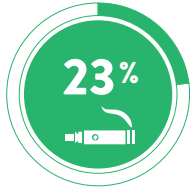




## Substance use disorder has **plagued our city and state** for decades



In 2020, 23% of high school seniors in Indiana reported using e-cigarettes, and 6.7% reported using cigarettes in the last month.<sup>1</sup>



In 2020, 28.5% of high school seniors in Indiana reported alcohol use in the last month.<sup>2</sup>

Fatal drug poisonings (overdose deaths) in Indiana **increased by 10%** from January 2019 to January 2020. COVID-19 worsened this trend – **fatal drug poisonings in the state rose 33%** from January 2020 to January 2021, with **more than 2,300 deaths**.<sup>3</sup>

Substance use disorder has worsened throughout the United States and within Indiana in recent years, particularly during the COVID-19 pandemic. Substance use often begins at a young age, and those who use drugs or alcohol in their early teens are more likely to develop a substance use disorder.<sup>4</sup> Schools can play a critical role in combatting substance use disorder by implementing early intervention initiatives.

In 2018, the Richard M. Fairbanks Foundation launched *Prevention Matters*, a multi-year grant initiative that aims to help Marion County schools identify, implement and sustain evidence-based substance use prevention programs. Prevention programs have been shown to not only reduce substance use among youth, but also improve academic outcomes, address bullying and in-school violence, and promote social-emotional well-being.

### IMPACT



**81,417**

TOTAL NUMBER OF STUDENTS REACHED IN 2020-21



**\$13 MILLION**

TOTAL ALLOCATED



**156**

TOTAL NUMBER OF SCHOOLS THAT PARTICIPATED IN 2020-21

### TIMELINE

**JANUARY 2018**

*Prevention Matters* initiative announced

**DECEMBER 2018**

Second round of *Prevention Matters* implementation grant recipients announced; schools begin program implementation

**APRIL 2021**

Grant extension for current grantees to minimize long-term impacts of COVID-19 and improve program sustainability

**JULY 2018**

First round of *Prevention Matters* implementation grant recipients announced; schools begin program implementation

**AUGUST 2019 - JUNE 2022**

Schools and districts continue program implementation

**JUNE 2022**

Initiative concludes

<sup>1</sup> Source: Indiana Youth Survey; <https://inys.indiana.edu/>

<sup>2</sup> Source: Indiana Youth Survey; <https://inys.indiana.edu/>

<sup>3</sup> Source: Centers for Disease Control and Prevention; <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

<sup>4</sup> Source: National Institute on Drug Abuse; <https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/introduction>



## Strengthening Prevention Programming

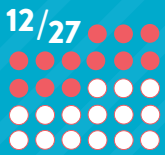
Most grantees successfully implemented all aspects of their prevention programming in the 2020-21 school year. Highlights of progress made in the third year of *Prevention Matters* implementation include:

Y2: 75,625

Y3: 81,417

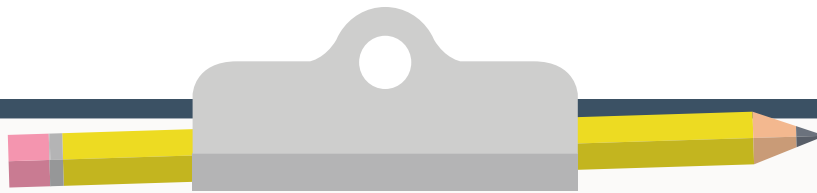
The number of students served grew from 75,625 students in Year Two to 81,417 in Year Three. *Prevention Matters* expanded from 144 schools in Year Two to 156 schools in Year Three.

Many grantees noted greater social and emotional needs among students at the start of the 2020-21 school year, likely due to the COVID-19 pandemic. More than half of grantees described *Prevention Matters* curricula as the foundation for their Social and Emotional Learning programming to address students' heightened needs.



Despite data collection limitations caused by the pandemic, 12 out of 27 grantees reported measurable increases in student outcomes, including engagement, knowledge and understanding.

The Foundation's one-year *Prevention Matters* grant extension is allowing most grantees to strengthen sustainability plans. Sustainability will continue to be a focus of technical assistance through the 2021-22 school year, the final year of the grant initiative.



### LESSONS LEARNED

**Leadership Matters:** Schools will struggle to successfully implement and sustain prevention programming without consistent support and buy-in from school leadership. Fifteen grantees reported documenting and sharing program impact in Year Three to strengthen staff and administrator buy-in, which is critical to long-term program sustainability.

**Build a Strong Base of Support:** Grantees noted the importance of sharing prevention program responsibilities among a committee or taskforce. This minimizes the disruption caused by teacher turnover, and helps spread enthusiasm for the prevention program throughout the school community.

**Set Clear Implementation Goals:** Embedding a new program into your school culture can be difficult. Grantees recommend starting small and scaling program implementation over time. A step-by-step implementation plan with clear goals will ensure all teachers remain focused on high quality program implementation.

**Regularly Monitor Implementation and Measure Impact:** Tracking program success allows schools to continuously improve their prevention instruction. Staff should provide routine observations and feedback to ensure high quality program implementation, and regularly collect student outcomes data to assess program impact.

**Consistency is Key:** In Year Three, *Prevention Matters* grantees improved the consistency of their instruction by using district-wide lesson plans, fidelity checklists and online lesson completion trackers, with many grantees reporting having used more than one of these tools.

**Plan for Sustainability:** Long-term program sustainability is dependent on prioritizing prevention programming in school and district budgets.