



COLORADO
Department of Health Care
Policy & Financing

Department of Health Care Policy and Financing
1570 Grant Street
Denver, CO 80203

November 1, 2015

The Honorable Kent Lambert, Chair
Joint Budget Committee
200 East 14th Avenue, Third Floor
Denver, CO 80203

Dear Senator Lambert:

Enclosed please find the Department of Health Care Policy and Financing's legislative report on the School-based Substance Abuse Prevention and Intervention Program to the Joint Budget Committee.

Section 25.5-1-206 (6), C.R.S. requires the Department to submit a report summarizing all grants awarded for the School-based Substance Abuse Prevention and Intervention Program by November 1 in any fiscal year the Department awards grants pursuant to this section. The report must include the grant recipient; the amount of the grant; a description of the program or strategies delivered by the recipient; outcomes achieved or proposed by the program or strategies; and any other information relating to the success of the program in reducing or preventing the use of marijuana and alcohol and the misuse of prescription drugs by youth who are twelve to nineteen years of age.

In summary the report outlines each of the twenty grantees and the programs they implemented with the grant funds. Also included are the outcomes observed thus far, including an overall positive change in the attitudes of twelve to nineteen year olds about whether or not marijuana, alcohol, or other drugs are good for teens. In addition many of the challenges that were mentioned by the grantees are listed including the short time frame the grantees had to implement their programs.

If you require further information or have additional questions, please contact the Department's Legislative Liaison, Zach Lynkiewicz, at Zach.Lynkiewicz@state.co.us or 720-854-9882.

Sincerely,

A handwritten signature in black ink that reads "Susan E. Birch".

Susan E. Birch, MBA, BSN, RN
Executive Director

SEB/slh

Enclosure(s): 2015 School-based Substance Abuse Prevention and Intervention Program Report



Cc: Representative Millie Hamner, Vice-chair, Joint Budget Committee
Representative Bob Rankin, Joint Budget Committee
Representative Dave Young, Joint Budget Committee
Senator Kevin Grantham, Joint Budget Committee
Senator Pat Steadman, Joint Budget Committee
John Ziegler, Staff Director, JBC
Eric Kurtz, JBC Analyst
Henry Sobanet, Director, Office of State Planning and Budgeting
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Chris Underwood, Health Information Office Director, HCPF
Jed Ziegenhagen, Community Living Office Director, HCPF
Tom Massey, Policy, Communications, and Administration Office Director, HCPF
Rachel Reiter, External Relations Division Director, HCPF
Zach Lynkiewicz, Legislative Liaison, HCPF





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Department of Health Care
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Denver, CO 80203

November 1, 2015

The Honorable Beth McCann, Chair
Health, Insurance, and Environment Committee
200 E. Colfax Avenue
Denver, CO 80203

Dear Representative McCann:

Enclosed please find the Department of Health Care Policy and Financing's legislative report on the School-based Substance Abuse Prevention and Intervention Program to the House Health, Insurance, and Environment Committee.

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Cc: Representative Joann Ginal, Vice Chair, Health, Insurance and Environment Committee
Representative J. Paul Brown, Health, Insurance and Environment Committee
Representative Janet Buckner, Health, Insurance and Environment Committee
Representative Daneya Esgar, Health, Insurance and Environment Committee
Representative Steve Humphrey, Health, Insurance and Environment Committee
Representative Janak Joshi, Health, Insurance and Environment Committee
Representative Gordon Klingenschmitt, Health, Insurance and Environment Committee
Representative Lois Landgraf, Health, Insurance and Environment Committee
Representative Susan Lontine, Health, Insurance and Environment Committee
Representative Dianne Primavera, Health, Insurance and Environment Committee
Representative Kim Ransom, Health, Insurance and Environment Committee
Representative Su Ryden, Health, Insurance and Environment Committee
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Department of Health Care Policy and Financing
1570 Grant Street
Denver, CO 80203

November 1, 2015

The Honorable Dianne Primavera, Chair
Public Health Care and Human Services Committee
200 E. Colfax Avenue
Denver, CO 80203

Dear Representative Primavera:

Enclosed please find the Department of Health Care Policy and Financing's legislative report on the School-based Substance Abuse Prevention and Intervention Program to the House Public Health Care and Human Services Committee.

Section 25.5-1-206 (6), C.R.S. requires the Department to submit a report summarizing all grants awarded for the School-based Substance Abuse Prevention and Intervention Program by November 1 in any fiscal year the Department awards grants pursuant to this section. The report must include the grant recipient; the amount of the grant; a description of the program or strategies delivered by the recipient; outcomes achieved or proposed by the program or strategies; and any other information relating to the success of the program in reducing or preventing the use of marijuana and alcohol and the misuse of prescription drugs by youth who are twelve to nineteen years of age.

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Cc: Representative Jonathan Singer, Vice-Chair, Public Health Care and Human Services Committee
Representative Jessie Danielson, Public Health Care and Human Services Committee
Representative Joann Ginal, Public Health Care and Human Services Committee
Representative Dominick Moreno, Public Health Care and Human Services Committee
Representative Brittany Pettersen, Public Health Care and Human Services Committee
Representative Max Tyler, Public Health Care and Human Services Committee
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CO L O R A D O

**Department of Health Care
Policy & Financing**

**SCHOOL-BASED SUBSTANCE ABUSE PREVENTION AND
INTERVENTION PROGRAM REPORT**

SECTION 25.5-1-206 (6), C.R.S.

NOVEMBER 1, 2015



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Section 25.5-1-206 (6) of the Colorado Revised Statutes requires:

The Department of Health Care Policy and Financing to submit a report summarizing all grants awarded for the School-Based Substance Abuse Prevention and Intervention Program by November 1 in any fiscal year the Department awards grants pursuant to this section. The report must include:

- *Grant recipient;*
- *Amount of the grant;*
- *Description of the program or strategies delivered by the recipient;*
- *Outcomes achieved or proposed by the program or strategies;*
- *Any other information relating to the success of the program in reducing or preventing the use of marijuana and alcohol and the misuse of prescription drugs by youth who are twelve to nineteen years of age.*

EXECUTIVE SUMMARY

The Department of Health Care Policy and Financing (the Department) has prepared this report concerning the School-Based Substance Abuse Prevention and Intervention (SAPI) Grant Program. The purpose of the grants was to implement evidence-based programs and strategies delivered in the school setting that were designed to improve overall health, behavioral health, and educational outcomes for youth who were twelve to nineteen years of age. The school-based grantees delivered evidence-based programs and strategies that were designed to achieve the following outcomes:

- An increased perceived risk of harm associated with marijuana use, prescription drug misuse and underage alcohol use;
- A decrease in the rates of youth marijuana, alcohol use, and prescription drug misuse;
- A delay in the age of first use of marijuana, alcohol or prescription drug misuse;
- A decrease in the rates of youth who have ever used marijuana or alcohol or misused prescription drugs in their lifetime; and
- A decrease in the number of drug and alcohol related violations on school property, suspensions and expulsions reported by schools.

The Department solicited and received grant proposals by November 3, 2014. After a multi-agency review committee reviewed the proposals, grant recipients were notified December 1, 2014. Implementation of grants began by January 30, 2015 and continued through June 30, 2015.

There were a total of 20 grantees with grant amounts ranging from \$11,951.50 to \$60,350.00 for a total amount awarded of \$864,605.50. For a list of the specific grantees and their award amounts, please see the chart in appendix A.

The majority of grantees used their grant dollars to fund evidence based substance abuse and prevention programs. One district used the funds for staff to obtain certification on different prevention programs. A summary of each program that was funded can be found in Appendix B.

Through the efforts of all grantees, over 3,100 students were reached through the SAPI Grant Program.

PROGRAM OUTCOMES

While the program showed some success, grantees voiced concerns that it was not possible to realize all anticipated outcomes due to the short timeframe and reporting period. One grantee stated:

“Most evidence-based programming recommended to significantly change substance use in youth takes multiple years to administer and effects of these programs takes years to see. It is highly unlikely – improbable to see actual substance use declines, behavior change or perception changes related to substance use in this short time frame. In the future, if funding would be available for prevention activities, it is the opinion of this writer that it would be highly beneficial to provide multi-year funding for a younger target audience (elementary-middle) with the ability to evaluate outcomes years into the future. By providing resistance skills and social and decision making education, younger students will not only gain protective factors to reduce substance use they will gain the ability to be successful in both academic and social settings long into their future. “

Many grantees noted that even with the short time frame, they saw changes in attitudes about whether or not marijuana, alcohol, or other drugs were good for teens. The hope is that this trend continues as time passes. Positive rates of change for youth behavior, perception and knowledge regarding non-substance use, shifting perceptions of harm and increased knowledge of consequences were all outcomes noted in the short run. Another common observation by the grantees was an ongoing need for this type of education as social norms shift around marijuana use.

A few grantees noted an additional positive outcome of connecting identified youth to necessary intervention services and supports on the school campus and at no cost to participating youth. In addition, youth age twelve to nineteen reported an overall decrease in feelings of internal or external pressure to use substances in social settings where a friend or peer is using. Finally, grantees that implemented a program as an alternative to suspension noticed a decrease in the number of suspension days.

One grantee that used the funds to train personnel on prevention programs stated that the SAPI Grant was instrumental in training personnel and initial development of a program to be fully implemented in the fall. In addition, by using the SAPI funds to train and certify staff, the grantee anticipates around 10,000 students will be exposed to their prevention program and resources in the 2015-16 school year.

As more time passes and the grantees are able to monitor the outcomes of the youth who participated in their programs, the expected outcomes will become more prevalent. The anticipated outcomes are:

- An increased perceived risk of harm associated with marijuana use, prescription drug misuse and underage alcohol use;
- A decrease in the rates of youth marijuana, alcohol use, and prescription drug misuse;
- A delay in the age of first use of marijuana, alcohol or prescription drug misuse;
- A decrease in the rates of youth who have ever used marijuana or alcohol or misused prescription drugs in their lifetime; and
- A decrease in the number of drug and alcohol related violations on school property, suspensions and expulsions reported by schools.

PROGRAM CHALLENGES

For grantees and the Department alike, the major challenge of the SAPI Grant Program was the short time frame in which to develop, implement and see results of a complex program. In order to fully see the results of the grant, the Department recommends that this grant be a multi-year program if it is funded again in future years. As one grantee stated:

“A three month implementation provided some data but long-term studies are needed to identify overall program effectiveness. Additionally, while the short timeframe allowed for ‘tweaking’ implementation processes and procedures, long-term availability would create a stronger program.”

The short time frame made it difficult to prepare staff and students for program implementation. The advanced age group that was the focus of SAPI was another concern for many of the grantees:

“Sudden money is a wonderful and exciting thing for small nonprofits engaged in prevention work but prevention strategies that will work take years to implement, not months.”

Finally, many grantees found getting buy-in for their programs from students as well as from parents and community challenging. Grantees found student, parent and community support for their SAPI programs particularly challenging in communities where the legalization of marijuana has greatly impacted the economy.

The Department faced similar challenges to develop the grant criteria, accept and review applications, execute grants and manage grantees in a short time frame with little resources. The Department recommends that if the SAPI Program receives funding in the future, the time frame for implementation should be extended and adequate resources to oversee and manage the program be made available.

APPENDIX A: SUMMARY OF AWARDS

GRANTEE	AWARDED AMOUNT	EXPENDED AMOUNT
Alternatives for Youth, Inc.	\$ 50,000.00	\$ 50,000.00
Archuleta School District 50 Joint	\$ 49,063.00	\$ 48,423.00
Aurora Public Schools	\$ 49,998.00	\$ 8,045.65
Boulder Valley School District 2	\$ 50,000.00	\$ 50,000.00
Colorado Association of School Based Health Care	\$ 50,000.00	\$ 50,000.00
Cortez Addictions Recovery Services	\$ 48,375.00	\$ 48,375.00
Eagle River Youth Coalition	\$ 50,000.00	\$ 33,245.00
Generation Schools Network	\$ 47,025.00	\$ 47,025.00
Gunnison Hinsdale Youth Services	\$ 50,000.00	\$ 50,000.00
Hilltop Health Services Corp	\$ 25,388.00	\$ 17,784.16
I Have a Dream Foundation of Boulder County	\$ 50,000.00	\$ 50,000.00
Mesa County Valley School District 51	\$ 60,350.00	\$ 60,350.00
Moffat Schools	\$ 11,951.50	\$ 11,951.50
Mountain Resource Center	\$ 50,000.00	\$ 50,000.00
Mountain Valley School	\$ 12,408.00	\$ 10,844.68
Ouray County Schools	\$ 19,528.00	\$ 19,528.00
Partners Mentoring Youth	\$ 50,000.00	\$ 50,000.00
Summit County Youth & Family Services	\$ 40,519.00	\$ 40,337.00
Team Fort Collins	\$ 50,000.00	\$ 50,000.00
The YESS Institute	\$ 50,000.00	\$ 50,000.00
TOTALS	\$ 864,605.50	\$ 795,908.99

APPENDIX B: SUMMARY OF SAPI PROGRAMS

All Stars Program

The All Stars Program was used by Ouray County Schools Community Resource Consortium, Inc. The All Stars Program focused on increasing critical protective factors that delay or eliminate substance use: the formation of personal goals, the articulation of personal values, and the ability to imagine a positive personal future. The goals are reached by understanding the use of marijuana, alcohol, and prescription drugs is both physically harmful and profound hindrance to their health and wellbeing; commit on camera and in front of peers, to avoiding drug use of all kinds; commit to delaying alcohol use until adulthood, and abstaining from other drug use throughout their lives; associate avoidance of drug use with their values, goals and personal happiness.

Define Youth

Define Youth was used by Team Fort Collins and was designed to empower students with a first-time alcohol or drug violation at school to recognize personal strengths, develop or solidify goals, and devise a plan for alternatives to substance use. Furthermore, because the program engaged school staff and parents/guardians it was intentionally designed to create a social support network for participants. Define was built on an evidence-based curriculum, Words Can Work. Words Can Work has two separate interventions—Alcohol: True Stories and Drugs: True Stories. Videos and a discussion guide accompany both interventions to provoke candid conversation regarding substance use and to encourage participants to think critically about their own decision making processes as they relate to substance use.

#IRiseAbove

In conjunction with Media Smart Youth, the Generation Schools Network also used #IRiseAbove classes, which is a robust, on-line, social marketing campaign. The campaign taps into the media that young people live on to continue the prevention and positive youth development messaging and connections far beyond the classroom. Multi-media students developed final productions and presented to their entire school community. The campaign also allowed for all students to engage with the positive youth development messaging and extend its impact beyond the life of the media education project.

iTHRIVE

Alternatives for Youth utilized the iTHRIVE program. This is an early intervention program for teens 12-17 years of age that are headed down that dangerous path of substance use and abuse, and for the parents of those teens. iTHRIVE accomplished its goals for early intervention by 1) offering 6-week sessions for both teens and their parents who participate in a two-hour-a-week, six weeks in a row, program that uses the best practice curriculum called CYT (Cannabis Youth Treatment), 2) presentations in classrooms throughout St. Vrain Valley (SVVSD) and Boulder

Valley school districts (BVSD), as well as beginning their work in the Westminster area, and 3) pro-social activities for teens participating in the 6-week program. Referrals came from the schools in Boulder Valley School District and Saint Vrain Valley School District, from probation and diversion, from the police departments, and parents who found them on-line.

LifeSkills Training

LifeSkills Training was implemented by Cortex Addictions Recovery Center, Hilltop Health Services Corporation, and Mountain Resource Center. LifeSkills Training is a school-based program aimed to prevent alcohol, tobacco, and marijuana use and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. . Counseling was provided by a trained, experienced, and credentialed therapist. Individual sessions were held as needed. The program addressed youth who were already using marijuana, alcohol or other drugs, or those who were at risk for use (struggling with issues at home, at school, or in their social arena). The high risk youth had individual, family and or social factors associated with substance abuse. The LifeSkills Training groups aims to prevent alcohol, tobacco, and marijuana use and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. LifeSkills Training taught personal skills necessary to understand and resist pro-drug influences.

Media Smart Youth

Generation Schools Network used the Media Smart Youth program. This is a prevention program that focuses on over-the-counter and prescription drugs, marijuana, and alcohol. The program included classes that focus on building skills in media analysis and media production to empower youth to understand the complex media world around them and how it influences their health. The lesson addresses the risks and consequences of prescription drug misuse on physical and mental health as well as behavior; the short- and long-term psychological effects of prescription drug abuse and the potential impact on life goals; the impact of prescription drug misuse and abuse on user, family, friends, and community; how to refuse or avoid misusing prescription drugs; and how to advocate for your friends' and family's health, even in emergency situations.

Mentor Based Programming

Three grantees implemented mentor based programming. Gunnison Valley Mentors used a program based upon the one-to-one school-based mentoring model inspired by Check & Connect. This collaborative arrangement wrapped a team of supports around a struggling student, with the Mentor as the central advocate. The program contained four components: Student Identification, Referral, Partnership and Mentors. The goals for the purpose of the SAPI program were to increase school performance, increase bonding to a positive, pro-social adult, and prevent Marijuana (and other substance use). School performance was measured using grades at time of match and again at the end of the school year.

Partners Mentoring Youth focused on prevention and providing “at-risk” youth with the tools that have been shown to be critical in helping them develop into healthy well-adjusted adults and prevent or delay the use of violence, substance abuse and other negative behaviors. The goal of the program was to obtain a positive mentoring relationship that will help them build personal assets and protective factors, leading to good choices and decreased negative behaviors.

The School Based Mentoring Partnerships program used evidence-based strategies and alternative-to-use skill building to reduce the risk of tobacco, marijuana, and alcohol use among Poudre School District youth.

The YESS Institute used the Road to Success curriculum, which focuses on affect management lessons such as self-awareness, relationship building, developing trust, boundaries, goal setting and self-regulation. These skills give students the confidence and knowledge necessary to resist outside pressures encouraging substance abuse and understand the consequences of substance use. Mentors lead mentees in guided conversations based on the curriculum. Lessons address learning targets across multiple disciplines including, but not limited to: personal/social skills, literacy, visual arts, physical education, and social studies. These strategies help create students to re-attach to their school culture and decrease frequency of risky behaviors.

Natural Highs

“I Have a Dream” Foundation of Boulder County used the Natural Highs program. Natural Highs is an interactive strengths-based educational program integrating traditional and alternative approaches to substance abuse prevention and intervention. The Natural Highs program focused on presenting information in a nonjudgmental way, using the Motivational Interviewing model, and empowering listeners to make their own choices with the knowledge they gain. Students learned about the effects of substance use, discovered healthy alternative to substance use, supported one another in sobriety, and took leadership roles in which they can positively educate and inspire other teens to live healthy and sober lifestyles.

Project Alert

Project Alert is an evidence-based curriculum that was adopted by Eagle River Youth Coalition. The program provides the knowledge and skills to prevent non-drug users from succumbing to internal and external pressures and becoming users. The sessions used small-group activities, videos, discussion, role-playing and skill building through practice scenarios. The focus of the sessions included understanding the consequences of alcohol, marijuana, and tobacco use; understanding external and internal pressures that may encourage youth to try substances and how to overcome these pressures; teaching ways to say no, building resistance skills and practicing those skills; and inhalant abuse, smoking cessation, reviewing and practicing resistance skills and discussing the benefits of not using drugs.

Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students)

Boulder Valley School District implemented Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students), a SAMHSA model program providing multi-tiered substance abuse prevention and intervention services to students in schools. Project SUCCESS prevents and reduces substance use and abuse among high risk, multi-problem adolescents in alternative schools and high-risk students in regular schools. The program placed highly trained professionals in the school to provide a full range of substance abuse prevention and early intervention services. The program is research based and builds on the findings of other successful prevention programs by using interventions that are effective in reducing risk factors and enhancing protective factors. Project SUCCESS uses different approaches including: Social Norming, Prevention Education, Group Intervention, Individual Substance Abuse Assessment and Referral for Community Services.

Project Towards No Drug Abuse

Project Towards No Drug Abuse is an effective, interactive classroom-based substance abuse prevention program that was used by both Moffat Schools and Mountain Valley School. Project Towards No Drug Abuse focuses on three factors that predict tobacco, alcohol and other drug use, violence-related behaviors, and other problem behaviors among youth. The instruction to students provided detailed information about the social and health consequences of drug misuse, provides motivation enhancement strategies and includes instruction in active listening, effective communication skills, stress management/coping skills, tobacco cessation techniques, self-control, and decision making to counteract risk factors for drug abuse relevant to older teens.

Project Venture

Project Venture is an outdoor experiential youth development program that was used by Archuleta School District 50 Joint. The program utilized adventure-based challenges to create the opportunity for our highest-risk students to develop effective social and communication skills, self-efficacy, and increased decision-making, problem-solving skills and overall resilience that transferred substance use and abuse prevention. The program was designed to foster development of effective social interaction skills, a community service ethic, improved decision making skills, improved problem solving skills, and increased self-confidence through classroom activities and adventure challenges.

Safe Teen America and Neural Activity

Mesa County Valley School District 51 used their grant award to train staff in two different prevention programs: Safe Teen America and Neural Activity curriculums. Through the training, participants were taught about the physiological and psychological effects of substances on the developing brain, learned about what is trending in the youth culture, and learned how to recognize and respond to youth substance use as well as how to support conversations with

adults and teen around substance use. Participants also learned about the Neural Activity program and were invited to join or develop these clubs and programs at their schools.

Substance Abuse Intervention/Family Strengthening Program (SAIFS)

Aurora Public Schools used Substance Abuse Intervention/Family Strengthening Program (SAIFS) intervention. SAIFS is an alternative to suspension program. The curriculum is focused on interactive activities that educate students and parents on the health, social, and financial risks associated with alcohol and drug use. Students facing suspension for a violation of the APD substance policy were offered the opportunity to participate in a six week brief intervention course taught by certified addiction counselors that combines interactive drug/alcohol/tobacco education with counseling strategies in lieu of completing the full term of the suspension.

Hybrid of SBIRT (Screening, Brief Intervention and Referral for Treatment), CRAFFT screening tool, Motivational Interviewing, and SASSIa2 assessment tool (Substance Abuse Subtle Screen Inventory for Adolescents)

Colorado Association for School-Based Health Care tested a package of interconnected evidence-based practices and tools, designed to impact perceptions and behavior surrounding marijuana, alcohol, prescription drugs and other substances, in urban and rural areas. The interconnected evidence-based practices and tools that were implemented included: SBIRT (Screening, Brief Intervention and Referral for Treatment), CRAFFT screening tool, Motivational Interviewing, and SASSIa2 assessment tool (Substance Abuse Subtle Screen Inventory for Adolescents). The programs focused on increasing the perceived risk of harm associated with marijuana use, prescription drug misuse and underage alcohol consumption by screening all patients, providing brief interventions appropriate for age and screen results, providing harm reduction counseling to students at a medium to high risk and treatment services to students exhibiting symptoms of substance abuse disorder. The program also aimed to decrease the number of drug and alcohol-related violations on school property or during school activities as well as suspensions and expulsions for substance possession and use.

Hybrid of Reconnecting Youth, The Boy's Council, Girl's Circle, All Stars, Mountain Mentors and Strengthening Families

Summit County Youth & Family Services also implemented multiple programs to provide 2000 hours of evidence-based prevention programming by using Certified Prevention Specialists, teachers, and other youth development professionals to conduct the programming. Using a multi-faceted approach they provided six different programs that covered youth in the high school and middle school grades as well as their parents, with prevention and education, including Reconnecting Youth, The Boy's Council, Girl's Circle, All Stars, Mountain Mentors and Strengthening Families.