

Prescription and Over-the-Counter Drug Abuse



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Prepared for Community Service Programs, Inc.
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EVALCORP
Research & Consulting

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I. Introduction

Funded by the County of Orange Health Care Agency's Alcohol and Drug Education Prevention Team (ADEPT), Community Service Programs, Inc. (CSP) Project Positive Action Toward Health (PATH) is a non-profit community-based alcohol, tobacco, and other drug (ATOD) prevention and education program. This initiative serves Orange County with a mission of creating safe and healthy communities by raising awareness and educating communities about the problems associated with prescription and over-the-counter (Rx/OTC) drug abuse by youth through education, training, and technical assistance. The project achieves its mission by: incorporating prescription and over-the-counter drug abuse education and prevention strategies in schools, colleges/universities, faith- and community-based organizations, community groups, health-based organizations, and retail establishments; creating working partnerships to address prescription and over-the-counter drug abuse; and collaborating with local law enforcement to develop prevention campaigns based on prescription and over-the-counter drug abuse data.

As part of the Rx/OTC Drug Abuse initiative, Project PATH offers free trainings and education on the prevalence and consequences of Rx/OTC drug abuse. Additionally, PATH offers educational presentations and brochures free of charge on topics such as: club drugs, methamphetamine and other drugs, alcohol use, media literacy, and youth development.

Targeting the Cities of Fullerton, Mission Viejo, Newport Beach, and Orange, the Project PATH Rx/OTC Drug Abuse initiative provided education about the prevalence and adverse consequences of prescription and over-the-counter drug abuse among Orange County youth (ages 12-17). In each of the targeted cities during the 09-10 fiscal year, Project PATH staff implemented a campaign to increase adult's awareness of the problem of Rx/OTC drug abuse; provided educational workshops to adults about the prevalence and adverse consequences of Rx/OTC abuse among youth; provided educational workshops to youth that Rx/OTC drugs are not safer than street drugs and the consequences of Rx/OTC abuse; and provided educational workshops to increase knowledge among health professionals about ways to reduce Rx/OTC drug abuse.

II. Evaluation Methods

CSP Project PATH contracted with an independent consulting firm, EVALCORP Research & Consulting, to create an evaluation framework for and conduct an overall evaluation of the six performance objectives and two performance measures that were established by ADEPT for the Rx/OTC initiative to accomplish during the 09-10 fiscal year. The six performance objectives were to: (1) increase the awareness of at least 25% of the adults surveyed in each of the four selected cities of the problem of Rx/OTC drug abuse among Orange County youth; (2) provide education to a minimum of 100 adults within each of the four selected cities, 70% of whom will demonstrate increased knowledge of the prevalence of Rx/OTC drug abuse; (3) provide education to a minimum of 100 adults within each of the four selected cities, 70% of whom will demonstrate increased knowledge of the adverse consequences of Rx/OTC drug abuse among youth; (4) provide education to a minimum of 200 youth within each of the four selected cities, 70% of whom will demonstrate increased knowledge of the adverse consequences of Rx/OTC drugs are NOT safer than street drugs; (5) provide education to a minimum of 200 youth within each of the four selected cities, 70% of whom will demonstrate increased knowledge of the adverse consequences of Rx/OTC drug abuse; and, (6) across the four selected cities in aggregate, provide education to a minimum of 160 health professionals, 70% of whom will demonstrate increased knowledge of methods to reduce Rx/OTC drug abuse.

The two performance measures for the Rx/OTC Drug Abuse initiative were to: (1) within each of the four selected cities, conduct a minimum of 3 educational workshops on the problem of Rx/OTC drug abuse among

youth for parents, school and other youth-serving personnel; and, (2) across the four selected cities in aggregate, conduct 4 town hall meetings with a total of 100 community members attending, to increase public awareness of the prevalence and consequences of Rx/OTC drug abuse among youth.

As a means of determining whether Project PATH attained its goals, the following primary research questions guided the evaluation:

- 1) To what extent did the Rx/OTC Drug Abuse initiative achieve its proposed performance objectives?
- 2) What, if any, challenges or barriers were encountered during the project's implementation? If so, how were they overcome?
- 3) What were the primary lessons learned and what are recommendations for similar initiatives in the future?

The evaluation framework was participatory and included input from project staff and other key stakeholders throughout the data collection and evaluation process. For instance, EVALCORP worked collaboratively with Project PATH to develop all data collection tools to support the evaluation. Project PATH staff was responsible for data collection (e.g. survey administration, tracking mechanisms, etc.) and related activities. The evaluators provided ongoing evaluation related technical assistance and conducted all statistical/data analyses. The evaluators also conducted staff interviews to gain insight for interpreting findings and information on the challenges and lessons learned throughout the project's implementation. In addition, EVALCORP reviewed and analyzed all project documents, training and presentation slides, media campaign advertisements and marketing materials, and tracking tools provided by Project PATH staff to determine whether the performance objectives and performance measures were met.

III. Progress Made Towards Objectives and Measures

As discussed above, the Rx/OTC initiative had six performance objectives and two performance measures during the 09-10 fiscal year. This section evaluates the extent to which PATH achieved these objectives. This section evaluates the extent to which Project PATH achieved each of its performance objectives for this initiative.

A. Performance Objective 1

- By June 30, 2010, at least 25% of adults surveyed within each of the four selected cities will report increased awareness of the problem of prescription and over-the-counter drug abuse among Orange County youth (ages 12-17).

To meet this performance objective, Project PATH developed and distributed various advertisements and marketing materials within each of the four targeted Cities of Fullerton, Mission Viejo, Newport Beach, and Orange in order to increase awareness about the problem of Rx/OTC drug abuse among Orange County youth. Additionally, Project PATH collaborated with a variety of organizations, including schools, colleges/universities, city governments, police departments, and newspapers/magazines to gain support for and promote the media campaign. Through these collaborations, Project PATH was able to distribute various types of marketing materials relating to Rx/OTC drug abuse that included: the "Myths" postcard and bookmark; articles and advertisements in local newspapers and magazines; and the "Good Meds: Bad Behaviors" advertisement displayed on bus shelters, billboards, flyers and postcards. Additionally, PATH used mass media outlets such as Facebook and television as a means to increase awareness about the prevalence and dangers of Rx/OTC drug abuse among a larger audience. Furthermore, Project PATH staff participated in several events, such as Fullerton National Night Out, Mission Viejo Walk Against Drugs, Newport Coast YMCA Halloween Fair, and the Recording

Artists, Actors and Athletes Against Drunk Driving (RADD) Rock ‘N Road drug awareness event at The Block in Orange, all of which provided opportunities to distribute marketing materials relating to the Rx/OTC media campaign.

Data Collection

To measure the impact of the media campaign on adults’ awareness of Rx/OTC problems among Orange County youth, project staff, in collaboration with the evaluation team, developed the Prescription and Over-the-Counter Drug Abuse Awareness Survey that was administered by project staff to adults within each of the four selected cities at various public locations. The Prescription and Over-the-Counter Drug Abuse Awareness Survey consisted of 2 multi-part questions asking respondents to describe their familiarity with newspaper/magazine articles or advertisements from the Rx/OTC drug abuse media campaign. If the respondents had seen the newspaper/magazine articles or advertisements mentioned, they were asked to complete follow-up questions asking where they had seen the articles or advertisement and how often they had seen them. Additionally, respondents were asked to rate their level of agreement or disagreement to a series of 4 statements about their awareness, knowledge and behavior related to Rx/OTC drug abuse as a result of the articles and advertisement mentioned in the survey, using a 4-point Likert scale: 1= strongly disagree; 2 = disagree; 3 = agree; and, 4 = strongly agree.

Between the months of November 2009 and March 2010, Project PATH staff administered the Prescription and Over-the-Counter Drug Abuse Awareness Survey to adults within each of the four targeted cities at numerous public locations including: colleges, committee meetings, town hall meetings, malls, Parent Teacher Association meetings, Safe Spring Break Health Fair, and a community center.

Data Collection Challenges

Project PATH encountered some difficulty reaching the target number of 125 survey respondents for each selected city. However, this obstacle was overcome through increased outreach to community organizations and by attending various community events allowing for greater access to community members in each city.

Data Analysis

Response frequencies were calculated for each survey item on the Prescription and Over-the-Counter Drug Abuse Survey by each of the four selected cities.

Findings from Prescription and Over-the-Counter Drugs Abuse Awareness Survey

Across the four selected Cities of Fullerton, Mission Viejo, Newport Beach, and Orange a total of 584 people were surveyed. Across the four targeted cities as an aggregate, an average of 64% of respondents have seen the advertisement, “Good Meds Bad Behavior,” and 56% of respondents have seen and/or read articles in local newspapers or magazines about prescription and over-the-counter drug abuse among youth in Orange County. As a result of the Rx/OTC articles and/or advertisement mentioned in the survey, 87% of respondents across the four selected cities agreed that they are more aware of the problems associated with prescription and over-the-counter drug abuse among youth in Orange County and 72% agreed that they are more aware of prescription and over-the-counter abuse in general responding either “agree” or “strongly agree.” Furthermore, 81% and 83% of respondents across all four cities respectively are more likely to recognize the signs and problems associated with prescription and over-the-counter drug abuse and to speak with others about prescription and over-the-counter drug abuse among Orange County youth as a result of the media campaign. Key findings from

the Prescription and Over-the-Counter Drugs Abuse Awareness Survey are discussed below for each of the four cities. The frequencies of responses to survey items in aggregate and by each selected city are provided in Appendix A.

Fullerton

A total of 151 adults were surveyed in the City of Fullerton between February and March 2010. When respondents were asked whether they have specifically seen the “Good Meds Bad Behavior” advertisement pictured on the survey, 60% reported that they have, with three-quarters (75%) of these respondents seeing the ad on posters and just over a half (51%) seeing the ad on flyers. Additionally, about one-third (35%) of all adults surveyed had recently seen and/or read articles in local newspapers or magazines about prescription and over-the-counter drug abuse among youth in Orange County, with these respondents most frequently seeing or reading these articles in a local newspaper (42%) or Penny Saver magazine (21%).

Respondents were also asked to rate their level of agreement or disagreement to a series of 4 statements regarding the influence the articles and/or advertisement had on their opinions about the problem of Rx/OTC drug use. As shown in Appendix A: 77% of adults agreed (responding either “agree” or “strongly agree”) that they are more aware of prescription and over-the-counter drug abuse in general; 72% of adults agreed that they are more aware of the problems associated with prescription and over-the-counter drug abuse among youth in Orange County; 69% agreed that they are more likely to recognize the signs and problems associated with prescription and over-the-counter drug abuse among Orange County youth; and, 65% agreed that they are more likely to speak with others about prescription and over-the-counter drug abuse among Orange County youth.

Mission Viejo

Between the months of December 2009 and March 2010, a total of 125 surveys were collected in the City of Mission Viejo, of which 47% had recently seen and/or read articles in local newspapers or magazines about prescription and over-the-counter drug abuse among youth in Orange County. Of those who had seen articles, over half (55%) indicated that they had seen Rx/OTC-related articles in a local newspaper and about a third (33%) had seen Rx/OTC-related stories from “other” sources such as television, the OC Register, LA Times and on the Internet. In addition, 42% of the adults surveyed in Mission Viejo had seen the “Good Meds: Bad Behavior” advertisement, with these respondents most frequently reporting that they have seen a postcard (39%), flyer (26%) or poster (18%) of this advertisement.

Survey respondents were asked to express their level of agreement or disagreement with 4 statements regarding the influence the Rx/OTC-related articles and/or advertisement had on their awareness, knowledge and behavior. As presented in Appendix A: 89% of adults surveyed in the City of Mission Viejo agreed (responding “agree” or “strongly agree”) that they are more aware of prescription and over-the-counter drug abuse in general and more aware of the problems associated with prescription and over-the-counter abuse among youth in Orange County; 84% of adults agreed that they are more likely to recognize the signs and problems associated with prescription and over-the-counter drug abuse among Orange County youth; and, 83% agreed that they are more likely to speak with others about prescription and over-the-counter drug abuse among youth in Orange County.

Newport Beach

During the month of March 2010, a total of 155 surveys were collected by Project PATH staff in the City of Newport Beach. Two-thirds (66%) of the respondents had recently seen and/or read articles in local newspapers or magazines about Rx/OTC drug abuse among youth in Orange County, with most of these respondents (71%)

citing local newspapers as the source in which they saw and/or read Rx/OTC-related articles. In addition, over half (57%) of the respondents had seen the “Good Meds: Bad Behavior” advertisement, with these respondents most frequently seeing this advertisement on a billboard (57%), poster (51%), or flyer (29%).

Respondents were asked to rate their level of agreement or disagreement to 4 statements regarding the impact of the articles and/or advertisement mentioned. As indicated in Appendix A: 90% of respondents agreed (responding either “agree” or “strongly agree”) that they are more aware of prescription and over-the-counter drug abuse in general and are more aware of the problems associated with prescription and over-the-counter drug abuse among youth in Orange County. Furthermore, 86% of respondents agreed that they are more likely to speak with others about prescription and over-the-counter drug abuse among Orange County youth, and 79% agreed that they are more likely to recognize the signs and problems associated with prescription and over-the-counter drug abuse among Orange County youth.

Orange

A total of 146 surveys were collected by Project PATH in the City of Orange between the months of November 2009 and January 2010. Almost all (97%) respondents indicated that they have seen the “Good Meds: Bad Behavior” advertisement, with these respondents most frequently seeing a poster (93%), flyer (53%), or postcard (19%) of the advertisement. Additionally, almost three-quarters (73%) of the adults surveyed in Orange had seen and/or read articles in local newspapers or magazines about over-the-counter drug abuse among youth in Orange County. Similar to the other three selected cities, most of these respondents (78%) reported seeing Rx/OTC-related articles in a local newspaper.

Respondents also indicated whether or not they agreed with a series of items regarding the impact of the mentioned articles and/or advertisement. As shown in Appendix A; 98% of respondents agreed (responding either “agree” or “strongly agree”) that they are more aware of prescription and over-the-counter drug abuse in general and are more aware of the problems associated with over-the-counter drug abuse among youth in Orange County. Furthermore, 97% of adults surveyed agreed that they are more likely to speak with others about over-the-counter drug abuse among Orange County youth. Finally, 90% of respondents indicated that they are more likely to recognize the signs and problems associated with prescription and over-the-counter drug abuse among Orange County youth.

Summary of Findings

As indicated in the data presented above and the data tables in Appendix A, Project PATH met and exceeded this objective to increase awareness among at least 25% of the adults surveyed about the problem of Rx/OTC drug abuse among Orange County youth (ages 12-17) within each of the four selected cities. Across the four cities in aggregate, an average of 64% of the respondents have seen the advertisement, “Good Meds: Bad Behavior,” with 97% in Orange, 60% in Fullerton, 57% in Newport Beach, and 42% in Mission Viejo responding “yes.” Additionally, across all four selected cities, 56% of respondents have seen and/or read articles in local newspapers or magazines about Rx/OTC drug abuse among youth in Orange County, with 73% in Orange, 66% in Newport Beach, 47% in Mission Viejo, and 35% in Fullerton responding “yes.”

As a result of the Rx/OTC articles and/or advertisement mentioned in the survey, 87% of respondents across the four selected cities agreed that they are more aware of the problems associated with prescription and over-the-counter drug abuse among youth in Orange County, with 98% in Orange, 90% in Newport Beach, 89% in Mission Viejo, and 72% in Fullerton responding either “agree” or “strongly agree.” Additionally, 88% of respondents across the four selected cities agreed that they are more aware of over-the-counter drug abuse in general, with 98% in Orange, 90% in Newport Beach, 89% in Mission Viejo, and 77% in Fullerton responding either “agree” or “strongly agree.”

B. Performance Objectives 2 and 3

- **Performance Objective 2:** By June 30, 2010, provide education to a minimum of 100 adults within each of the four selected cities, 70% of whom will demonstrate increased knowledge of the prevalence of prescription and over-the-counter drug abuse.
- **Performance Objective 3:** By June 30, 2010, provide education to a minimum of 100 adults within each of the four selected cities, 70% of whom will demonstrate increased knowledge of the adverse consequences of prescription and over-the-counter drug abuse among youth (ages 12-17).

Performance objectives 2 and 3 are discussed together in this report because they were accomplished through the same activities and were measured using the same survey instrument, the Prescription and Over-the-Counter Drugs Adult Survey. In order to meet these two objectives, Project PATH developed relationships and collaborated with numerous agencies and organizations within each of the four designated cities to garner support for the project as well as to gain access to the desired population. As described in greater detail in the Performance Measure 1 section, various successful partnerships and relationships were established throughout the 09-10 fiscal year, enabling Project PATH to conduct a total of 24 (5 in Fullerton, 8 in Mission Viejo, 6 in Newport Beach, and 5 in Orange) educational workshops about the prevalence and adverse consequences of Rx/OTC drug abuse among youth. A total of 594 people across each of the four selected cities participated in workshops, with 100 in Fullerton, 163 in Mission Viejo, 116 in Newport Beach, and 215 in Orange in attendance.

Data Collection

To determine whether workshop participants demonstrated increased knowledge of the prevalence of and adverse consequences of Rx/OTC drug abuse, the Prescription and Over-the-Counter Drugs Adult Survey was developed by Project PATH and the evaluation team. This post-survey was administered by Project PATH staff to all workshop participants at the conclusion of the workshops within each of the four selected cities. The Prescription and Over-the-Counter Drugs Adult Survey consisted of 11 closed-ended items that assessed the respondent's knowledge about Rx/OTC drugs, the prevalence in which they are used among youth, and their adverse consequences. The first 3 items were statements regarding Rx/OTC drugs, to which respondents were to select either "true" or "false" from the answer choices. The following 2 survey items asked general questions about Rx/OTC drugs to which respondents had to select the correct answer from a list of possible answer choices. In addition, the last six items asked respondents to indicate to what extent they agreed or disagreed with the statements relating to changes in their knowledge and behaviors regarding Rx/OTC drug abuse as a result of the workshop, using a 4-point Likert scale with the following definitions: 1 = strongly disagree; 2 = disagree; 3 = agree; and, 4 = strongly agree.

Data Collection Challenges

Project PATH identified various challenges experienced during the implementation of strategies pertaining to performance objectives 2 and 3. First, staff had difficulties getting adults to attend the educational workshops. For instance, several workshops had to be rescheduled in the City of Fullerton due to low participation. Similarly, staff experienced difficulty obtaining workshop participants in the City of Mission Viejo, requiring staff members to focus their efforts on college students attending Saddleback College in order to meet the required number of workshop participants within this city. Second, PATH staff described challenges when administering the Prescription and Over-the-Counter Drugs Adult Survey, as many workshop participants had difficulty filling out the survey correctly. To overcome this obstacle, staff created and added instructional slides to the Rx/OTC workshop power-point presentation that instructed participants how to properly complete the surveys.

Data Analysis

Response frequencies were calculated for all items of the Prescription and Over-the-Counter Drugs Adult Survey by each of the four selected cities. Results each survey item by city and across the four cities in aggregate are provided in Appendix B.

Findings from Prescription and Over-the-Counter Drugs Adult Survey

Across the four selected Cities of Fullerton, Mission Viejo, Newport Beach, and Orange a total of 594 people were surveyed. Across all four sites in aggregate, participants showed a high level of knowledge about Rx/OTC drugs. For instance, all (100%) participants selected the correct answer choice to the statement “prescription and over-the-counter drug abuse can lead to increased behavioral problems, poor academic performance, truancy and other alcohol, tobacco and drug use.” Additionally, 99% of respondents selected the correct answer choice to the statement “the Internet can increase the abuse of prescription and over-the-counter drugs through availability and access,” while 97% selected the correct answer to the statement “prescription and over-the-counter medications are safer than street/illicit drugs.” Furthermore, 96% and 93% of the respondents respectively selected the correct answers when asked, “Which of the following active ingredients found in many over-the-counter cough and cold medicines can cause delusions, blurred vision, seizures and brain damage if abused?” and “Which of the following are prescription pain killers?” Key findings from the Prescription and Over-the-Counter Drugs Adult Survey for each of the four cities are discussed below. Additionally, frequencies of responses for each survey item by each of the four selected cities and across the four cities in aggregate are provided in Appendix B.

Fullerton

A total of 100 surveys were collected in the City of Fullerton between October 2009 and March 2010. Post-surveys were administered to all adults in attendance at the following workshop locations: CSU Fullerton, Fullerton Interfaith Emergency Shelter-Colette’s Home, Fullerton Police Department, Maple Elementary, and Richman Elementary. As indicated in Appendix B, most respondents selected the correct answer choices to the five items relating to Rx/OTC knowledge with the percentage for respondents who selected the correct answers ranging between 93% and 100%. Results for the survey items related specifically to performance objective 2 are as follows: 94% of respondents indicated that they agreed (responding either “agree” or “strongly agree”) that as a result of the presentation, they know more about the prevalence of prescription and over-the-counter drug abuse and the most commonly abused prescription and over-the-counter drugs among Orange County youth.

Results from the survey items pertaining specifically to performance objective 3 revealed that: 93% of respondents agreed (responding either “agree” or “strongly agree”) that as a result of the presentation they know more about the adverse consequences of prescription and over-the-counter drug abuse among youth 12-17 years old, while 92% agreed that they are more likely to recognize the signs of prescription and over-the-counter drug abuse in youth 12-17 years old. Furthermore, respondents also indicated behavioral changes as result of the presentation, as 95% of respondents agreed that they are more likely to support efforts to prevent prescription and over-the-counter drug abuse among Orange County youth and 94% agreed that they are more likely to speak with others about prescription and over-the-counter drug abuse among Orange youth.

Mission Viejo

Between January and April 2010, Project PATH collected a total of 163 surveys from adults who attended workshops at the following locations: Capistrano Valley High School, Mission Viejo Rotary Club, Los Alisos Resource Center, and Saddleback College. As shown in Appendix B, between 92% and 99% of all respondents

selected the correct answer when answering the five Rx/OTC drug-related items. Analysis of the questions specific to performance objective 2 revealed that as a result of the presentation, 88% of respondents agreed (responding either “agree” or “strongly agree”) that they know more about the most commonly abused prescription and over-the-counter drug abuse among Orange County youth; and 86% of respondents agreed that they know more about the prevalence of prescription and over-the-counter drug abuse.

Items on the Prescription and Over-the-Counter Drugs Adult Survey specific to performance objective 3 showed the following: 90% of respondents agreed (responding either “agree” or “strongly agree”) that as a result of the presentation, they are more likely to recognize the signs of prescription and over-the-counter drug abuse in youth 12-17 years old; while, 88% of respondents agreed that they know more about the adverse consequences of prescription and over-the-counter drug abuse among youth 12-17 years old. Furthermore, 88% and 85% of respondents agreed that as a result of the presentation they are more likely to support efforts to prevent prescription and over-the-counter drug abuse among Orange County youth and are more likely to speak with others about prescription and over-the-counter drug abuse among Orange County youth, respectively.

Newport Beach

Between November 2009 and January 2010, a total of 116 surveys were collected from adults attending workshops at the following locations: Corona Del Mar High School, Ensign Middle School, Newport Beach Police Department, and Newport Beach Sunrise Rotary Club. As depicted in Appendix B, nearly all respondents selected the correct answers to the five items relating to general knowledge about Rx/OTC drugs, with the percentage of people who selected the correct answer choice on various items ranging between 96% and 100%. Results from the survey items relating to performance objective 2 indicated that 94% of respondents agreed (responding either “agree” or “strongly agree”) that as a result of the presentation, they know more about the prevalence of prescription and over-the-counter drug abuse, as well as the most commonly abused prescription and over-the-counter drugs among Orange County youth.

Results from the survey items directly assessing performance objective 3 showed that, as a result of the presentation, 95% of respondents agreed (responding either “agree” or “strongly agree”) that they know more about the adverse consequences of prescription and over-the-counter drug abuse among youth age 12-17. Additionally, 90% of respondents either agreed that as a result of the presentation, they are more likely to recognize the signs of prescription and over-the-counter drug abuse among youth 12-17 years old. Finally, 95% and 93% of respondents agreed that as a result of the presentation, they are more likely to support efforts to prevent prescription and over-the-counter drug abuse among Orange County youth and are more likely to speak with others about prescription and over-the-counter drug abuse among Orange County youth, respectively.

Orange

A total of 215 surveys were collected between October 2009 and February 2010 from adults in attendance at the following locations: CSP-Wraparound Program, Orange Hill High School, Santiago Charter Middle School, The Friendly Center, and The Diocese of Orange. As detailed in Appendix B, most respondents selected the correct answer choice for four of the questions pertaining to Rx/OTC drugs with the percentage of people who selected the correct response ranging from 91% to 99% among various items. However, it should be noted that an interesting phenomena occurred in Orange for the item 3 stating, “Prescription and over-the-counter medications are safer than street/illicit drugs,” as all (100%) respondents selected true (the incorrect response). It is most likely that participants inaccurately interpreted this item as the presentation emphasized that Rx/OTC drugs were NOT safer than street/illicit drugs. Furthermore, results from the survey items relating specifically to performance objective 2 indicated that almost all (99%) of respondents agreed (responding either “agree” or “strongly agree”) that as a result of the presentation, they know more about the prevalence of prescription and

over-the-counter drug abuse. Additionally, 98% of respondents agreed that as a result of the program they know more about the most commonly abused prescription and over-the-counter drugs among Orange County youth.

Results from the survey item specifically addressing performance objective 3 revealed that 98% of respondents agreed (responding either “agree” or “strongly agree”) that as a result of the presentation they know more about the adverse consequences of prescription and over-the-counter drug abuse among youth 12-17 years old. Additionally, 95% of respondents are more likely to recognize the signs of prescription and over-the-counter drug abuse in youth 12-17 years old. Finally, 98% and 97% of respondents agreed that as a result of the presentation they are more likely to support efforts to prevent prescription and over-the-counter drug abuse among Orange County youth and are more likely to speak with others about prescription and over-the-counter drug abuse among Orange County youth, respectively.

Summary of Findings

As described above and in Appendix B, Project PATH met and exceeded objective 2 by increasing at least 70% of the workshop participants’ knowledge of the prevalence of Rx/OTC drug abuse within each of the four selected cities. Almost all (93%) of respondents across each of the four selected cities agreed that as a result of the workshop they are more knowledgeable about the prevalence of over-the-counter drug abuse, with 99% in Orange, 94% in both Fullerton and Newport Beach, and 86% in Mission Viejo responding either “agree” or “strongly agree” to the statement. Additionally, 95% of respondents agreed that as a result of the presentation they know more about the most commonly abused prescription and over-the-counter drugs among Orange County youth, with 98% in Orange, 94% in both Fullerton and Newport Beach, and 88% in Mission Viejo responding either “agree” or “strongly agree.”

Furthermore, as presented above and shown in Appendix B, Project PATH met and exceeded performance objective 3 by increasing at least 70% of the workshop participants’ knowledge about the adverse consequences of Rx/OTC drug abuse among youth ages 12-17 within each of the four selected cities. Across each of the four selected in aggregate, 95% of respondents agreed that as a result of the presentation, they know more about the adverse consequences of prescription and over-the-counter drug abuse in youth 12-17 years old, with 98% in Orange, 95% in Newport Beach, 93% in Fullerton, and 88% in Mission Viejo selecting either “agree” or “strongly agree.” In addition, 92% of respondents across each of the four selected cities agreed that they are more likely to recognize the signs of prescription and over-the-counter drug abuse in youth 12-17 years old, with 95% in Orange, 92% in Fullerton, and 90% in both Mission Viejo and Newport Beach responding either “agree” or “strongly agree.”

C. Performance Objectives 4 and 5

- **Performance Objective 4:** By June 30, 2010, provide education to a minimum of 200 youth within each of the four selected cities, 70% of whom will demonstrate increased knowledge that prescription and over-the-counter drugs are NOT safer than street drugs.
- **Performance Objective 5:** By June 30, 2010, provide education to a minimum of 200 youth within each of the four selected cities, 70% of whom will demonstrate increased knowledge of the adverse consequences of prescription and over-the-counter drug abuse.

Performance objectives 4 and 5 are discussed within the same section of the report as these objectives were achieved through the same educational workshops and were measured using the same survey instruments, the Prescription and Over-the-Counter Drugs Youth Pre- and Post-Surveys.

In order to meet these two performance objectives, Project PATH developed a number of collaborative relationships within each of the selected cities to gain support for the initiative and access to youth participants. A thorough review of tracking documents and quarterly progress reports indicated that PATH reached out to a number of organizations and agencies in order to inform them about the initiative and seek their participation. Examples of organizations that Project PATH collaborated with included: high schools, faith-based organizations, police departments, and youth programs such as the YMCA and the Boys and Girls Club. Furthermore, PATH developed and distributed bookmarks titled “A Dose of Trouble” to various youth groups and schools to spread awareness about Rx/OTC drug abuse.

Data Collection

In order to determine whether youth participants of the educational workshops demonstrated increased knowledge that prescription and over-the-counter drugs are not safer than street drugs and also demonstrate increased knowledge of the adverse consequences of prescription and over-the-counter drug abuse, Project PATH collaborated with the evaluation team to develop the Prescription and Over-the-Counter Drugs Youth Pre- and Post-Survey tools that were administered by Project PATH to all workshop participants at the beginning and ending of each workshop. Both the pre- and post-surveys contained the same 10 closed-ended items which examined participants’ knowledge about and adverse consequences of Rx/OTC drugs. Response options varied for each item, using either multiple choice or true-false formats.

Data Collection Challenges

Project PATH experienced some initial resistance to their educational workshops for youth, specifically in the City of Newport Beach. Project staff indicated that they were at first unsuccessful in gaining support for the educational workshops with the Newport Mesa Unified School District, as the District Coordinator had problems with some of the proposed strategies and activities. The project was stalled for approximately six weeks in this district until those issues could be resolved. However, through continued meetings and compromise, the District Coordinator ended up supporting the initiative and is now a collaborative partner.

Data Analysis

A sufficient number of Prescription and Over-the-Counter Drugs Youth Pre- and Post-Surveys were able to be matched within each of the four cities, allowing for rigorous statistical analysis. Paired samples t-tests were conducted to determine whether there was a statistically significant increase in knowledge from the pre- to the post-survey mean scores. In total, 1,125 pre- and post-surveys were matched across the four cities in aggregate, with this number coming from the total 1,431 pre-surveys and 1,365 post-surveys that were collected across the four cities. As often happens when conducting pre- and post-surveys with youth, there were several hundred surveys that could not be matched. Although the unmatched pre- and post-surveys were not used in the statistical analysis, the project still had a sufficient number of matched surveys that were analyzed to measure these objectives (e.g., a minimum of 200 youth within each city) due to the numerous workshops conducted by Project PATH in each city that educated considerably more youth than required. The number of matched pre- and post-surveys that were analyzed for each of the selected cities are as follows: Fullerton = 217; Mission Viejo = 439; Newport Beach = 225; and, Orange = 242.

In addition to paired samples t-tests to measure statistically significant changes in knowledge between matched pre- and post-survey items, analyses were conducted on the matched surveys to determine the percentage of participants demonstrating increased knowledge by responding correctly to more items on the post-survey than on the pre-survey. Finally, response frequencies were calculated to obtain the percentages of correct responses for each item on the post-survey to determine the extent of youth knowledge following the workshops.

Findings from Prescription and Over-the-Counter Drugs Youth Pre-Survey and Post-Survey

Based on the findings from the Prescription and Over-the-Counter Drugs Youth Pre- and Post-Survey data, participants in aggregate across the four selected cities showed statistically significant gains in knowledge that prescription and over-the-counter drugs are not safer than street drugs and also increased their knowledge of the adverse consequences of Rx/OTC drug abuse ($p < .05$). Statistically significant increases in knowledge from the pre- to post-survey were found for every survey item when analyzed across youth in the four selected cities.

In addition, 85% of youth respondents across the four cities demonstrated increased knowledge about Rx/OTC drugs, with most knowing that Rx/OTC drugs are not safer than street drugs and the adverse consequences of Rx/OTC drug abuse. On survey items addressing objectives 4 and 5, 95% of the participants in aggregate responded correctly to item 10 on the post-survey that Rx/OTC drugs were just as or more dangerous than street drugs. In addition, 80%, 83% and 93% of the participants correctly responded to items 6, 7 and 8 respectively on the post-survey when asked about adverse social, legal, and physical consequences of Rx/OTC drug abuse. (See Appendix C for the percentages of correct responses for each post-survey item.) Results from each of the selected cities are presented below.

Fullerton

In the City of Fullerton, a total of 10 educational workshops were conducted between the months of October 2009 and April 2010. Pre- and post-surveys were administered to all youth in attendance at the following workshop locations: Boys and Girls Club of Fullerton, Fullerton High School, La Vista ACCESS High School, Project SAFE Group, Teen Center at the Women’s Transitional Living Center, and Troy High School. A total of 256 pre-surveys and 244 post-surveys were collected. However, as discussed above, only 217 pre-post surveys were able to be matched and, therefore, were used in the analysis.

Results from the overall paired samples t-test indicated that educational workshop participants in the City of Fullerton demonstrated increased knowledge that Rx/OTC drugs are not safer than street drugs and that abusing Rx/OTC drugs leads to adverse consequences. Participants’ means scores showed a statistically significant increase from the pre-survey (mean = 6.60) to the post-survey (mean = 9.27), $t(216) = 18.63$, $p < .01$.

In addition, 71% of respondents in the City of Fullerton demonstrated increased knowledge about Rx/OTC drugs, with almost all knowing that Rx/OTC drugs are not safer than street drugs and the adverse consequences of Rx/OTC drug abuse. Analysis of item 10 relating to performance objective 4 indicated that almost all (94%) of the youth respondents knew that “Prescription and over-the-counter drugs are just as or more dangerous than street drugs” by the time of the post-survey. For this item, there was a statistically significant increase in participants’ knowledge from the pre- to post-survey at the .05 level based on a paired samples t-test.

Findings on survey items 6-8 that pertain specifically to performance objective 5 revealed that almost all (95%) of the youth participants responded correctly on the post-survey regarding physical consequences, 88% responded correctly regarding legal consequences, and 84% responded correctly regarding the social consequences of abusing prescription and over-the-counter drugs. Increases from the pre- to post-survey on all three of these items were found to be statistically significant at the .05 level based on a paired samples t-test.

Mission Viejo

A total of 12 educational workshops were conducted in the City of Mission Viejo between the months of December 2009 and May 2010. Pre- and post-surveys were administered to all youth in attendance at the Capistrano Valley High School and Trabuco Hills High School educational workshops. A total of 606 pre-surveys and 562 post-surveys were collected, though only 439 surveys were able to be matched and used in the analysis.

Youth participating in the educational workshops in the City of Mission Viejo showed increased knowledge that Rx/OTC drugs are not safer than street drugs and that abusing Rx/OTC drugs leads to adverse consequences. Results from the paired samples t-test indicated a statistically significant increase from the pre-survey (mean = 6.69) to the post-survey (mean = 8.20), $t(438) = 15.90$, $p < .01$.

In the City of Mission Viejo, 53% of the youth respondents demonstrated increased knowledge about Rx/OTC drugs, with most participants knowing that Rx/OTC drugs are not safer than street drugs and the adverse consequences of Rx/OTC drug abuse. Results from the item 10 relating specifically to performance objective 4 indicated that 93% of respondents on the post-survey demonstrated knowledge that "Prescription and over-the-counter drugs are just as or more dangerous than street drugs." This was a statistically significant increase in knowledge from the pre-survey based on the paired-samples t-test.

Analysis of the items pertaining to performance objective 5 revealed almost all (94%) of the youth responded correctly on the post-survey regarding physical consequences, 80% responded correctly regarding legal consequences, and 74% responded correctly regarding the social consequences of abusing prescription and over-the-counter drugs. Increases from the pre- to post-survey on all three of these items were found to be statistically significant at the .05 level based on a paired samples t-test.

Newport Beach

Between the months of November 2009 and June 2010, a total of 7 educational workshops were conducted in the City of Newport Beach at the following locations: Corona Del Mar High School, Ensign Middle School, Newport Beach Mesa Verde Access Site, and Newport Harbor High School. A total of 277 pre-surveys and 273 post-surveys were collected, however, only 225 surveys were able to be matched and used in the analysis.

Overall, participants of the educational workshops in the City of Newport Beach showed increased knowledge that Rx/OTC drugs are not safer than street drugs and that abusing Rx/OTC drugs leads to adverse consequences. Participants' mean scores showed a statistically significant increase from the pre-survey (mean = 6.61) to the post-survey (mean = 8.16), $t(224) = 13.13$, $p < .01$.

In the City of Newport Beach, 52% of the youth respondents demonstrated overall increased knowledge about Rx/OTC drugs, with most knowing that Rx/OTC drugs are not safer than street drugs and the adverse consequences of Rx/OTC drug abuse. Related to performance objective 4, almost all (94%) of youth respondents on the post-survey selected the correct answer to the statement, "Prescription and over-the-counter drugs are just as or more dangerous than street drugs," which was a statistically significant increase from the pre-survey response.

Results on items 6-8 regarding performance objective 5, showed that most (84%) of the youth participants responded correctly on the post-survey regarding physical consequences, 70% responded correctly regarding legal consequences, and 68% responded correctly regarding the social consequences of abusing prescription and over-the-counter drugs. Although the change in scores for the item on physical consequences was not statistically significant due to a ceiling effect, the increases from the pre- to post-survey on the other two items were found to be statistically significant at the .05 level based on a paired samples t-test.

Orange

In the City of Orange, a total of four educational workshops were conducted at Orange High School. Between the months of November 2009 and June 2010, a total 289 pre-surveys and 283 post-surveys were collected. Of these, only 242 pre- and post-surveys were able to be matched and used in the analysis.

Overall results of statistical analysis indicated that participants of the educational workshops in City of Orange showed increased knowledge that Rx/OTC drugs are not safer than street drugs and that there are various adverse consequences of abusing Rx/OTC drugs. Participants' mean scores showed a statistically significant increase from the pre-survey (mean = 5.42) to the post-survey (mean = 9.57), $t(241) = 33.53$, $p < .01$.

In addition, 93% of respondents in the City of Orange demonstrated increased knowledge about Rx/OTC drugs, with almost all knowing that Rx/OTC drugs are not safer than street drugs and the adverse consequences of Rx/OTC drug abuse. Results from item 10 relating specifically to performance objective 4 indicated that all (100%) of the respondents on the post-survey demonstrated knowledge that "Prescription and over-the-counter drugs are just as or more dangerous than street drugs." This result was found to be statistically significant based on a paired samples t-test.

Analysis of the items 6-8 pertaining to performance objective 5 revealed all (100%) of the youth responded correctly on the post-survey regarding physical consequences, 98% responded correctly regarding social consequences, and 97% responded correctly regarding the legal consequences of abusing prescription and over-the-counter drugs. Increases from the pre- to post-survey on all three of these items were found to be statistically significant at the .05 level based on a paired samples t-test.

Summary of Findings

Based on the findings from the Prescription and Over-the-Counter Drugs Youth Pre- and Post-Survey data, performance objectives 4 and 5 were met. Analysis of matched surveys from 1,125 youth participants in aggregate across the four selected cities found statistically significant gains in knowledge that prescription and over-the-counter drugs are not safer than street drugs and also increased their knowledge of the adverse consequences of Rx/OTC drug abuse ($p < .05$). Results from the overall paired samples t-test indicated that participants' mean scores showed a statistically significant increase from the pre-survey (mean = 6.39) to the post-survey (mean = 8.69), $t(1,124) = 34.87$, $p < .01$.

In addition, 85% of youth respondents across the four cities demonstrated increased knowledge about Rx/OTC drugs, with most knowing that Rx/OTC drugs are not safer than street drugs and the adverse consequences of Rx/OTC drug abuse. For survey items addressing objectives 4 and 5, 95% of the participants across the four cities in aggregate responded correctly to item 10 on the post-survey that Rx/OTC drugs were just as or more dangerous than street drugs. In addition, 80%, 83% and 93% of the participants correctly responded to items 6, 7 and 8 respectively on the post-survey when asked about adverse social, legal, and physical consequences of Rx/OTC drug abuse. Furthermore, statistically significant increases in knowledge were found on every survey item when comparing the percentage of correct pre- to post-survey responses across the four cities in aggregate; thereby demonstrating increased knowledge among youth workshop participants that Rx/OTC drugs are not safer than street drugs and about the adverse consequences of Rx/OTC drug abuse as required in objectives 4 and 5.

D. Performance Objective 6

- By June 30, 2010, and across the four selected cities in aggregate, provide education to a minimum of 160 health professionals, 70% of whom will demonstrate increased knowledge of methods to reduce prescription and over-the-counter drug abuse.

As with all the other objectives, Project PATH developed collaborative relationships with a variety of organizations and agencies to receive support for the Rx/OTC initiative and to gain access to workshop participants to achieve this objective. Additionally, PATH staff created “Save the Date” flyers to be distributed to potential workshop participants. PATH tracking documents, quarterly progress reports, and presentation materials were reviewed to determine that this objective was met and exceeded. As indicated by all of these materials, Project PATH conducted 14 education workshops to a total of 278 health professionals across the four-targeted cities. Workshops were conducted at the following locations and/or organizations: California State University, Fullerton; CARE Ambulance Service; Fullerton College; Children’s Hospital of Orange County (CHOC); Mission Hospital; Newport Mesa Unified School District; Orange County School Nurses Organization of California; and, Saddleback College. However, two different workshops were developed and facilitated to meet this objective, one specifically for health professions and another for school health professionals. To accommodate the different presentations and audiences, two surveys were developed.

Data Collection

To assess the extent to which this performance objective was met, Project PATH and the evaluation team developed the Prescription and Over-the-Counter Drugs Health Professionals Survey and the Prescription and Over-the-Counter Drugs School Health Professionals Survey, to be administered by PATH staff at the conclusion of each respective workshop.

The Prescription and Over-the-Counter Drugs Health Professionals Survey consisted of 12 items, 9 of which were closed-ended and 3 of which were open-ended. The first 4 items asked respondents to rate the extent to which they learned about a series of methods to reduce Rx/OTC drug abuse, using the following scale: 1 = not at all, 2 = a little, 3 = somewhat, and 4 = a lot. The next 5 items on the survey, asked respondents to indicate to what extent they agreed or disagreed to a series of 5 statements about their Rx/OTC knowledge as a result of the program, using a 4-point Likert scale with the following definitions: 1 = strongly disagree, 2 = disagree, 3 = agree, and 4 = strongly agree. Respondents were also asked to complete 3 open-ended questions, asking them to describe what was most valuable/useful, what was not valuable/useful about the workshop, and any recommendations for improvement.

The Prescription and Over-the-Counter Drugs School Health Professionals Survey consisted of 11 closed-ended questions. The first 5 items, asked respondents to rate the extent to which they learned about a series methods to reduce Rx/OTC drug abuse, using the following scale: 1 = not at all, 2 = a little, 3 = somewhat, and 4 = a lot. The next 6 items on the survey, asked respondents to indicate to what extent they agreed or disagreed with a series of statements about their Rx/OTC knowledge and behavior as a result of the program, using a 4-point Likert scale with the following definitions: 1 = strongly disagree, 2 = disagree, 3 = agree, and 4 = strongly agree.

Data Collection Challenges

Project PATH staff experienced some challenges specific to the City of Orange, as workshops with health professionals had to be delayed due to obstacles in getting in contact with the personnel at University of California, Irvine Medical Center to schedule workshop dates. Through their persistence and continued efforts, project staff was able to overcome this obstacle by scheduling workshops at other appropriate sites.

Data Analysis

For both surveys, response frequencies were calculated for each survey item for each of the selected cities as well as across the four cities in aggregate. In addition, for the Prescription and Over-the-Counter Drugs Health Professionals Survey, analysis of the 3 open-ended questions was also conducted.

Findings from Prescription and Over-the-Counter Drugs Health Professionals and School Professionals Surveys

Across all four targeted cities in aggregate, the performance measure to provide education to a minimum of 160 health professionals, 70% of whom will demonstrate increased knowledge of methods to reduce prescription and over-the-counter drug abuse was met and exceeded. As survey findings across each of the four selected cities in aggregate indicated, 99% of health professionals and 98% of school health professionals agreed (responding either “agree” or “strongly agree”) that they know more about the methods to reduce prescription and over-the-counter drug abuse as a result of the program. Findings from additional items on these surveys are discussed below. Furthermore, the frequencies of responses to survey items in aggregate and by each selected city are provided in Appendix D and E for the Prescription and Over-the-Counter Drugs Health Professional Survey and the Prescription and Over-the-Counter Drugs School Health Professionals Survey, respectively.

Health Professionals

As shown in Appendix D, across each of the four selected cities, all (100%) of the 67 survey respondents indicated that they either learned “a little,” “moderately,” or “a lot” about methods to reduce drug diversion, types of controlled drugs/substances, the CURES database, and drug disposal programs as a result of the workshop. Additionally, all (100%) respondents agreed (responding either “agree” or “strongly agree”) that as a result of the program they know more about the prevalence of prescription and over-the-counter drugs, know about the most commonly abused prescription and over-the-counter drugs, and are more likely to support efforts to prevent prescription and over-the-counter drug abuse. As described above, 99% of respondents agreed that as a result of the workshop, they know more about the methods to reduce prescription and over-the-counter drug abuse. Furthermore, 98% agreed that as a result of the program they are more likely to implement methods to reduce prescription and over-the-counter drug abuse.

Across each of the four selected cities in aggregate, 47 workshop participants provided responses to the open-ended question asking, “What was most valuable/useful to you about this workshop?” Various themes emerged from the analysis and some respondents’ comments fell into multiple theme categories. Therefore, the total number of comments discussed below exceeds the total number of respondents who answered this question. Respondents most frequently commented that the workshop provided useful information about the types of Rx/OTC drugs and their effects/consequences (n=11). Examples of these comments include: “Hearing the physiological effects of the different types of drugs, and the different classifications” and “Information on the [Rx/OTC] drugs and side effects and how I can recognize them in the field.” Additionally, many respondents provided positive feedback about the presenters/presentations in general, such as, “[the workshop had] energetic speakers, fast paced course” and “this was an enlightening workshop-good speakers” (n=9). Many respondents indicated that it was helpful learning about the increasing trend of Rx/OTC drug abuse among youth, with responses such as “Learning about the rise in abuse of Rx/OTC drugs with youth, prevention, and what to look for” and “knowing what [drugs] teens are doing” (n=8). Several respondents also found the information provided about the prevalence of Rx/OTC drug abuse to be useful/valuable, as one person indicated, “How much OTC drugs and prescription drugs are abused, I didn’t know how much they were abused.” (n=7). Furthermore, several respondents simply indicated they found all of the information provided to be useful, stating, “all of it was good,” or “good job” (n=6). Other aspects of the program found to be useful/valuable included: examples and pictures of drug paraphernalia (n=3); learning about the drug

terminology and slang used (n=2); examples and stories provided (n=2); the drug reference book provided (n=2); and, the CURES program (n=1).

Respondents were also asked to describe, “What if anything was not valuable/useful about the workshop?” A total of 23 workshop participants provided a response to this question, with the responses fitting into three main themes: positive feedback about the program, feedback about topics discussed, and feedback specific to the workshop environment. Respondents most frequently indicated that “everything was great” or “all was important” and could not provide areas to improve upon (n=15). However, some participants commented on certain topics discussed during the workshop (n=6), primarily in reference to the CURES portion of the workshop. For instance, respondents commented that “[CURES] doesn’t apply to own work place,” or that “the bit on CURES database was too in depth.” Additionally, one person commented that the review on illicit drugs was too in-depth. Finally, comments also pertained to the workshop environment, with two respondents commenting that, “the room was cold,” and “[there was a lack of] website access.”

Finally, a total of 35 participants provided comments when asked, “What recommendations do you have to improve this workshop?” Respondents most frequently provided positive feedback such as “it was great” or indicated that they could not think of any recommendations for improvements (n=15). However, several respondents suggested additional topics to be covered or materials to be provided, including: more videos, more information about “psychosocial issues related to drug use especially for pre teens and teens,” “consider including nurses in CURE too,” and, “resource websites in the information binder” (n=7). Other respondents commented about logistic aspects of the workshop (n=5). For example, respondents would have liked: directions to the workshop location as they found the location hard to find, for all presenters to have adhered to their time limit so that all presenters could have had adequate amount of time to speak about their topics, shorter breaks instead of just one long break, and more interaction between the presenters and the audience. Other respondents provided feedback relating to the environmental conditions of the workshop location, such as the room was too cold, or the air conditioner was too noisy (n=3). Finally, two workshop participants believed some topics were covered in too much detail and indicated that some material was a bit redundant.

School Health Professionals

As demonstrated in Appendix E, nearly all (99%) of the 211 survey respondents believed that as a result of the workshop, they either learned “a little,” “somewhat,” or “a lot” about ways to build awareness and provide information about prescription and over-the-counter drug abuse as well as how to serve as a prevention resource to parents, youth, and community members. Additionally, 98% of school health professional indicated that as a result of the workshop, they learned either “a little,” “somewhat,” or “a lot” about communication approaches to encourage youth and adult conversations; ways to be a positive role model to prevent prescription and over-the-counter drug abuse; and drug disposal programs.

All (100%) respondents indicated that as a result of the presentation, they are more likely to support efforts to prevent prescription and over-the-counter drug abuse. Furthermore, as a result of the program: 99% of respondents know more about the prevalence of prescription and over-the-counter drug abuse, particularly in Orange County; 98% know more about the most commonly abused prescription and over-the-counter drugs and are more likely to implement methods to reduce prescription and over-the-counter drug abuse; and, 98% know more about the methods to reduce prescription and over-the-counter drug abuse. Finally, 97% know more about the adverse consequences of prescription and over-the-counter drug abuse.

Summary of Findings

Performance objective 6 was met and exceeded by the Rx/OTC Drug Abuse initiative. Across all four targeted cities in aggregate, Project PATH conducted 14 education workshops to a total of 278 health professionals. Based on findings from the Prescription and Over-the-Counter Drugs Health Professional Survey and the Prescription and Over-the-Counter Drugs School Health Professionals Survey respectively, 99% of health professionals and 98% of school health professionals across all four cities agreed (responding either “agree” or “strongly agree”) that they know more about the methods to reduce prescription and over-the-counter drug abuse as a result of the presentation. In addition, 98% of both health professionals and school health professionals are more likely to implement methods to reduce prescription and over-the-counter drug abuse as a result of the workshops. Finally, all (100%) of the health professionals and school health professionals surveyed are likely to support efforts to prevent prescription and over-the-counter drug abuse as a result of the program.

E. Performance Measure 1

- By June 30, 2010, and within each of the four selected cities, conduct a minimum of three educational workshops on the problem of prescription and over-the-counter drug abuse among youth for parents, school and other youth-serving personnel.

A comprehensive review of Rx/OTC Drug Abuse initiative’s tracking materials, quarterly progress reports, and presentation materials indicated that this performance measure was met and exceeded, as discussed in a previous section. Across all four selected cities, Project PATH was able to conduct a total of 24 educational workshops on the problems of Rx/OTC abuse among youth. The number of educational workshops conducted in each of the selected cities is as follows: 5 in the City of Fullerton between the months of October 2009 and March 2010, 8 in the City of Mission Viejo between the months of January and April 2010, 6 in the City of Newport Beach between the months of November 2009 and January 2010, and 5 in the City of Orange between the months of October 2009 and February 2010.

To meet this performance measure, Project PATH collaborated with a variety of organizations, agencies, and people to garner interest and support for the project. Through the collaborative relationships established, Project PATH was able to reach various groups of adults, providing them with information regarding the initiative and distributing “The Dangers of Rx & OTC Drugs” Awareness Fact Sheet.

Project PATH staff experienced some challenges in implementing this performance measure. As described previously, several workshops had to be rescheduled in the City of Fullerton due to low adult participation. Additionally, project staff experienced some difficulty obtaining workshop participants in the City of Mission Viejo, requiring staff members to focus their efforts on students attending Saddleback College in order to meet the required number of workshop participants within this city.

F. Performance Measure 2

- By June 30, 2010, and across the four selected cities in aggregate, conduct four (4) town hall meetings with a total of one hundred (100) community members attending, to increase public awareness of the prevalence and consequences of prescription and over-the-counter drug abuse among youth.

To meet this goal, Project PATH engaged in a variety of activities that included developing marketing materials such as flyers to promote the events, as well as educational materials about the initiatives. Project staff also attended various community meetings and events in efforts to build interest and support for town hall

meetings. Additionally, Project PATH had discussions with staff at community centers, police departments, school districts, and hospitals, to increase awareness about the Rx/OTC Drug Abuse initiative as well as to promote town hall meetings. Furthermore, Project PATH developed and distributed various informational materials such as flyers, articles, and a press release to promote the town hall events. A review of the Rx/OTC Drug Abuse tracking documents, quarterly progress reports, and supplemental materials indicated that PATH successfully conducted 4 town hall meetings across each of the selected cities and reached a total of 229 people, meeting and exceeding this performance measure.

Project PATH reported initial challenges in implementing this goal in the City of Newport Beach based on the negative connotation the term “town hall” had amongst school personnel and district administration. Alternatively, there was interest for a community forum or briefing targeting Newport Mesa Unified School District. PATH was able to overcome this obstacle to successfully conduct an event in this city.

IV. Project PATH Rx/OTC Drug Abuse Staff Interviews

In addition to reviewing all Rx/OTC Drug Abuse documents and conducting data analysis on all surveys received, EVALCORP also conducted staff interviews to further inform the year-end evaluation. Project PATH staff were asked to describe the most significant accomplishments achieved throughout the fiscal year, any surprising or unexpected outcomes that occurred, any challenges or barriers faced in implementing the project, how those challenges or barriers were overcome, lessons learned through the implementation of the project, and any recommendations for improvement.

A. Major Accomplishments

Rx/OTC Drug Abuse staff members described several accomplishments experienced within the 09-10 fiscal year. First, the establishment of relationships within the selected Cities of Mission Viejo, Newport Beach, and Orange was seen as a major accomplishment as they did not have established relationships in these cities as they had in the City of Fullerton. Staff indicated that building a rapport with organizations and community leaders in these three cities was critical to meeting each of the goals of the project. Also mentioned as an accomplishment was the development and creation of the “MythBusters Newsletter” distributed specifically to schools in Newport Beach. This newsletter was created as a way to “ensure knowledge implementation occurred with the classrooms of Newport Beach” since staff experienced some initial resistance in this city to educational workshops on the dangers and prevalence of Rx/OTC drug abuse. Additionally, Project PATH was very successful with the “partnership” Town Hall that was developed and facilitated in collaboration with the Community Alliance Network and focused on both the dangers of Rx/OTC drugs and underage drinking. This town hall was described as “a successful night of information and community interactivensess” that helped to build rapport within the Newport Beach community.

B. Unexpected Outcomes

Project staff described a couple of unexpected outcomes that occurred during the 09-10 fiscal year. For instance, one staff member was surprised with the particularly high level of cooperation received from two of the schools within Newport Beach, which was unexpected given the high level of resistance that staff experienced within this city. Additionally, project staff members were surprised that many of the parent groups that they contacted were not interested in educational workshops on the prevalence and dangers of Rx/OTC drug abuse and did not believe “it was a significant drug trend.” Furthermore, another staff member indicated

that the collection of qualitative data from youth focus groups conducted during a town hall meeting was unexpected.

C. Challenges

Several challenges were experienced throughout the year. One staff member experienced some difficulty reaching potential collaborative partners and had to “postpone or cancel much needed workshops due to scheduling conflicts on behalf of our partners or low attendance from the community.” These challenges were overcome through persistence in reaching out to potential partners and by providing them with program updates so that the Rx/OTC Drug Abuse initiative would stay on their radar. Additionally, free informational materials relating to the dangers of Rx/OTC drug abuse were provided at community events within the targeted cities. Another challenge was that some respondents had difficulty filling out the surveys correctly. To overcome this obstacle, staff developed additional power point slides that were discussed at the end of the presentations, providing instructions on how to correctly fill out the survey.

One staff member described challenges to achieving Performance Objectives 2 and 3 which required staff to conduct educational workshops and collect data from 100 adults within each of the four selected cities. The staff member discussed difficulties “getting parents to attend presentations” due to a lack of interest in the Rx/OTC drug abuse, specifically in Mission Viejo. This challenge was overcome by targeting adult students attending Saddleback College, which proved to be successful strategy.

Similarly, another staff member experienced some difficulty in achieving Performance Objectives 4 and 5, requiring staff to provide education to at least 200 youth within each of the four selected cities. Project PATH had more difficulty gaining access to youth participants in the City Newport Beach as the Newport Mesa Unified School District was resistant to the Rx/OTC Drug Abuse educational workshops. This challenge was overcome through numerous discussions with officials from the Newport Mesa Unified School District in effort to build support for the workshops. In addition, Project PATH staff created an educational newsletter that was distributed to students in this school district.

D. Lessons Learned and Recommendations

Staff described various lessons learned throughout the fiscal year. For instance, one staff member described the importance of knowing the history and the various dynamics between agencies and government within each city. Similarly, another staff member learned that is important to learn about the policies, procedures, and politics specific to each city. The staff indicated that knowing the proper policies and procedures can result in more successful outcomes for the program. In addition, another staff member learned that it is critical to know who the workshop participants will be so that materials developed for workshops can be developed that address the specific needs of the audience, such as the need for surveys in Spanish.

Recommendations provided by Project PATH staff mostly revolved around the importance of building collaborative relationships within the community. One staff member suggested taking an active part in the other projects or activities being conducted in the community to develop relationships that may be beneficial in the future. Similarly, another recommendation was to obtain input and feedback from community partners to increase the likelihood of successful implementation of the program. Finally, one staff member recommended a system for collaborating and communicating with the evaluators throughout the data collection process, by using a standard document to track surveys collected and received that would be updated by both the project and evaluation team.

V. Summary

During the 09-10 fiscal year, Project PATH conducted various activities to increase awareness and knowledge of prescription and over-the-counter drug abuse across each of the four selected cities. For instance, Project PATH implemented a media campaign to increase awareness of the prevalence and dangers associated with Rx/OTC drug abuse; conducted educational workshops to adults and youth detailing the negative consequences and the prevalence of Rx/OTC drug abuse within Orange County; and, conducted town hall meetings with community members to increase awareness of the prevalence and consequences of Rx/OTC drug abuse among youth. A comprehensive evaluation of all Rx/OTC Drug Abuse quarterly progress reports, tracking documents, media campaign advertisements and marketing materials, presentations, and surveys indicated that all performance objectives and performance measures were met and exceeded.

A. Meeting Performance Objectives and Performance Measures

The Rx/OTC initiative was able to meet and exceed all six performance objectives and two performance measures. As described in detail previously, well over 25% of the adults surveyed within each of the four selected cities reported increased awareness of the problem of Rx/OTC drug abuse among Orange County youth (ages 12-17), meeting and exceeding performance objective 1. Additionally, educational workshops were provided to at least 100 adults within each of the selected cities. Survey results indicated that over 70% of adults demonstrated increased knowledge of the prevalence of Rx/OTC drugs as well as increased knowledge of the adverse consequences of Rx/OTC drug abuse among youth ages 12-17, meeting and exceeding performance objectives 2 and 3. PATH was also able to meet and exceed performance objectives 4 and 5, as over 200 youth participated in educational workshops within each of the four-targeted cities. Furthermore, over 70% of the youth surveyed demonstrated increased knowledge that Rx/OTC drugs are not safer than street drugs and of the adverse consequences of Rx/OTC drug abuse, with statistically significant increases in knowledge found between the pre- and post-survey findings both across and within all four cities. Finally, PATH was able to provide educational workshops to over well over 160 health professionals, with over 70% of the participants demonstrating increased knowledge of the adverse consequences of Rx/OTC drug abuse, thereby meeting and exceeding performance objective 6.

Although all performance objectives and measures were met, staff encountered some challenges during the implementation of the project. For instance, Project PATH had some difficulty reaching the target number of 125 participants for each selected city needed to meet objective 1. However, PATH was able to overcome this barrier by increasing community outreach and by attending various community events that ultimately allowed greater access to participants.

Additionally, while implementing strategies related to performance objectives 2 and 3, project staff experienced challenges to scheduling and getting enough participation at the educational workshops, with several workshops needing to be rescheduled due to low participation. Similarly staff experienced some difficulty engaging parent participation in workshops in the City of Mission Viejo, requiring staff to focus their efforts on students attending Saddleback College in order to meet the required number of workshop participants within this city. Project staff also encountered challenges when administering the Prescription and Over-the-Counter Drugs Adult Survey, as many workshop participants had difficulty correctly filling out the survey. In order to overcome this challenge, staff added slides to the Rx/OTC Drug Abuse workshop power-point presentation that instructed participants how to properly fill out the surveys.

While implementing strategies to meet performance objectives 4 and 5, Project PATH experienced some initial resistance in the City of Newport Beach, as one of District Coordinators within the Newport Mesa Unified School District Staff was not in support of the proposed strategies and activities, stalling the initiatives' progress within

that school district for over a month. However, through continued meetings and compromise, the District Coordinator became a collaborative partner and supported the initiative.

Lastly, when implementing strategies to meet performance objective 6, Project PATH staff experienced some challenges in the City of Orange, as workshops with health professionals had to be delayed due to obstacles limiting contact with the personnel who would be able to schedule workshop dates.

In addition to meeting and exceeding all performance objectives, both performance measures were also met. As previously discussed, PATH was able to conduct well over the 3 required educational workshops within each of the four selected cities, addressing the problem of Rx/OTC drug abuse among youth for parents, school, and other youth-serving personnel, thereby meeting and exceeding performance measure 1. Furthermore, Project PATH was able to conduct four town hall meetings across each of the targeted cities to total of 229 people, meeting and exceeding performance measure 2.

As previously discussed, Project PATH staff experienced some challenges in implementing the performance measures. For instance, there were barriers to conducting educational workshops in the Cities of Fullerton and Mission Viejo, as several workshops had to be rescheduled within the City of Fullerton due to low participation. Similarly, staff had difficulty obtaining workshop participants in the City of Mission Viejo, requiring staff to shift their focus to solicit participants at Saddleback College. Finally, PATH reported initial challenges in implementing a town hall within the City of Newport Beach due to the negative connotation the term “town hall” had amongst school personnel and district administration within this city. However this challenge was overcome, as there was interest for a community forum or briefing targeting Newport Mesa Unified School District and was able to successfully conduct a town hall meeting within this city.

B. Staff Interviews

Project PATH staff was interviewed to gain a greater understanding of the various accomplishments, barriers, unexpected outcomes experienced during implementation of Rx/OTC Drug Abuse initiative during the 09-10 fiscal year. Staff described several accomplishments experienced, among which were the various collaborative relationships formed within each of the selected cities. Also mentioned as an accomplishment was the development and creation of the “MythBusters Newsletter” distributed specifically to schools in Newport Beach as a way to educate students in Newport Beach about the consequences of Rx/OTC drug abuse as staff had initially experienced resistance to the initiative within this city. Additionally, staff described a particularly successful town hall meeting that helped build rapport within the community that was facilitated in partnership with the Community Alliance Network and focused on both the dangers of Rx/OTC drugs and underage drinking.

Project PATH staff described various unexpected outcomes that occurred during the 09-10 fiscal year. One of which was the surprising high level of cooperation experienced with two Newport Beach schools, given that several staff experienced resistance to the initiative within the City of Newport Beach. Additionally, it was surprising to staff that many parents did not believe Rx/OTC drug abuse was a significant trend and encountered many parents who were uninterested the educational workshops.

Several challenges were described throughout the year. For instance, Project PATH staff experienced some difficulty reaching potential collaborative partners and had to reschedule several workshops due to low participation rates. Additionally, staff reported that many respondents had difficulty correctly filling out the surveys and had to create additional power point slides instructing workshop participants how to properly fill out the surveys. Other challenges related to obtaining access for and participation in educational workshops for both youth and adults as described above.

Finally, staff described various lessons learned and recommendations for future implementation of the initiative. Lessons learned included the importance of knowing and understanding the history and dynamics between agencies and local government within each targeted city. Similarly, Project PATH also learned the importance of knowing the policies, procedures, and politics specific to each city; ultimately resulting in more successful outcomes for the initiative. Additionally, the importance of knowing in advance who workshop participants will be was identified as a lesson learned, as it allows for better preparation of workshop materials.

Recommendations provided by Project PATH included the importance of building relationships within the community as well as to ask for input and feedback from community partners to increase support for the initiative. Staff also suggested taking an active part in other projects or activities being conducted in each community to develop potentially beneficial relationships for the future. Lastly, one staff member suggested implementing a more systematic way in which survey batches were sent to evaluators to enhance communications between project staff and evaluators.

In sum, Project PATH was able to overcome initial resistance to educational workshops and town hall meetings on prescription and over-the-counter drug abuse through their persistence in building relationships and support for the project and their creativity in developing materials to educate students and the public at large. For all performance objectives and measures, the Rx/OTC Drug Abuse initiative exceeded requirements regarding the number of community members, adults, youth and health professionals it educated. In addition, Project PATH successfully increased awareness and knowledge about the prevalence and adverse consequences of Rx/OTC drug abuse among Orange County youth for the majority of community members, adults and youth participating in workshops; increased knowledge that Rx/OTC drugs are not safer than street drugs and of the adverse consequences of Rx/OTC drug abuse for most youth workshop participants; and, increased knowledge of methods to reduce Rx/OTC drug abuse for almost all health professional workshop participants. Through the strategies used to achieve these objectives and measures, Project PATH learned the importance of knowing the community and participants in the targeted cities, and in the future intends to be even more involved in the targeted cities to further cultivate relationships that will support the Rx/OTC initiative as it moves forward.

Appendix A: Prescription and Over-the-Counter Drug Abuse Awareness Survey Findings by Survey Item

Note: Because the community was not indicated on all surveys, the total number of surveys from each city does not equal the total number reported in “All.”

Q1. In recent months, have you seen and/or read articles in local newspapers or magazines about prescription and over-the-counter drug abuse among youth in Orange County?

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=582	N=151	N=124	N=154	N=146
Yes	56%	35%	47%	66%	73%
No	44%	65%	53%	34%	27%

Q1a. If yes, in which local newspapers or magazines have you seen and/or read articles about prescription and over-the-counter drug abuse among Orange County youth?

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=323	N=53	N=58	N=101	N=107
OC Family	4%	4%	10%	4%	2%
Penny Saver	13%	21%	2%	0%	27%
Local Newspaper	66%	42%	55%	71%	78%
Other	12%	15%	33%	7%	5%

Note: Percentages do not add to 100% as respondents were asked to check all that apply.

Q2. Have you seen the “Good Meds Bad Behavior” advertisement pictured below?

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=574	N=151	N=122	N=151	N=143
Yes	64%	60%	42%	57%	97%
No	36%	40%	58%	43%	3%

Q2a. If yes, where have you seen this ad?

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=369	N=91	N=51	N=86	N=139
Banner	8%	14%	12%	11%	0%
Flyer	43%	51%	26%	29%	53%
Poster	68%	75%	18%	51%	93%
Postcard	18%	6%	39%	17%	19%
Facebook	4%	10%	6%	2%	1%
Billboard	16%	7%	10%	57%	0%
Newspaper	4%	2%	2%	9%	1%
Website	2%	1%	10%	2%	0%
Other	4%	6%	12%	5%	1%

Note: Percentages do not add to 100% as respondents were asked to check all that apply.

Q2b. If yes, approximately how many times have you seen the advertisement?

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=327	N=76	N=46	N=64	N=139
1-10 Times	92%	82%	96%	84%	100%
11-20 Times	5%	10%	2%	16%	0%
21-30 Times	1%	5%	0%	0%	0%
31-80 Times	1%	3%	0%	0%	0%
81-100 Times	<1%%	0%	2%	0%	0%
101 or More	0%	0%	0%	0%	0%

Q3a. As a result of the articles and/or advertisement(s) mentioned above...I am more aware of prescription and over-the counter drug abuse in general.

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=581	N=151	N=122	N=155	N=146
Strongly Disagree	3%	5%	5%	4%	0%
Disagree	9%	18%	6%	6%	2%
Agree	46%	50%	52%	47%	36%
Strongly Agree	42%	27%	37%	43%	62%

Q3b. As a result of the articles and/or advertisement(s) mentioned above...I am more aware of the problems associated with prescription and over-the-counter drug abuse among youth in Orange County.

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=581	N=151	N=122	N=155	N=146
Strongly Disagree	4%	7%	6%	4%	0%
Disagree	9%	21%	6%	6%	2%
Agree	47%	47%	57%	50%	36%
Strongly Agree	40%	25%	32%	40%	62%

Q3c. As a result of the articles and/or advertisement(s) mentioned above...I am more likely to recognize the signs and problems associated with prescription and over-the-counter drug abuse among Orange County youth.

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=581	N=150	N=123	N=155	N=146
Strongly Disagree	3%	6%	5%	4%	0%
Disagree	16%	25%	11%	17%	10%
Agree	49%	51%	54%	55%	33%
Strongly Agree	32%	18%	30%	24%	57%

Q3d. As a result of the articles and/or advertisement(s) mentioned above...I am more likely to speak with others about prescription and over-the-counter drug abuse among Orange County youth.

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=582	N=151	N=123	N=155	N=146
Strongly Disagree	5%	9%	6%	4%	0%
Disagree	12%	26%	11%	10%	3%
Agree	47%	46%	55%	54%	30%
Strongly Agree	36%	19%	28%	32%	67%

Appendix B: Prescription and Over-the-Counter Drugs Adult Survey Findings by Survey Item

Note: The italicized response and percentages below represent the percentage of respondents who selected the **correct** answer to the knowledge question posed.

Q1. The Internet can increase the abuse of prescription and over-the-counter drugs through availability and access.

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=594	N=100	N=163	N=116	N=215
<i>True (correct)</i>	99%	99%	99%	99%	99%
False	1%	1%	1%	1%	1%

Q2. Prescription and over-the-counter drug abuse can lead to increased behavioral problems, poor academic performance, truancy and other alcohol, tobacco and drug use.

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=594	N=100	N=163	N=116	N=215
<i>True (correct)</i>	100%	100%	99%	100%	99%
False	<1%	0%	1%	0%	1%

Q3. Prescription and over-the-counter medications are safer than street/illicit drugs.

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=591	N=100	N=160	N=116	N=215
True	3%	5%	4%	3%	100%
<i>False (correct)</i>	97%	95%	96%	97%	0%

Q4. Which of the following active ingredients found in many over-the-counter cough and cold medicines can cause delusions, blurred vision, seizures and brain damage if abused?

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=581	N=99	N=153	N=115	N=214
Vicodin	3%	5%	3%	2%	2%
<i>Dextromethorphan (correct)</i>	96%	94%	96%	96%	97%
Ritalin	1%	1%	1%	1%	1%
Morphine	<1%	0%	0%	1%	0%

Q5. Which of the following are prescription pain killers?

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=585	N=99	N=155	N=116	N=196
Vicodin	3%	4%	4%	2%	3%
Codeine	1%	2%	1%	0%	1%
Morphine	2%	1%	2%	0%	4%
<i>All of the Above (correct)</i>	93%	93%	92%	97%	91%
None of the Above	1%	0%	1%	1%	1%

Q6. As a result of this presentation: *I know more about the prevalence of prescription and over-the-counter drug abuse.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=594	N=100	N=163	N=116	N=215
Strongly Disagree	5%	5%	9%	5%	1%
Disagree	2%	1%	5%	1%	0%
Agree	37%	33%	47%	32%	34%
Strongly Agree	56%	61%	39%	62%	65%

Q7. As a result of this presentation: *I know more about the most commonly abused prescription and over-the-counter drug abuse among Orange County youth.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=593	N=100	N=162	N=116	N=215
Strongly Disagree	4%	4%	7%	5%	2%
Disagree	2%	2%	5%	1%	0%
Agree	38%	34%	46%	31%	36%
Strongly Agree	57%	60%	42%	63%	62%

Q8. As a result of this presentation: *I know more about the adverse consequences of prescription and over-the-counter drug abuse among youth 12-17 years old.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=594	N=100	N=163	N=116	N=215
Strongly Disagree	4%	5%	8%	5%	1%
Disagree	2%	2%	4%	0%	1%
Agree	40%	33%	49%	40%	35%
Strongly Agree	54%	60%	39%	55%	63%

Q9. As a result of this presentation: *I am more likely to recognize the signs of prescription and over-the-counter drug abuse in youth 12-17 years old.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=593	N=99	N=163	N=116	N=215
Strongly Disagree	4%	3%	7%	3%	2%
Disagree	4%	5%	3%	7%	3%
Agree	45%	40%	52%	50%	38%
Strongly Agree	47%	52%	38%	40%	57%

Q10. As a result of this presentation: *I am more likely to speak with others about prescription and over-the-counter drug abuse among Orange County youth.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=592	N=99	N=162	N=116	N=215
Strongly Disagree	4%	4%	8%	4%	1%
Disagree	3%	2%	7%	3%	2%
Agree	39%	45%	43%	40%	32%
Strongly Agree	54%	49%	42%	53%	65%

Q11. As a result of this presentation: *I am more likely to support efforts to prevent prescription and over-the-counter drug abuse among Orange County youth.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=592	N=99	N=162	N=116	N=215
Strongly Disagree	3%	4%	7%	4%	1%
Disagree	2%	1%	5%	1%	1%
Agree	35%	28%	43%	42%	27%
Strongly Agree	60%	67%	45%	53%	71%

Appendix C: Prescription and Over-the-Counter Drugs Youth Post-Survey Findings by Survey Item

Note: Because the community was not indicated on all surveys, the total number of surveys from each city does not equal the total number reported in “All.”

Percentage Correct Post-Survey Responses Item-by-Item Breakdown

Survey Question	Correct Response Item	% Correct Post-Survey Responses				
		All	Fullerton	Mission Viejo	Newport Beach	Orange
		N=1125	N=217	N=439	N=225	N=242
Q1. Which his NOT true for the over-the-counter medicines:	They require a doctor’s note.	79%	95%	69%	74%	85%
Q2. Which of the following over-the-counter medicines contain the active ingredient DXM?	All of the above.	82%	94%	70%	88%	87%
Q3. Effects of DXM abuse usually include:	All of the above.	85%	94%	78%	76%	97%
Q4. This term most usually refers to a gathering of abusers mixing and sharing pills.	Pharming.	90%	95%	87%	84%	97%
Q5. The group of prescription drugs that teens abuse the most are	Painkillers.	89%	93%	85%	82%	98%
Q6. All of the following are possible social consequences of abusing prescription and over-the-counter drugs EXCEPT:	Driving under the influence of prescription and over-the-counter drugs.	80%	84%	74%	68%	98%
Q7. A legal consequence of abusing prescription and over-the-counter drugs is:	Driving under the influence of prescription and over-the-counter drugs.	83%	88%	80%	70%	97%
Q8. Negative effects of abusing pain relievers can include shortness of breath, lung failure and death.	True.	93%	95%	94%	84%	100%
Q9. It is safe to use prescription medicine without a doctor’s note.	False.	95%	95%	92%	97%	99%
Q10. Prescription and over-the-counter drugs are just as or more dangerous than street drugs.	True.	95%	94%	93%	94%	100%

Appendix D. Prescription and Over-the-Counter Drugs Health Professionals Survey Findings by Survey Item

Note: Because the community was not indicated on all surveys, the total number of surveys from each city does not equal the total number reported in “All.”

Q1. As a result of this workshop, I learned more about: *Methods to reduce drug diversion.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=67	N=8	N=11	N=9	N=27
Not at All	0%	0%	0%	0%	0%
A little	5%	12%	0%	0%	7%
Moderately	30%	50%	9%	22%	26%
A Lot	66%	38%	91%	78%	67%

Q2. As a result of this workshop, I learned more about: *Types of controlled drugs/substances.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=67	N=8	N=11	N=9	N=27
Not at All	0%	0%	0%	0%	0%
A little	2%	0%	0%	11%	0%
Moderately	10%	12%	0%	0%	11%
A Lot	84%	88%	100%	89%	89%

Q3. As a result of this workshop, I learned more about: *The CURES database drugs/substances.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=67	N=8	N=11	N=9	N=27
Not at All	0%	0%	0%	0%	0%
A little	7%	12%	0%	11%	8%
Moderately	30%	50%	9%	0%	33%
A Lot	63%	38%	91%	89%	59%

Q4. As a result of this workshop, I learned more about: *Drug disposal programs.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=67	N=8	N=10	N=9	N=27
Not at All	2%	0%	0%	0%	0%
A little	6%	0%	0%	0%	7%
Moderately	30%	62%	20%	33%	19%
A Lot	62%	38%	80%	67%	74%

Q5. As a result of this workshop: *I know more about the prevalence of prescription and over-the-counter drugs.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=67	N=8	N=11	N=9	N=27
Strongly Disagree	0%	0%	0%	0%	0%
Disagree	0%	0%	0%	0%	0%
Agree	30%	12%	0%	11%	48%
Strongly Agree	70%	88%	100%	89%	52%

Q6. As a result of this workshop: *I know more about the most commonly abused prescription and over-the-counter drugs.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=67	N=8	N=11	N=9	N=27
Strongly Disagree	0%	0%	0%	0%	0%
Disagree	0%	0%	0%	0%	0%
Agree	19%	12%	0%	11%	22%
Strongly Agree	81%	88%	100%	89%	78%

Q7. As a result of this workshop: *I know more about the methods to reduce prescription and over-the-counter drug abuse.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=66	N=8	N=11	N=9	N=26
Strongly Disagree	0%	0%	0%	0%	0%
Disagree	1%	0%	0%	0%	4%
Agree	32%	25%	9%	22%	42%
Strongly Agree	67%	75%	91%	78%	54%

Q8. As a result of this workshop: *I am more likely to implement methods to reduce prescription and over-the-counter drug abuse.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=67	N=8	N=11	N=9	N=27
Strongly Disagree	0%	0%	0%	0%	0%
Disagree	2%	0%	0%	0%	4%
Agree	34%	37%	18%	22%	33%
Strongly Agree	64%	63%	82%	78%	63%

Q9. As a result of this workshop: *I am more likely to support efforts to prevent prescription and over-the-counter drug abuse.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=67	N=8	N=11	N=9	N=27
Strongly Disagree	0%	0%	0%	0%	0%
Disagree	0%	0%	0%	0%	0%
Agree	21%	12%	9%	11%	26%
Strongly Agree	79%	88%	91%	89%	74%

Appendix E. Prescription and Over-the-Counter Drugs School Health Professionals Survey Findings by Survey Item

Note: Because the community was not indicated on all surveys, the total number of surveys from each city does not equal the total number reported in “All.”

Q1. As a result of this presentation, I learned more about: *Ways to build awareness and provide information about prescription and over-the-counter drug abuse.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=211	N=84	N=26	N=10	N=89
Not at all	1%	0%	0%	10%	0%
A little	3%	4%	8%	20%	0%
Somewhat	23%	24%	19%	10%	24%
A lot	73%	72%	73%	60%	76%

Q2. As a result of this presentation, I learned more about: *How to serve as a prevention resource to parents, youth, and community members.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=211	N=84	N=26	N=10	N=89
Not at all	1%	0%	0%	10%	0%
A little	5%	6%	12%	20%	1%
Somewhat	35%	43%	23%	10%	35%
A lot	59%	51%	65%	60%	64%

Q3. As a result of this presentation, I learned more about: *Communication approaches to encourage youth and adult conversations.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=211	N=84	N=26	N=10	N=89
Not at all	2%	3%	0%	20%	0%
A little	11%	20%	4%	20%	5%
Somewhat	35%	27%	35%	0%	46%
A lot	52%	50%	61%	60%	49%

Q4. As a result of this presentation, I learned more about: *Ways to be a positive role model to prevent prescription and over-the-counter drug abuse.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=211	N=84	N=26	N=10	N=89
Not at all	2%	0%	4%	20%	0%
A little	5%	7%	0%	20%	3%
Somewhat	22%	22%	19%	0%	26%
A lot	71%	71%	77%	60%	71%

Q5. As a result of this presentation, I learned more about: *Drug disposal programs.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=209	N=84	N=26	N=10	N=87
Not at all	2%	0%	0%	40%	0%
A little	2%	3%	4%	0%	2%
Somewhat	18%	21%	4%	0%	20%
A lot	78%	76%	92%	60%	78%

Q6. As a result of this presentation: *I know more about the prevalence of prescription and over-the-counter drug abuse, particularly in Orange County.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=211	N=84	N=26	N=10	N=89
Strongly Disagree	1%	0%	4%	0%	0%
Disagree	0%	0%	0%	0%	0%
Agree	22%	24%	11%	30%	22%
Strongly Agree	77%	76%	85%	70%	78%

Q7. As a result of this presentation: *I know more about the most commonly abused prescription and over-the-counter drugs.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=210	N=84	N=26	N=10	N=88
Strongly Disagree	0%	0%	0%	0%	0%
Disagree	2%	1%	8%	10%	0%
Agree	21%	28%	11%	20%	17%
Strongly Agree	77%	71%	81%	70%	83%

Q8. As a result of this presentation: *I know more about the adverse consequences of prescription and over-the-counter drug abuse.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=211	N=84	N=26	N=10	N=89
Strongly Disagree	1%	1%	0%	0%	0%
Disagree	2%	2%	0%	10%	1%
Agree	26%	24%	23%	10%	32%
Strongly Agree	71%	73%	77%	80%	67%

Q9. As a result of this presentation: *I know more about the methods to reduce prescription and over-the-counter drug abuse.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=211	N=84	N=26	N=10	N=89
Strongly Disagree	0%	0%	0%	0%	0%
Disagree	2%	1%	4%	20%	0%
Agree	38%	41%	27%	30%	40%
Strongly Agree	60%	58%	69%	50%	60%

Q10. As a result of this presentation: *I am more likely to implement methods to reduce prescription and over-the-counter drug abuse.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=211	N=84	N=26	N=10	N=89
Strongly Disagree	0%	0%	0%	0%	0%
Disagree	2%	1%	0%	20%	2%
Agree	31%	30%	27%	30%	34%
Strongly Agree	67%	69%	73%	50%	64%

Q11. As a result of this presentation: *I am more likely to support efforts to prevent prescription and over-the-counter drug abuse.*

Response	All	Fullerton	Mission Viejo	Newport Beach	Orange
	N=211	N=84	N=26	N=10	N=89
Strongly Disagree	0%	0%	0%	0%	0%
Disagree	0%	0%	0%	0%	0%
Agree	22%	20%	11%	20%	27%
Strongly Agree	78%	80%	89%	80%	73%