# **Strategic Prevention Framework**

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

Jan. 2024 - Feb. 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.
   1. GES - teacher-rated on all k-5 during the week of 2.05.2024.
   2. BMHS - student rated on 2.14.2024.
3. Specification of baseline data - External Referrals for mental health and prevention services.
   1. 5 student/family external referrals
   2. 6 student/family Care Solace referrals
4. Specification of baseline data - Internal Referrals for mental health and prevention services.
   1. 6 internal referrals for services
5. 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.
   1. GES –
      1. Tier 2 - 6 skill-based groups; 32 students
      2. Tier 3 – 17 students
   2. BMHS
      1. Tier 2 – 2 groups
      2. Tier 3 – 29 students

**Build Capacity**-

1. The SPF grant advisory meeting was held on Jan. 30th to provide updates on the grant and seek insight on upcoming projects.
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 the Campbell County Drug-Free Alliance, the BISD Transition Coordinator, the Northern KY Institute for Strategic Planning (NKISP), and the Kentucky Prevention Network.
3. Trauma-Informed Grant and School-Based Mental Health Grant – Resources to support BISD and SPF grant initiatives.

**Planning**

1. GES Math Night – On March 11, 2024, I3 and the Mental Health team will provide resources for mental health and prevention. The team will also run a booth that embeds SEL into math.
2. 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.
   1. The Next Newsletter is set for March 15, 2024
3. Dinner Table Project – I3 and the Youth Service Center are working with GES/BMHS to create the Dinner Table Project. This prevention project is based on research that shows families that eat are less likely to use substances.
   1. The Next DTP will be in April
4. #iCANendthetrend – Universal Substance Prevention Programming will offer a one-day training to all middle school students at the beginning of March.
5. 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 – The I3 team continues to work toward creating a Mental Health referral pathway and process. This has been piloted at BMHS and we are looking to streamline the process district wide by late March.
4. Articulation of a vision for Mental Health and Prevention Activities/resources – Exploring the use of BISD’s new website capabilities to support resources for mental health and prevention services (such as referral forms, provider resources, phone numbers, and more)

**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.
   1. Prevention Specialist is currently seeing 9 students weekly at a tier 2 level of service.

**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.
7. Events – Provided Mental Health and Prevention Resources during all events.
   1. Reading Night
   2. Olympic Night
   3. Skate Night
8. 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.

Outreach - distributed through Remind and in the Dinner Table Project

1. Dinner Table Project – I3 and the Youth Service Center are working with GES/BMHS to create the Dinner Table Project. This prevention project is based on the research that shows families that eat are less likely to use substances.
   1. Feb. 12. - 35 families; 146 total participants; 64 students

**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**

Jan. 2024 – Feb. 2024

|  |
| --- |
| **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:

**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 crisis

\*(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

|  |
| --- |
| **February 2024** |

**Staffing Changes: N/A**

**Completed trainings/ initiatives:**

Heather Conley: *S.O.S. for School Mental Health: Strategies for Staff and Students in Crisis at NKCES/ Charle Peck/* Heather Conley taking Board Certification exam March 2, 2024

Jessica Martin: *School Counseling: School Advocacy and Systemic Change (online)*

*Dialectical Behavioral Training in progress (online)*

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

Direct Hours\* (for Jan/Feb 2024 as of 2/7/24)

Heather: 47.25 hours = 8.25 hours of crisis (17.5%)

Jessica: 40 hours; 4.6 hours of crisis (12%); 5.6 hours of student disengagement (14%)

* Collaborative meetings related to care: 10.5 hours

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

**Caseload numbers as of 02/07/2024**

GES - 17 active, 1 referral (waiting on consents), 5 on radar

BMHS - 52 active, 11 on radar, 16 potentially transitioning to Tier 2 when those supports are in place at BMHS

**Programming/ Initiatives:**

* Referral form for therapy/prevention services live at BMHS - presented at ERD on 1/31/2024, referral form on staff google classroom and being utilized
* Jessica will be taking over two tier 2 small groups once this session has been completed
* The universal screener has been completed at GES. This data will evaluated then used to assign students into tier 2 groups.