



RECOVERY & PREVENTION  
RESOURCES  
of Delaware and Morrow Counties

# Morrow County Prevention Programs

FY 2005  
Year End Report

## Recovery and Prevention Resources Prevention Programs Target Youth of All Ages

During FY 2005, Recovery and Prevention Resources delivered prevention programs to youth of all ages throughout the county. Children from pre-school age through high school in all four school districts participated in an array of programs. The Associate Director, prevention coordinator, and prevention educators collaborated with school staff and other key community stakeholders to provide programs that meet Morrow County's prevention needs.

Recovery and Prevention Resources has three full time and one part-time prevention educators who deliver the school and community based programming throughout the year. Additionally, there are youth staff and volunteers who work with program staff to develop and implement programs and retreats.

Recovery & Prevention Resources staff design and implement all prevention programs based on risk and protective factor theory. Using this theoretical basis, staff implement programs designed to increase protective factors and decrease risk factors that are associated with impacting substance abuse and other negative behaviors.

The programs utilize a variety of age-appropriate teaching techniques to engage students of all learning styles and abilities. Many of the programs focus on life skills such as problem solving, communication, decision making, and conflict management. They also focus on key assets such as understanding emotions and asking for help. Each program is evaluated individually and includes a process for program quality improvement.



In FY 2005, 1,666 youth participated in prevention programs through RPR. Youth from all four local districts, the Tomorrow Center, Mount Gilead Christian School, and Head Start participated in the programs. Additionally, adults in the county participated in various prevention/ community education activities including smoking cessation activities and parenting retreats.

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### Special points of interest:

- 86% of Natural Helpers demonstrated improved helping skills by the end of the school year.
- At the end of the program 90.9% of students in Head Start recognized that both beer and cigarettes are harmful.
- All of the participants in the SAFEkids program were successfully able to identify safe adults with whom they could talk if they needed help.
- 100% of the participants in CPG were rated as improving in each of the program areas by the group facilitator.
- 76% of participants in the Court-Referred Life Skills program incurred no new arrests for 6 months after the completion of the program.

## Middle School Life Skills Training

The Life Skills Training© program is a designated Model Program through the Center for Substance Abuse Prevention. It consists of three major components that address critical domains associated with substance use: drug resistance skills, personal self management skills, and general social skills. The curriculum targets middle school students in grades 6-8, and is implemented over three years.

In FY 2004, using data from a comparison school which did not fully implement the program, we had the following results:

- Prior 30-day substance use rates among students com-

pleting the 3-year program was 24% vs. 39.5% in the comparison group.

- Prior 30 day use of cigarettes was 12% compared to 18% in the comparison group.

In FY 2005, this program was implemented in two school districts, Northmor and Cardington. 465 students participated in the program.

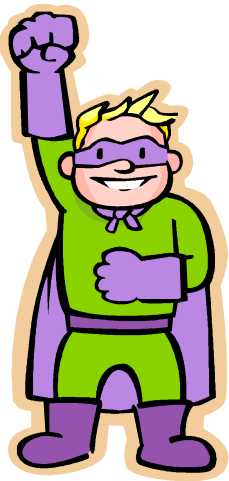
### Life Skills

- 85% of program participants reported improving in at least one of the four life skill areas taught in the curriculum.

### Substance Use

- 78.5% of the students who reported no lifetime use of substances at pre-test maintained abstinence at post-test.
- 83.5% of the students reported prior 30-day abstinence at both the beginning and the end of the program.
- 88% of participants reported that it was not okay for people their age to use substances.
- 78% reported no intention to use any substances in the next 30 days after the post-test.
- 31% of program participants reported an increased perception of harm associated with substance use.

## Morrow County Leadership Retreats: Building for the Future



The Morrow County Leadership Retreat is a prevention program that is offered to selected 8th grade students in the county.

The goals of the retreat include:

- 1) To educate teens about alcohol, tobacco, and other drug abuse.
- 2) To train teens to effectively implement prevention projects.
- 3) To develop presentation and leadership skills.
- 4) To provide service opportunities for participants to apply their leadership and presentation skills

During the 2004-2005 school year, 35 students from three

school districts in Morrow County participated in the Leadership Retreat.

- 97% of participants reported not using any substances over the previous 30 days.
- 94% reported no plans to use substances in the next 30 days.
- 39% of program participants perceived ATOD use as "VERY HARMFUL."
- 94% of program participants thought that it was NOT OKAY for people their age to use ATOD at the end of the program.
- 45% of the participants reported having friends who have used substances.

- 90% of participants reported that they would definitely say no to marijuana, cocaine, and inhalants.
- 87% of participants reported that they would definitely say no to using tobacco.

During the retreat, participants are taught ways to say no to alcohol, tobacco, and other drugs. The participants were asked which techniques they would use.

- 74% of participants reported that they would tell someone no.
- 80.6% of participants reported that they would use three or more refusal skills at post-test.

## Head Start: Teaching young children social skills and healthy behaviors

*At the end of the program 90.9% of students recognized that both beer and cigarettes are harmful.*

Head Start is a primary prevention program designed to help young children, ages 4 and 5, develop positive life skills. The purpose of the program is to increase social skills and contribute to kindergarten readiness for the children. The Head Start program uses age appropriate teaching strategies to engage the students in positive life skill development. The program is presented in the classrooms of children by prevention educators from Recovery and Prevention Resources, Helpline, and the Morrow County Health Department. The lessons covered in this program include healthy/unhealthy

things to put into your body, the effects of cigarettes and alcohol on your body, feelings, caring for friends, and using words instead of hurting to express feelings.

During the 2004- 2005 school year, the Head Start program was presented in 4 sites in Morrow county. The sites are located in Marengo, Cardington, and two in Mt. Gilead. 85 children participated in the first session of the program this school year: 51 from the Mt. Gilead sites, 20 from the Marengo Center, and 14 from Cardington.

- At the end of the program 90.9% of students recognized that both beer and cigarettes are harmful.
- At the end of the program 97% of students recognized that cigarettes are harmful.
- At the end of the program 92% of students recognized that beer is harmful.
- 90% of the students said that it was not okay to fight with their friends.
- 98.7% of the students said that you should play nicely with your friends.

## Elementary Life Skills



The Elementary Life Skills program uses the Second Step Curriculum. This program is designed to reduce impulsive and aggressive behaviors in children ages 6-12. It also is focused on increasing the social competence of these youth. The curriculum is based on the development of three skills including empathy, impulse control, and anger management.

Due to the nature of the Elementary Life Skills Training program,

each year focuses on a different life skill emphasized in the curriculum. The 2004- 2005 school year focused on anger management. During the 2004- 2005 school year the program was delivered in selected classrooms at Cardington and Iberia Elementary Schools. This program targets at-risk youth. 21 students participated in the program.

- Students demonstrated increased application of anger management skills.

- 66% of the students who completed both assessments increased their application of anger management skills.
- 76% of participants demonstrated at least 2 anger management skills taught in the curriculum.
- 88% of the participants successfully identified two personal anger triggers

## Concerned Persons Group

During the 2004-2005 school year, two school districts in Morrow County participated in the Concerned Persons Group. 65 students in grades 6 through 10, 65% male and 35% females, participated in the program this year.

In the 2004-2005 school year, the participants in the CPG program improved in all of the areas evaluated on the leader evaluation. 100% of participants improved in each of the areas taught in the program.

Student participants rated themselves on specific skills taught in the program. Students evaluated their skills in appreciating them-

selves and others, making decisions and personal commitments, managing moods, managing school, and controlling drug use. For each skill, participants rated themselves between fair and better than average. Managing moods was rated as the lowest by participants. Students rated their ability to control drug use the highest among the skills.

The Concerned Persons Group is also designed to strengthen key assets or skills to increase the participants' likelihood of success in the future. 64% of students reported improvement in at least one of the six developmental assets taught in the program. 25% of students reported

improvement in at least three of the six developmental assets taught in the program.

At the end of the program, 69% of participants reported no use of substances over the previous 30 days. When asked if they were going to use substances over the next 30 days, 77.6% reported that they plan to abstain. 70% of the participants reported that it was not okay for people their age to use any substances. 46% of participants reported that using all substances caused "A LOT" of harm.

*100% of the participants showed improvement in each of the program areas as rated by the group facilitator.*

## Natural Helpers: Peers Helping Peers

During the 2004-2005 school year, six schools from three school districts in Morrow County participated in Natural Helpers. 52 new Natural Helpers from the schools completed the retreat training and an additional 22 Natural Helpers who had been trained in previous years continued to be active in the program.

The helpers reported helping their peers with 341 problems. The most commonly reported problem that the helpers en-

countered were friend relationship issues. Other identified problems areas included romantic relationships, academic pressure, family relationships and stress.

Additionally,

- 86% of helpers demonstrated improved helping skills taught at the retreat at the end of the school year.
- 45% of program participants improved communication skills by the end of the school year.

- 48% of program participants improved decision making skills by the end of the school year.

Helpers also provided help to friends with serious problems including alcohol and drug abuse (18), physical abuse/ violence (8), suicide (11), and sexual abuse (2). Though these problems were identified less frequently, the helpers are trained to deal with these issues at the retreat and to refer their peers to professionals and/ or trusted adults.



## SAFEkids: Children of Alcoholics Education Group

Children of individuals with alcohol and other drug problems are a high risk population with specific needs and issues. When these children gain related knowledge and skills, they are better prepared to cope with the challenges of their situation. The SAFEkids program uses the Y.E.S. curriculum, an alcohol and other drug abuse prevention program for children growing up with parental alcohol or other drug abuse problems, developed by the Columbus Health Department. The three goals for par-

ticipants in the program are: 1) Reduce the risk of alcohol and other drug abuse among this high risk population 2) Increase their self-esteem and self worth, and 3) Increase their coping skills

- 7 students from Johnsville Elementary School participated in the program.
- All of the participants in the SAFEkids program were able to identify safe adults with whom to talk if they needed help.

- All of the participants were able to identify that a lot of children have parents with AOD problems.
- 75% of participants were able to correctly identify that anyone who uses AOD can become addicted.
- 100% of program participants who completed a post-test evaluation reported continued abstinence.

## Reducing Tobacco Use in Morrow County



Tobacco use rates in Morrow County are higher than the state and national averages for both smoking and the use of smokeless tobacco. Both youth and adults use tobacco at higher rates than either state or national averages. Based on 2002 data, a full 22% of Morrow County Middle school students use smokeless tobacco compared to 10.7% nationally; 36.4% of County high school students use smokeless compared to 18% nationally. The use of tobacco products among adults is also higher in Morrow County (27.6%) than the state average (26.6%). The increased prevalence of tobacco use in Morrow County can be translated into higher rates of associated health

problems. For example, while 9.4% of Ohio babies have low or very low birth weight, 10.9% of Morrow County babies have low or very low birth weight.

Morrow County also has a culture that tends to tolerate both tobacco use and secondhand smoke. It is common to hear people express the belief, for example, that smokers should have the right to smoke wherever they wish. Given the prevalence of tobacco use and attitudes which are tolerant of tobacco use, Morrow County clearly needed programs and initiatives which educate the population, challenge attitudes related to the health of both

tobacco use and secondhand smoke, and provide cessation services to tobacco users. Using the Tobacco Use Prevention and Control Foundation funds provided since July of 2003, Recovery & Prevention Resources and its partner agencies have been working to strengthen and improve capacity, programming and services to serve as the foundation of comprehensive tobacco prevention and control for Morrow County.

Currently we are targeting the areas of youth prevention, youth cessation, reducing exposure to secondhand smoke, adult cessation, and reducing smoking among pregnant women.

## Youth Prevention: Keep A Clear Mind and TAR WARS

Prevention staff focus youth tobacco prevention with 5th grade students in all the districts using the *Keep A Clear Mind* program and the *Tar Wars* program. *Keep A Clear Mind*, a Model Program, is a parent-child program designed to increase family communication about substance use. *Tar Wars* is a tobacco-free education program presented by physicians designed to modify attitudes and knowledge about tobacco. Student results from these 2 programs show the following:

- Participants reported that

they would definitely refuse to use tobacco if their best friend offered—82% for cigarettes and 91% for smokeless tobacco.

- 52% of program participants increase their knowledge by the end of the program.
- 24% and 28% of students reported decreased exposure to secondhand smoke in their homes and cars respectively.

As a result of the family-based *Keep a Clear Mind (KACM)* program, parents indicated the following results:

- 80% of the parents reported completing all of the KACM lessons with their children.
- Of the parents who completed all the lessons: 36% talked with their children about substance use at least 5 times in the previous month and 85% talked with their children about resisting peer pressure to use
- Of the parents who did not complete all the lessons, only 10% talked as often with their children and only 64% reported talking about peer pressure with their children.

## Youth Cessation and Education: TAP and TEG

*12% of participants quit smoking by the end of the program and 10% remained smoke-free for at least 60 days after the end of the program.*

Prior to the TUPCF funding, youth education and cessation activities were virtually nonexistent in Morrow County. *Tobacco Education Group (TEG)* was designed for youth smokers who currently do not plan to quit using tobacco. *Tobacco Awareness Program (TAP)* is intended for those youth who want to quit. Staff selected the *TEG* and *TAP* programs because they are both considered evidence-based programs; they are culturally appropriate for our

populations; they address all forms of tobacco use; and they emphasize the use of community partnerships and support.

- 50 youth smokers participated in TAP or TEG in 2004–2005.
- 12% of participants quit smoking by the end of the program and 10% remained smoke-free for at least 60 days after the end of the program.

- 75% of the participants who were still smoking at the end of the program said they would like to quit smoking in the next 6 months.
- 46% of the participants who were still smoking at the end of the program decreased the amount of tobacco product they had used over the previous 30 days,

## Adult Cessation: Freedom From Smoking®

**Freedom From Smoking®** (FFS) program was provided during FY 2005. This program is an evidence-based eight-week smoking cessation support program researched and developed by the American Lung Association. The eight-session workshop is conducted by a trained and certified facilitator who helps participants: strengthen their determination to quit, learn to handle situations which trigger their smoking, identify healthy substitutes for smoking, and develop individual plans for dealing with the physical, social and emotional aspects of quitting.

In FY 05, 67 adults enrolled in the FFS program. Program staff conducted extensive recruitment activities which resulted in this

significant success for our program. The classes were offered at worksites and to the general public.

- 72% (26) of program participants who completed the program (36) reported being smoke-free by the end of the program.
- 53% remained smoke-free for at least 30 days after the end of the program and 19% remained smoke-free for at least 60 days after the completion of the program.
- 25 of the 27 (93%) adult smokers enrolled in the FFS program who completed both a pre and post assessment reduced the number

of tobacco products used per day from 23.34 cigarettes per day to 4.66 cigarettes per day.

- For the participants in FFS who completed the program, but did not quit smoking, 88% reported that they would like to quit smoking in the next six months.

Additional individualized smoking cessation and education was provided to the families in the Help Me Grow Program. 19 HMG participants received at least one follow-up home visit in which education or cessation referrals were provided. 2 women in the program, quit smoking during the program year.



## Local stand Groups Take Action Against Smoking

Two school districts in the county have highly successful **stand** groups. The **stand** teams provide a strategy to strengthen school-based anti-tobacco norms and develop leaders within these schools as anti-tobacco advocates in both their school and

community. Students met year-round twice a month. Over 200 students participated in at least one project including anti-tobacco poster projects, **stand** at the movies, **stand** movie premier, and the tobacco fact sticker project. Thirty students

participated in the legislative visit to the Ohio State House. One entire school participated in an assembly and other activities during Kick Butts Day.

*Over 200 youth in Morrow County participated in anti-tobacco activities during the 2004–2005 school year.*

## The Morrow County Health Coalition

Staff at Recovery and Prevention Resources provided leadership to the Morrow County Health Coalition during FY 2005. RPR recognizes that specific programs can impact those program participants, but that community-wide strategies are necessary to impact the whole community. As a result, we are committed to strengthening the Morrow County Health Coalition.

Community coalitions which focus on substance abuse are one of the most effective strategies for addressing community-wide issues and coordinating community-wide opportunities which strengthen healthy and

drug free lives. Effective coalitions involve residents, agencies, government, law enforcement and community leaders. Through these partnerships, coalitions can effectively impact:

- Community norms about using substances
- Accessibility and availability of substances
- Media messages which impact our health choices
- Policies and enforcement of laws and policies.

The Morrow County Health Coalition recently completed an Issues Survey in which community members identified and

prioritized their perceptions of the needs of the county. It focused on areas directly and indirectly related to health, and respondents ranked issues in terms of severity and identified their top three priority issues for the community.

### Top Issues Identified:

- Lack of local well paid jobs
- Teen alcohol and other drug use
- Adult alcohol or other drug use
- Teen tobacco use
- Obesity and lack of physical activity



392 residents from Morrow County completed the Strengths and Issues survey!

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TOBACCO USE PREVENTION  
AND CONTROL FOUNDATION



Morrow County Safe and Drug  
Free Schools Consortium

## Court Referred Life Skills

Recovery and Prevention Resources partners with other community resources to provide prevention programming for indicated populations. Morrow County Juvenile Court and Juvenile Drug Courts provide most of the referrals to this program. The participants are at significant risk for substance use. The objective of the Court Referred Life Skills program is to increase participants' ability to succeed through goal setting and making healthy choices. Specifically, participants develop and implement personal and vocational goals and action plans to address their goals, and learn and practice communication, anger management, and healthy relationship skills. In FY 2005, 25 adolescents participated in the program. Morrow County Juvenile Drug Court referred 5 and Morrow County Juvenile Court referred 20 participants.

- 80% of the youth in the program completed a plan about personal and educational/vocational goals.
- 76% of participants in the program incurred no new arrests or probation violations for 6 months after the completion of the program.
- 60% of participants demonstrated above average or excellent communication skills.
- 52% of participants demonstrated above average or excellent anger management skills.
- 52% of participants demonstrated above average or excellent skills for building healthy relationships.
- 44% of participants demonstrated above average or excellent stress management skills.

## Morrow County Mentoring Program

The Morrow County Mentoring Program is a prevention program for at-risk youth. The focus of the project is the Big Buddies/Little Buddies program, which is implemented in all four school districts in the county. In the Buddies program, middle and high school students serve as mentors to elementary school children. The younger children who are referred to the program have identified risk factors including alcohol or drug risk factors, poor school performance, challenging family situations, poor peer relationships, poor social skills, etc.

Mentoring is well documented to address many risk factors that lead to drug and alcohol use. The older students gain leadership skills, participate in after school activities, experience and learn about volunteering and service, and increase their self-concept by serving as a role

model. The elementary students gain support of an older youth as a role model, develop knowledge and skills in peer relationships, and benefit from the individualized attention from an older caring youth.

77 youth mentors, Big Buddies, were trained and matched with elementary students during FY 2005.

### Big Buddies

- 94.4% of the youth mentors maintained abstinence throughout the program.
- 32.6% of mentors increased their perception of harm about the use of substances by the end of the program.
- 96.6% of the youth mentors reported no anticipated use in the next 30 days at the end of the program.
- 63.6% of participants im-

proved in at least one of the areas of social competencies taught in the program.

### Little Buddies

- 82.5% of the participants in the program were rated as improving in at least 2 of the 3 life skills taught in the program.
- 92.9% of parents felt that their child had improved in the area of confidence.
- 55% of the Little Buddies improved in at least two of the three areas of academic performance.
- 65% of the Little Buddies improved their attitude towards school.
- 59% of the Little Buddies improved their school performance.

