# **Strategic Prevention Framework**

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

Feb. 2024 - March. 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. Will be working with Prevention First to create an assessment to re-evaluate community needs to align resources.
2. Specification of intervention data- Dinner Table Project post-assessment was given to all participants. This data will be used to evaluate the Dinner Table Project's effectiveness and toward quality improvement measures for future initiatives.
3. Specification of baseline data - External Referrals for mental health and prevention services.
   1. 4 student/family external referrals
   2. 3 student/family Care Solace referrals
4. Specification of baseline data - Internal Referrals for mental health and prevention services.
   1. 7 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 – Skill groups will resume on March 18th. Based on SEB data.

7 skill-based groups; 32 students

* + 1. Tier 2 – Performance – 25 students
    2. Tier 3 – Mental Health Supports - 20 students
  1. BMHS
     1. Tier 2 – Skill groups - 2 groups
     2. Tier 3 – 25 students

**Build Capacity**-

1. 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), the Kentucky Prevention Network, Adult Allies, and Prevention First.
2. Trauma-Informed Grant and School-Based Mental Health Grant – Resources to support BISD and SPF grant initiatives.
3. Meet with the Northern KY Health Department to discuss Too Good For Drugs – a Universal Curriculum for k-12. Alexis Bond is interested in facilitating the curriculum in one k-5 and one 6-12 classroom. The curriculum is 10 weeks.

**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.
   1. The Next Newsletter is set for March 15, 2024
2. 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 showing that families that eat are less likely to use substances.
   1. Project to go home on April 15, 2024
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. I3 working with staff and school admin surrounding Character Strong Curriculum and tier levels of support.
   1. Prevention Specialist is facilitating Tier 2 groups with BMHS students
   2. Data Analyst completed Tier 2 groups at GES.
   3. 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. The anticipated rollout will be in 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. #iCANendthetrend – Universal Substance Prevention Programming will offer a one-day training to all middle school students on March 6th.
2. #SELday—I3, Trauma-Informed Grant, and admin worked to create 55+ trauma-informed boxes for educators. These boxes contained books, mindfulness cards, breathing lights, fidgets, and more.
   1. Project distributed March 8, 2024
3. 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.
4. Character Strong—I3 is working with the school admin to implement the Character Strong SEL Curriculum. We are beginning to implement tier 2 performance-based and small group interventions in addition to tier 3 support at all sites.
5. I3 is 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. SPARS Year 2; Quarter 1 reporting was accepted
4. SPF Project Director completed and submitted eRa Commons Year 1 Annual Performance Review due Dec.31- pending
5. SPF Project Director completed and submitted eRa Commons Year 2 Detailed Budget and Narrative Revision - pending
6. SPF Project Director submitted Year 3 Continuation Report - pending
7. Events – Provided Mental Health and Prevention Resources during all events.
   1. Math Night

**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**

Feb. 2024 – March 2024

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| **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 be evaluated then used to assign students into tier 2 groups.

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| **March 2024** |

**Staffing Changes: N/A**

**Completed trainings/ initiatives:** Creative Arts Therapies Week 3/18-3/22

Heather Conley: Passed ATCBE exam 3/2/2024 - ATR-BC and LPAT applications in process

Jessica Martin: *Why Schools Struggle with Tier 3 Supports (online)*

*Dialectical Behavioral Therapy Training in progress (online)*

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

Direct Hours\* (for Feb/March as of 3/6/24)

Heather: 51.34 hours = 7.92 hours of crisis (15.4%)

Jessica: 41.3 hours; 1 hour of crisis (2%); 3 hours of student disengagement (7%)

* Collaborative meetings related to care: 6.8 hours

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

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

GES - 20 active, 0 referrals, 5 on radar

BMHS - 41 active, 5 new referrals (consents/intakes in progress), 10 on radar,

**Programming/ Initiatives:**

* Student referral form on BMHS staff google classroom and being utilized
* Screener in progress during Engage at BMHS for past 2 weeks
* I Can End the Trend assemblies presented to all middle school 3/5/2024 w/James
* 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 be evaluated then used to assign students into tier 2 groups.