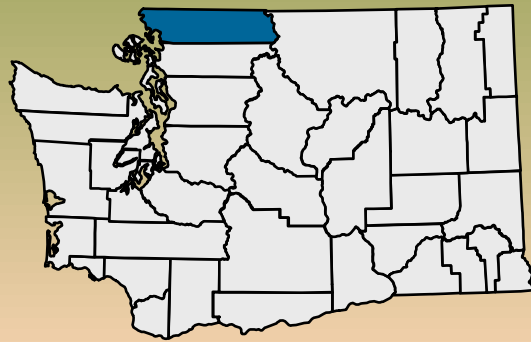


# Whatcom County

## Behavioral Health Fund

### School Services Report 2019/2020



*"An ounce of prevention is worth a pound of cure." Benjamin Franklin*

# Prevention Science

- Use of Evidence-Based Best Practices
- Delaying onset

## Cost Benefits

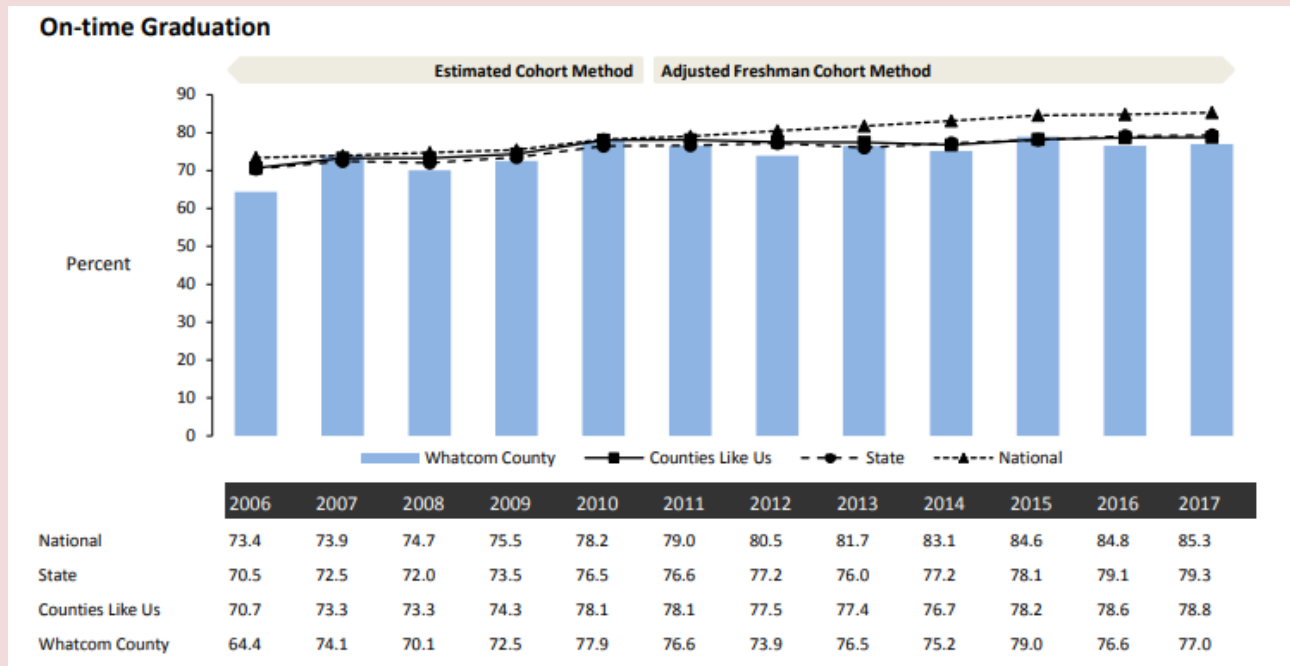
- Effective School-Based programs ***save \$18 for every \$1 spent***
- Over \$100k provided in matching support
- Leveraged Funds (secured 21<sup>st</sup> Century Grant at \$258k/yr for 5 years, totaling \$1.29 million)

# Local Trends & Needs

- **30 day Alcohol Use (2010 to 2018)**
  - Grade 8: 8% decrease (18%-8%)
  - Grade 10: 10% decrease (32%-22%)
- **Problem/heaving drinking (2010 to 2018)**
  - Grade 10: 9% decrease (22%-13%)
- **30-day Marijuana Use (2010 to 2018)**
  - Grade 8: 2% decrease (9%-8%)
  - Grade 10: 1% decrease(22%-208%)
- **30-day Tobacco Use**
  - Trended down (all grades) for the past 18 years
  - More than 50% reduction since 2000

# Local Trends & Needs

- **On-time Graduation has remained fairly stable**



- **Youth Arrest rates (Age 10-17) multi-year downward trend:**
  - Total Arrests, Alcohol Violation, Drug Law Violation, Property Crime

# Mental Health Status

Nearly one in three students reported depressive feelings in the past year.

About one in five have made a plan for suicide in the past year.



# Services & Outcomes

- Overview of services
  - Types of service
  - Reach, scope, and frequency
- School Report Highlights
  - Increased access to services
  - Improved school performance
  - Connection to treatment
  - Engagement of community-based supports
- Behavioral Health Forecast
  - Services during COVID
  - Upcoming needs

# Services & Outcomes (Student Assistance Programs)

## *Intervention Goals*



<b>Reduce or Eliminate Behavior</b>	<b><u>Reduction</u></b>
Tobacco use	<b>22%</b>
Alcohol use	<b>22%</b>
Marijuana use	<b>35%</b>
Anxiety, depression	<b>11%</b>
Truancy	<b>8%</b>
Associate w/ inappropriate peers	<b>26%</b>

## *Intervention Goals*



<b>Strengthen Skills &amp; Attitudes</b>	<b><u>Increase</u></b>
Perceived risk of use	<b>96%</b>
Awareness of social influences	<b>66%</b>
Refusal skills	<b>99%</b>
Assertiveness	<b>99%</b>
Social skills	<b>30%</b>
Communication skills	<b>23%</b>
Decision-making	<b>77%</b>
Social bonding	<b>24%</b>
School bonding	<b>85%</b>
Family bonding	<b>52%</b>

# Questions?



For questions or more information contact:

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**PUBLIC HEALTH**  
ALWAYS WORKING FOR A SAFER AND  
**HEALTHIER COMMUNITY**