

The Vermont Department of Health, Division of Substance Use Programs (DSU) supports statewide substance use prevention strategies by subgranting a five-year, \$5 million grant from the US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA) through the Regional Prevention Partnerships (RPP) grant.

KEY HIGHLIGHTS

- **\$5 million, 5-year grant from SAMHSA**
- **Substance use prevention and reduction strategies supporting over 36,000 youth and young adults in Vermont**

Regional Prevention Partnerships (RPP) Grant

Vermont's Regional Prevention Partnership Grant is a comprehensive combination of statewide and regional efforts to prevent and reduce alcohol and cannabis use by youth and young adults.

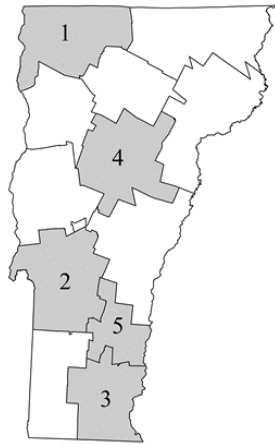
Goals

1. To build, maintain and strengthen the state, regional and community level infrastructure capacity needed to address substance use and misuse prevention and intervention across Vermont, and
2. To prevent and reduce underage drinking, binge drinking, underage cannabis use and cannabis misuse among youth and young adults.

2024 Statewide Efforts:

- **Media Campaigns**
 - Development, promotion and financial support of 4 statewide, evidence-based media campaigns, including [Lets Talk Cannabis](#) and [ParentUp](#), ensuring consistent and fact-based, messaging across Vermont.
- **Ongoing Training and Technical Assistance**
 - Quarterly topic specific training opportunities like grant writing 101 or understanding and identifying risk and protective factors.
 - As needed aide from 12 local health office prevention consultants who have expertise in substance use prevention strategies and community engagement
 - Access to national prevention resources from the Strategic Prevention Technical Assistance Center
- **Vermont's Young Adult Survey**
 - Creation, implementation and analysis of the statewide Young Adult Survey (YAS). The 2024 survey was conducted from March -May by RPP Contractor, the Pacific Institute of Research and Evaluation (PIRE). The YAS is designed for Vermont residents between the ages of 18 and 25 and asks questions about perceptions and use of alcohol and other drugs as well as other health- related topics.

RPP Regions



Of [Vermont's 12 health regions](#), 5 are funded through the RPP grant:

- **Region 1:** St. Albans (Franklin and Grand Isle Counties)
- **Region 2:** Rutland (Rutland County)
- **Region 3:** Brattleboro (part of Windham County)
- **Region 4:** Barre (most of Washington County and parts of Orange County)
- **Region 5:** Springfield (half of Windsor County and some of Windham County)

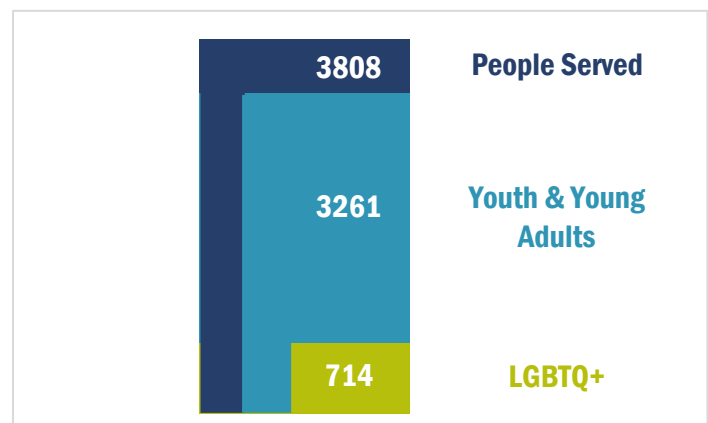
These regions are home to 13,648 youth in grades 9-12 (age 13-17) and 22,701 young adults (age 18-25) for whom the strategies are focused.

Examples of RPP Grant Strategies

- Young adult substance use prevention activities in coordination with higher education institutions and employers
- Lesbian, gay, bisexual and transgender (LGBT) youth and young adults substance use prevention activities in coordination with [Outright Vermont](#) due to the higher rates of substance use and the environmental influences contributing to substance use among this population
- Substance use prevention public messaging development and dissemination that ensures a unified and fact-based message strategy utilizing effective best practices
- Statewide technical assistance and support with 12 local health office prevention consultants who have expertise in substance use prevention strategies

2024 Outcomes and Results (between December 2023 – November 2024)

- Population-based strategies, such as media campaigns, reached nearly half of Vermont's population (almost 300,000 people) through regionally marketed.
- Individual-based strategies (services delivered directly to people, either one-on-one or in a group setting) served an estimated* 3,808 Vermonters.
- Of the **3,808 people directly served, 85% (3,261) were youth and young adults** and **19% (714) identified as LGBTQ+.**
- Of the 3,261 youth and young adults directly served, **85% (2,779) were youth aged 12-18.**



**The number of people directly served and reached from December 2023 - November 2024 grantee quarterly reports were aggregated. Grantee site visits were conducted in Grant Year 4 - Quarter 3, therefore numbers served and reached were not reported in this quarter for most grantees. Numbers from the other reporting periods were averaged to estimate the number served and reached during this quarter.*

2024 Young Adult Survey (YAS) Results

- Close to 1,300 young adults participated in the survey.
- There were no significant changes from 2022 to 2024 in 30-day use of alcohol or binge drinking among all young adults, although the percent reporting both went down slightly from 2022 to 2024 to their lowest levels since 2014.
- Past 30-day cannabis use among young adults increased slightly from 45% in 2022 to 48% in 2024 and has been increasing since 2014.
- Past 30-day electronic vaping product use was significantly higher among young adults who are not full-time college students (33%) as compared to full-time college students (23%).
- Females and LGBTQ+ young adults were significantly more likely to report symptoms of emotional distress as compared to male and cisgender heterosexual young adults respectively.

To learn more about YAS results, review the [Vermont Young Adult Survey Results 2024](#).

For more information, contact AHS.VDHDSU@vermont.gov.