

Vermont Youth Treatment Enhancement Program (VYTEP) Evaluation Data Brief:
Summary of Changes in Key GPRA Measures for Youth Participating in Seven Challenges

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Overview This Data Brief is being submitted as a requirement of the contract between VCHIP and ADAP, which requires a detailed analysis and summary of a single topic area related to the overall evaluation of VYTEP. The current Brief focusses on changes in self-reported youth outcomes between the time of starting Seven Challenges treatment and when a three month follow-up interview occurred. Specifically, this Brief uses data from the required Government Performance, Reporting and Accountability (GPRA) data collection tool, an approximately 15 page survey which is administered to VYTEP participants as an interview. All data were collected between April 2014 and late May, 2015.

The outcomes that are assessed include the major categories of substance abuse from the GPRA tool, expressed both as the percent of youth who reported having used a substance in the past 30 days, and by the number of days of use (for marijuana and alcohol only). Both the intake and the three month follow-up GPRA data are collected by VYTEP provider agency staff and then shared with the VYTEP evaluation team at VCHIP, which is responsible for the subsequent data reporting to the federal SAIS system, data analysis and reporting related to GPRA.

Participants The data presented in this Brief were collected from 64 youth who completed both an intake and a three month follow-up GPRA interview at one of the VYTEP provider agencies (Centerpoint and Washington County Youth Service Bureau). All youth were participating in the Seven Challenges evidence-based treatment program. Participants had an average age of 15.7 years (standard deviation of 1.8 years), and included 52% youth who identified as male and 48% who identified as female.

Changes in Substance Use/Abuse Figures 1 through 4 below show the percent of all participating youth who reported using substances in the 30 days leading up to the intake and the 3 month follow-up interviews. These graphs also break out the overall findings by gender. Figure 1 shows an overall decline in marijuana use that is reflected in both males' and females' data. It should be noted that males started with higher rates of use than did females, and showed a slightly steeper drop in use than did females.

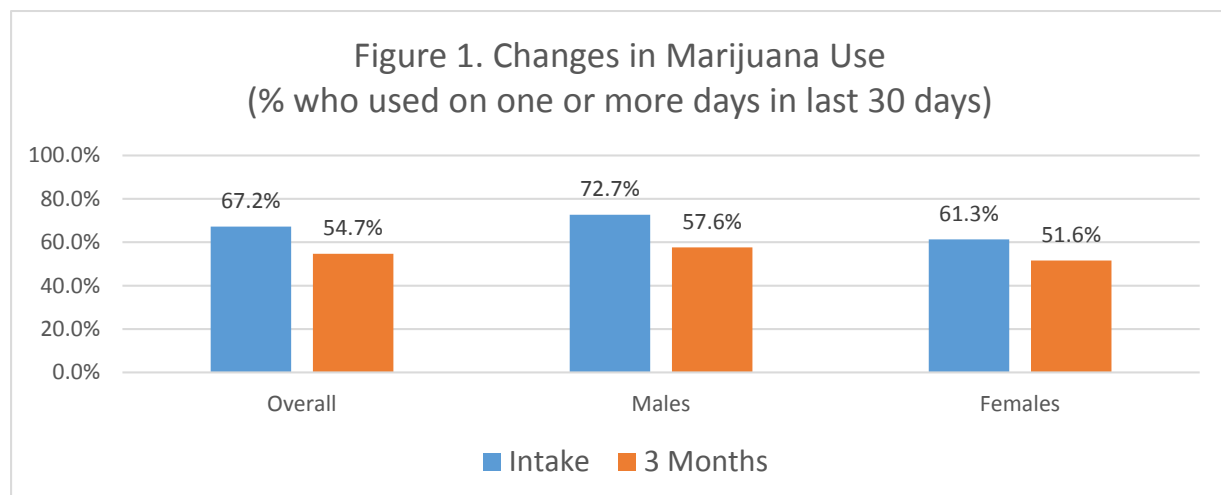


Figure 2 shows a substantial drop in reported alcohol use among both males and females, with both groups showing an approximate 15 percentage point decrease. It should be noted that in this sample of youth, alcohol use appears to be substantially lower than is marijuana use (67% marijuana use at intake versus 41% alcohol use at intake). Like in Figure 1, male rates of use were higher at both time points.

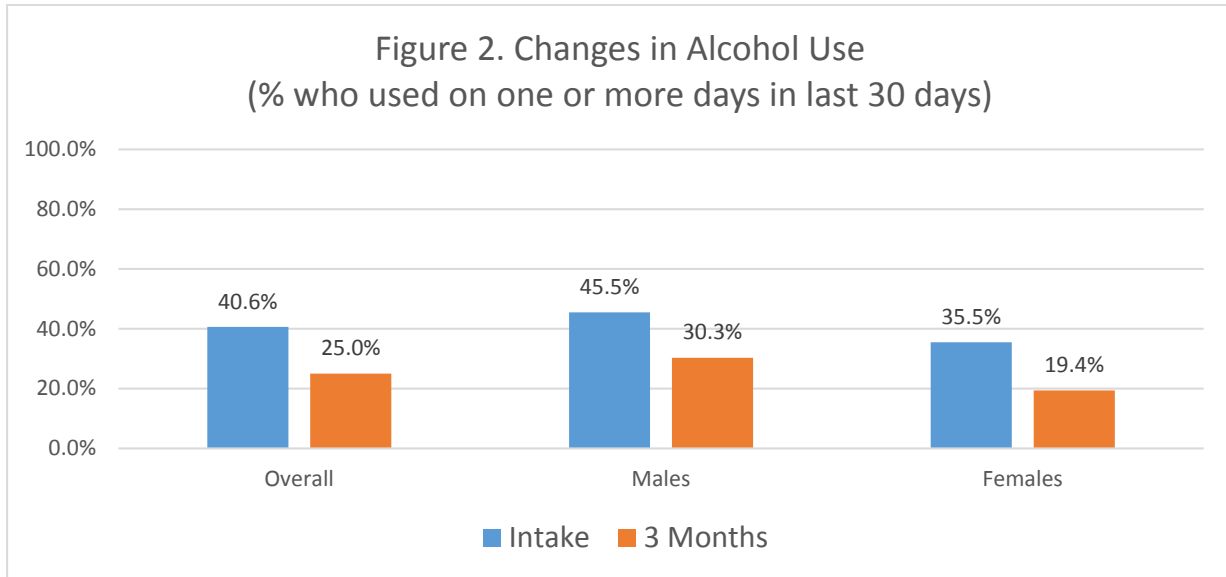


Figure 3 displays the percentage of youth who reported using illegal drugs other than marijuana or alcohol in the 30 days prior to the interview. Only 6.3% of youth reported using substances that fall in this category, with very little difference between males and females. There was a slight trend towards males being more likely to use non marijuana or alcohol illegal drugs prior to the follow-up interview than was the case for females. Females showed a decrease in this category of drug use.

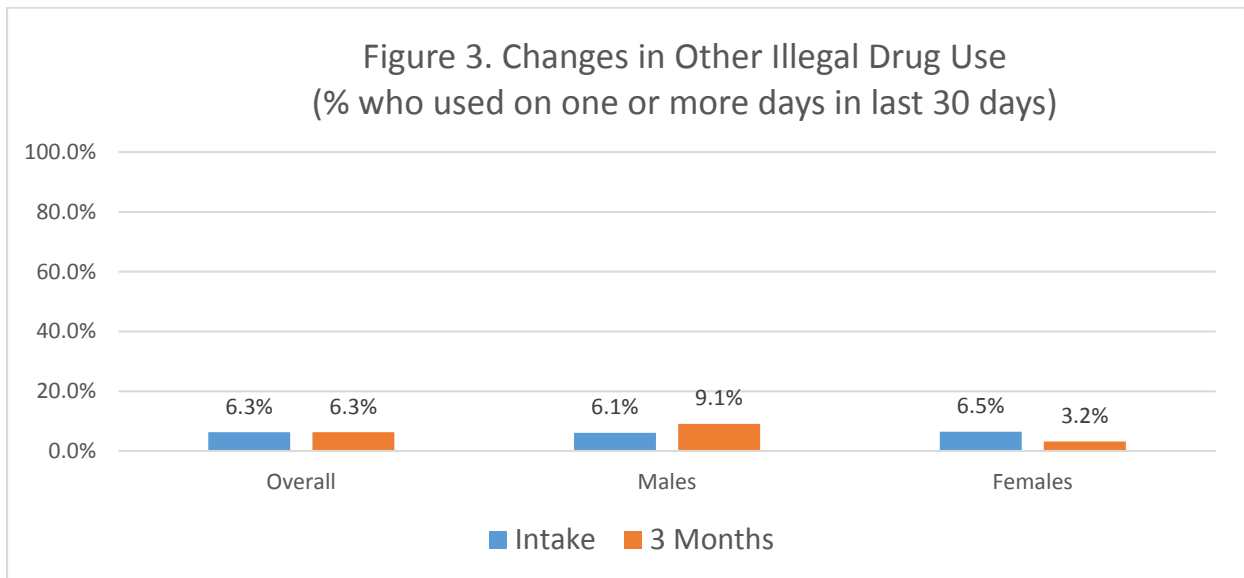
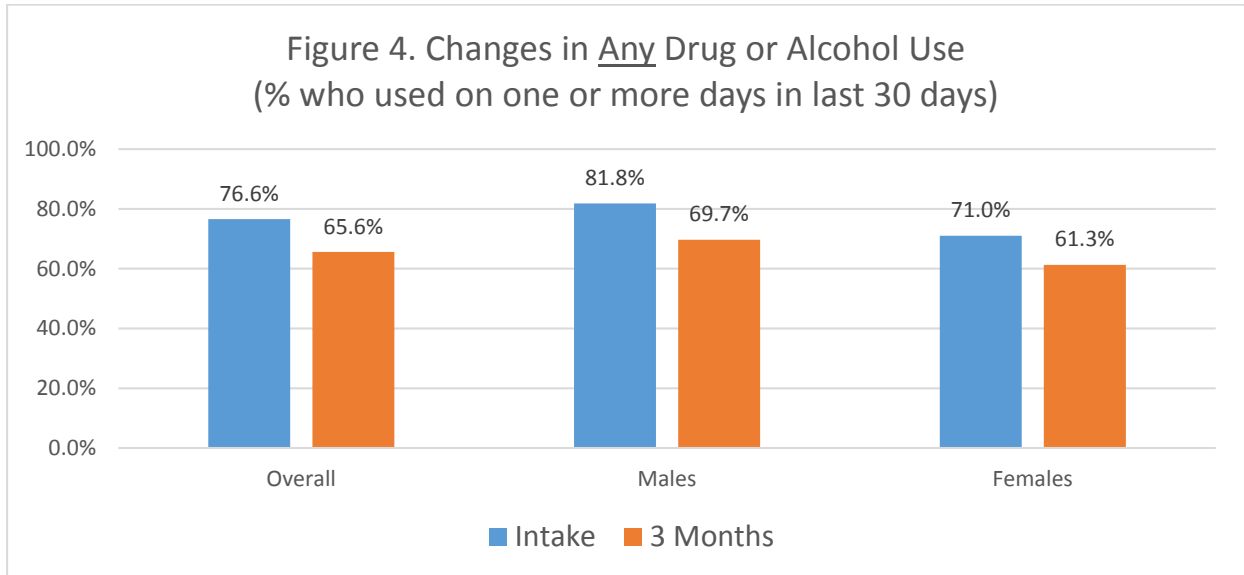


Figure 4 presents substance use data collapsed across all three drug categories: marijuana, non-marijuana illegal drugs and alcohol. The vertical axis represents the percent of participating you who reporting using any of these in the 30 days prior to the interview taking place. Overall percentages are

high at intake and drop by 10% at the follow-up interview. The size of the decrease was approximately the same for females and males.



Figures 5 and 6 show data specifically about youth who reported using marijuana (Figure 5) or alcohol (Figure 6) prior to both the intake and follow-up interviews. These youth may make up a category of young people who are more consistent users of each substance. The two figures show, for each interview time period, the average number of days that this group used the substance out of the 30 days leading up to the interview.

Figure 5 shows that among this subset of 30 marijuana users, the overall average days of use increased slightly from 18 out of 30 days prior to the intake interview to 20 out of 30 days prior to the follow-up interview. Interestingly, this increase was due to males reporting increased numbers of days of use (from 17 to 22 days) while females showed a slight decline, from 19 to 18 days of using marijuana.

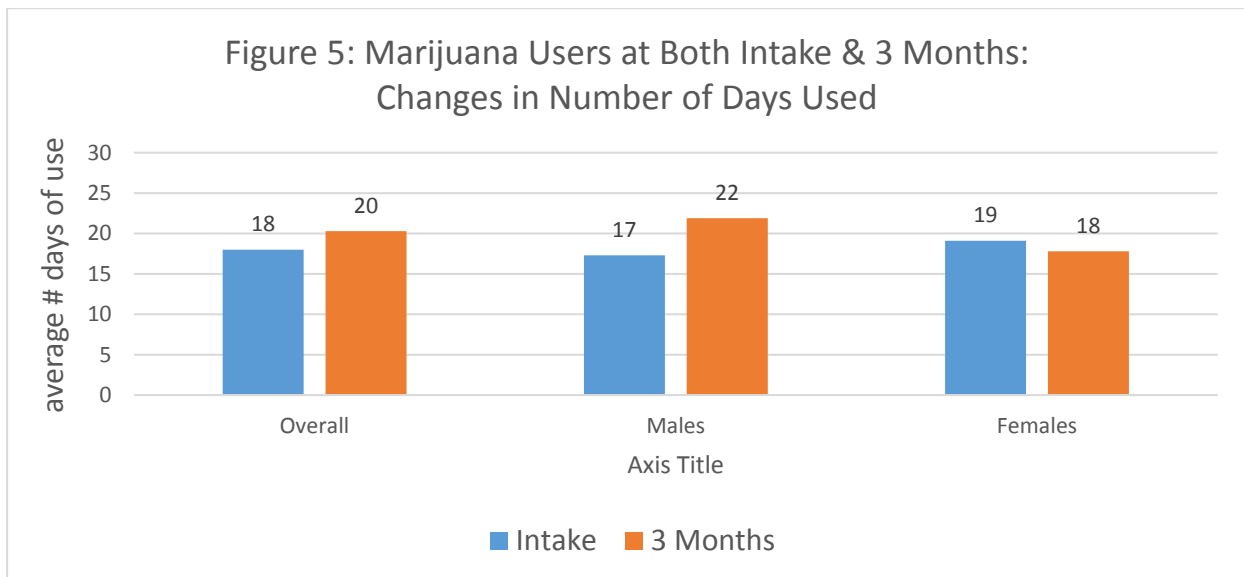
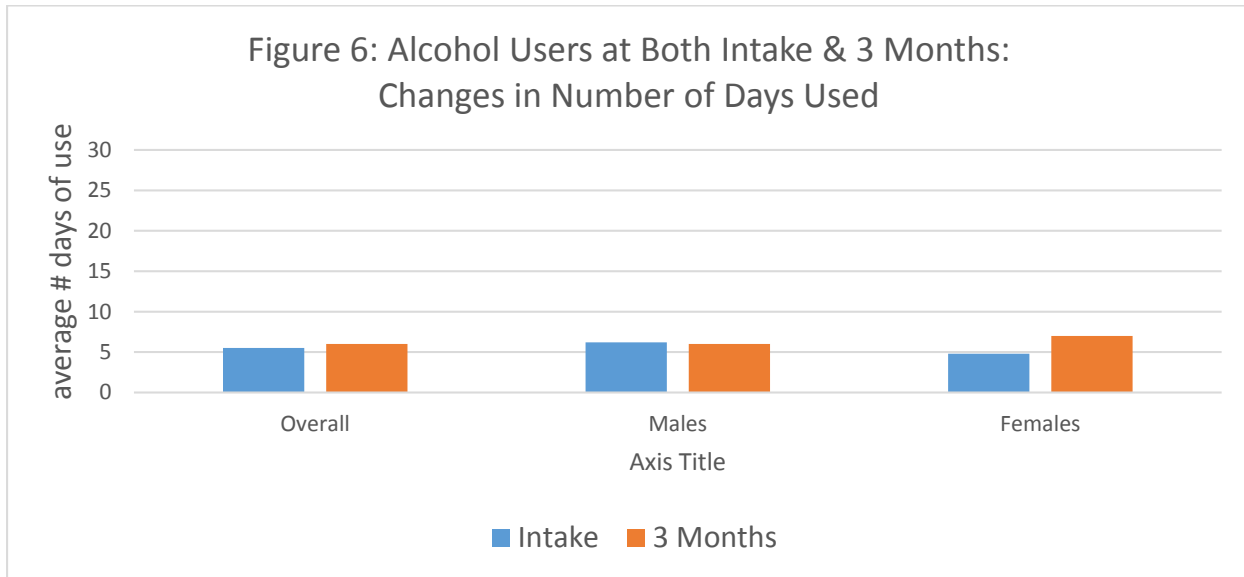


Figure 6 presents a similar analysis for youth who reported using alcohol at least once in the 30 days prior to the intake and follow-up interviews. This subset of 11 youth reported almost identical averaged number of days of use at the intake and 3 month follow-up interviews. There was a very slight trend of females reporting more use before the 3 month interview than they did prior to intake, but this represents a shift of less than two additional days of alcohol use.



Summary This Data Brief presents a series of evaluation results suggesting that on average, youth participating in the Seven Challenges programs at two Vermont treatment provider agencies report measurable reductions in the use of marijuana and alcohol. This is reflected by lower rates of use prior to the 3 month follow-up GPRA interviews compared to their use prior to starting treatment. These reductions are similar for both males and females, although for the category of non-marijuana or alcohol use, there may be trend towards increased male use and decreased female use of these substances at follow-up interviews. However, this must be interpreted with caution due to the small number of youth who report this category of substance abuse.

An additional finding that merits mention is that among a sub-sample of 30 youth who had used marijuana prior to both their intake and follow-up interviews, the average number of days of marijuana use increased slightly, from 18 days at intake to 20 days at 3 month follow-up. This effect seems to be driven entirely by increased days of marijuana use by males. Female marijuana use in this group decreased slightly from the intake to follow-up interviews.

Overall, the VYTEP implementation of the Seven Challenges at the two treatment provider agencies is associated with positive outcomes in youth substance abuse. As additional data are collected it will become possible to examine whether these trends are sustained through the 6 month GPRA data collection, as well as to examine in more detail possible gender differences and whether specific subgroups of youth are differentially benefitting from participation in VYTEP-supported services.