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**Chrysalis Plus!
Youth Suicide Prevention
Demonstration Project
Portland Public Schools
Portland, Oregon**

Year 2 Participant Data Report

Submitted to

Chrysalis Plus!
Trillium Family Services
Substance Abuse and Mental Health
Services Administration (SAMHSA)

Submitted by

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INTRODUCTION

Chrysalis Plus! is a two-year Youth Suicide Prevention Demonstration Project in the Portland Public School District of Portland, Oregon. This program serves male and female high school students who have a history of physical, sexual, and/or emotional abuse and at least two other factors that put them at risk for suicide. The curriculum for Chrysalis Plus! is based on a similar program, Project Chrysalis, that has existed in the Portland Public Schools for several years and has been demonstrated to be effective in improving outcomes for female student victims of abuse.

A second component of Chrysalis Plus! is a community collaboration effort to develop and implement a suicide prevention strategy for the community. To this end, the Chrysalis Plus! Advisory Board was charged with addressing youth suicide/violence as a public health issue and developing and implementing a sustainable, long-range community action plan addressing the issues of preventing suicide and enhancing the skills, resiliency, and healthy development of vulnerable young people.

The first year's Chrysalis Plus! groups began in the spring of 2001 and lasted into June of that year. Please see the Chrysalis Plus Year 1 Participant Data Report for details about the makeup of the groups and for the Year 1 evaluation results. In Year 2, most groups began in November 2001 and lasted into June 2002, although one group started in January 2002. There were eight girls' groups and two boys' groups, with a total of 84 youth joining Chrysalis Plus! Fifty-nine (70%) of those youth continued with their groups throughout Year 2. Youth who dropped out of Chrysalis Plus! did so most often because of moving or changing schools. Other youth did not continue with Chrysalis Plus! for various reasons (e.g., ran away, expelled).

The original research design for Year 2 included a control group as well as a program group. However, there was great reluctance on the part of the Program Manager and several of the counselors to having a control group because they thought it was unethical to refuse services to youth who needed them. After much discussion, the evaluators suggested using a comparison group in lieu of the program group; SAMHSA, the grant's funder, approved this proposal in September 2001. Unfortunately, the program was able to recruit just 22 youth for the comparison group. After analyzing demographics and key indicators, the evaluators determined that the comparison group was not comparable to the program group. Therefore, data from the comparison group are not included in this report. Please see Appendix A for a summary and tables comparing the program group with the comparison group.

The curriculum for Chrysalis Plus! girls' groups was based on the curriculum used for Project Chrysalis, which was developed for girls. Based on that curriculum, a new boys' curriculum was developed over the course of Year 1, and was used with the boys' groups in Year 2. The Chrysalis Plus! program offers group facilitators a variety of activities from which to choose for each group meeting based on what they think is most appropriate at that time. The selection of topics may include issues that came up in previous groups, special needs of group members, or areas of particular importance to students with the background that Chrysalis Plus! students have (i.e., abuse, other risk factors). Of the 67 different group activities that took place in Year 2, those addressed by four or more groups each were Rules, HIV/AIDS, Effects of Trauma, What is Abuse, Storytelling, Relationships, Girls Empowerment, and a Challenge Course.

The evaluation of Chrysalis Plus! consists of two parts: 1) process and outcomes of the community collaboration effort to develop a community suicide prevention strategy and 2) process and outcomes of program implementation. Data collected from the latter during Year 2 are included in this report.

METHODS

Youth were recruited from seven participating high schools by the high school counselors and their Chrysalis Plus! co-facilitators, who were mental health counselors from Trillium Family Services. Counselors screened interested youth, and those individuals having a history of abuse and two additional risk factors were given consent forms to be completed by the youth and the youth's parent or guardian.

Upon submission of consent forms, each youth was asked to complete a series of surveys at the beginning of Year 2 (pre). Surveys included Government Performance and Results Act (GPRA), Youth Risk Behavior Survey (YRBS) adapted for Chrysalis Plus!, Rosenberg Self-Esteem Scale, Suicidal Ideation Questionnaire (SIQ Jr.), and the Children's Depression Inventory (CDI). At the end of Year 2 (post), group members once again completed the five surveys plus a Client Satisfaction Survey. At both time periods, youth received a \$10 gift certificate to a local "one-stop shopping" store upon completion of the surveys. They were not required to complete the surveys in order to receive services.

A total of 84 youth participated in 10 Chrysalis Plus! groups in Year 2. Of the 84 group members, 59 (75%) completed both the pre surveys at the beginning of Year 2 and the post surveys at the end of Year 2. The remaining youth either dropped out (e.g., moved, changed schools, expelled) or were not located at year-end (e.g., ran away, not in school or group), and therefore did not complete the post surveys at the end of Year 2. In order to provide information about the entire program sample¹ at pre as well as the pre/post matched sample² at pre and at post, three columns of data are provided throughout this report: 1) Entire Sample Pre, 2) Pre/Post Matched Sample Pre, and 3) Pre/Post Matched Sample Post.

In addition to the program group, a comparison group was recruited in Year 2. The expectation was for the comparison youth to have demographics (i.e., race/ethnicity, age, socio-economic status, gender, sexual orientation) similar to those of the program youth. The comparison youth were to come from schools in the tri-county area (Multnomah, Washington, and Clackamas Counties) that were not recruiting for Chrysalis or Chrysalis Plus! groups, although this pool was later expanded to include other schools in the I-5 corridor of the Willamette Valley.³ Recruitment could take place at schools that either had no Chrysalis or Chrysalis Plus! groups, or had Chrysalis or Chrysalis Plus! groups that were filled. It was also decided that if a school had a Chrysalis Plus! group of one gender, then a comparison group could be recruited at that same school as long as it was of the other gender. For schools with Chrysalis or Chrysalis Plus! groups, counselors would recruit for the comparison groups. For other schools, the Program Manager contacted the principals and counselors, and posted recruitment flyers. Trillium staff or the school counselors were to do the intakes and administer evaluation surveys at the beginning and at the end of Year 2.

When it became apparent that the original comparison group recruitment plan was not resulting in comparison group members, the Program Manager asked each of the Chrysalis Plus! counselors to recruit three to five students for the comparison group. The final result was a comparison group made up of 20 students from one high school and 2 students from another high school. Both schools were located in Multnomah County and had Chrysalis Plus! program groups as well. Each youth in the comparison group completed the same packet of evaluation surveys as the program group at pre and at post, with the exception of the Client Satisfaction Survey, which the comparison group did not complete. As with the program youth, the comparison youth participated voluntarily and received an incentive for their time. Twenty-two comparison group youth completed the evaluation surveys at pre. Two youth subsequently dropped out, and 20 comparison group youth (91%) completed the evaluation surveys at post.

¹ Including those who later dropped out.

² **Not** including those who later dropped out.

³ This corridor includes other urban/metropolitan regions of Oregon, including Salem and Eugene/Springfield.

Comparison group and program group baseline (pre) surveys were analyzed to determine whether the two groups were comparable. Analyses showed that the comparison group was almost equally male and female, while the program group was 83% female. Although the two groups had similar percentages of white and non-white youth, the comparison group was older, with 91% being 17 years or older, while only 13% of the program group youth were age 17 or older. Further analysis, including a comparison of mean scores from the evaluation measures, showed that the program group was more depressed, had lower self-esteem, and higher suicidal ideation scores than the comparison group. Thirteen percent of the program group had at least one item on the Suicidal Ideation Questionnaire that is considered critical, while none of the comparison group youth had a critical item. In addition, a much larger percentage of the program group had scores on the Children's Depression Inventory that indicated depression (72%) versus the comparison group (32%). Because of the differences between the comparison group and the program group on demographics and the key indicators discussed above, the comparison group was found not to be comparable to the program group. Therefore, comparison group data are not included in this report.

SURVEY DATA

Demographic Profile of the Sample

Demographic	Entire Sample		Pre-Post Matched Sample	
	n	%	n	%
Gender				
Male	14	16.7	9	15.3
Female	70	83.3	50	84.7
Sexual Orientation Identification				
Gay	0	0.0	0	0.0
Lesbian	0	0.0	0	0.0
Bisexual	12	14.5	8	8.8
Transgendered	0	0.0	0	0.0
Asexual or nonsexual	0	0.0	0	0.0
None of the above	71	85.5	50	86.2
Latino/Hispanic				
Latino	9	10.8	6	10.2
Non-Latino	74	89.2	53	89.8
Racial Group				
African American	16	19.0	11	18.6
Asian	1	1.2	1	1.7
American Indian	3	3.6	3	5.1
Hawaiian/Pacific Islander	1	1.2	0	0.0
White	46	54.8	32	54.2
Other	17	20.2	12	20.3
Age at Pre				
14	24	28.6	16	27.1
15	34	40.5	23	39.0
16	15	17.9	12	20.3
17	10	11.9	8	13.6
18 or older	1	1.2	0	0.0
Grade at Pre				
8 ⁴	1	1.2	1	1.7
9	37	44.0	25	42.4
10	22	26.2	15	25.4
11	22	26.2	16	27.1
12	2	2.4	2	3.4

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

Slightly less than half of the Chrysalis Plus! participants were of ethnicities other than white, which compares to 38.5% of non-white students in the Portland Public School District in 2001. The Program Manager recognized the importance of having a diverse group of counselors to increase effectiveness with the diverse group of participants and attempted unsuccessfully to recruit staff from minority racial/ethnic groups. Consequently, all the Chrysalis Plus! counselors were white.

⁴ All group members were in high school. This person may have been referring to having credits through 8th grade.

Self-Esteem

The Rosenberg Self-Esteem Scale was used to collect information from Chrysalis Plus! group members about their general feelings about themselves. Possible scores ranged from 0 (indicating low self-esteem on all ten items) to 10 (indicating high self-esteem on all ten items). Scores in this sample ranged from a low of 0 on the pre and post surveys to a high of 10 on both pre and post surveys. Twelve of the 59 students on the pre survey and 11 of the 59 students on the post survey scored the highest possible number, indicating high self-esteem. Forty-one percent of the respondents indicated higher self-esteem at the end of Year 2 compared to the beginning of Year 2, 34% did not indicate a change in self-esteem, and 25% reported lower self-esteem. There was not a statistically significant change for the group as a whole from pre to post. Please see Appendix C for a list of questions making up this scale.

Total Self-Esteem Score	Entire Sample Pre		Pre/Post Matched Sample Pre		Pre/Post Matched Sample Post	
	Mean	Range	Mean	Range	Mean	Range
	6.1	0–10	6.2	0–10	6.5	0–10
	n	%	n	%	n	%
0	5	6.0	5	8.5	3	5.2
1	6	7.1	2	3.4	0	0.0
2	6	7.1	4	6.8	3	5.2
3	4	4.8	3	5.1	4	6.9
4	4	4.8	2	3.4	5	8.6
5	9	10.7	8	13.6	6	10.3
6	4	4.8	1	1.7	5	8.6
7	13	15.5	11	18.6	3	5.2
8	10	11.9	6	10.2	7	12.1
9	7	8.3	5	8.5	11	19.0
10	16	19.0	12	20.3	11	19.0
Total	84	100.0	59	100.0	59	100.1

Depression

The Children’s Depression Inventory asks 27 questions that result in a score on each of the five scales listed below. Each question was scored from 0 to 2. Please see Appendix B for a list of the questions making up each scale. The percentage of students showing improvement in each scale ranged from 28.8% to 57.6%. There were statistically significant changes in the Negative Mood and Anhedonia scales. Overall depression decreased for 52.5% of the respondents, with 6.8% reporting no change and 40.7% reporting an increase in overall depression.

Negative Mood (6 items): Feeling sad, feeling like crying, worrying about “bad things,” being bothered or upset by things, and being unable to make up one’s mind.

Interpersonal Problems (4 items): Problems and difficulties in interactions with people, including trouble getting along with people, social avoidance, and social isolation.

Ineffectiveness (4 items): Negative self-evaluation of ability and school performance.

Anhedonia (8 items): Impaired ability to experience pleasure. Individuals scoring high on this scale may suffer from loss of energy and problems with sleeping and appetite.

Negative Self-Esteem (5 items): Low self-esteem, self-dislike, and feelings of being unloved.

CDI Scales	% Difference between Pre and Post (Pre/Post Matched Sample)
Negative Mood	N = 59
Decreased	42.4
No change	28.8
Increased	28.8
Interpersonal Problems	N = 59
Decreased	28.8
No change	42.4
Increased	28.8
Ineffectiveness	N = 59
Decreased	35.6
No change	27.1
Increased	37.3
Anhedonia	N = 59
Decreased	57.6
No change	6.8
Increased	35.6
Negative Self-Esteem	N = 59
Decreased	32.2
No change	28.8
Increased	39.0
Overall Depression Inventory	N = 59
Decreased	52.5
No change	6.8
Increased	40.7

Mean scores for Chrysalis Plus! youth at pre and at post were higher than mean scores for a sample of youth in the general population used as a normative sample for the CDI⁵, although scores on all five scales indicate a decrease in depression at post compared to pre scores for both males and females in the Chrysalis Plus! group.

CDI Scale	Total Possible Score	Chrysalis Plus! Entire Sample Pre Mean Score	Chrysalis Plus! Pre/Post Matched Sample Pre Mean Score	Chrysalis Plus! Pre/Post Matched Sample Post Mean Score	Norms for Youth Age 13–17 Mean Score
Negative Mood	12	5.3	4.0	3.3	2.4
Interpersonal Problems	8	2.4	1.1	1.0	0.8
Ineffectiveness	8	4.5	3.2	3.0	2.0
Anhedonia	16	7.1	5.7	4.8	3.5
Negative Self-esteem	10	4.0	2.7	2.6	1.9
CDI Total Score	54	18.6	16.1	14.8	9.2

For the general population of youth completing the CDI, a total score of 20 or more indicates a youth is depressed. For the 59 Chrysalis Plus! pre/post matched sample of youth completing the CDI at pre, 19 (32%) had scores of 20 or more. For the 59 youth completing the CDI at post, 19 (32%) had scores of 20 or more. Of the 19 youth at pre whose scores were 20 or more, 8 (42%) no longer had scores in that high category at post. An additional (different) 8 youth whose scores were below 20 at pre had scores of 20 or more at post.

According to CDI materials⁶, for a sample of clinically referred youth, where a higher base rate of depression would be expected, research suggests that a score of 12 or more indicates depression. Because Chrysalis Plus! youth have a history of abuse and other risk factors, they may be considered closer to a clinical setting sample. Forty-one of the 59 Chrysalis Plus! pre/post matched sample youth (69%) had scores of 12 or more at pre and 34 of the 59 youth (58%) had scores of 12 or more at post. These scores indicate that Chrysalis Plus! was targeting the correct population. Of the 41 youth whose CDI scores were 12 or higher at pre, 11 (26.8%) no longer had scores in that high range at post. An additional (different) 4 youth who did not have scores of at least 12 at pre, did have scores of 12 or higher at post. This finding implies that Chrysalis Plus! is effective at lowering the severity of depression for some youth. The following table shows youth scoring at or above 12 and at or above 20, by gender. Females had higher rates of depression than males at both time periods. Nineteen of the 25 youth who dropped out of Chrysalis Plus! (76%) had CDI scores greater than 12; 10 of them (40%) had CDI scores of 20 or greater.

Depression Scoring	Entire Sample Pre N = 83				Pre/Post Matched Sample Pre N = 59				Pre/Post Matched Sample Post N = 59			
	Female N = 70		Male N = 13		Female N = 50		Male N = 9		Female N = 50		Male N = 9	
	n	%	n	%	n	%	n	%	n	%	n	%
Youth scoring at or above 20 on the CDI	27	38.6	2	15.4	17	34.0	2	22.2	18	36.0	1	11.1
Youth scoring at or above 12 on the CDI	53	75.7	7	53.8	36	72.0	5	55.6	31	62.0	3	33.3

⁵ Normative sample information was taken from the Children's Depression Inventory Interpretive Guide; Maria Kovacs, Ph.D.; pp. 29-40.

⁶ Children's Depression Inventory Interpretive Guide; Maria Kovacs, Ph.D.; p. 40.

Depression with Drug and Alcohol Use

A greater percentage of Chrysalis Plus! youth who were depressed (scored 12+ or 20+ on the CDI) used cigarettes, alcohol and marijuana compared to the Chrysalis Plus! youth who were not considered depressed (scored 11 or less on the CDI), indicating a link between depression and the use of alcohol, tobacco, and marijuana. This was especially true for alcohol, for which 58% of youth scoring 20 or higher on the CDI (depressed) used alcohol during the past 30 days compared to 22% of youth scoring 11 or less on the CDI (non-depressed).

	Pre-Post Sample Pre Depression score 11 or less (not depressed)	Pre-Post Sample Pre Depression score 12 or more (depression in clinically referred youth)	Pre-Post Sample Pre Depression score 20 or more (depression in the general population)
	% who used during past 30 days	% who used during past 30 days	% who used during past 30 days
Cigarettes	N = 17	N = 41	N = 19
	23.5	46.3	36.8
Alcohol	N = 18	N = 41	N = 19
	22.2	34.1	57.9
Marijuana/hash/pot	N = 17	N = 41	N = 19
	23.5	31.7	31.6

Suicidal Ideation

Suicidal ideation was measured using the Suicidal Ideation Questionnaire, Jr.⁷ Youth with high SIQ scores are not necessarily considered suicidal, but are considered youth with significant suicidal thoughts. For each of the 15 questions, responses range from 0 (I never had this thought) to 6 (I had this thought almost every day). The range of scores possible on the SIQ Jr. is 0–90. Chrysalis Plus! scores ranged from 0–84 for females and 1–57 for males at pre. Scores ranged from 0–75 for females and 0–60 for males at post.

Responses indicate that 25 of the 50 females (50%) and 8 of the 9 males (89%) had a decrease in suicidal ideation at post, four females (8%) and no males had no change, and 21 females (42%) and 1 male (11%) had an increase in suicidal ideation at post compared to pre. The table below shows the mean (average) scores on each SIQ question for the entire sample of Chrysalis Plus! youth at pre, and for the pre/post matched sample of Chrysalis Plus! youth at pre and at post, as well as the mean scores for a normative sample of youth surveyed by the developers of the SIQ. Suicidal thoughts reported by Chrysalis Plus! youth occurred on average more frequently than for the normative sample, although at post the mean for Chrysalis Plus! youth was closer to the normative sample than was reported at pre.

SIQ Mean Scores	Chrysalis Plus! Entire Sample Pre	Chrysalis Plus! Pre/Post Matched Sample Pre	Chrysalis Plus! Pre/Post Matched Sample Post	Normative Sample
	Mean	Mean	Mean	Mean
I thought it would be better if I was not alive	2.1	2.0	1.5	1.0
I thought about killing myself*	1.3	1.2	1.1	0.7
I thought about how I would kill myself*	1.2	1.3	0.9	0.5
I thought about when I would kill myself*	1.1	1.0	0.7	0.5
I thought about people dying	1.9	2.0	1.7	1.9
I thought about death	2.3	2.3	2.2	1.8
I thought about what to write in a suicide note*	1.0	1.1	0.8	0.4
I thought about writing a will*	0.6	0.6	0.7	0.5
I thought about telling people I plan to kill myself*	0.4	0.4	0.5	0.4
I thought about how people would feel if I killed myself	1.7	1.8	1.5	1.0
I wished I were dead	1.4	1.2	1.3	0.7
I thought that killing myself would solve my problems	1.5	1.4	1.2	0.6
I thought that others would be happier if I was dead	1.5	1.5	1.2	0.7
I wished that I had never been born	1.6	1.5	1.3	0.8
I thought that no one cared if I lived or died	1.7	1.7	1.3	0.8
SIQ Total Score	20.9	20.3	17.8	12.3

*These are considered to be critical items, which means that they have been identified as such based on their predictive value for more serious self-destructive behavior.

⁷ “About My Life” (Suicidal Ideation Questionnaire, Jr.); William M. Reynolds, Ph.D.; Psychological Assessment Resources, Inc.

A raw score at or above 31 on the SIQ indicates that the youth should be referred for further evaluation of psychopathology and suicide risk. The number of Chrysalis Plus! youth scoring at or above 31 decreased by one from pre to post for females.⁸ Of the 12 females scoring 31 or above on the SIQ at pre, 6 were no longer scoring in that high category at post. However, a new set of 5 females who had scores lower than 30 at pre, had scores at 31 or higher at post. The same male who scored in the 31 or higher category at pre also scored in that category at post. Of the 18 youth who scored 31 or higher at either or both time points, 7 (39%) scored 31 or higher at both time periods. All 7 were also below the mean for self-esteem at pre and post (lower self-esteem than average) and above the mean for depression at pre and post (higher depression than average). All 7 also had an SIQ score at pre and at post that was above the average for Chrysalis Plus! participants and above the norm (greater predictive value for more serious self-destructive behavior).

For the 13 youth who scored 31 or higher on the SIQ at pre, 8 females scored lower at post, scores for 2 females remained the same, and 2 females and 1 male scored higher on the SIQ at post than at pre.

SIQ Further Evaluation Score	Entire Sample Pre N = 84				Pre/Post Matched Sample Pre N = 59				Pre/Post Matched Sample Post N = 59			
	Female		Male		Female		Male		Female		Male	
	n = 70		n = 14		n = 50		n = 9		n = 50		n = 9	
	n	%	n	%	n	%	n	%	n	%	n	%
Total Chrysalis Plus! youth having a total raw score at or above 31	19	27.1	2	14.3	12	24.0	1	11.1	11	22.0	1	11.1

Six items on the SIQ have been identified as “critical items,” which means that they have been identified as such based on their predictive value for more serious self-destructive behavior. These items are specific to actual plans and thoughts of suicide. A youth having a score of five or six on two or more critical items on the SIQ should be viewed as serious regardless of the total score. The number of youth scoring five or six on two or more critical items decreased by one from pre to post.

SIQ Critical Items	Entire Sample Pre N = 84		Pre/Post Matched Sample Pre N = 59		Pre/Post Matched Sample Post N = 59	
	n	%	n	%	n	%
Total scoring 5 or 6 on two or more critical items	8	9.5	7	11.9	6	10.2

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

The mean total SIQ score for those scoring 5 or 6 on one or more critical items at pre was 68.3, with scores ranging from 57 to 84. At post, the mean total score was 63.7, with scores ranging from 51 to 75. This compares to a mean total score of 20.8 at pre and 17.8 at post for the entire pre-post matched sample.

⁸ Because the youths’ confidentiality was protected, counselors and others from the Chrysalis Plus! program did not see the surveys. The researchers, therefore, reviewed the SIQ and reported any seriously high scores to the program manager, who in turn contacted the counselor for that youth’s Chrysalis Plus! group. The counselor then worked with the youth to further assess the problem and take whatever steps were necessary to protect the youth and address the issue(s). Consent forms signed by the youth before entering Chrysalis Plus! acknowledged that an indication of harm to themselves or to others would necessitate, by law, the sharing of that information.

Drug and Alcohol Use

The GPRA was one of the surveys used to collect information about alcohol, tobacco, and other drug use. On average, close to 70% of Chrysalis Plus! group members reported at both pre and post time periods that they had **not** used alcohol at least one time in the past 30 days. No changes were reported in marijuana use, with approximately 71% of youth **not** using at both time points. Cigarette use increased from pre to post, however the change was not statistically significant. At post 64% of the youth were **not** smoking cigarettes.

The greatest difference by gender in the percentages of youth using alcohol and/or drugs was found in cigarette use during the past 30 days, with 44% of the male sample and 63% of the female sample **not** using cigarettes. The next greatest gender differences were found in alcohol use during the past 30 days, with 78% of the male sample and 68% of the female **not** using alcohol; and in other illegal drug use, with 68% of the male sample and 76% of the female sample **not** using other illegal drugs in the past 30 days.

	Entire Sample Pre	Pre/Post Matched Sample Pre	Pre/Post Matched Sample Post
	N = 84	N = 59	N = 59
Drug and Alcohol Use	% who used during the past 30 days	% who used during the past 30 days	% who used during the past 30 days
<i>Alcohol</i>			
Alcohol	33.9	30.5	27.1
Alcohol to intoxication	13.4	13.6	17.0
<i>Tobacco</i>			
Cigarettes	37.3	30.1	35.6
Cigar	8.5	8.5	11.9
Pipe	2.4	1.7	1.7
Snuff	1.2	1.7	3.4
Chew tobacco	1.2	1.7	0.0
<i>Illegal drugs</i>			
Marijuana/hash/pot	29.6	28.8	28.8
Other illegal drugs	25.3	25.4	22.0
Meth/amphetamines	1.3	1.7	0.0
Inhalants	0.0	0.0	1.7
Cocaine/crack	0.0	0.0	3.4
Barbiturates/tranquilizers	0.0	0.0	1.7
<i>Other drugs</i>			
Other drug use	2.6	3.4	10.2
Methadone	0.0	0.0	1.7

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

The GPRA also asked on *how many* occasions respondents drank alcohol. There was very little change from pre to post in the number of students who never drank alcohol. The number of youth who drank alcohol 1–2 times and 6–9 times decreased, while the number who drank alcohol 3–5 times and 10–19 times increased. Although this question seemed to be referring to lifetime use, it followed questions asking about 30-day use, so there may have been some confusion on the part of the respondents about the time period to which the GPRA was referring.

	Entire Sample Pre	Pre/Post Matched Sample Pre	Pre/Post Matched Sample Post
On how many occasions (if any) have you had alcohol to drink—more than just a few sips?	N = 84	N = 59	N = 59
	%	%	%
1–2 times	26.5	27.1	10.9
3–5 times	25.3	8.5	20.0
6–9 times	12.0	11.9	5.5
10–19 times	9.6	10.2	20.0
20–39 times	10.8	3.4	3.6
40 or more times	6.0	11.9	12.7
Never	9.6	27.1	27.3

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

Age at First Use

The mean age of first use of cigarettes was 11, of first use of alcohol was 12.5, and of first use of marijuana/hash was 12.5 at both pre and post. Mean age reported of first use of other drugs was 13. There are inconsistencies in the age at first use of all substances reported here. Youth who are trying to remember information from several years ago may not be 100% reliable.

	Entire Sample Pre	Pre/Post Matched Sample Pre	Pre/Post Matched Sample Post
Age first smoked cigarette (does not include youth who said they never smoked)	N = 55	N = 41	N = 37
	Mean = 11	Mean = 11	Mean = 11
	%	%	%
4	1.8	2.4	5.4
6	5.5	7.3	0.0
7	1.8	2.4	2.7
8	3.6	4.9	8.1
9	1.8	2.4	8.1
10	16.4	7.3	10.8
11	14.5	19.5	16.2
12	16.4	17.1	16.2
13	16.4	14.6	16.2
14	14.5	17.1	5.4
15	3.6	2.4	8.1
16	3.6	2.4	2.7

	Entire Sample Pre	Pre/Post Matched Sample Pre	Pre/Post Matched Sample Post
Age first drank alcohol (does not include youth who said they never drank alcohol)	N = 65	N = 47	N = 41
	Mean = 12	Mean = 12	Mean = 13
	%	%	%
1	1.5	2.1	0.0
2	1.5	2.1	2.4
3	1.5	2.1	0.0
6	1.5	2.1	0.0
7	1.5	2.1	4.9
8	6.2	4.2	4.9
9	6.2	4.2	0.0
10	6.2	6.4	7.3
11	7.7	10.6	9.8
12	18.5	14.9	7.3
13	15.4	14.9	17.1
14	16.9	17.0	14.6
15	7.7	6.4	19.5
16	7.7	10.6	12.2

	Entire Sample Pre	Pre/Post Matched Sample Pre	Pre/Post Matched Sample Post
Age first used marijuana/hash (does not include youth who said they never used marijuana/hash)	N = 50	N = 34	N = 35
	Mean = 13	Mean = 12	Mean = 13
	%	%	%
4	2.0	2.9	0.0
6	2.0	2.9	2.9
9	0.0	0.0	5.7
10	4.0	5.9	2.9
11	16.0	20.6	8.6
12	12.0	11.8	14.3
13	28.0	23.5	20.0
14	26.0	23.5	17.1
15	6.0	5.9	22.9
17	4.0	2.9	5.7

	Entire Sample Pre	Pre/Post Matched Sample Pre	Pre/Post Matched Sample Post
Age first used other drugs (does not include youth who said they never used other drugs)	N = 21	N = 13	N = 16
	Mean = 12	Mean = 13	Mean = 13
	%	%	%
10	9.5	0.0	12.5
11	23.8	30.8	12.5
12	14.3	15.4	12.5
13	4.8	7.7	18.8
14	38.1	38.5	25.0
15	9.5	7.7	18.0

The greatest number of youth who start smoking, drinking alcohol, and smoking marijuana/hash/pot do so between the ages of 11 and 14. It is interesting that the greatest number of youth start using other drugs at age 11 and at age 14, years when they are most likely starting middle school and high school.

The GPRA asked a series of questions about the potential problems a youth may have faced due to his/her alcohol or other drug use. Although reduction in activities caused by drugs/alcohol in the past 30 days changed slightly from pre to post, there was a statistically significant decrease reported from pre to post in emotional problems caused by drugs/alcohol in the past 30 days and in stress caused by alcohol use in the last 30 days.

	Entire Sample Pre N = 84	Pre/Post Matched Sample Pre N = 59	Pre/Post Matched Sample Post N = 59
Alcohol/drug caused problems	%	%	%
Alcohol/drugs caused stress in last 30 days	19.0	20.3	13.6
Dugs/alcohol caused me to give up or reduce activities in the past 30 days	10.8	10.2	11.9
Drugs/alcohol caused emotional problems in the past 30 days	19.1	16.9	5.1

More respondents at post agreed that their friends think they are committed to a drug-free life. A greater percentage at post also said they decided to smoke cigarettes and a greater percentage plan to get drunk in the next year. At post, a smaller percentage of youth reported that they have decided not to use marijuana. Of the 23 youth at pre who said that their friends think they are committed to a drug-free life, 16 (70%) responded to the remaining questions about their decisions to use or not use marijuana, smoke cigarettes, and get drunk in the next year in such a way that was consistent with being committed to a drug-free life. The same 16 youth responded consistently at post, indicating that they maintained their commitment throughout the year.

Decisions/Plans for Substance Use	Entire Sample Pre	Pre/Post Matched Sample Pre	Pre/Post Matched Sample Post
	%	%	%
Friends think I'm committed to drug-free life	N = 81	N = 56	N = 59
Yes	42.0	41.1	47.4
Maybe	30.9	32.1	35.6
No	27.2	26.8	17.0
I decided not to use marijuana	N = 83	N = 58	N = 59
Yes	56.6	62.1	55.9
Maybe	21.7	22.4	18.6
No	21.7	15.5	25.4
I decided that I will smoke cigarettes	N = 83	N = 58	N = 59
Yes	18.1	17.2	22.0
Maybe	20.5	24.1	22.0
No	61.4	58.6	55.9
I plan to get drunk in the next year	N = 81	N = 58	N = 59
Yes	24.7	24.1	25.4
Maybe	25.9	25.9	25.4
No	49.4	50.0	49.1

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

By the time of the post survey, fewer respondents thought it was wrong or very wrong for people their age to drink alcohol, smoke cigarettes, or use other illegal drugs, although the overwhelming majority at post continued to think it was wrong at their age to drink alcohol regularly (93%), smoke cigarettes (88%), and use other illegal drugs (98%). A smaller percentage of youth at post (88%) compared to pre (91%) thought it was wrong or very wrong to smoke marijuana.

	Entire Sample Pre	Pre/Post Matched Sample Pre	Pre/Post Matched Sample Post
Perceptions of Harm	%	%	%
How wrong is it to drink alcohol regularly at your age?	N = 82	N = 57	N = 56
Very wrong	26.8	28.1	35.7
Wrong	36.6	36.8	28.6
A little bit wrong	30.5	29.8	28.6
Not wrong at all	6.1	5.3	7.1
How wrong is it to smoke cigarettes at your age?	N = 82	N = 58	N = 56
Very wrong	32.9	36.2	33.9
Wrong	34.1	31.0	30.4
A little bit wrong	24.4	27.6	23.2
Not wrong at all	8.5	5.2	12.5
How wrong is it to smoke marijuana at your age?	N = 82	N = 57	N = 56
Very wrong	34.1	40.4	25.0
Wrong	25.6	21.1	28.6
A little bit wrong	26.8	29.8	33.9
Not wrong at all	13.4	8.8	12.5
How wrong is it to use LSD, cocaine, amphetamines or another illegal drug at your age?	N = 83	N = 58	N = 56
Very wrong	78.3	81.0	76.8
Wrong	9.6	5.2	19.6
A little bit wrong	4.8	6.9	1.8
Not wrong at all	7.2	6.9	1.8

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

At the time of the post surveys, compared to the ratings at pre, a greater number of youth perceived great risk from smoking one or more packs of cigarettes per day. At the same time, the percentage of youth who thought there was no risk in smoking cigarettes, smoking marijuana, or drinking alcohol nearly every day decreased.

Perceptions of Risk	Entire Sample Pre	Pre/Post Matched Sample Pre	Pre/Post Matched Sample Post
	%	%	%
How much do people risk harming themselves when they smoke one or more packs of cigarettes per day?	N = 83	N = 58	N = 58
No risk	8.4	6.9	5.2
Slight risk	6.0	5.2	1.7
Moderate risk	16.9	17.2	13.8
Great risk	65.1	65.5	74.1
Can't say/Drug Unfamiliar	3.6	5.2	5.2
How much do people risk harming themselves when they smoke marijuana once a month or more?	N = 82	N = 57	N = 59
No risk	13.4	12.3	11.9
Slight risk	35.4	35.1	42.4
Moderate risk	15.9	14.0	18.6
Great risk	29.3	29.8	16.9
Can't say/Drug Unfamiliar	6.1	8.8	10.2
How much do people risk harming themselves when they smoke marijuana once or twice a week?	N = 83	N = 58	N = 59
No risk	10.8	10.3	6.8
Slight risk	26.5	20.7	25.4
Moderate risk	24.1	27.6	35.6
Great risk	31.3	31.0	23.7
Can't say/Drug Unfamiliar	7.2	10.3	8.5
How much do people risk harming themselves when they have four or more drinks of an alcoholic beverage nearly every day?	N = 82	N = 57	N = 56
No risk	4.9	3.5	0.0
Slight risk	9.8	7.0	5.4
Moderate risk	17.1	15.8	23.2
Great risk	68.3	73.7	69.6
Can't say/Drug Unfamiliar	0.0	0.0	1.8

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

Perceptions of Risk (continued)	Entire Sample Pre	Pre/Post Matched Sample Pre	Pre/Post Matched Sample Post
	%	%	%
How much do people risk harming themselves when they have four or more drinks of an alcoholic beverage once or twice a week?	N = 81	N = 57	N = 56
No risk	4.9	5.3	3.6
Slight risk	16.0	17.5	17.9
Moderate risk	45.7	42.1	50.0
Great risk	32.1	33.3	26.8
Can't say/Drug Unfamiliar	1.2	1.8	1.8

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

Youth Risk Behaviors

Chrysalis Plus! youth were asked to complete the Youth Risk Behavior Survey (YRBS) adapted for Chrysalis Plus! The following table shows the youths' responses to each question of the YRBS. In the area of personal safety, Chrysalis Plus! youth showed slight improvement (decreased risky behavior) in some areas from pre to post, and greater risk to personal safety in other areas.

Youth Risk Behavior – Personal Safety	Entire Sample Pre N = 84		Pre/Post Matched Sample Pre N = 59		Pre/Post Matched Sample Post N = 59	
	n	%	n	%	n	%
When you rode a bicycle during the past 12 months, how often did you wear a helmet?						
I did not ride a bicycle during the past 12 months	29	35.8	20	35.1	28	49.1
Never wore a helmet	26	32.1	20	35.1	18	31.6
Rarely wore a helmet	10	12.3	5	8.8	6	10.5
Sometimes wore a helmet	3	3.7	2	3.5	2	3.5
Most of the time wore a helmet	8	9.9	6	10.5	2	3.5
Always wore a helmet	5	6.2	4	7.0	1	1.8
How often do you wear a seat belt when riding in a car driven by someone else?						
Never	5	6.0	3	5.1	2	3.4
Rarely	4	4.8	3	5.1	0	0.0
Sometimes	10	11.9	7	11.9	6	10.2
Most of the Time	16	19.0	10	16.9	16	27.1
Always	49	58.3	36	61.0	35	59.3
During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?						
0 times	61	72.6	46	78.0	42	71.2
1 time	13	15.5	8	13.6	7	11.9
2 or 3 times	2	2.4	2	3.4	4	6.8
4 or 5 times	1	1.2	0	0.0	2	3.4
6 or more times	7	8.3	3	5.1	4	6.8
During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?						
0 times	80	95.2	57	96.6	52	88.1
1 time	2	2.4	1	1.7	5	8.5
2 or 3 times	1	1.2	1	1.7	2	3.4
4 or 5 times	1	1.2	0	0.0	0	0.0

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

In addition to other difficulties Chrysalis Plus! youth are facing, some are also dealing with unwanted harassment at school. Harassment at school occurred for approximately 15% of youth because of their race or ethnic origin; for approximately 11% because someone thought they were gay, lesbian, or bisexual; and for the approximately one-third of the youth who received unwanted sexual comments or attention.

Generally, harassment was shown to be greater for females than for males. Twenty-six (96.3%) of the 27 youth in the pre-post matched sample who reported at pre that they received unwanted sexual comments or attention at school were female; all 21 (100%) of the youth who reported at post that they received unwanted sexual comments or attention at school were also female.

Harassment is not something that Chrysalis Plus! could have much control over, but it is possible that the impact would be mediated by having someone to talk to about it and by gaining healthy coping mechanisms.

Youth Risk Behavior – Harassment at School	Entire Sample Pre N = 84		Pre/Post Matched Sample Pre N = 59		Pre/Post Matched Sample Post N = 59	
	n	%	n	%	n	%
During the past 12 months, have you ever been harassed at school (or on the way to or from school) because of your race or ethnic origin?						
No	68	81.0	50	86.2	50	84.7
Yes	15	17.9	8	13.8	9	15.3

Of the eight youth at pre who were harassed at school because of their race or ethnic origin, one was African American, two were white, and five were of other races/ethnicities. Of the nine youth at post who were also harassed for this reason, two were African American, one was American Indian, two were white, and four were of other races/ethnicities.

During the past 12 months, have you ever been harassed at school (or on your way to or from school) because someone thought you were gay, lesbian or bisexual?						
No	69	82.1	48	84.2	52	88.1
Yes	13	15.5	9	15.8	7	11.9

Five of the nine youth at pre who were harassed at school because someone thought they were gay, lesbian or bisexual described themselves as bisexual. This was also true for four youth at post.

During the past 12 months, have you received unwanted sexual comments or attention at school (or on your way to or from school)?						
No	42	50.0	31	53.4	38	64.4
Yes	41	48.8	27	46.6	21	35.6

As noted above, all but 1 of the 27 youth at pre and all 21 youth at post who received unwanted sexual comments or attention at school (or on the way to or from school) were female.

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

Violence-related behavior did not see significant changes from pre to post. About 12% of students continued to carry a weapon, with one reporting that s/he carried a gun and none carrying a gun on school property.

Youth Risk Behavior – Violence-Related Behavior	Entire Sample Pre N = 84		Pre/Post Matched Sample Pre N = 59		Pre/Post Matched Sample Post N = 59	
	n	%	n	%	n	%
During the past 30 days, on how many days did you carry a weapon (not including a gun), such as a knife or club?						
0 days	72	86.8	52	89.7	52	88.1
1 day	2	2.4	2	3.4	2	3.4
2 or 3 days	3	3.6	1	1.7	2	3.4
4 or 5 days	2	2.4	0	0.0	1	1.7
6 or more days	4	4.8	3	5.2	2	3.4
During the past 30 days, on how many days did you carry a weapon (not including a gun) such as a knife or club on school property ?						
0 days	76	91.6	55	96.5	58	98.3
1 day	0	0.0	0	0.0	1	1.7
2 or 3 days	3	3.6	1	1.8	0	0.0
4 or 5 days	1	1.2	0	0.0	0	0.0
6 or more days	3	3.6	1	1.8	0	0.0
During the past 30 days, on how many days did you carry a gun?						
0 days	82	98.8	57	98.3	58	98.3
1 day	1	1.2	1	1.7	1	1.7
If you carried a gun in the last 30 days, who did the gun belong to?						
I did not carry a gun	80	98.8	56	98.2	58	98.3
Gun belonged to someone not living in my house	1	1.2	1	1.8	1	1.7
During the past 30 days, on how many days did you carry a gun as a weapon on school property?						
0 days	82	98.8	58	100.0	59	100.0
2 or 3 days	1	1.2	0	0.0	0	0.0

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

Of the six youth in the pre-post matched sample at pre who reported that they carried a weapon (not a gun) within the past 30 days, one was male (11% of male participants) and five were female (10% of female participants). At post, two were male (22% of male participants) and five were female (10% of female participants). All three of the youth at pre who carried a weapon (not a gun) *on school property* within the past 30 days were female (6% of female participants). At post, one was male (11% of male participants), and four were female (8% of female participants).

Youth Risk Behavior – Violence-Related Behavior (continued)	Entire Sample Pre N = 84		Pre/Post Matched Sample Pre N = 59		Pre/Post Matched Sample Post N = 59	
	n	%	n	%	n	%
During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?						
0 days	68	81.0	51	87.9	49	83.1
1 day	5	6.0	3	5.2	4	6.8
2 or 3 days	7	8.3	4	6.9	3	5.1
4 or 5 days	0	0.0	0	0.0	1	1.7
6 days	3	3.6	0	0.0	2	3.4
During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property ?						
0 times	80	95.2	56	94.9	55	94.8
1 time	2	2.4	1	1.7	1	1.7
2 or 3 times	1	1.2	1	1.7	0	0.0
6 or 7 times	1	1.2	1	1.7	1	1.7
10 or 11 times	0	0.0	0	0.0	1	1.7

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

One of the males (11% of male sample) and six of the females (12% of female sample) in the pre-post matched sample reported at pre that they missed school because they felt unsafe. At post, no males and ten females (20% of female sample) reported that they missed school because they felt unsafe. At pre, no males and three females (6% of female sample) reported that they were threatened once with a weapon on school property within the past 12 months. At post, once again no males and three females (6% of female sample) reported that they were threatened with a weapon *on school property*.

There was no change in the number of youth in the pre-post matched sample who reported not being in any physical fights **on school property** at post compared to pre. However, there was a slight decrease in fighting overall (not just on school property), with an increase from pre to post in the number of youth who were **not** in a physical fight, and a decrease in the number who fought two or three times. At both time periods, more than 80% of Chrysalis Plus! youth are **not** getting in fights at school.

Youth Risk Behavior – Violence-Related Behavior (continued)	Entire Sample Pre N = 84		Pre/Post Matched Sample Pre N = 59		Pre/Post Matched Sample Post N = 59	
	n	%	n	%	n	%
During the past 12 months, how many times were you in a physical fight?						
0 times	45	53.6	35	59.3	38	65.5
1 time	14	16.7	7	11.9	10	17.2
2 or 3 times	14	16.7	11	18.6	5	8.6
4 or 5 times	2	2.4	0	0.0	1	1.7
6 or 7 times	4	4.8	1	1.7	0	0.0
8 or 9 times	2	2.4	2	3.4	2	3.4
10 or 11 times	1	1.2	1	1.7	0	0.0
12 or more times	2	2.4	2	3.4	2	3.4
During the past 12 months, how many times were you in a physical fight on school property ?						
0 times	68	81.0	48	81.4	48	82.8
1 time	10	11.9	7	11.9	7	12.1
2 or 3 times	4	4.8	2	3.4	2	3.4
4 or 5 times	1	1.2	1	1.7	1	1.7
10 or 11 times	1	1.2	1	1.7	0	0.0
During the past 12 months, how many times were you in a physical fight in which you were injured or had to be treated by a doctor or nurse?						
0 times	75	89.3	54	91.5	53	91.4
1 time	5	6.0	4	6.8	5	8.6
2 or 3 times	2	2.4	0	0.0	0	0.0
4 or 5 times	2	2.4	0	0.0	0	0.0
6 or 7 times	0	0.0	1	1.7	0	0.0

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

One male (11% of male participants) and four females (8% of female participants) in the pre-post matched sample at pre as well as one male and four females at post reported that they were injured in a fight during the past 12 months and had to be treated by a doctor or nurse.

Physical fighting is often thought to be more common in males. The gender breakdown of the YRBS question asking about fights on school property shows that 16% of the females at pre and 14% at post, as well as approximately one third of the males at pre and at post were in fights *on school property*.

Youth Risk Behavior – Violence-Related Behavior (continued)	Entire Sample Pre N = 84			
	Female = 70		Male = 14	
During the past 12 months, how many times were you in a physical fight on school property ?	n	% of females	n	% of males
0 times	58	82.9	10	71.4
1 time	9	12.9	1	7.1
2 or 3 times	1	1.4	3	21.4
4 or 5 times	1	1.4	0	0.0
10 or 11 times	1	1.4	0	0.0

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

Youth Risk Behavior – Violence-Related Behavior (continued)	Pre/Post Matched Sample Pre N = 59				Pre/Post Matched Sample Post N = 59			
	Female = 50		Male = 9		Female = 49		Male = 9	
During the past 12 months, how many times were you in a physical fight on school property ?	n	% of females	n	% of males	n	% of females	n	% of males
0 times	42	84.0	6	66.7	42	85.7	6	66.7
1 time	6	12.0	1	11.1	6	12.2	1	11.1
2 or 3 times	0	0.0	2	22.2	0	0.0	2	22.2
4 or 5 times	1	2.0	0	0.0	1	2.0	0	0.0
10 or 11 times	1	2.0	0	0.0	0	0.0	0	0.0

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

Youth experiencing violence from family members decreased from pre to post, although youth experiencing violence from a boyfriend or girlfriend increased during the same time period.

Youth Risk Behavior – Violence-Related Behavior (continued)	Entire Sample Pre N = 84		Pre/Post Matched Sample Pre N = 59		Pre/Post Matched Sample Post N = 59	
	n	%	n	%	n	%
During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose? (Does not include youth who did not have a boyfriend/girlfriend.)						
No	65	90.3	45	91.8	43	84.3
Yes	7	9.7	4	8.2	8	15.7
During the past 12 months, did any adult family member ever hit, slap or physically hurt you on purpose?						
No	57	68.7	41	69.5	48	81.4
Yes	26	31.3	18	30.5	11	18.6

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

Of the four youth in the pre-post matched sample who reported at pre that they were hit, slapped or physically hurt by a boyfriend or girlfriend during the past 12 months, all were female (8% of female participants). At post, two were male (22% of male participants) and six were female (12% of female participants).

Of the 18 youth reporting at pre that they were hit, slapped or physically hurt by an adult family member during the past 12 months, 3 were male (33% of male participants) and 15 were female (30% of female participants). At post, one was male (11% of male participants) and ten were female (20% of female participants).

Approximately one-half of the Chrysalis Plus! youth participated in STARS (Students Today Aren't Ready for Sex) classes. A greater number of youth at post compared to pre suggested giving advice to wait until marriage to have sex, although a greater number would also advise, "Go ahead and do it." Overall, at both time periods, over three-fourths of the youth are saying, "Wait."

Youth Risk Behavior – Sexual Behavior	Entire Sample Pre		Pre/Post Matched Sample Pre		Pre/Post Matched Sample Post	
	N = 84		N = 59		N = 59	
	n	%	n	%	n	%
Many middle school students take the STARS (Students Today Aren't Ready for Sex) classes. These classes teach refusal skills to limit sexual involvement. Were you in a STARS class in middle school?						
Don't know/Don't remember	4	4.8	4	6.8	1	1.7
No	39	46.4	24	40.7	25	43.1
Yes	41	48.8	31	52.5	32	55.2
Many high school students became teen leaders for the STARS program. Were you ever a teen leader for the STARS program?						
Don't know/Don't remember	1	1.2	1	1.7	1	1.7
No	80	95.2	56	94.9	55	93.2
Yes	3	3.6	2	3.4	3	5.1
If a classmate, your same age and gender, asked you for advice about whether to start having sex, what would you probably say?						
Wait until you're married	11	13.1	7	13.0	11	20.0
Wait until you are older	51	60.7	33	70.4	31	56.4
Go ahead and do it	16	19.0	9	16.7	13	23.6

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

Of the 7 youth at pre who advised waiting until marriage to have sex, all were female (14% of female participants). At post, 10 were female (20% of female participants) and 1 was male (11% of male participants). Thirty-three females (67% of female participants) and 5 males at pre (56% of male participants), and 30 females (60% of female participants) and 1 male (11% of male participants) at post advised waiting until you are older. At pre, 7 females (14% of female participants) and 2 males (22% of male participants) said to go ahead and do it, while 8 females (16% of female participants) and 5 males (56% of male participants) said the same thing at post.

Chrysalis Plus! youth had sex for the first time most commonly at age 14 (28%). Four percent were 11 years old or younger when they first had sex, approximately 46% were between the ages of 12 and 14, and 25% were age 15 or older. At post, 26% reported that they have never had sex. Because sexual abuse was one of the risk factors that qualified youth for membership in Chrysalis Plus!, it is possible that the first sexual experience for some of the Chrysalis Plus! youth was not consensual.

Youth Risk Behavior – Sexual Behavior	Entire Sample Pre		Pre/Post Matched Sample Pre		Pre/Post Matched Sample Post	
	N = 84		N = 59		N = 59	
	n	%	n	%	n	%
What percentage of your classmates, your same age and gender have had sex?						
Less than 20%	12	14.3	7	11.9	5	8.6
20–29%	9	10.7	8	13.6	6	10.3
30–39%	16	19.0	12	20.3	5	8.6
40–49%	8	9.5	6	10.2	12	20.7
50–59%	16	19.0	11	18.6	11	19.0
60–69%	7	8.3	4	6.8	7	12.1
70–79%	8	9.5	6	10.2	6	10.3
More than 80%	8	9.5	5	8.5	6	10.3
During your life, with how many people have you had sex?						
I have never had sex	28	33.7	20	34.5	15	25.9
1 person	15	18.1	11	19.0	9	15.5
2 people	17	20.5	10	17.2	12	20.7
3 people	6	7.2	6	10.3	5	8.6
4 people	7	8.4	4	6.9	6	10.3
5 people	4	4.8	3	5.2	4	6.9
6 or more people	6	7.2	4	6.9	7	12.1
During the past 3 months, with how many people have you had sex?						
I have never had sex	30	36.1	22	37.9	15	25.9
I have had sex, but not in the past 3 mos.	13	15.7	7	12.1	13	22.4
1 person	30	36.1	22	37.9	23	39.7
2 people	8	9.6	6	10.3	2	3.4
3 people	2	2.4	1	1.7	2	3.4
4 people	0	0.0	0	0.0	2	3.4
5 people	0	0.0	0	0.0	1	1.7

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

Youth Risk Behavior – Sexual Behavior (continued)	Entire Sample Pre N = 84		Pre/Post Matched Sample Pre N = 59		Pre/Post Matched Sample Post N = 59	
	n	%	n	%	n	%
Did you drink alcohol or use drugs before you had sex the last time? [Responses below do not include those who have not had sex]						
No	49	81.7	32	80.0	30	69.8
Yes	11	18.3	8	20.0	13	30.2
The last time you had sex, did you or your partner use a condom or other latex barrier? [Responses below do not include those who have not had sex]						
No	23	39.0	14	35.0	15	36.6
Yes	36	61.0	26	65.0	26	63.4
The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response) [Responses below do not include those who have not had sex]						
No method was used to prevent pregnancy	5	10.6	2	6.7	3	9.4
Birth control pills	10	21.3	7	23.3	6	18.9
Condoms	17	36.2	13	43.3	13	40.6
Depo Provera (birth control shot)	10	21.3	5	16.7	5	15.6
Withdrawal	1	2.1	1	3.3	1	3.1
Some other method	2	4.3	2	6.7	3	9.4
Not sure	2	4.3	0	0.0	1	3.1

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

Most Chrysalis Plus! youth who have had sexual intercourse used some method to prevent pregnancy (93% at pre and 88% at post).

Youth Risk Behavior – Sexual Behavior (continued)	Entire Sample Pre N = 84		Pre/Post Matched Sample Pre N = 59		Pre/Post Matched Sample Post N = 59	
	n	%	n	%	n	%
When did you first go to a medical office or clinic to get a method for preventing pregnancy? [Responses below do not include those who have not had sex]						
Before my first sexual intercourse	10	20.4	7	20.0	9	24.3
Less than 1 month after my first sexual intercourse	10	20.4	6	17.1	11	29.7
1 to 3 months after my first sexual intercourse	4	8.2	4	11.4	3	8.1
4 to 12 months after my first sexual intercourse	8	16.3	6	17.1	4	10.8
More than 12 months after my first sexual intercourse	5	10.2	4	11.4	5	13.5
I have never gone to a medical office or clinic to get a method for preventing pregnancy	12	24.5	8	22.9	5	13.5

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

Of the 9 youth at post who went to a medical office or clinic for a method of preventing pregnancy before their first intercourse, 2 were male (22% of male participants) and 7 were female (14% of female participants). Twenty-one (91%) of the remaining 23 youth who went to a medical office or clinic for a method of preventing pregnancy were females. One male (11% of male participants) and 4 females (8% of female participants) who have had sexual intercourse have never gone to a medical office or clinic for a birth control method.

How many times have you been pregnant or gotten someone pregnant?						
0 times	70	87.5	52	92.9	50	87.7
1 time	8	10.0	4	7.1	7	12.3
2 or more times	2	2.5	0	0.0	0	0
If you have had sex, did you talk with your partner about HIV and other STIs (sexually transmitted infections)? [Responses below do not include those who have not had sex]						
Yes, I talked with my partner(s) about STIs and HIV	32	47.8	22	59.5	29	69.0
No, we didn't talk about HIV and STIs	22	32.8	13	35.1	12	28.6
I have had multiple partners and the answer varies depending on the partner	3	4.5	2	5.4	1	2.4

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

A greater number of youth at post, compared to pre, reported that they would consider classroom instruction or friends to be the most reliable or accurate source of AIDS/HIV information. Fewer youth at post considered parents or other adults in their family to be the most reliable or accurate source of this information. At post, 43% of Chrysalis Plus! youth had been taught about AIDS or HIV in the classroom. The school health center continued to be the place chosen by the greater percentage of students to get condoms or other latex barriers. Five of the seven schools hosting Chrysalis Plus! groups have school-based health centers.

Youth Risk Behaviors – Sexually Transmitted Infections	Entire Sample Pre N = 84		Pre/Post Matched Sample Pre N = 59		Pre/Post Matched Sample Post N = 59	
	n	%	n	%	n	%
What do you consider to be the one most reliable or accurate source from where you have gotten your information about AIDS/HIV infection?						
From classroom instruction	24	30.0	19	33.9	21	42.9
From a teacher or school counselor	17	21.3	12	21.4	12	24.5
From parents or other adults in my family	10	12.5	7	12.5	1	2.0
From friends	3	3.8	1	1.8	2	4.1
From brochures available at schools or school health centers	11	13.8	8	14.3	8	16.3
From TV or radio	2	2.5	1	1.8	1	2.0
Other source not mentioned above	13	16.3	8	14.3	4	8.2
During the last 12 months have you ever been taught about AIDS or HIV infection in school?						
Not Sure	8	9.6	5	8.6	2	3.4
No	25	30.1	18	31.0	13	22.4
Yes	50	60.2	35	60.3	43	74.1
If you wanted them, where would you go to get condoms or other latex barriers?						
Parent or other family member	3	3.8	1	1.8	1	1.9
Friend	8	10.1	6	10.9	3	5.6
Pharmacy or store	11	13.9	8	14.5	7	13.0
Vending machine	1	1.3	0	0.0	1	1.9
School health center	35	44.3	23	41.8	24	44.4
County or community health program	9	11.4	7	12.7	10	18.5
Hard to get them in my community	1	1.3	1	1.8	0	0.0
Not sure/haven't thought about it	11	13.9	9	16.4	8	14.8

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

From pre to post, there was an increase in the proportion of youth who reported doing no aerobic exercise in the past seven days and those who reported doing less intensive exercise. Fewer Chrysalis Plus! youth played on sports teams at post compared to pre.

Youth Risk Behavior – Exercise, Sports, and Other Activities	Entire Sample Pre N = 84		Pre/Post Matched Sample Pre N = 59		Pre/Post Matched Sample Post N = 59	
	n	%	n	%	n	%
On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?						
0 days	18	21.7	9	15.5	21	36.2
1 day	12	14.5	8	13.8	5	8.6
2 days	17	20.5	14	24.1	8	13.8
3 days	7	8.4	5	8.6	8	13.8
4 days	5	6.0	5	8.6	3	5.2
5 days	6	7.2	5	8.6	8	13.8
6 days	4	4.8	4	6.9	2	3.4
7 days	14	16.9	8	13.8	3	5.2
On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?						
0 days	23	27.7	13	22.4	22	37.9
1 day	6	7.2	6	10.3	5	8.6
2 days	8	9.6	7	12.1	9	15.5
3 days	11	13.3	10	17.2	5	8.6
4 days	6	7.2	6	10.3	4	6.9
5 days	5	6.0	1	1.7	4	6.9
6 days	3	3.6	2	3.4	1	1.7
7 days	21	25.3	13	22.4	8	13.8
During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups)						
0 teams	54	65.1	34	58.6	40	70.2
1 team	16	19.3	14	24.1	8	14.0
2 teams	6	7.2	4	6.9	3	5.3
3 or more teams	7	8.4	6	10.3	6	10.5

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

Youth Risk Behavior – Exercise, Sports, and Other Activities (continued)	Entire Sample Pre N = 84		Pre/Post Matched Sample Pre N = 59		Pre/Post Matched Sample Post N = 59	
	n	%	n	%	n	%
On an average school day, how many hours do you watch TV?						
I do not watch TV on an average school day	15	18.1	9	15.5	8	14.3
Less than 1 hour per day	14	16.9	11	19.0	7	12.5
1 hour per day	10	12.0	8	13.8	9	16.1
2 hours per day	18	21.7	14	24.1	16	28.6
3 hours per day	13	15.7	8	13.8	10	17.9
4 hours per day	4	4.8	2	3.4	1	1.8
5 hours or more per day	9	10.8	6	10.3	5	8.9
Thinking back over the last month, in an average week how many hours do you spend in volunteer work, religious activities, youth groups, music, drama, or special school activities such as yearbook, both at school and away from school?						
0 hours	38	46.3	23	40.4	28	50.0
1–2 hours	17	20.7	13	22.8	10	17.9
3–5 hours	12	14.6	9	15.8	7	12.5
6–10 hours	6	7.3	4	7.0	3	5.4
11–17 hours	3	3.7	3	5.3	0	0.0
18–24 hours	2	2.4	1	1.8	5	8.9
25 or more hours	4	4.9	4	7.0	3	5.4
Thinking back over the last month, in an average week, how many hours do you spend working at a job for which you receive a paycheck or wages?						
0 hours	68	81.9	46	80.7	38	65.5
1–2 hours	2	2.4	1	1.8	3	5.2
3–5 hours	3	3.6	2	3.5	6	10.3
6–10 hours	4	4.8	3	5.3	2	3.4
11–17 hours	2	2.4	2	3.5	3	5.2
18–24 hours	2	2.4	1	1.8	2	3.4
25 or more hours	2	2.4	2	3.5	4	6.9

Note: The number of students answering each individual question varies because they may choose not to answer any or all of the questions.

About half of the youth at post were involved in extracurricular activities such as volunteer work, youth groups, or drama. At post, approximately one third of the youth were working at a paid job. The percentage of youth involved in activities at post decreased compared to pre, while the percentage of youth working at jobs increased.

Extracurricular Activities and the Use of Alcohol and Drugs

Fewer youth at post reported exercising regularly than at pre, regardless of whether or not they were users of alcohol or other drugs. More youth, both users and non-users, at post compared to pre were holding a job. Fourteen percent of illegal drug non-users and 20% of illegal drug users at pre do not watch TV, which was also true for 33% of non-users and 20% of users at post. Youth who watch one or more hours of TV a day include 86% of illegal drug non-users and 60% of illegal drug users at pre and 90% of non-users and 67% of users at post. A greater proportion of youth who are **not** using illegal drugs are watching more TV than those who are using illegal drugs. Please note that this finding was not statistically significant, and therefore may be viewed as a *trend* only.

Client Satisfaction

Fifty-four (92%) of the 59 Chrysalis Plus! group members in the pre-post matched sample completed a Client Satisfaction survey at the end of the program. Results for Year 2 follow.

Satisfaction with Chrysalis Plus!

The Client Satisfaction survey showed that 81% of participants were satisfied or very satisfied with the Chrysalis Plus! program. Their comments included, “Everyone listens to what you have to say and everyone is concerned about everyone,” “They listen to you. I like it,” and “It was very helpful.” Those whose satisfaction was mixed said: “We did not have enough time and I still feel like I need to talk more,” and “I don’t think everyone got close or shared as much as I expected.”

Likes and dislikes about Chrysalis Plus!

When asked what they liked about the program, participants typically talked about being able to talk to and listen to others, making new friends, participating in field trips, and being with others who had been through a similar experience. Among the things they least liked were missing class, not having enough field trips, having group only once a week, and “It brings back bad stuff.”

How helpful it was to be involved in the Chrysalis Plus! program

The majority of youth responding to this question (94%) thought that it was helpful or very helpful to be in the Chrysalis Plus! program. Comments included: “Good to meet new people and have a comfortable escape for an hour,” “We got to talk about a lot of stuff and we learned a bunch,” “I met my rapist on the street and I didn’t have a panic attack because of what Chrysalis taught me.” One youth who found the helpfulness mixed commented: “It helped in the way that I had someone to talk to, but I don’t think it changed much.”

	n	%
How helpful was it for you to be involved in the Chrysalis Plus! program?		
Very helpful	16	30.8
Helpful	33	63.5
Mixed	3	5.8

Services not received

Very few youth responding to this question (8%) said that there were services they did not receive. Some of those services mentioned included, “...talking about personal things, our past lives,” and “We basically talked about sexual and physical abuse and not really others.”

	n	%
Were there any services that you wanted that you did not receive?		
No	48	92.3
Yes	4	7.7

Helpfulness of group facilitators

Ninety-one percent of the group members thought that the group facilitators were helpful or very helpful. Positive comments included “They seemed to show knowledge of subject matter,” “They were there whenever you needed them,” and “If you didn’t understand something, then they would explain it to you.” Of those who had mixed opinions, the only comment made was, “I wish they were closer to my age so they could relate.”

	n	%
How helpful were your group facilitators?		
Very helpful	27	50.0
Helpful	22	40.7
Mixed	5	9.3

Cultural relevance

Twenty-four of the group members (47%) thought that Chrysalis Plus! services were culturally relevant to them, including 4 African American youth, 18 white youth, and 2 youth of “other” race/ethnicity. An additional 14 youth (28%) thought that services were somewhat culturally relevant to them, including 2 African American youth, 2 American Indian youth, 6 white youth, and 4 youth of “other” race/ethnicity. Positive comments included “Everyday situations were covered,” and “They were right on target.” One youth who thought the services were somewhat culturally relevant said, “Culture was never really mentioned.” No comments were offered to explain why 3 youth (6%) did not think services were culturally relevant to them. Of the three youth who said that services were not culturally relevant to them, one was an African American youth and two were of “other” races/ethnicities. Four white youth; two youth of other race/ethnicity; and one each Latino, African American, Asian, and American Indian youth reported “don’t know” in response to this question. It is possible that youth are not accustomed to school-based or community services being culturally relevant or specific, and thus did not have that expectation.

	n	%
Did you feel the services were culturally relevant to you?		
Yes	24	47.1
Somewhat	14	27.5
No	3	5.9
Don’t know	10	19.6

Sensitivity to needs of racial/ethnic minorities

Eighty-five percent of the group members agreed that Chrysalis Plus! was sensitive or somewhat sensitive to the needs of participants who belong to racial/ethnic minority groups. Three youth mentioned that there were no minorities in their group(s). Comments included, “They didn’t care what we looked like, they just wanted to be there for us,” and “No one even cared about everyone’s ethnic [sic], they just listened.” One youth of “other” race/ethnicity (not African American, Asian, American Indian, white or Latino) did not think Chrysalis Plus! was sensitive on this issue. One Asian youth, four white youth, and two youth of “other” race/ethnicity responded “don’t know” to this question. No negative comments were made, however.

	n	%
Did you think the Chrysalis program was sensitive to the needs of participants who are racial/ethnic minorities?		
Yes	36	69.2
Somewhat	8	15.4
No	1	1.9
Don’t know	7	13.5

Sensitivity to issues related to sexual orientation

Seventy-six percent of group members thought that Chrysalis Plus! was sensitive or somewhat sensitive to sexual orientation issues. However, almost one fourth of the group members reported “don’t know” to this question. Of the few comments made about this issue, most said that this topic was discussed little or not at all. One youth said, “If you were gay or whatever, they wouldn’t make you feel less important.” Three youth who identified themselves as bisexual thought that the program was sensitive to sexual orientation issues. One bisexual youth thought the program was somewhat sensitive to sexual orientation issues, and two bisexual youth responded “don’t know.”

	n	%
In general, were the services and staff members sensitive to issues related to sexual orientation (i.e., gay, lesbian, and bisexual youth)?		
Yes	34	68.0
Somewhat	4	8.0
No	0	0.0
Don’t know	12	24.0

Other comments about Chrysalis Plus!

Of the other comments made about Chrysalis Plus!, all were positive. These comments typically said that the group was fun, it was a great experience, it was helpful, they wished it could continue and/or that more youth had the opportunity to be in Chrysalis Plus!

Attendance

Chrysalis Plus! attendance

The following table shows Chrysalis Plus! group attendance by school. Group sessions were held weekly. The number of groups attended may include field trips.

Chrysalis Plus! Group Attendance by School	
School	Average Number of Groups Attended
Franklin #1 girls	18
Franklin #2 girls	9
Grant boys	16
Grant girls	17
Jefferson girls	12
Lincoln girls	10
Madison girls	not available
Marshall girls	not available
Roosevelt boys	16
Roosevelt girls	18
Average Number of Groups Attended	15

CONCLUSION

As was found in Year 1, Chrysalis Plus! group members in Year 2 experienced increases in self-esteem and decreases in depression, suicidal ideation, and many risk behaviors. In Year 2, statistically significant changes were found in negative mood, anhedonia (impaired ability to experience pleasure), and emotional problems caused by drug and alcohol use. It was encouraging to see that at post the mean for suicidal thoughts for Chrysalis Plus! youth was closer to the normative sample than was reported at pre.

In addition to the data that showed improvement from pre to post, the great majority (94%) of Chrysalis Plus! youth reported in the Client Satisfaction survey that they thought it was helpful to be a member of Chrysalis Plus! This support is important for Chrysalis Plus! youth, who have all experienced abuse in their history, along with at least two other risk factors.

Appendix A

Comparison group versus program
group—demographics and key indicators

Chrysalis Plus! Year 2 Program Group vs. Comparison Group

The following tables compare the entire program group* at baseline (pre) with the comparison group at baseline (pre). As the tables show, the differences between the two groups were too great to be considered comparable groups. For example, the comparison group consisted of 55% females versus the program group with 83%, and the comparison group was much older, with 91% being 17 years of age or older versus the program group with 13% being age 17 or older. There were also major differences between the program group and the comparison group on depression, suicidal ideation, and self-esteem, with the program group scoring considerably higher on depression and suicidal ideation, and considerably lower on self-esteem than the comparison group. For these reasons, the comparison group data were not used in this report.

Demographics	Program Group (Pre)		Comparison Group (Pre)	
	n	%	n	%
Gender – Male	14	16.7	10	45.5
Gender – Female	70	83.3	12	54.5
Non-White	38	45.2	9	40.9
White	46	54.8	11	50.0
Missing	0	0	2	9.1
Age – 14	24	29	0	0
Age – 15	34	40	2	9
Age – 16	15	18	0	0
Age – 17	10	12	5	23
Age – 18+	1	1	15	68

Children's Depression Inventory (CDI)	Program Group (Pre)		Comparison Group (Pre)	
	Mean		Mean	
Scale A: Negative Mood	4.2		1.7	
Scale B: Interpersonal Problems	1.3		.6	
Scale C: Ineffectiveness	3.5		2.0	
Scale D: Anhedonia	6.1		3.4	
Scale E: Negative Self-Esteem	2.9		1.0	
Overall Depression Inventory	17.5		8.8	
	n	%	n	%
CDI Score 12+	60	71%	7	32%
CDI Score 20+	29	35%	2	9%

*The entire program group consists of data from *all* the youth who completed surveys completed at baseline, not just from those youth who also completed the post survey (the pre-post matched group).

Rosenberg (Self-esteem)	Program Group (Pre)		Comparison Group (Pre)	
	Range	Mean	Range	Mean
Sum	0–10	6.1	4–10	8.3

Suicidal Ideation Questionnaire (SIQ)	Program Group (Pre)		Comparison Group (Pre)	
	Mean		Mean	
Sum	20.3		8.0	
Youth scoring at least 5 on one or more critical item(s) (questions 2, 3, 4, 7, 8, or 9)	n	%	n	%
	11	13.1%	0	0%

Appendix B

Children's Depression Inventory Questions and Scales

Children's Depression Inventory (CDI) Questions and Scales

The CDI is made up of the following five scales:

Negative Mood:	Feeling sad, feeling like crying, worrying about "bad things," being bothered or upset by things, and being unable to make up one's mind.
Interpersonal Problems:	Problems and difficulties in interactions with people, including trouble getting along with people, social avoidance, and social isolation.
Ineffectiveness:	Negative self-evaluation of ability and school performance.
Anhedonia:	Impaired ability to experience pleasure. Individuals scoring high on this scale may suffer from loss of energy and problems with sleeping and appetite.
Negative Self-Esteem:	Low self-esteem, self-dislike, and feelings of being unloved.

Students respond to each item by marking one of the three possible answers, each of which is assigned a numeric value for use in calculating individual risk on each scale and for overall risk of depression.

Questions making up each scale are as follows:

Scale A—Negative Mood

Item 1:

- I am sad once in a while.
- I am sad many times.
- I am sad all the time.

Item 6:

- I think about bad things happening to me once in a while
- I worry that bad things will happen to me.
- I am sure that terrible things will happen to me.

Item 8:

- All bad things are my fault.
- Many bad things are my fault.
- Bad things are not usually my fault.

Item 10:

- I feel like crying every day.
- I feel like crying many days.
- I feel like crying once in a while.

Item 11:

- Things bother me all the time.
- Things bother me many times.
- Things bother me once in a while.

Item 13:

- I cannot make up my mind about things.
- It is hard to make up my mind about things.
- I make up my mind about things easily.

Scale B—Interpersonal Problems

Item 5:

- I am bad all the time.
- I am bad many times.
- I am bad once in a while.

Item 12:

- I like being with people.
- I do not like being with people many times.
- Things bother me once in a while.

Item 26:

- I usually do what I am told.
- I do not do what I am told most times.
- I never do what I am told.

Item 27:

- I get along with people.
- I get into fights many times.
- I get into fights all the time.

Scale C—Ineffectiveness

Item 3:

- I do most things O.K.
- I do many things wrong.
- I do everything wrong.

Item 15:

- I have to push myself all the time to do my schoolwork.
- I have to push myself many time to do my schoolwork.
- Doing schoolwork is not a big problem.

Item 23:

- My schoolwork is alright.
- My schoolwork is not as good as before.
- I do very badly in subjects I used to be good in.

Item 24:

- I can never be as good as other kids.
- I can be as good as other kids if I want to.
- I am just as good as other kids.

Scale D—Anhedonia

Item 4:

- I have fun in many things.
- I have fun in some things.
- Nothing is fun at all.

Item 16:

- I have trouble sleeping every night.
- I have trouble sleeping many nights.
- I sleep pretty well.

Item 17:

I am tired once in a while.
I am tired many days.
I am tired all the time.

Item 18:

Most days I do not feel like eating.
Many days I do not feel like eating.
I eat pretty well.

Item 19:

I do not worry about aches and pains.
I worry about aches and pains many times.
I worry about aches and pains all the time.

Item 20:

I do not feel alone.
I feel alone many times.
I feel alone all the time.

Item 21:

I never have fun at school.
I have fun at school only once in a while.
I have fun at school many times.

Item 22:

I have plenty of friends.
I have some friends but I wish I had more.
I do not have any friends.

Scale E—Negative Self-Esteem

Item 2:

Nothing will ever work out for me.
I am not sure if things will work out for me.
Things will work out for me O.K.

Item 7:

I hate myself.
I do not like myself.
I like myself.

Item 9:

I do not think about killing myself.
I think about killing myself but I would not do it.
I want to kill myself.

Item 14:

I look O.K.
There are some bad things about my looks.
I look ugly.

Item 25:

Nobody really loves me.
I am not sure if anybody loves me.
I am sure that somebody loves me.

Appendix C

Rosenberg Self-Esteem Scale Questions

Rosenberg Self-Esteem Scale Questions

1. On the whole, I am satisfied with myself.
2. At times I think I am no good at all.
3. I feel that I have a number of good qualities.
4. I am able to do things as well as most other people.
5. I feel I do not have much to be proud of.
6. I certainly feel useless at times.
7. I feel that I'm a person of worth, at least on an equal plane with others.
8. I wish I could have more respect for myself.
9. All in all, I am inclined to feel that I am a failure.
10. I take a positive attitude toward myself.

Appendix D

Comparison of youth who completed pre and post evaluation surveys with youth who completed pre only (dropouts)

CHRYSALIS PLUS!

Comparison of youth who completed pre and post evaluation surveys
with youth who completed pre only (dropouts)
Year 2

	Non-Dropouts					Dropouts					Entire Sample				
	N	Range Min	Range Max	Mean	Median	N	Range Min	Range Max	Mean	Median	N	Range Min	Range Max	Mean	Median
Rosenberg Sum	56	0	10	6.3	7.0	23	1	10	5.8	6.0	79	0	10	6.1	7.0
CDI Sum	53	2	32	16.1	17.0	20	1	42	18.3	17.0	73	1	51	17.5	17.0
CDI Scale A	56	1	9	4.0	4.0	24	0	10	4.1	3.5	80	0	13	4.2	4.0
CDI Scale B	58	0	4	1.1	1.0	22	0	5	1.5	1.0	80	0	7	1.3	1.0
CDI Scale C	58	0	7	3.2	4.0	22	0	9	3.8	4.0	80	0	9	3.5	4.0
CDI Scale D	56	0	11	5.7	6.0	22	0	13	6.5	6.0	78	0	14	6.1	6.0
CDI Scale E	55	0	7	2.7	3.0	20	0	6	2.9	3.0	75	0	12	2.9	3.0
SIQ Sum	55	0	84	20.3	13.0	23	1	68	20.17	12.0	78	0	84	20.3	13.0
SIQ Critical Item	7					4					11				