



Kutztown Strong

Life Skills Prevention Program OUTCOMES SUMMARY

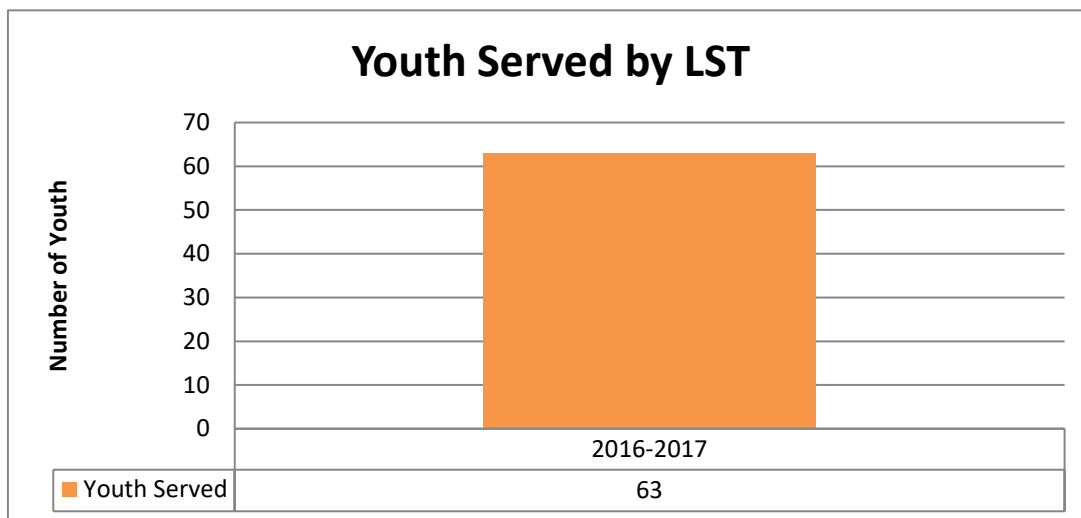
KASD 7th grade students for academic year 2016-2017

This report was summarized by Kutztown Strong

Assistance provided by Kutztown University, Department of Social Work, Institute of Addiction Studies

Teacher training provided by Berks County Council on Chemical Abuse (COCA)

LST Youth Survey Administration: The data shown below was collected using an 82-item survey. It is completed by each youth before the first LST lesson and then again after the final lesson. The tool assesses changes in knowledge, skills, and substance use intentions/behaviors.



School Population Characteristics: The target population for this project is seventh grade students at the Kutztown Area School District middle school.

Description of the Targeted Risk and Protective Factors:

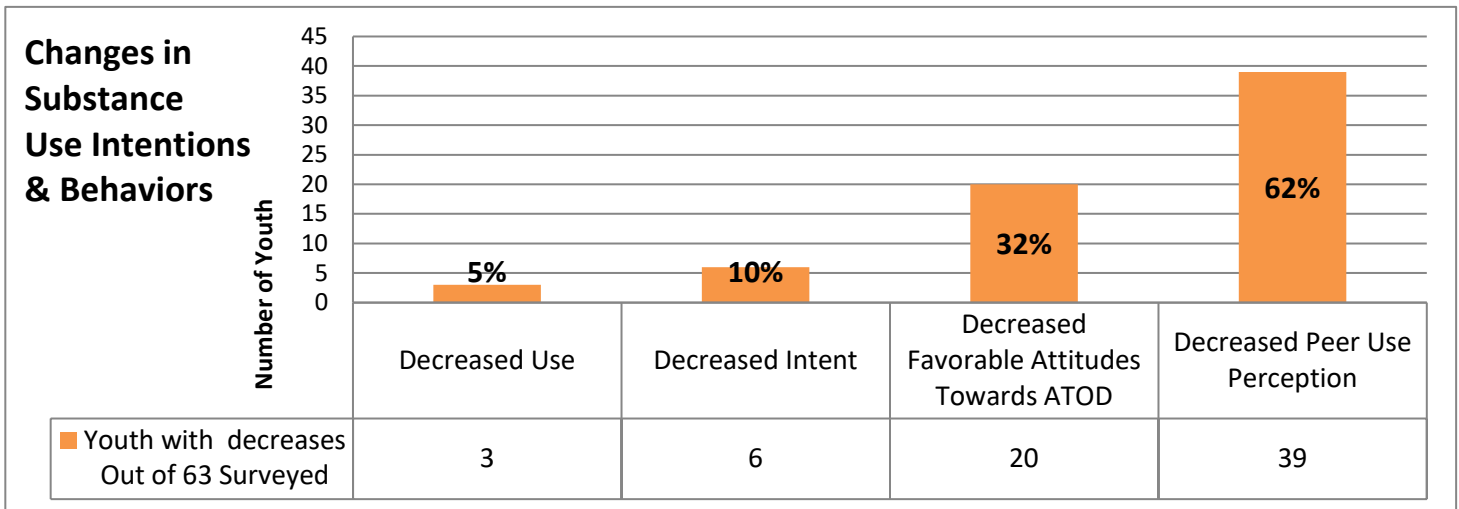
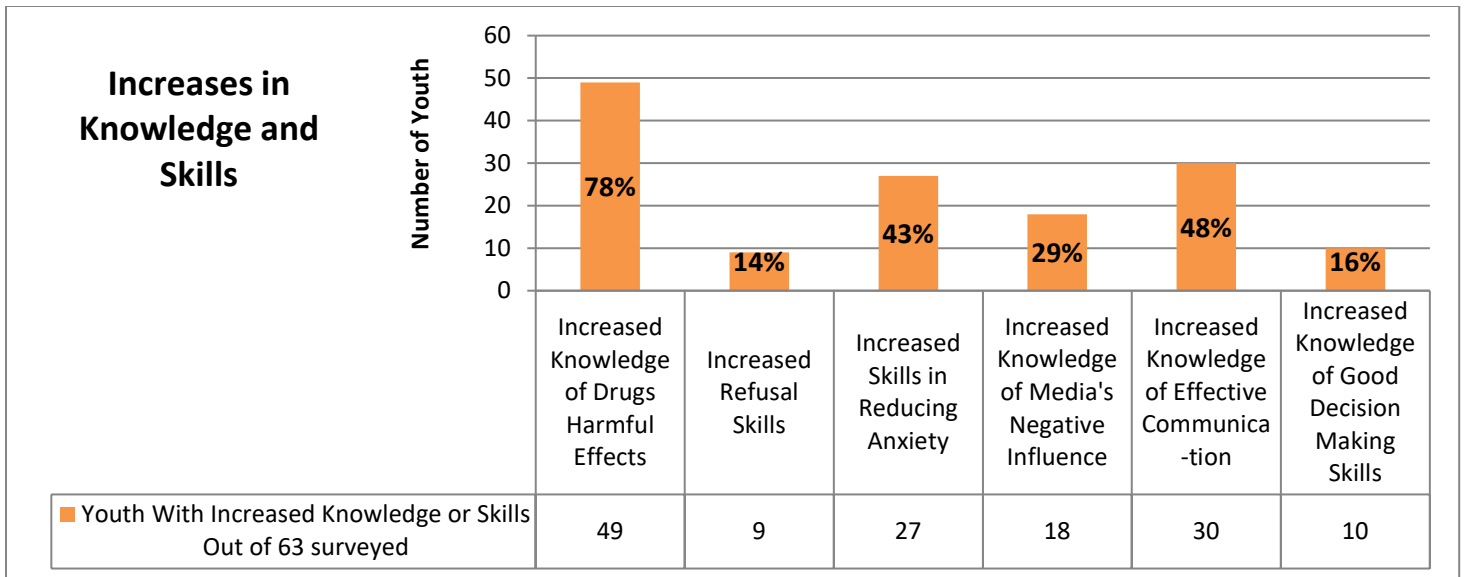
The following risk and protective factors were identified as priorities in the Kutztown Strong planning process:

Kutztown Strong risk factors:

- 'Parental attitudes favorable toward drug use' and
- 'Peer & individual attitudes favorable toward drug use'

Kutztown Strong protective factors:

- 'Opportunities & Rewards for prosocial involvement in community' and
- 'Opportunities & Rewards for prosocial involvement in school'



What is the expected long-term impact of LST? The outcomes highlighted above reflect short-term participant changes in knowledge, motivation, and skills. These changes are expected to lead to long-term outcomes similar to those demonstrated in LST trials.

Potential Long Term Impacts of LST Shown in Randomized Control Trials

- Cut tobacco use by 87%
- Cut marijuana use by 75%
- Cut polydrug use by 66%
- Decrease use of inhalants, narcotics and hallucinogens
- Reduces violence
- Cut alcohol use by 60%
- Cut methamphetamine use by 68%
- Reduce pack-a-day smoking by 25%

What is the Cost Benefit of LST? The Washington State Institute for Public Policy reports that for every dollar invested in LST there is a potential savings of \$37.52 or \$1256 for every youth who participates.

**With the 63 students surveyed:
savings to the Kutztown Community & state of Pennsylvania is potentially \$79,128.**

For more information about the WISPP report and how these costs are calculated go to <http://www.wsipp.wa.gov/>.

THANK YOU FOR YOUR TIME & SUPPORT!