



RECOVERY & PREVENTION
RESOURCES
of Delaware and Morrow Counties

Junior Teen Institute

Junior Teen Institute: A Leadership Program Promoting Healthy Life Choices

During the 2004– 2005 school year, Recovery and Prevention Resources in combination with Olenangy Local Schools and Delaware City Schools implemented Junior Teen Institute (J.T.I.). J.T.I. is an after school leadership program for middle school students that promotes healthy life choices, including being alcohol, tobacco, and drug free. The program focuses on four components: education, personal growth, service projects, and drug-free activities. Providing these experiences for youth facilitates the development of important protective factors shown to decrease the likelihood of substance use. This year, participants focused on self-esteem, peer pressure, conflict resolution, and education about the harms associated with alcohol, tobacco, and other drugs.

In order to participate in J.T.I., students are required to com-

plete an application which is signed by their parents. Once the student agrees to participate in the program, they are required to sign a contract which states the following:

- Not to use ATOD other than prescribed by a doctor and not abuse any drug or other substance.
- Actively participate and attend meetings and events.
- Keep the lines of communication open between members.
- Demonstrate respect for others at all events and meetings.
- Strive to make intelligent and responsible decisions in their school's best interest.
- Accept the responsibility involved as a member of J.T.I. to model healthy life style choices to their peers.
- Strive to promote a drug-free

healthy lifestyle with peers at all times and to serve the community and school regarding prevention needs.

The goal of J.T.I. is to increase protective factors among participants to prevent or delay the onset of ATOD use. This goal will be met by:

- Maintaining or increasing awareness of the harm associated with ATOD use.
- Participating in community service activities and drug-free activities
- Increasing leadership knowledge and skills
- Providing environments for participants to maintain abstinence from ATOD.

J.T.I.: Learning from Year I

76 students from 2 districts enrolled in the JTI program this school year. Students from Willis Intermediate School (21) in Delaware City Schools along with students from the three Olenangy middle schools (Liberty (27), Shannahan(10), and Orange(11)) participated in the program. 7 students did not report their school.

The students who participated were in grades 5 thru 8. The majority of students were in 6th grade (33%) followed by 29% in 8th grade.

70% of the participants in J.T.I. were females.

Participants agree to attend bi-monthly meetings after school. At these meetings, prevention educators from Recovery and Prevention Resources provide education, community service activities, and opportunities for the development of leadership skills. This year the lessons focused on self-esteem, dealing with peer pressure, conflict resolution, and the harm associated with alcohol, tobacco, and drug use.

- 78% of participants reported no life-time use of substances at post-test.
- 89% of participants reported no use of substances over the previous 30 days at the end of the program.
- 95% of participants increased or maintained their perception of harm associated with using ATOD.

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Program Highlights

- 76 students enrolled in the Junior Teen Institute this year.
- 95% of participants increased or maintained their perception of harm associated with using ATOD.
- 100% of participants reported no use of smokeless tobacco or marijuana in the previous 30 days.
- 97% of participants reported no use of cigarettes or inhaling something to get high in the previous 30 days.
- 92% of participants reported no use of alcohol over the previous 30 days.
- 96% of participants improved leadership skills by the end of the school year.



Members of Junior Teen Institute Report High Percentages of Abstinence.

Participants in the program report their life-time use of substances and their use of substances over the previous 30 days.

Lifetime Use

- 100% of participants reported never using smokeless tobacco or marijuana.
- 97% of participants reported never smoking cigarettes.

- 94% of participants reported never inhaling something to get high.
- 83% of participants reported never using alcohol.

Previous 30 Day Use

- 100% of participants reported no use of smokeless tobacco or marijuana in the previous 30 days.
- 97% of participants reported no use of cigarettes

or inhaling something to get high in the previous 30 days.

- 92% of participants reported no use of alcohol over the previous 30 days.

Unfortunately, pre and post-test comparisons were only available for 20 of the participants due to attendance issues.

67% of the participants rated the use of ALL substances as "A LOT" harmful.

At both the beginning and end of the school year, participants in J.T.I. rated how harmful they thought substances were.

At Pre-Test 35% of the participants rated using ALL substances as "A LOT" harmful.

- Cigarettes: 80.3%
- Smokeless Tobacco: 59%
- Alcohol: 48.4%
- Marijuana: 81.3%
- Inhalants: 60%

At Post-Test 67% of the participants rated the use of ALL substances as "A LOT" harmful.

- Cigarettes: 81.8%
- Smokeless Tobacco: 83.9%
- Alcohol: 75.8%
- Marijuana: 87.5%
- Inhalants: 71%

Of the 20 participants who completed both a pre and post-test assessment 19 (95%) either increased or maintained their perceptions about the harm associated with substance use.

The research shows that those who perceive the use of substances as harmful are less likely to use alcohol, tobacco or other drugs. Research also indicates that students' perception of harm tends to decrease as they get older. Therefore, increasing or maintaining the participants' perception of harm is a goal of the program.

Leadership Skills Improve

Improving leadership skills is a primary goal for the participants in the J.T.I. program. Participants learn knowledge and skills to improve their leadership potential and then have opportunities to apply these skills by planning and implementing events and activities.

Participants in the J.T.I. program reported their leadership abilities at the beginning of the program and again at the end of the school year.

96% of participants improved their overall leadership skills at the end of the school year. The average score increased significantly between pre and post-test assessment.

The leadership skills were divided into 7 areas including: understanding self, communication skills, managing tasks, getting along with others, learning skills, decision making skills, and working well with a group. 5 of the 7 areas had positive increases from pre to post assessment.

In the area of getting along with others, participants improved significantly by the end of the year. 54% of the participants improved in this area. Additionally, more than 50% of the participants improved in the areas of communication and knowledge of leadership skills.

For more information about Junior Teen Institute please contact:

Julie Krupp, Prevention Coordinator
Ph: 740-369-6811
julie.krupp@rprdm.org

Prevention Educators:

Kabita Sharma, Jan Van Schoik

Report Prepared By:

Lindsey Waggle, Quality Outcomes Coordinator

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