



Healthy Lamoille Valley (HLV) School Support

Mission: HLV is a coalition of individuals and community organizations working collaboratively to prevent and reduce youth substance misuse and encourage youth to make substance-free, healthy choices.

In support of our mission, Healthy Lamoille Valley seeks to collaborate with schools to provide prevention activities and training and education to students, staff/faculty, and parents.

Healthy Lamoille Valley Educator Resources and Supports:

Email brian@healthylamoillevalley.org to learn more about any of the below initiatives or anything else related that is not listed. We'd be happy to consult with you on anything related to substance prevention.

Note: Some services are based on capacity of Healthy Lamoille Valley staff and may need to be scheduled in advance.

Resources for Schools Webpage

Our webpage is dedicated to supporting educators and the school community. Includes best practices for substance prevention, curricula, calendar of events, alternatives-to-suspension, recommended policies and procedures, opportunities for students, and more.

www.healthylamoillevalley.org/schools

Help Facilitate a Substance Prevention Workgroup

We can help support a school or district workgroup that looks at relevant data, identifies needs, plans interventions and reviews policy and procedures. We offer the use of the project management platform, [Basecamp](#), to support the management and communication of this group.

Monthly Emails to Schools:

It is our goal to provide a monthly educator update with prevention resources that can be shared with parents/staff/students. We also share upcoming community events and activities for students and their families. We design these so that pieces can be picked up and added to your website/newsletters/and sent home. Email brian@healthylamoillevalley.org to join the mailing list.

Parent Education Workshops:

- Trainings on vaping, marijuana, and alcohol - including how to identify substances and how to have conversations with your child about substances.
- [Askable Adult](#) - Equips adults to be more askable and supportive for children and youth supports healing and resiliency for all youth, including those who've experienced trauma and toxic stress.

Teacher Trainings

- See above
- Trainings on navigating Healthy Lamoille Valley's resources
- HLV is planning on creating a facilitator training for our substance refusal skills workshop (details on the following page).
- YRBS Data Workshops - We can work with your staff to review your school district's data.
- Help coordinate Drug Impairment Training for Educational Professionals (DITEP) for your school/supervisory union

Youth Leadership and Prevention Groups

We support and collaborate with groups such as [Getting to Y](#), LGBTQ+ and Equity groups, and [Our Voices Xposed \(OVX\)](#) and Vermont Kids Against Tobacco (VKAT) by providing resources and limited funding support as our grants allow.

Youth Resources Webpage and Materials

The [Youth Resources webpage](#) was created with the purpose of helping youth easily access resources that support their own well-being and the well-being of their friends. Resources include mental health support, facts about substances, vape and other substance quit support, local resources, opportunities, and LGBTQ+ and BIPOC resources. We can provide stickers with the webpage QR code and possibly other promotional materials.

Live Your Why

Live Your Why (healthylamoillevalley.org/liveyourwhy) is a campaign and resource to encourage youth to live their best life by finding what brings them joy, meaning, and wellness while being substance-free. Resources include activity sheets and booklets for K-12 students and Live Your Why: Passport Edition program for 3rd-8th graders which will run until December 2022.

Timewise Curriculum

Healthy Lamoille Valley currently has funding from the Roesnner Family Foundation to support the implementation of the Timewise curriculum. Timewise: Taking Charge of Leisure Time is designed to help students get the most out of their free time. Curriculum resources are housed on Basecamp with 8 ready to use lessons and support materials. Parent/Caregiver companion included.

Data and Grant Support

HLV conducts regular needs assessments and is happy to share this data in support of grants you may be seeking.

Core Measures Survey

This 5-10 minute survey provides a real time look at topics related to substance use and youth assets, and is for students in grades 7 through 12. This survey helps both your school and our organization to determine the extent to which students engage in or experience health risks and

helps inform which interventions are most appropriate to implement. If you are interested in having this survey implemented at your school, email brian@healthylamoillevalley.org

Send Homes

If you are looking for educational materials for substance related items we may be able to help. Currently we have access to prescription drug safety, alcohol and marijuana, parentupvt.org, tobacco, and vaping materials.

Substance Refusal Workshops for 6th Graders

We have created a two-part workshop based on evidence-based curricula where students:

- Look at the perception vs. reality of youth substance misuse in middle school
- Identify their protective factors,
- Learn about addiction & brain development
- Learn facts about commonly misused substances
- Identify reasons to be substance-free
- Learn and practice decision making skills and refusal skill strategies

This workshop can be delivered by our Youth Coordinator or by an educator.

Tabling at School Events

It is our hope to make it to each of the schools in the Lamoille Valley to share resources with your community. Events we commonly attend: parent open houses, health/wellness fairs, career days, sporting events, concerts/plays.

Advertising Support

As funding allows, we purchase ad space in school play or sports programs. Contact Jessica Bickford for more information. jessica@healthylamoillevalley.org.

Alternatives-to-Suspension for Substance-Related Offenses

We can consult and recommend best practices that pertain to addressing substance use on campus (e.g. alternatives-to-suspension). This includes educational interventions and interventions based on [motivational interviewing](#), as well as screening, brief intervention, referral, and treatment ([SBIRT](#)) resources.

School Signage

We can provide “substance-free space” signs for outdoor spaces. These signs can be customized with your logo and colors.

Coalition Meetings and Involvement

Healthy Lamoille Valley is a coalition and that means we want your involvement and voice! Currently our steering team meets monthly and our full coalition quarterly. Visit www.healthylamoillevalley.org/get-involved/ for more information.

Contact Us!

Let us know how we can support your school!

Brian Duda, Youth Substance Prevention Coordinator, 802-448-2317 or brian@healthylamoillevalley.org

Risk & Protective Factors for Substance Use

Community/Society/Environmental; Family; School; Peer/Individual.

	Risk Factors	Protective Factors
C O M M U N I T Y	<ul style="list-style-type: none"> Alcohol and other drugs readily available Laws and ordinances are unclear or inconsistently enforced Norms are unclear or encourage use Residents feel little sense of “connection” to community High unemployment Residents at or below the poverty level Lack of strong social institutions 	<ul style="list-style-type: none"> Opportunities exist for community involvement Laws and ordinances are consistently enforced Policies and norms encourage non-use Community service opportunities available for youth Resources (housing, healthcare, childcare, jobs, recreation, etc.) are available
F A M I L Y	<ul style="list-style-type: none"> Family member with history of alcohol or other drug abuse Family members don’t spend much time together Parents have trouble keeping track of teens, who they’re with and where they go Lack of clear rules and consequences regarding alcohol and other drug use Parents use drugs, involve youth in their use (“get me a beer, would you?”) or tolerate use by youth Parents have trouble setting consistent expectations and limits 	<ul style="list-style-type: none"> Close family relationships Education is valued and encouraged, and parents are actively involved Copes with stress in a positive way Clear expectations and limits regarding alcohol and other drug use Encourages supportive relationships with caring adults beyond the immediate family Shares family responsibilities, including chores and decision-making Family members are nurturing and support each other
S C H O O L	<ul style="list-style-type: none"> Lack of clear expectations, both academic and behavioral Students lack commitment or sense of belonging at school High number of students who fail academically at school Parents and community members not actively involved 	<ul style="list-style-type: none"> Communicates high academic and behavioral expectations Encourages goal-setting, academic achievement, and positive social development Provides leadership and decision-making opportunities for students Fosters active involvement of students, parents and community members Sponsors substance-free events
P E E R/ I N D I V I D U A L	<ul style="list-style-type: none"> Thinks most friends use Thinks alcohol and drug use is “cool” Begins using at a young age Certain physical, emotional or personality traits 	<ul style="list-style-type: none"> Involved in substance-free activities Views parents, teachers, doctors, law enforcement officers and other adults as allies Has positive future plans Friends disapprove of alcohol and other drug use

The Risk and Protective Factor Model is based on the work of J. David Hawkins, Ph.D., Richard F. Catalano, Ph.D., and a team of researchers at the University of Washington in Seattle.