



Moffat County
Community Assessment Report

Community Assessment Report Moffat County

Prioritization of Risk and Protective Factors

Prepared by Moffat County CTC Data Workgroup

December 6, 2017



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Community Assessment Report

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Moffat County Community Assessment Report Executive Summary

This report describes the results of the risk- and protective-factor assessment completed as part of Moffat County *Communities That Care* effort. The *Communities That Care* system is a way for members of a community to work together to prevent youth problem behaviors, including substance use, delinquency, teen pregnancy, dropping out of school and violence. This system was developed by Dr. David Hawkins and Dr. Richard Catalano. It is based on their research, which has 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 *Communities That Care* effort is to identify which risk factors, protective factors and problem behaviors are prevalent in our community, and implement evidence-based programs that address our community's unique profile. To that end, the Risk- and Protective-Factor Assessment work group collected and analyzed data on Moffat County. Then, with input from the community, they identified priority risk factors to address, as well as community strengths to build on.

The assessment was completed using the *Communities That Care Youth Survey* and publically available data. The *Communities That Care Youth Survey* was administered to students in grades 6, 8 in Craig Middle School and grades 10 and 11 in Moffat County High School in Moffat County in the spring of 2017. To get the most complete picture of our community, the Risk and Protective-Factor Assessment work group also collected data from public records to measure risk factors and problem behaviors not covered by the survey.

Based on the analysis of the data and input from the community, the following risk factors were identified as priorities for community attention:

- Depressive Symptoms (Peer and Individual Domain)
- Low Commitment to School (School Domain)
- Perceived Risk of Drug Usage (Peer and Individual Domain)

Based on the analysis of the data and input from the community, the following protection factor was identified as a priority for community attention:

- Rewards for Pro Social Involvement (across all four domains)



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These risk factors were selected as priorities for prevention action primarily because data indicated that they are significantly elevated throughout Moffat County. The data also revealed Moffat County's strengths. For example, the *Communities That Care Youth Survey* revealed that students reported high levels of the protective factor "Opportunity for Prosocial Involvement" and low levels of the risk factors "Gang Involvement" and "Rebelliousness." Public data also shows Moffat County has a low teen dropout rate. These are important areas of strength on which to build to help promote well-being and protect our youth from the risk of health and behavior problems.

This report recommends that the community give particular attention to the risk factors noted above when developing the community's action plan to prevent youth health & behavior problems and promote child and youth well-being.

Introduction

The Moffat County *Communities That Care* Effort

In the fall of 2016, Moffat County began implementing *Communities That Care* prevention planning system. Developed by Dr. David Hawkins and Dr. Richard Catalano of the Social Development Research Group in Seattle, Washington, the *Communities That Care* system is a way for members of a community to work together too efficiently and effectively promote positive youth development and prevent youth problem behaviors such as substance use, delinquency, teen pregnancy, dropping out of school and violence.

Moffat County implemented the *Communities That Care* process to achieve the community's vision that all young people in Moffat County grow up supported and nurtured by their families, schools and community, and become healthy adults who contribute positively to society.

Key accomplishments to date:

- In March, 2017, community leaders attended a Key Leader Orientation and committed to the *Communities That Care* effort.
- In May 2017, the *Communities That Care Youth Survey* was administered to 6th, 8th, 10th and 11th graders in Moffat County schools.



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- In August 2017, a Community Board was formed. Members attended the two-day Community Board Orientation and established a structure for the Moffat County *Communities That Care* effort. This included forming work groups to achieve the various steps in implementing the *Communities That Care* system.
- On October 11th, 2017, the Risk- and Protective-Factor Assessment work group attended the Community Assessment Workshop and developed a plan for completing the community risk- and protective factor assessment. This report is the result of that assessment.

The Community Assessment

Dr. Hawkins and Dr. Catalano have identified risk factors that predict problem behaviors in youth, and protective factors that help protect young people from those risks. By addressing risk and protective factors, communities can help prevent adolescent problem behaviors and promote positive youth development. A key goal of the *Communities That Care* system is for communities to develop a profile of the risk factors, protective factors and problem behaviors in their community, and to develop a plan for addressing the risk factors that are most elevated while enhancing protective factors.

This report represents the first step in that process. The Risk- and Protective-Factor Assessment work group has collected data on risk factors, protective factors and problem behaviors in Moffat County. With input from the community, the work group has identified our community's strengths and the priority risk factors to address in the prevention plan.

Data collection methods

As noted above, the *Communities That Care Youth Survey* was administered in May 2017. All students in grades 6, 8, 10 & 11 were asked to participate. The complete results are provided in the Moffat County *Communities That Care Youth Survey* report. In addition, Dr. Hawkins and Dr. Catalano have identified public data indicators that have been shown to be valid and reliable measures of certain risk factors and problem behaviors that are not measured by the survey, namely Extreme Economic Deprivation, Availability of Drugs and Alcohol, Teen Pregnancy and School Drop-Out. The Risk- and Protective-Factor Assessment work group collected data from local and state agencies to supplement the youth survey.

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How the priorities were identified

The Risk- and Protective-Factor Assessment work group analyzed the data to identify which risk factors are most elevated in Moffat County, Colorado. This initial short list of priorities was presented to the Community Board on December 6, 2017. After discussion, the Community Board then unanimously selected the final priorities for prevention action in Moffat County. Those priorities were presented to Key Leaders for endorsement on December 7, 2017.

Report Overview

The next sections of the report provide detailed information and analysis of the risk factors, protective factors and problem behaviors in Moffat County. The conclusion presents the final list of priorities and recommendations for future action.

THE COMMUNITY ASSESSMENT DATA:

Data originated from a couple of sources:

1. CTC Youth survey was conducted in Moffat County High School and Craig Middle School. The CTCYS survey was conducted in May 2017. It was administered to all 6, 8, 10,11th graders.
2. Healthy Kids Colorado Survey was conducted in the fall of 2015 and administered to all middle and high school students.

When prioritizing, the Data Workgroup looked at the risk and protective factors most prevalent and chose the ones that stuck out the most to them.

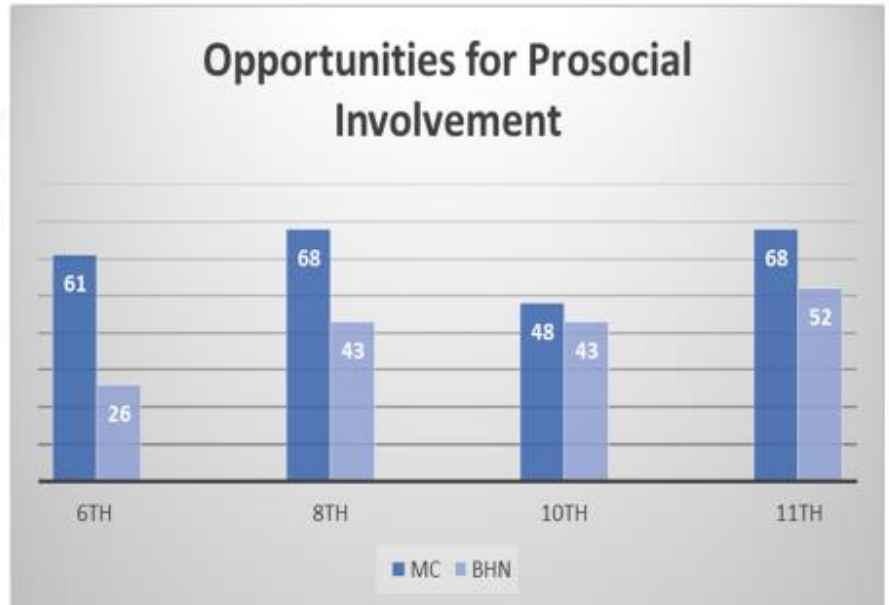
When looking at this data we compared Moffat County to the national average for the same questions for the corresponding ages.

Programming: we are not discussing programming related to these risk and protective factors. If we were to give you an example of a program that can be implemented based on “X” and “Y” risk factors then you’re no longer choosing the risk factor, you’re choosing the program or process that you want to see implemented.

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STRENGTHS

Across all 4 grades surveyed, students felt that there were more opportunities in our community for Pro-Social Involvement compared to the national average.



STRENGTHS

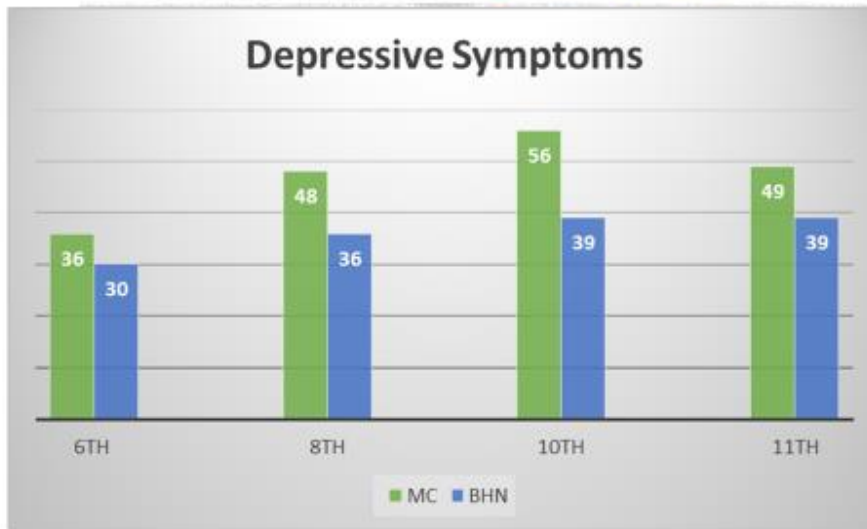


Moffat County High School's dropout rate (1.7%) is significantly lower than the State of Colorado's (2.3%).

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RISK FACTORS

Depressive Symptoms



Survey questions included:

"Sometimes I think life is not worth it."
 "At times, I think I am no good at all."
 "All in all, I am inclined to think that I am a failure."
 "In the past year, I have felt depressed or sad MOST days, even if I felt okay sometimes."



RISK

All outcomes are related. This outcome specifically addresses substance abuse and mental health. Adding this as an outcome would mean we need to add elements into the action plan that are specific to Depression/Anxiety prevention.

- Risk factors that play into Depression are: transitions and mobility, family history of depression, family management problems, high levels of family conflict, academic failure beginning in late elementary school, and early/ persistent antisocial behavior.
- 36% - 55% of surveyed Moffat County students have reported yes to absolutely yes to the above four questions. Moffat County is, on average, 11% higher than the national average.

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Definition: A child no longer sees the role of student as meaningful and/or rewarding. Young people who have lost this commitment to school are at higher risk for substance abuse, delinquency, teen pregnancy, school dropout and violence.



LOW COMMITMENT TO SCHOOL

CTCYS Questions Included:

"Over the past year, how often did you..."

- enjoy being in school
- hate being in school
- try to do your best work?

"How often do you feel that the school work you are assigned is meaningful and important?"

"During the last 4 week of school, how many whole days have you misses because you skipped or cut?"



Of the two scales in the School Domain, "Low commitment to School" displayed the most students at risk in each grade, with the highest division being the 10th grade's score of 73.5%, 32.4 points above the norm. Scores for "Academic Failure" were also higher than national levels across all grades with the highest being the 11th grade with 50.7% at risk.

A risk factor of low commitment to school directly relates to the following problem behaviors: substance abuse, delinquency, teen pregnancy, school dropout and violence.

52% - 74% of surveyed Moffat County students answered never or seldom to questions 1 and 2 and slightly important or not at all important for questions 3 to 5. Moffat County is, on average, 25% higher than the national average.

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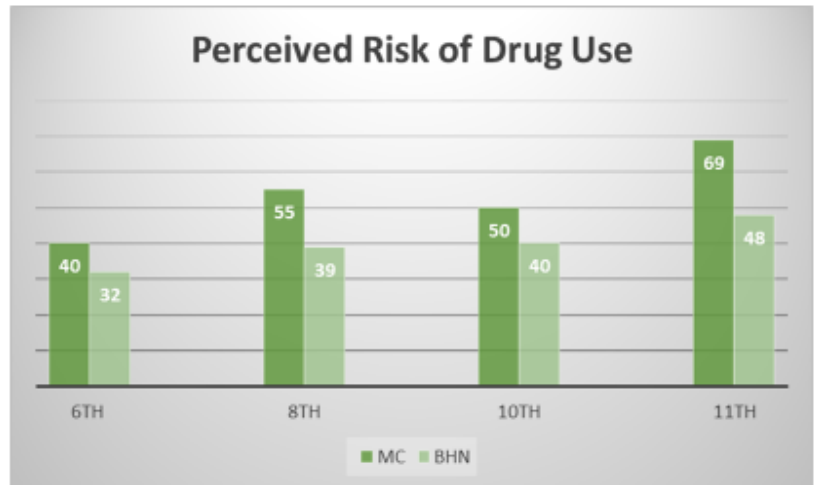
PERCEIVED RISK OF DRUG USE



CTCYS Questions Asked Included

"How much do you think people risk harming themselves (physically or in other ways) if they...

- smoke one or more packs of cigarettes a day
- tried marijuana once or twice
- smoke marijuana regularly (once or twice a week)
- take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day
- have five or more drinks of an alcoholic beverage once or twice a week
- use a prescription drug that is not prescribed to them.



Number of students who find little to no risk associated with these behaviors.



The first of these, “Intentions to Use Drugs” ask respondents directly whether they will use drugs when they are older. The 6th grade had the highest number of students score as at risk with 60.2%, followed by the 11th grade at 54.9%, the 10th grade at 53.9% and the 8th grade at 32.9%. The overall average age of onset for using alcohol, cigarettes, and marijuana in Moffat County is between 12.9 and 14.4 years old, the same age at which 6th graders especially are expressing an interest in trying ATODs (Alcohol, Tobacco and Other Drugs).

Tied closely with whether kids decide to do drugs is how harmful they perceive them to be. “Perceived Risk of Drug Use” scores were at least 8.0 points higher than the BHNorm across all grades and as many as 21.4 points higher in the 11th grade (69>0%). Levels of students at risk for “Attitudes Favorable to Drug Use”, while lower than those of the two previously mentioned scales, were nevertheless higher than the national average ranging from 26.1% in the 8th grade (1.4 points higher than BHNorm) to 48>0% in the 11th grade (4.2 points over BHNorm). Perceived risk of drug use directly relates to the following problem behaviors: substance abuse, delinquency, teen pregnancy, school dropout and violence.

40% - 68% of the students surveyed in Moffat County answered that they felt there was no to slight risk for those behaviors. On average, Moffat County was 14% higher than the national average.

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PROTECTIVE FACTORS:

REWARDS FOR PROSOCIAL INVOLVEMENT — COMMUNITY DOMAIN

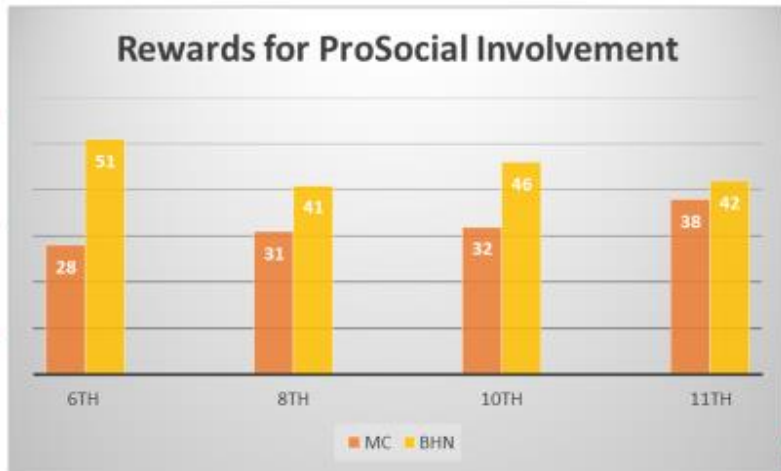
100% PROTECTION

CTCYS Questions asked included

"There are people in my neighborhood who encourage me to do my best."

"There are people in my neighborhood who encourage me to do my best."

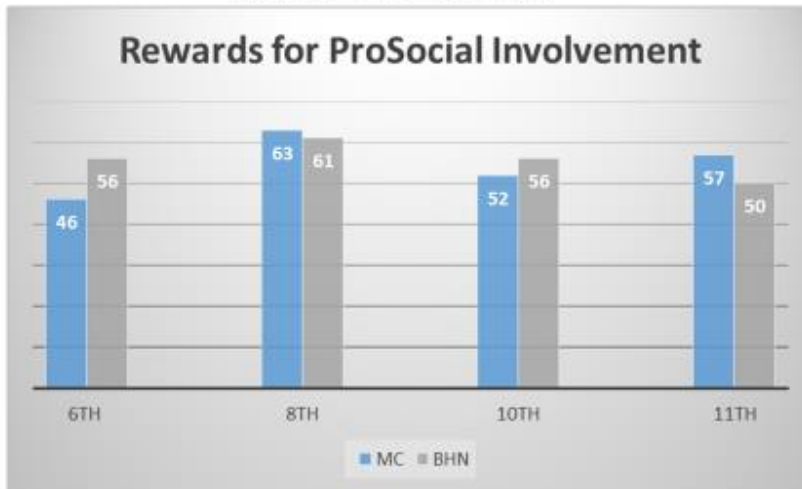
"My neighbors notice when I am doing a good job and let me know about it."



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REWARDS FOR PROSOCIAL INVOLVEMENT – FAMILY DOMAIN

100% PROTECTION



CTCYS Questions asked included

“Do you enjoy spending time with your mother/ father?”

“My parents notice when I am doing a good job and let me know about it.”

“How often do you parents tell you they’re proud of you for something you’ve done?”



REWARDS FOR PROSOCIAL INVOLVEMENT – SCHOOL DOMAIN

100% PROTECTION

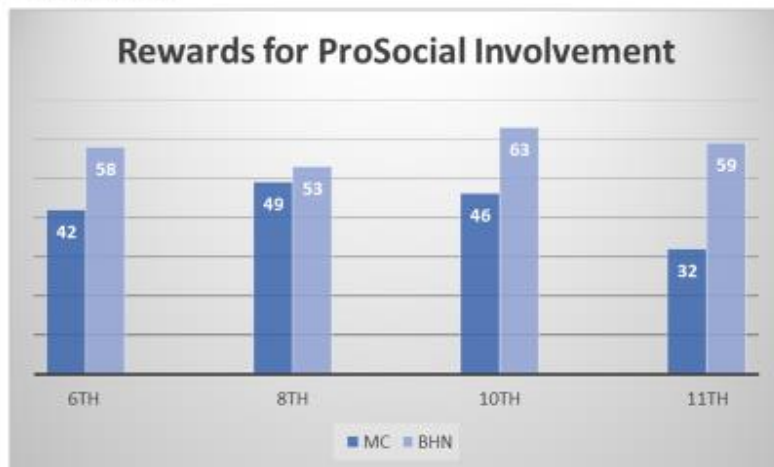
CTCYS Questions asked included

“I feel safe at my school.”

“The school lets my parents know when I have done something well.”

“My teachers praise me when I work hard in school.”

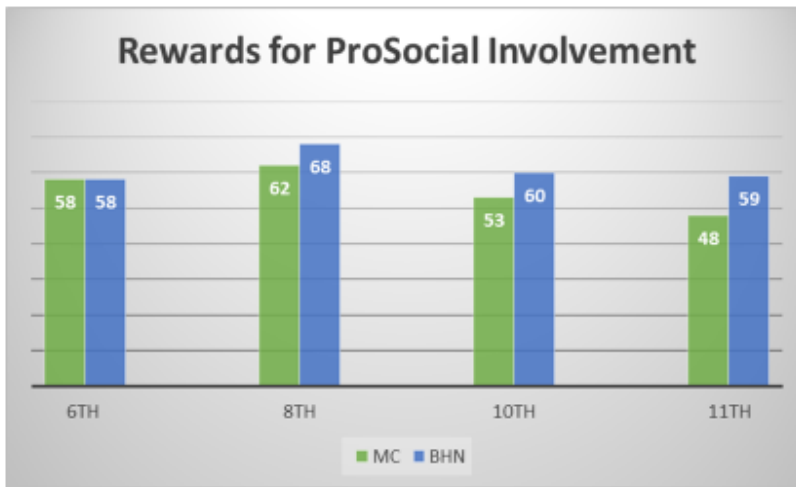
“I have lots of chances to be part of class discussions or activities.”



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REWARDS FOR PROSOCIAL INVOLVEMENT – PEER/ INDIVIDUAL DOMAIN

100% PROTECTION



CTCYS Questions asked included

- “What are the chances you would be seen as cool if you....
- worked hard at school?
 - regularly volunteered to do community service?
 - defended someone who was being verbally abused at school?



Recommended Priority Protective Factor to be addressed:

Rewards for Pro-Social Involvement

Rationale: Students were asked a series of questions regarding rewards for pro-social involvement. These included What are the chances that you would be seen as cool (among your peers) if you worked hard at school, defended someone who was being verbally abused at school and regularly volunteered to do community service? In the community realm, students were asked questions where their chosen responses were emphatically NO or YES or somewhere in-between. These questions included My neighbors notice when I am doing a good job and let me know about it, There are people in my neighborhood who are proud of me when I do something well and There are people in my neighborhood who encourage me to do my best. In the Family category, students were asked questions like My parents notice when I am going a good job and let me know about it and How often do your parents tell you they’re proud of you for something you’ve done?

Lower protection factors have a direct correlation of increased risk factors in children.

In the above mentioned questions, students were an average of 10% lower than the national average across the age spans and domains.

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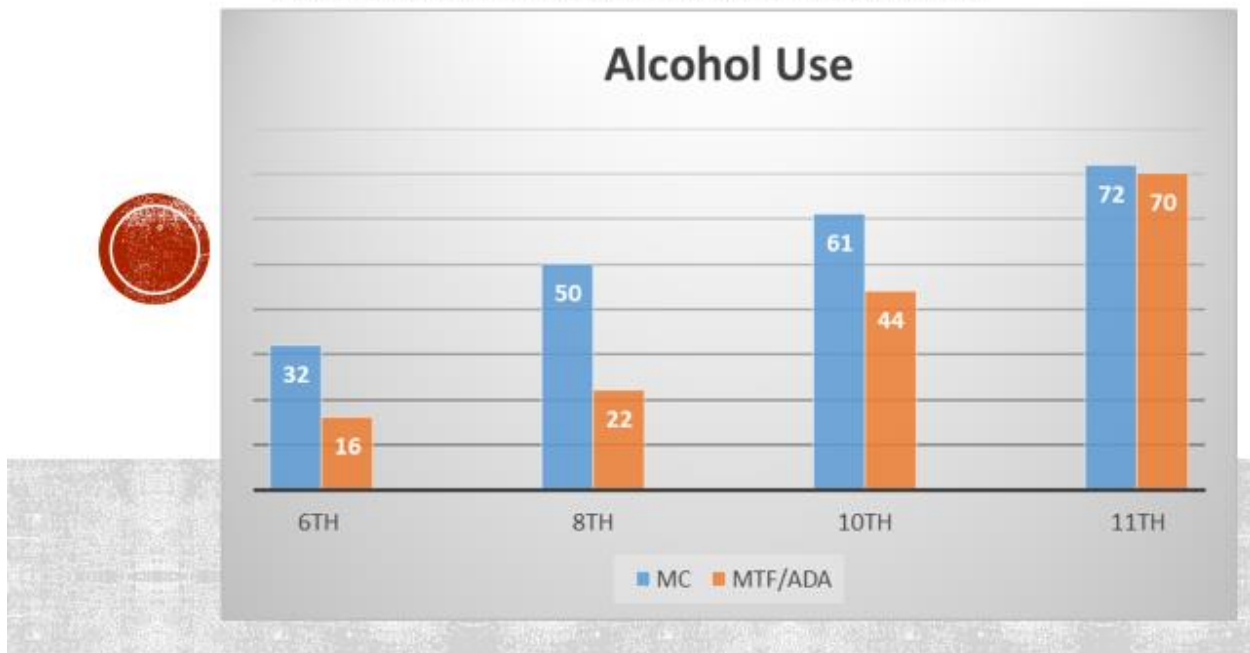
PROBLEM BEHAVIORS:

ALCOHOL USE AND ABUSE:

YRBS – Youth Risk Behavior Survey – 2015

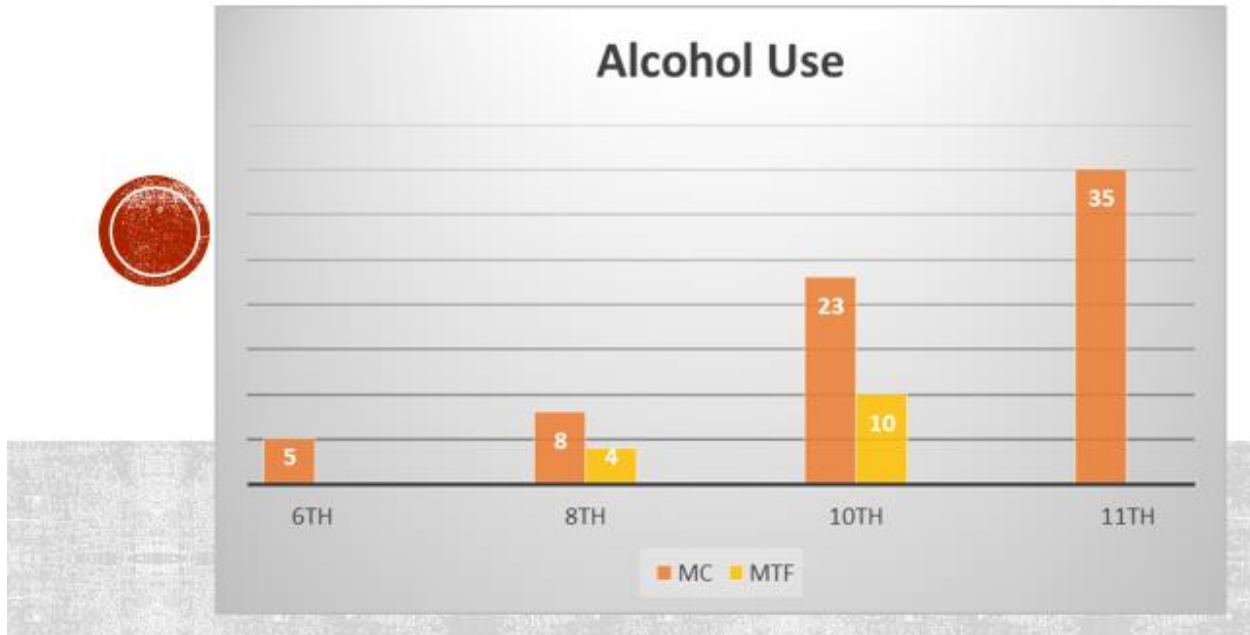
MTF – Monitoring the Future Survey – 2016

Problem Behaviors: Alcohol Use and Abuse



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Problem Behaviors: Binge Drinking



Alcohol – Lifetime and 30-Day Use:

Alcohol was easily the substance with the highest use in all grades surveyed. In Moffat County a high percentage of youth have tried alcohol – at least half from the 8th grade up – but there is a significant drop-off when we look at 30-day use. Lifetime alcohol use is viewed to be a measure of experimental use and past-month use is viewed to be a measure of more regular use.

In the 6th grade, close to a third (31.0%) of students had tried alcohol but only 9.7% had drunk in the past 30 days. The lifetime rate jumps to half of all 8th graders, but only about 1 in 5 who tried alcohol continued to drink regularly. A total of 60.4% of 10th graders had experimented with alcohol and over half of those who drank (33.3% 30-day) continued to do so. The largest number of students who used alcohol was in the 11th grade, where nearly $\frac{3}{4}$ of all students surveyed (72.2%) had tried alcohol and more than half (55.6%) drank during the past month.

Comparing Moffat County's numbers with the rest of the country using the Monitoring the Future data (only available for 8th and 10th grades), the 8th grade's lifetime use was 27.2 points higher – more than double the national norm, and the 10th grade was 17.0 points over the MTF



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rate of 43.4%. Although the 6th and 11th grades do not have corresponding MTF numbers, the fact that their scores are in line with the represented grades suggests that they would see similar results. Use of alcohol in the last month also outpaced national norms by 4.6 points in the 8th grade and 13.4 points in the 10th grade.

One possible cause of this high rate of alcohol use is how harmful kids view drinking alcohol regularly to be. When asked “How much do you think people risk harming themselves if they take one or two drinks of an alcoholic beverage nearly every day?”, 38.3% of students overall felt there was either “No risk” or only a “Slight Risk”. This attitude was most present in the 10th grade in which that number increased to 43.3%. If students believe they will experience no or very little negative consequences from drinking, it only serves to encourage alcohol use.

BINGE DRINKING

MTF – Monitoring the Future Survey -- 2016

Alcohol – Binge Drinking:

Along with the high use rate of alcohol among teens in Moffat County, there appears to be a good deal of binge drinking (5 or more drinks in a row) behavior. Rates of binge drinking start at 5.4% in the 6th grade and steadily increase with each grade surveyed up to a rate of 34.7% in the 11th grade. These rates are more than double the MTF in the 8th and 10th grades, and are especially concerning when compared with those students who drank in the last 30 days. Of the students who drink, 55.6% of 6th graders, 64.7% of 8th graders, 69.0% of 10th graders, and 62.4% of 11th graders are ingesting a considerable amount of alcohol in one sitting.

Many times, binge drinking occurs at parties. When asked about what they would do if offered an alcoholic drink at a party, almost half (49.3%) of 11th graders said they would drink it and close to 40.0% of 10th graders would accept the offered drink. Encouraging parents to find out whether there will be alcohol served at the parties their children attend and have discussions about what to do when offered alcohol may help lower those numbers.

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Conclusion and Recommendations

MOFFAT COUNTY'S STRENGTHS

The data revealed that young people in Moffat County have a lower than average high school dropout rate.

In particular, young people across all grades reported high levels of the protective factor “Opportunities for Prosocial Involvement” and low levels of the risk factor “Gang Involvement.” Moffat County should work to build on the strength of “Opportunities for Prosocial Involvement” while enhancing other protective factors in its prevention efforts.

COMMUNITY PRIORITIES

Based on the analysis of the data and input from the community, the following priority risk factors were identified for the community to focus on over the next several years:

- Depressive Symptoms (Peer-Individual Domain)
- Low Commitment to School (School Domain)
- Perceived Risk of Drug Use (Peer-Individual Domain)
- Low levels of the Protection Factor “Rewards for Prosocial Involvement” (Community, Family, School and Peer-Individual Domains)

These risk factors were selected as priorities because the data indicated that they are among the most elevated throughout Moffat County. We recommend that Moffat County give particular attention to implementing strategies or programs to address these three risk factors when developing a prevention plan.

PROBLEM BEHAVIOR:

Data suggests that there is a strong correlation between the risk and protective factors and the problem behaviors of alcohol use and binge drinking. The selected risk and protective factors



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and problem behaviors will all be taken into account when implementing strategies and in developing a prevention plan.

NEXT STEPS:

The next step in the *Communities That Care* process is to find out what resources are already in place in Moffat County that address the priorities outlined above. The Resources Assessment and Evaluation work group will attend the Assessing Community Resources Workshop in January. Their assessment combined with this report, will make up the profile of Moffat County that will be used to identify programs and strategies to promote child and youth well-being and prevent health & behavior problems in Moffat County.