

# Resources and Ideas from SCA Prevention Networking Session

## 11/19/20

Outlined below are the activities, tools, ideas and resources shared.

### Education/Presentations/Information Dissemination

- Cognitive Behavioral Intervention for Trauma in Schools (CBITS) – Cambria SCA will be implementing CBITS with schools (one will implement virtually). Through needs assessment identified depressive symptoms increasing and that unaddressed trauma was also important factor contributing to SUD. Goal is that by addressing depression and trauma can help prevent SUD. Students identified through SAP as having unaddressed trauma can be referred to the program.
- Working on a stigma reduction campaign. Have developed a toolkit for media and communication professionals on proper language to use to reduce stigma. <https://www.sosberks.com/addiction>
- Working to inform community about available resources. Will be distributing an online publication. Will send magnet and postcard to 50,000 homes on how access resources. Also will have billboard campaign. Expect to reach 30% of households in Berks County.
- Developed vaping toolkit - <https://delcopatobaccofree.org/>.
- ADAC @ Home for Philadelphian families - virtual programming that includes Wellness Wednesdays (SEL & Positive Action), Feel Good Fridays, and various evidence-based prevention education series. You can learn more at: <https://www.linktr.ee/adacphilly>.
- Too Good for Drugs (options for adapting for virtual, especially with shorter class time – e.g. 20 min)
  - Recording lessons per guidance from Mendez. Guidance received from Mendez was just do best you can.
  - Offering virtually since summer, but more recently not getting as many youth as in summer. Have started pre-recording lessons. Video is 15 minutes. Shows game, then suggests they pause video and do the game with a friend/sibling/parent. When sends videos to parents also sends homework and picture of workbook sheet with the game. Now sending an interest survey to ask if recorded video helped.
  - Montgomery SCA partnered with Devereaux Center for Effective Schools and have translated lessons into a virtual format. Lessons have been very engaging (teachers also very engaged). Getting positive feedback (one parent shared it was best part of their child’s school day). In some schools there are time constraints, so have had to adapt to shorten. Workbooks have been sent to schools who then give to parents when they pick up other materials.

### Training/Community Events/Other Events or Activities

- Partnering with SADD chapters. Doing events virtually. Engaging youth virtually has posed challenges, but working to connect to resources like CADCA scholarships.
- Holding town hall meeting for Great American Smoke Out at 12:00 today, The Process & Methods of Quitting Tobacco. <https://www.shalominc.org>
- Involved in creation of parent advisory board to empower parents to advocate about issues facing with virtual learning, education, etc. Provided training for parents on how to tell their story. Anyone who has parents interested in joining the Philadelphia Parent Coalition or any professionals interested in collaborating to help empower parents to advocate can contact Christina - [tanonc@congreso.net](mailto:tanonc@congreso.net).

- Hosting Prevention Summit on 12/1. It is a virtual event with target audience of school administrators, township officials and other decision makers who can help get services where they need to be delivered. Sent out the information for summit at the beginning of the week and already have 50 people registered.
- Holding alternative activities for youth and community. Has helped community see SCA in new light and break down stigma of reaching out to SCA (see SCA as more helpful and community minded).

### **Community Naloxone Events**

- Held drive through event. Ran out of naloxone quickly (surprised by how many people came).
- Have held events/trainings both in-person and virtually. Have been targeting community groups (e.g. churches, Lions Club) or agencies in health/human services field. Training addresses SUD 101, reducing stigma, understanding addiction as a disease, and how to administer naloxone.
- Holding virtual trainings. Promote the mail to home statewide program. Also have provider who disseminates naloxone through a recovery community center.
- Provide training at residential treatment center then have them take prescription to pharmacy to obtain naloxone.
- End Overdose Together is providing free training - <http://endoverdosetogether.org/>.
- If SCAs have issues getting naloxone from their CCE, please contact DDAP.

### **Working with School Online Platforms**

- Have needed assistance to work with each school's different platforms. Have accessed school district tech people for help.
- Have asked teachers to create the classroom link and then provide support by sharing the screen. Found that working directly with the teachers has been very beneficial.

### **CPA Updates**

- Cocktails to go bill would remove canned cocktails from state stores and make available to 13,000 different licensees (have alcohol content of up to 12.5%). Thank you to those who reached out to their legislators. It doesn't look like bill will pass or move out of senate for this session.
- Short marijuana prevention videos – One video recorded on youth use (why does big marijuana say youth use is decreasing in legalized states when it is increasing). Other video to be recorded by Sue Thau at CADCA comparing THC content today compared to past. Hope to roll both videos out at the beginning of January to help in advocacy/education efforts.