

Resources and Ideas from SCA Prevention Networking Session

1/7/21

Outlined below are the activities, tools, ideas and resources shared.

Supporting Youth/Families in Dealing with Current Events/Unrest/Riots/Protests/Inequities

- How to discuss and address events like Capitol riots with youth and how to support families in having discussions with their children?
 - May be valuable to imbed information for parents/families on the PA START website.
 - KQED Learn is a free platform for middle and high school students to tackle big issues and build their media literacy and critical thinking skills in a supportive environment.
<https://learn.kqed.org/>
 - Partner with school teachers and counselors to see what they may already be doing.
 - CPA can look into securing someone to do a virtual training on how to better support parents and how to communicate with their children about these topics.
 - Allow youth to process verbally and acknowledge what feelings they have related to events
 - Resources shared by PA Dept. of Education:
 - [Responding to the Insurrection at the US Capitol | Facing History and Ourselves](#) - Immediate recommendations based on January 6th, 2021.
 - [When Bad Things Are Happening](#) (Teaching Tolerance) *When news breaks of disaster or violence, your students may want to discuss a crisis as it unfolds.*
 - Step 1: Listen
 - Step 2: Protect
 - Step 3: Model
 - Step 4: Take care of yourself
 - <https://www.apa.org/helpcenter/terror-exposure.aspx>
 - Building resilience to address violence, terrorism, etc. -
<https://www.nctsn.org/resources/community-violence-reactions-and-actions-dangerous-times>
 - Site not vetted but has resource for teachers:
<https://beyondthetoplight.com/2021/01/06/resources-for-teachers-on-the-days-after-the-attack-on-the-u-s-capitol/?fbclid=IwAR0EC7sWjR3haarhysbzjYJufIW59oqF-p2bv-OedCiHfbPjPSUfoUAZ24U>
 - <https://bit.ly/EducatorCrisisResources> - A resource for community education on recent violence/protests. Varied responses so review carefully for use.
 - Would be helpful to have parental guidelines that could outline specific healthy behaviors and language that can help children process and debrief at home from observing traumatic experiences on the news or in person.
- What role may prevention have to play in helping to address the fear and mistrust among communities of the COVID-19 vaccines?
 - Addressing intersection of physical, mental and behavioral health
 - Collaborating with public health departments
 - Advocating for information and access
 - Teach advocacy as a prevention technique
 - Marginalized/underserved/underrepresented communities need to hear from people who look like them and who they trust to give them the accurate information about vaccines.

Parenting/Education Programs

Strengthening Families Program for Parents and Youth 10-14

- Implementing virtually via Zoom in Bucks County and will be providing weekly meal stipends of \$20 and free prize giveaways such as household appliances. For more info reach out to Karen Montague, kmontague@childandfamilyfocus.org
- The Council on Chemical Abuse is starting SFP 10-14 for Kutztown families: <https://cocaberks.org/new-sfp-10-14/>.
- Starting SFP in Wayne and Lackawanna Counties 1/12.
- Some challenges getting in touch with Cathy Hockaday, SFP developer. Geneen Burris, grs119@psu.edu, at EPISCenter has provided assistance to some in getting response from Cathy.
- Connecting with other providers who implement SFP to share lessons learned has been very valuable.
- SFP is a resource for effective ways for talking to kids about tough issues.

Too Good for Drugs

- As schools settle into routine have been open to implementing virtually. Have developed PowerPoints to use. Have modified based on length of time provided. Has seemed to be effective.
- TGFD has the workbook in virtual form but only for the facilitator to share on their screen not to be shared with students.
- Virtual implementation is missing more of the student feedback and interaction that is important.
- Using Kahoot to do the games virtually and have been able to keep the interactive pieces.
- Even within one district find that some teachers may be using different platforms (e.g. Zoom vs Google Classroom). Something to be prepared for.
- Having schools provide facilitators a school email allows for easier access to Google Classrooms and coordinating with teachers.
- Teachers developed google doc form to have students be able to submit what they work on.
- In a pinch, have recorded lessons with a live classroom and have been given permission to share this with other classes as appropriate. Having kids watch the recorded session with the feedback which has helped keep the program interactive.
- Montgomery County SCA has partnered with Devereux Center for Effective Schools to put all the TGFD content into PPT presentations including modified versions of the games.
- Have students use a blank sheet of paper for activities if they haven't been given the workbooks ahead of time. They can take a picture and submit it or turn it in when they are in person.

Other Programs

- Triple P - Is being implemented in Fayette County and those implementing have shared that program is having success.
- All Stars - Created PowerPoint for each lesson and can have discussion.

Programs suggested that may be good for inner city families

- Positive Action
- SFP 10-14 adaptations: Familias Fuertes (Spanish translation/adaptation) and Strong African American Families.
- One Circle Foundation programs - <https://onecirclefoundation.org>

Data Collection for Virtual Programs in Schools

Collecting student attendance, demographics, pre/post:

- Teachers send class list and note attendance
- Teachers have students do pre/post in google forms and then send summary of pre/post scores
- Use Survey Monkey and Google Forms for pre/post
- Teachers send demographic data daily
- Get demographics from the school districts or principals for the students per class prior to the program. Then the teacher provides who has not logged in for the virtual class.

Alternative Activities

- Hold Zoom sessions with youth doing show and tell, dance party night, etc. Implement with youth had connections with from club/group.
- Running SADD virtually, but has been challenging. Students just starting to meet virtually. Also planning virtual health fair (website with tips, etc.)
- Colleges holding virtual activities such as stress relievers during finals week, adult cooking 101, alternatives to drinking. Also implementing social norms campaign and alternative activities connect to it.
- Working with college student from AOD club to begin planning some prevention efforts.
- Virtual 5K – Had superhero theme. Delivered/sent boxes to participants that included capes, masks, prevention activities, prevention information/resources, ways to participate, information on how to interact with social media. We nominated heroes in the community and within our agency. Participants submitted their time along with pictures. Had as many participants as prior year when in person.
- High school student is doing a guided painting class. Students are given packets with the materials when they sign up to participate.
- Considering holding a virtual family game night.
- Youth Leadership Models
 - Dover Youth 2 Youth - <http://dovery2y.org/>
 - Generation Citizen (civics education not specifically youth leadership, but can have youth leadership/advocacy connection) <https://generationcitizen.org/>

Faith-Based Initiatives

- Met with faith leaders who have a breakfast every Thursday morning, so will be sending a staff person to each meeting to help them with people who need treatment/recovery services and to work on prevention initiatives.
- CPA faith-based grant was a great opportunity to make new connections and look forward to fostering these relationships.

CPA Updates

- CPA conference will be June 15th – 17th. Planning for three half days. Have New York Times best-selling author secured to be a keynote.
- A month or two before CPA conference are planning to hold two deep dive sessions. Craig Bowman with Common Ground Consulting will do session on grassroots media. Debbie Munro will do a session on emotional intelligence.

- CPA has collegiate committee that meets monthly for one hour. If anyone is interested in the committee, reach out to Jeff. Started first collegiate advisory council with 7 students in October (more info to come).

DDAP Updates

- Can more of the required DDAP prevention trainings be offered virtually? DDAP is working toward making them available virtually. Prevention 101 will be the next prevention training DDAP works on. No timeline for when this may be available virtually.