

# ALL Together Upper Valley 2018 Community Survey



ALL Together is a regional coalition made up of diverse stakeholders, with goals to reduce the harms of substance misuse and prevent suicide in the Upper Valley region. As part of ALL Together's assessment process, a community survey was developed and administered in 2018 to collect baseline information of community norms and will be used again to assess whether any changes occurred. This community survey was used to collect information from residents in the Upper Valley region using a series of questions around community norms and perception of harm, as well as questions intended to elicit feedback to provide information in directing strategic prevention initiatives.

## Methods

The survey asked community members a series of questions about perceptions about the use of alcohol and drugs in their communities, as well as their perception of harm from substance use/misuse. A total of 424 surveys were completed in the Upper Valley region in 2018.

Table 1: Upper Valley Region Surveys Completed	
Community	Number of Surveys N (%)
Region	424 (100%)
Rivendell	58 (13.7%)
Hanover	71 (16.7%)
Hartford	126 (29.7%)
Mascoma Valley	30 (7.1%)
Lebanon	93 (21.9%)
Other	46 (10.8%)

This survey served as a convenience sample and is not necessarily representative of the larger community. This data should be reviewed and considered in the context of the broader coalition and community prevention efforts and used more descriptively to give a general idea of the participants' responses and the impact on strategic planning moving forward.

## Results

### Description of Respondents

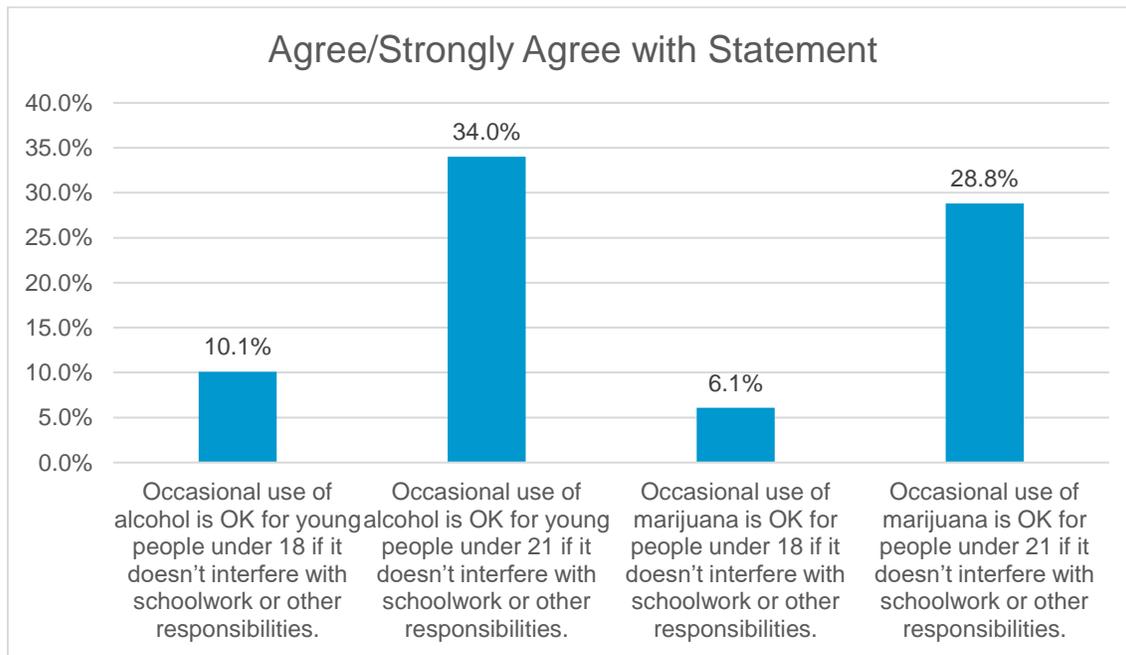
Table 2: Description of Survey Respondents	
	Upper Valley % (n)
<b>Which of the following coalitions are you a member of?</b>	
I am not involved with a local coalition at this time	88.8% (349)
All Together Coalition	3.3% (13)
Lebanon PUSH (Partners United for Safety & Health)	1.5% (6)
Circle Up!	1.3% (5)
Hartford Community Coalition (HCC)	2.8% (11)
Mascoma Valley Prevention Network (MVPN)	0.3% (1)

Continuum of Care Leadership Team	0.3% (1)
Substance Misuse Prevention Workgroup	1.8% (7)
Other local coalition:	2.8% (11)
<b>Gender Distribution</b>	
Female	74.8% (317)
Male	23.6% (100)
I prefer not to say	1.7% (7)
<b>Primary Language Spoke at Home</b>	
English	99% (411)
Spanish	0.2% (1)
Other	0.7% (3)
<b>Race &amp; Ethnicity</b>	
American Indian or Alaskan Native	1% (4)
Asian	2.7% (11)
Black or African American	1.5% (6)
Black or African Native	0.7% (3)
Native Hawaiian or Pacific Islander	0.5% (2)
White	92.5% (383)
Prefer not to say	4.6% (19)
<b>Age</b>	
18-25	2.1% (9)
26-35	11.6% (49)
36-50	49.1% (208)
Over 50	37.3% (158)
<b>How long have you resided in Upper Valley?</b>	
Less than 1 year	2.2% (9)
1-2 years	3.9% (16)
3-10 years	18.4% (76)
More than 10 years	75.6% (313)
<b>Are you a parent or guardian?</b>	
Yes	82.3% (284)
No	17.7% (61)
<b>Do you have children in the following age ranges?*</b>	
0-5 years of age	11.7% (33)
6-11 years of age	36.4% (103)

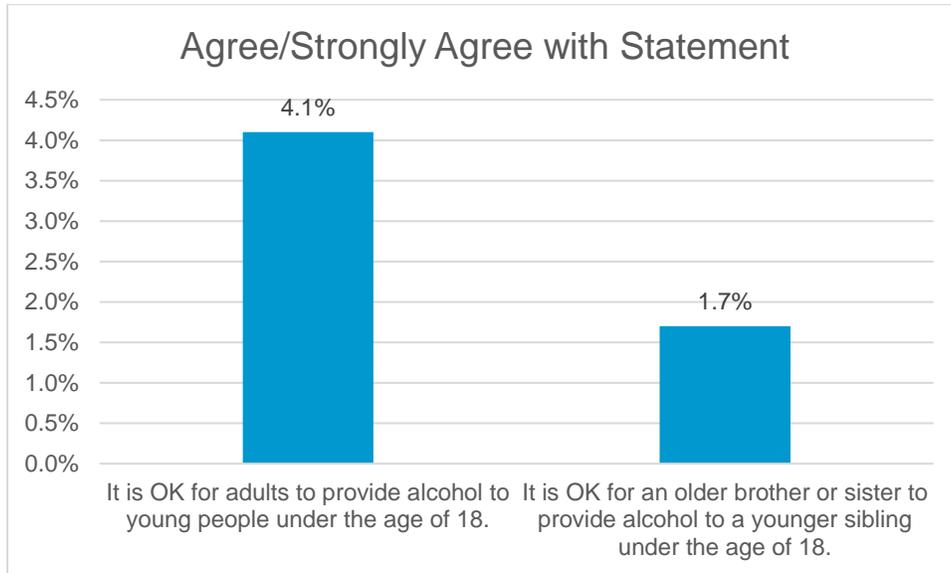
<b>12-14 years of age</b>	<b>37.8% (107)</b>
<b>15-18 years of age</b>	<b>31.1% (88)</b>
<b>Over 18 years of age</b>	<b>37.8% (107)</b>
<b>*NOTE: Distribution values may not equal 100% due to multiple possible answers or rounding.</b>	

## Social Norms

To address substance misuse and abuse in a community, it is important to understand how community members feel about several related factors. A higher percentage of respondents reported strongly agreeing or agreeing that occasional use of alcohol (34%) and marijuana (28.8%) is OK for those under the age of 21, as long as it doesn't interfere with schoolwork or other responsibilities; this drops to 10.1% for occasional alcohol use and 6.1% for occasional marijuana use for young people under 18. As ALL Together moves forward, it may be useful to further investigate the community's feelings around these types of social norms.



When asked if they agree or strongly agree that it is okay for adults provide alcohol to people under 18, 4.1% responded that it is okay for an adult to provide alcohol and 1.7% agreed it was okay for an older brother or older sister to provide alcohol to a younger sibling.



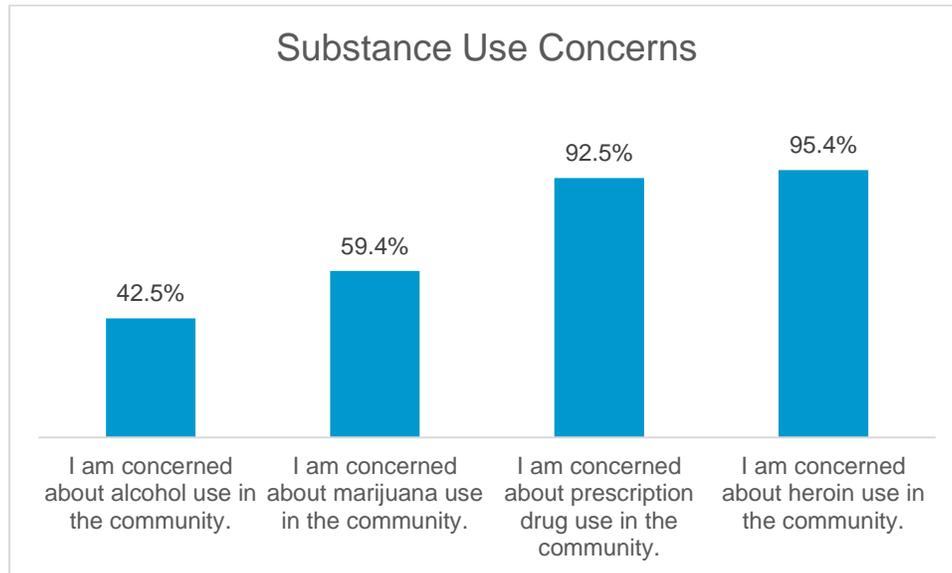
**Table 3: Social Norms**

The extent to which respondents agree or strongly agree with the following statements.	Upper Valley* % (n)
It is OK for youth under the age of 18 to use alcohol at parties if they don't drive.	5.5% (20)
It is OK for adults to provide alcohol to young people under the age of 18.	4.1% (15)
It is OK for an older brother or sister to provide alcohol to a younger sibling under the age of 18.	1.7% (6)
Occasional use of alcohol is OK for young people under 18 if it doesn't interfere with schoolwork or other responsibilities.	10.1% (37)
Occasional use of alcohol is OK for young people under 21 if it doesn't interfere with schoolwork or other responsibilities.	34% (124)
Occasional use of marijuana is OK for people under 18 if it doesn't interfere with schoolwork or other responsibilities.	6.1% (22)
Occasional use of marijuana is OK for people under 21 if it doesn't interfere with schoolwork or other responsibilities.	28.8% (105)

\* The percent and number of those who Strongly Agree or Agree.

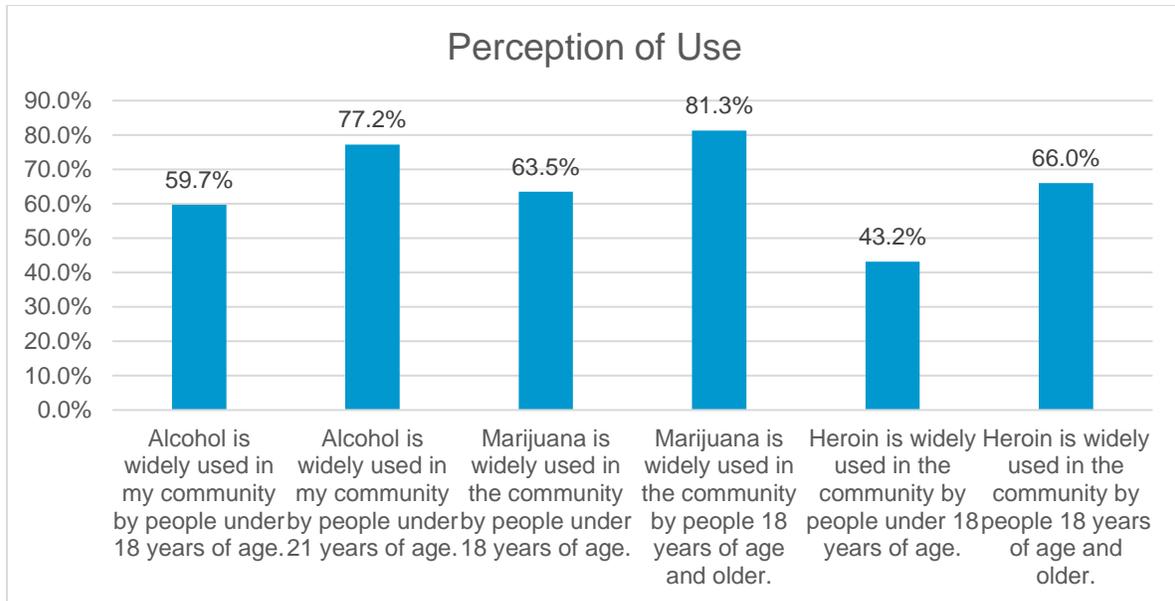
## Perceptions of Use

When asked about whether respondents were concerned about substance use in the Upper Valley community, community members expressed the highest level of concern about heroin (95.4%) and prescription drug use (92.5%) in their community, followed by marijuana use (59.4%) and alcohol use (42.5%) in their community.



The perception that substances are widely used and abused, in the community, is high. It is perceived by 59.7% that alcohol is widely used by youth under 18 and 77.2% believe those under 21 widely use it. It is perceived by 63.5% that marijuana is widely used by youth under 18 and 81.3% believe it is widely used by those over 18. Forty-three point two percent of respondents indicated they believe heroin is widely used by people under the age of 18 and 66% believe it is widely used by people over the age of 18.

**It is perceived by 77.2% of respondents that alcohol is widely used in the community by people under 21 years of age.**



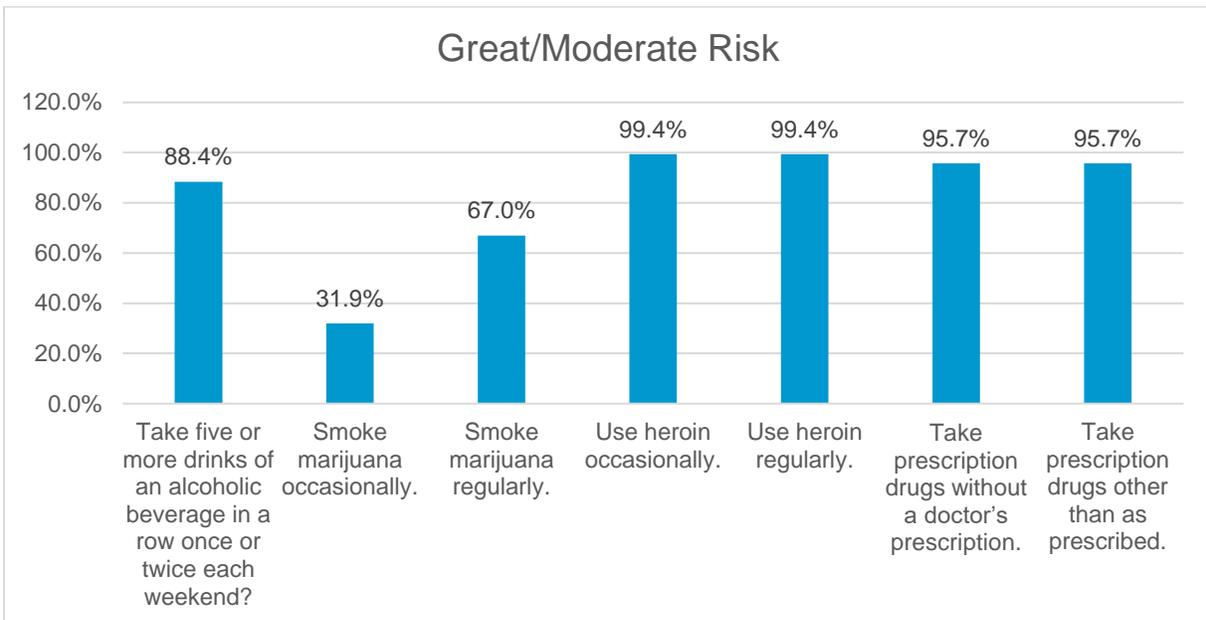
**Table 4: Perceptions of Use**

<b>The extent to which respondents agree or strongly agree with the following statements.</b>	<b>Upper Valley* % (n)</b>
<b>I am concerned about alcohol use in the community.</b>	<b>42.5% (147)</b>
<b>I am concerned about marijuana use in the community.</b>	<b>59.4% (205)</b>
<b>I am concerned about prescription drug use in the community.</b>	<b>92.5% (321)</b>
<b>I am concerned about heroin use in the community.</b>	<b>95.4% (331)</b>
<b>Alcohol is widely used in the community by people under 18 years of age.</b>	<b>59.7% (187)</b>
<b>Alcohol is widely used in the community by people under 21 years of age.</b>	<b>77.2% (247)</b>
<b>Alcohol is widely used in the community by people 21 years of age and older.</b>	<b>93% (307)</b>
<b>Marijuana is widely used in the community by people under 18 years of age.</b>	<b>63.5% (198)</b>
<b>Marijuana is widely used in the community by people 18 years of age and older.</b>	<b>81.3% (256)</b>
<b>Prescription drugs are widely abused in the community by people under 18 years of age.</b>	<b>53.3% (162)</b>
<b>Prescription drugs are widely abused in the community by people 18 years of age and older.</b>	<b>77% (241)</b>
<b>Heroin is widely used in the community by people under 18 years of age.</b>	<b>43.2% (133)</b>
<b>Heroin is widely used in the community by people 18 years of age and older.</b>	<b>66.0% (206)</b>

\* *The percent and number of those who Strongly Agree or Agree.*

## Perception of Risk

Community members reported the highest risk of harm from the use of heroin regularly and occasionally (99.4% and 99.4%), the use of prescription drugs without a doctor's prescription (95.7%), and prescription drugs other than as prescribed (95.7%). This was followed by taking five or more drinks in a row once or twice each weekend (88.4%) and smoking marijuana regularly (67.0%). Less than one-third of respondents (31.9%) reported moderate or great risk from smoking marijuana occasionally.



**Table 5: Perception of Risk**

The percentage of respondents that indicated there was moderate or great risk of harming themselves physically or in other ways if they do the following.	Upper Valley* % (n)
Take five or more drinks of an alcoholic beverage in a row once or twice each weekend.	88.4% (304)
Smoke marijuana occasionally.	31.9% (110)
Smoke marijuana regularly.	67% (231)
Use heroin occasionally.	99.4% (342)
Use heroin regularly.	99.4% (343)
Take prescription drugs without a doctor's prescription.	95.7% (330)
Take prescription drugs other than as prescribed.	95.7% (330)
* The percent and number of those who reported Great Risk or Moderate Risk.	

## Risk and Protective Factors

Forty-eight point seven percent of respondents indicated that they recalled hearing, reading, or watching an advertisement or message about the prevention or harm of underage drinking or binge drinking at least once in the past three months. However, only 26.8% of those that recalled an advertisement had a subsequent conversation with their child or other youth about the harms and risks of underage or binge drinking.

<b>Table 6: Communication</b>	<b>Upper Valley* % (n)</b>
<b>During the past 3 months, how many times do you recall hearing, reading, or watching an advertisement or messages about the prevention or harm of underage drinking or binge drinking?</b>	
<b>None/ Don't recall advertisements</b>	<b>51.3% (176)</b>
<b>1-3 times</b>	<b>34.1% (117)</b>
<b>4 or more times</b>	<b>14.6% (50)</b>
<b>Did any of the advertisements or messages about the prevention or harm of underage drinking or binge drinking lead you to have a conversation with your child or other youth about the harm and risks of underage or binge drinking?</b>	
<b>Yes</b>	<b>26.8% (91)</b>
<b>No</b>	<b>28.3% (96)</b>
<b>Did not see/recall any</b>	<b>44.8% 152)</b>

Most respondents reported that their family has clear rules around alcohol use (82.2%) and marijuana use (76.7%). A slightly lower percentage (74.5%) indicated that adults had made clear what the consequences would be for violating the alcohol, marijuana, or other drug rules.

<b>Table 7: Perceptions of Youth Access &amp; Monitoring of Use</b>	<b>Upper Valley* % (n)</b>
<b>During the past 12 months, have you talked with your kids about the dangers of tobacco, alcohol, or other drug use?</b>	<b>69.9% (237)</b>
<b>Does your household have clear rules around alcohol use?</b>	<b>82.2% (268)</b>
<b>Does your household have clear rules around marijuana use?</b>	<b>76.7% (250)</b>
<b>Do adults in your household make clear to youth the kind of consequences that will happen if youth violate household alcohol, marijuana, and other drug rules?</b>	<b>74.5% (237)</b>
<i>* The percent and number of those who reported yes.</i>	

Respondents were asked about different strategies to monitor alcohol if it is kept in the home. The most common strategies were instructing children not to take any (36.4%) and not doing anything special (30.3%). Twenty-nine point one percent report keeping track of it.

Written comments from respondents included:

- “No children in the house.”
- “My children actually know better.”
- “My kids are still too young to have this be a factor.”
- “Spoke with kids about how bad alcohol is for their bodies, especially their brain development.”

<b>Table 8: If alcohol is kept in the home, the respondent...</b>	<b>Upper Valley* % (n)</b>
<b>Does not keep alcohol in the home</b>	<b>18.5% (61)</b>
<b>Keeps alcohol locked or in a place where others cannot get it</b>	<b>8.8% (29)</b>
<b>Keeps track of it to make sure no one has taken any</b>	<b>29.1% (96)</b>
<b>Instructs children not to take any</b>	<b>36.4% (120)</b>
<b>Doesn't do anything special</b>	<b>30.3% (100)</b>
<b>Other</b>	<b>12.7% (42)</b>
<i>* The percent and number of those who reported yes.</i>	

Respondents were also asked about what they do with prescription drugs in the home. The most common strategies identified were that they keep them locked in a safe space (41.2%) and they dispose of them when they are no longer needed (37.9%). Fourteen-point six percent report not doing anything special.

Written comments from respondents included:

- “I keep them in a place that is out of reach, but not locked.”
- “No children in the home.”
- “I do not keep benzodiazepines, opioids or other medications likely to be misused in my home.”
- “My child has been instructed not to tell anyone that we have prescription medication in our household.”

<b>Table 9: If prescription drugs are kept in the home, the respondent...</b>	
	<b>Upper Valley* % (n)</b>
<b>Does not keep prescription drugs in the home</b>	<b>23% (76)</b>
<b>Keeps track of them</b>	<b>16.7% (55)</b>
<b>Keeps them locked in a safe place</b>	<b>41.2% (136)</b>
<b>Disposes of them when they are no longer needed</b>	<b>37.9% (125)</b>
<b>Instructs children not to take any</b>	<b>29.1% (96)</b>
<b>Doesn't do anything special</b>	<b>14.6% (48)</b>
<b>Other</b>	<b>5.2% (17)</b>
<b>* The percent and number of those who reported yes.</b>	

No drinking except for a few sips at a family or religious gathering was the most common limit on underage drinking (41.4%) Three-point three percent of respondents reported no limits on drinking. Less than 31% of respondents believe that it is likely or very likely that if someone in the community gave alcohol to a person under 18 that person would be arrested by the police, only 18.7% reported someone under 18 drinking would be arrested by the police, and 88.6% are aware that it is against the law in New Hampshire and Vermont to host a party where alcohol is being consumed by minors even if you do not provide the alcohol. Over 19% of respondents reported knowing an adult in the community who hosts parties where alcohol is available or served to young people under the age of 18.

**Table 10: How much do you think typical parents of youth under the age of 18 in your community limit underage drinking?**

	Upper Valley* % (n)
No drinking except for a few sips at family or religious gatherings	41.4% (125)
Some drinking with parents if only family is present	25.5% (77)
Some drinking with friends if parent is present	19.5% (59)
Drinking without parent if not driving or getting drunk	10.3% (31)
No limits on drinking	3.3% (10)
<i>* The percent and number of those who reported yes.</i>	

**Table 11: Community Action**

The percentage of respondents that indicated that it was likely or very likely that people in your community take certain actions.	Upper Valley* % (n)
If someone in your community gave alcohol to a person under the age of 18, how likely is it that he or she would be arrested by the police?	30.9% (103)
If someone under the age of 18 drank some beer, wine, or hard liquor in your community, how likely is it that he or she would be arrested by the police?	18.7% (62)
<i>* The percent and number of those who reported very likely or likely.</i>	

**Table 12: State Laws**

	Upper Valley* % (n)
Do you know parents or other adults in your community who host parties where alcohol is available or served to young people under the age of 18?	19.9% (66)
Were you aware before today that it is against the law in New Hampshire and Vermont to host a party where alcohol is being consumed by minors even if you do not provide the alcohol?	88.6% (304)
<i>* The percent and number of those who reported yes.</i>	

Seventy-four point one percent of respondents reported that youth are made to feel valued in the community and 94.5% of parents reported being very/somewhat likely to talk to their children when they notice the child is feeling sad, hopeless, angry, or anxious.

<b>Table 13: Youth in the Community</b>	
	<b>Upper Valley* % (n)</b>
<b>Agree/Strongly Agree that youth are made to feel valued in our community.</b>	<b>74.1% (252)</b>
<b>Very/Somewhat likely to talk to their children when they notice the child feeling sad, hopeless, angry, or anxious.</b>	<b>94.5% (308)</b>

## Coalition Efforts

Questions were asked regarding awareness and helpfulness of specific All Together activities. The majority of respondents were aware of prescription drug safety efforts. The second most common were trainings hosted by ALL Together. Twenty-seven percent reported other specific activities although many of the comments reported none. The reported activities include the following.

- “All Together NAADAC”
- “prevention and response of traumatic events”
- “NH Teen Institute”
- “Workshop at Colby Sawyer on mental health”

<b>Have you heard of, seen or attended any of the following ALL Together campaigns and activities? (Check all the apply)</b>	
	<b>Upper Valley* % (n)</b>
<b>Safe use, safe storage and safe disposal of medications (aka Twin State Safe Meds)</b>	<b>55.3% (84)</b>
<b>Social host campaign holiday and prom/graduation (Don't Serve Teens)</b>	<b>19.1% (29)</b>
<b>Harms of marijuana campaign, (aka Think marijuana is safe? Think again! or Don't let marijuana get in the way of your future.)</b>	<b>16.5% (25)</b>
<b>Training(s) hosted by ALL Together (such as, CONNECT suicide post or prevention trainings, recovery coach trainings)</b>	<b>28.3% (43)</b>
<b>Presentation by ALL Together on YRBS results or the harms of alcohol, tobacco and other drugs</b>	<b>14.5% (22)</b>
<b>Other activities</b>	<b>8.6% (13)</b>
<b>Other (please specify)</b>	<b>27.0 (41)%</b>
<b>* The percent and number of those who reported yes.</b>	

When asked how helpful All Together resources were over 84% of all resources were reported not aware/did not need the resource. Of those who reported using ALL Together resources print materials on suicide prevention or warning signs and print materials on local resources were those most reported as very helpful/somewhat helpful.

<b>How helpful were the following resources that were made available by the ALL Together Coalition? Upper Valley % (N)</b>					
	<b>Very Helpful</b>	<b>Somewhat Helpful</b>	<b>A Little Helpful</b>	<b>Not at all Helpful</b>	<b>I was not aware of this campaign or activity/Did not need this</b>
<b>Operation Parent Handbooks</b>	<b>3.7% (12)</b>	<b>4% (13)</b>	<b>1.5% (5)</b>	<b>0.6% (2)</b>	<b>90.3% (297)</b>
<b>Education page on website <a href="http://www.uvalltogether.org">www.uvalltogether.org</a></b>	<b>3.1% (10)</b>	<b>4.9% (16)</b>	<b>1.2% (4)</b>	<b>0.3% (1)</b>	<b>90.5% (294)</b>
<b>Other print materials about the harms of ATOD</b>	<b>1.9% (6)</b>	<b>4.6% (15)</b>	<b>0.3% (1)</b>	<b>1.2% (4)</b>	<b>92% (297)</b>
<b>Your Life Matters postcards</b>	<b>3.1% (10)</b>	<b>3.1% (10)</b>	<b>1.9% (6)</b>	<b>0.9% (3)</b>	<b>91.1% (296)</b>
<b>Other print materials on suicide prevention or warning signs from NAMI NH</b>	<b>5.2% (17)</b>	<b>6.4% (21)</b>	<b>2.7% (9)</b>	<b>0.9% (3)</b>	<b>84.8% (278)</b>
<b>Print Materials on local resources</b>	<b>5.2% (17)</b>	<b>5.5% (18)</b>	<b>2.8% (9)</b>	<b>0.6% (2)</b>	<b>85.9% (279)</b>
<b>Consumer Treatment Guide</b>	<b>3.7% (12)</b>	<b>3.4% (11)</b>	<b>2.5% (8)</b>	<b>0.6% (2)</b>	<b>89.9% (293)</b>
<b>Twin State Safe Meds postcards</b>	<b>3.1% (10)</b>	<b>4.6% (15)</b>	<b>1.9% (6)</b>	<b>0.6% (2)</b>	<b>89.8% (291)</b>

## Conclusion

This survey provides a unique opportunity to hear from community members in the Upper Valley community about their perceptions of alcohol and drug use as well as their knowledge and actions related to several risk and protective factors. This information can be used to guide community-based strategic planning, activities, and collaborations that address the specific needs of the community members. It also provides the coalition with a platform for assessing the community's awareness of its activities, as well as the perceived impact of certain initiatives. It is suggested that the survey is repeated annually or bi-annually to monitor and track trends in the community's perceptions and beliefs and how they relate to youth perceptions and use.