



PENNSYLVANIA YOUTH SURVEY

IT PAYS TO ASK. IT PAYS TO KNOW.

Passion Meets Precision:

Enhancing Your Passion for Early Prevention
Using PAYS & the Continuums of Care, Confidence, and Effort

"IT PAYS TO ASK...IT PAYS TO KNOW"

Council on Chemical Abuse Annual Conference
November 18, 2024 | Alise Barr & Phyllis Law

Meet Your Presenters



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Penn State University

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(EPIS)



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Evidence-Based Prevention & Intervention Support
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What We'll Cover

- **Diving into PA Youth Survey**
- **PAYS & Other Data Sources**
- **Using science to drive direction and decisions**
 - **Continuum of Care – Continuum of Confidence – Continuum of Effort**

2023 Pennsylvania Youth Survey

Empowering Communities to Develop
Strategic Prevention Programming

State of Pennsylvania

2023 is the **18th** biennial, voluntary survey conducted since 1989 = **34 YEARS** of using data to drive decision making!



Conducted by

Pennsylvania Commission on
Crime and Delinquency

Pennsylvania Department of
Drug and Alcohol Programs

Pennsylvania Department
of Education

Survey Overview

- **Administration & standard reports provided at NO COST**
 - All participating school districts get a report and non-traditional schools
 - All counties that have 2+ school districts receive a Profile Report
 - Special reports can be ordered for a nominal cost
- **Survey is anonymous and confidential**
 - No individual student information can be obtained from the data set
 - Must have more than 25 responses in a grade to be included in report
- **Survey Implementation**
 - Only requires approximately 45 minutes to administer
 - Can be done paper/pencil or online
 - Available in English and/or Spanish - Spanish minimally used



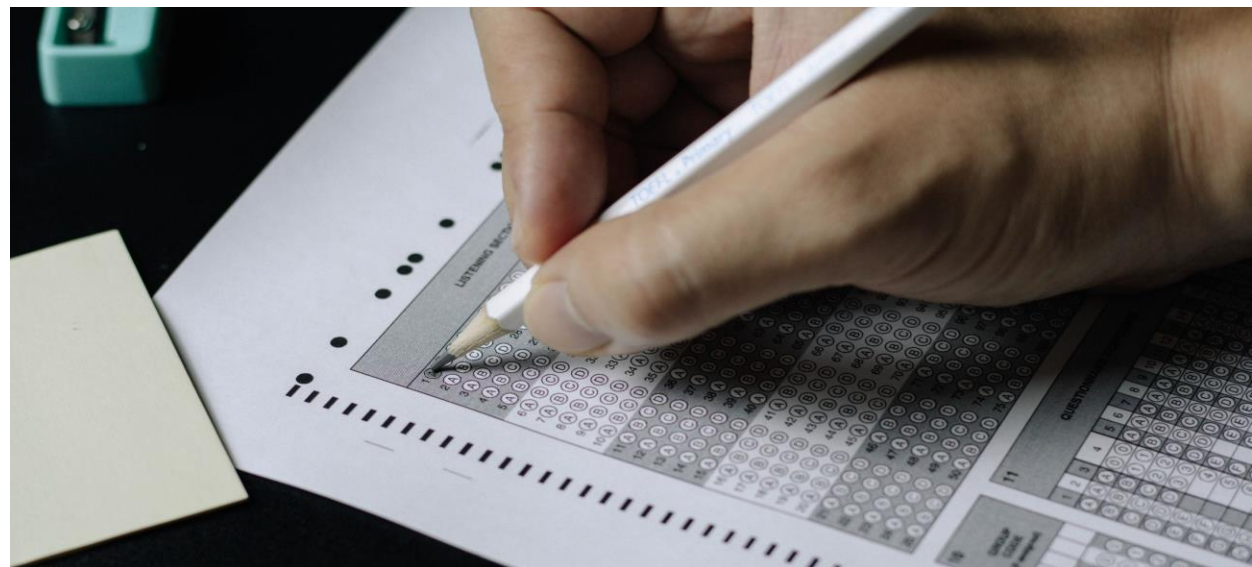
Online Survey Overview

- **Online Administration Trend**

- 2015 = 26%
- 2017 = 36%
- 2019 = 54%
- 2021 = 84%
- **2023 = 95%**

- **Skip Logic** was added for 2021 & continued for 2023

- **Online only** in 2027



Participation Trends

	2015	2017	2019	2021	2023
# of School Districts	356	379	417	390	407
# of Traditional Schools	960	973	1135	1,001	996
# of Non-Traditional Schools	37	39	58	47	53
# of County Reports 6 counties in 2023 with 1 school district = no county report	54	55	57	57	60
# of Counties with no PAYS data 2015: Sullivan, Union, Wayne, Wyoming 2017: Montour, Sullivan & Wyoming 2019: Wyoming 2021: Wyoming 2023: Wyoming	4	3	1	1	1

Participation Over Time

Berks County 2019			
Grade	Surveys	Enrolled In All Schools*	Modified Participation Rate
6	3,408	5,752	59.2
8	3,483	6,731	51.7
10	3,228	5,617	57.5
12	2,609	5,170	50.5
Total	12,728	23,270	54.7

Berks County 2021			
Grade	Surveys	Enrolled In All Schools*	Modified Participation Rate
6	3,686	5,356	68.8
8	3,490	5,547	62.9
10	2,823	5,602	50.4
12	12,415	5,177	46.7
Total	12,415	21,682	57.3

State 2023			
Grade	Surveys	Enrolled In All Schools*	Modified Participation Rate
6	3,732	5,037	74.1
8	3,697	5,341	69.2
10	3,234	5,821	55.6
12	2,757	5,045	54.6
Total	13,422	21,224	63.2

State 2019			
Grade	Surveys	Enrolled In All Schools*	Modified Participation Rate
6	70,769	130,460	54.2
8	78,694	128,929	61.0
10	71,619	130,998	54.7
12	58,863	126,175	46.7
Total	279,945	516,562	54.2

State 2021			
Grade	Surveys	Enrolled In All Schools*	Modified Participation Rate
6	61,883	121,636	50.9
8	72,076	126,966	56.8
10	61,931	128,219	48.3
12	50,191	123,381	40.7
Total	246,081	500,202	49.2

State 2023			
Grade	Surveys	Enrolled In All Schools*	Modified Participation Rate
6	67,795	121,427	55.8
8	73,765	124,428	59.3
10	67,290	132,408	50.8
12	53,685	123,489	43.5
Total	262,535	501,752	52.3

2023 Profile Report = Content Reorder

Acknowledgments 3

PAYS: Goals and Overview 5

1. Demographics 8

2. Substance Use 10

- High prevalence/early initiation drugs 12
- Prescription and over-the-counter drugs and medica 21
- Other drugs 21
- Binge drinking and driving under the influence 26

3. Mental Health 28

- Mental health concerns and suicide risk 29
- Depression and substance use 33
- Bullying and depression/suicide 34

4. Gambling 35

5. Community and School Climate and Safety 38

- Commitment to school 39
- Involvement in pro-social activities 42
- Violence/drugs in school and community 44
- Bullying, internet safety and abuse 47

6. Indicators of Risk 56

- Stressful events and sleep 57
- Perception of risk 61
- Perception of parental/caregiver disapproval 63
- Perception of peer disapproval 65
- Attitudes toward substance use 67
- Laws/norms favorable to use 70
- Availability of substances/handguns 73
- Willingness to use substances 75
- Sources of substances used 77
- Other indicators of risk 84

7. Risk and Protective Factors 86

- Risk and protective scales defined 88
- Understanding cut-points 95
- Overall risk and protective scores 97
- Risk and protective factors by grade 99

2023 Edits & Updates

Removed:

4 Gang-Related Questions
2 Weapon-Related Questions

6 New
Questions
Added

Multiple
Reworded/Response
Option Edits:
Look for * in Report!

2023

It PAYS to Use PAYS!



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- **PAYS Reports:**
 - [https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-\(PAYS\).aspx](https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-(PAYS).aspx)
- **PAYS Guide & Workbook:**
 - <https://epis.psu.edu/pays/paysguide>
- **1st Wednesday Webinar Series:**
 - <https://epis.psu.edu/pays/first-wednesdays>
- **Prevention Learning Portal: PLP**
 - [Prevention Learning Portal](#)
- **Social Development Strategy**
 - <https://www.communitiesthatcare.net/prevention-science/>



2023 PAYS REPORT TITLE/CONTENTS/GENERAL INFORMATION	REPORT LEVEL- SCHOOL DISTRICT, COUNTY, STATE, INTERMEDIATE UNIT	TARGET RELEASE DATE
<p><u>Preliminary Highlights Report</u></p> <ul style="list-style-type: none"> •Each administration will focus on different major topic •2023 Focus: Mental Health •Only online-participating SDs received report •Data Included: Participation, substance Misuse, mental health & suicide risk, school climate & safety, abuse, food scarcity 	<p>SD: Online-participating districts only CO: Those with more than one online-participating SD PA: No state report IU: Regional Intermediate Unit</p>	<p>SD: Dec 1, 2025 CO: February PA: March IU: March</p>
<p><u>Profile Report</u></p> <ul style="list-style-type: none"> •All participating SDs receive a report •Data Included: Demographics, ATOD use & access, antisocial behavior, community & school climate & safety, social & emotional health, systemic factors, risk & protective factors, social development strategy 	<p>SD: All participating districts CO: Counties with >1 participating SD PA: State Sample IU: Regional Intermediate Unit</p>	<p>SD: April 30 CO: Mid-May PA: Late May IU: TBD</p>
<p><u>All Questions by Grade Report</u></p> <ul style="list-style-type: none"> •Supplemental report to the Profile Report •Data Included: All questions/student responses in a tabular form 	<p>SD: All participating districts CO: Counties with >1 participating SD PA: State Sample</p>	<p>SD: April 30 CO: April 30 PA: Late May</p>
<p><u>PAYS Statewide Full Detailed Report</u></p> <ul style="list-style-type: none"> •Data Included: Methodology, greater details of statewide sample analysis, cross-tabulations 	<p>PA: State Sample</p>	<p>PA: Late July</p>
<p><u>PAYS Statewide Highlights Report</u></p> <ul style="list-style-type: none"> •Info-graphic focused report •Data Included: Key findings and highlights from Statewide Profile Report 	<p>PA: State Sample</p>	<p>PA: TBD</p>

How Can You Receive a Copy of a Report?

- Reach out directly to School District & IU to request a copy
- Download copies of County and State Reports www.PAYS.pa.gov



THE PENNSYLVANIA PREVENTION LEARNING PORTAL

plp-elearn@psu.edu

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QUESTIONS

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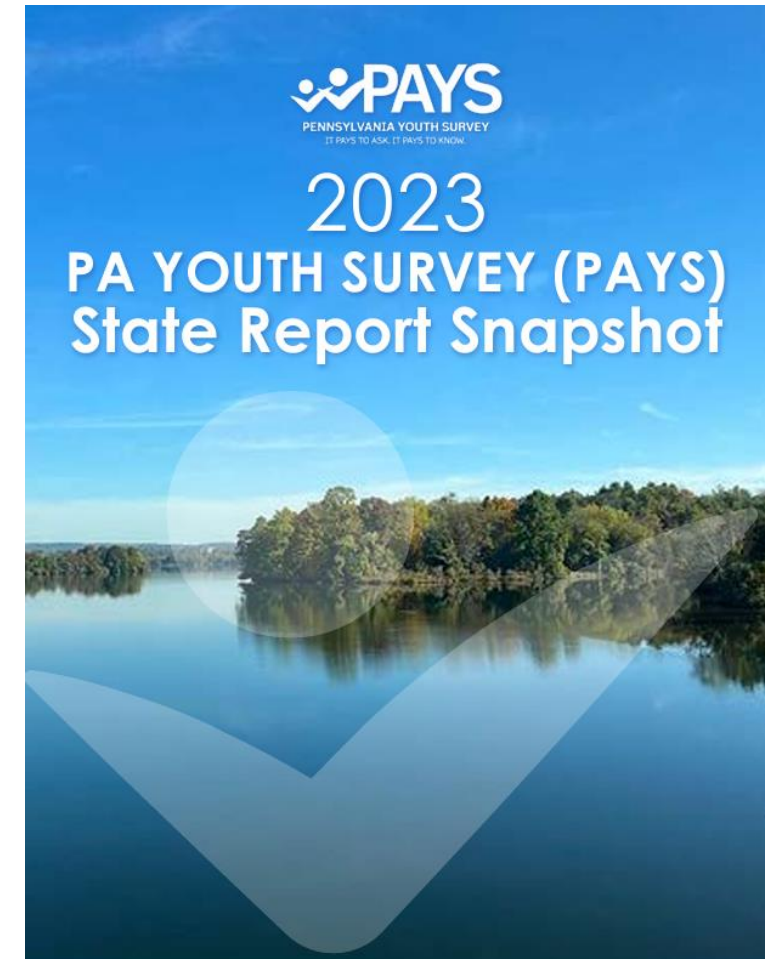
FIRST WEDNESDAYS
AT 1 PM
WEBINAR SERIES

Let's Dive Into the Data....

Berks County Highlights Report

Adjusting your lens...

- What's going well?
- What surprised you?
- What was missing?
- Who would use this information and how?

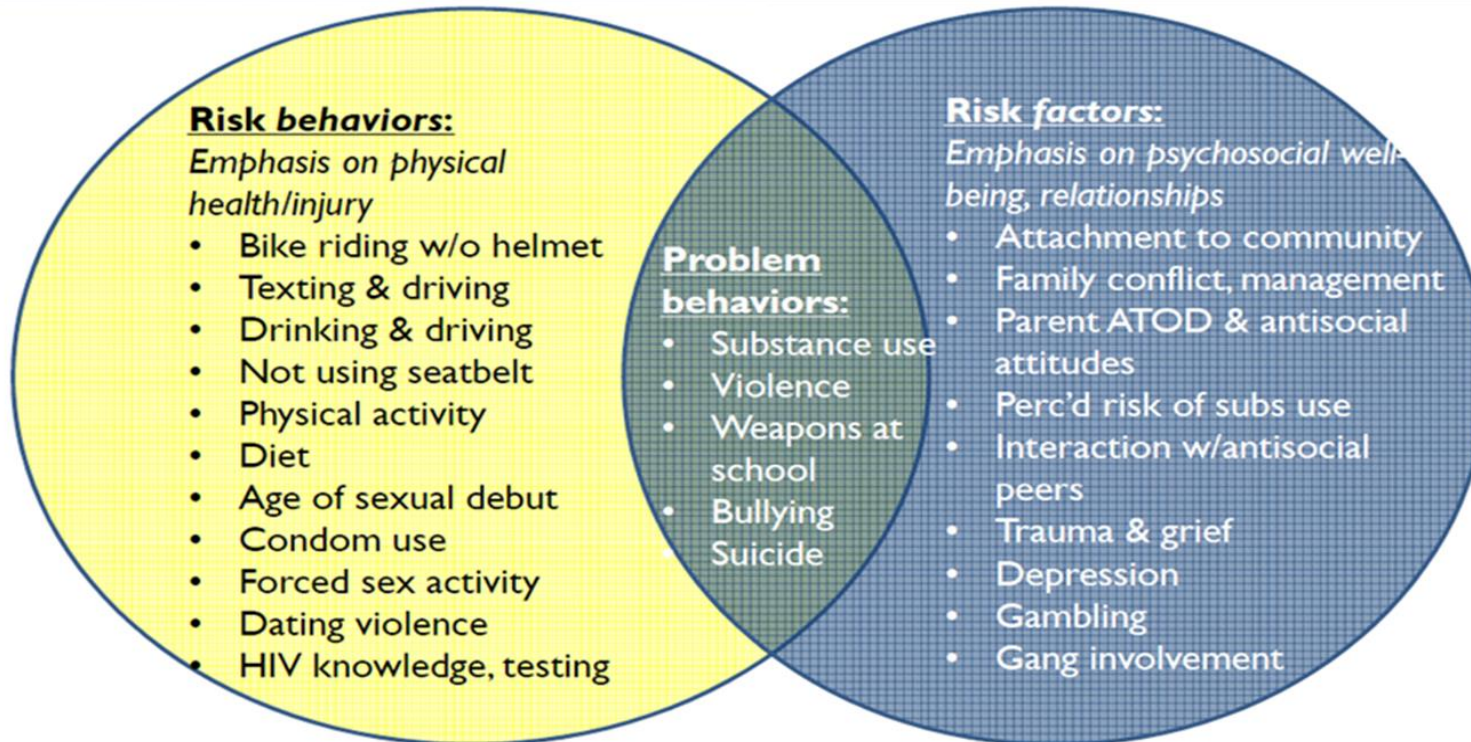


PAYS & Other Data Sources

YRBSS & PAYS Data

Youth Risk Behavior Surveillance Survey (YRBSS)

Pennsylvania Youth Survey (PAYS)



Other commonalities: administered in odd-numbered years, middle school & high school students (but PAYS in 6,8,10,&12).

2023 PA YRBSS Snapshot

- 2,089 Students Participated in Grades 9-12
- 21 Districts

<https://www.cdc.gov/yrbs/results/index.html>

Let's Talk About Risk & Protection....

#1. Fall into 1 of 4 Domains

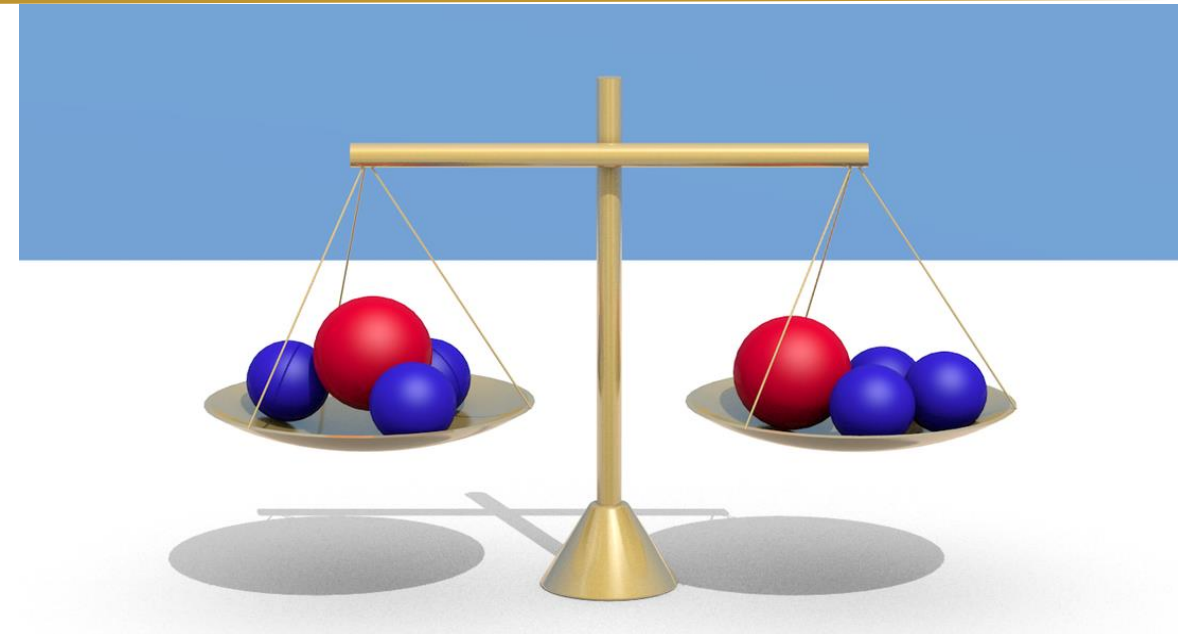
- Community
- Family
- School
- Peer-Individual

#2. Six Behaviors Impacted by RPFs

- Substance Use
- Delinquency
- Teen Pregnancy
- School Drop-Out
- Violence
- Depression & Anxiety

#3. Theoretical Model Supporting RPFs

- Represents a minimum of 2 longitudinal studies
- Present across the developmental span
- Predict or buffer against multiple problem behaviors
- Operate similarly across racial groups & regions



Total Risk

The percentage of students who have more than a specified number of risk factors operating in their lives.

Grades 6 & 8 =
5+ risk factors

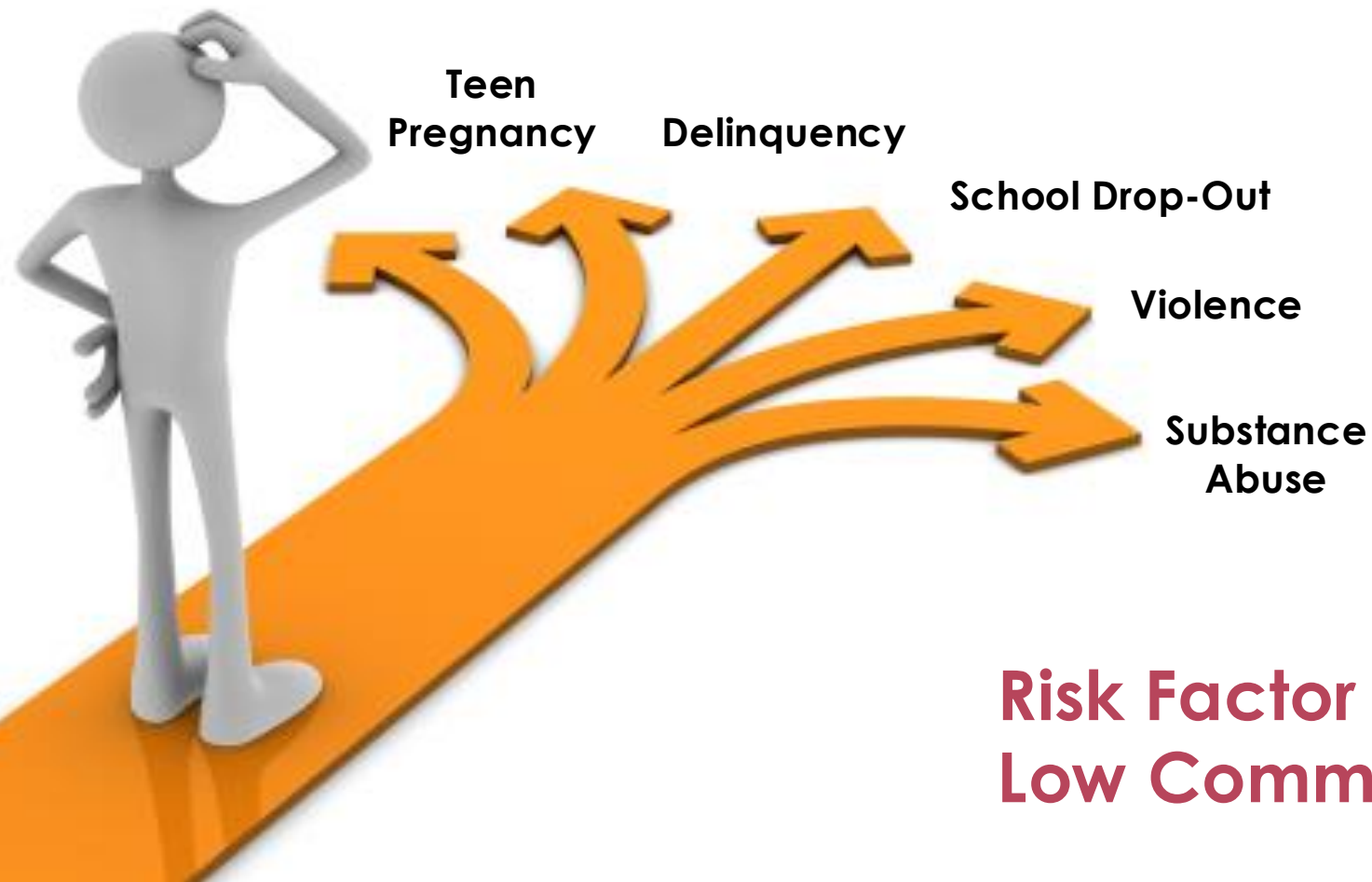
Grades 10 & 12 =
7+ risk factors

Total Protection

The percentage of students who have more than a specified number of protective factors operating in their lives.

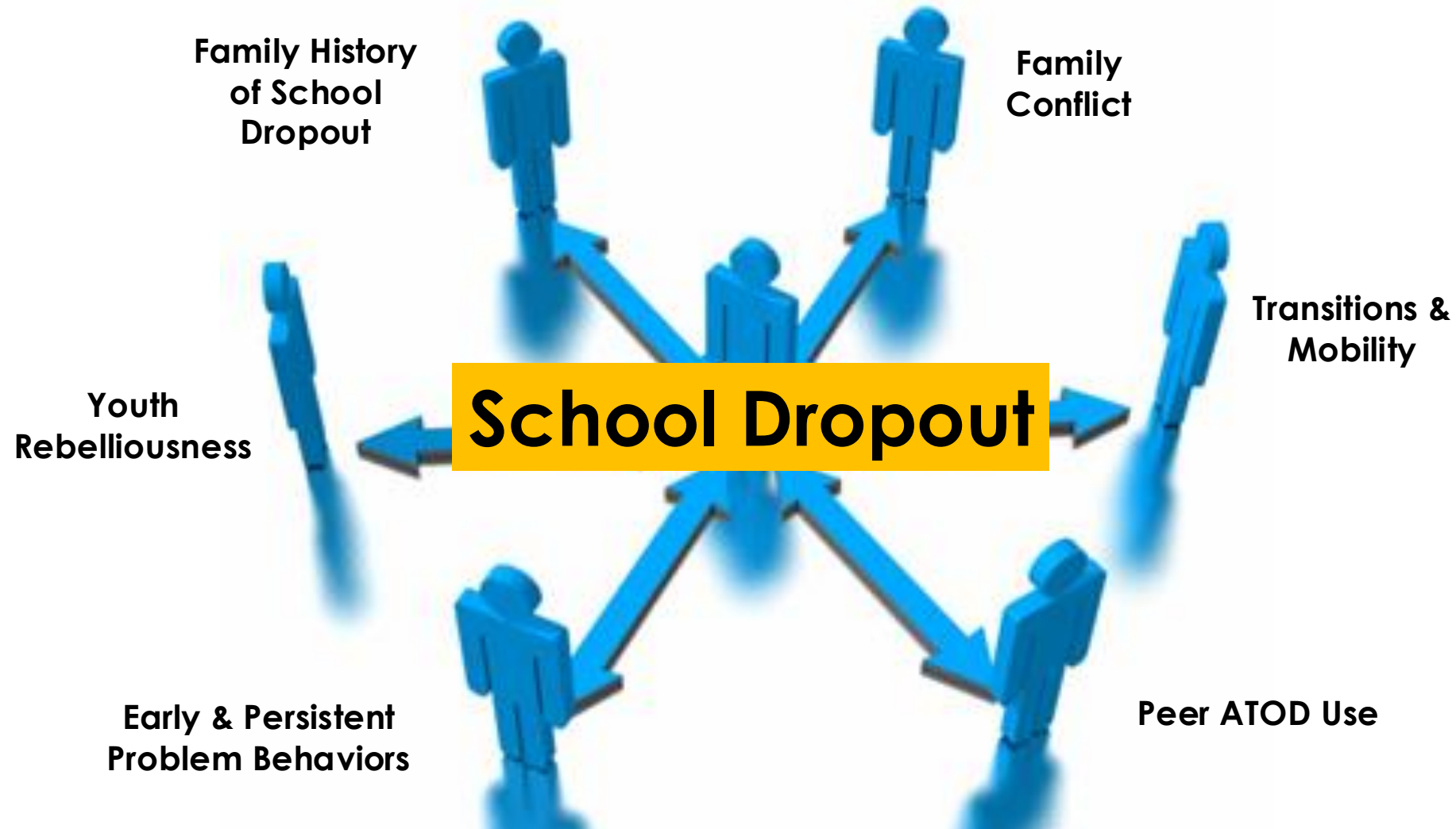
Grades 6, 8, 10, and 12:
3+ protective factors

Same Risk Factor = Different Outcomes

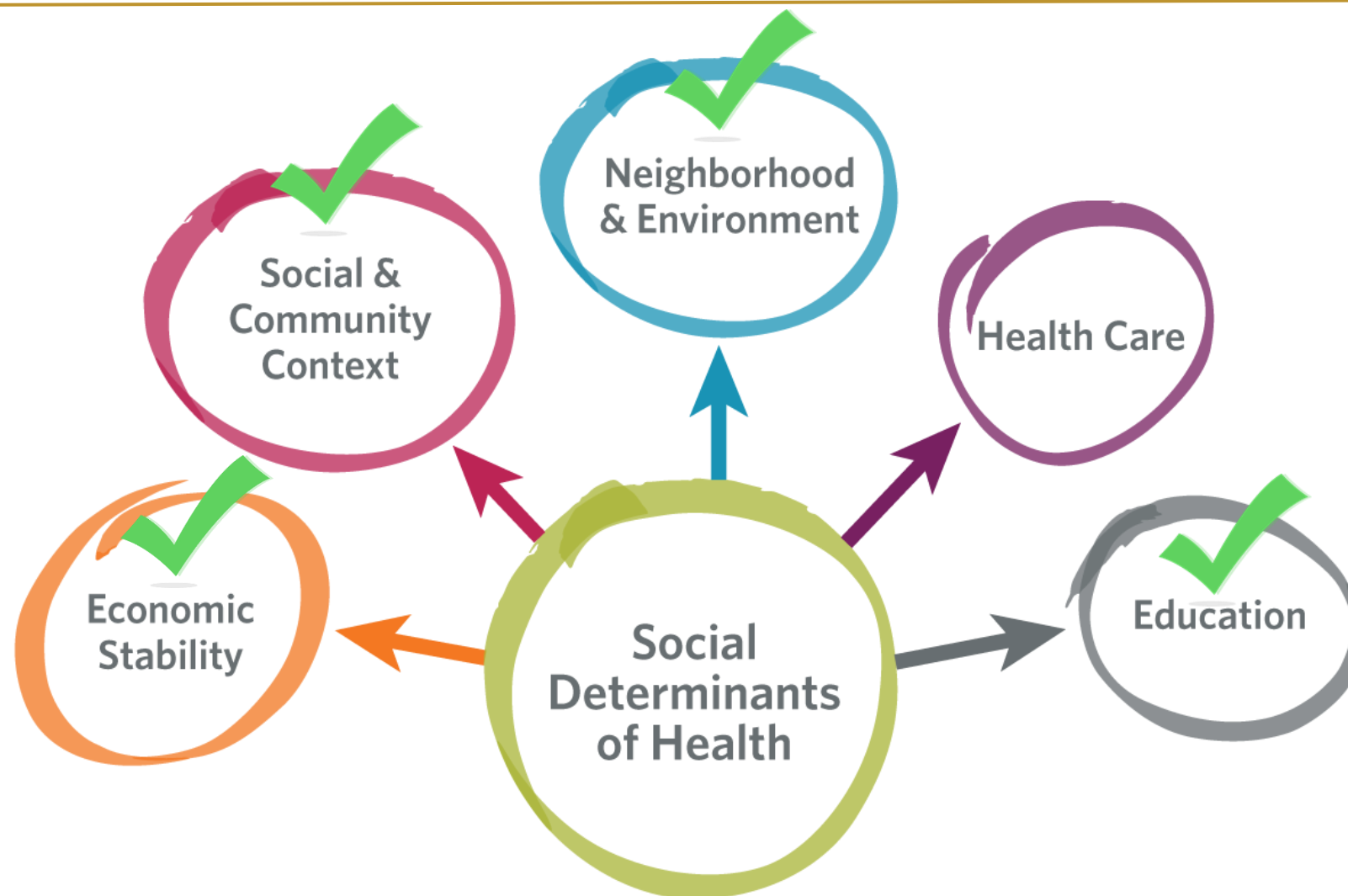


**Risk Factor –
Low Commitment to School**

Different Risk Factors = Same Outcome



PAYS & the Social Determinants of Health



ACEs & PAYS

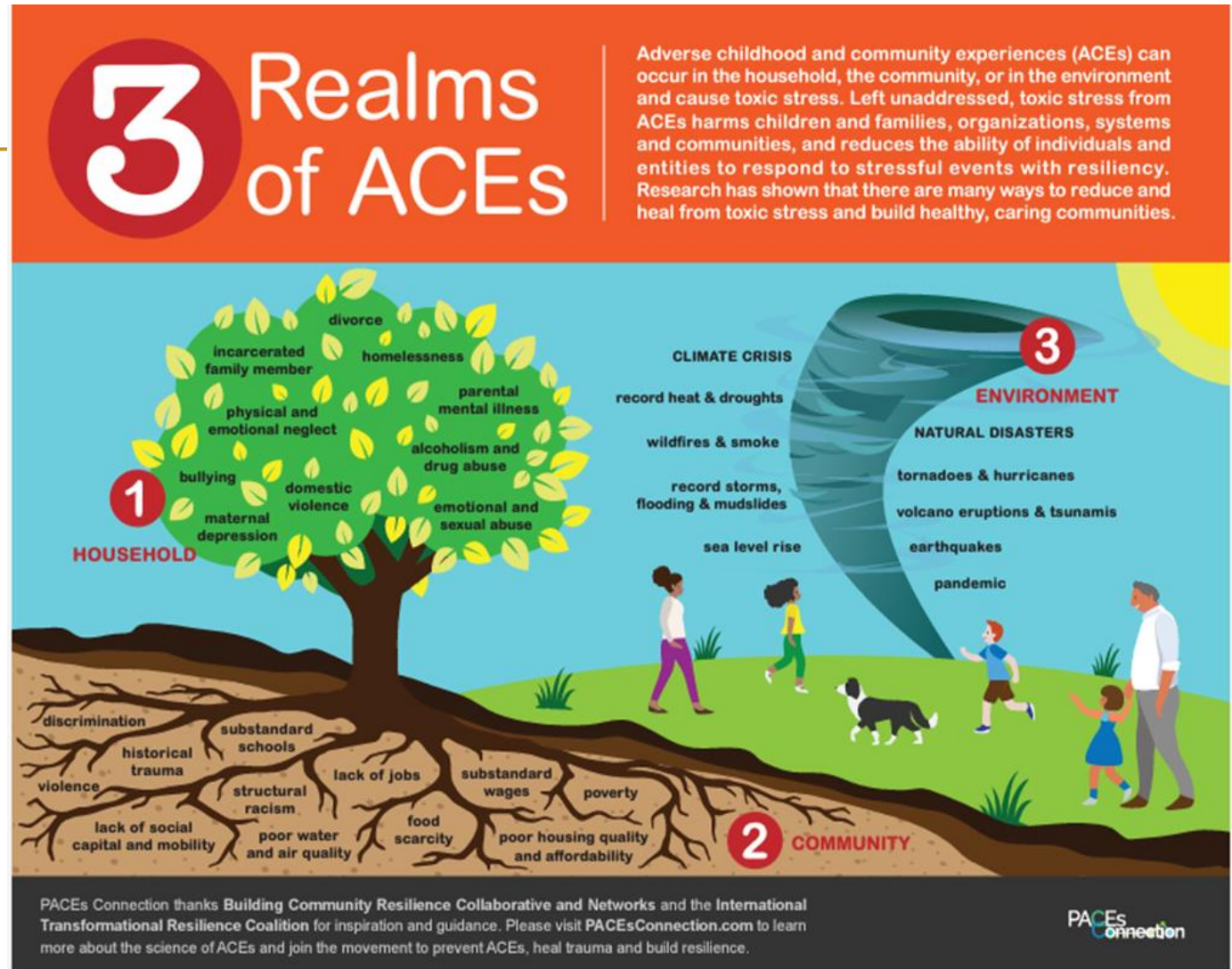
ACEs = Adverse Childhood Experiences

The 3 types of ACEs include

ABUSE

NEGLECT

HOUSEHOLD DYSFUNCTION



<https://www.pacesconnection.com/>

PCEs & PAYS

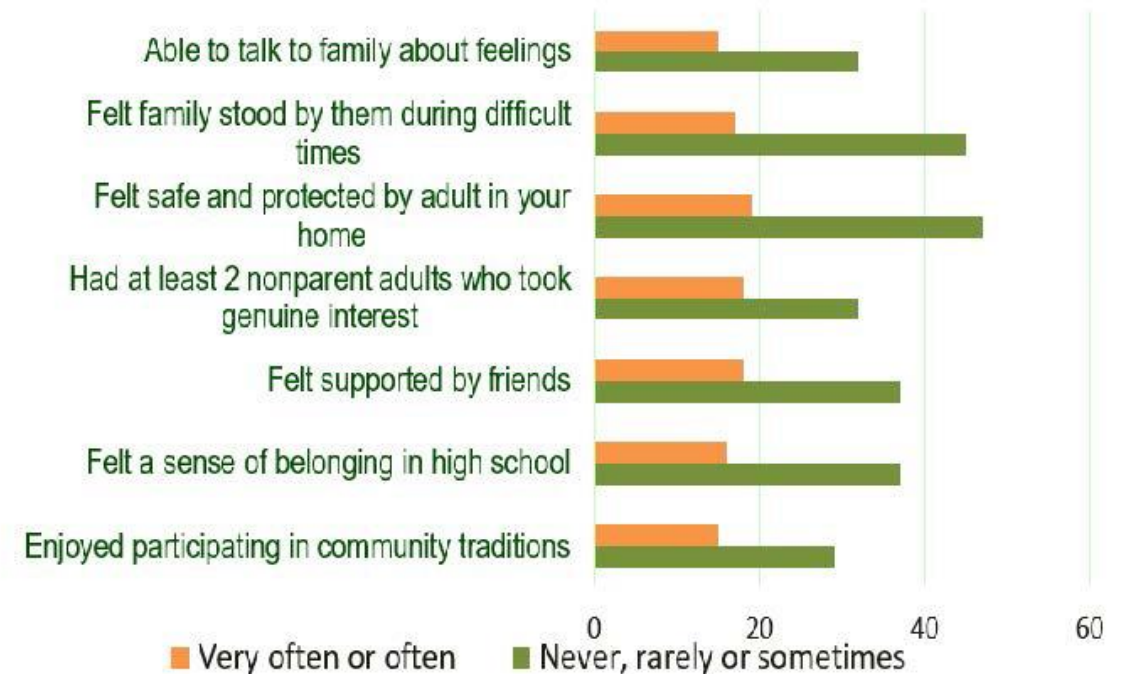
7 Positive Childhood Experiences (PCEs)

- feeling able to talk to your family about feelings
- feeling your family stood by you during difficult times
- enjoying participation in community traditions
- feeling safe and protected by an adult in your home
- feeling a sense of belonging in high school
- feeling supported by friends
- have at least two non-parent adults who took genuine interest in you

mezzosolutions.com

PCEs & Mental Health

Prevalence of Depression and Poor Mental Health



<https://pinetreeinstitute.org/positive-childhood-experiences/>

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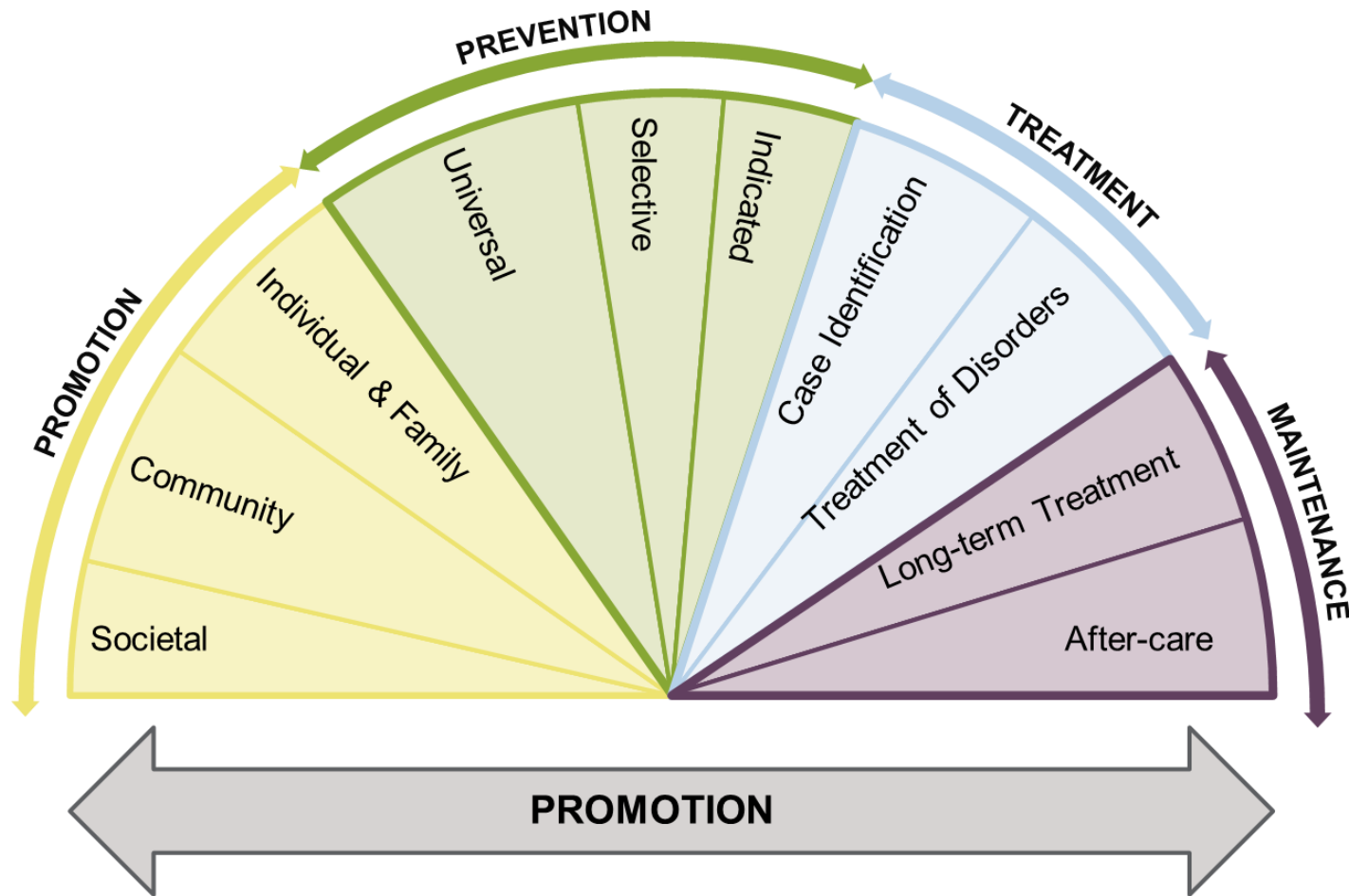
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Guiding Your Work with Effective Approaches & Theories



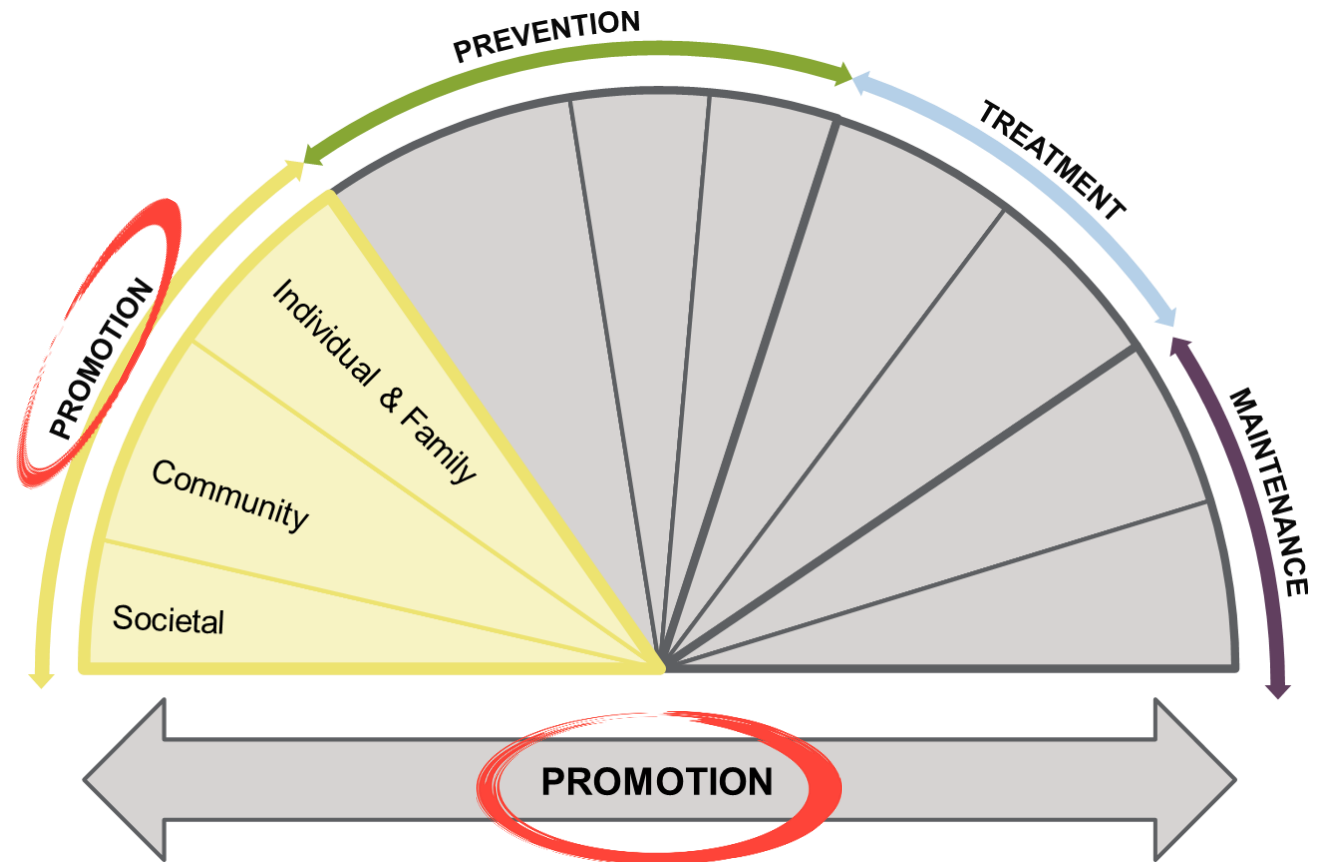
Continuum of Care



<https://www.samhsa.gov/sites/default/files/resourcefiles/sptac-continuum-of-care.pdf>

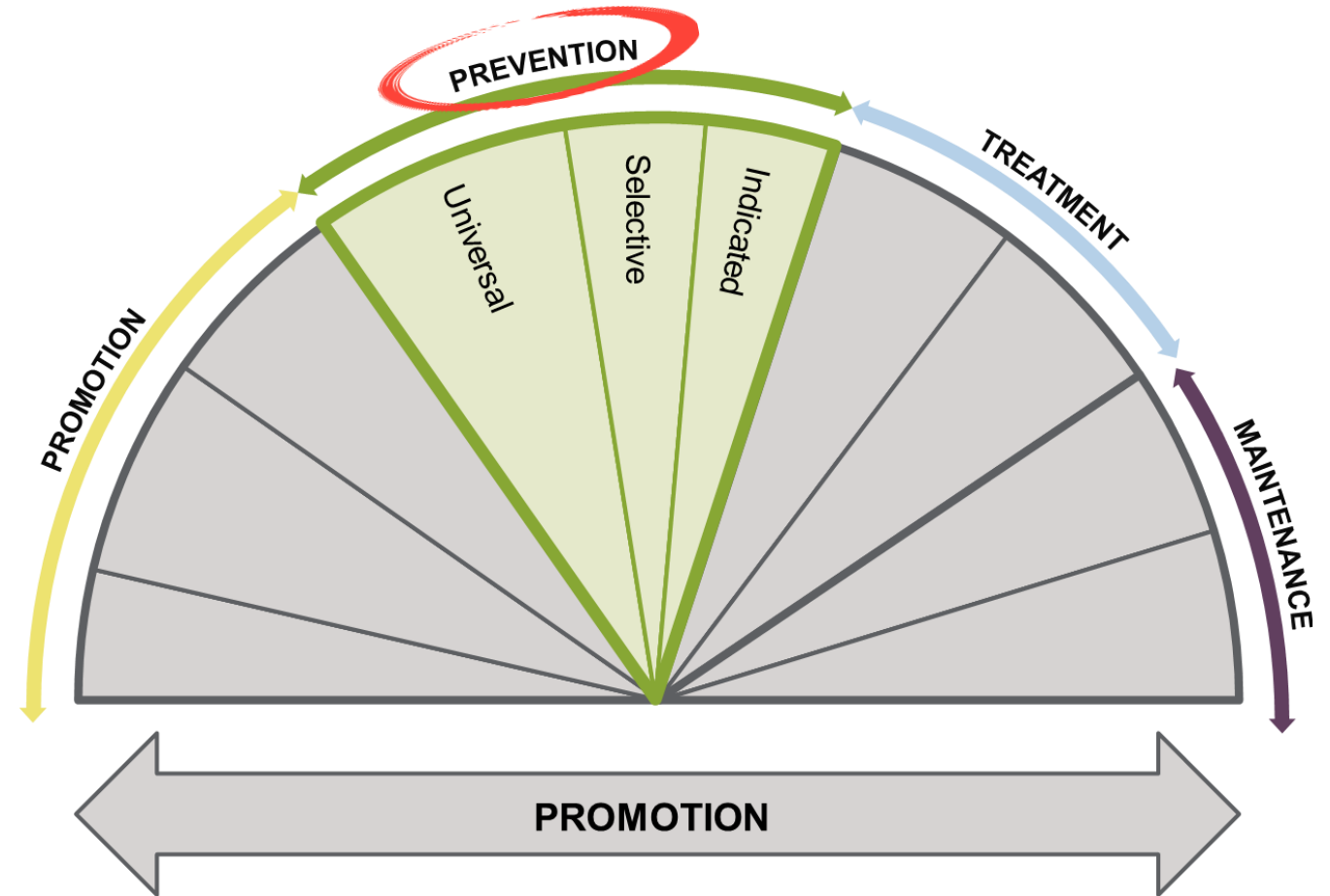
Continuum of Care – Health Promotion

- Public Policy
- Health Literacy & Personal Skills
- Supportive Environments
- Strengthening Community Actions

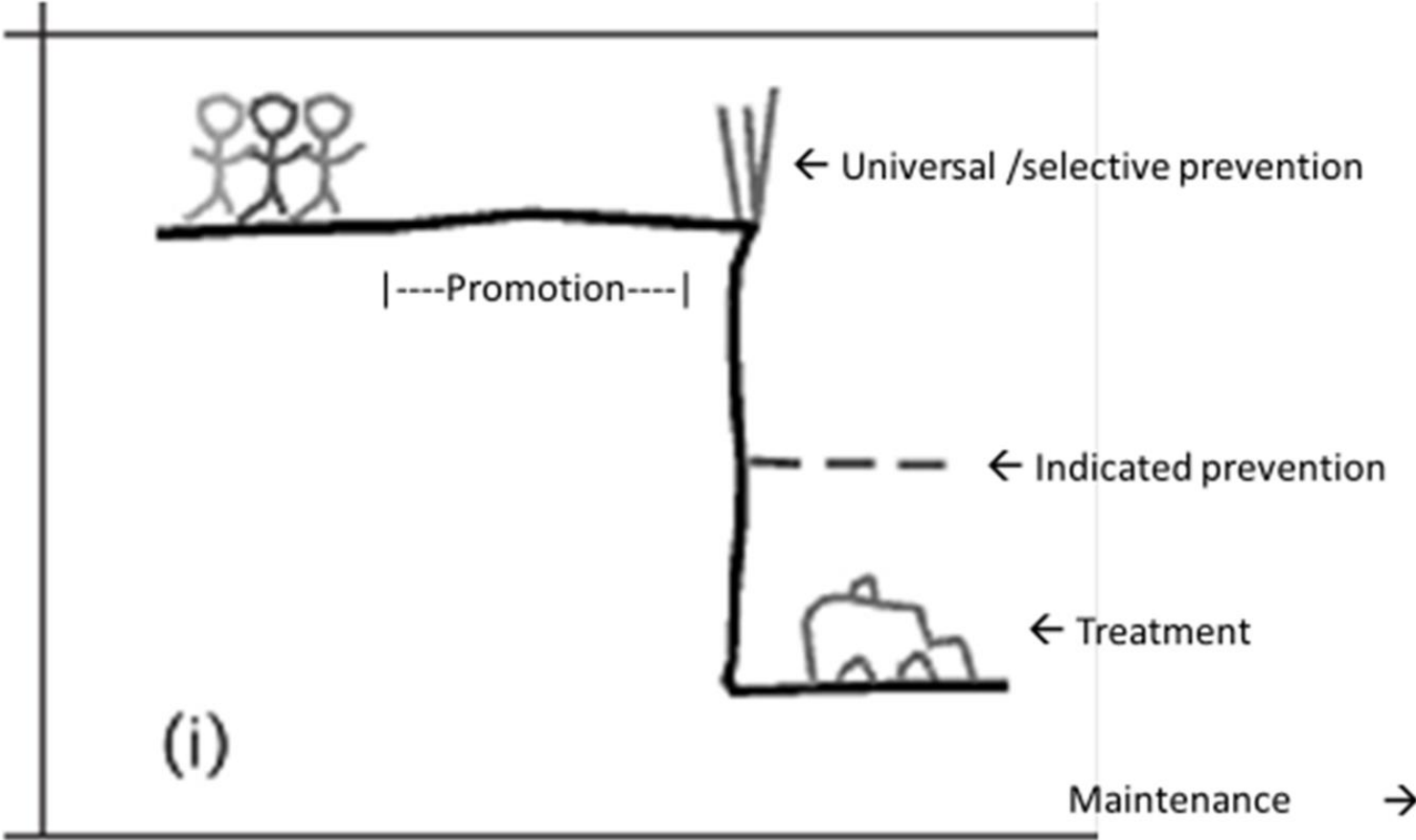


Continuum of Care – Early Prevention

- **Universal** (Note that it is larger than other sections)
 - General population
- **Selected**
 - Those at risk of developing behavioral health disorders is elevated
- **Indicated**
 - Those identified with minimal on-set signs and symptoms



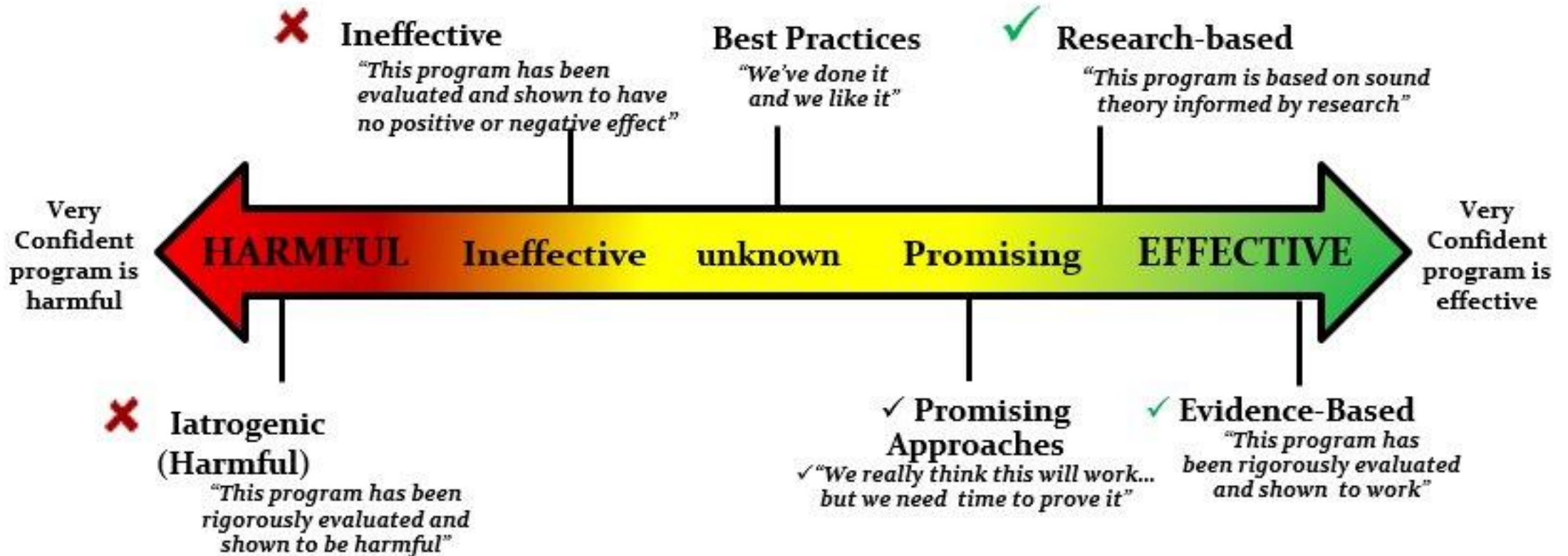
Understanding Prevention



Jones, C. P., Jones, C. Y., Perry, G. S., Barclay, G., Jones, C. A. (2009). Addressing the social determinants of children’s health: A cliff analogy. *Journal of Health Care for the Poor and Underserved*, p. 1-12.

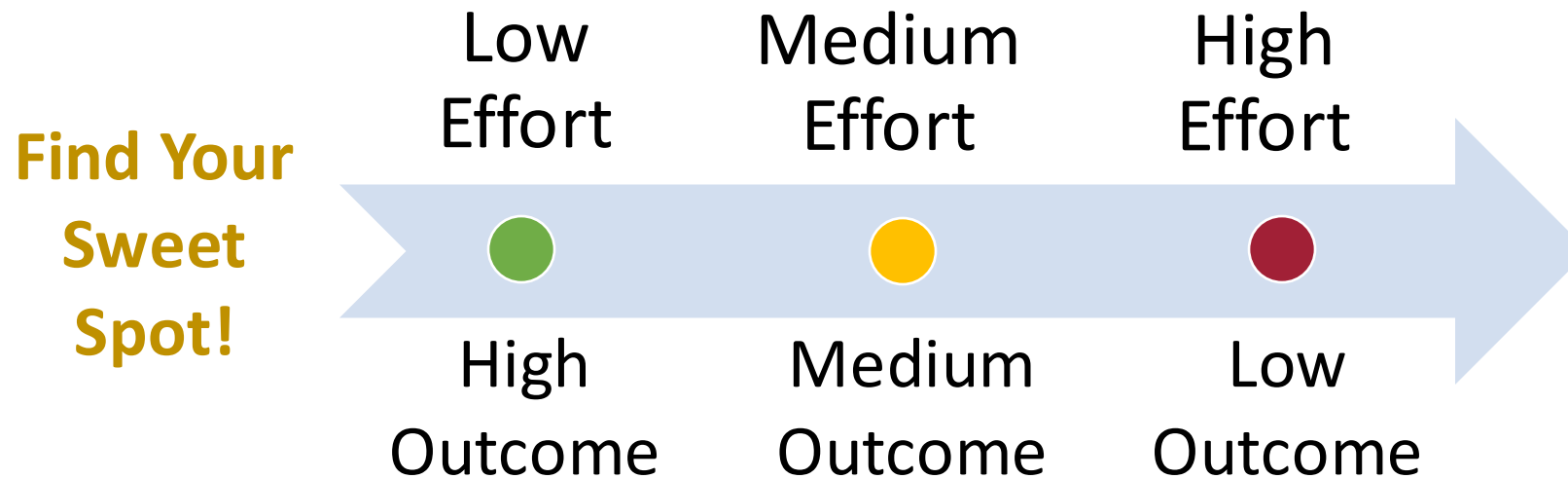
Continuum of Confidence

*Bumbarger & Rhoades, 2012



Continuum of Effort

- Is the “juice worth the squeeze??
- Must clearly define expectation of outcome AND effort
- Always done it.... Still do it??



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