



Substance Use Disorder Prevention
Funded Agency Guide
2023 - 2024

Allegan County

Provider: OnPoint



- **Parent/Family Initiatives** include several different programs to reach parents and families in Allegan County. The Allegan County Substance Abuse Prevention Coalition (ASAP) implements and promotes Talk Sooner outreach, participates in Talk Sooner media campaigns and implements prescription drug prevention strategies as identified in their strategic plan. Additionally, OnPoint works with community collaboratives to provide information regarding trauma, increase access to services for youth and families regarding substance use, while supporting the social-emotional development of children. Lastly, the Allegan County Suicide Prevention Coalition works to provide resources and supports for youth and families at risk of suicide to increase awareness and decrease risk.
- **Prevention for At-Risk Youth/Behaviors** includes several groups at county elementary and middle schools, focusing on prevention for at-risk youth/behaviors. Programming supports youth in various stages of development. All groups provide population-specific skills focusing on healthy relationships, substance abuse, coping, communication and decision-making. Additionally, Prime for Life is a motivational prevention, intervention and pre-treatment program that works to change attitudes, risk perceptions, motivations, and risk reduction among youth that have been caught using substances at school and/or school-based functions.
- **Peer Assistant Leadership (PAL) Program** is a school-based youth mentoring program. Students complete a selection process and then receive training in communication and decision-making skills, as well as teen social issues. The program trains the peer during a one to two-trimester class, for which they will receive high school credit. Following training, PALs are available to provide listening, support, and mentoring to any students in the school district. PRIDE is a program developed by PALs to provide mentoring to girls in 6th-8th grades.
- **School-Based Non-ATOD Use Organizations** ASAP provides technical assistance to middle schools seeking to develop or strengthen school-based non-Alcohol, Tobacco, and Other Drug (ATOD) use groups for general population students in Allegan County school districts.
- **The Prescription Drug Misuse Prevention Project** works to prevent youth abuse of prescription and over-the-counter medications, as well as adult misuse of prescription medications by reducing access and increasing awareness of the dangers of misusing medications. Efforts to decrease youth access to prescription and over-the-counter medications will focus on encouraging parents and other family members to store medications properly and to dispose of unused medications at the eight permanent disposal drop-off sites within Allegan County. Community education on the danger of misuse will continue through informational materials and working with media outlets. This project will also include efforts of the Allegan County Suicide Prevention Coalition. The Suicide Coalition will collaborate with schools to increase early identification and referral for individuals at risk of suicide.
- **Tobacco Program:** Serves as the Designated Youth Tobacco Use Representative (DYTUR) in Allegan County and implements the No Cigs for Our Kids Program.



Kent County

Provider: Arbor Circle



- **Arbor Circle's Prevention Services Program** provides screening and youth education groups for high risk for youth/young adults to prevent alcohol and marijuana use. Youth education groups are specifically focused on building youth capacity and strengthening their peer refusal skills and healthy coping mechanisms. Arbor Circle's Prevention Programming also strives to enhance and support the community-based process of the systems of which they are a part, including neighborhoods, schools, community, and family. The program integrates multiple strategies and interventions aimed at developing and strengthening effective and sustainable prevention-focused relationships, skills, and activities across the community, school, family, peer, and individual domains to prevent the onset and reduce the progression of substance use disorders.
- **Total Trek Quest (TTQ)** is an after-school program that uses running and a substance abuse prevention-based curriculum to teach 3rd through 5th-grade male identifying students positive decision-making, and goal-setting skills. TTQ is delivered by community volunteers.

Provider: Kent County Health Department (KCHD)



- **About Last Night** is an annual campaign designed to prevent adult heavy drinking by reminding people a night out does not have to end with a hangover or regrets the next morning. Excessive alcohol consumption can cause potentially harmful short- and long-term effects and lead to risky behavior. Long-term, it can lead to obesity, a higher risk of certain cancers, and organ damage. Knowing these risks early, and taking a proactive approach to preventing them, can help individuals stay healthy. Using primarily social media, KCHD employs a broad-based public health campaign to reach the priority population of residents 21 years of age and older.
- **Botvin LifeSkills Training (LST)** is a research-validated substance abuse prevention program proven to reduce the risks of alcohol, tobacco, and drug use, and violence. The major social and psychological factors that promote the initiation of substance use and other risky behaviors are addressed with students and parents. The student LST programs are for 3rd through 10th graders and the parent LST program involves parents at participating schools. The student and the parent curriculums focus on providing skills to successfully handle challenging situations and conversations. Students and parents complete pre-and post-tests that are matched to measure perception of harm outcomes and an increased knowledge of the issues related to youth substance use. Multiple health educators coordinate service delivery with schools in urban, rural and suburban districts throughout Kent County. Elementary, middle and high school curriculums are designed to address the unique developmental stage of each age group.

The focus of the LifeSkills Training is to:

- Teach students the necessary skills to resist social (peer) pressures to smoke, drink, and use drugs
- Help students to develop greater self-esteem and self-confidence
- Enable students to effectively cope with anxiety
- Increase students' knowledge of the immediate consequences of substance use and abuse

- Enhance cognitive and behavioral competency to reduce and prevent a variety of health risk behaviors
 - Enhance positive decision-making skills
- **Yo Puedo** means “I Can” in English. This comprehensive substance use prevention program for 7th through 12th graders consists of weekly educational sessions, virtual visits to local colleges and universities, and presentations from a variety of volunteer Latino adult professionals. The students, including a high percentage of Latino, are enrolled in the program from August through May. The curriculum modules include information about alcohol, tobacco, and other drugs to help students make healthy choices in all areas of their life. A parent program is additionally offered throughout the school year, including 6 hours of educational sessions that focus on increasing knowledge of substance use behaviors, life choices, and health consequences. Annually, three newsletters are sent electronically to teachers and enrolled students. Yo Puedo services are delivered at middle and high schools in the Grand Rapids and Wyoming Public School Districts. Student and parent education is offered in Spanish as needed by a bilingual health educator.
 - **Minor In Possession (MIP)** is a 7-hour program designated for youth, ages 13 to 17, who have been involved in an alcohol, marijuana, vaping or other drug-related incident. The purpose of the program is to offer an alternative to further legal procedures for teens who receive an MIP. Elements of the program include increasing knowledge and awareness of underage substance use issues, improving communication, strengthening decision-making skills, and recognizing the family as the center of influence in the future. A key program component is for youth to complete a parent/guardian interview, supporting the importance of communication in their home space.
 - **CATCH My Breath** is an evidence-based vaping prevention program for students in grades 5-12 to reduce their likelihood of vaping. Students will be empowered to make informed decisions about e-cigarettes and resist social pressures.
 - **Signs of Suicide** is a 1-hour evidence-based youth suicide prevention program for grades, 6 through 12, that has been proven to decrease youth suicide attempts, increase their knowledge about suicide risk, and identify depression. The program teaches students how to respond appropriately to concerning behavior in their peers and seek help with a trusted adult.
 - **MiPHY Data Collection** is working with schools to help them implement the online student health survey administered by the Michigan Departments of Education and Health and Human Services to support local and regional needs assessment. Conducted every other year, it provides student results on health risk behaviors including substance use, violence, physical activity, nutrition, sexual behavior, and emotional health in grades 7, 9, and 11. MiPHY results will help schools make data-driven decisions to improve prevention and health promotion programming.
 - **Tobacco Program:** Serves as the Designated Youth Tobacco Use Representative (DYTUR) in Kent County and implements the No Cigs for Our Kids Program.



- **Kent County Prevention Coalition (KCPC)** is a coalition committed to People, Passion, Partnerships, and Performance. Its vision is to promote a healthier community for all by developing a substance abuse prevention system that fills gaps in services, prioritizes resources, and reduces overlap. The role of this coalition is to impact community-level change via a change in knowledge, attitudes, and behaviors. The KCPC brings together a team of 30+ member organizations from various sectors who share a genuine concern for building a healthier community in Kent County by preventing and reducing harmful substance use behaviors with a special focus on youth. This village-like framework has changed community conditions, norms, systems, and policies in landmark ways.
- **ATI-Kent County Youth Summit**—an annual town hall-style youth summit, is a youth-driven conference of the KCPC “Above the Influence-Kent County” initiative. Annually, KCPC Youth Summit serves nearly 1,300 teens from urban, suburban, and rural communities within West Michigan. Birthed out of a vision to empower community youth, the Summit is designed to equip, educate, and engage middle and high school students to think critically about personal choices and future ambitions, emerging community health and wellness trends related to underage substance use, and the power community teens have individually and collectively to impact peers, family and community norms and the world by making a personal commitment to living Above the Influence.
- **ATI-Kent County Youth Coalition**—powered by network180, spearheads the Above the Influence-Kent County Youth Coalition. The purpose of Youth Coalition is to expand and enhance the vision and reach of Above the Influence-Kent County under the umbrella mission of the KCPC. Youth Coalition aims to see students share their gifts, expertise, and resources to birth and support the work, and authentically care about the wellness of the community we call home.
- **Community Lunch and Learn Series:** Annually, the KCPC sponsors interactive educational forums to educate, empower, and engage all sectors of the community in the effort to reduce and prevent substance use disorders in Kent County. Lunch and Learn Community Forums are meant to help us uncover issues and work together to improve health outcomes for all who call Kent County home, with a special focus on youth and underage substance use.
- **Family Day** is a national movement based on years of research that prove children and teens whose parents are engaged and hands-on in their daily lives—relaxing with them, fellowshiping over a meal or family activity, etc. perform better academically and are significantly less likely to drink, smoke, or use drugs. The KCPC, powered by network180, in partnership with community stakeholders who serve as event sponsors of the event in September as a collaborative venture in celebration of families. To date, the event has served over 10,000 Kent County residents.
- **Project Sticker Shock** is designed to reach adults who might purchase alcohol legally and provide it to minors. Stickers warning about the penalties for furnishing alcohol to minors are on multi-packs of beer, alcopops, and other alcohol products that might appeal to underage drinkers. The project represents a partnership between youth, retailers, concerned parents, community members, prevention professionals, and law enforcement with the goals of educating potential furnishers, raising public awareness about underage drinking, and strengthening the deterrent effect of the law against providing alcohol to minors.
- **Red Ribbon Week** includes activities at several area middle schools and high schools, including urban, suburban, and rural communities throughout Kent County. Students

receive a budget with which to create a week of programming and interactive activities designed to empower and engage their student body to live ATI as a lifestyle. Red Ribbon Week is nationally recognized and is the largest, most visible prevention awareness campaign observed annually in the United States.



Provider: Wedgwood

- **Project SUCCESS** is an evidence-based multi-strategy approach designed to prevent and reduce substance use among youth based on the following principals:
 1. Increasing perception of risk of harm.
 2. Changing adolescents' norms and expectations about substance use.
 3. Building and enhancing social and resistance skills.
 4. Changing community norms and values regarding substance use.
 5. Fostering and enhancing resiliency and protective factors, especially in high-risk youth.

The target population of the program is Kent County youth between the ages of 12 and 18 in school and community settings. Problem areas addressed include youth alcohol use, binge drinking, and youth marijuana use.

Intervening variables include social norms that support alcohol use, the media depiction of alcohol use, and lack of perception of harm.

There are five program components to Project SUCCESS:

1. The Prevention Education Series
2. Individual Meetings and Small Intervention Groups
3. School-wide and Community Awareness and Outreach Activities
4. Parent Programs
5. Referral

Lake/Mason/Oceana Counties



Provider: District Health Department #10

- **Early Initiation to Alcohol, Tobacco, and Other Drugs** program aims to reduce youth use of a variety of substances including tobacco, alcohol, marijuana, and prescription drugs. Activities include in-school programming (LifeSkills), an annual youth summit, general community education, tobacco retailer compliance checks and education, medication disposal projects, and an at-risk youth intervention program.
- **Gambling Prevention Through Education & Awareness:** This project aims at reducing problem gambling in youth, adults, and seniors through education and community awareness. Specific media campaigns are used to address gambling warning signs, risks, how to identify a problem, and strategies to address problem gambling.
- **The Leeward Initiative** (Mason County Substance Abuse Prevention Coalition) is the community coalition for Mason County, focused on reducing substance use by increasing understanding, ensuring treatment services, and supporting local families and community. The coalition addresses substance use through the efforts of individual workgroups for alcohol, marijuana, opiates, synthetic drugs, and recovery/treatment. The Leeward Initiative reaches Mason County residents through outreach and educational events, as well as through specific projects— including medication take-back events, substance use treatment resources and recovery guides, along with parent prevention toolkits.

- **Oceana LEADS (Leading Efforts Against Alcohol and Drugs)** is the substance abuse prevention coalition for Oceana County. Coalition priorities include underage alcohol use, youth marijuana use, and opiate overdoses. Activities include a yearly social hosting awareness campaign, a mock teen bedroom (Keep Out: The Teen Room Project) that educates adults about identifying teen drug and alcohol use, and a lock box project to reduce easy access to prescription pain medication within the home. The coalition meets quarterly and has workgroups that help to plan and implement coalition activities.
- **Lake County Communities That Care** (Prevention Coalition) is a collaborative of human services agencies supporting youth substance use prevention efforts. The coalition works to ensure a variety of local supports are available to youth, families and parents that, ultimately, help reduce substance use in Lake County. Much of the work involves improving mental health, trauma informed communities initiatives and supporting positive childhood activities and experiences.

Muskegon County

Provider: Trinity Health-The Health Project

HEALTH PROJECT
A Community Benefit Ministry of Trinity Health Muskegon

- **Coalition for a Drug Free Muskegon** directly works to reduce substance abuse in the Muskegon area while establishing and strengthening collaboration among all sectors of the community with an interest in reducing and preventing substance abuse. It acts as an organizational hub focused on reducing drug abuse, bringing together individuals, youths, and over 45 community organizations including schools, health providers, law enforcement, the faith community, and business and civic leaders. These interested parties come together to solve emerging problems in their community that are too big for one person or organization to solve alone, without broader support and resources.
- **Drug Abuse Prevention Initiatives:** Working with multiple organizations, the Coalition for Drug Free Muskegon County has assisted the launch of multiple initiatives that address targeted substance abuse related challenges in Muskegon, including:
 - Muskegon Alcohol Liability Initiative
 - KnowSmoke Tobacco Reduction Coalition
 - Muskegon Opiate Task Force
 - Muskegon Area Medication Disposal Project

Provider: Arbor Circle



- **Gambling Prevention Services** is a project that focuses on preventing problem gambling among youth in Ottawa and Muskegon counties. By integrating curricula into other existing programs such as Bavolek Nurturing Parenting Program, the Strengthening Families 10-14 program (for both parents and youth), SFP 10-14 booster sessions, Botvin Life Skills, Raise Your Voice and TotalTrek Quest, this project will educate parents about the risks of on-line gambling, and how to support their youth in avoiding risky behavior. It will also educate youth on gambling risks and to off-set 'magical thinking'.
- **Parent Education Services** provides evidence-based parent education classes in Muskegon County. Classes cover a variety of parenting topics but include tools for parents on discipline, setting family rules, and building strong and positive relationships. Current curricula being used are the Nurturing Parenting program by Dr. Stephen Bavolek, Conscious Discipline, and the SFP 10-14 program. Circle of Parents, and other parent education and engagement services. All curricula have been found to significantly improve parenting skills and family relationships, and reduce problem behaviors, delinquency, and alcohol and drug

abuse in children. Child maltreatment also decreases as parents learn effective parenting skills and strengthen the bond with their children.

- **Total Trek Quest (TTQ)** is an after school program that uses running and a substance abuse prevention-based curriculum to teach 3rd through 5th-grade male-identifying students positive decision-making and goal setting skills. TTQ is delivered by community volunteers.



Provider: Public Health Muskegon County

- **Alcohol Retailer Education** targets reducing the incidence of alcohol sales to minors and intoxicated adults. Includes responsible beverage service TIPS® certification at no charge for on premise and off premise retailers as well as individualized policy and procedure development assistance designed to reduce minor and intoxicated patron access.
- **ATOD Use Consequence Reduction** targets residents, specifically young adults in helping them understand the risk of using misusing drugs and alcohol. These activities specifically focus on reducing the incident of drunk/drugged driving, binge drinking, and overdose.
- **Tobacco Retailer Education** educates and provides one to one technical assistance for retailers that can help reduce the incident of tobacco and vaping sales to youth.
- **Suicide Prevention** provision of QPR® (Question, Persuade, Refer) training services known to help people recognize warning signs of a suicide crisis and how to question, persuade and refer someone to help.
- **Parent Support** provides the community with a series of resources to help parents be the best they can be. Facilitated evidence-based programming includes Parent Café® and Nurturing Fathers®.
- **Older Adult Gambling Disorder Prevention** concentrates on raising awareness of the risks associated with gaming among senior and young adult populations as well as providing information on treatment resources.
- **Perinatal Substance Use Prevention** working with community agencies to reduce the incident of perinatal substance use by encouraging use of evidence-based screening tools in healthcare environments, education on the hazards of toddler access and drug diversion, and referral to credible resources for SUD treatment.
- **Tobacco Program:** Serves as the Designated Youth Tobacco Use Representative (DYTUR) in Muskegon County, and implements the No Cigs for Our Kids Program.



Ottawa County

Provider: Arbor Circle



- **Botvin Life Skills Training** is geared toward older students in the 11th and 12th grades who are at high risk for substance abuse. The program provides seven weeks of classroom instruction for schools, youth-serving organizations, and other groups of youth who may need this information. The program focuses on decision making and the skills necessary to transition from high school to adulthood. Several schools offer this as an alternative to suspension for substance abuse issues, while others simply give it to their students.
- **Gambling Prevention Services** is a project that focuses on preventing problem gambling

among youth in Ottawa and Muskegon counties. By integrating curricula into other existing programs such as Bavolek Nurturing Parenting Program, the Strengthening Families 10-14 program (for both parents and youth), SFP 10-14 booster sessions, Botvin Life Skills, Raise Your Voice and TotalTrek Quest, this project will educate parents about the risks of on-line gambling, and how to support their youth in avoiding risky behavior. It will also educate youth on gambling risks and to off-set 'magical thinking'.

- **Ottawa Substance Abuse Prevention Coalition (OSAP)** is a diverse group of community members, agencies, and service providers who come together to develop a comprehensive, community-wide strategy and action plan to address the issues of youth substance use and abuse. OSAP works to address prescription drug misuse, marijuana and alcohol misuse/abuse, early age of onset, and emerging drug trends. The Coalition has four quadrant subcommittees and three task forces including the Reducing Ottawa Area Drunk Driving coalition, Building Resilient Youth coalition, and Marijuana Prevention Taskforce. OSAP supports and partners with community education and promotes responsible prescription drug disposal.
- **Parent Education Services** provides evidence-based parent education classes in Muskegon and Ottawa County. Classes cover a variety of parenting topics but include tools for parents on discipline, setting family rules, and building strong and positive relationships. Current curricula being used are the Nurturing Parenting Program by Dr. Stephen Bavolek, 24/7 Dads and Inside out Dads. Conscious Discipline, the SFP 10-14 program, Circle of Parents and other parent education and engagement services. All curricula have been found to significantly improve parenting skills and family relationships while reducing problem behaviors, delinquency, and substance use.
- **Reducing Ottawa Area Drunk Driving Taskforce (ROADD)** is a coalition of law enforcement, universities, community members, and other interested parties who come together to prevent impaired driving. The group updated its strategic action plan in 2019 and is focusing on high-risk use of substances and the negative impacts of substance misuse by young adults. The plan includes reducing teen access to alcohol. ROADD is a key component of the community trials to prevent underage drinking strategy that is co-implemented in Ottawa County.
- **Total Trek Quest (TTQ)** is an after-school program that uses running and a substance abuse prevention-based curriculum to teach 3rd through 5th-grade male identifying students positive decision-making, and goal-setting skills. TTQ is delivered by community volunteers.
- **Youth Leadership and Youth Coalitions** include SLIC-Student Leaders Initiating Change, a youth-led coalition. The youth work to develop leadership skills and encourage peers to make healthy choices. SLIC creates projects to help educate their peers about the risks of substance use/abuse and to be a support not to use substances. Arbor Circle supports the SLIC CORE Team, which includes representatives from across Ottawa County, and provides support, guidance, and technical assistance to school based SLICs throughout the county. School-based SLICs implement the initiatives created by SLIC CORE and work to address other issues directly facing their community. In most schools in Ottawa County, Arbor Circle also coordinates and provides the Raise Your Voice Program. This program trains high school students on peer refusal skills and teaches them to go into middle school classrooms to teach these same skills to students. Arbor Circle will establish other youth development opportunities as needed, or as opportunities arise.

Provider: Community Mental Health of Ottawa County

- **Ottawa County Opiate Taskforce** works to minimize the impact of the opioid epidemic within our community. The team is comprised of medical providers, substance use treatment agencies, community members, and individuals in recovery. Our focus is on increasing access to treatment, medication disposal and harm reduction within Ottawa County.

Provider: Ottawa County Department of Public Health



- **CRAVE** -Cannabis Reduction And prevention Education is an OSAP (Ottawa Substance Abuse Prevention) subcommittee chaired by one of the Ottawa County Health Educators. The work of this subcommittee focuses on reducing youth access to cannabis. The subcommittee focuses on safe storage through the 'Safe Homes: Lock It Up' campaign, while also educating community members on the dangers of cannabis use and addiction through community events and other educational resources.
- **Prime for Life** is a highly effective program for helping people of any age reduce high risk choices around the use of drugs or alcohol. This includes but is not limited to impaired driving offenders, high school/college students exposed to drug use, and young people charged with alcohol and/or drug offenses. OCDPH is working specifically with the Juvenile Courts and Ottawa County Public Schools to provide classes to those who may benefit. Prime For Life® is designed for these individuals to change drinking and drug use behaviors by changing beliefs, attitudes, risk perceptions, and motivations. This class aims to help develop the knowledge of how to reduce their risk of alcohol and drug related problems throughout their lives.
- **Youth and Parent Vape Education Class** is a court ordered course of instruction. Developed in coordination with the Ottawa County Intermediate School District, the course is for youth and parents of youth who are currently in the Juvenile Court System for use of Electronic Nicotine Delivery Systems (ENDS). The course provides a familiarization of products, trends, hazards, and proven health impacts related to adolescent use of nicotine in order to prevent continued use.
- **Trainings for Intervention Procedures (TIPS)** provides education and training for the responsible service, sale and consumption of alcohol. Proven effective by third-party studies, TIPS is a skills-based program that is designed to prevent intoxication, underage drinking, and drunk driving.
- **Tobacco Program** Serves as the Designated Youth Tobacco Use Representative (DYTUR) in Ottawa County and implements the No Cigs for Our Kids Program.
- **Tobacco and Alcohol Vendor Education** is provided on a yearly basis to assist local businesses with best practices and regulatory updates in order to reduce underage youth access.
- **Mobile Eyes Campaign** is conducted in order to encourage local residents to call 911 on drunk drivers and reduce instances of drunk driving across the county.
- **Alcohol and Tobacco Compliance Checks** are conducted on a yearly basis in partnership with local law enforcement agencies in order to reduce youth access to alcohol and tobacco.

