

ALL Together

2022 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 2022 to collect information of 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.

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 108 surveys were completed in the Upper Valley region in 2022.

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. Links to the survey were distributed through community websites and Facebook. Unfortunately, the Facebook links led to a high number of spam responses from bots and people who lived outside of the area. These responses had to be deleted before analysis could take place.

Results

Description of Respondents

Nearly all (95.7%) of the respondents were Caucasian and almost half (43.6%) were over 50 years old. Two-thirds (67%) of respondents were female. Almost three-quarters (71.3%) have lived in the area for over ten years. Almost three-quarters (72.9%) of the respondents were parents.

| Are you a parent or guardian? | % | n= |
|-------------------------------|-------|----|
| Yes | 72.9% | 70 |
| No | 27.1% | 26 |

| Do you have children in any of the following age ranges? | % | n= |
|--|-------|----|
| 5 years of age or younger | 20.6% | 14 |
| 6-11 years of age | 25.0% | 17 |
| 12-14 years of age | 22.1% | 15 |
| 15-18 years of age | 19.1% | 13 |
| Over 18 years of age | 44.1% | 30 |

| How did you hear about our survey? | % | n= |
|------------------------------------|-------|----|
| Personal Email | 23.4% | 22 |
| Town List-serve | 8.5% | 8 |
| School Newsletter | 8.5% | 8 |
| Recreation Department Newsletter | 2.1% | 2 |
| ALL Together Website | 2.1% | 2 |
| Community Event | 4.3% | 4 |
| Facebook | 30.9% | 29 |
| Instagram | 10.6% | 10 |
| Work Email | 17.0% | 16 |
| Other | 6.4% | 6 |

| Would you describe yourself as? | % | n= |
|---------------------------------|-------|----|
| Male | 29.8% | 28 |
| Female | 67.0% | 63 |
| Non-binary | 1.1% | 1 |
| Transgender Male | 0.0% | 0 |
| Transgender Female | 0.0% | 0 |
| Prefer not to disclose | 2.1% | 2 |
| Prefer to self-describe | 0.0% | 0 |

| What is your age? | % | n= |
|-------------------|-------|----|
| 18-25 | 4.3% | 4 |
| 26-35 | 14.9% | 14 |
| 36-50 | 37.2% | 35 |
| Over 50 years old | 43.6% | 41 |

| What is the primary language spoken in your home? | % | n= |
|---|--------|----|
| English | 98.94% | 93 |
| Spanish | 1.06% | 1 |
| Other | 0.00% | 0 |

| What is your race? | % | n= |
|---|-------|----|
| White | 95.7% | 90 |
| Black or African American | 1.1% | 1 |
| Asian | 1.1% | 1 |
| American Indian or Alaska Native | 2.1% | 2 |
| Native Hawaiian or other Pacific Islander | 0.0% | 0 |
| Prefer to Self-Describe | 1.1% | 1 |

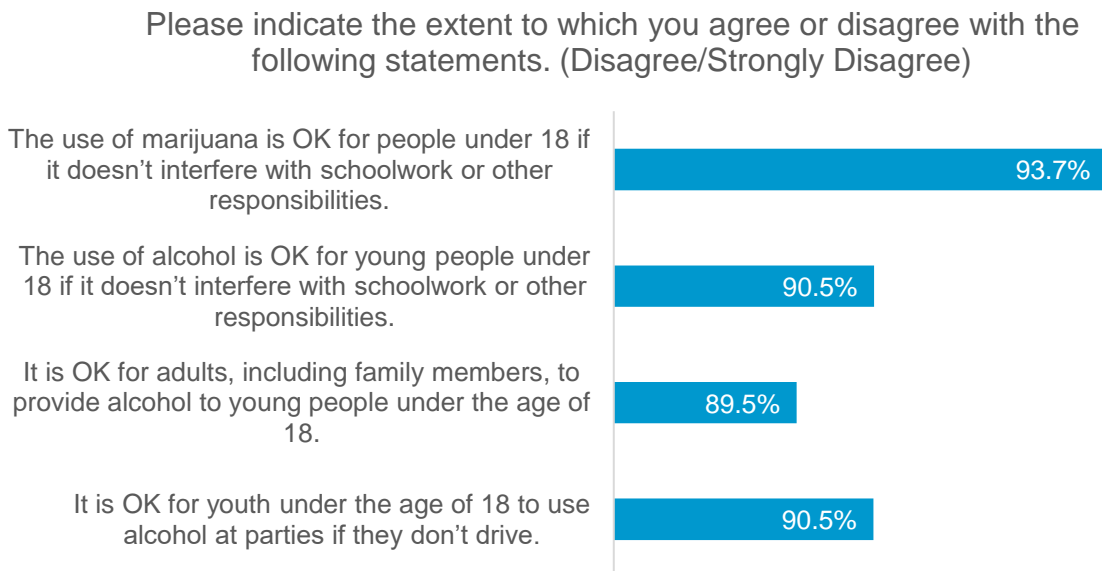
| Do you identify as Hispanic or Latino/a? | % | n= |
|--|-------|----|
| Yes | 11.7% | 11 |
| No | 88.3% | 83 |

| How long have you lived in the Upper Valley or Greater Sullivan County community? | % | n= |
|---|-------|----|
| Less than 1 year | 2.1% | 2 |
| 1-2 years | 4.3% | 4 |
| 3-10 years | 22.3% | 21 |
| More than 10 years | 71.3% | 67 |

Social Norms

To address substance misuse and abuse in a community, it is important to understand how community members feel about several related factors. When respondents were asked if the use of marijuana is OK for people under 18 if it doesn't interfere with responsibilities 93.7% disagreed or strongly disagreed. When asked if the use of alcohol was OK for people under 18 if it doesn't interfere with responsibilities 90.5% disagreed or strongly disagreed. Eighty-nine point five percent (89.5%) disagreed or strongly disagreed that it was OK for adults, including family members, to provide alcohol to people under the age of 18, and 90.5% disagreed or strongly disagreed that it is OK for youth under the age of 18 to use alcohol at parties if they don't drive.

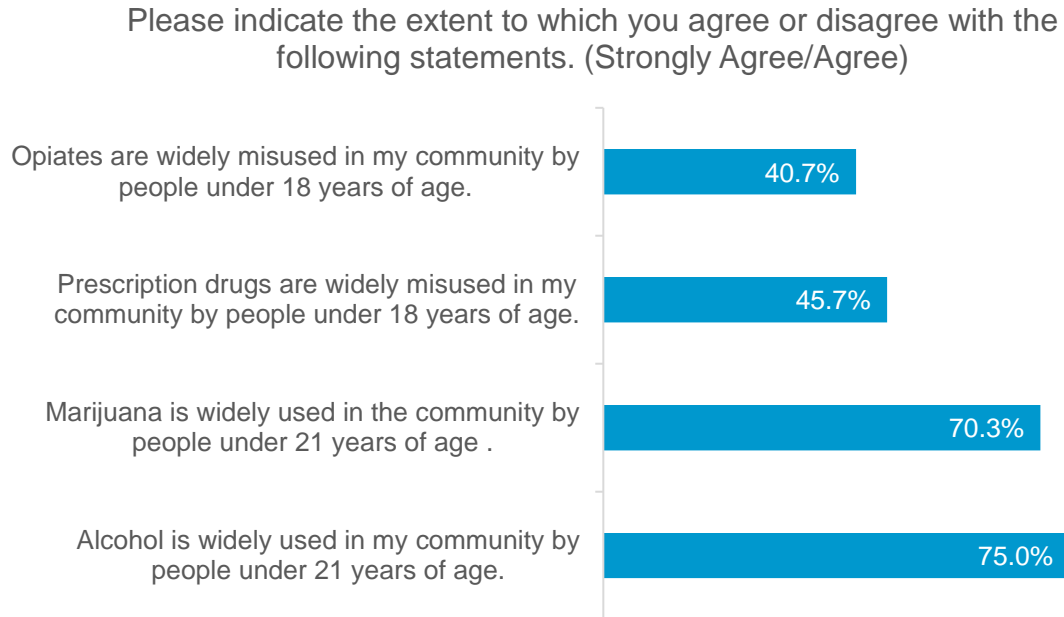
Figure 1. Social norms for alcohol and marijuana



Participants were also asked their opinions about alcohol and drug misuse in their communities by young people. Over 75% said alcohol is widely used by people under the age of 21. Respondents were also asked about marijuana use in the community and 70.3% said it was widely used by people under 21. When asked if prescription drugs were widely misused by

people under the age of 18, 45.7% said they were. When asked if opiates were widely misused by those under 18, 40.7% agreed. See the chart on the following page.

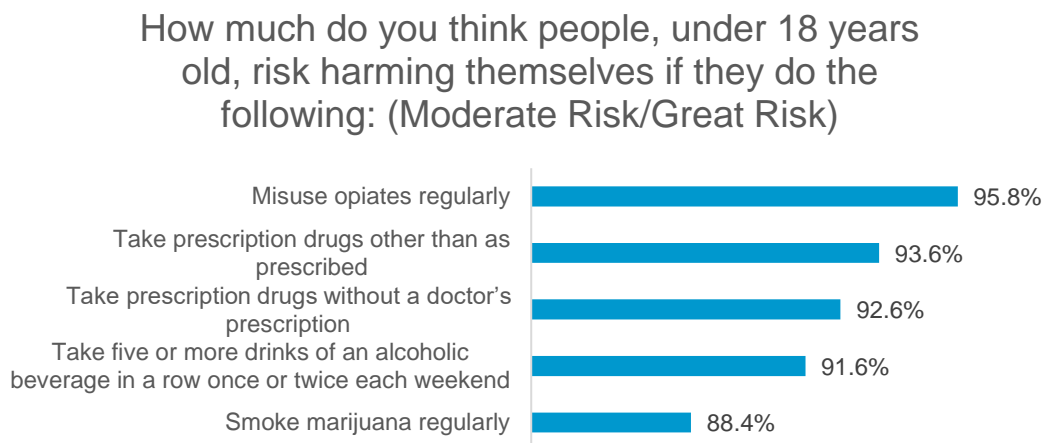
Figure 2. Social norms for opiates, prescription drugs, marijuana, and alcohol



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 (95.8%), followed by taking prescription drugs other than as prescribed (93.6%), taking prescription drugs without a doctor's prescription (92.6%), taking five or more drinks of an alcoholic beverage in a row once or twice each weekend (91.6%), and smoking marijuana regularly (88.4%).

Figure 3. Perception of risk



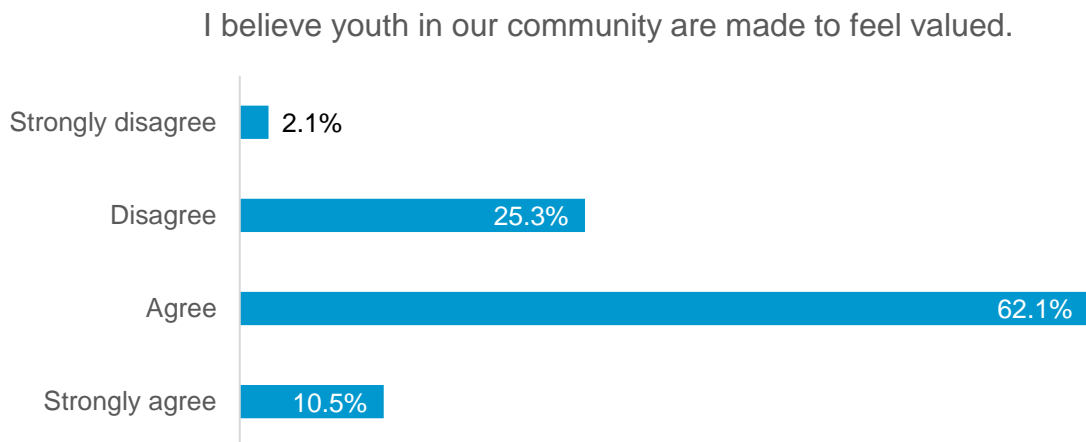
Community Action

Over two-thirds (67.4%) of respondents said they knew the consequences in their state for providing alcohol to youth under the age of 21.

| Do you know the consequences in your state for providing alcohol to youth under the age of 21? | % | n= |
|--|-------|----|
| Yes | 67.4% | 64 |
| No | 32.6% | 31 |

Almost three-quarters (72.6%) of the respondents agreed or strongly agreed that they believed youth in their community are made to feel valued.

Figure 4. Beliefs about youth value



Risk and Protective Factors

Almost half (41.1%) of respondents reported not recalling hearing, reading, or watching messages about the prevention of harm of underage drinking, binge drinking, or nicotine use.

| 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 | 41.1% | 39 |
| 1-3 times | 45.3% | 43 |
| 4 or more times | 13.7% | 13 |

Only 35.1% report that it led them to talk with their child or any youth about the harm or risks of underage, binge drinking, or nicotine use.

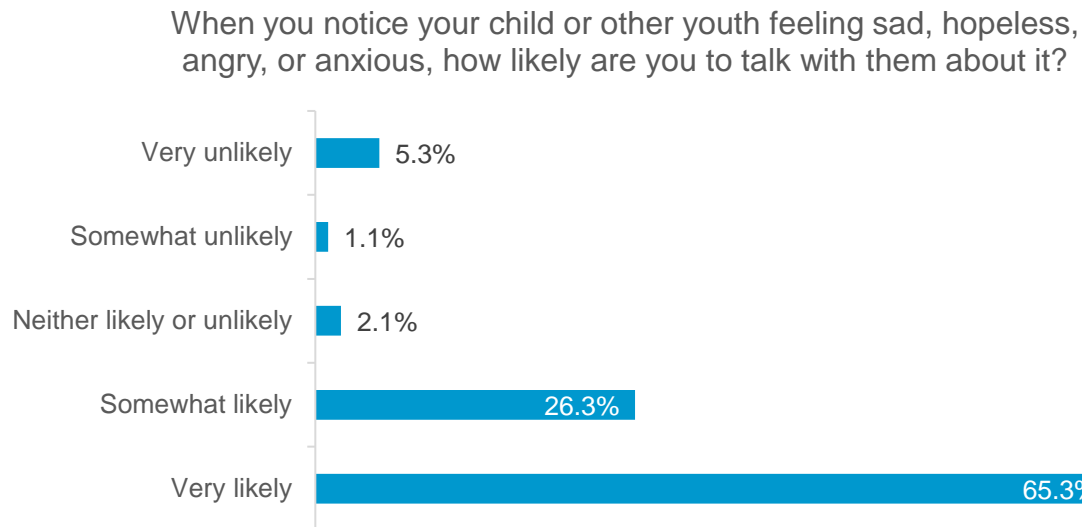
| Did messages about the prevention or harm of underage drinking, binge drinking, or nicotine use lead you to talk with your child or any youth about the harm or risks of underage, binge drinking, or other drug use? | % | n= |
|---|-------|----|
| Yes | 35.1% | 33 |
| No | 25.5% | 24 |
| Did not see/ recall any | 39.4% | 37 |

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, 62.8% said yes.

| During the past 12 months, have you talked with your child or any other youth about the dangers of nicotine, alcohol, or other drug use? | % | n= |
|--|-------|----|
| Yes | 62.8% | 59 |
| No | 31.9% | 30 |
| Not Sure | 5.3% | 5 |

Respondents were 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 65.3% reporting very likely.

Figure 5. Likelihood of talking to a child who is sad, hopeless, angry, or anxious



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, 31.6% said yes.

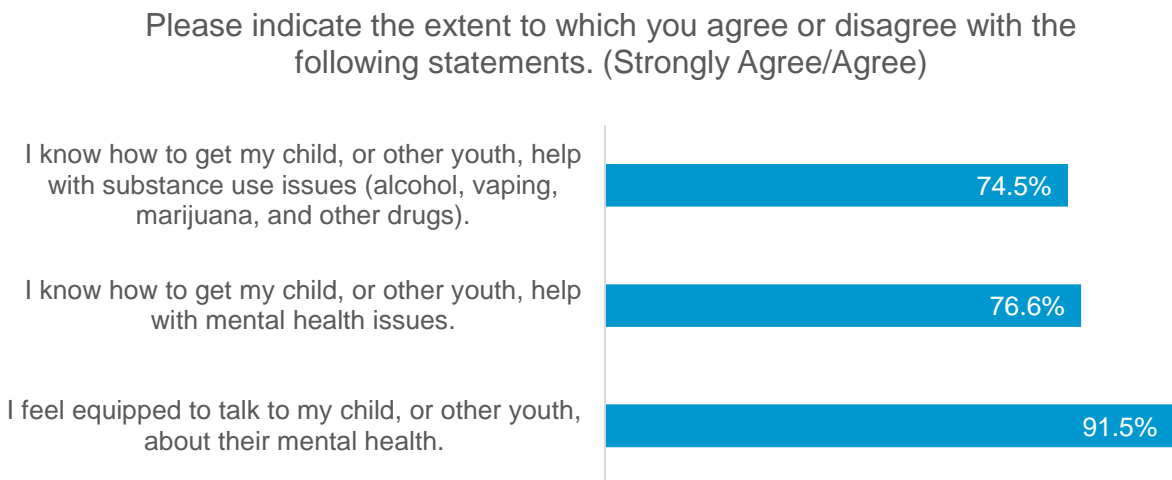
| Do you know of parents or other adults in your community who host parties where alcohol is available or served to young people under the age of 21? | % | n= |
|---|-------|----|
| Yes | 31.6% | 30 |
| No | 68.4% | 65 |

Over 70% (70.5%) said they knew of youth struggling with mental health in the past two weeks.

| Do you know of youth struggling with mental health in the past two weeks? | % | n= |
|---|--------|----|
| Yes | 70.53% | 67 |
| No | 15.79% | 15 |
| I don't know | 13.68% | 13 |

When asked if they felt equipped to talk to their child or other youth about their mental health, nearly all (91.5%) said they were. Seventy-six point six percent (76.6%) said they knew how to get their child or other youth help with mental health issues, and 74.5% said they knew how to get their child or other youth help with substance use issues.

Figure 6. Capacity for helping a child with mental health issues



Over 88% (88.2%) of respondents said their household has clear rules around alcohol use.

| Does your household have clear rules around alcohol use? | % | n= |
|--|-------|----|
| Yes | 88.2% | 60 |
| No | 11.8% | 8 |

Slightly fewer respondents reported their household has clear rules around marijuana use (82.4%).

| Does your household have clear rules around marijuana use? | % | n= |
|--|-------|----|
| Yes | 82.4% | 56 |
| No | 17.7% | 12 |

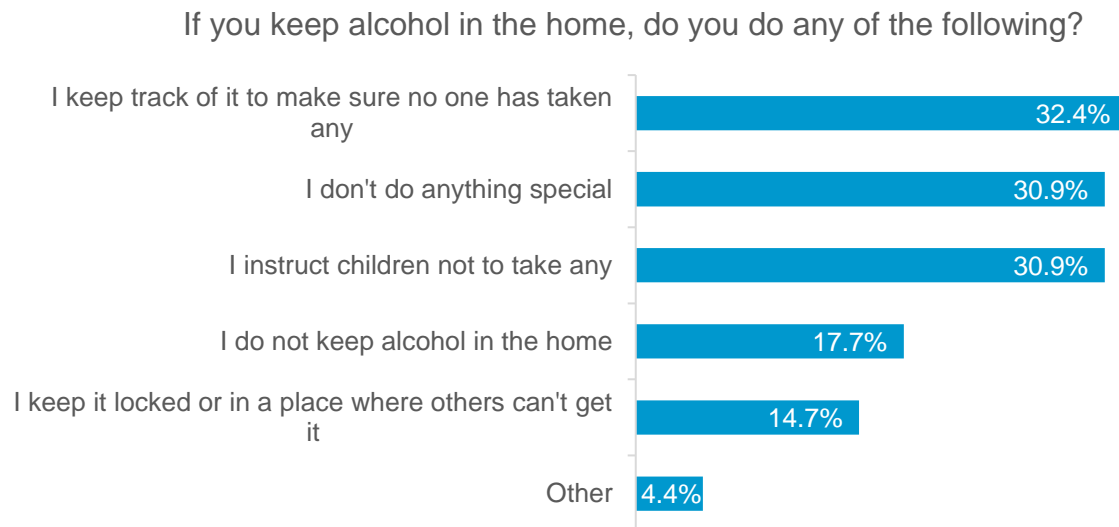
When asked if adults in their household make it clear to youth the kind of consequences that will happen if youth violate household alcohol, marijuana, and other drug rules, 79.1% said yes.

| 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 | 79.1% | 53 |
| No | 20.9% | 14 |

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 (32.4%), followed by not doing anything special (30.9%), instructing children not to take any (30.9%), not keeping alcohol in the home (17.7%), keeping it locked (14.7%), or other (4.4%).

Figure 7. Strategies for keeping alcohol in the home



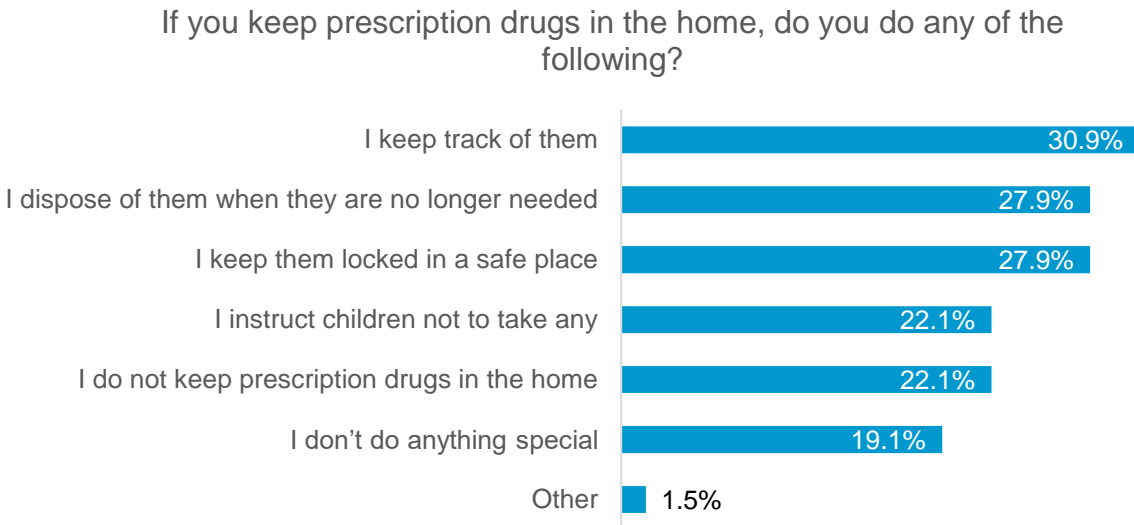
Respondents who responded “other” to this question were asked to write in a response. The following is a list of responses that were written in for the option “other”.

- “My kids are both uninterested in alcohol & drugs, luckily”
- “It is hidden”
- “My son is out of the house”

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 (30.9%), followed by disposing of them when they are no longer needed (27.9%), keeping them locked in a safe place (27.9%), instructing children not to take any (22.1%), not keeping prescription drugs in the home (22.1%), not doing anything special (19.1%), and other (1.5%).

Figure 8. Strategies for keeping prescription drugs in the home



The only response written in for “other” was “I let them know that there’s consequences if they were to even touch any medications that are not theirs.”

Conclusion

This survey provides a unique opportunity to hear from community members in the Upper Valley community about their perceptions of alcohol and drug uses 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.