

## Rocking Horse Program Evaluation 2015-2016

### **Brief Report**

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The Rocking Horse Program continues to serve a number of childbearing-age women at risk for substance use disorders by delivering a 10 session selective prevention intervention developed for this defined population. The data find that the program was delivered in 11 Vermont towns and 15 group sessions were provided over the Fall 2015 and Spring 2016. The group leaders submitted 98 surveys from the attending women and the data suggest that 61(63%) of the women completed the full program. It is believed that more women attended the program and completed, however, over the evaluation years we have encountered problems with the submission of all field survey data.

The program was delivered in the following towns:

St. Johnsbury  
Bradford  
Springfield  
Barre  
Milton  
Rutland  
Morrisville  
Burlington  
St. Albans  
Bennington  
Newport

### Summary

The data suggest that the Program continues to serve the intended population and the population's profile suggests potential risk for substance use patterns. Many of the single head of household women are rearing young children and some women are involved with human services agencies (Dept. for Children & Families, Reach Up, Dept. of Corrections). An estimated half of the women drink alcohol and almost one half have consumed alcohol in the past month. We believe that some of the women attending the program are experimenting with illegal drugs but our survey does not elicit this information. We justify this statement in reference to the numbers of Vermont men and women experiencing the disease of opioid addiction.

It is hoped that the Rocking Horse Program will continue to be a contributory selective prevention intervention for Vermont's child-bearing age women and deter a potential progressive risk of substance use for them.

**Alcohol Use Patten: N=98**

<b>Numbers of Drinks</b>	
Reporting 4 or more (to feel effects)	15 (16%)
Reporting 3 or less (to feel effects)	39 (40%)
Reporting do not drink	44 (45%)
<b>Drinking in past month</b>	
Reporting drinking 1-2 times	45 (46%)
Reporting drinking 3 or more times	5 (6%)
Reporting did not drink	49 (50%)

**Rocking Horse Program Demographics Table: N=98**

<b>Demographic</b>	<b>Results</b>	<b>N</b>	<b>Percent</b>
Age Range	18-42 Years		
Single		69	71
High School Education		74	73
Age Range 1 <sup>st</sup> Pregnancy	13-34 Years		
1 <sup>st</sup> Pregnancy 21 years or Younger		56	58
Total Children	201		
Children Ages 0-7 Years		75	77
Pregnant		11	12
DCF Involved		36	37
Reach Up Involved		51	52
DOC Involved		18	19
1 <sup>st</sup> time attending RH		67	69
White Race		97	99
African American		1	1
Not Latino		97	100

The demographic profile suggests that most of the women attending RH are single head of household and parenting young children. More than one half of these women became pregnant at a young age and an estimated 25% did not complete high school. An estimated one third of the women are involved with the Department of Children and Families, one half are in the Reach Up Program, and 19% are criminal justice involved. Many of the women are concurrently involved with all three services. The data suggests that except for one woman, all are white and non- Latino.

The self- reported data suggests that a total of 54 women (56%) drink alcohol and an estimated 50 women (51%) consumed alcohol in the past month.