



Children And Family  
Services, Corporation

# **NORTH KNOX JR./SR. HIGH PREVENTION EDUCATION DATA REPORT**

# **2021-2022**

JULY 2022

Annual Data Report

CFS – PREVENTION SERVICES OF KNOX COUNTY

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# SPEAK UP BE SAFE – ABUSE PREVENTION

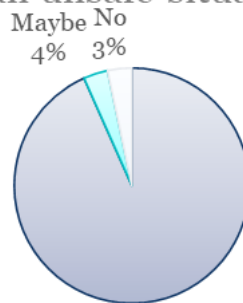


During the 2021-22 school year, Prevention Specialists provided a 2-day abuse prevention program for North Knox students grades Pre-K to 12th Grade. Pre and post-test assessments were provided to 5th grade students and up to monitor comprehension of learning objectives. This data is based on a sampling of 420 students.

## DATA TRENDS

- In the pre and post test assessments for elementary students, students were asked if they felt they “are special.” After the program was facilitated, the same question was asked on the post-assessment. The answer increased by 12%, totaling 61% of students feel like they are special and important. Along with this, 91% of students felt that they “deserved to be safe”, before and after the presentation.
- In the pre-assessment, 90% of students were able to accurately define “abuse.” After the presentation, 92% of students accurately defined “abuse” in the post-test.
- According to the collected data, students at NKJHS reported things they liked about Speak up Be Safe such as: “someone actually cares”, “informing people”, “good information on how to stay safe from things”, “learning what is and what isn’t abuse”, “welcoming way to learn”, “talking about it openly”, “giving light on abuse”, “ keeps me informed on how to recognize and deal with abusive situations”, and “it gives people a little bit of confidence that maybe they’ll be able to leave an abusive situation that they’re in”
- Students at NKJHS were asked to define “neglect” in both pre and post assessments. Pre assessments showed that 67% of students were able to accurately define neglect. After watching the SUBS presentation, 79% of students were able to accurately define neglect. This was an increase of 12%.

### I am more ready to speak up in an unsafe situation



Yes 93%  
Maybe 4%  
No 3%

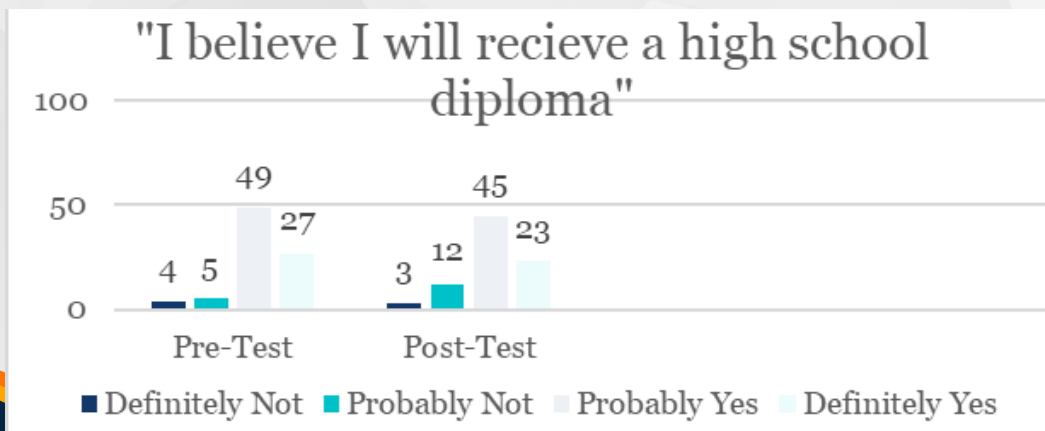
■ Yes ■ Maybe ■ No

# BOTVIN LIFESKILLS - 4TH GRADE

During the Fall/Spring semesters of 2021/2022 4th and 7th grade North Knox students received a LifeSkills education program, facilitated by a CFS Prevention Specialist. North Knox 4th graders received an 8-week presentation, while 7th graders received a 14-week program. In this evidence-based program, students received a comprehensive and developmentally appropriate substance use and violence prevention program that aims to increase self-esteem, develop healthy attitudes, and improve their knowledge of essential life skills – all of which promote healthy and positive personal development and mental health. This data is based on a sampling of 86 students.

## DATA TRENDS

- In the pre and post-test assessments, students were asked if they believe they will receive a high-school diploma. This data point is asked to gauge students' perception of academic achievement before and after receiving LifeSkills Training. By the end of the 8-week session, 4th grade students showed an increase in their belief of academic achievement.
- 98% of 4th grade students were able to name at least one healthy relationship they have in their life. Common answers included "parent/caregiver, teachers, and friends."
- At the end of the 8-sessions, over ¾ of the students were able to answer questions correctly about smoking/vaping regarding physical effects, addiction, stress, and decision making.



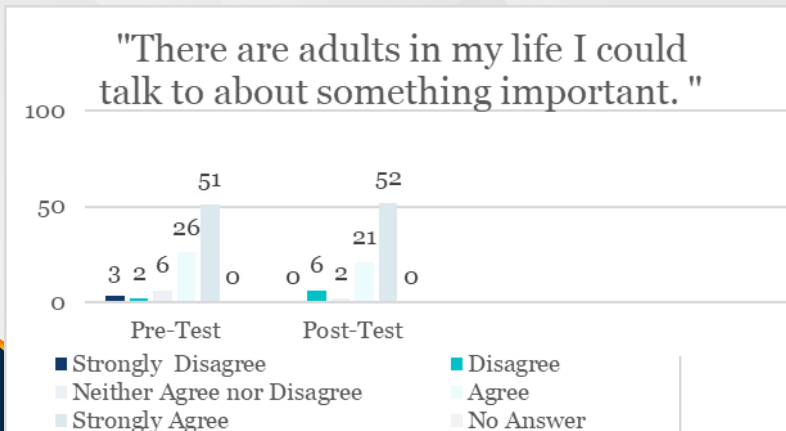
Life Skills 3 & 4 Grade Post Test - 2021/2022

	TRUE	FALSE	TOTAL
Cigarette smoking causes your heart to beat faster.	77.01% 67	22.99% 20	87
Smoking cigarettes can cause mouth cancer.	83.91% 73	16.09% 14	87
People who smoke cigarettes can stop smoking for good anytime they want.	42.35% 36	57.65% 49	85
Most adults smoke cigarettes.	70.11% 61	29.89% 26	87
It's always best to make decisions quickly.	26.74% 23	73.26% 63	86
Stress can cause you to get sick.	70.59% 60	29.41% 25	85
When we feel badly about ourselves, it affects how we do in school, sports, or other activities.	80.46% 70	19.54% 17	87
You should always let other people influence your decisions	8.05% 7	91.95% 80	87

# BOTVIN LIFESKILLS - 7TH GRADE

## DATA TRENDS

- In the pre-assessment, students were asked if they felt they had adults in their lives they could talk to about something important and if they felt their life was going in a positive direction. In the post-assessment, they were asked the same question. Data showed that students had an increase in rating.
- After completing the Botvin LifeSkills curriculum, students median post test score was 90%.
- Satisfaction reports showed that over 74% of students gave at least a 4 out of 5 on a likert scale for how much they enjoyed life skills (1 = not at all, 5 = very much).
- The most important things students reported learning were, “staying safe in new situations”, “controlling anger”, “how to communicate with people”, “the dangers of smoking and drinking and how to avoid them”, and “being assertive.”
- Teachers reported they liked, “the numbers presented to the students. It helped clear up some misconceptions”, and “myself and my students enjoyed the program.”



# PROJECT DISCOVERY

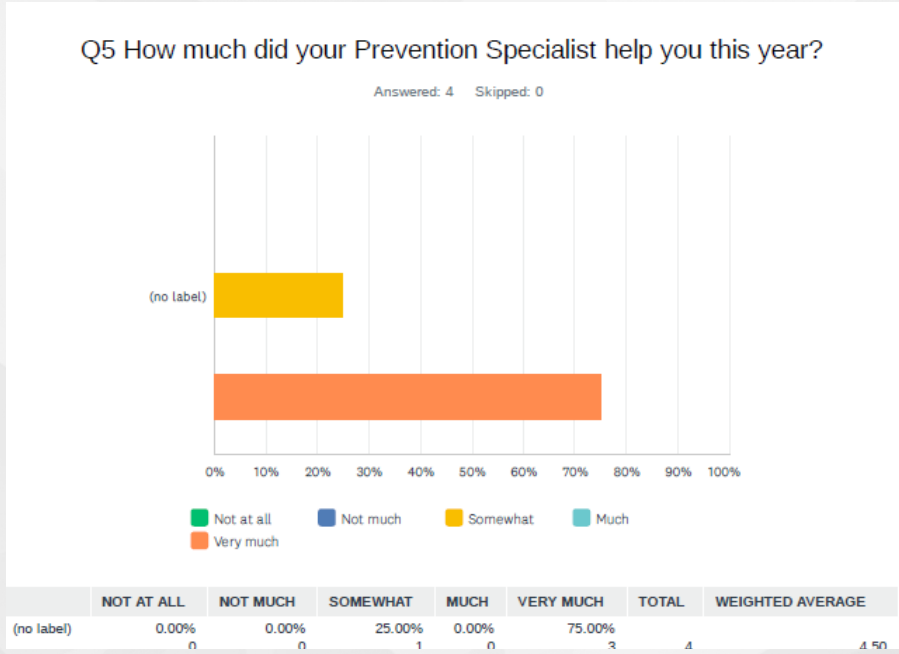
During both fall and spring semesters, a pre-selected group of 9th grade students attended Project Discovery. This group met weekly as a cohort and met individuals once per week with a Prevention Specialist. In this evidence-based program, students received a comprehensive and developmentally appropriate substance use and violence prevention program that aims to increase self-esteem, develop healthy attitudes, and improve their knowledge of essential life skills – all of which promote healthy and positive personal development and mental health. Students completed pre, midterm, and post assessments.

## DATA TRENDS

- On the pre assessment, students were asked the following question, “I think about the consequences of my behavior before I act”; 67% of students reported “occasionally.” During the post assessment, 75% of students reported “most of the time,” showing an increase of self-awareness and impulse control skills.
- When asked to define “empathy” in pre-test, 83% of students answered correctly. When asked again in the post- test, 100% of students answered correctly.
- At the beginning of the year, students were asked to rate the probability of graduating high school to gauge student's perception of academic achievement. At the beginning of the year, 17% of students reported they would “definitely not” receive a high school diploma, 50% said “probably yes”, and 33% reported “definitely yes.” After completion of Project Discovery, 25% of students reported “probably yes” and 75% reported “definitely yes.”
- Students showed a 34% increase in “strongly agreeing” that they are “doing the best they can in school or learning on my own” on the post-test, when compared to the pre-test.
- 100% of students agreed or strongly agreed in the post-test that they had and adult in their life they could talk about something important, compared to 17% that disagreed in the pre-test.
- 75% of students reported individual and group meetings with Prevention Specialist throughout the year were helpful with comments as to what they learned being, “communication” and “controlling emotions.”
- Qualitative data from the satisfaction survey showed 50% of students reported enjoying “everything” about Project Discovery and other comments included “making new memories.” Students showed more self-confidence in being able to achieve goals they set for themselves at the end of the year versus the beginning.

# PROJECT DISCOVERY

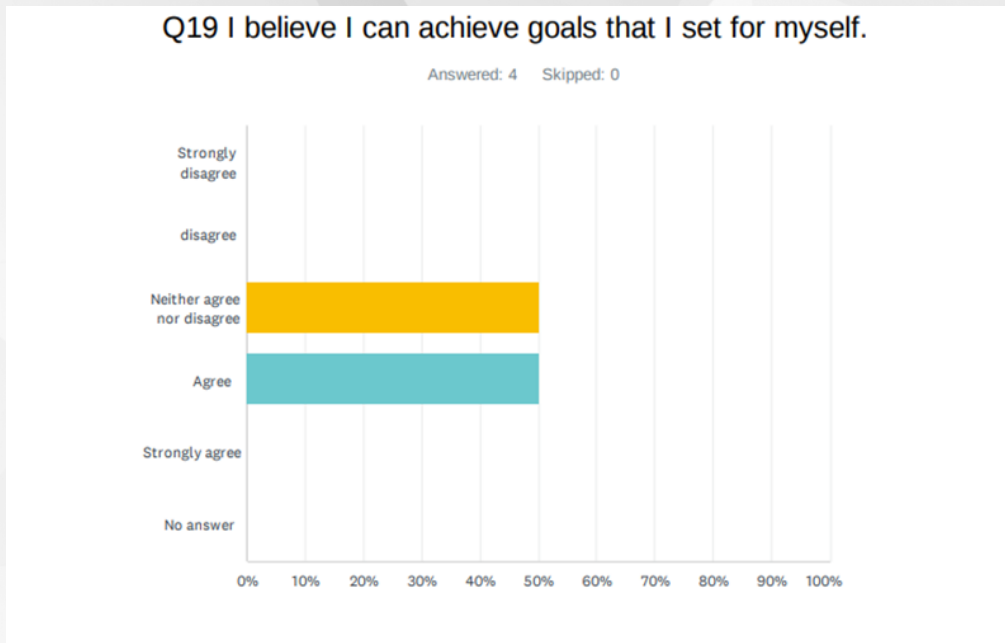
## DATA TRENDS



Q6 What is the most important thing you learned from being in Project Discovery?

Answered: 4 Skipped: 0

#	RESPONSES	DATE
1	emotions	5/19/2022 12:14 PM
2	how to communicate with others	5/19/2022 12:13 PM
3	how to control emotions	5/19/2022 12:13 PM
4	communication with others	5/19/2022 12:12 PM

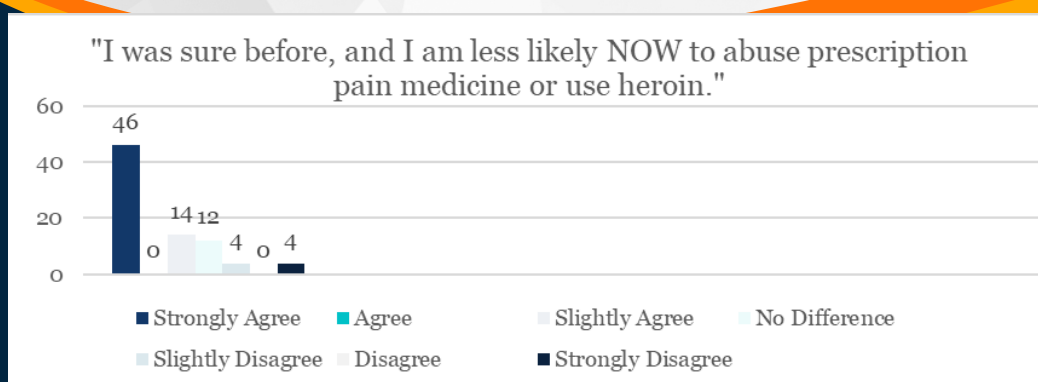
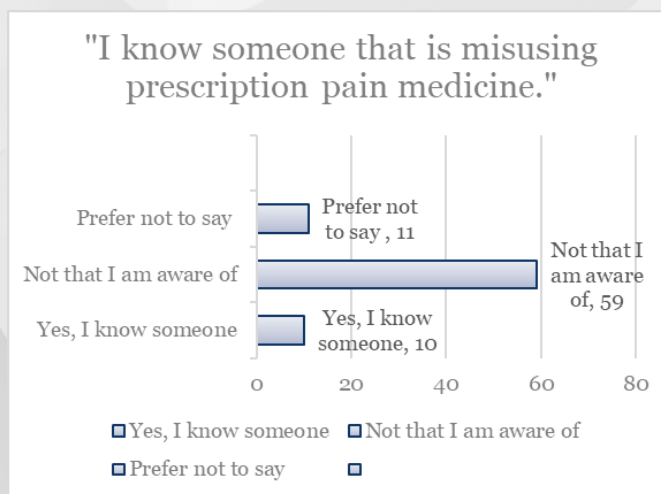


# THIS IS NOT ABOUT DRUGS PROGRAM

During the Spring Semester, 8th grade students received a one-hour educational presentation called This is Not About Drugs (TINAD). This program educated students on the current opioid epidemic and how it is impacting our country. Students completed a pre-test to show current knowledge of opioids and the effects, and after the presentation completed a post-test to show retained knowledge.

## DATA TRENDS

- In the pre-test, 24% of students said they strongly agreed that “prescription pain pills not prescribed to you are AS RISKY as using heroin.” On the post-test, 56% of students stated they strongly agreed which showed a 27% increase.
- Students also showed an increase in knowledge when presented with “I WOULD be able to recognize if someone was having an overdose.” In the pre-assessment, 45% of students answered that they strongly agreed/agreed they would be able to recognize an overdose. In the post-assessment, 79% of students reported strongly agreed/agreed that they could recognize an overdose. This was an increase of 34%.



# COUNSELING SERVICES

During the 2021-2022 school year, North Knox Jr./Sr. High students received counseling and group therapy services from an Licensed Clinical Social Worker. This School Social Worker (SSW) provided 1-on-1 and group interventions with at-risk youth grades 7 to 12.

## DATA TRENDS

### INDIVIDUAL & GROUP THERAPY SERVICES

- From August 2021 to May 2022, the average number of students seen by SSW per month was 45 students.
- For the duration of the 2021-2022, SSW reported engaging an average of 16 teachers or caregivers every given month.
- The most common reasons students were seen by SSW include anxiety, depression, peer conflicts, and family issues.

### BOOK CLUB

- SSW facilitated two book clubs using the book, *The Confidence Code for Girls*. Included in this group were 11 8th graders and 10 7th graders. This book club helped to build confidence and develop more confident and healthy relationships.

### SIGNS OF SUICIDE (SOS) PROGRAM

- Evidenced-based suicide prevention program, Signs of Suicide (SOS) was delivered to all 9th and 10th grade students at NKJSH in their English and PE classes. This program was delivered in one 45-minute class session.

### INDEPTH (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health)

- SSW completed training of the INDEPTH Anti-Vaping Alternative to Suspension Program. This program was delivered to seven Jr./Sr. High Students. NKJSH has changed their handbook to include this program as an alternative to suspension for students who violate the school tobacco policy for the first time.



# COUNSELING SERVICES CONT'D

## STAFF TRAINING

- Youth Mental Health First Aid (YMHFA) was delivered to all NKJSH teachers during 2 teacher in-service training days by SSW.

## COPE MENTAL WELLNESS PROGRAM

School Social Worker facilitated the COPE program in the 9th grade Physical Education classroom, once weekly for an 8-week period. Topics in the COPE program covered suicide prevention, healthy coping skills, combating automatic negative thoughts, mindfulness and healthy communication skills. Below is data trends collected from a sample of 85 9th grade students.

### DATA TRENDS

In the post-assessment, students were asked the following questions:

"During this program I have learned how to handle difficult situations by thinking more positively."

**71% of students answered agree or strongly agree**

"During this program I have learned how to cope with difficult emotions in healthy ways."

**67% of students answered agree or strongly agree**

"During this program I learned how to communicate more effectively with others."

**60.7% of students answered agree or strongly agree**

A satisfaction assessment was given to all students. Below is a qualitative sample of student responses when asked the most significant things they learned from the program:

"Learning signs of depression."

"Learning how to communicate more effectively."

"The signs of depression."

"How to tell someone how you feel using I-Statements."

"Feeling understood about my struggle with emotions."

"Teaching about how people struggle, like with substance abuse and self harm. I think it's good to teach people that these things aren't taboo and are a very real and unfortunately relatively common issues."



This report was prepared by Children and Family Services, Corp – Prevention Services of Knox County. All data provided on this report was collected during the 2021-2022 school year.

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