



PROGRAM GUIDE 2024-2025

Leading the conversation
on alcohol & other drugs

PREVENTED.ORG

Prevention Resource Center – Eastern Region

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About PreventEd

Mission and General Services

PreventEd works to reduce or prevent the harms of alcohol and other drug use through education, intervention, and advocacy. Since its beginning in 1965, PreventEd has been the driving force in addressing issues related to the use of alcohol, tobacco, and other drugs.

PreventEd provides the following services:

- Assessment and referral
- Intervention planning
- Youth substance use prevention programming
- Community education and consultation
- Public awareness campaigns and events
- Advocacy

Prevention Education at PreventEd

PreventEd is the primary provider of substance use prevention services in the greater St. Louis area. Reaching between 50,000 and 74,000 young people annually, PreventEd's prevention programs:

- Build resiliency skills in youth, kindergarten—college.
- Are goal oriented and tailored for groups with different needs.
- Are evidence-informed and research-based.

PreventEd offers a variety of curricula. Each lesson ranges between 30 and 50 minutes in length and are delivered in classroom settings once a week. All lessons are highly interactive and have proven, over many years, to produce positive changes in children's knowledge, attitudes and behaviors.

Each curriculum is designed for different ages and developmental levels. All curricula are unique in their goals, strategies, and content, but each focus on building resiliency skills (self-esteem, social competency, problem-solving, decision-making, communication, handling anger and frustration) and drug specific knowledge. Best-practices research confirms that students with strong resiliency skills are at reduced risk for substance use and violence.

PreventEd provides programming in-person and virtually depending on the school's needs. Each virtual lesson ranges between 30 and 50 minutes and continues to be delivered with the same engaging techniques as in-person lessons.

School-Based Prevention Education

The following curricula can be used independently at each grade level and are designed to build upon each other to foster grade level and/or school-wide change.

Programming for Grades K-5

Kdg - Winning Friendships — This four-lesson unit promotes language and behaviors that build friendships and provide skills to handle uncomfortable feelings.

1st Grade - Caring 4 Classmates — This four-lesson unit helps students develop social competency skills: self-respect, recognizing feelings, and listening to friends.

1st or 2nd Grade - Mend Your Mad — This four-lesson unit helps students recognize feelings of all kinds and provides effective strategies for managing anger.

2nd Grade - Friendship Rules — This four-lesson unit introduces students to four friendship rules: 1) Friends include others, 2) Friends give others a chance, 3) It's okay for friends to be different, and 4) Friends laugh and play together.

3rd Grade - Building You, Building Me — This four-lesson unit explores the different levels of friendship and focuses on the language and behaviors that can either build or "wreck" friendships.

3rd or 4th Grade - Managing My Anger — This two-lesson series deepens students' understanding of anger and conflict and introduces them to skills to resolve problems peacefully. (Most appropriate for grade 4, but can be used, at times, in grades 3 or 5.)

4th Grade - Taking Charge of Me I — This four-lesson unit promotes some important ways to be in charge of yourself: recognize and respect the uniqueness of self and others; practice empathy; and be accountable for your actions.

5th Grade - O2BDrugFree — This four-lesson unit provides information on alcohol, tobacco/vaping, and cannabis. It also helps students understand that respecting themselves and using refusal strategies will give them the inner strength to stay away from alcohol and other drugs.

5th or 6th Grade - Taking Charge of Me II — This four-lesson unit promotes the concept of "taking charge of yourself" by developing skills in self-control, understanding what healthy choices are and how to make them, understanding and managing peer pressure, and promoting inclusion.

Programming for Grades 6-8

5th or 6th Grade - Taking Charge of Me II — This four-lesson unit promotes the concept of “taking charge of yourself” by developing skills in self-control, understanding what healthy choices are and how to make them, understanding and managing peer pressure, and promoting inclusion.

6th Grade - DdUknw?—Grade 6 — This eight-lesson unit combines drug specific information with related resiliency skills development including making friends, peer refusal, and decision-making.

6th Grade - Refuse to Lose — Grade 6 - This four -lesson unit presents information on specific drugs (e.g. alcohol, tobacco/vaping, cannabis and prescription drugs).

6th or 7th Grade - Taking Charge of Me III — This four-lesson unit helps students explore the meaning of success. It motivates students to be successful and develops skills in perseverance, making healthy choices and self-confidence.

7th Grade - DdUknw? – Grade 7 - Eight-lesson series that combine drug specific information with related resiliency skills development including making friends, peer refusal, and decision-making.

7th Grade - Refuse to Lose — Grade 7 - This four-lesson unit presents information on specific drugs (e.g. alcohol, tobacco/vaping, cannabis and prescription drugs).

8th Grade – TBD - Because their identities are still “**To Be Determined**” this four-lesson unit series helps teens shape a positive reputation and sense of self by building their integrity and encouraging leadership.

8th Grade - DdUknw? – Grade 8 - Eight-lesson series that combine drug specific information with related resiliency skills development including making friends, peer refusal, and decision-making.

8th Grade - Refuse to Lose — Grade 8 - This four-lesson unit presents information on specific drugs (e.g. alcohol, tobacco/vaping, cannabis and prescription drugs).

Programming for Grades 9-12

9th-12th Grades - Check Your Attitude - This four-lesson unit presents information on specific drugs (e.g. alcohol, tobacco/vaping, cannabis and prescription drugs).

Peer Trainings

The following trainings are designed as half or full day trainings that will sometimes require multiple days.

Elementary Peer Mediation — PreventEd trains 4th and 5th graders in two, 3-hour time blocks to be third party problem-solvers for peers whose conflicts have the potential to lead to physical fights and/or disciplinary action.

Middle School Peer Mediation - This six-hour training prepares a group of 6th-8th grade students to become third party problem-solvers and facilitate a problem-solving process for peers in conflict.

Challenges and Choices — Grades 7 and 8 - This 3 ½ hour program helps students explore the role attitudes, beliefs, peers and media play in the decisions they make about a range of topics including the use of alcohol and other drugs.

Champions – Goin’ the Distance — Grades 9-12 - This six-hour training empowers student athletes to use their influence to assist schools in preventing teen alcohol and other drug use. Coaches and parent workshops are also available.

Friends Help Friends — Grades 9-12 - This five-hour workshop provides teens with the knowledge, skills and confidence to talk constructively to someone whose substance use or other behavior is a cause for concern.

HiSTEP (High School Taught Education Program) — Grades 9-12 - A six-hour peer teaching model where teens learn to teach prevention lessons to students in grades 1-8 on such topics as: friendship, self-esteem, handling bullies, problem-solving, managing feelings, making healthy choices, and staying away from alcohol and other drugs.

It’s Complicated – Grades 9-12 - This six-hour peer teaching model trains high school juniors and seniors to teach freshmen and sophomores the latest research on cannabis, the risks of dependency, physical dangers, and the uncertainty about the long-term effects of cannabis.

Peer Helping — Grades 7-12 - Youth learn listening and problem-solving skills and how to make referrals to adults who can help. Peer helpers can also tutor or mentor peers. Training can last from one to five days depending on the school’s goals.

High School Peer Mediation - This six-hour training prepares teens to facilitate a problem-solving process for peers in conflict.

TryPOD (Try Putting Off Drinking) — Grades 9-12 - This six-hour peer teaching model trains high school juniors and seniors to teach freshmen and sophomores the latest research on the effects of binge drinking on the developing teen brain.

Teen Mental Health First Aid (tMHFA) – tMHFA teaches high school students how to identify, understand and respond to signs of mental illnesses and substance use disorders among their friends and peers. The training gives students the skills to have supportive conversations with their friends and get a responsible and trusted adult to take over as necessary. It is designed to be delivered in schools or community sites in three interactive classroom sessions of 90 minutes each or six sessions of 45 minutes each.

Schools and organizations offering the training are required to train at least 10 percent of adult staff in Youth Mental Health First Aid and to train the entire grade level. A critical step in the teen Mental Health First Aid action plan is connecting with a trusted adult. Youth Mental Health First Aid trains adults to be prepared to help young people facing a crisis.

Leadership Training Opportunities

PreventEd understands the benefit of expanding prevention beyond the classroom. These trainings are designed to provide information to teens to bring back to their schools and communities.

Red Ribbon Leadership Training — Middle school students are invited to join four-hour trainings where students learn about alcohol and other drugs; develop leadership skills; and plan projects for peers during Red Ribbon Week, the last week in October.

Teen Institute — Grades 9-12

This four-day retreat provides teens with the knowledge, skills, and motivation to lead prevention programs in their schools.

Hear Us - Put on every year by the regional youth coalition ElevatEd, Hear Us is an event where high school students are taught key aspects of advocacy-how they can use their voices to impact substance use issues important to their communities. Hear Us consists of a 2-day, 1 night trip to Jefferson City, where students will meet with legislators to advocate for substance use issues important to their community.

Best Practices Curricula for Grades K-12

Best practices (evidence/science based) curricula have demonstrated effectiveness in reducing substance use and violence through the development of resiliency skills. PreventEd owns many nationally recognized curricula and implements them or adaptations of them in classroom, community, and small group settings.

- **Protecting You Protecting Me (PYPM)** includes eight lessons for grades 1-5. Developed by MADD (Mothers Against Drunk Driving), PYPM helps children understand and value their growing brains and also encourages the safe and healthy choices that protect it.
- **Project TNT—Towards No Tobacco Use** includes 10 lessons with two booster sessions that can be used with students in grades 5-8. TNT's focus is tobacco information, consequences of use, refusal skills, media analysis, resiliency skills, and activities to discourage use.
- **Second Step**—Developed by Committee for Children, Second Step includes 12 to 21 lessons at each grade level, grades 1-6. Lessons increase social competency and problem-solving skills by developing self-esteem and empathy; fostering skills to manage anger, bullies and frustration; focusing on making friends and handling friendship challenges; and promoting accountability and responsible behavior.
- **Too Good for Drugs** offers 10 lessons at each grade level combining resiliency skills development with specific information about alcohol, tobacco, and cannabis.
- **Life Skills** includes 12 lessons for grade 6; 10 for grade 7; and 5-9 for grade 8. Most lessons focus on developing resiliency skills.
- **Reconnecting Youth** is a semester course for high-risk students focusing on development of resiliency skills, time management, study, and organizational skills.
- **Second Step** includes 15 lessons for grade 6, and 8 lessons each for grades 7 and 8. Lessons develop empathy, anger management, social competency, and problem solving skills.
- **Too Good for Drugs and Violence** includes 14 lessons appropriate for students in grades 9-12. Lessons include drug-specific information plus development of skills in: setting goals, managing emotions, making healthy choices, communicating assertively, resolving conflict, developing healthy relationships, respecting self and others, managing stress, and staying safe and healthy.

Faculty Opportunities

Training formats are flexible, vary in length, and are tailored to meet the needs of each group. Topics include:

- Developmental Assets
- Dealing with Difficult People
- Drug Trends
- Effects of Addiction on Children and Families
- Personalities and Thinking Styles: How they Affect Group Interaction
- Prescription Drugs and Opioids

Parent Opportunities

Parent meetings can be scheduled for one hour or more.

Sample topics include:

- Developmental Assets
- Drug Trends
- Prescription Drugs
- Setting Boundaries
- Signs and Symptoms of Substance Misuse
- Talking to your children about drugs and alcohol

Community-Based Prevention Programs

PreventEd serves as the **Prevention Resource Center (PRC)** to eastern Missouri and provides information, trainings, and other resources to community groups in the greater St. Louis area.

The PRC:

- Develops coalitions to prevent substance use in communities.
- Provides skills to community members in seven key areas: advocacy, assessment, evaluation, funding, leadership, and strategic thinking.
- Educates the community on the trends and societal impact of substance misuse.

Strategic Prevention Framework Trainings

The PRC is able to provide specific trainings on any step of the Strategic Prevention Framework. This includes Assessment, Capacity Building, Planning, Implementation and Evaluation.

Developmental Assets*

This four-hour training introduces adults and young people to ideas on how each of us can contribute to the health and well-being of all children and adolescents, based on the Search Institute's 40 Developmental Assets. This training provides detailed information about things that contribute to the healthy development of adolescents; how to be an active player in building these skills, experiences and opportunities in your community; and ways to join forces with other community members to create an environment where young people thrive. This workshop was designed by the Search Institute, a national leader in the field of Positive Youth Development.

Ethics in Prevention*

PreventEd offers a three-hour and six-hour training that provides participants with knowledge of principles and practices in the prevention field and presents a framework that guides ethical decision-making. These courses have been approved for credits toward prevention credentials by the Missouri Credentialing Board. Prevention professionals seeking certification or re-certification; community coalition members; teachers and other professionals implementing programs in schools; and staff from social service agencies will benefit from this course.

Substance Abuse Prevention Skills Training (SAPST)

SAPST is a 37-hour course (32 live, 5 online) providing a broad orientation to the field of substance use prevention. The modules cover the evidence-based process of the Strategic Prevention Framework: assessment, capacity building, prevention planning, implementation, evaluation, sustainability, and cultural competence. This training meets the criteria for the Missouri Prevention Specialist credential requirement.

Youth Mental Health First Aid*

Youth Mental Health First Aid is a one-day, eight-hour training that teaches participants how to provide initial help to young people experiencing mental health problems such as depression, anxiety disorders, psychosis, and substance use disorders. This program is designed for adults who interact with youth ages 12-18.

You will better understand:

- The basic signs and symptoms of the most common mental health disorders among youth
- Potential warning signs exhibited by youth with mental health issues
- Appropriate reactions to take when a young person is experiencing a mental health crisis
- How to connect youth to resources they need in our community
- How to reduce the stigma often associated with mental health disorders

* Also available for school faculties

Early Intervention Programs

GuidEd is an early intervention program for young people up to age 19, who are exhibiting the beginning signs of substance use but who do not require treatment. The GuidEd Program provides comprehensive adolescent substance use evaluation and referral, when indicated, to appropriate mental health and substance use treatment. The program uses a non-punitive approach, GuidEd helps teens understand how their choices impact their health and future, preventing progression and helping them find greater engagement at school and at home through educational workshops.

PreventEd is a United Way agency; a certified prevention agency of the Missouri Division of Behavioral Health; and meets the Better Business Bureau's 20 standards for charity accountability.

Major support for PreventEd's prevention programs is provided by the following organizations:

City of St. Louis Department of Health

Community and Children's Resource Board of St. Charles County

Franklin County Community Resource Board

Jefferson County Community Mental Health Fund Board

Jefferson Foundation

Lincoln County Resource Board

Mental Health Board

Missouri Department of Mental Health,
Division of Behavioral Health

Saint Louis County Children's Service Fund

Substance Abuse and Mental Health Services Administration

United Way of Greater St. Louis