

## BACKGROUND

- Studies have shown that approximately 1 in 13 people aged 12-17 years old had a substance use disorder, including both alcohol and illicit drugs.
- The 2019 Youth Risk Behavior Survey reports 14.3% of high school students admitted to taking prescription pain medication(s) without a prescription or differently than prescribed one or more times during their lifetime.
- In 2019, two students from SIUE School of Pharmacy along with two faculty members collaborated with the Boy Scouts Greater St. Louis Area Council to create and approve an online, interactive substance abuse awareness patch.

## OBJECTIVES

- To assess trainers' knowledge base and confidence level in regards to leading a substance abuse awareness program
- To foster personal and professional development for pharmacy students by providing an opportunity to educate members of their community

## METHODS

### Study Design

- Created pre- and post-surveys to assess future trainer(s) knowledge and confidence on the topic of substance abuse and their ability to share that knowledge with others.
  - Delivered in an anonymous online format.
- Seven virtual 2-hour train the trainer sessions were created and hosted by a fourth year pharmacy student.

### Study Sample

- *Inclusion criteria:* Ages 18 and older and affiliated with Boy Scouts of America
- *Exclusion criteria:* Ages 17 and younger and those not affiliated with Boy Scouts of America
  - Those ages 17 and younger were still allowed to attend train-the-trainer sessions, but their survey responses were not included in the study's data

### Statistical Analysis:

- Descriptive statistics used to describe participant demographic information.

## METHODS

### Primary Outcome Studied: Change in Knowledge and Confidence Levels

- Participants created unique individual survey codes to keep survey responses anonymous
- Pre- and post-survey responses were assessed to track progress and impact of attending the training program

## RESULTS

### Demographic Information

**Ages:** < 18 (1), 35-44 (3), 45-54 (4), and 55-89 (2)  
**BSA Affiliation:** Scout (1), Troop Leadership (6), Troop Committee (2), and Volunteer (1)

**Gender:** Males (3) Females (7)  
**Years in the Role:** < 1 (1), 1-3 (4), 4-10 (4), > 10 (1)

### Pre-Survey Questions

- Q1. I have already completed a drug abuse prevention class/training.
- Q2. I am currently going through a drug abuse prevention class/training.
- Q3. I have seen advertisements/posts on social media about the dangers of prescription drug abuse before today.
- Q4. I can accurately describe risk factors associated with addiction.
- Q5. I can provide at least 2 resources that are available to educate the youth on substance use and abuse.
- Q6. I can state the definition of substance/medicate misuse AND abuse.
- Q7. OTC medications are safer than prescription medications.
- Q8. I am confident in my knowledge of risk factors associated with substance use among teens others about the consequences of substance use and abuse.
- Q9. I am confident in my ability to teach others about the consequences of substance use and abuse.
- Q10. I am confident in my ability to lead training sessions for the substance abuse awareness patch.
- Q11. I believe that substance abuse awareness programs are of great importance to our nation's youth.

### Post-Survey Questions

- Q1. I can accurately describe risk factors associated with addiction.
- Q2. I can provide at least 2 resources that are available to educate the youth on substance use and abuse.
- Q3. I can state the definition of substance/medicate misuse AND abuse.
- Q4. OTC medications are safer than prescription medications.
- Q5. I am confident in my knowledge of risk factors associated with substance use among teens and adolescents.
- Q6. I am confident in my ability to teach others about the consequences of substance use and abuse.
- Q7. I am confident in my ability to lead training sessions for the substance abuse awareness patch.
- Q8. I believe that substance abuse awareness programs are of great importance to our nation's youth.

## RESULTS

- Survey results show an increase in responses of either agree or strongly agree to all questions except post-survey questions number 2 and 4
- These results indicate an increase in both substance abuse knowledge and understanding, as well as increased confidence level in presenting the information
- The two post-survey questions that did not show an improvement were *"I can provide at least 2 resources that are available to educate the youth on substance use and abuse"* and *"OTC medications are safer than prescription medications."*
- Future training sessions should include more emphasis on these areas of education to ensure positive results and better learning.
- It is important to note that 3 participants were lost to follow up, which may have lead to a misrepresentation of the true impact of the train the trainer program

## CONCLUSION

- Train-the-trainer sessions were beneficial in providing substance abuse education and instilling confidence in program leaders.
- Future plans include expanding the substance abuse awareness patch program with Girl Scouts and eventually to local schoolteachers of 5<sup>th</sup> through 8<sup>th</sup> grade students.
- With the positive reception and feedback each of these programs have received, it is without a doubt that with the help of our partnership with the Boy Scouts of America, our Substance Use and Abuse Awareness training program will continue to grow and involve other organizations dedicated to the enrichment of our nation's youth.
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