

Youth-Led Prevention Program Brief

FY 2018-19



Prevention Prepared Communities - Logistics:

The Livingston COMMUNITY PREVENTION Project (LCPP) was formed in 2008 to provide substance abuse prevention services throughout Livingston County. Karen Bergbower & Associates, Key Development Center, Inc., and Livingston County Catholic Charities are the collaborative partners of LCPP. These agencies work together to implement several prevention programs that have been proven to impact substance use and related problems. LCPP provides an array of prevention services that target all sectors of Livingston County, including parents, schools, and the community. LCPP is focusing on the following CMHPSM priority areas: reducing childhood and underage drinking, reducing prescription and over the counter drug abuse/misuse, and reducing illicit drug use.

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. LCPP is also closely aligned with the Substance Use Disorder Prevention and Treatment Workgroup of the Human Services Collaborative Body as well as Wake Up Livingston, which is using the Project Lazarus model to decrease opiate related overdoses and deaths.

Priority Areas, Primary Problems, and Associated Intervening Variables:

CMHPSM Priority Area 1: Reducing Childhood and Underage Drinking

- a) Primary Problem: Early Addiction, Delinquent/Problem Behavior
- b) Intervening Variables: Lack of Perceived Risk, Peer Pressure, Prosocial Attitudes toward School, Norms that Support Use, Easy Access to Alcohol, Parental Norms, Attitudes, and Knowledge of Underage Drinking

CMHPSM Priority Area 2: Reducing Prescription and Over the Counter Drug Abuse/Misuse

- a) Primary Problem: Opiate Related Overdoses and Deaths
- b) Intervening Variables: Lack of Perceived Risk of Prescription Drugs, Peer Pressure, Prosocial Attitudes toward School, Parental Norms, Attitudes, and Knowledge of Prescription Drugs, Easy Access to Prescription Drugs, Norms that Support Prescription Drug Use

CMHPSM Priority Area 3: Reducing Illicit Drug Use

- a) Primary Problem: Past 30 Day Use of Marijuana, Delinquent/Problem Behavior
- b) Intervening Variables: Lack of Perceived Risk of Marijuana Use, Peer Pressure, Prosocial Attitudes toward School, Parental Norms, Attitudes, and Knowledge of Drug Use, Easy Access to Drugs, Norms that Support 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. The "Students Leading Students" (SLS) Model Program is offered to health and safety chapters who support Michigan youth. The SLS Model Program is for new or existing Students Leading Students (SLS) High School or Students Taking A New Direction (STAND) Middle School Chapters who would like to take their chapter to the next level of effective youth-led prevention. The SLS Model Program is a year-long, outcome based, youth-led prevention program. The program consists of the following parts:

Part 1: Advisors attend three one day Advisor Trainings.

Part 2: Students attend an all day, eight-hour SLS training (includes pre and post test).

Part 3: Chapters complete Progress Reports (survey of year long program) and attend at least one SLS booster training.

Part 4: Chapters develop and present student workshops at the SLS Annual High School Leadership Conference.

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 by building upon and developing peer to peer prevention, service learning and community service, and positive youth development/empowerment to promote 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.

As a youth-led program, SLS, STAND, and ISWS utilize 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.

Youth-Led Prevention 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.

Overview:

In 2017, ISWS evolved into a more unified group as we embodied the SAMHSA Model Program Student Leadership Services youth-led prevention format. We became Students Leading Students (SLS) at the high school and Students Taking A New Direction (STAND) at the middle school. As not to give up our entire history, our students at Navigator Upper Elementary still use ISWS as their group name. Our goal for the year was to promote our group, show off our new logo, and stay active and involved in all aspects of the Pinckney community. We were very busy!



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.



Youth from Navigator, Pathfinder, and the High School worked collaboratively on many prevention projects throughout the year. These projects included Red Ribbon week, the MOST campaign, and mentoring other youth-led prevention groups. Students from the summer program had an opportunity to be involved in Movies in the Park with the Pinckney Community Youth Development Initiative. The summer youth-led prevention group also made time for fun and engaging activities, such as a summer kick-off event and an art show in the Hub.



At Navigator, where we had as many as 25 active students, it was our intention to inform and educate about prevention and community issues such as bullying, kindness, healthy choices, and best decisions. ISWS highlighted the importance of living your best life by staying active and involved in appropriate activities and engaging prevention education. ISWS worked on many projects during the school year including the school store, the cereal drive, and the spring carnival. Through the student's efforts they were able to raise enough money to offer a photo booth at the year-end field day.



Pathfinder students tackled issues of self-esteem and inclusion and made it their priority to address substance use related to bullying, suicide, and esteem issues. We had many chances to build our group and share our prevention message through information dissemination and lunch time group activities.

At the high school level, SLS focused on becoming a permanent fixture in the school and to be seen as a group with exciting opportunities and engaging messages. SLS took time to meet teachers, school administration and outside leadership teams. SLS members showcased their group's ability to educate and inform about prevention education, leadership and mentoring, and even the perils of distracted driving.



SLS youth participated as actors and educators in the Wake Up Livingston Reality Tour event. This event showcases the life of a person who becomes involved with alcohol and other drugs and the adverse effects of using substances.

SLS tackled issues of anti-vaping policy at the local level by attending Putnam Township Council meetings and advocating



for new policy creation to prohibit e-cigarette use and possession of vaping products. SLS youth also testified in front of the Michigan Senate to demonstrate youth support of Senate Bills 106 and 155 which both clarify that it is illegal to sell e-cigarettes and other non-traditional



nicotine products to minors. SLS students posed with State Representative Ann Bollin. They also had an opportunity to meet with Elissa Slotkin while in Washington DC.



SLS students worked with the Livingston County Community Alliance to produce television commercials to advertise during National DEA Drug Take-Back Month. These commercials were seen on Comcast network television, throughout the month of April, by at least 25,000 viewers.



Once again all three youth-led prevention groups blanketed the community with stickers for **Project Sticker Shock** (PSS). 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. Nine members of ISWS participated within the Pinckney community.

Outcomes/Results:

Over 40 students participated in Youth-Led Prevention this year, with an active member base of thirty students. Of these participants, 98 percent demonstrated improved life skills/assets on a post survey. Examples of these assets include "I believe it is important not to use alcohol or other drugs", "I can resist negative peer pressure", and "ISWS members model responsible behavior".