

Youth-Led Prevention Program Brief

FY 2019-20



Livingston COMMUNITY PREVENTION Project
"Supporting community health and wellness"

Prevention Prepared Communities - Logistics:

The Livingston COMMUNITY PREVENTION Project (LCPP) was formed in 2008 to provide substance abuse prevention services throughout Livingston County. LCPP has targeted Livingston County as a whole with special emphasis in the community of Pinckney. Students Leading Students (SLS), Students Taking A New Direction (STAND), It Stops with Students (ISWS), and the Livingston County Community Alliance (LCCA) work closely with all five school districts as well as local government, law enforcement, and community members.

In 2019-2020, youth-led prevention continued to be a force to be reckoned with, as we embodied the SAMHSA Model Program Student Leadership Services format, and continued to pave the way for youth-led, adult-guided programming throughout Livingston County. As a youth-led program, SLS, STAND, and ISWS utilizes interactive techniques, peer discussion groups, parent planning and involvement meetings, and community support. These techniques are paramount in building up protective factors and assets for youth, helping youth maneuver through life's transitions, promoting and encouraging positive outcomes in opportunities and relationships, creating academic success, decreasing stigma regarding social norms, and delaying the onset of ATOD use.



Priority Areas:

Our groups worked at all levels to offer opportunities for fun and engaging activities that supported service learning and promoted non-using attitudes and behaviors, as we continued to address the CMHPSM priority areas of:

- 1- Reducing Childhood and Underage Drinking
- 2- Reducing Prescription and Over the Counter Drug Abuse/Misuse
- 3- Reducing Illicit Drug Use

Evidence Based Intervention/Initiative and CSAP Prevention Strategies:

Youth-Led Prevention (YLP) utilizes the Student Leadership Services model which was formed to build upon and strengthen partnerships and efforts for youth-led programs across the state and at local levels. LCPP adopted this model to implement in the Pinckney area as a youth-led prevention group. The focus of this program is to:

- enhance protective factors
- build upon and develop peer to peer prevention
- offer service learning and community service
- to promote positive youth development/empowerment
- to increase the highest mental, emotional, and behavioral well-being of youth.

This is a comprehensive program for youth that engages educators, parents, and communities by combining environmental prevention strategies and individual prevention strategies to support the positive attitudes, choices, and behaviors of youth in a community.

Overview:

Youth-Led Prevention generally provides alternative activities for the youth in Pinckney. Examples of these activities include the annual Homecoming activities, collaboration with other Pinckney community events, like the United Way Day of Caring, or participating in ongoing campaigns.

Youth from Navigator, Pathfinder, and Pinckney High School work collaboratively on many prevention projects throughout the year. Youth implement activities for Red Ribbon week and the MOST campaign, while mentoring other youth-led prevention groups. Students from the summer program are involved in Movies in the Park with the Pinckney Community Youth Development Initiative, as well as volunteering in the community, and engaging youth with outdoor activities like tie-dyeing t-shirts, Art in the Park, sports events, and Livingston County community activities.

Youth-Led Prevention and COVID-19:

Youth-Led Prevention started as usual for the fiscal year 2019-2020 and ended very differently than normal. In March of 2020, all public schools were required to shut-down to offset the spread of COVID-19, limiting access to students. Teachers were tasked with developing ways to teach students remotely via virtual platforms. Although Youth-Led Prevention groups could no longer function in person, we utilized virtual platforms, like Zoom, to stay connected. We also managed to continue our youth-led programming through service work as we capitalized on a mask-making venture to make and donate masks. Our SLS group helped to make over 4,500 masks that were shared throughout the Pinckney school community and donated to St. Joseph and University of Michigan hospitals in Ann Arbor.

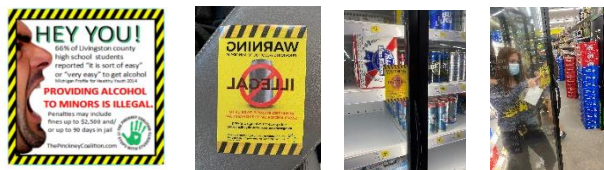


As the COVID-19 pandemic escalated, it became obvious that the usual Youth-Led programming and planned events would require modification. Our youth-led prevention group was one of the first groups to develop and implement completely online events. In May, we successfully held a virtual exhibit to showcase Hartland Photovoice. .



Shortly thereafter, we welcomed youth as we held our first Youth-Led Summit in Livingston county. As we struggled through the restrictions of the pandemic, we realized the youth had worked hard to plan the Summit event. We decided to invite the keynote speaker and the breakout session presenters to our very first virtual and completely online Youth-Led Summit. It was a hit! We had over 35 register for the event and a total of 28 attendees.

Project Sticker Shock (PSS) is a program utilized in the Livingston County community during times of increased underage drinking – prom, homecoming, and graduation. The program objective is to reduce underage access to alcohol by educating adult providers (CMHPSM Priority Area 1). Youth-Led Prevention members from all groups placed stickers displaying a warning message about the penalties for furnishing alcohol to minors. Stickers are placed on multipacks of beer and wine coolers which may appeal to underage drinkers.



Because we lost access to direct student participation, we had to improvise and modify our Project Sticker Shock (PSS) campaign and developed a window cling banner to share with participating establishments. As the COVID restrictions let up, we were able to have a few students participate directly in this campaign and help us share the PSS message.

As the fiscal year came to an end and as restrictions were lifted, we could engage youth in typical programming once again. Our youth were involved in talking to the County Commissioners about marijuana and the realities of vaping. And some of our youth were involved in making a commercial to showcase our MOST campaign. SLS students worked with the Livingston County Community Alliance to produce television commercials. These commercials were seen on Comcast network television, throughout the month of October, by at least 25,000 viewers.

Outcomes/Results:

Unfortunately, because of the pandemic and the COVID-19 restrictions, typical projected outcomes could not be met. However, over 40 students participated in Youth-Led Prevention this year, with an active member base of at least 30 students.