



Our Impact on Student Use of Alcohol, Tobacco and Other Drugs

Summary

Alcohol, marijuana, tobacco, and other drug use by our high school students presents serious risks to their health and well-being, their relationships with peers and adults, and their potential for school success and academic achievement. San Francisco's high school Wellness Centers provide safe, secure environments where students can talk confidentially and get support for reducing their own use of tobacco, alcohol, and/or other drugs.

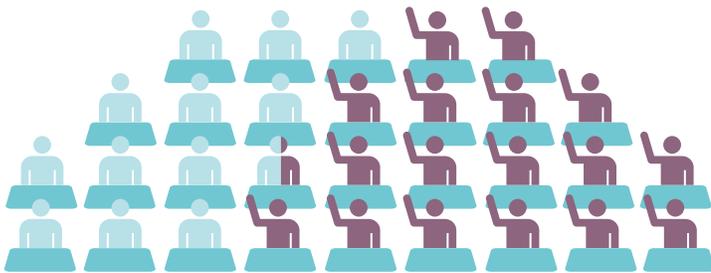


Year after year, our surveys with hundreds of students, teachers, and other school staff show that significant proportions of students who participate in Wellness Center services learn how to reduce their substance use, take steps to reduce their use, and actually reduce or eliminate the use of substances.

As a result of participating in Wellness counseling services 97% of students report reducing their use of alcohol, tobacco, or other drugs.*

**among students trying to reduce their use*

58%



"At first I was really doubting that they could help me with my situation

and my drug use. But little by little they gained my trust, and started impacting the decisions I made about drugs."

— SFUSD High School Student

Percentage of SFUSD high school students who have ever used alcohol, tobacco, or other drugs, including cigarettes, alcohol, marijuana, cocaine, inhalants, heroin, methamphetamines, ecstasy, or prescription drugs without a prescription.¹

What The Data Are Saying

Here's what our high school students are telling us about their rates of substance use, based on the results of the Youth Risk Behavior Survey conducted in 2011.¹ The following results are representative of all high school students in the district.

Alcohol Use

LIFETIME

49.1% of students reported having at least one drink of alcohol on one or more days during their life

CURRENT

21.0% of students reported having at least one drink of alcohol on one or more of the 30 days preceding the survey

HEAVY EPISODIC DRINKING

11.7% of students reported having five or more drinks of alcohol in a row on one or more of the 30 days preceding the survey

Cigarette Use

LIFETIME

35.6% of students reported ever trying cigarette smoking, even one or two puffs

CURRENT

10.7% of students reported smoking cigarettes on one or more of the 30 days preceding the survey

Marijuana Use

LIFETIME

30.1% of students reported using marijuana one or more times during their life

CURRENT

17.9% of students reported using marijuana one or more times during the 30 days preceding the survey

Other Drug Use

COCAINE

7.1% of students reported using any form of cocaine one or more times during their life

ECSTASY

12.1% of students reported using ecstasy one or more times during their life

METHAMPHETAMINES

5.3% of students reported using methamphetamines one or more times during their life

HEROIN

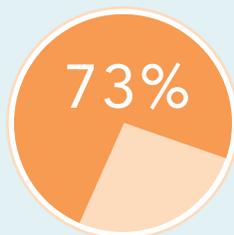
5.0% of students reported using heroin one or more times during their life

PRESCRIPTION DRUGS

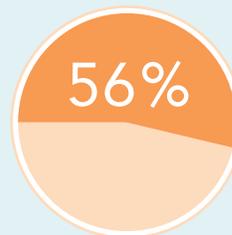
11.4% of students reported using a prescription drug without a prescription one or more times during their life

What Teachers Are Saying

In 2011, we surveyed over 700 teachers, and 72% told us they had referred at least one student to their Wellness Center that school year. Among these teachers...



reported that they have a greater capacity to help students who are experiencing health, mental health and substance abuse issues.



reported that students participating in Wellness services have decreased their levels of risk behavior such as drug and alcohol use.

¹CDC. Youth Risk Behavior Survey Results, Summary Tables—San Francisco Unified School District: Centers for Disease Control and Prevention; 2012.

Wellness Services that Target Reduction of Substance Use

The Wellness Centers provide safe, secure environments where students can talk confidentially and get support for reducing their own use of tobacco, alcohol, and/or other drugs. Our nurses, social workers and behavioral health counselors provide students with individual counseling, case management and other supports. In the 2010–2011 school year, the Wellness Centers served more than 7,000 students.



What Students Are Saying²

We surveyed over 500 students who participated in individual counseling and over 900 students who participated in general support groups and groups targeting reduction of substance use, and:

	INDIVIDUAL SERVICES (n=581) [†]	GROUP SERVICES (n=914) [‡]
The percentage of students who reported learning something new about the effects of using tobacco, alcohol or other drugs.	81.2% (371)	74.1% (577)
Of the students who reported learning about the effects, the percentage of students who learned ways to reduce their use of tobacco, alcohol or other drugs.	92.4% (244)	90.3% (453)
Of the students who reported learning about the effects and learning ways to reduce their use, the percentage of students who attempted to reduce their use of tobacco, alcohol or other drugs.	87.8% (180)	90.3% (417)
Of the students who reported learning about the effects and learning ways to reduce their use and attempted to reduce their use, the percentage of students who reduced their use of tobacco, alcohol or other drugs.	96.5% (166)	90.6% (338)

²Based on survey data from Spring 2010 of students receiving five or more individual sessions with Wellness staff and/or participating in at least one Wellness support group.
[†]ETR Individual Survey 2010 (n=581), [‡]Wellness Group Survey 2010 (n=914).