



RECOVERY & PREVENTION
RESOURCES
of Delaware and Morrow Counties

Y.E.S: You're Extra Special Children of Alcoholics Education Group

You're Extra Special (Y.E.S.): Children of Alcoholics Education Group

Many children live with family members who have alcohol or other drug problems. These children are a high risk population with specific needs and issues. The Y.E.S. program is an alcohol and other drug abuse prevention program for children growing up with family alcohol or other drug abuse problems. It was developed by the Columbus Health Department.

The Y.E.S. Program takes a child-centered approach to provide support and education to participants. The three primary goals for the program are to: 1) Reduce the risk of alcohol and other drug abuse among the high risk population of children of alcoholics/ addicts (COA), 2) Increase the self-esteem and self worth of COA's, and 3) Increase the coping skills of COA's.

The Y.E.S. program is comprised of 12 sessions. Each session is approximately 60 minutes. The target population is children 5-13 years of age. The students are identified by either teachers or guidance counselors at their

schools and are referred to the program. The sessions are divided into two age groups 5-8 and 9-13. Both sessions address similar issues using age-appropriate activities. The sessions include activities and education that deal with the following areas: feelings, anger and anger management, defenses, alcohol and other drug use, COA risk issues, family issues, problem solving, identifying safe places and safe adults, self-esteem, and the importance of play.

This is only the second year of the Y.E.S. program, and demand for the program continues to grow. This year we offered the program to 4 elementary schools in Delaware City Schools. 7 classes were implemented throughout the year. 58 students participated in the program throughout the year. We expanded the program to include 2 new schools this year and increased our enrollment 23%. We are hoping to continue to expand this service to more

schools in the county and to target older age groups next year. We are excited about the future and the opportunity to provide specialized prevention education to students who have a high risk of future substance abuse but who have unique needs for education and support.



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PROGRAM HIGHLIGHTS

- 89% of participants in the Y.E.S. program improved their knowledge of important COA issues.
- 56 of the 58 participants were successfully able to identify safe adults with whom to talk if they needed help.
- 92% (34 of the 37) students who were rated improved in at least 1 behavior area. 51% improved in at least 3 of the areas measured.
- 84% of program participants reported continued abstinence.

Participants improved knowledge of COA issues

The knowledge of COA issues is measured using a pre/ post assessment completed by the students. The knowledge assessment addresses issues such as talking to trusted adults, understanding feelings, risk of alcohol or drug addiction, and other relevant substance abuse issues.

- 89% of participants improved their knowledge of COA issues at post-test.

- At the end of the program 63% of participants were able to correctly identify that a lot of children have parents with AOD problems compared to 39% at pre-test.
- At the end of the program, 89% of participants were able to correctly identify that anyone who uses alcohol or drugs can become

addicted compared with 74% at pre-test.

- The average score from pre to post test improved 1.18 points on a six point scale. This was a significant improvement.
- 53.4% of participants correctly identified all of the COA issues taught in the course. 0 participants identified them all at pre-test.



92% of participants rated by teachers improved in at least one life skill/ behavioral area taught in the program.

Identifying Safe Adults

One of the key program objectives for the program participants is to increase their knowledge about identifying safe, trusted adults when they are feeling unsafe at home or need to talk about their issues. The program emphasizes that it is okay to talk about family problems with a trusted adult. It also provides the opportunity for the

participants to identify safe adults and to develop the skills needed to do so in a real world setting. The hands on activity for this lesson reinforces a core concept in the program.

- At the end of the program 96% of the participants were able to correctly identify that children should talk about family problems

with adults whom they trust.

- 56 of the 58 participants successfully completed the Safe Adult Activity by the end of the program.

Improvements in Behavior Identified by Teachers

The teachers of the students who participated in the Y.E.S. program completed a pre and post behavioral/ life skill observation checklist. The participants were rated in five areas including self-image, understanding feelings, anger management, problem solving skills, and asking for help.

- 73% of teachers reported an improvement in the self-image of the participant.

- 76% of teachers reported an improvement in the participants' abilities to understand their feelings.
- 52% of teachers reported an improvement in the participants anger management skills at the end of the program.
- 56% of teachers identified improvement in the participants' problem solving skills at the end of the program.
- 57% of teachers identified improvements in the par-

ticipants' ability to ask for help when needed at the end of the program.

- Teachers rated 92% (34 of the 37) of the students as improved in at least 1 area. 51% improved in at least 3 of the areas measured.

Due to an instrumentation issue not all students were included in this analysis. The instrument will be revised to address the data issues that were found this year.

84% Report Continued Abstinence Throughout the Program.



Program participants report whether they have ever drunk more than just a few sips of alcohol like beer, wine, wine coolers, or liquor.

- At pre-test 72.4% of participants reported not having a drink.
- At post-test 65.5% of participants reported not having a drink.

- Of the 38 people who reported never having a drink at the beginning of the program, 84% (31) reported maintaining abstinence at post-test. 4 participants did not respond.
- 3 of the participants who reported no use at pre-test reported use at post-test. 4 responded not sure at post-test.

Due to the age of the participants in this program, staff have concern that the wording of the question may have created confusion with reporting. RPR staff will address this issue by modifying the survey instrument and procedures.

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