

### Total Number of Students Reached: 273

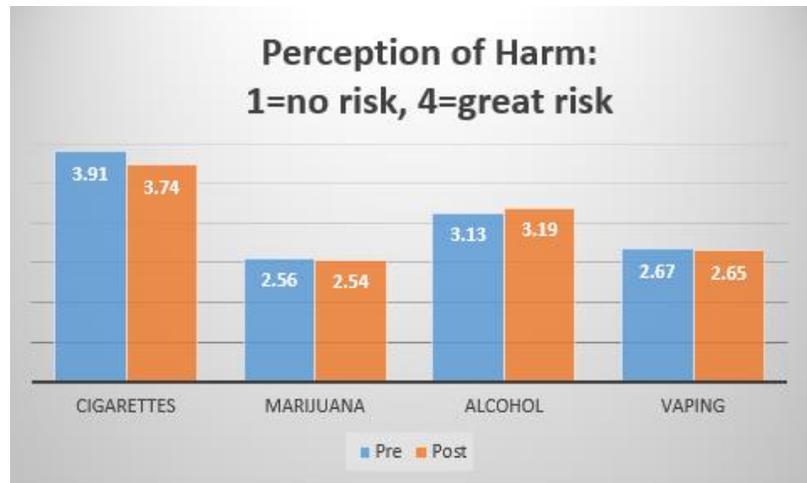
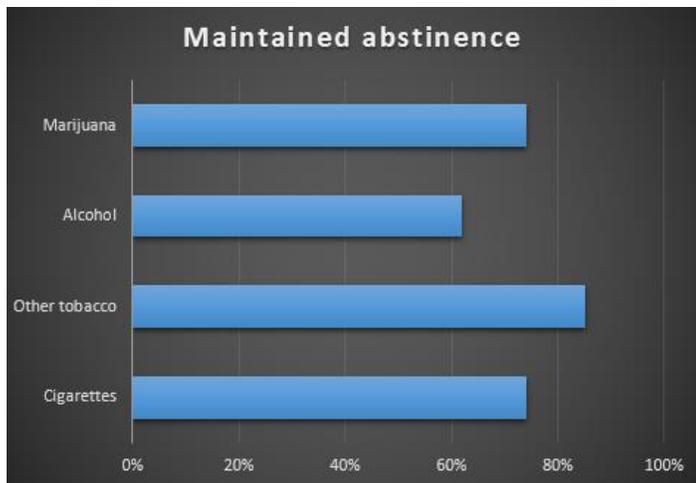
### Participation by Program

Lifeskills Training Program	Signs of Suicide	Learning to Breathe	Teen Intervene	Gay/Straight Alliance	Coping Cat	Healthy Lifestyles
30 students	154 students	26students	7 students	35 students	9 students	12 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, Healthy Lifestyles and Teen Intervene

### Lifeskills Training, Healthy Lifestyles and Teen Intervene

49 students received these programs and demonstrated the following combined outcomes.



An average of 78% of students who were not using substances at pre-test remained abstinent. Not enough students were using substances at pre-test to measure any changes in past 30 day use.

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 alcohol, stayed the same for marijuana and vaping, and decreased for cigarettes.

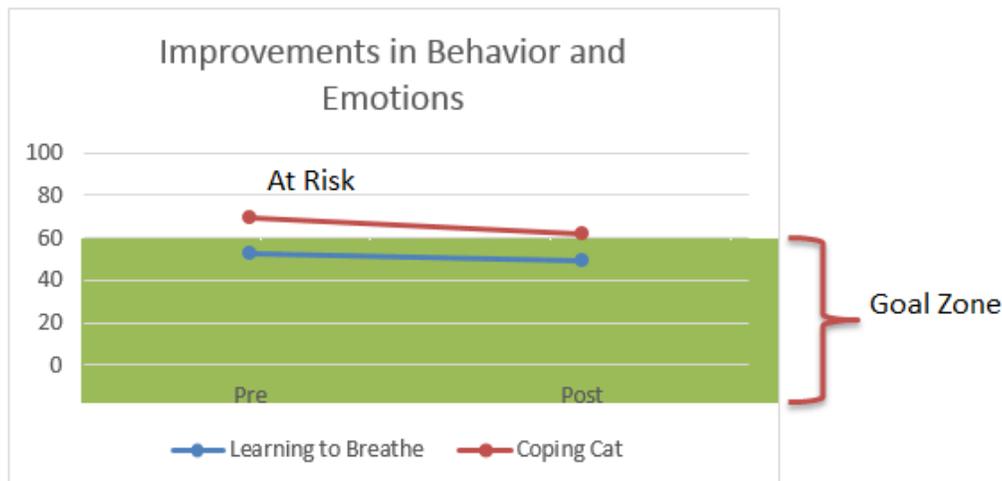
78% of students agreed that they learned new information about the impact of drugs and alcohol on the brain and body, and 88% of students said they would use this information to make decisions in the future about drug or alcohol use.



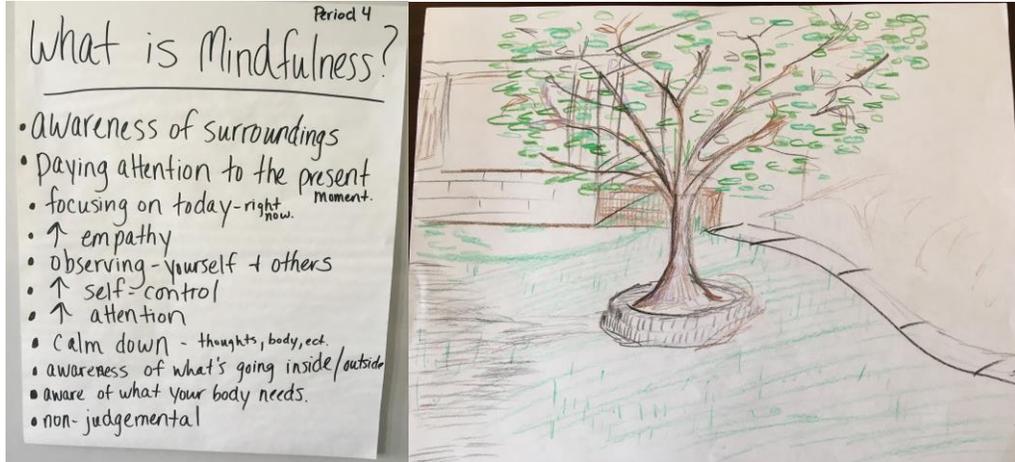
The SUP Program also utilizes Pearson’s BASC 3 Flex-Monitor to measure changes in student behavior and emotional functioning. This outcomes measure is used for programs that focus on coping skills and social emotional learning, which are known protective factors against youth substance use. The goal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

### Learning to Breathe and Coping Cat

A total of 35 students participated in these programs and demonstrated the following outcomes



Both programs showed reductions in negative emotions and behaviors, with Coping Cat having a slightly bigger impact.



### GSA Student Summit

On May 17th, 2019 our School Health Professionals hosted the 1st annual GSA Spring Summit at South High School. Five schools from DPS participated including South, JFK, Summit, Abraham Lincoln, & Thomas Jefferson. 40 middle & high school students attended and participated in various activities throughout the day including icebreakers, panel of speakers, & queer prom.



## BESS Universal Screener

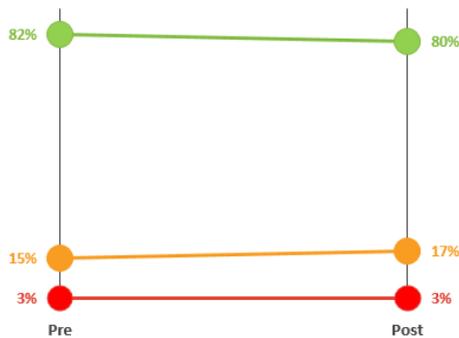
SHPs were responsible for working with their school administration to implement the BESS Universal screener to assess overall behavioral and emotional risk and overall mental health status of students at South. The BESS is utilized to guide the work of the SHP as well as measure school-wide impact of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

### School Name: South High School

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

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

#### BERI



#### BERI - Behavior and Emotional Risk (Overall)

South data showed a decrease in the number of students who finished the year in the normal range. While the overall results were not ideal, there was some positive growth in the internalizing and personal adjustment domains. In addition, the post test data from 2018-2019 can be an excellent tool to determine areas of need for the 2019-2020 school year.

## Info Dissemination

[Parent Tool Kit Brochures](#) and additional resources were e-mailed to all parents of South students.