Downingtown PAYS 2019
PRESENTATION OVERVIEW

• Part 1 – Summary of the 2019 – 2020 DASD Wellness Advisory Committee (10) sub-committee findings

• Part 2 – Pennsylvania Youth Survey (2019) PAYS highlights

• Part 3 – DASD Wellness Goals 2020-2021
KEY FINDINGS OF 2019 – 2020
WELLNESS SUBCOMMITTEES

• 1. Student Education: Explore Social and Emotional Learning programs and resources for K-12

• 2. Professional Development: Identify topics and speakers for PD related to mental and emotional well-being. Discontinue subcommittee.

• 3. Staffing: Increase staff positions in school counseling, behavioral health, school health services by (28), in addition hire a district level wellness coordinator.

• 4. School Start Time: Audit current K-12 health curriculum for lessons addressing sleep. Offer programs for parents and staff on the relationship among sleep, health, and learning. District explore feasibility of later school start time including school and community stakeholders, timeline, and action steps.
KEY FINDINGS OF 2019 – 2020
WELLNESS SUBCOMMITTEES

• 5. Student Data: Decision to move forward with school-wide survey “Youth Truth”
  Subcommittee will not continue work.

• 6. Vaping: Resources for students (curriculum, programs, HYPE clubs Grades 6-12)
  Resources for parents (Caron “PREP program, speaker series, SAS teams, DASD website,
  back-to-school presentations, course selection evenings, partner with CTC)
  Resources for staff (PD, SAS referrals, Learning Summit) Resources for policy violators
  (Caron “Connect” program, SAS referrals, screening, follow-up protocols, repeat policy
  offenders)
KEY FINDINGS OF 2019 – 2020
WELLNESS SUBCOMMITTEES

• 7. Wellness Policy: Policy clarification K-12; communication with school administrators and staff; process for approval and enforcement of wellness policy (classroom, food, celebrations, and fundraisers); PDE compliance including data and assessment; student involvement, feedback, menu planning. Committee will continue in compliance with PDE.

• 8. Parent Education: Survey parents for topics, budget for marketing, outreach to increase participation, partner with CTC to support parent series.
KEY FINDINGS OF 2019 – 2020
WELLNESS SUBCOMMITTEES

• 9. Technology: Develop district technology philosophy to aid virtual and in-school learning. Identify and address needs / gaps in appropriate scaffolded learning of technology for students including social media.

• 10. Staff Wellness: Develop a district level Staff Wellness Committee to identify, facilitate, and communicate programs and resources.
The Pennsylvania Youth Survey (PAYS) is a student survey administered in odd-numbered years (e.g., 2015, 2017, 2019) to youth in 6th, 8th, 10th, and 12th grades in participating schools throughout the Commonwealth. There were 1,135 schools that chose to participate in the 2019 PAYS Survey out of 1,890 eligible.

The questions asked in the survey cover many types of attitudes, knowledge, behaviors, and experiences. Youth respond to questions on topics such as:

- Use of alcohol, tobacco, and other drugs (ATOD)
- Violence and drugs on school property
- Being bullied and internet safety
- Involvement in gangs
- Depression
- Gambling
Youth also answer questions related to **risk and protective factors** (RPF). **Risk Factors** increase the chances of a youth having problems, and **Protective Factors** decrease the chances. RPF questions in the PAYS cover many areas of youths’ lives, including:

- Community
- School
- Family
- Peer
- Individual

The PA Commission on Crime and Delinquency (PCCD) sponsored the administration of the PAYS since 1989. In 2013, the PA Dept. of Education (PDE) and PA Dept. of Drug and Alcohol Prevention (DDAP) joined PCCD in sponsoring school-district participation in the survey.
PAYS is a primary tool in Pennsylvania’s prevention approach of using data to drive decision making. By looking not just at rates of problem behaviors but also at the root causes of those behaviors, PAYS allows schools and communities to address reasons (such as a lack of commitment to school) rather than only looking at the symptoms after the fact (like poor grades). This approach has been repeatedly shown in national research studies to be the most effective in helping youth develop into healthy, productive members of their society.
OVERALL DISTRICT STRENGTHS: DISTRICT PROTECTIVE FACTORS 2019
Protective Factors exert a positive influence and buffer against the negative influence of risk, thus reducing the likelihood that adolescents will engage in problem behaviors.

Protective factors are also known as assets. These are conditions that buffer youth from risk or changing the way they respond to risk.

Three Highest Overall scores for Protective factors

- **Family Attachment (71%)** – Young people feel they are a valued part of their family.

- **Family Rewards for Prosocial Involvement (69%)** – (When parents, siblings, and other family members praise, encourage, and attend to things done well by their child).

- **Family Opportunities for Prosocial Involvement (67%)** – (Young people are exposed to more opportunities to participate meaningfully in the responsibilities and activities of the family.)
LOWEST DISTRICT PROTECTIVE FACTORS 2019

• **LOWEST SCORING PROTECTIVE FACTORS – (AREAS OF CONCERN for DASD community)**

  • **Religiosity (39%)** – In communities where young people attend religious programs, services, or groups regularly, there is a lower percentage of anti-social behaviors and ATOD use.

  • **Community Rewards for Pro Social Involvement (44%)** – Rewards for positive participation in community activities that help students bond to the community and increase self-respect as well as respect for community.

  • **Rewards for Prosocial School Involvement (46%)** – When young people are recognized and rewarded for their contributions at school, they are less likely to be involved in substance use and other problem behaviors.
Downingtown Area School District
Risk Factors, 2019 Pennsylvania Youth Survey

OVERALL DISTRICT RISK FACTORS

*Total risk is defined as the percentage of students who have more than a specified number of risk factors.*
HIGHEST DISTRICT RISK FACTORS 2019

• HIGHEST RISK FACTORS – (AREAS OF CONCERNS for DASD community)
  • Parental Attitudes Favorable Toward Drugs and Antisocial Behavior (46%)
    – (In families where parents use illegal drugs, are heavy drug users of alcohol, are
    tolerant of children’s use, children are more likely to become drug users in
    adolescence. Risk is further increased if parents involve children in their own drug /
    alcohol using behavior.)
  • Low Commitment toward School (47%) – (Liking school, spending time on
    homework, and perceiving the coursework as relevant)
  • Perceived Risk of Drug use (43%) – (Do not perceive drug use to be risky.)
LOWEST DISTRICT RISK FACTORS 2019

- Risk Factors are defined as characteristics in the community, family, school and individual’s environment known to increase the likelihood that a youth will engage in more than one problem behavior.

- In a community where there is acceptance and tolerance of these risk factors, students are more likely to engage in problem behaviors.

- Lowest scores for RISK factors:
  - Gang Involvement (8.4 risk)
  - Perceived Availability of Handguns in the Community (16.8% risk)
  - Interaction with Antisocial Peers (20.1% risk)
OVERALL DISTRICT CONCERNS PART 1

Defined as priority areas where DASD had worse results than the county or state average in at least one grade level

- Early initiation and Higher Prevalence Drugs (inhalants, alcohol use, marijuana use, vaping of marijuana /hash oil)
- Risky Substance- Use Related Behavior (binge-drinking, drinking and driving, marijuana and driving)
- Sources of Alcohol by students who reported use (parents providing, siblings providing, took alcohol without permission)
- Access and willingness to use (alcohol, marijuana, siblings provided alcohol, ease of access to prescription drugs)
- Anti-social behavior (gambling)
- Other anti-social behavior (drunk or high at school)
- Perceived Importance of School
OVERALL DISTRICT CONCERNS PART 2

Defined as priority areas where DASD had worse results than the county or state average in at least one grade level

- Violence and Drugs on School Property (offered drugs, threatened, attacked, threatened/attacked with a weapon, inappropriate sexual contact through technology)
- Mental Health Concerns and Suicide (depression, self-harm, suicide, self-worth)
- Transitions and Mobility, sleep, grief and stressful events
- Community Risk associated with availability (ease of acquiring alcohol and firearms and getting caught)
- Rules and Antisocial Behavior (knowing an adult who has gotten drunk or high and used alcohol, marijuana, cocaine or other drugs)
OVERALL POSITIVE DISTRICT TRENDS 2019

- Big declines in vaping
- Decreases in lifetime prescription drug use
- Bullying below the state average in all/most categories
- Involvement in Prosocial Activities (School and Community)
- Safe at school
- Opportunities to participate in class discussions
- Opportunities, chances for students to talk with a teacher
- Adults at school stop bullying when they see or hear (PAGE 43)

- Perceived parents disapprove of cigarettes, marijuana, 1 or 2 drinks nearly every day, use prescription drugs not prescribed to me
- Peer disapproval to: 1 or 2 drinks nearly every day; use of tobacco; use of marijuana (EXCEPT FOR GRADE 12)
- Use of prescription drugs not prescribed to me
- Harmful to smoke 1 or more packs of cigarettes / day
- Harmful to take 5 or more drinks of an alcoholic beverage once or twice / week
- Harmful to take 1 or 2 drinks of an alcoholic beverage nearly every day
OVERALL TREND CONCERNS

- Decreases in feeling school is going to be important later in life, meaningful work, enjoyed being in school
- Increases in sad or depressed, think I'm no good
- Seriously considered/planned suicide- increases, 10th and 12th
- Decreases in perception of risk for marijuana
- It is wrong or very wrong for someone my age to use marijuana once a month or more (Grades 8, 10, 12)
- Try marijuana once or twice (Grades 8, 10, and 12)
CALL TO ACTION

DASD Wellness Advisory Committee
- DASD Wellness Advisory Committee will set goals and action steps to address PAYS data and recommendations of the (10) wellness subcommittees
- DASD Wellness Road Map 2019 – 2020

K-12 Wellness Liaisons:
- Building activities to support district wellness goals

Community Partnership: Communities That Care (CTC):
- Parent Engagement, HYPE Clubs, evidence-based programs for staff and students, prevention resources (virtual and in-person), connections with community prevention partners
DASD Wellness:

- **Goal 1:** To increase protective factors and decrease risk factors associated with the use and abuse of harmful substances and behaviors.

- **Goal 2:** To promote safe and supportive schools for positive school culture, and healthy social and emotional development.

- **Goal 3:** Sustain a healthy school environment for healthy eating and physical activity.

- **Goal 4:** To promote a healthy school environment to meet the health and wellness needs of DASD staff.

- **Goal 5:** To support families in the DASD to meet the health and wellness needs of youth.
RESOURCES/ REFERENCES

• Link to PAYS Youth Survey Report 2019
• Link to Summary page/ short cut
• Link to CTC
• Link to DASD Annual Wellness Report 2018 - 2019