



BROOKFIELD CARES

Promoting social and emotional wellness in our community.

2019 Student Attitudes & Behaviors Survey

Key Results
2020 Freshman Forum

resources
risky empower **building** advocacy social
education **creating** safety **better** assets
behavior **community** resilience awareness
emotional connection behaviors **wellness**
coalition at-risk
asset

Brookfield A&B Survey

- ✓ Brookfield Cares works in close coordination with:
 - Brookfield Board of Education
 - Western CT Coalition (formerly known as HVCASA)
- ✓ The Survey — developed by Search Institute (website below) and taken by millions of students — provides data in a wide range of areas including alcohol and drug use, depression & suicide, gambling, vaping (for the first time), and more.
- ✓ Provides actionable data on our students rather than national trends.
- ✓ This is the 5th time that Brookfield has participated in the survey.

What our children say

Students tell us we are ***strongest*** in the following Assets. We celebrate the ***increase*** in Assets we've seen over the years.

Asset #	Name	2009 Survey	2010 Survey	2012 Survey	2016 Survey	2019 Survey
22	School Engagement	57	78	69	70	82
1	Family Support	71	68	73	77	79
28	Integrity	72	74	77	76	79
30	Responsibility	63	66	70	67	76
15	Positive Peer Influence	55	68	37	74	75
21	Achievement Motivation	67	78	77	78	75
29	Honesty	68	70	69	68	74
40	Positive View of Personal Future	63	66	70	67	74

Results are for grades 9 – 12, and are % reporting each Asset

What our children say

Students tell us we are ***weakest*** in the following Assets:

Asset #	Name	2009 Survey	2010 Survey	2012 Survey	2016 Survey	2019 Survey
25	Reading for Pleasure	23	23	16	15	12
17	Creative Activities	20	24	19	17	18
7	Community Values Youth	13	20	20	25	22
6	Parent Involvement in Schooling	17	25	27	24	23
5	Caring School Climate	18	30	33	30	27
8	Youth (Children) as Resources	21	27	29	30	31
4	Caring Neighborhood	35	36	34	37	34
13	Neighborhood Boundaries	33	41	35	41	35

Results are for grades 9 – 12, and are % reporting each Asset

Current Behaviors

Category	Definition	% Reporting Risk Taking Behaviors			
		TOTAL 9–12	GRADE 7	GRADE 9	GRADE 12
Alcohol	Used alcohol in the last 30 days	24%	5%	11%	44%
	Got drunk in the last 2 weeks	12%	2%	3%	23%
Driving & Alcohol	Drove after drinking in the last 12 months	3%	0%	1%	8%
	Rode (once or more in the last 12 months) with a driver who had been drinking	16%	19%	16%	12%

Current Behaviors

Category	Definition	% Reporting Risk Taking Behaviors			
		TOTAL 9–12	GRADE 7	GRADE 9	GRADE 12
Eating Disorder	Has engaged in bulimic or anorexic behavior	17%	15%	16%	20%
Depression	Felt sad or depressed most of the time in the past month	21%	12%	16%	27%

Current Behaviors

Category	Definition	% Reporting Risk Taking Behaviors			
		TOTAL 9–12	GRADE 7	GRADE 9	GRADE 12
Gambling	Gambled once or more in the last 12 months	14%	14%	12%	18%
Illicit drug use	Used heroin or other narcotics multiple times in the last 12 months	1%	0%	0%	1%

Current Behaviors

Category	Definition	% Reporting Risk Taking Behaviors			
		TOTAL 9–12	GRADE 7	GRADE 9	GRADE 12
Depression /Suicide	Is frequently depressed and/or has attempted suicide	26%	14%	18%	33%
Violence	Has engaged in 3 or more acts ¹ in the last 12 months	14%	12%	15%	16%
Anti-Social Behavior	Has been involved in 3 or more incidents ² in the last 12 months	6%	2%	3%	8%

¹ Fighting, hitting, injuring a person, carrying or using a weapon, or threatening physical harm

² Fighting, hitting, injuring a person, carrying or using a weapon, or threatening physical harm

Current Behaviors

Grade	Alcohol			Marijuana			Prescription Drugs	
	7	9	12	7	9	12	9	12
Past 30-Day Use	5%	11%	44% <small>Was 54% in 2016</small>	0%	2.5%	27% <small>Was 33% in 2016</small>	1.6%	1.2% <small>Was 7% in 2016</small>
Perception of Risk	84%	87%	77%	86%	76%	40%	93%	90%
Perception of Parental Disapproval	98%	98%	92%	98%	97%	84%	96%	98%
Perception of Peer Disapproval	94%	85%	66%	96%	85%	43%	95%	88%

More points of note

- 96% of 7–8 students and 89% of 9–12 students feel using prescription drugs that are not prescribed to them is wrong to very wrong.
- 2% of 7–8 students and 24% of 9–12 students feel smoking marijuana would be not at all wrong.
- 17% of 9–12 students reported threatening physical harm to someone in the last 12 months.
- 10% of 7–8 students and 44% of 9–12 students reported attending parties in the past year where other kids their age were drinking.

Vaping

This year — for the first time — the Survey included questions on vaping.

	Whisconier Middle School	Brookfield High School
Has vaped (“juuled”) during the past 30 days	2.1%	17.8%
Of those who indicated they had, # who vaped marijuana	0.2%	8.5%
My family definitely has specific rules discouraging me from vaping	65.8%	52.8%

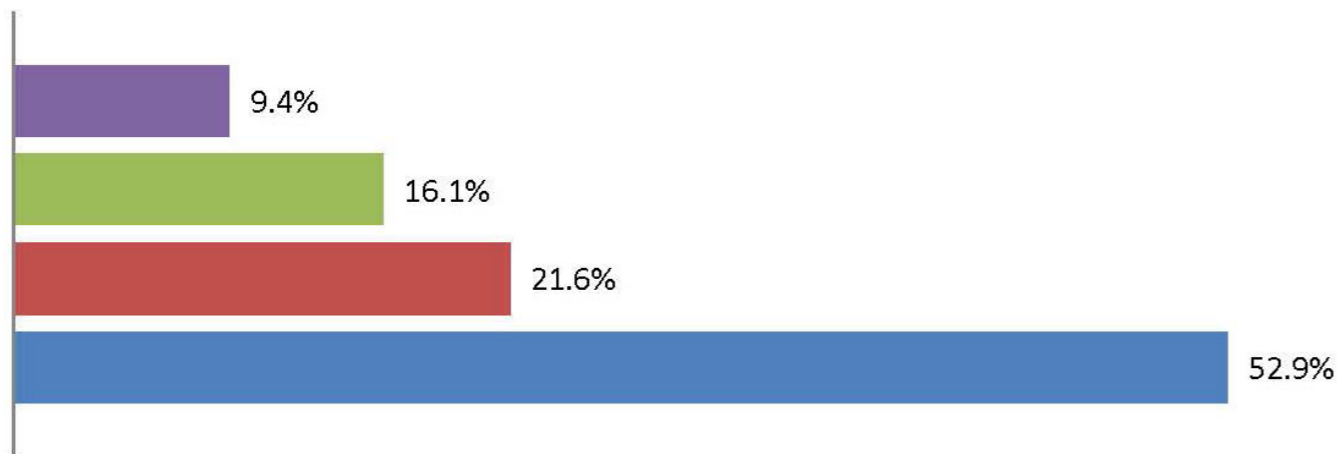
Observation: While reported student use of marijuana alone is down (see page 12), the number now reporting vaping marijuana almost offsets this reduction.

Vaping

Perception of how easy it would be to get electronic cigarettes or other vaping devices changes as our children get older.

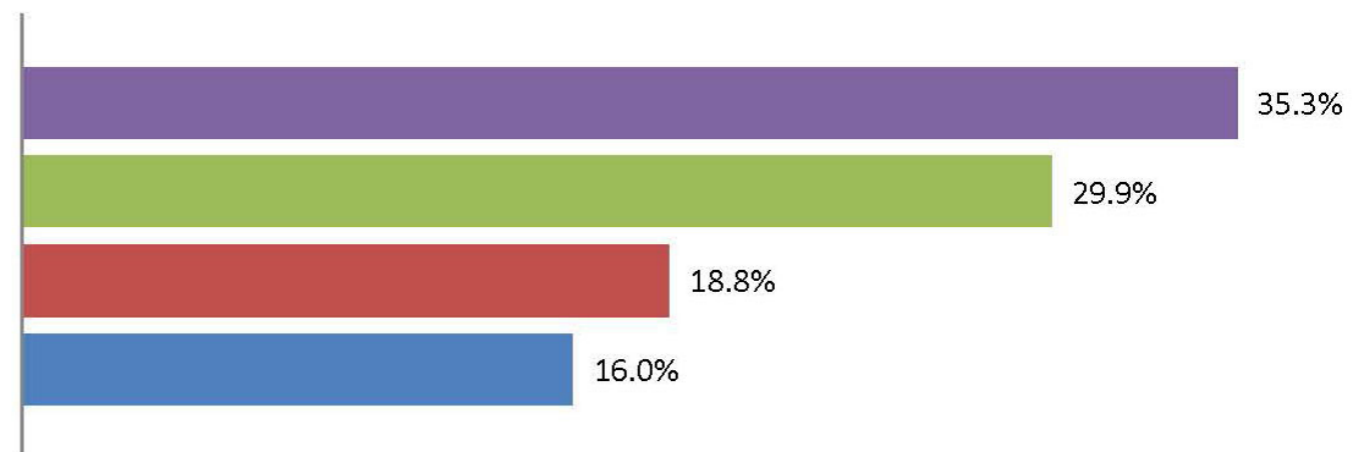
Grades 7–8

Very easy Sort of easy Sort of hard Very hard



Grades 9–12

Very easy Sort of easy Sort of hard Very hard



Vaping



Brookfield Cares is now working with Brookfield's Youth Commission* and we thank them for their input and participation. They recently surveyed 105 students age 14–15 years old. Here is some of what these students told us:

- ✓ *32% know someone who has suffered health consequences as a result of vaping/e-cigarettes.*
- ✓ *68% say there should be consequences for use on school grounds.*
- ✓ *59% say cessation/support programs should be offered.*
- ✓ *61% ask for assemblies/programs on the risks.*

* Town website: www.brookfieldct.gov/youth-commission

Additional Data: Students in Crisis

9/2018 through 1/2020	Whisconier Middle School		Brookfield High School	
	Incidents Reported	Resulted in Suspension	Incidents Reported	Resulted in Suspension
Hospitalization	5 <i>All included in categories below</i>		11	
Drug / Alcohol Abuse	0		17	11
Suicidal	12 <i>9 of these in the category below</i>		2 attempt / 8 ideation	
Non-Suicidal / Self Injury	16 <i>7 students in this category only</i>		12	

All students who express suicidal thinking are either referred to Crisis Intervention at Danbury Hospital or Emergency Mobile Psychiatric Services (EMPS) is called to the school. The hospital may not admit or refer the student for extended hospitalization.

Please note: The number of hospitalizations are part of the combined numbers including Suicidal and Non-Suicidal Self Injury.

Mental Health Trends

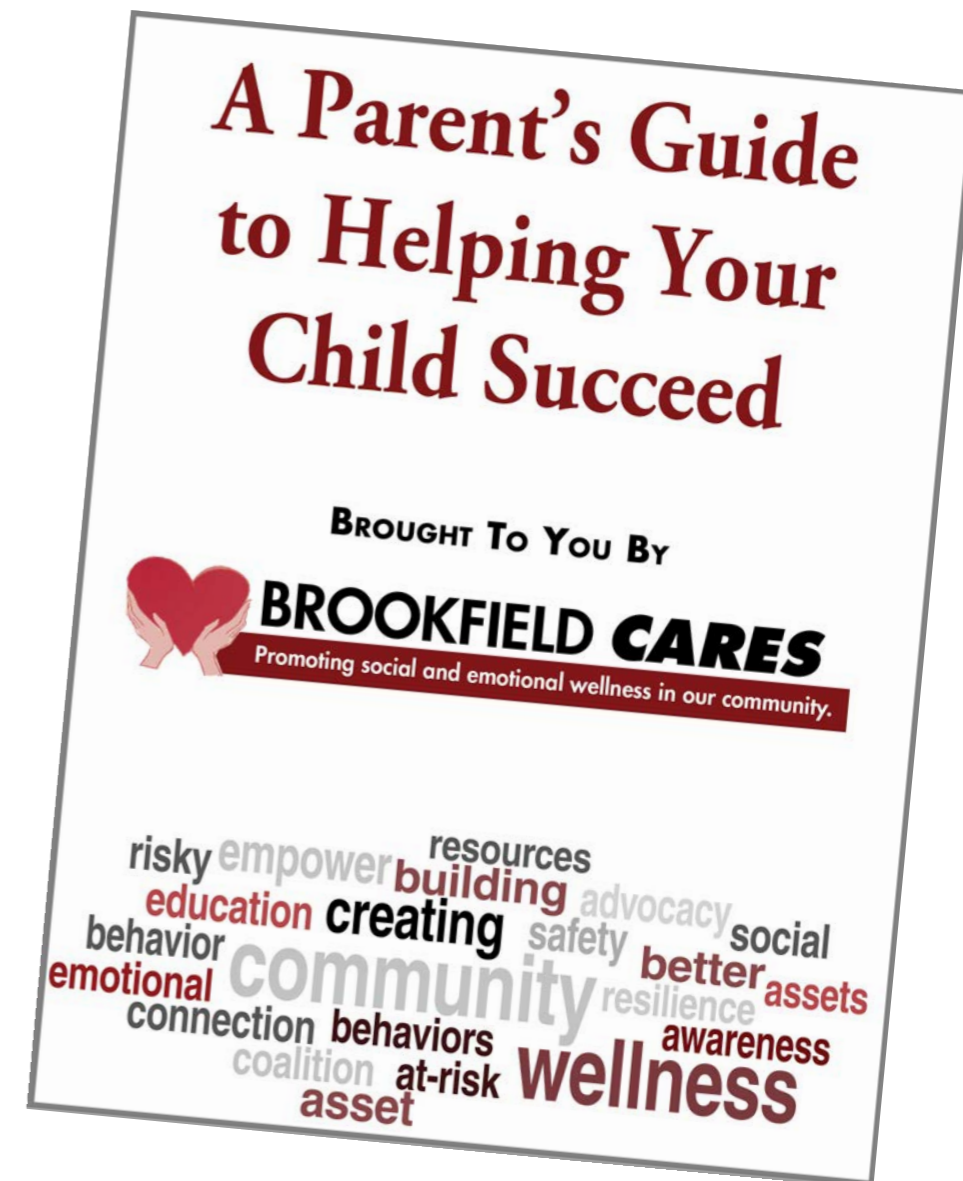
Marc Brackett, founding Director of the Yale Center for Emotional Intelligence and lead developer of the RULER program which Brookfield Schools has adopted, reports the following national trends, which our own survey mirrors.

Mental Health		
<p>18%</p> <p>of the population is affected by anxiety disorders</p>	<p>25%</p> <p>of children between ages 13 and 18 have been diagnosed with an anxiety disorder</p>	<p>60%</p> <p>of college students report “overwhelming anxiety”</p>
<p>40%</p> <p>of college students report feeling so depressed they had difficulty functioning</p> <p>Depression is the leading cause of disability worldwide</p>	<p>28%</p> <p>increase in the U.S. suicide rate from 1999 – 2016</p> <p>Suicide is 2nd leading cause of death in college students</p>	<p>20%</p> <p>increase <i>each year</i> for the last 6 years in college students seeking mental health treatment</p>

So... *What can you do as parents and caregivers?*

- ✓ Talk early and often.
- ✓ Establish policies early on and be consistent in setting expectations and enforcing rules.
- ✓ Work with other parents to monitor where kids are gathering and what they are doing.
- ✓ Be aware of our State's laws about providing alcohol to your own children.
- ✓ Never provide alcohol to someone else's child.

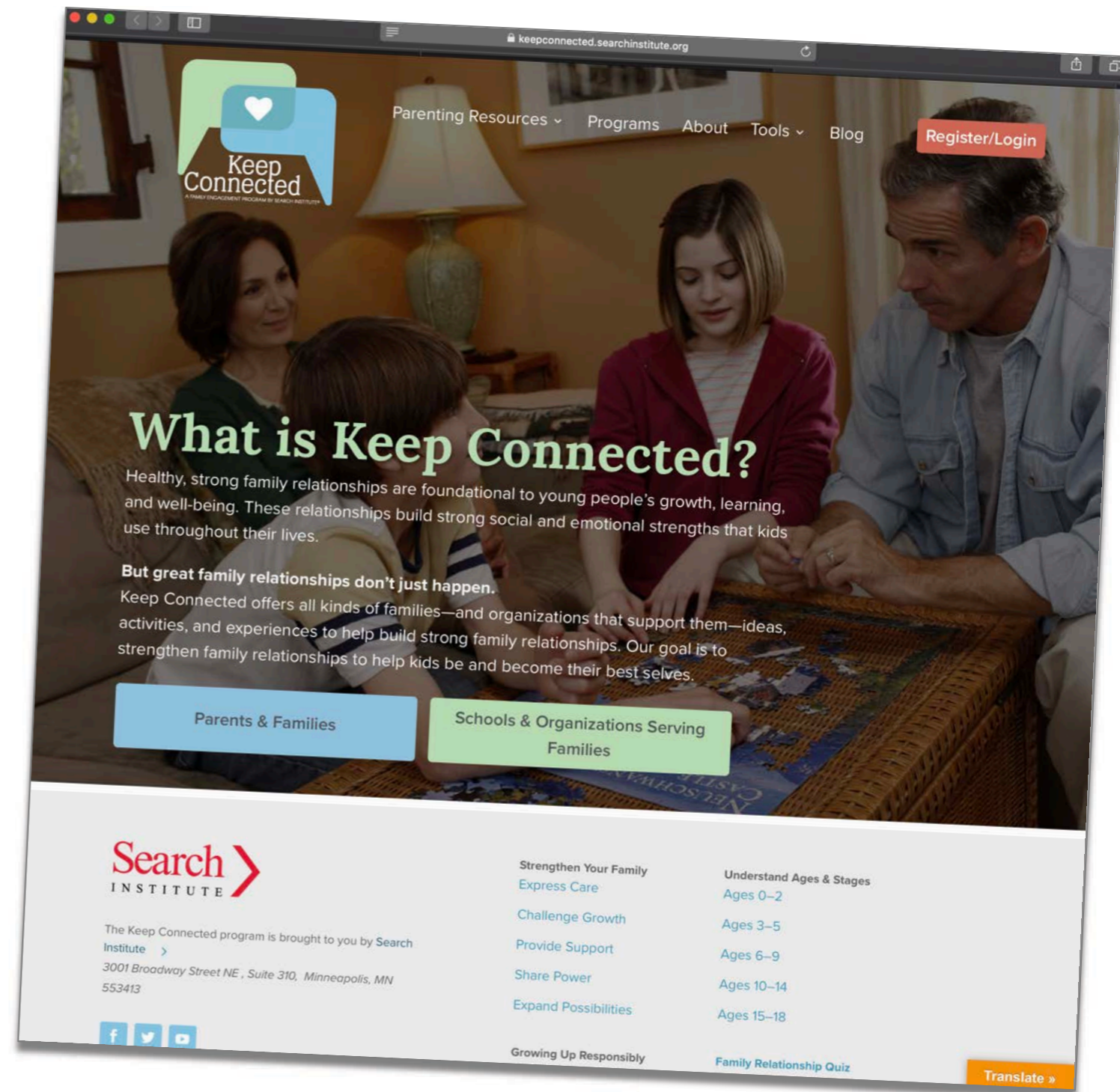
Understand your influence as a parent.



These points taken from *A Parent's Guide to Helping Your Child Succeed* – available at Brookfield schools or on the brookfield-cares.org website.

Search Institute has a family-oriented website that provides a wealth of resources for parents, including:

- ✓ [Set Family Goals Together](#)
- ✓ [Strategies to Prevent Alcohol and Tobacco Use](#)
- ✓ [Manage Money Well](#)



<https://keepconnected.searchinstitute.org/>



BROOKFIELD CARES

Promoting social and emotional wellness in our community.

brookfield-cares.org

The screenshot shows the Brookfield Cares website homepage. At the top, there is a navigation menu with links for Home, About Us, Events, Developmental Assets, Resources, News, and Videos. The main content area features a large 'Welcome to Brookfield Cares' section with a paragraph describing the organization's mission. To the right of this section is a featured graphic for a '2019 Student Attitudes & Behaviors Survey' with 'Key Results' and a word cloud. Below the main content, there are three smaller informational boxes: one about school stresses, one for a support group (C.A.R.E.S. Hope & Support Group), and one about alcohol consumption. At the bottom, there is a footer with a sign-up link for email newsletters and a copyright notice.

Welcome to Brookfield Cares
We are a community based organization dedicated to promoting awareness and education by focusing on the impact of substance abuse, depression, suicide, and other public health concerns.

Check out the Parent's Guide to Helping your Child

2019 Student Attitudes & Behaviors Survey
Key Results

Understand that the stresses of school and the new social media environment are vastly different than what you experienced at the same age

C.A.R.E.S. Hope & Support Group
For Families Affected by Substance Abuse
Meetings Every Monday
7:00 PM - 9:00 PM
New Location
Walnut Hill Community Church
156 Walnut Hill Road • Bethel, CT 06801
www.thecaresgroup.org
Staff can be reached day or night by calling 855-406-0246

Drinking alcohol can begin as early as age 10 or 11

Sign up to get Brookfield Cares Email.

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