Carroll County Lifeline Connection

Community Assessment

CARROLL COUNTY

for Youth Substance use Prevention

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It is with deep gratitude that Carroll County Lifeline Connection would like to thank all of those who participated in helping with the community survey and the assessment. The dedication of individuals who helped to distribute and collect survey responses, and their passion for improving the lives of the youth in Carroll County is truly commendable. While it is clear that no single individual, organization, company or agency can totally resolve the issues addressed in this assessment, much needed change is possible when caring individuals work together for the cause. It is the hope of CCLC and all those who collaborated in this project that this will be a catalyst to a brighter future not only for the youth, but for everyone who lives in Carroll County.

Contents

Executive Summary 4

Section I: Community AssessmentCommunity Assessment Introduction 5

Background Information 5

Determinants 9

Data Collection Process 14

Problem Behaviors 15

Other Relevant Information 16

Data Collection Process 16

Societal Consequences 17

Data Collection Process 19

Findings 20

Priority #1 21

Priority #2 22

Other Relevant Information 24

Resources and Gaps Introduction 25

Information Collection Process 25

Gaps and Barriers 27

Gap Analysis Matrix 27

Resources and Gaps Findings 28

Conclusion & Recommendations 29

Appendix 1: 30

Sources: 30

Appendix 2: 30

Data Collection Process: 30

Appendix 3: 31

Appendix 4: 32

Appendix 5: 33

Appendix 6: 36

Acknowledgments: 40

Executive Summary

Carroll County Lifeline Connection (CCLC) is a recovery program for adults located in Carroll County, Indiana. Established in 2012, CCLC has been a vital part of the community witnessing success stories and lives changed of adults in the recovery process, while acknowledging the same need to reach the youth of the community.

In the fall of 2021, Carroll County Lifeline Connection was awarded the Community Readiness, Capacity Building, and Planning for Substance Misuse Prevention (CRRSA) grant from the Department of Mental Health and Addiction (DMHA). This opportunity will allow CCLC to seek information further assisting the community in the prevention and mental health realms. And will enhance relationships with community partners to ensure a brighter future for Carroll County. Carroll County Lifeline Connection through data collection and survey conducted concludes that vaping and alcohol use among the youth in Carroll County is a serious problem and needs to be prioritized and further addressed.

The most dangerous aspect of using an e-cigarette is that most do not see it as harmful. The Carroll County Lifeline Connection survey results show that 81% of students say it is easy to acquire vaping products and only half of those surveyed see it as harmful. The survey also shows that 65% of students know someone who has vaped in the last 30 days while only 7 citations were written for vaping in 2021.

Alcohol use is on the rise with students and results in impaired thoughts and actions that can lead to suicide, sexual assault, rape, car crashes, and even death. Students surveyed concerning alcohol use believe it is the least harmful substance to use and 65% report that they know someone who drank within the last 30 days. The Carroll County Lifeline Connection survey also reports that 70% of students say alcohol is easy to obtain while only 12 arrests were made in 2021 for underage drinking.

Carroll County exhibits the need for expanded prevention efforts especially related to the youth of the community. With substance use on the rise and a low perceived risk of use among peers, expansion of prevention efforts is needed. Additional programs in place could change the trajectory of not only drug use itself but also the perceived risk of it. With Carroll County Lifeline Connection stepping into the prevention realm alongside the existing coalitions the community could be headed in the right direction. New policies and programs could be designed and implemented that would result in a positive change in Carroll County's substance use and change statistics in the coming years.

In summation, Carroll County Lifeline Connection has assessed the needs of the area youth and has determined that the youth in the community need further assistance to diminish the current vaping and alcohol misuse.

Section I: Community Assessment

Community Assessment Introduction

Background Information

Carroll County is a rural area in Northwest Indiana, located 30 minutes Northeast of Purdue University, just off the Hoosier Heartland Highway. Carroll County is located amid the Wabash and Tippecanoe Rivers as well as Wildcat and Deer Creeks. Deer Creek is a small creek that is little known to those outside the county. Its 23-mile floatable portion in Carroll County begins just south of the town of Deer Creek in the northeast portion of the county. Deer Creek also runs through Adams Mill. There is a fully restored covered bridge nearby. Cutler Lancaster Bridge, Carroll County's other remaining covered bridge, is in the southern part of the county near Owasco.

Sunset Point in Delphi, IN where Deer Creek meets the Wabash River. Photo provided by Jake's Aerial Photography.

Adams Mill Covered Bridge

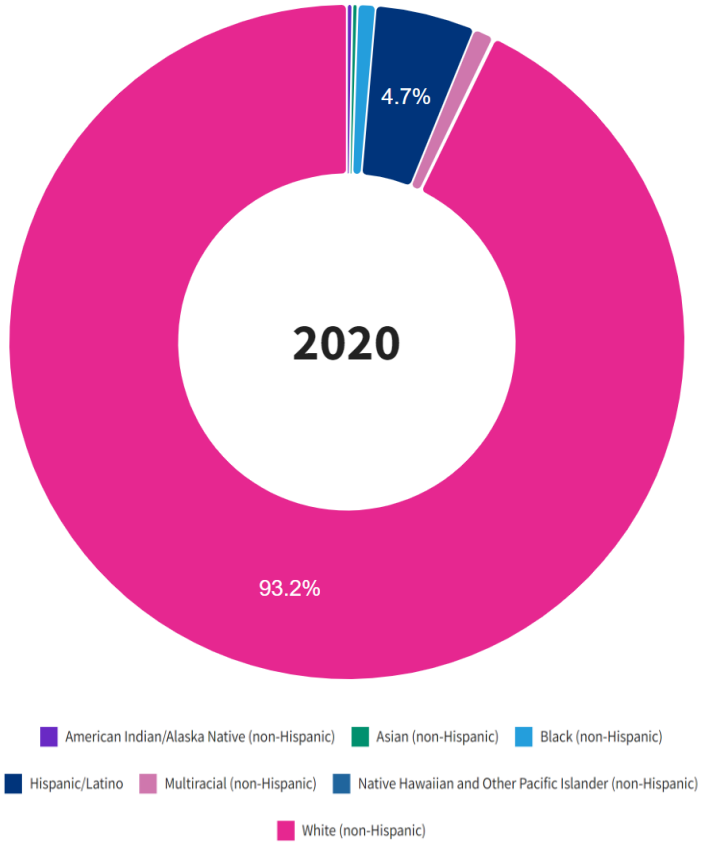
Hiking trails are available in every corner of the county. The Delphi historic trail system now has over 10 miles of groomed trails. They are wide, crushed limestone surfaces, and they lead to points of interest such as sunset point, the canal park, and architectural gems. Trails have been constructed over several years, primarily by volunteers, and they are open to walkers, runners, and bicyclists. It's also available to bird watchers and cross-country skiers.

The City of Delphi was fortunate to obtain the Freedom Bridge, which was originally built in 1897, dismantled, and then reconstructed in 2002. Originally meant for Conner Prairie, the bridge found its location at Delphi, Indiana. Now, it forms the new connecting link for the historic Monon Trail. The development of the Hoosier Heartland Highway (SR 25) had cut the trail. Hence, the 302-foot bridge found its new resting place spanning the highway. Also, it brings a bit of history into the surrounding agricultural historic district.

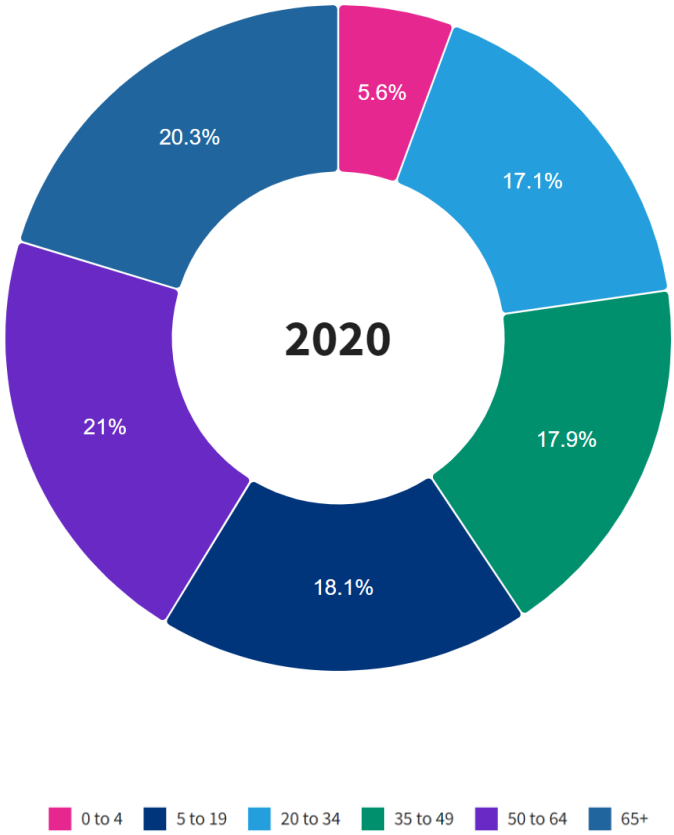
Hoosier Heartland and Freedom Bridge in Delphi, IN. Photo provided by Jake's Aerial Photography.

Freedom Bridge in Delphi, IN. Photo provided by Jake's Aerial Photography.

According to usafacts.org, the county has a population of 20,228 which is a 1.7% increase since 2015. It is continually growing in number and diversity. Between 2015 and 2020, the Hispanic/Latino population saw the largest growth, increasing 0.9 percentage points to 4.7% while the white (non-Hispanic) population had the largest decrease and now stands at 93.2%. The average age of the population is 40. Among the six age groups, 65 and older has been the fastest-growing group while the 5-19 age group has seen the largest decline in recent years. The percentage of Carroll County residents that are U.S. citizens sits at 98.8%.



Population of Carroll County by race



Population of Carroll County by age

Charts from usafacts.org

In 2019 the median household income was $54,806 which is a decline of 2.88% from the previous year (datausa.io). The median property value was $131,700 and the homeownership rate was 80.7%.

Major industries in the county include Indiana Packers Corporation, Delphi Limestone Shop, and St. Elizabeth Health Care Center. Carroll County is the largest pork producer in the state of Indiana and the fifth largest in the U.S. (according to www.carrollcountyedc.com). Delphi is also the home of the Indiana Bacon Festival which is held every August. With Lafayette being within 30 minutes of Delphi, several community members travel to work at larger factories such as Subaru Automotive and Caterpillar Inc. Most people in the county drive alone to work for an average commute time of 28 minutes. Carroll County is also over 90% farmland (according to www.incontext.indiana.edu). The 2017 Census states that there are 224,205 acres of farm ground, 45% of which is livestock.

There are two school districts in Carroll County. Delphi Community School Corporation (DCSC), which is the largest, and Carroll Consolidated School Corporation (CCSC) in Flora. Each district has one elementary, one middle and one high school. DCHS is the largest corporation and has a total of 1,397 while CCSC has a total of 1,043.

At this time, Carroll County has two coalitions that are geared toward addressing drug use and prevention. Partnership for a Drug-Free Carroll County, our local LCC (Local Coordinating Council) implements efforts to address Substance Abuse in Carroll County. This includes Burlington Camden, Delphi, Flora, and Yeoman. The second coalition is the Client Consultation Board which is part of the Division of Mental Health America (DMHA) and its regional prevention system. Dian Davis, the Director of Operations of Carroll County Lifeline Connection (CCLC), is a member of both of these coalitions. Before COVID-19, Carroll County also had implemented a drinking and driving prevention program for high school students called Every Fifteen Minutes. There are plans to reinstate this program in the near future. A drinking and driving prevention simulation is also held at the county fair each year by the Partnership for a Drug-Free Carroll County. Currently, there is no tobacco control grant in Carroll County for 2021-2023.

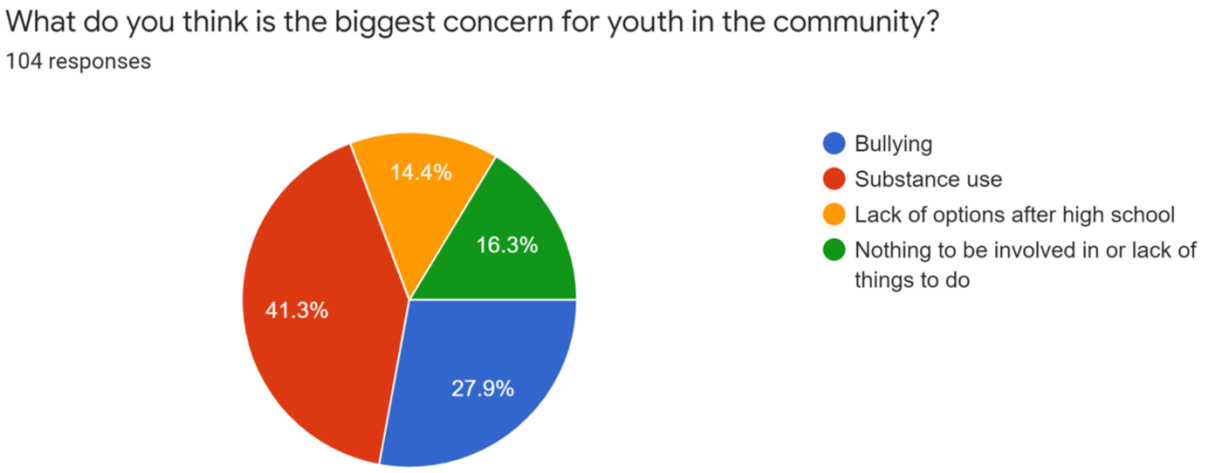
Determinants

This section will focus on the prevention science that guides the community's data analysis and prioritization. The following definitions will help those who are reading the assessment follow along as present data and specific factors are presented.

- Risk factors (specifically those associated with youth substance use) are characteristics of an individual, family, school, or community environment that are associated with increases in the development of problem behaviors. While they also exist across the lifespan, most of the risk factor data available in Indiana relates to the youth and college survey.
- Protective Factors are associated with reducing potential for problem behaviors by buffering risk factors experienced by individuals.
- Contributing factors are attitudes, behaviors, and other characteristics associated with a likelihood of the health behavior increasing or decreasing. Such contributing factors can be found through enforcement, laws, community norms, promotion, price, availability, etc.

The search for data proved to be a challenge. The lack of information and participation in annual surveys produced little to no data in the county. The county schools did not administer the Indiana Youth Survey (INYS), therefore, that information was not available for the data collection process. Because no schools in the county have participated since 2013, Carroll County Lifeline Connection knew that something had to be done.

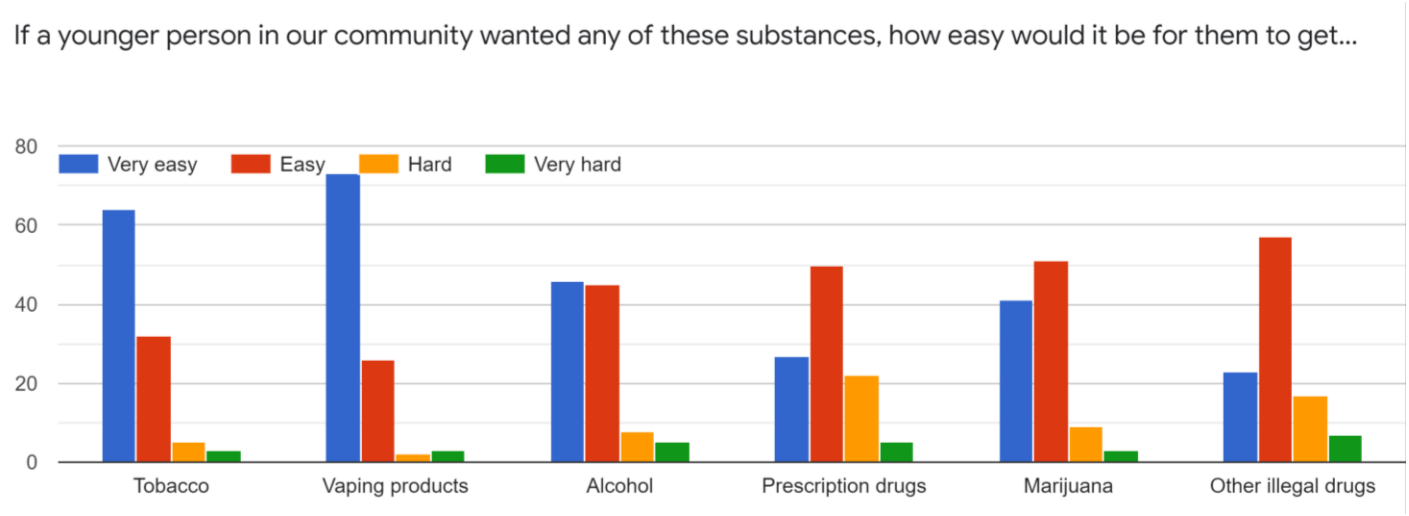
To combat this, CCLC built and distributed its own survey in many ways (which will be referred to as the "CCLC Survey" from here on). The survey had similar questions to the INYS so that the data could be compared to region 4 of Indiana (counties that surround Carroll County) and state data. Four small businesses in the county worked alongside to collect responses for the survey and stood behind the vision. Through the organization's efforts, during the 25 days the survey was open, 104 adults, half of which identified as a parent, and 37 youth participated. You can see the questions that were asked in CCLC's survey in the appendices. Appendix 5 shows questions for the youth and Appendix 6 shows questions for adults.



According to the CCLC Survey, 41.3% of adults in Carroll County see substance use as the biggest concern for youth. 30.7% of adults think that the biggest concern is lack of options after high school or there is nothing to be involved in/lack of things to do. This data lines up with responses from the 2020 Indiana Youth Survey (INYS). In region 4 of Indiana,-which Carroll County is part of, there is very little reward for students who have pro-social involvement. Over 30% of students are at high risk of academic failure and 66.4% of students do not feel they are rewarded for any pro-social involvement by their family, their community, or even their school (INYS 2020).

Youth organizations, such as the Upper Room Youth Center, within the community, understand children may be struggling with substance misuse, and are working toward giving youth more prosocial activities to participate in. There is meaningful youth engagement and based on what is happening in the community, between identified and collected quantitative and qualitative data, (CCLC) believes that prosocial involvement is on the rise.

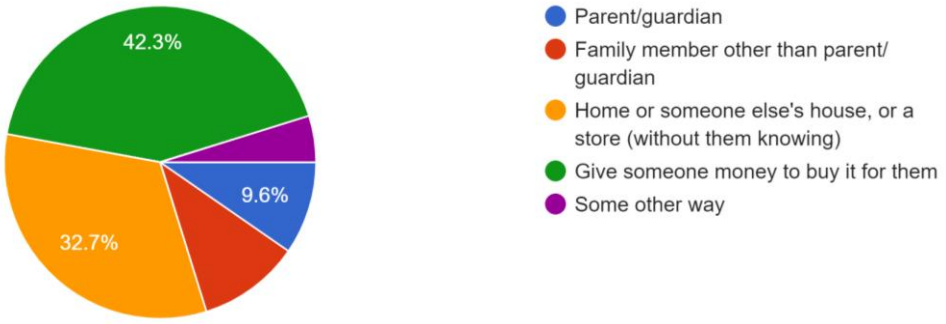
Tammy McClain, the Director of The Upper Room Youth Center (URYC), an after-school program for middle and high school students targeting academic excellence, social and emotional learning, life skills, and relational needs by mentorship, reports that 81 students were registered in the program during the 2021-2022 school year. URYC reports that 50% of students improved their grades and were involved in at least 1 prosocial activity. Even with programs like URYC, data in region 4 of Indiana still shows that an average of 66.4% of students do not believe there are rewards for prosocial involvement within the community. In addition, URYC Director McClain states that, upon completion of the program, overall positive change was visible in a wide range of students, including those with special needs and those at risk for academic failure and or substance misuse.



Adults who took the CCLC survey believe it would be very easy for youth in the community to get a hold of vaping products. They also believe that most youth are able to get their substances by giving someone else money to buy it for them or by getting it at their house, someone else's house or from a store without anyone knowing. Of all the substances asked about, adult respondents overwhelmingly responded that they believe vaping and tobacco products are the most accessible to youth.

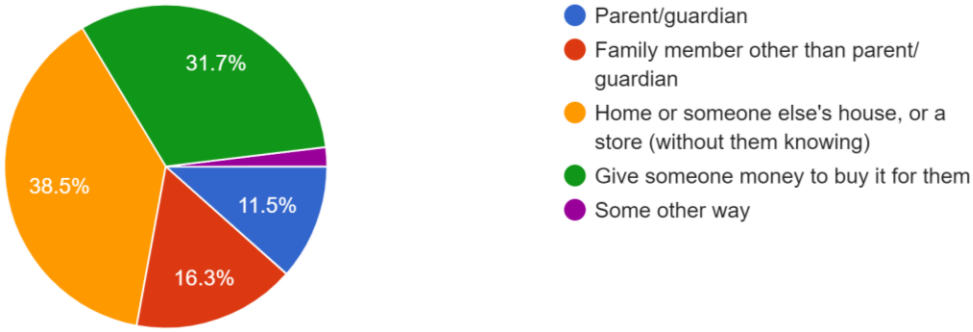
In your opinion, the easiest place for a minor child to get vaping/tobacco products is...

104 responses



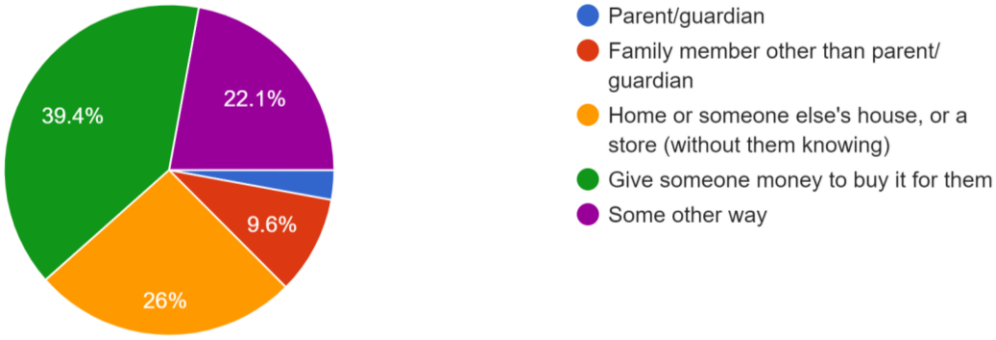
In your opinion, the easiest place for a minor to get alcohol is...

104 responses

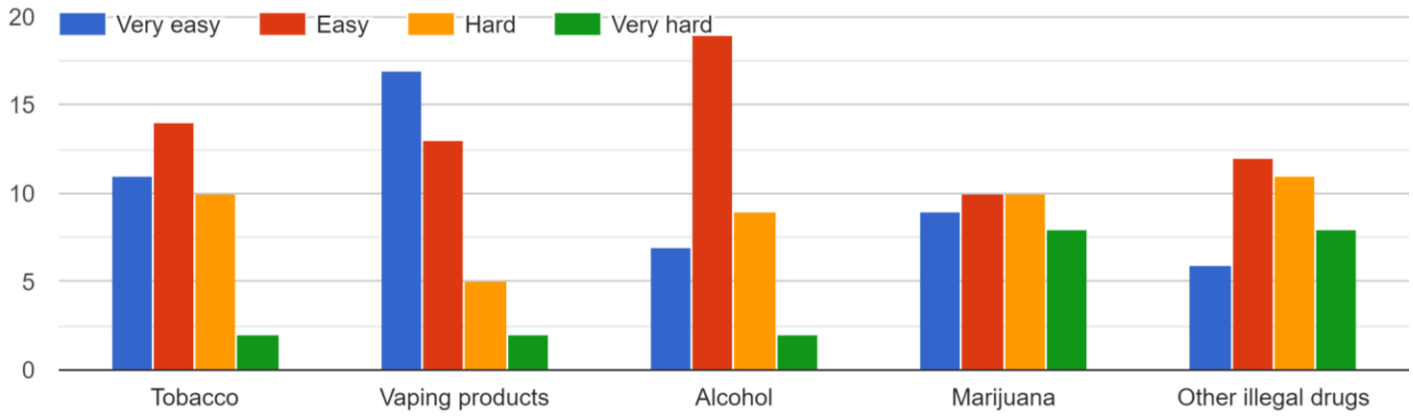


In your opinion, the easiest place for a minor to get marijuana is...

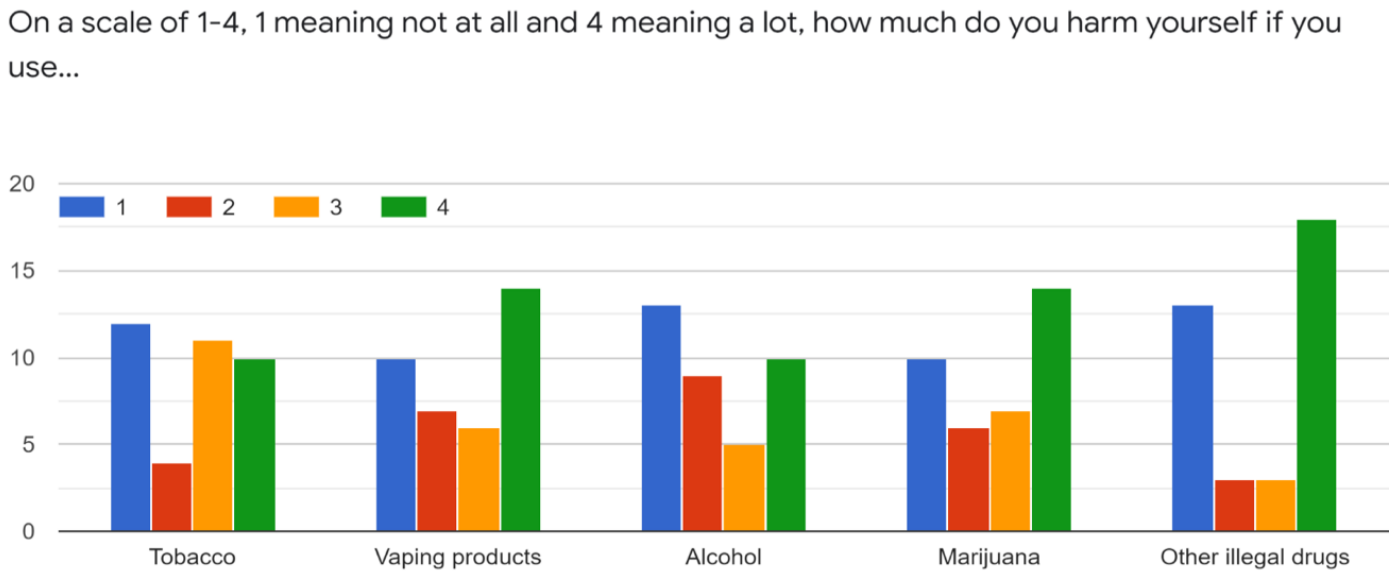
104 responses



According to the CCLC survey within the community, over 70% of adults people believe that youth in the community are getting drugs and or alcohol by having someone else purchase it for them. The alternative to that is they are able to take it from a store or someone else without anyone knowing. The adults also believe it is very easy for young people to get a hold of.



81% of the youth who responded to the CCLC survey confirmed that e-cigarettes are easy to obtain, while 70% of youth respondents also say it is easy to get alcohol.

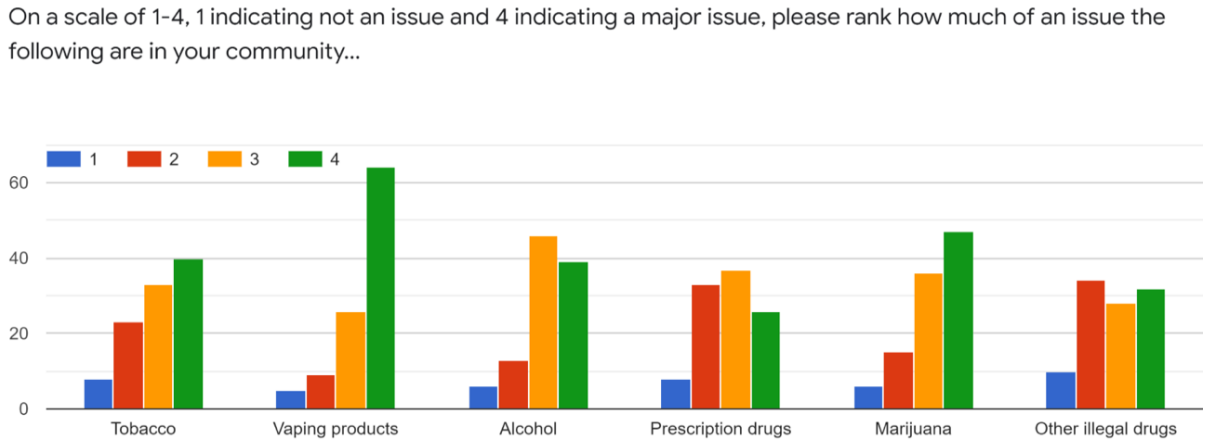


60% of youth believe that believe that using the mentioned substances is not harmful. This means that they are at high risk for low perception of harm. as only 40% of young people say they see either of these as harmful. This can lead to problem behaviors simply because of the lack of perceived risk of using. There is also an extremely low perceived risk of drug use and a favorable attitude toward drug use by peers which increases the likelihood of youth encouraging one another to try drugs and becoming addicted.

Community Survey by CCLC	60% high risk for low perception of harm
INYS Region 4	71% high risk for low perception of harm
State of Indiana	72% high risk for low perception of harm

In the chart above, you can see the average of Carroll County's perception of harm when it comes to substance use, compared to region 4 of Indiana and the state. Although the county specific data is lower than the region 4 and state data according to INYS 2020, anything above 50% is considered high risk and should be addressed.

A recent article in March of 2022 by the Tribune-Star shows a shocking piece of information as well. When looking into data provided by the state health department, Carroll County is one of three counties where none of the school districts have a comprehensive tobacco-free policy that includes e-cigarettes. That leaves this community in the bottom 3% in the state for policy addressing one of the biggest issues our kids face. This school policy should be set in place so that youth can recognize that e-cigarettes are just as dangerous as the other substances that the schools do not tolerate on school grounds.



The adult responses also indicate that they believe vaping and alcohol are the biggest issues. Marijuana, prescriptions drugs and other illegal drugs were not too far behind. 83% believe that marijuana is also an issue, 60% feel prescriptions drugs are an issue and 57% think other illegal drugs are also an issue.

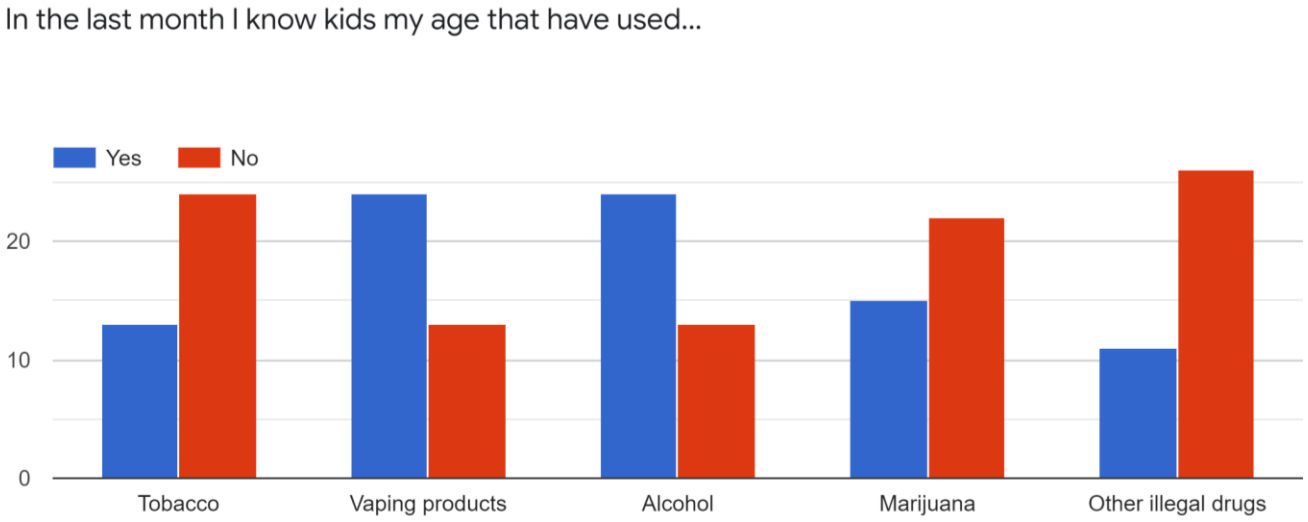
Data Collection Process

See Appendix 2

Problem Behaviors

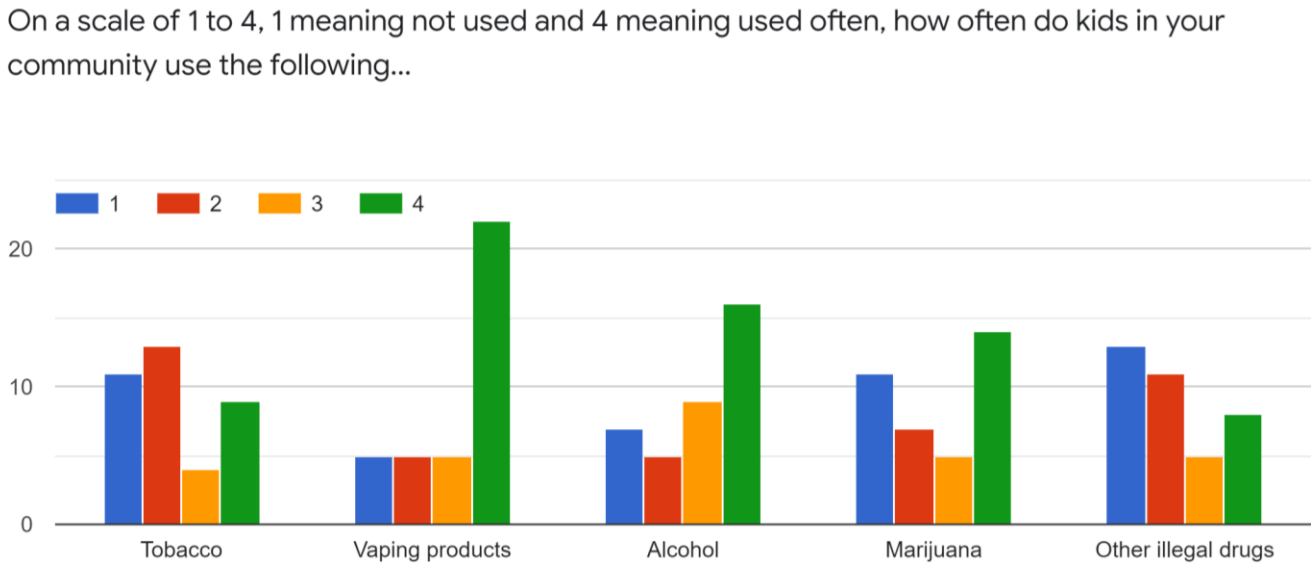
According to the Carroll County Lifeline Connection 64.8% of students know of other students who have consumed alcohol or vaped in the past 30 days. Data acquired from the Delphi Community School Corporation; and the ALEXSA-R survey, taken in the spring of 2021, states that 60.63% of students had ever tried alcohol in 2019, but the results were down to 51.45% in 2021. The Regional 4 data reports that according to the INYS2020, 19.3% of high school students have consumed alcohol in the past 30 days. On the vaping side of this statistic, in 2021, INYS 2020 regional 4 reports that 25.17% of students have tried vaping at some point.

Mental Health questions were also included in both the INYS Region 4 and the ALEXSA-R surveys. When it comes to region four, the INYS states that 43% of 11th graders reported feeling sad or hopeless in the past year and 17% reported attempting suicide at least once in the past year. Carroll County's numbers are not much different according to the ALEXSA-R survey. 38.2% of students reported they felt sad or hopeless almost every day for two weeks or more in a row, so much so that it stopped them from doing their usual activities. Another shocking data point from this survey is that 6.23% of students at Delphi Community School Corporation reported having zero friends.



According to the CCLC survey results, 64.8% of youth who took it stated that they know other students who have vaped or drank alcohol in the last month. 40.5% of those same youth know of someone their age who has smoked marijuana in the last 30 days, 35% know of someone their age who has used tobacco and 29.7% know someone their age who has used other illegal drugs.

Substance use can also be looked at in the chart below. This one shows the results from the CCLC survey and how often youth use each substance. We also know from local LCC, Partnership for a Drug Free Carroll County, and their 2021 Comprehensive Community Plan, that students with substance-abusing peers are unlikely to resist pressure to use and use is seen as “cool”.



Other Relevant Information

Due to Covid-19 and the restriction that took place in 2020, it was hard to find statistics for that year, so completing a 3-year trend data from 2019 to 2021 proved to be difficult.

Data Collection Process

See Appendix 2

Societal Consequences

Introduced into the U.S. market in 2007 was the e-cigarette. Sales began to double each year due to the aggressive advertising that e-cigarettes were significantly less harmful than smoking. But even though vaping is less harmful than smoking, it still comes with adverse risks. The most reported adverse effects were coughing, shortness of breath, headaches, and mouth and throat irritation.

The state of Tobacco Control also reports that in Carroll County, 15.6% of adults smoke and 49.6 per 100,000 residents have died of lung cancer. Also in Carroll County, in 2021 there were 997 smoking-related illnesses including 33 deaths attributed to smoking and 5 due to secondhand smoke. In addition, there are financial effects. 10.8% of pregnant women in Carroll County smoke which resulted in a cost of $31,234 for smoking-related births. The state and federal tax burdens of $903 per household are from smoking-caused government expenditures are felt by every Indiana resident. 93% of the children removed from their homes by DCS in Carroll County are due to drug and alcohol use according to the Indiana Prevention Resource Center (IPRC).

In 2019, Indiana had it's the first vaping-related death due to a severe lung injury. Many residents do not understand that even though vaped aerosols have fewer toxic and cancer-causing chemicals than cigarette smoke, the aerosol from vaping is not harmless. In addition to nicotine, dangerous chemicals such as formaldehyde are formed when nicotine liquid is heated to elevated temperatures. Severe lung injuries and respiratory problems may be long-term effects of vaping. A report from the CDC on the current rate among youth in this country, 5.6 million of today's Americans younger than eighteen will die early from a smoking-related illness.

A study from Johns Hopkins shows that young people who vape regularly are more likely to start smoking tobacco than young people who do not, thus putting our teens at substantial risk for nicotine addiction. In 2010, the U.S. Surgeon General declared nicotine as addictive as heroin and cocaine. E-cigarettes have become extremely popular among teenagers in the past few years. The lack of awareness of nicotine in vaping products by adolescents has been one of the factors that may have fueled the current epidemic. Our local youth are not exempt from the trend of vaping. In this small community of Carroll County, Indiana, vaping products are easily accessible (according to the CCLC survey and key informant interviews) and are a new phase for adolescents. Youth are more likely to use tobacco products if peers are using them.

The State Epidemiological Report from 2020 states that 14 students were suspended or expelled due to tobacco use in Carroll County. According to the Delphi Investigator for the Prosecutor's Office, no arrests have been made for people under the age of eighteen for vaping within city limits, however, the Carroll

County Clerk's Office reported seven infractions have been given for vaping during the 2020-21 school year. There were also 12 underage alcohol arrests in Carroll County in 2021.

Underage drinking can lead to serious problems, such as drinking and driving leading to fatal crashes. Drinking and driving a motor vehicle is the leading cause of death among youth ages 15-20 (Resource: Alcohol Health & Research World). According to the 2018 Indiana State Report; Underage Drinking Prevention and Enforcement, fatal crashes involving 15–20-year-old drivers with BAC greater than 0.01 were 18% in the state of Indiana in 2018. In the state there were ninety-two alcohol-attributable deaths for adolescents. According to the OWI Dashboard on IN.gov, there were 87 OWI related arrests in Carroll County from ages 15 and up. Young drivers are already at risk with lack of experience behind the wheel and once an alcoholic beverage is added to the equation the impairment is intensified.

As you can see below, the alcohol-impaired driving deaths are much higher in Carroll County than in the state. Carroll County's number has also increased while the statistics for the state of Indiana have been decreasing.

Alcohol-Impaired Driving Deaths	2020	2021	2022
Carroll County	26%	25%	31%
Indiana	20%	19%	19%

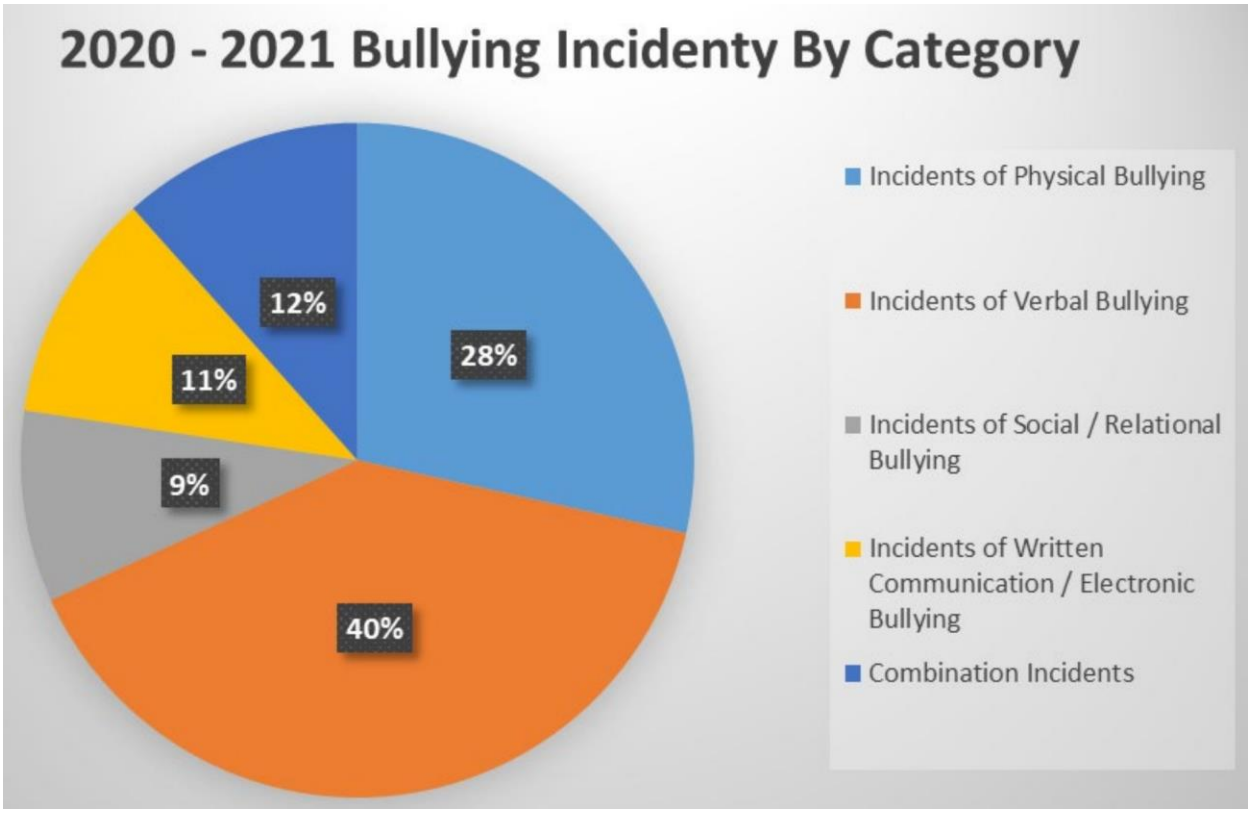
The chart below shows Carroll County's graduation rate has been declining while the state rate has increased.

High School Graduation Rate	2020	2021	2022
Carroll County	93%	88%	88%
Indiana	84%	88%	88%

Bullying can also be an issue. One stat that Carroll County Lifeline Connection found interesting from the survey created was that the majority of adults who had kids at a county school thought that substance use was the biggest issue with youth, while those who were not parents of kids at the county schools said that they thought bullying was the biggest concern. Although the stats for bullying have continued to decrease in the state, according to Indiana Schools Bullying Safety Staffing and Arrests report from 2021, it is still seen as an issue and can be closely connected to substance use in adolescents.

Someone who is being bullied can struggle with mental health issues. According to the ALEXSA-R survey, 55.16% of students in grades 9-12 struggle with anxiety and 56.19% of students grade 9-12 struggle with depression. It's also important to note that bullying comes in many forms. Below is a report on bullying incidents in Indiana in 2021.

CCLC spoke with some former Delphi school students and we know from them that this is an issue. Some have even changed to homeschooling because of ongoing harassment.



The above chart is from Indiana Schools Bullying, Safety Staffing, and Arrests Report, 2021

Carroll County's in-school suspension rates for both school corporations are higher than the average of the state of Indiana according to the Department of Education.

Percent of Students Who Have Faced In-School Suspension	
School Year	**2019/2020**
Indiana	3.9%
Carroll Consolidated School Corp	4.8%
Delphi Community School Corp	5.2%

Data Collection Process

See Appendix 2

Findings

Consequences	Behaviors	Determinants
Legal 12 underage alcohol arrests in 2021 7 citations were written for vaping at school in 2021 (Steven Mullin, Chief Prosecutor Investigator) **School dropout** The Carroll County graduation rate is 88%, compared to Indiana's rate of 89% (2022 County Health Rankings Roadmap). 14 students have been suspended or expelled due to tobacco use in Carroll County (2020 State Epidemiological Profile) **Health** In Carroll County, 31% of driving deaths have alcohol involvement. **Family** 93% of the children removed from their homes by DCS in Carroll County are due to drug and alcohol use according to the Indiana Prevention Resource Center (IPRC).	**Substance use** 25.17% of students grades 9-12 have reported vaping in 2021 (ALEXSA-R) **Depression and anxiety** 43% of 11th graders reported feeling sad or hopeless in the past year (Region 4 2020 INYS) 17% reported attempting suicide at least once in the past year. (Region 4 2020 INYS) 39.27% of students reported they felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing their usual activities. (2021 ALEXSA-R) 6.23% of students at Delphi Community School Corporation reported having zero friends. (2021 ALEXSA-R)	**Contributing Factors** 70% of youth believe it is easy or fairly easy to access alcohol (2022 CCLC Community Survey). 81% of youth believe it is easy or fairly easy to access vaping products (2022 CCLC Community Survey) **Risk Factors** The number of youths at high risk for low perceived risk of drug use is greater than 60%. (2022 CCLC Community Survey) 41.3% of adults in Carroll County see substance use as the biggest concern for youth. (2022 CCLC Community Survey) 30.7% think that the biggest concern is lack of options after high school or there is nothing to be involved in/lack of things to do. (2022 CCLC survey) **School Policy** No schools in the county have a comprehensive tobacco-free policy that includes e-cigarettes. (Tribune-Star March 2022)

Priority #1

Vaping

The first priority that should be considered for youth in the community is vaping.

Seeing the amount of youth and even adults who vape in the community was one thing, but comparing it to numbers from different data sources really gave a more in-depth perspective on how many use the substance and or know of someone who uses it. The most dangerous aspect of using an e-cigarette is that most do not see it as harmful. Parents and kids alike both think it is a very easy substance to get a hold of.

Results from the Carroll County Lifeline Connection community assessment show that 81% of the youth confirmed that e-cigarettes are easy to get, and 60% are at high risk for low perception of harm. This can lead to problem behaviors simply because of the lack of perceived risk of using.

These numbers are very high and put youth at risk just because of perceived and actual availability. It gets even more scary to see the numbers when one begins to realize that only half of the youth even see it as harmful.

Consequences	Behaviors	Determinants
Legal 7 citations were given at Carroll County schools in the last year for vaping. (Steven Mullin, Chief Prosecutor Investigator) 14 students have been suspended or expelled due to tobacco use in Carroll County (2020 State Epidemiological Profile) **Mental Health** 55.16% of students in grades 9-12 struggle with anxiety (2021 AEXSA-R)	**Substance Use** 65% of students who took the CCLC survey say they know someone who has vaped in the last month.	**Contributing Factors** 81% of students who took the CCLC survey say that it is easy to get vaping products. Only half of the students see vaping as harmful.

Priority #2
Alcohol

The second priority to help the youth combat in the community is alcohol.

One of the most shocking data points when it came to alcohol, showed just how dangerous it can be. If it is not addressed or stopped before youth reach adulthood, the effects of alcohol can become more serious. In Carroll County, 31% of our overall driving-related deaths are alcohol-related. That number is 12% higher than the state of Indiana overall and ranks Carroll County as one of the worst in the state. Of the students who participated in the 2021 ALEXSA-R survey at Delphi Community School Corporation, 56.19% of students in grades 9-12 struggle with depression which may be a factor with underage drinking.

Lastly, the most crucial piece of data found on alcohol is that it is seen as the least harmful substance to use among youth, as seen from the CCLC survey results.

Consequences	Behaviors	Determinants
Legal 12 arrests were made for underage drinking in 2021 (Steven Mullin, Chief Prosecutor Investigator) 31% of Carroll County's overall driving-related deaths are alcohol-related **Mental Health** 56.19% of students in grades 9-12 struggle with depression (2021 ALEXSA-R)	**Substance Use** 65% of students who took the CCLC survey say they know someone who has drank alcohol in the last month Students with substance-abusing peers are unlikely to resist the pressure to use	**Contributing Factors** 70% of students who took the CCLC survey say that it is easy to get alcohol Only 40% of the students see drinking as harmful

Health Disparities

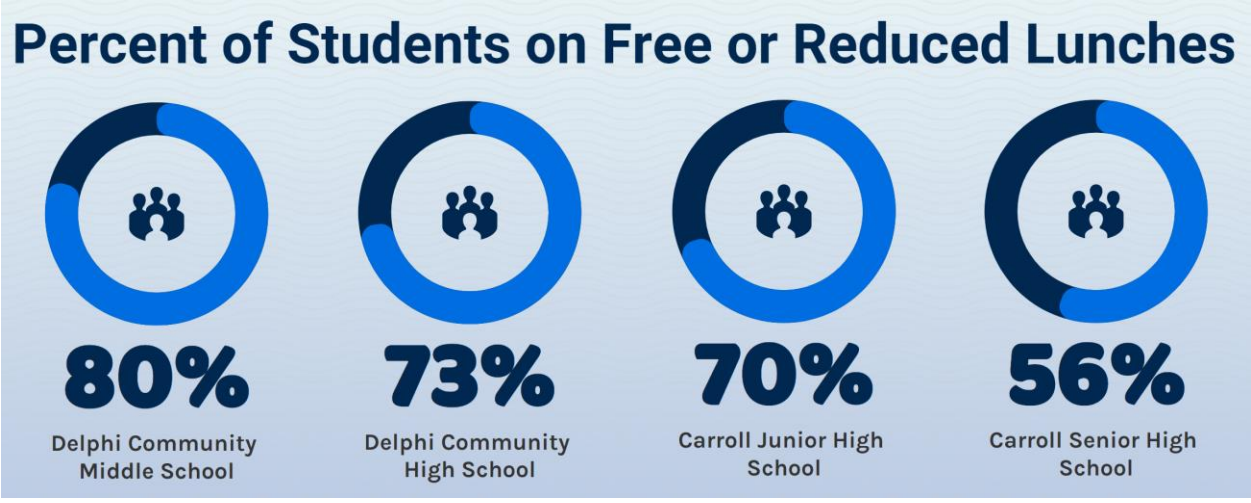
Rural areas experience many inequities compared to metropolitan areas. Often, rural residents have fewer individual resources and, on average, are poorer and less educated. This is an economic disadvantage. The ratio of Primary Care Physicians in the county is 6,750:1. Mental Health Providers are 1,260:1. (2022 County Health Rankings Roadmap).

There is no hospital or trauma center in Carroll County. In addition to substance use and issues related to getting proper health care, Carroll County is also without a transportation system in the county. This makes it extremely hard for citizens to get to and from appointments, court, and any community events.

A recent article in March of 2022 by the Tribune-Star shows a shocking piece of information as well. Carroll County is one of three counties where none of the school districts have a comprehensive tobacco-free policy that includes e-cigarettes. That leaves this community in the bottom 3% in the state for policy addressing one of the biggest issues our kids face.

According to the U.S. Census, the poverty rate for Carroll County is 7.9% with the majority of those in poverty being under the age of 18.

Every middle school and high school in the county are Title 1 Schools. Title 1 is the largest federally funded educational program. The program provides supplemental funds to school districts to assist schools with the highest student concentrations of poverty to meet school educational goals. According to the National Center for Education Statistics, the following percentages show how many students are eligible for free or reduced lunch whether it be through the National School Act or being directly certified through another program like the Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program.



It is also important to note that the ratio of Primary Care Physicians in the county is 6,750:1. And mental Health Providers are 1,260:1. (2022 County Health Rankings Roadmap).

CCLC has also started to survey the participants in the recovery groups to see how many have children under 18 living in their homes. As of right now, 62% of those who have attended recovery classes with CCLC have a child under 18 living in the home, and 37% of participants are single parent households. According to the Indiana Prevention Resource Center (IPRC) 93% of cases where kids removed by Department of Child Services in Carroll County are due to drug and alcohol use. CCLC plans to continue to collect data from those who attend the recovery group as well as their children, when possible, since their children are at an increased risk for substance use disorder.

When community members can't get the help that they need they turn to substance use to cope. Risks increase when it comes to substance use and mental health assistance as well. People in rural areas are less likely to receive mental health treatment due to the availability of agencies. In addition, when a child lives with a parent or guardian who struggles with substance use disorder (SUD), they are more likely to struggle as well, and follow the same path of using to cope and having a hard time getting help. 93% of the children removed from their homes by DCS in Carroll County are due to drug and alcohol use according to the Indiana Prevention Resource Center (IPRC); this shows a vicious cycle.

Consequences	Behaviors	Determinants
School 40 Carroll County suspensions or expulsions related to alcohol, tobacco and or drug use (2020 Indiana State Epidemiological Profile) **Family** 93% of cases where kids were removed by DCS in Carroll County are due to drug and alcohol use. According to the Indiana Prevention Resource Center (IPRC)	**Substance Use** 48 Carroll County residents have entered treatment. 15 of those were alcohol dependent. (2020 Indiana State Epidemiological Profile) **Treatment** 39.6% of Carroll County residents have been treated for alcohol use	**Financial** The poverty rate for Carroll County is 7.9% (U.S. Census) **School** An average of 69.75% of students in the county are on free or reduced lunches. (National Center for Education Statistics)

Other Relevant Information

- In the next two years, Carroll County Lifeline Connection plans to form stronger relationships with county schools, businesses, churches, the court system and anyone and anywhere else where it sees opportunity to provide prevention services and create a positive change.

Section II: Resources & Gaps

Resources and Gaps Introduction

In the preliminary stages of this needs assessment, thoughts of a broken infrastructure of the community were the conclusion. As CCLC sought out information to determine the needs of the local youth in Carroll County, it was quickly discovered that data was very limited. County Schools had not participated in the INYS since 2013 and the search from local agencies was challenging. In the process of moving forward in data collection, the opportunity to interview stakeholders became the first significant gain. Interviews included were with the Delphi City Police Chief, Department of Child Services Director, Carroll County Probation Department, Carroll County Prosecutor's Office Investigator, School Resource Officer, Carroll County Coroner, Carroll County Health Department, Champions, a Nurse Practitioner, the Local Coordinating Council, and students in the Upper Room Youth Center after school program.

Without a survey from the INYS, CCLC and Thomas P. Miller and Associates created two surveys to distribute to county residents. One survey was created specifically for youth and another for adults. The surveys were posted on the CCLC Facebook page with a QR Code and post cards with the QR Code were mailed to 3474 Delphi residents. Paper surveys were also distributed with collection boxes to four area businesses. Businesses included Healthies Delphi, Delphi Pizza King, Cosmos Coffee, and Cornerstone Café and Deli. Incentives were made available to chosen participants. The survey was conducted for approximately 25 days.

Information Collection Process

A SWOT analysis was performed to see where strengths and weaknesses are as well as what opportunities are available and what threats may be encountered. Information for this was gathered over time and it is attached below. The strengths and opportunities are where the resources lie. The weaknesses and threats are where one can see the gaps and barriers. Please refer to appendix 4 for the SWOT analysis

Existing Resources

Priority #1: Vaping

Consequences	Behaviors	Determinants
Legal 7 citations were given at Carroll County schools in the last year for vaping. (Steven Mullin, Chief Prosecutor Investigator) **Mental Health** 55.16% of students in grades 9-12 struggle with anxiety (AEXSA-R)	**Substance Use** 65% of students who took the CCLC survey say they know someone who has vaped in the last month.	**Contributing Factors** 81% of students who took the CCLC survey say that it is easy to get vaping products. Only half of the students see vaping as harmful.

Program Offered: None

Carroll County Lifeline Connection sent numerous emails, phone calls, and participated in in-person interviews to seek out extending programs to address vaping with adolescents. At this time, no known program was located.

Priority #2: Alcohol

Consequences	Behaviors	Determinants
Legal 12 arrests were made for underage drinking in 2021 (Steven Mullin, Chief Prosecutor Investigator) 14 students have been suspended or expelled due to tobacco use in Carroll County (2020 State Epidemiological Profile) **Mental Health** 56.19% of students grades 9-12 struggle with depression (ALEXSA-R)	**Substance Use** 65% of students who took the CCLC survey say they know someone who has drank alcohol in the last month Students with substance-abusing peers are unlikely to resist the pressure to use	**Contributing Factors** 70% of those same students who took the CCLC survey say that it is easy to get alcohol Only 40% of the students see drinking as harmful

Program Offered: None

Carroll County Lifeline Connection sent numerous emails, phone calls, and participated in in-person interviews to seek out extending programs to address underage drinking. At this time, no known program was located.

Gaps and Barriers

Gap Analysis Matrix

The Gap Analysis Matric below shows where there are services in Carroll County. Carroll County Community Center, Upper Room Youth Center (URYC), and Carroll County Lifeline Connection (CCLC) are the only listed services. They are not, however, prevention driven programs.

Gaps Matrix

Domain:	Individual - Peer			School		Family			Community	
IOM Cat:	Universal-Indirect	Universal-Direct	Selective Indicated	Universal-Direct	Selective Indicated	Universal-Indirect	Universal-Direct	Selective Indicated	Universal-Indirect	Universal-Direct
Elementary (5-12)	X	X	X	X	X	X	X	X	Carroll County Comunity Center Summer Camp	X
Middle School (11-14)									URYC Middle & High School	X
High School (14-19)									URYC Middle & High School	X
College (18-24)	X	X	X	X	X	X	X	X	X	X
Parents & Caregivers (24-64)	CCLC Adults									X

Carroll County Lifeline Connection was unable to find any resources in the county that specifically target prevention. As you can see in the chart, there are a lot of gaps in Carroll County. The college section is marked out as there is no college in Carroll County. CCLC also crossed out the Elementary age since the prevention focus should be geared toward middle and high school students where the issues currently lie.

Priority #1: Vaping

- There are no populations being served by an alcohol prevention resource in Carroll County.
- This can be corrected by starting new programming that is geared toward vaping prevention.
- CCLC must continue its research to see how this issue can begin to be resolved.

Priority #2: Alcohol

- There are no populations being served by an alcohol prevention resource in Carroll County.
- This can be corrected by starting new programming that is geared toward vaping prevention.
- CCLC must continue its research to see how this issue can begin to be resolved.

Resources and Gaps Findings

The Upper Room Youth Center (URYC), an after-school program for middle and high school students, was launched last year in 2021. The Upper Room Youth Center is a multicomponent program providing wrap around services for students that target academic excellence, social and emotional learning, life skills, and relational needs by mentorship. UYRC partners with the Delphi Community School Corporation, Delphi Public Library, as well as other community organizations to provide the students with a variety of resources to achieve success in all areas of life. URYC also works in conjunction with the Carroll County Probation Department to include students that are currently under formal or informal supervision while still enrolled in school.

After administering the survey, Delphi Community School shared results from the 2021 Resilient Youth Initiative ALEXSA-R Student Survey. Other than key informant interviews, this was really the only local data source that was available to us.

Results from the CCLC survey conclude that the top priority for youth in Carroll County is vaping. The survey indicated that 65% of students say they know other students who have vaped in the last month and that it is easy to acquire vaping products. The survey further reported that the second priority of need is underage drinking. In 2021 Carroll County reported twelve arrests for underage drinking. The CCLC survey stated that 65% of students say they know other students who have drunk in the last 30 days and 70% of students report alcohol being relatively easy to possess.

In conclusion, after researching local agencies, speaking with local champions and area business owners, CCLC has found that there are no known programs in the community of Carroll County to aid in the prevention of underage drinking or vaping concerning youth.

Conclusion & Recommendations

The first step in developing an effective plan for youth prevention is to assess the community. A Community Needs Assessment defines the needs of the community and how receptive the community is to see change in those areas through various programs. While preparing the assessment Carroll County Lifeline Connection made diligent efforts to search every possible avenue for key information to assist in providing an overall view of the risk and protective factors currently present within the community.

Secondly, the data for Carroll County and information for Region 4, were used to determine that vaping and alcohol are the predominant issues for youth in the community. Carroll County Lifeline Connection found that currently there are no programs in the community to directly address said issues. Data also revealed that substance use among youth is on the rise and the perception of harm due to substance use is low, however, 72% of adults surveyed acknowledged that substance use is a concern.

Carroll County Lifeline Connection recommends that the local schools participate in the Indiana Youth Survey to provide organizations with the available data needed to assess the needs of the youth in the community. This data would assist in the implementation of valuable programs and ensure future partnerships with the schools and after school programs for a thriving community.

In conclusion, Carroll County Lifeline Connection seeks to raise awareness of the needs of the youth in the community, and to move forward to assist in any way for a more positive outcome. CCLC aspires to work more closely with the schools, courts, businesses, churches, parents, and youth to build a strong foundation in the community to see change. CCLC believes the youth of the community are the future and should be given every opportunity to make good choices that lead to healthy and fulfilled lives.

Appendices

Gaps Matrix

Domain:	Individual - Peer			School		Family			Community	
IOM Cat:	Universal-Indirect	Universal-Direct	Selective Indicated	Universal-Direct	Selective Indicated	Universal-Indirect	Universal-Direct	Selective Indicated	Universal-Indirect	Universal-Direct
Elementary (5-12)	X	X	X	X	X	X	X	X	Carroll County Comunity Center Summer Camp	X
Middle School (11-14)									URYC Middle & High School	X
High School (14-19)									URYC Middle & High School	X
College (18-24)	X	X	X	X	X	X	X	X	X	X
Parents & Caregivers (24-64)	CCLC Adults									X

Appendix 1:

Sources:

Indiana Youth Survey (INYS)	Partnership for a Drug-Free Carroll County
Department of Mental Health America (DMHA)	Department of Education (DOE)
Center for Disease Control (CDC)	County Health Rankings Roadmap
Indiana Prevention Resource Center (IPRC)	Underage Drinking Prevention & Enforcement
Alcohol Health & Research Word, 2018 State Report	Journal of Studies on Alcohol
DrugAbuseStatistics.org	RuralHealthInfo.org
Datausa.io	Indiana.edu
Statista.com	CarrollCountyIndiana.com
The Resilient Youth Initiative ALEXSA-R Student Survey 2021 from Delphi Community High School	Partnership for a Drug Free Carroll County, 2021 Comprehensive Community Plan
Indiana State Epidemiological Profile 2020	
Tribune Star Newspaper (https://www.tribstar.com/news/local_news/indiana-indepth-teen-vaping-tackled-by-schools-state/article_8a3f0be5-dc1b-5425-a28b-ba919f1232ea.html)	Indiana Schools Bullying, Safety Staffing, and Arrests Report (https://www.in.gov/doe/files/2020-2021-Indiana-Schools-Bullying-Safety-Staffing-and-Arrests-Report-7-27-FINAL.pdf)

Appendix 2:

Data Collection Process:

Since there was not much data available within Carroll County, simple Google searches came first. The INYS data for region 4 is also where a lot of supporting data came from for this assessment. Conversations with community members were also key. Understanding what community members see and not only have concerns about; but also, what positive elements are seen in Carroll County was huge. INYS data from region 4

was beneficial in many ways. That data was able to be taken and compared to the CCLC survey as well as anything that was found within the county so that comparisons could be obtained. Also finding common risk factors and protective factors helped to form a picture of what areas need a change in Carroll County. Getting more answers from the schools would have helped and over time CCLC hopes to build a closer relationship with Carroll County Schools in order to help every child reach their full potential.

Determinants, including risk and protective factors, were found using a few different resources, including regional INYS data. Key interviews were conducted with community members about their concerns in the county and also what positive aspects they see for the youth. Websites included are inys.indiana.edu and ruralhealthinfo.org.

Appendix 3:

Determinants are factors that contribute to or cause a healthy behavior to occur. Determinants can be contributing factors, risk factors, or protective factors. Many risk and protective factors can be measured via the Indiana Youth Survey.

Contributing Factors: Contributing Factors are attitudes, behaviors, and other characteristics associated with a likelihood of health behavior.

Contributing Factors		
• Visible enforcement • Laws • Community norms • Promotion	• Price • Retail Availability (TRIP and SAC) • Social availability • Use beliefs	• Family, school, and peer influence • Context • Perceived risk of arrest • Community concern about harm

Risk Factors (Youth): Risk factors are characteristics of an individual, family, school, or community environment that are associated with increases in the development of problem behaviors (alcohol and other drug use, delinquency, school dropout and violence) among youth and adolescents.

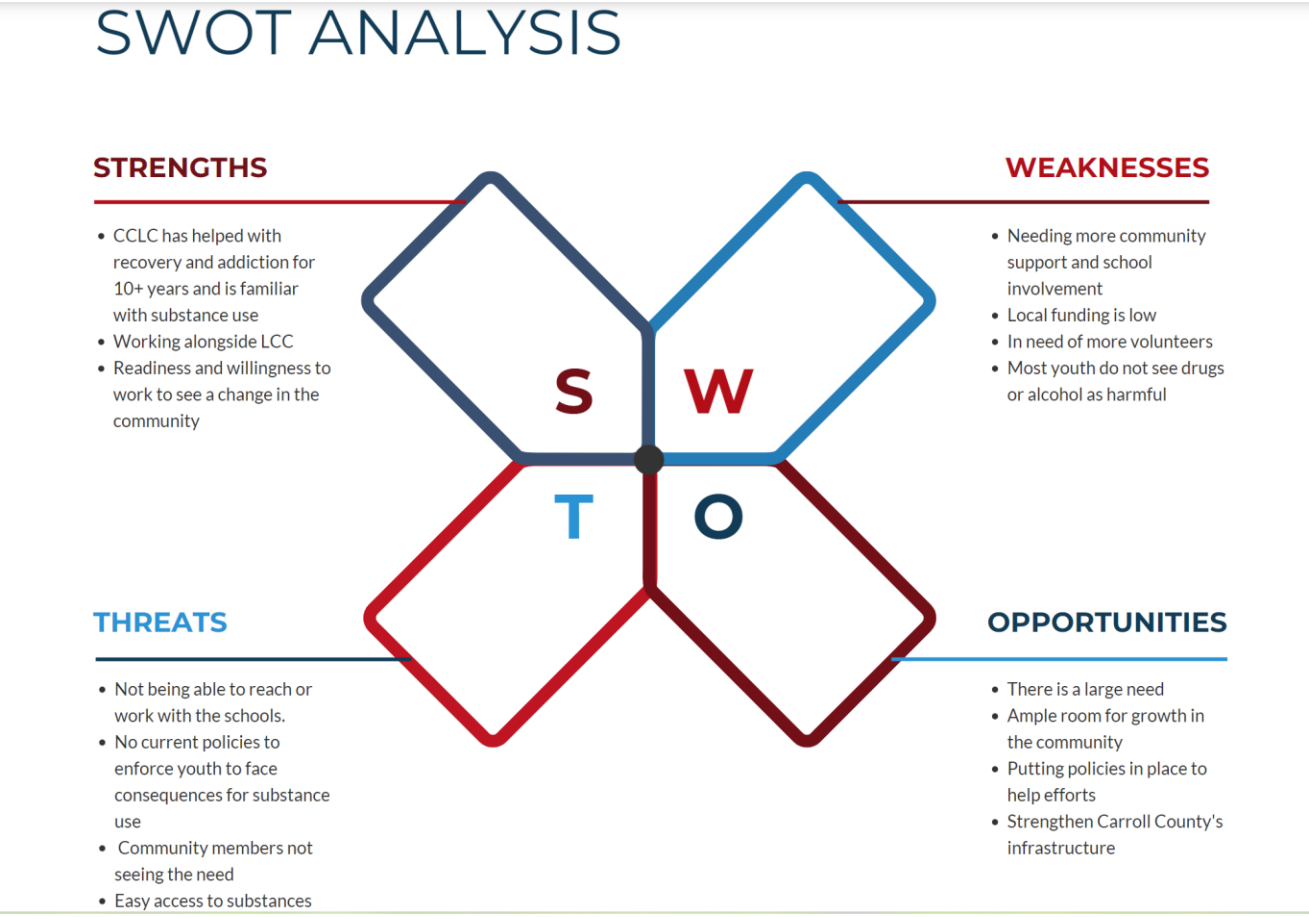
Community (C)	Family (F)	School (S)	Individual/Peer (IP)
• Availability of drugs • Availability of firearms • Community laws and norms favorable toward drug use, firearms, and crime • Media portrayals of violence • Transitions and mobility • Low neighborhood attachment and community disorganization	• Family history of the problem behavior • Family management problems • Family conflict • Favorable parental attitudes and involvement in the problem behavior	• Academic failure beginning in late elementary school • Lack of commitment to school	• Early and persistent antisocial behavior • Rebelliousness • Friends who engage in the problem behavior • Favorable attitudes toward problem behavior • Early initiation of the problem behavior • Constitutional factors

• Extreme economic deprivation

Protective Factors (Youth): Protective factors are associated with reducing the potential for problem behaviors by mitigating the effects of risk factors. Protective factors are related to family, social, psychological, and behavioral characteristics that provide a buffer to risk factors for young people.

Protective factors		
• Individual characteristics	• Skills	• Bonding
• Opportunities	• Recognition	• Healthy beliefs and clear standards

Appendix 4:



Appendix 5:

Carroll County Youth Survey

Help us help you!
Carroll County Lifeline Connection is interested in your opinions about substance use in our community.

* Required

1. Are you a middle or high school student in Carroll County? *

   Mark only one oval.

   ◯ Yes
   ◯ No

2. Last two numbers of your zip code *

   _____

3. I feel comfortable asking for help or support from... *

   Mark only one oval per row.

	Strongly Agree	Agree	Disagree	Strongly Disagree
My family	◯	◯	◯	◯
My school	◯	◯	◯	◯
Religious places	◯	◯	◯	◯
Community places	◯	◯	◯	◯

4. How easy would it be for kids my age in the community to get... *

Mark only one oval per row.

	Very easy	Easy	Hard	Very hard
Tobacco	◯	◯	◯	◯
Vaping products	◯	◯	◯	◯
Alcohol	◯	◯	◯	◯
Marijuana	◯	◯	◯	◯
Other illegal drugs	◯	◯	◯	◯

5. In the last month I know kids my age that have used... *

Mark only one oval per row.

	Yes	No
Tobacco	◯	◯
Vaping products	◯	◯
Alcohol	◯	◯
Marijuana	◯	◯
Other illegal drugs	◯	◯

6. On a scale of 1-4, 1 meaning not at all and 4 meaning a lot, how much do you harm yourself if you use... *

Mark only one oval per row.

	1	2	3	4
Tobacco	◯	◯	◯	◯
Vaping products	◯	◯	◯	◯
Alcohol	◯	◯	◯	◯
Marijuana	◯	◯	◯	◯
Other illegal drugs	◯	◯	◯	◯

7. On a scale of 1 to 4, 1 meaning not used and 4 meaning used often, how often do kids in your community use the following... *

Mark only one oval per row.

	1	2	3	4
Tobacco	◯	◯	◯	◯
Vaping products	◯	◯	◯	◯
Alcohol	◯	◯	◯	◯
Marijuana	◯	◯	◯	◯
Other illegal drugs	◯	◯	◯	◯

Appendix 6:

Carroll County Adult Survey

Help us help you!
Carroll County Lifeline Connection is interested in your opinions about substance use in our community.

* Required

1. I am a parent of a child under 18 years old *

   Mark only one oval.

   - ◯ Yes
   - ◯ No

2. Last two numbers of your zip code *

   _____

3. What do you think is the biggest concern for youth in the community? *

   Mark only one oval.

   - ◯ Bullying
   - ◯ Substance use
   - ◯ Lack of options after high school
   - ◯ Nothing to be involved in or lack of things to do

4. Youth in the community are able to seek support through... *

Mark only one oval per row.

	Strongly agree	Agree	Disagree	Strongly disagree
Their family	◯	◯	◯	◯
Their school	◯	◯	◯	◯
Religious places	◯	◯	◯	◯
Community places	◯	◯	◯	◯

5. If a younger person in our community wanted any of these substances, how easy would it be for them to get... *

Mark only one oval per row.

	Very easy	Easy	Hard	Very hard
Tobacco	◯	◯	◯	◯
Vaping products	◯	◯	◯	◯
Alcohol	◯	◯	◯	◯
Prescription drugs	◯	◯	◯	◯
Marijuana	◯	◯	◯	◯
Other illegal drugs	◯	◯	◯	◯

6. On a scale of 1-4, 1 indicating not an issue and 4 indicating a major issue, please rank how much of an issue the following are in your community...

Mark only one oval per row.

	1	2	3	4
Tobacco	◯	◯	◯	◯
Vaping products	◯	◯	◯	◯
Alcohol	◯	◯	◯	◯
Prescription drugs	◯	◯	◯	◯
Marijuana	◯	◯	◯	◯
Other illegal drugs	◯	◯	◯	◯

7. In your opinion, the easiest place for a minor child to get vaping/tobacco products is...

Mark only one oval.

- ◯ Parent/guardian
- ◯ Family member other than parent/guardian
- ◯ Home or someone else's house, or a store (without them knowing)
- ◯ Give someone money to buy it for them
- ◯ Some other way

8. In your opinion, the easiest place for a minor to get alcohol is... *

Mark only one oval.

- ◯ Parent/guardian
- ◯ Family member other than parent/guardian
- ◯ Home or someone else's house, or a store (without them knowing)
- ◯ Give someone money to buy it for them
- ◯ Some other way

9. In your opinion, the easiest place for a minor to get marijuana is... *

Mark only one oval.

- ◯ Parent/guardian
- ◯ Family member other than parent/guardian
- ◯ Home or someone else's house, or a store (without them knowing)
- ◯ Give someone money to buy it for them
- ◯ Some other way

10. How wrong is it for a minor child (under 18) to... *

Mark only one oval per row.

	Not wrong at all	A little bit wrong	Wrong	Very wrong
Drink on occasion	◯	◯	◯	◯
Drink regularly	◯	◯	◯	◯
Smoke marijuana	◯	◯	◯	◯
Smoke cigarettes	◯	◯	◯	◯
Vape	◯	◯	◯	◯

11. In the last month, I believe I know of a minor child (under 18) may have used... *

Mark only one oval per row.

	Yes	No	I don't know	N/A
Tobacco	◯	◯	◯	◯
Electronic vape	◯	◯	◯	◯
Alcohol	◯	◯	◯	◯
Prescription drugs	◯	◯	◯	◯
Marijuana	◯	◯	◯	◯
Other illegal drugs	◯	◯	◯	◯

Acknowledgments:

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Chief Probation Officer, Justin Sheagley for partnering with us.

Those who helped us acquire data: Angela Bigler (Counselor at Delphi Community Schools), Steve Mullin (Carroll County Prosecutor Investigator), and Pastor Brent Oliver (Delphi First Assembly of God).

Jake Crippin with Jake's Aerial Photography for providing aerial photos.

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Those who helped us read, correct, organize and compile the assessment: Sandy James (Carroll County Lifeline Connection) and Kat Ortiz (TA with Prevention Insights).