



Data for the NCSU Peer Support SAP (renamed “NCSU What ‘SUP? Substance Use Prevention!”)

**A quick comparison:**

In September 2022, the first month of the program, there were 30 interactions with students and JTRCC at NCSU.

In September 2023, there were 250 interactions between students and JTRCC at NCSU

**As of January 10, 2024:**

76 unique Students have engaged with JTRCC this school year at NCSU- 73 of whom have self-referred. 3 engaged due to substance use related infractions.

**November** the total number of interactions recorded was 488

**December** the total number of interactions was 491

**January**, as of 1/10/24 the number of interactions was 264 which puts us on schedule to have about 624 interactions with students this month.

The JTRCC Weekly support group has an average of eight students per week. It would be more but hard to synchronize schedules.

***Students engage because they receive direct support and skills around the very real substance use challenges they face on a daily basis- be it themselves struggling with vaping, a family member in active addiction, or themselves experimenting or already addicted to Nicotine, drugs and alcohol.***

**All 76** of students disclosed vaping as the first substance they experimented with.

Cigarettes are considered “stinky” and “gross” and only used when there is not a vape present and/or they are drinking.

**61** students have disclosed experimenting with alcohol and needing help to find alternatives for bonding and recreating

**39** students disclose experimenting with Cannabis

**22** students disclose experimenting with micro-dosing or with psilocybin

**2** students disclosed experimenting with LSD

**9** students disclose abusing prescriptions- Ritalin, Adderall, Vicodin, Percocet

6 students disclose trying Cocaine- smoke or snort

2 student disclosed snorting opiates provided by their fathers

33 students disclosed having a family member abusing alcohol

53 students disclosed having a family member using Cannabis (nobody seems to think that daily use is abuse, it is something we are in discussions about).

20 students disclose having parents smoking crack (we know there are more we haven't reached yet)

17 Students disclose having a parent smoking or shooting up opiates

We don't have enough data on prescription drug abuse among parents

The earliest a student disclosed vaping was 7. The average age is 12.

Within six months of their first experimentation, all students disclosed trying another substance- alcohol or cannabis or pills.

***Multiple youth disclosed that at age 11 they tried vaping and then immediately tried other substances. Generally introduced from parents and siblings.***

In Orleans County we ***have had three known fentanyl related, non-fatal overdoses*** with youth in the ninth and the tenth grades who thought they were smoking Cannabis but it was Cannabis laced with Fentanyl. All three used a Nicotine Vape as their first substance.

Why does the work at NCSU and Lake Region work so well? Because we loop in the following concepts and skills into the curriculum:

- Trauma responses (Fight, Flight, Freeze, Fawn)
- Attachment theory (Avoidant, Anxious, Disorganized, Secure)
- Coping skills- how to regulate, how to stay present, how to not turn to drugs, vaping and alcohol to calm down, feel 'better,' etc.
- Understanding Executive Function (and often the lack thereof in the developing teenage brain)
- Substance use effects on the teenage, developing nervous system
- Stress and how it manifests in the nervous system, gut and body
- Sleep and why it matters
- Introducing concepts of 'success' and 'failure' and personal definitions per each student
- Goal setting to achieve their personal definition of success- short and long term
- Understanding boundaries, why they are important and how to establish them

- Shame and how it manifests and affects decision making and relationships
- Stress management, again, creating a healthy lifestyle free of substances
- Understanding the full range of emotions, in order to stay regulated and less likely to use substances to cope
- Peer Pressure is a big topic and skills are offered for how to say no and still feel "cool" and accepted by peers.
- Nicotine Replacement Therapy.
- The "why" behind every choice and how to make the "why" healthy.