

# Youth Needs Assessment Results

The Humboldt County Alcohol and Other Drug Prevention Program received funding to prevent prescription drug misuse and abuse among youth age 12-25. To best meet the needs and interests of Humboldt County young people, this program asked youth for their input about their interests, concerns and lives.



122 Youth

Average  
Age

16.6

66 Males



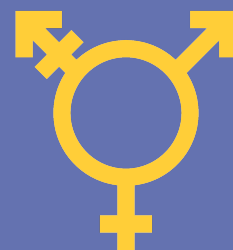
One Other 

52 Females

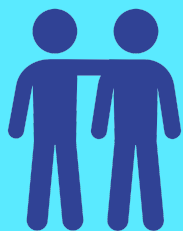


One declined to share 

Two  
Genderfluid



## How Youth Learn about Activities



Friends (66%)



63%



61%



50%



44%

## Participation Barriers



Time (47%)



Transportation (41%)



Money (34%)



Mental Health (4%) 

 This was not an option and was written in.

**"Prevent drug use." (Identified by 13 youth.)**

**"Help youth become more educated and ready for life." (Identified by seven youth.)**

***"I'd put some system in place to protect kids in the foster system from trafficking and violence."  
(Identified by five youth.)***

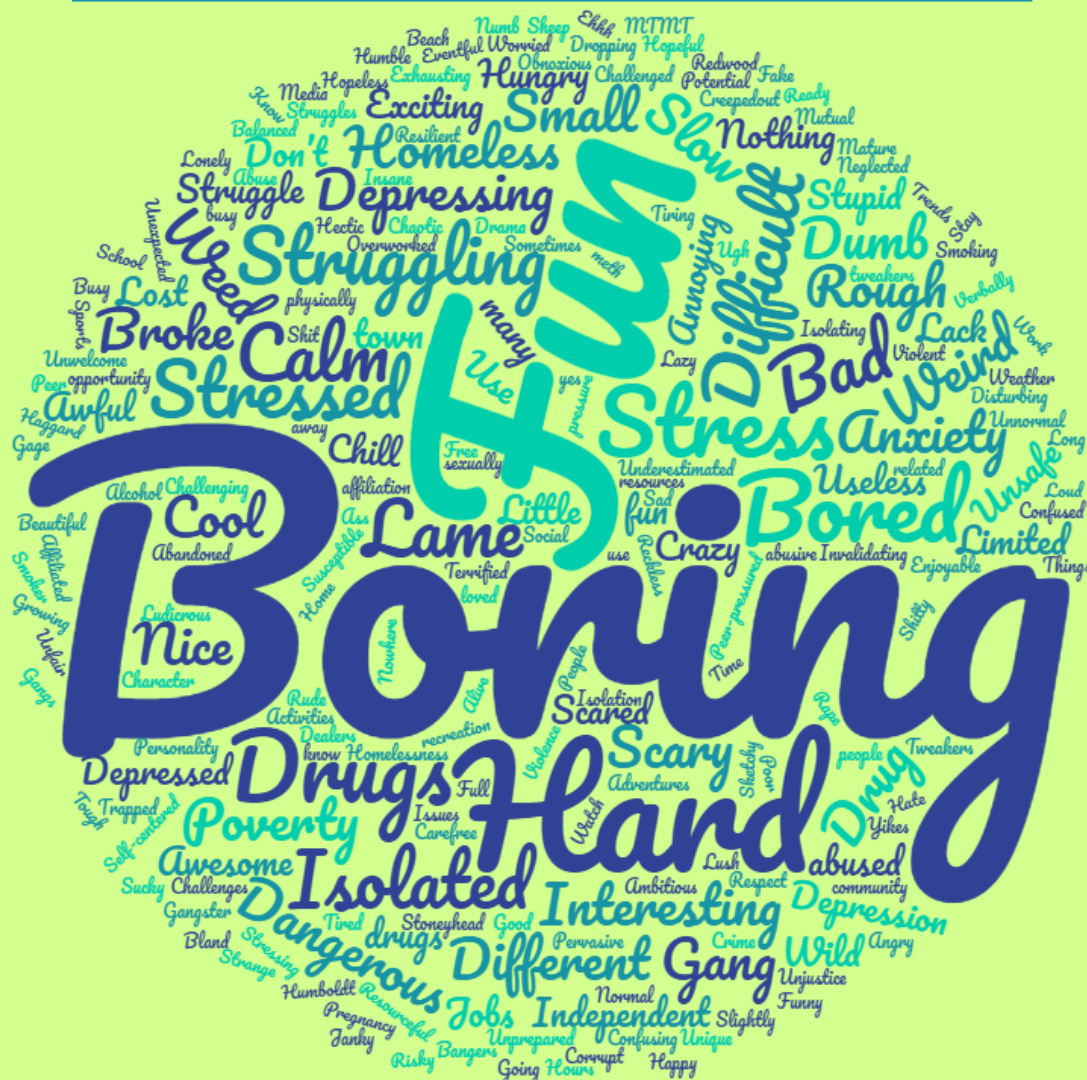
**Drug Use**  
**Depression**  
**Alcohol Use**  
**Academic Stress**  
**Crime**



# Suicide

★ Within some populations, suicide was in the top five

# Being a Youth in Humboldt/ Del Norte County is:



# Opportunities to Meet Youth-Identified Needs



**Mental Wellness  
and Suicide Prevention (53%)**



**Stress Management (48%)**



**College/Future Plans /  
Academic Success (30%)**



**Positive Peer and Adult  
Relationships (25%)**



**Communication Skills (20%)**



**Nurturing Family (18%)**



**Job Skills (16%)**



**Self-Esteem (16%)**

# Interests



**TV/Movies  
73%**



**Internet 67%**



**Friends 66%**



**Hiking 52%**



**Art or Music  
50%**

# Recommendations

- ★ Fun, engaging youth program that combines life skills with activities and drug education?
- ★ Education about preventing drug use and promoting healthy families for parents (including foster parents)?
- ★ Create a game that helps youth assess their risk and practice skills?
- ★ Activity guide for youth? Or communication about youth programs for youth?