



## Trainings & Workshops — continued

### **[3] Question, Persuade, and Refer (QPR) Gatekeeper Training for Suicide Prevention**

QPR Gatekeeper Training is a one- to two-hour program designed to teach lay and professional “gatekeepers” the warning signs of a suicide crisis and how to respond. Gatekeepers include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The process follows three steps: (1) Question the individual’s desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources. Trainees receive a QPR booklet and wallet card as a review and resource tool that includes local referral resources.

### **[4] Opioid Overdose Prevention/Naloxone**

Overdose deaths from opioids are a public health crisis in New York. These overdose deaths are preventable. Naloxone, an opioid antagonist, can safely reverse an opioid overdose and restore breathing. In New York State, it is legal and safe for anyone to carry and use Naloxone. This brief (30-minute or less) training, approved by the NYC Department of Health & Mental Hygiene and the NYS Department of Health, teaches how to recognize and reverse an opioid overdose. Each participant becomes a Certified Opioid Overdose Responder and receives an Overdose Rescue Kit with Naloxone.

### **(5) Youth Mental Health First Aid**

This 8-hour course is designed to teach adults who regularly interact with young people how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis. Youth Mental Health First Aid, approved by the National Council for Behavioral Health, introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

### **[6] Alcohol Training Awareness Program (ATAP)**

The ATAP training course, approved by the State Liquor Authority, is intended to help licensees comply with the Alcohol Beverage Control Laws and emphasize how to stop underage drinking and sales to intoxicated persons. The goal is to provide a safe environment at licensed establishments as well as preserve the health, safety and welfare of the citizens in our communities.

### **[7] Additional Training**

Additional training for teachers, parents and community members can be customized to your needs.



## Prevention Education

ADAPP is aware of current issues that impact the lives of youth and is trained to address them through a variety of evidence-based educational programs. These evidence-based programs are designed to improve the risk and protective factors that lead to problem behavior, teach life and social skills, increase knowledge about addiction and the consequences of substance use, improve attitudes towards healthy lifestyles and decrease normative misperceptions regarding peer substance use. Social skills taught include decision-making, assertiveness, substance use refusal skills, stress-management, self-control and conflict resolution.





## Evidence-Based Classroom Education

### [1] Too Good for Drugs (TGFD)

ELEMENTARY SCHOOL

MIDDLE SCHOOL

TGFD teaches students how to be socially competent and autonomous problem solvers. It focuses on developing personal and interpersonal skills to resist peer pressure, goal setting, decision making, bonding with others, having respect for self and others, managing emotions, effective communication, and social interactions. The program emphasizes the negative consequences of drug use and the benefits of a drug-free lifestyle.

### [2] Too Good for Violence (TGFV)

ELEMENTARY SCHOOL

MIDDLE SCHOOL

A school-based violence prevention and character education program, TGFV is designed to enhance pro-social behaviors and skills and improve protective factors related to conflict and violence.

### [3] Life Skills Training (LST)

ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

LST aims to prevent alcohol, tobacco, marijuana use and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors.

### [4] Protecting You/Protecting Me® (PY/PM)

ELEMENTARY SCHOOL

PY/PM is an alcohol use prevention curriculum for children in grades 1-5 designed to reach children before they have shaped their attitudes and opinions about alcohol use by youth. The lessons cover a variety of life skills including media awareness, communication, and vehicle safety.

### [5] Second Step

ELEMENTARY SCHOOL

MIDDLE SCHOOL

This program teaches social-emotional skills aimed at reducing impulsive and aggressive behavior and increasing social competence.

### [6] SPORT

MIDDLE SCHOOL

HIGH SCHOOL

SPORT is a brief evidence-based fitness and health program for adolescents designed to increase physical activity, healthy eating, and getting adequate sleep, while avoiding alcohol, cigarettes and other drug use. It consists of a short fitness behavior screening, a brief consultation script, a simple fitness plan, a letter introducing the program to parents/caregivers, and personalized parent/caregiver communication cards.

### [7] Project SUCCESS

MIDDLE SCHOOL

HIGH SCHOOL

Project SUCCESS is a research-based program that builds on the findings of other successful prevention programs by using interventions that are effective in reducing risk factors and enhancing protective factors. Project SUCCESS Program components include a Prevention Education Series- an eight-session alcohol, tobacco, and other drug prevention program, as well as six other counseling discussion groups for high risk youth.

## [8] Refuse, Remove, Reasons (RRR) HIGH SCHOOL

This multimedia high school curriculum is designed to help students develop refusal strategies for alcohol and tobacco, marijuana, steroids, prescription and over-the-counter drug abuse, heroin and other illegal drugs. It consists of five class lessons and three video-based homework assignments.

## [9] Too Good for Drugs and Violence HIGH SCHOOL

This is a school-based 10-session program that builds students' resiliency by teaching them how to be socially competent and autonomous problem solvers.

## [10] Olweus Bullying Prevention Program ELEMENTARY SCHOOL MIDDLE SCHOOL HIGH SCHOOL

The Olweus Program (pronounced Ol-VAY-us) is a comprehensive approach that includes school-wide, classroom, individual, and community components. The program is focused on long-term change that creates a safe and positive school climate. It is designed and evaluated for use in elementary, middle, and high schools (K-12). The program's goals are to reduce and prevent bullying problems among school children and to improve peer relations at school.

## Trainings & Workshops

### [1] Dignity for All Students (DASA)

New York State's Dignity for All Students Act (DASA) seeks to provide public elementary and secondary school students with a safe and supportive environment free from discrimination, intimidation, taunting, harassment, and bullying on school property, a school bus, or at a school function. All applicants for teaching certification are required to complete six clock hours of coursework or training in DASA. This six-hour course, approved by the NYS Education Department's Office of Teaching Initiatives, expands one's knowledge about bullying, harassment and discrimination and increases one's ability to handle situations that arise in schools.

### [2] NYS Child Abuse Identification and Reporting

New York State recognizes certain professionals as holding the important role of mandated reporter of child abuse or maltreatment. Mandated reporters who require licensure or certification through the New York State Department of Education (NYSED) are required to take a two-hour mandated reporter training from a NYSED-approved trainer. This course expands one's knowledge and ability to recognize child abuse, maltreatment and neglect and increases one's ability to make a report.

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## Intervention Services

ADAPP provides a variety of intervention services including individual and group counseling, as well as substance abuse and mental health assessments throughout the Archdiocese of New York.



**"Drug abuse is a preventable behavior.  
Drug addiction is a treatable disease."**

— Partnership for Drug-Free Kids

## Individual Counseling

Prevention counseling is designed to help high-risk youth develop necessary coping skills to reach their academic and emotional potential and to choose a healthy drug-free lifestyle. The goals are to increase resiliency, help create stronger bonds with the school and family, and increase social competencies.

## Group Counseling

Using the interactional approach of the Mutual Aid Model of group work, ADAPP school-based groups emphasize coping and skill development. The model views the participants' interaction with their environment, school peers and parents. The group leader, a trained ADAPP staff member, helps students develop skills to manage their world and create the bonds that increase resiliency. The role of peers is especially important; group members are encouraged to support each other, try out new behaviors and give and receive feedback.

## Substance Abuse Assessment/Evaluation

This service is for youth or adults who are concerned – or whose family or school is concerned – about the person's level of substance use. The comprehensive substance abuse assessment can be conducted on the school site or at one of our ADAPP offices and uses motivational interviewing to assess the level of use and assist in making a referral.

## Mental Health High Risk Screening & Assessment

This service screens for mental health issues and identifies risk and protective factors in youth. It is available to schools with an assigned ADAPP counselor as part of our prevention services and at our family counseling unit in the Bronx office.

## Mental Health Coaching

ADAPP provides support to principals and school staff on effective crisis responses and de-escalation techniques through phone consultations designed to assist in early identification of behavioral health issues, to recognize when young people are at risk for or are experiencing mental health problems and to help with referrals and community linkages.

## Brief Intervention Programs

### Teen Intervene

This is an early intervention program targeting 12 to 19 year-olds who display the early stages of alcohol or drug use, but do not use these substances daily or demonstrate substance dependence. Using change theory and motivational enhancement, this program aims to help teens reduce and ultimately eliminate their alcohol or drug use. It is held in a school setting in two to four 1-hour sessions, 10 days apart.

### SBIRT

Screening, Brief Intervention, and Referral to Treatment (SBIRT) is a comprehensive early intervention service for persons with substance use disorders and for those at risk of developing them aimed at preventing more severe consequences. It includes:

- Screening to quickly assess the severity of substance use and identify the appropriate level of treatment;
- Brief intervention focusing on increasing insight and awareness regarding substance use and motivation toward behavioral change; and
- Referral to treatment for those identified as needing more extensive treatment with access to specialty care.



## Crisis Intervention

A crisis is a significant life event that seriously disrupts the normal functioning of an individual, family or school. ADAPP crisis intervention services address the immediate needs of those affected and help create the conditions that allow the recovery process to begin. The goals of all crisis intervention services are to help stabilize the situation, reduce symptoms such as anxiety and post-traumatic stress, and help people begin to resume their normal routines.



**"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary."**

— Fred Rogers

## **Individual or Family Crisis Consultation**

Crisis situations that affect an individual or families can be addressed one to one. Working with the individual or family, a social worker or mental health counselor provides consultation to gather information about the incident and make a determination for an appropriate referral.

ADAPP has extensive experience with school-wide crisis intervention. We have encountered and assisted with a wide range of traumatic events including suicide, homicide, other violent incidents, sudden accidental death, fires and natural disasters. The following are services offered to the schools and parishes within the Archdiocese of New York.

## **School-Wide Crisis Intervention**

### **Incident Assessment**

ADAPP staff provides an initial consultation to gather data about the event, identify at-risk populations and develop a plan tailored to the needs of the site, which may include individual sessions, small or large group meetings or follow-up services.

### **Information/Education Session**

This is a brief session for school staff, parents or students to provide information about the crisis event, familiarize participants with the crisis intervention plan and address their reactions to the incident.

### **Stabilization Groups for Adults/Children**

This crisis intervention session is offered immediately after the event and is designed for the general population. Led by a professional social worker or mental health counselor, it provides information about the incident, helps normalize reactions, and helps participants develop new strengths, coping skills and resources to manage the initial days after the event.

### **Coping Group for Adults/Children**

This small group service is for those most affected by the crisis event and can be conducted 72 hours to 6 months after a crisis. This professionally led, confidential, psycho-educational session (similar to the Stabilization Group) provides information about the incident, helps normalize reactions and encourages participants to express personal reactions, and helps identify coping strategies and a self-care plan.

### **Classroom-Based Intervention (ages 5-11)**

This three-session small group model is offered to young children who have been exposed to trauma and uses storytelling and therapeutic art, play, music and movement therapy. The process encourages resiliency, a return to normalcy, and empowerment after the event.

### **Follow-Up and Recovery Support**

ADAPP staff can provide follow-up, consultation and ongoing support following a crisis.



# School Mental Health and Wellness Support

A safe and supportive learning environment is key to the overall wellbeing and academic success of young people. ADAPP provides supportive services to promote school climate, address social and emotional learning in the classroom and offer guidance with high risk youth.





**"There is no greater joy nor greater reward than to make a fundamental difference in someone's life."**

— Mary Rose McGeady

**Children and teens who are resilient and possess a sense of self worth, who like school, have friends and feel connected to adults at home and at school perform better in school and in the world around them.**

According to the CDC, students are more likely to engage in healthy behaviors and succeed academically when they feel connected to school. Research has shown that young people who feel connected to their school are less likely to engage in many risk behaviors including alcohol, tobacco and other drug use, and violence and gang involvement. Students who feel connected to their school are also more likely to have higher grades and test scores, have better school attendance and stay in school longer.

## **School Connectedness and SEL Consultation**

ADAPP provides support to schools on how to promote healthy social, emotional and mental wellness for youth and how to encourage school connectedness. Consultations and workshops focus on how to promote social and emotional competencies, ensure a positive, safe school environment and reinforce positive behaviors and decision-making that promote resilient youth.

## **Bullying Prevention Training and Consultation**

More than one out of every five (20.8%) students report being bullied (National Center for Educational Statistics, 2016) and the Center for Disease Control reports that students who are bullied are more likely to experience low self-esteem and isolation, perform poorly in school, have few friends in school, have a negative view of school, experience physical symptoms (such as headaches, stomachaches, or problems sleeping), and experience mental health issues (such as depression, suicidal thoughts, and anxiety). However, research has shown that school-based bullying prevention programs decrease bullying by up to 25%. ADAPP offers a variety of bullying prevention services to schools, administrators, faculty, parents, and the community including training, consultation, and presentations.

## **Mental Health Coaching**

ADAPP provides support to principals and school staff on effective crisis responses and de-escalation techniques through phone consultation designed to assist in early identification of behavioral health issues, to recognize when young people are at risk for or are experiencing mental health problems and to help with referrals and community linkages.

## **Assessment Services**

Substance Abuse Assessment is for individuals who are concerned, or whose family or school is concerned, about the level of substance use. The evaluation can be conducted on the school site or at one of our ADAPP offices. It is a comprehensive substance abuse assessment that uses motivational interviewing to assess the level of use, as well as to assist with making a referral. This service is available for youth and adults.

Mental Health High Risk Screening and Assessment is available to schools with an assigned ADAPP counselor as part of our prevention services and at our family counseling unit in the Bronx office. The service screens for mental health issues, as well as identifies risk and protective factors in youth.



## Family Support/ Counseling and Case Management Services

ADAPP provides family support services to families  
in schools in the Archdiocese of New York.



**"Communication is to relationships  
what breath is to life."**

— Virginia Satir

## **Family Counseling Central Counseling Unit (CCU)**

When family involvement is deemed critical to reducing a student's risk factors and strengthening protective factors, ADAPP's Central Counseling Unit is designed to supplement school-based prevention counseling. Students who are assessed to have suicidal behavior or mental health disorders are referred to an appropriate outside agency.

The CCU is located at ADAPP's main office in the Bronx and is staffed by master's level social workers and counselors. Services include individual, group and family counseling. Fees are on a sliding scale. Financial disclosure is required for a negotiated fee. This service is available to program schools and to schools not receiving services.

The Strengthening Families Program (SFP) offered at select times during the year is an evidence-based parenting program for children 7–17, designed to help parents and children develop happier family relationships, improve mental health outcomes, and help decrease youth alcohol and drug use, violence, and delinquent behavior.

SFP consists of a 10- to 14-week, two-hour skills course with separate parent, teen and child lessons held during the first hour, followed by a family practice session during the second hour. SFP skills are for all families; they are not special skills for deficient families.

## **Family Support Resource Database**

Many community resources are available to the citizens of New York, many of them right from the ADAPP website. Families that live outside of New York City can use the myBenefits website, operated by the New York State Office of Temporary and Disability Assistance, to find out what assistance they might be eligible to receive. To use the quick and easy pre-screening tool, visit: [mybenefits.ny.gov](http://mybenefits.ny.gov)

## **Resources in New York City**

For residents of the boroughs of New York City, documents are available on the ADAPP website with information on food pantries and Human Resource Administration (HRA) offices in the Bronx, Manhattan, Westchester and Staten Island. For these resources, visit:

[adapp.org/services-programs/family-support-services/](http://adapp.org/services-programs/family-support-services/)

In addition, ACCESS NY is a free, online screening tool that helps residents determine whether they qualify for over 30 benefit programs funded by city, state, or federal governments. For help with food, money, housing, work and more, visit: [access.nyc.gov](http://access.nyc.gov)



## Community Coalition

ADAPP is a pioneer and leader in the field, with over 20 years experience on developing and sustaining a community coalition.





**"It takes a village to raise a child!"**

— African proverb

## **Throggs Neck Community Action Partnership (TNCAP)**

The Throggs Neck Community Action Partnership (TNCAP) is an urban coalition which has been working together to prevent alcohol and other substance abuse among the youth of New York City since 1998. TNCAP is the longest sustained substance abuse community coalition in NYC, with a membership of more than 20 organizations that meet monthly to plan and collaborate on projects that recognize and address the diverse needs of Throggs Neck in the southeast section of the Bronx.

Under the auspices of ADAPP, the coalition continues to thrive through funding from the federal government's Center for Substance Abuse Prevention and the NYS Office of Alcoholism and Substance Abuse Services. TNCAP takes pride in implementing policy and environmental strategies that positively impact people's lives.

Due to ADAPP's extensive experience in community coalition building and knowledge of the strategic prevention frame work, ADAPP has received grants to mentor other local coalitions in NYC.

## **Forward South Bronx Coalition (FSBC)**

Forward South Bronx Coalition (FSBC) is a diverse group of community partners against underage drinking and other substance misuse. It was founded in 2011 at Sports Foundation, Inc. (SFI) under the guidance of the Children's Aid Society's Prevention Resource Center (PRC) and mentored by ADAPP and TNCAP.

The mission of FSBC is to work towards an improved community environment by using the Strategic Prevention Framework (SPF) and logic model to devise evidence-based strategies to combat illicit substance misuse among youth between the ages of 12-20 in the Longwood/Hunts Point section of the South Bronx. Longwood/Hunts Point encompasses the following zip codes; 10455, 10459 and 10474.

In 2015 ADAPP was awarded a five-year Drug Free Community Support Program (DFC) grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to be the fiscal agent and to provide oversight to the **Forward South Bronx Coalition**.

For more information go to: [forwardsouthbronxcoalition.org](http://forwardsouthbronxcoalition.org)