



Youth-Led Prevention Program Brief • 2021-2022

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 Parental Norms, Attitudes and Beliefs Norms that Support Use Easy Access 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

The Livingston COMMUNITY PREVENTION Project (LCPP) continues to work to expand the YLP model across Livingston County. The major focus this year was on building capacity. By increasing awareness of YLP and building collaborative relationships with identified key community partners, LCPP worked to create a cultural shift that values and promotes YLP, thereby integrating its cornerstones into service delivery and action, i.e., a shift in how we view and work with youth. At the same time, LCPP implemented recruitment efforts to engage youth in all aspects of prevention, both within individual schools and county-wide.

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
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Youth-Led Advisory Board (YLAB)

<p>Youth from across Livingston County attended 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>	<p>117 of the 139 youth who participated in YLP demonstrated increased protective factors by responding positively to 10 out of the 17 questions on the YLP survey.</p>
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Youth Art Voice

	<p>An Art Voice event allows youth to express themselves on a topic using various forms of art mediums, including music, photography, ceramics, and painting. Youth were asked to provide messages about youth mental health using artwork. Youth actively participated in creating art and held an exhibit to showcase their pieces to the community. The artwork continues to be displayed throughout Livingston County.</p>	<ul style="list-style-type: none"> 68 individuals out of 121 who attended the Art Voice reported a willingness to discuss the art, exhibit, and related messages with others as evidenced by completed evaluation surveys. 48 individuals reported the art and exhibit resulted in increased awareness of youth substance use as evidenced by completed evaluation surveys.
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3rd Annual Youth-Led Summit

<p>YLAB welcomed nationally renowned entertainer and motivational speaker, Anthony Grupido. Anthony gave an inspirational talk about mental health, the importance of self-care, and the power of positivity and overcoming substance use challenges.</p>		<p>16 out of 17 youth (94%) who attended the summit demonstrated increased protective factors by responding positively to 10 out of 13 responses on the Youth Summit Evaluation Survey.</p>
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Capacity Building for YLP

<p style="color: green; font-weight: bold;">Presentation at County-Wide Counselors Meeting</p> <ul style="list-style-type: none"> 32 Livingston County school counselors attended. 27 reported increased awareness of YLP. 22 committed to supporting YLP activities. 	<p style="color: green; font-weight: bold;">Empowering Youth to Lead SLS Training for Adults</p> <p>12 of the 13 attendees committed to supporting and building capacity for YLP.</p>
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Other Youth-Led Activities

Youth-Led Prevention Around the County

Youth were active in prevention efforts all year and all around the County. They planted red tulips for Red Ribbon Week in October, interacted with peers at the Annual Students Leading Students (SLS) State Conference in March, created and shared social media messages for Mental Health Awareness Month in May, met youth around the world to learn and share prevention strategies at the CADCA Mid-Year Conference in Florida, promoted YLP using outreach efforts and activities all summer, and gained self-care skills at the 3rd Annual Youth-Led Summit in August.

 <p><i>Tulips Planted for Red Ribbon Week 2021</i></p>	 <p><i>12 Youth and 3 Adults attended the Annual SLS Conference</i></p>	 <p><i>Mental Health Matters Social Media Campaign</i></p>	 <p><i>4 Youth at the CADCA Mid-Year Conference</i></p>
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