



# *Prevention is Prevention*



Prevention Specialists  
December 13, 2013  
Canyons School District



Comprehensive Prevention Deals  
With Many of the Risk Issues.

**Substance Abuse**

**Bullying**

**Gangs**

**Mental Health**

**Suicide**

**Violence**

**Internet Safety**

# It's Utah Law

53A-13-102

The State Board of Education shall adopt rules providing for instruction at each grade level on the harmful effects of alcohol, tobacco and other drugs.

**Substance Abuse**

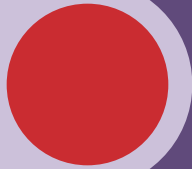

Assistance from the State Division of Substance Abuse and Mental Health.

# Gang Prevention

53A-17a-166

(ii) Money for the gang prevention and intervention program shall be distributed to school districts and charter schools through a request for proposals process.

**Gang**



## Rule R277-609. Standards for School District, School and Charter School Discipline Plans.

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(f) include strategies for providing students and staff, including aides, custodians, kitchen and lunchroom workers, secretaries, paraprofessionals, and coaches, with awareness and intervention skills such as **social skills training**.

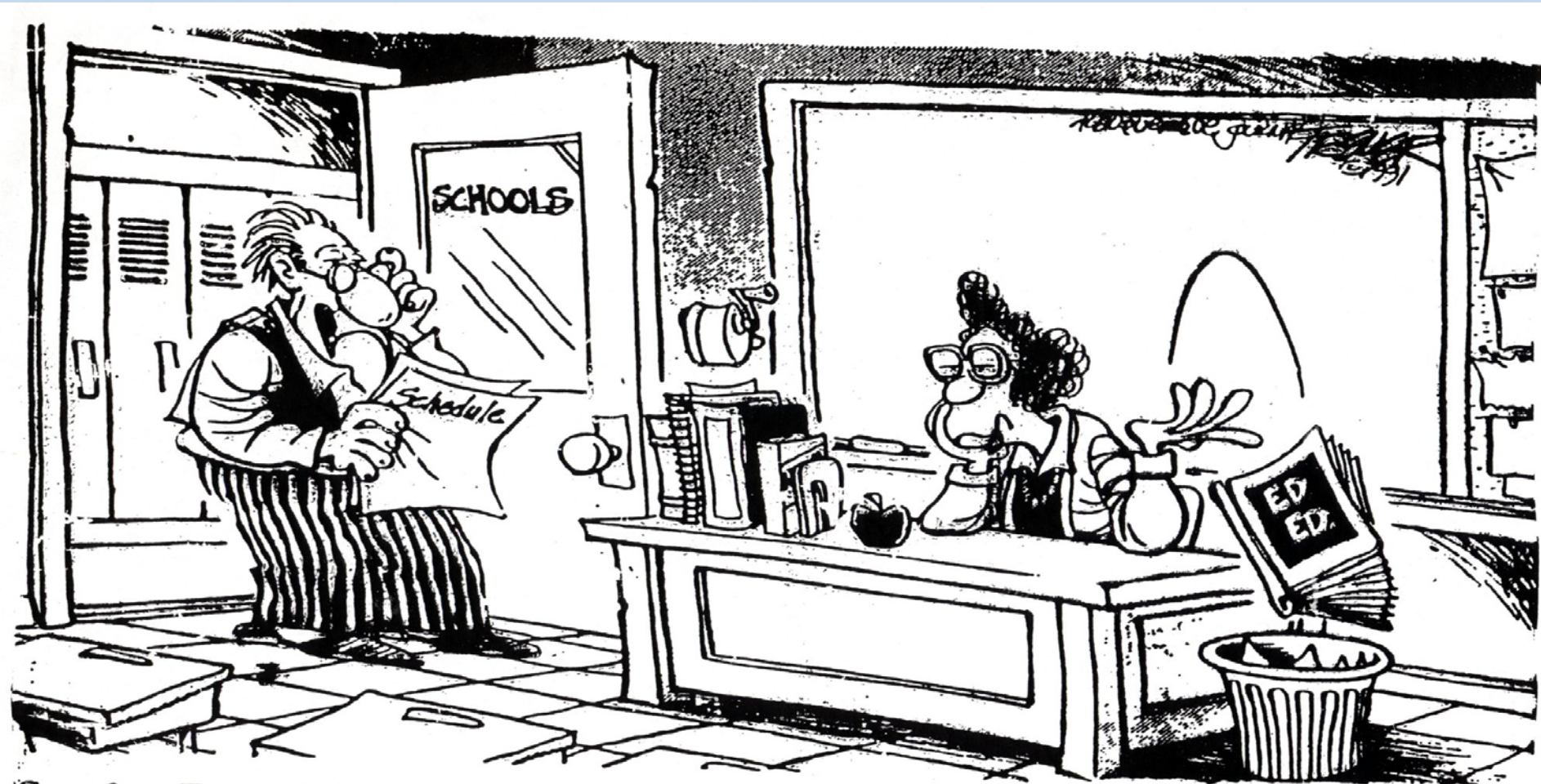


# HB 154. Suicide Prevention Programs

....requires school districts and charter schools to implement a youth suicide prevention program for students in secondary grades;

**Suicide**

# Can Educators Solve All The World's Social Issues?



So after Drug Ed, there'll be Drivers Ed, followed by Sex Ed and AIDS Ed, and then we'll squeeze in Condom Ed before Gang Ed ... ”



**Academic Competence**

**Social Competence**

**Optimal Functioning**





# Social and emotional learning is an ongoing process...

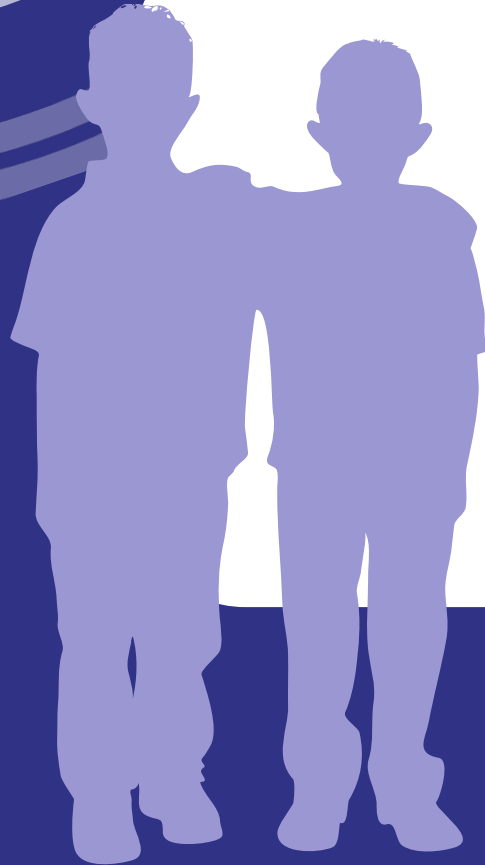
“Through which a child acquires the skills to recognize and manage emotions, develop caring and concern for others, make responsible decisions, establish positive relationships and handle challenging situations effectively.”

**Social Competence**

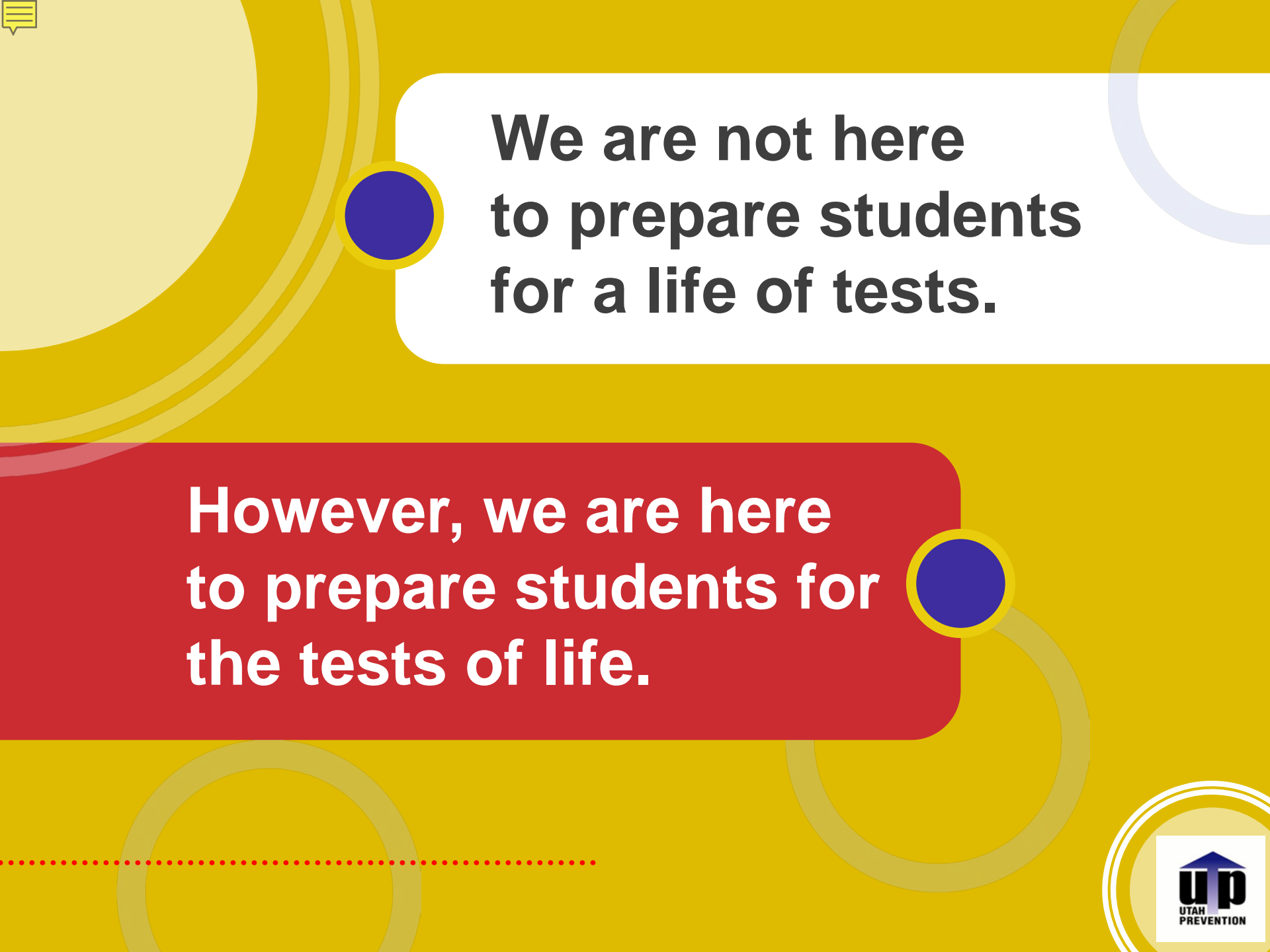




# Research-based Prevention Can Impact Student's Academics



- Improved grades
- Increased grade point average
- Improved standardized test scores
- Improved rates of next grade promotion
- Improved rates of graduation



**We are not here  
to prepare students  
for a life of tests.**

**However, we are here  
to prepare students for  
the tests of life.**



Utah's School-based

# Prevention Foundation

**Prevention Dimensions**

# What is Prevention?

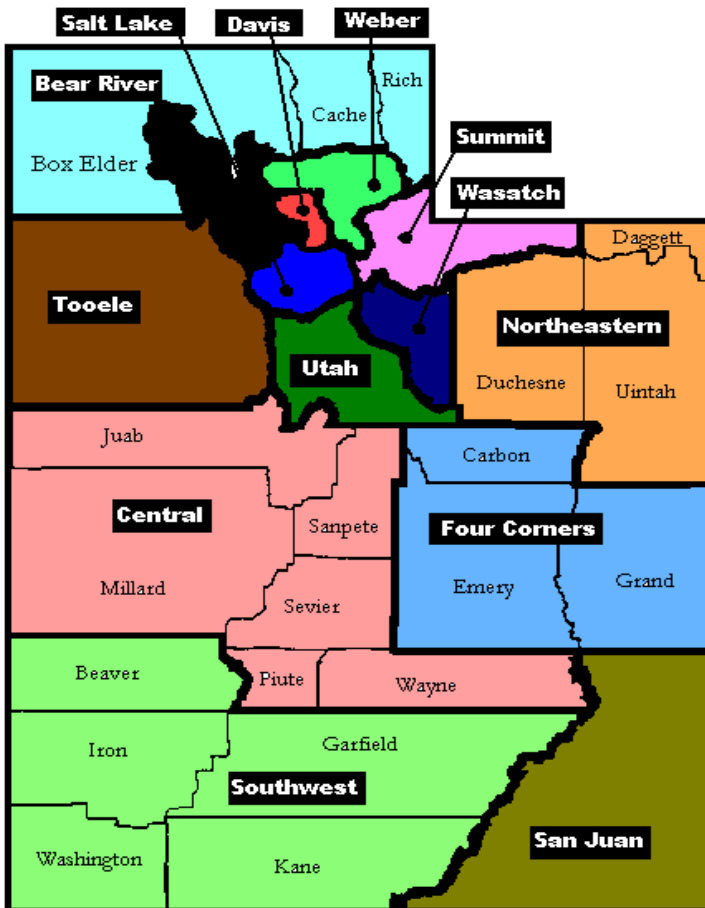
Prevention is the active, assertive process of creating conditions and/or personal attributes that move individuals towards well being.



# Local Substance Abuse Authority (LSAA) Areas

## Organization of Substance Abuse Prevention Services in Utah

### Local Substance Abuse Authority Areas



### Local Substance Abuse Authority Areas (School Districts)

- **Bear River** (Box Elder, Cache, Logan, Rich)
- **Weber County** (Weber, Ogden, Morgan)
- **Davis County** (Davis)
- **Salt Lake County** (Salt Lake, Jordan, Murray, Granite, Canyons)
- **Tooele County** (Tooele)
- **Summit County** (North & South Summit, Park City)
- **Wasatch County** (Wasatch)
- **Utah County** (Alpine, Nebo, Provo)
- **Central Utah** (Juab, Millard, Piute, Sevier, Wayne, Tintic, North and South Sanpete)
- **Four Corners** (Carbon, Emery, Grand)
- **Southwest Utah** (Beaver, Garfield, Iron, Kane, Washington)
- **Northeastern Utah** (Daggett, Duchesne, Uintah)
- **San Juan County** (San Juan)





# Utah's Continuum of Prevention Services

**Target**

Types of Prevention Services **IOM**  
**Classifications**

**Efforts**

**Universal Services**

Primary Prevention

**Selective Services**

Targeted Prevention

**Indicated Services**

Early Intervention

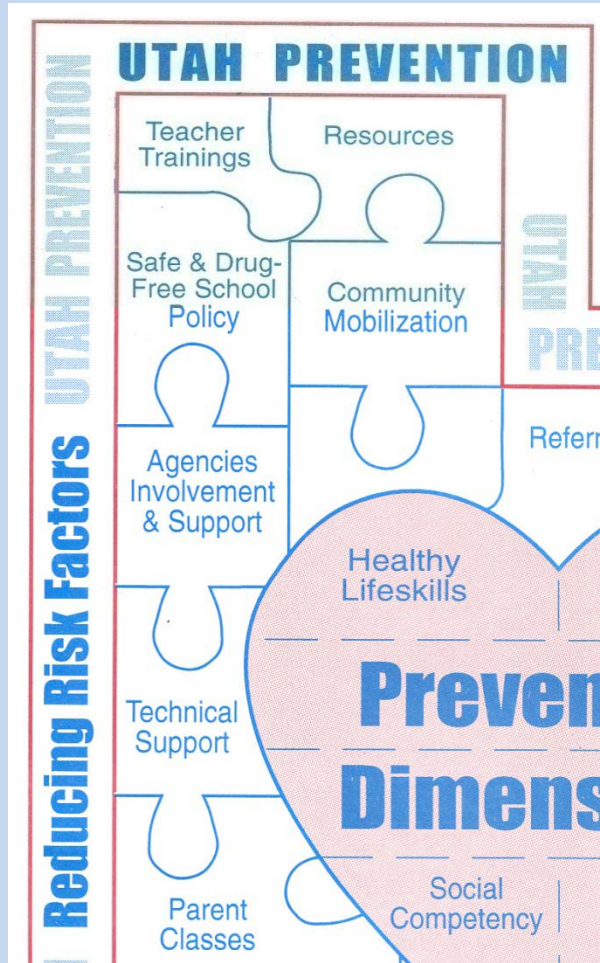
# It's Easier to Build a Child Than Repair an Adult.







W  
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R  
L  
D  
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P



W  
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## Focus on Risk/Protective Factors

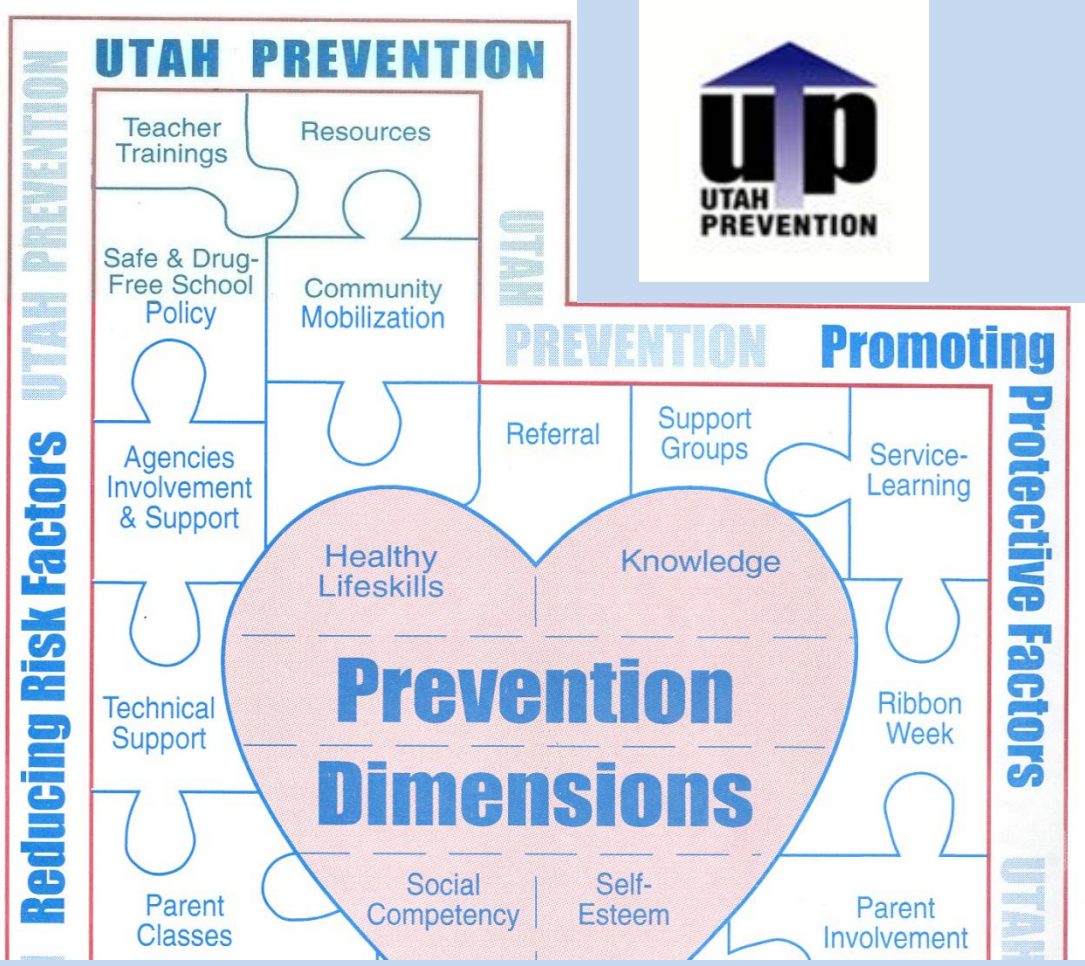
- Family
- Peer/Individual
- School
- Community







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2  
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# The Social Development Strategy

The Goal...

Healthy Behaviors

...for all children and youth

Ensure...

Healthy Beliefs  
and  
Clear Standards

...in families, schools,  
and peer groups

Build...

Bonding  
-Attachment  
-Commitment

...to families, schools,  
and peer groups

By providing...

Opportunities

Skills

Recognition

...in families, schools,  
and peer groups

Be Aware of...

Individual Characteristics





Assets = Success



<http://www.search-institute.org/>



# External Assets

(What We Surround Kids With!!)



- Support
- Empowerment
- Boundaries/  
Expectations
- Structured Time  
Use




# Internal Assets


(Comes From the Head and Heart!!!)

- Educational Commitment
- Positive Values
- Social Competencies
- Positive Identity



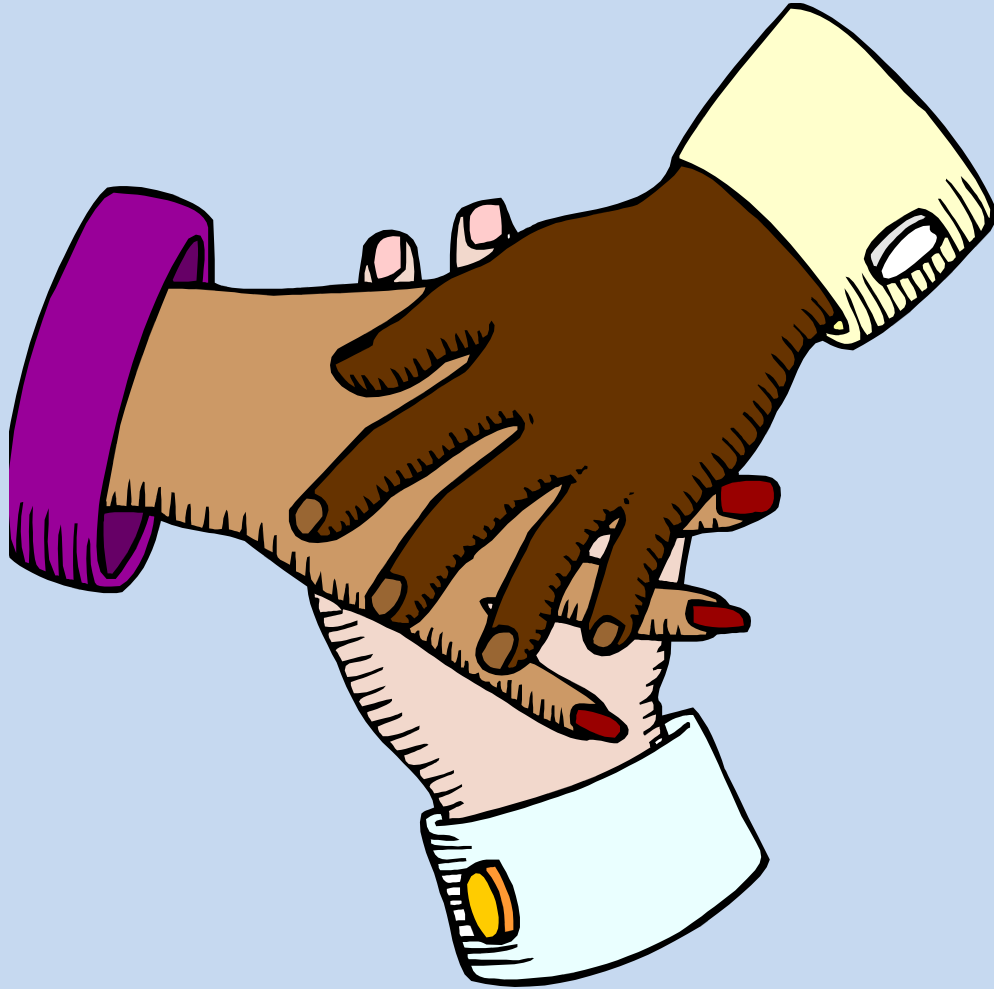


"No matter how much money is spent, how many elaborate programs are initiated, how many laws are passed or how many professionals are hired. The experiences of young people will not fundamentally change unless these individuals--Parents, youth, neighbors, friends, Grandparents & others--Take personal responsibility to contribute to young people's healthy development."



# Commit to your Contributions

**GIVE ME**



**FIVE**

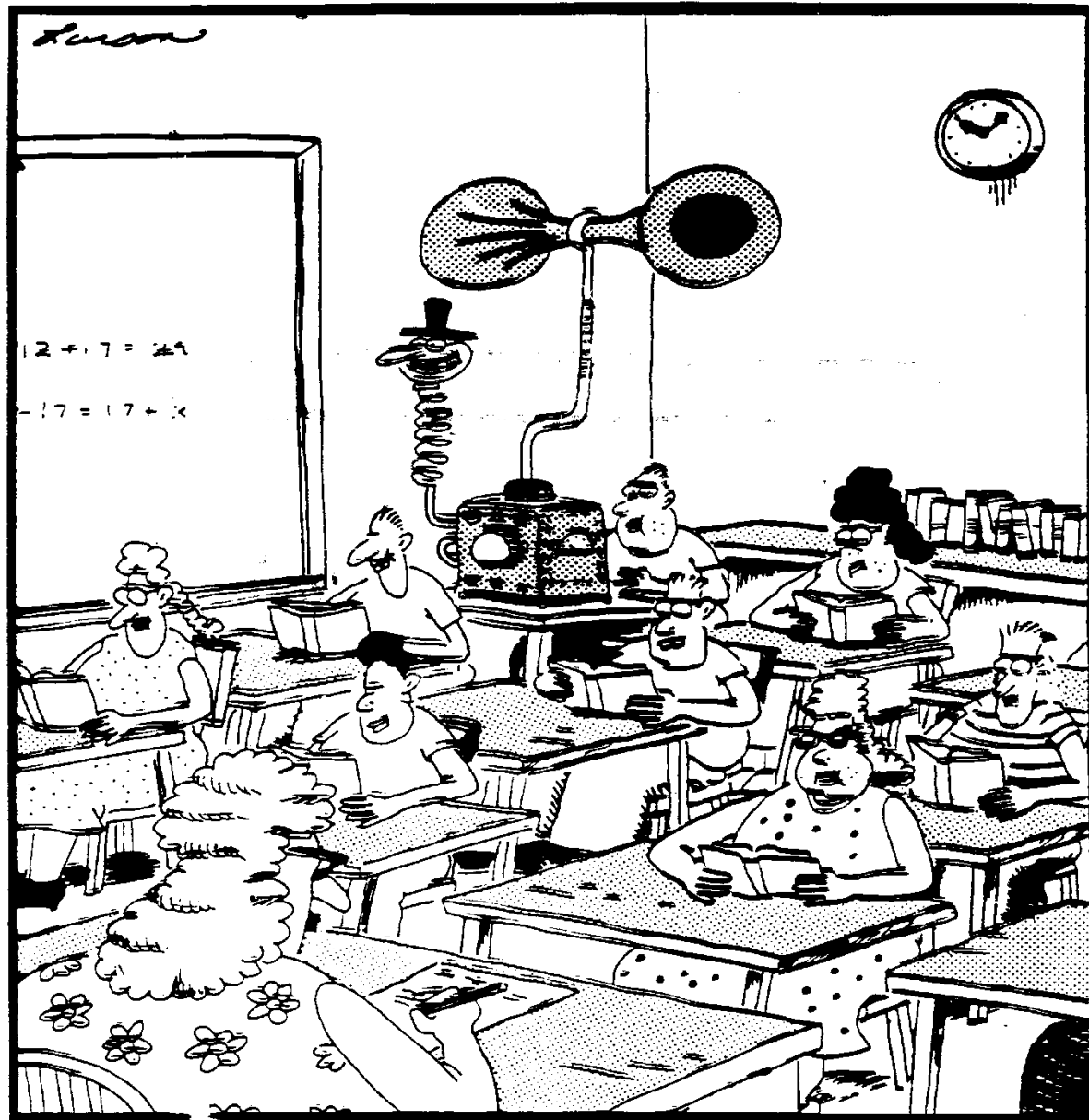
# Protective Factors Which Increase Resiliency



- Healthy Life Skills
- Clear and Consistent Messages
- Positive Role Models
- Attachment and Bonding







The class was quietly doing its lesson when Russell, suffering from problems at home, prepared to employ an attention-getting device.

# The Real Russell





# RESILIENCY...

Defined as the capacity to spring back, rebound, successfully adapt in the face of adversity and develop social and academic competence despite exposure to severe stress...or simply the stress of today's world.



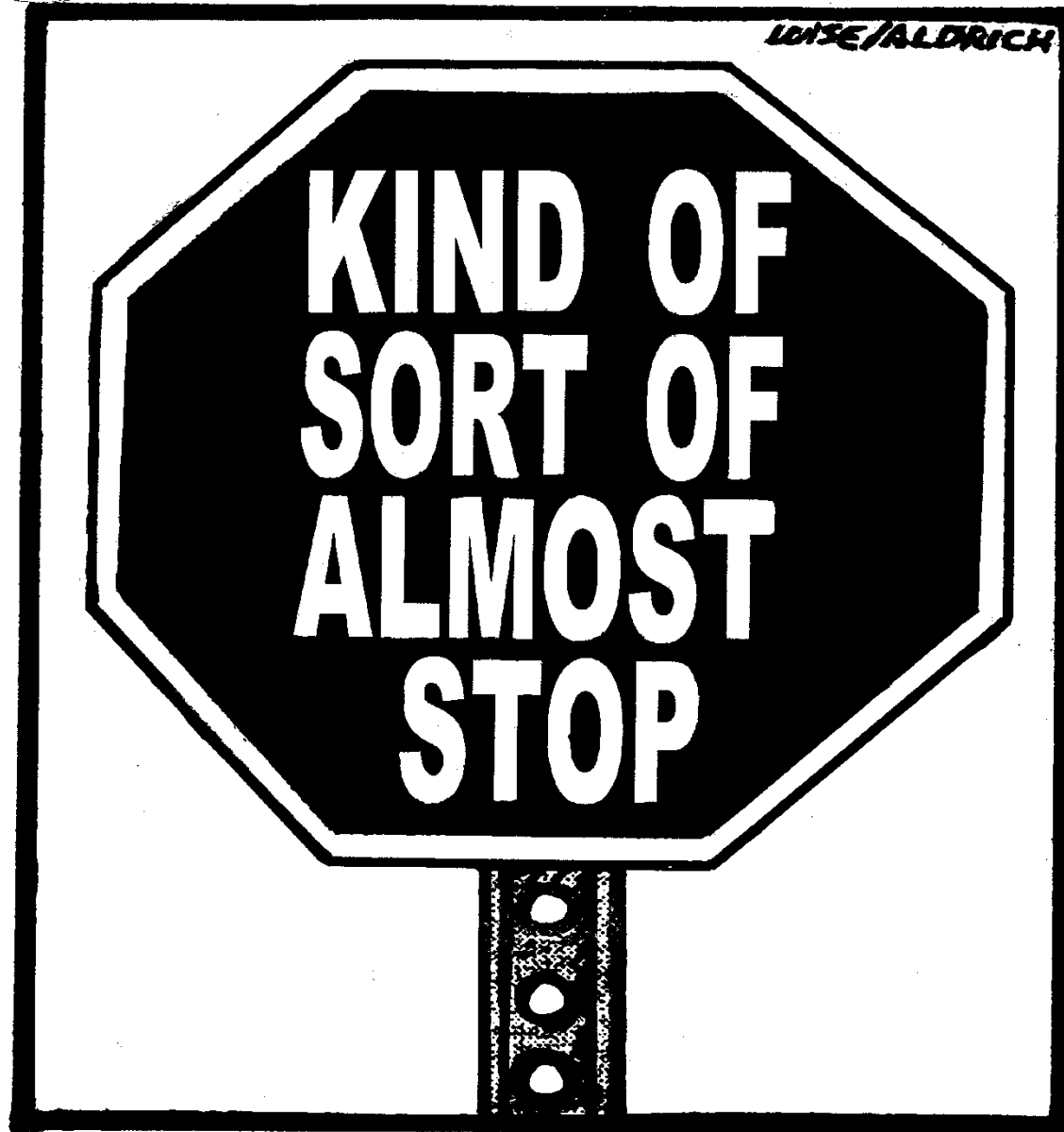
# Clear and Consistent Messages



**NO**  
ATTACHING  
SIGNS,  
PLACARDS OR  
POSTERS TO  
THIS STRUCTURE  
CITY CODE 16.02.010

# REAL LIFE ADVENTURES

By GARY WISE and LANCE ALDRICH



**How stop signs apparently read to most people.**

# Teach Kids to Hang on to Kite Strings



# Be Consistent with Consequences

01/10/2008

OLDS 1999 Intrigue,  
Totally uncool parents  
who obviously don't love  
teenage son, selling his  
car. Only driven for 3  
weeks before snoopy  
mom who needs to get a  
life found booze under  
front seat. \$3,700/offer.  
Call meanest mom on  
the planet. 313

**OLDSMOBILE**  
**2002 Intrigue**  
**GX**  
47K miles, 1K. Must see!

abc NEWS  
.com

▶ ◀

▶ Share ▶ Get URL ▶ E-mail Video 0:52/3:59 Size - +

# DRUG-FREE AMERICA



AGE 0-4  
AMOXICILIN

4-12  
RITALIN

12-18  
APPETITE  
SUPPRESSANTS

18-24  
NO-DOZ

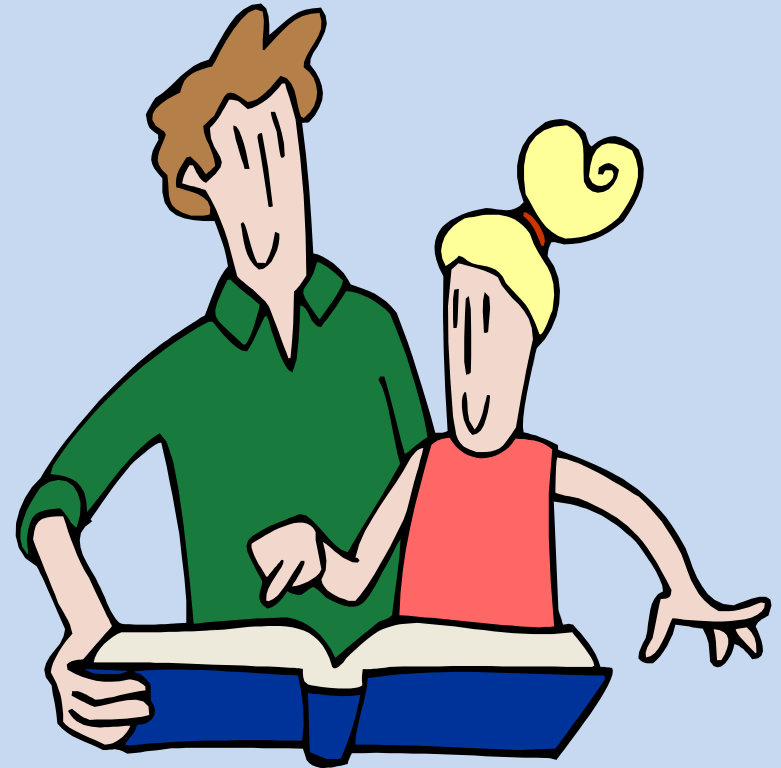
24-38  
PROZAC

38-65  
ZANTAC  
VIAGRA

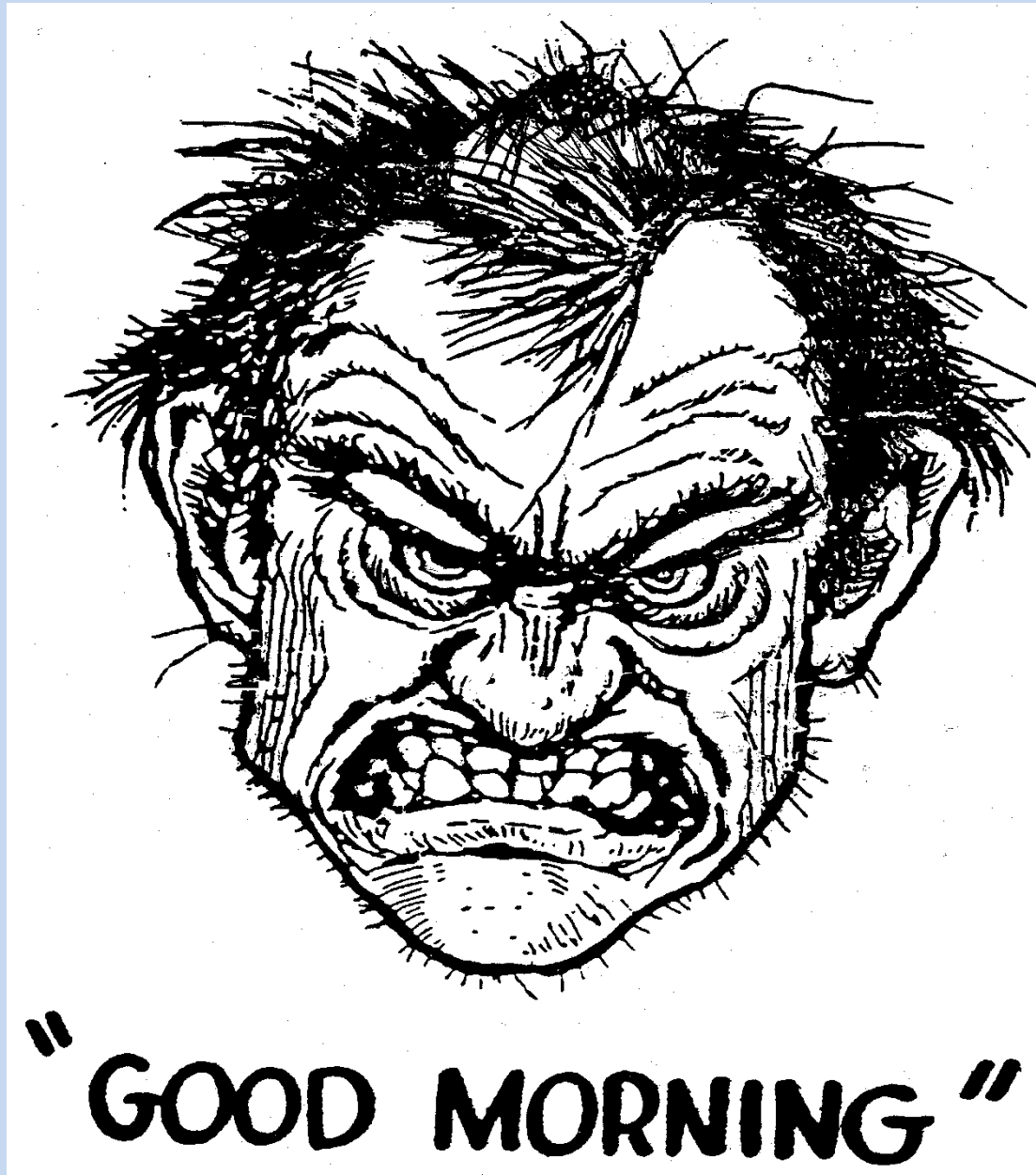
65- -  
EVERYTHING  
ELSE

# Positive Role Models

A Child Goes  
Forth and  
Becomes  
What He/She  
Observes.



Have You Had a Day Like This?



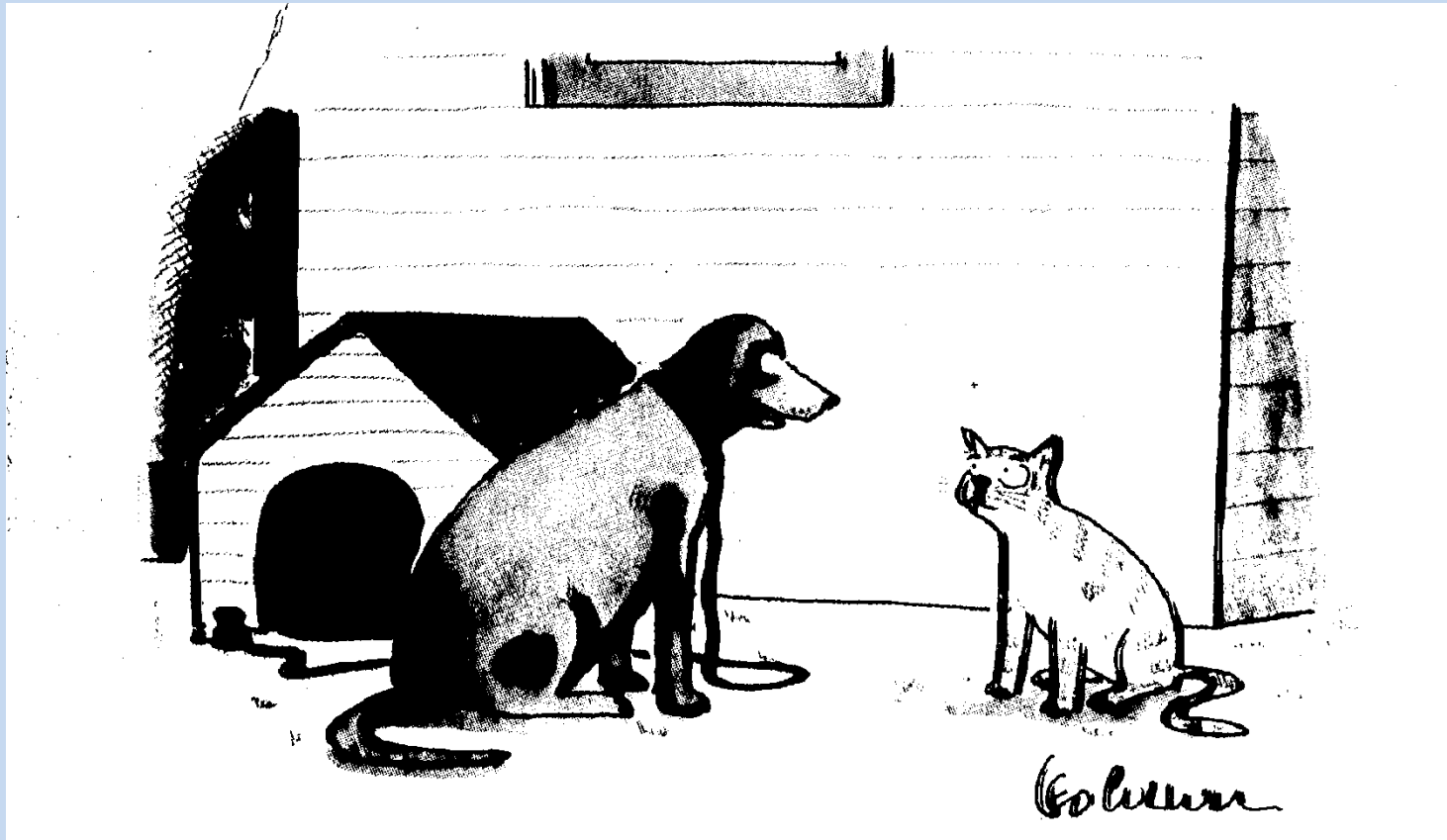


# Kids' Philosophy



What you do  
rings so  
loudly in my  
ear, I can't  
hear what  
you say.

# Attachment and Bonding (Building Connections)



They don't keep you on a leash because they want you to run away!

# The Resilient Cat



BE THERE FOR THE KIDS!!!





# What's Parents Must Do for A DDX?





# Three Critical Components of Parenting Skills

**Bonding**      **Boundaries**      **Monitoring**





# Positive Character



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