

Spookinaapi (Good Health) Project

Project

- 5-year SAMHSA grant
- (3) Tier socio-cultural-ecological approach
- Target Areas
 - Under-Age Drinking
 - Marijuana use
 - Prescription pain Killers (Opioids)
 - Suicide
- Target population
 - Grades 2-12

Update on Goals

Goal 1. Provide Prevention education, activities and awareness for the schools and community. Spookinaapi team made the initial introduction into the class rooms, met with the administrators to schedule time in the classrooms to introduce prevention strategies

Goal 2. Continue to serve caseload in each building and provide access to Mental Health services.

Spookinaapi team will continue serving their case load and provide Mental Health Services.

Goal 3. Establish a mentoring program for each building and target at-risk students. The Spookinaapi team will develop a mentoring program in each building to target at-risk students.

Current Projects:

Each Spookinaapi Specialist developed a google class room for their students to provide prevention services, they also contracted their case load of tier 2 students through email or phone calls. Their activities include simple exercises and games they can do at home. The spookinaapi coordinator has been on conference calls with SAMSHA every other day, entering data through SPARS and is providing online resources for the Spookinaapi Specialist.

Past projects:

Spookinaapi Coordinator: Set up a schedule with Heart Butte Public Schools to provide prevention services to the student, attending stakeholder meeting in the community, collaborating with the epidemiologist to plan and implement a prevention assessment to the students. Gathering and entering data in to SPARS (SAMSHA data bank)

Spookinaapi Specialist

BMS: Jennifer Elhers- Every day is a different lesson focused on drugs alcohol, self-esteem, bully prevention, coping skills.

- Lunch Group: Topic: Tobacco Damages effects
- Counsel Sessions: 45 Minutes
- Prevention Activity: Alcohol, Tobacco, Substance drugs Bingo

BES: Kimberly Tatsey-McKay- Providing 45 Minute prevention education and activities in the class room

- Second Step - Ways to Stay Safe & The Always Ask First Rule
- Second Step- Safe and Unsafe Touches
- Introducing New Curriculum Too Good for Drugs
- Providing Counseling Services to the students
- Prevention Activity: Chasing Squirrels- Setting Reachable Goals

Napi: Tessa Wells-

- Prevention Education Topic: Education Environmental Activity
- Subject: Alcohol
- Activity: Video Clip on the effects of alcohol on youth.
Each student was given a feather to color and provide a healthy coping skill they can use during difficult time
- Discussion: Alcohol in the community, Unhealthy coping skills, Healthy coping skills, Stereotyping addiction

BHS-Daniella

Topics:

- Individual Counseling: Marijuana, Alcohol, Suicide
- Insight class: Marijuana, Vaping, Alcohol, Opioids
- Prevention Classes: Substance Abuse Prevention
- GSA Group: Support Group
- Prevention Day: Substance Abuse/Being Safe, Information Dissemination, Fact Sheets, Community Prevention Coalition, Education, Speaking engagement.

Alternative Activities: Guest Speakers

Education Activities: Ongoing Classroom Sessions

Community-Based Process: Community Prevention Coalition during the prevention day at BHS: Multi-agency Coordination and Collaboration (Wendy Bremner, Spookinaapi, Keith Augare)

Environmental: Throughout all of the activities there has been intent to change community attitudes, norms and even policies so as to decrease substance use occurrence in the community. By promoting acceptance, healthy coping, counseling, peer helpers, and facts/education about substance misuse and abuse.

Problem Identification and Referral: Students identified via caught using substances on school grounds are referred to insight class, and Addiction Counseling through Southern Piegan.

