

# Youth-Led Prevention Program Brief • 2020-2021

Youth-Led Prevention (YLP) 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.

YLP provides young people the opportunity to connect and form networks with like-minded peers. These networks remind young people not “everyone is doing it” and they are not alone in their healthy choices. The participants in youth-led programs feel a commitment to the other members in the group and this commitment reinforces the positive choices and behaviors of the youth, creating positive peer pressure.

YLP represents a sound prevention investment through meaningful youth involvement in community prevention efforts. YLP is a planned sequence of activities that, through the practice and application of evidence-based prevention principles, policies, practices, strategies, and programs, is intended to inform, educate, develop skills, alter risk behaviors, affect environmental factors, and/or provide referrals to other services.



**Livingston COMMUNITY PREVENTION Project**  
“Supporting community health and wellness”

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, 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.



CMHPSM Priority Areas	Targeted Primary Problems	Associated Intervening Variables
Reduce Childhood and Underage Drinking	Delinquent/Problem Behavior Traffic Crash Deaths/Injuries Early Addiction	Attitude and Intention Toward Use  Low Perceived Risk  Perceived Peer Pressure
Reduce Prescription Abuse/Misuse	Delinquent/Criminal/Problem Behavior Opiate Related Overdoses and Deaths	
Reduce Illicit Drug Use	Delinquent/Criminal/Problem Behavior Early Addiction	

## Youth-Led Prevention

- enhances protective factors
- builds upon and develops peer to peer prevention
- offers service learning and community service
- promotes positive youth development and empowerment
- increases the highest mental, emotional, and behavioral well-being of youth

During this year, the Livingston COMMUNITY PREVENTION Project (LCPP) expanded the YLP model across Livingston County. The major focus was on recruiting youth to engage in all aspects of prevention, both within individual schools and county-wide. Pinckney Community Schools offered weekly youth meetings for high school and middle school students. Parker Middle School held weekly youth meetings. Other local schools in Brighton, Fowlerville, and Hartland held regular meetings with youth to plan specific prevention activities or events.

Implementation was a collaborative effort, engaging all prevention implementers and community partners. YLP complements the broader work of the Livingston County Community Alliance (LCCA), empowering youth and adult coalition members to create thriving and healthy drug-free environments.

**Youth-Led Prevention is youth led, youth driven, and youth planned with adult support and guidance.**

Youth-Led Events	Outcomes
<p><b>Youth-Led Advisory Board (YLAB)</b></p> <p>Youth from across Livingston County attended weekly meetings to plan, implement, and evaluate prevention activities. These meetings were youth-led with facilitator guidance and support. Youth who participated in YLAB were encouraged to return to their local schools to mobilize youth to implement prevention activities and to promote prevention messages.</p>	<ul style="list-style-type: none"> <li>• 26 of the youth who participated in YLP demonstrated increased protective factors by responding positively to 10 out of the 17 questions on the YLP survey. (Only two school districts participated in this survey as participation was down and access to youth was limited throughout all school districts. Next year, we intend to focus on capacity building in hopes of engaging more youth.)</li> </ul>
<p><b>Youth Photovoice</b></p> <p>A Photovoice event allows youth to express themselves on a topic using photos. Youth were asked to provide messages about youth substance use using photographic artwork. Youth actively participated in taking and designing photos, but due to COVID, the exhibit was presented as a slideshow.</p> 	<ul style="list-style-type: none"> <li>• 23 individuals reported a willingness to discuss the photos, exhibit, and related messages around youth substance use with others as evidenced by completed evaluation surveys.</li> <li>• 24 individuals reported the photos and exhibit resulted in increased awareness of youth substance use as evidenced by completed evaluation surveys.</li> </ul> 
<p><b>Youth-Led "Be the MOST" Mental Health Rally</b></p> <p>Mental health support, resources, and awareness were highlighted by bringing together youth, community members, and mental health professionals. An interactive live stream on Instagram broadened the audience. Attendees were given a 'swag' bag filled with information and resources for supporting mental health. Data about youth mental health and substance use was displayed alongside a youth-designed banner attendees could sign in support of mental health awareness.</p>	<ul style="list-style-type: none"> <li>• 20 individuals who attended the rally demonstrated an increased commitment to a drug and alcohol-free lifestyle as measured by the post rally survey.</li> </ul>  
<p><b>2nd Annual Youth-Led Summit</b></p> <p>Hosted in conjunction with the Howell Youth Center, YLAB welcomed nationally renowned speaker Nathan Harmon from YourLifeSpeaks.org as the keynote speaker. Nathan gave an inspirational talk about the tenets of leadership characteristics and the power of positivity and overcoming substance use challenges. The summit was rescheduled from August to September due to our host getting COVID. Attendance was sparse due to the rescheduling, a change in venue, limited speaker availability, and school activities beginning</p>	<ul style="list-style-type: none"> <li>• 6 out of 9 youth (67%) who attended the summit demonstrated increased protective factors by responding positively to 10 out of 13 responses on the Youth Summit Evaluation Survey.</li> </ul> 
<p><b>Project Sticker Shock (PSS)</b></p> <p>The objective of PSS is to reduce underage access to alcohol by educating adult providers. Youth-Led Prevention members from all groups placed window clings and stickers on multipacks of beer and wine coolers displaying a warning message about the penalties for furnishing alcohol to minors.</p>	<ul style="list-style-type: none"> <li>• 11 youth and 32 Livingston County alcohol retailers participated in Project Sticker Shock</li> </ul> 
Other Youth-Led Activities	
<p><b>Summer Events and Outreach</b></p> <p>Summer events were held to sustain youth involvement outside school. The focus was on large community events and increasing awareness of prevention messages and YLAB. These events included The Fowlerville Fair, The Hamburg Funfest, and Pinckney Food Truck Fridays.</p>	<p><b>Youth-Created Prevention Videos</b></p> <p>Students in Fowlerville and Pinckney created videos bringing awareness to the negative effects of using marijuana and alcohol. Students highlighted data from the MOST Teens Don't Social Norming Campaign, discussed the risks of using these substances, and encouraged youth to BE THE MOST and not use substances.</p>