

JULY 2024

DATA REPORT 2023-2024

Comprehensive Prevention Data Report
South Knox School Corp.

CFS, Corp.
Prevention Services

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The corporate mission is to educate, assist, and advocate for vulnerable children and families. Our vision is CFS, Corp. will be a recognized leader in delivering effective treatment, support, and prevention programming for vulnerable children and families to improve their abilities and desires to lead honest, healthy, and productive lives.



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Summary of Curricula

CFS, Corp. provides several evidence-based curriculums that are designed and structured around research and empirical evidence to ensure effectiveness and positive outcomes in education.

Below is an overview of the curricula that is reflected in the following data report.

SPEAK UP BE SAFE

Speak Up Be Safe, an evidence-based violence prevention program for grade levels Pre-K-12, has been delivered by CFS, Corp. staff to Knox County school districts for the past decade. The curriculum is designed to give children a comfortable, non-alarming way to talk about the sensitive and complex problem of child abuse. Additionally, this program fulfills the Department of Education mandate for schools to provide annual bullying prevention education for students.

BOTVIN LIFESKILLS

Botvin LifeSkills Training (LST) is an evidence-based substance abuse and violence prevention program, delivered in 8-week or 12-week format, that is uniquely designed to be flexible and interactive. LST covers topics such as substance use, decision making, healthy relationships, communication, and more.

PROJECT DISCOVERY

Project Discovery, a year-long support program intended to reduce the incidence of adolescent use of tobacco, alcohol, and drugs, was created in 2011 by CFS, Corp. and facilitated by CFS Prevention Specialists, by implementing an array of evidence-based strategies to increase and improve meaningful school involvement and positive peer relationships. Project Discovery focuses on building resiliency in adolescents during this transition period to protect against risk influences, regardless of the level of exposure.

THIS IS NOT ABOUT DRUGS

This is NOT About Drugs is an evidenced-informed program backed by NREPP and created by Overdose Lifeline Inc. The program is delivered to 8th grade students in Knox County by embedded Prevention Specialists. This static educational intervention aims to reduce the morbidity and mortality of the opioid epidemic.

INDEPTH

INDEPTH (Intervention for Nicotine Dependence: Education, Prevention, Tobacco, and Health), is offered as an alternative to suspension for students who violate the tobacco or vaping policies. Students also have the option to opt into the N.O.T (Not on Tobacco) program, a voluntary quit smoking program for teens ages 14-19.



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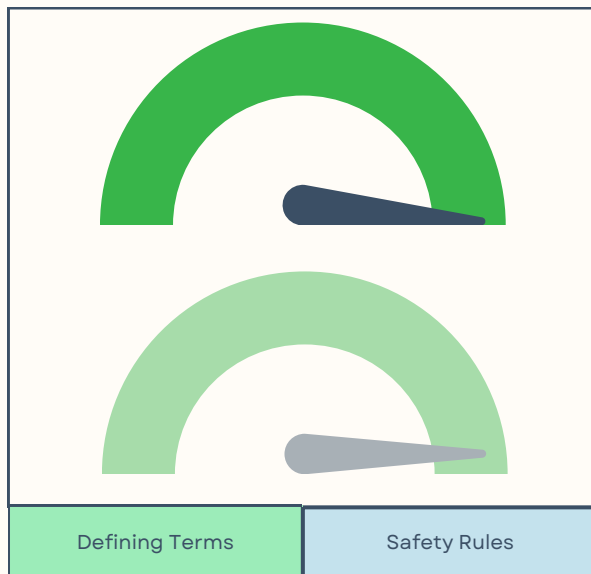
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Data Trends

Program: Speak Up Be Safe

Data Collection Overview:

In the 2023-24 fall semester, Speak Up Be Safe was provided to South Knox 7th - 12th grade students by a CFS Prevention Specialist. Pre and post-test assessments were provided to all students to monitor comprehension of learning objectives. This data is based on a sampling of **455 students**.



Knowledge Retention

100% of high school students were able to correctly define “consent.”

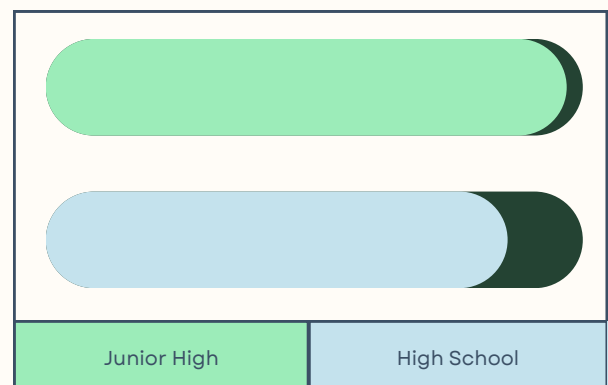
97% of 7th & 8th grade students reported learning new ways to keep themselves safe

Attitudinal Changes

97% of 7th & 8th grade students report feeling that they “deserve to be safe.”

86% of high school students reported feeling safe at school

Increased Feelings of Safety





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Data Trends

Program: Speak Up Be Safe

Qualitative responses were collected from students to gauge satisfaction of the program and obtain feedback in their own words. The below data collected indicates significant knowledge retention of the curriculum objectives, satisfaction of the program delivery, and confidence to speak up when faced in unsafe situations.

Question prompt- “What did you learn during the Speak Up Be Safe program?”

“It shows the kids about how you can protect yourself and hopefully prevents other kids from actually doing it.”

“Teaching me how to be safe.”

“I like learning how to handle tough situations.”

“It teaches needed safety for the world.”

Teacher Satisfaction

Quantitative and qualitative responses were also collected from teachers to gauge satisfaction of the program and obtain feedback in their own words.

“I think this is valuable and I support the implementation of it in our schools.”



100%

of teachers felt that the CFS
Prevention Specialist was well
prepared to facilitate the program



80%

of teachers felt that students gain
adequate knowledge from the
program



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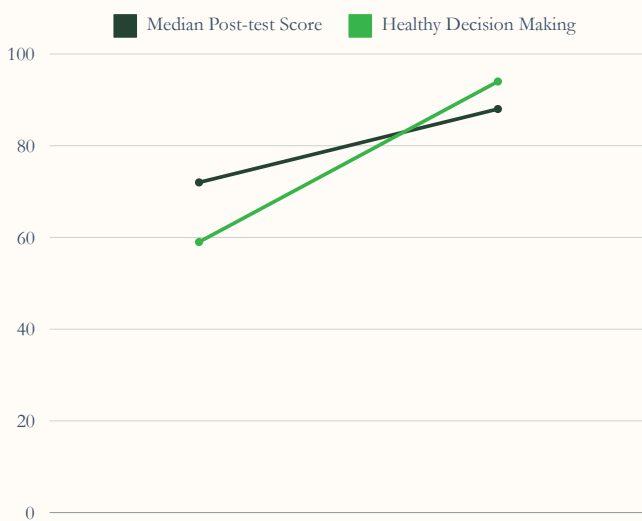
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Data Trends

Program: Botvin LifeSkills Training

Data Collection Overview:

During the fall and spring semesters of 2023-2024, 7th grade South Knox students received the evidence-based Botvin LifeSkills program, facilitated by a CFS Prevention Specialist. The duration of the program was 12 consecutive weeks. The following data is based on a sampling of **90 students** using quantitative and qualitative data collection method to monitor comprehension of learning objectives.



Knowledge Retention

88% was the median post-test score - an increase of 18% from pre-to-post test

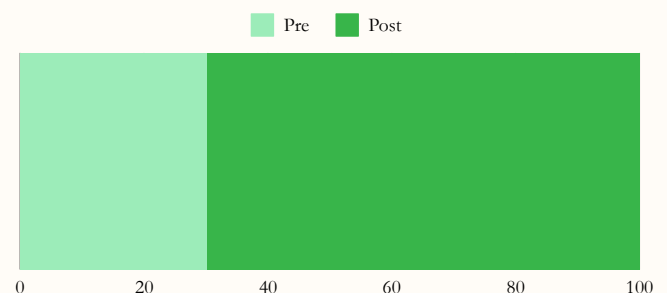
94% of students were able to correctly identify the healthy decision-making model, “3 C’s” - an increase of 35% from pre-to-post test

Attitudinal Changes

97%

of students reported they believe they will receive a high school diploma at post-test - an increase of 42% from pre-to-post test

Perception of Educational Attainment





Data Trends

Program: Botvin LifeSkills Training

Qualitative responses were collected from students to gauge satisfaction of the program and obtain feedback in their own words.

The below data collected indicates significant knowledge retention of the curriculum objectives with prominent themes being knowledge of substance use objectives, emotional regulation, communication, goal setting, and decision making.

Question Prompt- “What is the most important thing that you learned from Life Skills?”

Substance Use Knowledge Retention

“Learning how to say no to drugs because of the impact that you have on your body.”

“Addiction and causes of it.”

“The effects of drug and alcohol.”

Emotional Regulation

“I think the most important things I learned were the ways to cope. I think it has helped my anxiety a lot lately.”

How to calm anxiety”

“How to take control of my anger”

“How I see myself; if I see myself as positive, I’ll move in a positive direction.”

Communication

“How to communicate better and have a better understanding of life”

“Communication is important.”

Goal Setting & Decision Making

“Clarify, consider, choose.”

“SMART Goals.”

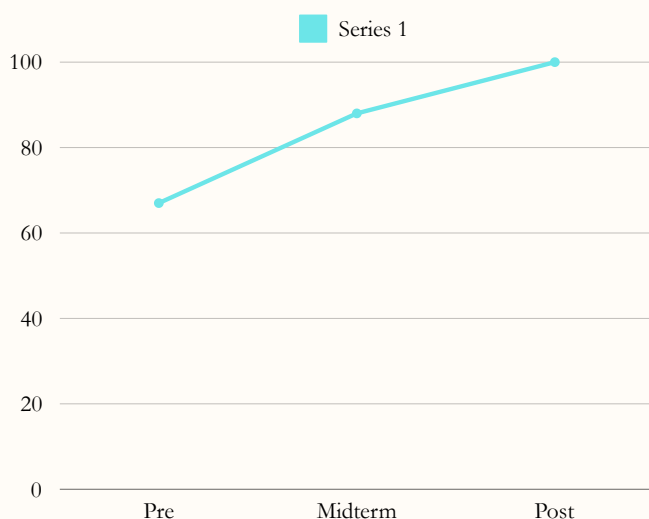


Data Trends

Program: Project Discovery

Data Collection Overview:

During the fall and spring semesters, a pre-selected group of 9th grade students attended Project Discovery. met twice weekly with a CFS Prevention Specialist as a group or 1:1. 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.



Knowledge Retention

84%

was the average test score for Project Discovery students at post-test - an increase of 17% from pre-to-post test

Attitudinal Changes

80% of Project Discovery students reported that they felt they could achieve goals they set for themselves - an increase of 55% from pre-to-post test

80% of Project Discovery students reported that they felt their life was going in a positive direction - an increase of 30% from pre-to-post test





Data Trends

Program: Project Discovery

Qualitative responses were collected from Project Discovery students to gauge satisfaction of the program and obtain feedback in their own words. The below data collected indicates significant satisfaction rates from the students.

Question Prompt -

“What did you enjoy most about Project Discovery?”

“That it’s okay to open up about your true feelings.”

“Being able to spend time with people who care and listen.”

5-Star Satisfaction

Rating from students



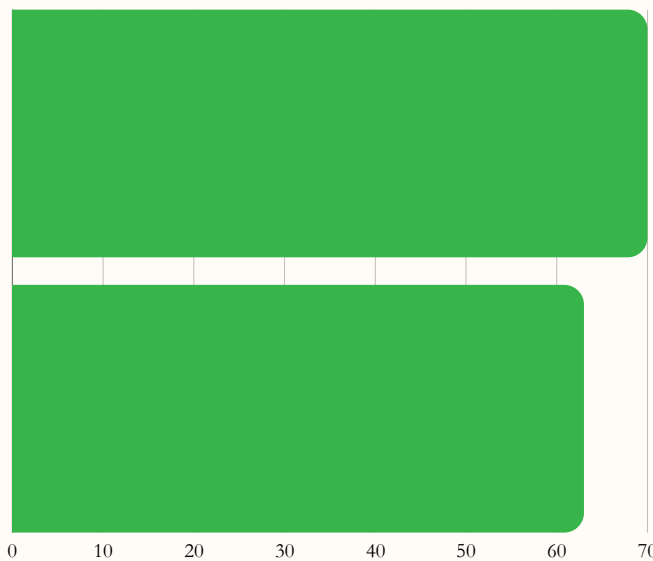


Data Trends

Program: This is NOT About Drugs

Data Collection Overview:

During the fall semester, 8th grade students received a one-hour educational presentation called This is Not About Drugs (TINAD). This program aims to educate students on the current opioid epidemic and its nationwide impact. Students completed a pre and post-test to show current knowledge of opioids and the effects to highlight knowledge retention. This data is based on a sampling of **39 students**.

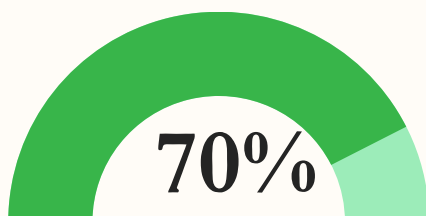


Knowledge Retention

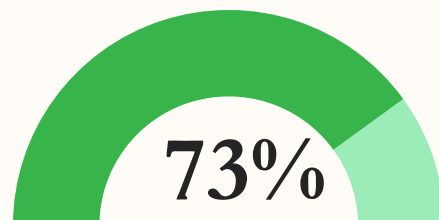
70% of students correctly identified the risk of using prescription medications

63% of students reported that they strongly agree/agree that they could recognize an overdose - an increase of 24% from pre-to-post test

Attitudinal Changes



of students report that they are less likely to misuse prescription medication after participating in program



of students stated that they would talk to someone if they were concerned about themselves or someone else



Data Trends

Program: This is NOT About Drugs

Qualitative responses were collected from students to gauge satisfaction of the program and obtain feedback about the learning objectives in their own words. The data collected below indicates significant satisfaction rates and knowledge retention from the students.

Qualitative data collected from the students about learning objectives included the following responses:

Question prompt- “What is something you learned after seeing the film and participating in the discussion?”

“That you lose the decision to choose whenever you start taking opioids.”

“Most people think that if they only use one time, that addiction will not affect them.”

“If you abuse drugs, they can do many things including changing your physical appearance and relationships.”

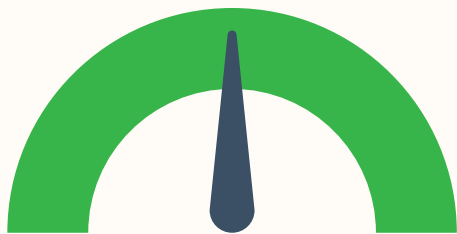


Data Trends

Program: INDEPTH

Data Collection Overview:

Throughout the school year, students that violated the school's tobacco policy were sent to INDEPTH as an alternative to out-of-school suspension. INDEPTH educates students on the harmful effects of vaping/tobacco, as well as learning to evaluate their own tobacco use and learn to choose healthier alternatives. This data is based on a sampling of **4 students** at South Knox that attended this alternative to suspension program.



Knowledge Retention

50%

of students reported having “high awareness” of the impact nicotine has on their bodies upon completion of the program

Attitudinal Changes

75%



of students indicated they would consider a quit resource after completion of the program

50%



of students reported a “high” to “very high” motivation level of quitting tobacco products

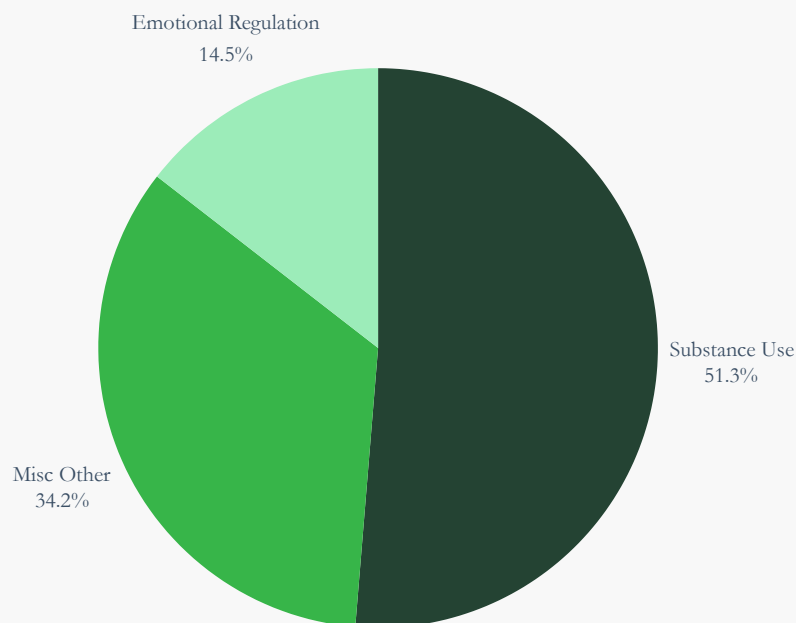


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Overview

Highlights & Key Indicators

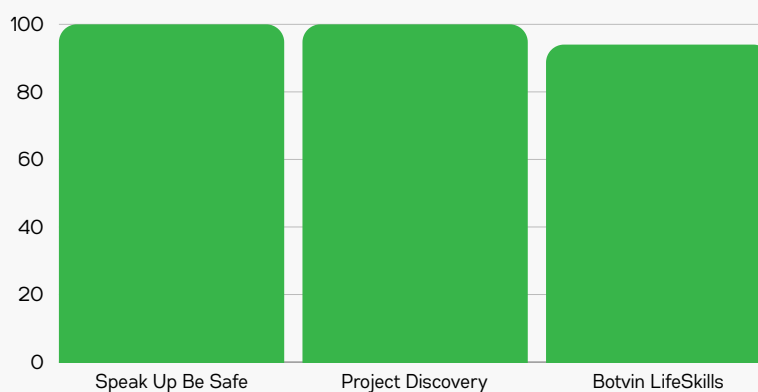


Most Significant Learning Objectives Reported by Students

Substance Use	51.3%
Misc other (goal setting, decision making, communication, etc.)	34.2%
Emotional Regulation (e.g. coping skills, anxiety, anger management, etc.)	14.5%

Programs with the Highest Knowledge Retention Rate

Speak Up Be Safe	100%
Project Discovery	84%
Botvin LifeSkills	94%



Programs with Highest Satisfaction Rates



This report was prepared by CFS, Corp. Prevention Services. All data provided on this report was collected during the 2023-2024 school year.

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