



2023 Greenwich Youth Survey Findings: Mental Health & Substance Use Trends

Agenda

Corina Restrepo, LMSW- Prevention Coordinator

Nina Chanana, MPA- Local Evaluator

Demetria Nelson, LCSW, MA-
Commissioner Department of
Human Services

- Welcome
- Introduction to Greenwich Together
- History of the Greenwich Youth Survey
- Protective & Risk Factors
- Understanding Youth Substance Use and Mental Health Trends
- Panel Discussion



Thank you

- Greenwich Public and Private Schools
- Greenwich Students and Parents
- Kids In Crisis
- The Data Committee
- Nina Chanana- Local Evaluator

Data Committee:

Chair: Ingrid Gillespie, Liberation Programs, Inc.

- Amy Badini – Greenwich Together, GHS Outreach Club
- Kim Eves – Greenwich Country Day School
- Stacey Heiligenthaler – Greenwich Public Schools
- Jonathan Kaptcianos – Brunswick school
- Mary Lee Kiernan – YWCA Greenwich
- Demetria Nelson – Greenwich Department of Human Services
- Victoria Newman – Greenwich Education Group
- Simone Quartey – YWCA Greenwich
- Danielle Jean-Guillaume Sittol – Greenwich Youth Services Bureau
- Bobby Walker, Jr. – Greenwich Academy
- Lauren Winston – Greenwich Academy

Introduction to Greenwich Together

Greenwich Together mobilizes youth, parents and community partners to prevent substance misuse, promote behavioral and mental health and strengthen healthy choices through positive youth, family, and community development.

- Founded in 2017
- Coalition members include leaders from over 40 organizations serving youth in Greenwich
- 5th year of grant funding focused on substance use reduction & mental health promotion
- Awarded a 5-year DFC grant in 2019
- Kids in Crisis serves as the fiduciary for Greenwich Together



History of the Survey

- First completed in 2018. Now administered every two years in February
 - 3rd iteration
- Partnership with Greenwich Public & Private Schools, 7th -12th grades
- Anonymous; parent opt-out option



What's New This Year?

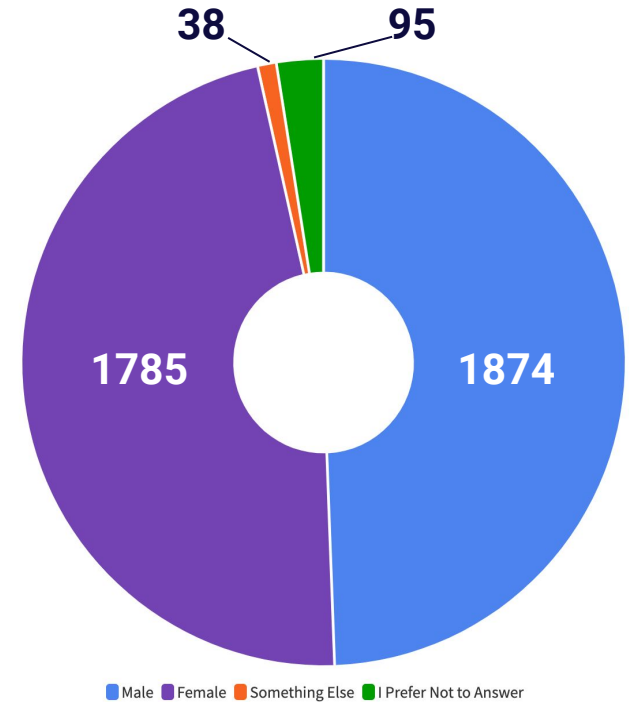
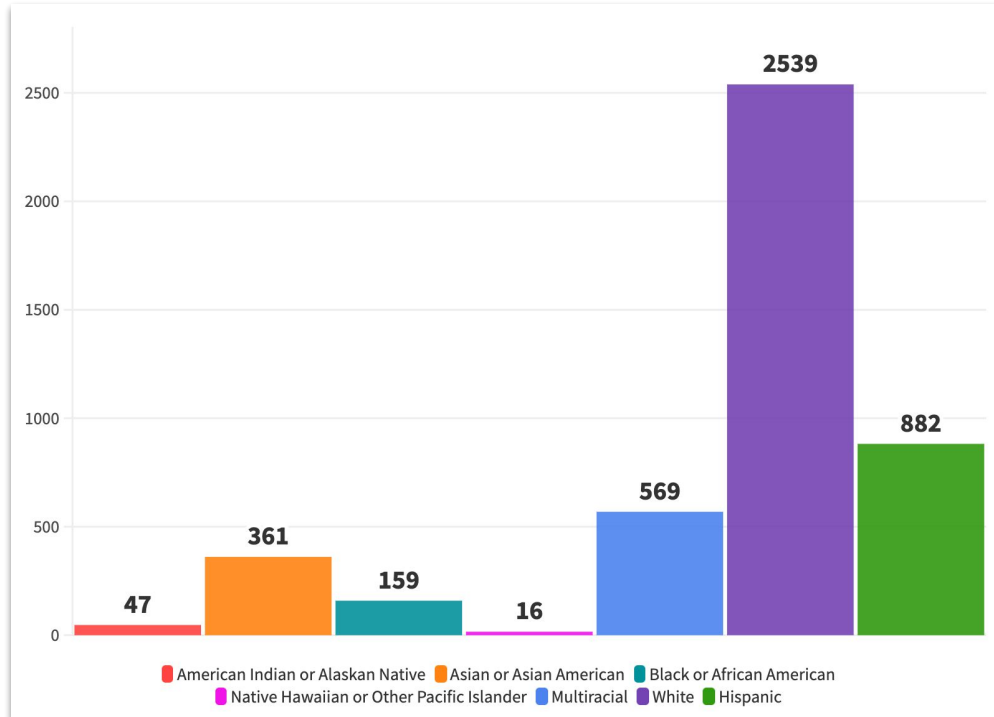
- **Questions selected from the Regional Youth Survey Question Data Bank**
 - Local and regional comparisons
- **Additional protective factor questions**
 - Commitments to teams, groups, organizations, etc
 - Knowledge of mental health resources
 - Connectedness to others at home & community
- **Additional risk factor questions**
 - Consequences of gaming and social media use
 - Concerning behavior, such as disordered eating



Response Rates by Grade

Grade(s)	Sample Count	Population Count	Response Rate (%)
Grade 7	776	905	85.7
Grade 8	774	889	87.0
Grade 9	898	993	90.4
Grade 10	712	997	71.4
Grade 11	526	942	55.8
Grade 12	355	952	37.3
Grades 7-8	1550	1794	86.4
Grades 9-12	2491	3884	64.1
Grades 7-12	4041	5678	71.2

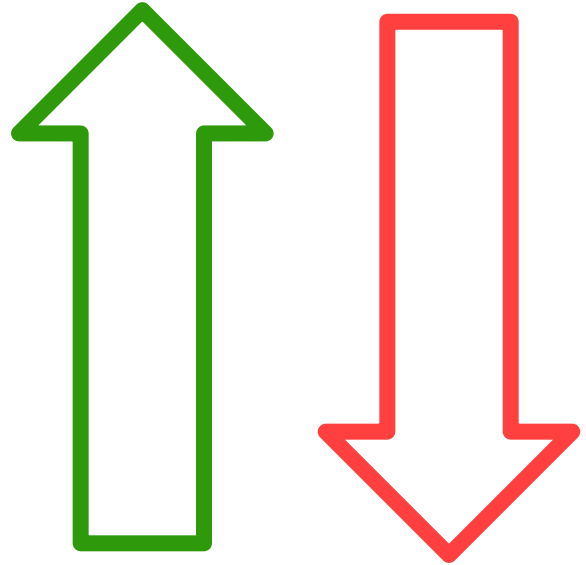
Race, Ethnicity & Gender



Protective & Risk Factors

Protective factors are characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor's impact.

Risk factors are characteristics at the biological, psychological, family, community, or cultural level that are associated with a higher likelihood of negative outcomes.





Have connection to
a trusted adult

INDIVIDUAL PROTECTIVE FACTORS



Teen reports on
self-image are
very positive



Knows where to get help if they're
struggling with a mental health
issue and know where to go for
help for substance misuse



Are engaged in
productive activities

COMMUNITY PROTECTIVE FACTORS



Family
Support



Feeling safe in
community



Peer Support



Feeling safe
at school



Social Media

RISK FACTORS



Substance Use



Gaming



Mental Health
Concerns



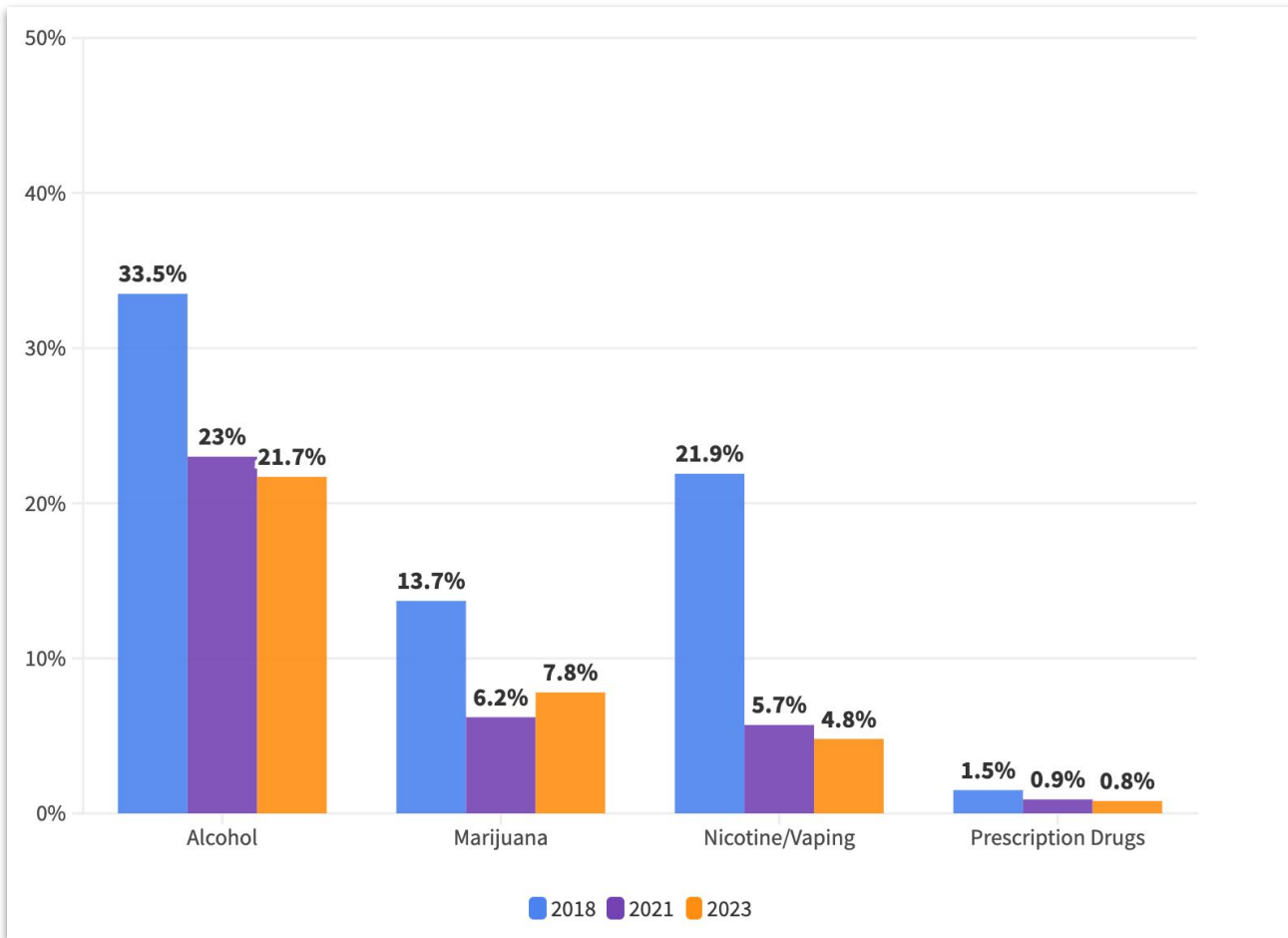
Irregular
Eating



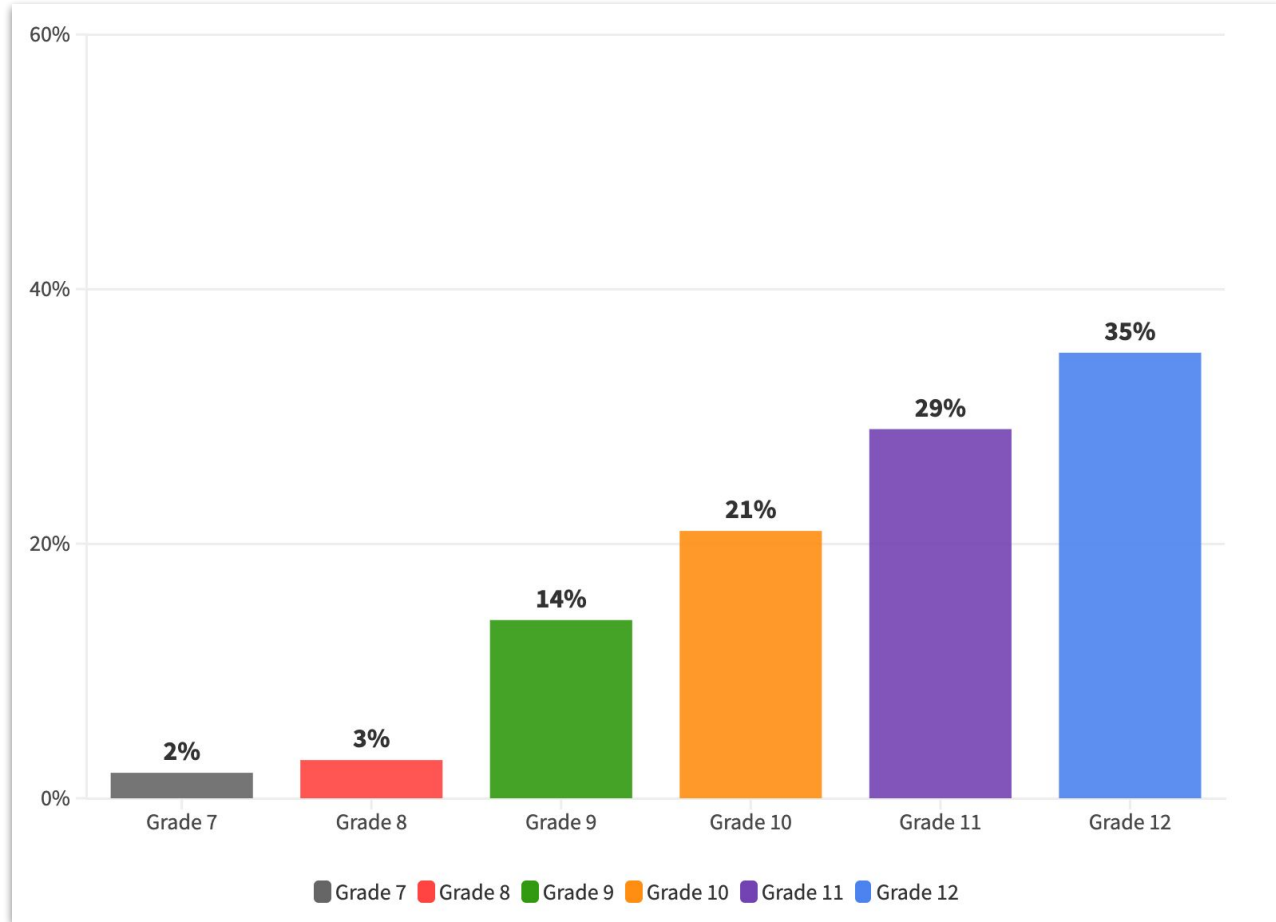
Gambling

Substance Use Rates (in the past 30 Days)

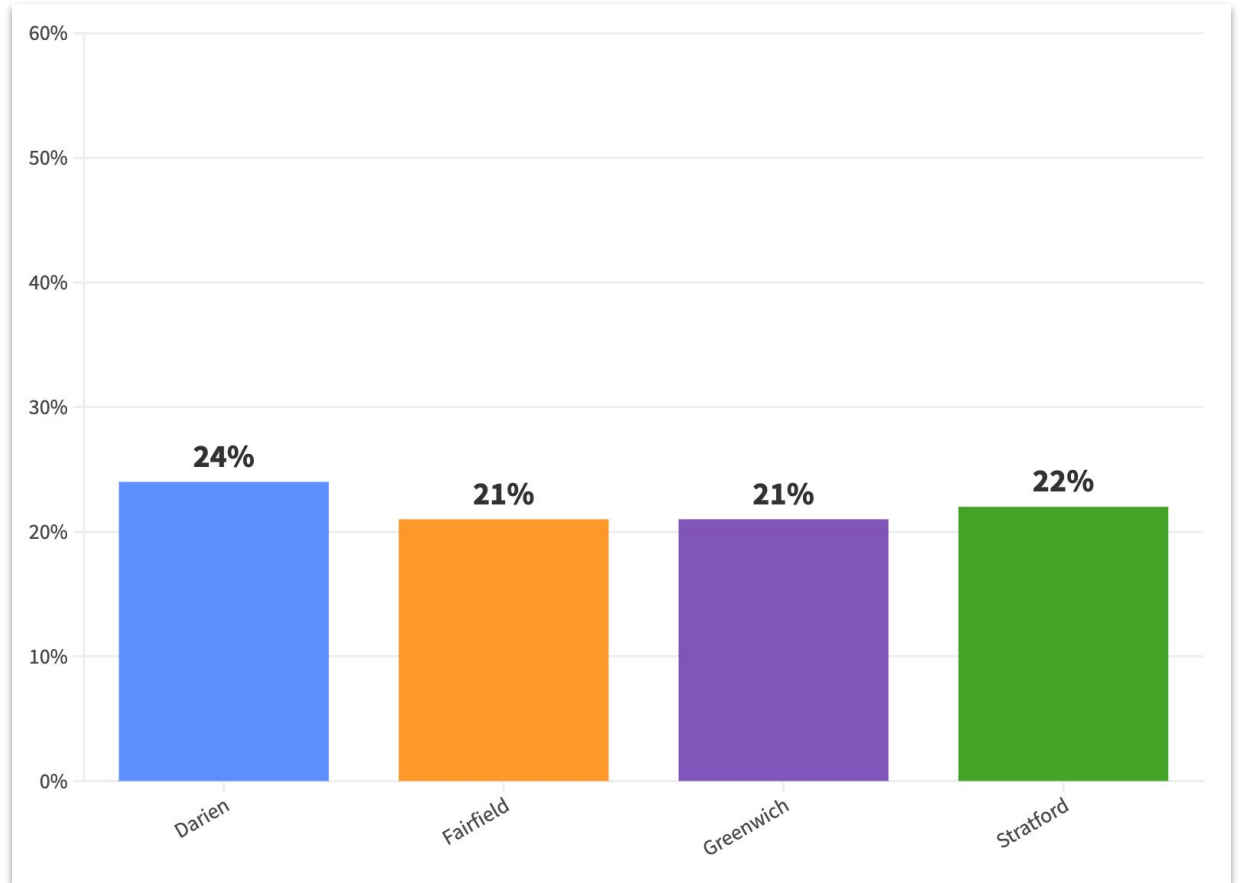
Among 9th to 12th graders



2023 Teen Alcohol Use - Past 30 Days



High School Alcohol Use Rates in Our Region



Culture of Drinking in Greenwich

TOP 4 REASONS THEY ARE DRINKING

① To Have Fun 85%



② Peer Pressure 46%



③ Curiosity 42%



④ Alcohol Readily Available 38%

TOP 3 PLACES THEY ARE DRINKING

① A Party 51%



② With friends at their home or my home 42%



③ At home with parent present 24%



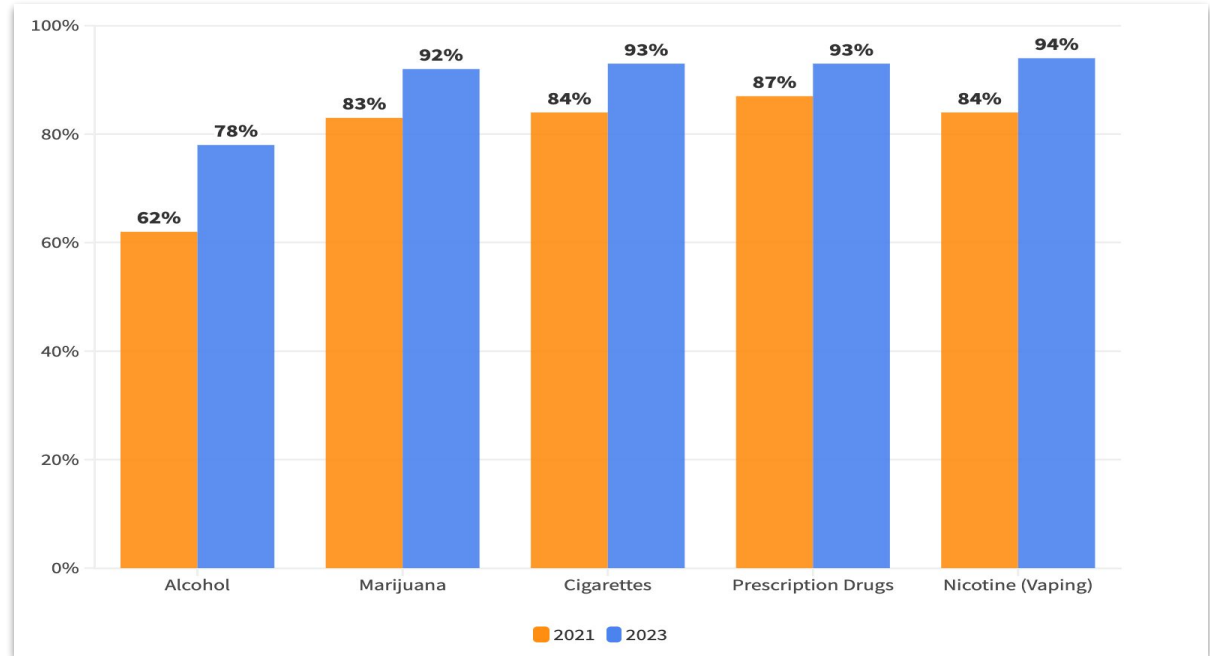
EASY TO GET?



57%
SAY YES

Family Norms Rules Make a Difference!

My parent/guardian has clear rules discouraging me from:



7X Teens in Greenwich are *7x more likely to drink on weekends* if they don't believe their parents disapprove of them drinking

Why Teens Do Not Drink

TOP 3 REASONS THEY ARE NOT DRINKING (GRADES 7 - 12)

① Don't Want to 60%



② Too Young 50%



③ Against the Law 43%





Comparison of Drinkers vs Non-Drinkers

Consumed alcohol in past 30 days

- More likely to feel that their parent or guardian thinks it is **okay to drink** even if underage
- Less likely to feel there are **clear rules** discouraging them from drinking alcohol
- Less likely to feel their parent or guardian **knows what they are doing when they go out**
- Less likely to get at least 8 hours of **sleep** per night
- More likely to have persistent **depression** or **anxiety**



Never consumed alcohol

- More likely to feel that their **friends disapprove** of drinking alcohol
- More likely to have a **good understanding of the effects** that drinking alcohol has on the teenage brain
- Less likely to report **high levels of stress** around academics and future expectations
- More likely to feel that their parent or guardian is good at **talking to them about important and serious things**
- More likely to feel their parent or guardian **knows where they are and who they are with when they go out**

Did You Know?

- 9 out of 10 adults with a substance use disorder begin using before age 18
- Fewer alcohol-related problems develop for every year that students delay drinking
- Alcohol use changes the structure and function of the still-developing teen brain
- It's illegal

What are Greenwich Teens saying about Mental Health?

Stress

TOP 3 SOURCES OF STRESS FOR GRADES 9 - 12



Academics
51%



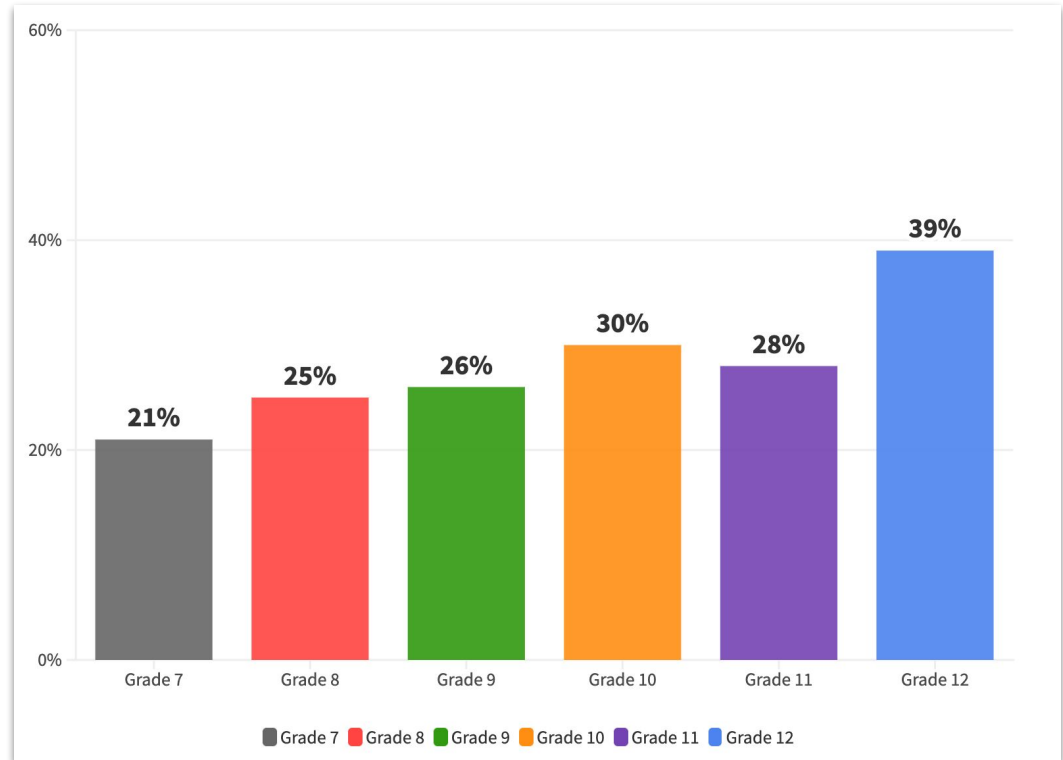
Future Expectations **45%**



College &
Post HS
38%

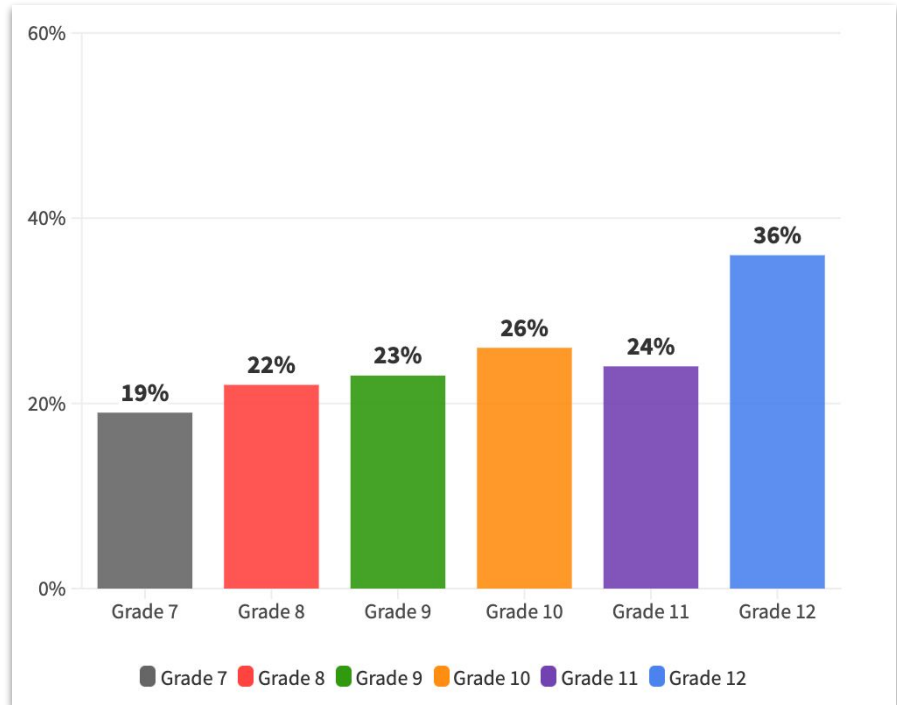
Self-Reported Rates of Anxiety

More than 1 in 4 high schoolers and 1 in 5 middle schoolers report persistent ANXIETY in the past year



Self-Report Rates of Depression

Approximately 1 in 4 high schoolers and 1 in 5 middle schoolers report persistent sadness and hopelessness in the past year.



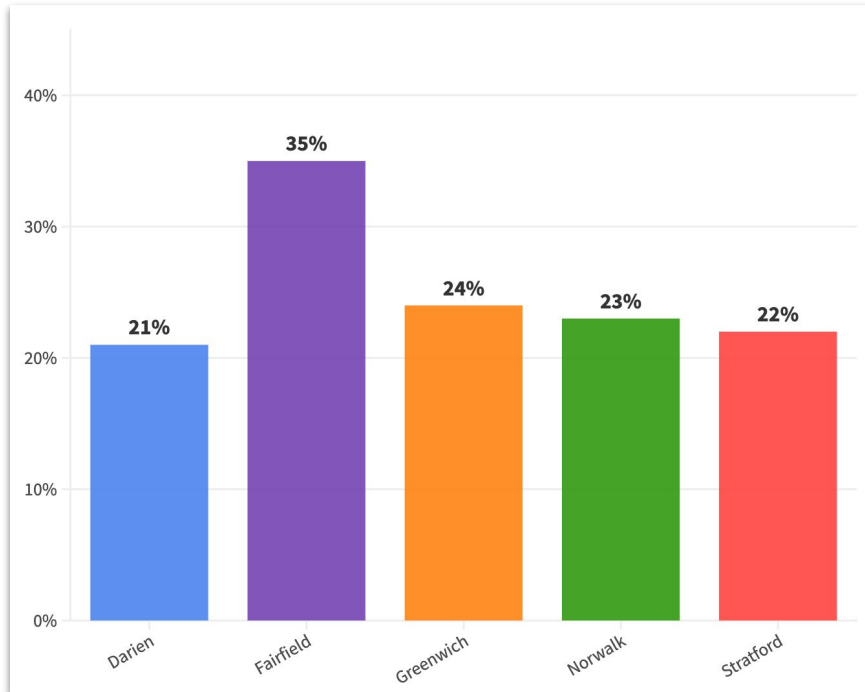
Self-Reported Depression Rates in Our Region

Rates reported by 7th to 12th graders:

High School Depression Rates

2021 YRBS
Connecticut - 36%
USA - 42%

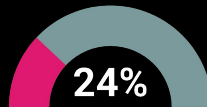
2023 Youth Survey
Greenwich - 26%



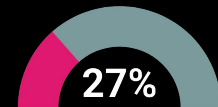
Depression & Anxiety



846 respondents
reported feeling so sad or
hopeless almost every day
for two weeks or more in
a row that that stopped
doing some usual activities



951 respondents
reported feeling so anxious
almost every day for two
weeks or more in a row
that they stopped doing
some usual activities



Gender Differences



Males report...

- Higher levels of self-image
- Lower rates of sadness, anxiety and loneliness
- More positive and negative consequences of gaming
- Higher rates of gambling
- Higher rates of bullying someone



Females report...

- Higher rates of persistent depression and anxiety
- Higher levels of stress in all categories (academics, future expectations, etc.)
- Higher rates of irregular eating behaviors
- Higher rates of being bullied
- More positive and negative consequences due to social media
- Higher rates of 'needing a drink to have fun'
- Lower rates of feeling safe at school and in the community

What You Can Do to Support Greenwich Youth



Talk to your kids early and often about alcohol and substance use. They hear you!



Set clear rules and expectations about drugs and alcohol.



Be a role model to your child regarding your use of alcohol, marijuana and prescription drugs.



Help your teens develop an exit strategy if they are feeling pressured to drink or use drugs.



Be attentive to what teens are doing in your home.
The two most common places for Greenwich youth to drink are at a party or with friends in someone's home.

Youth Survey Video



Greenwich Together Responses to Past Survey Data, 2021-2023 Programs



SAVE THE DATE!

How to Parent to Prevent Substance Abuse, Communicate to Build a Trusting Relationship and Raise Children with Grit and Resilience

Presented by Alicia Farrell, PhD, renowned cognitive psychologist and professional speaker for over 20 years

May 3, 2021 at 7 PM on Zoom



Alicia Farrell, PhD

Our primary and overriding responsibility as a parent is to raise children who can survive and thrive without us. Ever feel like you don't know what you're doing? Join the crowd! These are difficult and unprecedented times that require a boots on the ground mentality. Come ground yourself in the basics of parenting and learn practical tools you can apply immediately to positively change the course of your children's lives. This talk will cover:

- How to set, communicate and implement healthy boundaries and expectations for children of all ages.
- How to let children make mistakes, take responsibility and learn without shame while building grit and resilience.
- What it means and how to parent in the hopes of preventing substance use/abuse.
- Is there such a thing as age-appropriate experimentation?
- What to do if your child is already using drugs/alcohol.

This talk is full of practical tips/resources and is relevant for with kids or young adults of ANY age as well as for grandparents, teachers, administrators, community leaders, and counselors.

Preventing substance use starts with a conversation.



A 20th Anniversary film celebrating the powerful story of addiction today and why it's important to have conversations about drugs and alcohol - before it's too late.

FREE FILM SCREENING

View from the comfort of your home, anytime between 11/15/21-12/15/21

Greenwich youth confirm that kids whose parents speak to them about drugs and alcohol, consistently from a young age, are less likely to use substances in their teen years.

Learn how to approach these conversations based on your child's age and get proactive tips on how to help your child stay healthy!

Email to Get the Link and Watch Now!

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Youth Services Bureau Administrator
Danielle.sittol@greenwichct.org

Elen Brezovsky
Prevention Coordinator, Greenwich Together
elbrezovsky@kidsinrct.org



FOOD

20+ RESOURCE TABLES

MUSIC

ARTS & CRAFTS

HEALING TOUCH

1ST ANNUAL HOPE DAY

A GREENWICH COMMUNITY EFFORT TO HELP SMASH THE STIGMA AROUND MENTAL ILLNESS

SUNDAY APRIL 23 AT ARCH STREET TEEN CENTER
100 ARCH ST., GREENWICH CT 06830

TIME: 1-4PM
FREE FOR EVERYONE

- 1:00PM PERFORMANCE BY GREENWICH A CAPPELLA
- 1:20PM WELCOME TO HOPE DAY! - YFP YOUTH SPEAKERS
- 1:30PM THE DANCE POINTE PERFORMANCE
- 1:35PM LIVE MUSIC BY WINSTON RIDER
- 1:40PM STRETCH CLASS, 20-MINUTE GENTLE STRETCH CLASS BY THE STRETCH LAB (ALL AGES)
- 2:00PM COMPASSION MEDITATION, 15-MINUTE SESSION BY KALIA YOGA (15+)
- 2:30PM PANEL DISCUSSION ON MENTAL HEALTH & SPORTS
AARON MONTGOMERY-BRINWICK SWIM COACH
MATHIA BROUSSEAU-GREENWICH ACADEMY ATHLETIC DIRECTOR
ANTHONY HOBELLO-GREENWICH HIGH FOOTBALL COACH
TAMARA HOUSTON-MODERATOR
- 3:15PM GROUNDING SESSION 30-MINUTE SESSION BY ANDREA OTT (ALL AGES)
- 3:15PM YOGA CLASS, 30-MINUTE YOGA SESSION BY KALIA YOGA (ALL AGES)
- 3:45PM RAFFLE
- 3:50PM RIVERSIDE ELEMENTARY SCHOOL 5TH GRADE CHORUS

www.greenwichtogether.org



SAVE THE DATE!

Creating a Family Frame: How to Set the Boundaries Your Child Needs to Thrive

Presented by:

Georgette Harrison, LPC, Child Guidance Center of Southern CT
Tracey Masella, LCSW, affiliated with Silver Hill Hospital

November 3, 2022 at 7 PM on Zoom



Georgette Harrison, LPC



Masella, LCSW

Children & teens are eager to explore their world and test limits, but they also need their parents to set boundaries in order to keep them physically and emotionally safe. How do parents walk the line between respecting this important drive for independence with creating a family frame of expectations & rules to help them grow & thrive?

Greenwich Together is hosting Georgette Harrison, licensed professional counselor from the Child Guidance Center of Southern Connecticut, and Tracey Masella, licensed clinical social worker in affiliation with Silver Hill Hospital to present on "Creating a Family Frame" that can help you navigate challenging conversations & situations around independence and substance use, helping you build a strong & healthy relationship with your children.

Greenwich Together conducts a youth survey in local private and public schools to collect data around risk and protective factors. This data shows the importance and difference that setting healthy boundaries can make in youth.



Free pizza and \$10 Dollar Gift Card

Scan to register



greenwichtogether.org/zoom

Youth Empowering Youth to Make Life-Saving Choices

Celebrate the end of AP's, relax, take a pause and come hear a young person in recovery share their story about substance misuse and other mental health challenges.

May 15th at 1 PM Arch Street

THIS EVENT IS FOR MIDDLE AND HIGH SCHOOL STUDENTS AND PARENTS.

Coming up
next...

NEW RELEASE

SCREENAGERS UNDER THE INFLUENCE

FREE

ADDRESSING VAPING DRUGS & ALCOHOL IN THE DIGITAL AGE

CLICK OR SCAN FOR TICKETS

DATE: Sunday, November 5, 2023
TIME: 3-5pm
WHERE: Bruce Museum
1 Museum Dr, Greenwich, CT
AUDIENCE: All Parents & 9-12 Grade Youth

the Bruce

TOBACCO FLAVOR BANNING COMMITTEE



More than 80% of teens who have ever used tobacco started with a flavored product

ARE YOU INTERESTED IN HELPING GREENWICH MAKE EFFORTS TOWARDS BANNING FLAVORED TOBACCO PRODUCTS?

JOIN THIS ADVOCACY COMMITTEE TO DISCUSS HOW WE CAN START MAKING CHANGES TODAY!

Contact Corina Restrepo at crestrepo@kidsincrisis.org

Got Drugs?



NATIONAL DRUG TAKE BACK DAY

TURN IN YOUR UNUSED OR EXPIRED MEDICATION FOR SAFE DISPOSAL. NO QUESTIONS ASKED!

WHEN ?

SATURDAY OCTOBER 28, 2023

FROM 10:00 A.M. TO 2:00 P.M.

WHERE ?

TOWN OF GREENWICH PUBLIC SAFETY COMPLEX

11 BRUCE PLACE
GREENWICH, CT. 06830



Learn more about our
survey findings,
access parent resources
&
watch past programs
on our
Greenwich Together
website.



Follow us
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Subscribe to our
Newsletter for Monthly
updates

Please contact
Greenwichtogether@kidsin crisis.org
with any questions.

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