

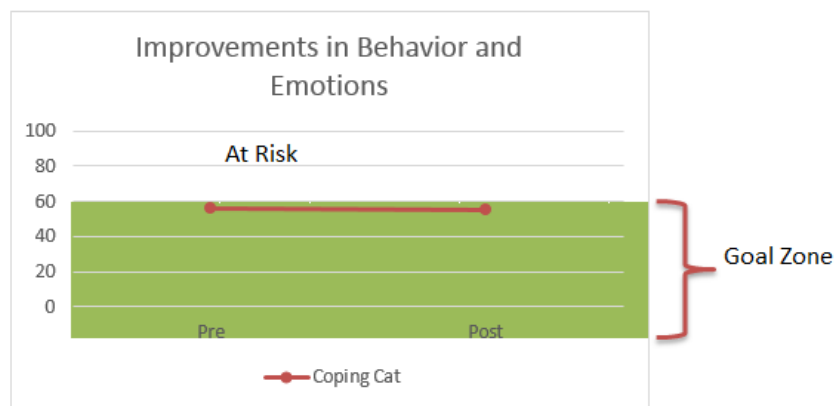
**Total Number of Students Reached: 71**

Participation by Program				
Media Smart Youth	Trauma Informed Systems	Signs of Suicide	Coping Cat	Other Efforts
3 Students	staff	30 students	9 students	29 students

### Coping Cat

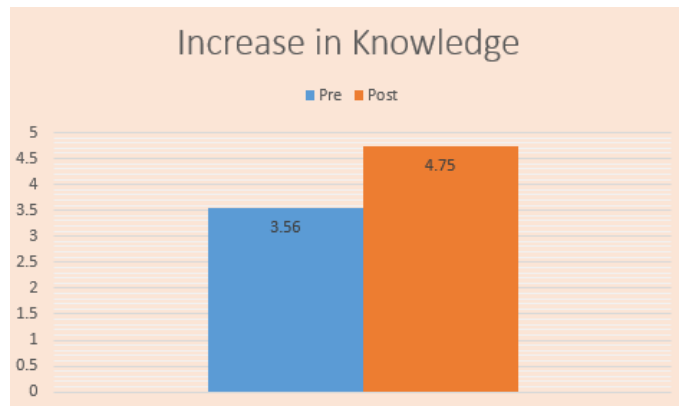
9 students participated in the Coping Cat program, which was renamed Living Through Anxiety. The Substance Use Prevention Program utilizes Pearson’s BASC 3 Flex-Monitor to measure changes in student behavior and emotional functioning. This outcomes measure is used for programs that focus on coping skills 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.

Students demonstrated a small reduction in negative behaviors and emotions (56.3-55). Yet, it should be noted that these students started the Coping Cat program already in the goal zone.



### Signs of Suicide

The School Health Professional taught the Signs of Suicide program to 30 students. The goal is to increase knowledge between pre and post-test.



Students who took the program experienced a 23% increase in knowledge.

## Media Smart Youth

Media Smart Youth is a 15 session prevention program that explores the connection between media and drug use; fostering media literacy as an essential 21<sup>st</sup> century skill for health, academic and career success. The School Health Professional worked with the Language Arts teacher to adapt the program to meet Common Core Standards, which enabled students to gain course credit. This program was taught to 3 students.

## Trauma Informed Systems of Care

Denver Online continued with trauma informed training for staff and parents.

## Other Efforts

- Students received a presentation on stress management on October
- The SHPs provided a parent talk on supporting youth with anxiety

## Info Dissemination

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