

Spookinaapi Specialist

Kim Tatsey McKay 2nd & 3rd Grade

Tessa Wells 4th & 5th Grade

Jennifer Elhers 6th-8th Grade

Daniella Rhinheart 9-12th

Teaching

On-Line webinar, Phone Calls, Video Calls, and Google Class Room

Prevention Themes

Alcohol

Prescription Drug Use

Mental Health Services

Character Education

Safety/harm reduction

Environment

Marijuana

Support Groups

Vaping

Bullying

By standard

Prevention Education topics for 2nd & 3rd Grade

- Supporting School Reentry with SEL Webinar
- Drug Endangered Children: Peer Sharing
- Case Studies in Marijuana: From Pharmacology to the Emergency Department
- Seesaw training
- Setting up google classroom if given permission to provide social skills class to all 2nd and 3rd grade students.
- 2nd Grade: All About Empathy for Kids Video, Sesame Street: Mark Ruffalo Empathy Video, and activity on "Tell me when you have had empathy for someone else".
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- 3rd Grade: All About Empathy for Kids Video, Sesame Street: Mark Ruffalo Empathy Video, and activity on "Tell me when you have had empathy for someone else".

Prevention Education topics for 4th-6th grade

- Internet Safety
- Cyberbullying
- What is Mental Health? Video of myself presenting information on Mental Health
- Coping Strategies
- Peer Pressure
- Communicating with adults

- Feeling emotions
- Brain Power, when making the decision about drugs and alcohol
- Counseling
- Individual Counseling

Prevention Education 6th-8th grade

- Cyberbullying
- Activity 1: Brain Power- worksheet, describes How our brain works and how drugs and alcohol influence our brains.
- Activity 2: DRUG + BODY work sheet. how drugs effect a person's body.
- Activity 3: Drugs +Your Life: It Isn't Pretty, Decision making when it comes to driving while drinking
- Activity 4: Drugs +Society: Emergency Room Visits
- How are communities affected by individual actions?
- How can society respond to problems that arise from increased drug abuse?
- Small group counseling
- Individual counseling

Prevention Education 9th-12th

- A focus on Self talk and self-affirming statements, along with
- CBT activities (thinking, feeling, behaving triangle)
- incorporate positive self-talk into the "thinking portion" to increase a person's control and choices in life.
- bring awareness to and control one's feelings,
- prevent the use of drugs and alcohol
- promote coping skills to deal with difficult feelings.
- Coping statements for anxiety.
- Promoting Sobriety
- Provide awareness with some positive thoughts of why having a sober mind is healthy and beneficial.
- Provide affirmations "BE EMPOWERED".
- Sent out information on the benefits of being drug free. individual counseling.
- practiced a mindful meditation.
- new coping skill for anxiety and how it can prevent substance misuse.
- provided support for staff at BHS in order to promote healthy community norms.
- 3-hour Insight Class
- Individual Counseling
- Phone and video call for counseling sessions and support group for LGBTQ community.

CSAP's Strategies implementation

Prevention education

- Small groups (Google Classroom)

- Parent and family engagement
- Decision making
- Social skills development
- Two-way communication

Environmental

- Social Norms Campaigns ie., (Safe-talk, Be Empowered, Self-Control)

Information Dissemination

- News letters
- Brochures
- Fact Sheets
- Media Campaigns
- Speaking Engagements