



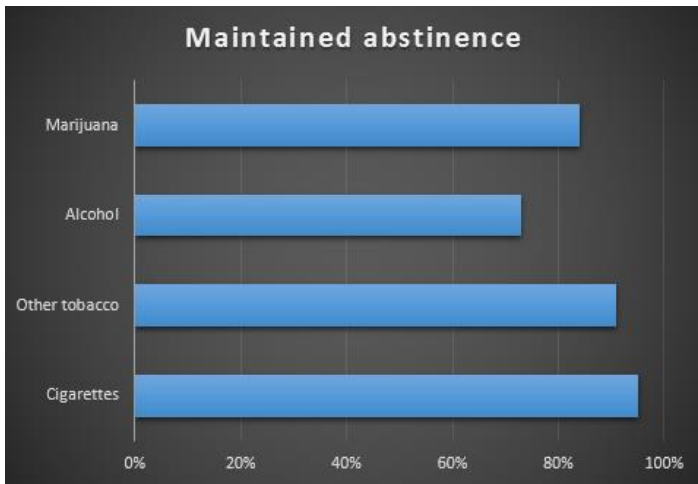
Total Number of Students Reached: 581

Participation by Program				
Sources of Strength impacted, 37 peer leaders	LifeSkills Training Program	Teen Intervene	Learning to Breathe	Signs of Suicide
581 students	205 students	6 students	5 students	168 students

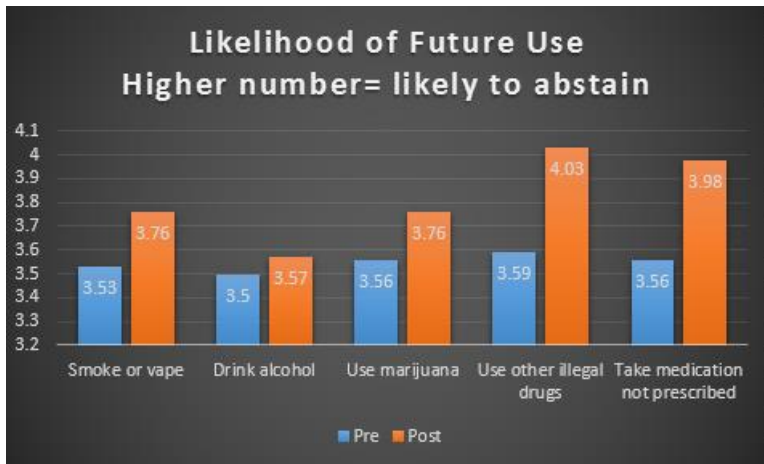
The Substance Use Prevention Program uses the Youth National Outcome Measures (Youth NOMs) tool to assess youth responses on substance use behavior, attitudes and perceptions. Providers collected pre-test data at the beginning of ongoing services and post-test data at the end of services. This includes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

Lifeskills Training Program and Teen Intervene

211 students received these programs and demonstrated the following outcomes:



An average of 88% of students who were not using substances at pre-test remained abstinent. Not enough students were using substances at pre-test to provide analysis for past 30 day use.



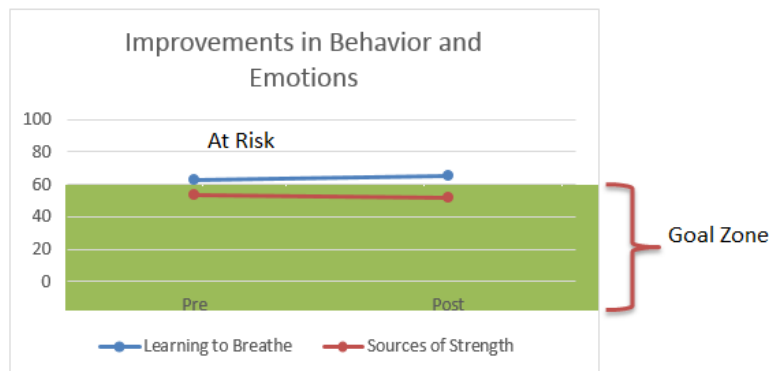
Compared to pre-test, students were more likely to say no to all substances at post-test.

Perception of harm tends to decrease as students age over time. The goal is for students to either maintain or increase their perception of substances as potentially harmful. Outcome: Students increased their perception of harm for all substances, except cigarettes, which stayed the same.

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.

Sources of Strength and Learning to Breathe

A total of 42 students participated in these programs and demonstrated the following outcomes



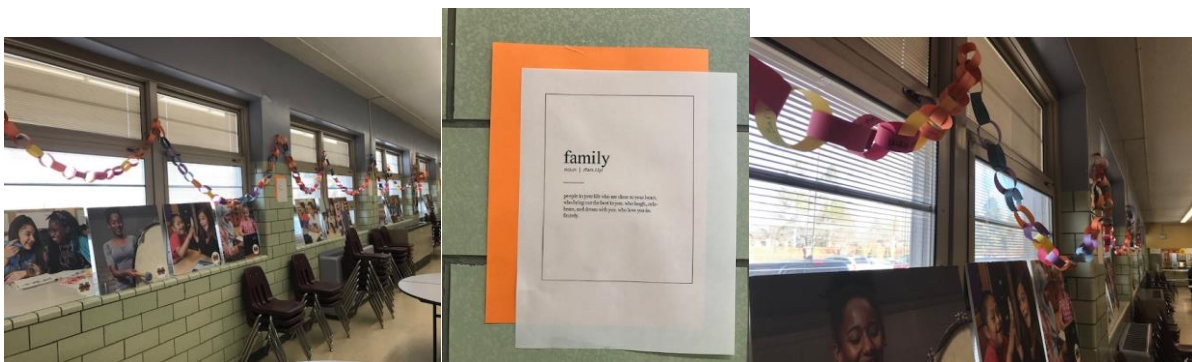


2018-2019 School Health Professionals Grant Summary: **Merrill Middle School**

Sources of Strength showed reductions in negative emotions and behaviors, while Learning to Breathe did not.

Here are some of the messaging campaigns completed by the Sources of Strength team of adults and peer leaders:

- The Sources of Strength peer leaders went into advisement classes to present to students about trusted adults. They asked students to name a trusted adult and complete an index card with that adult's name; this was used to create a wall display for all students to see. Over 400 students participated in this event!
- The Sources of Strength team teamed up with StuCo to create a gratefulness challenge for students. Peer leaders created sticky notes that had a thankfulness challenge and related activities on them that promoted healthy family support, positive friends, healthy activities, generosity and mental health; these were handed out to all students.
- Sources of Strength helped spread the word on the importance of Family Support (biological or chosen family) by having students write down a family member's name and explain how they help them in a time of need. The Sources team created a family support chain that is hanging in the cafeteria.



- Sources of Strength Peer Leaders passed out over 400 granola bars and said encouraging words to students as they entered the building on March 19th to take their CMAS. This campaign promoted student engagement and confidence! It was a huge success!

Info Dissemination

Parent Tool Kit Brochures and additional resources were e-mailed to all parents of Merrill Middle school students.