

SFY22 School Based Prevention Services Menu

Mid- Ohio Psychological Services

Contact: Miranda Zircher mirandazircher@mopsOhio.com

Program Name: Brain Power!

Program Description: Brain Power! is designed to take students through a step-by-step exploration of the processes of science and how to use these processes to learn about scientists and the different work they do, the brain, the nervous system, and the effects of drugs on the nervous system and the body. The program consists of 6 modules each focusing on a different topic related to drugs and alcohol and the effects on the brain. In addition, the overall goals of the project are to make learning fun and engaging and to instill in young students a lifelong interest in science. The program begins with the premise that a group of children has formed a Brain Power! Club that receives missions from NIDA (National Institute on Drug Abuse). Each module is built around a mission—a problem or scientific question.

Brain Power! will be implemented to elementary-age students. MOPS has implemented the program to second and fourth grade classes in the past, however it can be implemented at any grade level based on the need of the schools.

Brain Power! will be delivered in the school classrooms or virtually through Zoom if in-class sessions cannot occur. All students in the selected grade level will have access to receive the prevention services. Parents will also be given the option to opt out of the program if they do not feel comfortable with their child participating in the program.

MOPS has been providing Brain Power! prevention services for the past 4 years and has experience with providing the program at the second grade and fourth grade levels. MOPS is a certified provider through OMHAS and nationally accredited by CARF to provide prevention services.

Cost: \$1,000 per classroom

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.

The Sources of Strength curriculum is comprised of 12 units containing several lessons that build upon the unit topic. The lessons can be implemented within grades three through five. This is not a separate curriculum for each grade but rather one curriculum that can be implemented in all three grade levels. Lessons are designed to be approximately 30 minutes in length and typically facilitated one to two times per week.

The 12 units of the curriculum are:

- Overview of Sources of Strength Introduction to the 8 protective factors, or Strengths; Establishing a routine around Talking Circles and curriculum components.
- Brain and Body Science Developing an understanding of how we process information using our brains and bodies, promoting reflection and balance when responding to experiences.
- Emotional Regulation Practicing emotional regulation by utilizing strengths and through the development of healthy personal coping strategies.
- Physical Health Identifying different methods of caring for and increasing our physical well-being.
- Family Support Identifying the people who nurture, support, and care for us whether they are immediate, extended, or chosen family.
- Positive Friends Identifying and promoting healthy friendships with people who uplift, encourage, and support us. Navigating conflict, increasing empathy, and teaching perspective-taking.
- Mentors Developing and connecting with mentors in the school, the home, and the community.
- Healthy Activities Drawing strength from a variety of types of activities that help us navigate life's ups and downs.
- Generosity Developing practices in service to other people, animals, or the environment in order to make an impact, to gain a more robust sense of purpose and fulfillment, and to strengthen community.
- Spirituality Examine what gives us a sense of purpose and connection to something larger than ourselves. This can include engaging in kindness, practicing thankfulness, cultivating mindfulness, or participating in faith and cultural traditions.
- Mental Health Developing a greater understanding of how the 8 Strengths integrate into a holistic model for mental health. Promoting help-seeking and connecting with mental health supports to care for our overall well-being.
- Navigating Transitions in Life Strategically utilizing strengths and coping skills to overcome expected and unexpected changes in life whether big or small in order to practice regulation and resilience.

Sources of Strength will be delivered in the school classrooms or virtually if in-class sessions cannot occur. All students in the selected grade level will have access to receive the prevention services. Parents will also be given the option to opt out of the program if they do not feel comfortable with their child receiving the program.

MOPS has not provided Sources of Strength in the past, but two of our clinicians recently became trained to provide the program.

Cost: 2,000 per classroom plus curriculum, 750/single grade level, 1,500 multiple grade levels

New Horizons Mental Health

Contact: Renee Klautky rklautky@newhorizonsmentalhealth.org

Program Name: Signs of Suicide (SOS)

- **Program Description:** This program falls in the Prevention Services area. This is a middle school/junior high and high school prevention project that is evidence based and addresses both suicide risk and depression while reducing suicide attempts. This program is expected to serve over 2,500 students per year. The SOS program interventions include in-class educational lessons on awareness of depression, suicide, and general mental health. The program helps students identify the warning signs of depression and suicide in themselves and others. It teaches students to seek help using the ACT (Acknowledge, Care, Tell) technique.
- **Population Served:** The program serves 13 middle school/junior high and high schools within Fairfield County which includes over 2,500 students in grades 7-12.
- **Method of Delivery:** The program is planned through the public-school districts in Fairfield County and doesn't deny the service to any student in the identified classes where the program is implemented. We engage each school district over the summer and plan the upcoming year's programming. The schools themselves determine how the program will be implemented and in what format. This year the SOS program has added a virtual component so that students who are distance learning can participate as well.

Cost: \$44 per student

OhioGuidestone

Contact: Amanda M Wattenberg (Amanda.Wattenberg@ohioguidestone.org)

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 is 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 they are the ones that are responsible for talking to their peers to determine what issues need to be addressed and are the ones developing the steps to take address those issues. 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.

Cost: \$8,262 per high school

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. Upon learning of this program, OhioGuidestone has had facilitators trained in CATCH My Breath in other counties and would love to bring this program to Fairfield County. Once trained, that person would be certified to facilitate teacher in-service training if the school would like the teachers to facilitate the program.

Cost: \$510 per group

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 for 90 minutes twice a week for the entire school year. Each session consists of a 15–20-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. OhioGuidestone has been providing the Incredible Years Dinosaur School in multiple counties through-out the state for over ten years and currently in the third year of providing the program in Fairfield County. The supervisor over the program has six years providing and supervising the Incredible Years program.

Cost: \$7,650 per classroom

Program Name: Botvin LifeSkills:

- 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 a 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. The middle school program starts with a foundational 15 sessions and continues with a 10-session booster and then a 5-session booster 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. OhioGuidestone has been providing Botvin LifeSkills in counties across the state of Ohio for over 7 years and has two trainers of trainers within the agency to ensure staff providing Botvin LifeSkills is providing the program to fidelity.

Cost: \$408 per elementary group, \$765 per middle school group

Program Name: Second Step

- Program Description: Second Step is an evidence-based social emotional learning program for grades 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, 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.

Cost: \$1,275 per 25 lessons

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 45 minutes to 1-hour sessions that can be presented in large assemblies or in particular classrooms based on the school's preference. During each session students receive a question and comment slip in which they can ask questions during the large group or request to speak with someone privately about questions or concerns. OhioGuidestone partners with the school's student support staff to follow-up on the comments and help connect the students with appropriate services in necessary. LEADS is recognized as a best practice with the Suicide Prevention Resource Center.

Cost: \$612 per 3 hrs. consultation & 3 1-Hour presentations

The Recovery Center

Contact: Trisha Farrar tfarrar@therecoverycenter.org

Program Name: Life Skills Training

- Program Description: Life Skills Training (LST) is a comprehensive substance abuse prevention program that promotes health, well-being and personal development. LST doesn't just focus on one aspect of the problem of substance abuse. It addresses one of the most important factors that lead adolescents to use one or more drugs by teaching them a combination of health information, general life skills, and drug resistance skills.
- Target Population: This program targets the universal youth population Grades 6-12 in a school setting.
- It is a direct educational program taught in a general classroom during class time devoted once a week to the program.
- What type of program, or combination of programs, is used can vary depending on the needs of each school demographic and their specific risk or protective factors. The length of the program can vary depending on what grade level is taught. Early junior high consists of 12-15 lessons, level 2 is comprised of 10-12 while high school, or level 3 includes 10-12. The reason for the variance is determined by the need for several booster lessons. This determination can be per class, school, or administration.

Cost: 10-15 Lessons (\$150.76 per unit)

Program Name: Project Alert

- Program Description: Project Alert is a program specifically for 8th graders to help engage them in good positive peer behavior before they are pressured to use substances or engage in risky behavior. The combination of lessons given, during this critical year, prioritizes the understanding of teen use or experimentation and the pressures associated in peer settings. It helps increase self-esteem and knowledge to allow the individual to make better life choices. Understanding risk through substance use and learning how to confidently stand up to pressure are key points throughout this program.
- It is a direct educational program taught in a general classroom during class time devoted once a week to the program.
- This program is delivered to 8th graders in a school setting. It is a combination of lessons that engage each individual during class time. The lessons can vary from 9 to 11 with booster lessons in varying subjects as desired by the school or teacher.

Cost: 6-10 Lessons (\$150.76 per unit)

Program Name: Red Flags

- Program Description: Red Flags objectives:
 1. To alert students, parents, and school staff to the dangers of adolescent depression and to demystify its source and treatment.

2. To help students, parents, and school staff recognize behavioral symptoms of depression in adolescents.
3. To encourage schools to develop a policy for referring and accommodating at-risk students.
4. To assist parents in getting help for children who may be depressed.

- This program targets the universal youth population in 6th, 7th, and 8th grade in a school setting. Generally, programs have been implemented in the 8th grade.
- It is a direct educational program taught in a general classroom during class time devoted once a week to the program.
- Red Flags is an engaging program that is taught in the school setting. It is a 3-5-day lesson program that explores depression awareness. It gives voice to those that otherwise may have trouble talking about the depression they are going through, or a friend is experiencing. More than just a 1-day program it is designed to engage youth to help them understand the why and how of teen depression. In addition, it is a wonderful tool to help staff, parents, and administrators become aware and engage in the helping process.

Cost: 3-4 Lessons (\$150.76 per unit)

Program Name: Safe Dates

- Program Description: The goals of Safe Dates programming:
 1. To raise student awareness of what constitutes healthy and abusive dating relationships
 2. To raise student awareness of dating abuse and its causes and consequences
 3. To equip students with the skills and resources to help themselves or friends in abusive dating relationships
 4. To equip students with the skills to develop healthy dating relationships, including positive communication, anger management, and conflict resolution.
- This program targets the universal youth population in grades 8-12 in a school setting.
- It is a direct educational program taught in a general classroom during class time devoted once a week to the program.
- What type of program, or combination of programs, is used can vary depending on the needs of each school demographic and their specific risk or protective factors. The length of the program can be up to ten sessions. Often due to education overlap of other programs and time allowed it is taught in 3-5 lessons.

Cost: 3-9 Lessons (\$150.76 per unit)

Program Name: Reconnecting Youth

- Program Description: Reconnecting Youth is a program designed for 9th through 12th graders who may be at a higher risk for problem behaviors. These behaviors can include current or potential substance use, poor school attendance, inadequate grades, risky or defiant behavior, and behavioral health red flags. The lessons can range in frequency but have the potential to cover material up to 26 days. Due to restrictions in school settings most RY programs are currently 1 day a week up to 10 weeks. This follows most semester schedules in the schools.
- RY provides a positive peer culture and motivates group participants to accept and set personal goals. There are four major units in the RY program: Self-esteem Enhancement, Decision Making, Personal Control, and Interpersonal Communication. With an effective leader in an RY prevention program lessons can be adaptable and implemented in the setting available.
- The intended recipients of the Reconnecting Youth program are at high risk of school dropout, substance use, or behavioral health problems. However, the content of the program would benefit most high school students.
- These programs are taught in small group settings inside of the school day. They can be broadened to serve outside of school during evening or out of school groups, substance use programs, juvenile correction facilities, public health clinics, private practice settings, anywhere youth might be served.
- This program is delivered to high schoolers in grades 9-12 in small group settings. The groups are chosen due to potential risk factors. Generally, school counselors and teachers will identify at risk youth who may benefit from this program.

Cost: 4-16 Lessons (\$150.76 per unit)

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

- Program Description: Too Good for Drugs includes lessons on goal setting, decision making, communication, peer pressure skills and knowledge of the harm of alcohol, nicotine and other drugs. Too Good for Violence includes lessons on character education and focuses on: conflict resolution, managing emotions, bullying awareness, communication, minimizing stress, and responding peacefully.
- This program targets the universal youth population K-12 in a school setting.
- It is a direct educational program taught in a general classroom during class time devoted once a week to the program.
- What type of program, or combination of programs, is used can vary depending on the needs of each school demographic and their specific risk or protective factors. The length of the program can vary depending on what grade level is taught, from as little as 6 lessons in elementary to 18 lessons for the entire program in high school.

Cost: 6-9 Lessons (\$150.76 per unit)