

DTL Phase One

ATX4

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Background to Need statements

Significance of the issue

- Educate teens to find alternative methods to deal with mental health problems other than drug abuse
- Reduce drug abuse + Facilitate a more healthy lifestyle

Why was this issue was chosen

- This issue was chosen after we saw how drugs have affected teens in our community.

Tools & techniques used

- Web Search
- RRISD statistics
- Scholarly Articles
- First hand accounts
- Teachers and other students personal accounts

Key insights from research

Key findings

- Teens turn to drugs and alcohol because it seems like a convenient way to alleviate the pressure.
- Many students end up using drugs due to peer pressure.
- There is a clear link between drug abuse and depression.
- Drug abuse can lead to brain abnormalities, crime, employment problems, etc.
- 30% of Round Rock students reported general tobacco use at least once during their lifetimes and 15% of Round Rock ISD students said they had used a tobacco product during the past month (Source: Texas School Survey of Drug Abuse and Alcohol, 2006)

Final Need Statements(3-5)

1. A way to increase awareness about alternative methods of mental stress management besides drug abuse in teens in Round Rock ISD in order to decrease the number of teen drug overdoses annually.
2. A way to reduce the amount of drug abuse in high school students in RRISD in order to promote a better lifestyle and beneficial coping methods.
3. A way to reduce drug abuse in teens with mental health issues in Round Rock ISD to help them lead better lives.

Appendix

Drug and Alcohol Use, Texas School Survey of. “Williamson County - Round Rock ISD - 2006 Texas School Survey of Drug and Alcohol Use.” *Scribd*, Scribd, 2006, <https://www.scribd.com/document/9767272/WILLIAMSON-COUNTY-Round-Rock-ISD-2006-Texas-School-Survey-of-Drug-and-Alcohol-Use#>.

“How Drugs and Alcohol Can Affect Your Mental Health.” *Mind*, <https://www.mind.org.uk/information-support/types-of-mental-health-problems/recreational-drugs-alcohol-and-addiction/how-drugs-and-alcohol-can-affect-your-mental-health/#:~:text=In%20certain%20cases%2C%20using%20recreational,of%20a%20mental%20health%20problem>.

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Momentum. “Vaping and Mental Health: What's the Connection?” *Baylor College of Medicine Blog Network*, 6 May 2021, <https://blogs.bcm.edu/2021/05/06/vaping-and-mental-health-whats-the-connection/>.