

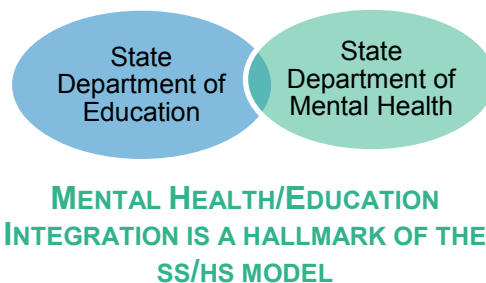


Element 4: Preventing Behavioral Health Problems

BACKGROUND

Preventing behavioral health problems is intended to address the prevention and reduction of risk factors associated with behavioral health problems, including substance use. This includes coordinating broader environmental strategies that address change not only at the individual, classroom, and school levels, but also at the family and community levels.

Safe Schools/Healthy Students (SS/HS) aims to prevent behavioral health problems (including substance use) through prevention programs using evidenced-based practices and strategies for reducing risk factors that are associated with behavioral health problems and can prevent substance use and other risky behaviors among children and adolescents.



GRANTEE HIGHLIGHTS



Strategic Prevention Framework and SBIRT in Connecticut:

School psychologists and social workers receive training in Adolescent Screening, Brief Intervention and Referral to Treatment (SBIRT) from the Regional Substance Abuse Action Council. This Council is a legislatively created public/private partnership comprised of community leaders to develop and

coordinate needed substance abuse prevention and mental health promotion services. State mental health and child welfare agencies have also partnered to train Emergency Mobile Psychiatric Service providers in SBIRT for adolescents.

Reducing Alcohol Use in Nevada: Nye County worked to reduce alcohol use in high schools by creating and disseminating a social norms campaign, using social media to increase awareness, and implementing peer-to-peer programs with 4,044 students in Project Success.

Substance Use Supports in New Hampshire: Rochester has used SS/HS funds to develop and staff a licensed drug and alcohol counselor within its schools and has successfully applied for an additional student assistance program coordinator.

There was an 18% average decrease in the number of students who reported consuming alcohol on one or more occasions during the past 30 days among all 7 SS/HS grantees.

EXAMPLES OF EVIDENCE-BASED PRACTICES AND PROGRAMS

SS/HS grantees currently implement the following practices and programs as part of Element 4:

- ✓ Alcohol Literacy Challenge
- ✓ Botvin LifeSkills
- ✓ Coping and Support Training (CAST)
- ✓ Family and Schools Together (F.A.S.T.)
- ✓ Kognito At-Risk for Educators Training
- ✓ Parenting Wisely
- ✓ Positive Action
- ✓ Prevention Plus Wellness Sport
- ✓ Prime for Life Prevention Program
- ✓ Project Alert
- ✓ Project Northland
- ✓ Project Toward No Drug Abuse
- ✓ Question, Persuade, Refer (QPR)
- ✓ Raising a Thinking Child
- ✓ Reconnecting Youth
- ✓ RULER (Yale Center for Intelligence)
- ✓ Safe Dates
- ✓ Screening, Brief Intervention, and Referral to Treatment (SBIRT)
- ✓ Seeking Safety
- ✓ Signs of Suicide Screening
- ✓ Strengthening Families Program
- ✓ Student Assistance Program Model
- ✓ Too Good for Drugs
- ✓ Youth Mental Health First Aid

Contact our SS/HS Grantees to learn what they are working on now:

[CT Department of Mental Health and Addiction Services](#)

Bridgeport Public Schools, Middletown Public Schools, and Consolidated School District of New Britain
[Connecticut Grantee Profile](#)

[MI Departments of Education and Health and Human Services](#)

Education Achievement Authority – Detroit, Houghton Lake Community Schools, and Saginaw Public School District
[Michigan Grantee Profile](#)

[NH Departments of Education and Health and Human Services](#)

Concord Public Schools, Laconia Public Schools, and Rochester Public Schools
[New Hampshire Grantee Profile](#)

[NV Departments of Education and Public and Behavioral Health](#)

Lyon County School District, Nye County School District, and Washoe County School District
[Nevada Grantee Profile](#)

[OH Departments of Mental Health and Addiction Services and Education](#)

Greene County Educational Service Center, Harrison Hills City School District, and Northwest Ohio Educational Service Center
[Ohio Grantee Profile](#)

[PA Department of Education, Systems of Care, and PBIS](#)

Intermediate Unit 21 (Lehigh Learning and Achievement School)/Lehigh County, Northeastern York School District/York County, and Penncrest School District/Crawford County
[Pennsylvania Grantee Profile](#)

[WI Departments of Public Instruction and Health Services](#)

School District of Beloit, Menominee Indian School District, and Racine Unified School District
[Wisconsin Grantee Profile](#)

“Positive Action has educated our students about drug use and its prevention and provided opportunities to have lively discussions about sensitive topics in a safe environment.”

*—Jeff Hammar,
Nye County School
District, NV*

Resources to Help Prevent Behavioral Health Problems:

- [Identifying Mental Health and Substance Use Problems of Children and Adolescents—A Guide for Child-Serving Organizations](#): This resource offers guidance and tools for early identification of children and adolescents with mental health or substance use problems in various settings.
- [Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health](#): This report addresses alcohol, illicit drugs, and prescription drug misuse, with chapters dedicated to neurobiology, prevention, treatment, recovery, health systems integration, and recommendations for the future.