



RECOVERY & PREVENTION
RESOURCES
of Delaware and Morrow Counties

Concerned Persons Group

Concerned Persons Group: Providing a Forum for Discussion and Skill Development

Concerned Persons Group provides a forum for teens to develop or strengthen skills to effectively cope with concerns and challenges in their lives. The goal of the program is that participants will develop age appropriate life skills which act as protective factors to delay the onset of substance use and other high risk behaviors. The program uses research-based strategies designed to strengthen healthy beliefs and clear standards regarding healthy behaviors. Specifically, CPG groups provide a setting in which healthy beliefs can be reinforced while students can safely and openly learn about and discuss issues substance use or other risky behaviors. Within this setting, participants also develop specific age appropriate skills such as goal setting, assertiveness, healthy communication, and anger management.

Students are referred to this program based on identified criteria such as average to below average school performance, lack of connection to school or peers, identified family concerns such as loss or divorce, or poor school attendance. The program is designed to provide support and life skill development to students prior to the onset of use/abuse of alcohol, tobacco or other drugs.

Concerned Persons Groups are designed to be gender-specific. The program is designed to run for an entire year, but due to scheduling issues it may vary. The groups meet once a week, for one class period.



During the 2004-2005 school year, two school districts in Morrow County participated in the Concerned Persons Group. 65 students, 65% male and 35% females, participated in the program this year grades 6 through 10.

Group Leaders Reported Improvements In Social Skills

In each of the groups, the group leader/ facilitator evaluates each student's abilities in each of the key areas taught in the program. These areas include: self esteem, decision making, interpersonal communication, managing moods, managing school, and drug use control. The leaders rate these students at the beginning of the group and again at the end.

In the 2004-2005 school year, the participants in the CPG program improved in all of the areas evaluated on the leader evaluation. 100% of participants im-

proved in each of the areas taught in the program.

Facilitators did note that changes in the participants were different between genders. The females were rated as improving at a greater rate than the males in the program for all areas. However, the overall differences between genders was not significant.

It was noted that at the beginning of the program, there were significant differences between genders in the areas of drug use control, interpersonal communi-

cation, managing school, and decision making. At post-test the difference that still existed was in the area of drug use control. Additionally, females were rated significantly higher on their ability to manage mood than their male counterparts ($p=0.027$).

There was no difference between school districts on any of the skills taught in the program.

2005 Summary Report

Included in this report:

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PROGRAM HIGHLIGHTS

- Program leaders rated 100% of the participants as improving in each of the areas taught in the program.
- 64% of students reported improvement in at least one of the six developmental assets taught in the program.
- 25% of students reported improvement in at least three of the six developmental assets taught in the program.
- Students rated their ability to control drug use the highest among their skills taught in the program.



Students reported improvements in key developmental assets taught in the program.

The Concerned Persons Group is designed to strengthen key assets or skills to increase the participants likelihood for being successful in the future. 64% of students reported improvement in at least one of the six developmental assets taught in the program. 25% of students reported improvement in at three of the six developmental assets taught

in the program.

Assets

- Feeling valued by adults in community: 28.6% improved
- Given useful roles in community: 25% improved
- Believe it is really important to help other people: 21.4% improved
- Can accept and take personal responsibility: 21.4% improved
- Good at planning ahead and making decisions: 25% improved
- Believe life has a purpose: 32.1% improved

Skills taught in the program were rated by participants

Student participants were asked to rate themselves on specific skills taught in the program. Students evaluated their skills in appreciating themselves and others, making decisions and personal commitments, managing moods, managing school, and controlling drug use. They were asked to rate themselves on the following scales: never, awkward/ a little, fair, better than average, outstanding, almost always.

fair and better than average. Managing moods was rated as the lowest by participants. Students rated their ability to control drug use the highest among the skills.

Males and females rated themselves similarly across the skill areas.

For each skill, participants rated themselves between



Students report substance use and related issues

- At the end of the program, 69% of participants reported no use of substances over the previous 30 days. 21% of program participants increased substance use over the previous 30 days compared to baseline data. The most commonly reported substance used in the previous 30 days was alcohol.
- When asked if they were going to use substances over the next 30 days, 77.6% reported that they plan to abstain.
- 70% of the participants reported that it was not okay for people their age to use any substances.
- 46% of participants reported that using all substances caused "A LOT" of harm. The average perception of harm decreased by the end of the program, but not significantly.

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