JHI Prevention & Education Program

Key Prevention Strategies

A. Education about Mental Health and Substance Abuse
B. Teach Self-Management and Decision-Making Skills
C. Connect Youth to Trusted Adults
D. Promote safe prescription medication practices regarding use, storage, and disposal.

Core Areas of Focus

Bullying

Program	Ev. Based	Grade	Brief Description	Essential Workplace Skills KRS 158.1413	# of Sessions	Key Ed. Mess
Pacer's Bullying Prevention Center Lessons Online Resources	N	K-12 Adults	• Lessons engage students of all ages to actively build understanding of how to spot, address, and prevent bullying. • Supplemental activities provided use of art, music, conversation, and other activities to help build understanding and confidence. • Designed to address bullying issues in a single lesson, week-long, or year long format. • Lessons focus on what bullying is, who is involved, who is impacted, and how student and adults can work together to prevent bullying. Adults: • KnowBullying – SAMSHA APP • Training on how to handle conflict – curriculum can be found on StopBullying.gov • Parent resources found at Pacer's Bullying Prevention Center	(a) Adaptability, critical thinking (c) Taking appropriate actions when needed (e) Ethical behavior (g) Communication skills and working well with others.	1, 5, or as needed	B, C
Second Step Bullying Prevention	N	K-5	• Provides research-based strategies, tools, and lessons that coordinate with other programs such as PBIS to foster positive climate change. • Works best in coordination with the Second Step program.	(a) Adaptability, critical thinking (c) Taking appropriate actions when needed (e) Ethical behavior (g) Communication skills and working well with others.	4	A, B, C
	Additional resource: *6 R's of Bullying Prevention*					

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Healthy Choices & Coping Skills

Program	Ev. Based	Target Pop	Brief Description	Essential Workplace Skills KRS 158.1413	# of Sessions	Key Ed. Mess
Kids' Yoga	N	Ages 2-12	• Yoga and relaxation based on younger age groups. • Offered at community events, to community programs, and in the classroom.	(a) Embrace a new way of doing things (e) Self-control and ethical Behavior Other – Coping skills, lifestyle physical fitness	Variable	C
Second Step Elementary Program	Y	Grades 1-3	• Evidence-based lessons promote self-regulation, emotion management, problem solving, and responsible decision-making. • Social-Emotional Learning program that helps students to have more positive attitudes toward themselves and others, show more positive social behaviors in school, and have fewer conduct problems.	(a) Adaptability, critical thinking (b) Diligence and completing tasks (c) Taking appropriate actions (f) Remaining Drug-free (g) Communication skills	Varies based on "Skill"	B, C
Seeds of Nutrition	Research Based	6th Grade	• Research-based prevention curriculum to prepare students to prioritize their own personal health. • Helps students to understand the role that their choices play in their health. • The 2 Units include Social Skills Development (Unit 1) and Nutrition Information and Skills Application (Unit 2). • This hands-on curriculum is objective driven and meets those objectives using multiple teaching strategies including presentation, worksheets, games, and role playing.	(a) Adaptability (b) Diligence and completing tasks (d) Knowledge-Science/ Nutrition (e)Reliability and Self Control (g) Communication skills	10	A, B
	Additional resources: SAMSHA materials—program is not evidence based but any info provided will be. *Teen Mental Health and Lifeskills Workbooks on Self Esteem, Stress, and Friendship, Mindfulness for Kids Who Worry, Social Skills Activities for Kids, Mindful Games for Kids, Me and My Feelings: A Kids Guide to Understanding and Expressing Themselves.*					

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Substance Abuse Prevention/Education

Program	Ev. Based	Grade	Brief Description	Essential Workplace Skills KRS 158.1413	# of Sessions	Key Ed. Mess
Stanford Tobacco Prevention Toolkit	Evidence Informed	6-12	• Created using evidence-based references to develop informational curriculum on nicotine, tobacco, and e-cigs/vaping. • Curricula can vary between 1 and 10 sessions, focuses on tobacco product marketing strategies, effects, knowledge of products, history, and more to give youth a complete understanding of the risks of tobacco/nicotine products.	(f) Remaining Drug-free	Varies 1-10	A
An Apple A Day	Y Legacy	K-3	• Literacy-based SA prevention education program that helps to build and reinforce skills needed to make good behavior choices.	(a) Adaptability (b) Diligence (c) Initiative (d) Knowledge – Literacy (e) Reliability (f) Remaining drug-free (g) Working well with others	Varies	A, B, C
Botvin LifeSkills	Y Legacy	6-12	• Botvin LST is a comprehensive SA and Violence Prevention program designed to promote positive youth development. • Botvin LST builds student's self-management skills, social skills, and drug-resistance skills. • Intended to be taught sequentially.	(a) Adaptability (c) Initiative (f) Remaining drug-free (g) Working well with others Other – Decision making skills	L1: 15 L2: 10 L3: 5 HS: 10 Sr: 6	A, B, C
CATCH My Breath	Y	5-12	• CATCH My Breath is an evidence-based youth vaping prevention program that provides up to date information and equips students with the knowledge and skills to make informed decisions about vaping and e-cigarettes.	(f) Remaining drug-free	4	A, B
NIDA Lessons and Activities	National Science and Edu Standard Based	3-12	• Lessons on Accessing Valid and Reliable Health Information, Stress, Mental and Emotional Health, Prescription Stimulants, Nicotine, Opioids. • The Mind Matters Series includes lessons on the body's response to Prescription Stimulants, Marijuana, Methamphetamine, Cocaine, Nicotine, Tobacco, and Vaping, Inhalants, Opioids, and Drugs and the Brain. • Brain Power Lessons for 3rd through 9th grade focus on the effects of drugs on the brain and society.	Depends upon lesson chosen but may include: (a) Adaptability-- Problem solving and critical thinking (c) Taking appropriate action when needed (d) Knowledge—science (f) Remaining drug-free	Varies	A, B, D
	Additional potential resources: Partnership for Drug Free Kids, Ripple Effects, SAMSHA, End The Trend					

JHI Prevention & Education Program

Adult Educational Presentations

Program	Ev. Based	Grade	Brief Description	# of Sessions	Key Ed. Mess
Disordered Eating 101: For Guardians	Evidence Informed	Adult	• This presentation aims to educate adults regarding disordered eating patterns, eating disorders, how to recognize disordered eating, tips on talking with an adolescent, treatment options/levels of care, and other recourses to educate adults regarding the subject and assist adults in helping an adolescent seek intervention.	1	A, B, C
Trusted Adult Training	No	Adult	• This presentation aims to educate adults in your community about the importance of Trusted Adults and their impact on youth in your community. • Topics addressed in this presentation include: the definition, characteristics, and goals of a Trusted Adult as well as why they are important, tips to help us become better Trusted Adults, and resources for moving forward with youth in your community.	1	A, C
PAVe (Parents Against Vaping E-Cigarettes)	No	Adult	• This presentation aims to educate adults on the dangers of nicotine and e-cigarettes/vapes, the tactics the tobacco industry is using to target youth, and steps to take to protect youth in your community and how to talk to other parents and youth about this issue.	1	A