



BROOKFIELD CARES

Promoting social and emotional wellness in our community.

2019 Student Attitudes & Behaviors Survey

Key Results



Summary

- In order to gain a better understanding of students attitudes and actions relating to at-risk behaviors, **BROOKFIELD CARES** and the Brookfield Public Schools surveyed students in grades 7–12 in November of 2019. *Note: We surveyed grades 6 and 8–12 in 2016.*
- While the results show that our issues are not greater than other comparable towns, survey results do point to the fact that we have issues to address as a community.
- Results shown area aggregated from multiple questions, providing more representative results.
- This is the fifth time we've surveyed students.

The Survey

- The Survey — developed by Search Institute and taken by millions of students — provides data in a wide range of areas including alcohol and drug use, depression & suicide, gambling, vaping (for the first time), and more.
- Search Institute also reports results as **Developmental Assets** — a research-based framework that shows a clear relationship between high asset scores and thriving behaviors.
- To learn more, visit: search-institute.org

Developmental Assets

This framework of **Developmental Assets** identifies a set of skills, experiences, relationships, and behaviors that enable young people to develop into successful and contributing adults.

External Assets

- *Support*
- *Empowerment*
- *Boundaries & Expectations*
- *Constructive Use of Time*

Internal Assets

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

Grade-specific descriptions of the Developmental Assets can be downloaded here:

<http://brookfield-cares.org/wp-content/files/Developmental-Assets.pdf>

Developmental Assets

To learn more about the 40 Developmental Assets that help kids succeed, watch this brief video.



<https://youtu.be/hPY67eea5h4>

What our children say

Students tell us we are ***strongest*** in the following Assets (% reporting Assets):

Asset #	Name	2009 Survey	2010 Survey	2012 Survey	2016 Survey	2019 Survey
22	School Engagement	57	78	69	70	82
1	Family Support	71	68	73	77	79
28	Integrity	72	74	77	76	79
30	Responsibility	63	66	70	67	76
15	Positive Peer Influence	55	68	37	74	75
21	Achievement Motivation	67	78	77	78	75
29	Honesty	68	70	69	68	74
40	Positive View of Personal Future	63	66	70	67	74

What our children say

Students tell us we are *weakest* in the following Assets (% reporting Assets):

Asset #	Name	2009 Survey	2010 Survey	2012 Survey	2016 Survey	2019 Survey
25	Reading for Pleasure	23	23	16	15	12
17	Creative Activities	20	24	19	17	18
7	Community Values Youth	13	20	20	25	22
6	Parent Involvement in Schooling	17	25	27	24	23
5	Caring School Climate	18	30	33	30	27
8	Youth (Children) as Resources	21	27	29	30	31
4	Caring Neighborhood	35	36	34	37	34
13	Neighborhood Boundaries	33	41	35	41	35

Current Behaviors

Category	Definition	% Reporting Risk Taking Behaviors			
		TOTAL 9–12	GRADE 7	GRADE 9	GRADE 12
Alcohol	Used alcohol in the last 30 days	24%	5%	11%	44%
	Got drunk in the last 2 weeks	12%	2%	3%	23%
Driving & Alcohol	Drove after drinking in the last 12 months	3%	0%	1%	8%
	Rode (once or more in the last 12 months) with a driver who had been drinking	16%	19%	16%	12%

Current Behaviors

Category	Definition	% Reporting Risk Taking Behaviors			
		TOTAL 9–12	GRADE 7	GRADE 9	GRADE 12
Eating Disorder	Has engaged in bulimic or anorexic behavior	17%	15%	16%	20%
Depression	Felt sad or depressed most of the time in the past month	21%	12%	16%	27%

Current Behaviors

Category	Definition	% Reporting Risk Taking Behaviors			
		TOTAL 9–12	GRADE 7	GRADE 9	GRADE 12
Gambling	Gambled once or more in the last 12 months	14%	14%	12%	18%
Illicit drug use	Used heroin or other narcotics multiple times in the last 12 months	1%	0%	0%	1%

Current Behaviors

Category	Definition	% Reporting Risk Taking Behaviors			
		TOTAL 9–12	GRADE 7	GRADE 9	GRADE 12
Depression /Suicide	Is frequently depressed and/or has attempted suicide	26%	14%	18%	33%
Violence	Has engaged in 3 or more acts ¹ in the last 12 months	14%	12%	15%	16%
Anti-Social Behavior	Has been involved in 3 or more incidents ² in the last 12 months	6%	2%	3%	8%

¹ Fighting, hitting, injuring a person, carrying or using a weapon, or threatening physical harm

² Fighting, hitting, injuring a person, carrying or using a weapon, or threatening physical harm

Current Behaviors

Grade	Alcohol			Marijuana			Prescription Drugs	
	7	9	12	7	9	12	9	12
Past 30-Day Use	5%	11%	44% <small>Was 54% in 2016</small>	0%	2.5%	27% <small>Was 33% in 2016</small>	1.6%	1.2% <small>Was 7% in 2016</small>
Perception of Risk	84%	87%	77%	86%	76%	40%	93%	90%
Perception of Parental Disapproval	98%	98%	92%	98%	97%	84%	96%	98%
Perception of Peer Disapproval	94%	85%	66%	96%	85%	43%	95%	88%

More points of note

- 96% of 7–8 students and 89% of 9–12 students feel using prescription drugs that are not prescribed to them is wrong to very wrong
- 2% of 7–8 students and 24% of 9–12 students feel smoking marijuana would be not at all wrong
- 17% of 9–12 students reported threatening physical harm to someone in the last 12 months
- 10% of 7–8 students and 44% of 9–12 students reported attending parties in the past year where other kids their age were drinking

Our Middle Schoolers

- 18% report getting hurt by someone in their home
- 76% use a computer, cell phone, or tablet to email, play games, surf the web, message, or text with friends for 2 hours or more a day
- 65% watches 2 or more hours of TV or videos each school day
- 50% say they have more than 1 hour per day at home with no adult supervision

Vaping

This year — for the first time — the Survey included questions on vaping.

	Whisconier Middle School	Brookfield High School
Has vaped (“juuled”) during the past 30 days	2.1%	17.8%
Of those who indicated they had, # who vaped marijuana	0.2%	8.5%
My family definitely has specific rules discouraging me from vaping	65.8%	52.8%

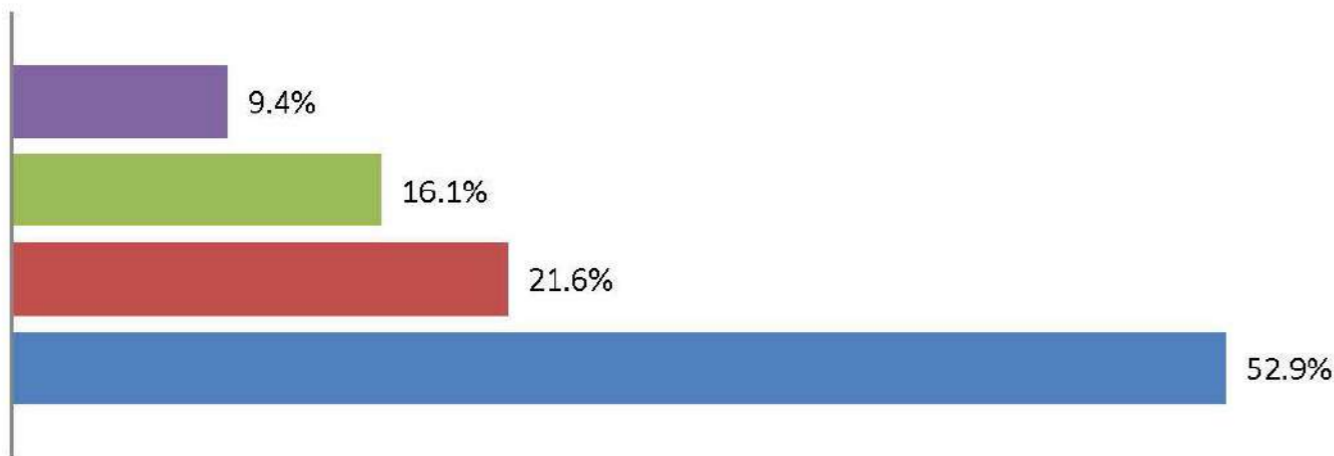
Observation: While reported student use of marijuana alone is down (see page 12), the number now reporting vaping marijuana almost offsets this reduction.

Vaping

Perception of how easy it would be to get electronic cigarettes or other vaping devices changes as our children get older.

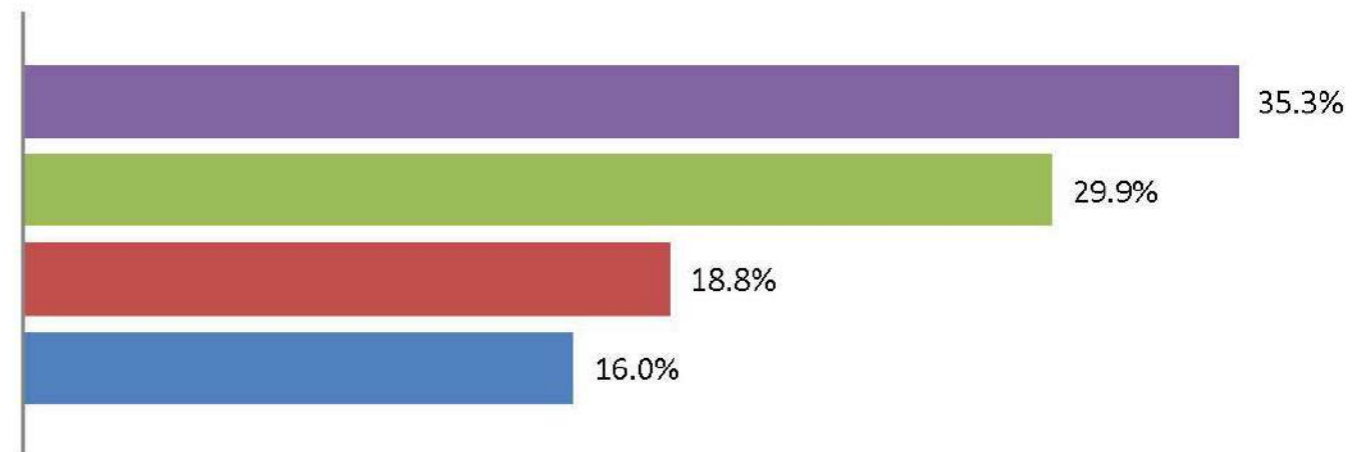
Grades 7–8

Very easy Sort of easy Sort of hard Very hard



Grades 9–12

Very easy Sort of easy Sort of hard Very hard



Vaping

Brookfield Cares is now working with Brookfield's Youth Commission*. They recently surveyed 105 students age 14–15 years old. Here is some of what these students told us:



- ✓ *32% know someone who has suffered health consequences as a result of vaping/e-cigarettes.*
- ✓ *68% say there should be consequences for use on school grounds.*
- ✓ *59% say cessation/support programs should be offered.*
- ✓ *61% ask for assemblies/programs on the risks.*

• [Town website: brookfieldct.gov/youth-commission](http://brookfieldct.gov/youth-commission)

What have we learned?

- Alcohol continues to be the number one drug of choice.
- Marijuana continues to be viewed as less dangerous than other substances with less parental disapproval, ***but use has moved to vaping***
- We need to be continually mindful of suicide risk of students.
- Onset of at-risk behaviors (drinking) can start as early as age 10 or 11.

Additional

- While respecting HIPAA privacy concerns, we can report that our schools have dealt with these Students in Crisis issues:

- ✓ *Drug/Alcohol Abuse*
- ✓ *Suicidal & Non–Suicidal
Self–Injury behavior*
- ✓ *Eating Disorders*

Additional Data: Students in Crisis

9/2018 through 1/2020	Whisconier Middle School		Brookfield High School	
	Incidents Reported	Resulted in Suspension	Incidents Reported	Resulted in Suspension
Hospitalization	5 <i>All included in categories below</i>		11	
Drug / Alcohol Abuse	0		17	11
Suicidal	12 <i>9 of these in the category below</i>		2 attempt / 8 ideation	
Non-Suicidal / Self Injury	16 <i>7 students in this category only</i>		12	

All students who express suicidal thinking are either referred to Crisis Intervention at Danbury Hospital or Emergency Mobile Psychiatric Services (EMPS) is called to the school. The hospital may not admit or refer the student for extended hospitalization.

Please note: The number of hospitalizations are part of the combined numbers including Suicidal and Non-Suicidal Self Injury.

Mental Health Trends

Marc Brackett, founding Director of the Yale Center for Emotional Intelligence and lead developer of the RULER program which Brookfield Schools has adopted, reports the following national trends, which our own survey mirrors.

Mental Health		
<p>18%</p> <p>of the population is affected by anxiety disorders</p>	<p>25%</p> <p>of children between ages 13 and 18 have been diagnosed with an anxiety disorder</p>	<p>60%</p> <p>of college students report “overwhelming anxiety”</p>
<p>40%</p> <p>of college students report feeling so depressed they had difficulty functioning</p> <p>Depression is the leading cause of disability worldwide</p>	<p>28%</p> <p>increase in the U.S. suicide rate from 1999 – 2016</p> <p>Suicide is 2nd leading cause of death in college students</p>	<p>20%</p> <p>increase <i>each year</i> for the last 6 years in college students seeking mental health treatment</p>

Numbers

- Brookfield had 3 resident overdose deaths in 2019.

<https://patch.com/connecticut/trumbull/ct-drug-overdose-deaths-town-town-2019>

<https://www.ctpost.com/local/article/Rising-rate-of-fatal-overdoses-gripping-CT-14422594.php> (scroll to see image 4 of 94)

- The Brookfield Police Department disposes of over 50 pounds of unused prescription drugs each month.

The Additional Data does not come from the Attitude & Behaviors survey but is relevant to this discussion.

What can we do

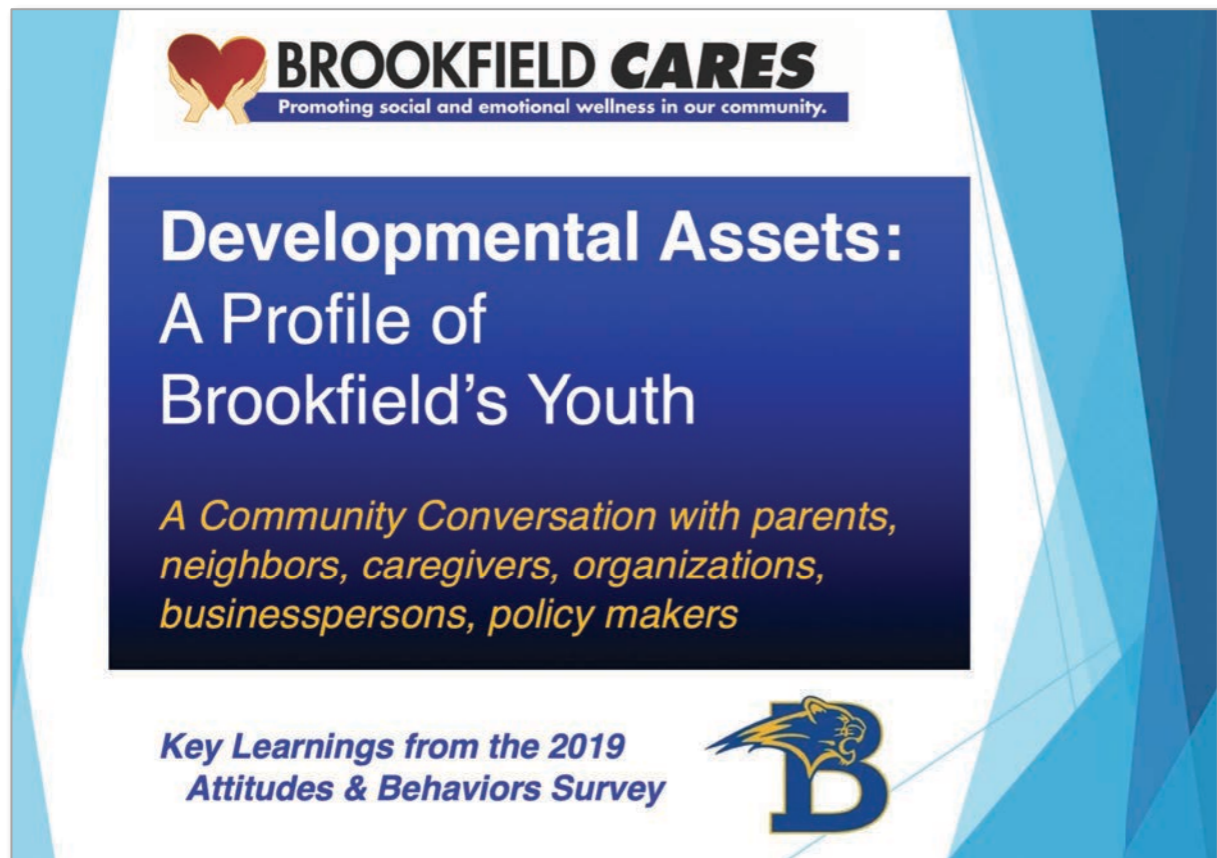
- Increase awareness of assets and behaviors in all constituent groups, including parents, school staff, care providers, clergy, elected officials, community members, more.
- Collectively work to identify Assets that we as a community can increase.
- Continue to listen to and talk with our children and neighbors.
- Work to lessen the stigma surrounding behavior and mental health issues.
- Do not be afraid to reach out for help or support.

Next steps

- Continue to revamp the health curriculum in our schools to address issues starting in grades *before* at-risk behaviors begin.
- Continue a series of meetings/presentations/events to keep the community engaged and educated.
- Continue annual mandatory parent meetings (including Freshman Forum) at schools.
- Schools and Town continue to provide data on an annual basis.
- Work to reduce the stigma of mental health issues through education, conversation and support.
- Ask for the community's continued support, understanding and involvement.

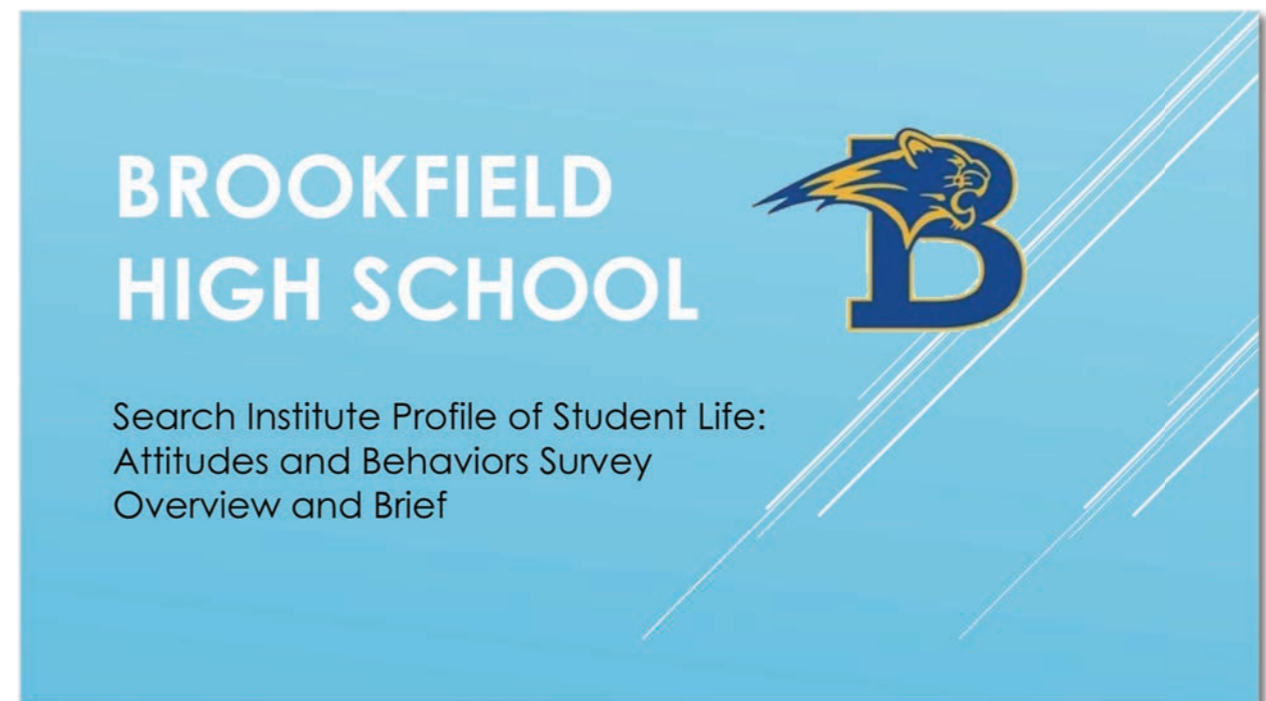
Next steps

We are working on presentations for important constituent groups, directed specifically to those groups.



- **Community event**

- ✓ Present key findings
- ✓ Provide 'what can we do' ideas to parents, neighbors, caregivers, organizations, businesspersons
- ✓ Include break-out sessions



- **Presentation to Students who participated in the survey**

- ✓ Present key findings
- ✓ Ask for direct feedback
- ✓ Engage our students in the process and discuss next steps



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brookfield-cares.org

