



The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

Agency Name: The Recovery Center

Program Name: Project Alert

#### Program Description:

Project ALERT is designed to reduce substance use among students. Under optimal conditions, it is delivered one year with booster sessions delivered the following year. This program aims to teach children to establish no-drug-use norms, to develop reasons not to use drugs, and to resist pro-drug pressures.

Through interactive work and group brain-storming, students increase their knowledge of the dangers of alcohol and other drug use, and how to confidently handle and avoid peer pressure. It includes guided classroom discussions and small group activities that are designed to stimulate peer interaction and challenge students.

(Source: [www.projectalert.com](http://www.projectalert.com))

Grade(s) Served  Pre-K  K  1st  2nd  3rd  4th  5th  
 6th  7th  8th  9th  10th  11th  12th

Group Size:  Large Group/Assembly  
 Classroom  
 Small Group

Delivery Format:  Virtual  
 In-person  
 Hybrid

Number of Sessions: 10

Frequency of Sessions: weekly

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

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We are proud of the services we provide. Our Prevention Department's strengths include Ohio Mental Health and Addiction Services (OMHAS) Prevention Certification, Commission on Accreditation of Rehabilitation Facilities (CARF) national prevention accreditation, staff with decades of experience, deep roots in our community and a large community collaboration network. Our school-based prevention staff is dually credentialed as Certified Prevention Specialists and Licensed Social Workers. They are available to deliver counseling in schools where they implement prevention services. Though in-person education is preferred, staff can typically implement classroom presentations virtually given the state of COVID-19.

**Cost:**

Cost per 15 minute unit = 37.69

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 113.07

Number of sessions for complete program = 10

Total Cost = 1130.7

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



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### School-Based Prevention Application

**Agency Name:** The Recovery Center

**Program Name:** Reconnecting Youth

**Program Description:**

Reconnecting Youth is an evidence-based prevention program for teens at risk for school dropout and co-occurring problems. The program helps at-risk youth achieve in school and decreases their drug use, anger, depression, and/or emotional distress. Reconnecting Youth is intended for small groups that can be integrated into any middle or high school during the school day. The program combines a positive peer group culture with skills training including self-esteem enhancement, decision making, personal control and interpersonal communication. (Source: [www.reconnectingyouth.com](http://www.reconnectingyouth.com))

**Grade(s) Served**     Pre-K     K     1st     2nd     3rd     4th     5th  
 6th     7th     8th     9th     10th     11th     12th

**Group Size:**     Large Group/Assembly  
 Classroom  
 Small Group

**Delivery Format:**     Virtual  
 In-person  
 Hybrid

**Number of Sessions:** 16

**Frequency of Sessions:** weekly

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

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**Cost:**

Cost per 15 minute unit = 37.69

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 113.07

Number of sessions for complete program = 16

Total Cost = 1809.12

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



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### School-Based Prevention Application

Agency Name: The Recovery Center

Program Name: The Incredible Years

#### Program Description:

The Incredible Years is an evidence-based program shown to reduce challenging behaviors in children and increase their social-emotional learning and self-control skills. This program promotes a child's well-being. It includes the social, emotional language and academic competence skill-set, while fostering emotional literacy, friendship and problem-solving skills for children most at risk.

The Incredible Years has been found effective in improving children's social-emotional competence, emotion regulation, school readiness, and reducing behavior problems. Long term results indicate effectiveness at reducing risk in adulthood of unemployment, mental health problems, substance abuse, early pregnancy/early fatherhood, criminal offending, multiple arrests and imprisonment, higher rates of domestic violence and shortened life expectancy. (Source: [www.increidibleyears.com](http://www.increidibleyears.com))

Grade(s) Served  Pre-K  K  1st  2nd  3rd  4th  5th  
 6th  7th  8th  9th  10th  11th  12th

Group Size:  Large Group/Assembly  
 Classroom  
 Small Group

Delivery Format:  Virtual  
 In-person  
 Hybrid

Number of Sessions: 12

Frequency of Sessions: weekly

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

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**Cost:**

Cost per 15 minute unit = 37.69

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 113.07

Number of sessions for complete program = 12

Total Cost = 1356.84

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



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### School-Based Prevention Application

Agency Name: The Recovery Center

Program Name: Coping & Support Training (CAST)

#### Program Description:

Coping & Support Training (CAST) delivers life-skills training and social support in a small-group format. This is a high-school based suicide prevention program that targets high-risk young adults in grades 9-12.

CAST skills trainings sessions target (1) increased mood management, (2) improved school performance, and (3) decreased drug involvement. The program sessions focus on skills training with an emphasis on self-esteem, monitoring and setting goals, decision-making, better management of anger and depression, "school smarts", and control of drug use.

(source: [www.reconnectingyouth.com/content/programs/cast](http://www.reconnectingyouth.com/content/programs/cast))

Grade(s) Served  Pre-K  K  1st  2nd  3rd  4th  5th  
 6th  7th  8th  9th  10th  11th  12th

Group Size:  Large Group/Assembly  
 Classroom  
 Small Group

Delivery Format:  Virtual  
 In-person  
 Hybrid

Number of Sessions: 12

Frequency of Sessions: 2x-week

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

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**Cost:**

Cost per 15 minute unit = 37.69

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 113.07

Number of sessions for complete program = 12

Total Cost = 1356.84

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750





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### School-Based Prevention Application

Agency Name: The Recovery Center

Program Name: Botvin LifeSkills

#### Program Description:

Botvin LifeSkills Training (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, other drug abuse and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive program provides youth with the confidence and skills necessary to successfully handle challenging situations. LifeSkills promotes health, well-being and personal development. LifeSkills addresses the most important factors that lead to problematic behaviors through health information, general life and drug resistance skills. This is done by teaching social (peer) pressures, developing greater self-esteem and self-confidence, effective coping skills, knowledge of substance abuse consequences and enhancing cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors. (Source: [www.lifeskillstraining.com](http://www.lifeskillstraining.com))

Grade(s) Served  Pre-K  K  1st  2nd  3rd  4th  5th  
 6th  7th  8th  9th  10th  11th  12th

Group Size:  Large Group/Assembly  
 Classroom  
 Small Group

Delivery Format:  Virtual  
 In-person  
 Hybrid

Number of Sessions: 10

Frequency of Sessions: weekly

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

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**Cost:**

Cost per 15 minute unit = \$37.69

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 113.07

Number of sessions for complete program = 10

Total Cost = 1130.7

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



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### School-Based Prevention Application

Agency Name: The Recovery Center

Program Name: Botvin LifeSkills

#### Program Description:

Botvin LifeSkills Training (LST) is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, other drug abuse and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. This comprehensive program provides youth with the confidence and skills necessary to successfully handle challenging situations. LifeSkills promotes health, well-being and personal development. LifeSkills addresses the most important factors that lead to problematic behaviors through health information, general life and drug resistance skills. This is done by teaching social (peer) pressures, developing greater self-esteem and self-confidence, effective coping skills, knowledge of substance abuse consequences and enhancing cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors. (Source: [www.lifeskillstraining.com](http://www.lifeskillstraining.com))

Grade(s) Served  Pre-K  K  1st  2nd  3rd  4th  5th  
 6th  7th  8th  9th  10th  11th  12th

Group Size:  Large Group/Assembly  
 Classroom  
 Small Group

Delivery Format:  Virtual  
 In-person  
 Hybrid

Number of Sessions: 10

Frequency of Sessions: weekly

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

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**Cost:**

Cost per 15 minute unit = \$37.69

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 113.07

Number of sessions for complete program = 10

Total Cost = 1130.7

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



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### School-Based Prevention Application

Agency Name: The Recovery Center

Program Name: Too Good for Drugs

#### Program Description:

Too Good for Drugs is a universal K-12 prevention education program designed to lessen the risk factors and enhance protective factors related to alcohol, tobacco, and other drug (ATOD) use. The lessons introduce and develop skills for making healthy choices, building positive friendships, developing self-efficacy, communicating effectively, and resisting peer pressure and influence.

Too Good for Drugs teaches five essential character development skills, which research has linked with healthy development and academic success. Lessons include setting reachable goals, making responsible decisions, bonding with pro-social others, communicating effectively and identifying and managing emotions. (Source: [www.toogoodprograms.org](http://www.toogoodprograms.org))

Grade(s) Served  Pre-K  K  1st  2nd  3rd  4th  5th  
 6th  7th  8th  9th  10th  11th  12th

Group Size:  Large Group/Assembly  
 Classroom  
 Small Group

Delivery Format:  Virtual  
 In-person  
 Hybrid

Number of Sessions: 9

Frequency of Sessions: weekly

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

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**Cost:**

Cost per 15 minute unit = 37.69

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 113.07

Number of sessions for complete program = 9

Total Cost = 1017.63

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



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### School-Based Prevention Application

Agency Name: The Recovery Center

Program Name: Too Good for Violence

#### Program Description:

Too Good for Violence's goal is to decrease the incidence of violence in all forms including but not limited to bullying. Character Education and Asset Development are at the core of this program. Too Good for Violence provides students with the skills, knowledge, and attitudes they need for positive social development and supportive relationships.

Too Good for Violence provides opportunities for pro-social involvement, establishes positive norms including healthy beliefs and clear standards, promotes bonding to pro-social peers and increases personal and social skills. The program is shown to lessen risk factors associated with problem behaviors by addressing poor social skills, peer rejection, inappropriate social behaviors and friends who engage in problem behaviors.

(Source: [www.toogoodprograms.org](http://www.toogoodprograms.org))

Grade(s) Served  Pre-K  K  1st  2nd  3rd  4th  5th  
 6th  7th  8th  9th  10th  11th  12th

Group Size:  Large Group/Assembly  
 Classroom  
 Small Group

Delivery Format:  Virtual  
 In-person  
 Hybrid

Number of Sessions: 9

Frequency of Sessions: weekly

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

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**Cost:**

Cost per 15 minute unit = 37.69

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 113.07

Number of sessions for complete program = 9

Total Cost = 1017.63

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750





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### School-Based Prevention Application

Agency Name: The Recovery Center

Program Name: Safe Dates

#### Program Description:

Safe Dates is an evidence-based program that targets attitudes and behaviors associated with dating abuse and violence. Dating abuse is a factor often linked to alcohol and drug abuse.

Safe Dates is used as a prevention or early intervention tool. This program helps teens understand the difference between safe and unsafe relationships. Safe Dates helps with self-esteem, self-actualization, self-confidence and prevents the many forms of dating violence. Components of the program include healthy relationships, dating abuse, why people abuse, how to help a friend, overcoming gender stereotypes, communication, dealing with our feelings, and preventing sexual assault.

Grade(s) Served  Pre-K  K  1st  2nd  3rd  4th  5th  
 6th  7th  8th  9th  10th  11th  12th

Group Size:  Large Group/Assembly  
 Classroom  
 Small Group

Delivery Format:  Virtual  
 In-person  
 Hybrid

Number of Sessions: 4

Frequency of Sessions: weekly

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

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**Cost:**

Cost per 15 minute unit = 37.69

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 113.07

Number of sessions for complete program = 4

Total Cost = 452.28

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

**Agency Name:** The Recovery Center

**Program Name:** Red Flags

**Program Description:**

Red Flags is mental health education that addresses the mental health needs of students before the onset of mental health concerns. Red Flags operates on the principle that mental health, like physical health, is a public health concern and mental illnesses are common in children. The earlier the intervention, the more effective efforts are at treating them.

Topics covered are personal seeking help, growth, resilience, signs of depression in self and others, stigmatic words/phrases and the harm of labeling others.

(Source: [www.redflags.org](http://www.redflags.org))

**Grade(s) Served**     Pre-K     K     1st     2nd     3rd     4th     5th  
 6th     7th     8th     9th     10th     11th     12th

**Group Size:**     Large Group/Assembly  
 Classroom  
 Small Group

**Delivery Format:**     Virtual  
 In-person  
 Hybrid

**Number of Sessions:**    4

**Frequency of Sessions:**    weekly

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

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**Cost:**

Cost per 15 minute unit = 37.69

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 113.07

Number of sessions for complete program = 4

Total Cost = 452.28

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



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### School-Based Prevention Application

**Agency Name:** OhioGuidestone

**Program Name:** Too Good for Drugs and/or Too Good for Violence

#### Program Description:

Too Good is a comprehensive family of evidence-based substance use and violence prevention interventions designed to mitigate the risk factors linked to problem behaviors and build protection within the child to resist problem behaviors. The Too Good programs develop and reinforce a comprehensive skills framework including setting reachable goals, making responsible decisions, identifying and managing emotions, and effective communication in addition to peer-pressure refusal, pro-social peer bonding, and peaceful conflict resolution skills. Too Good for Violence & Too Good for Drugs are two curriculums that can be blended or provided separately. Too Good for Violence focuses on managing emotions, bullying awareness, conflict resolution, communication and more. Too Good for Drugs focuses on peer pressure skills and knowledge of the harm of alcohol, drugs and nicotine. Too Good for Drugs is a 10-lesson program and Too Good for Violence is a 10-lesson program. For schools interested in combining the programs it is a total of 15 lessons.

**Grade(s) Served**     Pre-K     K     1st     2nd     3rd     4th     5th  
 6th     7th     8th     9th     10th     11th     12th

**Group Size:**     Large Group/Assembly  
 Classroom  
 Small Group

**Delivery Format:**     Virtual  
 In-person  
 Hybrid

**Number of Sessions:** 10-15 depending if one program or both programs are selected

**Frequency of Sessions:** Weekly

**Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

**Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

OhioGuidestone prevention staff attended in person training for both Too Good for Drugs and Too Good for Violence. We are able to provide both programs to all grade levels.

**\*\*Please note the cost below is one of the 10 lesson programs. If interested in the combined program, the cost would be \$1633.50.**

**Cost:**

Cost per 15 minute unit = 36.30

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 108.9

Number of sessions for complete program = 10

Total Cost = 1089

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

Agency Name: OhioGuidestone

Program Name: CATCH My Breath (Vaping Education)

#### Program Description:

CATCH My Breath is a peer-reviewed and evidence-based youth e-cigarette, JUUL and vape prevention program for grades 5-12 that meets National and State Health Education Standards. The program was developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health and has shown substantial reduction in students' likelihood of vaping a year after the program was implemented, a significant increase in knowing the dangers of vaping and positive thoughts about a vape-free lifestyle. There are 3 versions (5th/6th grade, 7th/8th grade and 9-12th grade) and each version includes 4 lessons that can be provided in a classroom or small group format. Each lesson includes a facilitator-led presentation followed by a peer led discussion. The program has participants assess health hazards and dangers of vaping, analyze their personal influences and marketing tactics of vaping and learn and demonstrate refusal skills when faced with choice of vaping.

Grade(s) Served  Pre-K  K  1st  2nd  3rd  4th  5th  
 6th  7th  8th  9th  10th  11th  12th

Group Size:  Large Group/Assembly  
 Classroom  
 Small Group

Delivery Format:  Virtual  
 In-person  
 Hybrid

Number of Sessions: 4 Sessions

Frequency of Sessions: One week

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:Post Reflective Survey

**What are your agencies qualifications, expertise, experience relevant to this program?**

We currently have 4 staff fully trained to facilitate the CATCH My Breath program; any new staff will receive facilitator training. We have provided and are scheduled to provide close to 100 Catch My Breath programs to 5 different school districts during the 2021-2022 school year. Our staff are trained to do assembly style, small group or classroom setting for this program.

**Cost:**

Cost per 15 minute unit = 36.30

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 108.9

Number of sessions for complete program = 4

Total Cost = 435.6

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750





The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

**Agency Name:** OhioGuidestone

**Program Name:** 7 Mindsets

**Program Description:**

7 Mindsets offers a proven, research-based social emotional learning (SEL) solution that helps PK-12 districts and schools create and sustain positive school cultures. The 7 Mindsets SEL solution has been implemented with more than 1 million students across the United States and internationally. The 7 Mindsets approach is based on a common language of SEL beliefs. When everyone is speaking the same language, including teachers, administrators, and the wider community, the ideas will stick. OhioGuidestone is able to provide the program to large groups, classrooms or small groups. Our staff will facilitate the lessons with the group and guide the activities and discussions from each lesson. 7 Mindsets is approved as a social inclusion program on House Bill 123, Safety and Violence Education Students Act.

**Grade(s) Served**     Pre-K     K     1st     2nd     3rd     4th     5th  
 6th     7th     8th     9th     10th     11th     12th

**Group Size:**     Large Group/Assembly  
 Classroom  
 Small Group

**Delivery Format:**     Virtual  
 In-person  
 Hybrid

**Number of Sessions:** 30

**Frequency of Sessions:** Weekly

**Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

**Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

The 7Mindsets program is new to our agency for the 2022-2023 school year. OhioGuidestone was interested in expanding our training and experience with approved programs on House Bill 123 and has had staff trained in 7 MindSets.

**Cost:**

Cost per 15 minute unit = 36.30

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 108.9

Number of sessions for complete program = 30

Total Cost = 3267

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

Agency Name: OhioGuidestone

Program Name: Botvin LifeSkills Elementary Program

#### Program Description:

Botvin LifeSkills® Training Program is an evidence-based substance use and violence prevention program for students in grades 3-10 that builds a students' capacity for self-management, social skills, and drug resistance. The curriculum can be provided once or twice a week with each session lasting 30-45 minutes. Elementary grades, typically starting in 4th grade, receive 8 sessions per year over three years. Botvin LifeSkills is the top-research based prevention program in the country and is one of only three programs certified as a Blueprints Model Plus Program by the Blueprints for Healthy Youth Development.

Grade(s) Served  Pre-K  K  1st  2nd  3rd  4th  5th  
 6th  7th  8th  9th  10th  11th  12th

Group Size:  Large Group/Assembly  
 Classroom  
 Small Group

Delivery Format:  Virtual  
 In-person  
 Hybrid

Number of Sessions: 8

Frequency of Sessions: As determined by school and provider

**Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

**Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

OhioGuidestone has been providing Botvin LifeSkills in counties across the state of Ohio for over 8 years and has two trainers of trainers within the agency. Our train the trainers ensure that staff provide the program to fidelity. We have multiple staff in Fairfield County trained in Botvin Lifeskills. We have provided or are scheduled to provide 40 Botvin Life Skills programs across 2 different school districts during the 2021-2022 school year.

**Cost:**

Cost per 15 minute unit = 36.30

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 108.9

Number of sessions for complete program = 8

Total Cost = 871.2

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

Agency Name: OhioGuidestone

Program Name: Botvin LifeSkills Middle School Program

#### Program Description:

Botvin LifeSkills® Training Program is an evidence-based substance use and violence prevention program for students in grades 3-10 that builds a students' capacity for self-management, social skills, and drug resistance. The curriculum can be provided once or twice a week with each session lasting 30-45 minutes. The middle school program includes 16 sessions the first year with an option for a 10-session booster the second year and then a 5-session booster the third year. Botvin LifeSkills is the top-research based prevention program in the country and is one of only three programs certified as a Blueprints Model Plus Program by the Blueprints for Healthy Youth Development.

Grade(s) Served  Pre-K  K  1st  2nd  3rd  4th  5th  
 6th  7th  8th  9th  10th  11th  12th

Group Size:  Large Group/Assembly  
 Classroom  
 Small Group

Delivery Format:  Virtual  
 In-person  
 Hybrid

Number of Sessions: 16

Frequency of Sessions: As determined by the school and provider

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

OhioGuidestone has been providing Botvin LifeSkills in counties across the state of Ohio for over 8 years and has two trainers of trainers within the agency. Our train the trainers ensure that staff provide the program to fidelity. We have multiple staff in Fairfield County trained in Botvin Lifeskills. We have provided or are scheduled to provide 40 Botvin Life Skills programs across 2 different school districts during the 2021-2022 school year.

**Cost:**

Cost per 15 minute unit = 36.30

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 108.9

Number of sessions for complete program = 16

Total Cost = 1742.4

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

**Agency Name:** OhioGuidestone

**Program Name:** Incredible Years Classroom Dinosaur School

#### Program Description:

The Incredible Years® Classroom Dinosaur School is an evidence-based, year-round, whole classroom prevention program for children ages 3-8 (pre-school through second grade) that aims to strengthen children's emotional, persistence, social and academic competencies while preventing behavior problems. It is typically delivered once a week (1 hour) or twice a week (30 minutes each) for the entire school year. Each session consists of a 15 minute whole group lesson followed by small group activities with social coaching to reinforce the group lesson. Weekly communication regarding the lessons and parent-child activities are sent home with each child in the program. Classrooms receiving the Incredible Years Dinosaur School also include teacher consultations on individual and classroom management strategies at any time during the program.

**Grade(s) Served**  Pre-K  K  1st  2nd  3rd  4th  5th  
 6th  7th  8th  9th  10th  11th  12th

**Group Size:**  Large Group/Assembly  
 Classroom  
 Small Group

**Delivery Format:**  Virtual  
 In-person  
 Hybrid

**Number of Sessions:** 25

**Frequency of Sessions:** Weekly Sessions

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

OhioGuidestone has been providing the Incredible Years Dinosaur School in multiple counties throughout the state for over eleven years and is currently in the fourth year of providing the program in Fairfield County. The supervisor providing ongoing training and consultation for the program has seven years of experience with Incredible Years. During the 2021-2022 school year our trained staff we will be providing Incredible Years to 21 different classrooms across 3 school districts in Fairfield County.

**Cost:**

Cost per 15 minute unit = 36.30

Number of 15 minute units per session (Length of each session) = 4

Cost per session = 145.2

Number of sessions for complete program = 25

Total Cost = 3630

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750





The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

**Agency Name:** OhioGuidestone

**Program Name:** LEADS (Linking Education and Awareness for Suicide)

#### Program Description:

LEADS (Linking Education and Awareness for Suicide) for Youth is a suicide prevention program that is delivered in assembly and small-group formats. The program is for middle and high-school students to become aware of the signs of depression and suicide, as well as steps to take to access support for themselves and others. The program includes three sessions that can be presented in either assembly or classroom-style format. During each session students receive a question and comment slip to discretely ask questions during the large group session or to request to speak with someone privately. OhioGuidestone provides three sessions of consultation to the school's student support staff to follow up on the comments and help connect the students with appropriate services as needed. LEADS is recognized as a best practice with the Suicide Prevention Resource Center.

**Grade(s) Served**     Pre-K     K     1st     2nd     3rd     4th     5th  
 6th     7th     8th     9th     10th     11th     12th

**Group Size:**     Large Group/Assembly  
 Classroom  
 Small Group

**Delivery Format:**     Virtual  
 In-person  
 Hybrid

**Number of Sessions:** 3 sessions of curriculum and 3 consultation sessions to address follow-up

**Frequency of Sessions:** As scheduled by provider and school district

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other: Post- Reflective Survey

**What are your agencies qualifications, expertise, experience relevant to this program?**

We have provided LEADS in 3 school districts in Fairfield County during the 2021-2022 school year. Our staff are well trained and offer 3 hours of consultation (typically one hour after each curriculum session) with the school support staff to address any questions or comments from the comment slips.

**Cost:**

Cost per 15 minute unit = 36.30

Number of 15 minute units per session (Length of each session) = 4

Cost per session = 145.2

Number of sessions for complete program = 6

Total Cost = 871.2

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

**Agency Name:** OhioGuidestone

**Program Name:** Second Step

**Program Description:**

Second Step is an evidence-based social emotional learning program for kindergarten – 8th grade that teaches children healthy ways to self-regulate and relate to others more effectively. The curriculum can be provided on a universal level, classroom level or through small groups for targeted students. OhioGuidestone has experience with both the elementary and middle school curriculums. For schools that are currently implementing Second Step on a universal level, OhioGuidestone can be a supportive partner in providing small groups to reinforce the Second Step lessons for students that may need additional attention for social-emotional learning. Second Step also offers add on lessons to address bullying for an additional cost.

**Grade(s) Served**     Pre-K     K     1st     2nd     3rd     4th     5th  
 6th     7th     8th     9th     10th     11th     12th

**Group Size:**     Large Group/Assembly  
 Classroom  
 Small Group

**Delivery Format:**     Virtual  
 In-person  
 Hybrid

**Number of Sessions:** 25

**Frequency of Sessions:** Weekly

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

Our staff are trained in both the elementary and middle school Second Step curriculums. During the 2021-2022 school year, OhioGuidestone will provide 57 Second Step programs to 6 school districts in Fairfield County. We have experience providing Second Step in small group, classroom and assembly style settings.

**Cost:**

Cost per 15 minute unit = 36.30

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 108.9

Number of sessions for complete program = 25

Total Cost = 2722.5

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

Agency Name: OhioGuidestone

Program Name: Sources of Strength

#### Program Description:

Sources of Strength (Sources) is named for the eight protective factors shown to reduce suicidal behavior and promote positive behavioral health outcomes. Research shows that youth and young adults who can rely on one to two of the protective factors in the Sources Wheel have lower rates of suicide and suicidal behavior. The elementary and secondary programs have been developed and refined over several decades to promote these protective factors at the individual, interpersonal, and community levels. The Sources elementary program can be implemented in grades 3-6 as a series of 12 units with 29 lessons. This evidence-informed universal curriculum incorporates a protective factor framework for preventing bullying, substance abuse, violence, and suicide. The secondary model is implemented in grades 7-12 as a youth-led prevention program. Secondary program coordinators work with teams of adult advisors and youth peer leaders to develop and implement campaigns that promote the eight protective factors during the school year and change social norms around mental health and suicide. The scheduling of meetings and events would vary based on need; however, we anticipate a similar time commitment of 22 hours.

Grade(s) Served  Pre-K  K  1st  2nd  3rd  4th  5th  
 6th  7th  8th  9th  10th  11th  12th

Group Size:  Large Group/Assembly  
 Classroom  
 Small Group

Delivery Format:  Virtual  
 In-person  
 Hybrid

Number of Sessions: 29

Frequency of Sessions: Weekly

**Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

**Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

OhioGuidestone has a train the trainer for Sources of Strength on our Fairfield County prevention team. The rest of our prevention team will receive the training prior to the 2022-2023 school year.

**Cost:**

Cost per 15 minute unit = 36.30

Number of 15 minute units per session (Length of each session) = 3

Cost per session = 108.9

Number of sessions for complete program = 29

Total Cost = 3158.1

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

Agency Name: OhioGuidestone

Program Name: Youth-Led Prevention

#### Program Description:

OhioGuidestone's Youth-Led Prevention is a youth empowerment and leadership program for high schools that recruits student leaders within the school to identify and address problems that affect the student population. It is a comprehensive prevention approach to address substance use and behavioral health needs. Our Youth Advisors work with the school to identify students with leadership potential and are an ongoing liaison between the school and the youth. Through the support of the youth advisor, the students work together to identify the issues in the school and then develop and implement strategies to effectively address those issues. The students are given a voice as the ones that are responsible for talking to their peers; they get to determine what issues need to be addressed and are the ones developing the steps to take address those issues. The frequency of the program will vary depending on different youth-led events throughout the school year. The cost below is an average of 3 hours over 25 weeks.

Grade(s) Served  Pre-K  K  1st  2nd  3rd  4th  5th  
 6th  7th  8th  9th  10th  11th  12th

Group Size:  Large Group/Assembly  
 Classroom  
 Small Group

Delivery Format:  Virtual  
 In-person  
 Hybrid

Number of Sessions: Average of 3 hours a week for 25 weeks

Frequency of Sessions: Will vary based on the activity, typically at least 1-2 times a week

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other: Pre and post test survey completed by the youth in the program

**What are your agencies qualifications, expertise, experience relevant to this program?**

OhioGuidestone was involved in the development of and utilizes the Youth Empowerment Conceptual Framework model which is recognized in the state of Ohio as the gold standard for Youth-Led Prevention. OhioGuidestone's youth-led prevention program prior to the current model was developed around Youth-to-Youth International program and philosophies and OhioGuidestone has training in Youth-to-Youth International program and philosophies. Our Fairfield County prevention team attend training on the youth-led model to stay up to date with current practices. Youth-Led programs build each school year. OhioGuidestone has started working with 3 school districts during the 2021-2022 school year to build a youth-led program.

**Cost:**

Cost per 15 minute unit = 36.30

Number of 15 minute units per session (Length of each session) = 12

Cost per session = 435.6

Number of sessions for complete program = 25

Total Cost = 10890

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750





The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

**Agency Name:** Lancaster Recovery Services, Inc.

**Program Name:** Too Good After School

**Program Description:**

Research-based lessons. Too Good for Drugs & Violence After-School Activities is an extension of the evidence-based Too Good prevention education programs for the after-school setting. Eight interwoven components including: Goal Setting, Decision Making, Managing Emotions, Bonding and Relationships, Communication, Conflict Resolution, Drug Awareness and Community Involvement. The program reinforces basic prevention concepts through a variety of positive, age-appropriate activities including games, stories, and songs. Activities are grouped by age to sustain student interest and correspond to the child's development level. More than 60 fun, research-based activities.

**Grade(s) Served**     Pre-K     K     1st     2nd     3rd     4th     5th  
 6th     7th     8th     9th     10th     11th     12th

**Group Size:**     Large Group/Assembly  
 Classroom  
 Small Group

**Delivery Format:**     Virtual  
 In-person  
 Hybrid

**Number of Sessions:** 10 can do after school program entire school year

**Frequency of Sessions:** Once a week x10weeks or a consecutive 10s day can customize for entire year

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other: Large Assembly are broken down into small group and rotations are done

**What are your agencies qualifications, expertise, experience relevant to this program?**

Pickaway Area Recovery Services (PARS) Prevention Program has been providing prevention services for over 25 years. Our program currently serves five different counties, Pickaway, Highland, Ross, Fayette and Fairfield. We are in thirty different schools and provide face to face evidence based education with 99 different classes. Our program provides the most up-to date and interactive programing. Our staff consists of ten Prevention Specialist with licensures including (1)OCPC (only 52 in the entire state), (4)OCPSA and (5)RA's with over 37 years of combined experience. Our program follows the guidelines of the Strategic Prevention Framework (SPF). We only provide Evidence-Based Programs avoiding all scare tactics and educating schools, districts and communities on the harms of scare tactics. All curriculum provided fulfills the standards of House Bill 367. Our goal its to decrease risk factors and increase protective factors. Our staff are dedicated to what we teach and all sign a sobriety (ATOD) contract for on and off work hours.

**Cost:**

Cost per 15 minute unit = \$39.15

Number of 15 minute units per session (Length of each session) = 4

Cost per session = 156.6

Number of sessions for complete program = 10

Total Cost = 1566

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

**Agency Name:** Lancaster Recovery Services, Inc.

**Program Name:** Second Step

**Program Description:**

Research-based lessons. Second Step® Elementary offer an evidence-based approach to social-emotional learning (SEL), with age-appropriate lessons that are easy to teach and fun to learn. Including online family communications. Second Step is the premier SEL curriculum in the United States, reaching more than 13 million school children in the US every year. The universal, classroom-based program promotes development of students' social-emotional competence and self-regulation skills. Students with these skills are better able to maintain healthy relationships with peers and adults and have more coping strategies to manage stressful situations. They're also more likely to benefit from academic instruction.

**Grade(s) Served**     Pre-K     K     1st     2nd     3rd     4th     5th  
 6th     7th     8th     9th     10th     11th     12th

**Group Size:**     Large Group/Assembly  
 Classroom  
 Small Group

**Delivery Format:**     Virtual  
 In-person  
 Hybrid

**Number of Sessions:** 10

**Frequency of Sessions:** Once a week x10 weeks or a consecutive 10 days

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

Pickaway Area Recovery Services (PARS) Prevention Program has been providing prevention services for over 25 years. Our program currently serves five different counties, Pickaway, Highland, Ross, Fayette and Fairfield. We are in thirty different schools and provide face to face evidence based education with 99 different classes. Our program provides the most up-to date and interactive programing. Our staff consists of ten Prevention Specialist with licensures including (1)OCPC (only 52 in the entire state), (4)OCPSA and (5)RA's with over 37 years of combined experience. Our program follows the guidelines of the Strategic Prevention Framework (SPF). We only provide Evidence-Based Programs avoiding all scare tactics and educating schools, districts and communities on the harms of scare tactics. All curriculum provided fulfills the standards of House Bill 367. Our goal its to decrease risk factors and increase protective factors. Our staff are dedicated to what we teach and all sign a sobriety (ATOD) contract for on and off work hours.

**Cost:**

Cost per 15 minute unit = \$39.15

Number of 15 minute units per session (Length of each session) = 4

Cost per session = 156.6

Number of sessions for complete program = 10

Total Cost = 1566

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

**Agency Name:** Lancaster Recovery Services, Inc.

**Program Name:** Too Good for Drugs

**Program Description:**

Research-based lessons. Each lesson has clearly-stated, measurable objectives, topic rationale, and allotted activity times. Parent component, "Home Workout: Exercises for Adults and Kids," to extend prevention skills and messages into the home (Optional). Each lesson includes cross-curricular lesson extenders with suggestions for infusion, recommended reading, and additional activities for reinforcing important concepts and skills. Assessment materials to measure student outcomes and process outcomes including implementation effectiveness and fidelity of implementation as well as student knowledge, attitudes, and behavior. Too Good for Drugs logic model including the program's theory of change and the proven strategies incorporated into the lessons. Strategies and methods to build family and school connections to reinforce the healthy social and emotional development of the students.

**Grade(s) Served**     Pre-K     K     1st     2nd     3rd     4th     5th  
 6th     7th     8th     9th     10th     11th     12th

**Group Size:**     Large Group/Assembly  
 Classroom  
 Small Group

**Delivery Format:**     Virtual  
 In-person  
 Hybrid

**Number of Sessions:** 10

**Frequency of Sessions:** Once a week x10weeks or a consecutive 10 days

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

Pickaway Area Recovery Services (PARS) Prevention Program has been providing prevention services for over 25 years. Our program currently serves five different counties, Pickaway, Highland, Ross, Fayette and Fairfield. We are in thirty different schools and provide face to face evidence based education with 99 different classes. Our program provides the most up-to date and interactive programing. Our staff consists of ten Prevention Specialist with licensures including (1)OCPC (only 52 in the entire state), (4)OCPSA and (5)RA's with over 37 years of combined experience. Our program follows the guidelines of the Strategic Prevention Framework (SPF). We only provide Evidence-Based Programs avoiding all scare tactics and educating schools, districts and communities on the harms of scare tactics. All curriculum provided fulfills the standards of House Bill 367. Our goal its to decrease risk factors and increase protective factors. Our staff are dedicated to what we teach and all sign a sobriety (ATOD) contract for on and off work hours.

**Cost:**

Cost per 15 minute unit = \$39.15

Number of 15 minute units per session (Length of each session) = 4

Cost per session = 156.6

Number of sessions for complete program = 10

Total Cost = 1566

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

**Agency Name:** Lancaster Recovery Services, Inc.

**Program Name:** Too Good for Violence

**Program Description:**

Research-based lessons. Each lesson includes a parent component, "Bring it Home Newsletter for Parents and Teens," to extend prevention skills and messages into the home (Optional). Too Good for Drugs logic model including the program's theory of change and the proven strategies incorporated into the lessons. Strategies for building family and school connectedness are built in to reinforce student social and emotional development in and out of school. Too Good for Drugs High School prepares students with the skills they need for academic, social, and life success. Students learn and apply social skills and as they prepare to navigate the challenges of social and academic pressures. Skills include setting reachable goals, making responsible decisions, managing stress, bonding with pro-social peers, and communicating effectively. Lessons foster analysis and discussion of the effects and negative consequences of ATOD use including prescription and OTC drug misuse and the use of various nicotine delivery devices. Students practice and apply healthy strategies to resist peer pressure and influence. Interactive learning games and activities provide practical guidance on dating and relationships, promoting positive peer bonding, and refusing negative peer influence.

**Grade(s) Served**     Pre-K     K     1st     2nd     3rd     4th     5th  
 6th     7th     8th     9th     10th     11th     12th

**Group Size:**     Large Group/Assembly  
 Classroom  
 Small Group

**Delivery Format:**     Virtual  
 In-person  
 Hybrid

**Number of Sessions:** 10

**Frequency of Sessions:** Once a week x10weeks or a consecutive 10 days

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

Pickaway Area Recovery Services (PARS) Prevention Program has been providing prevention services for over 25 years. Our program currently serves five different counties, Pickaway, Highland, Ross, Fayette and Fairfield. We are in thirty different schools and provide face to face evidence based education with 99 different classes. Our program provides the most up-to date and interactive programing. Our staff consists of ten Prevention Specialist with licensures including (1)OCPC (only 52 in the entire state), (4)OCPSA and (5)RA's with over 37 years of combined experience. Our program follows the guidelines of the Strategic Prevention Framework (SPF). We only provide Evidence-Based Programs avoiding all scare tactics and educating schools, districts and communities on the harms of scare tactics. All curriculum provided fulfills the standards of House Bill 367. Our goal its to decrease risk factors and increase protective factors. Our staff are dedicated to what we teach and all sign a sobriety (ATOD) contract for on and off work hours.

**Cost:**

Cost per 15 minute unit = \$39.15

Number of 15 minute units per session (Length of each session) = 4

Cost per session = 156.6

Number of sessions for complete program = 10

Total Cost = 1566

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750





The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

Agency Name: New Horizons Mental Health

Program Name: Signs of Suicide (SOS)

#### Program Description:

Signs of Suicide (SOS) is a school based depression awareness and suicide prevention program. It is designed for middle and high school students. SOS has shown a reduction in self-reported suicide attempts by 40-64% in studies. The goals of the program are to increase student knowledge and attitudes about depression, encourage students to seek help for themselves or a friend, reduce the stigma of mental health, and engage parents and school staff in prevention education.

Suicide prevention in schools is so important because suicide is the second leading cause of death for youth ages 10-19 in the United States. One in six teens has seriously contemplated suicide in the past year. Currently, New Horizons Mental Health works with thirteen schools in Fairfield County. This program touches approximately 3,500 students each school year.

In addition to our structured, SOS program, we also provide mental health resources and consultation to all schools that are a part of the SOS program. Our SOS consultants work with the schools outside the direct delivery of the SOS presentation and follow-up and include resource identification and referrals, student and parent consultations, crisis consultation, staff questions and issues, and general awareness and promotions of behavioral health and addiction services. These added services, and availability to school personnel and parents have received much positive feedback and enhanced the delivery and outcome of the SOS program as well as engaging staff, parents, and students in behavioral healthcare services.

Grade(s) Served:  Pre-K  K  1st  2nd  3rd  4th  5th  6th  7th  8th  9th  10th  11th  12th

Group Size:  Large Group/Assembly  Classroom  Small Group

Delivery Format:  Virtual  In-person  Hybrid

Number of Sessions: 1 in class presentation; then follow up with students who screen positive

Frequency of Sessions: N/A

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

**Outcomes:**  Pre and post test from EBP



Other:

\* The total number screened will be at least 2,500.

\* Will report number of students in each presentation, number opted out, total number of students completing the screen, number screened as positive and number of those then referred for additional follow up/assessment.

\* 90% of positive screens will be seen face to face for follow up. Those not seen face to face due to unique circumstances will receive alternative follow up through phone or letter.

\* At least 50% of those who are screen and respond to the survey question report an increased knowledge of symptoms of depression and suicide.

**What are your agencies qualifications, expertise, experience relevant to this program?**

New Horizons has served thousands of community residents with mental health and substance abuse issues. The agency has provided SOS for many years, dating back to when the program was called Teen Screen. Currently, the program manager is Renee Klautky, PhD, CDMS, CLCP, LSW who has been working with the program for four years. She has a background in managing and providing school based services and focuses on working with children specifically. She has a Masters' Degree in Counseling and a PhD in Psychology.

**Cost:**

Cost per 15 minute unit = N/A

Number of 15 minute units per session (Length of each session) = N/A

Cost per session = 0

Number of sessions for complete program = \$47 per student

Total Cost = 0

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750



The information in this form will be shared in its entirety without editing from ADAMH with the school districts choosing their programs.

### School-Based Prevention Application

**Agency Name:** Mid-Ohio Psychological Services, Inc.

**Program Name:** Sources of Strength

**Program Description:**

The Sources of Strength elementary model involves a commitment to increase health and wellness and decreasing negative outcomes through empowering individuals and communities full of connection, belonging and resilience. The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults.

Sources of Strength provides prevention services centered around suicide, violence, bullying and substance abuse. There are 12 units in the Sources of Strength Program that cover a variety of social and emotional topics. The units include: Overview of the SOS model, Brain and Body Science, Emotional Regulation, Physical Health, Family Support, Positive Friends, Mentors, Health Activities, Generosity, Spirituality, Mental Health and Navigating Transitions in Life.

The program consists of multiple 30 minute lessons that can be implemented weekly or bi-weekly within the classroom. It is recommended that 5th and 6th grades receive the full program, consisting of a total of 34 lessons. It is possible to implement the first half of the program, 14 lessons, for 3rd and 4th grade classes if the intention is for these students to receive the remainder of the program in the next school year.

**Grade(s) Served**     Pre-K     K     1st     2nd     3rd     4th     5th  
 6th     7th     8th     9th     10th     11th     12th

**Group Size:**     Large Group/Assembly  
 Classroom  
 Small Group

**Delivery Format:**     Virtual  
 In-person  
 Hybrid

**Number of Sessions:** Full program (recommended for 5th and 6th grade): 34 sessions, Half Program (3rd and 4th grade): 14 sessions

**Frequency of Sessions:** weekly/bi-weekly

- Type of Program:**  Evidence Based Program (EBP)  
 Promising Practice  
 Not EBP or Promising Practice

- Outcomes:**  Pre and post test from EBP  
 Other:

**What are your agencies qualifications, expertise, experience relevant to this program?**

MOPS has prevention staff, clinical staff, and supervisors that are trained in the Sources of Strength model. MOPS has experience with implementing the Sources of Strength Program to 3rd, 4th, 5th, and 6th grade classrooms and has delivered the program to multiple classrooms throughout the 2021-22 school year.

**Cost:**

Cost per 15 minute unit = \$37.50

Number of 15 minute units per session (Length of each session) = 2

Cost per session = 75

Number of sessions for complete program = 34

Total Cost = 2550

**Example:**

Cost per 15 minute unit= \$25

(Length of each session) Number of 15 minute units per session = 3

Number of sessions for complete program= 10 Total Cost= \$750