

Previous NPN Exemplary Award Winners: 2003-2012

August 2012

- **Individual Prevention Services (IPS), Riverside County, California** – The IPS program was established in 2007 to meet the needs of individuals who are beginning to experience the negative consequences of alcohol and other drug use, but whose use has not yet reached a level of severity to qualify for a diagnosis. Individuals (12 years of age and older) that present for substance use services for the first time at one of Riverside County’s seven substance abuse clinics complete a modified Brief Risk Reduction Interview and Intervention Model (BRRIM) screening tool. Depending on the results of their screen, the participant will either work with a prevention specialist to draft an individualized action plan or receive a referral for a diagnostic assessment. Evaluation results demonstrate the project’s success in increasing participant’s readiness to reduce or quit using harmful substances such as tobacco, alcohol, and marijuana, as well as a readiness to change harmful behaviors related to substance abuse.
- **Parents Empowered, Utah** – Parents Empowered is a Statewide, State-sponsored educational and community mobilization campaign launched in September 2006 to prevent underage drinking. The campaign uses electronic media and other means of mass communication to provide parents with the knowledge and skills to actively keep their children alcohol-free. Parents Empowered encourages parents to be involved in their children’s lives and to set clear rules about not tolerating underage drinking. Parents Empowered is a collaborative effort between State agencies, private companies, and local community coalitions, and is funded through the State’s liquor revenue proceeds. Evaluation results show that Parents Empowered achieved measurable decreases in youth binge drinking rates, 30-day use rates, and lifetime use rates among 12th graders. Adults also reported changes in beliefs and behaviors of the harmful effects of underage drinking.

August 2011

- **21 Reasons, a program offered by Medical Care Development of Portland, Maine.** Building on its successes in 2010, 21 Reasons aims to reduce students’ alcohol and marijuana use by 5 percentage points by 2015. In order to support drug-free development for young people, the program focuses on key areas that influence youths’ environment: parents, law enforcement, access, and community norms.

- **“Be A Jerk”, a program offered by City and County of Honolulu, Department of Community Services of Honolulu, Hawaii.** “Be a Jerk” is a grassroots campaign that focuses on community organizing efforts to change the environment that contributes to alcohol use by youth ages 12 to 17. This combined effort of government, private businesses, nonprofits, and community organizations encourages adults to “Be A Jerk” and not buy, serve, or otherwise provide alcohol for minors.
- **The Valley Hi Community Mobilization Project, a program offered by People Reaching Out in Sacramento, California.** VHCMP’s mission is to provide skills and opportunities for personal growth by empowering youth and adults to be agents of change in their communities. Evaluation results from previous years demonstrate the project’s success in providing youth with caring adult relationships and encouraging youth to see young people as potentially impactful project leaders.

August 2010:

- **Countering Pro-Marijuana Influences a program offered by the North Coastal Prevention Coalition/Vista Community Clinic of Vista, California -** “Countering Pro-Marijuana Influences,” developed by the North Coastal Prevention Coalition – is a community- based prevention effort to address marijuana within the cities of Carlsbad, Oceanside, and Vista in San Diego County. Their campaigns have resulted in changing policies to restrict the sale of drug paraphernalia, restricting marijuana dispensaries, reducing pro-drug merchandise at street fairs and outdoor events, and reducing pro-drug merchandise from national retailers doing business in the community. These campaigns were developed in partnership with San Diego County’s HARM Initiative (Health Advocates Rejecting Marijuana).
- **Connect-Immunity Project a program offered by COPES, Inc., of Louisville, Kentucky -** The Connect-Immunity Project is a 5-year project to determine the effectiveness of our new approach to substance abuse, HIV and Hepatitis prevention with the reentry population and their families. During the first year of the grant, COPES staff developed a community needs assessment, investigated approaches listed on both the National Registry of Evidence-based Programs and Practices (NREPP) and the Diffusion of Effective Behavioral Interventions (DEBI) project list of model programs, and researched state and local epidemiological data for both substance abuse and HIV infection in order to develop a realistic and practical strategic plan to implement the project. We also formed a Project Advisory Group of formal partners including the Kentucky Department of Corrections, The Volunteers of America of Kentucky, The University of Louisville WINGS Clinic, Dismas Charities and the Louisville Metro Department of Health and Wellness.
- **Inhalant Abuse Prevention Initiative is a program offered by SAFE (Substance Abuse Free Environment), Inc., of Chesterfield, Virginia. -** Did you know that the refrigerant in your air conditioning unit is dangerous? Adolescents who huff it

can die suddenly or damage their brains. And it's easy for them to access through the service valve. Loss of refrigerant, even small amounts, can affect the efficiency of your unit and is expensive to replace. Help protect your investment and the safety of our youths. Have your HVAC technician install locking caps on the service valves of your air conditioning unit.

SAFE invited HVAC companies to partner in this initiative, installing locking caps free through the month of April. Several of these companies have agreed to extend this special through May. Dominion Service Company (804-745-0007) will make a free service call to install the locking caps (no parts, labor or service call charge). Hale's Heating and Air Conditioning (804-751-0226), Lin Jarrett Heating and Air Conditioning Co. (804-861-0516), and Woodfin (804-730-5000) will install the locking caps free (no parts or labor charge) during a maintenance or service call. Midlothian Mechanical (804-379-6222) is extending this special through the summer.

- **Medicine Education Program is offered by Behavioral Health Services, Inc., of Gardena, California.** - The Medicine Education Program is accredited by CARF (The Rehabilitation Accreditation Commission). Classes and Training (TAKE CHARGE OF YOUR HEALTH) include a series of four 1-1/2 hour classes offered at senior centers, retirement housing facilities, churches, nutrition sites and other locations where older adults gather. The series is designed to impart information and skills to reduce the risk of alcohol and medication-related problems in adults 55+ throughout the South Bay and Westside areas of Los Angeles County. The four sessions include:
 - Medicines: Friend or Foe: The dangers of medicine misuse
 - Using Medicines Wisely: Critical drug information and reading labels
 - Take Charge of Your Medicines: Preventing common errors
 - Talking To Your Doctor: Making the most of limited time

September 2009:

- **Intent and Motivation: Alcohol Group Exercise (IMAGE)** – This program, from the University of Houston, bridges the gap between prevention practice and research by connecting behavior theory (research) with appropriate prevention approaches (practice). The IMAGE program increases the motivation to change behavior, specifically focusing on decreasing the frequency and quantity of alcohol use and alcohol-related negative consequences, while increasing the use of self-protective behaviors. Three-year trend data have shown a reduction in selected negative consequences and an increase in abstinence rates, especially among underage students.
- **Families Acting Collaboratively to Educate and Involve Teens (FACE IT)** – This program – developed by the School District of Palm Beach County – is a substance abuse prevention and early intervention program for youth aged 12-18 and their parents or caregivers. Youth are referred to the program as an alternative to

suspension, or by local law enforcement agencies as a sanction for an arrest related to a youth's alcohol or other drug incident in the community.

- **Summer Quest** – The intervention consists of a 12-week intensive prevention program for children whose mothers are engaged in long-term addiction treatment. The intervention takes place during the summer months to participants who range in age from 6-14. The children and their families come from economically disadvantaged areas of Columbus. The ATOD prevention groups were positively correlated with positive behaviors.
- **Meridian Mayor's Anti-Drug Coalition** – This new coalition has embraced the Strategic Prevention Framework by uniting civic leaders, business owners, educators, law enforcement, treatment providers, churches, and residents with consistent messages and policies regarding ATOD use.
- **Wellness Initiative for Senior Education (WISE)** – This intervention focuses specifically on the overuse and misuse of alcohol and prescription medications by older adults. Lessons within the curriculum include nutrition and exercise, medication use, stress management, depression, and substance abuse. Participants were surveyed upon entry, at completion, and 30 days post-completion and demonstrated statistically significant improvements in knowledge, changes in health behavior, and increases in social supports as compared to a control group.
- **Georgia Underage Drinking Prevention Initiative** – This initiative decreases the onset and decreases the prevalence of underage drinking and its related problems. The intervention utilizes environmental approaches to empower and create change in adults and youth by using a framework consisting of (1) statewide, (2) regional, and (3) targeted community levels – each with its own target population and set of goals, objectives and activities. (Working in 10 identified high-risk communities, one of which is “Asian/Pacific Islander” – strong outreach).

August 2008:

- **How to Cope** – How to Cope offers education, support, awareness, and other assistance to individuals who are affected by another person's abuse of alcohol or drugs. The participants are typically 18 years old or older and program goals include developing an awareness of alcoholism and drug addiction as a family disease and for families to regain balance in their lives. The program focuses on empowering adults impacted by another's addiction, helping these adults understand the impact on a family unit, and promoting health decisions through education, skills building and a support system.
- **Missouri Partners in Prevention** – is a statewide coalition of twelve public universities serving over 130,000 college students in MO. Building a collaborative

and supportive approach, coalition members are dedicated to creating a positive, safe, and healthy learning environment by using a comprehensive approach to implement best practices concerning college drinking. College campuses have experienced a 15% reduction in binge drinking rates since 2001, helping us reach our vision to influence community wide change.

- **PREP: Promoting Responsibility Through Education and Preparation** – is an elementary school program that stems from Discovering Options, the not-for-profit agency providing substance abuse prevention programming for children and youth living in extremely impoverished areas of the City of St. Louis, Missouri. PREP provides a different and healthier way of looking at the world through their after-school and mentoring services offered to African-American children in the 4th and 5th grade. After completing the 10-week program, children are matched with trained mentors who meet one-on-one for an additional twenty weeks.
- **Tehama County Mentoring Program** – is an integrated, comprehensive, school and community-based program addressing the mentoring needs of children ages 5-18 with particular emphasis on the 8-14 years of age range. It brings together more than twenty agencies to serve up to 140 children per year with a one-on-one mentoring relationship. The matched pairs meet on the school campus at least once a week during the student's lunch period; a majority of these relationships have continued beyond one school year and most have some involvement over the summer.
- **Operation Aware** – engages a curriculum consisting of eight, 40-55 minute, age-appropriate lessons scheduled in the classroom environment once a week for eight weeks. The curriculum includes: goal setting, developing health relationships, problem solving, being self confident, bullying prevention, resisting peer pressure, refusal skills, and substance abuse prevention. Operation Aware operates from the non-profit organization Operation Aware of Oklahoma, and has been providing prevention education in Tulsa and surrounding counties since 1979.
- **Student 2 Student Peer Mentor Programs (S2S)** – is an effort to help teens make positive connections at school and provide students with a non-threatening way to receive positive peer support. The Council on Alcohol and Drugs in Houston developed and began the implementing Student 2 Student program in Houston area schools in 2001. Student 2 Student trains high school students who are willing to take on a leadership role to market the program, facilitate discussion groups, provide one-on-one mentoring, deliver alcohol, tobacco, and other drug presentations, conduct health fairs, and refer students to community resources.

September 2007:

- **Genesee County Drug-Free Communities Coalition** has a membership of 80 organizations and 125 members, and is located in a small rural county of 60,000 residents located between the cities of Buffalo and Rochester in upstate New York. The coalition's mission is to create a community where all youth can develop into caring, healthy, productive adults.
- **Butte County Youth Nexus** was developed and implemented in response to the growing awareness of young people's involvement in alcohol and drug use – including awareness that it is critical to create alcohol-free and drug-free environments and to make important community decisions. Youth Nexus implements a comprehensive Strategic Prevention Framework approach that includes local data collection, needs assessment, capacity building, and involvement with key partners and stakeholders.
- **21 Proof** is a locally developed, innovative responsible beverage service training program for employees of bars, restaurants, and package stores in the city of Cambridge. The program was developed as a collaboration between the Cambridge Prevention Coalition, the Cambridge license Commission, and the Cambridge License Advisory Board. Employee trainings are designed to produce a consistent responsible beverage service among all servers and sellers of alcohol in the community in order to reduce underage commercial access to alcohol products. With approximately 250 liquor licenses in the city of Cambridge, 21 Proof ensures that retail establishments have the tools and skills necessary to identify minors attempting to purchase alcohol.
- **Downtown Aurora Visual Arts** program serves as a drop-in facility for youth interested in the visual, electronic, or theater arts. Serving an economically-disadvantaged portion of Aurora in the Denver metropolitan area, the program serves up to 800 youth a year. Elementary and middle school youth can participate in the drop-in studio or other art projects; older students can become "junior staff" where they work with the younger students.

August 2006:

- **Youth Action Research for Prevention (YARP)**, aims to decrease and delay the incidence of alcohol and drug use and associated risks as well as to increase positive peer norms among urban adolescents of diverse ethnic backgrounds, residing in neighborhoods with high levels of poverty, drug sales, drug use, violence, poor schools, sex risk, and other stressors, through the conduct of youth-led, adult-supported community based participatory action research for risk prevention. YARP enhances cognitive development and personal growth through youths' eco-critical exploration of issues that affect their lives; develop positive peer norms relative to

risk, and reinforces these norms through community change efforts with other peers and adults.

- **The ABCs of Secondhand Smoke** Each day thousands of parents entrust the care of their children to childcare providers. If parents happen to qualify for federal low-income status, or have a disabled child, it is very likely that the childcare choice the family would make would be Head Start. If these families resided in Southwest Missouri, specifically Douglas, Howell, Shannon, Texas or Wright counties, they and their children would likely have participated in Community Partnership's "ABCs of Secondhand Smoke" program.

August 2005:

- **Girl Power Program** - Girl Power is a 32-week substance abuse prevention and mental health promotion program for girls 9 – 15 years old. The program teaches a strong "no use" message about alcohol, tobacco, and other drugs while providing opportunities for girls to build skills and self-confidence in academics, arts, sports and other endeavors. It was created in 1998 by the Prevention Unit of the Fairfax-Falls Church Community Services Board, based on the national HHS information campaign.
- **Alternative Classroom Experience (ACE)** - The Alternative Classroom Experience (ACE) is a 30-day residential, educational, and wilderness experience for third, fourth, and fifth graders who are not achieving their potential in the regular classroom setting. Besides academics, campers learn problem solving skills, crisis management skills, and acceptance of personal responsibility through a variety of outdoor, environmental, and team-building activities. Other components of the program are awareness programming for campers and parents in the areas of gangs, violence/anger, alcohol, tobacco, and other drug use, and AIDS; a transition period back to their regular classroom; and long-term follow up through the completion of 7th grade. In addition, the camp collaborates with other campers who continue to do well in school to provide them with a free scholarship for summer camp. ACE graduates are expected to show academic, behavioral, and/or self-esteem improvements.
- **Boyd and Greenup Champions for a Drug-Free Kentucky** - The Boyd and Greenup Champions for a Drug Free Kentucky, a Drug Free Communities Support Grantee, is a youth alcohol, tobacco, and other drug (ATOD) use/abuse prevention coalition coordinated by ALERT Regional Prevention Center serving Boyd and Greenup County in eastern Kentucky for over 15 years. The coalition implements a comprehensive substance abuse prevention strategy aimed at delaying the onset of use and to decrease current ATOD use. The coalition facilitates curricula implementation in six public school districts, reaching approximately 4,000 students. The primary curriculum utilized is Project Northland, implemented in the

6th, 7th and 8th grades. As students' evaluation data demonstrated outcomes, schools have sought additional research-based curriculum to implement across grade levels reaching more students in their efforts to prevent youth substance use.

- **Butte County Friday Night Live/Club Live Butte County Friday Night Live Mentoring** - For the past 15 years DBH has provided many successful prevention programs including Friday Night Live (FNL) and Club Live (CL). The Butte County Friday Night Live Partnership currently has 7 FNL Chapters on high schools campuses and 6 CL Chapters on junior high school campuses. FNL programs were initiated in response to the growing awareness of young people's involvement in alcohol and drug use as well as awareness that it is critical to create environments for youth by youth that are alcohol and drug free. In addition to the national and state wide data, DBH-Prevention Unit's local data collection findings provides evidence that young people in Butte county are growing up in an environment saturated with messages about alcohol, tobacco, and other drugs and are readily able to access these substances.
- **Building Assets – Reducing Risks** - The Building Assets—Reducing Risks Program is the first school-based program that integrates the developmental assets framework and the risk and protective factor theory. The program is a comprehensive approach to address a wide range of concerns for students in their first year of high school. The purpose of the program is to decrease alcohol, tobacco and other drug use, reduce academic failure, reduce truancy rates, and decrease disciplinary incidents among 9th graders. The program uses an asset-building approach to strengthen relationships, increase student engagement in school and learning, and identify and intervene with students who are not engaged in school and are at high risk. This approach builds a foundation of protective factors for all students while addressing specific risk factors of students who are most vulnerable.

August 2004:

- **Aroostook Teen Leadership Camp** - The Aroostook Teen Leadership Camp, a county-wide leadership development and drug prevention program, develops adolescent leaders who encourage Aroostook County teens in grades 6-9 to be drug-free through a residential summer camp and follow-up activities during the school year.
- **A Company of Girls** - The Youth Resiliency Project is committed to focusing on the strengths of youth, families and their communities. We believe youth are naturally strong and rich with leadership, honesty, creativity, courage, insight, and determination. We acknowledge that a host of factors create barriers to self-determination for all individuals – and we strive to help people face and overcome these barriers. We also believe the surest way to help youth and families survive and

thrive in the face of these challenges is by helping them turn their strengths into action and advocacy.

YRP's mission, "To create opportunities for youth to discover their resiliency, develop skills and take meaningful action in their lives and communities" is being accomplished through six programs areas: A Company of Girls, Maine Youth Action Network, Neighborhoods For Youth, Open Door Community Arts, Peer Leader Program, and Support For Champs

- **CETPA Latino Youth After School Substance Abuse Prevention Program** CETPA provides prevention efforts targeted to Latino youth whose risk of developing substance abuse or other dangerous behaviors is significantly higher than others by virtue of belonging to that subgroup. We accomplish this through community workshops, educational fairs and dissemination of information.

CETPA provides prevention efforts through after-school programs targeted to Latino youth. We provide gender-appropriate programs: ¡Soy Unica, Soy Latina! for girls and ¡Niño Sano, Hombre Fuerte! for boys. Our programs deliver our own bilingual curriculum in combination with The Mendez Foundation curriculum "Too Good For Drugs and Violence". In addition we teach alternative activities such as dance, music and soccer. We also provide prevention summer camps providing healthy alternatives for Latino youth and their families.

- **Alcohol Enforcement Teams** - Our Alcohol Enforcement Team (AET) is a specialized group of law enforcement officers dedicated to enforcing underage drinking laws. The AET incorporates specialized training and strategies to focus on reducing access and use of alcohol by underage persons. The strategies include any or all of the following: compliance checks, casual contacts, party patrols and controlled party dispersal, traffic safety checkpoints and enforcement, on-premises or bar checks and shoulder taps. The team may perform a single strategy or multiple strategies during the course of a shift. The AET serves all areas of Lexington and Richland Counties.
- **Rio Grande Safe Communities Coalition** - To promote health and safety and to reduce substance abuse, which enhances the quality of life for youth and adults living in the Paso del Norte Region of the Rio Grande.

GOALS

1. To collect, analyze and prioritize injury/illness/fatality data related to traffic crashes and substance abuse
2. To develop a comprehensive regional plan to address education/prevention, intervention, treatment and enforcement
3. To serve as the catalyst, to standardize health and safety public policies, and to change social norms within the three jurisdictions
4. To facilitate and coordinate the implementation of regional programs
5. To evaluate the effectiveness of the Coalition's initiatives

MEMBERSHIP

The coalition is open to all individuals, agencies and organizations interested in improving the quality of life for all who live, work or play in this tri-state region.

August 2003:

- **Bay Area Regional Youth Councils** The Youth Leadership Institute coordinates three countrywide Prevention Youth Councils in the San Francisco Bay Area, which have a two-pronged approach – environmental prevention and youth development – to prevent youth access to and use of alcohol, tobacco and illegal drugs.
- **Connecting To Courage** Connecting to Courage, an adaptation of Project Venture, is a school-based program, which primarily serves Hispanic students and their families. The program focuses on experiential and adventure-based activities, youth driven community services, and highlights positive values and cultural norms customary in the community.
- **Drugs Don't Work In Georgia** The Drugs Don't Work In Georgia program works in conjunction with the Georgia Department of Human resources, the Georgia State Board of Worker's Compensation, the Georgia Chamber of Commerce and local chambers of commerce. The program, designed to respond to the unique needs of the business community, assists business in developing comprehensive, drug-free workplace programs, supplies free and discounted drug-free workplace services and educates parents on how to talk with their children about the harmful effects of drugs and alcohol.
- **First Born Program** The First Born Program has engaged in selected interventions with young families and their babies since 1997. The core of the First Born Program is that a substance-free and smoke-free pregnancy and infancy are critical to the immediate well being of the mother and child as well as long-term health and success of the family and community.
- **High School Saturday Family Workshop** The High School Saturday Family Workshop is one of many program and services of the Safe and Drug-Free Schools Consortium, established in 1987 to assist all 16 public school districts in the country to establish safe and drug-free schools. The program was created to educate parents in working with schools to address their child's behavior.
- **Rocking Horse Circle Of Support Program** The Rocking Horse Circle of Support is a community-based psycho-educational support group. The program, designed for low-income pregnant and parenting women in rural areas, delivers individual level prevention approaches to decrease the vulnerability to substance abusing behaviors and increase individual capacity for interrupting these behaviors.

- **SAFE (The School & Family Effort)** Since 1995, the SAFE Initiative has impacted the pro-social skill development of middle school students in the DeKalb County School System. Using the Social Development Model, this initiative was developed by the Prevention and Intervention Department of the DeKalb County School System and funded by the Region Two Board and Title V – Safe and Drug-Free Schools and Communities.
- **San Diego County Screening, Brief Intervention and Referral Services** San Diego County’s Screening, Brief Intervention and Referral program is a substance abuse prevention program model designed to reduce personal and community problems by helping individuals understand the impact alcohol, drug, tobacco and medication use and abuse may have on one’s health and quality of life.
- **Strengthening Families Program** The Strengthening Families Program, modeled after the Iowa State University program, was developed for children and family members of methadone clinics, primarily Detroit inner-city residents, who are in treatment at Nardin Park Recovery Center for opiate addiction.
- **Talking Talons Youth Leadership Curriculum** Talking Talons Youth Leadership takes a unique and highly innovative approach to substance abuse prevention by offering a school-based program to motivate and reconnect youth with the natural wonders of the world. The program to motivate and reconnect youth with the natural wonders of the world.