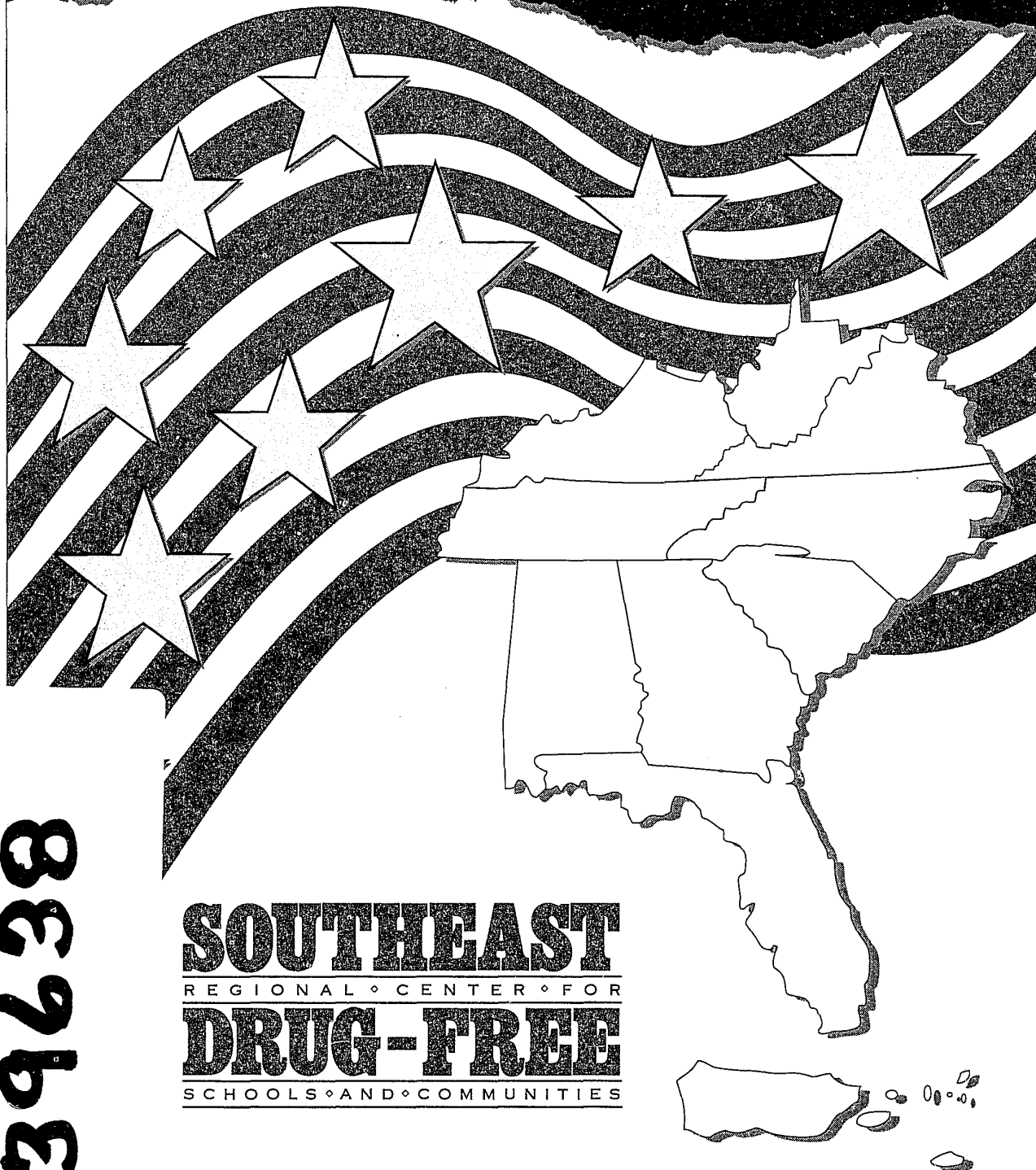


SHINING STARS

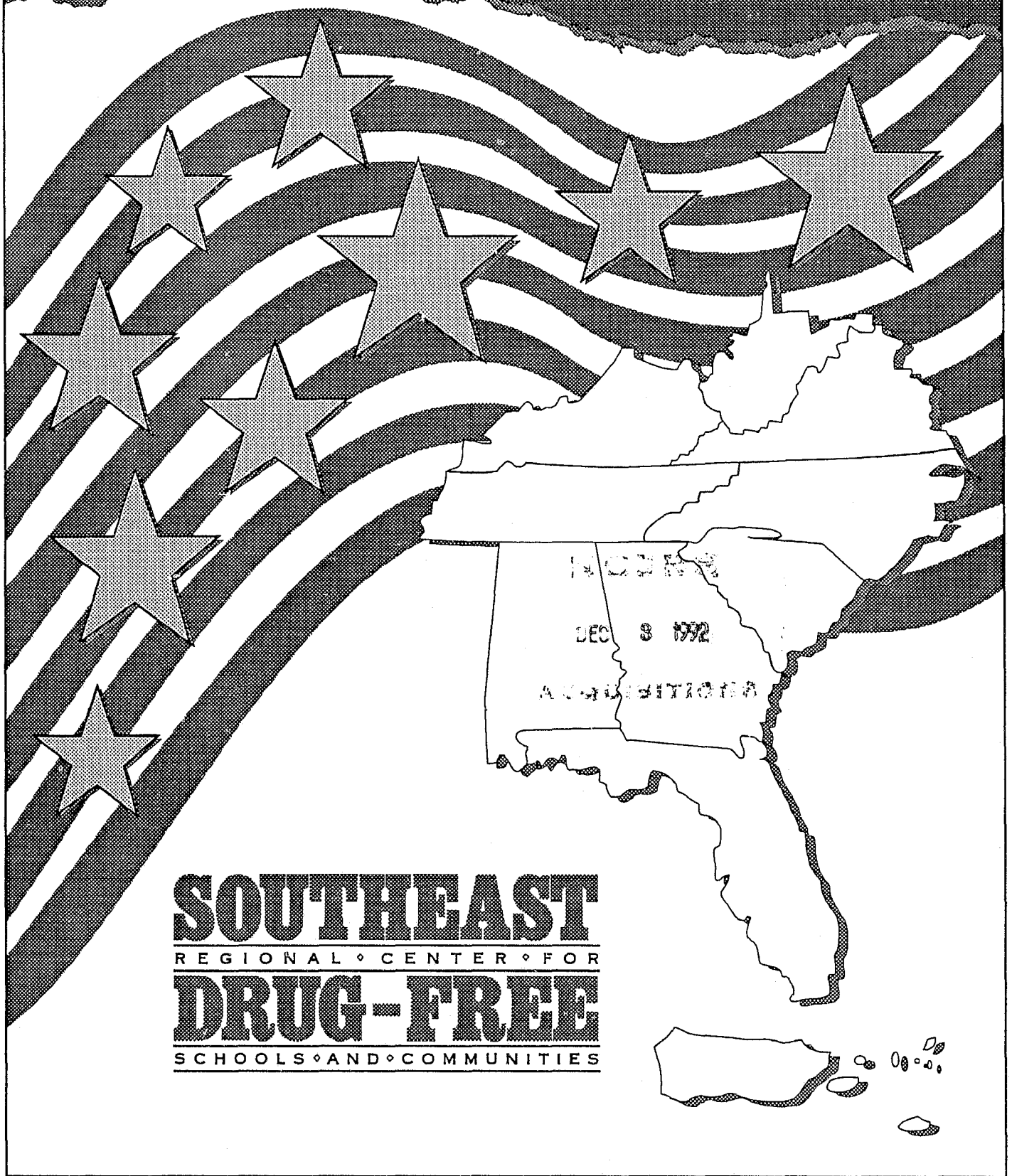
PREVENTION PROGRAMS THAT WORK IN THE SOUTHEAST



139638

SHINING STARS

PREVENTION PROGRAMS
THAT WORK IN THE SOUTHEAST



SOUTHEAST
REGIONAL ♦ CENTER ♦ FOR
DRUG-FREE
SCHOOLS ♦ AND ♦ COMMUNITIES

139638

**U.S. Department of Justice
National Institute of Justice**

This document has been reproduced exactly as received from the person or organization originating it. Points of view or opinions stated in this document are those of the authors and do not necessarily represent the official position or policies of the National Institute of Justice.

Permission to reproduce this ~~copyrighted~~ material has been granted by

Public Domain

U.S. Department of Education

to the National Criminal Justice Reference Service (NCJRS).

Further reproduction outside of the NCJRS system requires permission of the ~~copyright~~ owner.

Southeast Regional Center For Drug-Free Schools and Communities

Nancy J. Cunningham, Ph.D., Director

Patricia Miller, Associate Director for Evaluation and Dissemination

The contents of this publication were developed under a cooperative agreement with the U.S. Department of Education. However, the contents do not necessarily represent the policy of the Department of Education, and endorsement of the contents by the federal government should not be assumed.

Shining Stars Prevention Programs That Work in the Southeast

1992

Southeast Regional Center for Drug-Free Schools and Communities

Spencerian Office Plaza

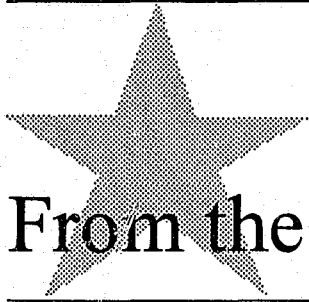
University of Louisville

Louisville, KY 40292

(502) 588-0052

Toll Free: 1-800-621-SERC

FAX: (502) 588-1782



From the Director

We learn through example. The Southeast Regional Center for Drug-Free Schools and Communities is proud to recognize 41 school and community-based programs and strategies which provide outstanding examples of effective prevention efforts. The schools and organizations we've included have made great contributions to the health and well-being of young people and families in their communities.

Positive efforts like these can be increased manyfold. By exchanging ideas and telling their stories, preventionists like those included on the pages of this book are serving as positive role models for other communities that value the development of healthy, drug-free youth. That's the reason for *Shining Stars: Prevention Programs that Work in the Southeast*—to share some of the region's outstanding prevention programs and offer ideas that can work for other communities. We hope you discover new ways of looking at prevention.

We've included names and addresses for all the programs so that you can make contact with the people who have made these efforts successful. There's nothing like hearing about an exciting project firsthand, from the dedicated people who know how it works.

I'd like to acknowledge the work of the Center's dissemination staff in compiling this publication. Thank you to Brian Buford, who coordinated the project and served as editor; Marty Waltman Bond, who compiled the summaries; associate editor Mary Jane Aboud; editorial assistant Nancy White; desktop publisher Rob Gorstein; and our area field coordinators, who identified the winners of Noteworthy Programs and Practices. This was truly a team effort by many people at the center.

If you'd like to know more about how your program can be recognized, or about the Southeast Regional Center for Drug-Free Schools and communities, call your area field coordinator (a list is included on page 55) or the Center at 1-800-621-SERC.

Nancy J. Cunningham, Ph.D.
Director

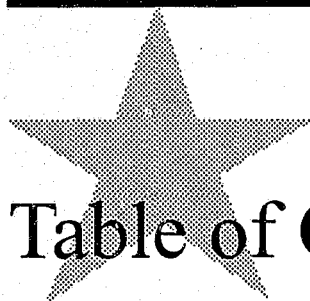
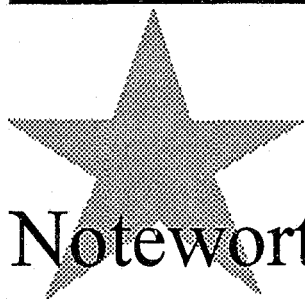


Table of Contents

Noteworthy Programs and Practices.....	9
Kids Saving Kids.....	10
Target: Drug-Free.....	11
Hoover City Schools.....	12
Partnership for a Drug-Free Community, Inc.....	13
MAD DADS of Greater Ocala.....	14
GAMES.....	15
C.E. Mendez Foundation, Inc.....	16
Grayson County Alternative Education Program.....	17
Bluegrass-Aspendale Teen Center.....	18
Charlotte-Mecklenburg Schools.....	19
Charlotte-Mecklenburg Schools' Peer Mediation Program.....	20
BRIDGES.....	21
Peers Empowering Peers - The Action Challenge.....	22
Family Residential Camps.....	23
La Red.....	24
Project ADAM.....	25
Sumter Dream Week.....	26
STARS.....	27
Virginia Operation Prom/Graduation: Celebrate Life!.....	28
PULSAR.....	29
Drug-Free School Recognition Program.....	31
Piedmont High School.....	32
Fletcher-Johnson Educational Center.....	33
Kelly Miller Junior High School.....	34
Jesse Keen Elementary School.....	35
Ocoee Middle School.....	36
Polk City Elementary School.....	37
Frank E. Brigham Elementary School.....	38
Garden Grove Elementary School.....	39
Inwood Elementary School.....	40
Westwood Junior High School.....	41
Columbia High School.....	42
St. Thomas More Catholic School.....	43
Vanderlyn Elementary School.....	44
Hendrix Drive Elementary School.....	45
McDonald Street Elementary School.....	46
Fulton County High School.....	47
Tompkinsville Elementary School.....	48
Myrtle Beach Elementary School.....	49
Hillcrest High School.....	50
Richmond Elementary School.....	51
About the Southeast Regional Center.....	53
Area Field Coordinators.....	55



Noteworthy Programs and Practices

The Southeast Regional Center for Drug-Free Schools and Communities identifies and recognizes exemplary programs designed to prevent the use of alcohol and other drugs by children and youth in the southeast region. Noteworthy Programs and Practices includes comprehensive, ongoing prevention programs and single, stand-alone events which meet criteria and demonstrate results. Programs may be school- or community-based.

Selection for recognition is based on specific criteria established by the five regional centers in 1989. To be deemed noteworthy, a program or practice must:

- Include a clear, no-use message regarding youth and alcohol and other drugs
- Have been in operation at least one year, excluding a pilot phase
- Reflect current, relevant research regarding alcohol and other drug prevention
- Develop a scope and sequence which is developmentally appropriate for its participants
- Establish specific, measurable objectives and demonstrate evidence of significant, positive outcomes
- Employ qualified and/or trained personnel
- Be replicable in similar settings; and
- When appropriate:
 - Facilitate basic academic skills
 - Address needs of high risk youth
 - Consider special needs of minority youth

Programs may be self-nominated or referred by others, including the Center's Area Field Coordinators, state educational agencies, governor's alcohol and other drug (AOD) offices, state AOD offices, and other prevention specialists. Applicants complete a reporting form which documents programs and activities. Following review by Center staff and acceptance as a Noteworthy Program, projects are highlighted in Center publications and become a part of the U.S. Department of Education Drug-Free Schools' national database of successful prevention programs. The Center accepts nominations for Noteworthy Programs and Practices on an ongoing basis.

If you are interested in nominating your program for recognition in Noteworthy Programs and Practices, contact your area field coordinator for an application. A list of the Center's area field coordinators is included at the back of this publication.

Preventionists in the southeast are making great strides at reducing AOD problems among youth, and are serving as role models for others who care about children. The following summaries express the rich diversity of prevention approaches in the southeast region.



Kids Saving Kids

Target Population

Middle school students

Feature

Training for middle school teams and sponsors to implement peer helping programs in their schools

Kids Saving Kids is a unique conference for teenagers and adults sponsored by the Alabama State Department of Education Drug-Free Schools and Communities Program and the Office of the Attorney General in conjunction with the Samford University Foundation. The conference offers both youth participants and adult sponsors the opportunity to enhance their leadership and peer helping skills through training sessions and team building.

During the conference, school teams from across Alabama come together to learn skills necessary to maintain an alcohol and other drug-free (AOD) lifestyle as well as explore ways to organize AOD prevention activities for their schools. A major emphasis of the conference is the development of an action plan which can be implemented in the schools.

Schools are invited to send a team of four students and one adult sponsor to the conference. Student team members are seventh or eighth graders. They must be responsible, dependable, concerned, mature, and enthusiastic about their school and community. Students selected display healthy attitudes and serve as positive role models for their peers.

Team sponsors are dedicated school counselors, teachers, or other school staff members who have the respect of students and are committed to the healthy development of all students, schools, and communities. Team sponsors assist students in implementing action plans for their school.

Conference program activities include:

- Peer-helper training sessions conducted by nationally known experts
- Team-building activities with other school teams
- Communication skill-modeling sessions
- Presentations by returning school teams on their successes

Teams attending the conference also participate in experiential workshops featuring communication skills, refusal skills, and how to be good friends.

Funding for Kids Saving Kids is provided through the Alabama State Department of Education, and includes all housing, meals, registration, and training materials for students and sponsors. To date, 150 middle school students and 50 middle school teachers and counselors have been trained from 37 Alabama schools. The total annual operating budget is \$64,000.

Anne Hartline, Kids Saving Kids coordinator, feels the conference succeeds in making drug-free lifestyles a desirable choice for youth. Samford Foundation Executive Director Dr. Joseph Dean also supports the conference as a valuable prevention tool, and notes that research suggests building supportive relationships within this age group is critical in the development of positive lifestyles.

After attending the conference, one student summed up the new perspective he had gained by saying, "Don't use drugs; your body was born without drugs and you can live without them."

Contact

Dr. Joseph O. Dean, Jr.
Samford University Foundation
SU Box 2313
Birmingham, AL
(205) 870-2322
(205) 870-2759 FAX



Target: Drug-Free

Target Population

Grades K-12

Feature

A comprehensive drug education program in Morgan County schools

According to Director Clara Swader, it's the united effort of students, school staff members, parents, concerned citizens, community agencies, and businesses that make **Target: Drug-Free** so successful. A comprehensive drug education program in Morgan County, Alabama schools, Target: Drug-Free includes an extensive K-12 drug prevention curriculum, peer programming, parent involvement, and outreach to the community.

A full array of drug education curricula is included in the program to meet the needs of students at every grade level. The staff selects materials and curricula based on a strong belief in and established policy supporting no use of alcohol and other drugs for youth. Included are such programs as:

- The McGruff Education Program, grades K-2
- *It's Okay to Say No to Drugs*, grade 3
- *Your Choice...Our Chance*, grade 4
- DARE (Drug Abuse Resistance Education), grade 5
- PALS (Prevent Alcohol Abuse and Addiction Learn Self-Esteem), grade 6
- *Resisting Peer Pressure*, grade 7
- Drug Abuse Information Center, grade 8 science classes
- Drug education in health classes, grades 7-12
- Drug education counseling curriculum, grades K-12

Target: Drug-Free provides ongoing opportunities for staff training. Its drug education workshop, funded by the school board and local agencies and businesses, gives teachers and counselors an overview of prevention and introduces them to area resources. Participants leave the workshop equipped with the knowledge, skills, and support they need to carry out their prevention efforts.

The program has been endorsed by the Morgan County Board of Education, Morgan County Sheriff's Department, North Central Alabama Mental Health Board, Decatur General Hospital, Charter Retreat Hospital, and others who also donate time and resources for the county's students.

Target: Drug-Free serves 7,200 students in 13 schools and operates on a total annual budget of \$110,396.

Contact

Clara Swader
Director of Drug Education
Morgan County Schools Drug Education Program
Route 3, Box 281
Hartselle, AL 35640
(205) 773-2499
(205) 355-5603 FAX



Hoover City Schools

Target Population

Grades K-12

Feature

Comprehensive, coordinated programs to create a disciplined environment free of drugs and violence

The Hoover City School System offers students a comprehensive alcohol and other drug (AOD) prevention program based on current theory and research. Believing that prevention should be infused in every level of a child's experience, school staff have worked with the Hoover Task Force to address prevention through school programs, parenting, and community involvement. Through a cooperative effort, the Hoover City Council and Hoover City School Board have implemented the Drug Abuse Resistance Education (DARE) program in all elementary schools; advisor/advisee programs in middle schools; and peer helping programs in high schools. Support groups led by community mental health professionals are offered in elementary, middle, and high schools.

The Hoover School System employs a consultant to assist in program evaluation and training for staff and parents. Hoover's Parent Teacher Student Organization sponsors a parenting network and offers parenting classes twice a year. In January 1992 the city council and school board sponsored a *DARE to be Drug Free* rally to promote community unity. Overwhelming response to the rally, the lead story on the local news, reflected the community's cooperation and enthusiasm.

Adopting the America 2000 strategy, the Hoover 2000 committee has formulated 18 objectives aimed at creating a disciplined, alcohol and other drug-free environment. Their long-range plans include:

- Expanding peer helping programs in elementary, middle, and high schools
- Integrating AOD and safety education into the K-12 health curriculum
- Continuing to support and reinforce churches, youth organizations, community parks, and recreational AOD-free activities
- Establishing parenting classes for the parents of beginning kindergarten students

The positive effects of Hoover's concerted efforts show in lowered suicide attempts, lowered dropout rates, and increased school attendance. School staff are convinced that cooperation among parents, students, educators, community leaders, and local businesses have promoted a healing process in the Hoover community. The Hoover City School program serves 6,435 students in seven schools, with an annual operating budget of \$32,938.

Contact

Anne Hartline
Drug Education Coordinator
Hoover City Schools
2826 Columbiana Road
Birmingham, AL 35216
(205) 978-1532
(205) 978-1533 FAX

Partnership for a Drug-Free Community, Inc.

Target Population

North Alabama schools and communities

Feature

Preventing youth alcohol and other drug use through community coalition-building

Partnership for a Drug-Free Community, Inc. is a private, non-profit organization committed to the prevention of youth alcohol and other drug (AOD) use through community awareness, education, and action. Cooperative efforts with local citizens and community groups are at the heart of the Partnership's work.

The organization has established two important coalitions to support community prevention efforts in north Alabama. The Clergy Coalition works to raise awareness about alcohol and other drug use among the religious community, while the Madison County Coalition for a Healthy Public focuses on tobacco and alcohol. Additionally, the Partnership recently received a grant from the Nancy Reagan Foundation to establish a parent education program. The North Alabama Parenting Education Center provides training, resources, and seminars on issues of interest to area parents. Its services include a monthly newsletter, a reference library, and referrals to appropriate agencies and resources.

The Partnership also takes an active role in mobilizing the media for prevention. Through its encouragement and networking efforts, the Media Alliance of North Alabama (comprised of 4 television stations and 13 radio stations) aired the TV/radio drug prevention special, *My Choice, Drug-Free*, throughout the Tennessee Valley. Television and radio public service announcements supplied by the Partnership are aired regularly and the *Huntsville Times* publishes public service advertisements on a monthly basis. Over \$750,000 in pro bono contributions have been provided by the media to promote anti-drug messages.

The Partnership serves 52 of 62 schools in the district with a variety of school-based activities such as an annual teen forum, youth clubs, and *Mac's Choice*, a third grade AOD prevention curriculum.

The total annual operating budget is \$41,500 and over 30,000 youth have been served.

Contact

Deborah M. Soule
Executive Director
Partnership for a Drug-Free Community, Inc.
P.O. Box 2603
Huntsville, AL 35804
(205) 539-7339



MAD DADS of Greater Ocala

Target Population

Youth grades K-12

Feature

Positive role models and alternatives

Realizing the seriousness of the drug problem in their Florida community, a group of Ocala fathers formed **MAD DADS**—Men Against Destruction, Defending Against Drugs and Social Disorder. They realized that to give their youth positive role models, they had to start by standing up themselves to the drug dealers ruling the streets of some Ocala neighborhoods. Starting in 1991, they began organizing street patrols with the full support of the Ocala police. Since then, the MAD DADS have added mentoring programs and other activities to provide their children with a strong foundation and get the community working together to improve the quality of life.

Their presence is being felt. Although street patrollers occasionally meet with violence or vandalism from crack cocaine dealers, the ranks of involved dads are growing to fill the demands of the "seven day a week job, day and night." In 1990-91 there were 22 drive-by shootings in Ocala, and in 1992 there was only one. There were four drug-related murders in 1992; down from twenty-four in 1991. Community pride has grown as the number of visible drug deals has dropped. And schools report that children identify MAD DADS as their heroes.

As a way to reach out to young students who might be termed "at risk," MAD DADS started the Education/Mentor program. With some funding through the city from the Governor's Drug-Free Communities Grant, mentors work with elementary students for their academic, social, and spiritual success. Individual and group activities include field trips, picnics, cookouts, classroom visits, phone calls, church visits, and parent-student-mentor gatherings. The director of a local counseling center trains mentors in interpersonal skills, active listening, and relationship-building to encourage their success with the children.

Midnight Basketball, held from 8 p.m. to midnight every Thursday and Saturday and from 6-8:30 p.m. on Sunday, is the latest MAD DADS project aimed at keeping kids off the street at night. Participants agree not to use tobacco, alcohol, or other drugs (TAOD), and attend educational sessions on substance abuse. A grant from the Marion County School Board allowed the group to sponsor a summer youth program with the City Parks and Recreation Department which included swimming, bicycle safety, and physical fitness activities. *MAD DADS Message*, a monthly newsletter, offers a calendar of events, facts about TAOD, and positive parenting tips.

Last year the organization operated on a budget of \$35,000. It has served over 500 youth. The Ocala group has been the catalyst for the formation of similar groups in five additional Florida communities.

Contact

Patrick Hadley
President and Director
MAD DADS of Greater Ocala
P.O. Box 3704
Ocala, FL 32678
(904) 629-3100

GAMES

Target Population

Children residing in a low income public housing development

Feature

A program to instill in youth a sense of personal worth based upon the development of a basic value system

When the Tallahassee city commissioners established a "municipal innovation fund" to propose, develop, and implement innovative programming to address the city's social problems, Commissioners Jack McLean and Steve Meisburg responded with **GAMES** (Growing and Maximizing Every Skill).

Addressing the unique needs of residents of the North Macomb public housing complex, **GAMES** staff work to keep children in school and free from drug involvement. The Tallahassee Housing Authority, DISC Village Substance Abuse Treatment Program, and Bethel Missionary Baptist Church work together to create a program that instills discipline and a sense of responsibility in the participants. Program components encourage maturation and the formation of life skills, and are guided by three basic principles:

- Schools, church and family are the ingredients for success.
- Character is built through mental and physical challenge.
- Cultural enrichment provides insight into one's own place in life and fosters responsibility for both neighborhood and community.

GAMES aims to strengthen families and increase school interest and attendance. Counselors help children develop a positive self-image and increase positive classroom behavior. They meet with students at school during the day and offer tutoring and enrichment activities after school at the housing complex. Along with **GAMES** volunteers they get families actively involved in supporting the child's total participation in the program.

Participation pays off in wilderness experience trips designed to challenge children and test their physical skills. **GAMES** also includes a fourteen-week cultural enrichment program, with African-American speakers as role models. Participants are challenged to read intellectually stimulating literature and attend cultural programs.

The success of the **GAMES** program is enhanced by its location within the housing complex, creating rapport and trust among staff and community. A survey conducted to measure the program's effectiveness indicated increased self-esteem and interest in school, as well as improved social development. Parents, school personnel, and the children are enthusiastic about the program continuing.

GAMES operates on a \$112,000 annual budget and has been highlighted in area newspapers. It has been recognized by the U.S. Department of Housing and Urban Development and the Florida Department of Education as a quality program.

Contact

Claudia Kassack
Director, Prevention/Intervention
DISC Village, Inc.
3333 W. Pensacola Street
Tallahassee, FL 32304
(904)574-6240
(904)576-5960 FAX



C.E. Mendez Foundation, Inc.

Target Population

Grades K-12

Feature

Age-appropriate curricula on alcohol and other drug education

Thanks to the **C.E. Mendez Foundation, Inc.** students from Florida to California are learning that they are "Too Good For Drugs."

Since 1980, the foundation has offered a series of developmentally appropriate, innovative curricula on alcohol and other drug (AOD) education. "Too Good for Drugs," the program for kindergarten through sixth graders, involves hands-on lessons addressing such topics as peer pressure, positive self-esteem, and decision making. "Clear Choices" lessons for middle and high school students teach about AOD issues on a more sophisticated level, infusing important concepts into existing subject areas and using cooperative learning techniques.

The foundation employs state-certified teachers who are healthy, energetic role models to deliver its "Too Good For Drugs" theme to children and their parents. Mendez teachers make use of workbooks, homework for parents, and other materials to raise awareness and discourage children from using drugs. Additionally, courses are offered to parents at every school site to reinforce the program's message.

A 1988 PRIDE (Parent's Resource Institute for Drug Education) survey concluded that students instructed in the Mendez Foundation curriculum reported a lower rate of AOD use than their statewide grade-level counterparts. Students completing the Mendez program show statistically significant increases in alcohol and other drug-related knowledge.

The Mendez Foundation has been recognized for its efforts by school systems all over the nation and was cited by the American Medical Association for strides in adolescent health and drug prevention.

The Foundation serves over 120,000 students in Tampa, Florida, and its curriculum has been used nationwide. Its total annual operating budget is \$872,528.

Contact

Cindy Coney
Director-National Programs
C.E. Mendez Foundation, Inc.
601 South Magnolia Avenue
Tampa, FL 33606
(813) 251-3600
(813) 251-3237 FAX

Grayson County Alternative Education Program

Target Population

Grades 6-12

Feature

Prevention programming in an alternative education program

The **Grayson County Alternative Education Program** targets middle and high school students who, because of repeated absenteeism, disruptive behavior, and academic failure are not functioning successfully in the traditional school setting. The program uses individual instruction, group sessions, and one-on-one consultation to address behavior problems and academic failures. The curriculum includes alcohol and other drug (AOD) prevention programming and focuses on reducing the number of dropouts.

The program was designed to increase student opportunities for academic success and to help students:

- Develop a good self-concept
- Develop a clear understanding of the rules/regulations at school
- Continue working toward graduation
- Develop value systems that promote productive lifestyles

The Alternative Education Program's AOD prevention initiative is a unique feature of the program. Through group sessions, students learn about the dangers of AOD use and practice decision-making skills. Staff are committed to communicating a clear no-use message to students, and reinforce AOD-free lifestyles through information and role modeling. The program currently includes two training sessions on prevention for staff and, through school/community team training provided by the Southeast Regional Center for Drug-Free Schools and Communities, is further strengthening the prevention aspects of its curriculum.

Students who attended the program during the 1991-92 school year demonstrated a decrease in first use of alcohol and other drugs, as well as a decrease in alcohol/drug related arrests and convictions. Further, students in the program show a decrease in dropout rates and disciplinary actions after participating.

The program has served 1,796 students and operates on an annual budget of \$70,500.

Contact

Adrian DeJarnette
Director
Grayson County Alternative Education Center
P.O. Box 4009
Leitchfield, KY 42754
(502) 259-4011



Bluegrass-Aspendale Teen Center

Target Population

9-13 year olds in a public housing complex

Feature

Activities designed to enhance personal dignity and self-sufficiency

The **Bluegrass-Aspendale Teen Center** is an after-school enrichment program for 9-13 year olds in Lexington's Bluegrass-Aspendale Housing Project. The program encourages career aspiration, academic and extracurricular success, and personal pride among youth by offering activities to enhance dignity and self-sufficiency and by providing a strong, broad education in the area of human relationships and adolescent development. The goal of the center is to guide youth in postponing initial sexual activity and avoiding unwanted pregnancies.

The Teen Center offers youth a variety of activities. The Study Hall and Career Club are cornerstones of the program. Study Hall meets afternoons and evenings three days a week to allow participating students to complete their homework and work on academic interests and/or deficiencies, and includes tutoring by both paid professional educators and community volunteers. The Career Club exposes teens to a variety of career opportunities through trips to job sites at which they are given tours and can talk with community professionals about their jobs. Volunteers from the community act as positive role models at the Center and serve as tutors, group leaders, and Career Club tour guides.

Other activities include human relationship and adolescent development groups and classes in dance, movement, and creative arts. The Rites of Passage program features a "Boys to Men" group which targets 9-13 year old inner city African-American boys through group discussions on such topics as Afro-American history, spirituality, and physical fitness.

The Teen Center is supported by a grant from the Kentucky Cabinet for Human Resources, Department for Health Services, Division of Child and Maternal Health. The center budget is supplemented by the Lexington-Fayette County Health Department, which also provides space, secretarial services, and supervision.

In five years, the center has expanded staff, more than doubled study hall hours, established an admissions/scholarship policy with the University of Kentucky, and instituted an informal reading and math assessment program.

The center operates on a budget of \$110,857 and serves 125 youth each year.

Contact

Richard Franklin, Director
Beverly Henderson, Program Coordinator
Bluegrass-Aspendale Teen Center
c/o Lexington-Fayette County Health Dept.
650 Newtown Pike
Lexington, KY 40508
(606) 288-2346
(606) 288-2359 FAX



Charlotte-Mecklenburg Schools

Target Population

Grades K-12

Feature

Comprehensive school-based prevention

The **Charlotte-Mecklenburg Schools Alcohol and Drug Defense Program** is built on cooperation with parents and the community to prevent the use of alcohol and other drugs by students. Classroom instruction, school-based interventions, and joint efforts with community groups reflect the program's theme that "You can make a difference!"

All students in grades K-12 benefit from a comprehensive instructional program offering developmentally appropriate information about tobacco, alcohol, and other drugs (TAOD) at each grade level. Every certified staff member undergoes at least ten hours of alcohol and other drug awareness training. Elementary teachers use the state interdisciplinary prevention curriculum and supplementary resources. Students in seventh through tenth grade receive prevention education in health classes, and eleventh and twelfth grade English teachers infuse prevention into their lessons.

Support groups for students at risk of using alcohol or other drugs are in place in the elementary, middle, and high schools. Each of the system's 38 secondary schools has a student assistance program with its own student support team (formerly "Core Team"). A strong no-use policy reflects Charlotte-Mecklenburg's commitment to providing a safe, healthy environment for students. As an alternative to expulsion for first-time AOD policy offenders, the *Positive Options Program* (POP) is offered year-round. POP, a 14-hour program focusing on communication, decision-making, self-esteem, and the effects of substances, is a family intervention requiring parent attendance along with the student. Other family empowerment programs include

parent training at every grade level and the Safe Home Pledge program offered to families of fifth through twelfth graders.

Community involvement contributes to the success of Charlotte-Mecklenburg's comprehensive efforts. During Substance Abuse Awareness Month observed every October, the schools work with community agencies and organizations to put on a full array of events including anti-drug rallies, poster contests, banners, guest speakers, raps, dramatic presentations, skits, and jamborees, along with drug-free family activities. At the end of each school year a local amusement park and Project Drug-Free Carolinas host Project Graduation, an alcohol- and drug-free evening for graduating seniors. Community resources supplement school efforts such as Cities in Schools, a dropout prevention program; Green Circle, an after-school prevention program designed to increase appreciation of human and cultural differences; and Better Things, a joint project of city firefighters and Charlotte-Mecklenburg counselors for junior high students.

Charlotte-Mecklenburg's prevention program serves 79,543 students and operates on a total annual budget of \$744,947.

Contact

Dr. Sharon Alexander
Alcohol and Drug Defense Coordinator
Charlotte-Mecklenburg County Schools
P.O. Box 30035
Charlotte, NC 28230
(704) 343-5400
(704) 343-5408 FAX

Charlotte-Mecklenburg Schools' Peer Mediation Program

Target Population

Grades 5-12

Feature

Empowering students to resolve conflicts through student mediation

One innovative component of the Charlotte-Mecklenburg Schools Alcohol and Drug Defense program is the **Peer Mediation Program**, which is an integral component of its strategy for reducing violence, substance abuse, and the dropout rate. Student susceptibility to these problems is strongly related to lack of self-esteem and an inability to effectively communicate needs and wants. Peer Mediation empowers students by increasing self-awareness, problem solving, and communication skills. Results have been beneficial for students, mediators, teachers, and administrators as mediation has become a part of the school program.

Mediation is a structured process through which disputants, with the help of mediators, identify a conflict and its underlying issues, examine options and consequences, and agree upon a solution. Through skillful listening, questioning, and creative problem-solving, peer mediators facilitate the process and guide the disputants to a resolution which is mutually agreeable. At the heart of mediation are the principles of mutual respect, cooperation and understanding. As these principles are applied, both the mediators and the disputants experience personal growth and higher self-esteem resulting from working out problems in a positive and empowering way.

In order for students to be trained, the principal requests a presentation to the faculty by the CMS Peer Mediation Coordinator. After faculty approval, a Peer Mediation Committee is formed, which usually consists of an administrator, a counselor, the chairperson of the Discipline Committee and several teachers. Some schools also include a student, a parent,

and an interested member of the community. This committee develops and carries out a Peer Mediation implementation plan for its school. Students interested in becoming peer mediators are carefully screened. An emphasis is placed on selecting a diverse group of students. Qualities sought are the respect of a peer group, a genuine interest in helping others, and at least a C average. Those selected complete a pre-training (in which they practice basic communication skills) followed by a two-day training focusing on refining communication skills, developing an understanding of different perspectives, and using the four-step mediation process.

Charlotte-Mecklenburg Schools have documented peer mediation's positive impact in the reduction of disciplinary referrals, school suspensions, and expulsions. Data from one of the first high schools in Charlotte to implement the Peer Mediation Program indicate that the first year after the program was implemented, there was a 48% reduction in in-school suspensions, a 78% reduction in physical fights, and a 96.7% reduction in out-of-school suspensions.

The Peer Mediation Program has been implemented in 31 of the 109 Charlotte-Mecklenburg Schools, serving approximately 30,000 students. Twenty-one additional schools are in the process of being scheduled for Peer Mediation in 1992-93. The two-day training is provided by members of the Charlotte-Mecklenburg Peer Mediation Training Team. These teams not only provide training at other schools but also often "mentor" newly-trained schools.

Contact

Dr. Sharon Alexander
Alcohol and Drug Defense Coordinator
Charlotte-Mecklenburg County Schools
P.O. Box 30035
Charlotte, NC 28230
(704) 343-5400
(704) 343-5408 FAX



BRIDGES

Target Population

Students and their families

Feature

A partnership between Cumberland County Schools and the Head Start program to extend services to parents

Linking parents in Bonnie Doone with the resources they need is the mission of **BRIDGES** (Building Respect, Independence, and Development Generated through Extended Services). Bonnie Doone, a Fayetteville, North Carolina community hard-hit by the problems of poverty, crime, and drug-dealing, once suffered from a lack of available resources and services for area families. **BRIDGES**, a collaborative effort between Head Start and Cumberland County Schools, was established to fill the gap with a full spectrum of positive activities designed to strengthen families and provide healthy alternatives to drug use.

BRIDGES serves families with children in the Head Start program and other neighborhood residents by providing health services, educational programs, and career planning. While Head Start gives children a foundation for kindergarten, **BRIDGES** extends a hand to parents, many of whom are single mothers. The program took the lead in establishing the Bonnie Doone Family Resource Center, where a **BRIDGES** coordinator and others conduct workshops on parenting, including such topics as parent-teacher communication, disciplinary alternatives, self-esteem, and developing positive attitudes. Adult education classes at the center allow participants to work toward their GED, and additional programs led by community agencies address such issues as alcohol and other drug use and prevention.

Services for children include scouting troops, after-school recreational activities, field trips, and tutoring. The center is developing a reference library for both adults and children that includes educational resource materials available for loan.

BRIDGES was established in August 1991 through a \$50,000 grant from the North Carolina Children's Trust Fund. Since the initial grant, other funds have been received from the Cumberland Community Foundation and the Florence Rogers Charitable Trust.

The program is highly praised by participants, and its staff has seen the number of participating families grow since its beginning. To date, the program has served 108 youth.

Contact

Clarie Y. White
Resource Coordinator
Cumberland County Schools/**BRIDGES** Project
P.O. Box 2923
Fayetteville, NC 28302
(919) 864-0063
(919) 678-2339 FAX

Peers Empowering Peers - The Action Challenge

Target Population

Grades K-12

Feature

Training and resources on peer programming

Realizing the need for a statewide commitment to peer empowerment, Thearon McKinney and others began **Peers Empowering Peers: The Action Challenge**, an effort which eventually involved many of North Carolina's prevention resources. McKinney, who serves as project director for the program, says this sense of ownership among universities and community agencies throughout the state was critical to the success of the program, and is a testimony to the effectiveness of peer programming efforts.

Peers Empowering Peers is an integrated package of materials and regional trainings designed to teach local school/community teams to establish and manage peer-based prevention programs. The training leads team members through the process of implementing their own peer programs, and teaches them how to train others. Materials available to teams include an operations guide, a set of training/staff involvement activities, a curriculum/program assessment tool, and a resource guide.

The mission of the project is to empower youth to grow to their full potential and to develop the life skills necessary to build positive relationships with their families, friends, schools, and communities. Life skills include everything from communicating and working with others to making decisions and understanding oneself. By choosing peer programs to meet this goal, the project uses one of the most effective resources available—youth themselves.

The coordinators of Peers Empowering Peers are using a recent continuation grant to provide further training on gateway drug use, to train student athletes as peer mentors, and to package basic materials for a peer tutoring program.

To date, 34 trained teams have developed and begun implementing peer programs for their community's youth. Operating on a total annual budget of \$90,000 from Drug-Free Schools and Communities funds, the project has reached 60,000 North Carolina youth.

Contact

Thearon T. McKinney
Extension 4-H Specialist
North Carolina State University
P.O. Box 7638
Raleigh, NC
(919) 515-6387
(919) 833-0852 FAX



Family Residential Camps

Target Population Families

Feature

Training and support for families of at-risk youth

Since 1987, the Department of Anti-Addiction Services in Rio Piedras, Puerto Rico has been sponsoring weekend **Family Residential Camps** for families of at-risk youth. The camps offer participants a weekend getaway while challenging them to consider the dynamics that place children at risk for unhealthy behavior. Sessions give special attention to self-esteem, discipline, positive role modeling, decision making, and communication. During their stay at camp, families learn to work together toward the positive development of their children, and practice the skills they will use when they return home.

The three-day experience includes such activities as reviewing current family living styles and identifying strengths and weaknesses; training on the dangers of drug use; sports, handcrafts, and other recreational activities; and committing to a family environment which promotes each member's growth.

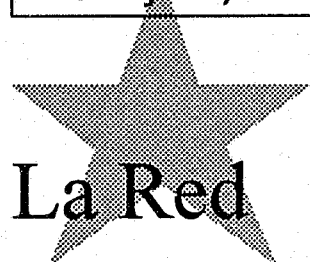
Puerto Rico's Prevention Centers, along with the Assistant Secretariat for Prevention, are in charge of planning, implementing, and evaluating 31 residential camps per year. Each Prevention Center refers 20 families with children and youth who have been receiving therapeutic intervention to the camps, and provides staff to work with these families throughout the experience. When camp is over, the centers provide counseling and follow-up services to all participating families.

At the close of the weekend, participants report on the strengths their families have gained and evaluate the experience. Participant feedback reveals 95% feel they have gained knowledge and skills in dealing with their children and 90% are committed to applying these learned skills.

The program served 446 families in 1992 with a total of 2,317 participants. It operates on an

Contact

Isabel Suliveres
Secretary
Department of Anti-Addiction Services
414 Barbosa Avenue
Rio Piedras, PR 00928
(809) 763-3133



Target Population

Children, adolescents, and university students

Feature

Drama, music, and dance relaying a prevention message

La Red (fisherman's net) is a University of Sacred Heart project that encourages college students to get involved in alcohol and other drug prevention. Over 300 members strong, the project aims to extend a "net of love" to the university's campus and to elementary and high school students in Puerto Rico. To accomplish the task, 40 La Red members participate in a traveling performance troupe that uses drama, music, and dance to teach prevention concepts to audiences. Performing for schools all across Puerto Rico, the La Red troupe uses the creativity and talent of its members to model positive lifestyles for others.

The growing number of alcohol-free parties held at the University of Sacred Heart, an idea strongly promoted on campus by La Red, is just one example of the project's effectiveness. La Red has received numerous invitations to perform, and was invited by the U.S. Department of Education to present at the Fifth Annual FIPSE Grantee Meeting in Washington, DC, in September 1991. The Puerto Rico Department of Education awarded the program a grant to continue the project's dissemination and to create similar groups in public schools island-wide.

After attending a La Red performance, 17 students from Alberto Melendez Torres School formed a similar group to extend the prevention message to their peers. **Da Amor Siempre** (Give Love Forever) conveys information to students in grades K-12 about AIDS, alcohol, and other drugs while demonstrating positive lifestyles through music, drama, and dance. Several elementary and high schools in Orocovis have invited Da Amor Siempre to perform. The group has served 1,500 students in grades K-12 and was featured in *Accion*, the Teacher's Federation newspaper.

La Red Contact

Dr. Julio Fonseca

Director

Centro Para El Desarrollo Personal Y La

Prevencion De Alcoholismo Y Drogas

Universidad Del Sagrado Corazon

P.O. Box 12383

San Juan, PR 00914-0383

(809) 728-1515 Ext. 321-316

(809) 728-1515 Ext. 245 FAX

Da Amor Siempre Contact

Gloria N. Colon

Health Teacher

Department of Education

Alberto Melendez Torres School

P.O. Box 2115

Orocovis, PR 00720



Project ADAM

Target Population

African Americans attending churches in South Carolina communities

Feature

Black churches as a forum for prevention messages

Black churches across South Carolina have joined forces to create a network that uses the church to deliver prevention programs and messages. With support from the South Carolina Commission on Alcohol and Drug Abuse (SCCADA), **Project ADAM** (Anti-Drug Abuse Movement) is an educational, recreational, and referral network that enlists black churches as participants in solving drug problems in South Carolina.

Historically a mainstay of the black community, the church was a logical cornerstone on which to build a prevention network. Under the leadership of the South Carolina Coalition of Black Church Leaders, Project ADAM targets youth, adults, and senior citizens with the goal of alerting the black community to the dangers of tobacco, alcohol, and other drug use. A quarterly newsletter and individual church bulletins spread the word about healthy lifestyles to congregations and beyond.

Ministers, teachers, counselors, and psychologists serve as regional coordinators. They attend SCCADA's quarterly prevention meetings and are trained in pharmacology, coalition building, and effective prevention strategies. With ongoing technical assistance from SCCADA, they return to their churches to implement programs for all ages.

Since ADAM began in 1987, 500 pastors have been trained in assessment skills to make appropriate referrals to alcohol and drug abuse treatment facilities. With a goal of adding 100 churches each year, the statewide network has grown to 2,500 churches including 500 churches with existing prevention programs. The project receives funding from SCCADA and operates on a total annual budget of \$74,300.

Contact

Darrel Jackson
Executive Director
Project ADAM
P.O. Box 3076
Columbia, SC 29230
(803) 771-0325
(803) 779-4562 FAX



Sumter Dream Week

Target Population

Youth and community

Feature

A week-long series of school and community events designed to reduce alcohol and other drug use

"Believing in yourself and going after your dreams" is the theme of **Sumter Dream Week**, held the first week in March every year since 1989. The South Carolina community, concerned with the growing number of violent alcohol and other drug-related incidents, began the week-long series of events with the sponsorship of the Sumter Prevention Team. Through the cooperation of businesspeople, ministers, social service workers, law enforcement, local government, educators, youth, parents, and citizens, Dream Week encourages Sumter youth to dream and achieve their dreams through education and saying no to alcohol and other drugs.

Components of Dream Week include recognition of youth who have contributed significantly to their community and presentations by nationally and locally-recognized drug-free role models who provide testimonials on their successes. Dream Week culminates with the Star Search competition, which showcases the talents of area youth in a community performance. Other prevention activities and resources supported by Sumter Dream Week include:

- Red Ribbon Week
- New Horizons Teen Health Center
- Teen Institute
- Project Graduation
- DARE
- Educational materials on alcohol and other drugs

Media coverage has increased awareness of the need for the whole community to address problems caused by alcohol and other drugs. Students report that presentations during Dream Week have profoundly affected their self-esteem and outlook. Informal polls indicate a large percentage of citizens are aware of both Dream Week and its message. The 1991 Prevention Team chair, Ms. Joyce Lenz, received the South Carolina Governor's Award for volunteer work in prevention. The project's total annual operating budget is \$16,000.

Contact

Glenn Peagler
Director of Prevention
Sumter Commission on Alcohol and Drug Abuse
115 North Street, 3rd Floor
Sumter, SC 29151
(803) 775-2727/775-6815
(803) 773-6232 FAX



STARS

Target Population
Grades K-12

Feature
State-of-the-art drug prevention/intervention services and materials for schools

The mission of **STARS** (Students Taking a Right Stand) is to help students in grades K-12 refrain from the use of alcohol and other drugs through a series of unique, organized programs geared toward positive peer pressure and caring confrontation. The program began in 1981 in Chattanooga, Tennessee, but today STARS programs and materials serve over 250,000 students all over the United States and Canada.

STARS recognizes that school systems are engaged in different levels of prevention and intervention programming and offers services and materials that complement, improve, or create a comprehensive student assistance approach in schools. The prevention program provides one or two days of on-site training for a team of faculty members, plus follow-up consultation by a STARS representative to help implement the program. STARS intervention programming provides training, materials, and follow-up to implement support groups within a school or system. Insight groups, concerned persons groups, after treatment support groups, and parent groups are included. STARS also offers customized or refresher prevention and intervention training for those already involved in student assistance programs.

Before implementation of STARS, a study of Hamilton County, Tennessee, schools showed 31 percent of the 1983 suspensions were drug-related. With all the county's middle and high schools now participating in the STARS program, the number has been reduced to 3.8 percent. Superintendent Dr. Don Loftis directly credits STARS for this reduction.

STARS has been recognized by both President and Mrs. Bush and former President and Mrs. Reagan for its effectiveness. The program has received hundreds of newspaper and television tributes as well as feature articles and honorable mention in books and magazines. For its quality and its clear no-use message, STARS has been chosen for the past four years as one of the nation's model programs by the Office for Substance Abuse Prevention (OSAP) and PRIDE.

The program is community-based and operates on a total annual budget of \$884,625, 80% of which comes from private funds.

Contact
Rodger J. Piersant
President
STARS
P.O.Box 8936
Chattanooga, TN 37411
(615) 899-5714
(615) 899-4547 FAX

Virginia Operation Prom/Graduation: Celebrate Life!

Target Population
High school students

Feature
Positive alternatives for celebrating during
prom/graduation

Virginia Operation Prom/Graduation grew out of the efforts of concerned parents and communities across the state to change the often-risky behavior of youth during prom and graduation. These were key times when teenagers were using alcohol and other drugs (AOD) to celebrate, frequently because of increased availability at parties and other events.

The project was created to help teens celebrate without putting themselves at risk by providing them with AOD-free parties where no use is a clear expectation. The goal is to provide teenagers with one of the most memorable and exciting nights of their lives and to give parents the assurance that their teens are safe.

The idea for the project came about in 1987, when the Virginia Department of Education and the Department of Motor Vehicles developed a packet of materials with ideas for promoting safe celebrations during prom and graduation, and sent one to every public and private high school in the state. The materials encouraged schools to involve students, faculty, parents, and other community members in designing celebrations that would draw youth and deliver a strong message about AOD use. That year, three Virginia communities sponsored all-night celebrations for their students.

In 1990, project organizers published *Celebrate Life!*, a planning guide for AOD-free celebrations, sponsored two statewide workshops, and organized a simulated celebration for the Commonwealth Alliance for Drug Rehabilitation and Education (CADRE) Conference. The result of their work was an additional 219 celebrations that year. In 1991, they published more copies of the planning guide and sponsored an additional two workshops, and the number grew to over 300 celebrations. For the 1992 season, two workshops were held and a fourth edition of the *Celebrate Life!* guide was published, bringing the total distribution to 35,000 copies.

Over the past five years, the project has continued to increase public awareness on the serious issue of AOD use among youth. Virginia Operation Prom/Graduation has gained national recognition for its efforts to promote public awareness of the issue, and a number of states, territories, and countries have requested materials and/or presentations.

The total operating budget is \$50,000 and over 160,000 youth have been served.

Contact

Arlene D. Cundiff
Associate Specialist of Driver Education
Virginia Department of Education
P.O. Box 6-Q
Richmond, VA 23216
(804) 225-3243
(804) 371-0249 FAX



PULSAR

Target Population

At-risk middle and high school students

Feature

Strengthening school and community interactions with students

In 1989, Staunton Police Chief G. L. "Butch" Wells and Lee High School Principal Charles Rembold recognized that there were barriers between their city's at-risk youth and police, educators, and community agencies. Many of the Lee High School students had negative attitudes toward police and lacked social and emotional support from the school and community. To address this Wells and Rembold began a close, cooperative partnership to implement **PULSAR** (Police, Public Educators, and Peers Utilizing the Leadership of Students At Risk). **PULSAR** focuses on relationship-building activities and promotes positive social bonds among youth, the school, and the community.

After gaining the commitment of community time, personnel, and money, a 20-hour **PULSAR** training program was established. Through interactive instruction the school, police, and community facilitators learn to identify at-risk participants and to design, plan, and lead the student retreats and follow-up activities which are the core of the **PULSAR** program.

Identified youth are invited to participate in a three-day retreat at a campsite outside of town. At camp, students are divided into small groups, each of which is led by a team of teachers, police, peers, and community facilitators. Activities emphasize relationship-building through self-esteem, self-assessment, values clarification, and bonding among group members. The positive bonds are carried back to the school environment, where the adults are available for tutoring, planning activities,

and listening to student concerns through the **PULSAR** Youth Club. The club also encourages community service activities and offers emotional and social support.

PULSAR's effectiveness is evident in data from police and school records as well as student surveys and interviews, which indicate positive changes in attitudes and behaviors relating to substance abuse, positive academic self-concepts, and positive attitudes towards school and police. As one enthusiastic participant commented, "**PULSAR** is great. It makes me feel good about myself." But there is also evidence in statistics. Staunton juvenile offenses decreased 58% in 1991, and Lee High School reported a decrease in the dropout rate from 6.1% to 3.2%.

Since it began, **PULSAR** has served 595 youth and 347 adults. Fourteen county and city teams have been trained and have implemented the program. It has received statewide recognition and a grant to provide additional funding for training of school systems throughout Virginia. The total annual operating budget is \$12,000 per community that implements **PULSAR**, although it is frequently lower for many communities.

Contact

Jeanne M. Martino-McAllister
PULSAR, Inc.
P.O. Box 366
Staunton, VA 24402-0366
(703) 885-4256
(703) 885-4256 FAX



Drug-Free School Recognition Program

The Drug-Free School Recognition Program was established by the U.S. Department of Education in 1987 to focus national attention on successful alcohol and other drug prevention efforts. In 1991, the program focus expanded to include National Educational Goal #6:

By the year 2000 every school in America will be free of drugs and violence and will offer a disciplined environment conducive to learning.

Additionally, the evaluation of single program components was added for the first time, allowing schools to receive awards for their outstanding efforts in one or more specific areas of their overall prevention programs.

The program seeks to:

- Focus national attention on safe, disciplined, and drug-free schools;
- Demonstrate by example that safe, disciplined, and drug-free schools can be achieved and maintained by communities that strive for them; and
- Offer successful models which other schools and communities can emulate.

The program recognizes public and private elementary and secondary schools whose programs have succeeded in preventing or substantially reducing the use of tobacco, alcohol, and other drugs by students; reduced disruptive behavior and acts of violence; and maintained updated plans to remain or become safe and drug free.

Schools are nominated for recognition by state educational agencies, the National Parent Teacher Association, the National Federation of Parents for Drug-Free Youth, and the Council for American Private Education. A review panel considers nominations and recommends promising schools for site visits. Site visitors verify information in the nomination forms and obtain answers to specific questions posed by the review panel. Site visitors then submit independently written reports to the U.S. Department of Education based on the program's six characteristics of a safe, disciplined, drug-free school:

- 1) Recognizing, assessing, and monitoring the problem
- 2) Setting, implementing, and enforcing policy
- 3) Developing and implementing the tobacco, alcohol, and other drug education and prevention program
- 4) Educating and training staff
- 5) Promoting parent involvement and providing parent education and training
- 6) Interacting and networking with community groups and agencies

After reviewing the reports, the review panel recommends finalists to the Secretary of Education, who makes the ultimate selections. The winning schools are honored at a national ceremony in Washington, DC, and are showcased as models in national and local publications and reports.

In July 1992, 20 schools in the southeast region were honored by the Drug-Free School Recognition Program. Their outstanding tobacco, alcohol, and other drug prevention strategies are models of the innovative efforts that are making a difference in the lives of children across the nation.



Piedmont High School

Target Population
Grades PreK-12

Exemplary Component

Interacting and networking with community groups and agencies

The Piedmont community actively works with its schools to reach the goals of their five-year plan, including safe and drug-free schools. Since the 1988-89 school year, coordinated efforts across the community have built a strong foundation for the students. Components include Head Start and preschool, student youth groups, a strong community-led Drug Prevention Advisory Council, a program to identify and work with at-risk students, comprehensive guidance and counseling services, an alternative school for dropouts, a crime prevention program and officer in the school, strong ties with municipal and county courts and judges, and involvement of community agencies, churches, and volunteers to work with at-risk students and their families.

The Drug Prevention Advisory Council includes parents, government leaders, students, school personnel, police, PTO officers, a crime prevention officer, school superintendent, and a school board member. Close ties with law enforcement, the court system, parents, and students keep the council aware of problems and involved in solutions.

When the Piedmont Police Chief assigned an enthusiastic crime prevention officer to the school a few years ago, things took off. The officer provided leadership to the Advisory Council, organized fundraising efforts to put McGruff materials in every K-8 classroom, arranged field trips, presented in assemblies, small groups, and classes, as well as greeting arriving students each morning and working individually with problem students. With his help and the help of the Advisory Council, the

Teens Need Teens (TNT) youth group developed a dynamic prevention program, including Prom Week and other activities, that resulted in their tying for first place for the 1990 National Crime Stoppers Award.

Role models from the community are evident in many other school activities. The director of the Agency for Substance Abuse runs the BABES program in the elementary school. Students involved in the at-risk identification program benefit from the wisdom of senior citizen volunteers, who work with them on academics in an extended day-school setting. The program has grown so much that two local companies have started sending employees to tutor the students. The alternative school for suspended or expelled students and dropouts sends students out into the community to work on such projects as the new Boy/Girl Scout House, and brings in tradespeople to work with students. The National Guard unit sponsors fourth and fifth graders in a math competition, and the police department keeps a "Most Wanted List" of students with the highest math scores.

Churches, the Piedmont Housing Authority, military personnel from nearby Fort McClellan, and other community agencies coordinate with school personnel to host a variety of drug-free alternatives for the students, including supervised after-school activities for latchkey children. With the concerted efforts of students, law enforcement, crime prevention, school personnel, the Advisory Council, and various community agencies, the Piedmont community is working together to achieve National Educational Goal #6: a safe, disciplined, drug-free school by the year 2000.

Contact

Mr. John Smith, Principal
Piedmont High School
Bypass 200
Piedmont, AL 36272
(205) 447-2829



Fletcher-Johnson Educational Center

Target Population

Grades PreK-9

In 1989, the need for a more extensive tobacco, alcohol, and other drug (TAOD) prevention program became evident to the staff of **Fletcher-Johnson Educational Center** when a news report indicated that a neighborhood street had become a combat zone of drug-dealing. The center launched its TAOD-free school campaign that year with the Fletcher-Johnson Drug Abuse Prevention Alternatives (DAPA) Program. The program was designed to provide alternatives to students who might otherwise become involved with drugs and violence and the world of crime that existed in their backyards.

DAPA's mission is to provide resources and training which counter the health and safety problems that students face. A thorough investigation of available drug education programs led the Fletcher-Johnson staff and community to establish several programs to assess student needs and address prevention at all grade levels. Building on the Comer School Model, the school has implemented such programs as Cities-in-Schools, Work Achievement, Values in Education, Students Taught Awareness and Resistance (STAR), Drug Abuse Prevention Alternatives, and the Human Sexuality Seminars series.

To ensure effective implementation of the programs, staff and parent representatives are trained at local and national institutions. Additionally, school staff, parents, and community are encouraged to embrace and support the efforts of the school. To make DAPA even more appealing, corporations, community agencies, and non-profit organizations have all offered resources to the school that allow students and parents to enjoy leisure and career-oriented activities during the summer, after school, and during Saturday hours when neighborhood drug-trafficking is at its peak. Due to the overall success of the school's TAOD prevention program, other area schools are looking to it as a model and replicating many of its programs.

Contact

Dr. George H. Rutherford, II
Principal
Fletcher-Johnson Educational Center
Benning Road & C Street, S.E.
Washington, DC 20019
(202) 724-4222
(202) 724-2182



Kelly Miller Junior High School

Target Population Grades 7-9

Four years ago, the staff at **Kelly Miller Junior High School** looked at national statistics on drug use among youth and decided to begin building a comprehensive prevention program to address the needs of students. Today, the school has a full array of prevention activities in place that addresses the use of tobacco, alcohol, and other drugs (TAOD) and draws on the leadership of students, school staff, parents, and community members.

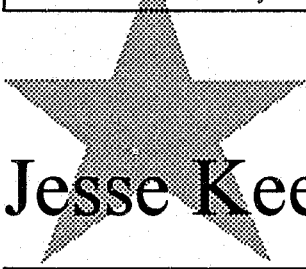
At the core of the program is an emphasis on student empowerment. A strong Peer Helper Program emphasizes leadership skills for youth through training in decision-making, conflict management, and violence reduction. Once trained, peer helpers use their skills to make presentations on TAOD topics, conduct assemblies, and tutor at area elementary schools. Students can additionally participate in a number of clubs which promote TAOD-free lifestyles, such as Students Mobilized Against Drugs (SMAD), Teenage Problem Solvers, Operation SAND (Student Activities Not Drugs), and the Black Leadership Program. The school's prevention/intervention coordinator facilitates many of the clubs and programs, encouraging students to take an active role.

Parents play a vital part in the prevention program, sharing their time as guest speakers and participating in such activities as the College Knowledge Program, where parents and students alike learn test-taking skills and goal-setting related to higher education. Workshops and presentations throughout the year address issues of interest to parents such as family communication, networking with other parents, and the effects of drug use. Last year, a total of 300 parents attended five such workshops offered at Kelly Miller.

Tying all the elements of the program together is the school's theme, "Welcome to Kelly Miller University, where teaching and learning are taking place, and everybody is somebody." A recent PRIDE survey conducted by the school suggests that students are hearing its message about tobacco, alcohol, and other drugs, evident in increased student knowledge about the effects of drugs and lowered reported use.

Contact

Mr. Ronald A. Hasty
Principal
Kelly Miller Junior High School
49th and Brooks Street, N.E.
Washington, DC 20019
(202) 724-4611
(202) 724-4128 FAX



Jesse Keen Elementary School

Target Population Grades PreK-4

Since it began in 1978, **Jesse Keen Elementary School's** tobacco, alcohol, and other drug (TAOD) prevention program has changed from a counselor-directed program to a teacher-directed one. The staff sees the need to change the attitudes and behaviors of not only students but parents and the larger community. Thus their theme is "Helping Hands." Everyone works together to help each other and contribute their own unique skills for the health and happiness of the Jesse Keen family.

All staff are trained by University of South Florida personnel in social skills development so students can learn to handle their feelings, behaviors, and consequences. Through role-playing activities students learn problem-solving, conflict resolution, and how to handle peer pressure. In the process, they discover their own talents and increase their self-confidence. Incentive programs encourage students to set goals and succeed in reaching them, because the staff believes such positive prevention builds strength to say "no" to drugs and violence. Awards assemblies, Students of the Month, Keen Kid awards, and recognition in local and school newspapers encourage academic achievement and positive behaviors.

Tying together all the prevention activities is the school's no-use theme, "Stop and Think, Make Good Choices." It is promoted in classroom instruction, special Say No to Drugs weeks, puppet shows, visits from Gene the Gorilla, assemblies with students from other schools, and counseling with students and parents. Students sign drug-free pledges, write slogans and essays, and get signatures from family members and friends willing to express their TAOD-free pledges.

The staff is committed to involving parents in prevention education as well. Through "Helping Hands," parents learn such skills as building a healthy self-concept, positive discipline, handling family finances, developing family values, rule-setting, and promoting healthy lifestyles. They earn points and prizes for reading to their children, encouraging them, and practicing positive parenting. Adult education classes and tutoring are available for those who want to pursue GED certificates.

As evidence of Jesse Keen Elementary School's commitment to its goal, the school has earned the School of Distinction Award from its district for the past three years.

Contact

Mr. John Luposello
Principal
Jesse Keen Elementary School
815 Plateau Avenue
Lakeland, FL 33830
(813) 499-2880



Ocoee Middle School

Target Population

Grades 6-8

Ocoee Middle School's students and staff have committed themselves to creating a safe, disciplined environment free of tobacco, alcohol, and other drugs (TAOD). The school's primary focus is on supporting each student in the decision to avoid TAOD use, and its prevention message is infused into the daily curriculum and environment of the school.

In 1987, the Ocoee County Public School Board mandated the implementation of a student assistance program in every school. The program selected by the board, Student Aid For Everyone (SAFE), was established to educate students about drug use, abuse, and prevention. Today, SAFE focuses on those behaviors which may lead to TAOD use, and attempts to prevent problems before they start.

Ocoee Middle School offers its students many opportunities to learn about healthy living, including support groups, cultural awareness programs, Alateen, the Adopt-A-Student Program, Grandparents Club, volunteer opportunities, wellness activities, conflict resolution counseling, and peer tutoring. A local hospital, in partnership with the school, provides a Spanish speaking counselor to deal with the specific concerns of non-English speaking children, as well as the general student body.

Ocoee Middle School reaches out to parents through programs co-sponsored with the Parent-Teacher-Student Association. In addition, a community counseling agency sponsors a suspension reduction program which assists students and their families with decision making and problem solving regarding appropriate school behavior.

The school district provides ongoing inservice to SAFE core team members, who in turn train the rest of the school faculty. Teachers can attend monthly staff development sessions on a variety of topics, including drug identification, crisis intervention, suicide prevention, eating disorders, and child abuse.

The unifying theme for the school is "Ocoee Middle School...Where the Best Get Better." By seeing the best in its students, the school strives to enhance the quality of their lives and build the skills necessary for their success in the future.

Contact

Ms. Jennifer E. Reeves
Principal
Ocoee Middle School
300 S. Bluford Avenue
Ocoee, FL 34761
(407) 877-5035



Polk City Elementary School

Target Population

Grades PreK-6

Located near the edge of a National Wildlife Sanctuary, **Polk City Elementary School** is part of an active community concerned about environmentalism and deeply committed to protecting the serenity of its surroundings. The school has joined forces with the rest of the community in combatting such issues as pollution and drug dealing, and as a result has instilled in students a strong sense of ownership regarding their bodies, school, and neighborhood. The school's motto, "We believe and together we succeed," reflects the bond between students and citizens that has resulted from their shared investment in preserving the community.

The school's tobacco, alcohol, and other drug (TAOD) prevention program grew out of the belief that students can make a difference. It includes a strong peer training program involving 48 students as peer helpers, support groups to help children from families where substance abuse is a problem, and an emphasis on cultural diversity. Polk City Elementary hosted a community workshop entitled "Alcohol, Society, and the Future: A Multicultural Approach," where school staff and others looked at the importance of cultural sensitivity in addressing community alcohol problems.

The Positive Action program was implemented this year. This program has been instrumental in reducing discipline referrals and has helped students to develop healthy concepts of themselves, as well as emphasizing peer refusal skills. All students and staff are involved in the program which has created a wholesome drug-free spirit at school.

Prevention messages are infused into the total school curriculum, focusing on the belief that alcohol and other drug use is unacceptable. A CARE team of selected faculty members guides the implementation of the program, based on the *Living Free--Drug Free* curriculum, and is trained to intervene with students who have problems. For parents, there are workshops and public forums for discussing the school's TAOD policy, as well as an involved PTSA chapter.

This year, in conjunction with a school-sponsored marathon, Polk City Elementary School students selected the 1992 theme, "Run with Me, I am Drug-Free." Evaluations of the school's TAOD prevention efforts suggest that students are hearing the message. TAOD-related offenses continue to decrease, and in 1992 there were no offenses reported. Reports of violent and disruptive behavior have decreased by 90%.

Contact

Mr. Jose Perez
Principal
Polk City Elementary School
125 South Bougainvillea Avenue
Polk City, FL 33868
(813) 984-1332



Frank E. Brigham Elementary School

Target Population Grades PreK-5

High expectations and opportunities for achievement are the norm for every **Brigham Elementary School** student. To provide this in a safe and orderly climate, the staff takes an active role in providing culturally sensitive educational opportunities to its diverse student body. Leadership and support come from a school advisory committee of parents, teachers, community members, and students.

In 1988, the school developed and implemented its tobacco, alcohol, and other drug (TAOD) prevention education program for K-5 students. Lessons emphasize life skills development, and students are encouraged to resist peer pressure, increase self-esteem and self-confidence, and improve problem-solving skills through classroom and small guidance experiences. Students have plenty of opportunities to practice what they learn as they help plan and carry out prevention programs and activities, including a neighborhood crime watch. An intervention program for at-risk youth encourages children to make a contribution to others. Fourth and fifth graders with problem behaviors learn responsibility through a peer facilitation program where they teach, entertain, and care for younger children. Winter Haven police conduct the DARE Program, and a resource officer is available at school to counsel students with drug or crime-related problems. One of the most popular and successful programs is MINI-MAPS (Minority Achievement Program for Students). Local high school students become big brothers or sisters to Brigham third, fourth, and fifth graders, and participate in activities specifically designed to build self-esteem, pride, and academic success.

Public recognition and social reinforcement are keys to Brigham's discipline and prevention plan. Numerous activities throughout the year publicly recognize both academic and social progress. These include honor roll assemblies, perfect attendance programs, Good Apple Principal's Party, Good Citizenship awards, Caught Being Good Program, Safety Patrols Program, Reading Incentive Program, and Children are People Too. Names of students receiving special recognition are announced over the school intercom and published in local newspapers and school newsletters.

Parent involvement is high at Brigham, and has earned them the state Red Carpet Award for documented parent involvement. The school has also received the Flag of Distinction for five consecutive years. This Polk County award is based on such indicators for effective schools as student and staff attendance, test score gains, parent surveys, staff surveys, student surveys, volunteer hours, and reading by students.

Contact

Mrs. Lela D. Keith
Principal
Frank E. Brigham Elementary School
6TH St. & Ave. C SE
Winter Haven, FL 33880
(813) 291-5300



Garden Grove Elementary School

Target Population Grades K-6

Garden Grove Elementary School's commitment to prevention education dates back to 1986, when two staff members were trained to present the C.E.Mendez Foundation's Meology program to sixth grade students. Since then, the program has progressed from a small component reaching 14% of the students to a comprehensive health and tobacco, alcohol, and other drug (TAOD) education program involving a majority of the school's students, staff, parents, and community. This year, in keeping with the National Educational Goals, the program took on the additional task of ensuring a safe, disciplined environment conducive to learning.

Children Helping Children is one successful component of the program, a peer helping project which pairs sixth grade students with kindergarten and first graders. Through this pairing, younger children develop academic, social, and behavioral skills and build friendships with older role models, while sixth grade students gain the sense of leadership and responsibility that comes from participating in a helping relationship.

With classroom teachers as the primary instructors, the program addresses students of every age. A no-use message is consistently stressed throughout the curriculum and students study responsibility, decision-making, interpersonal skills, refusal skills, and comprehensive health issues. The entire school staff is trained and knowledgeable in prevention and discipline concepts.

Garden Grove has developed a directory of community services as a resource for the school community. The directory includes community agencies dealing with substance abuse, individuals who are knowledgeable about TAOD issues, and audio-visuals available for use. In this way, the school networks with the surrounding community to provide the most effective program possible.

Student activities revolve around such events as Just Say No Week, Just Say No Walk, and Red Ribbon Week and include things like the PRIDE puppet shows, storytelling, recreational activities, and various others. The staff is proud that 100% of Garden Grove Elementary School's students participate in one or more co-curricular activities.

Contact

Mr. Richard D. Dobler
Principal
Garden Grove Elementary School
4599 Cypress Gardens Road
Winter Haven, FL 33884
(813) 291-5396



Inwood Elementary School

Target Population Grades K-6

"Everyone is a Winner" at Inwood Elementary School. The prevention program focuses on developing self-discipline in students so that they can be winners, drug-free and responsible for their actions. The staff draws on team effort to achieve this goal, bringing students, parents, and teachers together to plan and implement specific aspects of the prevention program.

Components include responsibility training, self-esteem building, leadership training, safety training, school support of the Neighborhood Crime Watch, and other prevention strategies. Students observe Red Ribbon Day and participate in an area-wide Red Ribbon March. Peer Pals leadership training prepares students to serve in helping roles such as student assistant tutor, special friend, or small group leader. Westwood Warrior Buddies, drug-free role models from the local junior high school, visit Inwood weekly as guest readers. Pride programs, poster contests, and weekly good citizens activities do their part to instill a sense of responsibility in Inwood students.

Prevention is infused throughout the school curriculum. In grades K-3, lessons emphasize growth and development as well as information on tobacco, alcohol, and other drugs (TAOD). Teachers in grades 4-6 focus on growth and development, prevention, peer pressure, gateway drugs, and chemical dependency. To supplement the curriculum, the guidance counselor presents weekly lessons on self-esteem, peer pressure and handling conflict in grades K-6.

Recognition is key to Inwood's program. The Winning Student Program recognizes and rewards good behavior to build self-esteem. Stickers for good behavior earn parties for the students. They are also recognized weekly with positive referral letters to parents and announcements over the PA system. Every six weeks, Good Citizens are rewarded with bumper stickers and buttons.

Parents participate in TAOD and safety policy development, and are kept up to date with regular letters home and school meetings. The local paper has a school page each Monday, and Inwood contributes information about its activities weekly. Winning the School of Distinction Award in 1990-91 was a tribute to Inwood Elementary School's team efforts.

Contact

Mrs. Sue Buckner
Principal
Inwood Elementary School
2200 Avenue G NW
Winter Haven, FL 33880
(813) 291-5369



Westwood Junior High School

Target Population

Grades 8-9

"Just Do It" is the theme of **Westwood Junior High School's** mission and prevention program. Parents, teachers, and students work together to create an environment of mutual trust and respect where learning can take place. With active support from the community, including local police and PRIDE of Polk County, Westwood Junior High has made significant progress over the last two years in becoming a place where children can learn and grow.

A peer facilitator coordinator oversees Westwood's prevention efforts. A student assistance program offers support and referral for students who need it. All students participate in personal growth and development classes in grade 8 and life management classes in grade 9 that address prevention issues. Staff has modified the district curriculum to include cultural sensitivity issues for its diverse student population. A self-esteem enhancement group for minority students and sensitivity awareness in social studies classes increase cultural awareness and support at Westwood. Students learn to be sensitive listeners and good role models through the peer facilitator class.

Community involvement is a big part of Westwood's focus. PRIDE team members reach out to feeder elementary schools with a prevention program. The Westwood Warrior Buddies are positive role models to nearby Inwood Elementary students through a weekly reading program. Youth Crime Watch participants are committed to a safe and healthy school and neighborhood. Several business/community partnerships bring students into direct contact with successful role models. The Youth Motivator Program pairs students with successful business people and offers the opportunity for ongoing positive adult relationships.

Since Westwood began its prevention efforts two years ago, the dropout rate has decreased, academic achievement is on the rise, and signs of unlawful activities in the surrounding neighborhood have disappeared. As the school continues to thrive, increased family involvement has won Westwood a Red Carpet Award from the state commissioner of education. The "Just Do It" philosophy is working at Westwood.

Contact

Ms. Carolyn Baldwin
Principal
Westwood Junior High School
3520 Avenue J, NW
Winter Haven, FL 33881
(813) 967-5484



Columbia High School

Target Population Grades 8-12

Columbia High School's drug education program is a comprehensive initiative that uses current resources to address preventive strategies in educating students. The school began addressing the prevention needs of youth through a collaborative relationship with the Drug-Free Schools Advisory Council and the Dekalb Prevention Alliance, both of which help guide the school's efforts. In keeping with the National Educational Goals, it is Columbia High School's goal to be free of tobacco, alcohol, and other drugs (TAOD) by the year 2000.

Believing that students and staff alike must be committed to healthy living, the school has adopted a TAOD-free workplace program for all employees. The Employee Assistance Program (EAP) is based on the premise that to promote healthy lifestyles among students, the staff must be invested in the idea as well. Intervention and counseling are available through the EAP.

For students, Columbia High School offers several programs promoting a safe, TAOD-free learning environment. Besides the Student of the Month and other recognition programs, the staff honors students regularly with the Most Improved award, which recognizes a student's attempt to make better choices about substances or behavior. Award winners receive a \$50 savings bond donated by a local business and are recognized at a school assembly.

Two other components of the program include innovative ideas like the teacher/staff mentor program and the Positive People Workshop. The school's mentoring program consists of 25 teachers committed to meeting regularly with identified at-risk students. The mentors help students deal with the stresses that keep them from doing well in school, and model healthy behavior for them. Parents highly praise this project and note the positive effect it has had on their children's outlook. Positive People Workshops were initiated by the principal to meet with students who experienced difficulty and strategize ways to involve the school and parents in building stronger student study skills and providing assistance with their homework. Community resources are often considered as a part of the process.

These programs as well as other ongoing activities continue to develop and foster a positive atmosphere for learning and caring among parents, teachers, and students. Fewer referrals by teachers, improved attendance, and reported pride from students are evidence of the program's success.

Contact

Mr. Stanley Pritchett
Principal
Columbia High School
2106 Columbia High
Decatur, GA 30032
(404) 284-8720
(404) 289-8683 FAX



St. Thomas More Catholic School

Target Population

Grades K-8

The only parochial school from the southeast honored by the Drug-Free School Recognition Program this year, **St. Thomas More Catholic School** takes prevention seriously. Working to attain National Educational Goal #6, the staff strives to achieve an environment free of tobacco, alcohol, and other drugs (TAOD), and one that is conducive to learning. Staff, parents, and students have worked together to fulfill the school's stated mission, "...to help develop the whole person, spiritually, academically, socially, aesthetically, and physically."

The main thrust of St. Thomas More School's TAOD program is accurate information and skill development. Teachers at the school talk openly with their students about values, morals, and the consequences of their behavior. The staff encourages critical thinking throughout the curriculum and values questions, concerns, and comments from all students. One of the most important tenets at St. Thomas More is honesty between staff and students, a value which has earned the respect of students and has promoted a feeling of positive regard schoolwide.

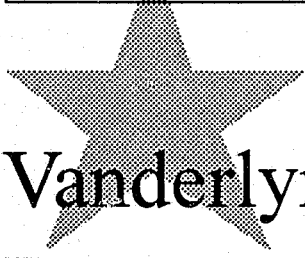
All teachers incorporate prevention into their science, health, and religion lessons. They use *The No! Power To Say No to Drugs* program in K-6 grades, and an extensive health program for seventh and eighth graders. The school's library stocks a series of prevention videos at all grade levels to supplement the programs in place. Through their Family Life program, students practice refusal skills by role playing and participating in other classroom activities. Religion classes and parish community service projects provide students and families with many opportunities to help others.

Older students develop TAOD teaching projects in health and science classes and present their lessons to younger students. Students are involved in poster contests and other activities to promote campus awareness. The entire school and parish community participates in the Red Ribbon Campaign.

St. Thomas More has had no reported cases of TAOD use on campus, and school staff attributes this exemplary record to its commitment to prevention and its holistic approach to educating children. It's a strategy that is working.

Contact

Sr. Margaret Mary McKeon
Principal
St. Thomas More School
630 Ponce De Leon Avenue
Decatur, GA 30030
(404) 373-8456
(404) 377-8554 FAX



Vanderlyn Elementary School

Target Population

Grades K-6

Vanderlyn Elementary School promotes a learning environment in which all students have an opportunity to explore their potential, gain a feeling of self-worth, and grow as responsible citizens. The school accomplishes this by maintaining a stable learning environment, encouraging high teacher/student performance, and utilizing innovative teaching strategies. Its programs reflect a mission which is consistent with both the Dekalb County School System goals and the National Educational Goals. The Vanderlyn program addresses tobacco, alcohol, and other drugs (TAOD) on three levels: prevention, early intervention, and intervention.

The primary prevention curricula, *Too Good For Drugs/Clear Choices* and *Glencoe*, for kindergarten through sixth graders, promote the development of age-appropriate decision-making and refusal skills. Programs include Sooper Puppy, Getting Away Clean, Project Alert, and Smoke-Free 2000.

Early intervention efforts include programs that target students who are at risk for problems in school. GRIP (Gaining Results in Intervention and Prevention) is an innovative after-school program for youth in grades 3-12 and their parents that attempts to stop problems before they start. Additionally, support groups and staff training to refer at-risk students to the appropriate resources are a mainstay of the early intervention program.

Intervention for students who have TAOD problems, or are living with family members who do, is accomplished through the cooperative efforts of school counselors, social workers, psychologists, and others. A team approach to intervening with students draws on the skills of everyone involved in the program. Referrals to area agencies are a focus of most school interventions.

Additional support from parents and community members is provided through the Drug-Free Schools Advisory Council, the Dekalb Prevention Alliance, the PTA, local government, and other community agencies.

Vanderlyn Elementary School was the first Dekalb County School to be recognized by the Governor's Commission on Drug Prevention and Awareness for its Red Ribbon Week activities in 1991.

Contact

Mr. Sam D. Harman
Principal
Vanderlyn Elementary School
1877 Vanderlyn Drive
Dunwoody, GA 30338
(404) 394-2624



Hendrix Drive Elementary School

Target Population

Grades K-5

To the casual observer, **Hendrix Drive Elementary School** seemed overcome by obstacles too large for any prevention program to address. A great many students came from single parent families, others lived with extended family members or guardians, some were non-English speaking, and 72% were eligible for free or reduced lunches. Creating an environment conducive to learning, much less one free of tobacco, alcohol, and other drugs (TAOD), was a challenge others might have avoided but the school's staff jumped in eagerly and has ended up with an TAOD prevention program that enhances student self-esteem and encourages healthy lifestyles.

The school's program makes use of three prevention strategies to educate students on the dangers of TAOD use: education, life and social skills, and community service. Clayton County Public Schools and Hendrix Drive Elementary School have collaborated to develop a set of curriculum objectives that use *Discover Skills for Life* and *Health for Life* along with other resources to talk to students about TAOD use. Prevention concepts are infused into traditional subject areas in the classroom to reinforce the school's education goals.

The Just Say No Club provides the program's focus for TAOD prevention in the fourth and fifth grades, allowing instructional time during the day for developing and maintaining strategies and support among students. After school, the club offers a variety of activities and a social setting where students can interact in a positive environment. The school counselor conducts individual, small group, and classroom sessions to discuss such life skills as decision-making, peer/parent relations, problem solving, and healthy alternatives to TAOD use.

Other programs meet the special needs of the school community. The After-School Enrichment Program affords a safe environment for latchkey children as a positive alternative to staying home alone. Joint programs between the school and community, such as the Fall and Spring Festivals, food drives, and fund raisers for local charities, offer students a way to invest in their neighborhood and lead to the development of community pride and spirit. The ongoing development of the school's outdoor classroom gives students and staff an outdoor setting to enjoy and a place for neighborhood events. Through efforts like this, Hendrix Drive Elementary has found a way to strengthen students and involve them in the life of the community.

Contact

Mr. Robert F. Soper
Principal
Hendrix Drive Elementary School
4475 Hendrix Drive
Forest Park, GA 30050
(404) 362-3835



McDonald Street Elementary School

Target Population Grades K-5

Being free of tobacco, alcohol, and other drugs (TAOD) is the standard at **McDonald Street Elementary School**. Through a comprehensive education program, a public commitment to the school, and a variety of extracurricular activities, school staff teach the children that as future leaders they must keep their pledge to be drug-free and healthy. In a neighborhood where children see daily the material benefits of drug dealing this is a special challenge. So staff have worked hard to make their school a source of consistency for their students, with positive role models, peer groups, and encouragement that make it fun to be drug-free at McDonald Street!

Teachers are trained in positive classroom practices and make themselves available to students to talk over any personal problems or family concerns. The Muscogee Health Project, Skills for Growing Program, and Project DARE provide students with information and skills to resist TAOD. Community leaders reinforce these programs in classroom visits. Student council members are the leaders when it comes to planning drug-free events at McDonald Street. A special drug-free week and drug-free spirit days throughout the year encourage students and staff to "Just Say No" with conviction. The city's mascot, Pogo the Possum, is a frequent guest at anti-drug activities, parades, and rallies.

Through PADS (Parents Against Drugs at School), all parents are invited to recommend drug-free activities and share their concerns about drug use in the school and community. A newsletter goes home each week to update parents on what's going on at school and includes factsheets on various drugs and their effects. Afternoon and evening parenting programs discuss topics such as improving self-esteem and getting more involved with school. An active PTA supports drug-free school programs and brings speakers in to educate parents on drug abuse.

McDonald Street School's prevention program has been in place for nine years. Local media highlight activities, encouraging community support and awareness. Parents know the programs are working because their children are bringing the no-use message home. And student surveys indicate that the attitude-shaping efforts are successful. Of the students in grades 2-5, 99% realize that tobacco, alcohol, and other drugs are harmful; 96% know what "Just Say No" means and use the slogan; 96% are willing to say no to tobacco, alcohol, and other drugs even if a best friend asks them to try; and 100% love their bodies and want to protect them.

Contact

Mr. Franklin L. Pinckney
Principal
McDonald Street Elementary School
1235 McDonald Street
Waycross, GA 31501
(912) 287-2366



Fulton County High School

Target Population Grades 9-12

Fulton County, Kentucky is surrounded by "dry" counties on all sides, making it the only place in the region where alcohol can be sold legally. Realizing the added stress this placed on students already tempted to try tobacco, alcohol, and other drugs (TAOD), the staff at **Fulton County High School** has worked hard at gaining the commitment of the whole community to help youth remain healthy and TAOD-free. While the county may be viewed as a "watering hole" for the area, the school is guided by a strong no-use policy that steers its prevention program.

The foundation of the program is the support it receives from the Fulton County Substance Abuse Committee and the Fulton County Substance Abuse Council, both of which have worked to involve the community in preventing TAOD use among students. The adults who organize and supervise these organizations serve as role models for students, and are active in implementing much of the school's program.

The main focus of Fulton County's efforts is character building. The program centers on helping students value themselves and others by teaching them critical thinking, problem-solving, and decision-making. Fulton County High School's program includes a compilation of curricula which emphasizes character building, including *Learning to Live Drug-Free*, *Quest*, *Skills For Living*, *Being All You Can Be*, and others.

Students participate actively in such prevention-oriented activities as Red Ribbon Week, the Kentucky Teen Leadership Conference, the I CARE Hotline, TAOD-free clubs and dances, and Project Graduation. Peer programming is used to get students involved in promoting the no-use message through one-on-one contact with other students and providing input into the overall prevention plan for the school.

The number of suspensions and expulsions from school for TAOD-related problems has decreased since the program's inception, and juvenile court records show a decrease in the number of court cases related to substance use. The Fulton County Substance Abuse Committee and the Fulton County Substance Abuse Council have been recognized nationally for their efforts at community mobilization.

Contact

Mr. Larry Gardner
Principal
Fulton County High School
Route 4
Hickman, KY 42050
(502) 236-3904
(502) 236-9004 FAX



Tompkinsville Elementary School

Target Population Grades K-5

Tompkinsville Elementary School has made great strides toward being safe and drug-free by the year 2000. Staff believe that changing attitudes and building skills in themselves and their students will ultimately change the lives of the children and their families. To achieve this a comprehensive and innovative prevention program has been put in place, sustained by the strong commitment of individual staff members, parents, and the community.

All prevention activities are coordinated through a strong Student Assistance Program, designed to prevent and intervene in all problem areas affecting a child's success in school, including the use of tobacco, alcohol, and other drugs (TAOD). The Growing Healthy curriculum supplements prevention education in all grades. Fifth graders sharpen their refusal skills through the DARE program. A wide variety of activities are designed to help students overcome obstacles to learning and develop skills for healthy living, while incorporating prevention messages.

The GLAD team (Good Leadership Against Drugs), sponsored by the Student Assistance Program for all Monroe County children in grades 4-12, includes 100% of the Tompkinsville fourth and fifth graders in its ranks. Their "GLAD to be a Champion" slogan serves as the school's drug-free standard, and team members proudly wear their GLAD shirts at school events and community awareness activities. High school GLAD members attend Tompkinsville's monthly GLAD meetings, where students have the opportunity to learn leadership by observation and participation while receiving support for a TAOD-free lifestyle. GLAD officers serve on the Student Assistance Advisory Council along with parents and teachers. The Council plans events such as Drug-Free Awareness Month, helps with

community activities such as Red Ribbon Week, and coordinates community service projects for students.

The on-site Family Resource Center provides assistance for children and their families by coordinating child care, parent and child education, health services referrals, recreation opportunities, referrals to social services, and a variety of other services. The Family Resource Center Coordinator and the Student Assistance Coordinator are partners in delivering Tompkinsville Elementary's comprehensive programs, and serve as liaisons with local community agencies.

Since the program began in 1987, the staff has seen increased parent and community support for its efforts as in-school commitment to prevention has grown. Referrals to the Student Assistance Program have increased, with a decrease of behavioral problems in school. Surveys show an increase of students through grade six who have not used TAOD.

The school counts on parent and community support to make its program successful. According to Principal Lewis Carter, "The attitude that is pervasive is that whatever is necessary...will be implemented for the children we have been entrusted to educate and prepare for life."

Contact

Mr. Lewis D. Carter
Principal
Tompkinsville Elementary School
420 Elementary School Road
Tompkinsville, KY 42167
(502) 487-6472
(502) 487-5868 FAX



Myrtle Beach Elementary School

Target Population Grades K-5

"Together we will make a difference" is the philosophy guiding the **Myrtle Beach Elementary School** prevention program and the theme that links all its program activities. The aim of the program is to make students aware of the dangerous effects of tobacco, alcohol, and other drugs (TAOD) and to provide a safe environment conducive to learning. Students, staff, parents, and the community are all committed to making an impact on the TAOD problems in the Myrtle Beach area.

The prevention program is successful because of the combined efforts of many people including the school's Substance Abuse Contact Person, school staff, parent volunteers, law enforcement, and the community. Everyone plays a part in making the program work. Parents implement the Just Say No program, staff members teach the prevention curriculum and assist the Contact Person in various co-curricular activities, the police department executes the DARE Program in fifth grade, and the community Grand Strand Optimist Club sponsors the Just Say No Club.

Parent and staff awareness workshops and staff development programs further involve parents and school staff. Just Say No Club volunteers and parents present a variety of programs focusing on a monthly theme. The Just Say No Walk conducted at the end of the school year involves the entire community in a day of prevention activities.

Various other activities such as Red Ribbon Week, poetry and essay contests, and bulletin board/hall displays are conducted throughout the year. Student representatives are selected to assist in all prevention activities, such as handling the red ribbons for their class. These students get special recognition for their efforts.

The students at Myrtle Beach Elementary realize they are the generation that "will make a difference" and are using this knowledge to prevent TAOD use and create a school environment that is better for everyone.

Contact

Dr. John Sprawls
Principal
Myrtle Beach Elementary School
3101 Oak Street
Myrtle Beach, SC 29577
(803) 448-1774



Hillcrest High School

Target Population

Grades 7-12

Joining the national effort to make every school in America safe, disciplined, and free of tobacco, alcohol, and other drugs (TAOD) by the year 2000, **Hillcrest High School** has implemented a comprehensive prevention program that uses community resources to counter crime and drug dealing often associated with the neighborhood. A primary focus of the program is the development of life skills that promote physical, mental, and emotional health through an array of programs.

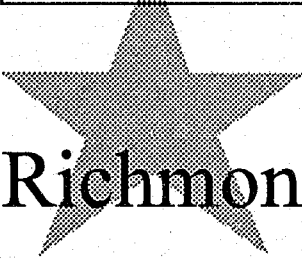
Components of the school's prevention program include an active Just Say No Club that sponsors dances, honors students who are TAOD-free, and involves students in one-to-one interaction with other youth. The leadership of the Just Say No Club has attended training to develop action plans for the school and brainstorm effective strategies for deglamorizing TAOD use on campus. The school's other prevention components include early intervention seminars, parenting groups, peer mentoring programs, and the *Clear Choices* curriculum. *Clear Choices* includes lessons, activities and videos on self-esteem, decision making, peer pressure, feelings, communication, and alternatives to TAOD use.

Hillcrest High School has organized an active Parent, Teacher, Student Association to promote parent involvement and provide parent education and training. Additionally, area businesses have offered assistance in helping students become productive citizens through involvement in the "Just Say No" Urban Initiative Community Council, the Great Aluminum Can Round-Up, and award competitions. Students compete for awards by creating posters, essays, skits, speeches, songs, and media campaigns promoting the "Just Say No" message.

Since the inception of Hillcrest High School's program in 1987, the staff has seen an increase in student, parent, and community involvement and a reduction in suspensions for TAOD use and possession.

Contact

Mr. Elmer P. Ray
Principal
Hillcrest High School
4184 Graceland Drive
Memphis, TN 38116
(901) 348-3104



Richmond Elementary School

Target Population

Grades K-6

The mission of **Richmond Elementary School** is to educate students to be productive citizens in tomorrow's world. To attain this and meet the National Educational Goals, the school provides a positive atmosphere conducive to learning, and focuses its energy on developing self-esteem, interpersonal relationships, and problem-solving and coping skills.

The Richmond Elementary School prevention program is part of a community-based effort to coordinate prevention for both students and adults. The program uses school and community resources to prevent unhealthy behaviors and intervene with students who are having problems related to alcohol and other drugs. The program makes use of students, parents, educators, community organizations, law enforcement, and local, state, and federal agencies to plan, implement, and promote its prevention activities, creating a shared investment in establishing a positive school climate.

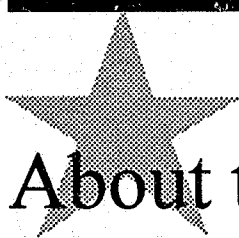
Activities at Richmond Elementary include DARE, parent awareness workshops, a KID Klowns performance troupe, a special needs library, Just Say No clubs, community prevention/intervention training, Peace Making Skills workshops, and motivational classroom programs.

Coordinators of South Charleston's Impact for Life, a community prevention program, provide Richmond Elementary and other schools in the area with resources to assist in staff training. Impact for Life, which began its no-use policy in 1986, has been recognized by the Office of Substance Abuse Prevention (OSAP) as one of the leading tobacco, alcohol, and other drug (TAOD) prevention programs in the country. Its service to Richmond Elementary School has been important to the success of the school's prevention efforts.

Additionally, police officers and sheriff's department personnel are actively involved at Richmond, providing both TAOD prevention assemblies and DARE training. The local Optimist Club provides students with "Just Say No" T-shirts, and each year the school and surrounding community participate in a Red Ribbon Rally celebrating their commitment to TAOD-free lifestyles.

Contact

Mr. John D. Cummings
Principal
Richmond Elementary School
4620 Spring Hill Avenue
South Charleston, WV 25309
(304) 766-0357



About the Southeast Regional Center

The position of the U.S. Department of Education is that illicit drug use is wrong and harmful. In accordance with this position, as well as the guidelines set forth by the Department of Health and Human Services (DHHS), the Southeast Regional Center advocates no use for youth. The Center, like DHHS, aims to prevent the use, not just abuse, of alcohol and other drugs by youth and believes all use is abuse when referring to youth under the age of 21.

What is the Center?

The Southeast Regional Center for Drug-Free Schools and Communities is one of five regional centers in a national network established by the U. S. Department of Education through the Drug-Free Schools and Communities Act of 1986. Located at the University of Louisville School of Education in Louisville, Kentucky, the Center serves 12 areas: Alabama, the District of Columbia, Florida, Georgia, Kentucky, North Carolina, Puerto Rico, South Carolina, Tennessee, Virginia, the Virgin Islands, and West Virginia.

What is the mission of the Center?

Dedicated to support the prevention of alcohol and other drug use among youth in the southeast region, the Center provides the encouragement, knowledge, and expertise needed to implement effective, comprehensive alcohol and other drug prevention strategies. The Center offers training, consultation, dissemination of information and technical support to schools, communities, and states.

The Center:

- Facilitates school/community cooperation by building and supporting planning and action teams
- Assists state educational agencies in coordinating and strengthening alcohol and other drug prevention programming
- Assists colleges and universities and local educational agencies in developing and implementing preservice and inservice training programs for educational personnel

- Evaluates and disseminates information on effective alcohol and other drug prevention programs and strategies

An integrated approach to prevention

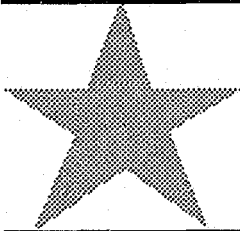
The guiding principle of the Center is that planned community-wide action based on cooperation and integration encourages the development of healthy, drug-free youth. Area field coordination is the foundation for Center-assisted planning. Services are geared to meet the unique needs of the southeast region. Each of the 12 areas has a full-time area field coordinator who works with local and state educational agencies, colleges and universities, and school/community teams to develop a prevention plan tailored to the area's particular needs.

Communication is the key

A network made up of a Regional Advisory Council, Area Advisory Committees, and Sub-Area Advisory Committees advises the Center and offers guidance to keep the Center aware of area needs.

Area field coordinators are linked electronically with the Louisville office and with each other, facilitating solid communication among the Center, state and local educational agencies, colleges and universities, and school/community teams.

As a specialty center of the Regional Alcohol and Drug Awareness Resource (RADAR) Network, the Center communicates electronically with state and specialty centers across the country. This offers a broad base for sharing information, and enables the Center to distribute free ONCADI (OSAP's National Clearinghouse for Alcohol and Drug Information) publications.



School/community team building

Area field coordinators work with local educational agencies to initiate school/community planning and action teams. The Center emphasizes coordination at all levels and the development of local plans to meet locally identified needs. Training staff and area field coordinators train school/community teams, share information on promising new prevention models, and offer follow-up services. A continuing relationship between the Center and the teams provides the support and encouragement necessary to create vital, ongoing prevention efforts.

Through initial training and subsequent technical assistance and revitalization, the Center assists school/community teams in developing the process, knowledge, and skills for effective community-based prevention.

Special initiatives

Along with a network of school/community teams, the Center provides networking opportunities for existing prevention organizations as well as training and consultation services for special needs populations through urban and rural initiatives. Urban and rural initiatives are underway in a number of areas. Future special initiatives will be developed as needs are identified.

Service to institutions of higher education

The Center encourages colleges and universities to incorporate alcohol and other drug prevention into existing preservice training programs and to become a vital part of the AOD prevention efforts in the communities in which they are located.

Evaluation and dissemination

The Center offers assistance to communities in conducting needs assessments and helps ensure that adequate evaluation techniques are applied to local efforts. Along with training in program evaluation, the Center compiles and disseminates longitudinal data and information about promising prevention strategies.

The Center's dissemination unit produces a variety of publications which focus on prevention including quarterly newsletters, semi-annual research reviews, and grant alerts. The Center also maintains a resource center with curricula, model programs, print and video materials, and articles focusing on special topics in prevention.

University of Louisville School of Education

The University of Louisville is one of the oldest urban universities in the United States. A major state university, it provides a broad range of baccalaureate and advanced degree programs to meet the educational, health care, research, and cultural needs of Kentucky's largest metropolitan area.

The School of Education is responsible for teacher training and prepares professionals for many other school, college, community, and social and public agency positions. It has a longstanding collaborative relationship with school districts in the southeast region.

Southeast Regional Center for Drug-Free
Schools and Communities
Spencerian Office Plaza
University of Louisville
Louisville, Kentucky 40292
(502) 588-0052
Or call toll-free: (800) 621-SERC
FAX: (502) 588-1782



Area Field Coordinators

Alabama

Jean Wallace

SERC

University of Alabama/Birmingham

136-A Ullman Building

Birmingham, AL 35294

(205) 934-8662 Fax: (205) 934-9896

District of Columbia

Keith Miller

SERC

c/o Rabaut Junior High School

North Dakota & Kansas Ave, NW

Room 333

Washington, D.C. 20011

(202) 829-4227 Fax: (202) 724-8810

Florida

Leonard Everett

c/o FL Department of Education

Drug-Free Schools

Florida Education Center, Suite 414

325 West Gaines Street

Tallahassee, FL 32399-0444

(904) 487-8745 Fax: (904) 488-6319

Georgia

Peter Gillespie

c/o State Department of Education

1952 Twin Towers E

Atlanta, GA 30334

(404) 656-2686 Fax: (404) 651-8582

Kentucky

Eddie Woods

SERC

University of Louisville

Spencerian Office Plaza

Suite 350

Louisville, KY 40292

(502) 588-0052 Fax: (502) 588-1782

North Carolina

Peggy Richardson

c/o NC Department of Public Instruction

Alcohol & Drug Defense Section

210 N. Dawson Street

Raleigh, NC 27603-1712

(919) 733-6615 Fax: (919) 733-2823

Puerto Rico

Lourdez Vazquez

School Health Program Office #804

SERC, Department of Education - Box 759

Hato Rey, PR 00919

(809) 754-4347 Fax: (809) 753-7926

South Carolina

Stuart Crockett

3700 Forest Drive

Suite 300

Columbia, SC 29204

(803) 734-9740 Fax: (803) 734-9663

Tennessee

Rene Krailo

c/o Tennessee Department of Education

127 Cordell Hull Building

Nashville, TN 37243

(615) 256-6286 Fax: (615) 741-6236

Virginia

Cynthia Downing

SERC, c/o Virginia Department of Education

18th Floor

James Monroe Building

P.O. Box 2120

Richmond, VA 23216-2120

(804) 225-4429 Fax: (804) 371-2455

Virgin Islands

Allison Petrus

P.O. Box 5665

St. Thomas, VI 00803

(809) 774-0100 ext. 3048

Fax: (809) 774-4679

West Virginia

Roger Tittle

SERC - 2nd Floor

1204 Kanawha Blvd.

Charleston, WV 25301

(304) 345-1766

Fax: (304) 558-0391 (*2 after second ring)