

Youth-Led Prevention Program Brief

FY 2016-17



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. Karen Bergbower & Associates, Key Development Center, Inc., LACASA, 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. 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 overdoses and deaths related to opiates.

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

Overview:

In 2016-2017, The Pinckney Coalition (TPC) was dissolved with the intention of focusing on youth-led prevention. It Stops With Students (ISWS) is the name of the youth-led prevention group in Pinckney Schools. ISWS had many new opportunities this year. First, the ISWS Coordinator was new and eager to work with students on some new ventures. Also, it was the first year that ISWS would be in Navigator Upper Elementary school working with the fourth, fifth, and sixth grade students.

Students from Navigator, Pathfinder, and the High School collaborated together on some important projects. Students built a float for the Homecoming Parade, and all three schools worked together and more than 50 students participated in the parade.



In October, these schools celebrated Red Ribbon Week by sponsoring a “Red Out” and chose classes wearing the MOST red to win. In November and December, the middle and high school students hosted a Youth Photo Voice. Photo Voice is



process for youth to capture, record, and speak out about their life experiences and can be adapted to cover any issue in a community. The photo voice process engages youth to share a perspective and includes group discussions about the photos and their meaning as well as a presentation to the community to honor



the youth voice. Our photo voice issue for content this year was marijuana. The culmination of the Youth Photo Voice was the “Not Black Tie” Black Tie Affair party that showcased the photos, which was held on December 20th with rave reviews.

After, the photos traveled around the community to expand the audience for the youth’s voice and to create and encourage broader conversations around the issue of marijuana use.



ISWS was busy throughout the entire year. We practiced service learning with the kindness challenge, educated students for National Kick Butts Day, and 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). It Stops With Students members 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.



Our video with a message for parents, made by the high school students, can be seen on school networks, the LCCA website, and the Livingston County Sheriff’s Department website. Looking back over the year, the true test of program victory comes from the younger students in fifth and sixth grades who truly embraced the opportunity to engage in prevention efforts.

Evidence Based Intervention/Initiative and CSAP Prevention Strategies:

Youth Led Prevention (YLP) utilizes the Ohio Youth-Led Prevention Network (OYLPN) model which was formed to build upon and strengthen partnerships and efforts for youth-led programs across the state and at local levels. The program was initiated by the Ohio Department of Mental Health and Addiction Services (OhioMHAS) with the Drug Free Action Alliance, the Ohio Teen Institute, Youth to Youth International, and PRIDE Youth Programs. Prevention providers and

youth work together to ensure youth have the skills to be successful and build healthy communities and to establish partnerships and relationships that promote the foundations of youth-led prevention.

LCPP adopted this model to implement in the Pinckney area as a youth-led prevention group, It Stops With Students. 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, It Stops With Students, 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.



It Stops With Students provides alternative activities for the youth in Pinckney. Examples of these activities include the annual Dodgeball Tournament, Homecoming activities, collaboration with other Pinckney community events, like the United Way Day of Caring and Movies in the Park, or participating in ongoing campaigns.

Outcomes/Results:

Over eighty students participated in It Stops With Students this year, with an active member base of thirty students. Of these participants, 88 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”.

Furthermore, It Stops With Students combined with other LCPP programming, continues to show its impact within Livingston County on Reducing Childhood and Underage Drinking (CMHPSM Priority Area 1), Reducing Prescription and Over the Counter Drug Abuse/Misuse (CMHPSM Priority Area 2), and Reducing Illicit Drug Use (CMHPSM Priority Area 3), as shown by local data showing increased perception of risk from the Michigan Profile for Healthy Youth (MiPHY) survey:

