

Resources and Ideas from SCA Prevention Networking Session

2/11/21

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

Challenges with Virtual Education Programs

- What are ways to handle parents who are present during virtual educational programs for youth and try to participate/chime-in? Is it appropriate to ask parents not to chime-in or comment? Hard to tell parents they can't comment.
 - Can gauge how it impacts the group and the child and then respond accordingly.
 - Can use humor to ask parents to stop commenting if it is being intrusive or negatively impacting group.
 - Set clear ground rules from the beginning that the session is only for the child. Can offer parents to participate in other parent programs, trainings, etc.
 - Communicate to parents at beginning that this is just a conversation with the students so the students can feel free to share. Should be separate conversation with parents, especially given situations with enabling and codependency.
 - When ground rule isn't set that program is for child not parent it makes it very challenging to address parents who are commenting too much.
 - State before the presentation that if they have a story to share to please not use identifying information but say "someone I know."
 - Could be concern if parent shares something the student may not want other students to know about their personal lives outside of school.
 - Some parents may monitor because they have concerns about what their child may share.
- Why do teachers require students to have their camera on? Should that be required?
 - Dependent on school solicitor interpretation. Some say can require it to confirm attendance. Others say can't require it.
 - Some students don't have bandwidth to be on camera, so need to consider equity if requiring cameras on.
 - Important to consider that students may not feel comfortable sharing their home and what it looks like with others.

Self-Care (how to address burn-out)

- Need to make time to step away and set boundaries (schedule breaks)
- Find that thing that refreshes/renews us (e.g. take a walk)
- Try to remember that can't do everything, just do the best that I can today/at this moment
- Prioritize/manage screen time outside of work, acknowledge when "zoomed out"
- In smaller group meetings try to do fun activity like virtual show and tell (grab something nearby and share why important to you; introduce your pets/kids; show your favorite decoration)
- Give people a five-minute stretch break for any meeting over an hour
- Build in time to just talk to colleagues about non-work topics (virtual water cooler chats). During staff meetings can leave time to talk about personal/non-work topics.
- [Meditation 4 Leadership](#) – helpful resource

Trainings/Events

- DUI Council of Lancaster County will be holding virtual DUI conference on July 21st and 22nd. Focus on trauma-informed efforts. Will be open to others across state to attend. Hope to have link to share to register in March.
- Crozer Health is planning virtual Let's Talk about it for Real town hall meeting on March 17th. Theme is "protecting our youth is not an option, it's a requirement." Will share save the date flyer once it is complete.

SAMHSA's Communities Talk to Prevent Underage Drinking initiative

- Annual initiative from SAMHSA encouraging communities to hold town hall events related to underage drinking. Offer agencies \$750 planning stipend to hold event. See details here: <https://www.stopalcoholabuse.gov/communitiestalk/>
- Council on Chemical Abuse holding town hall event on 4/21. Focused on 18-25 age range. Discussing number of topics such as alcohol availability expansion, laws around hosting and underage drinking, binge drinking/alcohol poisoning, and hosting a party that's not centered on alcohol.

Alternative Activities/Environmental Strategies

Ideas shared for virtual options for alternative activities and environmental strategies:

- Trivia or movie nights for families
- Virtual cooking class done in collaboration with local career and technical school
- Virtual art nights where provide supplies and collaborate with art club at high school to do virtual painting
- Virtual town hall meetings
- Working on policy change via virtual meetings, phone calls, etc.
- Disseminating social norms campaign

PAYS

Will questions be added to the PAYS to assess impacts of COVID-19?

- The PAYS Advisory Group is working to draft questions to measure impact of COVID-19. Questions currently being considered relate to:
 - Things, negative and positive, they may have experienced due to the pandemic (e.g. family member lost job)
 - Experiences with online learning

SAP Data Entry

What should be entered into WITS and JQRS for core team meetings when no new students discussed?

- In WITS for core team meetings, the number of students discussed can include discussion of old/prior referrals. In JQRS, still count as core team meeting even if no new students are discussed.

What should be entered when no referrals (old or new) are discussed? Does this happen frequently?

- This may happen more frequently with some teams/schools than others.

- This may happen more frequently at the beginning of the school year (discussion may focus more on planning for year, things may want to do differently, etc.).
- DDAP will look into this further and follow-up at later date with specific guidance on how/what to report.

CPA Updates

- CPA conference will be June 15th – 17th. Dan Health, New York Times best-selling author, will be lead keynote speaker. Will have two deep dive sessions in May on grassroots media and emotional intelligence.
- Working on videos related to legalization of recreational marijuana and the impacts. Hope to begin releasing them in February.
- Toolkits being created as part of PA START. One available for parents/adults on how to talk with youth about vaping. Future toolkits will focus on marijuana, alcohol and mental health.
- Register for the discussion, "Brave Conversations in Classrooms and Communities" at this link. Scheduled 2/24 from noon to 1 with time for a Q&A.
<https://commonwealthpreventionalliance.org/brave-conversations-in-classrooms-and-communities/>
- CPA would value and appreciate your feedback on the PASTOP Campaign and what information they can create to help you and your communities. Please click the doodle link to sign up for a one-hour focus groups scheduled Tue, 2/16 from 9-10 a.m. and Wed, 2/17 from 11-noon.
https://doodle.com/poll/xbbvceqkahepcqsp?utm_source=poll&utm_medium=link
- One focus of CPA advocacy efforts is on alcohol policy deregulation. Anticipating legislation soon that would expand sale of ready to drink beverages and canned cocktails from the state fine wine and good spirits stores to other licensed establishments (e.g. grocery stores). Would expand off premise locations that can sell liquor from 657 to 2,637.

DDAP Making the Connection Training

- It may be quite some time yet until this training can be provided virtually.
- Staff would not be expected to be in compliance with that training requirement until the training can be made sufficiently available.

Other

For providers in Philadelphia, if you have parents who are highly invested in their child's education, Congreso has resource for them to continue being invested and begin to truly advocate for their child's education. Please email Christina Tanon, Youth Health Educator, Tanonc@congreso.net, if you'd like to get your parents involved.