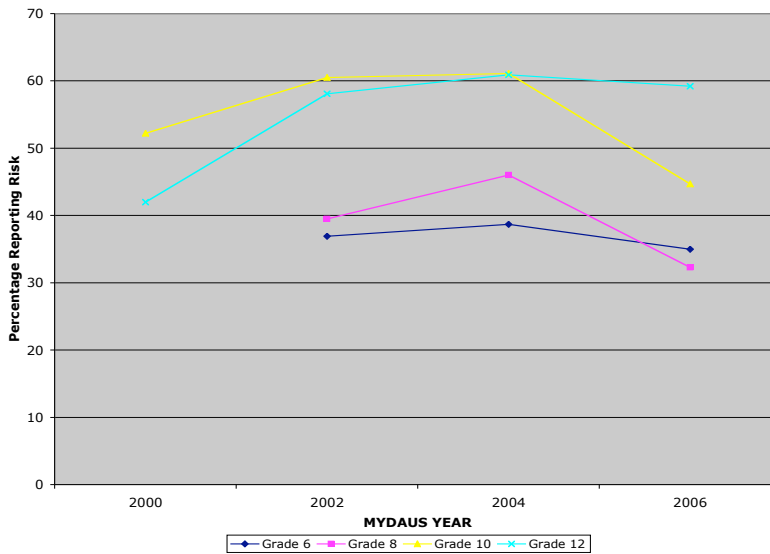
**Laws and Norms Favoring Drug Use (2006 MYDAUS)**



On the 2004 MYDAUS, Five Town Area students in all four grade levels reported levels of risk above the state average.

In 2006, only grade twelve is above the state average.

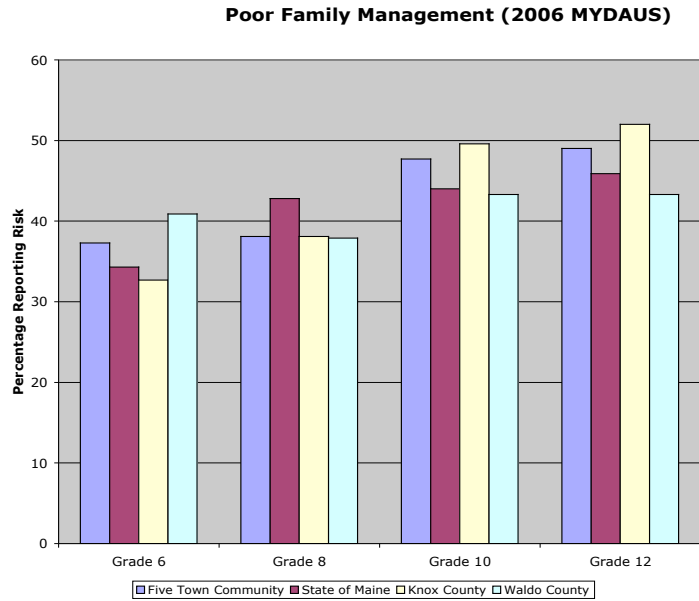
**Laws and Norms Favoring Drug Use (Five Towns)**



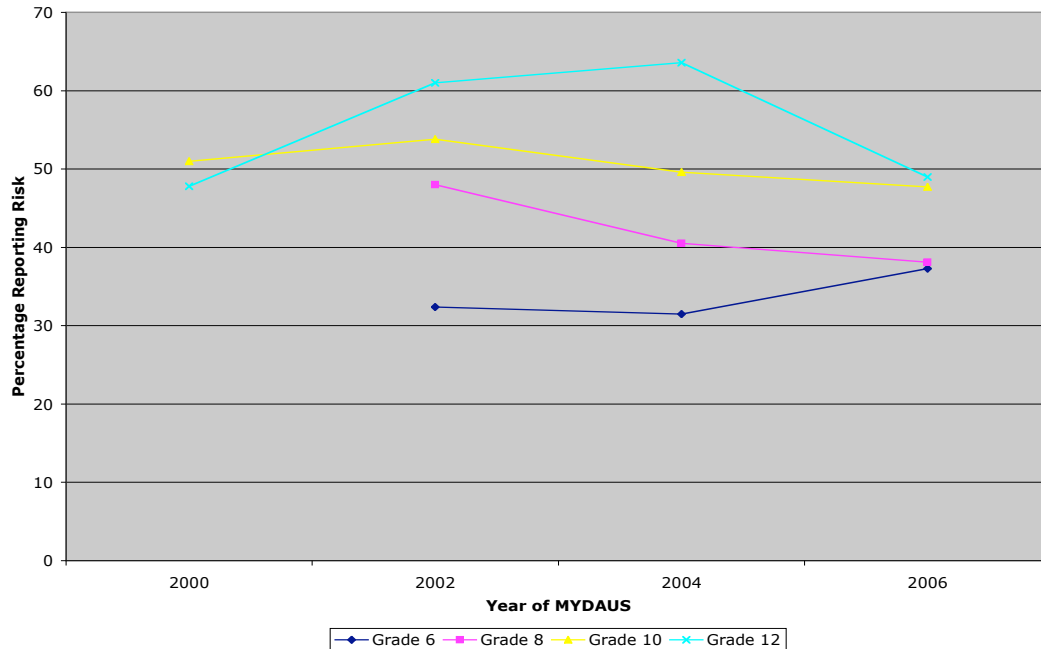
Levels of this risk may be trending down. This coupled with the positive change from the last survey is good news.

## Poor Family Management

Family management practices characterized by unclear expectations for behavior, poor monitoring of behavior, few and inconsistent rewards for positive behavior, and severe or inconsistent punishment for unwanted behavior increase the risk for drug use, violence, and delinquency.



## Poor Family Management (Five Towns)



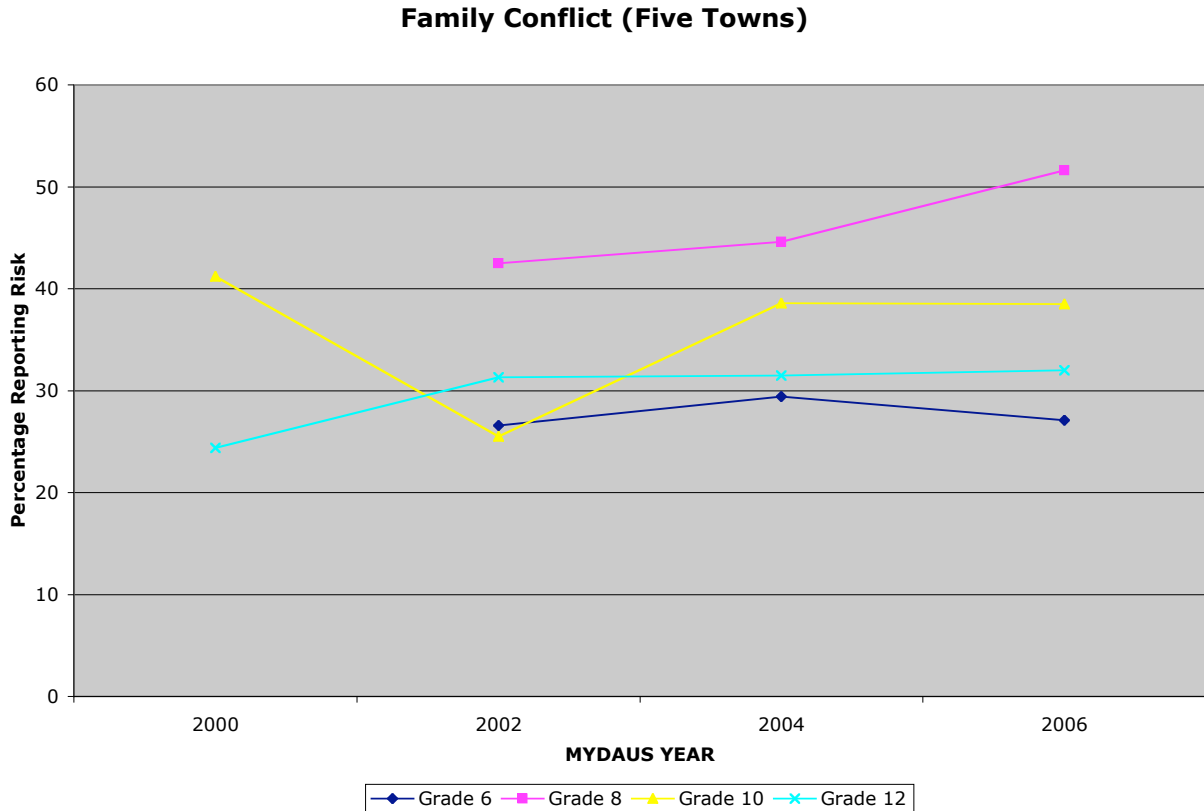
In 2004, Five Town students in grades 6 and 8 reported lower than state average levels of risk while the high school students were higher than average. In 2006 only grade 8 is below the state of Maine average level for this risk factor. Grade six shows an upward swing on the trend graph, while others appear to be slowly trending down.

## Family Conflict

Youths who experience high levels of conflict or violence between family members, and conflict that is ongoing or poorly resolved are at increased risk for problem behaviors.

No state or county level comparison data is available for this risk factor. Unfortunately this risk appears to be trending up for most grades in the Five Town community.

It was among the three highest levels of risk for grade 8, and among the three lowest for grade twelve.



# Conclusions and Recommendations

## Community Strengths

The data revealed that currently young people in the Five Town Area benefit from enhanced protection in the areas of **Community and School Opportunities For Prosocial Involvement**, **Family Recognition for Prosocial Involvement**, **Family Attachment**, and for middle school students, **Social Skills**. They also benefit from low rates of **Perceived Availability of Handguns**, **Early Problem Behavior**, and **Academic Failure**. In our middle schools community youth additionally experience low rates of risk for **Friends' Use of Drugs**. The community should build on these strengths in its prevention efforts.

## Priority Protective Factors

The Five Town Community should make every effort to enhance **Interaction With Prosocial Peers**, **Rewards for Prosocial Involvement** and **Prosocial Involvement** in its prevention efforts. **Community Recognition for Prosocial Involvement** is especially low in eighth grade, but should be enhanced for all students.

## Priority Risk Factors

**Low Commitment to School** and **Friends Who Engage in Problem Behaviors** should remain priorities for reduction, as they are still high among the highest areas of risk for our youth, and are high when compared to State of Maine averages. Both Low Commitment to School and Friends Who Engage in Problem Behaviors are risk factors for five of the six problem behaviors that we seek to reduce (suicide has not yet been definitively linked to these risk factors). Both affect both middle and high school aged youth in our community.

**Family Conflict** and **Laws and Norms Favorable to Drug Use** should be added as priorities for action. Family Conflict is one of the three highest areas of risk for grade 8. Laws and Norms favorable to drug use is the highest risk factor in the community domain, with the exception of Community Disorganization. Since we know of no tested and effective programs for Community Disorganization, we recommend that continued reduction of risk associated with Laws and Norms Favorable to Drug Use be added as a priority for action. **Poor Family Management** should also be addressed whenever opportunity arises, as it remains above state average levels for all but grade 8.

## **Next Steps**

The Five Town Community Data work group is now surveying youth serving agencies in our community to determine what resources are already in place that address the priority risk and protective factors outlined above. Their assessment, combined with this report, will be used by the Community Board to update the Community Action Plan which recommends programs and strategies to promote positive youth development and prevent problem behaviors in the Five Town Community.

The Community Board will also prepare a summary report on the levels of problem behaviors reported in the Five Town Community. That report will be made available to the public as soon as it has been completed.

## APPENDIX A: Risk and Protective Factor Data

### Protective Factors (2006 MYDAUS)

|   | Grade<br>6 | Grade<br>8 | Grade<br>10 | Grade<br>12 | Lowest | Highest | Domain          |
|---|------------|------------|-------------|-------------|--------|---------|-----------------|
| Interaction with Prosocial Peers                  | 52.4       | 48.1       | 35.2        | 47.7        | 4      | 0       | Individual/peer |
| Rewards for Prosocial Involvement                 | 41.5       | 55.1       | 36.4        | 48.1        | 2      | 0       | Individual/peer |
| Belief in the Moral Order                         | 66.4       | 65.5       | 54.8        | 47.5        | 1      | 0       | Individual/peer |
| Community Recognition for Prosocial Involvement   | 66         | 37.3       | 56          | 59.2        | 1      | 0       | Community       |
| Community Opportunities for Prosocial Involvement | 68         | 61         | 52.8        | 60.8        | 0      | 0       | Community       |
| Family Opportunities for Prosocial Involvement    | 66.2       | 62.4       | 49.1        | 58.8        | 0      | 0       | Family          |
| Prosocial Involvement                             | 58.8       | 54.7       | 50.8        | 63.9        | 2      | 1       | Individual/peer |
| School Recognition for Prosocial Involvement      | 68.7       | 58         | 65.6        | 47.7        | 1      | 1       | School          |
| Social Skills                                     | 84.1       | 73.5       | 43.9        | 61.5        | 1      | 2       | Individual/peer |
| School Opportunities for Prosocial Involvement    | 66.9       | 61.7       | 69.4        | 75.9        | 0      | 2       | School          |
| Family Attachment                                 | 75.2       | 67.5       | 44.7        | 66          | 0      | 3       | Family          |
| Family Recognition for Prosocial involvement      | 69.1       | 65.6       | 56.2        | 57.1        | 0      | 3       | Family          |

One of the three worst for that grade  
One of the three best for that grade  
To be celebrated  
To be a Priority for Action

Highest and Lowest columns refer to the number of grades levels that the risk or protective factor was among the three most reported (highest) or three least reported (lowest).

**Risk Factors (2006 MYDAUS)**

|   | Grade 6 | Grade 8 | Grade 10 | Grade 12 | Lowest | Highest | Domain          |
|---|---------|---------|----------|----------|--------|---------|-----------------|
| Low Commitment To School                        | 52.4    | 48.6    | 66.9     | 50       | 0      | 3       | School          |
| Rewards for Antisocial Involvement              | 18.4    | 41.3    | 68.3     | 76.2     | 0      | 2       | Individual/Peer |
| Sensation Seeking                               | 45.6    | 50      | 52.8     | 54.2     | 0      | 2       | Individual/Peer |
| Attitudes Favoring Antisocial Behavior          | 42.2    | 44.6    | 63.5     | 50.5     | 0      | 1       | Individual/Peer |
| Low Perceived Risks of Drug Use                 | 12      | 38.2    | 60.3     | 66       | 0      | 1       | Individual/Peer |
| Rebelliousness                                  | 44.6    | 29.5    | 47.2     | 33.9     | 0      | 1       | Individual/Peer |
| Family Conflict                                 | 27.1    | 51.6    | 38.5     | 32       | 1      | 1       | Family          |
| Parental Attitudes Favoring Drug Use            | 9.4     | 22      | 51.4     | 59.6     | 2      | 1       | Family          |
| Academic Failure                                | 28.3    | 38.5    | 53.3     | 35.8     | 0      | 0       | School          |
| Attitudes Favoring Drug Use                     | 16.2    | 30.4    | 62.9     | 58.7     | 0      | 0       | Individual/Peer |
| Community Disorganization                       | 21      | 35.7    | 48.3     | 35       | 0      | 0       | Community       |
| Family History of Antisocial Behavior           | 22.6    | 34.1    | 49.5     | 41.8     | 0      | 0       | Family          |
| Friends' Antisocial Behaviors                   | 19      | 28.1    | 51.2     | 45.4     | 0      | 0       | Individual/Peer |
| Laws and Norms Favorable to Drug Use            | 35      | 32.3    | 44.7     | 59.2     | 0      | 0       | Community       |
| Low Neighborhood Attachment                     | 28.7    | 33.3    | 39.7     | 47.1     | 0      | 0       | Community       |
| Parental Attitudes Favoring Antisocial Behavior | 32.8    | 38.6    | 53.6     | 50       | 0      | 0       | Family          |
| Perceived Availability of Drugs                 | 19.7    | 31.3    | 57.5     | 58.8     | 0      | 0       | Community       |
| Personal transition and mobility                | 28.7    | 34.1    | 43       | 32.7     | 0      | 0       | Community       |
| Poor Family Management                          | 37.3    | 38.1    | 47.7     | 49       | 0      | 0       | Family          |
| Early Initiation of Drug Use                    | 23.1    | 24.1    | 37.6     | 40       | 1      | 0       | Individual/Peer |
| Friends' Use of Drugs                           | 8.8     | 23.2    | 57.6     | 46.2     | 2      | 0       | Individual/Peer |
| Perceived Availability of Handguns              | 20.4    | 34.1    | 17.4     | 23.5     | 2      | 0       | Community       |
| Early Problem Behavior                          | 10.2    | 19.7    | 28.8     | 23.6     | 4      | 0       | Individual/Peer |

One of the three worst for that grade

One of the three best for that grade

To be celebrated

To be a Priority for Action

Highest and Lowest columns refer to the number of grades levels that the risk or protective factor was among the three most reported (highest) or three least reported (lowest).