



Afterschool Heals Tennessee

A substance abuse prevention toolkit for Tennessee's afterschool programs

Made possible by generous support from:



Introduction

Tennessee Afterschool Network established the Afterschool Heals Tennessee Taskforce in 2019 with the goal of developing resources for programs to address opioid and other substance abuse disorders in their communities.

Afterschool programs have a unique opportunity to support prevention efforts by working with local anti-drug coalitions, prevention education with youth and caregivers, and building protective factors that encourage good decision making and resiliency.

Research shows that students participating in high-quality afterschool programs are less likely to abuse drugs or alcohol. Pair a high-quality program that is intentional about building resiliency and offering prevention curriculum, then we have a winning formula for prevention!

This toolkit is designed for afterschool and summer learning programs who want to take meaningful steps to prevent substance misuse and to educate staff and parents.

The toolkit is divided into four color-coded sections:

- Getting Started
- Building Resiliency
- Prevention Education
- Expanding Wellness Focus

Our hope is that programs will identify 2-3 goals based on the ideas presented in this toolkit. Taking a few small actions will go a long way in promoting positive behaviors in youth.

Lastly, please know your [local United Way](#) and [Anti-Drug coalition](#), if your community has one, is willing to help support prevention education efforts. Contact us for assistance connecting to community partners that can provide training or other resources needed to establish a substance abuse prevention plan.



Getting Started

Building Awareness

Afterschool and summer programs have a unique opportunity to prevent youth from falling victim to Tennessee's opioid and substance abuse epidemic. Start by bringing together leaders of the afterschool program to decide what steps the group can take to prevent substance misuse among youth.



Afterschool Heals Tennessee

A substance abuse prevention toolkit for Tennessee's afterschool programs

Ideas for Action



Establish a Committee All members of the wellness committee should have the same baseline understanding about substance abuse and how workplaces can play a critical role in prevention and response.



Understand the Issues As a small committee, or with the staff, talk about substance abuse issues in your community and how it impacts children.



Address Stigma Substance abuse disorder is often misunderstood and many prejudices exist. Wellness committees should agree to use anti-stigma language when speaking about substance abuse.



Assess the Program Research shows that students participating in high-quality afterschool programs are less likely to abuse drugs or alcohol. Use Tennessee's [Afterschool Standards Assessment](#) to guide your program in identifying areas to improve safety, social-emotional skill building, and more.



Explore Resources Tennessee Afterschool Network's Afterschool Heals Tennessee webpages have a variety of resources for building resiliency and implementing prevention education. [View Here.](#)



Develop an Action Plan Keep wellness committees focused by creating clear goals, identifying people responsible for turning ideas into action, and setting a timeline for completion. (See Appendix A)



Pro Tip

Prevention in out-of-school time settings is all about relationships, creating safe spaces, and integrating prevention education into programming and activities with youth and caregivers. The possibilities are endless. Don't try to do everything at once. Start with small, achievable steps.



Resources to Explore

- Action Plan Template - Tennessee Afterschool Network (Appendix A)
- [Tennessee Anti-Drug Coalitions](#)
- [Understanding the Why](#) - Tennessee Afterschool Network
- [Promoting Healthy Futures](#) – Afterschool Alliance
- [Adverse Childhood Experiences in Tennessee](#) - Tennessee Department of Health
- [Adverse Childhood Experiences Overview](#) - Tennessee Commission of Children and Youth
- [What is Addiction \(video\)](#) - Addiction Policy Forum YouTube
- [MakeItOK.org](#) - Anti-Stigma resources

Getting Started

Prepare for Overdose Emergencies

Tennessee continues to see a rise in opioid related deaths even as other states are experiencing decreases.

Every workplace, family, and public facility should be prepared for an overdose emergency. Recognizing signs of addiction and sharing prevention tools will also help avert overdose emergencies.



Afterschool Heals Tennessee

A substance abuse prevention toolkit for Tennessee's afterschool programs

Ideas for Action



Promote Tennessee Redline 1-800-889-9789 is a toll-free line that provides addiction information and referral services to any Tennessean. For more information visit [TAADAS website](#).



Develop Policies/Procedures The National Safety Council published [Steps to Update a Drug Free Workplace Program to Include Prescription Drugs](#) to support policy and procedure development.



Schedule a Naloxone Training Naloxone, also known as Narcan, counters the impact of opioid overdose. Schedule a training and distribute naloxone to as many employees to have on hand.



Develop a Response Plan Outline the steps to follow in an emergency including calling 911, administering naloxone if available, what to do when help arrives, and who to contact about the emergency.



Provide Caregiver Education Employees are also caregivers. Sharing facts, anti-stigma messages, and resources will better support employees in preventing or managing substance abuse by a loved one.



Supervisor Training Provide regular and ongoing training to supervisors to help them understand substance abuse, how to recognize signs of overdose, and company policies and procedures for response.



Pro Tip

Most school districts have established overdose emergency policies and procedures. Consider asking a local school district to share their policy to review for adoption. This brings consistency in communication to families and saves the afterschool program time from developing a new policy.



Resources to Explore

- Action Plan Template - Tennessee After-school Network (Appendix A)
- [Recognizing Opioid Overdose](#) and [Responding](#) - Harm Reduction Coalition
- [Naloxone Training](#) - Tennessee Department of Health
- [Tennessee Regional Overdose Prevention Specialists](#)
- [Naloxone Training Video](#) - Project Lazarus
- [Supporting Recovery](#) - National Alliance on Mental Illness
- [UPandAway.org](#) - Resources for parents
- [What You Should Do if Someone Overdoses on Opioids at Work](#) - RiskandInsurance.com

Building Resiliency

Protective Factors in Afterschool

A majority of Tennessee's youth experience one or more Adverse Childhood Experiences. These are stressful or traumatic experiences that interfere with a child's ability to learn and maintain positive physical and mental health.

Afterschool and summer programs can help youth build resiliency by helping children manage stress and feelings of uncertainty.



Afterschool Heals Tennessee

A substance abuse prevention toolkit for Tennessee's afterschool programs

Ideas for Action



Assess the Program Use Tennessee's [Afterschool Standards Assessment](#) to guide your program in identifying areas to improve safety, social-emotional skill building, and more.



Schedule a Training Tennessee's Commission on Children and Youth employs [Regional Coordinators](#) across the state who can provide training on Trauma Informed Care and Building Resiliency.



Facilitate a Visioning Exercise After providing information on how afterschool can build resiliency, let program leaders get creative by drawing a vision of how they will support social and emotional learning.



Communicate Expectations With students, discuss safety, clear rules, and consequences. This provides youth boundaries and teaches accountability and risk taking that promotes positive choices.



Explore Service Learning Service learning opportunities involve youth in designing and implementing a project, builds problem solving skills, and provides opportunity for civic engagement. Visit [Tennessee Afterschool Network](#) for more information.



Share with Caregivers Parents and caregivers play an important role in building resiliency in youth. [Share tips with](#) parents on how can model positive behaviors practiced in afterschool.



Pro Tip

One way to provide children an opportunity to practice skills that lead to resiliency is to allow them to be involved in setting rules for personal and group behavior. When possible, ask youth what kinds group rules and goals they would like to work toward as individuals and as a group.



Resources to Explore

- Action Plan Template - Tennessee Afterschool Network (Appendix A)
- [Webinar: Are You Ready to Assess Social and Emotional Development?](#) – Afterschool Alliance
- [Free Classroom Activities for Social-Emotional Skills](#) - Committee for Children
- [Keys to Quality Afterschool](#) – Pennsylvania Office of Child Development and Early Learning
- [Social Emotional Learning Toolkit for Afterschool Programs](#) – Afterschool Alliance
- [Building a trauma informed care approach for afterschool programs & community-based organizations](#) - Afterschool Alliance

Building Resiliency

Service Learning

Youth engagement through service-learning provides students with opportunities to develop civic engagement skills. By working with community members, students can enhance their group, organizational, and interpersonal skills. They also can gain important experience working with diverse members of their communities.



Afterschool Heals Tennessee

A substance abuse prevention toolkit for Tennessee's afterschool programs

Ideas for Action



Understand Service Learning Community service is project based. Service learning includes an educational component along with strategic service. [This resource further explains differences.](#)



Invite Outside Partners Youth most likely don't have knowledge of community needs and resources available. Invite local leaders to present ideas to youth before they pick their service learning project.



Develop a Timeline While service projects vary in terms of scope and complexity, Tennessee Afterschool Network has developed some [general time-lines to help guide service learning projects.](#)



Provide Youth a Voice Youth voice is the strategic inclusion of youth ideas, interests, opinions, knowledge, perspective and experiences into program design. [Read here for best practices.](#)



Explore Resources Tennessee Afterschool Network's Service Learning webpages have a variety of resources for building resiliency and implementing prevention education. [View Here.](#)



Celebrate Successes Once students have completed their project, provide time for reflection on lessons they learned and opportunity for them to celebrate the completion of their project!



Pro Tip

Involving youth as partners in making decisions increases the likelihood that decisions will be accepted, adopted, and become part of their everyday lives. Look for opportunities to provide youth decision making responsibilities that affect them and others every day.



Resources to Explore

- Action Plan Template - Tennessee Afterschool Network (Appendix A)
- [Generating Youth Power](#) - Volunteer Tennessee
- [Relationships First: Creating Connections that Help Young People Thrive](#) – Search Institute
- [8 Tips for Successful Youth Engagement](#) – U.S. Office of Adolescent Health
- [Tips for Youth Involvement](#) – Lights on Afterschool
- [Learn by Doing](#) - The Environmental Protection Agency
- [Afterschool Service Learning](#) - National Youth Leadership Council

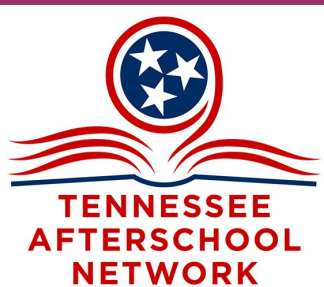
Prevention Education

Student Curriculum

Talking to youth about safe prescription medication usage and storage can help mitigate misuse of medications among youth and their families.

We've identified free resources to educate kids of all ages about using medications safely, the harmful consequences of misuse, and how to talk about substance abuse with peers and other youth.

Many resources also include parent guides.



Afterschool Heals Tennessee

A substance abuse prevention toolkit for Tennessee's afterschool programs

Ideas for Action



Prevention Education for Elementary Ages

It's never too early to talk to children about medicine safety and positive decision making skills. [For age appropriate prevention curriculum visit here.](#)



Prevention Education for Middle and High

Teens need to know importance of medication safety, refusal skills, and alternatives to coping with stress. [For middle and high prevision curriculum, visit here.](#)



Social Emotional Learning Curriculum For research based SEL lessons, many school and after-school programs in Tennessee are using "Love in a Big World." [Learn more here.](#)



Supplemental Materials [TAADAS clearinghouse](#) is Tennessee's repository and dissemination center for free alcohol, drug, problem gambling, and other addiction prevention and treatment literature.



Peer-to-Peer Learning Explore a service learning project for youth to educate peers on the importance of avoiding substance misuse or develop a community wide anti-stigma campaign.



Drug Prevention Tips for Every Age For tips on how to have conversations with children and teens about drug abuse prevention, [visit Partnership for Drug-Free Kids.](#)



Pro Tip

Parents not only like to know what students are doing and learning in afterschool, but most are also willing to help reinforce lessons. Always share a parent education piece to go home with students when teaching substance abuse prevention, especially when talking about medication safety.



Resources to Explore

- Action Plan Template - Tennessee After-school Network (Appendix A)
- [44 Children's Books about Mental Health](#) – The Child Mind Institute
- [Medication Safety Toolkit for Elementary Students](#) – Generation Rx
- [Classroom Resources for Elementary](#) – Operation Prevention
- [Up and Away Coloring Book](#) – UpandAway.org
- [Teen Resource Toolkit](#) – Generation Rx
- [Respect yourself. Respect Others.](#) – Scholastic 2016
- [Drugs & Health Blog Teacher's Guide](#) – National Institute on Drug Abuse for Teens

Prevention Education

Communicating with Caregivers

Afterschool and summer programs have a unique opportunity to prevent youth from falling victim to Tennessee's opioid and substance abuse epidemic. Start by bringing together leaders of the afterschool program to decide what steps



Afterschool Heals Tennessee

A substance abuse prevention toolkit for Tennessee's afterschool programs

Ideas for Action



Use Social Media Sharing anti-stigma, crisis messages on social media is a great way to reach staff, parents and others. Use these sample messages to help end substance abuse stigma. (See Appendix B)



Publish Newsletter Articles Newsletters provide an education opportunity. Share information and resources in this toolkit to increase knowledge about prescription drug and other substance abuse.



Send Education Email Use these sample email messages to share anti-stigma messages with links to useful resources with staff and caregivers. (See Appendix C)



Distribute Literature [TAADAS clearinghouse](#) is Tennessee's repository and dissemination center for free alcohol, drug, problem gambling, and other addiction prevention and treatment literature.



Promote Safe Storage Messages Use social media, newsletters, etc., to share messages on safe storage and disposal. Use these sample templates to include in company communications. (Appendix B)



Share with Caregivers Parents and caregivers play an important role in building resiliency in youth. [Share tips with](#) parents on how can model positive behaviors practiced in afterschool.



Pro Tip

Afterschool programs are not expected to be experts on substance abuse disorders. Seek out and invite community partners such as the below to offer training to staff or share information with parents.

[Tennessee Anti-Drug Coalitions Systems of Care Across Tennessee](#)



Resources to Explore

- Action Plan Template - Tennessee Afterschool Network (Appendix A)
- [12 Questions to Ask Your Doctor Before Taking Opioids](#) - Shatter Proof
- [Count It! Lock It! Drop It!](#)
- [Naloxone Training Video](#) - Project Lazarus
- [Parent Toolkit](#) – Operation Prevention
- [Handout: Where Teens Get Prescription Drugs](#) – Substance Abuse and Mental Health Services Administration
- [Tennessee Crisis Hotline and Resources](#)
- [Regional Overdose Prevention Specialists](#) (Narcan Training) – Tennessee Department of Mental Health and Substance Abuse Services

Expand Wellness Focus

Getting Started

Healthy living is about more than staying drug free. Promoting good nutrition and physical activity are also good ways to build self-esteem, keep kids learning, and establishing healthy habits.

Visit www.tnafterschool.org/about/fit-foundations/ for more!



Afterschool Heals Tennessee

A substance abuse prevention toolkit for Tennessee's afterschool programs

Ideas for Action



Build a Team Identify staff (*and students!*) enthusiastic about bringing fun and supportive wellness resources to others. Be intentional about asking a diverse group of people as well as healthy role models.



Complete an Assessment The National AfterSchool Association adopted these [Healthy Eating and Physical Activities standards](#) to guide programs in following best practices for healthy foods and activity.



Develop a Plan After reviewing the HEPA Standards and/or taken the assessment, [use this template](#) to write down a few starter goals to create a healthier afterschool environment.



Move More Afterschool programs should allow for physical activity at least 10% of total program time. Review the program schedule to see if students are getting enough physical activity time.



Snack Smarter Hungry kids are more likely to be sick, miss school or afterschool, and be distracted while learning. Research ways to improve the quality of snacks, rewards, and celebrations in afterschool.



Staff Role Modeling Children observe everything there is to know about the adults in their lives - including their eating, drinking, and exercise habits! [Follow these tips for being a healthy role model.](#)



Pro Tip

Children (and adults) who are overweight or obese are vulnerable to weight bias that can be expressed in many forms. Taking action against weight bias while also teaching health habits are important to fostering a positive social-emotional environment.

[Read more about weight bias here.](#)



Resources to Explore

- [The State of Obesity in Tennessee](#) – The State of Obesity: Better Policies for a Healthier America
- [Better Health, Better Learning: Research on Improving Student Health and Academic Success](#) – SCORE
- [Afterschool Energizers](#) – East Carolina University
- [Smart Food Planner](#) – Alliance for a Healthier Generation
- [Engaging Families in Health and Wellness](#) – National Recreation and Park Association
- [Health and Wellness Partners got communities active and moving during Lights On 2017](#) – Lights On Afterschool

Afterschool Heals Tennessee Taskforce

A special thank you to the below individuals and organizations for their participation on Afterschool Heals Tennessee taskforce and providing consultation for the resources in this toolkit and on <http://www.tnafterschool.org/about/afterschool-heals-tennessee/>



Kelly Boutwell	Tennessee Chamber of Commerce
Laura Durham	Tennessee Association of Alcohol, Drug & other Addiction Services (TAADAS)
Mary Graham	United Ways of Tennessee/Tennessee Afterschool Network
Sarah Murfree	Prevention Coalition for Success (Rutherford County)
Kelley Nave	United Ways of Tennessee/Tennessee Afterschool Network
Kaysi Paul	Prevention Coalition for Success (Rutherford County)
Candi Rawlins	Tennessee Recreation and Parks Association
John Rust	Tennessee Commission on Children and Youth
Sarah Sandlin	Metro Youth Drug Coalition (Knox County)
Joy Shoun	United Way of Greater Kingsport
Christina Baker Smith	Tennessee Afterschool Network
Jim Snell	Volunteer Tennessee
Kim Tyner	Williamson County Anti-Drug Coalition
Jacy Warrell	Tennessee Afterschool Network
Janell Wood	TN Department of Education

Afterschool Heals Tennessee

A substance abuse prevention toolkit for Tennessee's afterschool programs

Made possible by generous support from:



Appendix A

United We Heal Tennessee Action Planning Chart

Instructions

With the wellness committee, discuss if the action plan meets the below criteria:

This Action Plan template will help employers organize goals based on ideas generated by the Wellness Committee.

- **Realistic.** Are your goals easily achievable by the given timeline?
- **Clear.** Is it apparent who is responsible for meeting the stated goals?
- **Supported.** Does the staff understand the importance of these goals?

Goal	Steps to Completion	Lead	Timeframe	Needed Resources	Updates
<i>Should relate to an Idea for Action provided in the Substance Abuse Response Toolkit</i>	<i>List of specific tasks needed to complete the Action Step.</i>	<i>Person responsible for leading action.</i>	<i>Goal date to complete goal.</i>	<i>What resources help support this goal? (consult Substance Abuse Response Toolkit)</i>	<i>Progress toward meeting the goal.</i>
<i>Example 1: Host a Lunch and Learn on Opioid Addiction</i>					
<i>Example 2: Develop a response plan in event of overdose emergency</i>					

Appendix A

Goal	Steps to Completion	Lead	Timeframe	Needed Resources	Updates
<i>Should relate to an Idea for Action provided in the Substance Abuse Response Toolkit</i>	<i>List of specific tasks needed to complete the Action Step.</i>	<i>Person responsible for leading action.</i>	<i>Goal date to complete goal.</i>	<i>What resources support this goal? (consult toolkit)</i>	<i>Progress toward meeting the goal. (not started, in progress, ongoing, complete)</i>

Appendix B

United We Heal Tennessee Sample Social Media Messages

Use these social media messages to show how your company is fighting stigma around substance abuse disorder.

Sample messages and graphics may also be found at:

- [Tennessee Together Media Campaign](#)
- [Tennessee Faces of Opioids](#)
- [CDC Social Media Graphics](#)

Change the Conversation

- Twitter: Addiction is a disease, not a moral failing. Learn more at the faces of opioids in Tennessee #TNFaces #opioids <https://www.youtube.com/watch?v=KyzfMqsT3f0&feature=youtu.be>
- Twitter: Lead your company in breaking the stigma around substance use disorder, like we are. Share the stories of addiction survivors #TNFaces #opioids https://www.youtube.com/watch?v=fy_i8o4oUtg&feature=youtu.be
- Facebook AND LinkedIn: Addiction is a community issue that affects everyone. As a company, we have a unique opportunity to help. It starts by changing the conversation. Learn more about addiction science at <https://youtu.be/cHs07wVzaEs> #Tennessee Together

Safe Disposal and Storage

- Twitter: Have unused medications? Don't flush or dump. Safely dispose of unused meds, including opioids – free. Find a drop-off location near you at <https://countitlockitdropit.org/> #TennesseeTogether
- Twitter: Do you have unused or expired meds “just in case”? Don't flush or put in the trash. Find a safe disposal drop box: <https://countitlockitdropit.org/> #TennesseeTogether
- Twitter: Katie Davis gets personal about the importance of safely disposing of prescription drugs. View her message here <https://www.youtube.com/watch?v=7Rc2dWcxABs&feature=youtu.be> #TennesseeTogether
- Facebook and LinkedIn: Everyone can contribute to ending the opioid crisis. It starts with us. Knowing where to dispose of unused medications, including opioids, is helpful in preventing substance abuse disorder. Find a safe prescription drug drop-off location here <https://countitlockitdropit.org/>

General Education

- Twitter: How well do you understand the dangers of opioids? Test your knowledge by viewing this video <https://youtu.be/3l6iqUSD84Q> #TNFaces
- Twitter: Do your kids understand the risks of misusing prescription drugs? Join us in sharing this video. #TNFaces <https://youtu.be/l240uHbMQm4>
- Facebook: Substance abuse treatment resources are available. Call the Tennessee **REDLINE** now for addiction treatment and recovery services. 1-800-889-9789 #TennesseeTogether

1 Tennessee Together: <https://www.tn.gov/opioids/about-tn-together/tn-together-media-campaign.html>

2 Tennessee Faces of Opioids: <https://www.tn.gov/tnfacesofopioids>

3 CDC Social Media Graphics: <https://www.cdc.gov/rxawareness/resources/socialmedia.html>

United We Heal Tennessee
Sample Email Message

Use this email template to share so safe use and storage messages for employees. Feel free to add images, graphics, or other information to best fit your company brand.

Subject Line: *Safe Use, Storage and Disposal of Medications*

Dear [Company] Employees,

In response to the opioid epidemic that is hitting our state, communities, and families, we wanted to share these resources with you. Please take a moment to review these materials and think about how you can protect your loved ones from substance abuse disorder.

Safe Use

Did you know it only takes 5 days to get addicted to opioids?

If a doctor recommends opioids to you or a loved one, ask these 12 Questions provided by [ShatterProof.org](https://shatterproof.org).

Safe Storage

Keep medications out of reach of children and pets. [UPandAway.org](https://upandaway.org) has resources on safe storage for parents.

It is best to keep medications in a locked medicine cabinet or storage container. Unused medications around the home are a risk of accidental poisoning. Call the Tennessee Poison Center if you have questions about accidental poisonings. Help is available 24/7, and calls are free of charge and confidential.

Save the Tennessee Poison Center phone number into your phone now: 1-800-222-1222.

Safe Disposal

Are you holding on to medications “just in case”? It is neither safe nor legal to share prescription medications. Gather any unused or expired medications and find a nearby drop box location on <https://countitlockitdropit.org/>.