

Prevention Programming Available for Schools in Defiance County

Updated March 2023



POWER Defiance County

Promoting Overall Wellness and Empowering Residents

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CONTACT INFORMATION

MAUMEE VALLEY GUIDANCE CENTER

- BJ Horner, bhorner@mvgcoho.org, 419-785-3815

RECOVERY SERVICES OF NORTHWEST OHIO

- Kathy Minck, kathym@rsnwo.org,
419-782-9920 ext. 1222
- RSNWO Prevention Department, 419-782-9920

DEFIANCE COUNTY PUBLIC HEALTH

- Brian Heil, bheil@defiancecohealth.org,
419-784-3818 ext. 1304
- Katie Marbaugh, kmarbaugh@defiancecohealth.org,
419-784-3818 ext. 1308
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- Taylor Jessing, tjessing@defiancecohealth.org,
419-784-3818 ext. 1301

MENTAL HEALTH PROGRAMMING

Signs of Suicide Program (SOS), Maumee Valley Guidance Center

- **Program Description:** The SOS Signs of Suicide Prevention Program (SOS) is a universal, school-based depression awareness and suicide prevention program offered to all middle and high schools in the four county area.
- **Audience/Grades Served:** 6th-12th grade
- **Time Commitment:** 2 sessions the length of a normal class period given on 2 consecutive days
- **Program Cost:** Free
- **Program Contact:** BJ Horner, bhorner@mvgcoho.org, 419-785-3815
- **Schools that current host the program:**
 - Ayersville: 7th & 9th Grade Health Classes
 - Defiance: 9th Grade Health Classes
 - Fairview: 7th & 9th Grade Health Classes
 - Hicksville: 7th, 9th, & 10th Grade Health Classes
 - Tinora: 7th & 9th Grade Health Classes

Incredible Years (Dino School), Maumee Valley Guidance Center

- **Program Description:** The Incredible Years® child training programs use dinosaur-themed materials and life-size puppets to engage children and strengthen social, emotional, and academic skills. The program is offered to all Pre-K through 1st grade classes in the four county area.
- **Audience/Grades Served:** Pre-K - 1st Grade
- **Time Commitment:** 30 minutes/session, 1 session/week for 10 weeks
- **Program Cost:** Free
- **Program Contact:** BJ Horner, bhorner@mvgcoho.org, 419-785-3815
- **Schools that currently host the program:**
 - Ayersville: Kindergarten & 1st Grade
 - Defiance: Pre-K
 - Fairview: Kindergarten
 - Hicksville: Kindergarten & 1st Grade
 - Tinora: Kindergarten & 2nd Grade

MENTAL HEALTH PROGRAMMING

Youth Mental Health First Aid, Maumee Valley Guidance Center

- **Program Description:** Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, and other caring adults how to help an adolescent (age 12-18) who is experiencing a mental health challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Participants receive a 3 year certification.
- **Audience/Grades Served:** Teachers, administration, and other school staff
- **Time Commitment:** One 8-hour day or two 4-hour days
- **Program Cost:** Typically free, may be a small fee to cover workbooks
- **Program Contact:** BJ Horner, bhorner@mvgcoho.org, 419-785-3815

Teen Mental Health First Aid, Maumee Valley Guidance Center

- **Program Description:** Teen Mental Health First Aid (tMHFA) teaches teens in grades 10-12, or ages 15-18, how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers. This course can be offered to schools with at least 10% of their school staff trained in Youth Mental Health First Aid. This is also taught in classrooms (cannot be assembly style). Participants receive a 3 year certification.
- **Audience/Grades Served:** 10th-12th grades
- **Time Commitment:** Six 50-minute sessions or three 1-hour and 40-minute sessions
- **Program Cost:** Free
- **Program Contact:** BJ Horner, bhorner@mvgcoho.org, 419-785-3815
- **Schools that currently host the program:**
 - Ayersville with S.A.D.D. Students

SUBSTANCE USE PREVENTION PROGRAMMING

CATCH My Breath, Defiance County Public Health/Maumee Valley Guidance Center

- **Program Description:** CATCH My Breath is an evidence based nicotine vaping prevention program. Students will learn the dangers of e-cigarettes through group activities, practice refusal skills, and explore how e-cigarette companies advertise to students their age. There is a separate, developmentally appropriate curriculum for 5th and 6th grade and a curriculum for 7th/8th graders. This program can be delivered in almost any class period (health, science, gym, English). This program is being offered in partnership with the Defiance County Public Health and Maumee Valley Guidance Center.
- **Audience/Grades Served:** 5th-8th Grade
- **Time Commitment:** 40-minute lessons, 1 lesson/week over 4 weeks or 2 lessons/week over 2 weeks
- **Program Cost:** Free
- **Program Contact:** Taylor Jessing, tjessing@defiancecohealth.org, 419-784-3818 ext. 1301
- **Schools that currently host the program:** None

Hidden In Plain Sight, Defiance County Public Health

- **Program Description:** Hidden in Plain sight is a mock teen bedroom set up that shows adults such as parents, teachers, and other school staff, signs of youth substance use. The display can be an entire mock bedroom that requires a large set up space such as a gymnasium or a table display. The set up can be done at community events, teacher in-services, parent teacher conferences, and more. Only adults 18+ are allowed in the display.
- **Audience/Grades Served:** Parents, teachers, school staff
- **Time Commitment:** Variable based on need
- **Program Cost:** Free
- **Program Contact:** Taylor Jessing, tjessing@defiancecohealth.org, 419-784-3818 ext. 1301

SUBSTANCE USE PREVENTION PROGRAMMING

Too Good For Drugs (TGFD), Recovery Services of NWO

- **Program Description:** TGFD is an evidence-based prevention program designed to reduce risk factors and enhance protective factors related to alcohol, tobacco, and other drug (ATOD) use among students. “Too Good for Drugs” focuses on developing personal and interpersonal skills to resist peer pressures, goal setting, decision making, bonding with others, having respect for self and others, managing emotions, effective communication, and social interactions. The program also provides information about the negative consequences of drug use and the benefits of a nonviolent, drug-free lifestyle. “Too Good for Drugs” has a separate, developmentally-appropriate curriculum for each grade level. Each ten-lesson curriculum builds on earlier grade levels, an instructional design which enables students to learn important skills sequentially and retain them year after year.
- **Audience/Grades Served:** Kindergarten-12th grade
- **Time Commitment:** Each grade level curriculum is 10 lessons. The length of each lesson depends on the grade level.
 - K-2nd lessons are 20-30 minutes
 - 3rd-5th lessons are 40-45 minutes
 - 6th-12th lessons are the length of regular class periods, 50-60 minutes
- **Program Cost:** Free
- **Program Contact:** Kathy Minck, kathym@rsnwo.org, 419-782-9920 ext. 1222 or 419-782-9920 and ask for Prevention Department
- **Schools that currently host the program:**
 - Defiance: 1st, 3rd, 4th, & 5th grades
 - Hicksville: 9th grade
 - Tinora: 5th, 6th, & 7th grade

SUBSTANCE USE PREVENTION PROGRAMMING

Botvin Life Skills, Maumee Valley Guidance Center

- **Program Description:** Botvin Life Skills is an evidence-based, comprehensive substance abuse and violence prevention program. There is a separate developmentally appropriate curriculum for upper elementary schools, middle schools, and high schools. All curriculums focus on social emotional learning, social skills, personal self management skills, and substance abuse prevention skills. This program has been designed to meet National Health Education Standards and Social Emotional Learning Competencies.
- **Audience/Grades Served:** 3rd-10th grade
- **Time Commitment:** The number of sessions and length of each lesson depends on the grade level.
 - 3rd-5th: 8 lessons, 45 minutes per session
 - 6th-8th: 15 lessons, 45 minutes per session
 - 9th-10th: 10 lessons, 45 minutes per session
- **Program Cost:** Free
- **Program Contact:** BJ Horner, bhorner@mvgcoho.org, 419-785-3815
- **Schools that currently host the program:** None

NUTRITION/PHYSICAL ACTIVITY PROGRAMMING

3rd Grade MyPlate Program, Defiance County Public Health

- **Program Description:** The 3rd Grade MyPlate Program is a nutrition and physical activity program designed to encourage students to form healthy habits. The sessions focus on the five food groups, sugary drinks, portion size, and physical activity. Students that participate in the program receive their own plastic MyPlate and a \$10 voucher for purchasing produce at Chief Supermarket.
- **Audience/Grades Served:** 3rd Grade
- **Program Cost:** Free
- **Time Commitment:** 30-minutes/week for 4 weeks
- **Program Contact:** Kaylee Williams, kwilliams@defiancecohealth.org, 419-784-3818 ext. 1306
- **Schools that currently host the program:**
 - Ayersville
 - Defiance
 - Fairview
 - Good Samaritan
 - Hicksville
 - Tinora
 - St. Johns
 - Holy Cross

TEEN DRIVING PROGRAMMING

ThinkFast Interactive, Defiance County Safe Communities

- **Program Description:** ThinkFast Interactive is an evidence based "game show" style prevention program that focuses on topics chosen by the schools. Topics include teen driving, substance use, mental health, and more. The program uses interactive learning, memory hooks, and pop culture to increase retention.
- **Audience/Grades Served:** 9-12th grades
- **Program Cost:** Free (as grant funding allows)
- **Time Commitment:** 1 hour
- **Program Contact:** Katie Marbaugh, kmarbaugh@defiancecohealth.org, 419-784-3818 ext. 1308
- **Schools that currently host the program:**
 - Ayersville
 - Hicksville
 - Defiance
 - Tinora
 - Fairview

Shifting Gears, Defiance County Public Health

- **Program Description:** Shifting Gears is a peer to peer designed evidence based program to prevent impaired driving. The program uses data and is ideally implemented with peer presenters to inform on the dangers of driving under the influence of marijuana. The trainer can prepare peer presenters to implement the program if time allows, or the trainer can implement the program themselves. The program is best implemented over 2 class periods, but can be done in 1 class period.
- **Audience/Grades Served:** 9th-12th Grade
- **Time Commitment:** 40 or 80-minute lesson
- **Program Cost:** Free
- **Program Contact:** Taylor Jessing, tjessing@defiancecohealth.org, 419-784-3818 ext. 1301
- **Schools that currently host the program:** None

REFERRAL BASED SUBSTANCE USE PROGRAMMING

Adolescents Education Classes, Recovery Services of NWO

- **Program Description:** Adolescents who have gotten into trouble because of an alcohol, tobacco, or other drugs can be referred to this program that uses different curriculum depending on the needs of the student. Curriculums that may be used include Too Good for Drugs, Indepth, WhyTry, and Natural High. Adolescents may be referred for an assessment with a counselor at Recovery Services if more than education may be beneficial.
- **Audience/Grades Served:** Typically middle school and high school students, but can be adapted for younger students.
- **Time Commitment:** 2-hours/week for 4 weeks, 8-hours total
- **Program Cost:** Free
- **Program Contact:** Kathy Minck, kathym@rsnwo.org, 419-782-9920 ext. 1222 or 419-782-9920 and ask for Prevention Department
- **Who can refer:**
 - Schools
 - Courts/probation
 - Clinicians
 - Counselors
 - Workplaces

Prime for Life, Recovery Services of NWO

- **Program Description:** Prime for Life is an evidence based program that is adaptable to many different audiences. There is a curriculum for adolescents and a separate curriculum for adults. The program takes on an approach that works toward creating an environment of safety for individuals to explore how their choices are impacting their lives. Drinking or drug use behaviors are changed through changing beliefs, attitudes, risk perceptions, motivations, and knowledge of how to reduce alcohol or drug related problems in their life.
- **Audience/Grades Served:** 18 years and older
- **Time Commitment:** 8 hour class (8:30am-4:30pm) one time per month
- **Program Cost:** \$100 that must be paid in full before scheduled class
- **Program Contact:** Kathy Minck, kathym@rsnwo.org, 419-782-9920 ext. 1222 or 419-782-9920 and ask for Prevention Department
- **Who can refer:**
 - Schools
 - Courts/probation
 - Clinicians
 - Counselors
 - Workplaces

REFERRAL BASED TEEN DRIVING PROGRAMMING

Drive To Succeed, Defiance County Safe Communities

- **Program Description:** Scholarship funds are available for low-income students in Defiance County to complete teen driver education. Income eligible students must: complete the application on the health department's website, provide an affidavit signed by a parent or guardian to confirm they have not already completed teen driver training, proof of school attendance, and have two letters of recommendation from a teacher, coach, school administrator, or another non-parent/family adult. Income eligibility will be determined by Medicaid income eligibility (students do not need to be enrolled in Medicaid, just eligible). Those awarded the scholarship will have \$450 of the \$500 driver's education fee paid for Defiance Driver's Education driving school.
- **Audience/Grades Served:** Ages 15.5-17.5
- **Time Commitment:** 24-hours of classroom instruction and 8-hours of in the car instruction
- **Program Cost:** \$50 per student
- **Program Contact:** Katie Marbaugh, kmarbaugh@defiancecohealth.org, 419-784-3818 ext. 1308
- **Who can refer:**
 - Teachers
 - Coaches
 - School Administration
 - Non-parent/family adult