

# COMPASS PREVENTION

**Prevention Services can be individually tailored and can include:**

## **School-Based Services**

- Use of science driven strategies and evidence-based curriculums selected from SAMHSA's National Registry for Evidenced Based Programs and Practices which have shown success in delaying the onset of first substance use, reduction of use, and increasing perception of harm.
- Lessons focus on helping youth develop the knowledge, attitudes, and skills they need to make good choices and/or change harmful behaviors, thus reducing risk factors.
- Promote positive mental, emotional, and behavioral health as well as asset development.
- Programming developed within the Center for Substance Abuse Prevention's (CSAP) 6 Prevention Strategies Model, which identifies: Prevention Education, Environmental, Community-Based Process, Alternatives, Information Dissemination, and Problem Identification and Referral.
- Classroom education topics may include goal setting, decision making, substance use/abuse, peer pressure and refusal skills, communication, stress, etc.
- Opioid education to meet ODE HB 367 requirements
- Staff training/in-services
- Services for afterschool programs
- School-wide awareness campaigns and initiatives
- Support and assistance with the District's prevention activities

## **Community Education:**

- Can work with peer prevention/youth led prevention groups (consultation, support, and facilitation as well as development of new programming);
- Resource tables at community events
- Parent education programs

## **Why Prevention?**

Prevention promotes the health and safety of individuals and communities. It focuses on reducing the likelihood of or delaying the onset of behavioral health problems (i.e. substance abuse, mental illness, suicide and problem gambling).

COMPASS Prevention Programming was developed to demonstrate the Center for Substance Abuse Prevention's 6 Prevention Strategies: Prevention Education, Environment, Community-Based Process, Alternatives, Information Dissemination, and Problem Identification & Referral.

## **Problem Identification and Referral**

Prevention Specialists are available to work with the school administration, guidance counselors, and parents to assist with referring students for behavioral health or substance use assessment.

Some students may be appropriate for the **Youth Intervention Program (YIP)**. YIP is an education and early intervention program for youth referred by the Juvenile Justice Center and Trumbull county schools due to first time substance use related offenses or have violated the school policy related to substance use. The goal is to provide education to teens and their parents regarding the risks, consequences, and ramifications of underage drinking and substance use/abuse.

## **COMPASS Family & Community Services**

**Cathy Loomis, Prevention Program Manager**

**(330) 393-0598 ext. 1721**

**CLoomis@COMPASSFamily.org**

**COMPASSFamily.org**

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## **Specific education programs for parents and community may include:**

### **Hidden in Plain Sight**

This is a parent education program aimed to increase awareness of possible drug use or other risky behaviors by giving them the opportunity to view a typical teen's bedroom, providing up to date information on current drug trends, identifying signs and indicators of possible substance abuse, and connecting to available resources, if needed.

### **Strengthening Families Programs**

This is an evidence-based family skills training program that focuses on improving parenting skills, family relationships, and reducing high risk behaviors for youth. Two modules are offered. One is for parents of children 5 through 16 and another is for youth ages 11 – 14.

### **Family and Community PAX Tools**

This is a collection of trauma-informed, evidence-based behavioral strategies for families and communities to promote the development of self-regulation in the children in their lives. Caregivers who participate in PAX Tools seminars receive materials they need to effectively use PAX Tools with children, including the PAX Tools App.

### **Assets Development**

This program focuses on understanding what assets are and their importance in youth development. When youth have more assets they are more likely to thrive, become more resilient, and thus reducing the risk of engaging in high-risk behaviors. The program explores the importance of relationships to young people's development and the part assets play in building these relationships. The program is based on research by Search Institute.

## **School based curriculums may include:**

### **Too Good for Drugs**

These evidence-based curriculums empower children with the social-emotional learning and substance abuse prevention skills they need to lead happy and healthy lives. Extensive research has identified that protective factors help safeguard children from engaging in problem and decrease the likelihood of violent behavior and substance use, while increasing the likelihood of student success both socially and academically. This program is based on an accepted Theory of Change employing strategies and teaching key behavioral skills shown to promote healthy decision making and positive outcomes.

### **Botvin LifeSkills**

Botvin LifeSkills Training is based on more than 35 years of scientific research, and now holds the distinction of being the top research-based substance abuse prevention program in the country. According to a recent report on the economic benefit of evidence-based prevention programs, the Botvin LifeSkills Training program produced a \$50 benefit for every \$1 invested in terms of reduced corrections costs, welfare and social services burden, drug and mental health treatment; and increased employment and tax revenue.



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