

**Opioid Prevention at
the Community Level**

The Bus Method



Build the Child – **U**nite the Family – **S**trengthen the Community



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

Objectives



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

Objectives

Same as all y'all



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

Objectives

To Make a Difference



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

Objectives

Meet people where
they're at



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

Objectives

*And help them become
their best selves*

SOR Grant



Build the Child
Unite the Family
Strengthen the Community

- Hale Counseling was awarded a grant through SAMHSA and the SOR (state opioid response) funding in 2022.

SOR Grant



Build the Child
Unite the Family
Strengthen the Community

- Hale Counseling was awarded a grant through SAMHSA and the SOR (state opioid response) grant in 2022.
- Purpose - Implementation of evidence-based SUD prevention programs within Idaho schools and communities to increase awareness and education on the use and misuse of drugs and the development of substance use disorders. (Idaho Dpt of Health and Welfare)

SOR Grant



- Hale Counseling was awarded a grant through SAMHSA and the SOR (state opioid response) funding in 2022.
- Purpose - Implementation of evidence-based SUD prevention programs within Idaho schools and communities to increase awareness and education on the use and misuse of drugs and the development of substance use disorders. (Idaho Dpt of Health and Welfare)
- Requirements -
 - 3 schools by October 2023
 - 200 youth and families having participated in educational or community events by September 2024

SOR Grant



Build the Child
Unite the Family
Strengthen the Community

- Hale Counseling was awarded a grant through SAMHSA and the SOR (state opioid response) funding in 2022.
- Purpose - Implementation of evidence-based SUD prevention programs within Idaho schools and communities to increase awareness and education on the use and misuse of drugs and the development of substance use disorders. (Idaho Dpt of Health and Welfare)
- Requirements -
 - 3 schools by October 2023
 - 200 youth and families having participated in educational or community events by September 2024
- Requirements Met and Exceeded as of July 2024
 - 6 Schools with programs, 569 Youth, 180 Families, 625 Community Members

Why does our Community need to BUS



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

Why does our Community need to BUS



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

- Gem County
 - Current court cases, at any given time, involving adolescent drug use - average 45 (Gem County adolescent population – 2,695).
 - An estimated 20% of adolescents are using illegal substances.
 - As high as 10% of those using illegal substances are using opioids.
 - "Opioids are one of the easiest drugs to access in our county. Social Media Advertising makes it easy for dealers to deliver here." (Chief of Police City of Emmett)

Resources - (Gem County Juvenile Probation Office, Emmett School District School Resource Officer Heather Roehr)

Why does our Community need to BUS



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
Unite the Family
Build the Child

Emmett High School



Build the Child
Unite the Family
Strengthen the Community



Emmett High School



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
Unite the Family
Build the Child

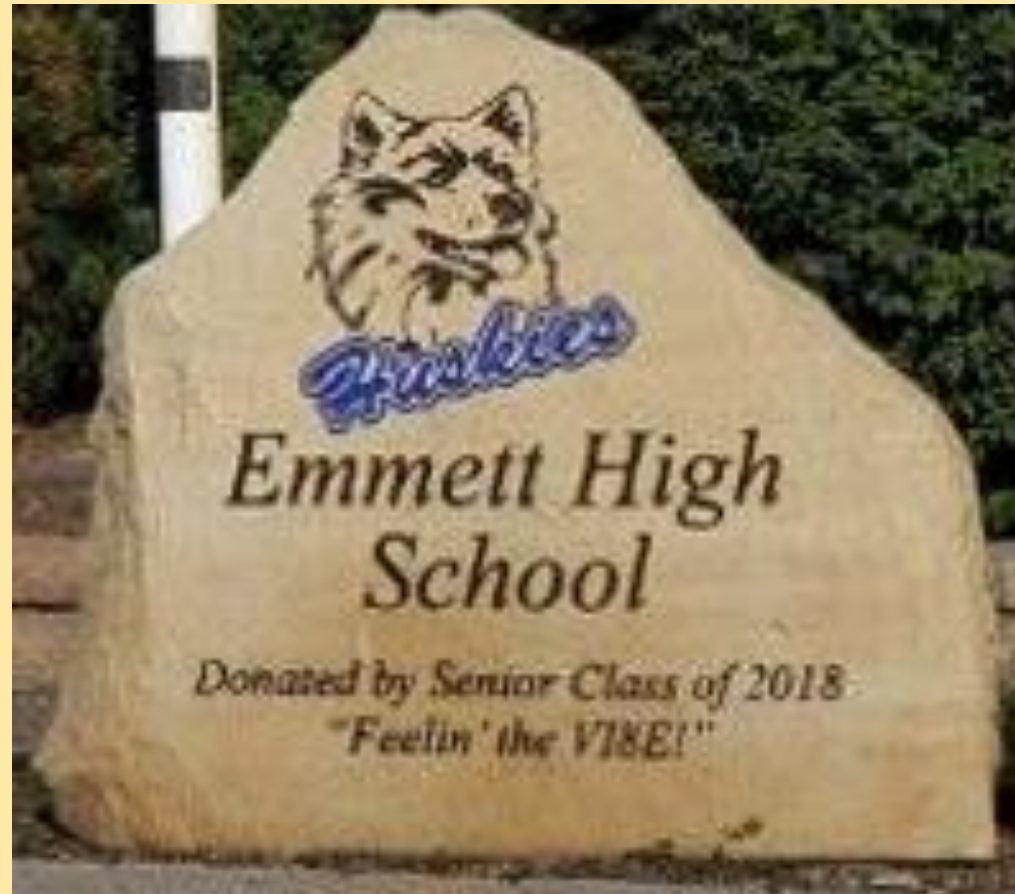


Emmett High School



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
Unite the Family
Build the Child



Construction of the BUS



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

What didn't work in the past

Scare tactics and exaggerated consequences

Week long celebrations

Flyers home to parents

Doing Nothing (the last 5 years before the grant)

Construction of the BUS



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

We Needed

1. Evidence-Based Curriculum
2. Experiential, Hands-On Learning
3. Pure Fun
4. And . . .

Introductions -



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community



Our Vision



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Build the Child – Unite the Family - Strengthen the Community

By providing

Our Vision



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Build the Child – Unite the Family - Strengthen the Community

By providing

Uplifting and Engaging Education

Our Vision



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Build the Child – Unite the Family - Strengthen the Community

By providing

Uplifting and Engaging Education

Fun-Packed Experiences

Our Vision



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Build the Child – Unite the Family - Strengthen the Community

By providing

Uplifting and Engaging Education

Fun-Packed Experiences

AND POSITIVE CONNECTIONS



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

Uplifting and Engaging Education

Uplifting and Engaging Education



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community



ALL STARS

Building Bright Futures

During adolescence, young people grow and mature. They change from being concrete thinkers to becoming abstract thinkers. The transition through adolescence increases social awareness, a desire to fit in, to gain personal identity and social status.

All Stars uses our understanding of what adolescents experience and how these experiences change lives. All Stars programs match the social and cognitive development of students. Our approach is effective because it deals with the root causes of behavior. All Stars targets things that matter using strategies that engage and inspire students. (AllstarsPrevention/Programs.com)

Uplifting and Engaging Education



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Elementary – All Stars Character

Goal - Having strong character, helps us make strong choices that keep us safe and risk resistant.

Uplifting and Engaging Education



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Assignment – Choose a character
trait you learned about this year
and draw a picture of it.

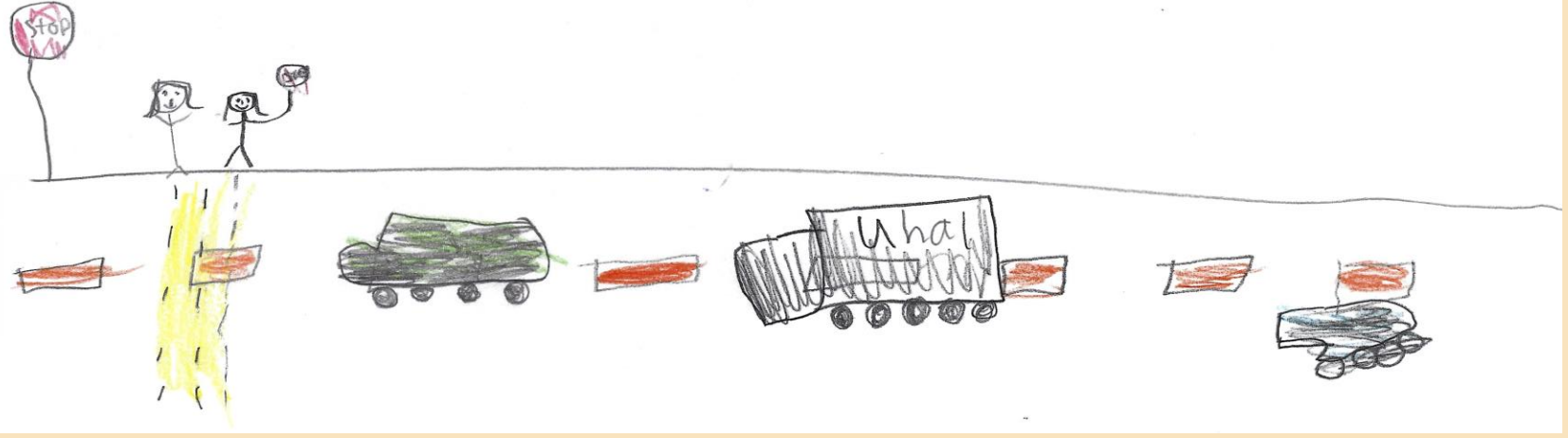
Mia

helpful



helping

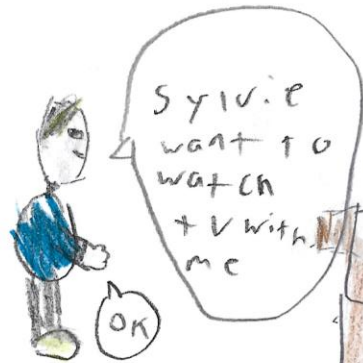
Someone cross the road.





BE

Responsible!





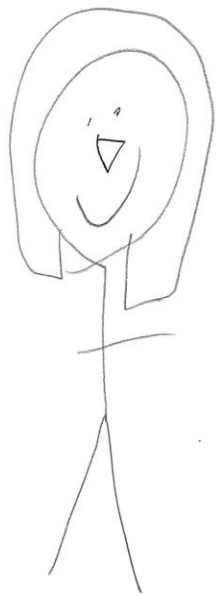
Forgiving

Alexis #7
4-9-21

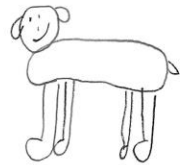
I forgave my dog when
he bit me.



He does "Shake"
when he knows
he is in trouble



I forgive you!
You're the best Hucksteberry!



↙ This is NOT
what my
dog looks
like

Favorite All Stars Activity:
Egg drop

Responsible



Helpful 2



Hailey

Uplifting and Engaging Education



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Middle School – All Stars Core

Goal – Learn to make choices with our
future in mind.

Uplifting and Engaging Education



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Assignment – Make a personal
crest that demonstrates who you
are and who you want to be.

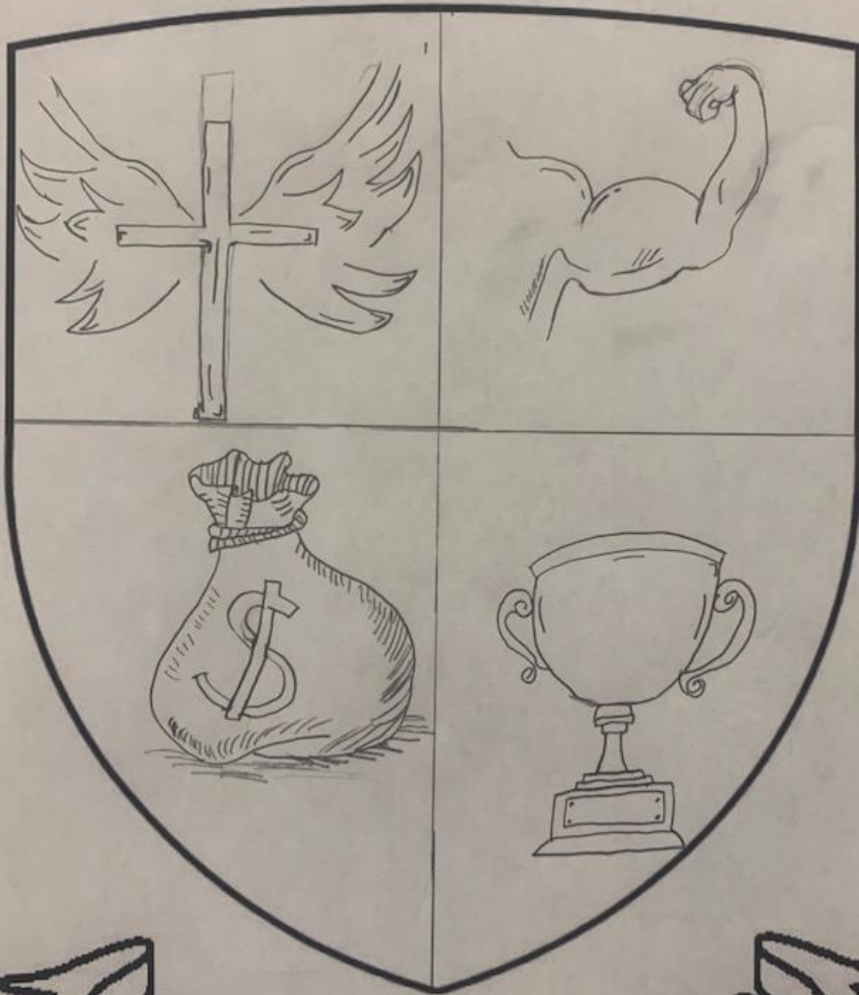
Walt Shippy
10/4th
10/5/23



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Logan D



Get 1% better every day



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Uplifting and Engaging Education



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

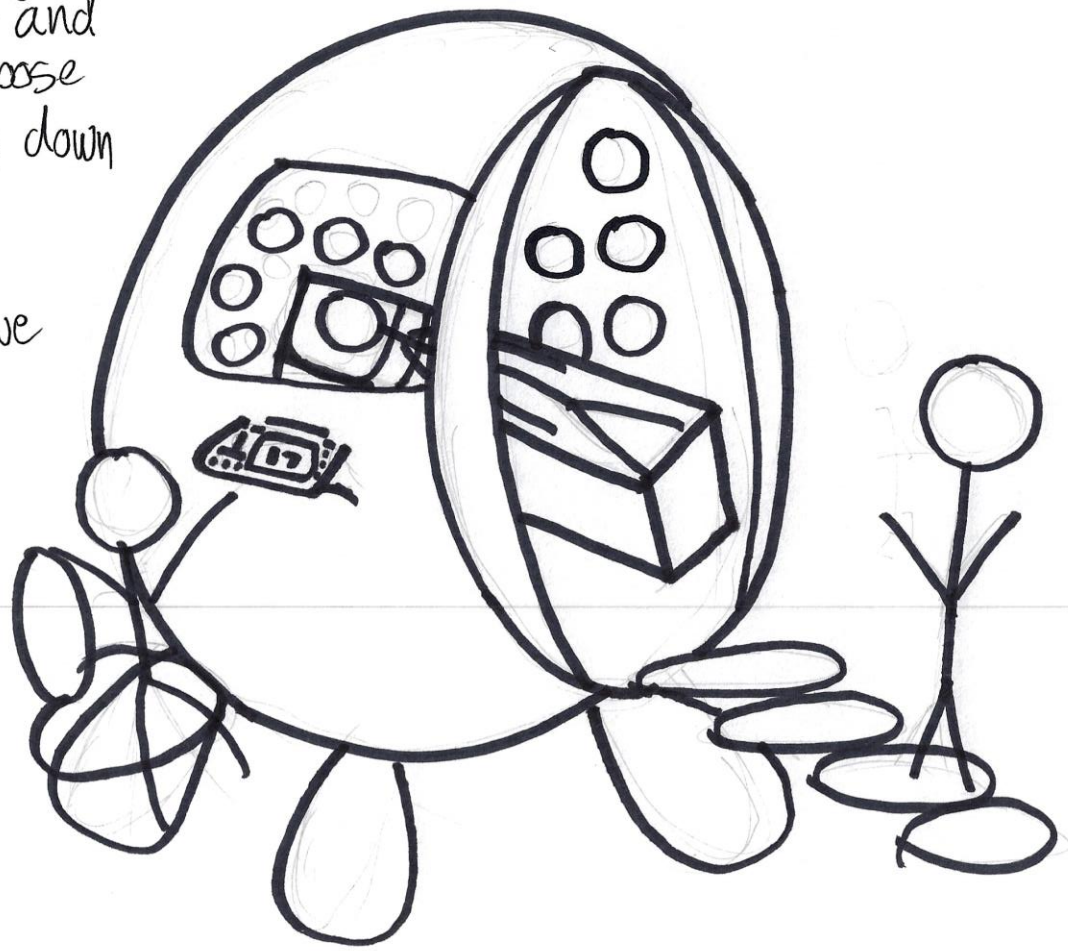
Assignment – With your
group, create an invention that will
improve life in the future

Ageatron

Rayna H., Elijah H., Sophia D.

It's a machine that make you what ever age you want to be and all you do is choose an age and lay down inside.

It helps people live longer



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Under water cities

~~Underground cities~~
~~high tech goggles~~



Lab
to Study
dome

Plant
Lab

Powers
the dome

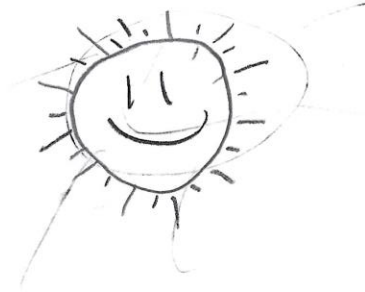


Build the Child
Unite the Family
Strengthen the Community

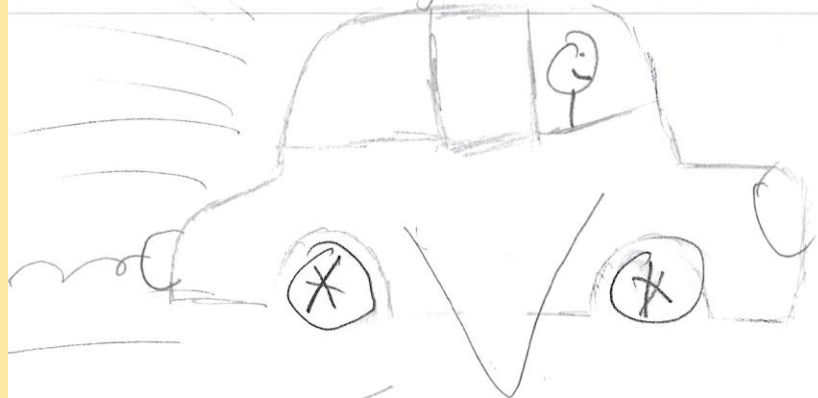
Strengthen the Community



floaty mobs



floating cars
heating seat



Emmett
Middle
School

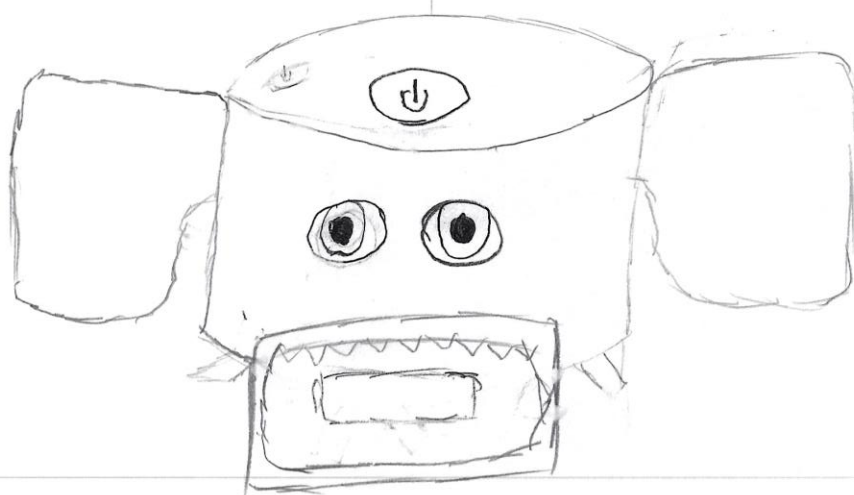


Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Woofa

Woofa



- 3ft tall
- Cleans dog poop and cuts the grass.
- Looks like a doggie.



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Robot With A Brain

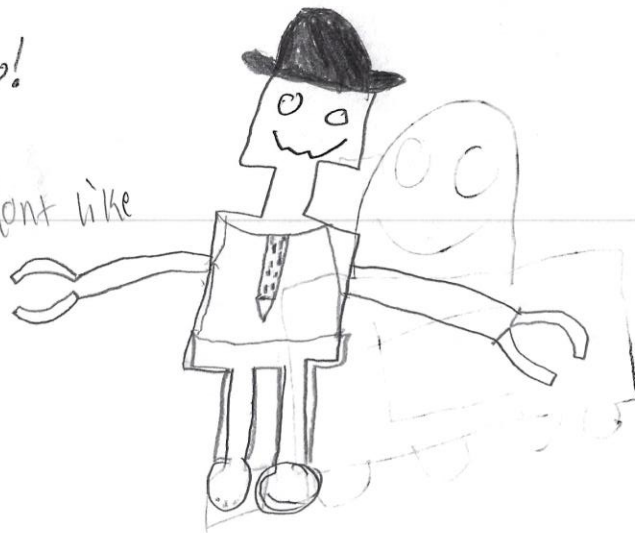
A robot that walks with you and has feelings. This robot is like Siri/google but 3d and can be your friend.

1. Can do your homework!

2. Can be your friend!

3. Does anything you want it to do!

4 and beats up people you dont like



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Uplifting Education



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

Opioid lesson from NIDA (National Institute on Drug Abuse)

Uplifting and Engaging Education



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
Unite the Family
Build the Child

Are you smarter than a 7th grader?

Join at [menti.com](https://www.menti.com) | use code

6126 6796

Uplifting and Engaging Education



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

NH NATURAL HIGH

Natural High is a drug prevention nonprofit that inspires and empowers youth to find their natural high and develop the skills and courage to live life well. We engage influencers, educators, and peer groups to help young people discover those core activities in their lives that uplift, inspire, and motivate them – to find their ‘Natural High’ rather than use alcohol or drugs. We provide content and action steps that are easy, fun, and effective. (naturalhigh.org)

Uplifting and Engaging Education



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community



Natural High/Opioid Lesson July 13, 2024

Uplifting and Engaging Education

Part One - Lesson:
Recognizing your
Natural High and
Opioid Education



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

Uplifting and Engaging Education

Part Two -
Activity
True or False
questions with
Dunk Bucket



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
www.strongercommunity.org

Uplifting and Engaging Education

Part Three-
Write your
natural high on
a poncho



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Uplifting and Engaging Education

Part Four-
Make
conclusions.
*Our natural
highs protect us
from risky
behaviors.*



Build the Child
Unite the Family
Strengthen the Community

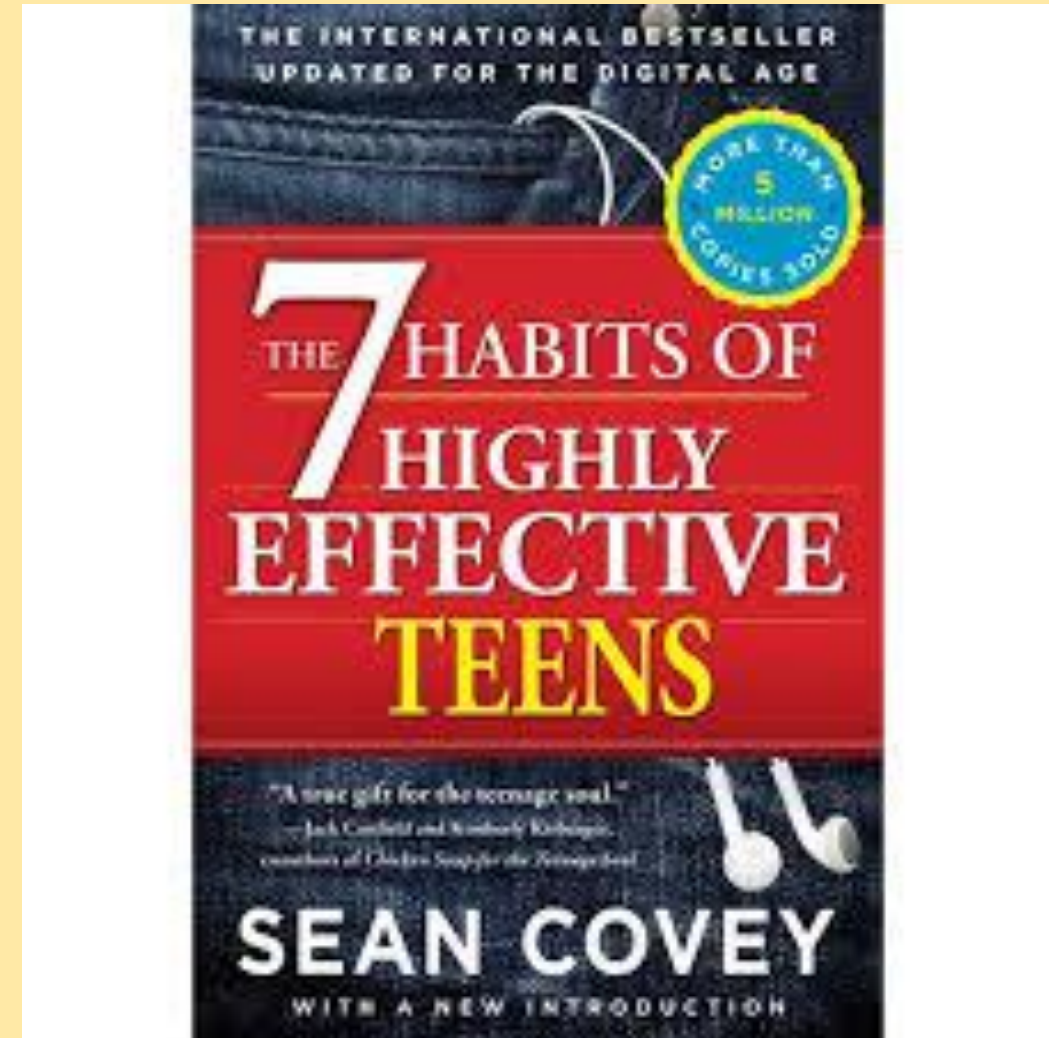
Strengthen the Community
www.strongkids.org

Uplifting and Engaging Education



Build the Child
Unite the Family
Strengthen the Community

Imagine you had a roadmap – a step-by-step guide to help you get from where you are now, to where you want to be in the future. Your goals, your dreams, your plans...they're all within reach. You just need the tools to help you get there. *The 7 Habits of Highly Effective Teens*, has been to millions of teens: a handbook to self-esteem and success. Now updated for the digital age, this classic book applies the timeless principles of *7 Habits* to the tough issues and life-changing decisions teens face. Covey provides a simple approach to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and appreciate their parents, as well as tackle the new challenges of our time, like cyberbullying and social media. *The 7 Habits of Highly Effective Teens* has become the last word on surviving and thriving as a teen.



Uplifting and Engaging Education



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
Unite the Family
Build the Child

Black Canyon Alternative School

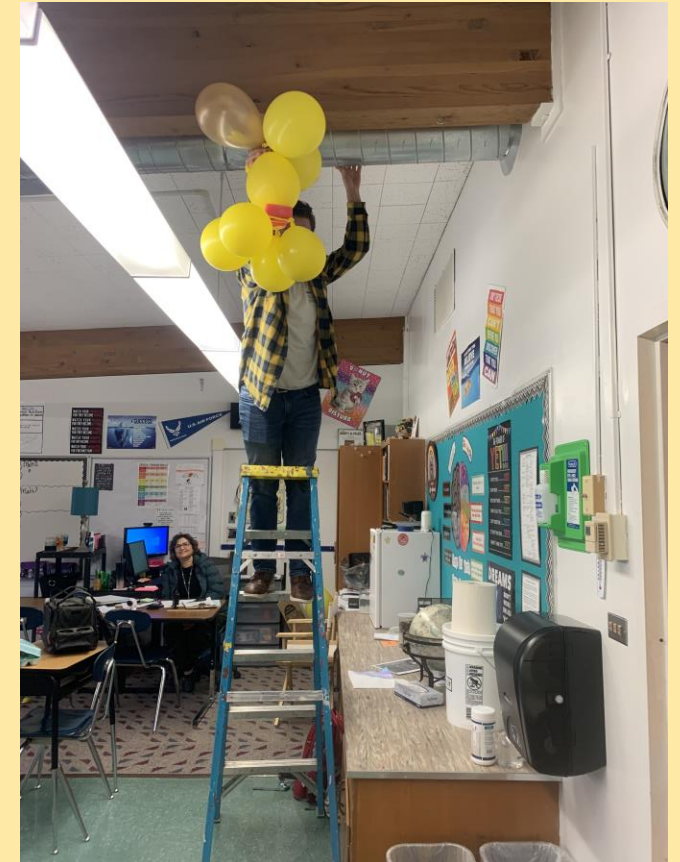
Uplifting and Engaging Education

Black Canyon Alternative School



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community



Uplifting and Engaging Education



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

High School Opioid Awareness Classes

- Guest Speakers -

Trauma Nurse - Opioid Education

Counselor - Healthy Relationships

Counselor - Emotional Resiliency

Uplifting and Engaging Education

Community Events



Build the Child
Unite the Family
Strengthen the Community

ΣΙΕΥΓΗΤΗΝ ΤΗΣ ΚΟΙΝΩΝΙΑΣ



Uplifting and Engaging Education



Build the Child
Unite the Family
Strengthen the Community

Στρεngthen the Community





Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
www.strongkids.org

Fun-Packed Experiences



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY

Evidence supporting fun, humor and play in learning



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

Dopamine is known as the 'feel-good' hormone with good reason. It has the power to make learning feel pleasurable and rewarding.

(Julie Willis, *Research-Based Strategies to Ignite Student Learning*, 2020 2nd edition)



Build the Child
Unite the Family
Strengthen the Community

חזקת המשפחה והקהילה
בניית הילד

A study by Avner Ziv found that students scored higher in their final assessment when the professors used humor in their lectures.

(Avner Ziv, "Teaching and Learning with Humor: Experiment and Replication", Journal of Experimental Education, 1998)

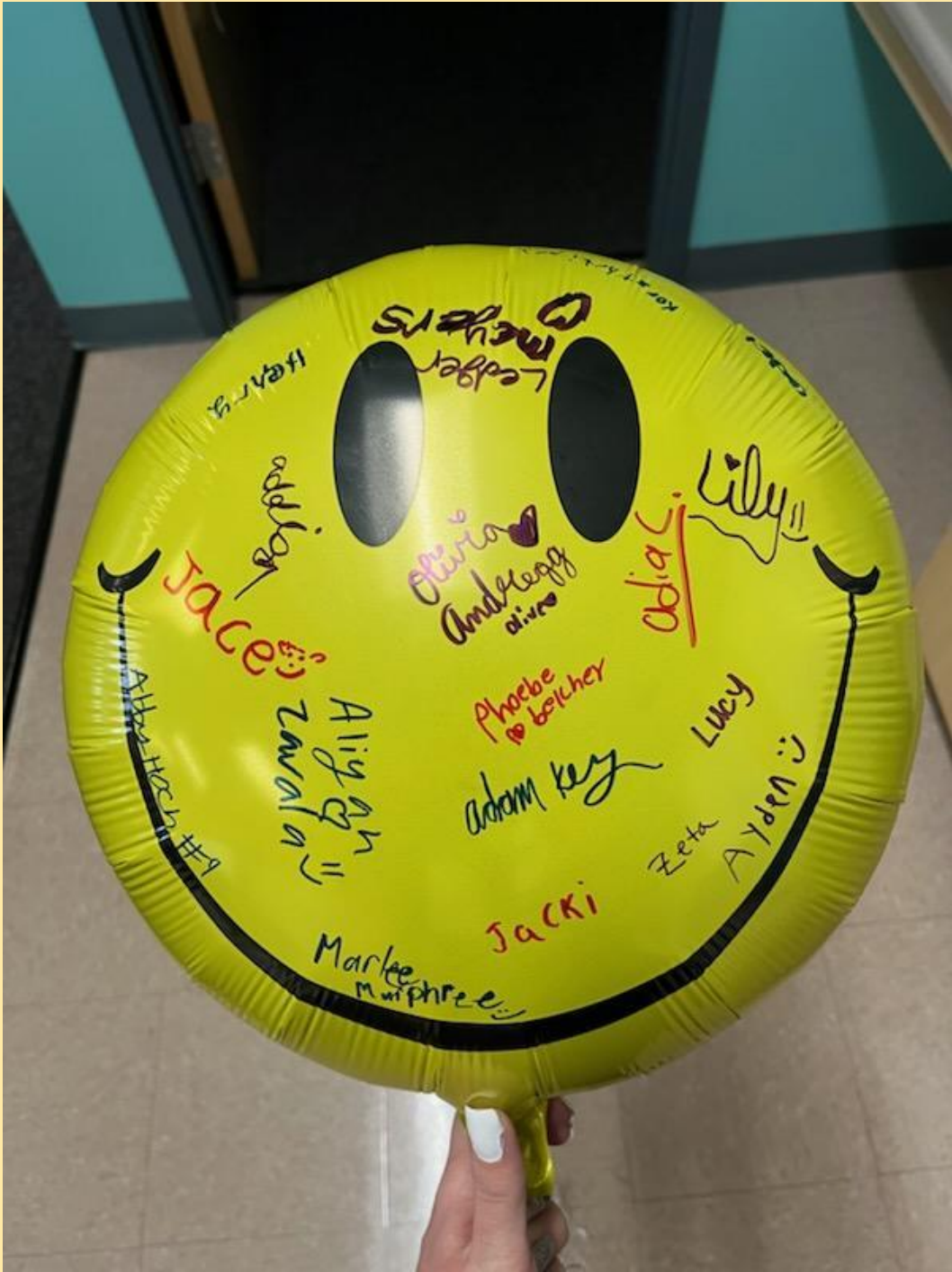
Fun-Packed Experiences



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Fun-Packed Experiences



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Fun-Packed Experiences



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
Unite the Family
Build the Child



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Fun-Packed
Experiences



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Goggles

Fun-Packed
Experiences

Celebrations



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community



Fun-Packed Experiences



Build the Child
Unite the Family
Then the Community

When the Community
Unites





Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

POSITIVE CONNECTIONS



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

"The National Longitudinal Study of Adolescent Health in the United States, for example, found that adolescents who reported feeling connected to home or school at ages 12-17 years were as much as 66% less likely to experience health risk behaviors related to sexual health, substance use, and violence, and to have better mental health in adulthood than less connected peers."

(National Library of Medicine, www.ncbi.nlm.nih.gov/pmc/articles/PMC9600165/#ref9, October 2022)



Build the Child
Unite the Family
Strengthen the Community

One on ones - Brain Breaks

Description – Behavioral Specialists meet for 15 minutes with students who have been identified by teachers and staff with the one of the following criteria:

- Kids love undivided attention from a trusted adult that can be a sounding board, cheerleader and teacher.



Positive Connections



Recess Buddies – All Elementary Schools

Description – Behavioral Specialists go out to recess with the kids

Goal - To help students who are alone or feel alone join a group and play together.



Help the Child
Connect to the Family
and the Community

Help the Child
Connect to the Family
and the Community

Mentor Group – High School

Description – 12 upperclassmen students with leadership skills and exemplary behavior were identified to mentor 15 to 20 lowerclassmen at risk students.

Goal - Help at risk students spend time with positive peer role models and engage in activities that are fun, safe, and encourage positive experiences.



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community

Positive Connections

Lunch Friend Groups

Description – A small group of students who meet once a week for pizza and an activity. They are recommended for the group by teachers and staff because they meet one of the following criteria:

- They tend to be alone most of the time at school.
- They are new and have not made friends yet.
- They have been bullied by other students and need a positive experience with peers their age.



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
Unite the Family
Build the Child





Build the Child
Unite the Family
Strengthen the Community

Anxiety Support Group – Middle School

Description – A small group of students who meet once a week for an activity that teaches skills to help reduce stress and anxiety. They are recommended for the group by teachers and staff because they meet one of the following criteria:

- **They have had episodes of abnormal stress and anxiety in academic settings such as testing or projects.**
- **They are at an increased risk for low self-esteem due to perfectionism.**



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

Family Activities

Positive Connections



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
Unite the Family
Build the Child



Positive Connections

Family Spy Night



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY





Build the Child
Unite the Family
Strengthen the Community

2010-2011

Is it working?



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
UNITE THE FAMILY
BUILD THE CHILD

Honestly, we have no idea!

Dear
Thank you guys for
let me come to
lunch with
you. I

my happy
and very happy
with you.
from Braxton



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
www.strongercommunity.org

Kari Hale

Kari@rhalecounseling.com

Ryan Hale

Ryan@rhalecounseling.com

Or our website

www.rhalecounseling.com



Build the Child
Unite the Family
Strengthen the Community

Strengthen the Community
Unite the Family
Build the Child