



RECOVERY & PREVENTION  
RESOURCES  
of Delaware and Morrow Counties

# LEADERSHIP RETREAT

## LEADERSHIP RETREAT

The Leadership Retreat is a prevention program that is offered to selected 8th grade students in the county. The goals of the retreat include education about alcohol, tobacco, and other drug use; training to effectively implement peer-led prevention projects; and the development of teen leadership skills.

The objectives of the retreat include:

- 1) To increase knowledge of alcohol, tobacco, and other drugs.
- 2) To increase knowledge and comfort in using presentation skills.
- 3) To develop additional leadership skills needed to promote a no use message.

Each fall twelve 8th grade students from 3 schools are selected by teachers or guidance counselors to

attend the retreat. Participating school districts are : Highland, Cardington, and Northmor Local Schools.

The retreat uses a series of workshops to increase knowledge and teach skills related to the program objectives. These workshops cover topics including: communication, decision making, diversity, resistance skills, and education about alcohol, tobacco and other drugs, including trigger and tolerance concepts. Students also learn presentation skills and group facilitation skills.

Following the retreat, participants provide service in their schools by educating younger students. They apply the skills gained from the retreat to make presentations during Red Ribbon



and at least one other time during the school year.

During the 2005-2006 school year, 34 students from three school districts in Morrow County participated in the Leadership Retreat.

### 89% of participants reported not using ATOD over the previous 30 days

A primary outcome of Leadership Retreat is to effect student use of alcohol, tobacco and other drugs. Specifically, we seek to delay the onset of first use and maintain 30-day abstinence. These outcomes are particularly important for students of this age group because many youth begin use at this age.

At the end of the school year, 89% of participants reported not using ATOD over the previous 30 days. In the last 30 days,

- 93% reported not smoking a cigarette or cigar.

- 90% reported no use of alcohol.

At the end of the school year, 75% of program participants reported never using any substances. In their lifetime,

- 86% reported not smoking a cigarette or cigar.
- 93% reported no use of smokeless tobacco.
- 75% reported never drinking alcohol.

These results confirm other data which identifies alcohol as the most commonly used substance

by youth at this age and older. Three participants in the program increased their substance use by the end of the program.

Participants reported if they plan to smoke a cigarette or cigar, use smokeless tobacco, drink alcohol, or use marijuana or an inhalant in the next 30 days.

- All (100%) of the participants reported no plans to use ATOD.

### Morrow County Prevention 2006 Summary Report

#### Included in this report:

Leadership Retreat 2  
Participants Perceive  
ATOD Use as Harmful

32% of Participants in 2  
the Retreat Have  
Friends that Use ATOD

Participants Increase 2  
their Likelihood of Using  
Alcohol, Tobacco, and  
Other Drug Refusal  
Skills

#### PROGRAM HIGHLIGHTS

- 89% of participants reported not using any substances over the previous 30 days.
- 71% of program participants maintained or increased their perception of the use of all substances as "VERY HARMFUL."
- 100% of program participants thought that it was "NOT OKAY" for people their age to use alcohol, tobacco or other drugs at the end of the program.
- 32% of the participants reported having friends who have used substances.



## Leadership Retreat Participants Perceive ATOD Use as Harmful

One of the goals of the program is that participants are knowledgeable about the harm caused by the use of alcohol, tobacco, and other drugs. Perception of harm is predictive of use. At the end of the program, 32% of program participants perceived any use of alcohol, tobacco or other drugs as "VERY HARMFUL."

- Over 85% of participants perceived cigarette smoking and marijuana use as very harmful.
- Approximately 61% of participants perceived

inhaling something to get high as very harmful.

- 57% of program participants perceived using alcohol as very harmful. 56% of students reported alcohol use as very harmful at pre-test.

71% of the participants either maintained or increased their perception of harm related to the use of alcohol, tobacco or other drugs between the beginning and end of the program.

## 32% of Participants in the Retreat Have Friends who Use Alcohol, Tobacco or other Drugs

When asked about their friends' use of alcohol, tobacco, and other drugs (ATOD) at the end of the school year, 32% of the participants reported having friends who have used one or more substances.

- 18% have friends who

smoke cigarettes.

- 25% reported friends who use alcohol.
- 11% have friends who use marijuana or who use inhalants.

At the beginning of the school

year, 38% of participants had friends that use ATOD.

At the end of the program, all of the participants (100%) of program participants thought that it was "NOT OKAY" for people their age to use ATOD.

## Leadership Retreat Teaches Refusal Skills

Since so many students begin to use alcohol, tobacco and other drugs at the middle school age, the program emphasizes the development and reinforcement of refusal skills among participants. During the Leadership Retreat, participants learn ways to say no to alcohol, tobacco, and other drugs and to use other refusal skills.

At the end of the program, 81% of participants reported either maintaining or increasing their use of the 6 refusal skills. 82% reported maintaining or increasing the likelihood that they would definitely say no to 5 different substances, When asked what

refusal techniques they would use,

- 86% reported that they would tell someone no.
- 75% reported they would make up an excuse and leave or ask them to do something else that is healthy or fun
- 79% would change the subject.

When asked about refusing ATOD, participants reported they "would definitely say no" to using marijuana, cocaine, or inhalants (89%) to drinking alcohol (75%), and to using tobacco (89%).



For Information about the Leadership Retreats contact:

Belinda Webb, Prevention/Education Coordinator

419-947-4055

belinda.webb@rprdm.org

Report prepared by:

Janet Chandler, Associate Director

Funded in part by:

Ohio Department of  
Alcohol and Drug  
Addiction Services



Morrow County Safe and Drug  
Free Schools Consortium