

Attachment F - Exhibit 22 - List of Youth First School and Community Prevention Programs

Program	Prevention Tier	Target Population	Description	Validation
Talk. They Hear You.	TIER 1 - Universal	Grades K-12 and community residents	Talk. They Hear You.® is a multi-media campaign that encourages parents and caregivers to talk to their children about the dangers of substance misuse. It is designed to increase parents' awareness and understanding of substance misuse and to help them engage in thoughtful conversations on the topic with the young people in their lives. Resources available in English and in Spanish, including an app, provide information on the consequences of underage drinking, advice for answering difficult questions that children may ask about substances, and sample text messages that parents can send to their children reminding them not to drink.	Report from the developer - rebrand.ly/hsqq5t0
Strengthening Families Program (SFP)	TIER 1 - Universal	Ages 3-17 and their parents/care givers	The Strengthening Families Program (SFP) builds stronger family interactions and youth social skills as protective factors that foster resilience and prevent substance misuse. Parents are trained to become better communicators and effective but not harsh disciplinarians. Family meals and interaction periods allow parents to practice their new skills. Children are taught social skills, including problem solving and ways to resist peer pressure, along with the dangers of drug and alcohol use (Kumpfer, 2006). Updates to the program incorporate the latest research around adolescent brain development. SFP is recognized by multiple evidence-based prevention registries.	Research – Strengthening Families Program
Question-Persuade-Refer (QPR)	TIER 1 - Universal	Educators	Question-Persuade-Refer (QPR) trains school staff to recognize the signs and symptoms of suicide and to refer students and families to appropriate care.	HEARDToolkit-1 (heardalliance.org)

Al's Pals	TIER 1 - Universal	Grades PreK-1	Al's Pals is a Universal program provided to Preschool, Kindergarten, and 1st Grade students during the school day. The program teaches children social-emotional skills and healthy decision-making within the context of a caring adult-child relationship. YF trains teachers to facilitate the curriculum. The National Center for Quality Teaching and Learning conducted a systematic review of social-emotional curricula to assist early childhood programs in selecting high-quality, research-based curricula. Al's Pals is a top-rated evidence-based curriculum and teacher training program with the highest rating possible for Evidence of Effectiveness.	Research - Teaching Strategies
Positive Ticketing	TIER 1 - Universal	Grades K-12 and community residents	Positive Tickets is a school and community program that "catches" students doing good things and rewards them with a voucher or coupon to a fun activity such as movie tickets. Positive Tickets are issued to youth by teachers and other caring adults who want to reinforce good behavior, such as staying out of trouble or performing good deeds.	Microsoft Word - POSITIVE TICKETS FEASIBILITY STUDY (bcrcmontreal.com)
Signs of Suicide (SOS)	TIER 1 - Universal	Ages 3-17 and their parents/care givers	Offered as part of the YF Tween & Teen Series program, SOS teaches students and school staff to recognize the signs and symptoms of suicide and depression and to follow the ACT process: 1) Acknowledge there is a serious concern, 2) Show Care for the person, and 3) Tell a trusted adult.	An Outcome Evaluation of the SOS Suicide Prevention Program - PMC (nih.gov)
Catch My Breath	TIER 1 - Universal	Grades K-12 and community residents	This program equips students with the up-to-date knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL and disposable devices. Delivered by trained facilitators in classrooms, Catch My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards.	https://catch.org/pressroom-effectiveness#research

Teen & Tween Series (including SOS and Catch My Breath)	TIER 1 - Universal	Ages 3-17 and their parents/care givers	<p>Teen Series for 9th graders and Tween Series for 7th graders provide three classroom presentations on prevention topics led by Youth First Mental Health Professionals (YFMHP). These sessions also serve to introduce students to YFMHPs and the opportunities to access programs and support. The topics covered are suicide prevention using the evidence-based Signs of Suicide (SOS) program, substance misuse prevention, including the Catch My Breath curriculum, and stress management. The classroom presentations allow students to receive prevention skills and information in a format designed to also remove the stigma of seeking help.</p>	<p>Refer to validation studies of SOS and Catch My Breath above.</p>
The Truth Is Social Norms Marketing Strategy	TIER 1 - Universal	Grades K-12 and community residents	<p>The Truth Is environmental social norms marketing strategy follows the Montana Model (Most of Us) and is designed to reach broad student populations. The strategy brings awareness of the misperceptions of alcohol and drug use through marketing mechanisms and messages that re-inforce the positive behaviors and beliefs of the majority of students. The strategy involves student pre-post surveys, review/analysis of survey results, and the implementation of data-driven strategies. A pre-survey of students informs the development of appropriate social norms message that reinforce positive choices. Students and educators work with Youth First's team to formulate the messages, create and test marketing materials, and unveil the social norms strategy in each high school (Stern, 2004). A post-survey tool is administered after two years to measure changes in perceptions and behaviors concerning youth drug and alcohol use. The program builds broader community awareness, buy-in, and support for positive social norms and over time builds the students' commitment to being drugfree.</p>	<p>Social Norms National Research and Resources (socialnormsresources.org)</p>

Botvin Life Skills Training	TIER 1 - Universal	Grades K-12 and community residents	<p>This nationally-recognized evidence-based prevention program serves youth in grades 3-8 to help increase healthy attitudes, behaviors, and general life skills, all of which promote positive personal development and prevent substance misuse and violence. Trained facilitators, primarily teachers, deliver the curriculum integrated with the latest research on adolescent brain development. LST in the elementary grades is delivered in eight, 45 minute sessions each year. The middle school LST curriculum in year one (6th grade) is 16 sessions; in year 2 (7th grade), 10 sessions; and in year 3 (8th grade), five sessions. Program learning objectives include: increasing drug resistance, personal self-management, self-esteem, problem-solving, communication, and other social skills and reducing stress, anxiety, anger, and violence.</p>	Evaluation Studies - Botvin LifeSkills TrainingBotvin LifeSkills Training
Student Assistance Program (SAP) Small Groups	TIER 2 - Selected	Grades K-12	<p>Anchoring Tier 2 in each school's Student Assistance Program, these small group prevention sessions target selected needs that are identified by the YFMHP and school leaders (formally through RTI or MTSS structures or informally through collaborative working relationships). Every student who receives this service has already received a Tier 1 "dose" of prevention. The focus of the groups and topics discussed are determined by the students and their needs as a group. Outcomes are measured by a pre-post survey covering 21 items regarding children's hope, decision making, mood management, and school bonding and commitment. The second half of the survey contains five different categories of items that are to be completed based on the focus of the group. These categories are social skills, mood management, personal control, life transition, life skills, and open group. Finally, the survey contains eight feedback questions. Past evaluations show statistically</p>	Promoting Positive Adolescent Development for At-Risk Students with a Student Assistance Program Robert Apsler,1,2,4 Scott Formica,1 Beth Fraster,3 and Rosie McMahan3 Published online: 13 October 2006

			improvements in children's hope, mood management, and coping skills.	
Camp Memories	TIER 2 - Selected	Grades K-12	Children who experience the loss of a loved one need to feel that they are not alone. At Camp Memories we help bring together children, adult volunteers and trained counselors to give them a better understanding of their thoughts and feelings. We also offer a special session for parents and caregivers to better understand what their family members are going through and how they can support one another	https://doi.org/10.1177/00302228221082756
WhyTry	TIER 2 - Selected	Grades 2-6	The evidence-informed WhyTry® program will serve selected 2nd-8th graders who would benefit from a higher level of skill-building. This 10-session, strengths-based strategy helps youth handle challenges, manage transitions, and improve attendance, behavior and academics. Using Solution Focused Brief Interventions, Social and Emotional Intelligence, and multisensory learning, WhyTry® covers problem-solving, anger management, consequences, peer pressure, living within laws/rules, building a support system and setting goals. YF evaluations show program participants also experience a statistically significant improvement in children's hope.	Lisa Linder 1, Melissa Lunardini 2, Hannah Zimmerman 1
Coping and Support Training (CAST)	TIER 2 - Selected	Grades 6-8	CAST (an abbreviated version of the evidence-based Reconnecting Youth program) is used for selected middle school students to address emotional regulation, drug use, and school smarts. Delivered by YFMHP, CAST consists of 12-sessions provided once a week for small groups. Program developers cite research that shows CAST reduces suicide risk behaviors by 65%, reduces depression by 44%, increases problem-solving coping and personal control by 25%, and increases family support by 27%.	CAST - Reconnecting Youth

Reconnecting Youth: A Peer Group Approach to Building Life Skills (RY)	TIER 2 - Selected	Grades 9-12	<p>RY is for small groups of students in grades 9-12 who are at risk for dropping out of school and exhibiting multiple behavior problems, such as substance misuse, aggression, depression, or suicide risk behaviors. The semester-long program can be offered for class credit when approved by the school. RY is taught/coordinated by the specially trained YFMHP who excel in working with high-risk youth. As a psycho-educational program, integrating small group work with life-skills training models, the program is designed to increase protective factors and reduce risk factors linked to dropping out of school. RY's development and framework were largely informed by the work of Leona Eggert, Ph.D., RN, FAAN with the University of Washington School of Nursing. It is specifically designed to meet the students' needs for inclusion and excitement while teaching them how to be "winners," stay in control, make wise decisions and evaluate potential consequences of their choices. RY is proven effective for increasing school performance and reducing drug involvement and suicide risk.</p>	About - Reconnecting Youth
SAP Direct Service (Non-DSM)	TIER 3 - Indicated	Grades PreK-12	<p>The YF Student Assistance Program (SAP) gives individual youth and families access to the YFMHP who can provide immediate screening, assessment, and referral. Students who meet DSM criteria are referred to outside mental health services, supported to follow thru on the referrals, and remain connected to the YFMHP until outside services begin. The YFMHP can also collaborate with treatment providers as requested to ensure continuity of care. Students who do not meet DSM criteria are provided indicated Tier 3 services, including skill-building sessions, referrals to other school and community resources, and supportive guidance for parents and teachers. They may be referred by an educator, parent, peer, or even make a</p>	*SAP booklet 3 (prevention.org)

			<p>self-referral. Students served through this project will receive Tier 1 and Tier 2 programs prior to receiving Tier 3 support. YFMHPs take a strengths-based approach to individual sessions, building motivation, confidence, coping skills, and greater connections to school and family. They also provide consultation sessions for parents/caregivers and teachers that help surround students with informed and caring adults. Independent evaluations using validated pre-mid-post surveys show students receiving SAP Individual Sessions improve coping skills, resilience, decision-making, school bonding/adjustment, and mood management. They also demonstrate a decrease in behavioral concerns.</p>	
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