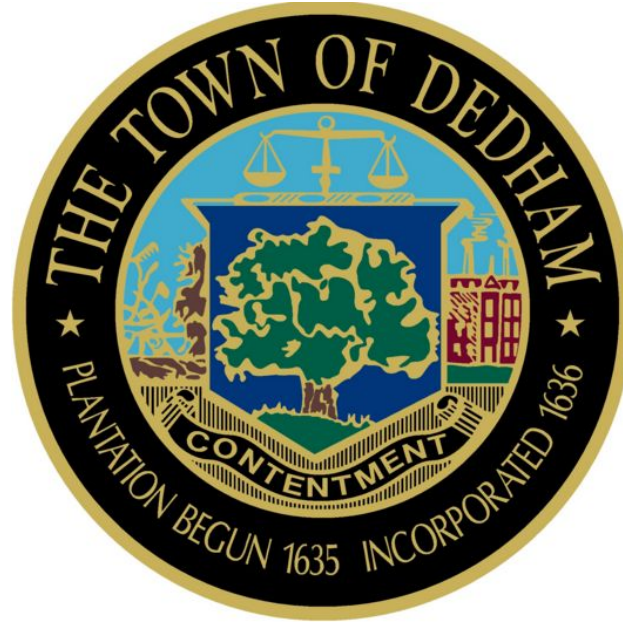


Dedham Public Schools

2016



2022

MetroWest Adolescent Health Survey Data

Maria Antonuccio, Ashley Dubé and Mark Carney

MetroWest Adolescent Health Survey

- Seventeen-year initiative funded by the MetroWest Health Foundation in its 8th year of administering the survey
- 26 MetroWest Communities
- Dedham's has participated in 2016, 2018, and 2021 (2020)

	2006	2008	2010	2012	2014	2016	2018	2020 (2021)
High Schools	18	22	24	26	26	26	26	27
Middle Schools	13	19	22	24	24	24	24	25
Districts that include grade 6	N/A	4	13	14	16	17	19	19
Students	23,555	31,963	38,025	40,064	40,526	40,772	41,545	39,293

11 Categories

- Substance Use
- Violence & Bullying
- Unintentional Injury
- Mental Health
- Sexual Behaviors (HS only)
- Physical Activity & Weight
- Protective Factors
- Risk Behaviors on School Property
- General Health & Online Behaviors
- Covid-19 & Community Experiences
- Socio-Demographics & Student Characteristics



MWAHS as a Data Source Provides

Interdisciplinary collaboration

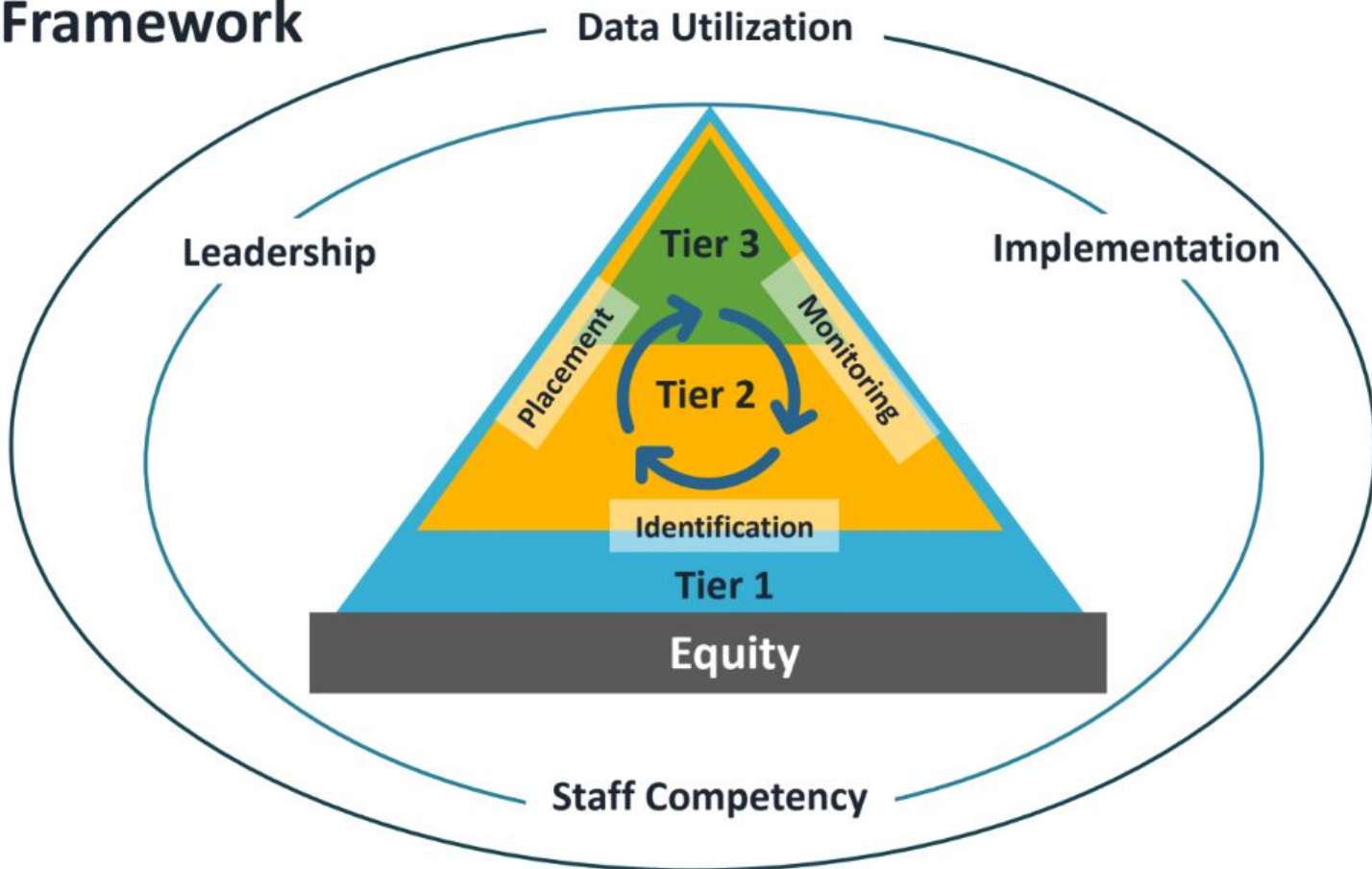
Opportunities for new grant programs and funding sources

Community Partnerships





Short and long term trends related to our student health and behaviors

Developing a Multi Tiered System of Support

MTSS Framework



Health and Behavioral Priorities

Questions		MWAHS
What are our students' strengths?		Trending in positive directions: smoking, vaping, alcohol use, marijuana use, physical fighting.
What mental health challenges do our students face?		Stress and anxiety and related consequences (e.g., loss of sleep, trouble concentrating); depressive symptoms, self-injury, suicidality
What are the main stressor facing our students?		Types of stress (e.g., social, academic, family) school, physical and emotional health, appearances issues and social issues.
What type of negative behaviors are our students manifesting?		Substance use (e.g., electronic vapor products, alcohol, marijuana, prescription drugs), bullying and cyberbullying, lack of physical activity and sleep

PD Collaboration



Identified 4 Priorities

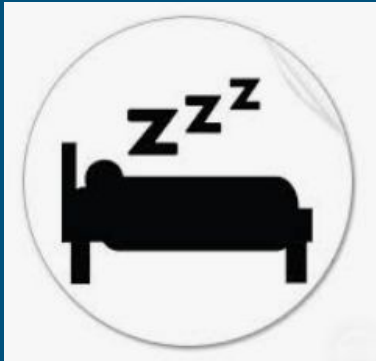
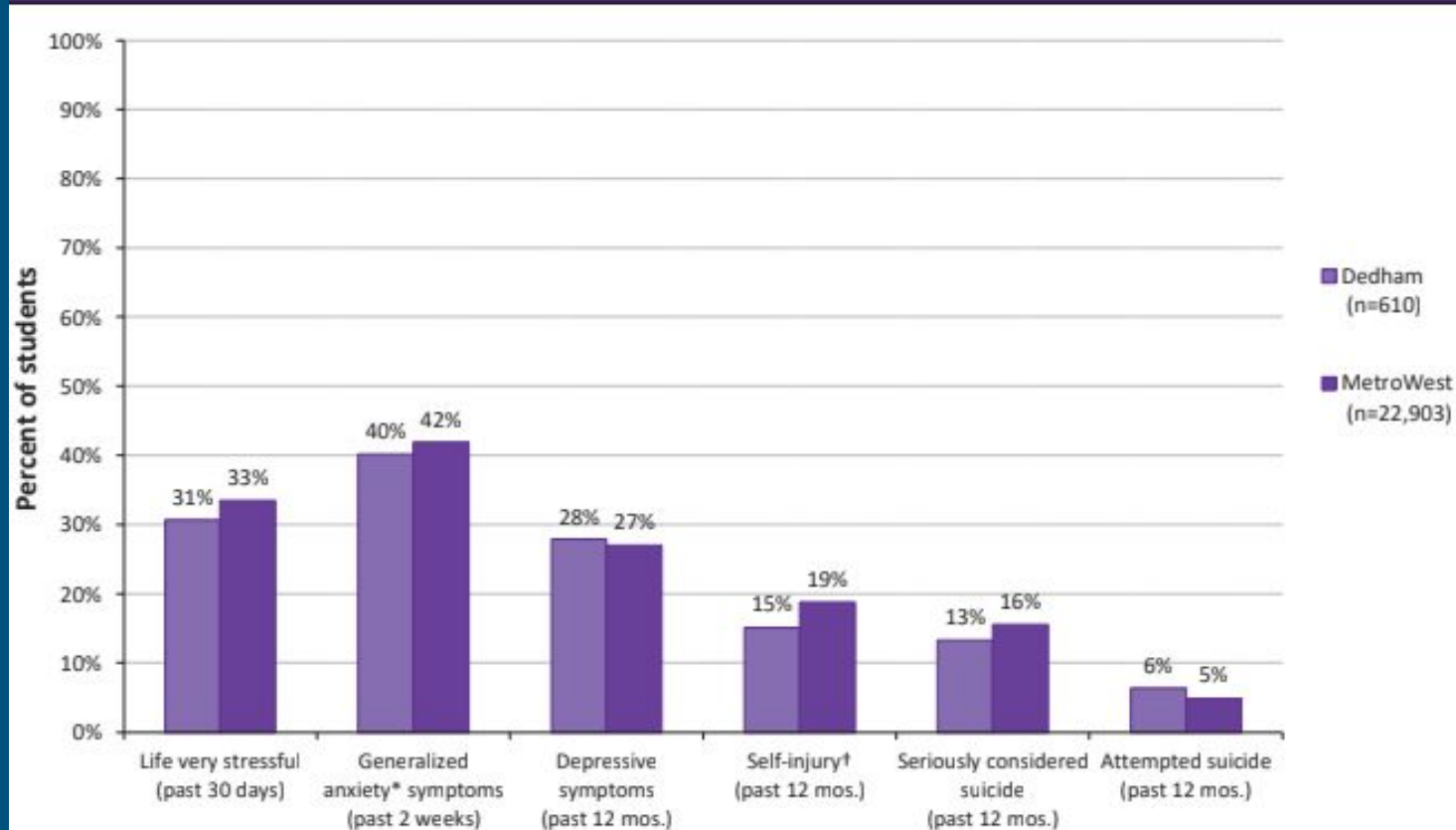


Figure 5-1D. Mental Health and Suicidality at the District and Regional Levels, 2021

Dedham High School (Grades 9-12)

MetroWest Adolescent Health Survey

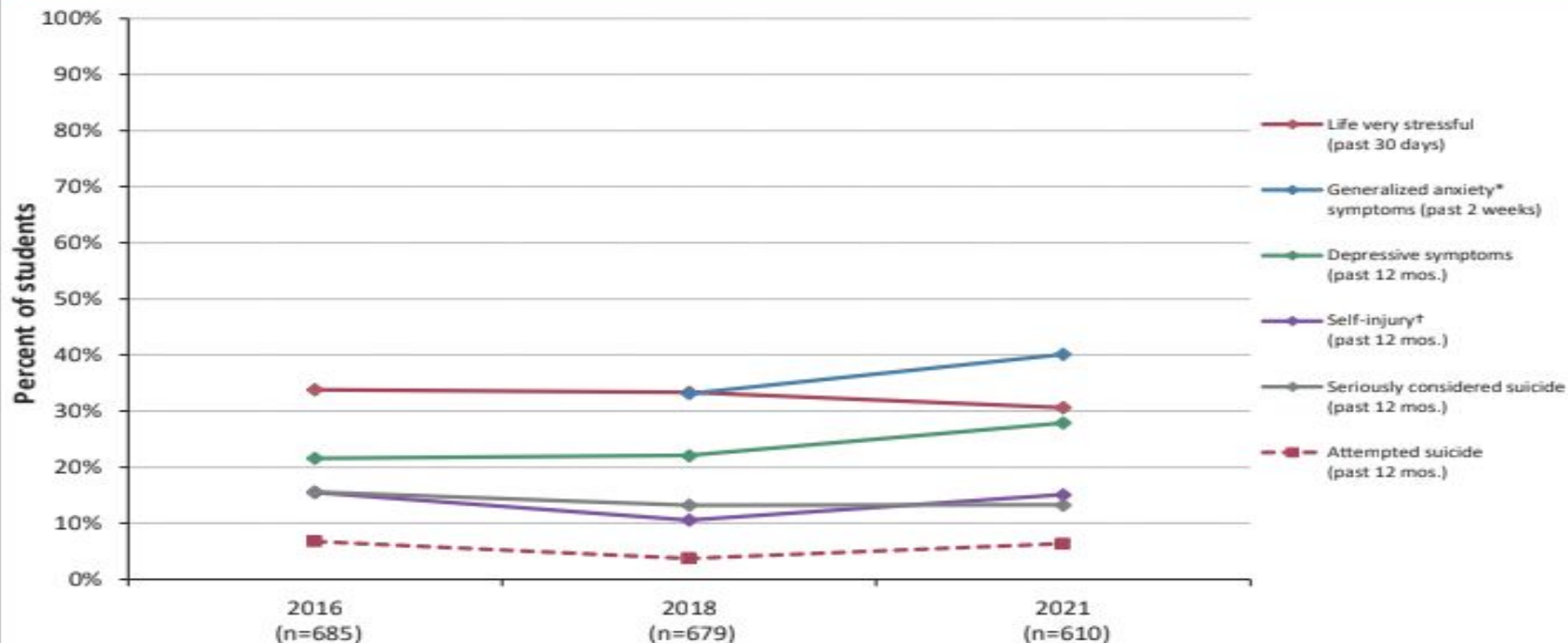


MS & HS
Mental
Health

* Based on the Generalized Anxiety Disorder brief scale (GAD-2), adapted from: Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. *Archives of internal medicine*, 166(10), 1092–1097. <https://doi.org/10.1001/archinte.166.10.1092>

† For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1C. Mental Health and Suicidality, 2016-2021
Dedham High School (Grades 9-12)
MetroWest Adolescent Health Survey

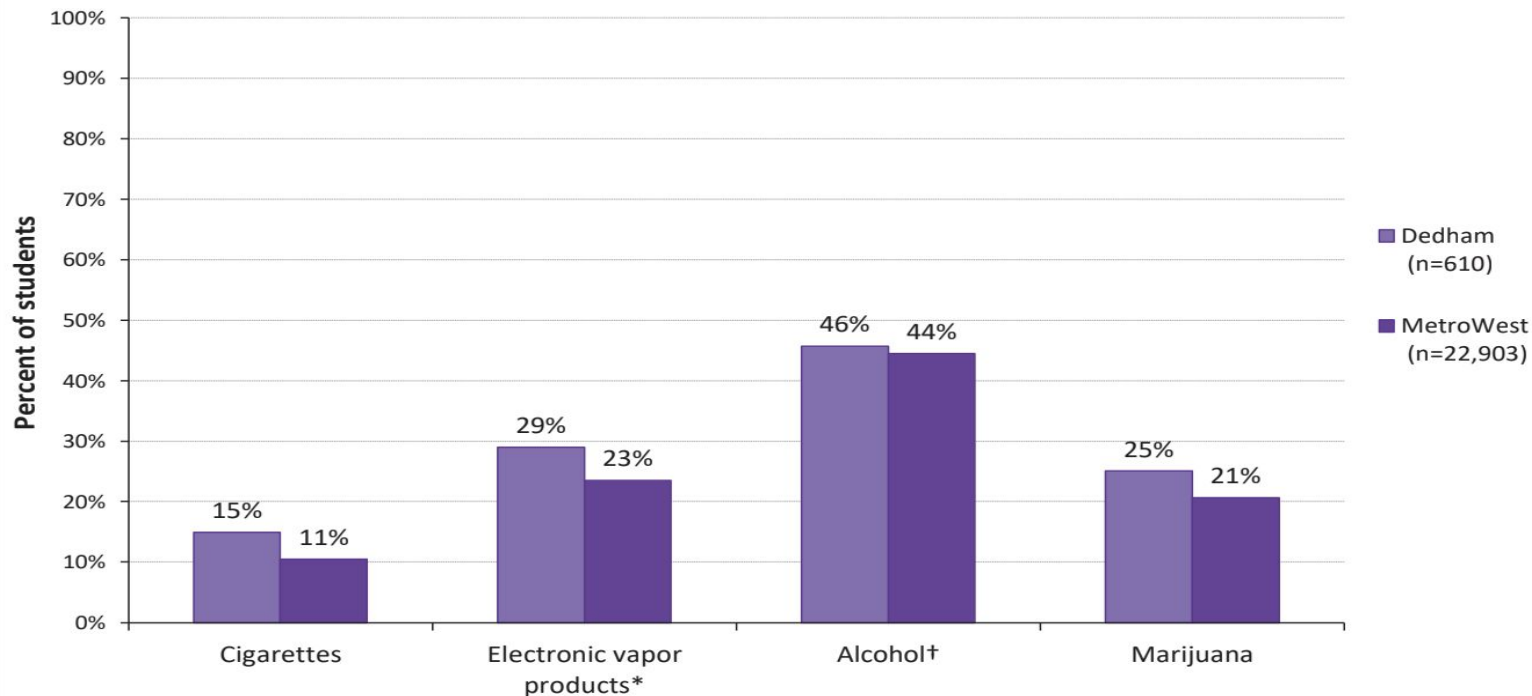


* Based on the Generalized Anxiety Disorder brief scale (GAD-2), adapted from: Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. *Archives of internal medicine*, 166(10), 1092–1097. <https://doi.org/10.1001/archinte.166.10.1092>

† For example, by cutting, burning, or bruising yourself on purpose

MS & HS - Substance Use

Figure 2-1D. Lifetime Substance Use at the District and Regional Levels, 2021
Dedham High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Includes electronic cigarettes (e-cigarettes) like JUUL, SMOK, Suorin, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods; also includes disposable products that you can only use once such as Puff Bars, Stig, or Viigo

† Does not include drinking a few sips of wine for religious purposes

MS & HS

General Health and Online Behaviors



MS & HS - Protective Factors Connectedness and Engagement

- School connectedness
- Adult support at school and outside of school
- Peer support



Faculty Feedback and Next Steps

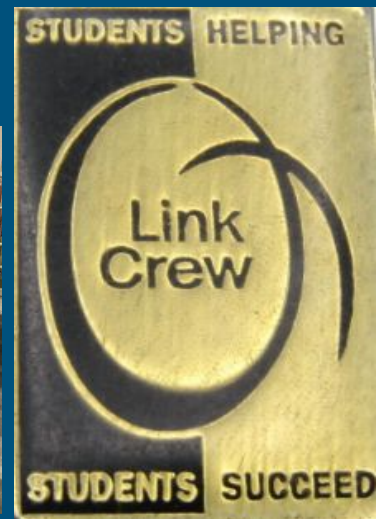
- October 19, 2022 - present MWAHS data to DHS faculty
- October 26, 2022 - present the MWAHS to DMS faculty
- November 2, 2022 School Committee Presentation
- Analyze feedback from faculty presentations and identify themes
- Inform Student Services strategic plan and continue conversations with all stakeholders



DHS Club Directory



DMS Club Directory





Our Partnership with Dedham Public Schools



DOSA – What We Do

- Provide information & resources
- Skill-building workshops & trainings
- Substance-free alternative activities for youth
- Reduce barriers to accessing treatment
- Educate and inform policymakers
- Collect and disseminate data

What Parents Can Do

- Engage your children in conversation
 - About the MetroWest results: what did they find surprising? How does it resonate with their experience
 - About the health impacts of substances
- Social norms message from parent survey: **94%** of parents believe they can have an influence on whether their child uses alcohol or drugs.

Strategies Parents Can Employ to Promote Healthy Behavior



Ways to Get Involved

- Our parent group is looking for engaged parents to plan activities to support Dedham caregivers! Email DOSAParentActionTeam@googlegroups.com
- The coalition meets quarterly to discuss updates and plan projects. We welcome your voice!
 - Next Meeting: December 13 at 6 PM
- Email me at kking@dedham-ma.gov for more info

