


32ND ANNUAL NATIONAL LEADERSHIP
FORUM
& SAMHSA'S 18TH PREVENTION DAY


Every Day **CADCA** Trains:
PREVENTION TODAY FOR A SAFER TOMORROW

RESEARCH DURING COVID: MENTAL HEALTH, DISPARITIES, AND SCHOOL



ALLIANCE
OF COALITIONS
for Healthy Communities

Presented by:
Dr. Darren Lubbers PhD
&
Mary Ann Vergith



IBH
ANALYTICS

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Alliance of Coalitions for Healthy Communities

Who We Are

- Established: 2003
- Mission: Through substance abuse prevention, mental and physical wellness, and recovery support programs, the Alliance connects, strengthens, and mobilizes strategic partners to promote healthier communities
- Core Values:
As stewards of community trust, we believe in:
Collaboration
Prevention
Results




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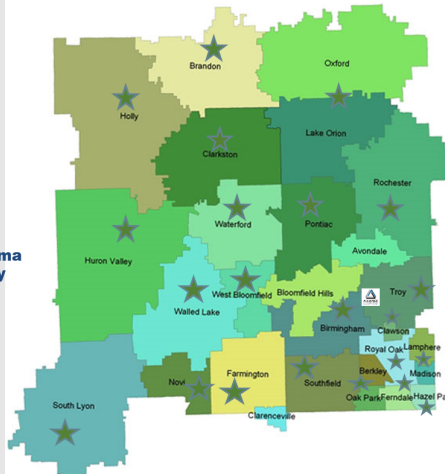
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Oakland County School Districts




Oakland County Coverage

- ★ 22 Prevention Coalitions
- 5 Shatter the Stigma Family & Recovery Support Groups
- Save A Life FREE Community Narcan Trainings (as of Mid March 2020)
- Virtual Trainings (as of April 1, 2020)

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Substance Misuse & Perception Examples

4. During the past 30 days did YOU...		
	Yes	No
Drink one or more drinks of an alcoholic beverage?	<input type="checkbox"/>	<input type="checkbox"/>
Have 4 or more drinks of alcohol in a row (if you are female) or 5 or more drinks of alcohol in a row (if you are male), that is, within a couple of hours?	<input type="checkbox"/>	<input type="checkbox"/>
Smoke part or all of a cigarette?	<input type="checkbox"/>	<input type="checkbox"/>
Use marijuana?	<input type="checkbox"/>	<input type="checkbox"/>
Use prescription drugs not prescribed to you?	<input type="checkbox"/>	<input type="checkbox"/>
Use an electronic vapor product?	<input type="checkbox"/>	<input type="checkbox"/>
Vape an e-liquid with nicotine in it?	<input type="checkbox"/>	<input type="checkbox"/>
Vape an e-liquid with THC (marijuana) in it?	<input type="checkbox"/>	<input type="checkbox"/>
Vape an e-liquid with flavor only (no nicotine or THC)?	<input type="checkbox"/>	<input type="checkbox"/>

5. During the past 30 days, do you think your friends...		
	Yes	No
Drank one or more drinks of an alcoholic beverage?	<input type="checkbox"/>	<input type="checkbox"/>
Have 4 or more drinks of alcohol in a row (if they are female) or 5 or more drinks of alcohol in a row (if they are male), that is, within a couple of hours?	<input type="checkbox"/>	<input type="checkbox"/>
Smoked part or all of a cigarette?	<input type="checkbox"/>	<input type="checkbox"/>
Used marijuana?	<input type="checkbox"/>	<input type="checkbox"/>
Used prescription drugs not prescribed to them?	<input type="checkbox"/>	<input type="checkbox"/>
Vaped an e-liquid with nicotine in it?	<input type="checkbox"/>	<input type="checkbox"/>
Vaped an e-liquid with THC (marijuana) in it?	<input type="checkbox"/>	<input type="checkbox"/>
Vaped an e-liquid with flavor only (no nicotine or THC)?	<input type="checkbox"/>	<input type="checkbox"/>

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We work with coalitions and their local community partners to provide data driven solutions to help you prioritize, implement, and measure your prevention strategies.

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Presentation Overview

- ✓ The importance and complexity of conducting a large-scale survey in multiple school districts during the COVID 19 pandemic and the strategies utilized to obtain participation with 5,000 students.
- ✓ Learn about how difficult the school year was for teens during the pandemic and the relationship between mental health and academic difficulties.
- ✓ Utilize survey data to examine disparities
- ✓ Utilize survey data and top influences to inform environmental strategies and programming.

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SURVEY DESIGN & IMPLEMENTATION

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Survey Development Process


Outlined Survey Objectives

1. **To gather additional vaping data**
 - Current survey used did not capture additional information on youth ENDS use outside of past 30-days.
2. **Assess impact of COVID-19 on school and mental health for youth**
 - Clearly a unique point in time, there was a lot of anecdotal evidence but felt the focus was not on the youth but other areas.
3. **Gather four core measures**
 - Necessary for a grant.
4. **Assess teens confidence to resist and presence of others**
 - Important factors in understanding additional risk and protective factors.

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Survey Development Process

- **Length & Number of Questions**
 - Brief survey to make it more approachable based on the point in time we wanted to administer it.
- **Target Population**
 - 7th, 9th, & 11th grade students
- **Administration method**
 - Anonymous Online survey



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Survey Areas

Substance misuse & perceptions

Perception of risk

Parental disapproval

Friend disapproval

Access


Mental health

Confidence

Presence of others

COVID-19 + School

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Perception of Risk

7. How much do you think people risk harming themselves (physically or in other ways) if they...

	No risk	Slight risk	Moderate risk	Great risk	Can't say, drug unfamiliar
Take one or two drinks of an alcoholic beverage nearly every day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have five or more drinks of an alcoholic beverage once or twice a weekend?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoke one or more packs of cigarettes per day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoke/use marijuana once or twice a week?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use prescription drugs that are not prescribed to them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vape an e-liquid with nicotine occasionally?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vape an e-liquid with nicotine regularly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vape an e-liquid with THC (marijuana) occasionally?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vape an e-liquid with THC (marijuana) regularly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Mental Health


12. During the past 30 days how often have you...

	Never	Some of the time	Most of the time	All of the time
Had less fun doing things than you used to?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Felt sad or depressed for several hours?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Felt more irritated or easily annoyed than usual?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Felt angry or lost your temper?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Felt nervous, anxious, or scared?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

13. During the past 12 months, did you...

	Yes	No
Ever seriously consider attempting suicide?	<input type="checkbox"/>	<input type="checkbox"/>
Make a plan about how you would attempt suicide?	<input type="checkbox"/>	<input type="checkbox"/>
Actually attempt suicide?	<input type="checkbox"/>	<input type="checkbox"/>

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14. How confident are you in your ability to resist each of the following when you are hanging out with your friends?

	Not at all confident	Slightly confident	Somewhat confident	Moderately confident	Very confident
Alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cigarettes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Marijuana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vape or use e-cigarettes with nicotine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vape or use e-cigarettes with THC (marijuana)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

15. How often are you in the presence of others who...

	Never	Rarely	Sometimes	Often	Always
Drink alcohol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoke cigarettes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use marijuana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vape or use e-cigarettes with nicotine?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vape or use e-cigarettes with THC (marijuana)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

16. If you ever found yourself needing help related to stress, anxiety and/or depression you are feeling, who would be the person you would most likely go to? (Check all that apply.)

☐ Coach
☐ Doctor
☐ Don't know

☐ Parent
☐ Sibling
☐ No one

☐ Teacher
☐ School counselor
☐ Other _____

☐ Friend
☐ Religious leader

Confidence + Presence of Others

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Beginning in early 2020, the United States, along with the rest of the world, experienced the coronavirus disease (COVID-19) pandemic. As part of the response to this pandemic, schools and businesses were closed and people were required to stay at home. Depending on where you live, your experience with the pandemic might still be going on now, or your community and your school might be somewhat back to normal. The next 12 questions ask about your experiences during this time, whether in the past or continuing now.

COVID

17. During the COVID-19 pandemic, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)
☐ Never
☐ Rarely
☐ Sometimes
☐ Most of the time
☐ Always

18. Do you agree or disagree that doing your schoolwork was more difficult during the COVID-19 pandemic than before the pandemic started?
☐ Strongly agree ☐ Agree ☐ Not sure ☐ Disagree ☐ Strongly disagree

19. Do you agree or disagree that you drank more alcohol during the COVID-19 pandemic than before it started?
☐ Strongly agree ☐ Agree ☐ Not sure ☐ Disagree ☐ Strongly disagree

20. Do you agree or disagree that you used drugs more during the COVID-19 pandemic than before it started? (Count using marijuana, synthetic marijuana, cocaine, prescription pain medicine without a doctor's prescription, and other illegal drugs.)
☐ Strongly agree ☐ Agree ☐ Not sure ☐ Disagree ☐ Strongly disagree

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Survey Implementation Planning

- Get buy-in from the 21 coalitions working with their school districts for participation.
- Networking presentation to outline the survey and administration methods to the group.
- Materials provided such as parent letter, administration packet, one-on-one meetings etc.

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Sampling methodology: 2 options

1
Option 1: Base Option
Single classrooms

2
Option 2: Enhanced
School district census

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Option 1: Base Option – Single Classrooms

1 classroom per grade level from each school district your coalition serves.

Details

- Free to select any classroom from the grade levels requested.
- Grade levels are 7th, 9th, and 11th.
- Classroom = single class period of approximately 20 – 30 students.

Recommendation

If possible, try and select classrooms where any student for the given grade level could be in. This will allow for a more representative sample and accurate picture of the trends throughout the county.

- Example: All 9th grade students must take U.S. History, so we select a 9th grade U.S. History.

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Option 2: Coalition (School District) Census

Trying our best to survey every eligible 7th, 9th, and 11th grade student.

School district/coalition will receive their own community level reports if census sampling is completed.

Details

- Census sampling model, meaning we are trying to survey every eligible 7th, 9th, and 11th grade student within the school district. The higher response rate, the more accurate the data will be. A 70% response rate per grade is required.
- The coalition is to provide the total number of students in each grade (7th, 9th, and 11th) within the school district to IBH.

Recommendation

When working with the school to select classes during which the survey can be administered it is best to request a class all students in each grade level must attend regardless of ability.

- Example: all 9th grade students must take U.S. History, so the survey will be completed in all U.S. History classes).

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Key Takeaways

- ✓ Coalition directors did a great job collaborating with the schools. "Relationships are Important"
- ✓ Flexibility
 - ★ When the surveys could be taken
 - ★ Window for administration
 - ★ Persistence
 - ★ Sampling options & own report
 - ★ DFC 4 Core Measure and PFS Data

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RESULTS

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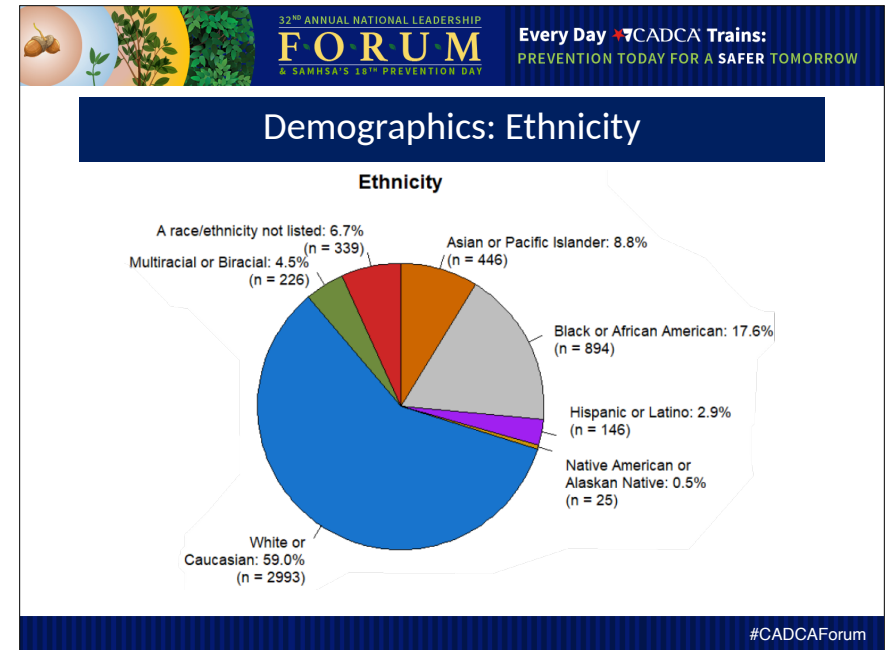
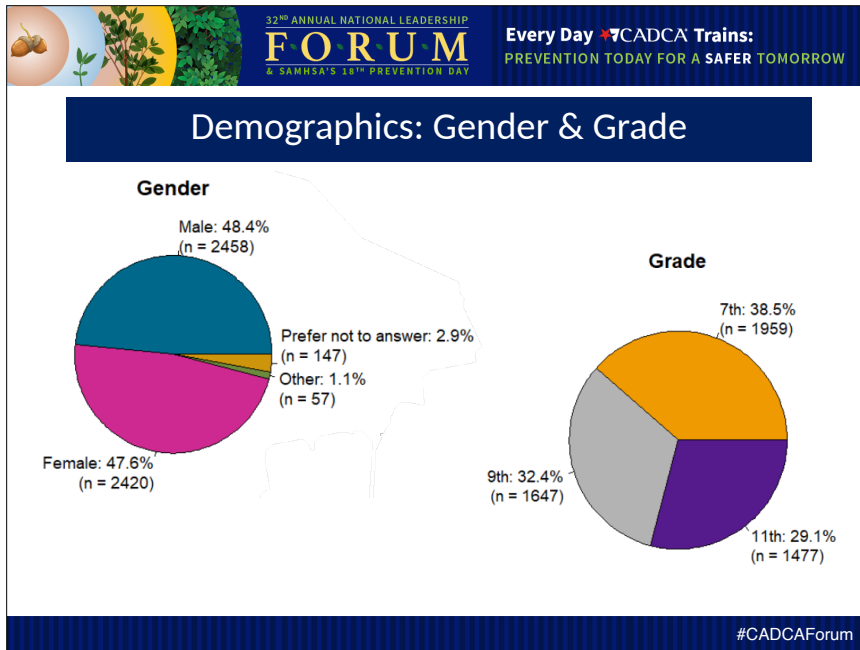
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Data Collection & Participation

- Data collected from March through June 2021 via Survey Monkey.
- Over 7,000 7th – 12th grade students participated from 34 schools across 14 school districts.
- Our focus was on 7th, 9th, 11th grade students for trending reasons, so the data presented focuses on the 5,083 7th, 9th, and 11th grade students who participated.
- For each question, those that did not answer were excluded, then percentages were calculated.

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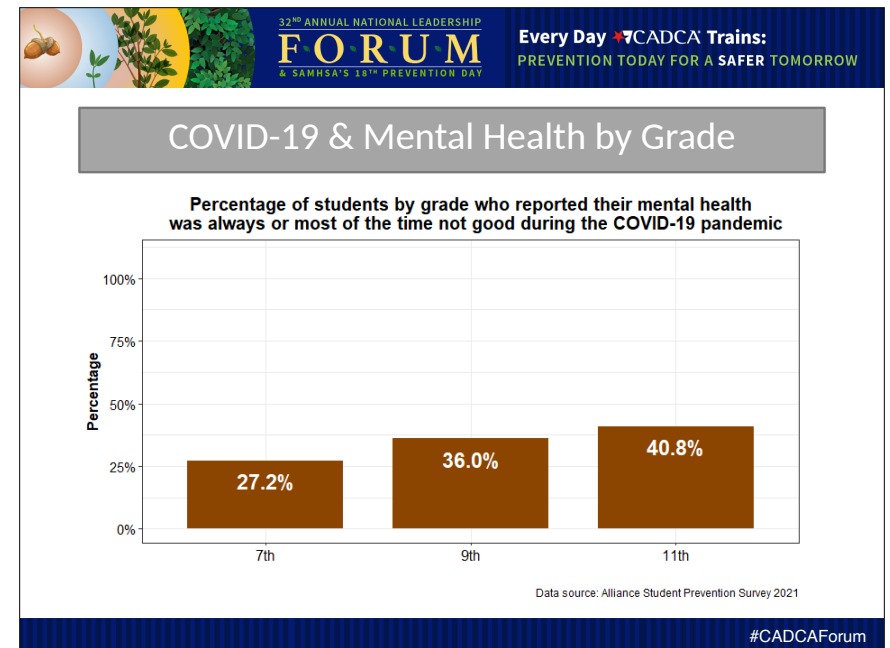
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COVID-19

Questions comes from the 2021 Adolescent Behaviors and Experiences Survey

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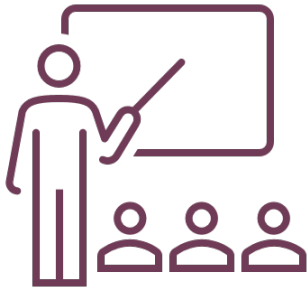


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Schoolwork During COVID-19

66% of students agreed their schoolwork was more difficult during the COVID-19 pandemic than before.



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Mental Health

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AT LEAST SOME OF THE TIME IN THE PAST 30 DAYS...

-  58% felt sad or depressed for several hours.
-  66% felt angry or lost their temper.
-  69% felt nervous, anxious, or scared.
-  71% had less fun doing things than they used to.
-  78% felt more irritated or easily annoyed than usual.

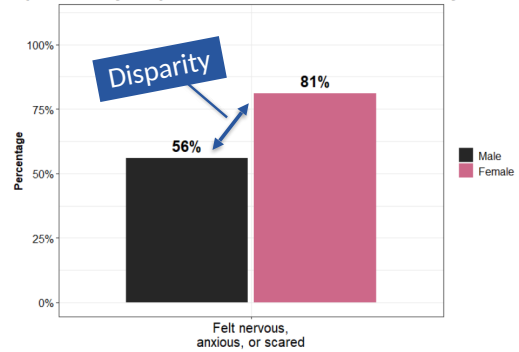
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Gender Disparities: Female & Male

Percentage of students by gender who during the past 30 days report at least some of the time they...

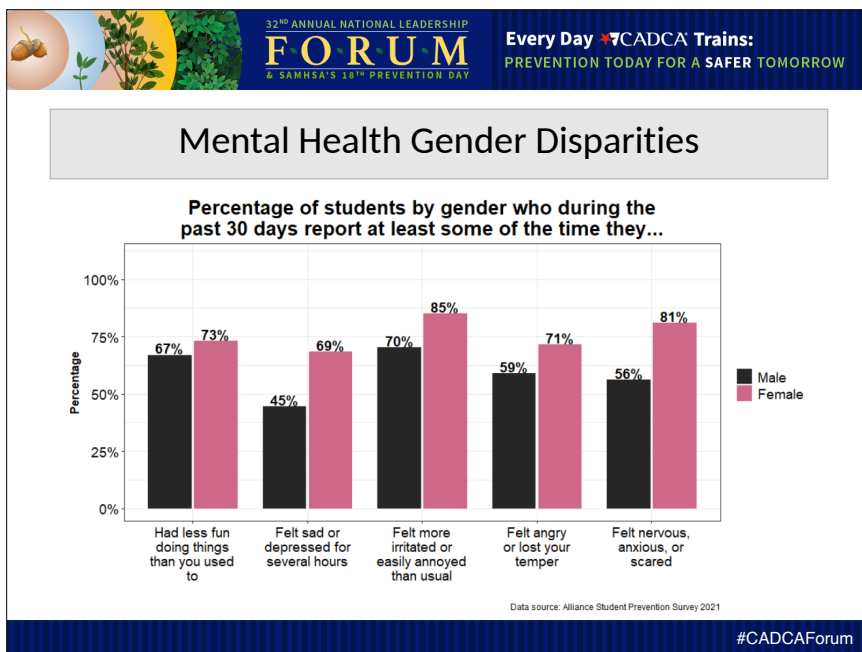


Gender	Percentage
Male	56%
Female	81%

Felt nervous, anxious, or scared

Data source: Alliance Student Prevention Survey 2021

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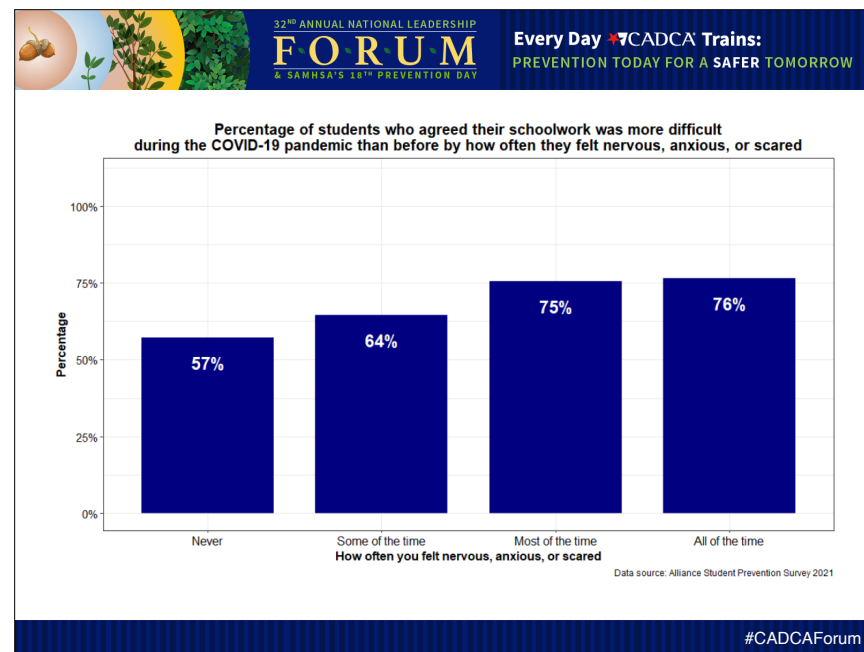
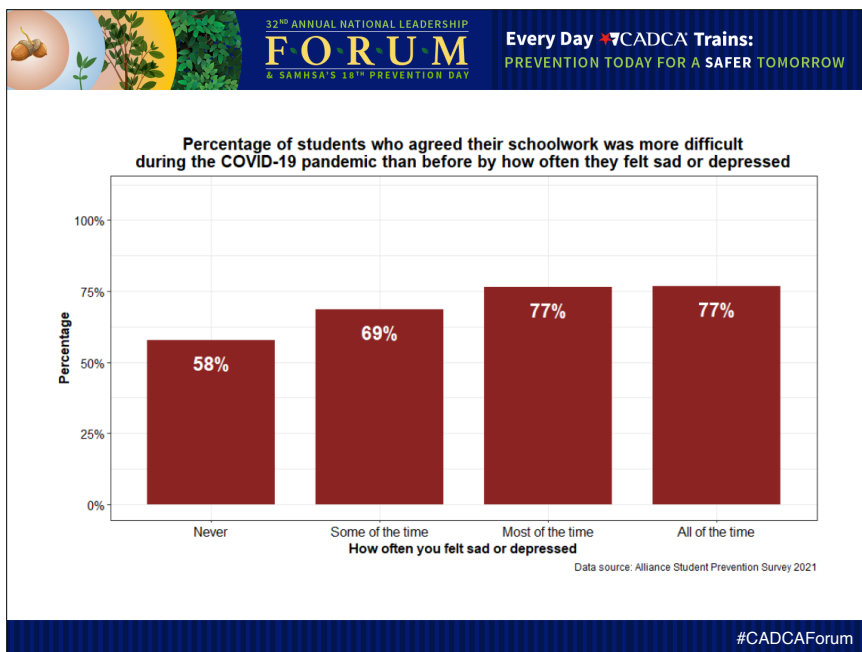


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Examining Mental Health + Schoolwork

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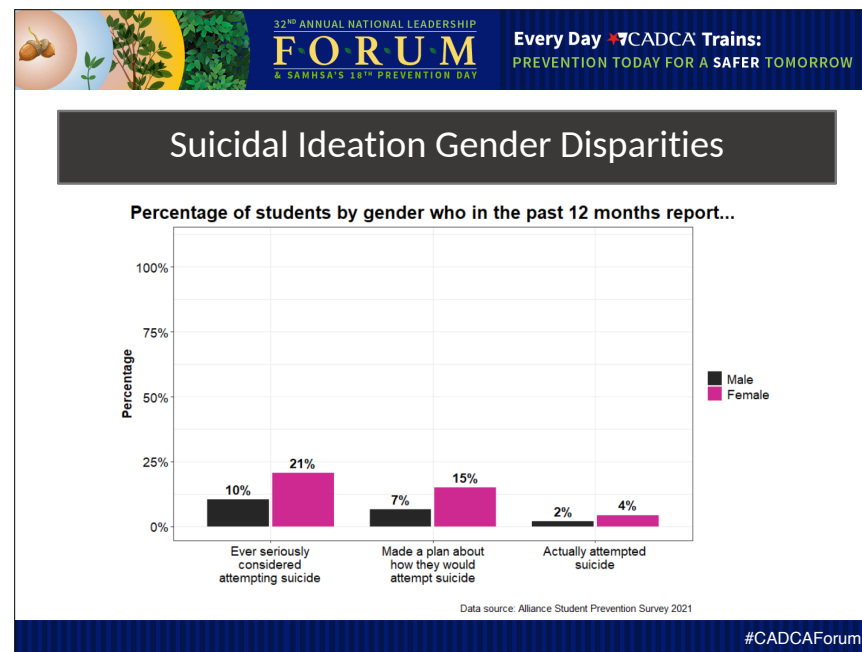
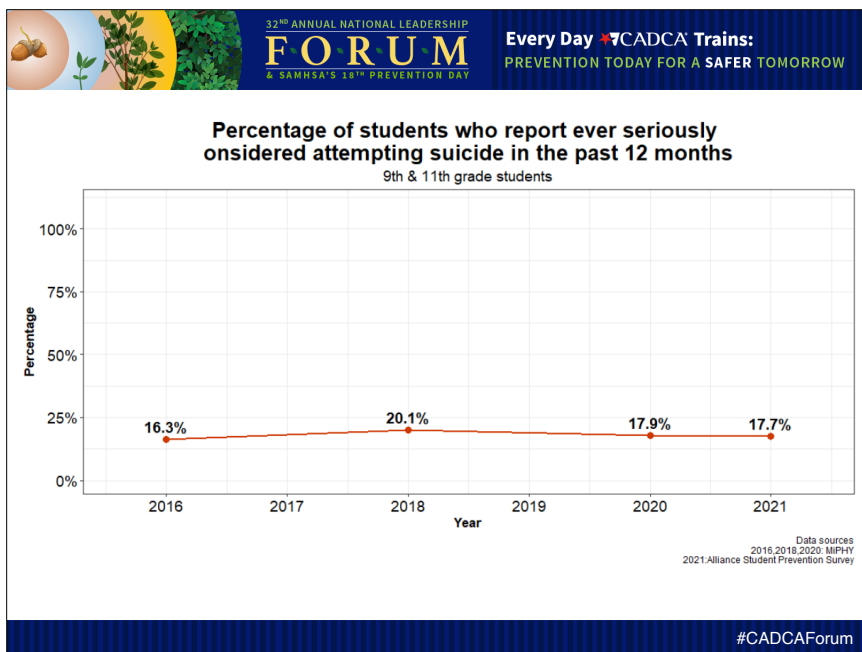
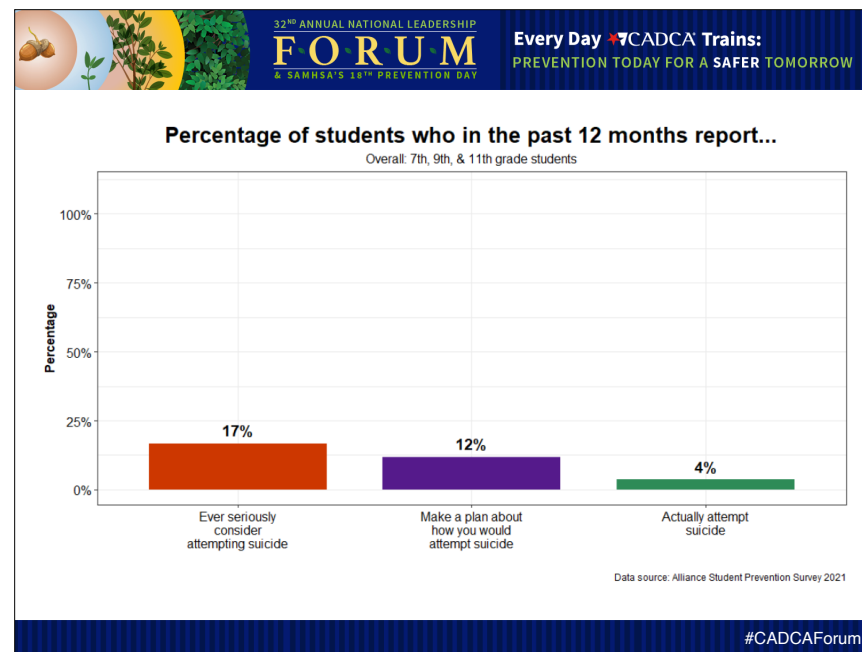


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Suicidal Ideation

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COMMUNITY RISK FACTORS

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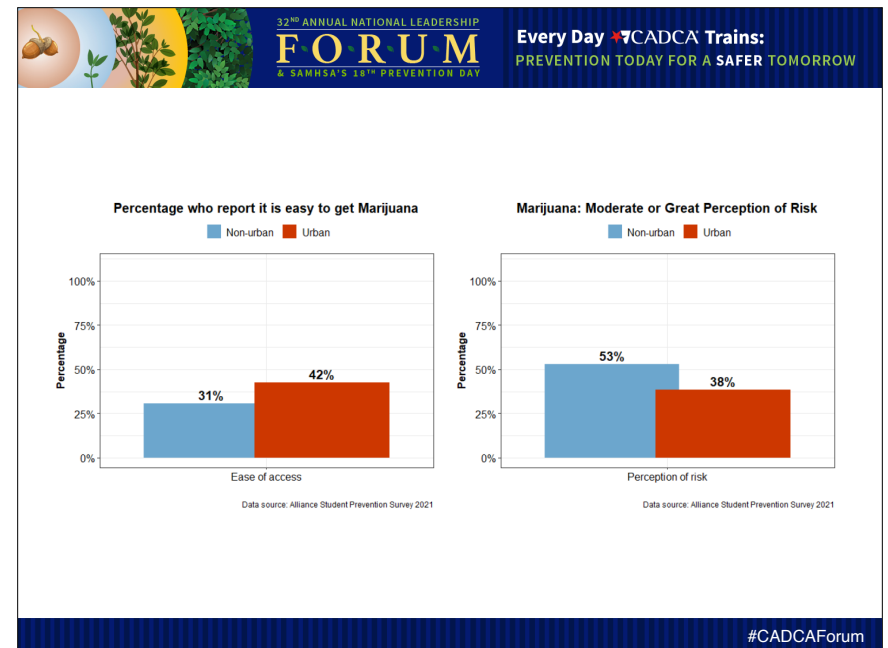
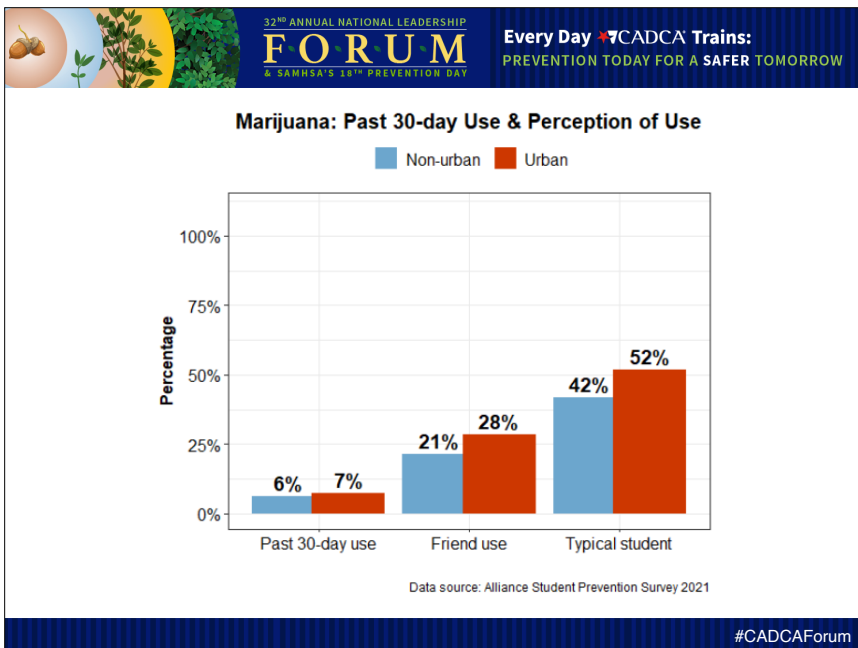
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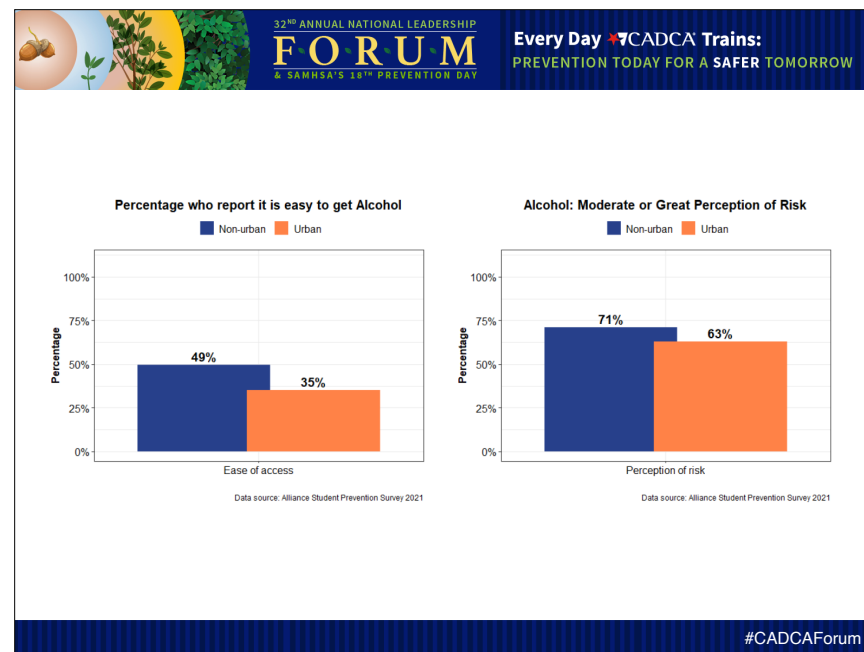
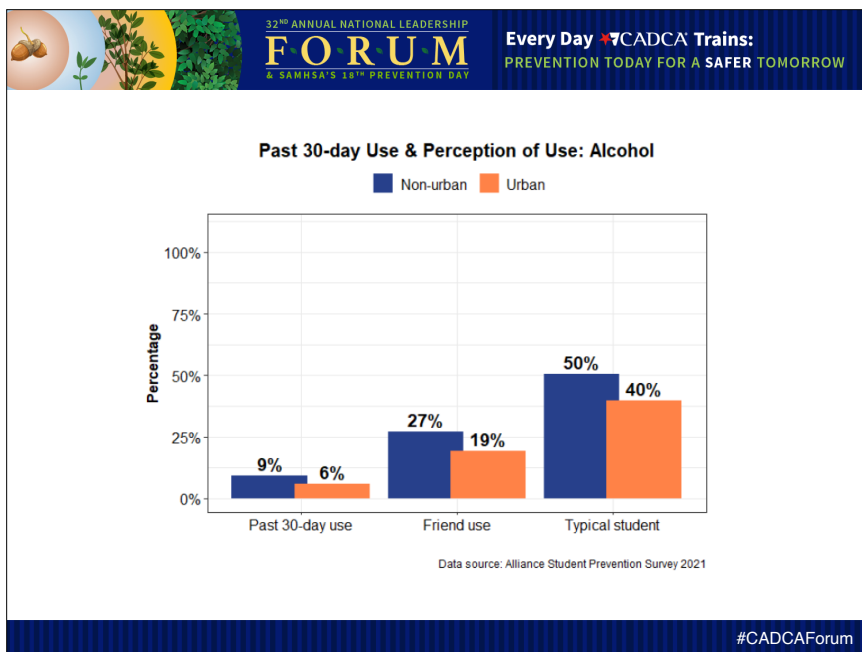
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Understanding Community Differences

- Prioritize environmental strategies and prevention programming based on the data.
- Each community is unique.
- Risk and protective factors vary by community.

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TOP INFLUENCES FOR PAST 30-DAY USE

Aligning top influences with
strategies & programming

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Top Influences on Teen Substance Misuse

<u>Marijuana</u>	<u>Alcohol</u>	<u>Vaping Nicotine</u>
1. Perception of friend past 30-day marijuana use	1. Perception of friend past 30-day alcohol use	1. Perception of friend past 30-day vaping nicotine use
2. Ease of Access	2. Parental Disapproval	2. Confidence to Resist
3. Friend Disapproval	3. Presence of Others	3. Presence of Others
4. Parental Disapproval	4. Suicidal Ideation	4. Suicidal Ideation
5. Confidence to Resist	5. Confidence to Resist	5. Mental Health During COVID-19
6. Suicidal Ideation		6. Past 30-days felt angry or lost your temper
7. Gender		

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Program Description


ReNEWed provides tools for dealing with stress, anxiety, and other difficult feelings. It is done through 4 sessions, each with its own focus.

Session 1: Just Breathe!
Session 2: Emotions & Mindful Coping
Session 3: Healthy relationships
Session 4: Social Media Mindfulness


Top Influences Addressed


1. Perception of friend past 30-day use.
2. Friend Disapproval
3. Confidence to Resist
4. Suicidal Ideation
5. Mental Health During COVID-19
6. Past 30-days felt angry or lost your temper


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85% learned a new way to practice mindfulness.




69% were somewhat to very confident in their ability to use healthy coping mechanisms when they are feeling sad.




89% learned new ways to set boundaries with friends.

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Hispanic Disparity

SUMMER CAMP


Program Description

The Alliance partnered with CCSM to implement a virtual summer camp for Hispanic youth, ages 8 – 12. The Alliance taught classes based on its research-based ReNEWed program, which teaches youth how to utilize mindfulness to mitigate stress and anxiety. It also helps students navigate such things as healthy friendships, bullying and social media.


Top Influences Addressed

1. Perception of friend past 30-day use.
2. Friend Disapproval
3. Confidence to Resist
4. Suicidal Ideation
5. Mental Health During COVID-19
6. Past 30-days felt angry or lost your temper


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SUMMER CAMP



67% reported feeling very confident in their ability to resist vaping when around their friends or someone else who is vaping.



82% disagree that drinking alcohol makes them popular at school.



91% know if someone offers them any type of drug, tobacco, or alcohol they can just say "no" and walk away.

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GIRLS EMPOWERED

Female Disparity

Program Description

Created for teen girls in the 6th-8th grade. The goal of this program is to reduce underage drinking in teen girls by addressing risk and protective factors. The four-week curriculum empowers teen girls with information and skills to make healthy life choices.

Top Influences Addressed

1. Perception of friend past 30-day use
2. Friend Disapproval
3. Gender
4. Presence of Others
5. Suicidal Ideation
6. Confidence to Resist
7. Mental Health During COVID-19
8. Past 30-days felt angry or lost your temper

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GIRLS EMPOWERED

66% of girls stated they were never or rarely in the presence of others who drink alcohol.

82% of girls stated they were very confident in their ability to resist alcohol when they are hanging out with their friends.

82% of girls stated it would be very easy to refuse alcohol if someone offered.

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KEEP THEM SAFE, KEEP THEM HEALTHY!

Program Description

The Keep Them Safe, Keep Them Healthy presentation is an in-school and online experience for students to hear compelling testimonies of young adults who have experienced addiction and the challenges they have faced. Students learn the harmful effects of poor decision making and how quickly all forms of substance misuse can spiral out of control.

SCHOOL AND COMMUNITY PROGRAMS

Top Influences Addressed

1. Perception of Risk

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KEEP THEM SAFE, KEEP THEM HEALTHY

81% disagree with the statement "Nothing wrong with people under 21 drinking alcohol."

90% report there is a moderate or great risk to using e-cigarettes or vapes once or twice a week.

84% report there is a moderate or great risk to smoking marijuana one or twice a week.

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ALIGNING TOP INFLUENCES WITH ENVIRONMENTAL STRATEGIES

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BILLBOARDS

Vaping. Know The Risks.

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Social Media: Number of Engagements per Month

Engagements

Total Number of Monthly Engagements

Total Number of Social Media Engagements by Month

Month	Engagements
Dec-20	476
Jan-21	246
Feb-21	735
Mar-21	605
Apr-21	447
May-21	866
Jun-21	446
Jul-21	320
Aug-21	821
Sep-21	549
Oct-21	393
Nov-21	345

The total number of monthly engagements decreased from October 2021 to November 2021. Twitter saw an increase while Facebook and Instagram saw a decrease in the number of engagements (Facebook decreased by 68, Twitter increased by 32, and Instagram decreased by 12). Facebook and Instagram continue to be the primary engagement drivers. Engagement and number of posts have a known relationship.

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Evaluating Social Media Success

Engagement Type Mix by Platform - July 2021

Facebook

Twitter

Less involved engagements (i.e. reactions/likes) account for the majority of engagements for Facebook and Twitter, while the most involved engagements (i.e. comments/replies) account for the least.

24% of Facebook's and 42% of Twitter's engagements were shares or retweets, which can be beneficial when trying to increase reach.

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Social Media Posts: Parental Disapproval

Alliance of Coalitions for Healthy Communities
November 29 · 🌐

Don't be afraid to start the conversation. Parent talks are important. Here is an amazing resource to assist: <https://talksooner.org/>

Alliance of Coalitions for Healthy Communities
October 14 · 🌐

The National Institute on Alcohol Abuse and Alcoholism states, "teens who get alcohol from parents drink more often, more heavily, and have more issues related to alcohol." This homecoming season, protect your child's health and remember buying alcohol for a minor is illegal.

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Social Media Posts: Ease of Access

Alliance of Coalitions for Healthy Communities
November 18 · 🌐

With the holidays coming up, and students spending more time at home, be sure to secure your alcohol, marijuana and prescription medications to keep everyone safe! #staysafe #stayhealthy #bethesolution #lockitup

Alliance of Coalitions for Healthy Communities
Oakland Community Health Network

Federal, State and/or County funding has been awarded through the Oakland Community Health Network. Call 414-224-6666 for more information on support project loans.

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Social Media Post: Mental Health

Alliance of Coalitions for Healthy Communities
December 27 at 1:01 PM · 🌐

Your emotional health is key to a happy and healthy life! Learn more about how to improve your well-being here: <http://ow.ly/LzmAS0GVHw0>

Alliance of Coalitions for Healthy Communities

WAYS TO RESPOND IF YOUR MENTAL HEALTH IS NEGATIVELY IMPACTED BY SOCIAL MEDIA

- Do not bring phones/tablets to bed
- Disable notifications and delete certain apps off phone
- Turn off phone at certain times of the day
- Limit the amount of time you check your phone

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Social Media Post: Perception of Use

PEEPS

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THANK YOU!

Questions?



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