

SCHOOL BASED PREVENTION RESOURCES



Serving Randolph
& Washington
Counties in Illinois

The Alliance

Promotes healthy choices by offering education and/or training and by reducing unhealthy exposures. We further aim to eliminate racial, ethnic and socio-economic disparities that contribute to poor health.



WHO WE ARE

Healthy Communities Alliance launched in March of 2023 as an expansion and rebranding of the Southern Illinois Substance Abuse Alliance (SISAA). The original Coalition began in 2016 with the goal to prevent alcohol use among teens. Over time, new partnerships were formed, additional grant funding was received, and building community support became a broader focus. In forming the new Alliance, Recovery and Support pillars were added to the initial Prevention pillar and Wellness opportunities were included across all three pillars.

WHAT WE DO

Prevention: The Alliance promotes healthy choices by offering education and/or training and by reducing unhealthy exposures. We further aim to eliminate racial, ethnic and socio-economic disparities that contribute to poor health.

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School Curriculums



TOO GOOD
AGES K-12

Dennis Trask
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DETAILS:

Too Good cultivates positive outcomes through skills development in:

- Setting Reachable Goals
- Decision Making
- Conflict Resolution
- Effective Communication
- Problem Solving
- Pro-social Bonding
- Identifying and Managing Emotions

Too Good includes the resources necessary for interactive, social, and engaging implementation, including:

- Instructor-Friendly Lessons
- Fully Scripted Lesson Format
- Assessment and Evaluation Tools
- Social Interactive Activities
- Comprehensive Sequential Lesson Structure
- Strategies for Building Family and School Connectedness
- Family Component with Activities for Caregivers and Students
- Cross-curricular supplement activities

RESULTS: Area schools have used Too Good in the past six years with 7th and 8th grade students. Alliance evaluation indicates some declines in area teen drug misuse may be attributable to this resource.

HOW HCA CAN HELP: Support the cost of curriculum and training for schools in **Randolph County** by applying to the Regional Substance Use Prevention and Integration Center.

LEARN MORE: <https://toogoodprograms.org/collections/too-good-for-drugs>



Botvin LifeSkills
Training
AGES K-12

Dennis Trask
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DETAILS:

Topics covered include:

- Ways to talk to youth about drug and alcohol use
- Managing expectations around use
- Appropriate youth and parent behaviors in and out of the house
- Signs of abuse among peers

RESULTS: Demonstrated to be effective in reducing drug misuse.

HOW HCA CAN HELP: In **Randolph County** support the cost of curriculum and training for schools by applying to the Regional Substance Use Prevention and Integration Center. Hoyleton Youth and Family Services, delivers this program to **Washington County** and other regional schools through a grant from the State. Trained Hoyleton staff deliver the lessons.

LEARN MORE: <https://www.lifeskillstraining.com/>



Positive Action
AGES K-12

Dennis Trask
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DETAILS:

Topics covered include:

- Self-concept
- Body and mind
- Managing self responsibly
- Honesty
- Self-improvement

RESULTS: Demonstrated to be effective in reducing drug misuse.

LEARN MORE: <https://www.positiveaction.net/#Home>

HOW HCA CAN HELP: In **Randolph County** support the cost of curriculum and training for schools by applying to the Regional Substance Use Prevention and Integration Center.



CATCH My Breath
AGES 5TH-12TH

Constantine Charalab
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Randolph County Health
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DETAILS:

CATCH My Breath's peer-led teaching approach empowers students with the knowledge and skills needed to make informed decisions about e-cigarettes and resist social pressures to vape.

- Program is Free for Schools
- Trained Instructors listed can teach program to students
- Option for trained instructors to train teachers to teach program
- Schools who participate in program are eligible for vape detectors through the CATCH program

RESULTS: Informed by tobacco youth prevention researchers and practitioners, years of real-world implementation, and a youth advisory board, it is the only school-based vaping prevention program proven to reduce the likelihood of vaping among youth.

LEARN MORE: <https://catch.org/>

HOW HCA CAN HELP: In **Randolph County** refer school staff to Constantine Charalab Randolph County Health Department to either provide training for teachers so they can provide the instruction or deliver the lessons.

School Wide Methods



PAXIS The Good Behavior Game

AGES K-12

Dennis Trask
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DETAILS:

PAX improves classroom performance

Students in PAX Classrooms demonstrated...

- higher on Statewide Standardized Math and Reading test scores than their peers.
- higher reading levels than their peers.
- reduced need for Special Education Services.
- higher graduation and college entrance rates.

Teachers in PAX Classrooms demonstrated...

- higher efficacy in student engagement, instructional strategies, and classroom management.
- reduced stress after implementing PAX.
- PAX IMPROVES MENTAL HEALTH OUTCOMES

Students in PAX Classrooms demonstrated...

- remarkably fewer problematic behaviors.
- reduced risk for mental, emotional, and behavioral disorders.
- fewer symptoms of depression.
- fewer school-related injuries and symptoms of aggression.
- reduced rates of bullying.
- decreased suicide ideation and fewer attempts.

PAX improves substance use prevention

Students in PAX Classrooms demonstrated...

- decreased tobacco use.
- reduced alcohol use.
- decreased illicit drug use including opioid abuse.
- less overall service use for drug abuse or psychiatric disorder.

RESULTS: Demonstrated to be effective in reducing drug misuse. Achieved 30% increases in time on task contributing too many academic and social benefits. PAX is an overall school and classroom environmental strategy.

HOW HCA CAN HELP: In **Randolph and Washington Counties** support the cost of curriculum and training for schools by applying to the Regional Substance Use Prevention and Integration Center.

LEARN MORE: <https://www.paxis.org/school-based-programming/>

Other HCA Prevention Resources

These are either no cost, some Alliance prevention grant funds are allocated to support as noted. Generally, some match is required where a cost exists.



To schedule an HCA event or inquire about timing of an upcoming event, contact:

Dennis Trask
dtrask@comwell.us

Alliance Teen Summit

Next Event: Fall 2024

DETAILS: Student teams conducted a variety of prevention messaging and alternative activities in their schools in part due to these trainings.

RESULTS: Approximately 160 students from Chester, Coulterville Red Bud, Steeleville, Sparta, Okawville and Marissa have participated in local half-day leadership prevention teen trainings. Participation and feedback by school staff and students has been consistently strong. Schools report carrying out a variety of positive messaging and fun alternative activities.

COST: A commitment fee of \$10 per student and adult is requested to support lunch and refreshments.

Prevention Assemblies

Next Event: TBD

DETAILS: 2024-2025 Programs TBD

RESULTS: Since the spring of 2021, Brent Swolsky, Kate Garnes and Kyle Wilkom have presented to middle and high school students in Chester, Coulterville Red Bud, Steeleville, Sparta and Okawville. Feedback from school staff and students has been very positive.

COST: TBD based upon Alliance fund raising. A commitment fee of \$250 for each school will be requested.

Mock Teen Bedroom

Next Event: Parent teacher conferences and opportunities where parents are gathered work best. *Contact Dennis Trask to schedule your school's presentation.*

AGES: Parents/Guardians

DETAILS: Substance prevention education. Handouts are provided addressing how to talk with teens about drug misuse as well as images and written descriptions of commonly misused drugs.

RESULTS: Chester, Marissa, Red Bud and Sparta including Evansville, St. John's Lutheran School in Red Bud and Trinity St. John Lutheran School in Nashville have hosted Mock Teen Bedrooms that demonstrate how teens hide drugs.

COST: No Cost



Ending the Silence

Next Event: Contact Rhonda Wilson to schedule your school's event.

DETAILS: Rhonda Wilson, local NAMI staff and Alliance Chair, coordinates delivering a school program addressing the stigma of seeking help regarding mental health issues. These programs are available for schools in Randolph County, IL.

COST: No cost

LEARN MORE: <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Ending-the-Silence>

AGES:
High School

Rhonda Wilson
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Operation Snowball

Next Event: January Two Day Conference and July One Week Conference 2025

DETAILS: Student leadership training.

RESULTS: Sparta, Okawville and Red Bud students have participated and have created impactful alternative activities and positive messaging campaigns.

COST: Approximately \$200 January and \$450 July. Final costs TBD by conference organizer and status of HCA grant applications. Contact Dennis Trask for info about additional scholarships though Operation Snowball.

LEARN MORE: <https://cg-ti.org/summer-conference>

AGES:
Middle and High School

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LifeSavers Training Corp.

DETAILS: LifeSavers is a peer-support suicide and crisis-prevention program designed to help teenagers cope healthfully with the challenges of drugs and alcohol, peer and family relationships, sexual issues, academic problems, aggression, anxiety, and suicide. LifeSavers is a recognized student organization in several high schools in southern Illinois, which have chosen to be pro-active in caring for their student population.

RESULTS: Coulterville, Nashville and Sparta students have participated in the past and created effective peer support programming.

COST: HCA's level of financial support in 2024 is TBD, to sponsor students at a training retreat.

LEARN MORE: www.lifesaverstrainingcorp.org

AGES: High School

LSTC Executive Director
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Challenge Day

DETAILS: Organization offers services to create a day of student activities addressing the various life challenges faced by middle and high school students.

RESULTS: TRICO is a regular participant in Challenge Day

AGES K-12

COST: HCA's level of financial support in 2023-24 is TBD.

LEARN MORE: <https://www.challengeday.org/>

Health and Nutrition Resources



U of I Extension
AGES K-12

Contact TBD

DETAILS: The University of Illinois Extension provides free, engaging lessons and resources to support learning standards and school wellness through their SNAP-Education program. They offer a variety of programs that are available for the classroom or outside of school hours to schools where more than 50% of the students receive free and/or reduced school lunches. Extension provides the educators

ELEMENTARY SCHOOL LESSONS:

IN THE CLASSROOM

- **The OrganWise Guys** (K-2nd), evidence-based program that uses fun organ characters to teach children about making healthier choices.
- **Serving Up MyPlate** (1st-6th), Incorporates math, science, English language arts, and health into the nutrition education lessons.

OUTSIDE OF SCHOOL HOURS

- **CATCH Kids Club** (K-5th), afterschool program that encourages healthier eating habits and physical activity.
- **Healthy Kids Out of School** (4th-5th), teaches youth how to choose healthy snacks and drinks, and provides motivation to move more.
- **Illinois Junior Chefs** (ages 8-13), a 10-hour series of cooking classes and nutrition education.

MIDDLE AND HIGH SCHOOL LESSONS:

- **Eat Fit** (5th-8th), curriculum for the classroom where students are guided in setting goals to improve their nutrition and fitness choices with a focus on skill building and social support.
- **Teen Cuisine** (5th-12th), includes a student workbook with recipes and teaches healthy eating habits and cooking skills.

ADDITIONAL RESOURCES:

- **EatPlayGrow** (Preschool/Parents), together they learn about healthy choices using art, stories, and music.

COST: Free



AGES K-8

Cherie Wright
SIH School Health
Coordinator

DETAILS: Health Ed Journeys is a year -long program covering the following topics: Foundational Health Literacy, Nutrition and Physical Activity, Physical Health and Hygiene, Mental Health and Hygiene, Mental Health and Wellness, Substance Misuse Prevention, and Staying Safe. Included in the program are 36 age-differentiated lessons with movement and physical activity in every lesson, an interactive student workbook that reinforces key concepts and guides students in setting and tracking personal health goals, and engaging bonus activities to do at school and at home.

RESULTS: Health Ed Journeys is CATCH Global Foundation's comprehensive K-8th health education curriculum. Covering national and state-level health standards, Health Ed Journeys expands upon CATCH's classic evidence-based health program, which is backed by over 120 peer-reviewed scientific articles.

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Ashley Moss
SIU School of Medicine
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HOW HCA CAN HELP: Through our partnership with the Illinois CATCH onto health consortium we can purchase the curriculum for your school and help coordinate trainings if needed.

LEARN MORE: www.catch.org



AGES K-8

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SIH School Health
Coordinator
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Ashley Moss
SIU School of Medicine
618-453-1262

DETAILS: CATCH PE Journeys is an evidence-based, developmentally appropriate, physical education curriculum that teaches physical literacy, movement skills, physical fitness, social-emotional learning, skill competency, and cognitive understanding about the importance of lifelong physical activity. PE Journeys instruction is standards-aligned and designed to promote enjoyment and participation in moderate-to-vigorous physical activity (MVPA) while emphasizing non-elimination games for K-8 children of all skill levels and physical abilities.

RESULTS: PE Journeys provides both PE specialists and classroom teachers with the information and materials needed to successfully develop and implement a quality physical education program, in accordance with sound physical activity, pedagogy, and social learning theory. Studies have shown increased MVPA, improved math and reading achievement, and lasting healthy habits.

HOW HCA CAN HELP: Through our partnership with the Illinois CATCH onto health consortium we can purchase the curriculum for your school and help coordinate trainings if needed.

LEARN MORE: www.catch.org



4-H

AGES: 5-18 years
Randolph County

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DETAILS:

Through 4-H, young people complete hands-on projects in areas like health, science, agriculture and citizenship in a positive environment when they receive guidance from adult mentors and are encouraged to take on proactive leadership roles.

COST: Free

DETAILS:

Ag in the Classroom teaches 3rd grade students various lessons on agriculture that are hands on and can tie lessons into the teacher's curriculum. While programming is



**Randolph County
Farm Bureau**

AGES: 3rd Grade

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focused on 3rd grade, services are available for other grades. Ag in the Classroom provides:

- A coordinator in the classroom to teach lessons
- Lesson plans for teachers
- Training for teachers
- Take home materials for students

EXPECTED RESULTS: The goal of this free program is to teach students about where their food comes from and career opportunities in agriculture.

COST: Free

**Other Youth
Programs and Clubs**

- **Scouting** – Annual Membership (<https://www.scouting.org/>)
 - **Future Farmers of American (FFA)** – Annual Membership (<https://www.ffa.org/>)
 - **School/Community Gardening**
 - **Art Clubs and Classes**
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