

Developmental Assets: 2018 Profile of Norwalk Youth

Presented by
Positive Directions- The Center for Prevention and Counseling
Westport, CT

In Collaboration with Norwalk Public Schools, Norwalk ACTS,
Mid-Fairfield Child Guidance Center,
and Family and Children's Agency (FCA)

February 2019



positivedirections
THE CENTER FOR PREVENTION AND COUNSELING

Positive Directions- The Center for Prevention and Counseling

Positive Directions is a community-based, 501 (c)(3) not-for-profit located in Westport, Connecticut and is the primary provider of alcohol and substance misuse prevention and individual counseling services.

The Agency principally serves the towns of Fairfield, Norwalk, Weston, Westport and Wilton and its mission is to support individuals, families, and communities by providing (1) prevention services that build resiliency and life skills in adolescents, adults and families and (2) treatment for mental health and addictive behaviors.

*We are your
community
partners, and
want to work
with you to
achieve the
best outcomes
which support
youth and
families.*

Background

The Partnership is a Norwalk-specific initiative run by Positive Directions

- It brings **multiple facets of the Norwalk community** (organizations, parents, young people and emerging adults) around a common table to implement proven strategies that supports families, enhance collaborations among organizations, and provide on-going learning opportunities for families and young people.
- We use the **Strategic Prevention Framework**, a common Public Health model used in the field of prevention, to mobilize the community to guide all decision making which is informed by data and the use of environmental strategies.
- The Partnership offers **programming** at the community and school levels, **family engagement** opportunities, parent outreach **trainings**, community and organization **professional development**, and consistent **data collection**.

Goals, Strategies & Activities

Partnership Goals and Strategies

- Goal 1: **Reduce alcohol use** among Norwalk youth (12-20) by decreasing social access.
- Goal 2: **Reduce non-medical use of prescription drugs (NMUPD)** among Norwalk youth (18-25) by decreasing social access.
- Goal 3: **Increase the capacity** of *The Partnership* by increasing sector engagement, community collaborations, and member trainings.

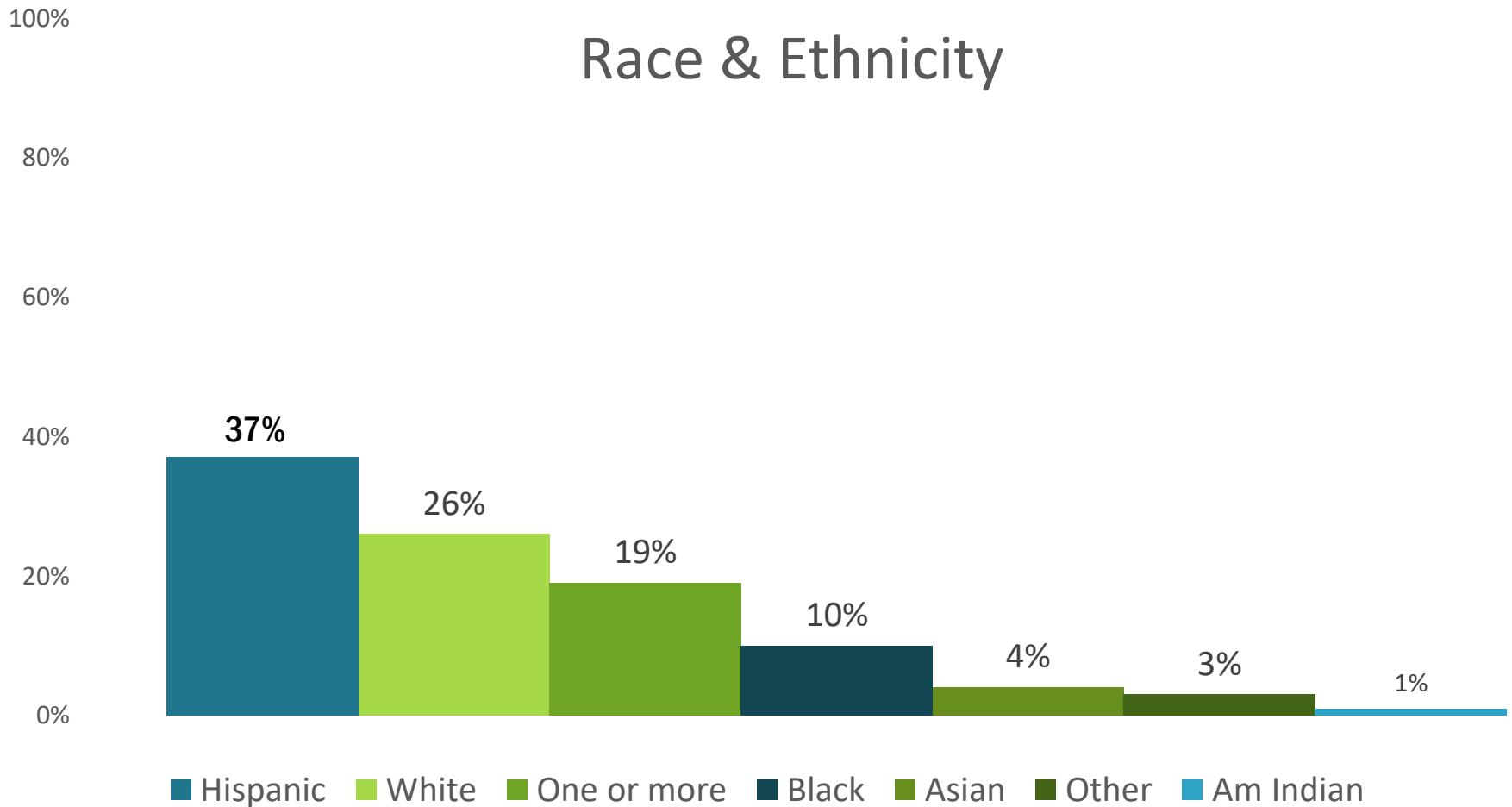
Key Activities

- **Implement continued data collection process** (including but not limited to youth, young adult, and community surveys)
- **Collaborate with Law Enforcement**
- **Provide Information and Resources** on the Priority Substances (underage alcohol use/ non-medical use of prescription drugs among 18-25 year olds)
- **Provide Training/Education/Programming** to Parents, Community Partners, General Population

Survey Highlights

- Search Institute Survey, Profiles of Student Life: Attitudes and Behaviors
- Collected in November 2018

Demographics



Reducing Risks

Many Norwalk Youth are making healthy choices

Four Core Substances & Measures

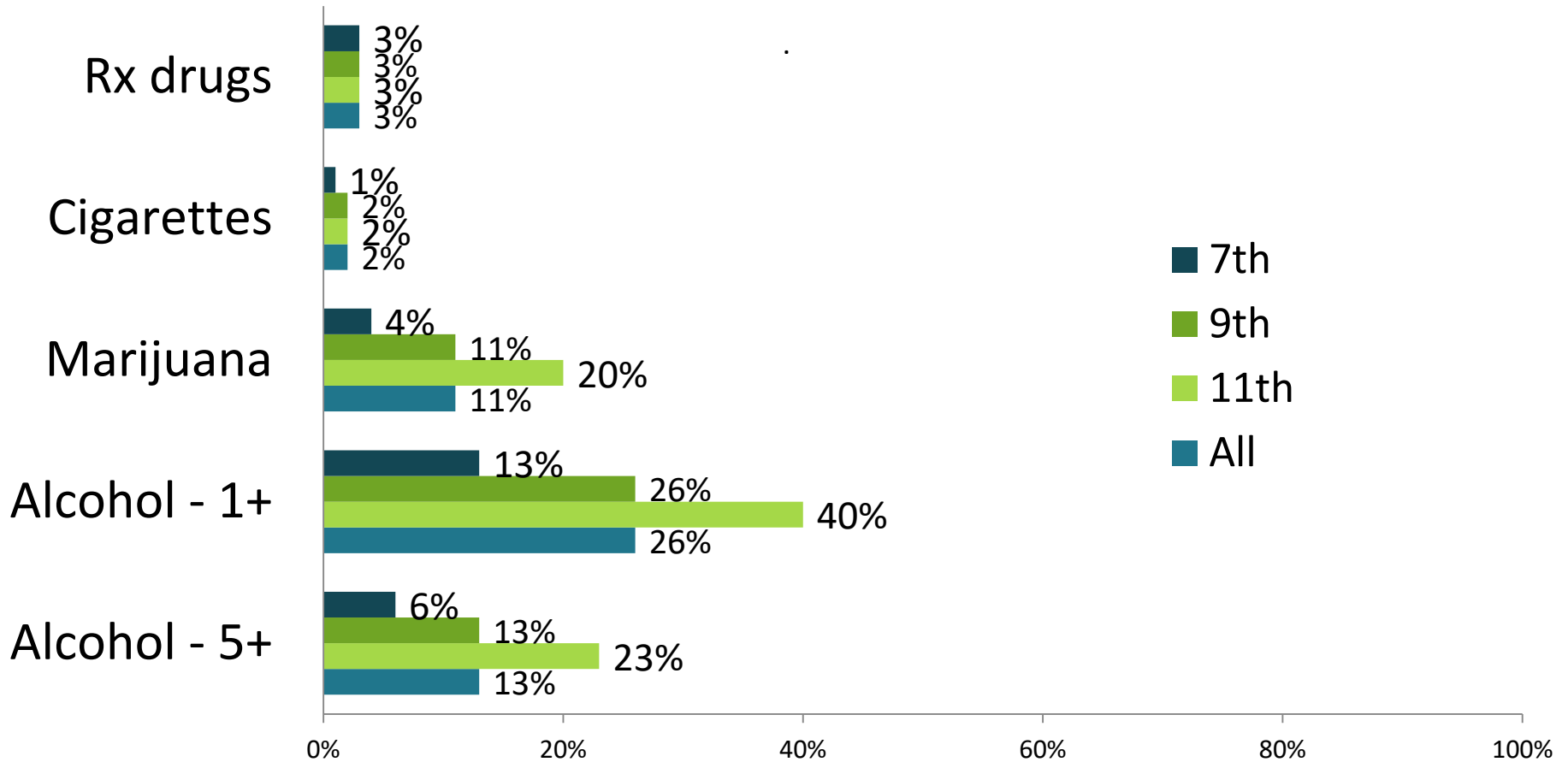
- **Substances**

- Alcohol
- Marijuana
- Tobacco
- Prescription Drugs

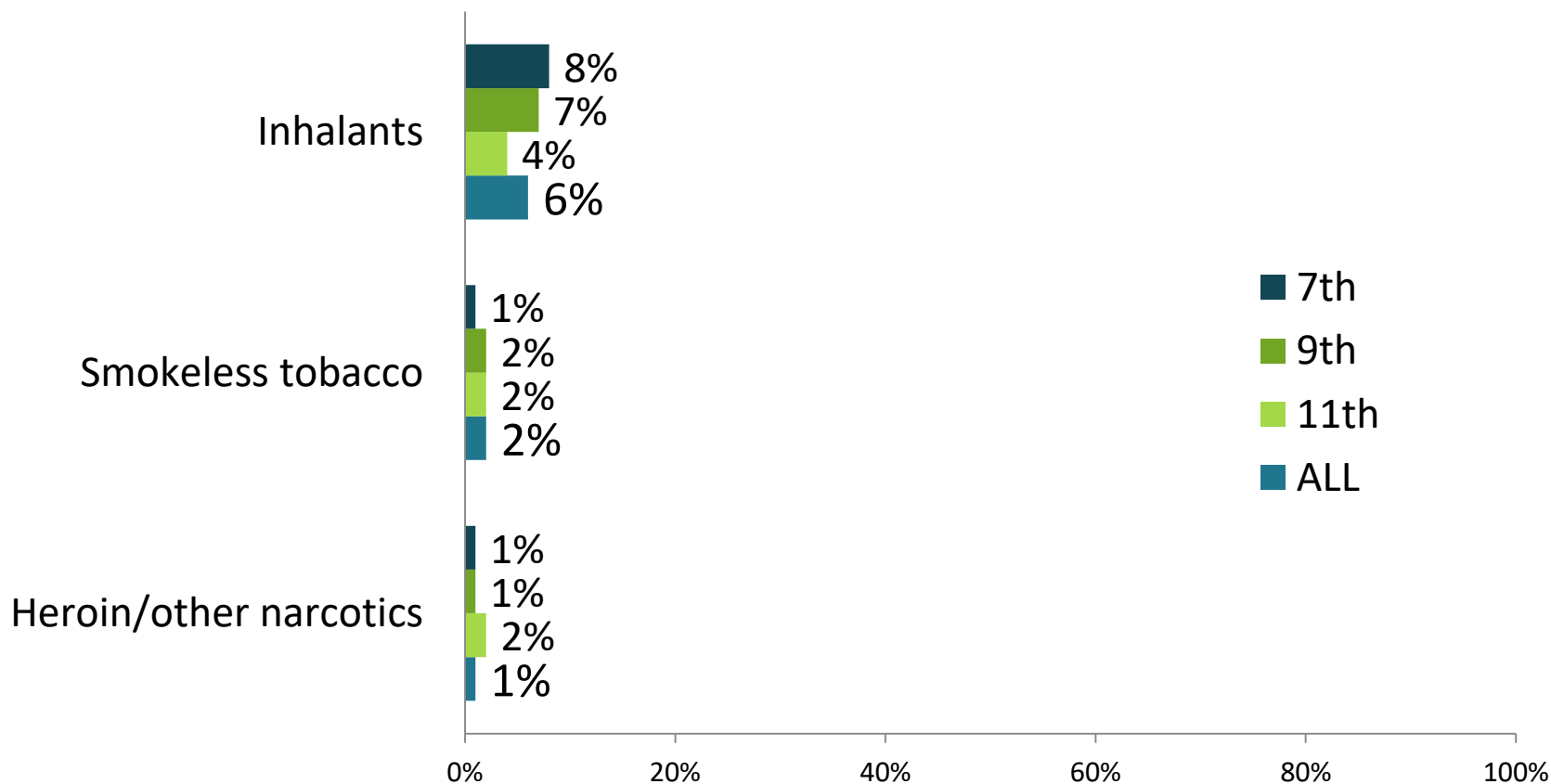
Measures

- 30-day use rates
- Perception of Risk/Harm
- Perception of Parental Disapproval
- Perception of Peer Disapproval

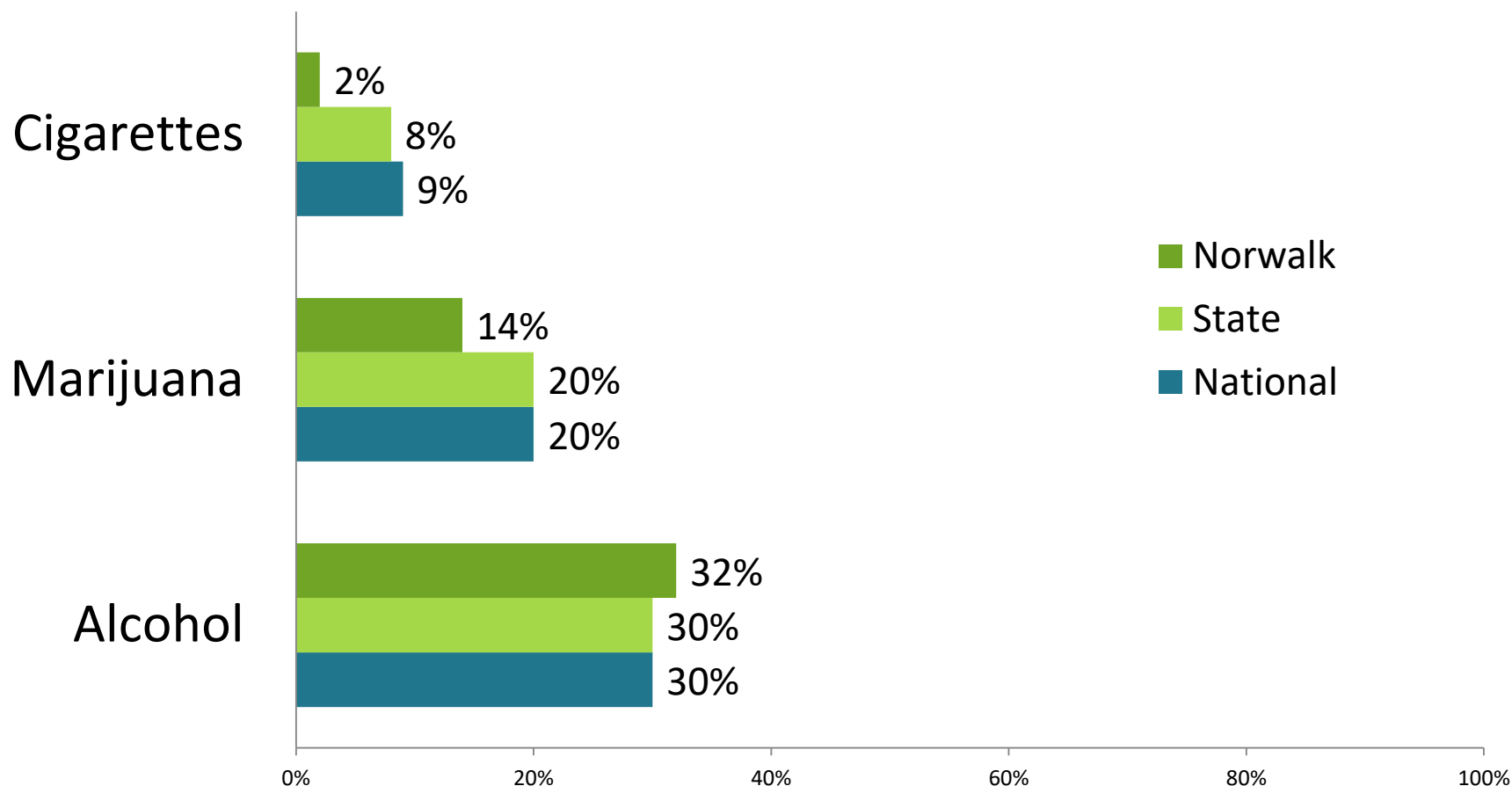
Recent Core Substance Use rates among Norwalk teens



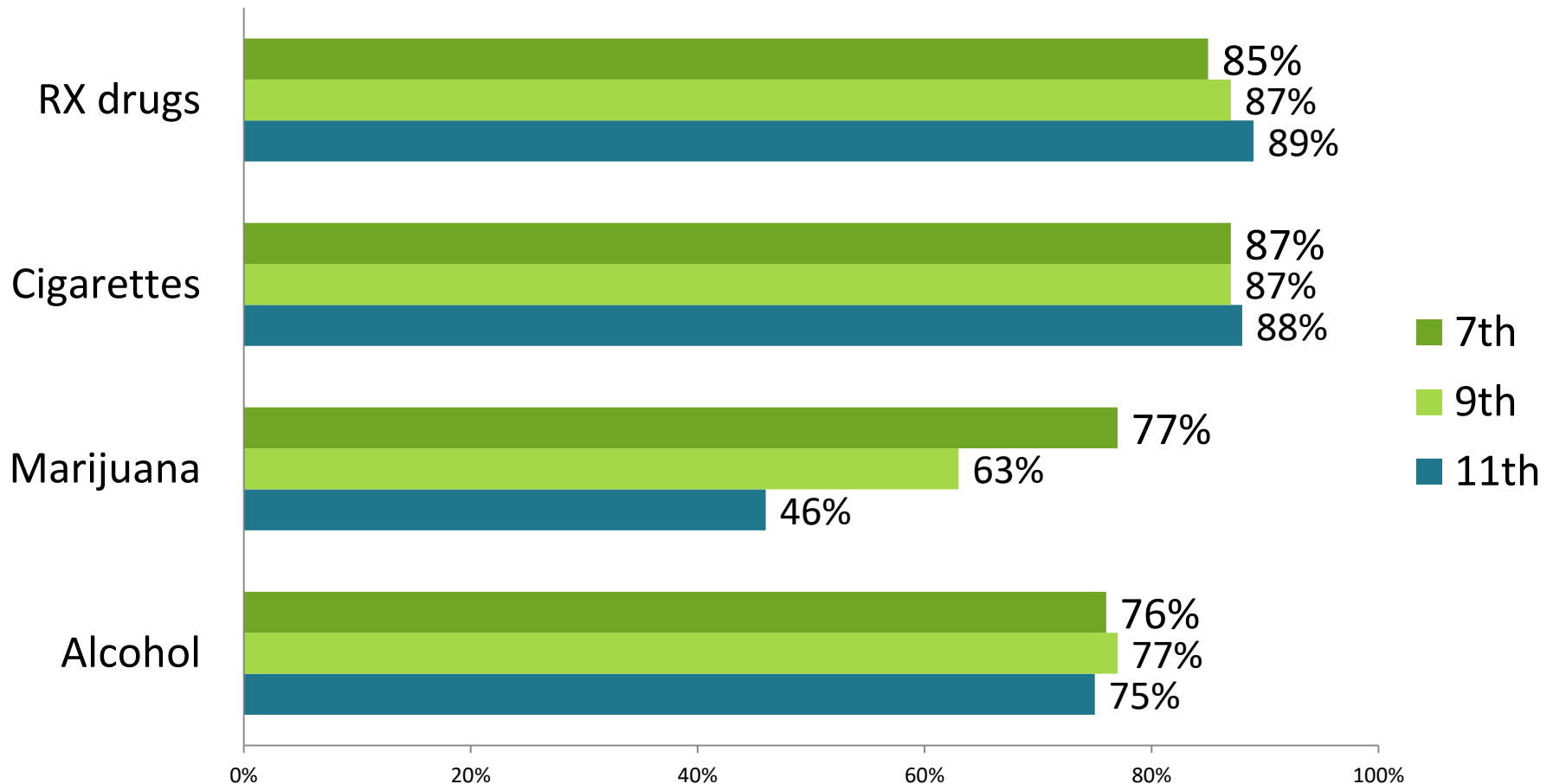
Other reported substance use rates are low.



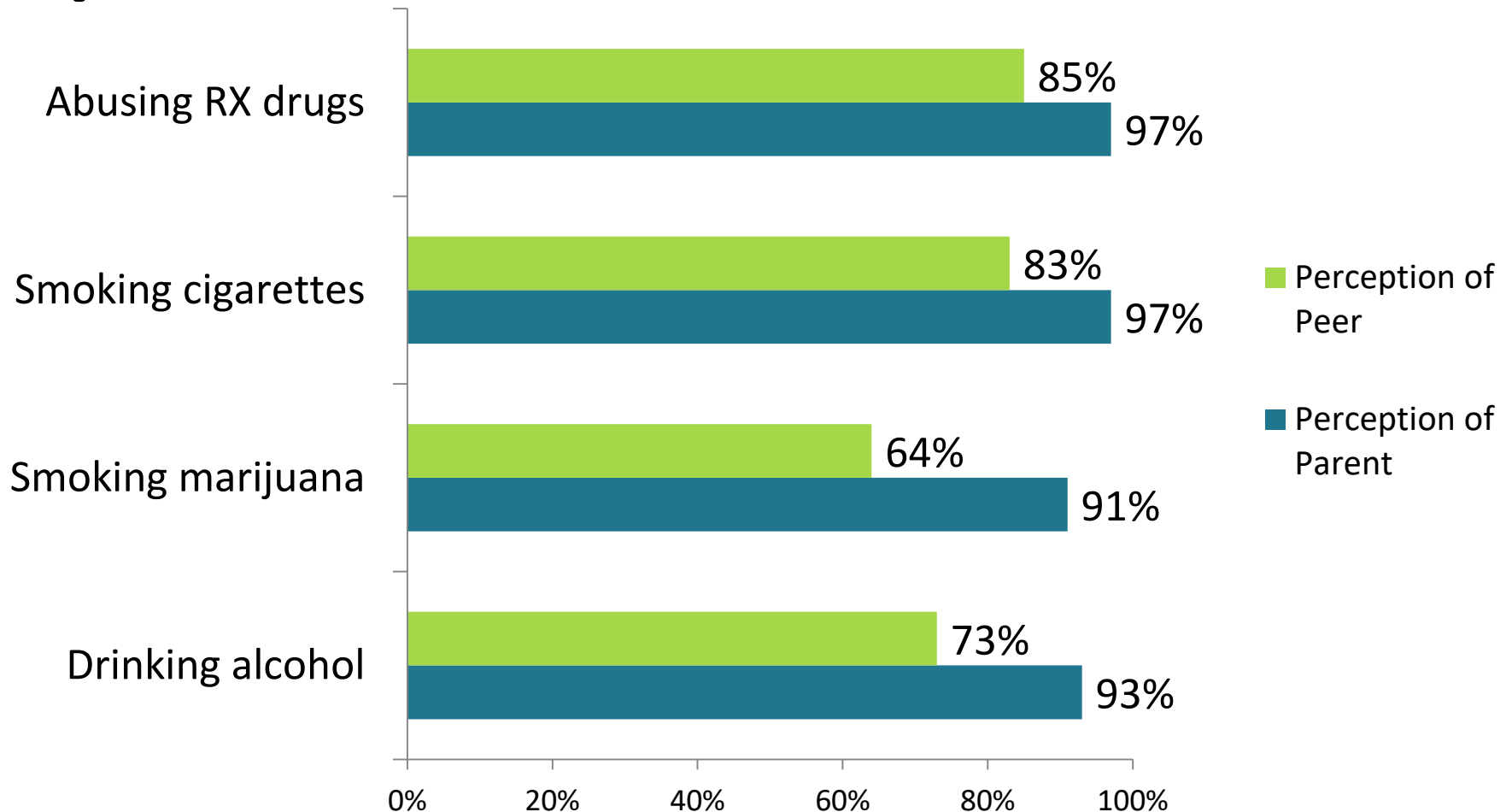
National, state and local 30 day substance use rates among high school students.



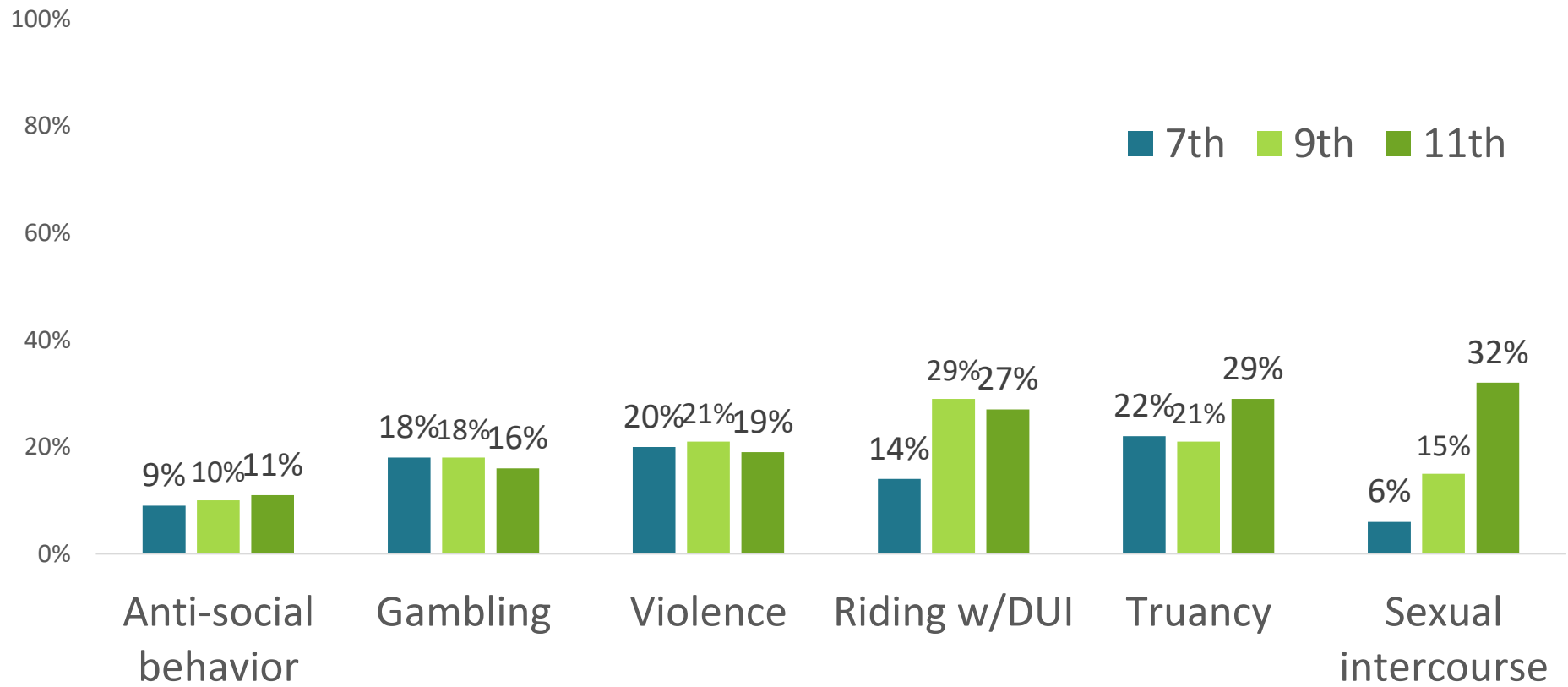
Perceived risk of harm is lowest around marijuana use.



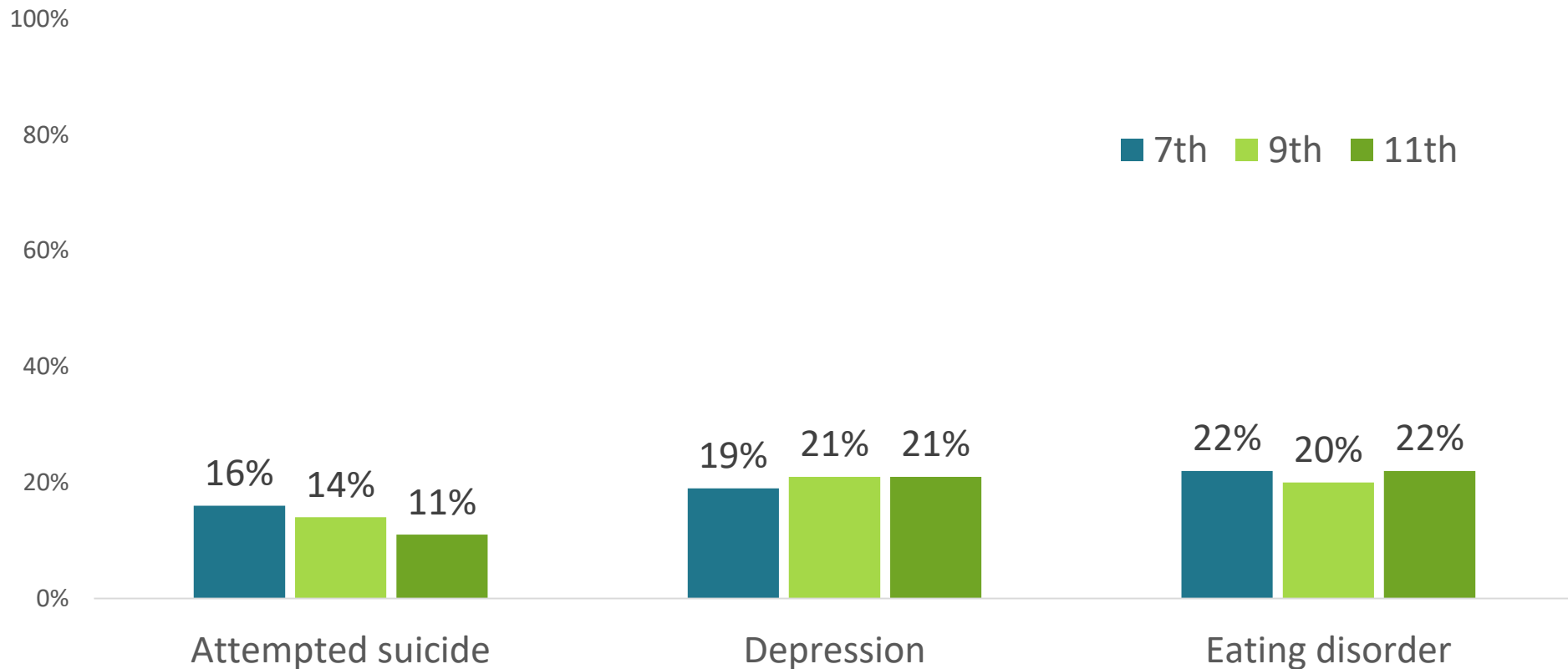
Perception of parental & peer disapproval impact teen's use.



Many Norwalk teens are not participating in risky behaviors.



...more risky behaviors



Building Assets

The Partnership's goal is to increase the positive support and strengths that assist teens in their success.

The Two Types of Assets

▶ External

Relationships and opportunities that young people experience in their families, schools, and communities

▶ Internal

Competencies and values that youth develop internally to guide behaviors and choices

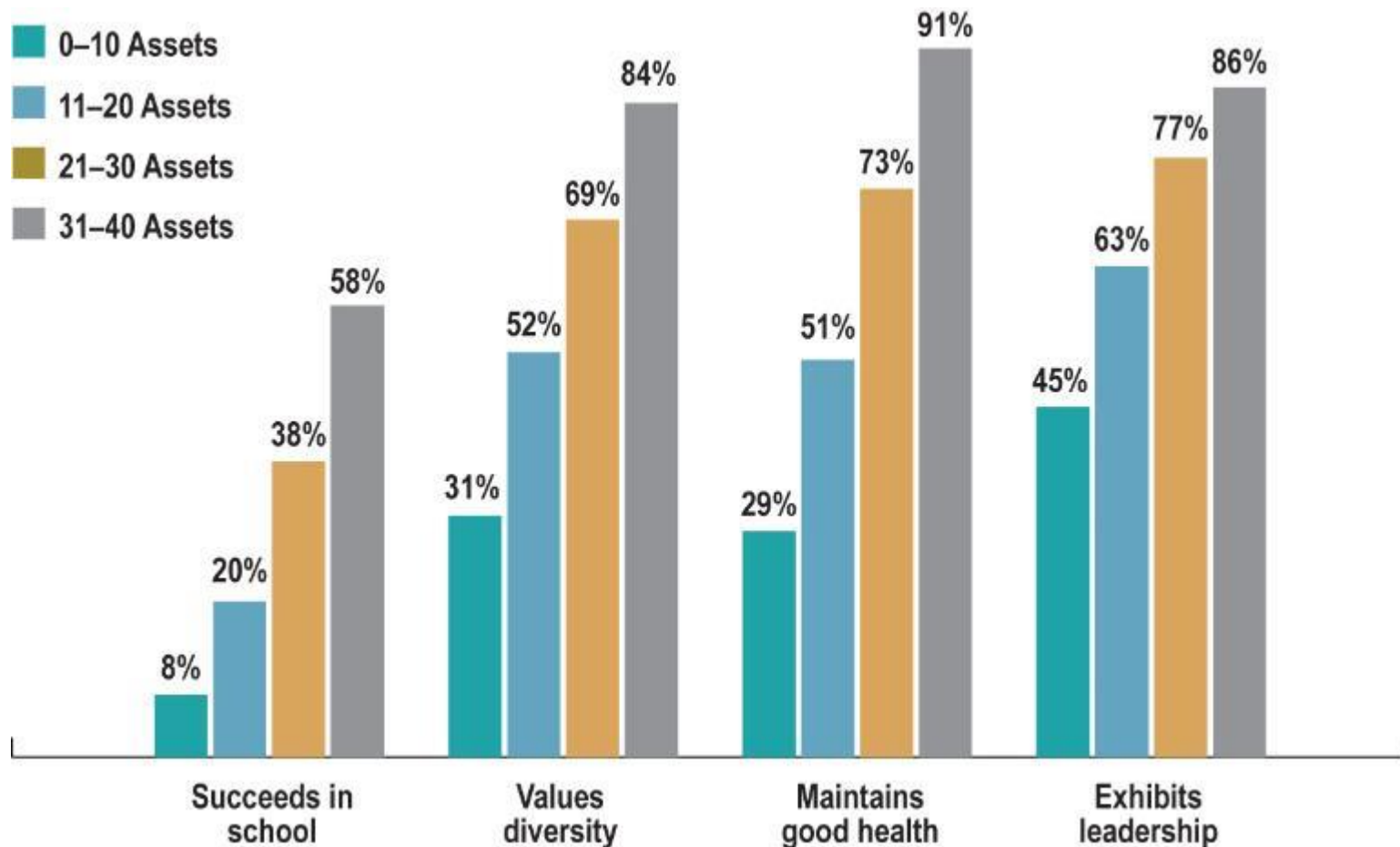
External Asset Subcategories

- ▶ Support
- ▶ Empowerment
- ▶ Boundaries and Expectations
- ▶ Constructive Use of Time

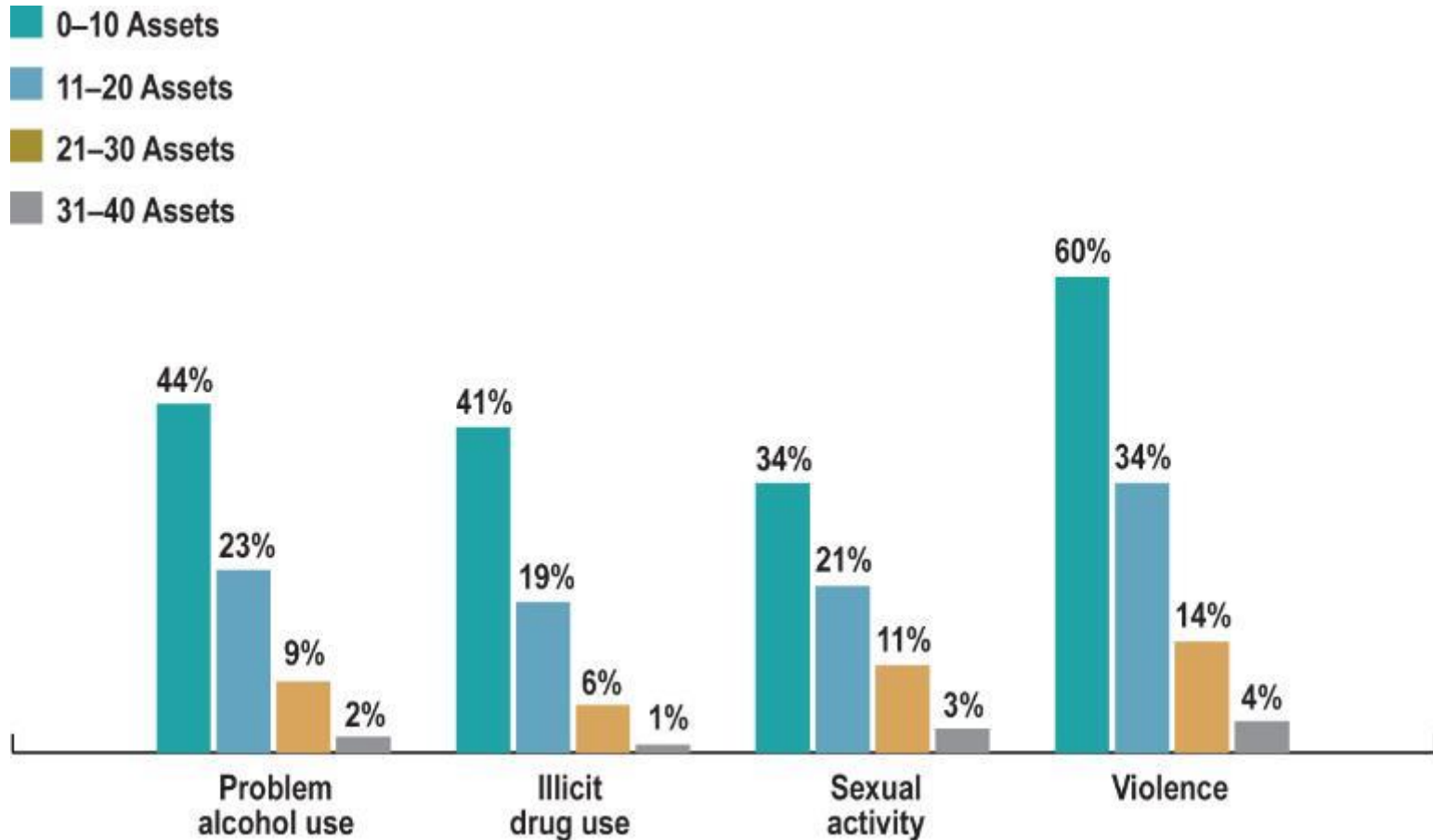
Internal Asset Subcategories

- ▶ Commitment to Learning
- ▶ Positive Values
- ▶ Social Competencies
- ▶ Positive Identity

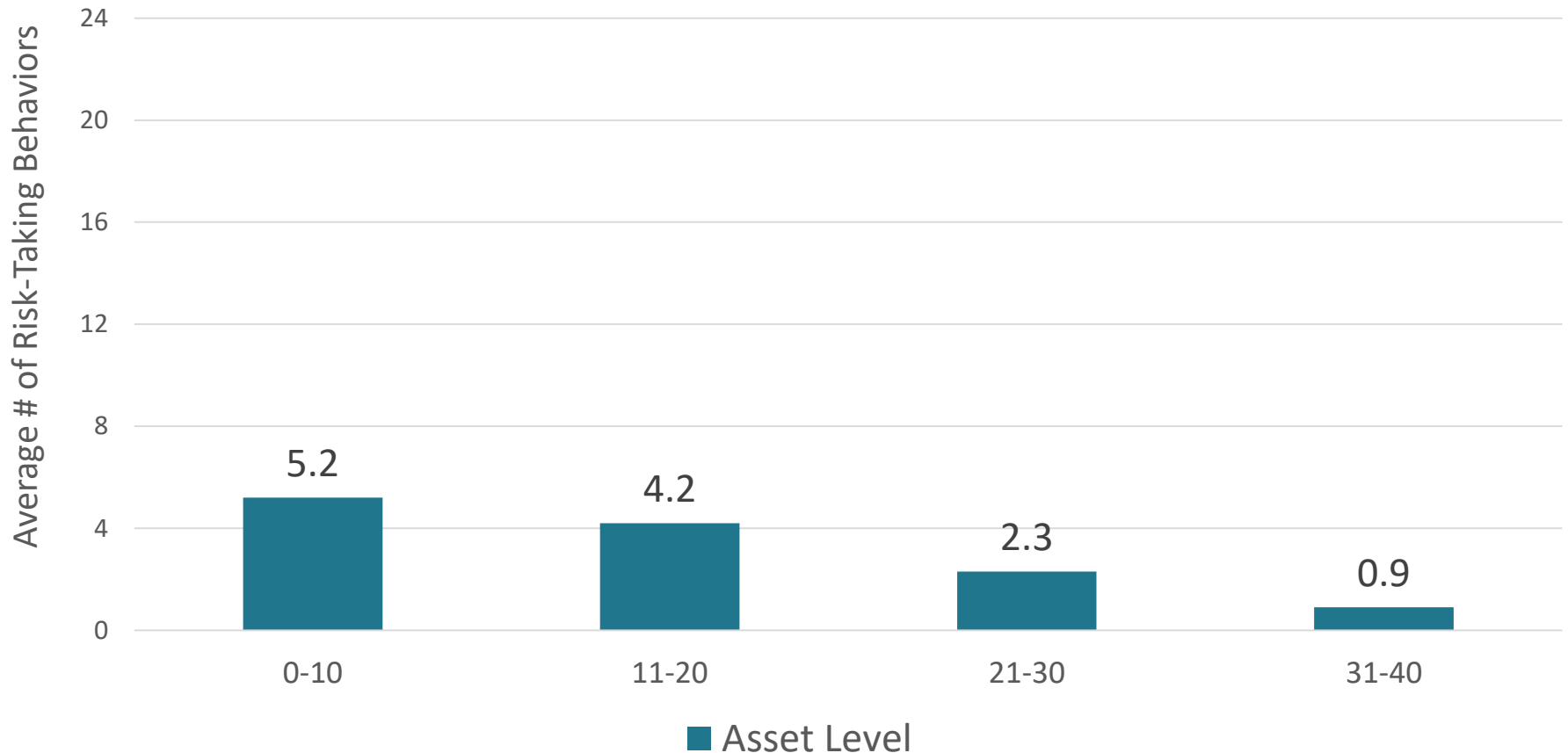
The Power of Assets to Promote



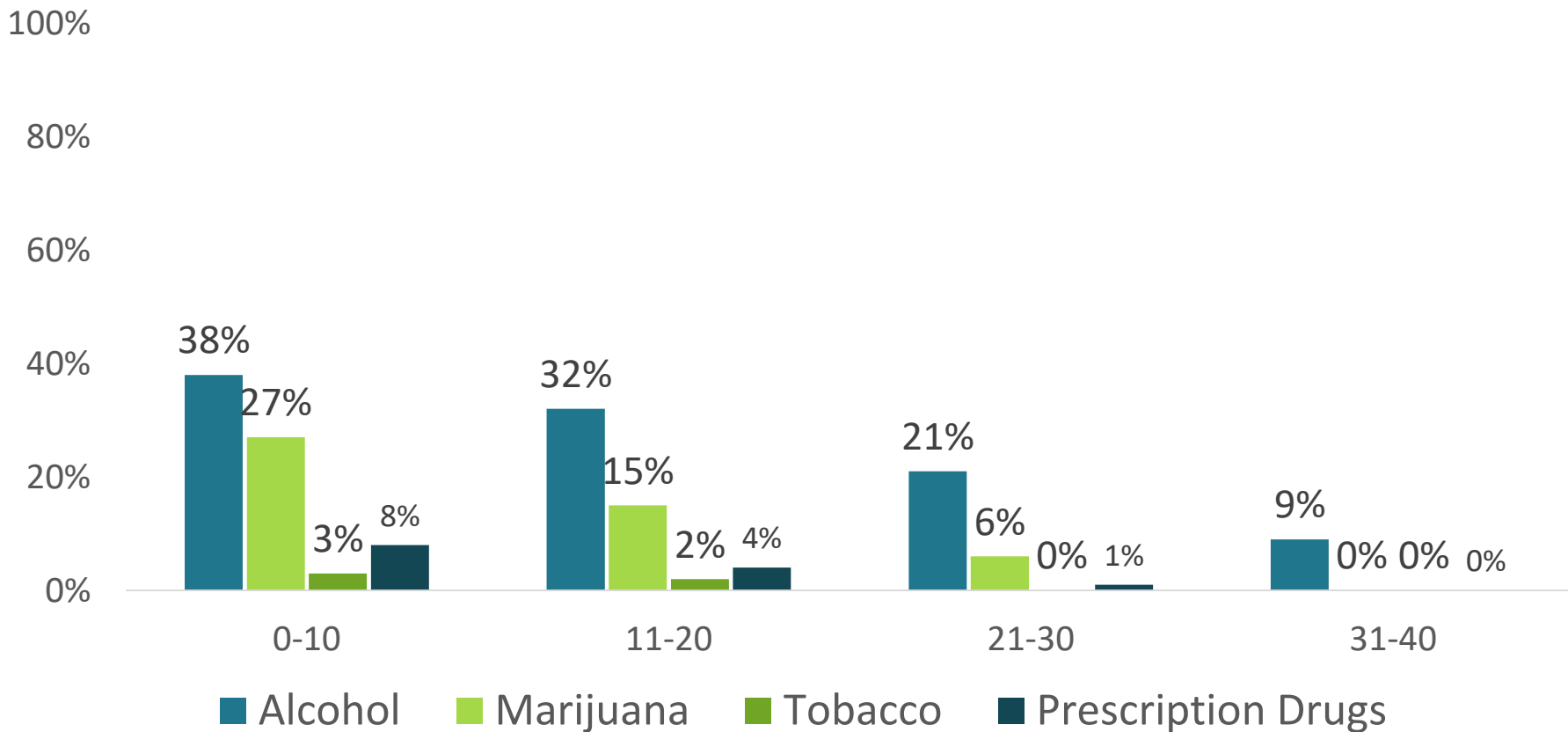
The Power of Assets to Protect



The Power of Developmental Assets to Protect Against Risk-Taking Behaviors

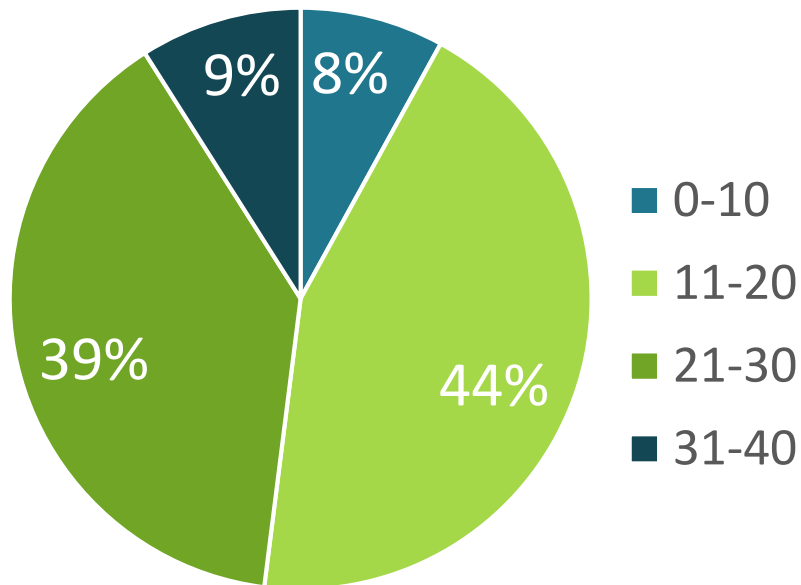


Past 30-day substance use rates are **lowest** among students who fall in the highest asset group.

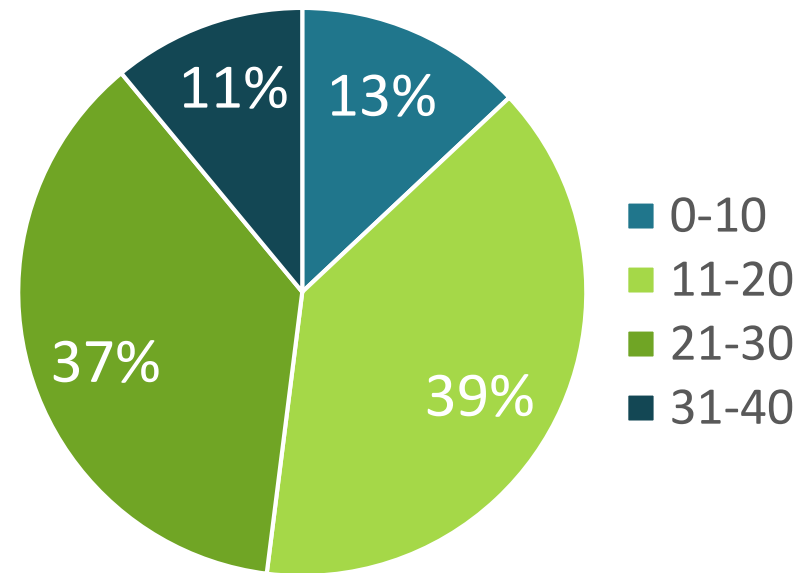


Comparison of Norwalk youth to National Asset Averages

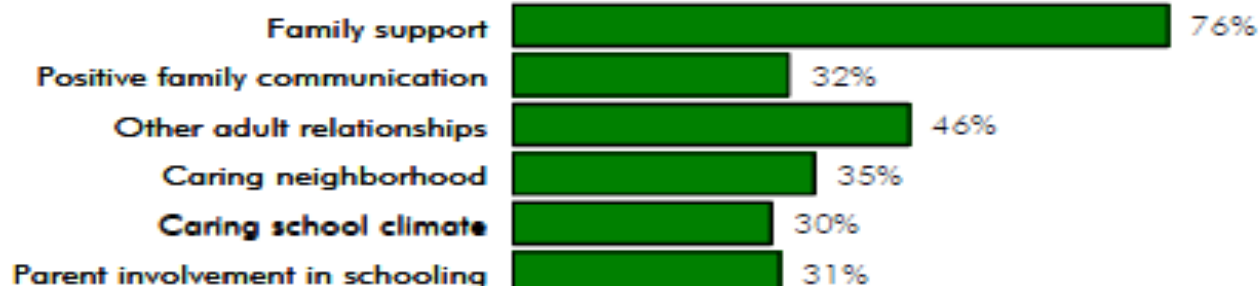
Norwalk



National Average



Support



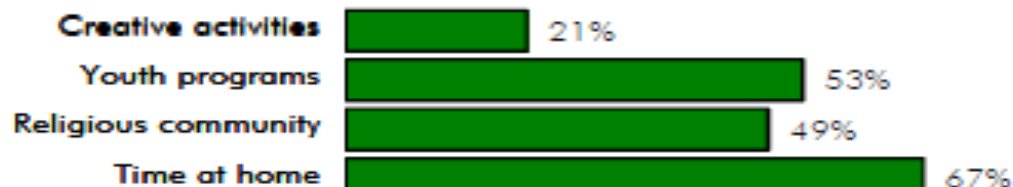
Empowerment



Boundaries and Expectations

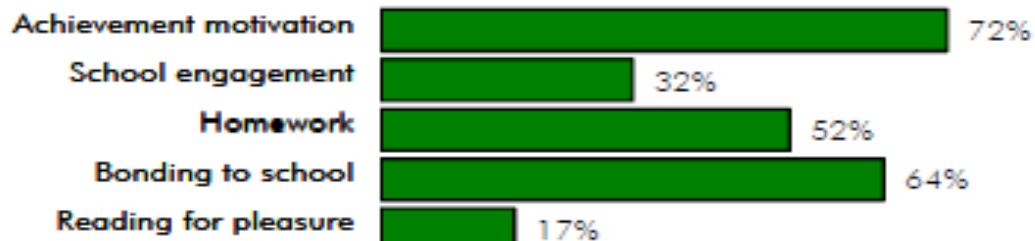


Constructive Use of Time



0% 20% 40% 60% 80% 100%

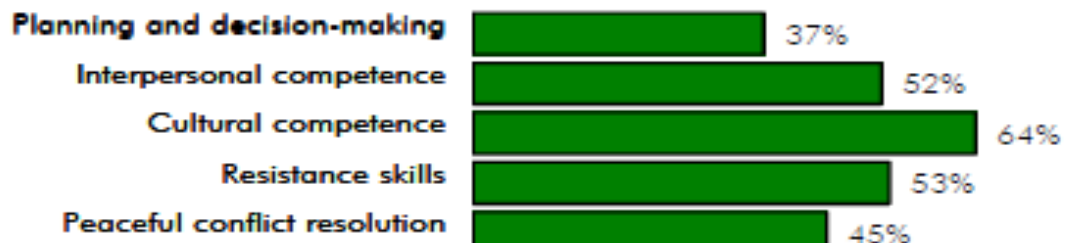
Commitment to Learning



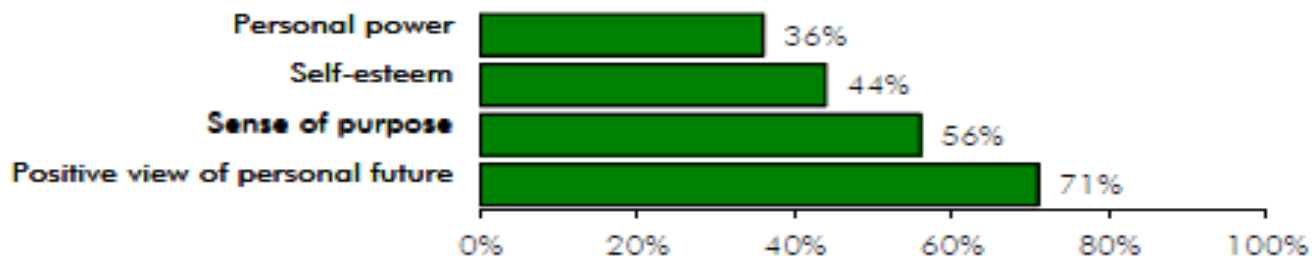
Positive Values



Social Competencies

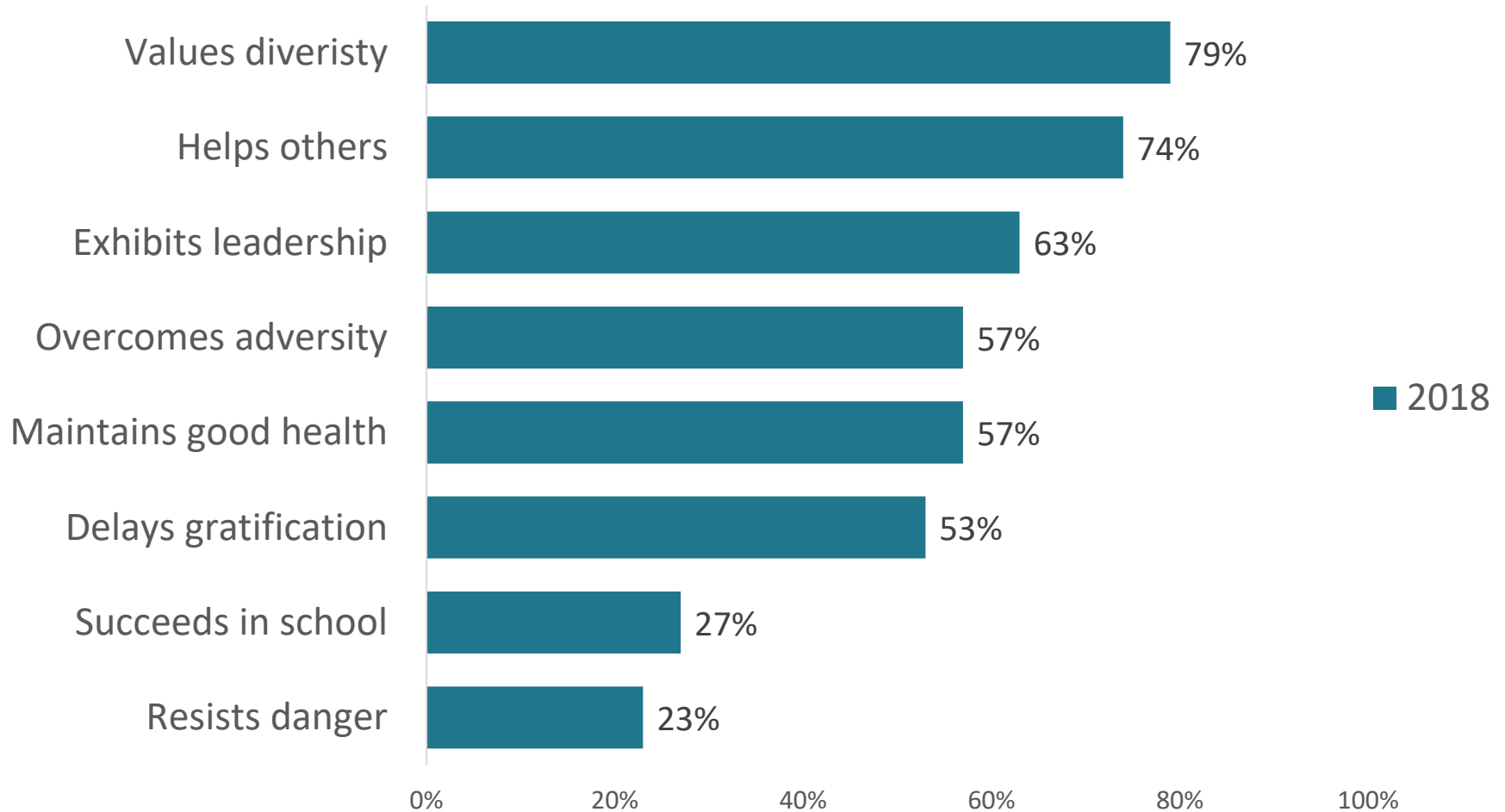


Positive Identity

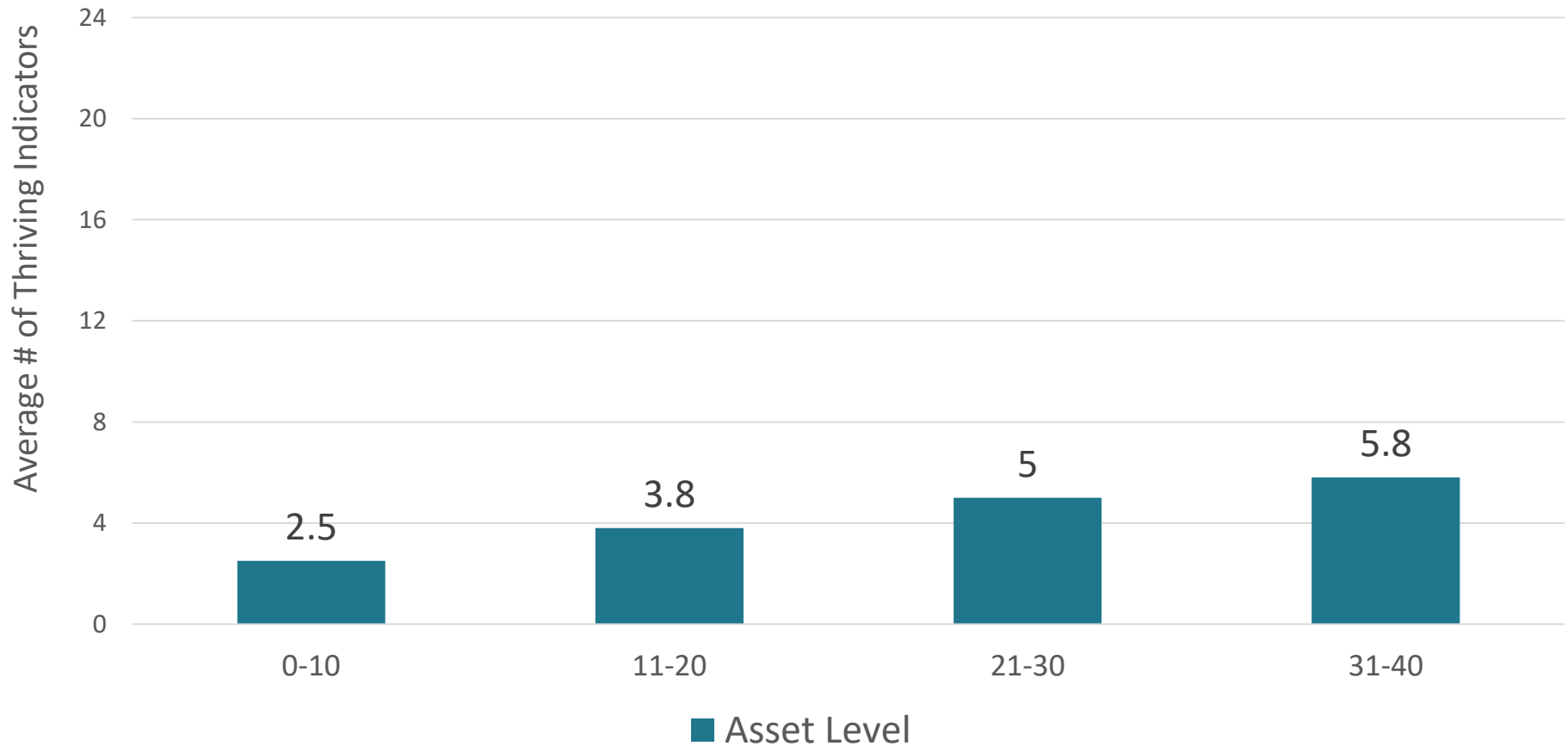


Internal Assets

Thriving indicators are important elements of healthy human development.



The Power of Developmental Assets to Promote Thriving Indicators



Principles of Asset Building

All young people need assets

Everyone can build assets

Relationships are key

Asset building is an ongoing process

Consistent messages are crucial

Repetition is important

What's Already in the Plan for Norwalk?

What Will Be Offered by Positive Directions

Data Workshops

- Presentations on the data results through the lens of the Developmental Assets Framework, which will be facilitated by youth and adults.

Continued Technical Support to Process Family Specific Workshops

- Family engagement programming which is focused on the Developmental Assets model, *Keep Connected: Engaging Families by Strengthening Relationships*

Translation Services

- Commitment to being culturally responsive and produce handouts/documents/presentations in a variety of languages.

Are you a member of the Social-Emotional Initiative?

The Norwalk ACTS Social-Emotional Initiative is excited about the opportunity to better understand the needs of Norwalk's children and look forward to our collaborative efforts to create a more aligned system to support the social-emotional health and wellbeing of all Norwalk's children.

The Norwalk ACTS Social-Emotional Initiative will hold convening's, or Community Conversations, to present the data trends of Norwalk's youth, discuss their meaning, and together begin to make data-driven decisions around programs/services, from enrichment to intervention.

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