

MPC

Middletown Prevention Council

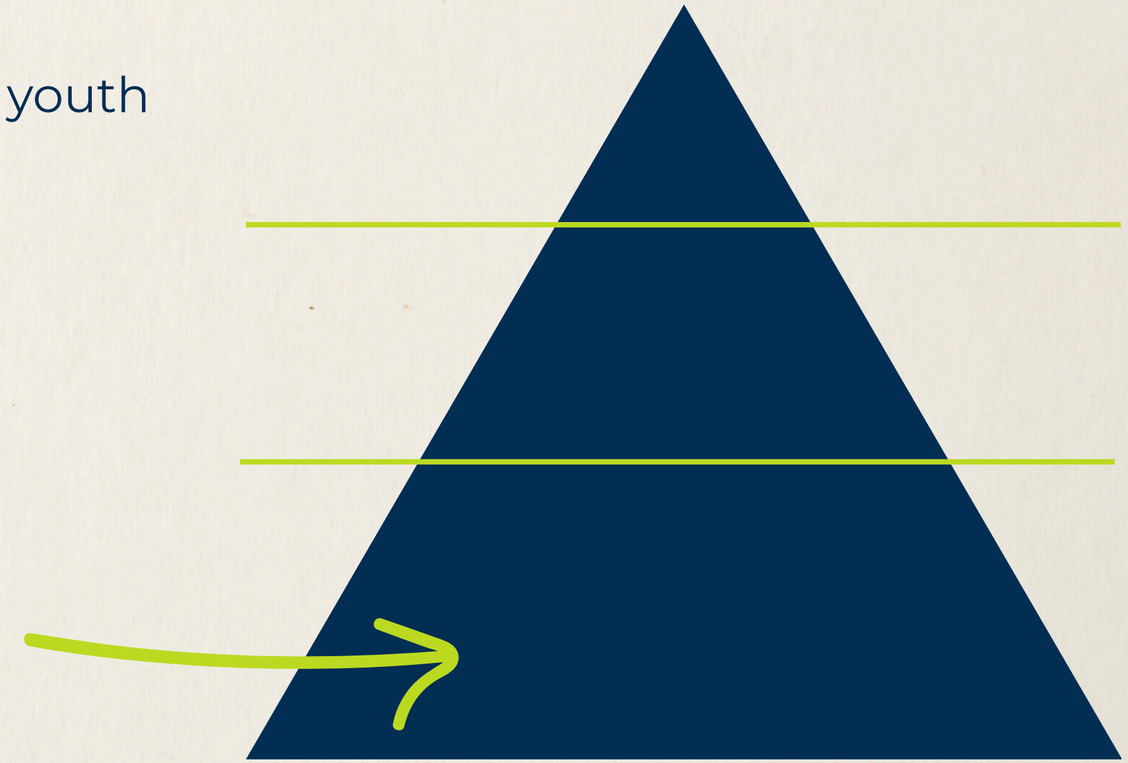
Youth Voices Count Survey Report Overview

Who we are:

- Our mission is to partner with families, schools, and community members to provide resources, education, and support encouraging healthy youth behaviors

- Our members represent 12 sectors of the community

- Our main focus is on primary prevention (preventing drug use before it starts)
    - Building protective factors; reducing risk



What we do:



Targeted prevention campaigns to change behaviors/norms



Community outreach to raise awareness and build partnerships, through the local prevention council



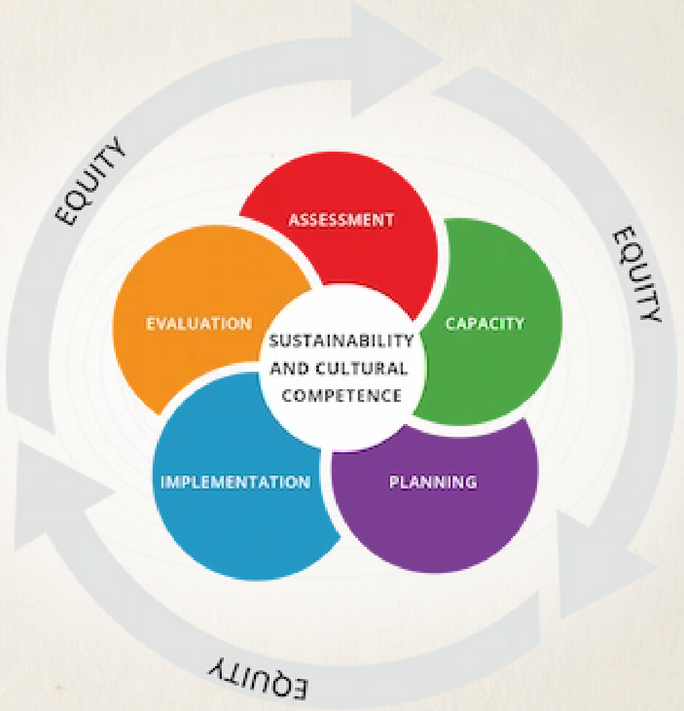
Empower youth to identify local prevention solutions and take action in the community



Engage with students, families and trusted adults to help them understand risks and explore healthier alternatives

How we do it:

- Utilize prevention science, such as the Strategic Prevention Framework
- Use data as a roadmap for selecting specific, intentional strategies



Youth Voices Count Survey

- Measures youth perspectives and behaviors related to common adolescent experiences like mental health, stress, gaming and substance use
- Administered online in March 2026 to Middletown youth in grades 6-12 during advisory periods
- Anonymous, confidential
- It was completed by 1,892 students (86% response rate!)

Key Findings

Most students are making healthy choices

Area of concern: females using at higher rates

Past 30-day use	Middle School	High School	Combined	Male	Female
Alcohol	0.2%	1.9%	1.1%	0.5%	1.6%
Vaping (nicotine)	1.3%	2.7%	2.0%	1.5%	2.5%
Marijuana/THC	1.1%	3.3%	2.2%	1.4%	3.0%

Comparison data

Past 30-day use	Middletown High School	DRG	CT
Alcohol	1.9%	4.7%	21.1%
Vaping (nicotine)	2.7%	4.8%	11.5%
Marijuana/THC	3.3%	6.3%	14.7%

Mental health remains a significant concern

Area of concern: middle school students

Past year	Middle School	High School	Combined
Anxiety (almost always/always)	20.4%	23.3%	21.8%
Sad/hopeless (2 or more weeks in a row)	18.5%	17.3%	17.9%
Felt lonely often	29.5%	25.0%	27.3%

CT data: 35.2% of 9th - 12th graders report feeling sad/hopeless

Past year	Middle School	High School	Combined
Thoughts of self harm	20.2%	13.3%	16.8%
Self harm	13.5%	10.4%	12.0%
Considered suicide	11.2%	8.9%	10.1%
Made a plan	32.6%	19.5%	26.8%
Attempted it	27.7%	14.5%	21.9%

} % of those who considered suicide

CT data: 15.7% of 9th - 12th graders report considering suicide

Youth lifestyles shape health and well-being

Social media

More than half (51.8%) of Middletown youth in grades 6-12 spend 3+ hours per day on social media.

Gambling + gaming

3% of Middletown youth have gambled.

37% of Middletown youth in grades 9-12 spend 3+ hours gaming every day.

37.4% of Middletown youth have spent money to win games.

What's next?

Middletown Prevention Council

- **Prioritiy 1:** continue data collection through focus groups, community surveys, and environmental scans
    - Support for the biennial adminstration of the YVCS
- **Priority 2:** engage and raise awareness with parents and other trusted adults
    - Disseminiate education material and upcoming events to students, families, and staff
- **Priority 3:** enhanced relationship between MPC and Middletown Public Schools
    - Clear communication channels and points of contact for collaboration
    - Integrate support from MPC into staff and student learning, such as QPR and Youth Mental Health First Aid trainings

Stay in touch!

Scan the code to visit our website,

middletownprevention.org

Monthly Coalition Meetings

September 16	February 10
October 14	March 10
November 11	April 14
December 9	May 12
January 13	June 9

2:30-3:30 PM

South Fire District Community Room