



RECOVERY & PREVENTION  
RESOURCES  
of Delaware and Morrow Counties

# SAFE Kids Children of Alcoholics Education Group

## SAFE Kids: Children of Alcoholics Education Group

Many children live with family members who have alcohol or other drug problems. These children are a high risk population with specific needs and issues. The SAFE Kids program is an alcohol and other drug abuse prevention program for children growing up with family alcohol or other drug abuse problems. It was developed by the Columbus Health Department.

The SAFE KIDS Program takes a child-centered approach to provide support and education to participants. The three primary goals for the program are to: 1) Reduce the risk of alcohol and other drug abuse among the high risk population of children of alcoholics/addicts (COA), 2) Increase the self-esteem and self worth of COA's, and 3) Increase the coping skills of COA's.

The SAFE KIDS program is comprised of 12 sessions. Each session is approximately 60 minutes. The target population is children 5-

13 years of age. Teachers or guidance counselors identify the students and refer them to the program. The sessions are divided into two age groups, 5-8 and 9-13. Both sessions address similar issues using age appropriate activities. The sessions include activities and education that address the following areas: feelings, anger and anger management, defenses, alcohol and other drug use, COA risk issues, family issues, problem solving, identifying safe places and safe adults, self-esteem, and the importance of play.

The SAFEkids program was implemented at Johnsville Elementary School in the Nothmor School District. 7 students participated in the program throughout the year. Staff received additional requests for this program over the summer and we expect to explore the feasibility of expanding this program. We are excited about the future and the opportunity to provide specialized prevention

education to students who have a high risk of future substance abuse but who have unique needs for education and support.



Morrow County Prevention  
2005 Summary Report

### Program Report:

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### PROGRAM HIGHLIGHTS

- 100% of participants in the SAFEkids program were able to correctly identify that a lot of children have parents with AOD problems.
- All of the participants were successfully able to identify safe adults with whom to talk if they needed help.
- 100% of program participants who completed a post-test reported continued abstinence.

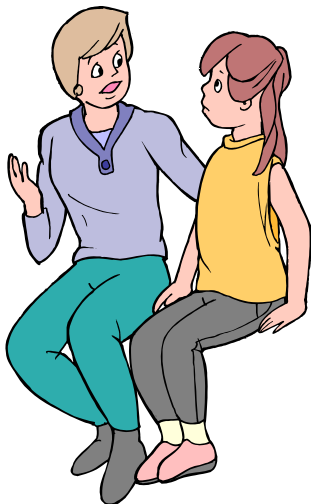
## Participants improved knowledge of COA issues

The knowledge of COA issues is measured using a pre/ post assessment completed by the students. The knowledge assessment addresses issues such as talking to trusted adults, understanding feelings, risk of alcohol or drug addiction, and other relevant alcohol and other drug issues.

- 14% of participants improved their knowledge of COA issues at post-test.
- At the end of the program 100% of participants were able to correctly identify that a lot of children have parents with AOD problems.
- At the end of the program 75% of participants were able to correctly identify

that anyone who uses alcohol or other drugs can become addicted to them.

- Only 4 participants in the program completed the post-test knowledge evaluation. Therefore, it was difficult to summarize the results and draw the appropriate conclusions.



## Identifying Safe Adults

One of the key program objectives for the program participants is to increase their knowledge about identifying safe, trusted adults when they are feeling unsafe at home or need to talk about their issues. The program emphasizes that it is okay to talk about family problems with a trusted adult. It also provides the opportunity for the

participants to identify safe adults and to develop the skills needed to do so in a real world setting. The hands on activity for this lesson reinforces a core concept in the program.

- At the end of the program 100% of the participants were able to correctly identify that children should talk about family problems

with adults whom they trust.

- All of the participants successfully completed the Safe Adult Activity by the end of the program.

## Teachers Rate Student Behavior Changes

The teachers of the students who participated in the SAFE Kids program were asked to complete a pre and post behavioral/ life skill observation checklist. Teachers rated their students in five areas including self-image, understanding feelings, anger management, problem solving skills, and asking for help.

Unfortunately, there were serious data collection issues this year. Only 2 program participants had both a pre and post test completed by their teacher. Therefore, due to the small sample size, no conclusions can be drawn. Additionally, of the surveys that were completed, many of the respondents answered "don't know." This made it impossible to compute the

total scores of the individual life skills at pre and post assessment.

Program staff and the quality outcomes coordinator have made changes to both the survey instrument and to evaluation procedures to address these issues.



## 100% Report Continued Abstinence Throughout the Program.

Program participants report whether they have ever drunk more than just a few sips of alcohol like beer, wine, wine coolers, or liquor.

- At pre-test 86% of participants reported not having a drink.
- At post-test 100% of par-

participants reported not having a drink.

- Of the 6 people who reported never having a drink at the beginning of the program, three reported maintaining abstinence at post-test. The remaining participants did not complete a post-test assess-

ment.

- One participant reported inconsistent results, therefore was not included in maintaining abstinence throughout the program.

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