



"NUNCA RENUNCIES, NUNCA TE RINDAS"

"Never quit, Never give up!"

Culturally Humble and Curious Resiliency builders

2023-2024

FOR
ELEMENTARY SCHOOL
MIDDLE SCHOOL
HIGH SCHOOL
COMMUNITIES
ORGANIZATIONS &
FAMILIES

PREVENTION RESOURCE CATALOG

Life

**IS NOT ABOUT
HOW FAST
YOU RUN OR
HOW HIGH
YOU CLIMB
BUT HOW
WELL YOU
BOBABY
TAYLOR
FUINNCE.**



Whole School, Whole Community, Whole Child Model

[HTTPS://WWW.CDC.GOV/HEALTHYSCHOOLS/WSCW/INDEX.HTM](https://www.cdc.gov/healthyschools/wscw/index.htm)



www.preventionteam.org

SUBSTANCE ABUSE PREVENTION TEAM OF ESSEX COUNTY, INC.

"THE PREVENTION TEAM"

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TICONDEROGA, NY 12883

518-585-7424

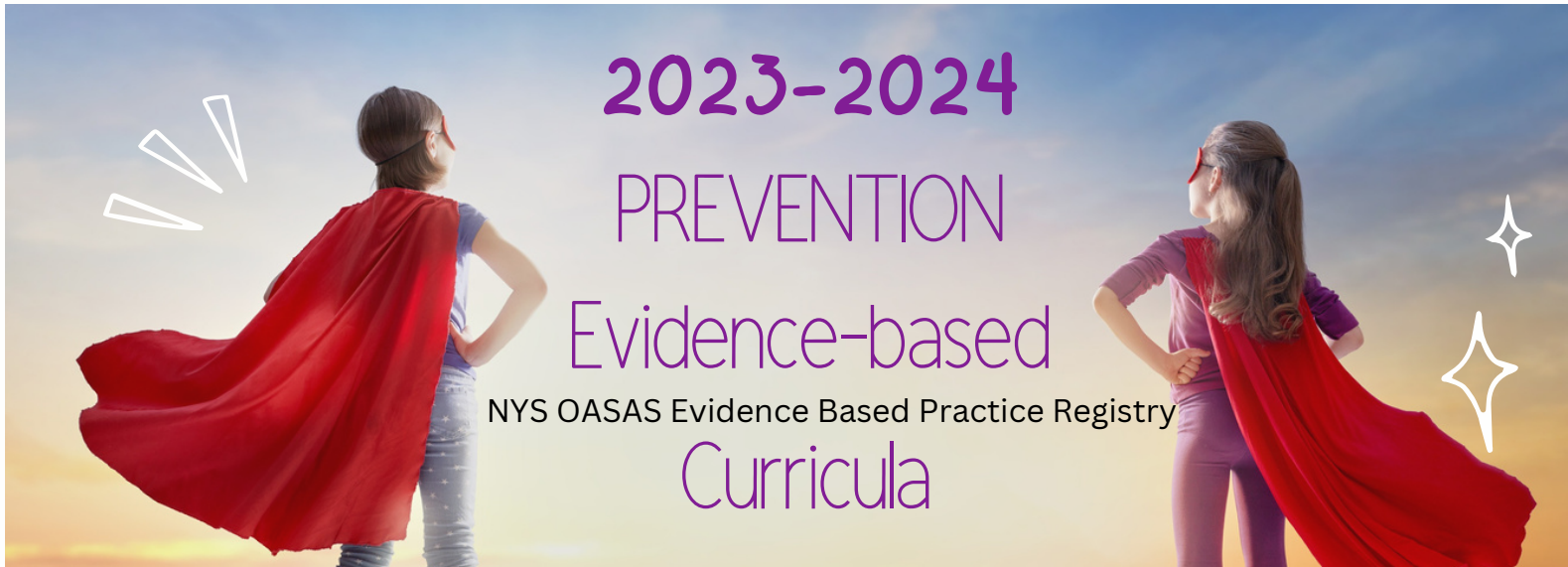
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**Office of Alcoholism and
Substance Abuse Services**



Grade K-5
8 sessions

Protecting you/Protecting Me

a series of 40 interactive lessons; eight lessons each for grades K – 5. Each grade level has its own materials and includes parental involvement activities. Children learn that the brain is the boss of their body and explore ways to protect their brain to ensure healthy growth and development, follow Rules and Laws, make healthy Choices and Decisions, develop Media Awareness skills, improve Communication and learn about Vehicle Safety



An alcohol use prevention curriculum for children in grades K-5, this program was originally developed by Mothers Against Drunk Drivers as part of MADD's National Elementary School Project. It has been designated a Model Program by SAMHSA, a division of the U.S. Department of Health.



Level 1 (Grades 3/4) – 8 class sessions
Level 2 (Grades 4/5) – 8 class sessions
Level 3 (Grades 5/6) – 8 class sessions



aligned to CASEL's social and emotional learning (SEL) competencies

Elementary Botvin LifeSkills Training Middle School program (15 sessions)

A comprehensive, dynamic, & developmentally appropriate substance misuse and violence prevention program designed for upper elementary school students. This highly effective curriculum has been proven to help increase self-esteem, develop healthy attitudes, & improve students knowledge of essential life skills – all of which promote healthy and positive personal youth development and mental health.

Grades 5,6,7
up to 13
sessions

All Stars~Core/Booster

Building Bright Futures for Kids

A research-based program and is listed in the National Registry of Effective Prevention Programs by SAMHSA (Substance Abuse and Mental Health Services Administration) and as a promising program by the US Department of Education. All Stars Core meets the National Health Education outcome standards and the requirements of research- and outcome-based prevention programming with 21st Century Learning Centers. The primary goal with every All Stars program is to delay the onset of risky behaviors. In other words, we want to keep kids from starting to participate in risky behaviors as long as possible.



Age 12-18
(2) 90 min
sessions



PreVenture New

incorporates motivational interviewing and cognitive behavioral tools to help youth better understand and manage the aspects of their personalities associated with risky behaviors and substance use. PreVenture helps youths to: Learn better coping mechanisms. Weigh the consequences of their actions.



Grades
9-12

LIONS QUEST Skills to Action

aka "ADK Quest"

a comprehensive and universal, evidence-based social and emotional learning program for high schoolers. Key learnings include (1) to develop positive social behaviors in young adolescents, such as self-discipline, responsibility, good judgment, and the ability to get along with others, and (2) youth will develop positive commitments to their families, schools, peers, and communities, including a commitment to lead healthy, drug-free lives.



Grade 10



Toward No Drugs(TND)

A drug use prevention program for high school youth, designed to help students develop self-control and communication skills, acquire resources that help them resist drug use, improve decision-making strategies, and develop the motivation to not use drugs.



Continued...

Cannabis/Marijuana Awareness & Prevention Toolkit

New

Theory-based and evidence-informed resources created by educators, parents, and researchers aimed at preventing middle and high school students' use of cannabis/marijuana.

The nation's only easy to use, single-session substance use prevention program designed to increase fitness, health and performance-enhancing behaviors like physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control for youth.

S.P.O.R.T. Wellness PLUS

Substance use Prevention Optimizing Robust Teens (SPORT)

New

New

SMART TALK -school wide on Cannabis

***not evidence based

Standford is in motion creating as we speak resources for school age youth and is a promising practices on prevention awareness use of cannabis/marijuana for elementary, middle, and high school students

Contact : Traci Ploufe * Executive Director * 518-585-7424 * traci@preventionteam.org

PREVENTION CATALOG for SCHOOLS, Families, & Communities

ESSEX COUNTY, NEW YORK

The Girls Circle model, a structured support group for girls and youth who identify with female development from 9-18 years. Integrates relational theory, resiliency practices, and skills training in a specific format designed to increase positive connection, personal and collective strengths, and competence.



Girls Circle (ages 9-18)

New



One Circle Foundation uses small groups to help kids find support and acceptance.

New

Boys and young men Council (ages 9-18)



A strength-based group approach to promote boys' and young men's safe and healthy passage through pre-teen and adolescent years. In this structured environment, boys and young men gain the vital opportunity to address masculine definitions and behaviors and build capacities to find their innate value and create good lives - individually and collectively!



New

Evidence Based Addiction Prevention, Recovery, & Harm Reduction Family Education & Support

small changes have made big differences to individual families-- and to entire communities.

Positive parenting program



Family Coaching

Strengthening Families Program (SPF)

- Increased family bonding
- Increased parental involvement
- Increased positive parenting skills
- Increase positive communication
- Increased family organization
- Decreased family conflict
- Decreased youth depression
- Decreased youth aggression
- Increased youth cooperation
- Increased number of prosocial friends
- Increased youth social competencies
- Increased youth school grades

we have a vested interest in reaching out to caregivers with rising college freshman assisting with asset building, assertiveness training and parent-teen communication, how to avoid high-risk situations, and decide on behavioral alternatives to drinking alcohol

New

Teenintervene

Ages 13-18

Designed as an opportunity for one-to-one engagement using a comprehensive screening, brief intervention and referral to treatment (SBIRT) model of care. Teenagers who have experienced mild to moderate problems associated with substance misuse, sports betting/problem gambling, addictive behaviors i.e. tech addiction Student will work together with Prevention Specialist about Making Healthier Choices. School districts can utilize this program to refer students with disciplinary actions pending.



Coming soon

Dinosaur School The Incredible Years

Pyramid Model aligned prek-2 program aims to strengthen children's social and emotional competencies, such as understanding and communicating feelings, using effective problem-solving strategies, managing anger, practicing friendship and conversational skills, and behaving appropriately in the classroom. Prevention Team staff trained in curricula and are positioned to coach/support faculty/admin. Includes Parent Program



NON- Evidence Based Practices/Programs



13 IS THE AVERAGE AGE OF
FIRST-TIME DRUG AND
ALCOHOL USE.



9 OUT OF 10
ADDICTIONS START IN
THE TEEN YEARS.



(Ages 13-18)

Although not on the OASAS EBP registry, this is an evidence-based program used in all 50 states and makes use of current scientific findings on youth behavior, brain development, social norming, and substance abuse prevention. The latest scientific research speaks to the power of positive example, of engaging influencers to create change in culture, and of course — the power of the natural high. This research shows that when young people find their true passions — those activities that uplift, motivate, and inspire them — and are supported in these choices by family, friends, school, and community, they are more likely to avoid drugs and alcohol. Prevention Team promotes FYNA during Annual Student prevention & Well-being Summit each Spring

SAFE ZONE Project Ambassadors - school wide

Facilitating incredibly powerful dialogues for participants of all identities, ages, educational backgrounds, and attitudes around courage! Creating safe spaces to set expectations that we're all learning while making the most of your school experiences. Connected to our county initiatives to build resilience in every Family (BRIEF) and building into our daily practice of trauma informed care while learning the language students are speaking



School Wide



A single-session, e-cigarette use prevention program designed to increase wellness-enhancing behaviors including physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control.

Prevention + wellness- on: Vaping

Digital Health & Safety

New

Meeting the needs of a school-wide epidemic, we have combined the following resources/curricula:



- NETSMARTZ/Kidsmartz,
- Organization for Social Media safety
- Common Sense Media
- Nicholas Kardaras, PH.D- an expert on mental health, addiction, and the impacts of our digital age to begin a prevention awareness campaign

Tech Addiction Prevention

Aligned with
New York's:

SAFE
HARBOUR &

ERIN'S
LAW

Student Support PREVENTION COUNSELING

we also work
alongside our
Educators in delivering
Prevention curricula

an umbrella of comprehensive early intervention services for students Prek-12

Up to 15 Sessions

Short term, brief assessment under (Tier 1 & 2) assessing risk & protective factors individually and/or with small groups, Family, & faculty

No Billing

No fees incurred by family; no insurance needed to address trauma, early initiation of substances.

Crisis Intervention

Trained and ready to offer trauma informed care groups, grief and Loss

Meet IEP MILESTONES

Prevention counselors can provide support under general counseling on individual Educational plans .

Family Engagement

All Aboard! Everyone thrives! Prevention support, education and coaching around tough issues that families go through.

No Stigma

Prevention works under an empowerment model building youth confidence in SEL, peer support, & resiliency

Build Resiliency

Resiliency Youth & school assessments build student well-being with key activities to improve protective factors and thriving communities

No Diagnosis

No medical or behavioral health data needed. Upon beginning student assistance Prevention services, we will not diagnosis & services are self directed

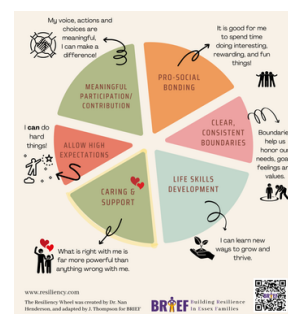
RESILIENCY IN ACTION SCHOOL-WIDE

Bullying Prevention



We are hard-wired to bounce back from adversity. Prevention Specialists explore "bounce back" strategies assessing risk factors, empowering students to build a resiliency plan, creating action steps with "protective factors" that move students & their friends away from harmful risk factors.

Nan Henderson, M.S.W., Ph.D.
www.resiliency.com



S.O.S. Signs of Suicide Prevention



Grades 6th-12th

SOS is an evidence-based youth suicide prevention program (IN OTHER STATES) that have demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk & depression. SOS teaches students how to identify signs of depression and suicide in themselves and their peers, while providing materials that train school professionals, parents, and communities to recognize at-risk students and take appropriate action.

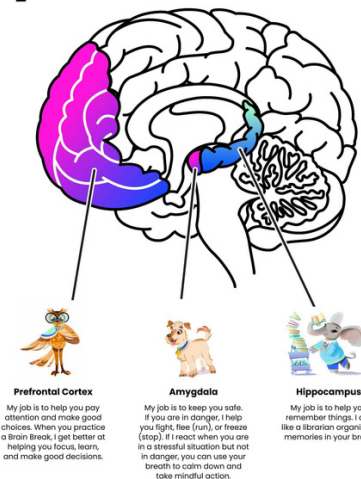


(Ages 12-100)

mindup
For Life

*** Can be used as a
curricula based SEL
program and/or a 5 minute
Positive Prevention
alternative

My Mindful Brain



Skill-based group intervention for children exposed to a wide range of traumatic events. Children learn and practice identifying feelings, relaxation, courage thoughts, problem solving, and conflict resolution, through positive activities and social support.

mindup
For Life

The Goldie Hawn
Foundation

mindup.org

mindup
For Educators
+ Schools

3 Healthy Relationships

Make optimism, kindness, and gratitude part of your daily life



POSITIVE PSYCHOLOGY

Pillar 4: Social-Emotional Learning

Scaffolded skill building that fosters self-awareness, self-management, social awareness, positive relationship skills, and responsible decision-making.



Theory-based and evidence-informed resources created by educators, parents, and researchers aimed at preventing middle and high school students' use of tobacco and nicotine.



Stanford
MEDICINE

SAFE HARBOUR: Safe Space



Of 22,326 trafficking victims and survivors identified through contacts with the National Human Trafficking Hotline in 2019, at least 5,359 were under age 18.

Many underage victims of human trafficking are students in the American school system. No community, school, socioeconomic group, or student demographic is immune to the threat of human trafficking. Cases of child trafficking are found in every area of the country—in rural, suburban, & urban settings alike.

The Prevention Team partners with DSS & NYSDE raising awareness & stands ready to support Essex County's schools in prevention awareness strategies and what child exploitation looks like in our uniquely rural communities.



Youth Empowerment Summit

Stay Tuned to Learn about our Next Summit Experience 2025



A collective voice from rising 10th, 11th and 12th graders across all school districts engaged in a healthy conversation : what do I need to thrive, my schools and my community?



Essex County held its first summit for youth in the Spring of 2023 at the Edgemont Barn in Port Henry, NY. We are a Prevention Agency/Team promoting brain and emotional health Awareness , facilitating conversations about growth mindset opportunities, building up resiliency strategies to delay the onset of substance misuse and/or addictive patterns and reconnecting youth to support each other through adverse childhood experiences (ACEs) .





PREVENTION CATALOG for SCHOOLS, Families, & Communities

2023-2024

PREVENTION School & Community Resources



Essex County Youth Bureau

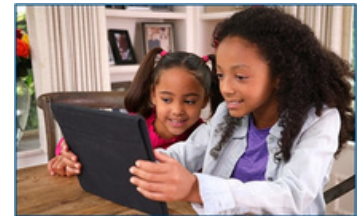


Prevention Needs Assessment:
Next Survey - SPRING 2025

The Communities That Care (CTC) Risk and Protective Factor Youth Survey (also known as the Prevention Needs Assessment (PNA) Survey) was designed to measure the need for prevention services among youth in the areas of substance misuse, problem gambling, delinquency, antisocial behavior, violence and related problems within a school district. Student voice matched with reputable research scientists allows for Essex County to target current trends youth face and develop action plans to address current public health crisis youth are facing in today's world.

Problem gambling can start young; really young. In fact, 39.5% of youth age 12-17 have gambled this past year, and 30% of these youth state that they began gambling at age 10 or younger. The earlier a child starts gambling, the more likely they are to have problems due to gambling. Today, the explosion of internet sports betting and gaming opportunities – plus the inescapable advertising and marketing of gaming and betting is everywhere on social media, from television to the corner store – all of which relentlessly expose our children to enticing messages of winning, risk-taking and excitement from a very early age. The line between gambling and gaming is getting blurrier every day.

TALK2KIDS
UNDERAGE GAMBLING:
A GROWING CONCERN



For Parents, Caregivers and Community Members...

Our Sober Active Recovery Adirondacks model parallels "the Phoenix" (www.thephoenix.org). We support our local communities by building in physically active activities amongst sober individuals who are seeking happy, sustainable long-term recovery for mental and physical wellness.

Our Mission is to create healthy options for recoverees with peer support, reduce the stigma and to actively invite family members to become a part of Nature's best medicine ...the great outdoors in the Adirondacks.



**SOBER ACTIVE RECOVERY
ADIRONDACKS**

Prevention Science & Research recognizes children with parents/caregivers who struggle with substance misuse are the champions in supporting the health & wellness of their family and are a part of their loved ones recovery journey.

PREVENTION TEAM PURPOSE:

NYS office of addiction services and supports (OASAS) is committed to enhancing the quality of services in NYS through the professional development of its workforce to ensure that prevention practitioners who provide services are competent and ethical in their work and skilled in meeting the needs of today's society.

OASAS defines "Prevention" as a proactive, evidenced based process utilizing effective programs and strategies to prevent or reduce substance misuse disorder, and gambling in individuals, families and communities. The OASAS Prevention Framework is grounded on research that Substance use disorder is preventable and that prevention is the most cost-effective element in the continuum of SUD services. We identify and reduce risk factors and increase the protective factors that are predictive in SUD communities.

PREVENTION TEAM GOAL:

- To reduce the prevalence of substance use disorder and problem gambling
- To delay the initiation of SUD and gambling behaviors among youth as long as possible
- To decrease the negative social and economical consequences and cost associated with SUD and problem gambling
- To prevent the escalation of SUD and gambling behaviors to the levels requiring treatment through early identification, brief intervention and referral



Positive Alternatives

Presentations

There are so many prevention positive alternative activities we are currently compiling based on the work we do above and beyond classroom curricula.

We are committed to supporting faculty, administrators, youth and parents.

Stay tuned for a comprehensive list



PARTNERSHIP PROJECTS

Community

Specific Prevention Topics

Schools

****Share your prevention needs and ideas with a prevention specialist in your school district.**

We have a prevention library and resources available in our Prevention Team Office in Ticonderoga.

Culture Building Circles



Supporting school districts that are Building Empathetic Fitness™ through spaced, repetitive practices



Outstanding After-School Instruction & Safety (OASIS) Program



The Power of Storytelling: The First Day film chronicles a journey revealing a young man's vulnerability and his profound connections with high school students who, in turn, have shared their stories of struggle and strength. The First Day film addresses issues that school systems face including student substance misuse and other harmful behaviors

F.A.S.T.



Moriah

Families and Schools Together (FAST)

A 2-year, multifamily group intervention designed to build relationships between and within families, schools, and communities (particularly in low-income areas) to increase all children's well-being, especially as they transition into elementary school

Primary Project

A nationally-known and evidenced based preventive mental health program for children in preschool through grade three. It is designed to enhance positive skills and reduce difficulties.

Lake Placid



Essex

County

Communities



The **W.I.S.E. Program** is a wellness and prevention program targeting older adults, which is designed to help them celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse.

**ABOVE THE INFLUENCE
OF VAPING**

Ticonderoga-Newcomb-Boquet Valley YR 2
University of Rochester

engaging 8th graders to create a school culture in which more students overcome pressures to abuse vaping