



MGH iDECIDE™ & Spring 2025 SURF Data Report

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KEY TEAM MEMBERS



PREVIEW

- 1 **iDECIDE™ OVERVIEW**
- 2 Youth Wellness Coach
Experience
- 3 **SURF DATA**
- 4 **DISCUSSION, Q&A**



MASSACHUSETTS
GENERAL HOSPITAL

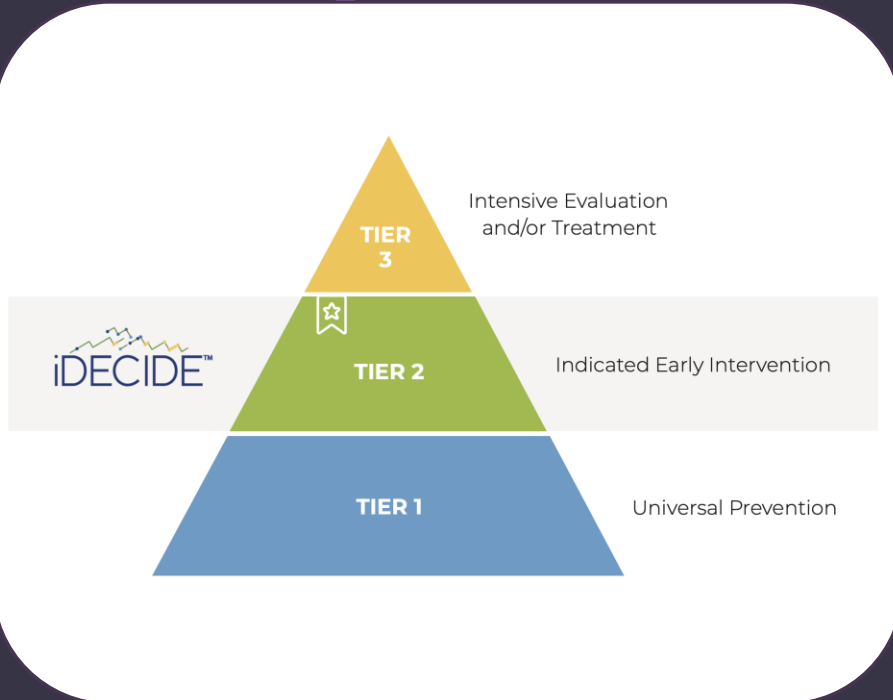


HARVARD
MEDICAL SCHOOL



iDECIDE is funded by a Cooperative Agreement to MGH from the Massachusetts Department of Public Health, Office of Youth & Young Adult Services' federal award by the Substance Abuse and Mental Health Services Administration.

1. iDECIDE™ OVERVIEW



iDECIDE (Drug Education Curriculum: Intervention, Diversion, and Empowerment), is a tier-2, early indicated substance use intervention for middle and high school students, that restoratively approaches supporting behavior change through empowering youth with psychoeducation and a structured format to reflect and reconsider their decision-making around their own substance use.

1. iDECIDE™ OVERVIEW



- Teach, re-teach
- Reflect and discuss
- Empower
- Plan for the future



- Knowledge around substance use/impact
- Identify and address core challenges
- Empower purpose, direction -- sense of self and self-esteem
- Set goals for positive change



1. iDECIDE™ OVERVIEW



iDECIDE is a Tier 2 intervention curriculum intended for adolescents who have begun to show early signs of problematic substance use behavior. While iDECIDE was designed as an alternative to punishment, it can be used outside of an infraction context as a general drug education curriculum for adolescents who are experimenting with substances. iDECIDE is not a cessation program and is not meant to be used in lieu of treatment.



Modules are hosted on a learning management system, and utilize videos, guided discussion, and on-your-own assignments. Module content covers teen brain development, neurobiology and addiction, industry tactics, risk and protective factors, drug effects, motives and triggers for use, realistic and healthy alternatives to alcohol and other drug use, communication strategies, mindfulness and meditation, core values, and goal setting.



iDECIDE is undergoing continued rigorous research through a large-scale clinical effectiveness trial conducted by the Center for Addiction Medicine at Massachusetts General Hospital.

1. iDECIDE™ OVERVIEW



Facilitators do not need to be clinically trained but must be certified by completing the free iDECIDE facilitator training prior to gaining access to any materials.



iDECIDE consists of four core modules, each approximately 75-minutes in length.



Curriculum is administered by a trained adult facilitator in either a one-to-one or group format and can be offered in a school or community-based setting.

1. iDECIDE™ OVERVIEW



iDECIDE is agnostic to substance. The curriculum addresses a wide range of substances that are most used by adolescents.



iDECIDE is ADA-accessible and is available in English and Spanish. Please contact the iDECIDE team with other language requests.



The curriculum development was guided by ongoing feedback from students and key school and community stakeholders.

2. Youth Wellness Coach Experience





3. SURF DATA

Table 1: Demographic Characteristics of Participants

| Demographics | | Percent (%) |
|---------------------------|------------------------------------|-------------|
| Grade | | |
| | 9 | 25.9 |
| | 10 | 26.8 |
| | 11 | 24.4 |
| | 12 | 22.9 |
| Sex | | |
| | Male | 50.4 |
| | Female | 49.6 |
| Gender Identity | | |
| | Boy/man/male | 48.4 |
| | Girl/woman/female | 45.9 |
| | Gender Diverse | 4.3 |
| | Not sure | 0.7 |
| | Don't want to say | 0.8 |
| Sexual Orientation | | |
| | Heterosexual | 77.5 |
| | Sexually Diverse | 16.6 |
| | Not sure | 3.2 |
| | Don't want to say | 2.8 |
| Race | | |
| | White | 54.9 |
| | Haitian, Black or African American | 17.9 |
| | Asian | 3.5 |
| | Hawaiian or Other Pacific Islander | 2.9 |
| | American Indian/Alaska Native | 1.6 |
| | Middle Eastern/North African | 3.0 |
| | Multiracial | 16.2 |
| Ethnicity | | |
| | Not Hispanic/ Latino(a) | 51.9 |
| | Hispanic/ Latino(a) | 48.1 |

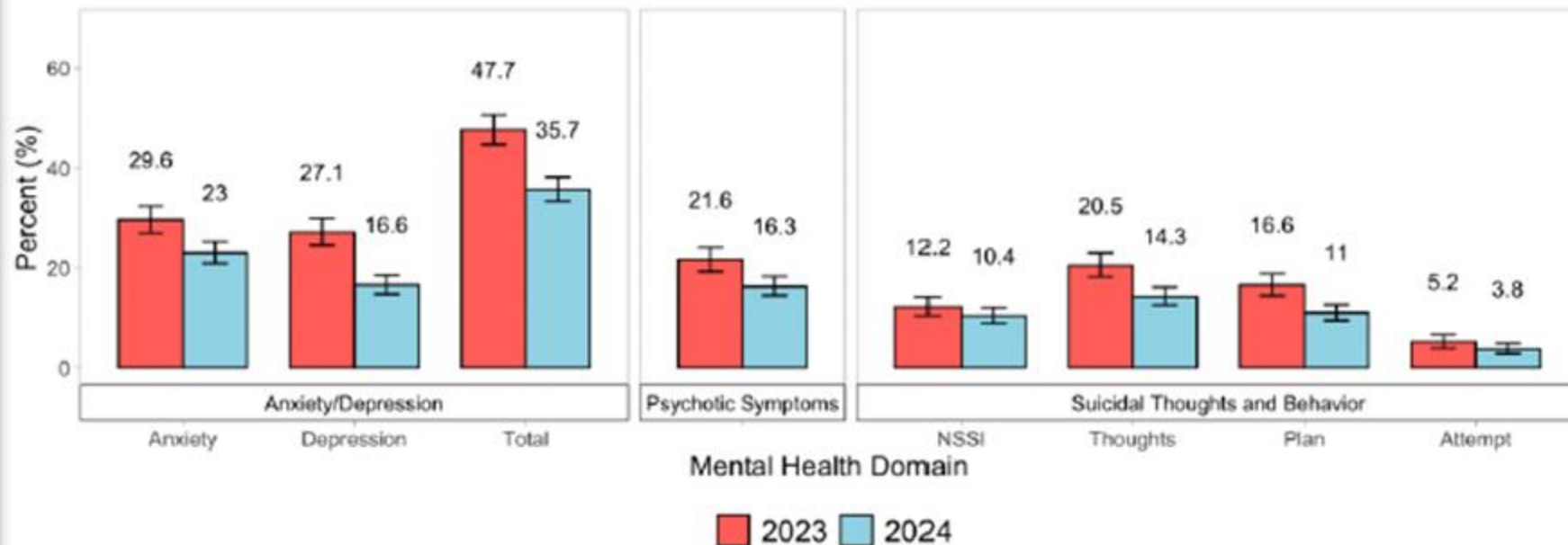
A blue ballpoint pen with a silver-colored tip is positioned diagonally across the upper left portion of the image. The pen is resting on a document that features a bar chart with several blue bars of varying heights. The background is a light blue grid. A semi-transparent purple rectangular box is located in the lower-left corner, containing the text 'KEY FINDINGS' in white, bold, uppercase letters.

KEY FINDINGS

Students who belong to minoritized sexualities & gender identities have worse outcomes in terms of mental health and substance use when compared to their non-minoritized peers.

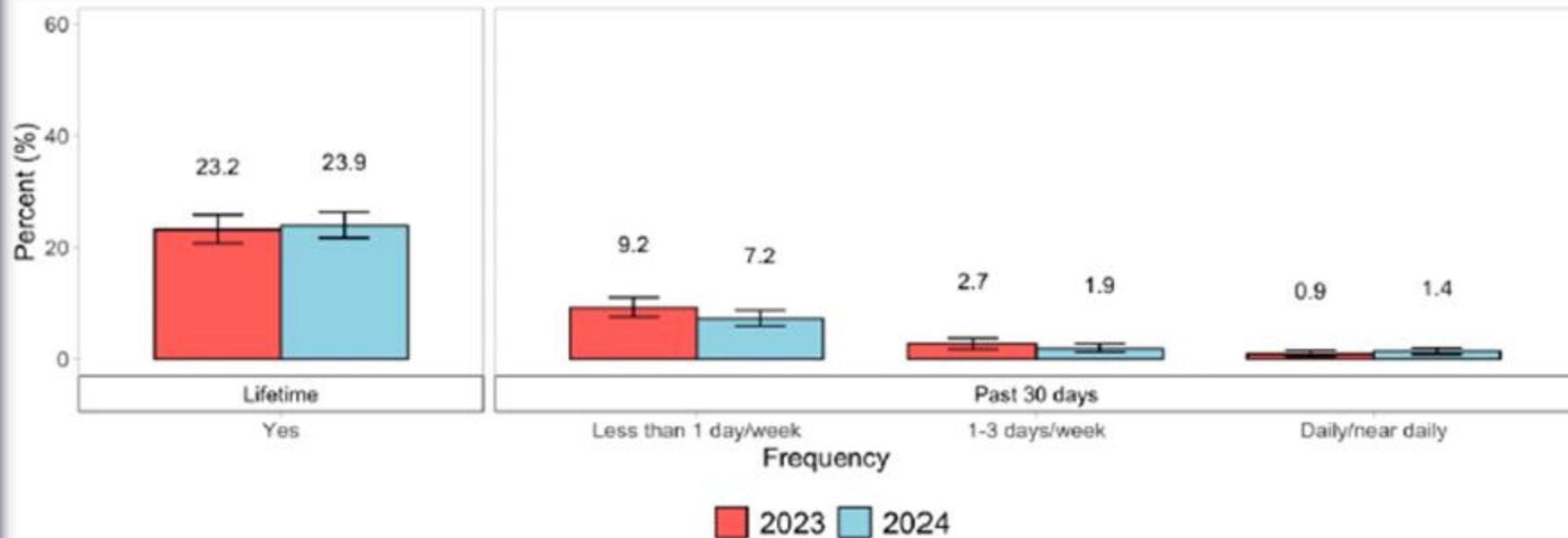
KEY FINDINGS

Figure 1: Rates of Psychiatric Symptoms in Full Sample by Survey Year



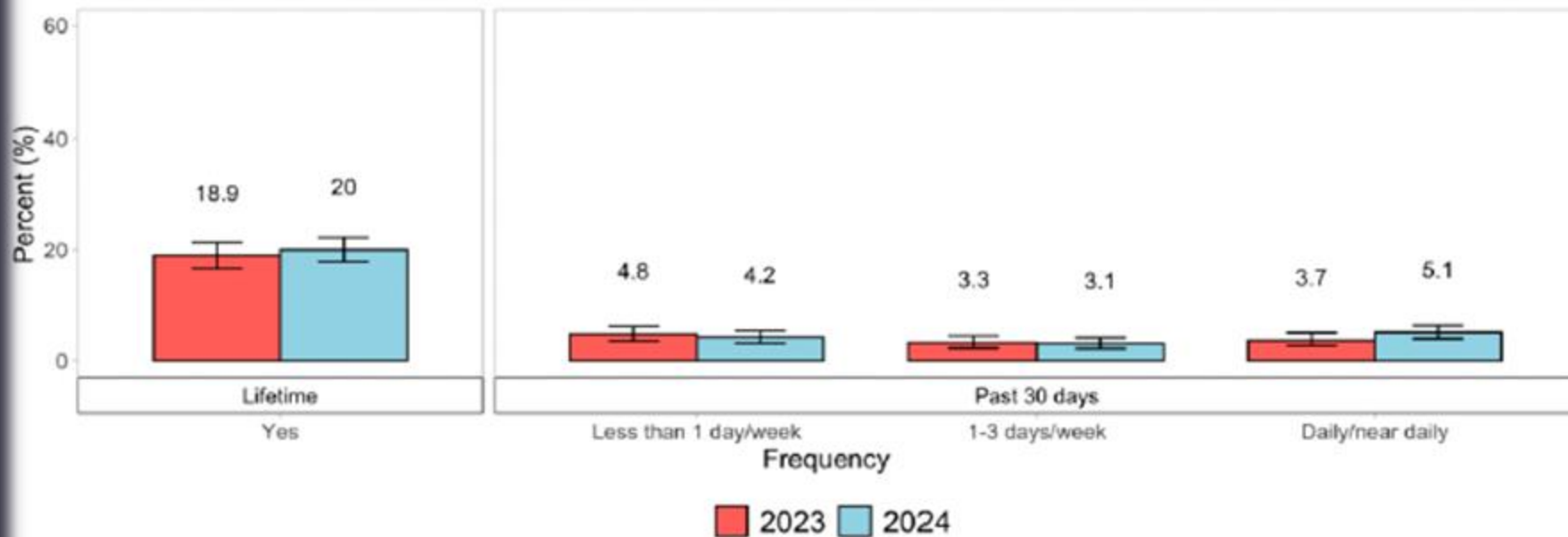
Note: The y-axis has been truncated to aid in visual interpretation of the error bars.

Figure 2: Rates of Lifetime & Current (Past 30-Day) Alcohol Use in Full Sample by Survey Year



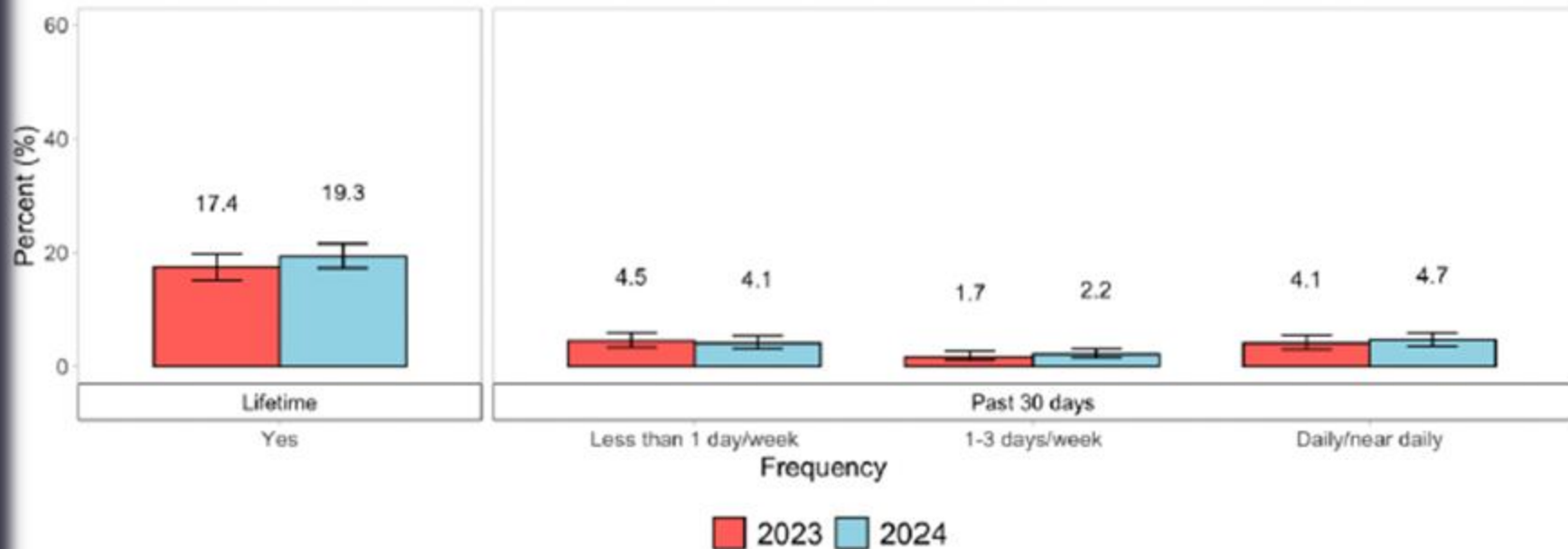
Note: The y-axis has been truncated to aid in visual interpretation of the error bars.

Figure 3: Rates of Lifetime & Current (Past 30-Day) Cannabis Use in Full Sample by Survey Year



Note: The y-axis has been truncated to aid in visual interpretation of the error bars.

Figure 4: Rates of Lifetime & Current (Past 30-Day) Electronic Cigarette Use in Full Sample by Survey Year



Note: The y-axis has been truncated to aid in visual interpretation of the error bars.

**Figure 5: Substance Use on School Property in the Past Year
(Among Those with Lifetime Substance Use, N = 465)**

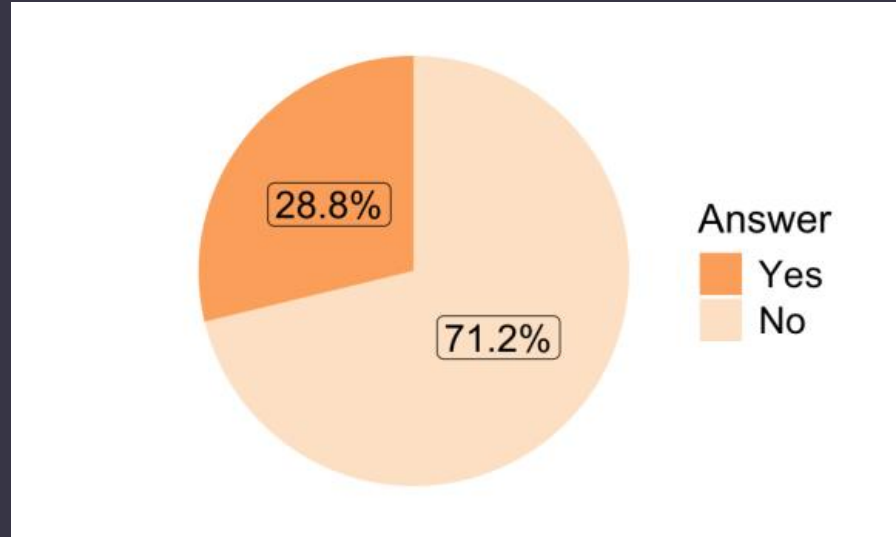
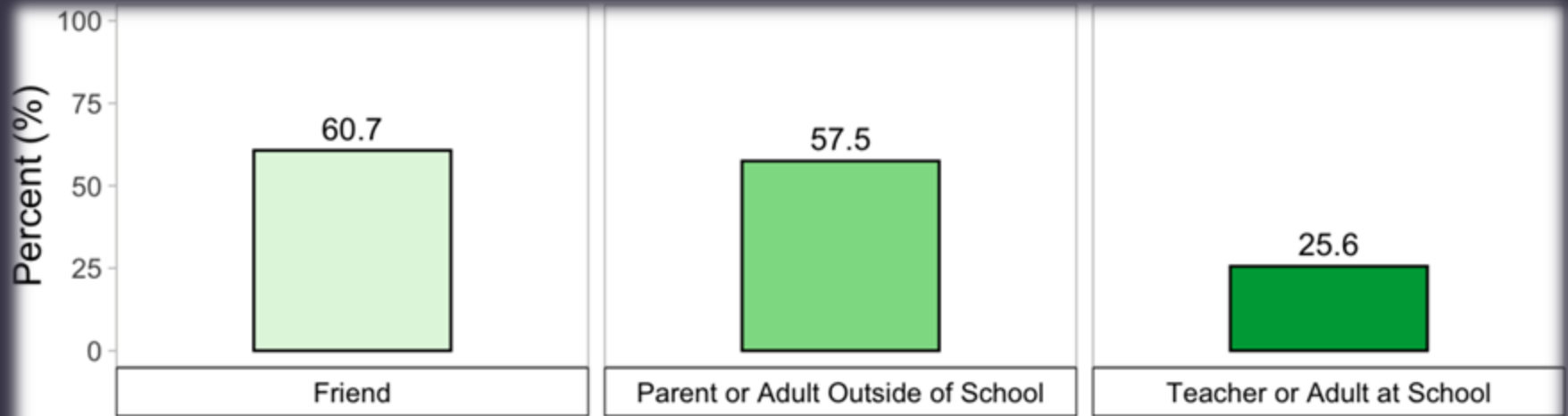


Figure 6: Percent of Students Who Reported Close Connections to Either a Friend, Parent/Adult, or Teacher/Adult





4. DISCUSSION, Q&A



THANK
YOU!