



Annual Report for 2017



Ulster Prevention Council
Reducing Substance Abuse

A PROGRAM OF  **Family Services**
Providing Hope. Improving Lives. Strengthening Community.

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Ulster Prevention Council Substance Abuse Prevention Board:

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Stacey Rein (Director- United Way)

Members:

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Charles Khoury (School Superintendent- BOCES)

Barbara Sorkin (Deputy Commissioner- DSS)

Ellen Reinhard (Director- Tobacco Free Action Coalition)

Bob Cohen (Ulster Religious Council)

Melanie Mullins (Director- UC Probation)

Evelyn Clarke (UC Youth Bureau)

Vincent Martello (liaison to Department of Health)

Linda Farina (Ulster Community College)

Ellen Pendegar (Mental Health Association)

James Hanstein (Ulster County Sherriff's Office)

Compiled by: Cheryl DePaolo, MA, CASAC, ICADC
Program Director
100 Aaron Court
Kingston, NY 12401
cdepaolo@familyservicesny.org
www.ulsterpreventioncouncil.com
(845) 458-7462

Abstract – UPC Annual Report for 2017

The Ulster Prevention Project began in 2006, under the direction of the Ulster County Substance Abuse Prevention Board and funded by NYS OASAS based on statistics as well as the observations of a seeming inability to effect change:

- Inefficiencies existed due to duplication of services and lack of cooperation between youth-serving organizations left gaps in substance abuse prevention programming within the County.
- Evidence-based prevention strategies and programs were not integrated into the County's overall framework to address this problem, which was amongst the worst in the State (based on statistics from the NYS OASAS's County Risk Profiles [PRISMS] Report, 2003).

The Ulster County **Substance Abuse Prevention (SAP) Board** provided leadership for the Ulster Prevention Project (UPP). Through the expertise of an accomplished Board representing key community sectors and success in meeting well-defined performance measures, in 2010 UPP became the **Ulster Prevention Council (UPC)**. UPC continues to build a prevention infrastructure across the County. Our work addresses needs identified by the **DOH Community Health Assessment (CHA)**, goals of the **Community Health Improvement Plan (CHIP)** the biannual **Ulster County Youth Development Survey** and other data. We use the **Strategic Prevention Framework**, a public health model, to work toward significant, measurable population level change.

UPC provides the evidence-based model program **Too Good for Drugs** in Ellenville, Saugerties and Wallkill Central School Districts, and trained additional staff in who are now able to provide **Too Good for Drugs** in their home schools.

UPC continues to lead the **Ellenville Wawarsing Prevention Coalition (EWPC)** and partners with the **Greater New Paltz Community Partnership**, UPC participates in the seven-county **Hudson Valley Community of Practice (COP)** and the **Council on Addictions of New York State (CANYS)**. UPC will also participate in a new **NYS OASAS funded coalition at SUNY New Paltz**, and a **NYS OASAS funded regional coalition** headed by Student Assistance Services in Westchester County.

UPC serves as a **training and resource center** providing a wide array of workshops, cross-training and technical assistance to schools, service providers and health professionals as well as presentations at conferences, to classes and community groups, families and youth. Most services continue to take place in the community.

In 2017 UPC initiated the **Hidden in Plain Sight** workshop. This program features mock teen bedroom containing indicators of substance abuse and mental health issues.

UPC continued to address opiate addiction by partnering with the **Interagency Community Forum Task Force** to provide Opiate Awareness Forums in school districts across the county.

UPC continues to facilitate the **Saugerteens** youth peer leadership program, a positive alternative strategy.

A **Community Scan** of retail establishments was conducted in collaboration with the National Guard, identifying environmental risk factors for youth in the Kingston area, including signage and product placement.

Workplan Goals

NYS OASAS uses a school year planning system rather than a calendar year plan, and this report spans six months of the OASAS 2015-2016 workplan and six months of the OASAS 2016-2017 workplan (beginning July 1, 2014). This Report addresses the following Goals, Services and Outcome Measures identified in the 2015 County Contract calendar year.

PROGRAM GOALS/OUTCOMES:

- a. **Empower Ulster County school districts**, in conjunction with grass roots groups, to provide high quality, evidence-based practices in substance abuse prevention based on need as determined by the assessment data.
- b. **Maintain the 100% participation rate** on a county-wide basis in community assessment activities primarily targeting school-age youth; also address other relevant segments of the population to gain a better understanding of the problem.
- c. **Expand and capitalize on prevention efforts** to positively impact on as many County residents as possible.
- d. **Inventory all prevention efforts** currently being implemented in the County to develop a clear picture of the scope of services in the County. Maintain a “Resource Map” for substance abuse prevention, treatment, and recovery services.
- e. **Highlight model prevention programs** instituted within the County as well as prevention initiatives to draw attention to the solutions rather than fault.

SERVICES PROVIDED:

Evidence-based strategies (EBPs):

- a. **Prevention Education:** information dissemination to schools and community groups to reduce Alcohol, Tobacco, and Drug (“ATOD”) use and problem gambling, improve pro-social attitudes, decrease normative misperceptions regarding substance use, and teach critical life and social skills. This shall include the use of Evidence Based Programs as well as structured curricula to assist schools, parents and families in identifying and reducing youth/family risk factors, learning about the effects of substance abuse on families, and better understanding child and adolescent development.
- b. **Environmental Strategies:** Administration of a multi-faceted approach to address community norms favorable towards problem behaviors, levels of substance availability; and laws, regulations and policies regarding substance use/abuse.

Environmental strategies include the following:

1. **Policy (law/regulation) Change;** Enforcement/Compliance with Existing Laws; and Media/Communications, so as to reduce the availability and consumption of substances and thereby decrease the negative consequences and costs due to substance abuse.
2. **Community-Based Process:** Continue to initiate and further develop community-based coalitions and school partnerships aimed to enhance community involvement in reducing substance abuse and problem gambling, and training community members and agencies as partners in prevention.
3. **Information and Awareness:** Provide accurate information and increase knowledge and awareness of the nature and extent of substance use, abuse and dependence, and their effects on individuals, families, and communities.
4. **Positive Alternatives:** Provides for the participation of target populations in constructive and healthy activities that exclude drug use and gambling and include a clear no use message.

PROGRAM GOALS/OUTCOMES:

- a. Reduce the prevalence of substance abuse in Ulster County.
- b. Delay the initiation of substance abuse behaviors among youth as long as possible.
- c. Decrease the negative health, social, educational, and economic consequences and costs associated with substance abuse.
- d. Prevent the escalation of substance use behaviors to levels requiring treatment through early identification, brief intervention and referral.

Narrative

Planning:

Ulster Prevention Council Uses the Strategic Prevention Framework

The Strategic Prevention Framework (SPF) is a 5-step planning process to guide the selection, implementation, and evaluation of effective prevention activities. This process begins with a clear understanding of community needs and depends on the involvement of community members in all stages of the planning process.

These steps are guided by the principles of cultural competence and sustainability. The SPF is designed to help communities build the infrastructure necessary for effective ongoing prevention. Each step contains key milestones and products that are essential to the validity of the process. Focused on systems development, the SPF reflects a public health, or community-based, approach to delivering effective prevention services.



Progress toward outcome indicators:

Maintain the 100% participation rate on a county-wide basis in community assessment activities primarily targeting school-age youth; also address other relevant segments of the population to gain a better understanding of the problem.

In 2017 UPC initiated the **Hidden in Plain Sight** workshop. This program features mock teen bedroom containing indicators of substance abuse and mental health issues.

UPC continued to address opiate addiction by partnering with the **Interagency Community Forum Task Force** to provide Opiate Awareness Forums in school districts across the county.

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A **Community Scan** of retail establishments was conducted in collaboration with the National Guard, identifying environmental risk factors for youth in the Kingston area, including signage and product placement.



The HEALTHY PEOPLE 2020 plan set two goals:

- 1) Reduce the proportion of adolescents reporting use of alcohol or any illicit drugs during the past 30 days to 16.6%

Ulster County 2014 YDS Past 30 Day Use

Alcohol: 31.9%

Synthetic Cannamimetic: 4.3%

Heroin: 1.1%

Psychedelic: 3.7%

Ulster County 2017 YDS Past 30 Day Use

Alcohol: 27.2%

Synthetic Cannamimetic: 1.2%

Heroin: .5%

Psychedelic: 1.4%

- 2) Reduce the proportion of adolescents reporting use of marijuana during the past 30 days to 6.6%.

Ulster County 2014 YDS Past 30 Day Use

Marijuana: 20.5%

Ulster County 2017 YDS Past 30 Day Use

Marijuana: 19%

The Community Assessment drives the identification of Risk and Protective Factors, Services, Strategies, Performance Targets and Outcome Measures. Several priority issues were identified:

- 1) Students were using more marijuana, and they did not think that it was harmful.
- 2) Student rates of prescription drug abuse increased and were higher than national (Monitoring the Future) data.

The 2017 Ulster County YDS shows that Ulster County students continue to use marijuana at rates higher than Monitoring the Future, and they do not see use as harmful.

However, prescription drug use rates decreased significantly for all classes of drugs surveyed, and rates were lower than Mentoring the Future for all but 12th graders.

PROGRESS TOWARD WORKPLAN GOALS

Progress toward outcome indicators:

1. Empower Ulster County school districts, in conjunction with grass roots groups, to provide high quality, evidence-based practices in substance abuse prevention based on the need of each as determined by assessment data.

SERVICES PROVIDED:

Evidence-based Prevention Programs:

Direct Services: **559**

UPC continues to reviews EBPs to identify programs that meet the identified strengths and needs of district students, are cost effective and can be delivered with fidelity to the model in the classroom, after-school program or in other community settings. UPC provides training and technical assistance for new implementations, providing an inexpensive sustainable model when there is significant buy-in from the district.

Too Good for Drugs (TGFD) is a 10 session model prevention program with modules for kindergarten through 12th grade. Schools may implement the program in any grade. Based on research outcomes, content and costs, Too Good for Drugs was identified as a good fit for many Ulster County districts and providers. In 2016, districts and assessment data indicate that middle school students were at high risk, and initiating facilitation in middle schools aligned with Health curriculums. Ellenville High School recognized the need for an EBP at the high school level, and Too Good for Drugs High School was delivered to all Health classes in Spring 2017. Saugerties Central School District and Wallkill Central School District recognized the need to provide prevention education in the elementary school grades, and services were initiated in both of these districts.

UPC has a Too Good for Drugs trainer on staff. Several districts and community agencies sent personnel to UPC Too Good for Drugs for facilitator training. Training includes instructions and follow-up with data collection for fidelity and outcomes.

Ellenville Delivery of Too Good for Drugs in Middle School

Total: 257

Ellenville Central School District is identified as a high needs district based on demographic factors. The district serves youth and families with few resources or services. Community needs assessment indicated that high priority should be places on services for Middle School students. In 2017 Ulster Prevention Council Prevention Educators providing service delivery of TGFD to all 6th graders at Ellenville Middle School during Health class.

Ellenville Delivery of Too Good for Drugs High School

Total: 62

Wallkill Delivery of Too Good for Drugs

Total: 83

UPC also provided direct services in the Wallkill Central School District. Too Good for Drugs was provided for 6th graders, who are located in elementary schools in the district. In addition, WCSD staff attended UPC training and the program is now embedded in elementary schools throughout the district.

Saugerties Delivery of Too Good for Drugs

Total: 157

UPC also began to provide direct services in elementary schools in the Saugerties Central School District. Too Good for Drugs was provided for 6th graders.

Service delivery is planned for over 580 4th-6th grade classes at Riccardi, Mt. Marion, Cahill and Morse Elementary Schools in early 2018. In addition, SCSD elementary school teachers attended UPC training and the district plan is to embed the program, with teachers facilitating, in all elementary schools throughout the district in 2018-2019.

BOCES in Port Ewen has expressed an interest in UPC facilitating **Too Good for Drugs and Violence High School** in the Career and Technical Center in 2018.

Other Providers:

Too Good for Drugs Kingston Nurse Teachers

Nurse Teachers facilitated TGFD to 5th grade students in Health class.

Too Good for Drugs and Violence

Family of Woodstock provides Too Good for Violence High School at Kingston High School and Rondout Valley, a curriculum for 9-12 graders.

Too Good for Drugs and Violence

Wallkill High School's Prevention Social Worker facilitated Too Good for Drugs and Violence in the High School and in the Middle School.

A Marlboro High School Student Assistance Counselor and a Nurse Teacher have been trained and plan to facilitate Too Good for Drugs and Violence High School in 2018.

Kingston City School District uses **Primary Project** in Elementary School grades.

PBIS: Schools in Ellenville, Highland, Onteora and Wallkill as well as the Children's Home of Kingston have implemented PBIS.

In Onteora, **Prime for Life**, an EBP, was implemented in higher grades. An SEL (Social Emotional Learning) program that is not evidence-based has replaced PATHS at the elementary school level. Onteora has hired a new prevention worker and established the intent to restore evidence-based prevention education.

SERVICES PROVIDED

Information and Awareness:

A new **UlsterPreventionCouncil.org** and/or **UlsterPreventionCouncil.com** site is now online. The design is more sophisticated and contains links to many resources. The UPC Facebook page is updated frequently.

Community Informational and Awareness Events:

UPC has a strong presence at community events. In addition to providing prevention materials & information, UPC engages youth and adults in interactive activities that communicate accurate information. Resource materials and items with social norms and prevention messaging are distributed.

SERVICES PROVIDED

Training and Technical Assistance:

Ulster Prevention Council provides high quality, engaging and timely education and training to youth, community members, medical providers and human service providers. UPC serves as a county resource center, researching issues, answering inquiries and disseminating information on a wide variety of topics. Our high quality radio and video PSAs are distributed to other providers for use in their communities upon request.

Superintendent's Conference Day Trainings are available upon request for school district personnel and are often open to service providers. Scheduling for these days vary, as one, two or more districts may share a day. When districts share a day, training is offered to more than one district. We provide training as requested. It is common for social workers, psychologists, counselors and health office staff to attend, but we have also trained bus drivers, hall monitors and cafeteria workers.

Participants complete training evaluations and these are used to prioritize training requests.

In 2017, Conference Days focused on providing Too Good for Drugs facilitator training to school district personnel, who now provide direct services in their home districts.

Current Drug Trends

UPC monitors current drug trends using information provided by NIDA, DEA, DOH, CDC, DAWN and other established sources as well as following up on requests for information provided by the community. Training, bulletins and social media are updated regularly.

In 2017 trends of concerns included:

- Reduced perception of harm from marijuana. Medical cannabis, decriminalization and legalization efforts on several states appear to have contributed to both adults and youth perceiving marijuana as less harmful
- Further availability of Butane Hash Oil (BHO), wax, dabs and shatter, with new methods of manufacture
- Increasing inhalation of vapors of tobacco, marijuana, alcohol and other substances and E-cigarette use
- Increase in “Vape Shops” in Ulster County
- Continuing use of dangerous cathinones, particularly in the middle school grades
- Continued abuse of Rx opiates, increasing use of heroin, fentanyl and opiate-related overdoses in the young adult and adult population

SERVICES PROVIDED

Social Marketing:

Save Brains Campaign

Direct Services: **208**

The 2017 UC YDS shows that youth and their peers have low perception of harm from alcohol and report that they often obtain alcohol from adults, including their parents and older siblings. UPC implemented the Save Brains Campaign: “Alcohol Damages the Teenage Brain. savebrains.org” to address adolescent brain development and harmfulness of alcohol. The website savebrains.org provides information about the ways that alcohol damages regions of the adolescent brain. Widespread understanding of the growing body of evidence of harmfulness is crucial to changing current social norms that accept alcohol use as part of adolescent and young adult culture. This simple message is incorporated into each event that we attend.

UPC produced and aired a radio PSA addressing social host law and emphasizing adult responsibility to ensure youth safety while celebrating. The PSA was aired during the prom and graduation season and again during the winter holiday season.

UPC hosted 3 TV Show Episodes of Spotlight on Wawarsing in Ellenville highlighting prevention.

Positive Alternatives:

Saugerteens Youth Peer Leadership Group:

Attendees: 108

Meetings: 18

Unique Persons: 17

Saugerties Family Fun Event

Attendees: 40

Progress toward outcome indicators:

Expand and capitalize on the prevention efforts in Ulster to positively impact on as many county residents as possible.

Community and Collaborative Activities:

Hidden in Plain Sight is a new interactive workshop developed with initial funding by the Council on Addictions of New York State (CANYS). The workshop features a mock teen bedroom that educates parents, human services providers, educators and other concerned adults about indicators of teen drug and alcohol use as well as mental health issues. Workshops were presented in Rondout Valley, Onteora and Saugerties school districts as well as other community settings.

Saugerteens Voices for Action is a peer youth leadership initiative in Saugerties developed by UPC and Youth Power! a program of Families Together. Youth Power! collaborated with UPC to work with high risk youth to spread the importance of and implement youth voice. Sessions are held in the Saugerties Library. Youth identify priorities and concerns and work on promoting friendship, relationships, health and equality. Saugerteens was awarded \$1000 from Kiwanis of Saugerties, and youth held an outreach event at the ice skating rink in early 2017. In addition, they participated in a field trip to great Escape in July 2017.

Ellenville Wawarsing Prevention Coalition (EWPC) meets in the high school building to partner closely with the school. The Mid-Hudson PRC, UPC and the Coalition work closely with Ellenville High School to provide an ongoing presence and schedule prevention activities.

The **Interagency Community Forum Task Force** is led by Wallkill Central School District Superintendent Kevin Castle. The Task Force developed a multi-disciplinary panel and agenda that is available for community forums throughout the county. The panel includes several speakers from each identified sector of the community – law enforcement, treatment, schools, prevention, the DA’s office, person in recovery, and community resources.

The **Greater New Paltz Community Partnership (GNPCP)** has implemented an array of activities to address local issues. GNPCP participates in Ulster County Prevention Providers and the Prescription Drug Task Force.

The **Underage Drinking Task Force** has been renamed the **Underage Substance Abuse Prevention Task Force** and is a collaborative effort organized by STOP DWI, which is administered by Ulster County Department of Probation. UPC gives an update at each meeting, which is well-attended by school personnel, coalitions, law enforcement, an insurance company and prevention providers. The Task Force works on positive activities for youth at prom time, graduations and other celebratory occasions, and focuses on information, events and activities related to other substances as well.

Prescription Drug Task Force of Ulster County (PDTF): Prescription drop boxes in local law enforcement stations continue to collect thousands of pounds of Rx Drugs that are prevented from being diverted for misuse or released into the water system. A current initiative focuses on pharmacy take back of medications.

Pharmacy Take Back

Pharmacies recently became eligible to accept expired and unwanted controlled substances, but pharmacies are reluctant to do so. UPC provided pharmacies with informational posters about MedReturn drop box locations and accepted items.

Strategies used involved:

1. **Social Marketing Campaigns** The “Lock Your Meds” block ad on the Kingston City School District sports calendar reaches thousands of parents, students, school personnel and community members throughout the district.
2. **Media Advocacy** using available public and commercial media outlets to increase patient awareness of prescription medication safeguards and disposal options.
4. **Public Availability reduction** by promoting permanent Rx drug MedReturn drop box sites. Currently there are 19 drop box sites in law enforcement locations. An additional box was requested and provided through the National Guard Civil Ops program. Location maps continue to be updated, distributed, posted in pharmacies and online. Sustaining this program involves less than \$100 per year once a box is installed.
5. **Increased social media reach** through Facebook, YouTube, the Director’s blog, and the redesigned interactive website as well as promoting the new Ulster Helps web site, which focuses on SUDs resources.

Media: School-based radio and TV air time is free, and student developed radio and TV PSAs air frequently on WELV and Channel 20 in Ellenville. UPC also purchased air time from IHeartRadio for the Social Host campaign at graduation and prom season as well as during the winter holiday break.

Progress toward outcome indicators:

Inventory all prevention efforts currently being implemented in Ulster County to develop a clear picture of the scope of services in our area. This information will be compiled to create a “Resource Map” for substance abuse prevention, treatment, and recovery services.

The Family Advocate Program updates the comprehensive **Substance Abuse Resource Guide** spanning prevention, intervention, outpatient, inpatient and long-term treatment and recovery resources. The Guide was originally designed to accompany MedReturn medication drop boxes in the police stations. Guides are now requested throughout the county, and are made available through the Family Services Family Advocate Program. Copies are printed at low cost in order to continue to make revisions as needed, and the directory is posted on the UPC web site. The Department of Health and Mental Health has invested resources in developing the comprehensive online guide to services **UlsterHelps.gov**. UPC publicizes the guide and update available prevention services.

Prevention providers work with the LGU and the OASAS Field Office to map prevention services, particularly in the schools, as changes in services are not usually publicized widely. In 2017, UPC was able to document services more accurately due to increased conversations with school districts and Family of Woodstock, a prevention provider.

Progress toward outcome indicators:

Highlight Model prevention programs instituted within the county as well as prevention initiatives to draw attention to the solutions rather than fault.

The Substance Abuse Prevention Board elected Stacey Rein, Director of Ulster County United Way, to lead the Board in 2017. Her strong leadership focused on building the capacity of the Board and the continued work of UPC. Closer collaboration with mental health entities and strong board experience provides increased capacity for meeting common goals.

UPC highlights **Family of Woodstock** and other providers that implement prevention service delivery. Family of Woodstock provides **Too Good for Drugs and Violence** and **Positive Action** in Kingston HS and in Rondout Valley MS and HS 12:1:1 Selective group.

The Mid-Hudson Community of Practice brings Councils and prevention providers together from Ulster, Putnam, Orange, Dutchess, Westchester and Rockland to coordinate prevention efforts, reach common goals, and advance community awareness of prevention science. The annual COP fall Policy Summit for policymakers throughout the region highlights the effectiveness, importance and cost savings of prevention initiatives.

The new **NYS OASAS funded regional coalition** staffed by Student Assistance Services will focus on identifying all providers and resources in the Mid-Hudson area, with a special emphasis on hospital-based and medical providers, health-home services and OASAS-licensed services.

NYS OASAS has also funded a coalition based at SUNY New Paltz, and UPC is working with the coordinator to provide prevention services coordinating both school-based and community efforts.

UPC participates actively in many collaborative groups including SPEAK, Children's Services Planning, Bringing Agencies Together and the Wawarsing Council of Agencies. UPC reports to the County Legislature annually, highlighting findings from the biannual Ulster County Youth Survey, and sharing prevention strategies, efforts and outcomes.

Conclusion

The Ulster County Youth Development Survey was administered in early 2017, with enthusiastic school district support for universal administration. Five districts and over 3900 students participated.

In 2017, UPC, under the leadership of the Substance Abuse Prevention Board, played a role in Ulster County's continued response to the increase in opiate and opioid related initiatives. While not UPC's primary role, providing information, best practices, linkages, and a wide array of resources strengthened the County's response. The Interagency Community Task Force specifically addresses school forums and is our primary strategy in addressing opiate issues.

UPC continues to build relationships in the community to advance local prevention efforts through provider groups, community events, presentations and use of media. Local coalition building continues, and new efforts in several underserved districts are underway.

UPC continues to work to identify, implement and support successful and sustainable evidence-based universal, selected and indicated prevention programming. Our primary goal continues to be the widespread implementation of universal EBPs (Evidence-based Programs), and we maintain 2 full time dedicated Prevention Educators. In 2017, UPC Prevention Educators facilitated Too Good for Drugs in Ellenville, Saugerties and Wallkill Central School Districts and assisted other schools and districts to provide the direct service utilizing existing school district employees. UPC will continue to provide training, support and technical assistance for schools and community-based groups. Schools are very amenable to our requirement for fidelity to the model, and UPC and the LGU have developed standardized fidelity measures for all provision of Too Good for Drugs. Results will be reported quarterly to the LGU.

UPC is in discussions with both the **Boys and Girls Club of Kingston** and the **Hodge Center**, programs serving high-needs youth in the mid-town Kingston area, to provide evidence-based programming in the after-school time period. These students are currently not receiving school-based EBP service delivery. Currently discussions focus on offering Botvin Lifeskills at the Boys and Girls Center, and Girls Circle at the Hodge Center.

Identified Evidence-Based Programs

Screening, Brief Intervention and Referral for Treatment (SBIRT) is a medical tool for use in early screening for substance experimentation or abuse. Ulster Prevention Council provided training to 60 medical to explore risky behaviors, intervene early, and refer to the proper level of care as indicated. Other prevention initiatives have also identified the need for identification and intervention services for students.

Project Northland is a multilevel intervention involving students, peers, parents, and community in programs designed to delay the age at which adolescents begin drinking, reduce alcohol use among those already drinking, and limit the number of alcohol-related problems among young drinkers. Administered to adolescents in grades 6-8 on a weekly basis, the program has a specific theme within each grade level that is incorporated into the parent, peer, and community components. The 6th-grade home-based program targets communication about adolescent alcohol use utilizing student-parent homework assignments, in-class group discussions, and a communitywide task force. The 7th-grade peer- and teacher-led curriculum focuses on resistance skills and normative expectations regarding teen alcohol use, and is implemented through discussions, games, problem-solving tasks, and role-plays. During the first half of the 8th-grade Powerlines peer-led program, students learn about community dynamics related to alcohol use prevention through small group and classroom interactive activities. During the second half, they work on community-based projects and hold a mock town meeting to make community policy recommendations to prevent teen alcohol use.

Class Action is the second phase of the Project Northland alcohol-use prevention curriculum series. Class Action (for grades 11-12) and Project Northland (for grades 6-8) are designed to delay the onset of alcohol use, reduce use among youths who have already tried alcohol, and limit the number of alcohol-related problems experienced by young drinkers. Class Action draws upon the social influence theory of behavior change, using interactive, peer-led sessions to explore the real-world legal and social consequences of substance abuse. The curriculum consists of 8-10 group sessions in which students divide into teams to research, prepare, and present mock civil cases involving hypothetical persons harmed as a result of underage drinking. Using a casebook along with audiotaped affidavits and depositions, teens review relevant statutes and case law to build legal cases they then present to a jury of their peers. Case topics include drinking and driving, fetal alcohol syndrome, drinking and violence, date rape, drinking and vandalism, and school alcohol policies. Students also research community issues around alcohol use and become involved in local events to support community awareness of the problem of underage drinking. Class Action can be used as a booster session for the Project Northland series or as a stand-alone program.

Teen Intervene is an early intervention program targeting 12- to 19-year-olds who display the early stages of alcohol or drug use problems (e.g., using or possessing drugs during school) but do not use these substances daily or demonstrate substance dependence. Integrating stages of change theory, motivational enhancement, and cognitive-behavioral therapy, this intervention aims to help teens reduce and ultimately eliminate their alcohol and other drug use. In ongoing community assessment activities, the need for youth substance abuse identification and early intervention continues to be an area of the program is administered in a school or community setting by a trained professional in two or three 1-hour sessions conducted 10 days apart. During session 1, an individual session with the adolescent, the therapist elicits information about the adolescent's substance use and related consequences, examines the benefits and costs of behavior change, and helps the adolescent set goals.

In session 2, the therapist assesses the adolescent's progress, discusses strategies for overcoming barriers, and negotiates the adolescent's continued work toward meeting goals. Session 3, an optional individual counseling session with the teenager's parent (or guardian), addresses the adolescent's substance use and the need for the parent to demonstrate healthy attitudes and behaviors related to

substance use and to monitor and supervise the adolescent. This session also includes a brief wrap-up conversation with both the parent and the adolescent.

Botvin LifeSkills Training (LST) is a school-based program that 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. LST is based on both the social influence and competence enhancement models of prevention. Consistent with this theoretical framework, LST addresses multiple risk and protective factors and teaches personal and social skills that build resilience and help youth navigate developmental tasks, including the skills necessary to understand and resist prodrug influences. LST is designed to provide information relevant to the important life transitions that adolescents and young teens face, using culturally sensitive and developmentally and age-appropriate language and content. Facilitated discussion, structured small group activities, and role-playing scenarios are used to stimulate participation and promote the acquisition of skills. Separate LST programs are offered for elementary school (grades 3-6), middle school (grades 6-9), and high school (grades 9-12); the research studies and outcomes reviewed for this summary involved middle school students.

Olweus Anti-Bullying Program: Olweus focuses on restructuring the existing school environment to reduce opportunities and rewards for bullying behaviors. The emphasis of the program is on improving peer relationships and making the school a positive place for students to learn and grow.

Core components of the program are implemented at the school, classroom, and individual levels.

School-level components include—

- Formation of a Bullying Prevention Coordinating Committee
- Distribution of an anonymous student questionnaire assessing the nature and prevalence of bullying
- Training for committee members and staff
- Development of a coordinated system of supervision
- Adoption of school-wide rules against bullying
- Development of appropriate positive and negative consequences for students' behavior
- Holding staff discussion groups related to the program
- Involvement of parents

Classroom-level components include—

- Reinforcement of school-wide rules against bullying
- Holding regular classroom meetings with students to increase knowledge and empathy
- Informational meetings with parents

Individual-level components include—

- Interventions with children who bully
- Interventions with children who are bullied
- Discussions with parents of involved students

A number of sites also are implementing community-level components, such as: convening meetings with community members, incorporating anti-bullying messages and strategies in youth-related activities in the community, including recreational activities, scouting, and after-school programs.

Primary Project (formerly the Primary Mental Health Project, or PMHP) is a school-based program designed for early detection and prevention of school adjustment difficulties in children 4-9 years old (preschool through 3rd grade). The program begins with screening to identify children with early school adjustment difficulties (e.g., mild aggression, withdrawal, and learning difficulties) that interfere with learning. Following identification, children are referred to a series of one-on-one sessions with a trained paraprofessional who utilizes developmentally appropriate child-led play and relationship techniques to help adjustment to the school environment. Children generally are seen weekly for 30-40 minutes for

10-14 weeks. During the session, the trained child associate works to create a nonjudgmental atmosphere while establishing limits on the length of sessions, aggression toward self or others, and destruction of property. Targeted outcomes for children in Primary Project include increased task orientation, behavior control, assertiveness, and peer social skills. The program is suitable for implementation in a specially designed place on a school campus equipped with expressive toys and materials (art media, building toys, imaginative toys).

Too Good for Drugs (TGFD) is a school-based prevention program for kindergarten through 12th grade that builds on students' resiliency by teaching them how to be socially competent and autonomous problem solvers. The program is designed to benefit everyone in the school by providing needed education in social and emotional competencies and by reducing risk factors and building protective factors that affect students in these age groups. TGFD focuses on developing personal and interpersonal skills to resist peer pressures, goal setting, decision making, bonding with others, having respect for self and others, managing emotions, effective communication, and social interactions. The program also provides information about the negative consequences of drug use and the benefits of a nonviolent, drug-free lifestyle. TGFD has developmentally appropriate curricula for each grade level through 8th grade, with a separate high school curriculum for students in grades 9 through 12. The K-8 curricula each include 10 weekly, 30- to 60-minute lessons, and the high school curriculum combines Too Good for Drugs and Too Good for Violence in 14 weekly, 1-hour lessons plus 12 optional, 1-hour "infusion" lessons designed to incorporate and reinforce skills taught in the core curriculum through academic infusion in subject areas such as English, social studies, and science/health. The program provides planning optimal flexibility as it can be implemented in any grade and can be delivered either once or twice per week.

Too Good for Violence (TGFV) K-5 helps elementary students differentiate between feelings and actions, encourage respect between peers, and celebrate diversity. Program lessons and activities help kids handle bullying, and choose alternatives to violence.

Too Good for Violence (TGFV) 6-8 uses social and emotional learning to develop skills for conflict resolution, bullying prevention, anger management, and respect for self and others. In middle school, students learn the negative consequences of aggressive behavior. Engaging, age-appropriate lessons develop personal and interpersonal skills such as learning to respect others and celebrating their differences. Students also learn how to avoid and resolve conflict through effective communication, emotional self-awareness, and self-control.

Too Good for Drugs and Violence High School combines the two topics and does not have separate modules for each grade.

2018 Ulster County Workplan

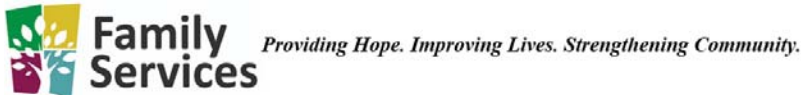
PIN: Ellenville Central School District

	Risk and Protective Factors	Target Pop	Strategies	Outcomes	
<p>American Community Survey 2016 estimates Village of Ellenville Female householders with children under poverty level 62.5% Disabled 14.9 % Adults did not graduate 19.5% Speak a language other than English at home 20.2 % Vacant Housing 21% Renters 43%</p> <p>2017 UC YDS Alc 30 day Consumption: National MTF: 19.8% U.C. 2017 27.2% Reported no or low consequences from parents for drinking: 34.1% Report no/low risk from binge drinking: 23.9% % of students report that smoking is not harmful 14.6% Current use of marijuana: National MTF: 13.7% U.C. 2017 19% 2014: 20.5% 2012: 15.6%</p>	Parental attitudes favorable to antisocial behaviors Low perception of risk from alcohol, marijuana and prescription drugs Access to alcohol in homes Access to alcohol in friends' homes Friends who use drugs Youth Report Knowing Adults Who Use Marijuana		Community Capacity Building		
		UPC, School District, Service Providers, Residents	Ellenville Wawarsing Prevention Coalition meets at HS	# meetings # attended	
			Incorporate students in coalition	# meetings # attended	
			Youth develop 1 school, 1 community and 1 policy goal	Policies de	
			Explore support group for students who have parent/guardian with SUD	# explorato	
			Offer positive alternatives group for youth	#meetings #attended	
			Evidence-based Programming		
		<p>NYSED 2016 Report Ellenville Central School District</p> Enrollment: 1653 Economically Disadvantaged 70% Students with Disabilities 18% Dropped Out 4% Limited English 5%	Ellenville School District Students Grade 6 Ellenville Middle School	Facilitate direct service delivery of Universal EBP Too Good for Drugs Middle School Track EBP implementation for fidelity measures frequency and consistency regularly	Quarterly R Summary o Knowledge program to student kno resistance s and attitude behaviors. Summary o Implementa completed to assess fi Unique Par WITNYS E Sessions
			Ellenville School District Students Grades 9-12 Ellenville High School	Facilitate direct service delivery of Universal EBP Too Good for Drugs and Violence. Track EBP	Quarterly R Summary o Knowledge program to

			implementation for fidelity measures frequency and consistency regularly	student knowledge, resistance skills and attitudes, behaviors. Summary of Implementation completed to assess fidelity. Unique Partnerships WITNYS Family Sessions
			Information and Awareness	
		Youth, Parents, Community Members, Businesses, Law Enforcement, Schools, Government	Create localized media messages through Youth Media Campaign	# messages #reach #students p
			Social norms campaign addresses harm	Track media Track # exp
			Use WELV to produce episodes reaching community regarding harm, accurate County YDS data	# episodes #reach
			Share 2017 YDS Survey to present accurate data, social norms, youth and community needs	#presentation # reach
			Supt. Conf, Day presentation educate faculty/staff on current drug trends and slang	# attendees Workshop

PIN: Kingston Enlarged City School

Needs Assessment Source	Risk and Protective Factors	Target Pop	Strategies	Outcomes
2017 UC YDS Alc 30 day Consumption: National MTF: 19.8% U.C. 2017 27.2%	Parental attitudes favorable to antisocial behaviors Low perception of risk		Evidence-based Programming	
		Midtown youth	Offer EBP at Hodge Center	EBP adopted # sessions #participation



<p>Reported no or low consequences from parents for drinking: 34.1% Report no/low risk from binge drinking: 23.9% % of students report that smoking is not harmful 14.6% Current use of marijuana: National MTF: 13.7% U.C. 2017 19% 2014: 20.5% 2012: 15.6% American Community Survey 2014 Uninsured 11% Under Poverty Level 24% Female Householder with children under 5 are below poverty level 31% Renter Occupied Housing 55%</p>	<p>from alcohol, marijuana and prescription drugs</p>	<p>Midtown youth</p>	<p>Offer EBP at Boys and Girls Club</p>	<p>EBP adopted # sessions #participants</p>	
	<p>Access to alcohol in homes Access to alcohol in friends' homes</p>	Information and Awareness			
	<p>Friends who use drugs</p>	<p>Youth, Parents, Community Members, Businesses, Law Enforcement, Schools, Government</p>	<p>Create localized media messages through Youth Media Campaign</p>	<p># messages #reach #students p</p>	
	<p>Youth Report Knowing Adults Who Use Marijuana</p>		<p>Social norms campaign addresses harm</p>	<p>Track medi Track # exp</p>	
	<p>NYSED 2015 Report Kingston Enlarged City School District Enrollment: 6218 Economically Disadvantaged: 59% Students with Disabilities 23% Drop Outs 12% Limited English 4%</p>		<p>School and Community Fairs and Events</p>	<p># events # reached</p>	
	Policy Change				
			<p>Youth, Parents, Community Members, Businesses, Law Enforcement, Schools, Government</p>	<p>Share results of city-wide scan and present community risk factors</p>	<p>#presentati #reached</p>
		<p>Explore potential for city-wide paraphernalia ban</p>		<p>Policy initi # meetings</p>	
			<p>Responsible Retailer Recognition</p>	<p>Retailers R</p>	

PIN: Saugerties Youth Ages 13-18

Needs Assessment Source	Risk and Protective Factors	Target Pop	Strategies	Outcomes
<p>2017 UC YDS Alc 30 day Consumption: National MTF: 19.8% U.C. 2017 27.2% Reported no or low consequences from parents for drinking: 34.1%</p>	<p>Parental attitudes favorable to antisocial behaviors Low perception of risk from alcohol, marijuana and prescription drugs Access to alcohol in homes Access to alcohol in</p>	Positive Alternatives Continuing		
		<p>Saugerties Library Saugerteens</p>	<p>Youth Leadership Development Positive Alternatives Group</p>	<p># meetings # attending</p>
		Evidence-based Programming		

Report no/low risk from binge drinking: 23.9% % of students report that smoking is not harmful 14.6% Current use of marijuana: National MTF: 13.7% U.C. 2017 19% 2014: 20.5% 2012: 15.6%	friends' homes Report no/low risk from drinking: 40% 14-19% of students report that smoking is not harmful NYSED 2016 Report Saugerties Enlarged School District Enrollment: 2555 Economically Disadvantaged: 45% Students with Disabilities 19% Drop Outs 4% Limited English 2%	Saugerties Central School District students in grade 6 Cahill Elem. School Morse Elem. School Mt. Marion Elem. School Riccardi Elem. School	Facilitate direct service delivery of Universal EBP Too Good for Drugs Track EBP implementation for fidelity measures frequency and consistency regularly	Quarterly F Summary o Knowledge program to student kno resistance s and attitude behaviors. Summary o Implementa completed to assess fi Unique Par WITNYS F Sessions
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Opiate Initiative

Needs Assessment Source	Risk and Protective Factors	Target Pop	Strategies	Outcomes
Ulster County Designated a High Intensity Drug Trafficking Area 2016 .5% of 7-12 th grade students reported past 30 day use of heroin, and .61.1% reported any lifetime use. Prescription painkillers 16.1% lifetime use in 2008 declined to 5% in	Low perception of risk from prescription drugs Access to Rx drugs in homes Access to alcohol in friends' homes Friends who use drugs Peer rewards for antisocial behavior Parental attitudes favorable	Policy Change		
		Adults and Youth	Encourage participation in Rx Drug take back	# take back Lbs, Collec Policies En
		Community Capacity Building		
		UPC, Service Providers, LGU, Medical Community, Pharmacies, Residents	Collaborative School and Community Fairs and Events	# events # reached
		Information and Awareness		
			Multi-sector School-Community Forum through Interagency Task Force	# events # attended

<p>2017. 1.9% of students reported past 30 day use in 2017; 6.5% reported using these substances in 2008.</p> <p>Key Informants: Step One, IFH Dr Carol Smith, DOH Ellenville Hospital ER DAWN Reports Service Providers Police Chiefs School Superintendents</p>	to antisocial behavior		Use of social media to reinforce social marketing messages	# posts # followers
			Lock Your Meds Digital Media Campaign	# views

Highland Community Initiative

<u>2017 UC YDS</u>		Community Capacity Building		
<p>Alc 30 day Consumption: National MTF: 19.8% U.C. 2017 27.2% Reported no or low consequences from parents for drinking: 34.1% Report no/low risk from binge drinking: 23.9% % of students report that smoking is not harmful 14.6% Current use of marijuana: National MTF: 13.7% U.C. 2017 19% 2014: 20.5% 2012: 15.6%</p> <p>American Community Survey: 8.3% Disabled 8.1% Language other than English Spoken at Home</p>	<p>Parental attitudes favorable to antisocial behaviors</p> <p>Low perception of risk from alcohol, marijuana and prescription drugs</p> <p>NYSED 2016-2017 Report Highland Enlarged School District Enrollment: 1756 Economically Disadvantaged: 42% Free and Reduced Lunch: 39% Students with Disabilities 14% Limited English 1%</p>	<p>Community Members, Youth, Parents, Highland School District, local businesses</p>	<p>Follow-up event to fall forum, partnering with District, Sawyer Savings Bank, Rotary and Lloyd PD in Highland Community Task Force for organized community effort</p>	<p># attended # meetings Strategies</p>

Training and Technical Assistance

		Information and Awareness		
<p><u>2017 UC YDS</u> Alc 30 day Consumption: National MTF: 19.8% U.C. 2017 27.2% Reported no or low consequences from parents for drinking: 34.1% Report no/low risk from binge drinking: 23.9% % of students report that smoking is not harmful 14.6% Current use of marijuana: National MTF: 13.7% U.C. 2017 19% 2014: 20.5% 2012: 15.6%</p>	Parental attitudes favorable to antisocial behaviors	Community Members, School Personnel, Human Service Providers, Families, Medical Providers, Policymaker	3 Superintendent's Conference Days	# Training # Attended
	Low perception of risk from alcohol, marijuana and prescription drugs	Community Members, School Personnel, Human Service Providers, Families, Medical Providers, Policymakers	Survey data presentations	# presenta Attendees sector
	Low perception of risk of adolescent gambling	Community Members, School Personnel, Human Service Providers, Families, Medical Providers, Policymakers	2 Gambling Risks Presentations	# Training # Reached



Family Services

Providing Hope. Improving Lives. Strengthening Community.