SUMMARY RESULTS OF THE 2016-2017 AMERICAN DRUG AND ALCOHOL SURVEY

BERNARDS TOWNSHIP SCHOOL DISTRICT

6TH, 8TH, 10TH, AND 12TH GRADE STUDENTS

PRESENTED BY: LUCY A. FORGIONE, MS, MCHES
KAITLIN V. KORDUSKY, MPH, CHES

BERNARDS TOWNSHIP BOARD OF EDUCATION MEETING
APRIL 3, 2017
The mission of the Bernards Township Municipal Alliance Against Substance Abuse is to provide consultation, programs, training, and resources to the members of the Bernards Township Community with the goal of preventing and reducing the use of alcohol, tobacco, and other drugs.
“A child who reaches age 21 without smoking, abusing alcohol or using drugs is virtually certain never to do so.”

- Joseph A. Califano, Jr., Chairman and President of The National Center on Addiction & Substance Abuse at Columbia University
Teen Volunteer Fair
Need volunteer hours? Want to help local organizations? Looking to make a difference? Then join us to volunteer with one of our other community organizations for some volunteer opportunities for YOU!

Wednesday, September 26th 8:30AM-3:30PM
Bernards Township Library Program Rooms A&B

Safe Medication Disposal
DRIVE-THRU
Safe, Convenient, Anonymous Disposal of Medication
Clean Out Your Medicine Cabinet!

WHERE: SATURDAY, MARCH 25TH 10 AM TO 1 PM
WHERE: Bernards Township Police Dept, 1 Collyer Lane, Basking Ridge, NJ 07920

Acceptable: solid and liquid prescription and over-the-counter medications, pets, pet medications, pills, patches, creams, and similar objects that are NOT hazardous.
- Liquids, medical waste (including syringes), or garbage.

Visit http://www.b Bernardטא wshiplibrary.org for more information

DEALER’S LICENSE NUMBER: 095-10130

Please provide your name, address, and phone number.

Managed by Bernards Township Police Department

Under the Influence: Parental Presentation & Community Event

Come together to fight this American Epidemic
- Prescription Drug Use, Heroin, Benzodiazepines, Xanax, Methamphetamine
- Discuss the current drug trends and how they impact our community
- Be given facts on drug and alcohol use by professionals affecting your children and family

Steered by: Michae1 Diamond

www.BernardsTownshipLibrary.org

Pathways to Mental Health
A Community Resource Fair

Join us to learn more about mental health and other community resources in your area.

Wednesday, April 12th 6:00PM-8:00PM
Bernards Township Library Program Rooms A&B
32 South Maple Avenue, Basking Ridge, NJ 07920

Dr. Michael J. Bradley presents

Drugs and Alcohol: Tools and Tactics for Parents of Teens

Day: Wednesday, October 21, 2014
Time: 7:00 PM
Place: Bridge Performing Arts Center, Ridge High School, 285 Finley Ave, Basking Ridge, NJ 07920

Indulge Yourself in Your Kids’ World.

Don’t Be a Social Host

Learn how to set limits and avoid social host liability.
Find out what you can do to help and how to manage the consequences of your social events.
Have a plan to connect your guests with professional help.
Free to all parents and adults.

Evening

Ridge Performing Arts Center
285 Finley Ave
Freehold, NJ 07934

Info: www.bernardsalliance.org
Questions: 908-204-2923

THE ANONYMOUS PEOPLE

Monday, May 16th 6:00-8:00PM
Open to the public

Ridge High School Performing Arts Center, 268 South Finley Ave, Basking Ridge, NJ 07920
RSVP: Email W2014@theanonymouspeople.org or call 908-961-2856

Out of the Mouth of TEENS 2

Bernards Township teens return to talk about their drug and alcohol use.

Wednesday, April 20, 2016
7:00 PM
Warren Craft Room
Bernards Township Municipal Bldg., 1 Collyer Lane, Basking Ridge, NJ 07920

Info: www.bernardsalliance.org - 908-250-2533

Pathways for Mental Health, A Community Resource Fair

Monday, May 16th 6:00-8:00PM
Open to the public

Ridge High School Performing Arts Center, 268 South Finley Ave, Basking Ridge, NJ 07920
RSVP: Email: W2014@theanonymouspeople.org or call 908-961-2856

The Cycle of Pills to Heroin:
Drug Trends in Our Community

Thursday, March 13, 2014
7:00 PM

Ridge Performing Arts Center
Ridge High School
285 S. Finley Ave
Basking Ridge, NJ 07920

Info: www.bernardsalliance.org
Questions: 908-204-2923

Sponsored by: Municipal Alliance Against Substance Abuse

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Municipal Alliance Against Substance Abuse

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The ADAS has been administered 9 times to the students of the Bernards Township School District.

The 2016-17 survey was tabulated and analyzed by Kirk C. Harlow, Dr.P.H.

The ADAS has been conducted on tens of thousands of students and has demonstrated both reliability and validity.

The ADAS was completed by students in the 6th, 8th, 10th, and 12th grades with parental permission on Chromebooks during class.

The survey was completed with response rates of 72%, 71%, 47% and 43% respectively.
Use in the past 12 months includes students who are both casual users and regular users.

- Alcohol and marijuana are the most widely used drugs.
- There is a sizable increase in the students reporting use from 10th to 12th grade.

### USE OF DRUGS IN THE LAST 12 MONTHS BY YEAR FOR 10TH AND 12TH GRADERS

<table>
<thead>
<tr>
<th></th>
<th>10th Graders</th>
<th>12th Graders</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2010-11</td>
<td>2013-14</td>
</tr>
<tr>
<td>Alcohol</td>
<td>63%</td>
<td>50%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>23%</td>
<td>14%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>&lt;1%</td>
<td>3%</td>
</tr>
<tr>
<td>Stimulants</td>
<td>2%</td>
<td>3%</td>
</tr>
<tr>
<td>Inhalants</td>
<td>1%</td>
<td>3%</td>
</tr>
<tr>
<td>Sedatives</td>
<td>0%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>1%~</td>
<td>2%</td>
</tr>
<tr>
<td>Narcotic Painkillers</td>
<td>&lt;1%</td>
<td>3%</td>
</tr>
</tbody>
</table>
USE OF DRUGS IN THE LAST MONTH BY YEAR FOR 10TH AND 12TH GRADERS

- Past month drug use indicates drug use that is ongoing.
- Alcohol and marijuana are the most frequently used drugs by far.

<table>
<thead>
<tr>
<th></th>
<th>10th Graders</th>
<th></th>
<th></th>
<th>12th Graders</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>45%</td>
<td>28%</td>
<td>26%</td>
<td>70%</td>
<td>67%</td>
<td>55%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>11%</td>
<td>7%</td>
<td>6%</td>
<td>28%</td>
<td>22%</td>
<td>17%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>&lt;1%</td>
<td>2%</td>
<td>1%</td>
<td>2%</td>
<td>5%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Stimulants</td>
<td>&lt;1%</td>
<td>1%</td>
<td>&lt;1%</td>
<td>3%</td>
<td>3%</td>
<td>1%</td>
</tr>
<tr>
<td>Inhalants</td>
<td>&lt;1%</td>
<td>2%</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>Sedatives</td>
<td>0%</td>
<td>1%</td>
<td>1%</td>
<td>0%</td>
<td>3%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>&lt;1%</td>
<td>2%</td>
<td>2%</td>
<td>3%</td>
<td>3%</td>
<td>2%</td>
</tr>
<tr>
<td>Narcotic Painkillers</td>
<td>&lt;1%</td>
<td>2%</td>
<td>2%</td>
<td>4%</td>
<td>4%</td>
<td>&lt;1%</td>
</tr>
</tbody>
</table>
The percent 12th graders reporting alcohol use has been over 60% in all time periods, although it may be declining.

There are declines in the percent of 8th and 10th graders reporting use since the 2002-03 time period.
Over 50% of 12th graders have indicated using alcohol in the past 30 days in every survey period since the 2002-03 period. There are slight declines in the proportions of students reporting use over the time periods.
Among 12th graders, 29% reported use of marijuana in the past 12 months.

There is some indication that the proportions of students report use of marijuana may be declining.
The percent of 10th and 12th graders reporting past 30 days use of marijuana has shown steady decline. Although there is a decline in the percent of students reporting use, 17% of 12 graders report use in the past 30 days.
Alcohol is the primary drug of use among students, with 55% of 12th graders indicating use in the past month in 2016-17.

Marijuana is the second most frequently used drug, with 17% of 12th graders using it in the past month in 2016-17.

There is a sizable jump in the proportion of students reporting alcohol and marijuana use from 10th to 12th grade.

Small percentages of students report use of illicit drugs.

The percent of students using alcohol and drugs appears to be declining.
The largest proportion of students initiate use of alcohol and other drugs between the ages of 13 and 15.

<table>
<thead>
<tr>
<th></th>
<th>9 or younger</th>
<th>10 - 12 years</th>
<th>13 - 15 years</th>
<th>16 or older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age first got drunk</td>
<td>3.8%</td>
<td>4.9%</td>
<td>70.7%</td>
<td>20.7%</td>
</tr>
<tr>
<td>Age first used marijuana</td>
<td>9.6%</td>
<td>3.8%</td>
<td>43.3%</td>
<td>43.3%</td>
</tr>
<tr>
<td>Age first used cigarettes</td>
<td>6.8%</td>
<td>5.5%</td>
<td>52.1%</td>
<td>35.6%</td>
</tr>
</tbody>
</table>
The most common form of high risk use was **alcohol**. Although high risk use was uncommon for other drugs, many of these are dangerous even when used only once.

<table>
<thead>
<tr>
<th>Drug Category</th>
<th>Definition</th>
<th>6th</th>
<th>8th</th>
<th>10th</th>
<th>12th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy marijuana use</td>
<td>Use 10 or more times per month</td>
<td>1.0%</td>
<td>1.0%</td>
<td>&lt;1%</td>
<td>1.0%</td>
</tr>
<tr>
<td>Heavy alcohol use</td>
<td>Drunk three or more times per month</td>
<td>1.3%</td>
<td>0.0%</td>
<td>4.5%</td>
<td><strong>20.9%</strong></td>
</tr>
<tr>
<td>Stimulant use</td>
<td>Use 1 or more times per month</td>
<td>1.0%</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>1.4%</td>
</tr>
<tr>
<td>Hallucinogen use</td>
<td>Use 1 or more times per month</td>
<td>1.0%</td>
<td>0.0%</td>
<td>2.2%</td>
<td>1.8%</td>
</tr>
<tr>
<td>Tobacco use</td>
<td>One or more cigarettes per day</td>
<td>1.0%</td>
<td>&lt;1%</td>
<td>1.3%</td>
<td>3.2%</td>
</tr>
</tbody>
</table>

Note: Use of more than one illicit drug in a 30 day period was not found among the student respondents.
WHERE BERNARDS TOWNSHIP STUDENTS HAVE USED ALCOHOL IN THE PAST 12 MONTHS

- Use of alcohol is most frequently done at parties or with friends, reflecting the social dimension of its use.
- The third most common location is at home with parents’ knowledge.

<table>
<thead>
<tr>
<th>Location</th>
<th>1-2 times</th>
<th>3 or more times</th>
</tr>
</thead>
<tbody>
<tr>
<td>At weekend parties</td>
<td>7.1%</td>
<td>12.1%</td>
</tr>
<tr>
<td>At night with friends</td>
<td>7.8%</td>
<td>9.9%</td>
</tr>
<tr>
<td>At home (parents knew)</td>
<td>8.4%</td>
<td>4.7%</td>
</tr>
<tr>
<td>At home (parents did not know)</td>
<td>6.1%</td>
<td>3.8%</td>
</tr>
<tr>
<td>At school events</td>
<td>1.7%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Before school events</td>
<td>1.6%</td>
<td>2.8%</td>
</tr>
<tr>
<td>At clubs and/or raves</td>
<td>3.0%</td>
<td>1.2%</td>
</tr>
<tr>
<td>Right after school</td>
<td>1.4%</td>
<td>1.1%</td>
</tr>
<tr>
<td>During school hours away from school</td>
<td>&lt;1.0%</td>
<td>1.1%</td>
</tr>
<tr>
<td>On the way to school</td>
<td>&lt;1.0%</td>
<td>&lt;1.0%</td>
</tr>
<tr>
<td>While driving around</td>
<td>&lt;1.0%</td>
<td>&lt;1.0%</td>
</tr>
<tr>
<td>During school hours at school</td>
<td>0.0%</td>
<td>&lt;1.0%</td>
</tr>
</tbody>
</table>
TEN MOST FREQUENT PROBLEMS FROM ALCOHOL USE AMONG STUDENTS WHO HAVE GOTTEN DRUNK IN THE PAST 12 MONTHS

- Noteworthy proportions of students who got drunk in the past 12 months indicated serious problems associated with alcohol use including memory loss, passing out, and engaging in unwanted sexual behavior.

<table>
<thead>
<tr>
<th>Problem</th>
<th>1-2 times</th>
<th>3 or more times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Could not remember what happened while drinking?</td>
<td>41.2%</td>
<td>28.4%</td>
</tr>
<tr>
<td>Made you break something?</td>
<td>26.4%</td>
<td>13.5%</td>
</tr>
<tr>
<td>Passed out?</td>
<td>27.0%</td>
<td>12.8%</td>
</tr>
<tr>
<td>Did something sexual that later wished hadn't?</td>
<td>26.4%</td>
<td>11.5%</td>
</tr>
<tr>
<td>Hurt yourself?</td>
<td>12.8%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Fight with your parents?</td>
<td>20.3%</td>
<td>7.4%</td>
</tr>
<tr>
<td>Fight with other kids?</td>
<td>16.9%</td>
<td>5.4%</td>
</tr>
<tr>
<td>Damage a friendship?</td>
<td>14.2%</td>
<td>5.4%</td>
</tr>
<tr>
<td>Have money problems?</td>
<td>6.1%</td>
<td>4.1%</td>
</tr>
<tr>
<td>Hurt your school work?</td>
<td>6.1%</td>
<td>3.4%</td>
</tr>
</tbody>
</table>
NEW FINDINGS – E-CIGARETTES, PAINKILLERS

- Use of electronic cigarettes appears to be an emerging problem with 15.1% of 12th grade students reporting use in the past 30 days.
- Most frequent prescription drug to be used outside of a prescription was ADD/ADHD drugs.
- 27.2% of 12th graders report being prescribed a narcotic painkiller by a doctor. Most students were prescribed for an acute problem like surgery.
- Few students reported “ever” in using prescription drugs not prescribed by a doctor. By 12th grade, 8.7% of students indicated using unprescribed drugs in their lifetime.
- Students underestimate the risk of prescription drugs. 15% of 10th and 12th graders report that narcotic painkillers were of “no risk” or “slight risk”
Use of alcohol has remained high among students, and the proportion of 12th graders reporting alcohol use in Bernards Township is higher than the proportion nationally (almost 2x).

Marijuana is the second most frequently used drug, with reported use of most other drugs much more infrequent.

Initiation of alcohol and drug use occurs most frequently between the ages of 13 and 15, at the transition point to adolescence.

Alcohol and drug use tends to take place either in social settings such as parties or at home.

Noteworthy proportions of the student respondents indicated experiencing serious problems from alcohol use including memory loss, passing out, and engaging in unwanted sexual behavior.
THANK YOU TO OUR PARTNERS!!

-Bernards Township Board of Education
-Dr. Kirk Harlow & DecisionStat LLC
-Dr. Barbara Bush
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Health Educator/Youth Service Coordinator  
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