



COMPASS MARK

November 29, 2022



About Compass Mark

- MISSION

- *Compass Mark's mission is to prevent addiction through education, skill-building and community mobilization.*

- We would like to partner two programs this year at Salisbury, PVIS, PVHS.

- At Salisbury - PATH

- AT PVIS and PVHS- Catch My Breath

Catch My Breath

- Catch My Breath is an evidence-based program that provides youth with the skills to resist peer pressure and media influences to try e-cigarettes and vaping.
- **Areas Addressed:**
 - *Misconceptions held by youth that most teens use e-cigarettes*
 - *Peer pressure and advertising pressure to use e-cigarettes*
 - *Impact of advertising designed to undermine credible health information*
 - *Favorable attitudes and beliefs about e-cigarettes*
- **Skills Built:**
 - *Self-awareness*
 - *Self-management*
 - *Social awareness*
 - *Relationship skills*
 - *Responsible decision making*
- Would be used for learners whose parents/guardians would agree to be in the small group due to school violation or known use of e-cigarettes/vape.
- 6 sessions

PATHS (Promoting Alternative Thinking Strategies)

PATHS is a program for promoting emotional and social competencies in elementary school-aged children while simultaneously enhancing the educational process in the classroom.

Skills Built:

- Unit 1- Feelings and Relationships
 - Identifying and Expressing feelings
 - Emotions
 - Manners, greed, and rejection

- Unit 2- Problem Solving
 - Problem identification
 - Goal setting
 - Solutions
 - Consequences
 - Planning
 - Evaluating

- Unit 3- Supplementary
 - Problem solving
 - Self-control
 - Friendship
 - Bullying
 - Planning
 - Fair/Not fair

- Second Grade - 12 sessions

Our next Steps

- We met with Matt Weaver, Program Manager for Lancaster.
- Met with Administration and Mental Health Specialists to review programming.
- Sign MOU with Compass Mark
- Start groupings with each level if approved
- Re-evaluate in summer for continued partnership