

What is ADAP's Mission?

Our Mission is to help Vermonters prevent and reduce the problems caused by alcohol and other drug use. Working in partnership with state, national and public organizations, ADAP plans, supports and evaluates a comprehensive system of services: Education, Intervention, Prevention, Treatment, Recovery and Research.

What is Substance Abuse Prevention?

The proactive promotion of healthy lifestyles and norms that reduce the risks associated with the use of alcohol, tobacco and other drugs.

Strategies of a Comprehensive Approach

- Public Information
- Education
- Substance Free Social and Recreational Opportunities
- Early Intervention
- Community Organization
- Environmental Approaches

Why is Planning Important?

It takes a combination of actions, sustained over time, to prevent and reduce alcohol and other drug use.

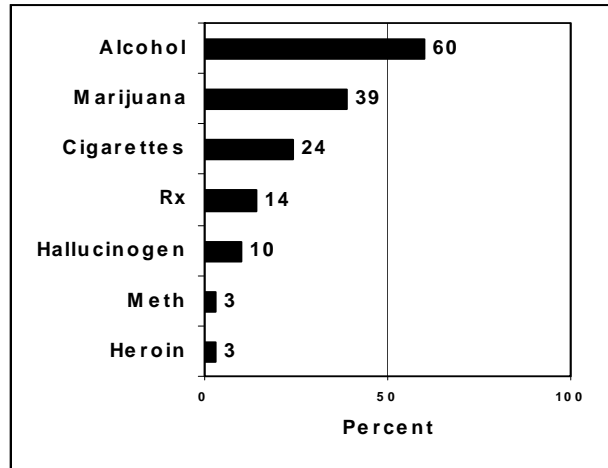
Prevention strategies are most likely to succeed if they reach both individuals and the environments in which people live and work – family, school and community.

ADAP supports communities to carry out these steps:

1. Assessment
2. Capacity Building
3. Planning
4. Implementation
5. Evaluation

Substance Use in Vermont

Alcohol and Other Drugs "Ever Used" by 9th-12th Graders



Alcohol Use

- 35% of all HS students (9th-12th grade) reported drinking alcohol during the past 30 days, down from a high of 56% in 1995
- Children who begin drinking alcohol before age 15 are five times more likely to develop alcohol problems than those who start after age 21
- 21% of all 9th-12th grade students binged on alcohol (had five or more drinks within a couple of hours) during the past 30 days
- 52% of 18-25 year olds binged in the past month

Marijuana Use

- Overall, 24% of HS students used marijuana during the past 30 days, down from 35% in 1997
- 25% of HS students have ridden with someone who was using marijuana
- 34% of 9th-12th graders perceive great risk from regular marijuana use, down from 40% in 2007
- 31% of 18-25 year olds smoked marijuana in the past month

Sources: 2011 Vermont Youth Risk Behavior Survey; 2008-2009 National Survey on Drug Use and Health

January 2012

Regional Substance Abuse Prevention Consultants

- Information and referral
- Training and consultation on substance abuse and prevention best practices
- Community organizing

Community-Based Prevention Grants

Community-based prevention grants support comprehensive community-wide prevention strategies. FY12 community-based prevention grants are a joint prevention initiative aimed at obesity and substance abuse prevention. The goal of the initiative is to reduce health care costs through the creation of healthy communities where Vermonters can lead healthy lives. Substance abuse prevention funds support interventions in 15 communities to:

- Reduce alcohol, marijuana or any illicit drug use among adolescents, ages 12 to 17
- Reduce binge drinking among Vermonters, ages 12 to 25

Funded strategies include: media and social marketing campaigns targeted at parents and youth; local policy changes to reduce access to alcohol; joint efforts with local law enforcement; community education; and family education and support.

Each grantee is implementing the Healthy Retailers (HR) Initiative. The goal of the HR Initiative is to engage retailers and to promote healthy foods including fresh, local fruits and vegetables, while limiting advertising of tobacco and alcohol products to youth.

Enforcing Underage Drinking Laws Program

- 12 Stop Teen Alcohol Risk Teams (START)
- Law enforcement training on safe party dispersal techniques
- Compliance testing

Project Rocking Horse Circle of Support

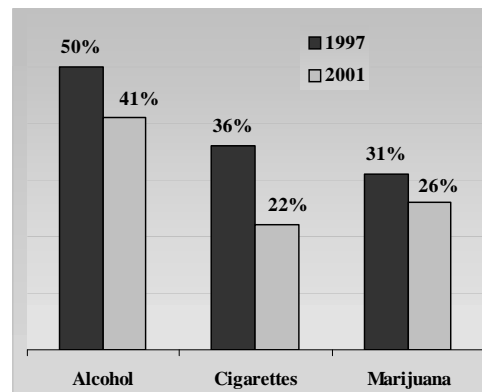
- Twenty-four groups in 14 towns serve 148 pregnant or parenting low-income women
- 54% of participants increased their perception that alcohol use during pregnancy is associated with health risks
- Participants report a decrease in binge drinking, and increased perception of social support

New Directions Programs Impacting Substance Abuse

From 1999 to 2001, New Directions communities collectively achieved greater reductions in rates of substance use than the remainder of the state. Reductions were significant for past 30-day use and lifetime use of marijuana and cigarettes.

The figure below shows changes in the prevalence of past month use of alcohol, cigarettes, and marijuana from 1997 to 2001 among Vermont students in grades 8 through 12.

Reductions in 30-Day Prevalence Among 8th to 12th Graders in New Directions



From 2001 to 2003, New Directions communities saw a 15% drop in tobacco use and an 8% drop in recent alcohol use (2003 YRBS).

Source: Encouraging Findings Regarding Changes in Student Substance Use: An Outcome Evaluation of New Directions Based on the YRBS by Dr. Robert Flewelling.

January 2012