



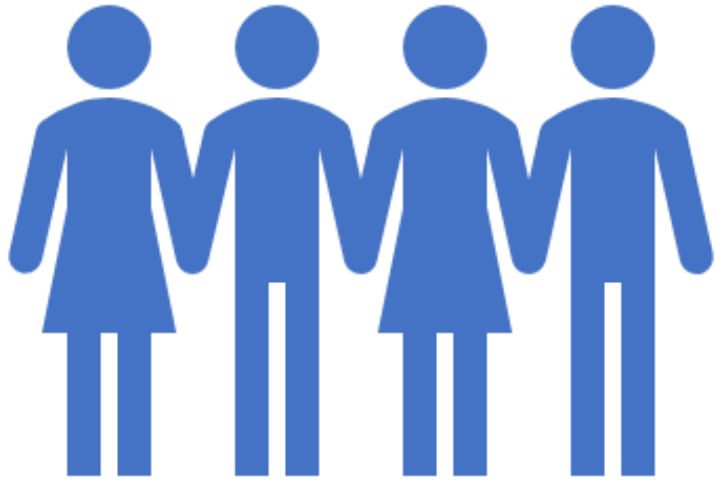
Project Success - Health & Wellness Programming for our Youth

Cherry Health – *Health
Promotion* Montcalm County
Program Coordinators

Chantel Olschanski

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Project Success Activity Questions



- **Activity Rotation**

- **Question 1:** How do you define a healthy relationship?
- **Question 2:** What challenges do adolescent youth face today?
- **Question 3:** How do you cope with stressful situations in your life?
- **Question 4:** What are some effects of substance use on your body and your brain?



Educational Sessions

- Evidence based curriculum that has been implemented in 44 states across the U.S.
- 8 weeks of educational/interactive prevention sessions with students
 - Scheduled with the classroom teacher
- Classroom sessions are for grades 7th, 8th or 9th

Project Success

- A prevention education series for students in grades 7 – 9, with 4 topics taught in 8 classroom sessions
- Project Success Topic Areas
 1. Being an Adolescent
 2. Alcohol, Tobacco and Other Drugs (ATOD)
 3. Relationships: Friends and Family
 4. Skills for Coping



Topic 1 – Being an Adolescent

- Students will discuss the changing attitudes and feelings they are experiencing in their lives
- Students will identify the physical, emotional, social and intellectual changes that occur during adolescence
- Students will understand the development of the adolescent brain
- Students will identify support systems for the adolescent years

Topic 2 – Alcohol, Tobacco, and Other Drugs (ATOD)

- Students will distinguish between fact and fiction regarding drug use
- Students will identify that the majority of adolescents are not using ATOD
- Students will discuss the myth that all adolescent use of ATOD is just experimentation
- Students will identify the attitudes, feelings, behaviors and social factors that promote drug use
- Students will recognize the stages of alcohol and other drug use
- Students will discuss drugs currently being used in their school population



Topic 3 – Relationships

- Students will develop and awareness of the relationships they have with family and friends and how ATOD use can affect these relationships
- The key pillars of a healthy relationship are identified for students: trust, communication, respect, caring
- Students are provided “Relationship Cards” (scenarios) to identify pillars absent and present in each scenario
- Together we identify support systems for the ATOD abuse family

Topic 4 – Skills for Coping (with pressure and problems)

- Students will identify stressors they face
- Students will discuss what stress feels like
- Students will examine healthy ways to cope with stress
- Students will practice a relaxation technique
- Students will discuss peer pressure
- Students will practice refusal skills

Strengths of Project Success in Montcalm County



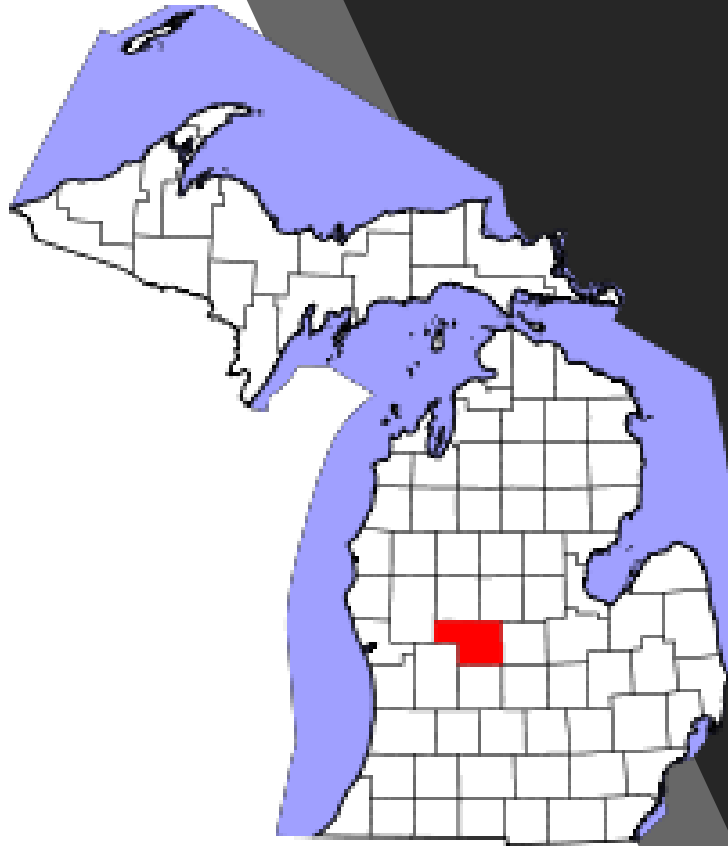
- 3rd school year in partnership with Montcalm County Schools
- 6 out of 7 School districts participating: Lakeview, Montabella, Vestaburg, Central Montcalm, Tri County and Carson City-Crystal Schools
 - Our 7th school, Greenville, is probable for next year
- Project Success Coordinators have built strong connections with school leadership and staff in each of the 6 districts
- Protective factors are supported through curriculum engagement with youth
- Mental health and positive relationships emphasized throughout the 8 weeks

A decorative graphic on the left side of the slide. It features a large blue checkmark shape pointing downwards and to the right. Behind the checkmark are several diagonal lines: a thick grey line, a thinner grey line, and a white line, all running from the top-left towards the bottom-right.

Substance Abuse Prevention

- MIPHY supported data for substances of concern in Montcalm County
 1. Alcohol
 2. Marijuana
 3. Tobacco Products
- Health education sessions focused on these substances in particular for 2-3 classroom sessions with students
- Instructional videos and health commercials to explain health concerns from using these products

Strengths of Strong Connections in Montcalm County



- Cherry Health *Health Promotion* works in partnership with over 30 other County organizations providing human services
- The pillars of our engagement include substance avoidance, decrease in substance use, coping with a substance user, and mental health
- Risk and protective factors are identified and protective factors supported

School Leadership Groups

- Developed through the CADCA Leadership model and in partnership with Montcalm Prevention Collaborative (MPC)
- Funding - Drug Free Communities Grant
- 5 school districts presently participating in school leadership group development
 - 1 County-wide Youth Wellness Committee
- National Youth Leadership Initiative: twice yearly conferences held in Washington DC and one other rotational site city. Free for students participating in the county-wide Youth Wellness Committee

School Leadership Group Structure



- School Leadership groups are composed of middle school and high school students for each individual district
- School wellness model connected to the Michigan Model for Health
- Wellness categories dictate health projects for youth
- Logic model development and empowerment of youth to make changes within their districts, towns and county
- County-wide leadership team has representatives from each of the school districts

Leadership Group (Montcalm Prevention Collaborative)

- Wellness Projects connect to areas of Social, Emotional, Physical and Intellectual health
- ❖ **Projects by Montcalm youth**
 - ✓ *Walking toward kindness* campaign
 - ✓ Mural development for *What is Success?*
 - ✓ *Sticker Shock* campaign for graduation parties
 - ✓ *Leaving a Legacy* senior bricks project
 - ✓ *be nice.* Program
 - ✓ Policy Work

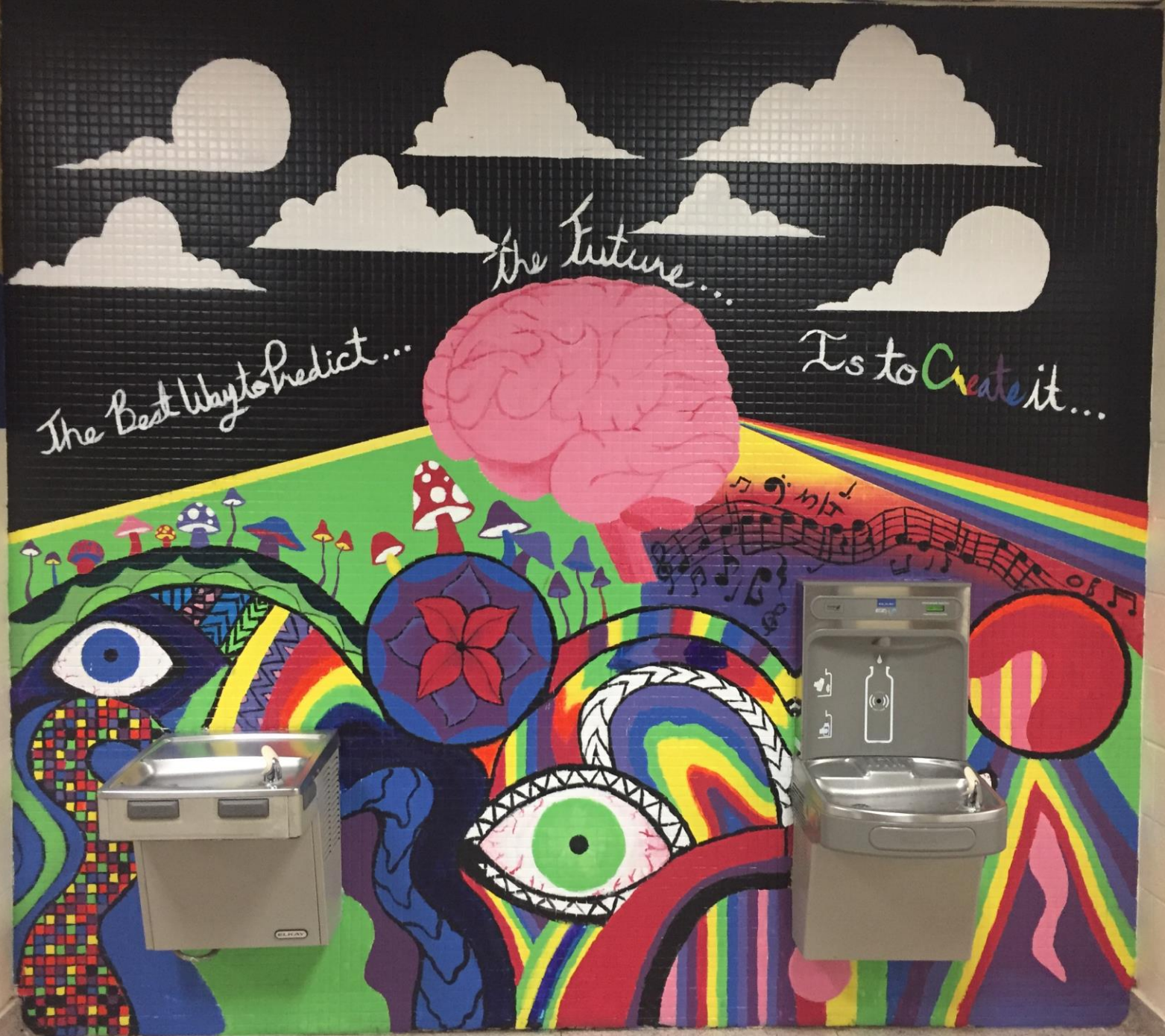


Montcalm Prevention

COLLABORATIVE

One County. One Cause.





The Best Way to Predict...

the Future...

Is to Create it...



HEY YOU!



It is **ILLEGAL** to purchase or provide alcohol to anyone under the age of 21.

PENALTY:

Misdemeanor on your record - **\$1000 fine, and up to 60 days in jail!**



Montcalm Prevention
COLLABORATIVE

ADVICE FROM A
Sunflower:
RISE SHINE AND
HOLD YOUR HEAD HIGH

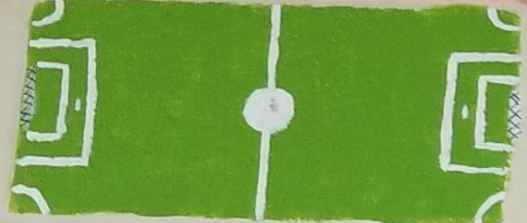


ALREADY
FORGOT
EVERYTHING
-DORY
K. WEAVER



DON'T
cry because
it's over
simply because
it happened
2018

you are what you love
200
NOT
who loves you



ROOM 402
"Take pride in how
far you have come. Have
faith in how far you can go"
Konner Datema





be nice.®





What is “Be Nice?”

- An education program developed by the Mental Health Foundation of West Michigan and available for use by schools, businesses, communities and more
- A mental health program and action plan that educates students, staff, and community members with the tools to recognize mental health illness
- Complete details available at benice.org
- Montcalm County Schools’ student leadership teams demonstrate and teach the Benice. lessons to elementary students

Policy Work in Schools

- Bullying
 - Cyberbullying – Main Issue
 - Change in policy (Montabella)
- Vaping
 - Cessation Program
 - 5, 30 minute Sessions
 - Proposed new local ordinance
 - Senate Bills 0106 and 0155





Vaping

- Developing updated policies on Vaping has become major priority
- Greenville Schools put together work teams consisting of School Administration, Cherry Health, Law Enforcement, Spectrum Health, Montcalm County Health Department, Youth Wellness Committee and Montcalm Prevention Collaborative
- Created subgroups
- Using Strategic Planning guidelines, identified Short Term, Mid Term and Long Term goals
- Greenville and Tri County High Schools have adopted the Vaping cessation program

Vaping Cessation Program

Session 1 – Assessment of student, definition of vaping, ground rules/session expectations

Session 2 – Health Effects

Session 3 – Money Cost, What is an Addiction?

Session 4 – Target Market

Session 5 – Triggers (Personal Rights/Group Rights)



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QUESTIONS