



Preventing Substance Use Among Children and Young People *Empowering children and young people through prevention and education in school and beyond*

On the 21st June, 2018 an event, 'Preventing Substance Use Among Children and Young People, *Empowering children and young people through prevention and education in school and beyond*' was held in Inverness to showcase work around substance use prevention and education in the Highlands.

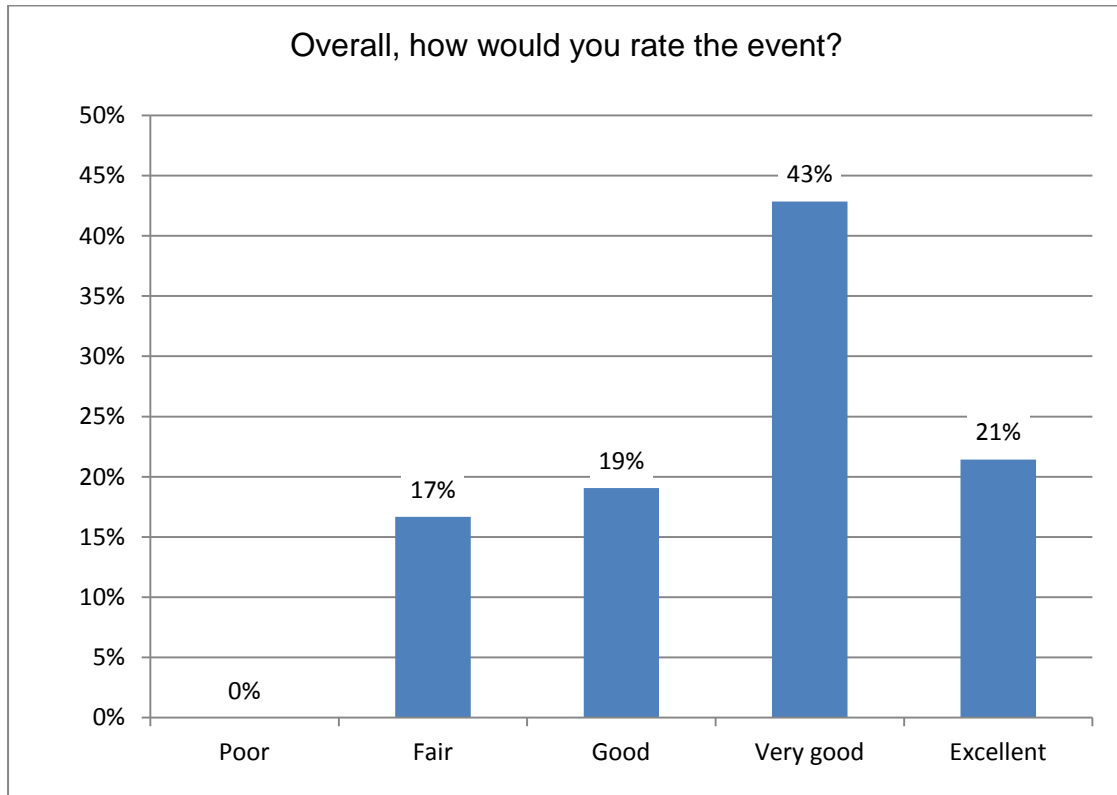
The event involved a range of speakers from the Highland Alcohol and Drugs Partnership, the Highland Council, and Mentor Scotland. The event also included a series of workshops focussing on the Highland Substance Awareness Toolkit (H-SAT), lesson plans, which were launched at the event and are available on the H-SAT, and a youth focused peer education session. Workshops were delivered by colleagues from NHS Highland, the Highland Council, the Youth Action Team, Action for Children, and Youth Highland. The Substance Aware School Award was also announced at the event, by the Highland Council's Children's Planning Manager.

The following is the evaluation of the event. Feedback was gathered via a survey, which delegates had to complete before receiving a certificate of attendance. 42 delegates completed the survey, from 83 who had attended the event. This gives a decent response rate of 51%.

Overall, the event was well attend, and evaluated successfully. Continued work will focus on encouraging and supporting schools to use to H-SAT and its content.

Question 1. Delegates were asked how they would rate the event overall, and responded as shown in Figure 1. All responders answered this question.

Figure 1: Overall, how would you rate the event?



Question 2. Next, delegates were asked about the usefulness of the main presentations. All 42 delegates answered this question, as shown below in Figure 2.

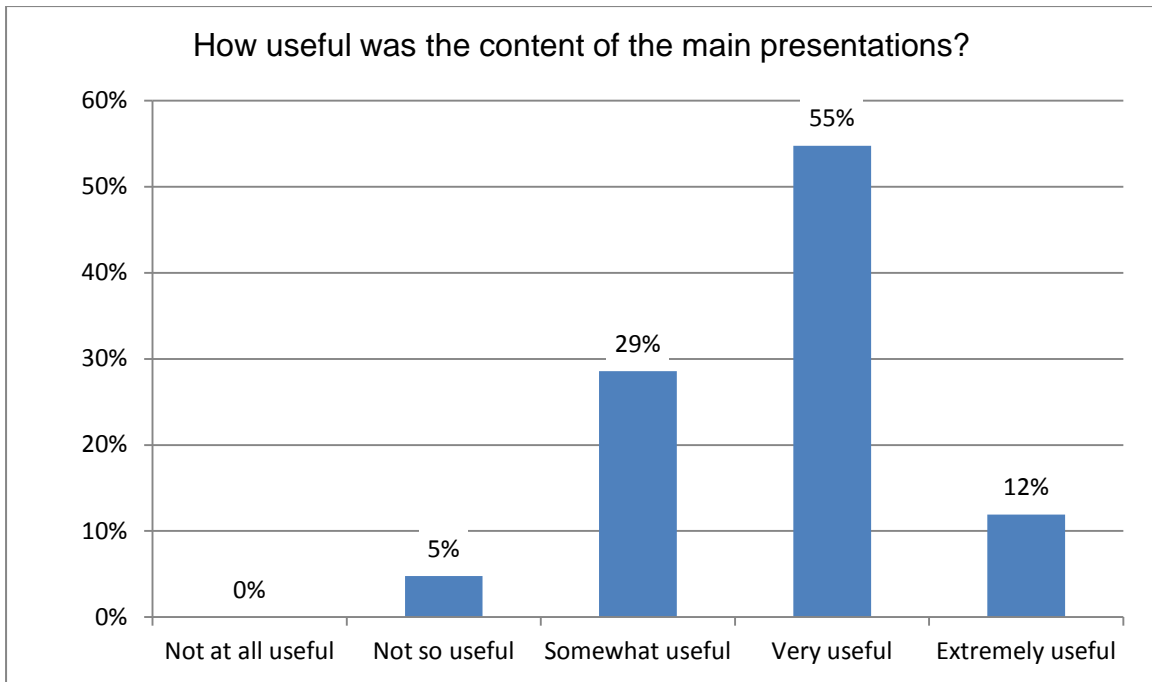
At this point, delegates were also asked if there were any comments they would like to make on the presentations. 9 responders provided comments. The majority of comments (7) were positive, providing feedback on informative presentations and evidence based approaches. Two examples are provided below.

“Mentor presentation extremely helpful for clarifying what does and doesn't work. Very useful to know some approaches that seem like common sense such as Police or ex drug users doing drug education just aren't effective. Why do we continue to do this in Highland?”

“All presentations were of ideal time scale, short, sharp and very informative.”

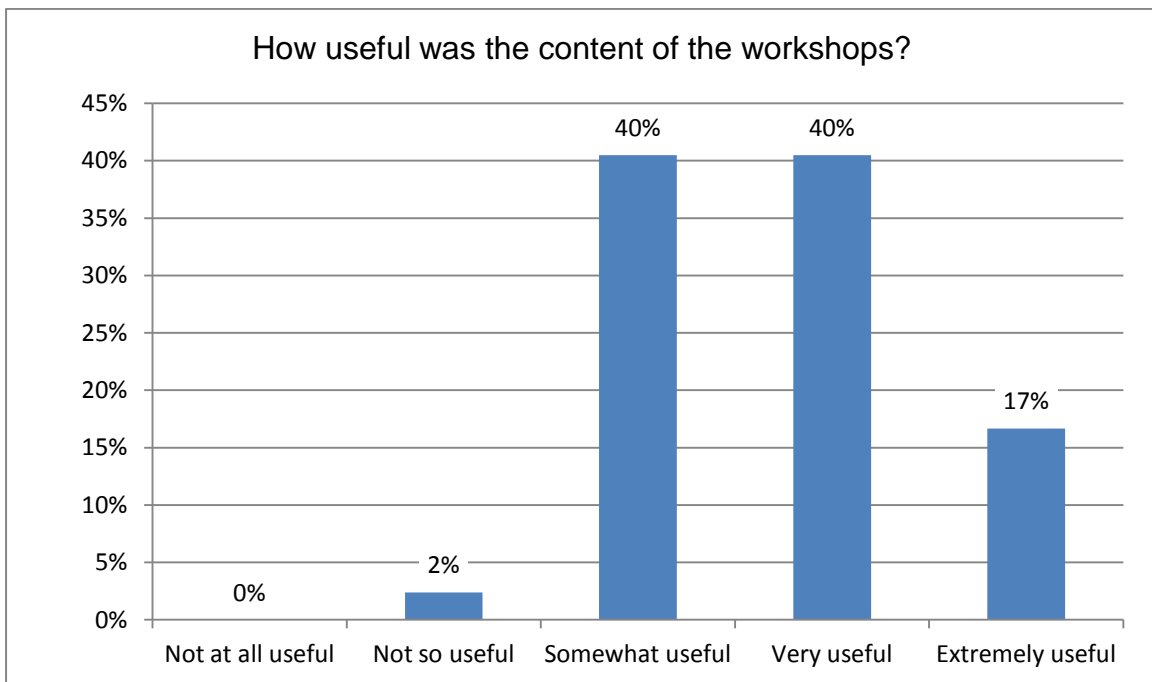
Two comments were somewhat negative, with a lack of detail for one responder, and another unsure how various inputs could complement each other.

Figure 2: How useful was the content of the main presentations?



Question 3. Delegates were asked how useful the content of the workshops was to them. All 42 respondents answered this question, as shown in Figure 3.

Figure 3: How useful was the content of the workshops?



The majority of respondents found the workshops very or extremely useful. At this stage, delegates were asked for comments regarding the workshops, with 16 responding. The majority of responses were complementary of the content and presentation of the workshops, as shown below in the responses.

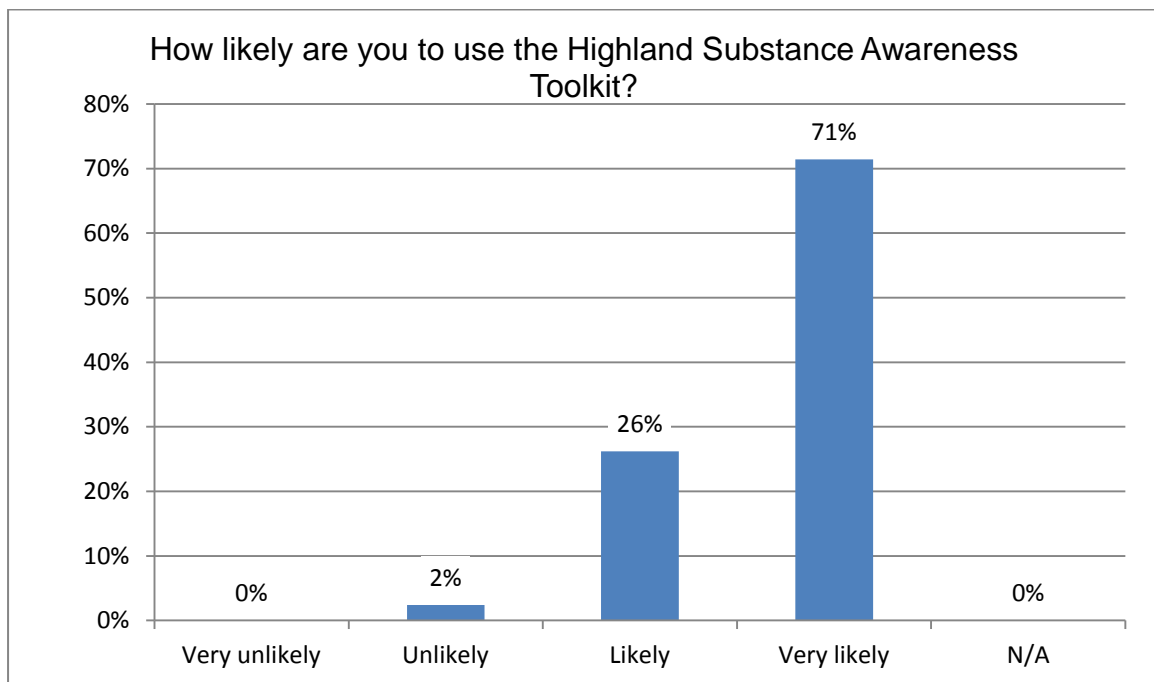
“The work shops were useful in bringing the tool kit to life (how a lesson plan would work in practice)”

“The content of the sessions were practical, the length was snappy and concise which I liked. Practical learning. “

There was some feeling presented that one of the workshops provided a somewhat unbalanced view of a particular approach, however others valued this workshop.

Question 4. All 42 respondents answered the next question, regarding their likelihood of using the H-SAT, as shown below in Figure 4.

Figure 4: How likely are you to use the Highland Substance Awareness Toolkit?

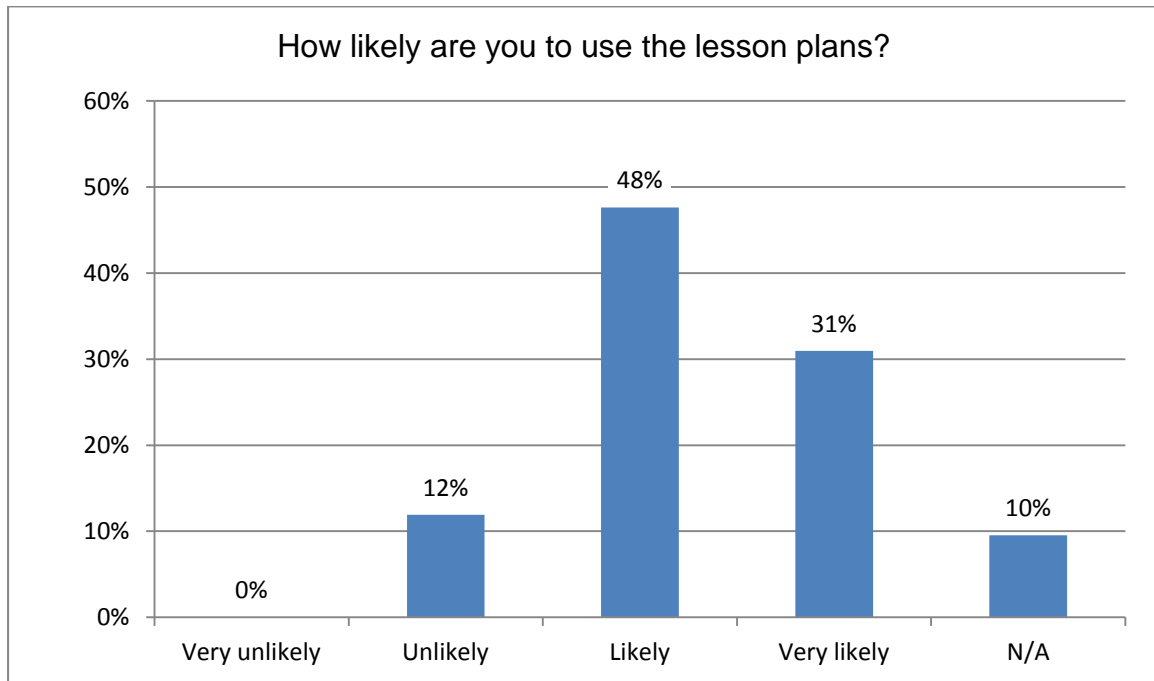


Almost all responders are likely or very likely to use the toolkit.

Question 5. Delegates were then asked about their likelihood of using the lesson plans. All respondents asked this question, as shown in Figure 5.

The majority of respondents were likely or very likely to use the lesson plans, with use of the lesson plans not being applicable to the minority of respondents.

Figure 5: How likely are you to use the lesson plans?



Question 6. Next, delegates were asked about the most interesting or helpful aspects of the event. 30 responders answered this free text question. The most frequent response was the workshop which focused on the HSAT (12), followed by the lesson plan showcase workshop (9), as expressed in the responses below.

“The walk round the toolkit was particularly helpful”

“I found the lesson plans interesting as it was good to see how others deliver and get some ideas of how to deliver.”

Question 7. Then delegates were asked what they liked least, or could be improved for future events. 17 responders answered this free text question. Although there were no strong themes which emerged from this feedback, some responders suggested having more time in the event (5), and others provided potential improvements for one of the workshops (4).

Question 8. Finally, delegates were asked if they had any other comments or suggestions. 15 respondents answered this free text question. The majority of the responses (14) were providing positive feedback of the event. The comment below summaries this theme well:

“Fantastic event that was very well organised, extremely interesting and very useful for improving practice. Fantastic resource for improving the quality of alcohol and drug education in schools and the community. Well done.”