



The Legacy Center

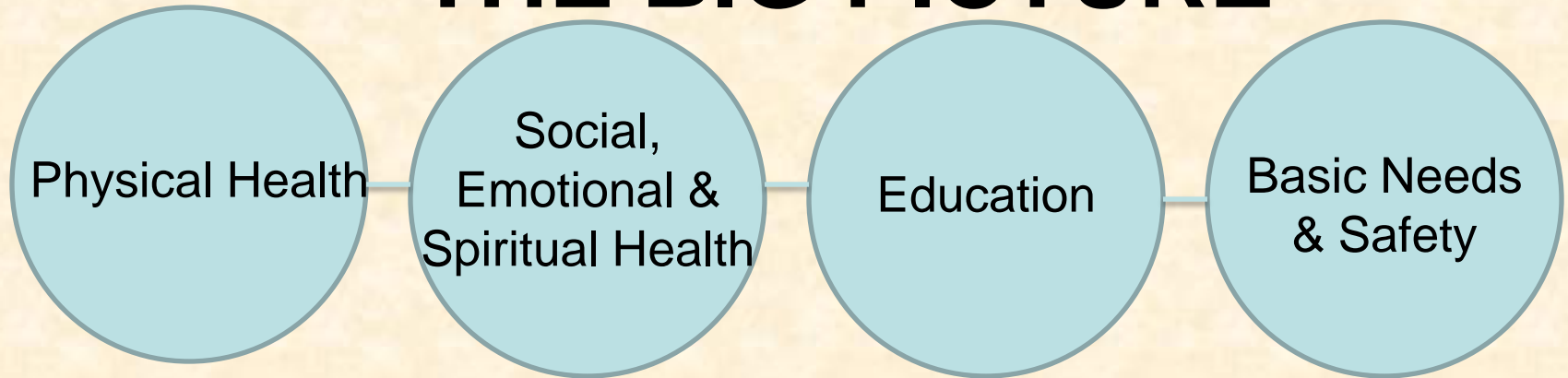
for Community Success

Youth Master Plan & Developmental Assets

Improving Youth Health-Related Outcomes

Youth Master Plan

THE BIG PICTURE



Enhance **parenting** education
Inform and **engage** the community
Increase **access** to youth programs and services
Increase **collaboration** and community partnerships
Build **Developmental Assets** in our youth

Improving Youth Health-Related Outcomes

What are Developmental Assets?

- **40 Positive Character Traits/Attributes that all teens should possess (Search Institute)**
 - 20 External Assets
 - Support
 - Empowerment
 - Boundaries & Expectations
 - Constructive Use of Time
 - 20 Internal Assets
 - Commitment to Learning
 - Positive Values
 - Social Competencies
 - Positive Identity



Improving Youth Health-Related Outcomes

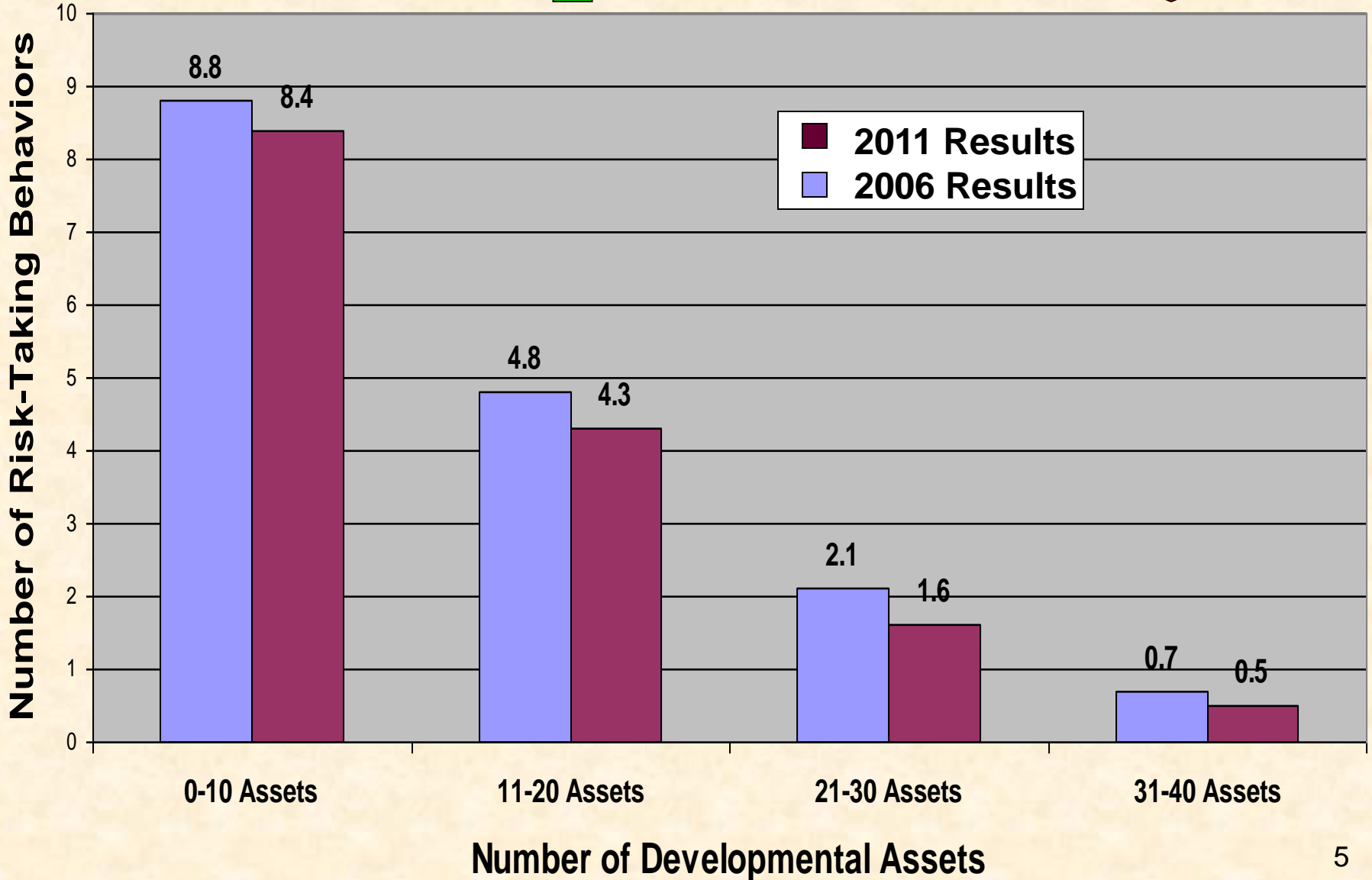
Study Demographics

- Participants (Midland County Public School 6th-12th Graders)
 - 3,007 Girls
 - 3,028 Boys
- 6,035 Total (86% participation) [vs. ~81% in 2006]
 - 68 of 6,103 (1.1%) Surveys discarded for irregularities [vs. ~4% in 2006 and “3-7% nationally” per Search Institute]
- Estimated error < $\pm 1\%$



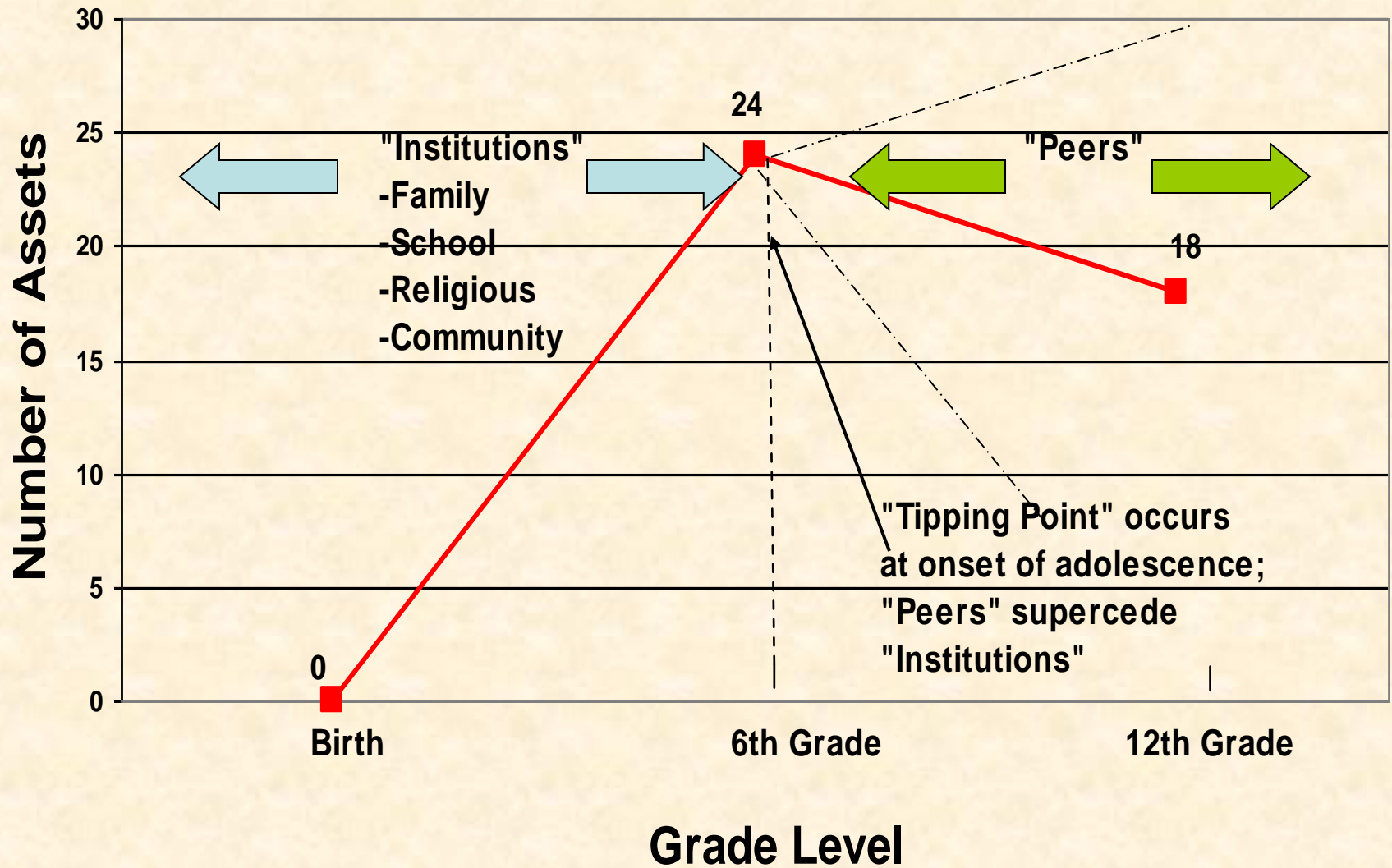
Risk-Taking Behaviors Versus Assets

More Developmental Assets  Results in Fewer Risk-Taking  Behaviors





Growth of Developmental Assets Over Time



Improving Youth Health-Related Outcomes

- Regression Analysis indicates that the most impactful Developmental Assets are
 - Positive Peers
 - ↓
 - Restraint (Risk avoidance)
 - Resistance (Refusing to participate when offered)
 - ↓
 - Adult Role Models
- Developmental Assets that most directly affect Positive Peers are
 - Creative Activities
 - Youth Activities
 - Religious Activities



Improving Youth Health-Related Outcomes

- Common Characteristics of Creative, Youth and Religious Activities
 - Increase probability of association with other wholesome youth
 - Expend time and energy
 - Include imposed structure or rules
 - Associated with adult role modes
 - Provide opportunity for adult role modes to “coach”—i.e., give advice that is more likely to be heeded

Improving Youth Health-Related Outcomes

Conclusions

- Significant improvement overall in Developmental Assets compared to 2006 (+15% Average Increase)
 - 32 Increased
 - 2 Remained the same
 - 6 Decreased
- Significant reduction overall in Risk-Taking Behaviors
 - Developmental Asset-building programs appear to be gaining traction
 - Developmental Assets “immunizing” youth against Risk-Taking Behaviors
- Significant improvement in Key Developmental Assets
 - Positive Peers [71 → 76%]
 - Resistance [46 → 51%]
 - Restraint [52 → 56%]
 - Adult Role Models [31 → 33%]

Improving Youth Health-Related Outcomes

Conclusions

- Significant reduction in Substance Abusive Risk-Taking Behaviors

Alcohol

- Drunk in past 2 weeks [16→11%]
- Used in past 30 days [26→18%]
- Drove after drinking [9→6%]
- Rode with drinking driver [31→26%]

Marijuana

- Used in past 12 months [18→16%]

Tobacco

- Smoked in past 30 days [13→10%]

Other Illicit Drugs (Cocaine, Heroin, Amphetamines, LSD and PCP)

- Used once in past 12 months [8→6%]



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Conclusions

- Significant reduction in Social Risk-Taking Behaviors
 - Hit someone [32→25%]
 - In group fight [18→13%]
 - In trouble with police [16→14%]
 - Vandalism [15→11%]
 - Shoplifted [17→12%]
 - Attempted Suicide [14→11%]
 - Depressed [15→14%]
 - Eating Disorders [14→12%]
 - Gambled [28→19%]
 - Truant [22→21%]
 - Threatened to harm others [27→23%]

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Concerns

- Increases/lack of improvement in several Risk-Taking Behaviors
 - Use of smokeless tobacco [7→8%]
 - Carrying weapon for protection [10→13%]
 - Frequent use of other illicit drugs [unchanged at 13%]
 - Sexual intercourse [unchanged at 21%]



Developmental Assets Reducing Delinquency

Developmental Assets approach applied to reducing delinquent behavior in Midland County by Judge Dorene Allen

- Adopted evidence-based Developmental Asset-building programs among Midland County Court Wards
- Developmental Assets among Court Wards assessed 4 years into the program



Developmental Assets Reducing Delinquency

- Results are stunning
 - Developmental Assets increased sharply
 - Risk-Taking behaviors declined sharply
 - Delinquency down ~35%
 - Rearrest/reoffense rate down ~70%
 - <5% of offender's younger siblings arrested
 - Significantly fewer out-of-community placements
 - Probate Court has cumulatively come in ~\$1.6 million under budget in past 3 years

Improving Youth Health-Related Outcomes

- Apply similar concept to improve youth health outcomes
 - Under auspices of MIHIA/IHI
 - Developing implementation plans with counties in MIHIA 14 county service area

Improving Youth Health-Related Outcomes

- **Process (Integrated systemic approach)**
 - Conduct Developmental Assets baseline study of adolescent youth for all participating counties through secondary schools
 - Support/fund qualified evidence-based Developmental Asset-building programs
 - Existing programs
 - Enhancements of existing programs
 - New programs
 - Periodically assess programs' effectiveness using Developmental Assets Profile (DAP) instrument—less detailed macro-view survey
 - Conduct full study/survey in ~3 years
 - Examine frequency of health-related Risk-Taking behaviors
 - Correlate to actual corresponding health outcomes

Improving Youth Health-Related Outcomes

- **Health-Related Risk-Taking Behaviors Assessed**
 - Substance Abuse
 - Alcohol
 - Tobacco
 - Illicit Drugs
 - Social Behaviors
 - Eating Disorders
 - Depression
 - Suicide Attempts
 - Sexual Activity
 - Violence

Improving Youth Health-Related Outcomes

Conclusions

- Developmental Assets
 - Reduce risk-taking behaviors among adolescents
 - Significantly lower
 - Delinquent behaviors
 - Re-arrest/re-offense rates
 - Probability of younger siblings offending
 - Costs
 - Strong evidence they represent a novel approach to reduce health-related risks among adolescents



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Improving Youth Health-Related Outcomes

Thank you for inviting me.

What questions may I address?