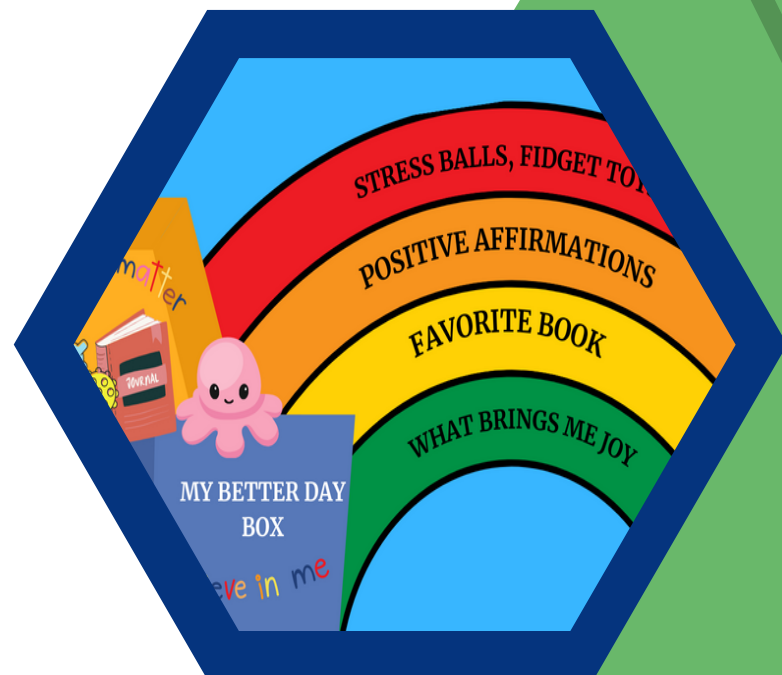




PROGRAM OVERVIEWS

2023-24



PROGRAM OVERVIEWS

2023-24

Introduction

The Council on Chemical Abuse developed and designed the supplemental programs outlined in this document to help reduce substance use among Berks County youth. Each overview listed provides the program objectives, target audience, education and activities offered and the highlighted prevention skills. All programs encourage students to practice critical thinking skills which are crucial for independent decision making.

Program Overviews

Clear and Present Danger

Escape the Vape - Elementary lesson

Escape the Vape - Middle School lesson

Kids and Technology

Teens and Technology

Marijuana Real Talk

Additional Program information

- Programs are facilitated by trained prevention specialists.
- Program length - Programs are designed for a full hour, however lessons easily adapt for a 40-minute class period.
- Data collection surveys required for each program. Two-part programs include a pre/post survey.
- COCA provides an optout letter for parents that explains the program and survey. Parents can opt out of the program, survey, or both.
- COCA requests faculty complete our teacher feedback survey.
- All surveys are completed electronically via survey links emailed to school contact person.
- **Parent/Professional Programs available for all programs**

For additional information please contact:

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Prevention Program Overview

Program: Clear and Present Danger

Program Objectives

Clear & Present Danger engages students in conversations regarding the importance of safe medication practices and understanding the connection between prescription opioids and an addiction to heroin.

This program teaches students to:

- Define medication misuse.
- Define Prescription and Over the Counter medications and effects to the body
- Practice safe medication strategies.
- Understand the disease of addiction.
- Connect substance use disorders of prescription opioids and heroin.
- Recognize the warning signs of an overdose and how to react.
- Understand the use of Narcan.
- Engage in specific decision-making strategies.
- Develop healthy coping skills for stress and emotions.

Program Summary

Sessions	Two
Population	Appropriate for 8th-12th grade students
Education	<p>Part 1 - Education</p> <ul style="list-style-type: none">• Identifying RX and most widely misused RX• Definitions and dangers of misuse• Medication safety• Medication disposal methods• Power of the Pause - Decision Making skills <p>Part 2 - Education</p> <ul style="list-style-type: none">• Media's story of addiction vs Reality of Addiction• Identify the process of developing an addiction.• Progression from RX misuse to Opioid Use disorder• Risk and warning signs of an overdose• Understanding the use of Narcan• Alternatives to managing stress and emotions.• Hope of recovery and changing the narrative of youth use
Activities	<p>Part 1 - Students compete in a Kahoot Quiz to engage in conversation and enjoy learning program objectives.</p> <p>Part 2 - Students actively participate in learning the stories of two individuals as they progress through the realities of substance use disorder. Students discuss perceptions of youth substance use then engage in an activity to counter those false perceptions.</p>
Prevention Skill	<ul style="list-style-type: none">• Medication Safety Strategies• Refusal Skills Strategies• Coping Skill Strategies

Prevention Program Overview

Program: **Escape the Vape: Quest for the Treasure Chest Key**

Program Objective

Escape the Vape engages students in conversations and activities regarding the dangers surrounding vaping and the use of addictive substance such as nicotine.

This program teaches students to:

- Understand how Electronic Cigarettes work to deliver harmful chemicals.
- Identify the chemicals in E-liquid.
- Understand the potential harm vaping causes the lungs and heart.
- Understand why Nicotine is addictive and disrupts healthy brain development.
- Identify strategies to protect the brain.
- Understand Negative Peer Pressure and Refusal Skills
- Utilize Refusal Skills

Program Summary

Sessions	One
Population	Appropriate for 3rd-5th grade students
Education	<p>Part 1- Devices and Effects to the Lungs</p> <ul style="list-style-type: none">· Gage students' knowledge on different devices and names· Explain the operational components found in all devices· Explain E-Liquid and identify ingredients· Define differences between water vapor and aerosol· Discuss the dangers of chemicals in the lungs from vaping <p>Part 2 – Nicotine, addiction, and the brain</p> <ul style="list-style-type: none">· Identify Nicotine as the addictive substance delivered during vaping· Explain how nicotine effects the body including the brain· Discuss addiction and brain development· Identify ways to protect the brain during development <p>Part 3- Refusal Skills</p> <ul style="list-style-type: none">· Discuss and define negative peer pressure and refusal skills· Identify refusal skill strategies· Practice utilizing refusal skills
Activities	<p>Students take an adventure to find the treasure chest key while engaging in activities to meet the learning objectives. At the conclusion of the program, all students receive an approved giveaway and a certificate of completion to display in the classroom.</p> <p>Activities include:</p> <ul style="list-style-type: none">• What's in the Vape Challenge - Students identify vaping chemicals• Play-Doh Challenge - explains brain development• Refusal Skill Game - practices strategies <p>In addition, students engage in discussion designed to help them practice critical thinking skills.</p>
Skill	<p>This program teaches refusal and decision-making skills while promoting critical thinking by encouraging independent thoughts regarding the dangers of vaping to the body and the importance of making decisions free from negative influences.</p>

Prevention Program Overview

Program: Escape the Vape: Taking Care of you

Program Objective

Escape the Vape engages students in conversations and activities regarding the dangers surrounding vaping and the use of addictive substance such as nicotine.

This program teaches students to:

- Understand how Electronic Cigarettes work to deliver harmful chemicals.
- Identify the chemicals in E-liquid.
- Understand the potential harm vaping causes the lungs and heart.
- Understand why nicotine is addictive and disrupts healthy brain development.
- Identify strategies to protect the brain.
- Introduction to the concept of self-care.
- Identifying self-care strategies.

Program Summary

Sessions	One
Population	Appropriate for 6th-8th grade
Education	<p>Part 1- Devices and Effect to the Lungs</p> <ul style="list-style-type: none">· Gage students' knowledge on different devices and names· Explain the operational components found in all devices· Explain E-Liquid and identify ingredients· Define differences between water vapor and aerosol· Discuss the dangers of chemicals in the lungs from vaping <p>Part 2 – Nicotine, addiction, and the brain</p> <ul style="list-style-type: none">· Identify Nicotine as the addictive substance delivered during vaping· Explain how nicotine effects the body including the brain· Discuss addiction and brain development· Identify ways to protect the brain during development <p>Part 3-Self-Care</p> <ul style="list-style-type: none">· Discuss and define self-care· Identify self-care strategies· Resources
Activities	<p>Students engage in discussion designed to practice critical thinking skills as they explore their thoughts and ideas around health, addiction and self-care. This program also includes three larger activities that include:</p> <ul style="list-style-type: none">• What's in the Vape Challenge - Students identify vaping chemicals• Picture This Game - Helps explain Dopamine and Addiction• Better Day Boxes - Students identify self-care techniques
Skill	This program teaches the concept of self-care and appropriate techniques to manage emotions in the moment.

Prevention Program Overview

Program: Kids and Tech

Program Objective

Kids and Technology engages students in activities regarding the appropriate use of technology and developing a balance between life on and offline. Technology remains a large part of our daily lives. This program offers students the opportunity to build skills to successfully navigate both worlds.

This program teaches students to:

- Understand their digital footprint
- Define Digital Citizenship and positive digital citizen
- Technology safety
- Understanding the connection between gaming and gambling
- Maintain healthy balance

Program Summary

Sessions	One
Population	Appropriate for 3rd-4th grade students
Education	<p>Part 1- Gaming and Gambling</p> <ul style="list-style-type: none">· Define Gambling and Identify examples· Connection to Gaming· Games Designed to keep youth playing/risk for addiction <p>Part 2 – Digital Citizenship</p> <ul style="list-style-type: none">· Define Digital Citizenship· How to be a good digital citizen· How to keep ourselves and others safe while online <p>Part 3-Balance</p> <ul style="list-style-type: none">· Defining balance· Disconnecting
Activities	Students watch short, animated videos to help explain digital citizenship and digital footprint. In addition, students engage in interactive games to help identify safety concerns online and what builds their digital footprint. Lastly, students create their own digital superhero who helps keep others safe while using technology
Skill	<ul style="list-style-type: none">• Online safety strategies• Strategies to become a positive digital citizen• Strategies to maintain life on and offline

Prevention Program Overview

Program: Teens and Technology

Program Objectives

Teens and Technology is a two-part series that engages students in activities regarding appropriate technology use and creating a balance between life on and offline. In addition, this program provides an awareness to the risk of addiction associated with technology use and helps students gain insight to their own use of technology and the feelings associate with spending time online. Technology remains a large part of our daily lives and teens need the opportunity to build skills to successfully navigate both worlds.

This program teaches students to:

- Define Digital Citizenship and characteristics of a positive digital citizen
- Identify online safety risks
- Create safety for others online
- Maintain healthy balance between on and offline activity
- Define addiction and the risks associate with technology use and gambling
- Understand how technology is designed to keep people engaged
- Recognize the warning signs of addiction
- Identify support resources

Program Summary

Sessions	Two
Population	Appropriate for 6th-8th grade students
Education	<p>Part 1 - Digital Citizenship</p> <ul style="list-style-type: none">• Examine personal use of technology and identify concerns• Warning signs of online scams and dating abuse• Dangers of sexting• Definition of balance• How to create and maintain balance <p>Part 2 - Designed for addiction</p> <ul style="list-style-type: none">• Money and technology• Gaming and gambling• Design Techniques that keep teens engage• Risk and warning signs of addiction• Maintaining balance• Where to seek support
Activities	<p>Part 1 - Provides students with critical thinking exercises that help examine their technology use and recognize those red flags to warn against online scams and personal safety risks</p> <p>Part 2 - Students participate in activities that provide examples of how social media and gaming designers use the behavior concepts of positive reinforcement and classical conditioning.</p>
Prevention Skill	<ul style="list-style-type: none">• Online safety strategies.• Strategies to maintain balance on and offline• Emotional coping skills

Prevention Program Overview

Program: Marijuana Real Talk

Program Objectives

Marijuana Real Talk: Engages students in discussions and activities on marijuana dangers, myths and consequences.

The program teaches students to:

- Understand the chemical breakdown of marijuana.
- Understand the complexities of the effects marijuana has on the brain.
- Define: hallucinogen, stimulant, and depressant.
- Understand effects of marijuana on central nervous system and heart.
- Identify negative peer pressure.
- Utilize critical thinking and refusal skills.

Program Summary

Sessions	One
Population	Appropriate for 7th-9th grade students
Education	<p>Effect of Marijuana</p> <ul style="list-style-type: none">• Chemical makeup of marijuana• Addiction• THC and CBD interaction with the body.• Effects of marijuana on the brain, central nervous system and heart <p>Myth and Fact</p> <ul style="list-style-type: none">• Marijuana fact and myth scenarios.• Education about marijuana laws in PA.• Critically thinking about choices regarding marijuana use. <p>Refusal Skills</p> <ul style="list-style-type: none">• Discussion on positive and negative peer pressure.• Recognizing refusal skills.• Utilizing refusal skills.
Activities	<ul style="list-style-type: none">• Myth or Fact game.• Role play scenario activity.• Group discussions and resolutions
Prevention Skill	Program teaches decision making, refusal and critical thinking skills. Students are educated on the dangers of marijuana use and encouraged to make decisions while critically evaluating all consequences.

Prevention Program Overview

Program: Youth Leadership Council (YLC)

Program Objectives

Youth Leadership Council Provides a way for COCA to connect with Berks County youth by offering them the opportunity to represent their peers as the youth voice for prevention in Berks County. Youth selected to participate in the YLC, will offer insight into issues affecting youth and suggest methods to assist COCA in delivering effective prevention programming.

Participating Youth will:

- Develop leadership skills.
- Decide the direction of all YLC initiatives.
- Bring awareness to prevention issues to their communities.
- Connect with other youth in Berks County
- Strengthen social skills.
- Learn best practices in the field of prevention.
- Represent their peers in their communities.

Program Summary

Meetings	In-person: 9/26/23, 12/ 2023, 3/2024, 5/2024 (Muhlenberg rec) Over Zoom: 12/2023, 1&2/2024
Target	<ul style="list-style-type: none">• 9th-12th grade students.• Students normally not involved or considered high risk.• Students with lived experience with substance use disorder• Students with a desire to make a difference in their community.
Mission and Vision	<p>Mission- Building resilient communities by empowering youth to make informed decisions about substance use through innovative prevention programs, peer support, and advocacy. YLC aims to inspire positive change and create a strong network of substance use prevention advocates.</p> <p>Vision - Communities working together with COCA to support healthy choices so our youth can build healthy, safe, and successful lives free of the challenges associated with substance use.</p>
Goals	<ul style="list-style-type: none">• Youth lead• Youth will determine a yearlong project that drives them to work together.• Youth provide prevention information to their communities.• Youth will represent their communities to assist COCA in providing comprehensive prevention services.
Prevention Skill	YLC provides youth the opportunity to strengthen social skills, self-esteem and over all leadership skills through active engagement in planning projects, conducting meetings and voicing the needs of their communities.