

### Introduction

The Regional Prevention Partnerships (RPP) grants are a customized regional response to reduce alcohol and drug use among adolescents, teens, and young adults. This is a federally funded program that builds on Vermont’s success with the 2012-2015 Partnerships for Success (PFS) Grant and use of the strategic prevention framework. The RPP grants will end in June 2020.

RPP continues to structure prevention efforts with the strategic prevention framework to ensure prevention programs stay on track to make a positive change in meeting prevention program goals, and to support an effective regional prevention network that will collectively cover the entire state. Additionally, the RPP grants address the health disparities related to substance use by Vermonters identified in these sub-populations: LGBTQ, low socioeconomic status (SES), and military families.

### Goal

The RPP grant goals are guided by decades of substance misuse and abuse prevention best practices which are proven to be effective in preventing youth substance use and building adolescents’ sense of belonging and resiliency. The RPP grant goals, reducing underage and binge drinking (ages 12-20), reducing marijuana use (ages 12-25), and reducing prescription drug misuse (ages 12-25) among youth and young adults, are based in prevention best practice and build on the expertise of preventionists statewide from the below organizations and their local partners:

Region	Lead Organization
Barre	Central Vermont New Directions
Bennington	The Collaborative
Brattleboro	Youth Services
Burlington	Chittenden County Regional Planning Commission
Middlebury	United Way of Addison County, Inc.
Morrisville	Healthy Lamoille Valley
Newport	Northeast Kingdom Learning Services, Inc.
Rutland	Rutland Regional Medical Center
Springfield	The Collaborative
St. Albans	Franklin County Caring Communities
St. Johnsbury	Northeastern Vermont Regional Hospital
White River Junction	Mt. Ascutney Hospital

### Grants Program

Twelve RPP Lead Agencies, one in each of the state’s health districts, were awarded approximately \$130,000 each (totaling approximately \$1,560,000) to coordinate/provide and enhance substance use prevention and early intervention services in their health district. Six of the health districts had received funding under a previous federal grant (PFS) and receive RPP funding on a step-down sustainability model.

### Progress

RPP is estimated to have reached 532,663 Vermonters in FY18 through population-based interventions (e.g. policy, enforcement, education and outreach on prevention of prescription drug misuse, etc.).<sup>1</sup>

<sup>1</sup> This value is calculated using census data for all individuals age 12 and up in the towns reached by all active population-based interventions.

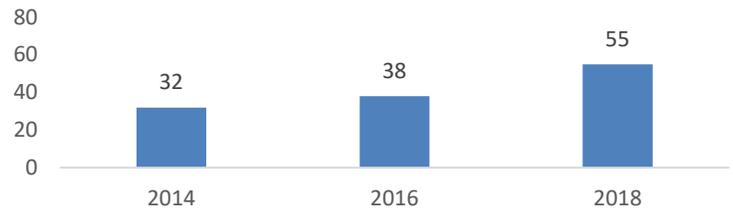
## Evaluation / Outcomes

Grantees have been implementing a combination of evidence-based and best practice strategies for the last two years. The RPP outcomes are being tracked in the Youth Risk Behavior Survey (YRBS—for students in grades 6-12) and in the Young Adult Survey (YAS—for young adults 18-25). In addition, data is collected from grantees quarterly on their activities. In the last two years the following accomplishments have been reported:

- A total of **18 permanent prescription drug disposal locations** have been established throughout the state.
- A total of **5 new town-level policies** have been established related to improving the health and safety of the community by reducing youth exposure to public alcohol, tobacco and marijuana use.
- Grantees have been getting the word out about safe disposal options for unused prescription medications.

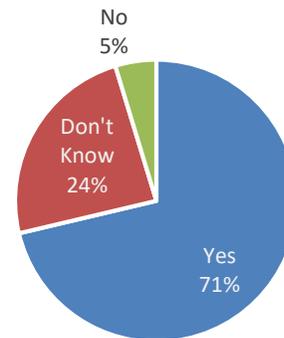
Percent of Vermonters ages 18-25 who have seen or heard information about safe storage/disposal of unused prescription medications

Source: Vermont Young Adult Survey conducted by PIRE



Percent of parents reporting that there are places in their community to dispose of unused prescription medications

Source: 2017 Vermont Parent Survey conducted by PIRE



## Selected Success Stories Reported by Grantees:

### Community Outreach on the Prevention of Prescription Drug Misuse

*“Every [pediatrician’s] office has posters on local rx safety and disposal, cards on what to ask your doctor when receiving a prescription, and rx safety rack cards. Every family has the opportunity to learn more.”*

*“The RPP group was able to create new relationships with non-traditional partners such as local retirement communities with the plan to hold a community gathering about drug take back information.”*

### Local Policy Enhancements

*“[Mount Ascutney Prevention Partnership] was invited to present at the Windsor Select Board on 1/23 related to substance misuse prevention policy best practices. While the presentation was primarily geared toward [marijuana] (as that is the state legislative topic currently), alcohol policies and practices were highlighted as being the evidence base and ‘lessons learned’ for marijuana policy.”*

### Permanent Prescription Drug Disposal Locations

*“101 lbs. in the first 6 weeks since installation of new drop box at Southern Vermont Medical Center indicates that an alternative to law enforcement Rx collection was needed in our community.”*

### Youth Engagement and School-base Prevention

*“Successes during the last quarter have resulted from outreach to schools. These successes have included strengthening relationships and increasing the capacity to deliver quality, evidenced based programming.”*

*“We are really excited to be working on concrete ways of increasing staff capacity and cultural competence for supporting students who identify as LGBTQ+ in the Champlain Valley School District. The opportunity to educate a captive audience of the realities of substance use for this high risk population and create policy and procedural expectations has been a long time coming.”*