

North Dakota
Substance Abuse Prevention Block Grant
Strategic Plan



Public Health
Prevent. Promote. Protect.

Nelson-Griggs
District Health Unit

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Drinking alcohol has been a long-standing cultural norm not only for the state of North Dakota but also for the small frontier counties of Nelson and Griggs. Drinking alcohol has not only become a norm for adults, but youth as well. Underage drinking has been known to take place when hunting or fishing or after a big ball game, some parents even encourage them to “try it” before going to college. Because of this, underage drinking will be the focus of the SUPTRS Block Grant Funding for Nelson-Griggs District Health Unit (NGDHU).

When we investigated the data to see if this truly was a problem in our area, we found that our assumptions were accurate. When looking into the Youth Risk Behavior Survey (YRBS) from 2021 we find that for high school students that although the percentage of students who currently drank alcohol (at least 1 drink of alcohol, on at least 1 day during the 30 days before the survey) decrease, the value was still 23.7%. Even more alarming was our regional data that showed that this number was 24.8% and in rural towns 28.7%. Underage drinking is not legal and this value should be at 0%. Furthermore, underage drinking came to the forefront when Nelson-Griggs District Health Unit staff went around to talk with local key stakeholders to see what they are seeing in their profession in our area. All entities that we talked with from ambulance services, medical providers, and Sheriff staff reported the drinking was a problem in our area. They reported that youth are not going to after school activities anymore, they have “nothing else to do”, “others are doing it”, and there is a shift with parents wanting to be friends with their children instead of parenting them. The stakeholders reported that youth are getting alcohol at house parties, other college age kids, parents purchasing for them, fake ID’s, family member, or taking it from the home.

Because the data was pointing to underage drinking, NGDHU will focus on this for our problem with our main goal being: The percentage of ND High School Students who report current alcohol use in the past 30 days will decrease from 23.7% to 22% by 2025 youth risk behavioral Survey. To accomplish this goal, we will work on reducing retail and social access. To do this we have placed one forensic scanner within a convenient store. With this convenient store, we will work with them to formulate a policy on the use of forensic scanners and training for this. This forensic scanner will help us get data to ensure that what the key stakeholders stated is accurate. If this is accurate, we will work to place forensic scanners in other establishments. To reduce social access, we will work to reduce risk factors. We will do this by providing alternative events in times where underage drinking may be taking place; these will include during prom and a community town day. We will also work with our local law enforcement to ensure a good partnership, especially when it comes to environmental scans. We will also work closely with the schools to formulate consistent consequences and ensure that students are aware of these consequences thus reducing risk factors. We will also work to increase protective factors including implementing curriculum about alcohol into the school. We are hoping to pilot this in one school that plans to train an individual for TTS, and we hope that this individual can also teach about protective factors for substances. We also hope to educate our general community. As underage drinking is a cultural norm in our rural area we want to educate and inform adults that this is indeed harmful for the child.

All of these goals and activities will work to reduce underage drinking. In the years to come, our ultimate goal will be to have a social host liability law, but know that this is lofty and will not happen in the timeframe of this grant; so to work for this as our 10 year goal and this grant cycle, we will work to increase consequences within the schools first.

1. Why focus on Underage Drinking?

- a. Percentage of high school students who currently drank alcohol (at least 1 drink of alcohol, on at least 1 day during the 30 days before the survey)
 - i. State- 23.7% (down from 27.6% in 2019)
 - ii. Regional
 - 1. DL- 24.8%
 - 2. GF- 23.4%
 - 3. Rural- 28.7%
- b. Local Providers report
 - i. Cooperstown ambulance- kids are not coming to activities anymore
 - 1. They are getting it at house parties and getting it from other college kids or parents getting it for them
 - ii. Dakota Regional Medical Center- This is a big one
 - 1. They are getting it from fake ID, older friends, and adults
 - iii. Michigan Ambulance- $\frac{3}{4}$ of accidents on Hwy 2 are for this
 - 1. Talking about parties from college kids and friends
 - iv. Lakota Ambulance- Shift with parents want to be friends with their kids vs parenting
 - 1. They are getting it from family member or home cabinet
 - v. NCHS-nothing else to do: boredom: others are doing it
 - vi. Nelson County Sherrif-
 - 1. Getting it through fake ID's and lack luster checks from distributors

- 1. **Problem Statement:** High rate of underage drinking in North Dakota
- 2. **GOAL:** The percentage of ND High School Students who report current alcohol use in the past 30 days will decrease from 23.7% to 22% by 2025 youth risk behavioral Survey.
 - a. **Goal 1.1:** Convenient store will implement policy on mandatory fake ID training and use of forensic scanner.
 - i. **Objective:** Reduce amount of fake ID's
 - 1. **Measured:** Number of employees trained.
 - b. **Goal 1.2:** Reduce amount of fake ID's
 - i. **Objective:** Implement/assess use of Forensic Scanner at a local convenient store
 - 1. **Measured:** Amount of fake ID's confiscated

- ii. Connect to goal: if youth are getting their alcohol with fake ID's; once confiscated, they will not be able to get alcohol
 - c. **Goal 1.3:** Reduce social access of alcohol to youth
 - i. **Objective:** Reduce risk factors by providing alternative events for youth to attend.
 - 1. We will once again support the After prom party
 - a. **Measured:** amount of students that attend after prom and sign banner
 - 2. We hope to partner with one community to help support laser tag
 - a. **Measured:** amount of youth that attend laser tag
 - 3. Connect to goal: by providing alternative events, youth will be less likely to go to a party if there is another fun event to attend instead.
 - ii. **Objective:** connect better with law enforcement to have a better understanding of where social parties are happening *
 - 1. **Measured:** doing environmental scans (we are hopeful that Sheriffs offices will, but Griggs county is just hiring new) before, mid, and at the conclusion of this grant
 - 2. Connecting to goal: if we understand where parties are happening, we can try to prevent them from happening or deter youth from attending.
 - d. **Goal 1.3:** Increase protective factors of use of alcohol in youth:
 - i. **Objective:** Implement curriculum about alcohol use in schools
 - 1. We are hoping to pilot a program in one school during this 2 year grant cycle. We are planning to utilize a teacher that is going to take TTS training for us and then we hope to utilize him to then implement a program to high school students.
 - a. **Measured:** number of students taught
 - ii. **Objective:** Educate parents/caregivers regarding harms of alcohol using protective factor of increasing communication
 - 1. Through...
 - a. Parents Lead material
 - b. Newspapers
 - c. Social Media Posts
 - d. Posters
 - e. Flyers
 - f. Brochures
 - g. Perception survey
 - 2. **Measured:** We are hoping to have that survey from Growth Partners OR we will develop our own AND ALSO reach of teaching
3. GOAL, LONG-LONG TERM: In the next 10 years we would like to see a social host liability law passed.