



Fremont Youth Substance Use Prevention Collaborative (FYSAPC)

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Goals: To identify strategies for improving and expanding access to substance use and mental health-related prevention, treatment, and recovery support services for youth (ages 12–24) and their families



What have we done

**Convene
community
planning group**

**Facilitate
discussion, data
collection on
needs in
community**

*(CPG feedback, key
informant interviews,
surveys, focus groups,
secondary
review/analysis of
existing data sources)*

**Create action
plan**

**Expansion of services for
youth in Fremont**



Preliminary Data

Activity	Sample	Themes
Key Informant Interviews	N = 9 school admin, PTA law enforcement, providers	<ul style="list-style-type: none"> • Stigma surrounding mental health and substance use perceived to hinder seeking care. • Apprehension regarding repercussions arising from parental involvement and/or adverse college admissions
Survey - School Admin	N = 7 3 HS admin 4 MS admin	<ul style="list-style-type: none"> • Participants reported wanting to implement / strengthen prevention programming that includes social/ personal/ life skills enhancement, social resistance skills education to support avoiding substance use, and education to correct misperceptions about the prevalence of substance use • Most reported wanting to offer yoga/mindfulness/meditation/ other stress management programs • Parent education so that parents can respond to mental wellness issues. • LGBTQ+, students of color, and youth from low-income families, who are precariously housed/unhoused, in foster care, or who have past involvement in the youth criminal justice system were identified as priority pop
Survey - Students	MS n=187 HS n= 90	<ul style="list-style-type: none"> • 12% of respondents reported some substance use over the past 30 days • Alcohol (not binge drinking) is the most frequently consumed substance, then marijuana and vaping • 37% reported “poor” or “fair” mental health • 27% said they had an unmet mental health need over the past year
Focus group	N=4 HS students	<ul style="list-style-type: none"> • Substances most commonly named: vaping, marijuana and prescription drugs • Reasons for use: wanting to experiment, stress, and peer pressure • Academic pressure and stress to achieve academically and get into a “good college”. Root of stress seems to be from parents and teachers • Need for school-based health center with professionals where students can get a physical or talk about their mental health

