

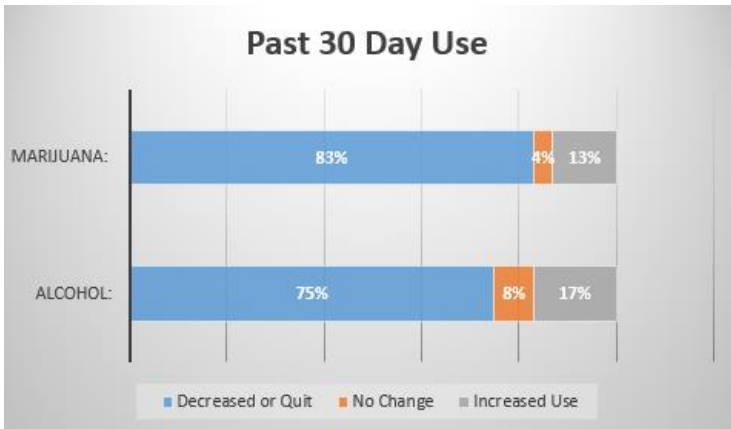
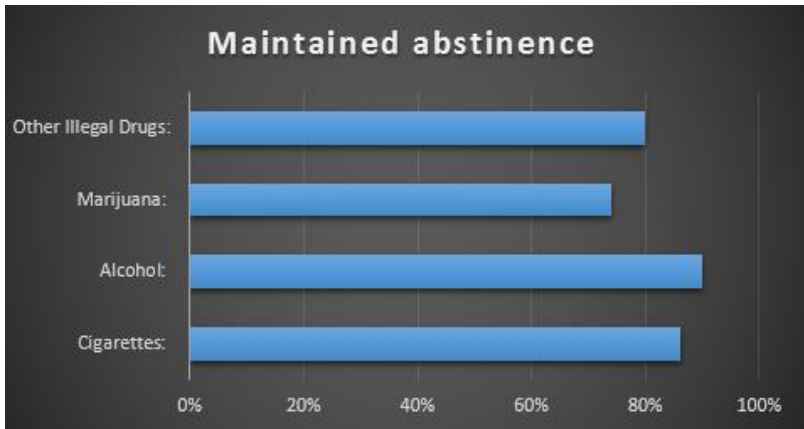


2018-2019 School Health Professionals Grant Summary: **Bear Valley International**

Total Number of Students Reached: 372

Participation by Program				
LifeSkills	Teen Intervene	Learning to Breathe	Coping Cat	Healthy Lifestyles
173 Students	7 students	5 students	5 students	182 students

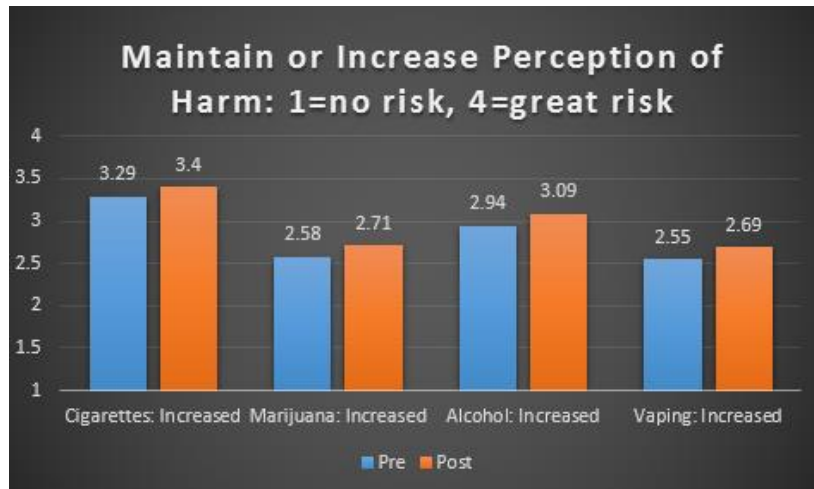
The Substance Use Prevention Program uses the Youth National Outcome Measures (Youth NOMs) tool to assess youth responses on substance use behavior, attitudes and perceptions. Providers collected pre-test data at the beginning of ongoing services and post-test data at the end of services. This includes data from the LifeSkills, Teen Intervene, and Healthy Lifestyles programs.



An average of 84% of students who were not using substances at pre-test remained abstinent. For students who were using substances at pre-test, an average of 79% reduced or quit using by the end of the program.



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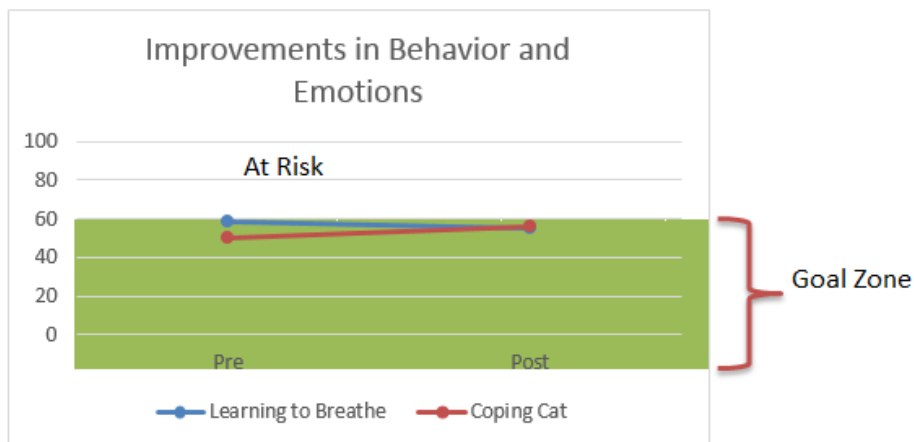


Perception of harm tends to decrease over time as students age. The goal is for students to either increase or maintain their perception of substances as potentially harmful: The perception of harm for all substances increased.

The SUP Program also utilizes Pearson’s BASC 3 Flex-Monitor to measure changes in student behavior and emotional functioning. This outcomes measure is used for programs that focus on coping skills and social emotional learning, which are known protective factors against youth substance use. The goal is to reduce problem behaviors and negative emotions; goal zone is 60 or less.

Learning to Breathe and Coping Cat

A total of 10 students participated in these programs and demonstrated the following outcomes:





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While only the Learning to Breathe program showed clear reductions, it should be noted that students participating in Coping Cat were already in the goal zone when they began this program. In addition, only 1 student who participated in Coping Cat experienced an increase in negative emotions and problem behaviors.

Information Dissemination

Parent Tool Kit Brochures and additional resources were e-mailed to all parents of Bear Valley students.

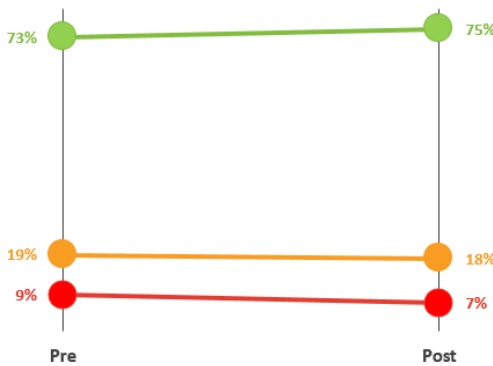
BESS Universal Screener

SHPs were responsible for working with their school administration to implement the BESS Universal screener to assess overall behavioral and emotional risk and overall mental health status of students at Bear Valley. The BESS is utilized to guide the work of the SHP as well as measure school-wide impact of prevention programming.

School Name: Bear Valley Middle School

BESS Social Emotional Screener - Pre/Post % Comparison 2018-2019

Goal is to increase % Normal and decrease % Elevated and Extremely Elevated



BERI - Behavior and Emotional Risk (Overall)

Bear Valley data showed the following positive outcomes: An increase in students who finished the year in the normal range, as well as a decrease in the number of students who were experiencing elevated and extremely elevated levels of risk.