

ALL Together

2021 Upper Valley Region Community Survey



Prepared by





ALL Together is a regional coalition made up of diverse stakeholders, with goals to reduce the harm 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 Spring 2021 to collect information on community norms. This community survey was used to collect information from residents in the Upper Valley region using a series of questions around community norms and perceptions of harm. This survey, with slight changes, has been implemented in the community three times, with the most recent in 2018.

Methods

The survey asked community members a series of questions on their 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 225 surveys were completed in the Upper Valley region in Spring 2021. Respondents resided in the Hartford, Dresden, Mascoma Valley, Rivendell, and Lebanon communities. Not all participants answered every question. Complete data tables can be found in the Appendix.

The survey was implemented via online survey software. The survey link and QR code were shared through coalition partners, social media, and advertisements. Data was exported, and descriptive analysis was conducted through Excel. Specific questions were asked of parents as indicated in the Parent Questions section. All other questions were asked of all participants.

This survey was conducted 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

Of respondents who provided demographic information, the majority of participants were parents (78.7%) and identified as female (71.5%). Of those who identify as parents, 47% reported children over 18 years of age. Over 55% of respondents were over 50 years old, followed by 36-50 years old (34.3%). Less than 2% of respondents were 18-25 years old.

Over 94% identified as White. Almost 6% (5.8%) reported preferring to self-describe and 2.3% identified as American Indian or Alaska Native. Approximately 3% identified as Hispanic or Latino/a. Over 99% reported English as the primary language spoken at home. One person identified Spanish as the primary language. No other languages were identified.

Over 80% (81.3%) of people reported living in the Upper Valley or Greater Sullivan for more than 10 years. One person reported living in the community for less than one year. Participants resided in the community regions of Lebanon (36.4%), Dresden (32.9%), Hartford (16.9%), Mascoma Valley (8.4%), and Rivendell (4.9%).

Participants were also asked how they heard about the survey. Personal email (33.9%), town list-serve (22.2%), and school newsletter (18.7%) were the three most common sources. Less than 5% reported hearing about the survey from social media.

Complete demographic information can be found in the Appendix.

Social Norms

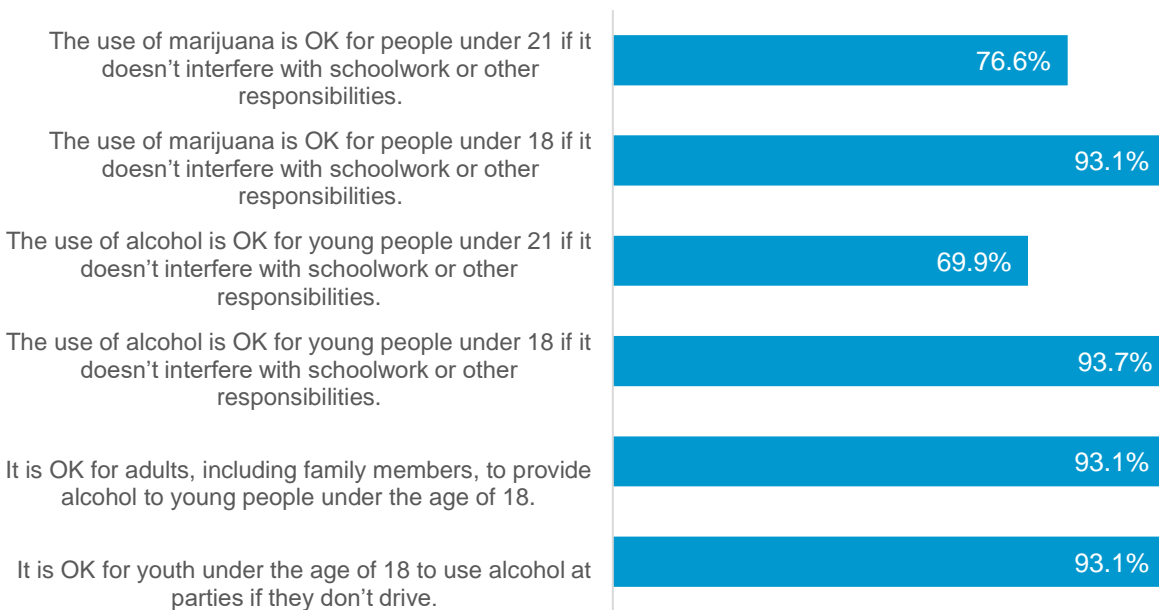
To address substance misuse in a community, it is important to understand how community members feel about the underage use of substances. People reported slightly stronger disagreement to statements about the use of substances under 18 versus the use of substances under 21. Over 93% (93.1%) disagreed with the statement the use of marijuana is OK for people under 18 if it doesn't interfere with schoolwork or other responsibilities, while 76.6% disagreed when the question asked about the use of marijuana under 21 if it doesn't interfere with schoolwork or other responsibilities.

As with marijuana, there was greater disagreement with statements about the under 18 use of alcohol. When asked if the use of alcohol was OK for people under 18 if it doesn't interfere with responsibilities, 93.7% disagreed or strongly disagreed, while 69.9% disagreed or strongly disagreed with the statement when the age was increased to under 21.

Over 93% of participants (93.1%) disagreed or strongly disagreed that it was OK for adults, including family members, to provide alcohol to people under the age of 18 and that it is OK for youth under the age of 18 to use alcohol at parties if they don't drive.

Figure 1. Social Norms Statements 2021

Social Norms Statements (Disagree/Strongly Disagree)

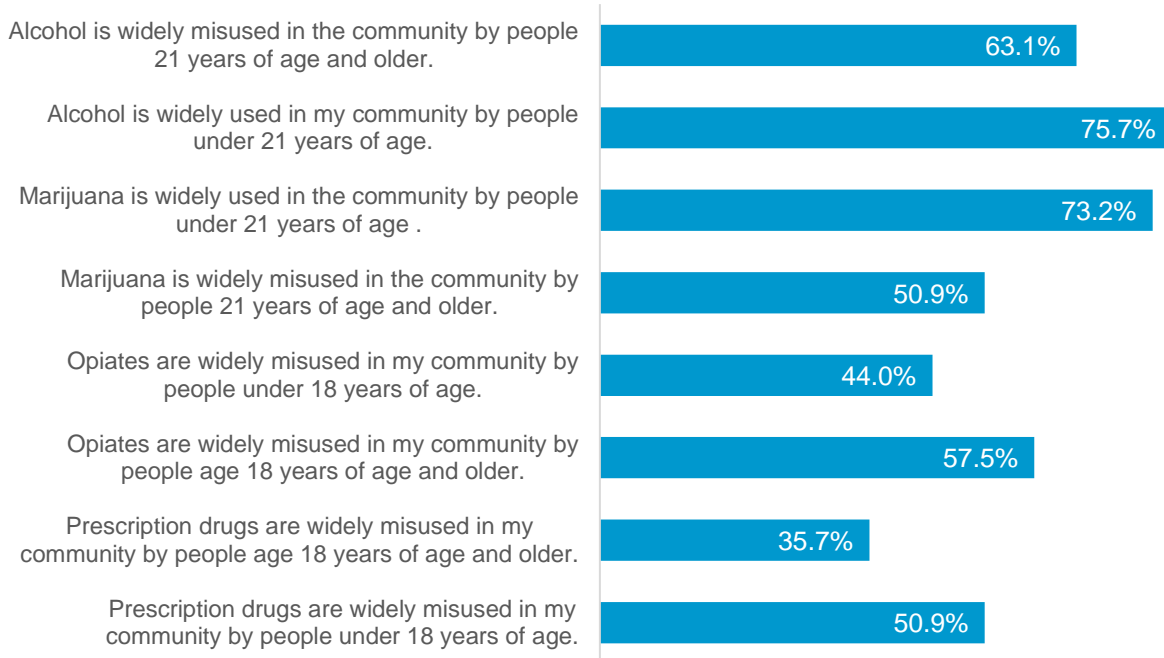


Participants were also asked their opinions about alcohol and drug misuse in their community. Over 75% said alcohol is widely used by people under the age of 21, and 63.1% said alcohol is widely misused by those over 21. Respondents were also asked about marijuana use in the community, and 73.2% said it was widely used by people under 21, and 50.9% said it was widely misused by those over 21. When asked if opiates were widely misused by those under 18, 35.7% agreed, and 50.9% agreed that opiates were widely misused by those over the age

of 18. When asked if prescription drugs were widely misused by people under the age of 18, 44.0% said they were, and 57.5% said they were misused by people over the age of 18.

Figure 2. Community Substance Use 2021

Community Substance Use (Strongly Agree/Agree)

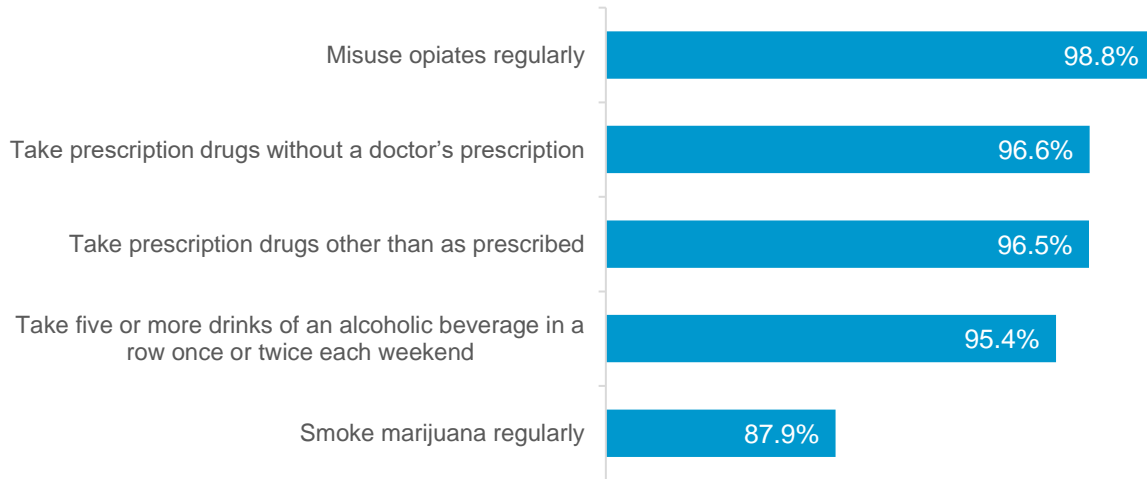


Perceptions of Risk

Participants were asked what their perceived risks were for drug and alcohol use of those under the age of 18. The highest percentage of those that answered moderate to great risk was for misusing opiates regularly (98.8%), followed by taking prescription drugs without a doctor's prescription (96.6%), taking prescription drugs other than as prescribed (96.5%), taking five or more drinks of an alcoholic beverage in a row once or twice each weekend (95.4%), and smoking marijuana regularly (87.9%).

Figure 3. Perception of Risk Under 18 2021

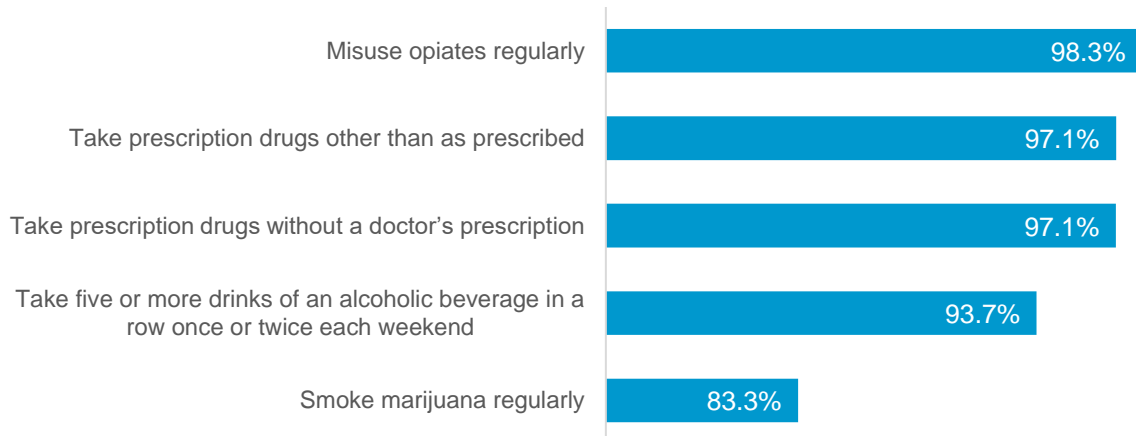
How much do you think people, under 18 years old, risk harming themselves (physically or in other ways) if they do the following: (Moderate Risk/Great Risk)



Respondents were also asked about their perceived risks for alcohol and drug use for those ages 18 to 21. The highest percentage of those that answered moderate to great risk was for misusing opiates regularly (98.3%), followed by taking prescription drugs other than as prescribed (97.1%) and taking prescription drugs without a doctor's prescription (97.1%), taking five or more drinks of an alcoholic beverage in a row once or twice each weekend (93.7%), and smoking marijuana regularly (83.3%).

Figure 4. Perception of Risk 18-21 2021

How much do you think people, 18 to 21 years old, risk harming themselves (physically or in other ways) if they do the following: (Moderate Risk/Great Risk)



Community Action

When asked how likely it would be for someone to be arrested if someone under the age of 18 drank some beer, wine, or hard liquor, 25.4% said it would be likely or very likely. When asked how likely it would be for someone to be arrested for giving alcohol to someone under the age of 18, 35.5% said it was likely or very likely.

Figure 5. Likelihood of Arrest 2021



Most respondents (97.9%) were aware that it is against the law in New Hampshire and Vermont to host a party where alcohol is being used by minors even if they do not provide the alcohol.

Table 1.

Is it against the law in New Hampshire and Vermont to host a party where alcohol is being used by minors even if you do not provide the alcohol?		n=
Yes	97.7%	169
No	2.3%	4

Risk and Protective Factors

Participants were also asked about prevention messaging in the community. Half of the respondents (50.3%) reported not recalling hearing, reading, or watching prevention messages about the harm of underage drinking, binge drinking, or nicotine use.

Table 2.

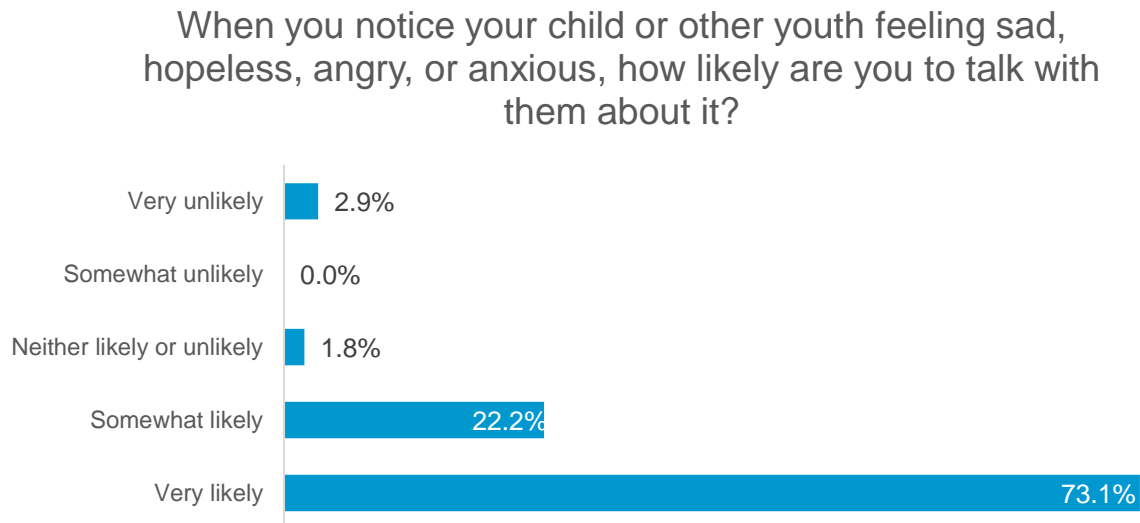
During the past 3 months, how many times do you recall hearing, reading, or watching messages about the prevention or harm of underage drinking, binge drinking, or nicotine use?		n=
None/don't recall any	50.3%	87
1-3 times	34.1%	59
4 or more times	15.6%	27

Of those that did see messages, only 42.7% reported that it led them to talk with their child or any youth about the harm or risks of underage, binge drinking, or nicotine use.

When asked if during the past 12 months they had talked with their child or any other youth about the dangers of tobacco, alcohol, or other drug use, 65.3% of all participants said yes.

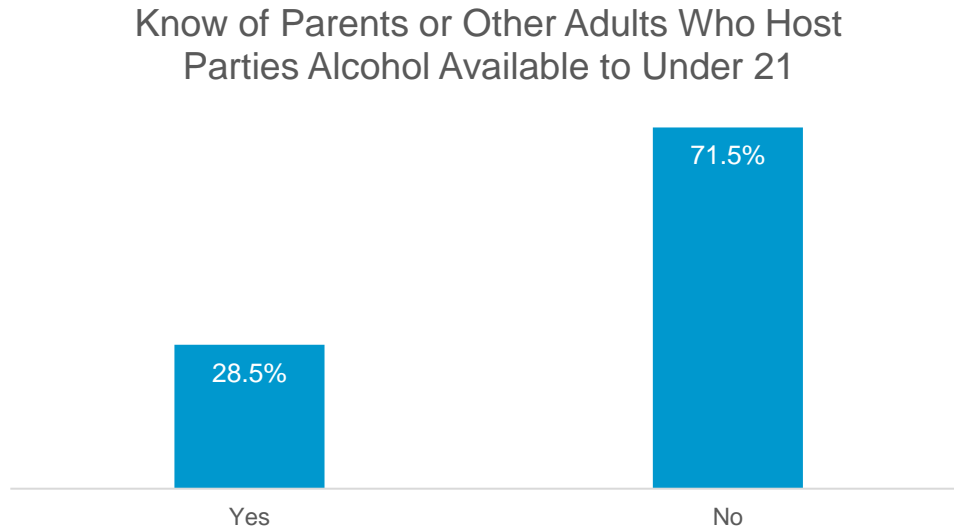
Respondents were also asked how likely they would be to talk with a child or other youth if they noticed them feeling sad, hopeless, angry, or anxious, with 71.3% reporting very likely and less than 3% reporting they are somewhat/very unlikely to talk to them about it.

Figure 6. Talk with Youth 2021



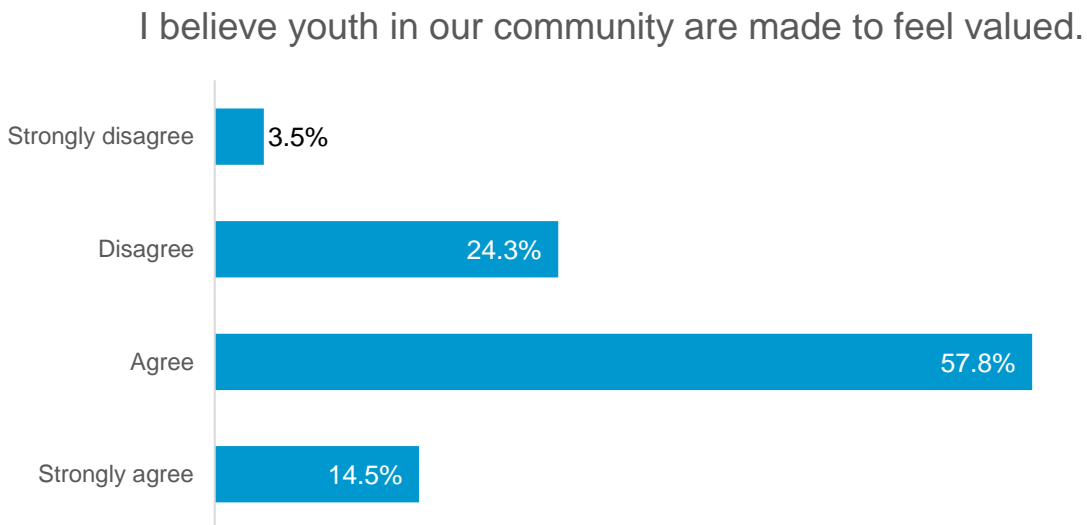
When asked if they knew of parents or other adults in their community who host parties where alcohol is available or served to young people under the age of 21, 28.5% said yes.

Figure 7. Parents or Other Adults Who Host Parties Where Alcohol is Available Under 21 2021



Over half of the respondents (72.3%) agreed or strongly agreed that they believed youth in their community are made to feel valued.

Figure 8. Youth Feel Valued 2021

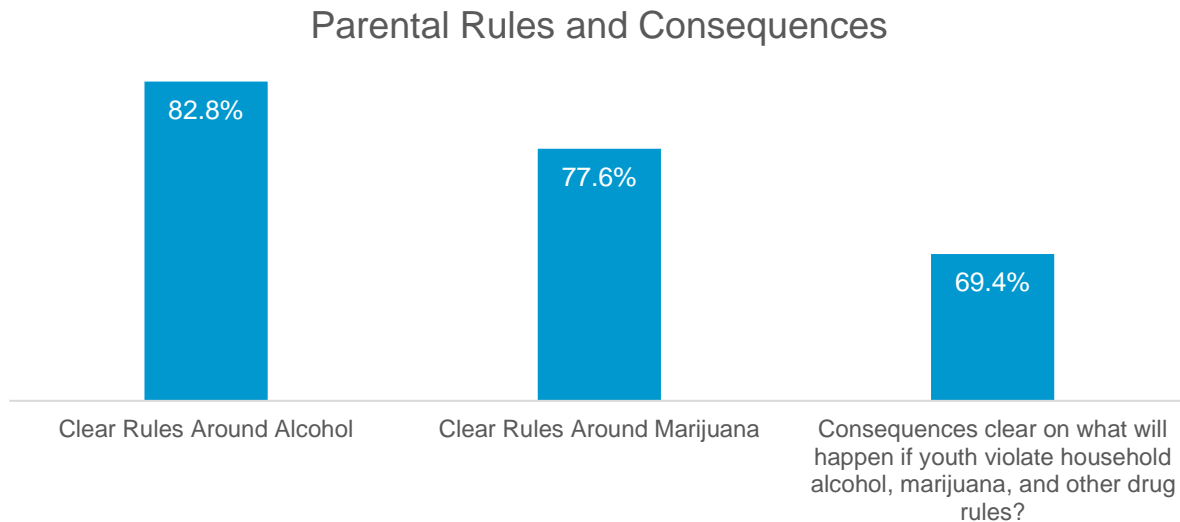


Parent Questions

The following questions were asked to participants identifying as parents. Over 83% of respondents identifying as parents said their household has clear rules around alcohol use. A smaller majority reported having clear rules around alcohol use, with almost one quarter (22.4%) reporting no rules around marijuana.

When asked if adults in their household make it clear to youth the kind of consequences that will happen if youth violate household alcohol, marijuana, and other drug rules, 69.4% said yes.

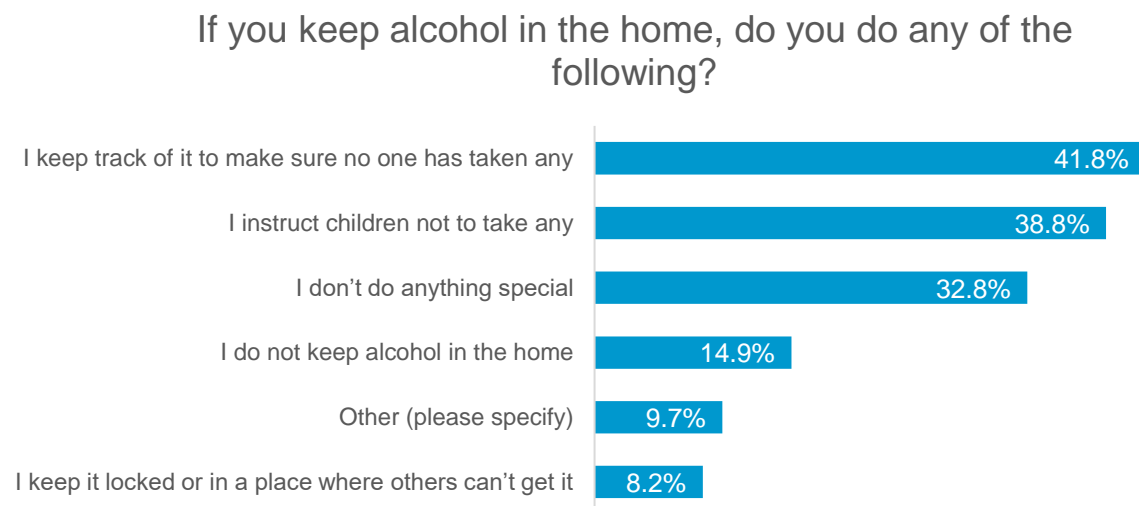
Figure 9. Parental Rules and Consequences 2021



Alcohol Practices

Respondents were asked what sort of practices they had if they kept alcohol in the home. The most common response was they keep track of it to make sure no one has taken any (41.8%), followed by instructing children not to take any (38.8%), not doing anything special (32.8%), not keeping alcohol in the home (14.9%), other (9.7%), and keeping it locked or in a place where others can't get it (8.2%).

Figure 10. Alcohol in the Home 2021



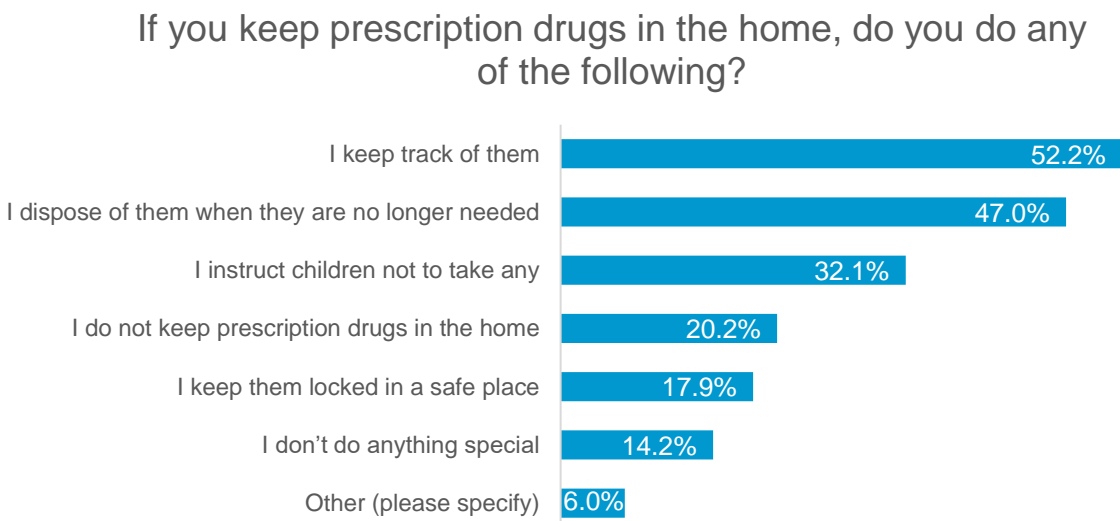
Respondents who responded “other” to this question were asked to write in a response. The following is a list of responses that were written in for the option “other.”

- “High liquor cabinet”
- “...we provide many non-alcoholic drink choices at all times”
- “We have security cameras so if a kid does try to get into it we will know”
- “Clear/open conversations with my children”
- “Hard alcohol is locked up. Beer and wine are not”
- “Have continuous conversations about consequences of health and rules in our house”
- “...lots of discussions about it, but now that they are getting older, I will be locking it up”

Prescription Drugs Practices

Respondents were asked what they do if they keep prescription drugs in the home. The most common response was keeping track of them (52.2%), followed by disposing of them when they are no longer needed (47.0%), instructing children not to take any (32.1%), not keeping prescription drugs in the home (20.2%), keeping them locked up in a safe place (17.9%), not doing anything special (14.2%), and other (6.0%).

Figure 11. Prescription Drugs in the Home 2021



The following is a list of responses that were written in for the option “other.”

- “Keep them in a safe place out of reach, but not locked.”
- “We have security cameras so I will know if they enter the room where they are kept.”
- “None of our meds are abusable.”
- “I dispense prescriptions even to the 17 year old”
- “I keep them in a safe, but unlocked space”
- “Talk about what medications are for and consequences of taking something not prescribed to someone”



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 is suggested that the survey is repeated annually or biennially to monitor and track trends in the community's perceptions and beliefs and how they relate to youth perceptions and use.

Appendix

Please indicate the extent to which you agree or disagree with the following statements.	Strongly Agree	n=	Agree	n=	Disagree	n=	Strongly Disagree	n=
It is OK for youth under the age of 18 to use alcohol at parties if they don't drive.	0.0%	0	6.9%	12	33.9%	59	59.2%	103
It is OK for adults, including family members, to provide alcohol to young people under the age of 18.	0.0%	0	6.9%	12	29.9%	52	63.2%	110
The use of alcohol is OK for young people under 18 if it doesn't interfere with schoolwork or other responsibilities.	0.6%	1	5.8%	10	31.0%	54	62.6%	109
The use of alcohol is OK for young people under 21 if it doesn't interfere with schoolwork or other responsibilities.	2.9%	5	27.2%	47	29.5%	51	40.5%	70
The use of marijuana is OK for people under 18 if it doesn't interfere with schoolwork or other responsibilities.	1.2%	2	5.8%	10	25.9%	45	67.2%	117
The use of marijuana is OK for people under 21 if it doesn't interfere with schoolwork or other responsibilities.	2.3%	4	21.1%	37	25.7%	45	50.9%	89

Please indicate the extent to which you agree or disagree with the following statements.	Strongly Agree	n=	Agree	n=	Disagree	n=	Strongly Disagree	n=
Alcohol is widely used in my community by people under 21 years of age.	18.9%	32	56.8%	96	23.1%	39	1.2%	2
Alcohol is widely misused in the community by people 21 years of age and older.	20.2%	34	42.9%	72	34.5%	58	2.4%	4
Marijuana is widely used in the community by people under 21 years of age.	20.7%	34	52.4%	86	25.0%	41	1.8%	3
Marijuana is widely misused in the community by people 21 years of age and older.	17.4%	28	33.5%	54	41.6%	67	7.5%	12
Prescription drugs are widely misused in my community by people under 18 years of age.	6.9%	11	37.1%	59	50.9%	81	5.0%	8
Prescription drugs are widely misused in my community by people age 18 years of age and older.	18.1%	29	39.4%	63	38.8%	62	3.8%	6
Opiates (Heroin, Oxycodone, Hydrocodone, Morphine, Fentanyl, etc.) are widely misused in my	7.6%	12	28.0%	44	55.4%	87	8.9%	14

community by people under 18 years of age.								
Opiates (Heroin, Oxycodone, Hydrocodone, Morphine, Fentanyl, etc.) are widely misused in my community by people age 18 years of age and older.	17.0%	27	34.0%	54	43.4%	69	5.7%	9

How much do you think people, under 18 years old, risk harming themselves (physically or in other ways) if they do the following?	No Risk	n=	Slight Risk	n=	Moderate Risk	n=	Great Risk	n=
Take five or more drinks of an alcoholic beverage in a row once or twice each weekend	0.6%	1	4.0%	7	14.9%	26	80.5%	140
Smoke marijuana regularly	1.7%	3	10.4%	18	34.7%	60	53.2%	92
Misuse opiates regularly	0.6%	1	0.6%	1	2.3%	4	96.5%	167
Take prescription drugs without a doctor's prescription	0.0%	0	3.5%	6	12.1%	21	84.5%	147
Take prescription drugs other than as prescribed	0.6%	1	2.9%	5	21.4%	37	75.1%	130

How much do you think people, 18 to 21 years old, risk harming themselves (physically or in other ways) if they do the following?	No Risk	n=	Slight Risk	n=	Moderate Risk	n=	Great Risk	n=
Take five or more drinks of an alcoholic beverage in a row once or twice each weekend	0.6%	1	5.8%	10	21.8%	38	71.8%	125
Smoke marijuana regularly	2.9%	5	13.8%	24	36.2%	63	47.1%	82
Misuse opiates regularly	0.6%	1	1.2%	2	2.9%	5	95.4%	164
Take prescription drugs without a doctor's prescription	0.0%	0	2.9%	5	13.8%	24	83.3%	145
Take prescription drugs other than as prescribed	0.0%	0	2.9%	5	23.0%	40	74.1%	129

How likely would it be for someone in your community to be arrested for the following actions?	Very Likely	n=	Likely	n=	Unlikely	n=	Very Unlikely	n=
Gave alcohol to a person under the age of 18	5.9%	10	29.6%	50	50.9%	86	13.6%	23
Someone under the age of 18 drank some beer, wine, or hard liquor	8.3%	14	17.2%	29	55.0%	93	19.5%	33

Is it against the law in New Hampshire and Vermont to host a party where alcohol is being used by minors even if you do not provide the alcohol?	n=
Yes	97.7% 169
No	2.3% 4

I believe youth in our community are made to feel valued.		n=
Strongly agree	14.5%	25
Agree	57.8%	100
Disagree	24.3%	42
Strongly disagree	3.5%	6

During the past 3 months, how many times do you recall hearing, reading, or watching messages about the prevention or harm of underage drinking, binge drinking, or nicotine use?		n=
None/don't recall any	50.3%	87
1-3 times	34.1%	59
4 or more times	15.6%	27

Did messages about the prevention or harm of underage drinking, binge drinking, or nicotine use lead you to talk with your child or any youth about the harm or risks of underage, binge drinking, or nicotine use?		n=
Yes	24.1%	41
No	32.4%	55
Did not see/ recall any	43.5%	74

During the past 12 months, have you talked with your child or any other youth about the dangers of tobacco, alcohol, or other drug use?		n=
Yes	65.3%	113
No	31.8%	55
Not Sure	2.9%	5

When you notice your child or other youth feeling sad, hopeless, angry, or anxious, how likely are you to talk with them about it?		n=
Very likely	73.1%	125
Somewhat likely	22.2%	38
Neither likely or unlikely	1.8%	3
Somewhat unlikely	0.0%	0
Very unlikely	2.9%	5

Do you know of parents or other adults in your community who host parties where alcohol is available or served to young people under the age of 21?		n=
Yes	28.5%	49
No	71.5%	123

Are you a parent or guardian?		n=
Yes	78.7%	137
No	21.3%	37

Do you have children in any of the following age ranges?		n=
5 years of age or younger	10.5%	14
6-11 years of age	21.6%	29
12-14 years of age	29.1%	39
15-18 years of age	40.3%	54
Over 18 years of age	47.0%	63

Does your household have clear rules around alcohol use?		n=
Yes	82.8%	111
No	17.2%	23

Does your household have clear rules around marijuana use?		n=
Yes	77.6%	104
No	22.4%	30

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?		n=
Yes	69.4%	93
No	30.6%	41

If you keep alcohol in the home, do you do any of the following?		n=
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I keep it locked or in a place where others can't get it	8.2%	11
Other (please specify)	9.7%	13
I do not keep alcohol in the home	14.9%	20
I don't do anything special	32.8%	44
I instruct children not to take any	38.8%	52
I keep track of it to make sure no one has taken any	41.8%	56

If you keep alcohol in the home, do you do any of the following?		n=
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Other (please specify)		
<ul style="list-style-type: none"> • "High liquor cabinet" • "...we provide many non-alcoholic drink choices at all times" • "We have security cameras so if a kid does try to get into it we will know" 	9.7%	13

<ul style="list-style-type: none"> • “Clear/open conversations with my children” • “Hard alcohol is locked up. Beer and wine are not” • “Have continuous conversations about consequences of health and rules in our house” • “...lots of discussions about it, but now that they are getting older, I will be locking it up” 		
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If you keep prescription drugs in the home, do you do any of the following?	n=
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Other (please specify)	6.0%	8
I don't do anything special	14.2%	19
I keep them locked in a safe place	17.9%	24
I do not keep prescription drugs in the home	20.2%	27
I instruct children not to take any	32.1%	43
I dispose of them when they are no longer needed	47.0%	63
I keep track of them	52.2%	70

If you keep prescription drugs in the home, do you do any of the following?	n=
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Other (please specify) <ul style="list-style-type: none"> • “Keep them in a safe place out of reach, but not locked.” • “We have security cameras so I will know if they enter the room where they are kept.” • “None of our meds are abusable.” • I dispense prescriptions even to the 17 year old” • “I keep them in a safe, but unlocked space” • “Talk about what medications are for and consequences of taking something not prescribed to someone” 	6.0%	8
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How did you hear about our survey?	n=
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Personal Email	33.9%	58
Town List-serve	22.2%	38
School Newsletter	18.7%	32
Recreation Department Newsletter	0.6%	1
ALL Together Website	2.9%	5
Community Event	0.0%	0
Facebook	4.7%	8
Twitter	0.0%	0
Work Email	12.3%	21
Other (please specify)	8.2%	14

Would you describe yourself as?		n=
Male	26.7%	46
Female	71.5%	123
Non-binary	0.0%	0
Transgender Male	0.0%	0
Transgender Female	0.0%	0
Prefer not to disclose	1.7%	3
Prefer to self-describe	0.0%	0

What is your age?		n=
18-25	1.7%	3
26-35	8.7%	15
36-50	34.3%	59
Over 50 years old	55.2%	95

What is the primary language spoken in your home?		n=
English	99.4%	171
Spanish	0.6%	1
Other (please specify)	0.0%	0

What is your race?		n=
White	94.2%	162
Black or African American	1.7%	3
Asian	1.7%	3
American Indian or Alaska Native	2.3%	4
Native Hawaiian or other Pacific Islander	0.0%	0
Prefer to Self-Describe	5.8%	10

Do you identify as Hispanic or Latino/a?		n=
Yes	2.9%	5
No	97.1%	166

How long have you lived in the Upper Valley or Greater Sullivan County community?		n=
Less than 1 year	0.6%	1
1-2 years	3.5%	6
3-10 years	14.6%	25
More than 10 years	81.3%	139

Community	n	%
Rivendell	11	4.9%
Dresden	74	32.9%
Lebanon	82	36.4%
Mascoma Valley	20	8.4%
Hartford	38	16.9%