

Acknowledgements

Afterschool Heals Tennessee Taskforce

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| **Prevention Education for Youth** | | |
| **1** | **Brain Power for Kids**  Target population: grades K-1, 2-3, 4-5  Type of resource: Free; lesson plans, handouts, parent communication  Outcome: Prevent underage substance abuse | Brain Power takes students on an age-appropriate exploration of the science behind drug use, explaining the effects of drugs on the brain and body. Each module includes a lesson plan featuring resources, introduction to the module, list of learning objectives, materials list, any preparation that the teacher must do before teaching the module, step-by-step procedures on how to complete the investigation, and discussion questions.  **Resource:** [Brain Power - National Institute on Drug Abuse](https://www.drugabuse.gov/brain-power) |
| **2** | **Generation Rx**  Target Population: grades K-5  Type of Resource: Free; lesson plans, handouts, parent communication  Outcome: Prevent underage substance abuse | Generation Rx provides free, engaging, age-appropriate resources to educate everyone about using medications safely. Resources may be used in small or large groups, as stand-alone activities, or in combination with other lessons. Some activities may be better suited for younger children (grades K-2), while others may be more appropriate for older students (grades 3-5).  **Resource:** [GenerationRx.org for elementary aged youth](https://www.generationrx.org/toolkits/elementary/) (registration required) |
| **3** | **Helping Your Child Become a Responsible Citizen (Bilingual)**  Target Population: grades K-5  Type of Resource: Free; Discussion guide for caregivers  Outcome: Promote positive character development | Provides information about the values and skills that make up character and good citizenship and what parents can do to help their children develop strong character. Includes activities that for school-aged children and an extensive list of books and other resources with character-related themes that can be read and discussed with children to encourage character development.  **Resource:** [Become a Responsible Citizen Guide](https://taadas.s3.amazonaws.com/files/9ba4291446b9eeffd441e4ad436eb7d5-Helping%20Your%20Child%20Become%20a%20Responsible%20Citizen.pdf) |
| **4** | **Operation Prevention**  Target Population: grades K-5  Type of Resource: Free; Lesson, educator guide, interdisciplinary activities  Outcome: Prevent underage substance abuse | Operation Prevention's classroom resources provide educators with engaging tools that are aligned to national health and science standards and integrate seamlessly into classroom instruction. Through a series of hands-on investigations, these resources introduce students to the science behind opioids and their impact on the brain and body.  **Resource:** [Operation Prevention](https://www.operationprevention.com/classroom) |

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| **Middle and High Schooler Education and Engagement** | | |
| **5** | **An Important Lesson: Helping Students Avoid Prescription Drug Abuse**  Target Population: Afterschool providers who work with teens  Type of resource: Discussion guide handout  Outcome: Prevent underage substance abuse | Advises educators on how to talk with their students about the abuse of prescription drugs and its dangers. Gives facts about teen prescription drug abuse, signs of abuse, and how to encourage conversations with students about prescription drug abuse issues.  Resource: [Educator Guide SAMHSA](https://taadas.s3.amazonaws.com/files/4643e34d68e96aabe67d51ec52b140dd-An%20Important%20Lesson%20Helping%20Students%20Avoid%20Drug%20Abuse.pdf) |
| **6** | **Brain Power! Grades 6–9**  Target Population: grades 6-9  Type of resource: Free; lesson plans, handouts, parent communication, activities for teens  Outcome: Prevent underage substance abuse | Offers an interactive science education program for students in grades 6–9 about the brain and the effects of drugs on the body. Includes six modules, resources for students, parent guides, and online activities.  **Resource:** [National Institute on Drug Abuse](https://www.drugabuse.gov/publications/brain-power/brain-power-grades-6-9) |
| **7** | **Drugs & Health Blog Teacher's Guide**  Target Population: Afterschool providers who work with teens  Type of resource: Free; lesson plans and discussion guides  Outcome: Prevent underage substance abuse | NIDA supports most of the world’s research on how drug abuse affects the brain and body, including how it leads to addiction. Our blog posts apply this science to real life. Each week, you’ll find new posts that can help you make connections for your middle and high school health and science students between what they see and hear and what the science has to say on the subject.  **Resource:** [Drugs and Health Blog Teacher’s Guide](https://teens.drugabuse.gov/teachers/drugs-and-health-blog-teachers-guide) |
| **8** | **Generation Rx**  Target Population: grades 6-12  Type of resource: Free; lesson plans, handouts, parent communication  Outcome: Prevent underage substance abuse | “My Generation Rx” includes resources designed to educate teens about the importance of using medications safely, as well as teaching teens key skills to turn down invitations to misuse and positive alternatives to cope with the demands of life. These materials may be used in formal classroom settings, after-school programming, teen clubs, etc.  **Resource:** [Generation Rx for teens](https://www.generationrx.org/toolkits/teen/) (registration required) |
| **9** | **Generating Youth Power**  Target population: Providers working with teens  Type of resource: Free; guide to implement service learning for youth  Outcome: Implement opportunities to engage youth and facilitate peer-to-peer learning | Volunteer Tennessee, a 25-member bi-partisan board appointed by the Governor, developed a service-learning guide for people working with youth. By engaging youth in tackling real community problems, youth learn more, care more, and increase their own well-being and positive behaviors, all the while growing into responsible citizens.  **Resource:** Generating Youth Power PDF (put on TAN website to link) |
| **10** | **Respect Others. Respect Yourself.**  Target Population: Grades 6-12  Type of resource: ELA and Life Skills Toolbox  Outcome: Prevent underage substance abuse | The lessons and activities in this program will help develop students’ understanding of how respect is key to healthy behaviors and healthy relationships. Through the lesson, activities, and work sheets, students will build skills around recognizing and practicing healthy communication techniques. Strong communication skills will help students to navigate difficult situations, such as peer pressure or conflicts.  **Resource:** [CDC and Scholastic Teachers Toolbox](http://headsup.scholastic.com/teachers/respect-others-respect-yourself) |
| **11** | **Teens: Drug Use and the Brain**  Target Population: grades 6-12  Type of resource: Free; online blog and games for teens  Outcome: Prevent underage substance abuse | Information for how drugs affect the brain and body. Featuring videos, games, blog posts and more!  **Resource:** [National Institute on Drug Abuse for Teens](https://teens.drugabuse.gov/teachers/drugs-and-health-blog-teachers-guide)  **Resource:** [Drugs and Health Blog for Teens](https://teens.drugabuse.gov/blog)  Opioids and the Overdose Epidemic (Handout and Vocabulary list) |
| **12** | **Operation Prevention**  Target Population: Middle and High school students  Type of Resource: Free; Lesson, educator guide, interdisciplinary activities  Outcome: Prevent underage substance abuse | Operation Prevention's classroom resources provide educators with engaging tools that are aligned to national health and science standards and integrate seamlessly into classroom instruction. Through a series of hands-on investigations, these resources introduce students to the science behind opioids and their impact on the brain and body.  Resource: [Operation Prevention](https://www.operationprevention.com/classroom) |
| **13** | **Positive Peer Pressure (P3) using SADD Curriculum**  Target population: grades 6-8  Type of resource: Get more information on cost  Outcome: Prevent underage substance abuse | Roane County Anti-Drug Coalition conducts middle school clubs that provide  students with prevention tools, based on the Students Against Destructive  Decisions (SADD) curriculum and funded through the East Tennessee  Foundation. The SADD curriculum has been evaluated in other states and for  other substances and shows that complete implementation can have desired  effects; while not statistically significant it is an important piece of the  community intervention.  **Resource:** [Roane County Anti- Drug Coalition](http://roaneantidrug.org/about/)  **Resource:** SADD TN contact – Julie Strike, (423) 920-0661, [jstrike@sadd.org](mailto:jstrike@sadd.org) |

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| **Family Education** | | |
| **14** | **Education on Storage and Disposal of Opioids**  *Target Population:* Parents and Caregivers  *Outcome:* Prevent new users, especially in youth | One in five patients prescribed an opioid has shared their prescription with nonprescribed individuals making it the most common source of "prescription  opioids for non-medical purposes." 4 However, few parents keep opioids locked putting children and youth at risk for intentional and accidental opioid misuse. Even given these statistics, half of all patients prescribed an opioid in the U.S. do not receive guidance on how to store it. Information about storage and disposal should be consistent and clear across all providers and sources of information.  **Resource:** [Count It! Lock It! Drop It!](https://countitlockitdropit.org/about-us/history-count-lock-drop/) |
| **15** | **Family Checkup: Positive Parenting Prevents Drug Abuse**  *Target Population:* Parents and Caregivers  *Outcome:* Family education, understanding warning signs, prevent new users, especially in youth | [Family Checkup: Positive Parenting Prevents Drug Abuse](https://www.drugabuse.gov/node/4159) highlights parenting skills that are important in preventing the initiation and progression of drug use among youth.  **Resource:** Family Checkup: [Positive Parenting Prevents Drug Abuse](https://www.drugabuse.gov/family-checkup)  **Resource:** Family Checkup Booklet (Put on TAN website) |
| **16** | **Operation Prevention**  Target Population: Parents  Type of Resource: Parent discussion guide  Outcome: Positive Parenting, prevent new users | Parents can join the conversation with this family discussion starter. Additional information on the warning signs of prescription opioid misuse and a guide to prevention and intervention empower families to reach out.  **Resource:** [Parent Toolkit](https://www.operationprevention.com/sites/operationprevention.com/files/PDFs/Operation_Prevention_ParentToolkit_Final.pdf) |

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| **Professional Development for Out-of-School Time Providers** | | |
|  | **Building a trauma informed care approach for afterschool programs & community-based organizations**  *Target Population:* Afterschool site leaders  *Type of Resource:* Article  *Outcome:* Creating a trauma informed culture in afterschool | Afterschool programs and community-based organizations are experiencing increasing numbers of disruptive and challenging youth in their programs. To address these challenges, providers are working to create trauma informed environments that model the kind of space and place where youth can learn and grow.  **Resource:** [Afterschool Snack – Afterschool Alliance](http://www.afterschoolalliance.org/afterschoolsnack/Building-a-Trauma-Informed-Care-Approach-for-Afterschool_03-22-2019.cfm) |
|  | **Regional Overdose Prevention Specialists**  *Target Population:* General population, afterschool site leaders  *Type of Resource:* Network of Trainers  *Outcome:* Increase the number of people certified to carry and  administer naloxone, reducing deaths due to overdose  Implemented in TN | Tennessee Overdose Prevention (TOP) provides training to enable  Tennessee residents to administer the overdose reversing drug  naloxone.  The Tennessee Department of Health website provides the public with  a naloxone training, along with a quiz, and certificate of completion.  **Resource:** [TN Department of Health – Naloxone Training Information](https://www.tn.gov/health/health-program-areas/health-professional-boards/csmd-board/csmd-board/naloxone-training-information.html)  **Resource:** ROPS Trainers Handout with contact information (Upload TAN website) |
|  | **Self-Care for Educators**  *Target Population:* Afterschool providers  *Type of Resource:* Handout  *Outcome:* Increase resiliency among afterschool providers | **Resource:** Handout from National Child Traumatic Stress Network (Upload TAN website) |
|  | **The Truth About ACEs**  *Target Population:* Afterschool providers  *Type of Resource:* Infographic/Poster  *Outcome:* Increase awareness of Adverse Childhood Experiences | **Resource:** Infographic/Poster from Robert Wood Johnson Foundation (Upload TAN website) |

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| **Community Engagement** | | |
|  | **Regional Overdose Prevention Specialists**  *Target Population:* General population, afterschool sites  *Outcome:* Increase the number of people certified to carry and  administer naloxone, reducing deaths due to overdose  Implemented in TN | Tennessee Overdose Prevention (TOP) provides training to enable  Tennessee residents to administer the overdose reversing drug  naloxone.  The Tennessee Department of Health website provides the public with  a naloxone training, along with a quiz, and certificate of completion.  **Resource:** [TN Department of Health – Naloxone Training Information](https://www.tn.gov/health/health-program-areas/health-professional-boards/csmd-board/csmd-board/naloxone-training-information.html)  **Resource:** ROPS Trainers Handout with contact information (Upload TAN website) |
|  | **Drug Take Back Events**  *Target Population:* Parents and Caregivers  *Outcome:* Prevent new users, especially in youth | Click below to download posters, handouts and other materials to promote National Prescription Drug Take-Back Day.  **Resource:** [Partnership Toolbox for Drug Take Back Days](https://takebackday.dea.gov/content/partnership-toolbox)  **Resource:** [Tennessee Unwanted Pharmaceutical Take Back Map](http://tdeconline.tn.gov/rxtakeback/)  **Resource:** Examples of programs that have hosted or supported events |
|  | Lifeline Peer Project | Resource: [Peer Project Region Contacts](C://Users/jacy/Documents/Afterschool%20Heals/Resources/Lifeline%20Contacts%208-3-18.pdf) (upload handout) |
|  | Tennessee Crisis Hotline Flyer | Resource: [Video and Handout](https://www.tn.gov/behavioral-health/need-help/crisis-services/mental-health-crisis-services/tn-statewide-crisis-phone-line.html) |
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**Data that may be helpful for White Paper:**

[Substance Abuse Prevention Dollars and Cents: A Cost-Benefit Analysis](https://www.samhsa.gov/sites/default/files/cost-benefits-prevention.pdf)

[Combating the Opioid Crisis: Building Resiliency & Empowering Youth through High Quality, Trauma-Informed Afterschool Programs](https://drive.google.com/drive/folders/1Mqb-xLIdxFGd4Auih3pPNPTo5u3fw3c9)

[Boys and Girls Club of America: Youth Opioid Prevention](https://drive.google.com/drive/folders/1VtH-IYI_oSFT8omCadZCJG3v5sDW1Lpf)

[Data Dashboard from the Tennessee Department of Health](https://www.tn.gov/opioids)

[Key Principles for Prevention Program Delivery](https://www.drugabuse.gov/publications/preventing-drug-abuse-among-children-adolescents-in-brief/prevention-principles)

**Relevant Materials from TAADAS**

Tennessee Association of Alcohol, Drugs, and Other Addiction Services (TAADAS) has a Clearinghouse free literature on addiction treatment and recovery as well as other related issues for **Tennessee Residents Only. Publications may be ordered from TAADAS website.** Many items are available in an **electronic format** so that you can print them directly from this web site. All publications are in the **public domain** and may be reproduced or copied without permission.

#### The Teen Brain: Still Under Construction

Studying the development of the brain, research has revealed that striking changes take place during the teen years. This brochure explains these changes and other keys to the adolescent brain. [Download The Teen Brain: Still Under Construction](https://taadas.s3.amazonaws.com/files/eac4fc5dadf65174ef273392514b9f8d-The%20Teen%20Brain.pdf)

#### Suspect Your Teen is Using Drugs or Drinking? A Brief Guide to Action for Parents (Bilingual)

This booklet in English and Spanish educates parents about today’s substance abuse in teens. Parents learn about signs and symptoms, what they should do and when, and tips on how to talk to their children about drugs and alcohol. [Download Suspect Your Teen is Using Drugs or Drinking? A Brief Guide to Action for Parents (Bilingual)](https://taadas.s3.amazonaws.com/files/d46581131e39d9ac006ff01a3c2f474f-SuspectForParents.pdf)

#### Keeping Your Teens Drug-Free: A Guide for Hispanic Families (Bilingual)

Parents are the most important influence in their children’s lives. This booklet provides ideas and examples of the skills busy parents and caregivers can use to keep their teens away from marijuana and other illicit drugs. [Download Keeping Your Teens Drug-Free: A Guide for Hispanic Families (Bilingual)](https://taadas.s3.amazonaws.com/files/2ef7e259f286a27ca5f16e099421999e-Hispanic_Parent_Guide.pdf)

#### Keeping Your Teens Drug-Free: A Guide for African American Parents and Caregivers

Parents are the most important influence in their children’s lives. This booklet provides ideas and examples of the skills busy parents and caregivers can use to keep their teens away from marijuana and other illicit drugs. [Download Keeping Your Teens Drug-Free: A Guide for African American Parents and Caregivers](https://taadas.s3.amazonaws.com/files/be1f12c6c575bc0659bac8c44812267d-AA_Parenting_Guide.pdf)

#### Where Do Teens Get Prescription Drugs? - Fact Sheet

A fact sheet that explains all of the different ways teenagers can get prescription drugs. [Download Where Do Teens Get Prescription Drugs? - Fact Sheet](https://taadas.s3.amazonaws.com/files/63a97d1e4a22c98bbde3230d858105f1-WhereDoTeensGetPrescriptionDrugs.pdf)

#### Above the Influence: Fashion - Postcard

Raises teens' awareness about the dangers of alcohol and drug abuse [Download Above the Influence: Fashion - Postcard](https://taadas.s3.amazonaws.com/files/49a6c070ab9f7f631042e6fa1c565e8a-ati%20fashion.pdf)

#### Above the Influence: Knowledge is Power - Postcard

Raises teens' awareness about the dangers of alcohol and drug abuse [Download Above the Influence: Knowledge is Power - Postcard](https://taadas.s3.amazonaws.com/files/78183b5accdfd6808d8989aa6d770333-ati%20knowledge%20power.pdf)

#### Above the Influence: I Was Raised to Respect Myself & Others - Postcard

Raises teens' awareness about the dangers of alcohol and drug abuse ers of alcohol and drug abuse [Download Above the Influence: I Was Raised to Respect Myself & Others - Postcard](https://taadas.s3.amazonaws.com/files/00eb675e81b500811607d445e9be8688-ati%20raise%20respect%20me.pdf)

#### Above the Influence: Above The Hype - Postcard

Urges teens to resist the pressure to use illegal drugs and alcohol with the message, "Above the hype" [Download Above the Influence: Above The Hype - Postcard](https://taadas.s3.amazonaws.com/files/084ae962780748c921b04343146cd4ea-ati%20hype.pdf)

#### Above the Influence: Being Myself - Postcard

Part of a substance abuse prevention campaign, encourages teens to rise above peer and societal influences.

#### How Can I Tell If My Child Is Using Drugs? - Bookmark

10 item watch list for parents with tips for parents on the back. [Download How Can I Tell If My Child Is Using Drugs? - Bookmark](https://taadas.s3.amazonaws.com/files/3f5db6248c138ddb38dc15aa996d990c-HowCanITell.pdf)

#### Mind Matters: The Body's Response to Opioids

A visually appealing booklet for students that explains how prescription pain medicines, opioids, change the way the communication centers in the brain work and ultimately cause their effects. Formerly referred to as Mind Over Matters, this booklet is part of a series focused on easy-to-understand scientific facts. For a limited time, both the Mind Over Matters and Mind Matters series will be available to order or access online. [Download nida mindmatters opioids](https://taadas.s3.amazonaws.com/files/14554984865018418-nida-mindmatters-opioids.pdf)

#### Mind Matters: La Respuesta del Cuerpo a los Opioides

Mind Matters es una serie que explora las formas en que distintas drogas afectan tu cuerpo, tu cerebro y tu vida. En esta ocasión, vamos a hablar sobre los opioides. [Download nida mindmatters los opioides](https://taadas.s3.amazonaws.com/files/40501808372852165-nida-mindmatters-los-opioides.pdf)