



# E-Cigarette, Marijuana, & Other Drug Prevention Grant Application



<b>Applicant Information:</b>			
<b>Timeline</b>	<ul style="list-style-type: none"> <li>• <u>Application Due Date:</u> Monday, December 11, 2023, by 11:59</li> <li>• <u>Funding Status Notification:</u> On or after Monday, December 11, 2023</li> <li>• <u>Project period:</u> Through the remainder of the fiscal year (10/13/2023 to 06/30/2024)</li> </ul>		
<b>Organization Name:</b>	<b>Albert R. Lyman Middle School</b>		
<b>Organization Address:</b>	<b>535 N 100 E.</b> <i>Address</i>	<b>Blanding</b> <i>City</i>	<b>84511</b> <i>Zip</i>
<b>Contact Information:</b>	<a href="mailto:seldredge@sjsd.org">seldredge@sjsd.org</a> <i>Email</i>		<b>435-678-1103</b> <i>Phone</i>
	<b>Shelby Eldredge</b> <i>Organizational Representative</i>		<b>School Counselor</b> <i>Title</i>
<b>Organizational Type:</b>	<p><input type="radio"/> <u>Coalition:</u> a coalition of community organizations this is focused on substance abuse and prevention.</p> <p><input type="radio"/> <u>Local Government Agency:</u> a local government agency, including a law enforcement agency, for a program that is focused on substance abuse and prevention.</p> <p><input checked="" type="radio"/> <u>Education:</u> a local education agency as defined in Section 53J-1-301</p> <p><input type="radio"/> <u>Other:</u> other organizations focused or able to provide evidence-based program(s) that are focused on substance abuse prevention.</p>		
<b>Organizational Description:</b>	<p>Provide a brief description of the agency applying for funding. Include any experience or expertise the agency has with the population they intend to serve.</p> <p><i>Albert R. Lyman School is the only Middle School in San Juan County. Our student body is composed of Sixth through Eighth Graders. We currently have 322 students; 155 American Indian students, 167 White and Multiple Race students. As a staff, we are dedicated to education and making connections to help protect our students and our local communities from addiction and recreational drug use. ARL Middle School has worked alongside the San Juan County Health Department and San Juan County Prevention Action Collaboration (SJCPAC). The mission statement for our county coalition is to collaborate with community partners and agencies to strengthen local youth and their families against substance misuse and suicide in San Juan County.</i></p>		

**Proposal Summary:** Our proposal will include an anti-tobacco/nicotine prevention program by educating our students of the chemicals and dangers they place on their bodies from even the slightest use of e-cigarettes, cigarettes, vapes, marijuana, and other drugs. We would also like to invite guest/motivational speakers to join in educating our students. The other component of our proposal is to have Connection activities for our entire student body. This past month we had Kyle Quilausing, a nationally ranked speaker, who had a powerful message about how one decision can change your life when it comes to drug usage. We invited San Juan High school, this made it possible for 748 students to hear his message. We also gave all students and staff members at ARL Mustang Shirts. They have LIVE DRUG FREE SUCCEED on the sleeve. Because of the funds that we received last year from this Prevention Grant, we were able to bring in this speaker and buy the shirts. THANK YOU SO MUCH!. We would like to be able to do this again next year and also add a sock assembly and other Uniting/Bonding activities to help ALL students feel a positive connection to our school and Community. CONNECTION is one of the most important Prevention – factors students can have to keep them off drugs and away from suicide ideations. When talking to a friend that had struggled with Addictions, when making his one-year sobriety mark, he stated. “The opposite of Addiction is not Sobriety, it is Connection!” To help with this connection piece, we have started a Student Success Club. This club consists of the 16% of the student body that had 15 absences or more by the beginning of November and/or a GPA below 2.0. We meet weekly and discuss ways that we can have Success in School. Most importantly, Be Here! We want to give an iPad or Beats to the top 3 students that made the most progress and has the fewest percentage of absences and raise their GPA the most since we started the club. One amazing statistic that we have seen so far is that a student last year had 16 absences by November 14, he only had three absences the whole rest of the year. Also, his GPA was 0.793 in the first term and was 3.240 the fourth term! Another girl in our group went from 1.708 first term to 2.714 second term! Being able to give students these incentives has really made a difference in their school success! We would like to add to our proposal an incentive trip so we can reward all students at ARL who show great gains in Academics, Attendance, and Behavior. We would like to bus students to Bananas Fun Park for a day to let them connect with other students and enjoy some fun that they may never get to experience. We did purchase Reality Town, which is a fun hands-on curriculum for eighth graders. They learn how to take on a career, salary, spouse, and children with all the financial obligations. We would like to add a twist to this by adding medical bills and the cost of tobacco, if a habit is formed. If awarded funding, we would like to attend a top notch anti-drug conference and implement curriculums like Steered Straight into our school.

**Statement of the Problem:** *ARL Middle School was not able to participate in the SHARPS survey given in 2021, so we are going off the 2019 Survey Results. According to the Substance Abuse and Mental Health Services Administration, (SAMHSA) in 2019 more than 5 million (28 percent) of high school students reported nicotine vaping in the past 30 days. This number is a significant increase from 2018 which was 21 percent and more than doubles the rate in 2017 which was 12 percent. Nicotine vaping is not a fad, but has become an unhealthy epidemic in all parts of the nation. The rise of vaping has become the “cool” thing to use in nicotine products. Unfortunately, the youth of San Juan County are not exempted from this national trend. According to the San Juan County portion of the SHARP survey, in 2011 only 2.7% of the sixth graders had reported using E-cigarettes. In 2017, that number has jumped to 18.0%. This pattern is worse for the 12th graders. In 2011, 0% of 12th graders had used E-cigarettes, but by 2019 that number rose to 23.3% According to the 2019 SHARP survey, 35.9% of all of Utah’s student’s first experience with tobacco was with vaping products and not with cigarettes. Looking at the statistics, vaping is here to stay and we will need to get creative in helping to educate its dangers with the next generation.*

**Community Description:***For this grant, we will be focusing on ARL Middle School in Blanding, Utah. We do have students bussed from throughout San Juan County to attend ARL including Bluff, Monticello, White Mesa, Red Mesa, Aneth, Mexican Water, and Montezuma Creek. We feel that it is crucial to educate middle school aged students. According to the SHARP survey, vaping use in San Juan County begins to drastically climb right after 7<sup>th</sup> grade. This is a very impressionable time for teenagers and the negative habits they learn at this age will follow them into high school and adulthood. If we can help prevent drug usage while in middle school, we have a greater chance of decreasing the rate of tobacco, nicotine, marijuana, and other drug use among future adults. We have also learned from the SHARP survey, given in 2019, that our community has a Low Perceived Risk of Drug Use. This means that many of our students do not feel that drug use is bad for them. We would like to educate our students about the dangers of drug use, especially vaping and other gateway drugs. Along with a low perceived risk of drug use, the SHARP survey also showed a Low Commitment to School and Academic Failure. This is what is driving us to focus on the students who are truant and ALL students to feel a true connection to school. We know that when students feel connected to school and attend regularly, they will be happier and more successful. This too can help them stay away from drugs and other harmful substances.*

**Selected Interventions(s):** *At the beginning of the school year we will introduce an Anti-Drug Program. We are currently looking at the Program titled, "Courage to Speak Drug Prevention Education Program for Middle School". This Program is researched-based and helps students make good decisions and resist the pressure to use drugs. The students take part in specific social emotional skill development and asset-building activities through:*

- *Internet Research*
- *Creative Writing*
- *Art*
- *Group Discussion*
- *Scientific Demonstration*

*The Program consists of 16 highly interactive classroom lessons taught by teachers. The lessons enable students to:*

- *Have a clear plan to refuse alcohol and other drugs when offered, including vaping, marijuana, tobacco, prescription drugs and opioids.*
- *Develop clear decision-making strategies.*
- *Identify 3-5 adults who will support them when needed.*
- *Communicate with their parents about risk behaviors and the dangers of drugs.*

*Yale University School of Medicine evaluation reported statistically significant increases in youth's communication with their parents about substance use and an increase in the number of times students talked to their parent(s) about: family rules and expectations about drug use; things they could do to avoid drugs; drug use in movies; and people they know who have been in trouble because of drug use.*

*This study further demonstrates the effectiveness of the Courage to Speak Foundation Drug Prevention Education Model that engages home, school and community to keep our children safe from drugs.*

*The Courage to Speak Foundation also offers a Courage to Speak-Courageous Parenting 101 course for parents which compliments the Middle School Curriculum and cultivates mutual understanding between students and Parents about drug prevention.*

*We will also work alongside SJC-PAC and our ARL Digital Literacy/Journalism Class to provide a Community Outreach and a Social Media Campaign.*

*Throughout the year we will also have Top Presenters come and speak to our students and also many Unity, Bonding, and Connection activities with the whole student body. We would like to present each student with a Shirt that represents Hope and Caring for each other. We are in this together.*

*As Educators, we know that when students are here at school and feel a connection to each other, they are a lot more successful and are more apt to stay away from Risky Behaviors. After the first term, October, we will choose the students to be in the Student Success Club. This is a Club to help the students make good choices and stay in School.*

	<i>We are also implementing Reality Town for our 8th Graders. We will invite other 8th grade students throughout the County to join us. This program is a real life simulation experience for students to learn financing and budgeting. We will be adding medical and product costs to the budget. We hope that it will give a better understanding of how much an addition would cost.</i>
Amount Requested <b>No more than \$80,000</b>	Socks – \$1,000 Steered Straight Program – \$6,500 Conferences/Trainings – \$10,000 Incentive Trip – \$6,500 Catch My Breath Complete Program - \$2500 Connection Shirts/Activities - \$10,000 \$ 36,500 Total

### 2023 Action and Evaluation Plan

#### Risk Factors to be addressed:

1. Favorable attitudes toward the problem.
2. Positive media portrayal of vaping and Drug Use.
3. Friends who engage in the harmful behaviors
4. Low Commitment to School and Academic Failure.

#### Protective factors addressed:

1. High Levels of perception of parental disapproval
2. Perceived Availability to Drugs
3. Low Gang involvement
4. Early Initiation of Drug Use

**Goals:** Educate the students at ARL Middle School about the dangers and risks of Vaping tobacco/nicotine by inviting TOP STUDENT PRESENTERS and implementing them to our school. These presentations are Nationally ranked. We will also use other creative ways to help educate our students during Red Ribbon Month. We will teach life-skills through the “Courage to Speak Drug Prevention Education Program” and/or “Steered Straight Program” that will help the students to feel empowered to say NO, use positive peer pressure with friends, and discuss questions and concerns with parents or other adults they trust so they can avoid the risk of tobacco and nicotine use.

We will strive to make positive connections with each student and ARL by involving all students in Unity and Motivating Activities. We will give constant effort and encouragement to students that are truant and at risk for Academic Failure