



PLANET YOUTH

Idaho West Central
Mountains

The Icelandic Prevention Model: Background Context

Evidence

Community

Dialogue



In the 1990s, Iceland ranked comparatively high on adolescent alcohol, tobacco, and other harmful drug use as evidenced by results from the European School Project on Alcohol and Drugs (ESPAD). In 1999, the rate of ever-smoking tobacco among 10th-grade youth in Iceland was 56% and 69% on average in Europe; the rate of drunkenness in the past 12 months was 56% in Iceland and 52% in Europe; and 15% had reported using cannabis substances in Iceland, similar to other parts of Europe.

For many years leading up to this point, Iceland had been utilizing traditional methods of substance use prevention, namely, individual, school-based instructional, and educational programs, with the aim of educating or leading youth away from initiating substance.

Using global research findings, as well as local observations about individual and societal factors that contribute to the likelihood of adolescent substance use the Icelandic Prevention Model was developed. Based on the literature, and informed by the work that was being done in Iceland, a community-based approach was designed to deter adolescent substance use. The emphasis of the approach was on getting all relevant stakeholders to the table to build a network of support, monitoring and opportunities for positive youth development at the local community level.

Then

VS

Now



42%

Drunk in the past 30 days

5%



23%

Smoke daily

1%



17%

Lifetime cannabis use

7%



37%

Time spent with parents during weekends

74%



25%

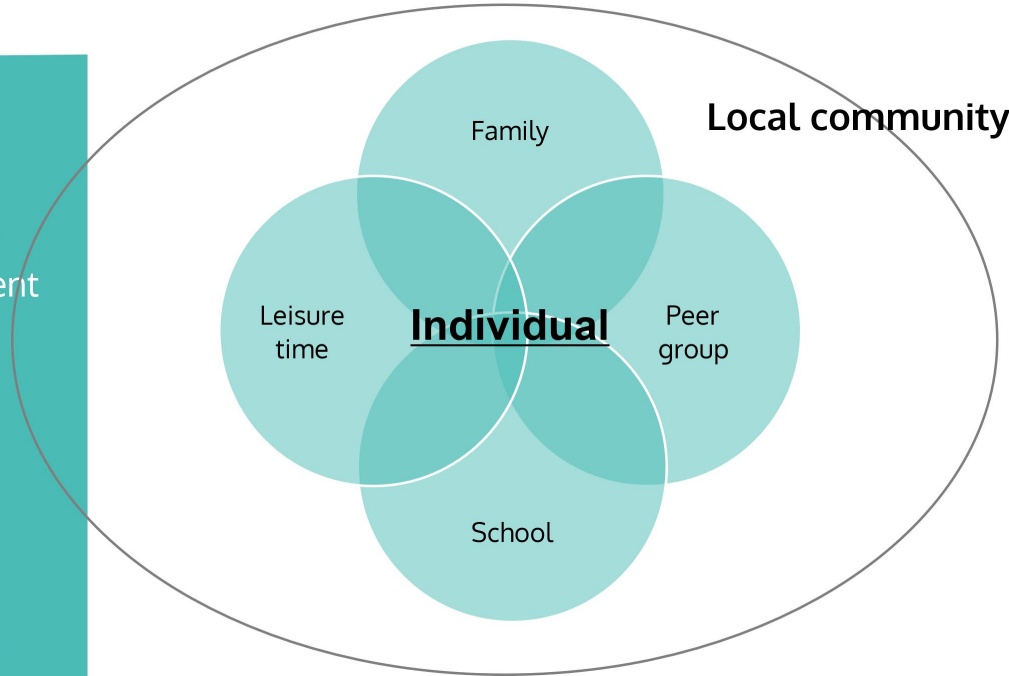
Sport participation 4x a week or more

41%



Domains of intervention

Preventing child and adolescent substance use and risks associated with school drop-out are critical to promote healthy development. A successful approach to such prevention is to work towards strengthening key protective factors and reducing risk factors that operate in the local-community environment of young people. Recent evidence in child and adolescent health research suggests that building a strong community around children is the healthiest and most cost-effective way to promote their well-being for the future. However, such a task takes time, effort, and the mutual commitment of key stakeholders in focusing attention on four major domains of the environment surrounding children and adolescents.



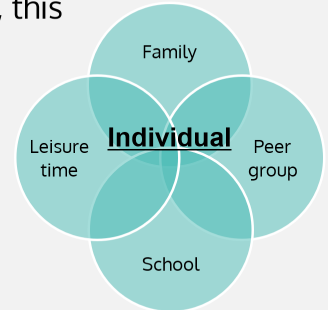
The four domains

Research has shown that children and adolescents who are surrounded by positive environments within the four major domains are much less likely to use or consider using legal or illicit substances and to drop out of school. Furthermore, engaging in behaviors in one area greatly increases the risks associated with the other areas. For example, young people who use illicit drugs are also more likely to drop out of school than those who do not use drugs.

Dropping out of school is especially problematic, as the most reliable predictors of adult health throughout the lifespan are educational attainment and socioeconomic status (SES) with SES being largely predicted by educational attainment.

As such, interventions that successfully delay the onset of adolescent substance use and encourage students to stay in school, contribute to their health and well-being not only in the present, but also for decades to come.

Planet Youth is a holistic approach which focuses on strengthening protective factors and reducing risk factors for substance use and school drop-out in school-communities. To that end, this report is organized as a tool to promote the collaboration between all concerned community members.



The Five Guiding Principles of the The Planet Youth Guidance Program

1

Apply a **primary prevention approach** that is designed to enhance the social environment.

2

Emphasize **community action** and embrace public schools as the natural hub of neighborhood/area efforts to support child and adolescent health, learning, and life success.

3

Engage and empower **community members** to make practical decisions using local, high quality, accessible data and diagnostics.

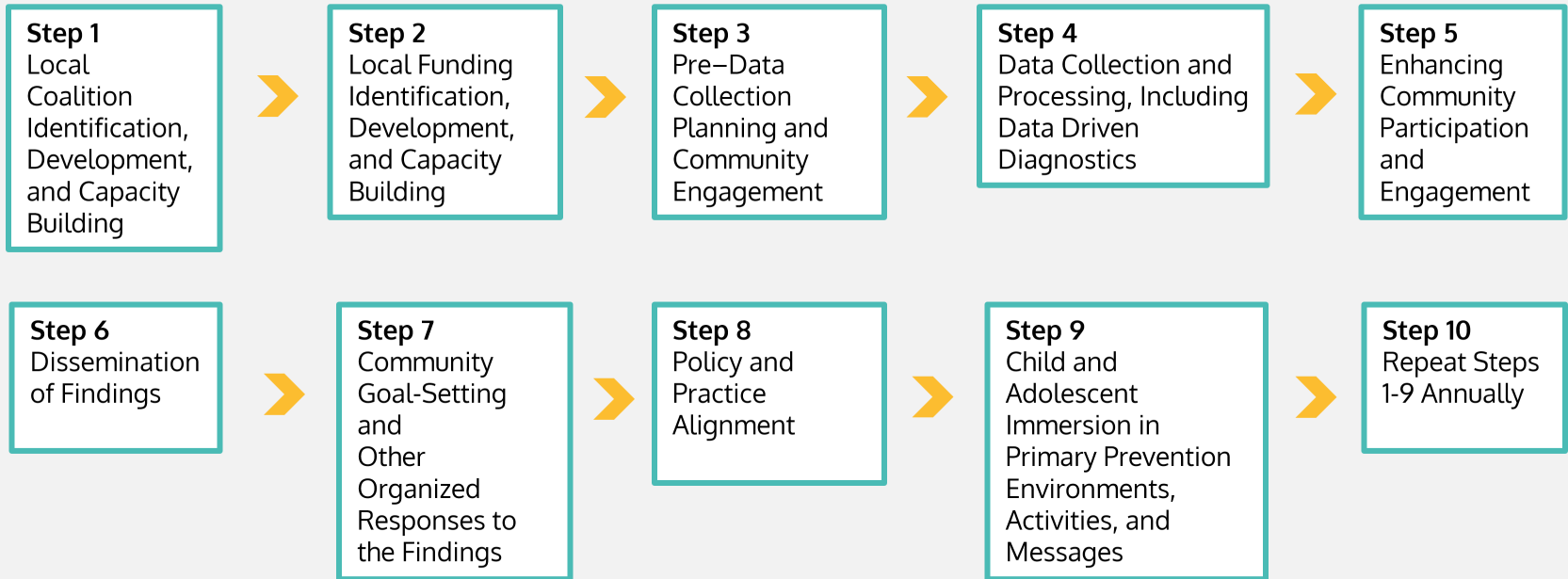
4

Integrate **researchers, policy makers, practitioners, and community members** into a unified team dedicated to solving complex, real-world problems.

5

Match the **scope of the solution to the scope of the problem**, including emphasizing long-term intervention and efforts to marshal adequate community resources.

The Planet Youth Guidance Model: The 10 core steps of the Icelandic Prevention Model

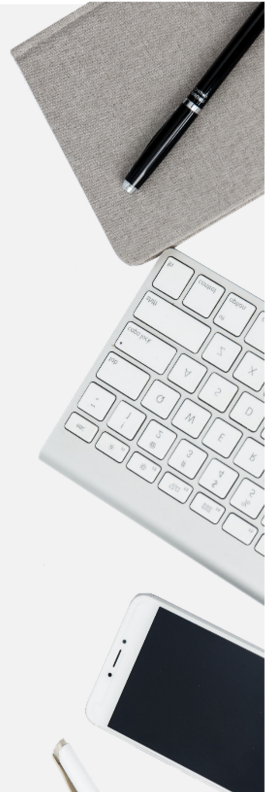


Method and Data collection

Participants were middle school and high school students that attended school on the day of the survey. In 2023, 5 schools across 4 communities in West Central Mountains, Idaho took part in the survey.

The surveys were conducted from March – April 2023. The total response rate for West central mountains was 88%.

Data was collected with an online questionnaire in the Alchemer software. The survey was conducted during classroom hours. Participation was voluntary, and students were free to answer the survey in whole or in part, to skip any question at will, and to change their mind about participation at any time.

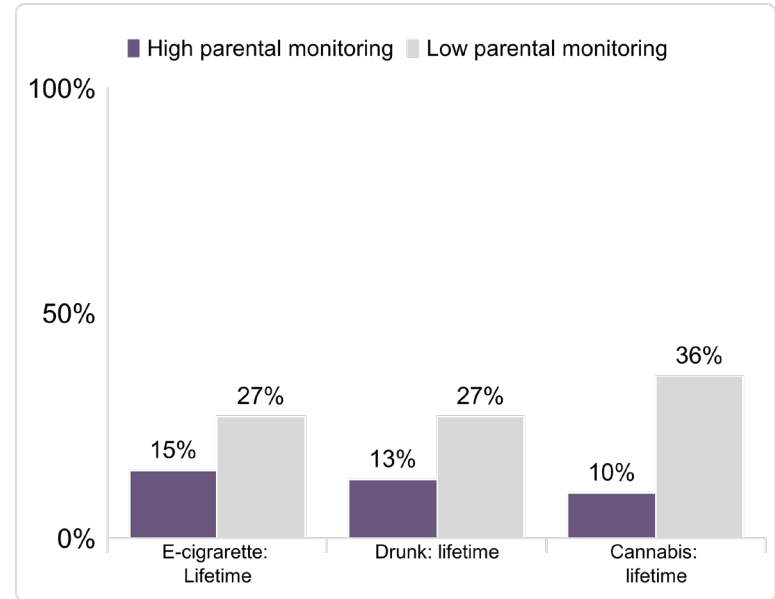


Interpret Cross Tabulations

The cross tabulation shows frequencies of one variable for each level of the other variable. In this example it shows the participants who have used cannabis once or more in their lifetime, used e-cigarettes in their lifetime, and have become drunk in their lifetime compared on level of parental monitoring.

The **purple** bars show the percentage of adolescents who report high parental monitoring and who have used cannabis in their lifetime, used e-cigarettes in their lifetime and were drunk in their lifetime. These students report that it applies rather or very well to them that their parents know where they are in the evenings.

The **gray** bars show the percentage of adolescents who report low parental monitoring and who have used cannabis in their lifetime, used e-cigarettes in their lifetime and were drunk in their lifetime. These students report that it applies rather or very poorly to them that their parents know where they are in the evenings.



Cross tabulation example. Proportions of adolescents who have become drunk in their lifetime, used e-cigarettes in their lifetime, and have used cannabis in their lifetime by level of parental monitoring

Number of participants



		Boy	Girl	Other	Total
Idaho West Central Mountains	2023	95	88	6	189

SUBSTANCE

Substance Use

30%

Tried alcohol at the age 13 or younger

5%

Have been drunk in the last 30 days

6%

Drink alcohol at their own home

8%

Get alcohol from a family member



E-cigarettes

16%

Used an e-cigarette in their lifetime

9%

Used an e-cigarette in the last 30 days

Substances



10%

Have used laughing gas in their lifetime

15%

Have used over the counter sleeping pills in their lifetime

10%

Have used herbal/organic drugs in their lifetime

Cannabis Use

12%

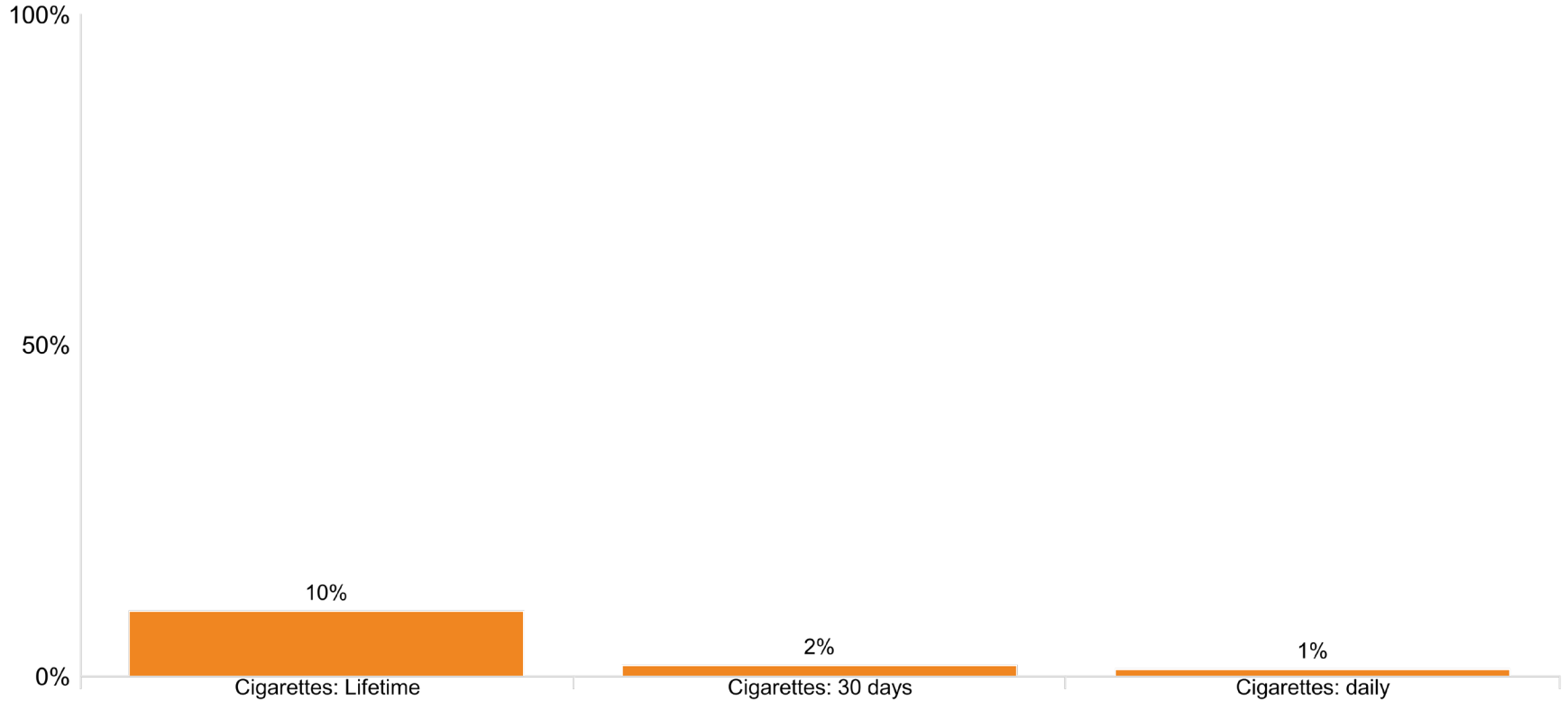
Have used cannabis in their lifetime

4%

Used cannabis in the last 30 days

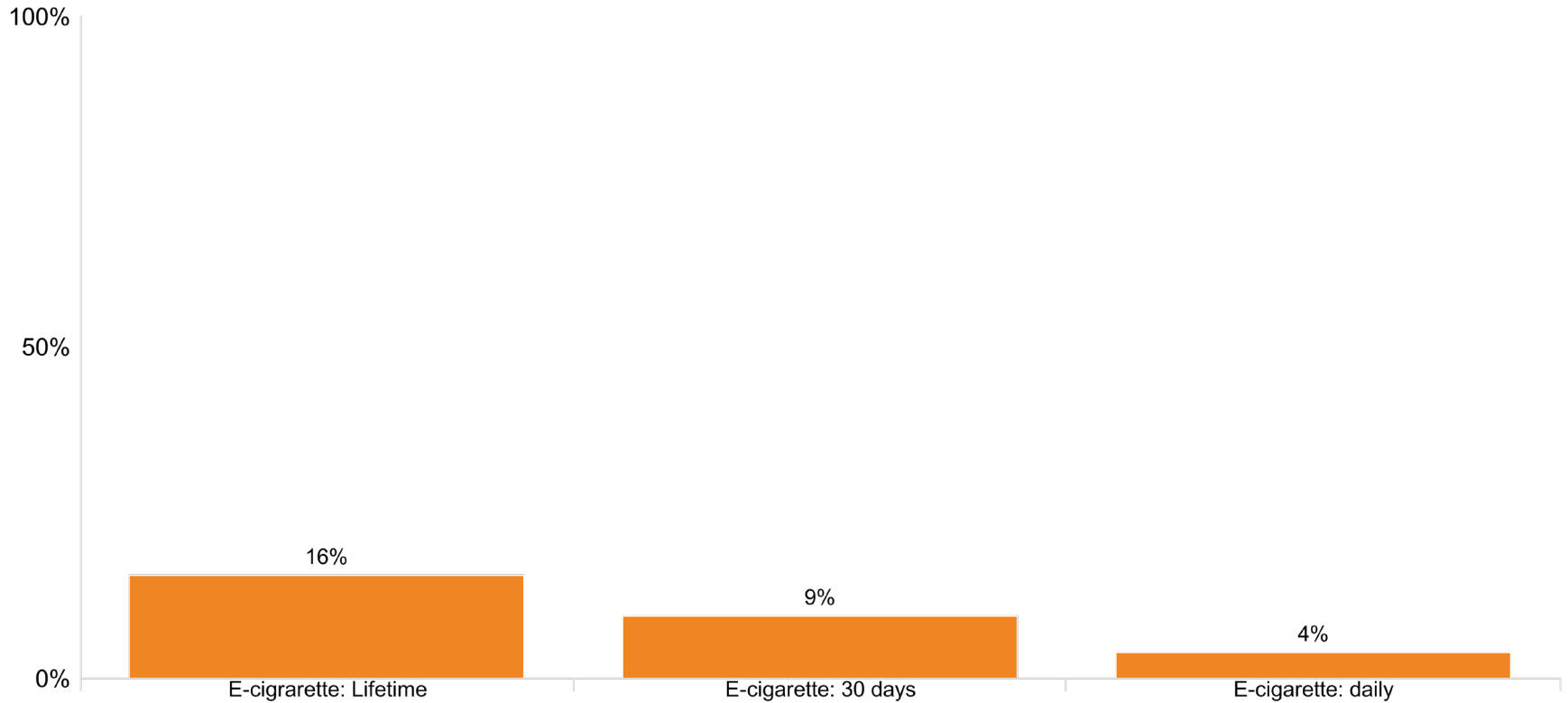


Proportion of adolescents in Idaho West Central Mountains who have smoked cigarettes once or more in their lifetime, in the last 30 days, and smoke on a daily basis



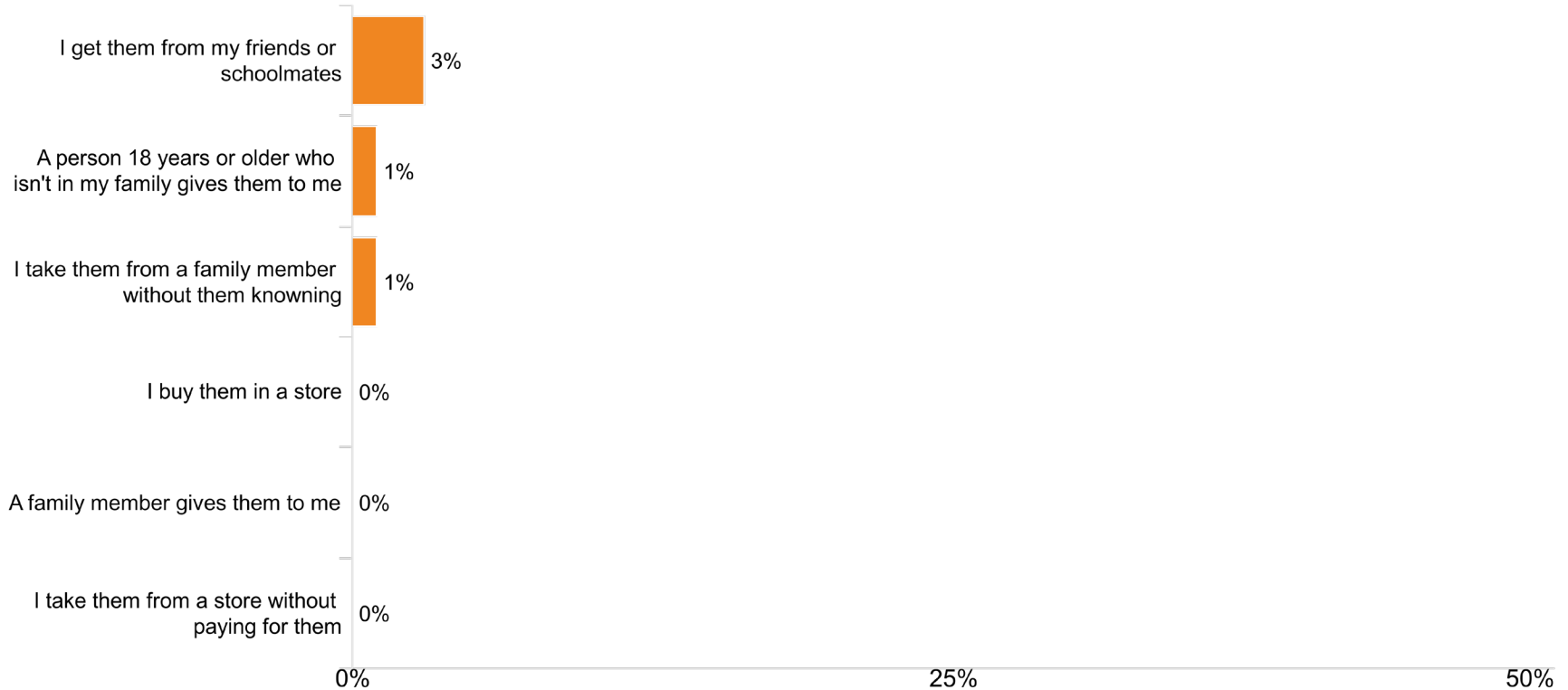
Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains who have used e-cigarettes once or more in their lifetime, in the last 30 days, and use e-cigarettes daily



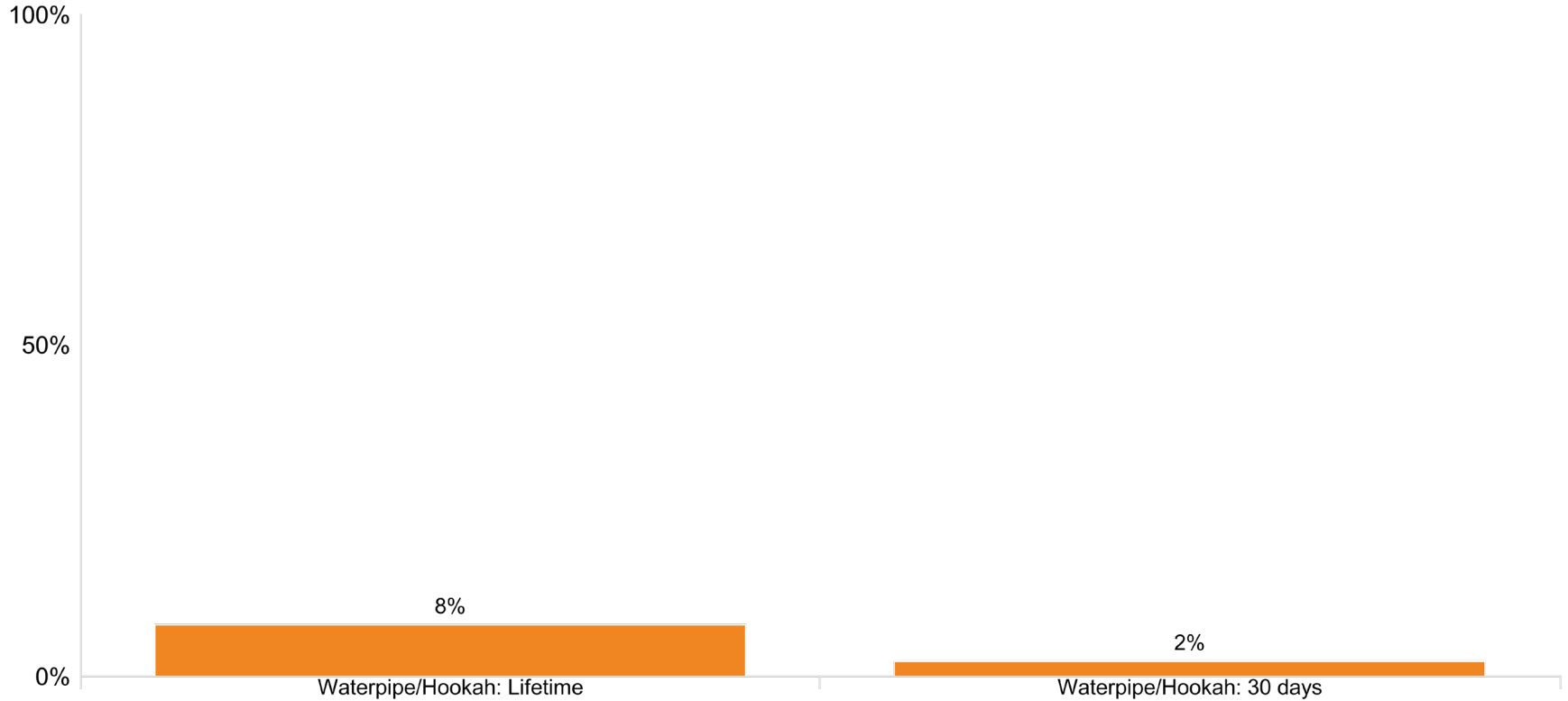
Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains that report getting their cigarettes **sometimes** or **often** the following way



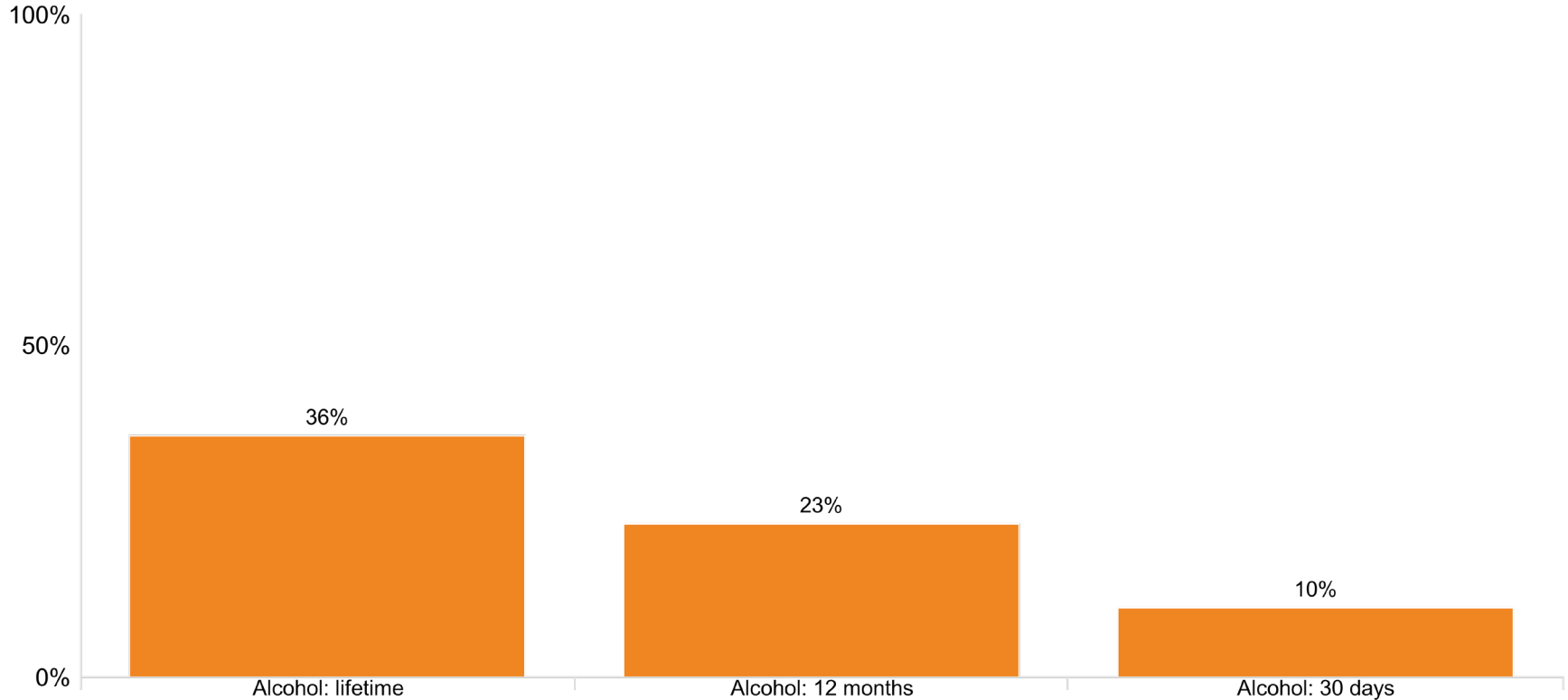
Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains who have used water pipe/hookah/bong in their lifetime and in the last 30 days



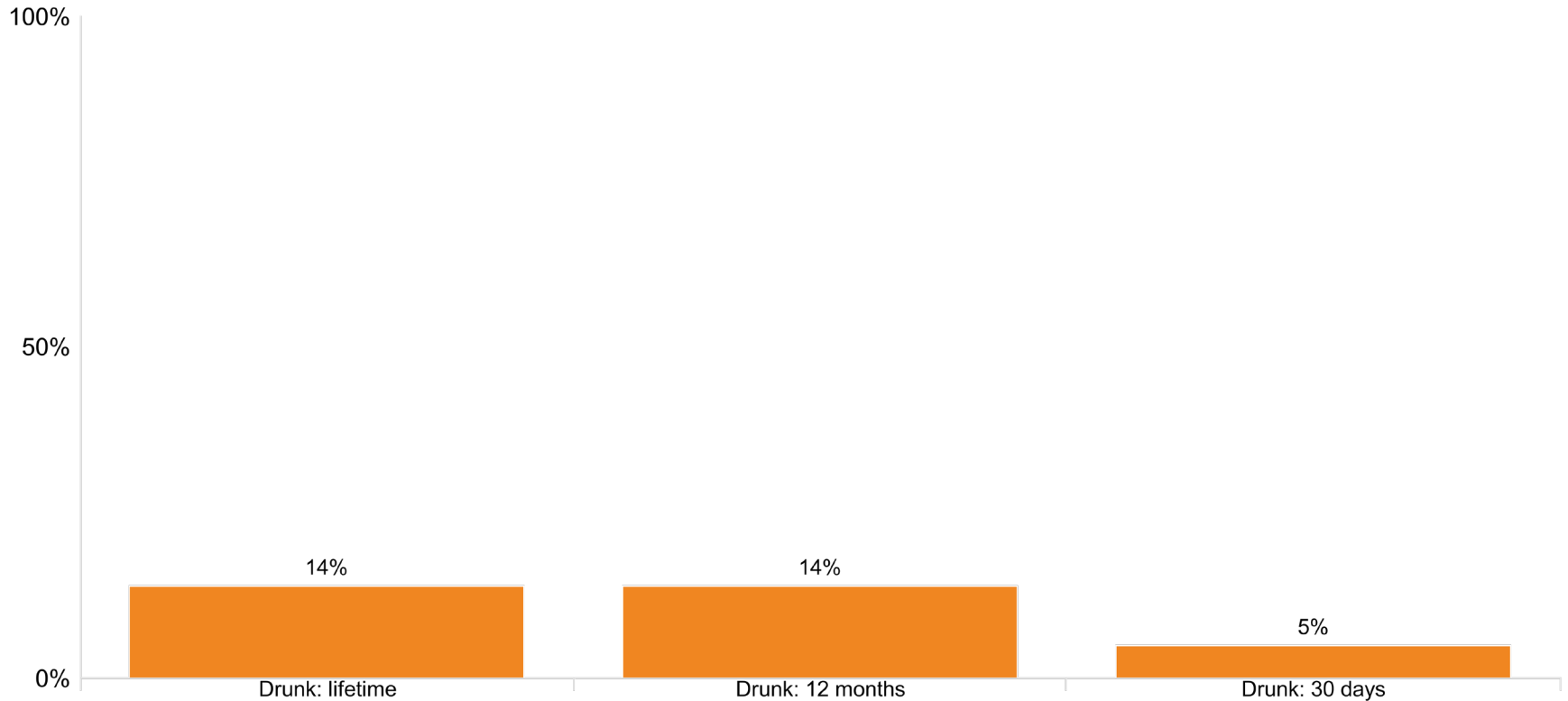
Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains who have drunk alcohol in their lifetime, last 12 months, and last 30 days



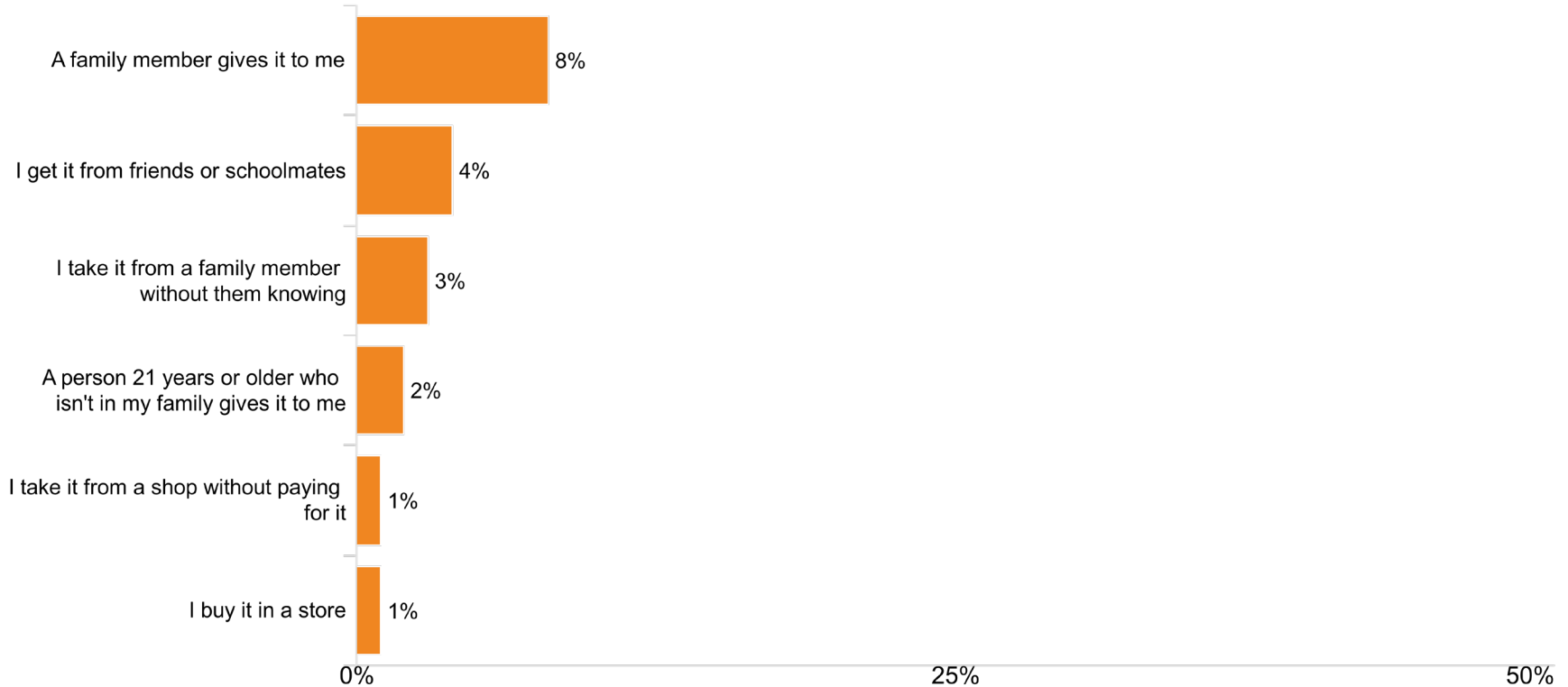
Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains who have been drunk in their lifetime, the last 12 months, and the last 30 days



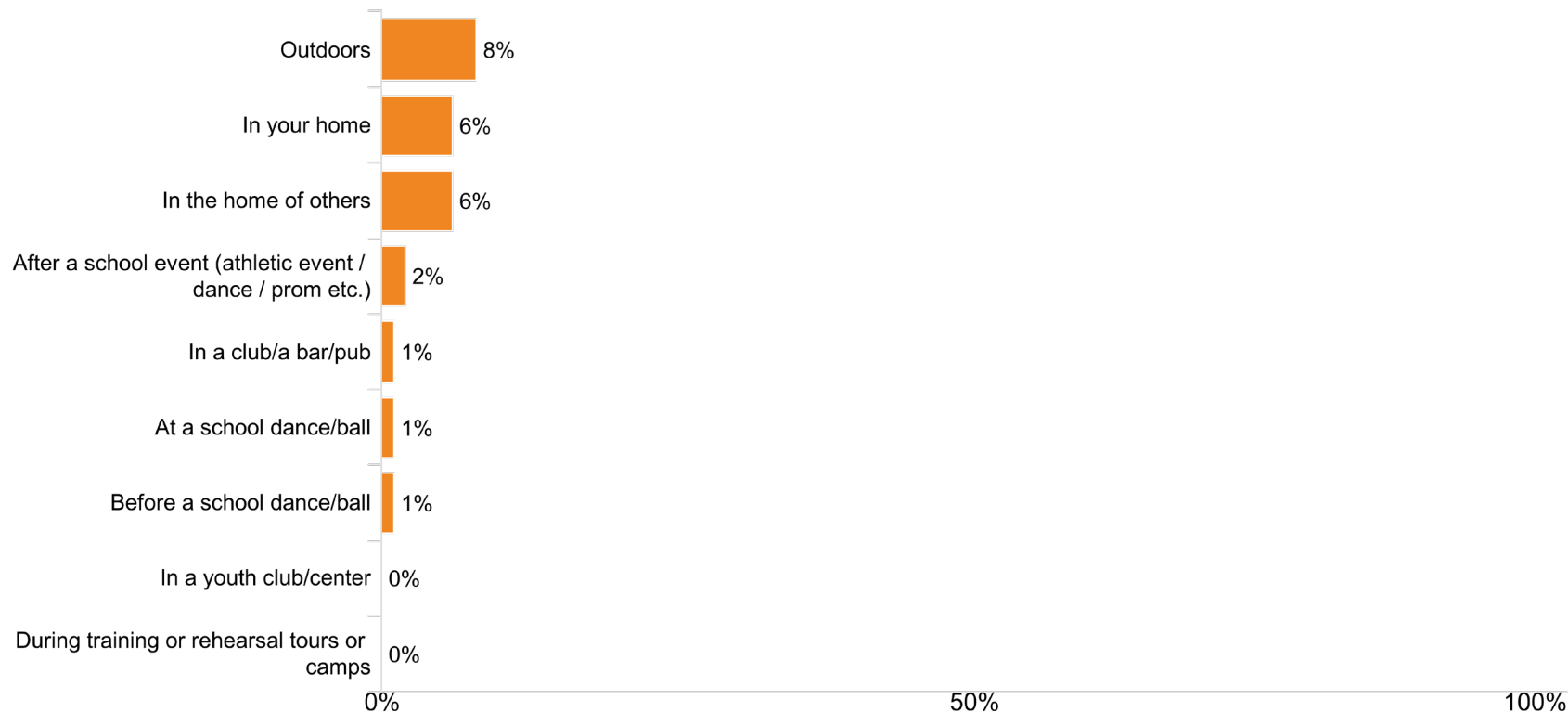
Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains that report getting their alcohol **sometimes** or **often** the following way



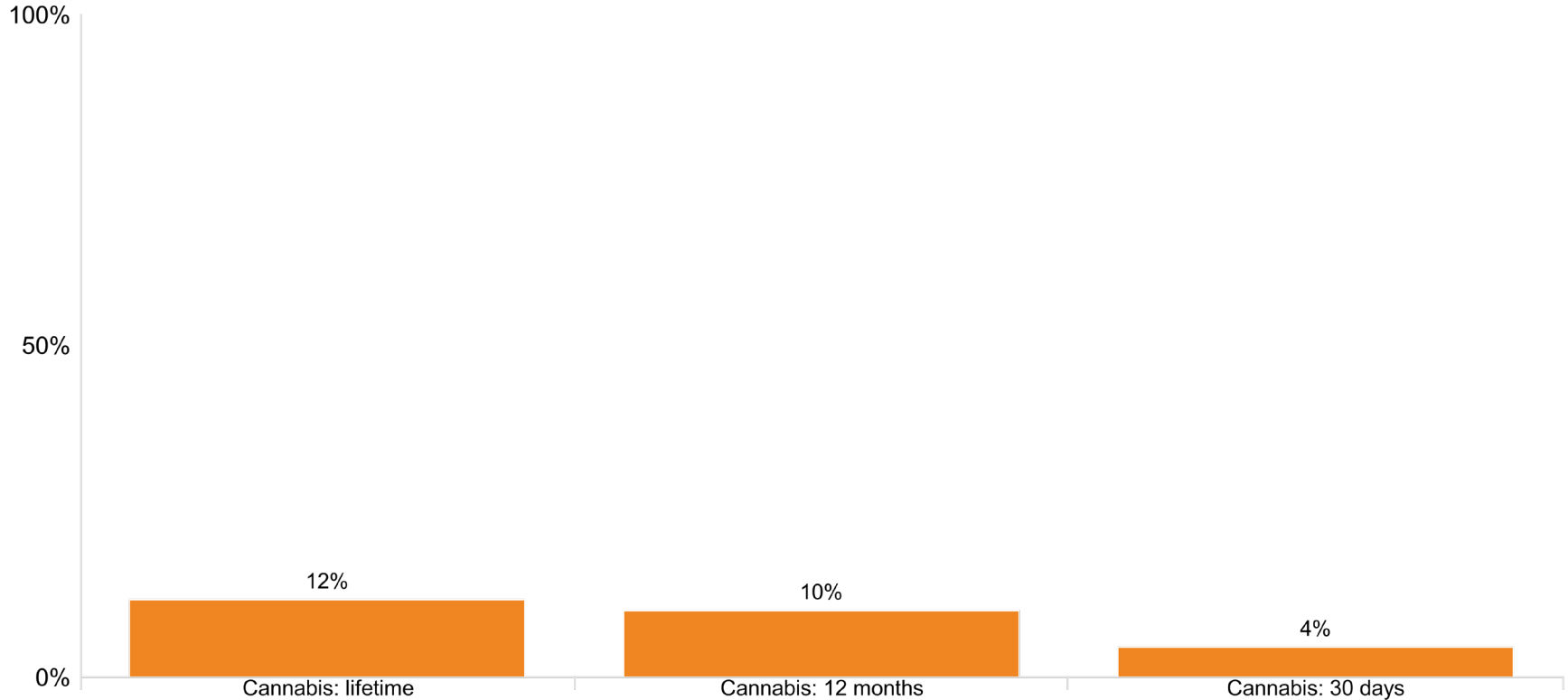
Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains who drink alcohol **sometimes** or **often** in the following places



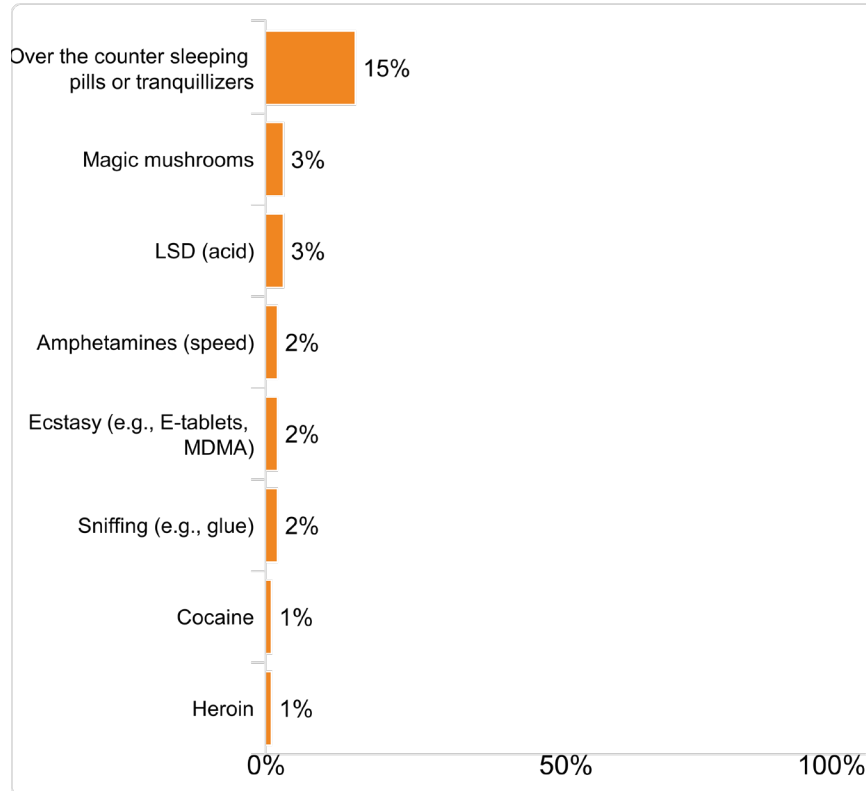
Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains who have used cannabis in their lifetime, in the last 12 months, and in the last 30 days

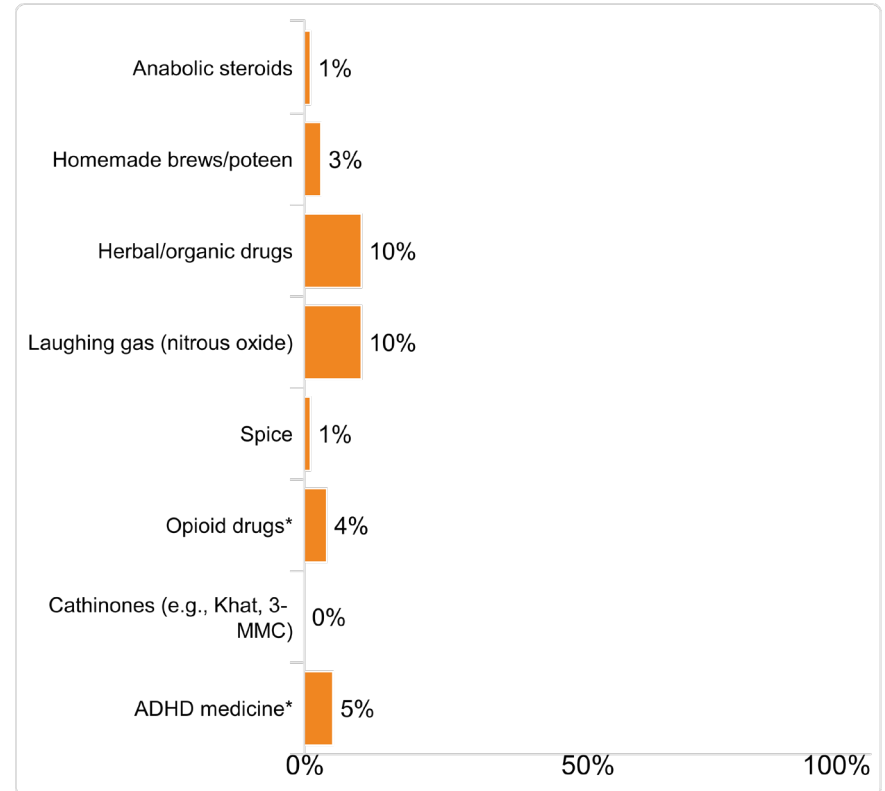


Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains who have used the following substances once or more in their lifetime

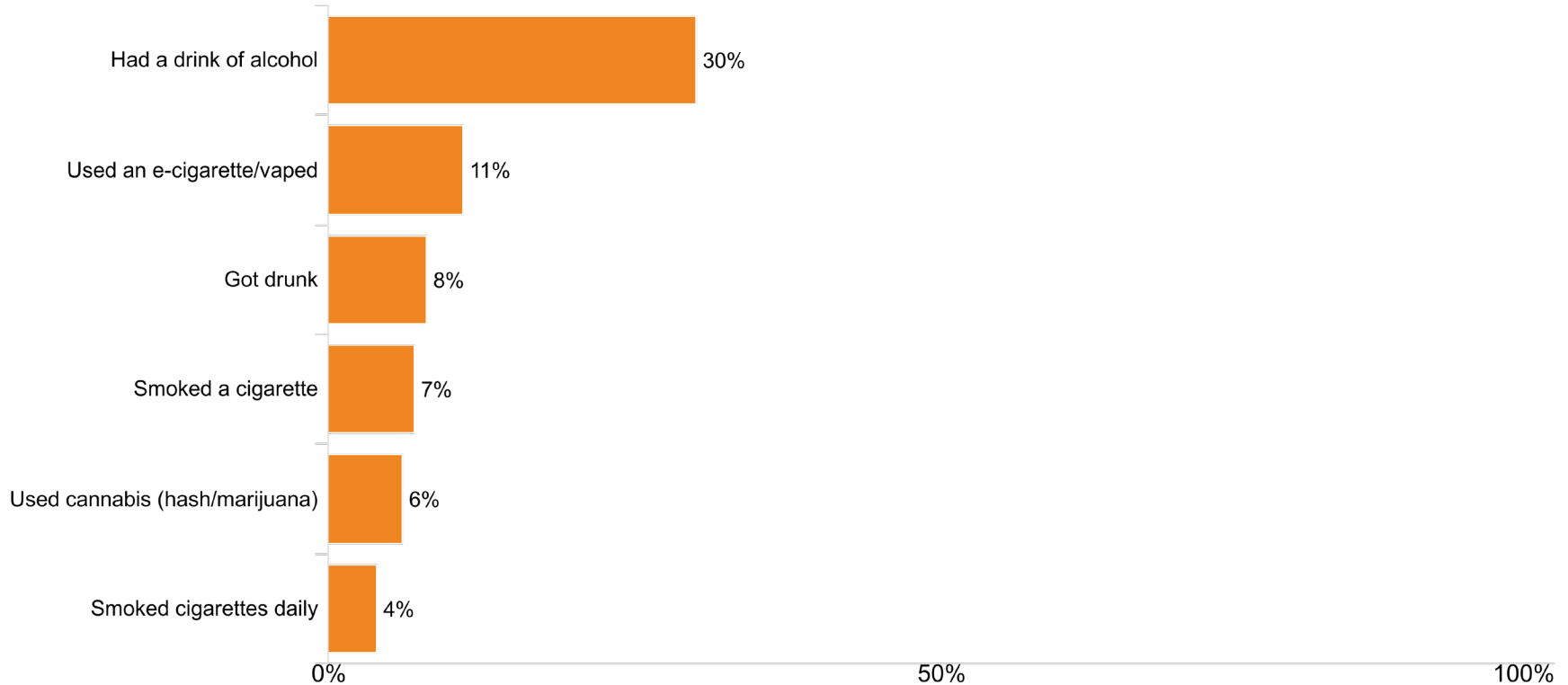


Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis



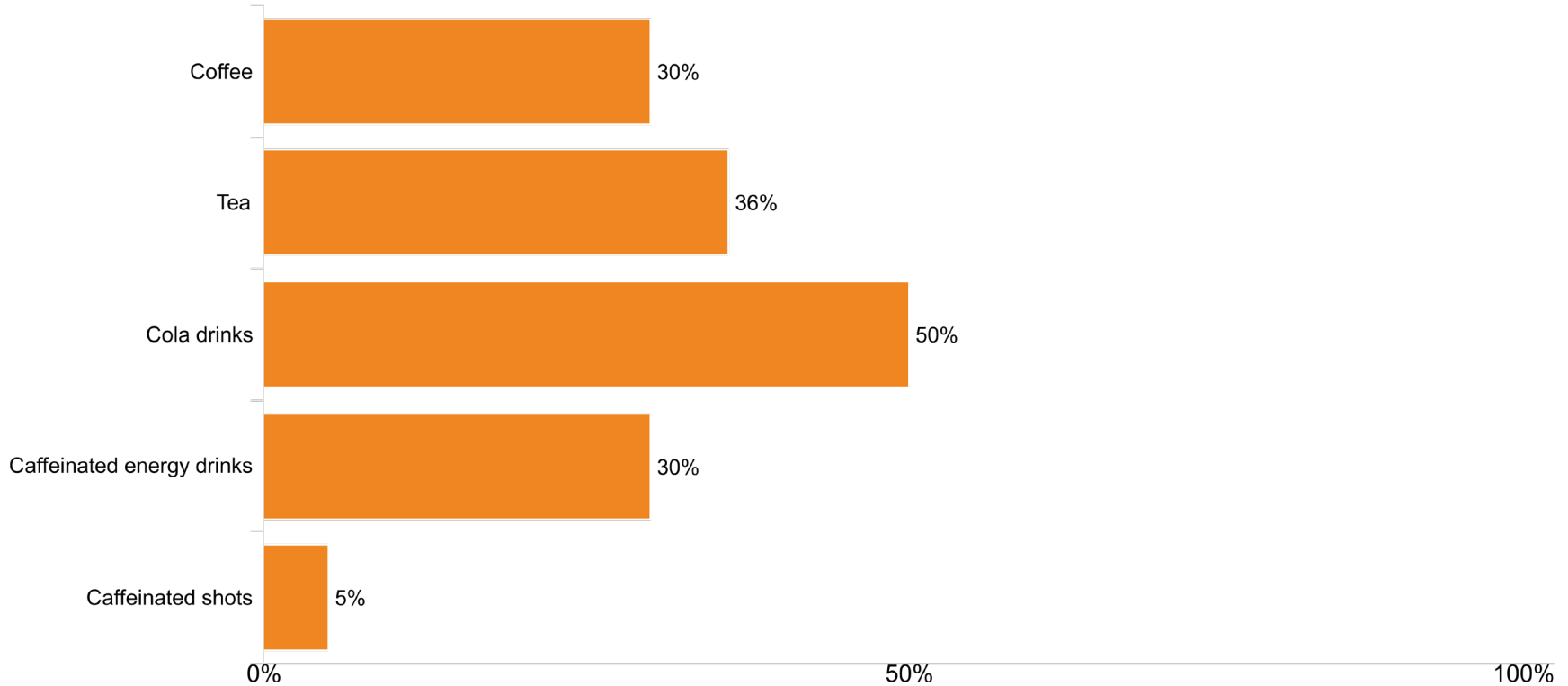
*Without a doctor's prescription

Proportion of adolescents in Idaho West Central Mountains that did the following for the first time while they were **13 years old or younger**



Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains who drink **one or more** drinks of the following on a daily basis



Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

FAMILY

Family

95%

Of parents disapprove of* cannabis use



89%

Of parents disapprove of* drunkenness



90%

Of students say it is easy to receive caring and warmth from their parents



Time with parents on weekends

74%



Often or always spend time with their parents on weekends

Time with parents on weekdays

56%

Often or always spend time with their parents on weekdays



Parental monitoring

94%

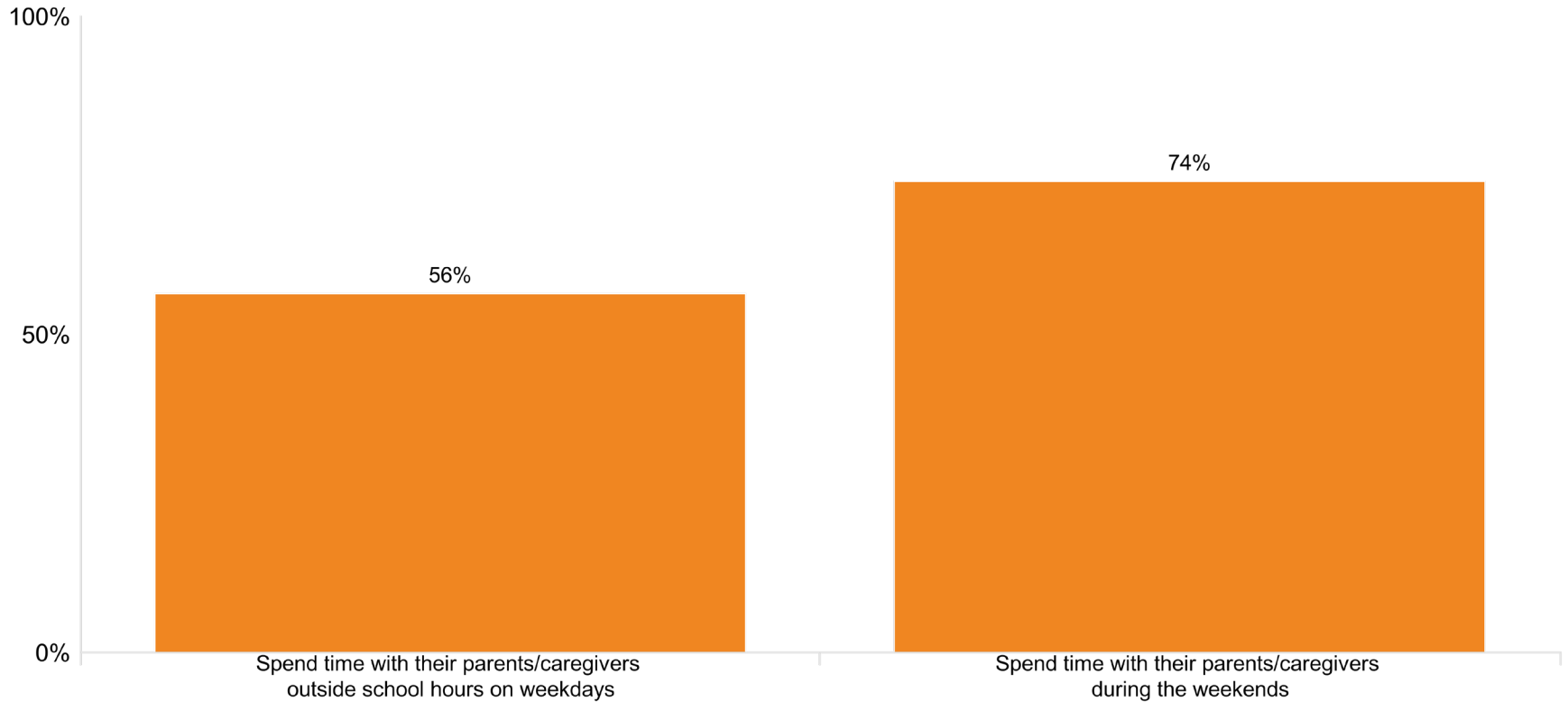


Of parents know where their teenagers are in the evenings

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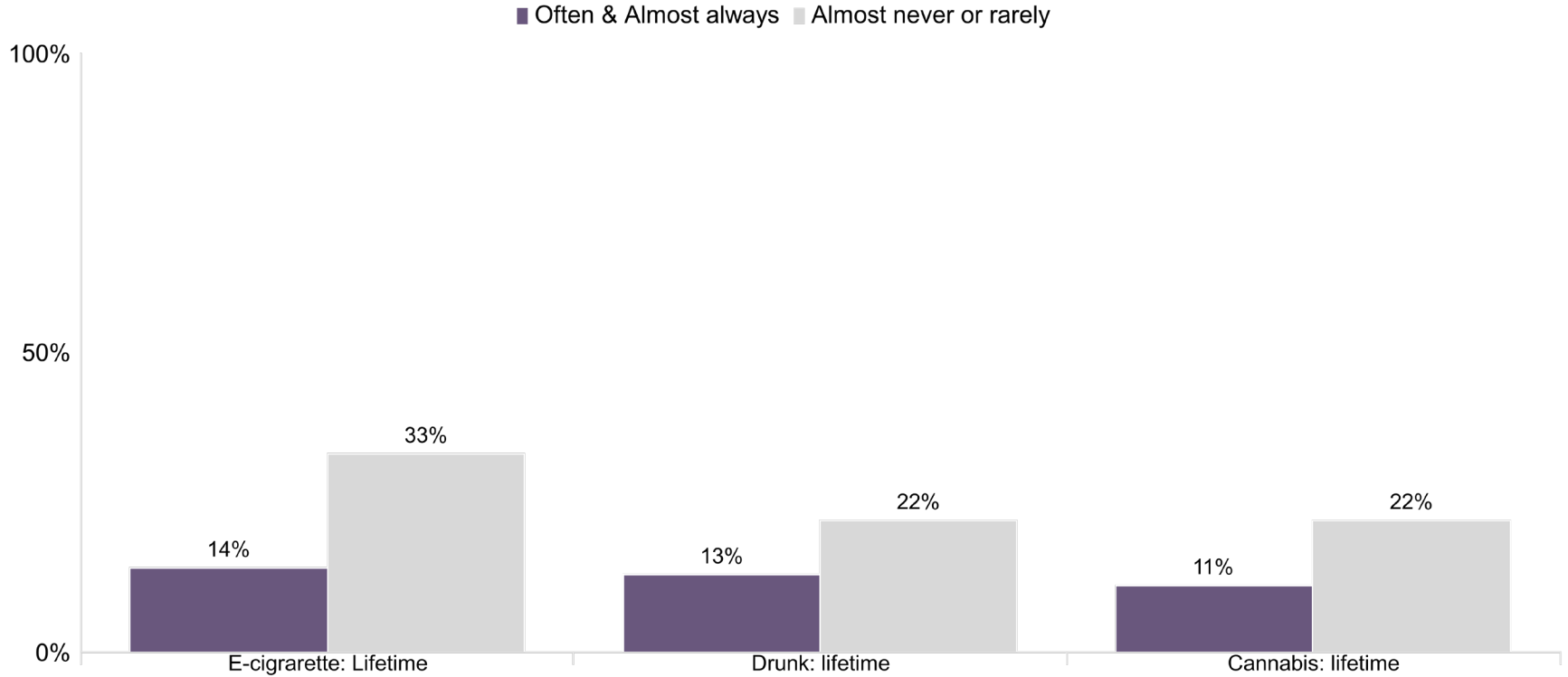
*Disapprove of: are totally or very much against

Proportion of adolescents in Idaho West Central Mountains who spend time with their parents **often** or **always** on school days and weekends

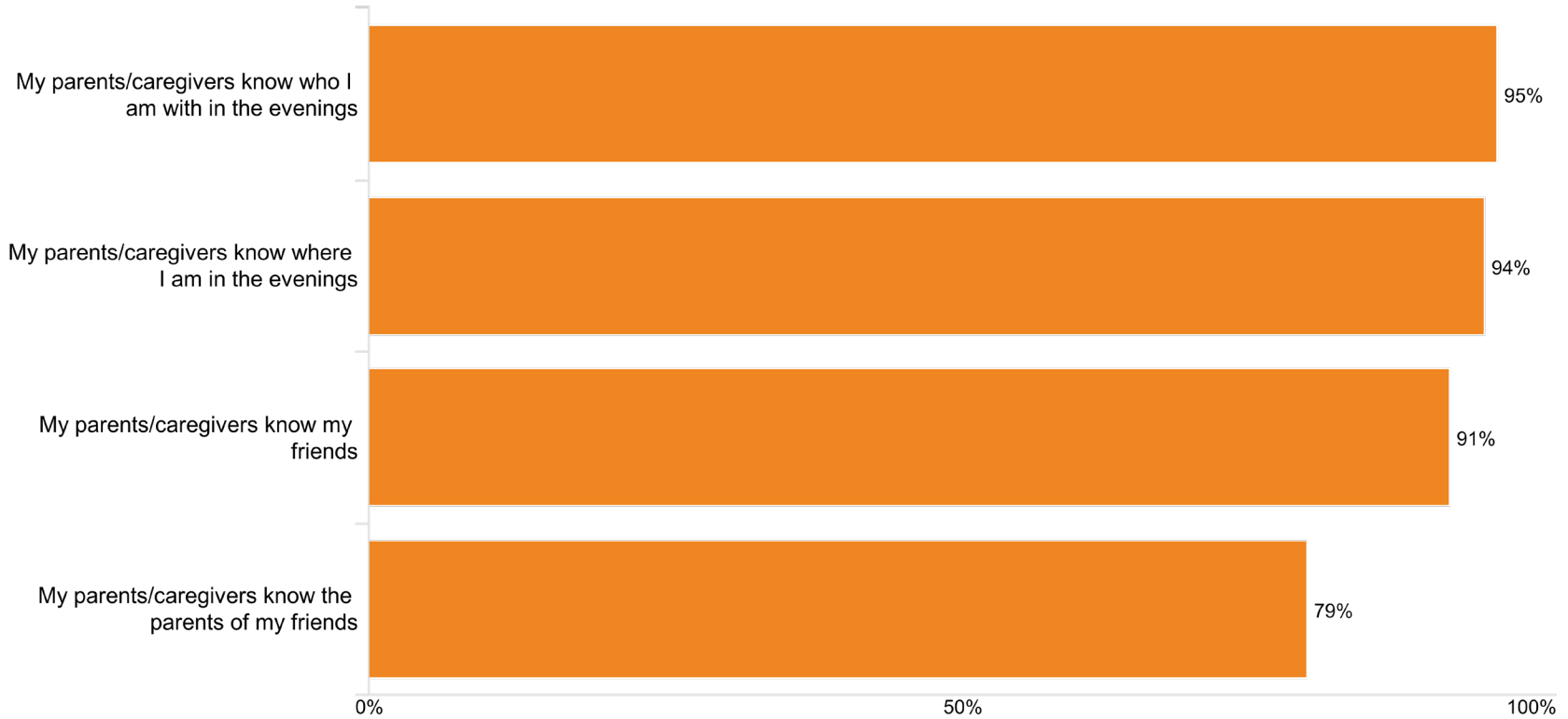


Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Substance use by spending time with parents on the weekends

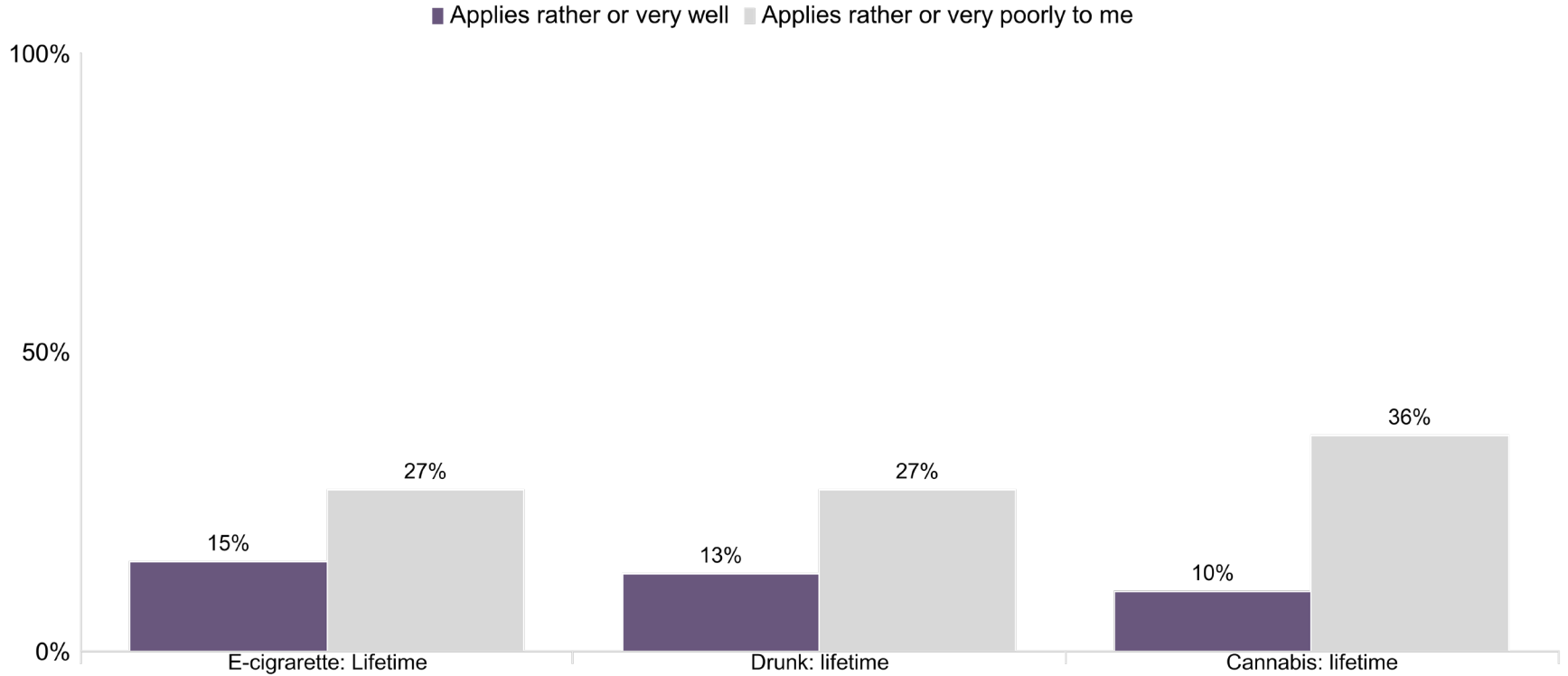


Proportion of adolescents in Idaho West Central Mountains who report that the following parental monitoring applies **rather well** or **very well**

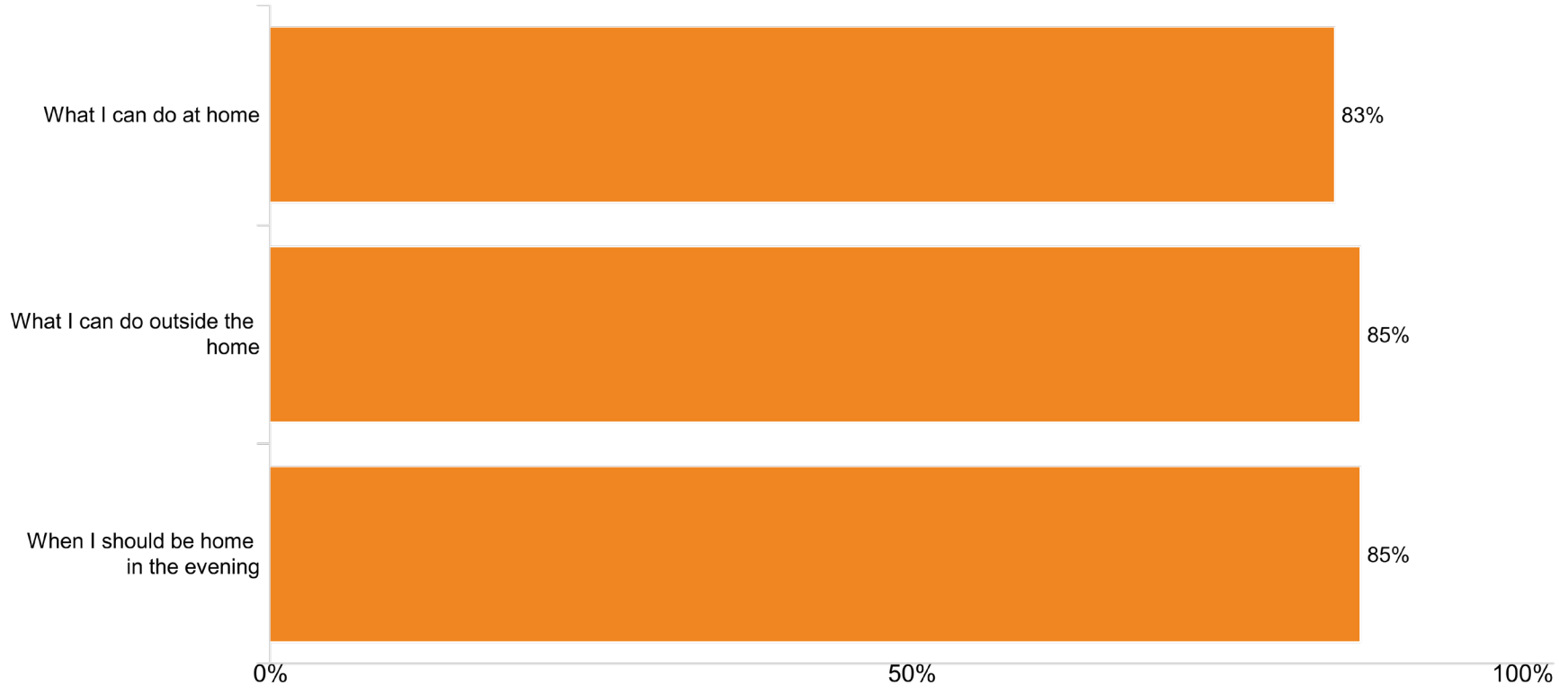


Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Substance use against parents knowing adolescents' whereabouts in the evening

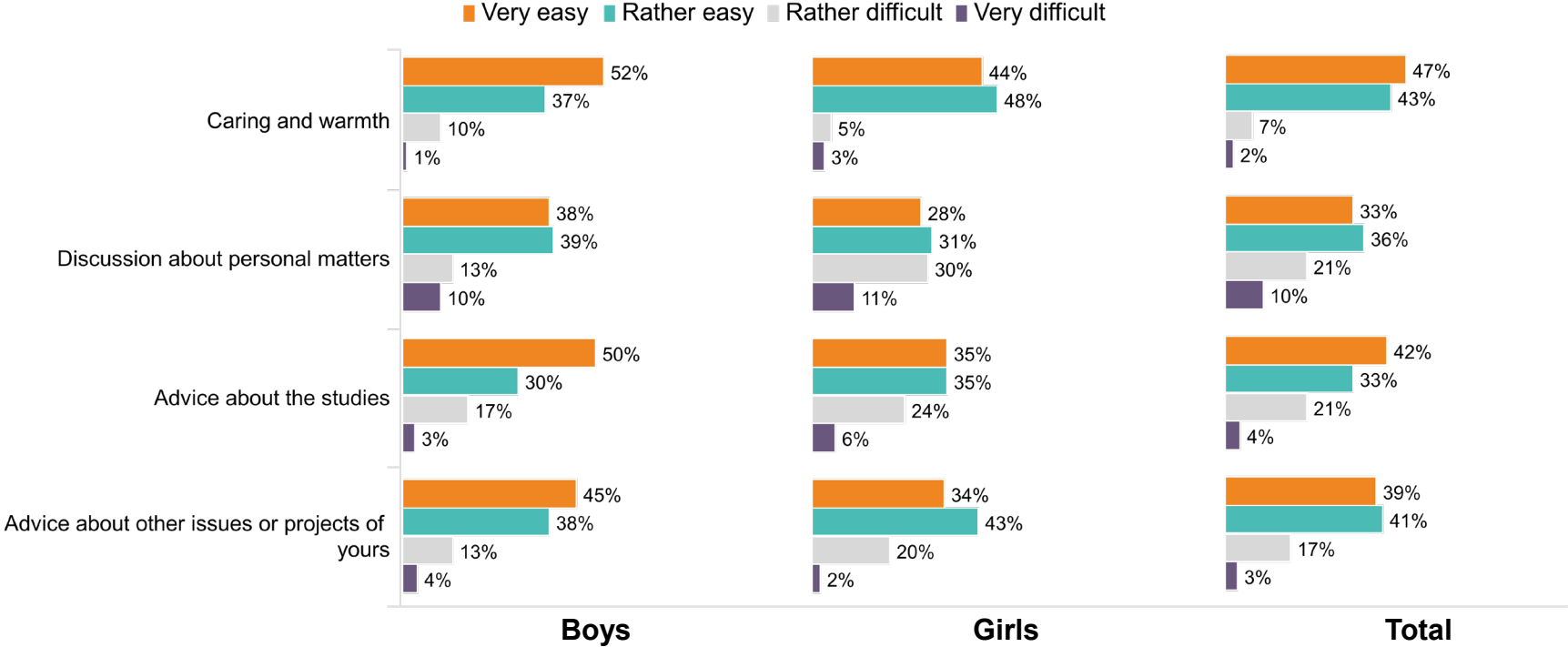


Proportion of adolescents in Idaho West Central Mountains who report that the following parental rules apply **rather well** or **very well**

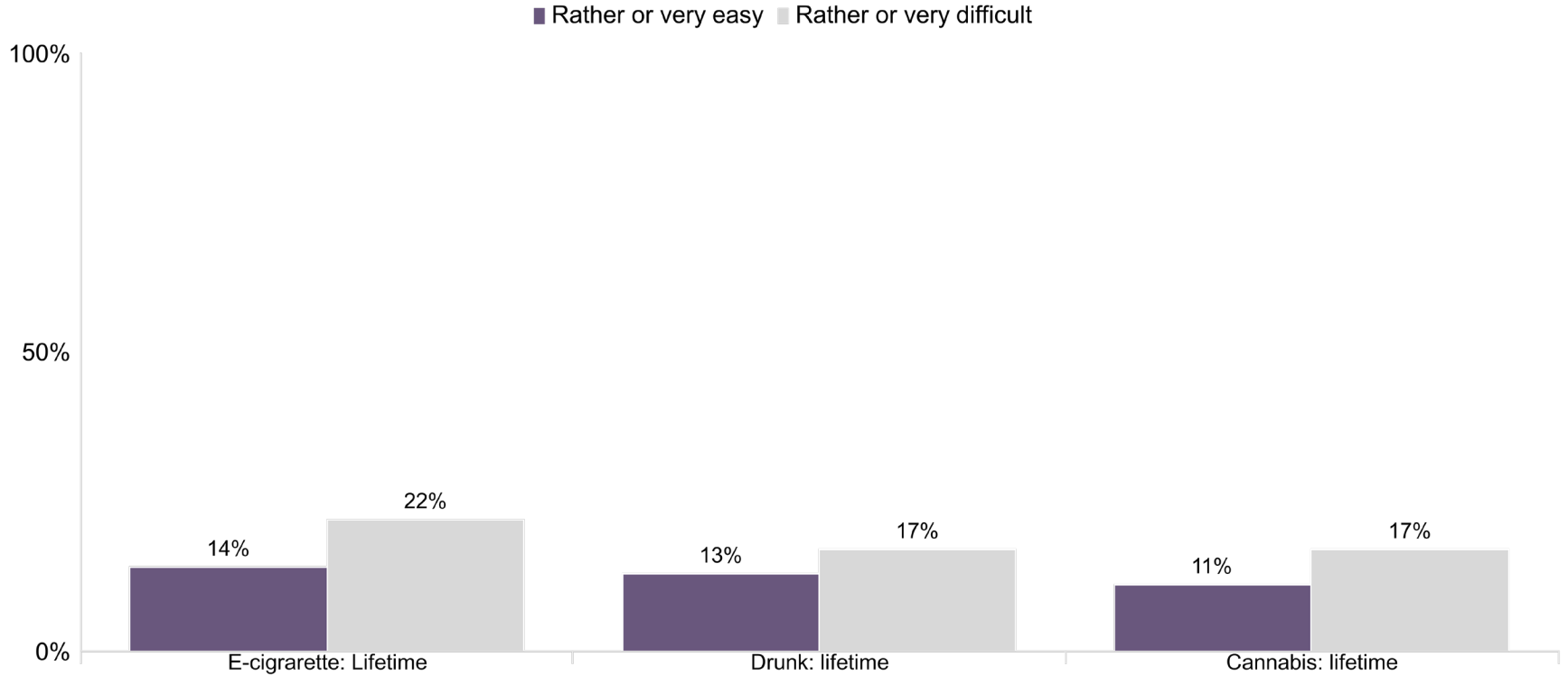


Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

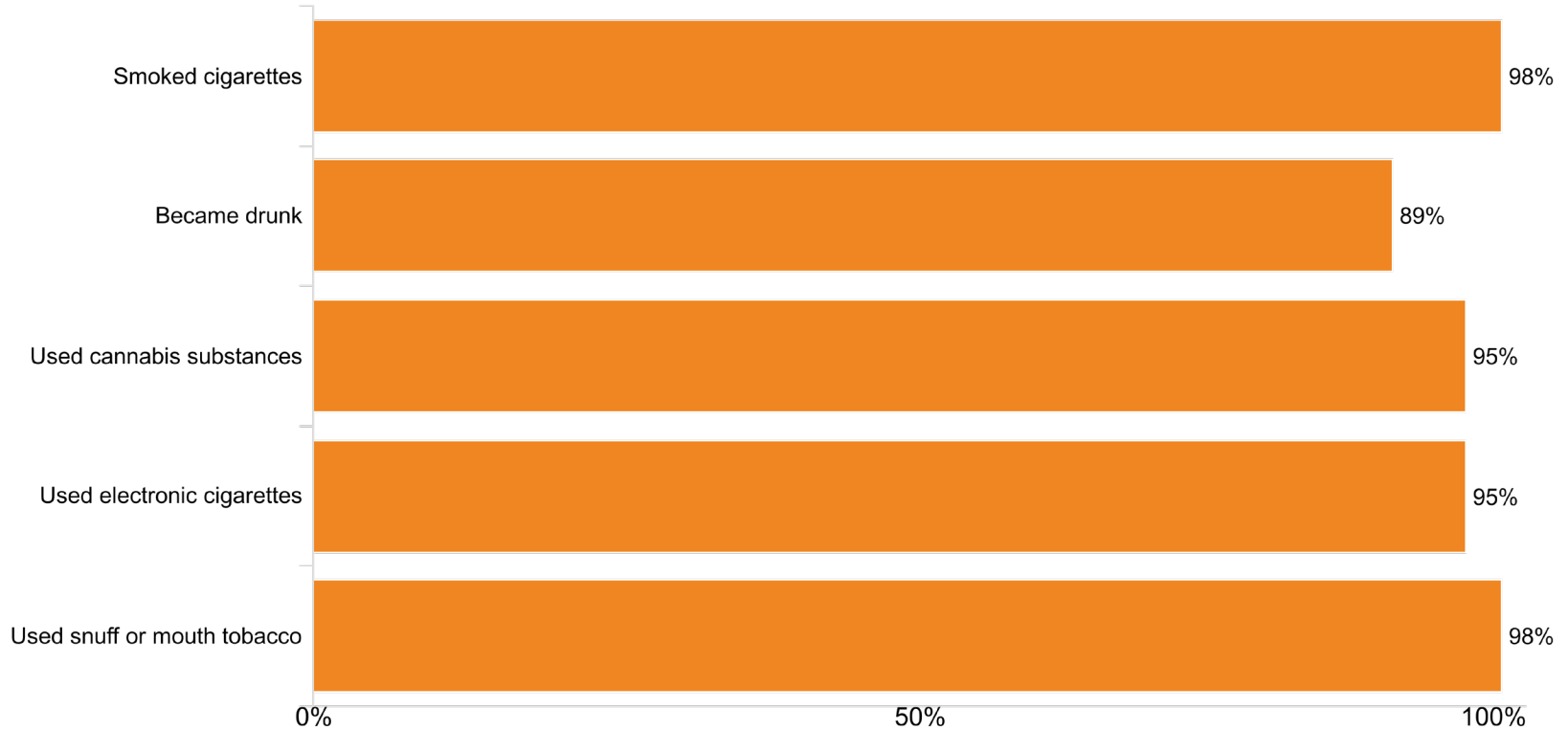
Proportion of adolescents in Idaho West Central Mountains report how easy or difficult it is to receive the following parental support



Substance use against whether it is easy or difficult to receive caring and warmth from parents

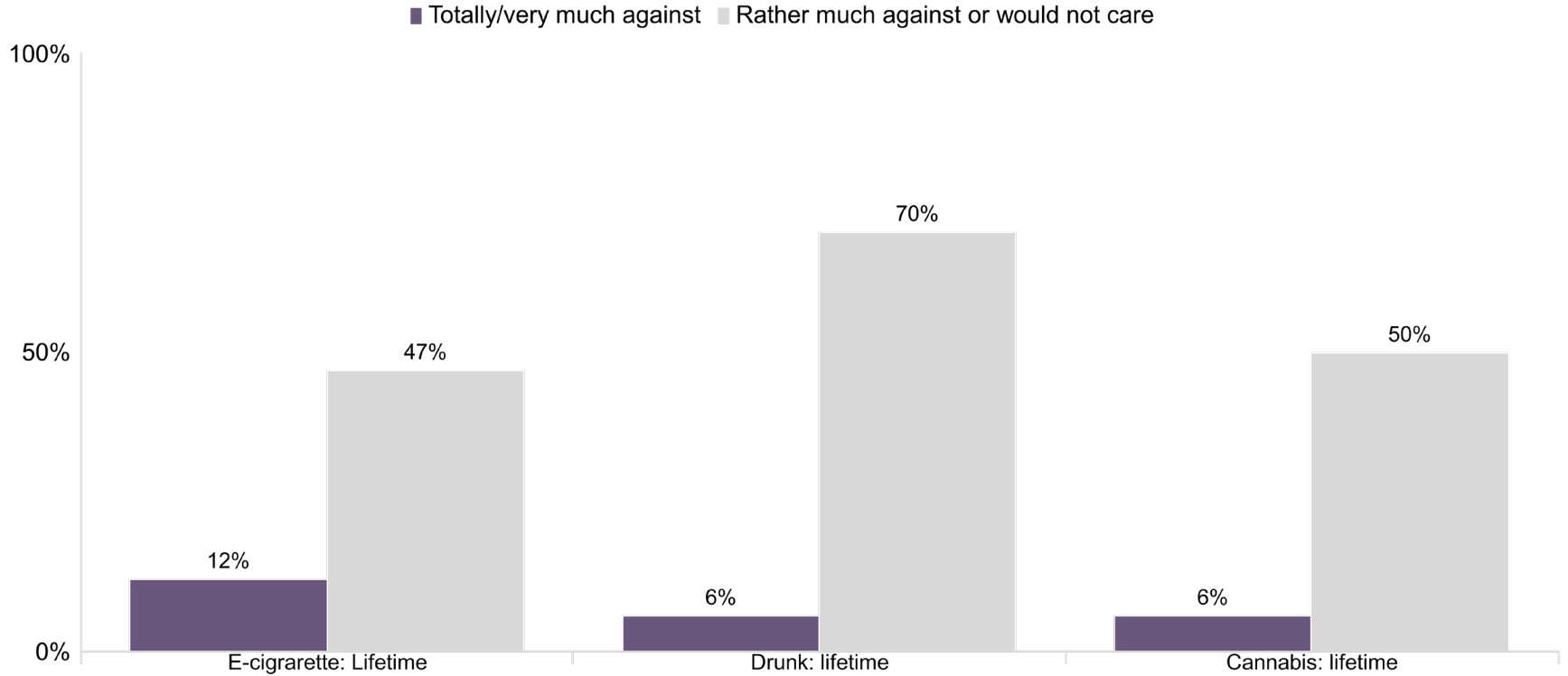


Proportion of adolescents in Idaho West Central Mountains who report parents being **very much** again or **totally** against the following



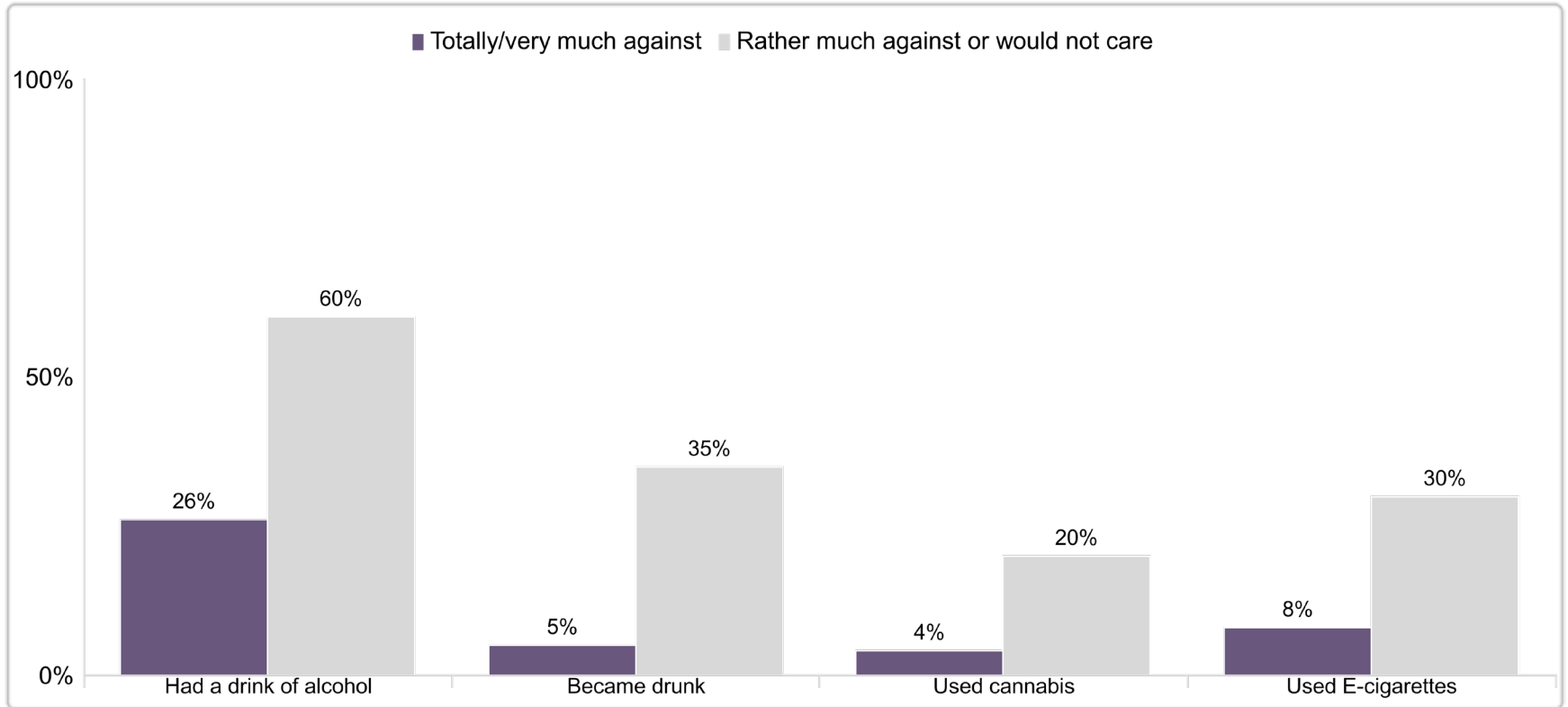
Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Substance use against perceived parental reactions to becoming drunk

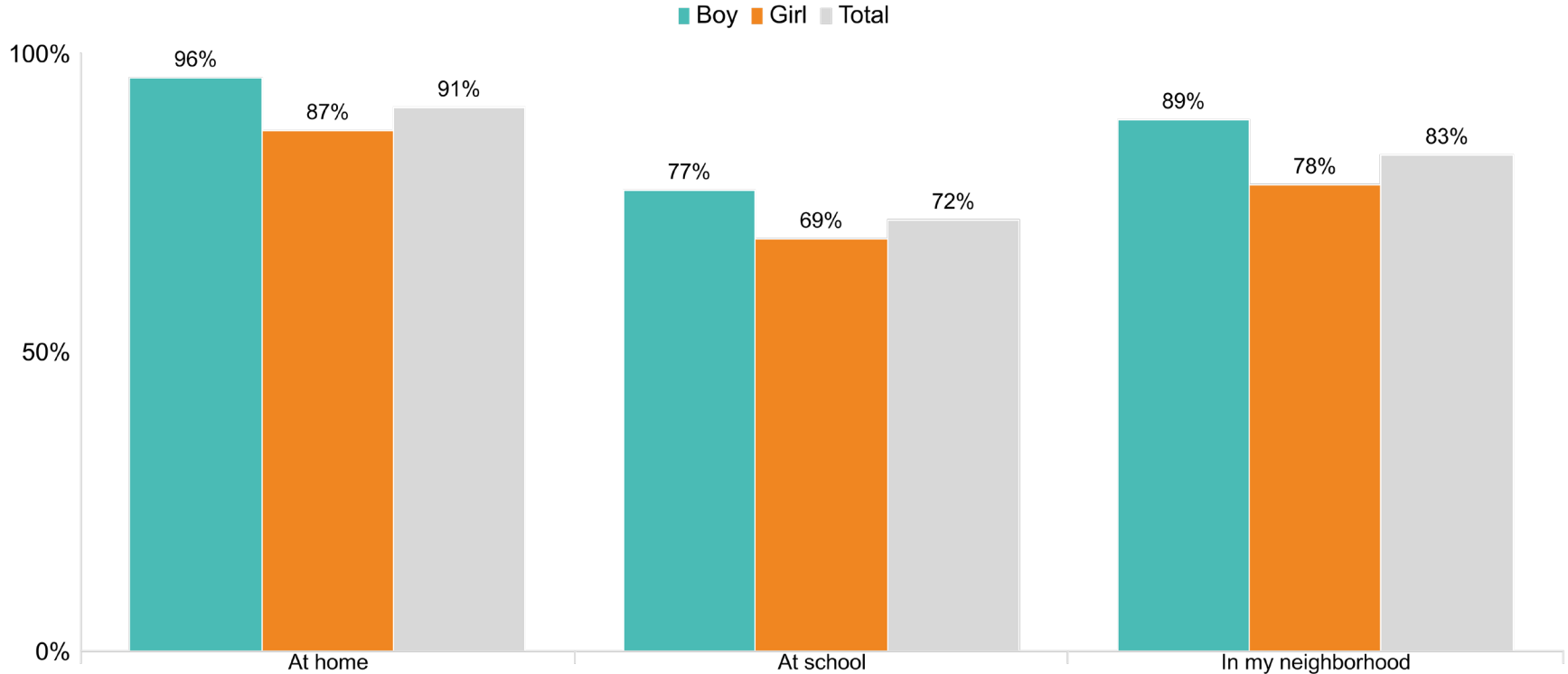


Onset of substance use **13 years or younger** against perceived parental reactions to becoming drunk

Note special cross tabulation



Proportion of adolescents in Idaho West Central Mountains who report feeling safe at the following locations **often** or **almost always**

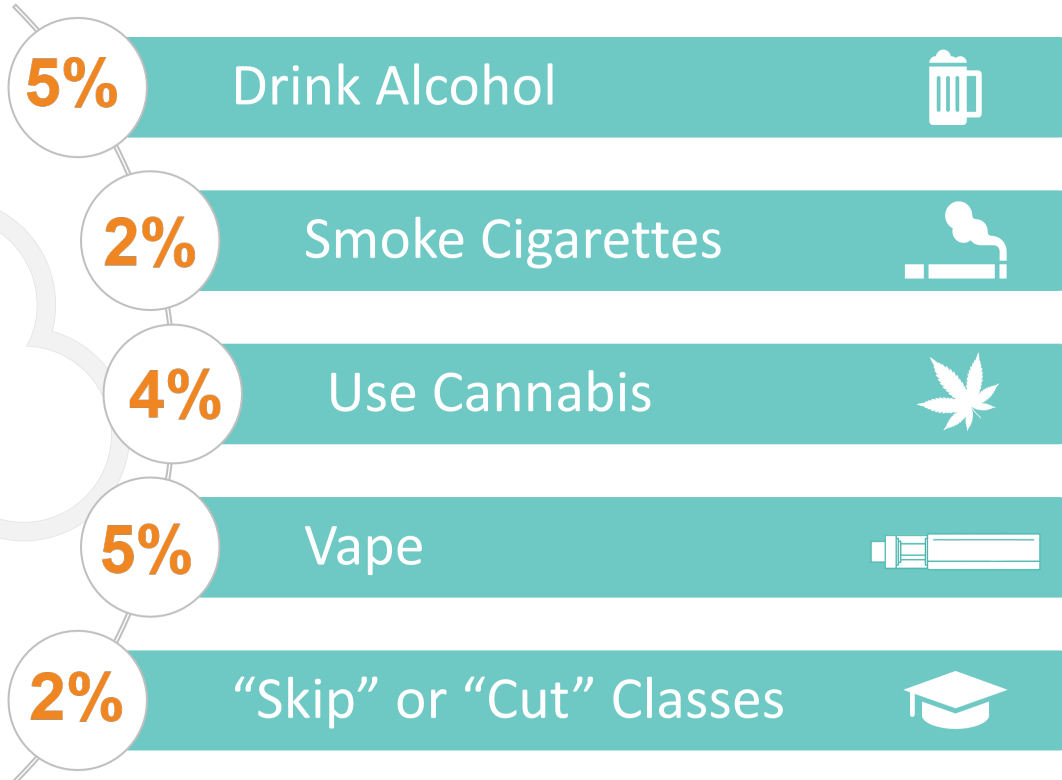


Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

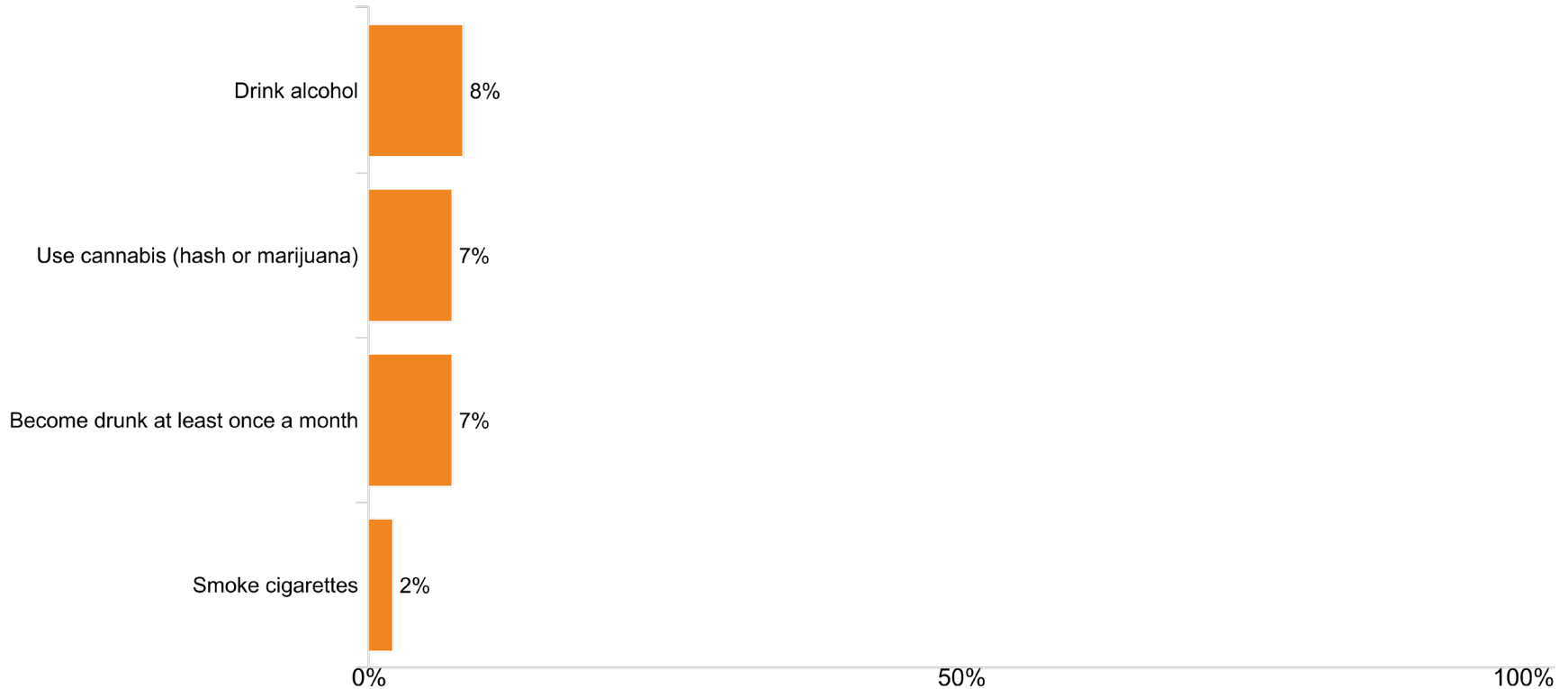
PEER

Peer Group Effects

Adolescents who agree or strongly agree that they need to do the following in order not to be left out of the peer group

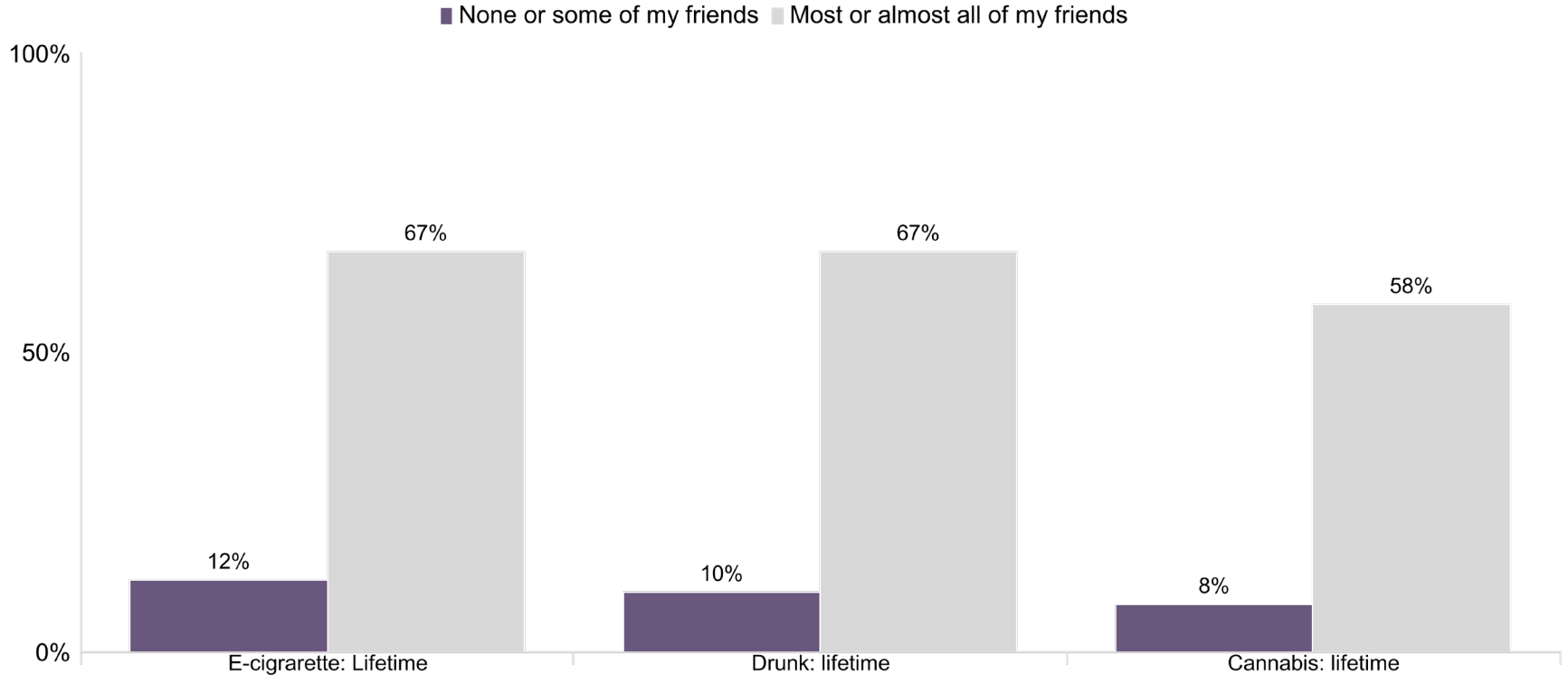


Proportion of adolescents in Idaho West Central Mountains who report that most/almost all of their friends:



Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Substance use against perceived level of peer monthly drunkenness



Proportion of adolescents in Idaho West Central Mountains who **agree** or **strongly agree** that sometimes it is necessary to do the following in order not to be left out of the peer group



Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

SCHOOL

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School

Females

48%

Are often or always bored with the studies

63%

Think the adults at their school care about them

72%

Have friends at school that care about them



Males

39%

Are often or always bored with the studies

74%

Think the adults at their school care about them

80%

Have friends at school that care about them

72%

Feel safe at school



18%

Want to change schools

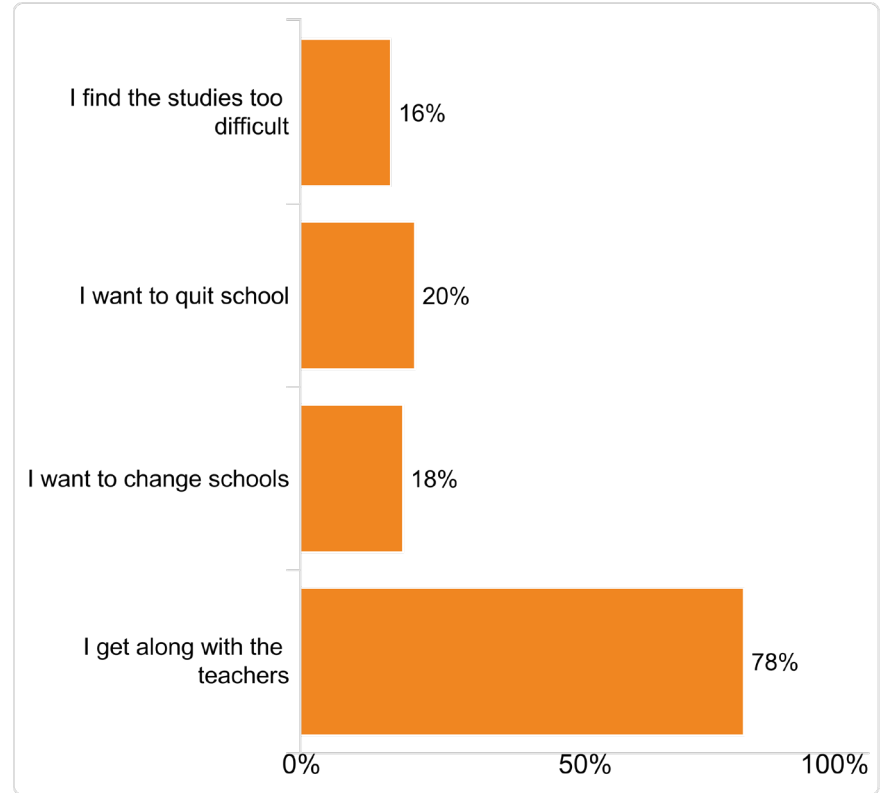
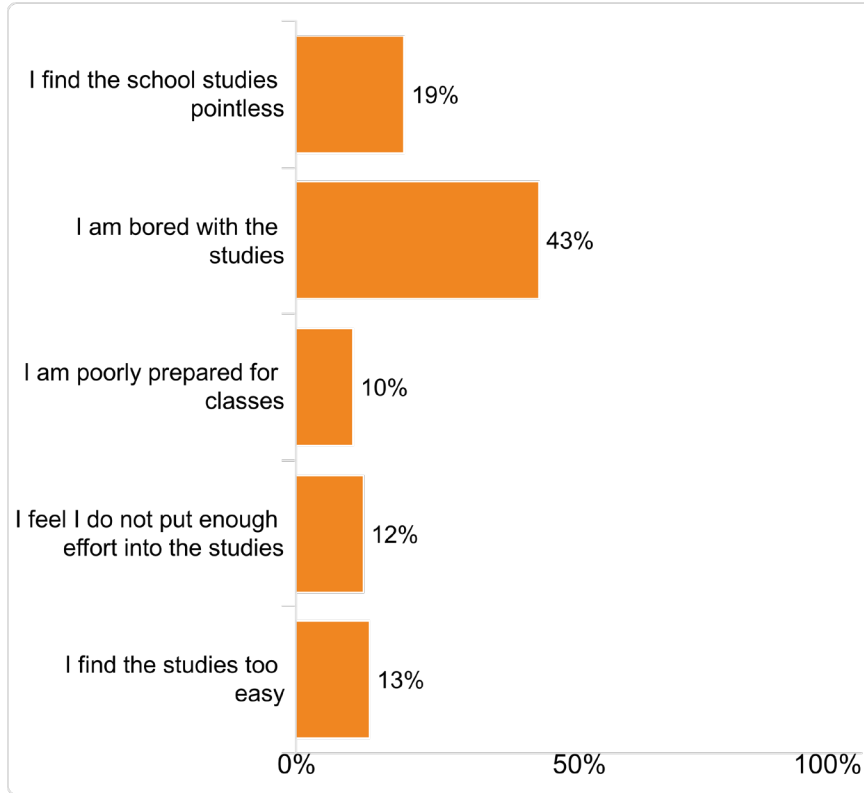


78%

Get along with their teacher

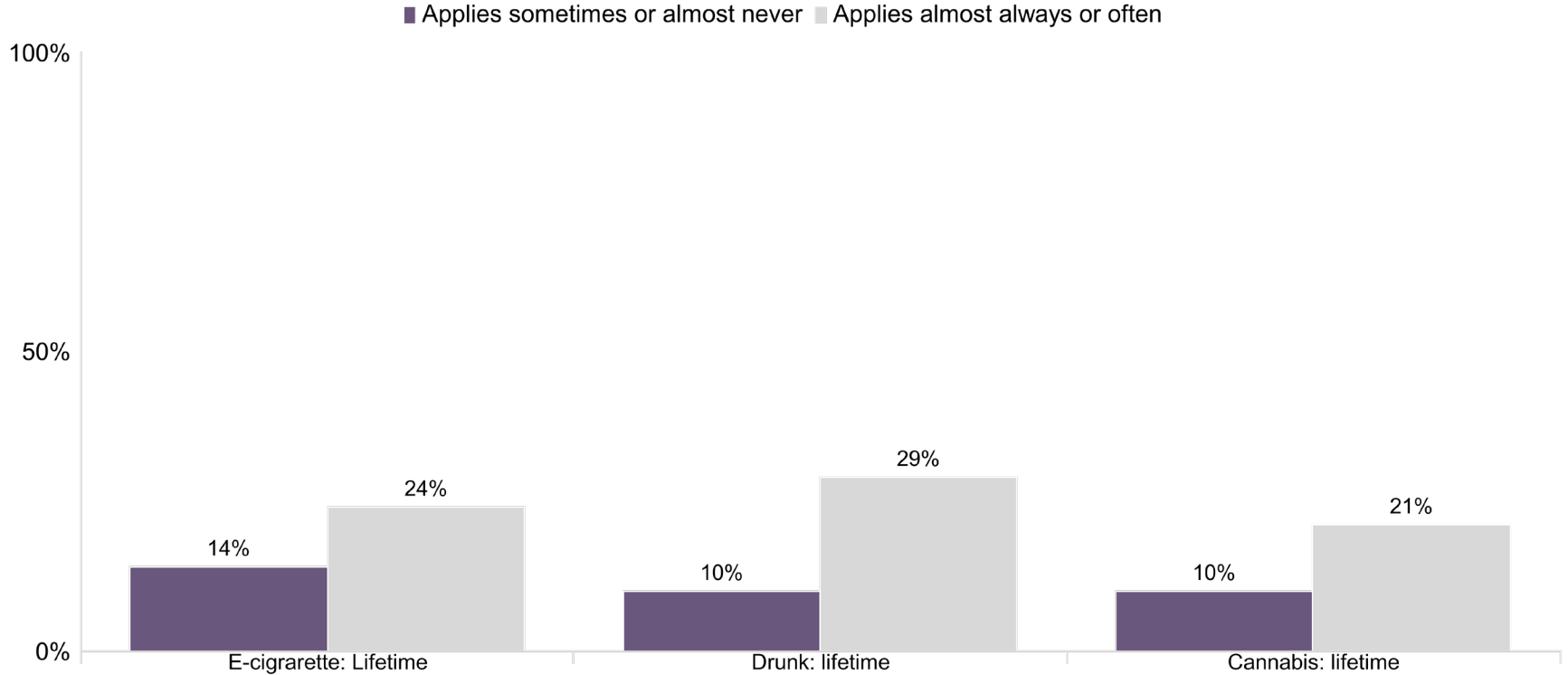


Proportion of adolescents in Idaho West Central Mountains who report that the following school/study attitude applies **often** or **almost always** to them



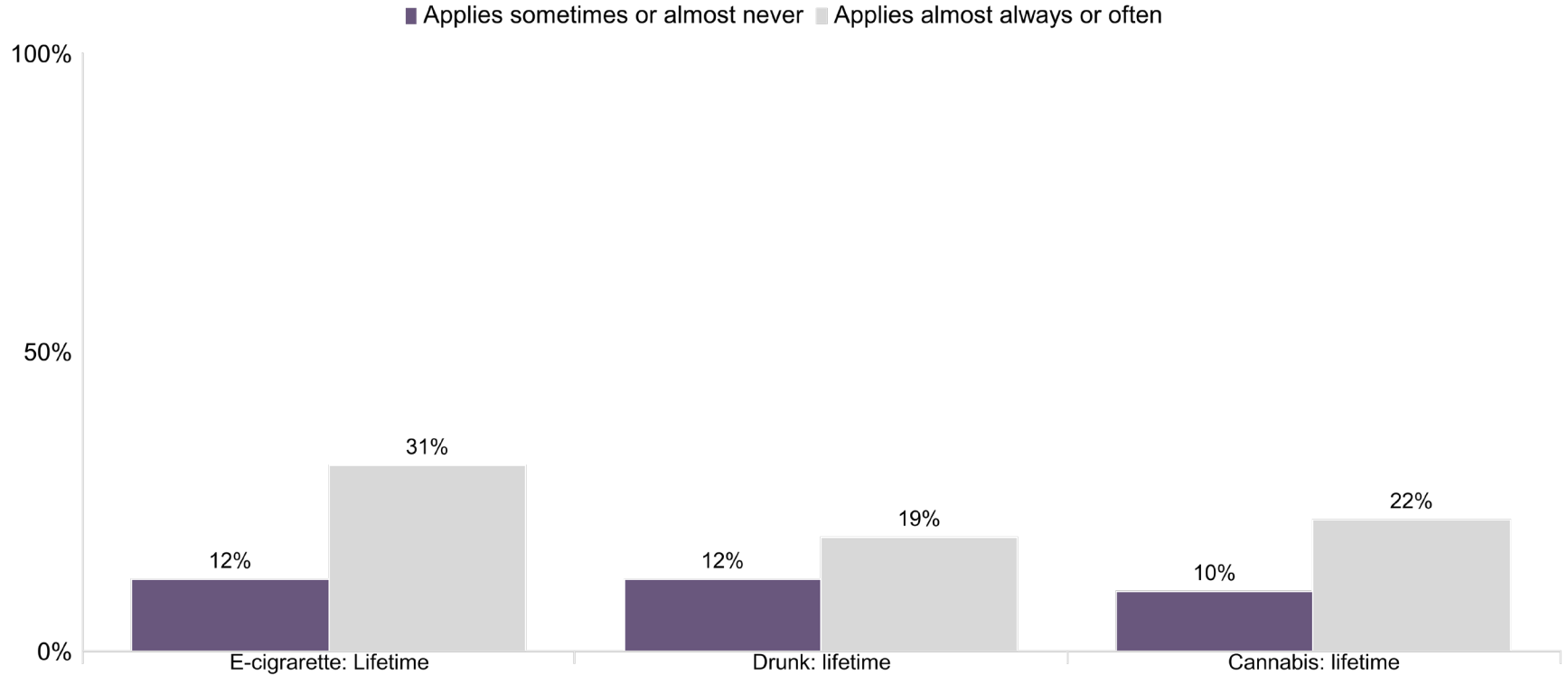
Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Substance use against attitude towards school "I find schoolwork pointless"

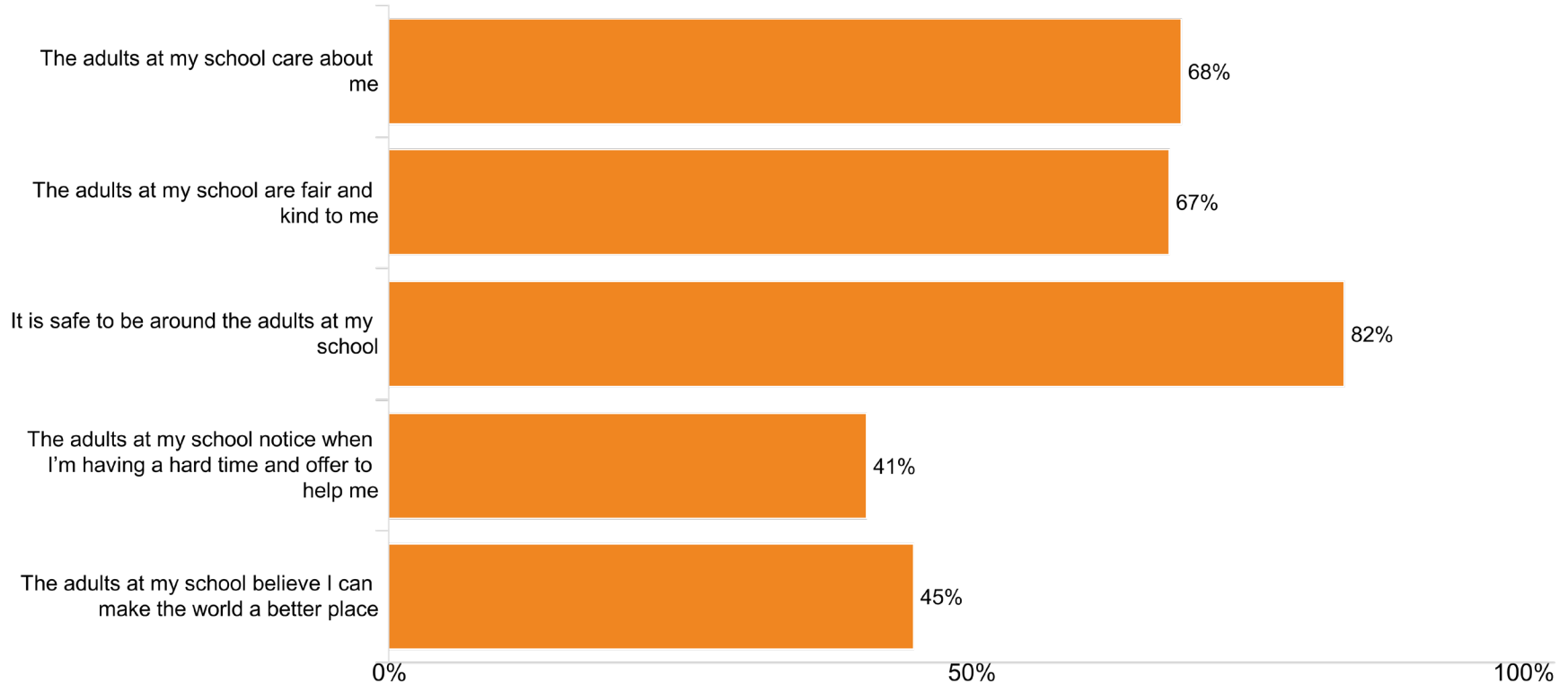


Substance use against attitude towards school

"I want to change schools"

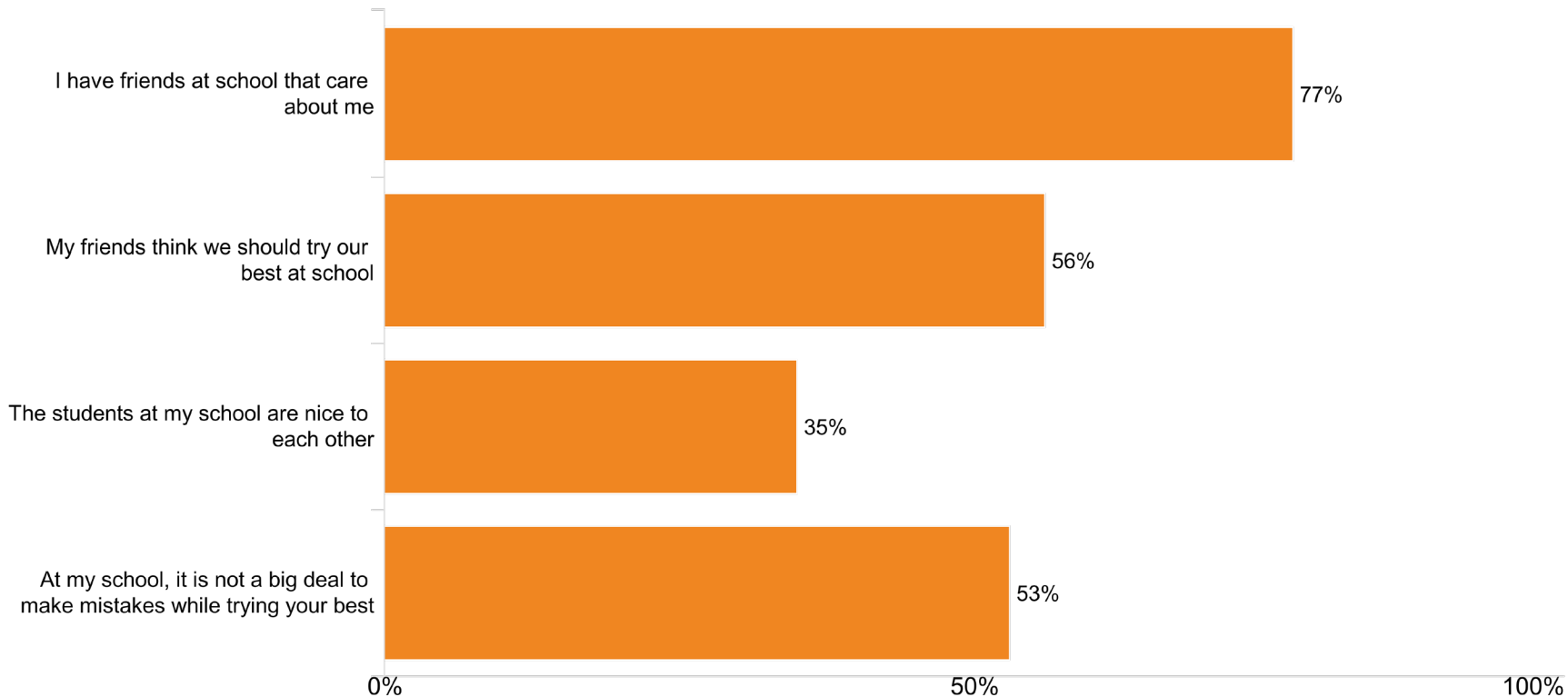


Proportion of adolescents in Idaho West Central Mountains that **agree** or **strongly agree** with the following statements about adult support at school



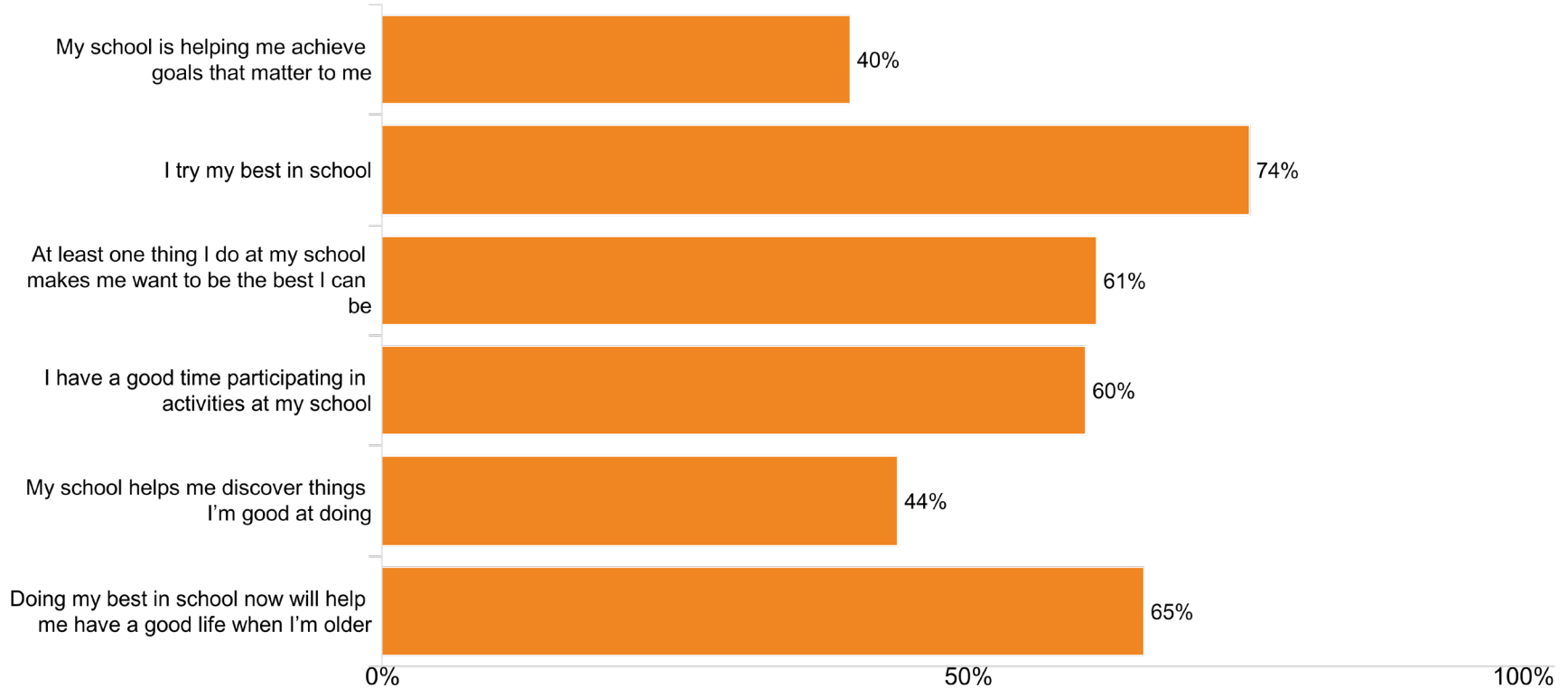
Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains that **agree** or **strongly agree** with the following statements about the peer environment at school



Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains that agree or strongly agree with the following statements about school activities and efforts



Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

LEISURE

Leisure activities

58%

Of boys play sports with a club or a team four times a week or more



48%

Of girls play sports with a club or a team four times a week or more



17%

Of boys participate in art, drama or music classes once a week or more



32%

Of girls participate in art, drama or music classes once a week or more



13%

Of teenagers were outside after 10 PM three times or more in the past week

19%



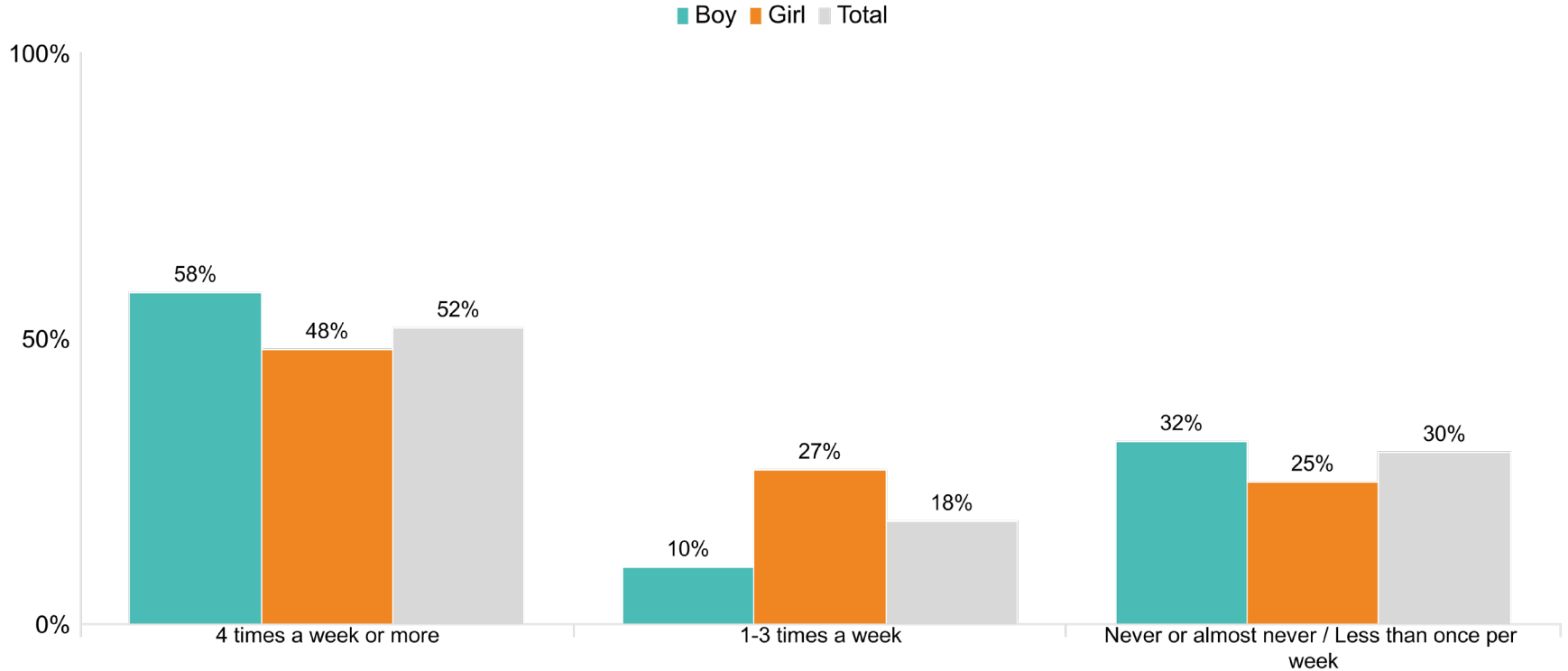
Of teenagers were outside after midnight once or more in the past week



20%

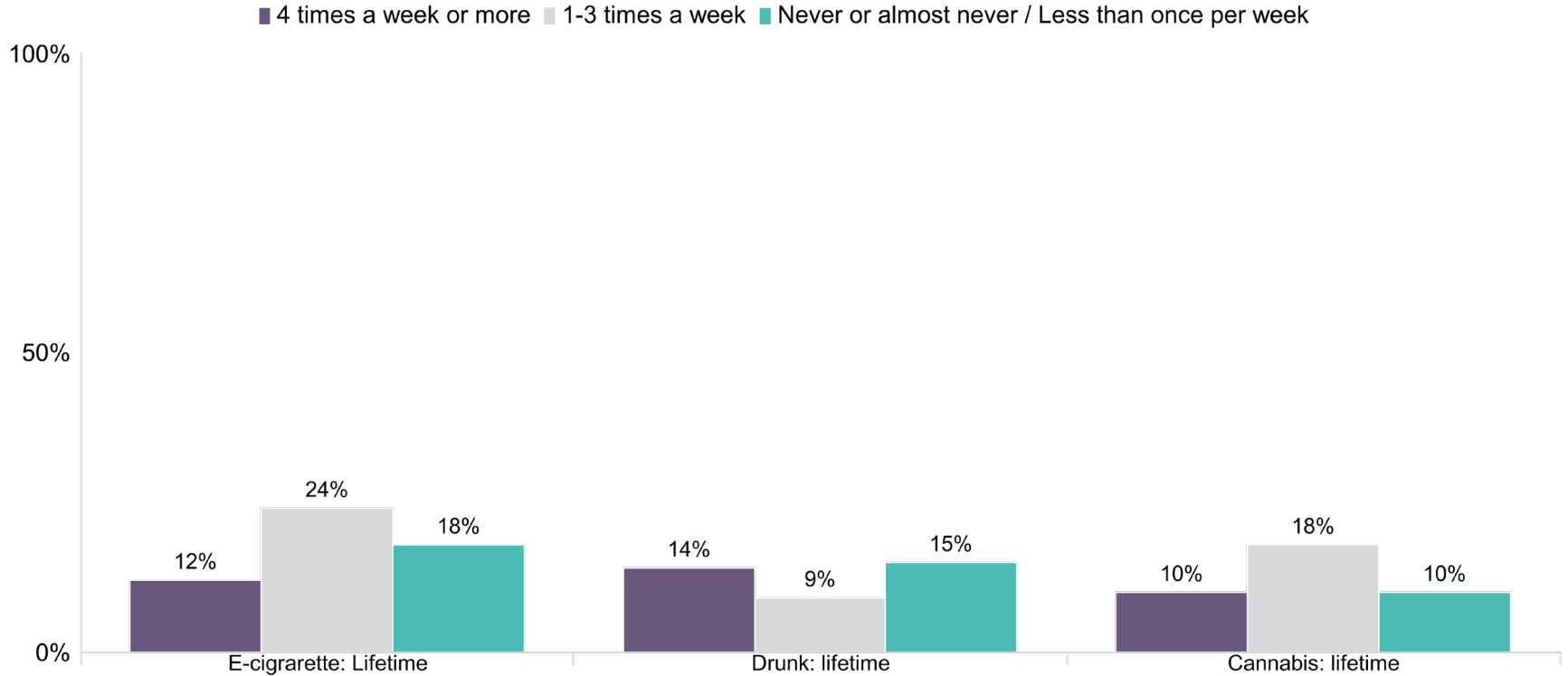
Of teenagers hike, climb, walk, or run four times a week or more

Number of days per week adolescents in Idaho West Central Mountains participate in sports with a club or a team outside of school



Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

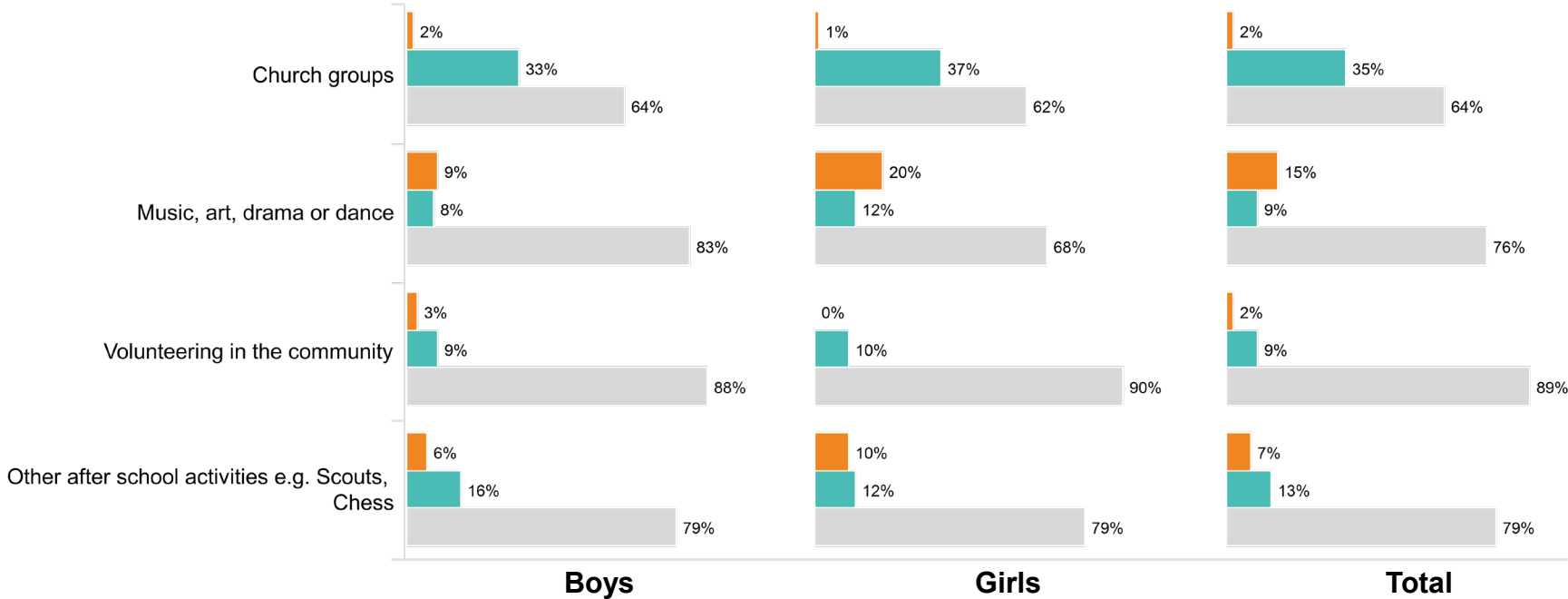
Substance use against participation with a sports team or a club



Proportion of adolescents in Idaho West Central Mountains who report how often they participate in the following out-of-school activities that are supervised by adults



■ 4 times a week or more
 ■ 1-3 times a week
 ■ Never or less than once per week



Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Are the same students participating in sports and other extracurriculars?

Comparison of sport participation and participation in music, art, drama or dance classes in 2023



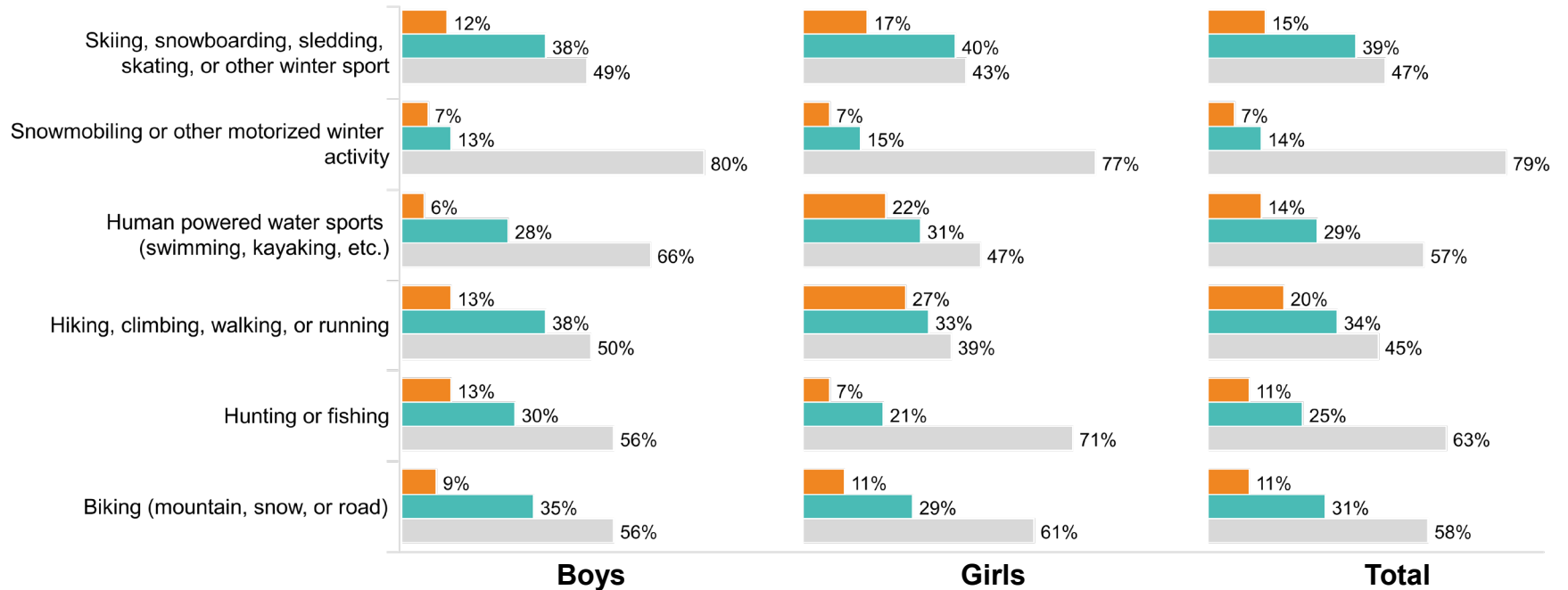
		Sport participation with a club or a team		
		Never or almost never / Less than once per week	1-3 times a week	4 times a week or more
Music, art, drama or dance	Never or less than once per week	81%	64%	77%
	1-3 times a week	8%	24%	5%
	4 times a week or more	11%	12%	17%

Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

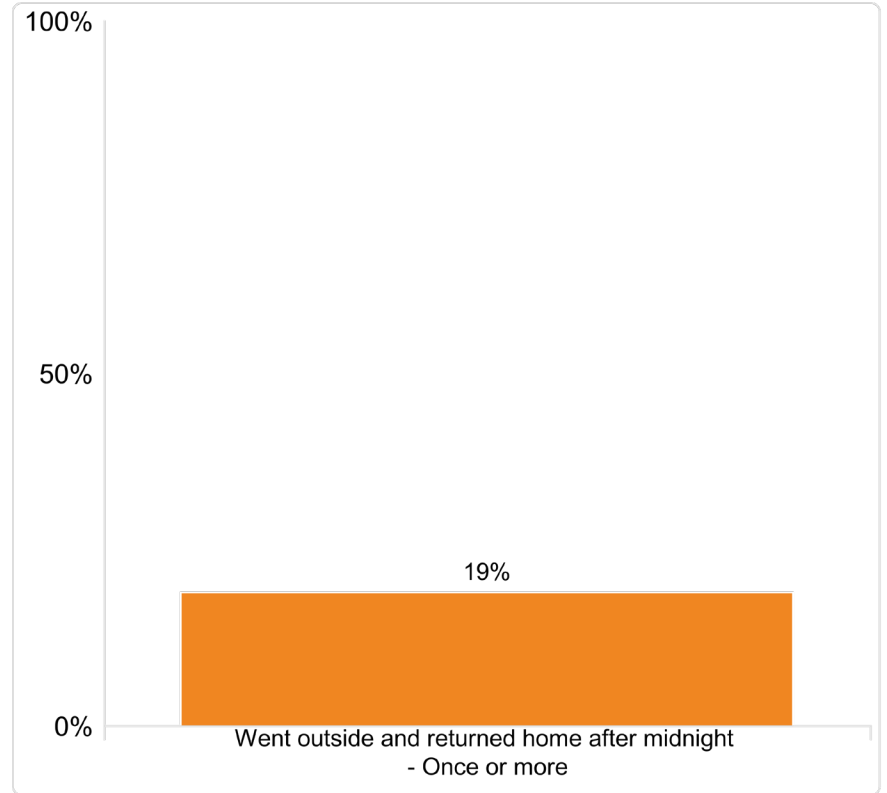
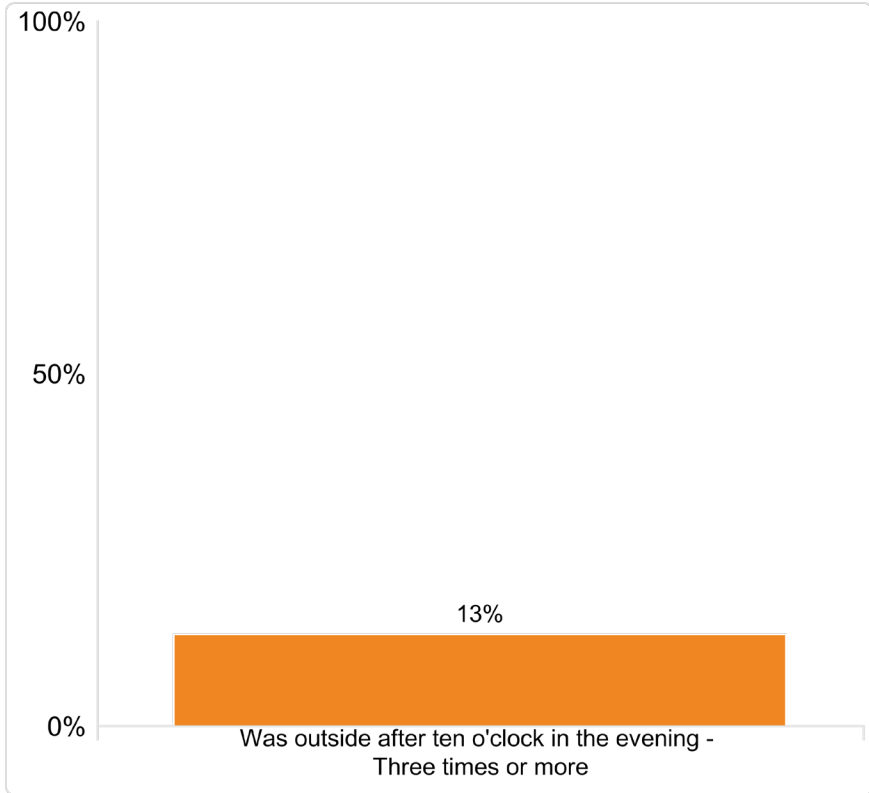
Proportion of adolescents in Idaho West Central Mountains who report how often they participate in the following activities (during the appropriate season) by themselves, with friends, or with siblings



■ 4 times a week or more
 ■ 1-3 times a week
 ■ Never or almost never / Less than once per week



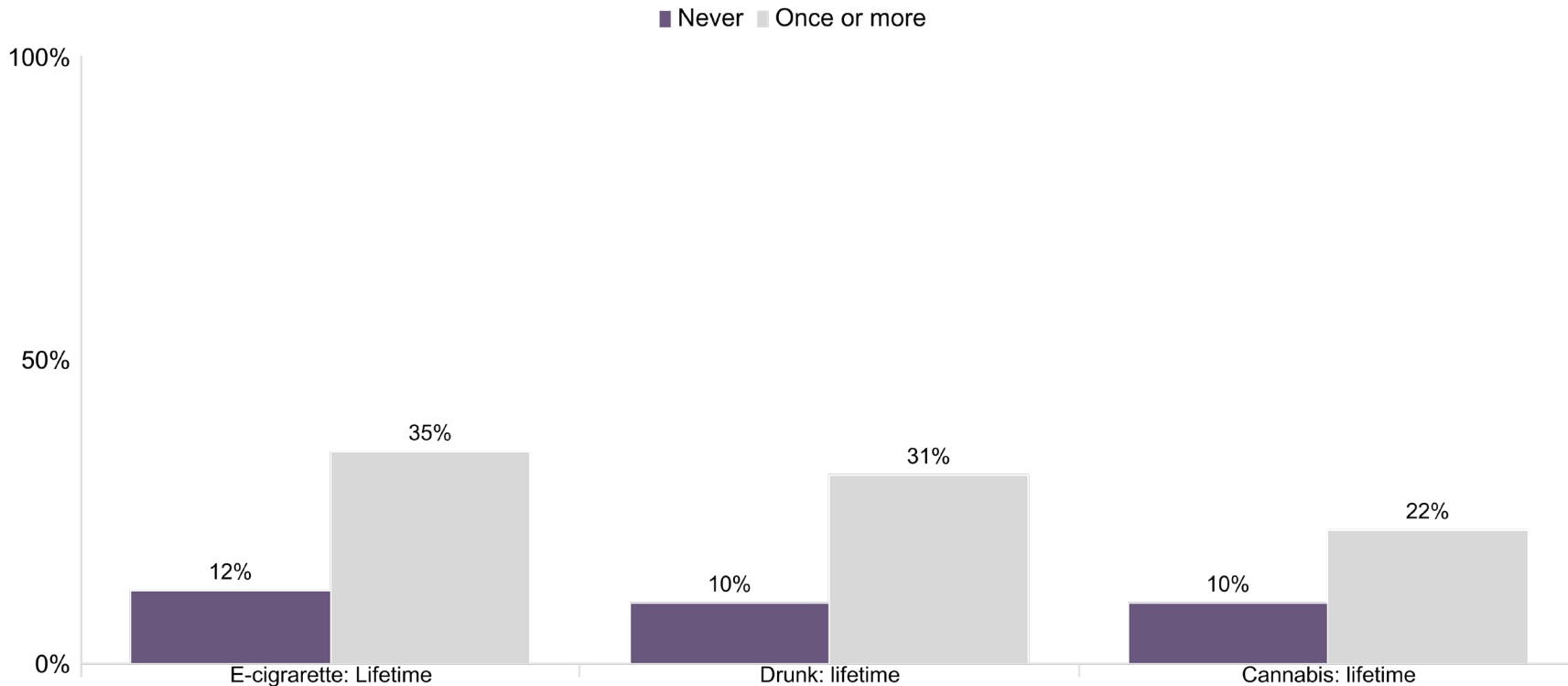
Late outside hours in the previous week



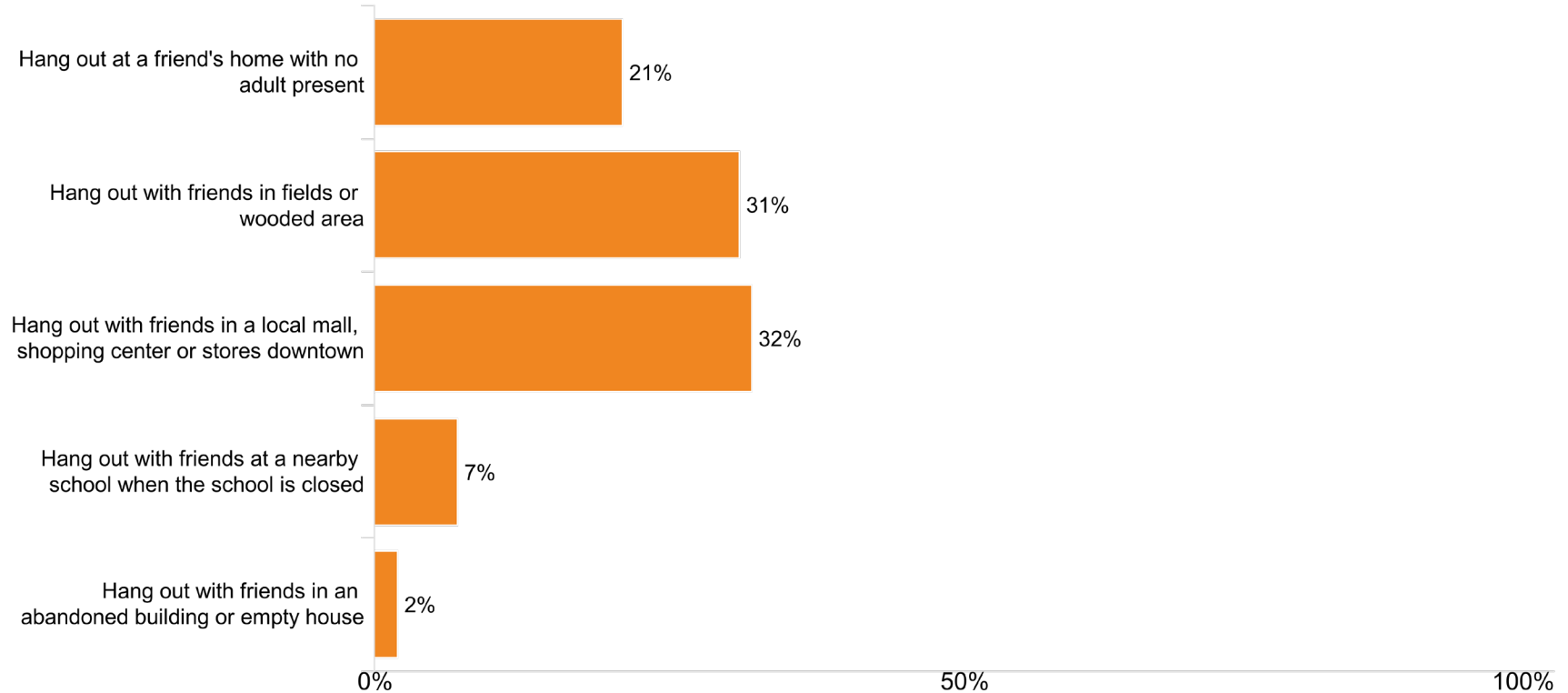
Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Substance use against leisure time.

Being outside after midnight once or more in the past week



Proportion of adolescents in Idaho West Central Mountains that hang out at the following locations without adult supervision **once a week or more**



Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

COMMUNITY

Community

Feel safe in their
neighborhood

83%

31%

Want to continue to live
in their neighborhood in
the future

27%

Think there is a great deal
of social life available in
their community

73%

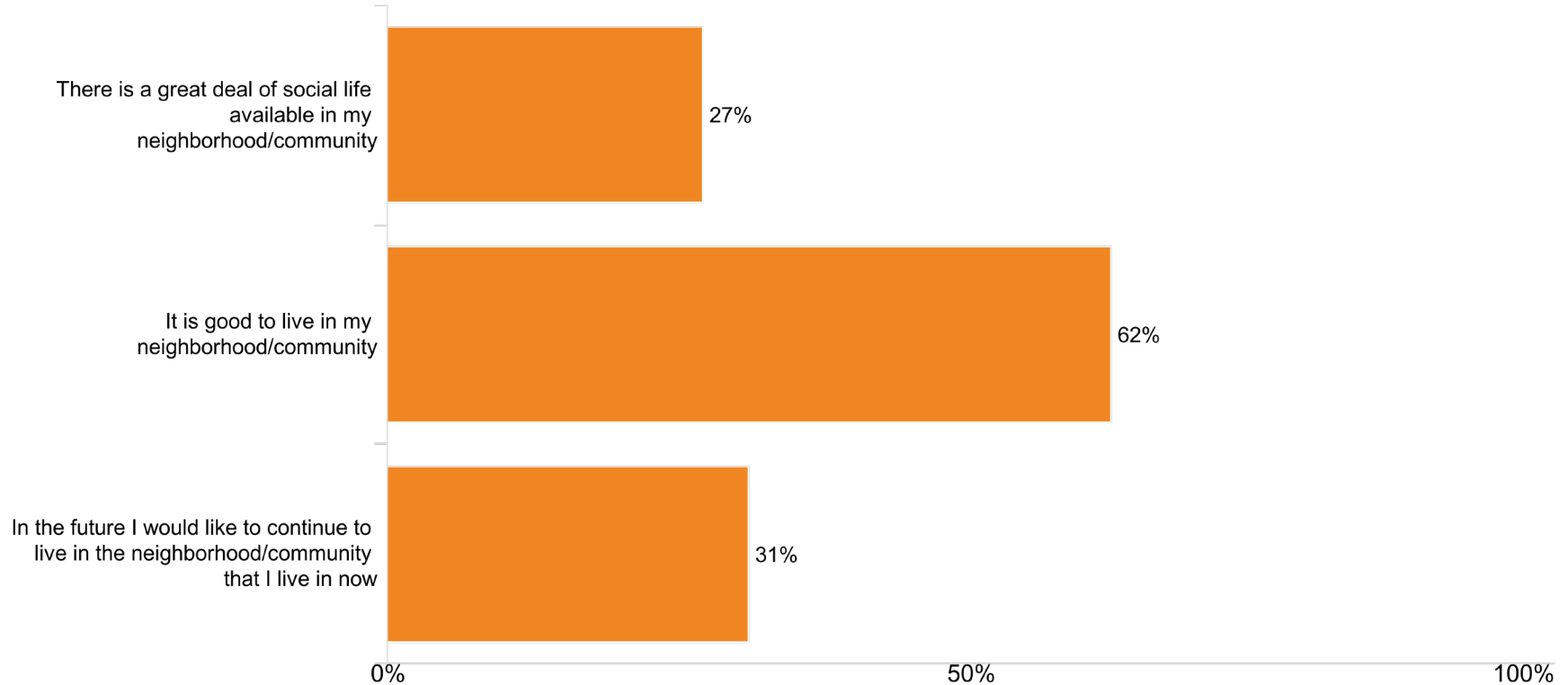
Say their parents know
many of their neighbors
by name

62%

Think it is good to live in their
neighborhood/community

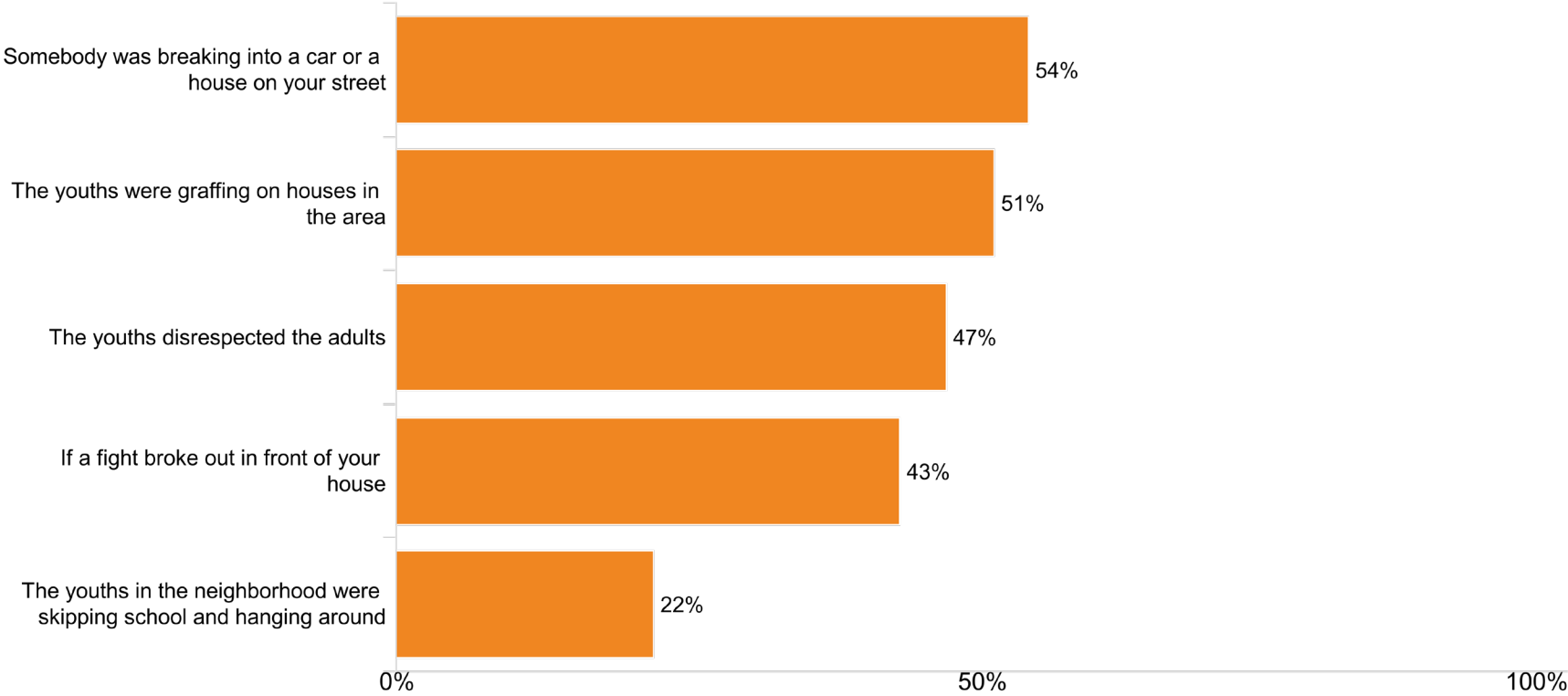


Proportion of adolescents in Idaho West Central Mountains who **agree** or **strongly agree** to the following statements



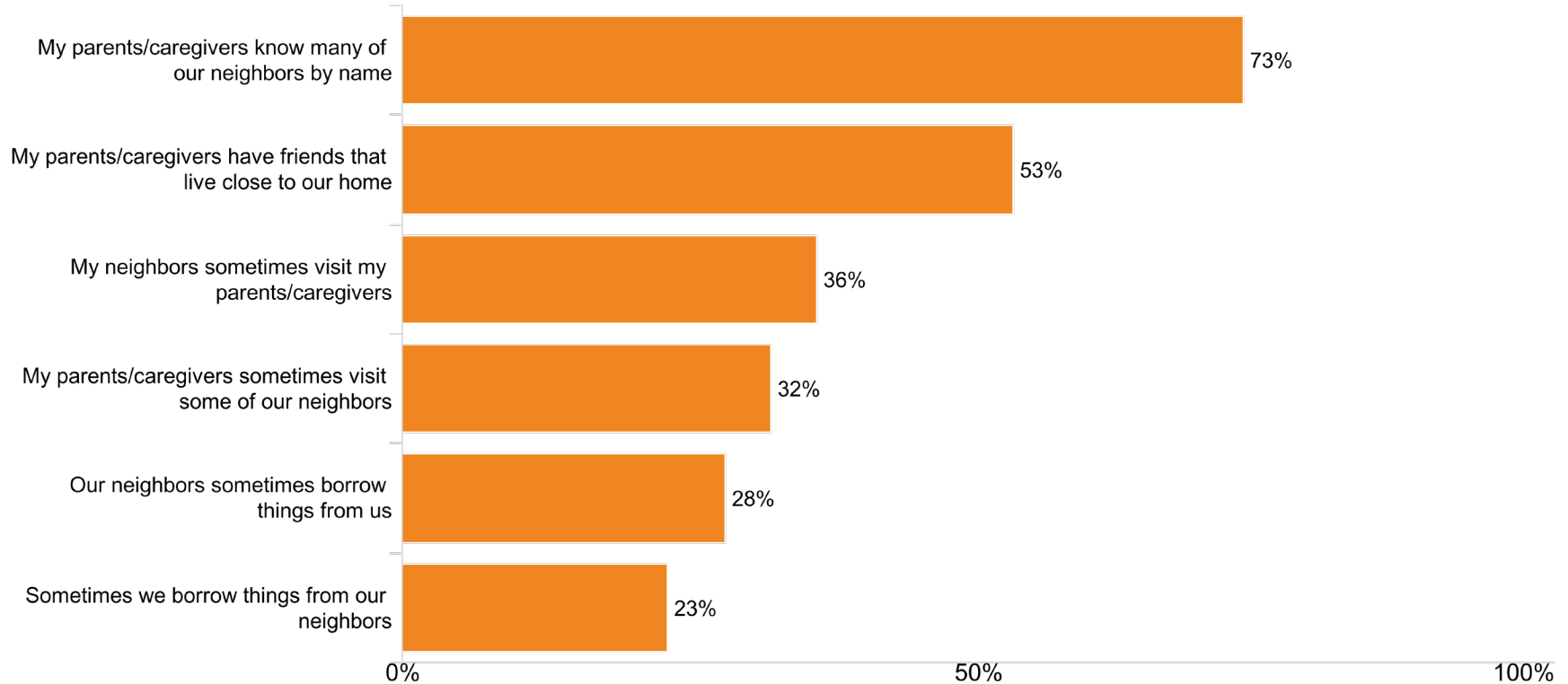
Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains who report that it is **very** or **quite likely** that their neighbors would do something in the following situations



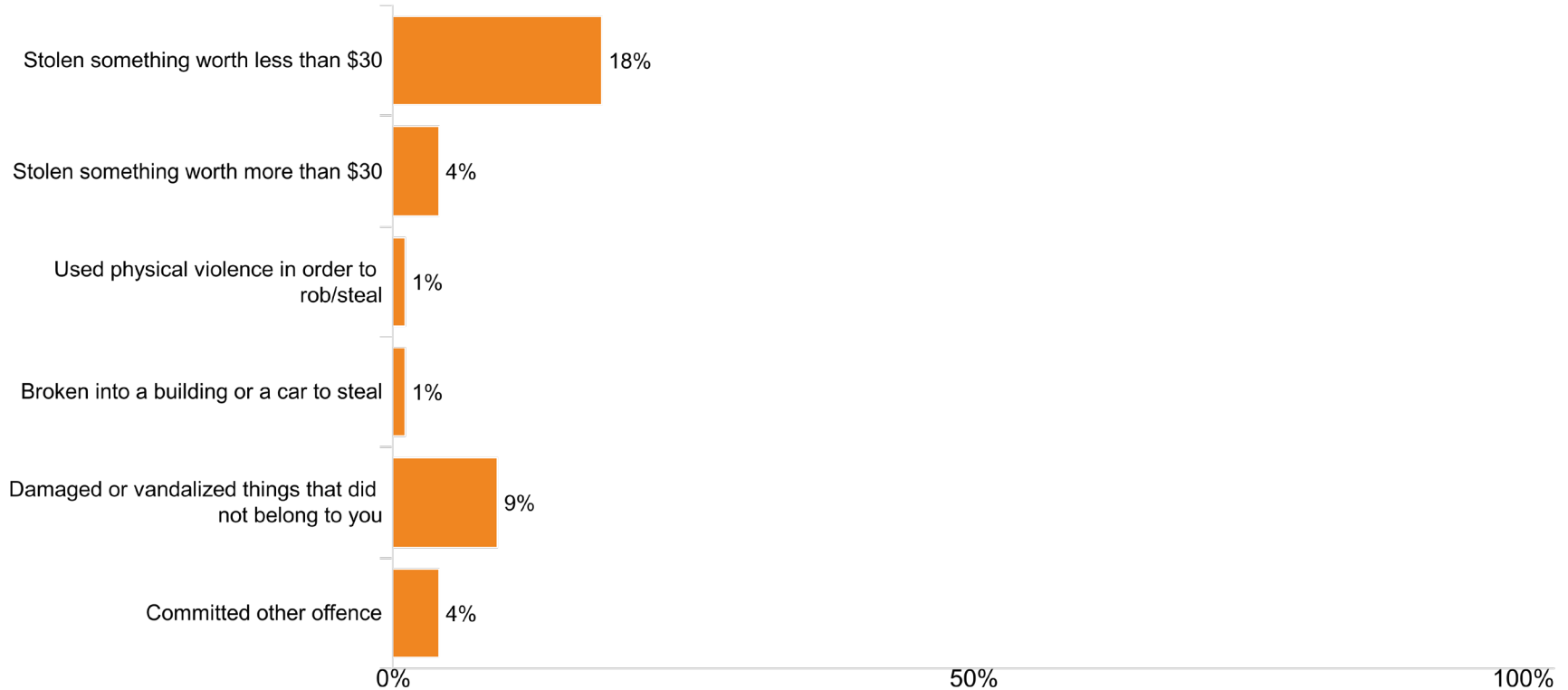
Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains who report that the following applies **rather** or **very well** to them



Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains who report having done the following once or more in the last 12 months



Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

WELLBEING

Wellbeing


Females


Males



NEVER felt down, depressed, or hopeless over the past 2 weeks **26%**

62% **NEVER** felt down, depressed, or hopeless over the past 2 weeks

NEVER felt bad about themselves or that they're a failure or have let themselves or their family down over the past 2 weeks **27%**

61% **NEVER** felt bad about themselves or that they're a failure or have let themselves or their family down over the past 2 weeks

Think it would be **easy** for them to see a mental health provider **31%**

34% Think it would be **easy** for them to see a mental health provider

Report "**judgement**" being a barrier to go see a mental health provider **51%**

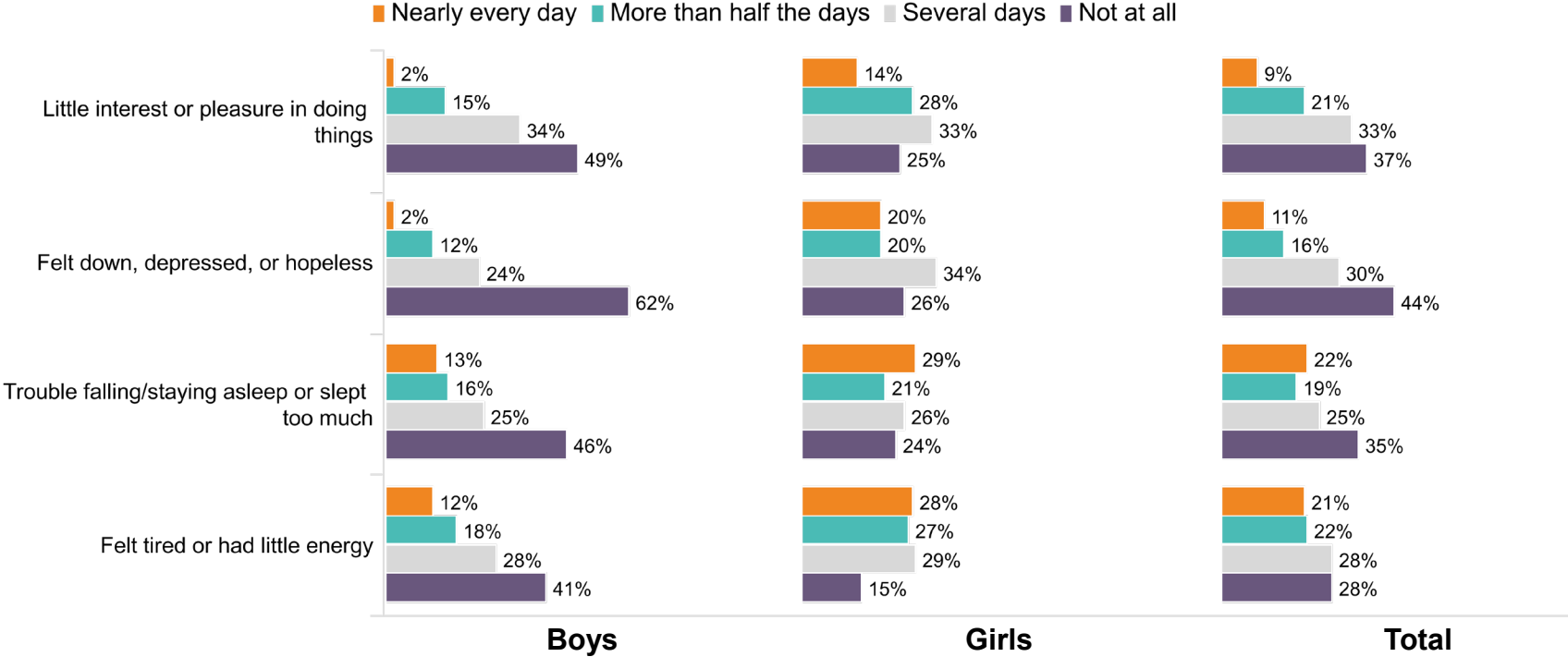
28% Report "**judgement**" being a barrier to go see a mental health provider

Report it is **likely*** they would seek support from their parent(s) for emotional or personal problems **55%**

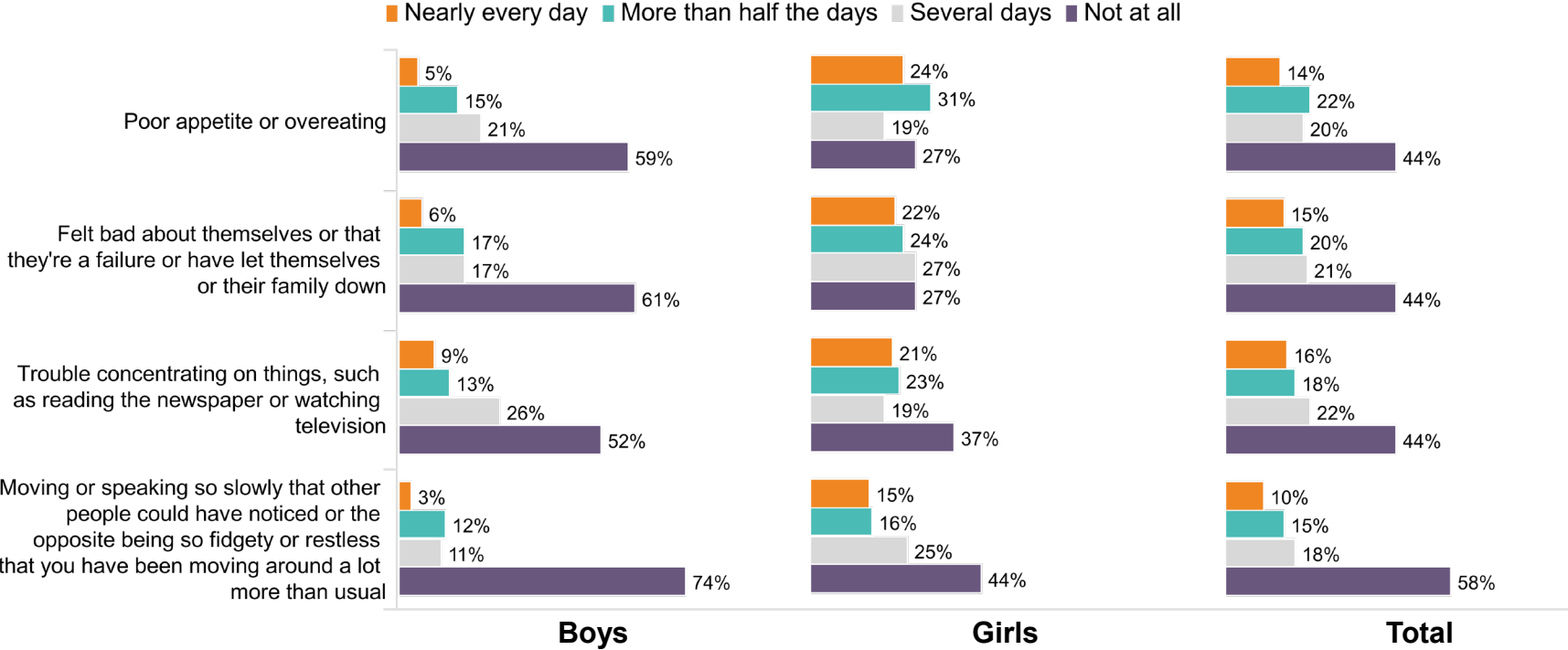
67% Report it is **likely*** they would seek support from their parent(s) for emotional or personal problems

*likely = likely or extremely likely

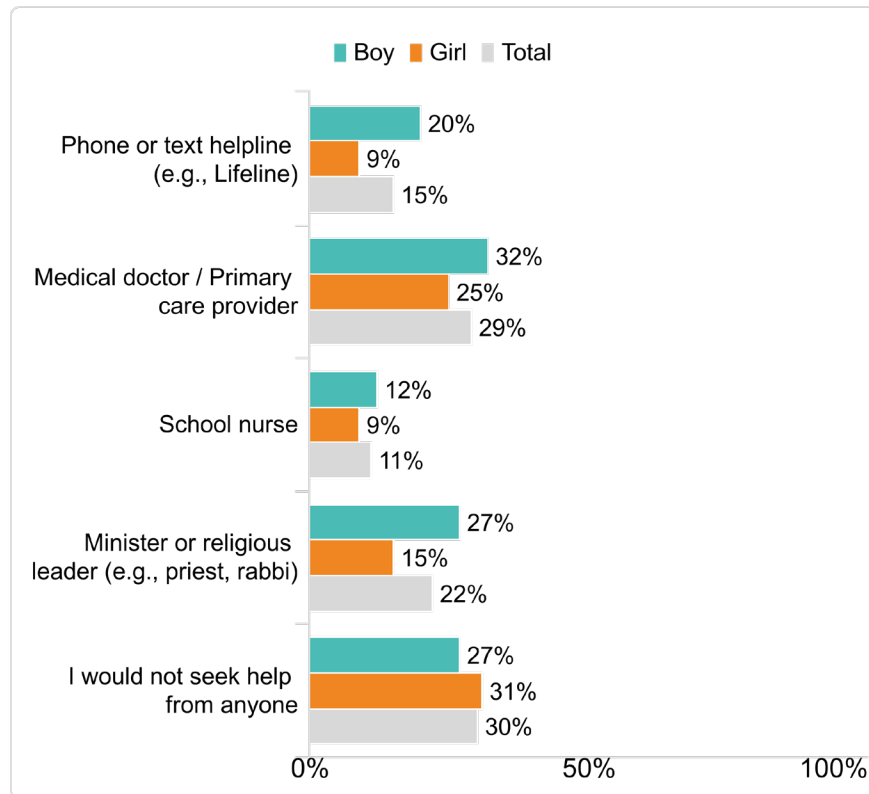
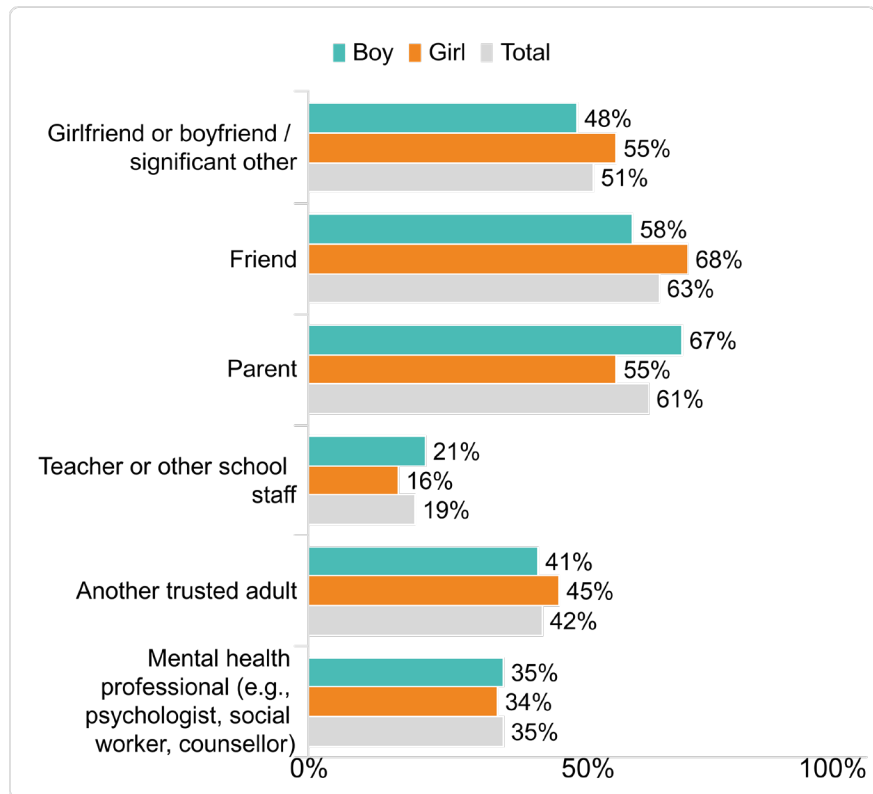
Proportion of adolescents in Idaho West Central Mountains who report the following over the past **two weeks** - Part 1



Proportion of adolescents in Idaho West Central Mountains who report the following over the past **two weeks** - Part 2

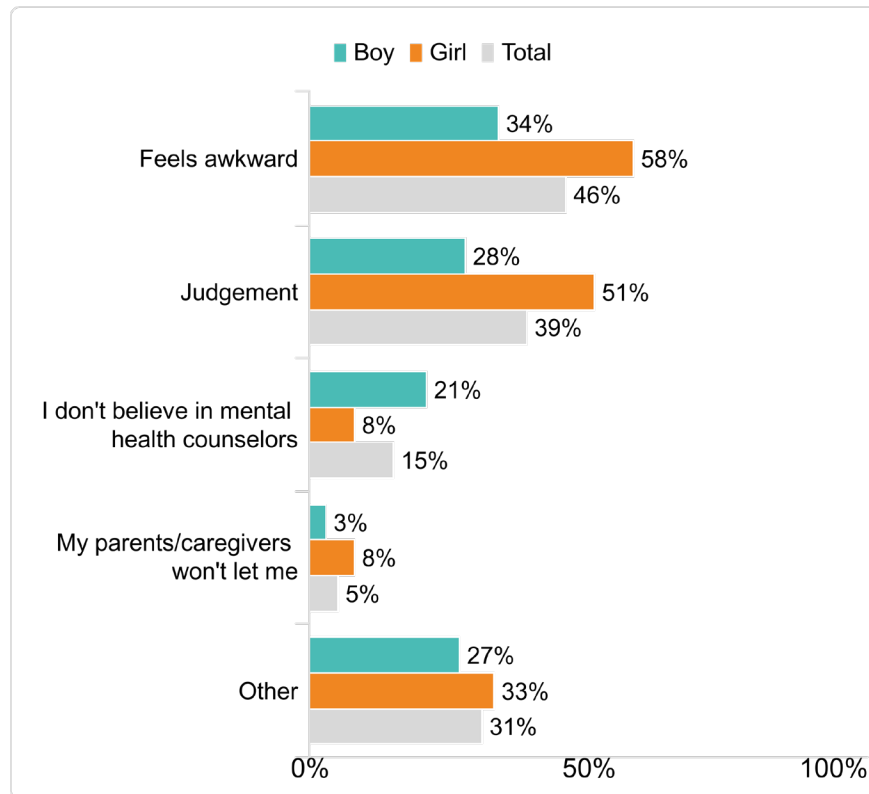
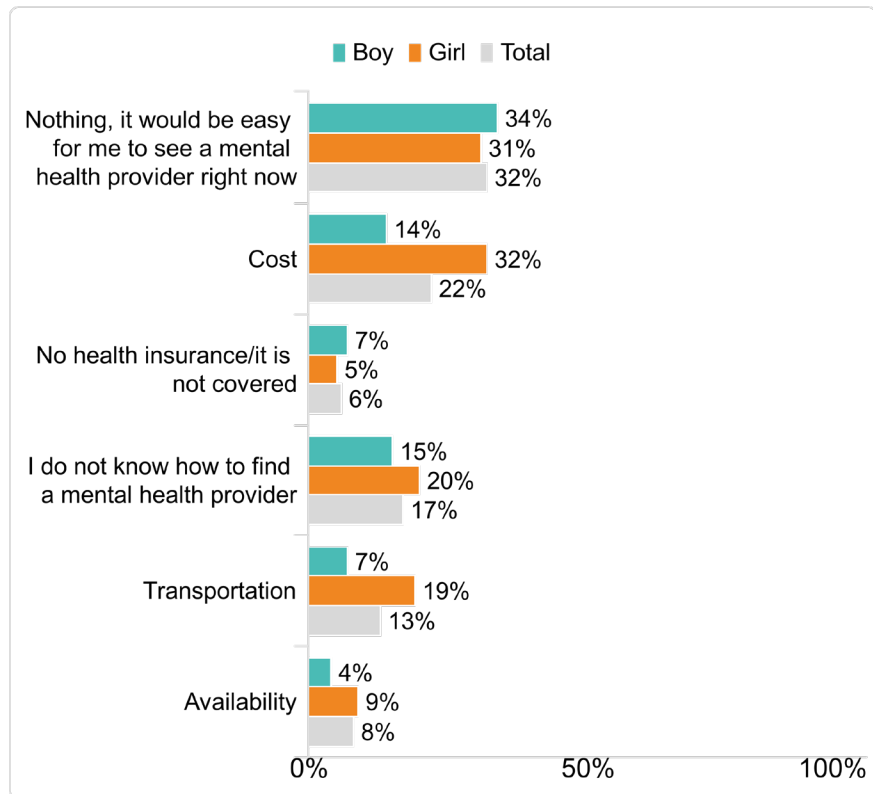


Proportion of adolescents in Idaho West Central Mountains who report that it is **likely** or **extremely likely** to seek support for emotional or personal problems from the following people



Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

Proportion of adolescents in Idaho West Central Mountains who report the following barriers to seeing a mental health provider



Percentage point increase (+) or decrease (-) from 2021 shown in parenthesis

PLANET
Youth

www.planetyouth.org