# **Strategic Prevention Framework**

**I3 (Inspired, Individualized, Inclusive)**

Dec. 2023-Jan. 2024

**SPF Grant Goal** –

To reduce the onset and progression of substance misuse and its related problems in Bellevue, KY, by supporting the development and delivery of community substance misuse prevention and mental health promotion services.

Objectives 1-3

Reduce the use of alcohol, vaping, and cigarette smoking among students.

Objectives 4

Decrease students reporting serious psychological distress.

Objectives 5

Expand collaboration with community prevention partners.

**Assessment** –

1. Identification of community gaps in services – I3 is resource mapping within school support and community and regional support for students and caregivers. This will assist in creating a continuum of care and partnerships with local businesses to address access barriers.
2. Specification of baseline data- Winter SEB screener will be given to all K-12 grade students. Evaluating data and decision rules to determine the number of students in tier 2 and 3 interventions.
3. Specification of baseline data and progress monitoring for all students identified in Tier 2 and 3. BISD's social-emotional tiered system is showing progress in proactively supporting student needs by delivering services.

**Build Capacity**-

1. The SPF grant and Mental Health Services have identified **key personnel** (e.g., Lead Epidemiologist, Mental Health Specialist, and Prevention Specialist) to deliver strategic interventions, initiatives, and programming to meet goals. The Mental Health Specialist started on Dec. 4, and the Prevention Specialist's tentative start date is Dec. 11.
2. Building coalitions- I3 staff continue to meet and interact with community partners to become familiar with the needs of the Northern Kentucky community. Those partners include Campbell County Drug-Free Alliance, BISD Transition Coordinator, Northern KY Institute for Strategic Planning (NKISP), and Kentucky Prevention Network.

**Planning**

1. I3 Quarterly Newsletter – I3 is designing materials targeting prevention messaging for a quarterly newsletter sent to caregivers and students. This newsletter will share community resources, caregiver/child conversation starters, mental health information such as coping skills, and more.
2. Dinner Table Project – I3 and the Youth Service Center are working with GES/BMHS in creating the Dinner Table Project. This is a prevention project based on the research that families that eat are less likely to use substances.
3. Identification/coordination/allocation of resources –

We continue to receive requests from stakeholders to 1) provide substance prevention training, 2) design custom training for students, parents, and staff, and 3) share and distribute resources. Using evidence-based programs, we are guiding BISD in developing a three-tiered approach to vaping prevention, intervention, and cessation.

**Tier 1** - #Icanendthetrend & John’s Ambassadors (GES – Too Good For Drugs & Dinner Table Project)

**Tier 2**- John’s Ambassadors & In-depth - alternative to suspension

**Tier 3** - Cessation programming, N.O.T., My Life My Quit, Not for Me (Not on Tobacco)

1. The Project Director/Prevention Specialist working with staff and school admin surrounding Character Strong Curriculum and tier levels of support.
   1. Prevention Specialist to begin Tier 2 groups with student skills
   2. The Project Director is working with students at GES as a mentor.
2. Articulation of a vision for prevention activities – Prevention Specialist working with BMHS to establish a substance use/misuse prevention referral process.
3. Articulation of a vision for prevention activities – I3 team continues to work toward creating a Mental Health referral pathway and process.

**Implementation**-

1. Character Strong - The Project Director/Prevention Specialist is working with the school admin to implement the Character Strong SEL Curriculum. Beginning to implement tier 2 performance-based and small group interventions in addition to tier 3 level of support.
2. The Project Director/Prevention Specialist working with BMHS to develop substance use/misuse prevention to implement In-Depth Alternative to Suspension or Citation - The American Lung Association has developed an evidence-based nicotine intervention program designed for teens. This program is of interest, as the number of students caught vaping has increased markedly this past school year.

**Evaluation-**

1. Currently evaluating data from the Character Strong Curriculum and proactive detection tool to support our developing MTSS.
2. Quality improvement will continue for all new programs and initiatives to monitor success/barriers and modify to the community's needs.
3. SPF Project Director completed and submitted SPARS Year 2; Quarter 1 reporting due Dec.31
4. SPF Project Director completed and submitted eRa Commons Year 1 Annual Performance Review due Dec.31
5. SPF Project Director completed and submitted eRa Commons Year 2 Detailed Budget and Narrative Revision to include key personnel changes.
6. SPF Project Director is currently reviewing Year 3 Continuation Report due in Feb.

**Sustainability-** Continue developing and improving the district's MTSS system and mental health supports. SEL teams deliver substance abuse prevention curriculum to students.

# **School Based Mental Health**

Dec. 2023-Jan. 2024

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| **December 2023** |

**Staffing Changes:**

Lynne Linkowski leaving district due to family move, will not return in January

Heather Conley switching to BHS 100% of the time, transitioning GES students to Jessica Martin

Jessica Martin began in district as of 12/4/2023 - will be at GES 100% of time

Letters to GES parents of both Lynne and Heather’s caseloads alerting them of the change being mailed week of 12/7

New Prevention Specialist beginning in December/January

**Completed trainings/ initiatives:**

Heather and Jessica: *State Mental Health Collaboration Cadre Meeting* - December 5th, 2023

Lynne: *Words are Not Enough: Sensorimotor Interventions for Suicidality among Adults, Adolescents and Children*

**Breakdown of time and/or number of students reached/seen:**

Direct Hours\* (for November + December 2023)

Lynne: 24.41- 9% crisis

Heather: 50.75 - 12% percent of those are crisis

\*(Parent calls, client notes, meetings, paperwork are not included in direct hours)

**Caseload numbers as of 11/08/2023**

GES - 30 active, 2 radar

BMHS - 66 active, 13 radar

Process of breaking down caseload students into Tier 2 vs Tier 3 in order reduce Tier 3 caseload numbers has begun

**Programming/ Initiatives:**

* Refining referral process districtwide - as well as defining triage for crisis protocol
* Small art-based enrichment groups can begin soon via Flex time at BHS
* Tier 2 groups still in planning stages at BHS - possibly beginning January

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| **January 2024** |

**Staffing Changes:**

Lynne Linkowski now gone, Heather Conley taking over Lynne’s caseload

Heather Conley switching to BHS 100% of the time, GES students transitioned to Jessica Martin

Jessica Martin began in district as of 12/4/2023 - will be at GES 100% of time

New Prevention Specialist - James Spikes now in BISD district full time

**Completed trainings/ initiatives:**

Heather Conley: *Threat Assessment and Management (online)*

*Treating Difficult Adolescents (online)*

Jessica Martin: Medicaid *Policy and School Mental Health part 1 (online)*

*Five Ways to Improve Student Behavior (online)*

**Breakdown of time and/or number of students reached/seen:**

Direct Hours\* (for January 2024 as of 1/9/24)

Heather: 6.5 hours = no crisis hours as of yet

Jessica: 7.5 hours; 30 minutes of crisis (15%)

\*(Parent calls, client notes, meetings, paperwork are not included in direct hours)

**Caseload numbers as of 01/09/2024**

GES - 15 active, 2 referrals (waiting on consents), 4 on radar

BMHS - 51 active, 11 on radar, 16 potentially transitioning to Tier 2 when those supports are in place at BMHS

**Programming/ Initiatives:**

* Refining referral process districtwide - as well as defining triage for crisis protocol
* Small art-based enrichment groups can begin soon via Flex time at BHS
* Tier 2 groups still in planning stages at BHS - possibly beginning January