Substance abuse prevention reduces the risks that contribute to alcohol, tobacco, or other drug misuse, while promoting factors that support healthy lifestyles and communities. In State Fiscal Year (FY) 2016, ADAP-supported substance abuse prevention and early intervention efforts reached an estimated 410,911 Vermonters through services to individuals, children, and families, community-wide education and promotion, and technical assistance and training provided by our regional Prevention Consultants.1

**Vermont Prevention Model**

It takes a combination of actions, sustained over time, to prevent and reduce alcohol and other drug use. Prevention strategies are most likely to succeed if they reach people in state, community, school, family, and individual environments. Vermont prevention efforts include evidence-based strategies and services across these environments.

**Funding Sources**

The following funding sources support substance abuse prevention efforts across state, community, school, family, and individual environments:

- The Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) Substance Abuse Prevention and Treatment (SAPT) Block Grant
- SAMHSA Partnerships for Success (PFS) Grant (ended 9/30/15) and Regional Prevention Partnerships Grant (started 10/1/15)
- Vermont School-based Substance Abuse Services Grant
Prevention Programs
Pages 2 through 6 summarize ADAP’s largest prevention programs. Pages 7 through 13 contain a complete list of grant supported programs and services.

Community-Based Alcohol and Drug Abuse Prevention Grants
SAMHSA’s Substance Abuse Prevention and Treatment (SAPT) Block Grant supports comprehensive community-wide prevention strategies through community-based prevention grants. In FY16, community-based prevention grants include joint initiatives supported by the Division of Alcohol and Drug Abuse Programs (ADAP) and the Tobacco Control Program.

The aim of the community-based grants program is to reduce health-care costs through the creation of healthy communities where Vermonters can lead healthy lives. Community-based prevention grants support strategies to reduce underage drinking; reduce high-risk drinking by Vermonters under age 25; and reduce marijuana use by Vermonters under age 25.

Alcohol and Drug Abuse Prevention Community Grants
The following 9 community-based public health grant programs received alcohol and drug abuse prevention funds in FY16:

- Burlington Partnership for a Healthy Community, Burlington ($40,000)
- Community Connections and Central Vermont New Directions Coalition, Central Vermont ($55,000)
- Deerfield Valley Community Partnership, Wilmington ($45,635)
- Franklin County Caring Communities, Franklin County ($65,000)
- HealthWorks ONE Coalition, Newport ($55,000)
- Mount Ascutney Prevention Partnership, Windsor ($48,865)
- Rutland Area Prevention Coalition, Rutland County ($55,000)
- The Collaborative, South Londonderry ($57,500)
- Winooski Coalition for a Safe and Peaceful Community, Winooski ($28,000)

Funded Prevention Strategies
- Education on Policy Approaches: Restricting Alcohol/Marijuana Use in Public Places or at Community Events; Local Enhancements to Current Control Regulations; Restricting Alcohol Outlet Density, Advertising & Promotion, Social Host Liability, Open Container Regulations
- Law Enforcement Collaboration: Sobriety Checkpoints; Saturation Patrols
- eCHECKUP TO GO for Alcohol and Marijuana
- Guiding Good Choices parenting program
- Active Parenting of Teens

Examples of Community-based Alcohol and Drug Abuse Prevention Grants in FY16
- Education on Policy Approaches: Franklin County Caring Community and other members of the Franklin Grand Isle Regional Prevention Collaborative have been working with the Northwest Regional Prevention Commission to provide advice and input on the development of their new regional plan. The Regional Plan includes comprehensive recommendations on a range of health, wellness and prevention strategies and conditions including strategies that address nutrition, obesity and chronic disease prevention and underage and high-risk substance use prevention. The following goals were adopted and will inform town plans going forward.
  - Promote active, healthy living and a high quality of life among individuals and communities: prevent obesity through physical activity and access to healthy foods.
  - Reduce and prevent substance abuse across the region.
  - Support the mental and physical health of the region’s residents of all ages.
• **Law Enforcement Collaboration:** The Deerfield Valley Community Partnership (DVCP) worked with the Wilmington Police Department to create an opportunity at local basketball games for community members and DVCP staff to connect with police officers. This strategy resulted in increased relationship building, increased collaboration and an officer was recruited to be a member of the coalition.

**Partnerships for Success (PFS)**

Partnerships for Success, a Department of Health and Human Services, Substance Abuse and Mental Health Services Administration grant, was awarded October 1, 2012, to September 30, 2015 to reduce underage drinking, binge drinking, and prescription drug misuse among youth and young adults. The grant was extended for a one year period through September 30, 2016. Building on the significant outcomes achieved through the Strategic Prevention Framework, the PFS supported regional prevention strategies in six districts, selected based on need and capacity to carry out the deliverables of the project. The grant also supported training and communications activities for all twelve districts of the state. The award amount was approximately $3.6 million, equaling $1.2 million per year.

**Partnerships for Success Grantees**

Community grants in the amount of $130,000 per year were awarded to the following lead agencies, representing the Vermont Department of Health District Office or county catchment area:

- Chittenden County Regional Planning Commission representing the Burlington District Office
- Washington County Youth Service Bureau representing the Barre District Office
- Youth Services representing the Brattleboro District Office, expanded to Windham County
- Mt. Ascutney Hospital and Health Center representing the White River Junction Office, expanded to Windsor County
- Lamoille Family Center representing the Morrisville District Office
- Rutland Community Programs representing the Rutland District Office, expanded to Rutland County

**Funded Prevention Strategies**

- Education on Policy Development: Restricting Alcohol in Public Places and Community Events; Restricting Alcohol Outlet Density; Enhancements to Social Host Liability; Advertising and Promotion Limitations
- Enhanced Law Enforcement: Party Patrols; Saturation Patrols
- Supporting Activities: Alcohol Compliance Checks; Responsible Beverage Service Training; Retailer Recognition
- Community Mobilization
- Media Advocacy
- Support Statewide Communications Campaign
- Electronic Screening and Brief Intervention
- Parenting Programs: Family Matters; Guiding Good Choices; Nurturing Parent Program

**Examples of Partnerships for Success in FY16**

- **Prescription Drug Use Misuse and Abuse Prevention** – As a key community partner in Rutland County, the Rutland Pharmacy installed a permanent MedSafe drop box and collected over 150 pounds of prescription medications in the first 6-month period. As a result of the Rutland Pharmacy promotion of their drop box, and their outreach to other pharmacies and local law enforcement, MedSafe permanent drop boxes have been installed in both the Fair Haven and Castleton Police departments. Both Police Chiefs have agreed to work together to create a radio PSA to promote and publicize the purpose of the drop boxes which is to safely dispose of unwanted and unused prescription medications. This proper disposal method reduces the amount of prescription drugs in the home and community, thereby reducing access to these addictive medications.

- **Education on Policy Approaches: Restrictions on Alcohol in Public Places or at Community Events** – The Chittenden Prevention Network Policy Workgroup furthered its knowledge and comprehension of the legal landscape in Vermont by developing a partnership with the Chittenden County Regional Planning Commission,
and the Vermont League of Cities and Towns to gather qualitative data from key informants and to plan an alcohol related crime data assessment. The data collected allowed for partnerships to be developed between law enforcement and town planners to dialogue about the role of alcohol ordinances and policies and how they impact each town’s public health goals and objectives.

Regional Prevention Partnerships (RPP)
The Regional Prevention Partnerships (RPP) is a five year $12.4 million cooperative agreement with the Department of Health and Human Services, and Substance Abuse and Mental Health Services Administration (SAMHSA). The goal of the Vermont RPP is to apply the Strategic Prevention Framework (SPF) model to reduce underage/binge drinking among 12-20 year-olds, prescription drug misuse and abuse among 12-25 year-olds, and marijuana use among 12-25 year-olds, statewide. The grant also aims to strengthen the prevention infrastructure at the state, regional, and community levels using the Vermont Department of Health’s existing health district structure as the primary mechanism to implement the RPP.

The long-term vision for the Regional Prevention Partnerships (RPP) is for a fully functioning statewide system for prevention services that is coordinated at the regional level and respectful of the regional and cultural diversity that exists across the state of Vermont. This system will build upon existing structures at the state, regional, and community level that can support this vision. In developing the vision, the state recognizes that a community-level structure in which individual communities are funded to plan and implement their own prevention efforts is inefficient and not sustainable. The ultimate goal is to have effective regional prevention structures that collectively cover the entire state, along with centralized support and services.

With six of Vermont’s District Office regions currently implementing the SPF model for underage/binge drinking and prescription drug misuse (e.g. underage drinking policy approaches, parenting programs, electronic screening and brief intervention, community mobilization, enhanced law enforcement, and targeted media campaigns), the RPP will extend that capacity to all twelve regions of the state for the priority substance use targets and add the priority area of youth and young adult marijuana use. The six original District Office regions were funded under the Partnership for Success (PFS) grant opportunity for three years and will receive funding under RPP until the end of FY18. The six new District Offices will receive RPP funding for a full five years, until the end of FY20.

Regional Prevention Partnerships (RPP) Grantees
Community grants were awarded to the following lead agencies, representing the Vermont Department of Health District Office or county catchment area (Notes: St. Johnsbury and Newport Districts were awarded $23,709 in additional funding for capacity building activities.):

- Chittenden County Regional Planning Commission (CCRPC), Burlington District Office ($130,000)
- Franklin Caring Communities, St Albans District Office ($130,000)*
- Lamoille Family Center, Morrisville District Office ($130,000)
- Mt. Ascutney Hospital and Health Center, White River Junction District Office ($130,000)
- North Country Hospital, Newport District Office ($153,709)*
- Northeastern Vermont Regional Hospital, St. Johnsbury District Office ($153,709)*
- Rutland Regional Medical Center (RRMC), Rutland District Office ($130,000)
- The Collaborative, Bennington District Office ($130,000)*
- The Collaborative, Springfield District Office ($122,000)*
- United Way of Addison County, Middlebury District Office ($130,000)*
- Washington County Youth Service Bureau (WCYSB), Barre District Office ($130,000)
- Youth Services, Brattleboro District ($138,000)

* Newly funded regions that will be funded for a full five years
Regional Prevention Partnerships Activities for FY16

<table>
<thead>
<tr>
<th>Required Activities</th>
<th>Optional Activities</th>
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</thead>
<tbody>
<tr>
<td><strong>Assessments &amp; Planning</strong></td>
<td><strong>Screening Activities</strong></td>
</tr>
<tr>
<td>- Complete Local Community Assessments</td>
<td>- Alcohol Screening (schools, worksites, or colleges)</td>
</tr>
<tr>
<td>- Update/Complete Regional Plan</td>
<td>- Marijuana Screening (schools, worksites, or colleges)</td>
</tr>
<tr>
<td></td>
<td>- School-Based Mental Health/Substance Abuse Screening &amp; Referral</td>
</tr>
</tbody>
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<thead>
<tr>
<th><strong>Local Policy Enhancements</strong></th>
<th><strong>Youth &amp; School Focused Activities</strong></th>
</tr>
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<tbody>
<tr>
<td>- Education on Possible Local Alcohol Policies/Ordinances</td>
<td>- Promote Drug Impairment Training for Educational Professionals (DITEP)/Youth Mental Health First Aid Trainings</td>
</tr>
<tr>
<td>- Education on Possible Local Marijuana Policies/Ordinances</td>
<td>- Promote &amp; Implement Evidence-Based Health Curricula</td>
</tr>
<tr>
<td>- Promotion of Incorporating Health Goals in Town and Regional Plans</td>
<td>- Peer Leadership Groups</td>
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<tr>
<td></td>
<td>- Sticker Shock</td>
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<td></td>
<td>- School-Based Mentoring</td>
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<thead>
<tr>
<th><strong>Promote Best Practices with Local Alcohol Retailers</strong></th>
<th><strong>Family Education Programs</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Support Department of Liquor Control’s Responsible Beverage Service Trainings</td>
<td>- Family Matters</td>
</tr>
<tr>
<td>- Recognize Retailers for Passing DLC Compliance Checks</td>
<td>- Guiding Good Choices</td>
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<tr>
<td></td>
<td>- Nurturing Parenting Program</td>
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<td></td>
<td>- Strengthening Families Program 10-14</td>
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<table>
<thead>
<tr>
<th><strong>Enhance Local DUI Enforcement</strong></th>
<th><strong>Education/Outreach on Proper Storage &amp; Safe Disposal of Prescription Drugs</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Sobriety Check Point</td>
<td>- Community Outreach</td>
</tr>
<tr>
<td>- Party/Saturation Patrols</td>
<td>- Pharmacists &amp; Prescriber Outreach</td>
</tr>
<tr>
<td>- Promoting Drug Recognition Experts (DRE) and Advanced Roadside Impaired Driving Enforcement (ARIDE) Training</td>
<td>- Permanent Safe Drop Off Locations</td>
</tr>
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<td></td>
<td>- Promote Prescription Drug Take-Back Days</td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>Regional Capacity Building</strong></th>
<th><strong>Permanent Prescription Drug Disposal Program</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Media Advocacy</td>
<td>During the 2016 legislative session, S.243 required the Vermont Department of Health to create a statewide unused prescription drug disposal program. The legislation included funding for a program manager to oversee the creation and implementation of the system with additional funds for drug disposal information campaigns and unused medication envelopes for a mail-back program. The program manager was hired at the end of September and is conducting an assessment of Vermont’s drug disposal location options and barriers to creating a statewide system.</td>
</tr>
<tr>
<td>- Promotion of Statewide Media Campaigns</td>
<td>- Promote &amp; Implement Cultural Competent Processes</td>
</tr>
</tbody>
</table>
Expansion of drug disposal options in Vermont has begun through the efforts of Prevention Consultants (PC) and Regional Prevention Partnership Grantees (RPP). As part of their programs, the PCs and RPP grantees have been coordinating with law enforcement agencies and pharmacies to provide education, resources, and best practices for creating permanent drug disposal options in their communities. Over the last year there has been significant progress and increased support from both law enforcement and pharmacies. These existing drug disposal options will be supported and included in the developing state-wide program.

A review of the Drug Enforcement Administration (DEA) rules and regulations is currently underway in conjunction with an assessment of state and local laws surrounding waste management and drug disposal. Stakeholder meetings with local coalitions, law enforcement agencies, pharmacies, and other state agencies are ongoing. Next steps include an assessment of Vermont’s capacity and community readiness.

School-based Substance Abuse Services Grant (SBSAS)
Twenty supervisory unions have a School-based Substance Abuse Services (SBSAS) grant to support a menu of substance abuse prevention, education, and early intervention services. Awards of $40,000 each (totaling approximately $800,000) were made based on a competitive process that took into consideration need, readiness, strength of the proposed plan, budget, and number of students to be served. A 10% match in funds or in-kind services is required. Training and evaluation services are supported statewide with up to $30,000. The SBSAS grants are aimed at the Healthy Vermonter 2020 objectives of reducing past month use of alcohol, marijuana, or any illicit among adolescents (ages 12-17); and reducing binge drinking among adolescents (ages 12-17). In FY16, SBSAS grant-funded initiatives reached approximately 18,000 students.

FY17 School-based Substance Abuse Services Grantees
- Addison Northwest SU
- Addison Rutland SU
- Barre SU
- Burlington SD
- Chittenden East SU
- Chittenden South SU
- Essex Caledonia SU
- Franklin Central SU
- Franklin Northeast SU
- Franklin West SU
- Lamoille South SU
- North Country SU
- Southwest Vermont SU
- Springfield SD
- Two Rivers SU
- Washington South SU
- White River Valley SU
- Windham Northeast SU
- Windham Southeast SU
- Windham Southwest SU

Funded Prevention Strategies
- Substance abuse screening and referral services
- Whole School, Whole Community, Whole Child (WSCC) initiatives
- Classroom health curricula
- Training for peer leadership groups
- Parent education
- Teacher and support staff training
- Delivery of educational support groups

Examples of Substance Abuse Prevention and Intervention Successes Reported by Grantees in FY16
- Empowerment groups within each building have been successful. Youth are able to reach out to community members, legislators and peers to discuss issues regarding substances, safety issues for youth and the importance of including middle- and high-school students when making decisions that will affect them, like the legalization of marijuana.
- Student Assistant Professionals (SAP) provide students with an advocate and a resource to find support.
- Staff understanding the need for screening and referral increased, expanding knowledge of drug and alcohol use identification and the benefit of having a SAP in the school.
• Capacity of staff to address alcohol, tobacco, and other drug issues increased through the support of the SAP position, training teachers, implementing Empowerment groups, and having a research-based curriculum for 5th-8th students.
• Coordination of wellness and prevention initiatives increased, embracing the Whole School, Whole Community, Whole Child (WSCC) model.
• Communication and coordination with community partners increased.
• Collaboration to connect students to needed services.

Rocking Horse
The Rocking Horse program is an educational support group serving low income pregnant and parenting women who are at risk for substance abuse or experiencing the effects of a partner’s substance abuse. The program is designed to provide knowledge, build skills, and offer a safe and caring interpersonal climate in which to discuss needs, problems, and issues. Training and consultation for group facilitators and program evaluation are supported through a statewide grant to the Vermont Center for Rural Woman.

Rocking Horse Program Grantees
Rocking Horse grants were awarded in 10 Agency of Human Services (AHS) regions. A total of 15 groups were offered in 11 towns:
• Addison County Parent Child Center, Middlebury ($6,200)
• Central Vermont Substance Abuse Services, Barre ($7,200)
• Clara Martin Center, Springfield ($8,792)
• Howard Center, Burlington, St. Albans, and Winooski ($12,172)
• Lamoille Family Center, Morrisville ($9,700)
• Northeast Kingdom Human Services, St. Johnsbury and Newport ($19,800)
• Rutland Mental Health Services, Rutland ($8,000)
• United Counseling Service, Bennington ($10,300)

Participant Outcomes
The following participant outcomes of the Rocking Horse program have been reported:
• Decreased binge drinking pattern
• Increased perception of ability to cope with stress
• Increased sense of social support
• Decrease in problem relationships

Regional Prevention Consultant Network
Ten Regional Prevention Consultants (PCs) provide technical assistance on substance abuse prevention around the state. As staff of Vermont Department of Health District Offices, PCs serve the agencies, organizations, and individuals within those Districts. The goal of the PC System is to increase the local community’s capacity to carry out effective substance abuse prevention efforts.

Prevention Consultant Services
Substance Abuse Prevention Consultants offer five essential services:
• Community organizing
• Program planning and consultation
• Presentations and training
• Community grants information and guidance
• Information and referral
In FY16, Prevention Consultant’s served over 6,500 Vermonters including but not limited to:

- 1,206 families
- 181 parents
- 1,260 youth and young adults
- Almost 2000 individuals working in community agencies
- Over 1,060 educators and staff in preK-12 schools and at the college level.

Examples of Regional Prevention Consultant Services in FY16

- Provided information and education on proper disposal of prescription drugs and worked with local law enforcement and coalitions to organize bi-annual prescription drug take-back events.
- Participated in the planning, delivery & facilitation of community events to educate and organize communities to address substance abuse issues. Topics addressed at these forums included Medication Assisted Treatment (MAT), underage drinking, childhood trauma, and prescription drugs.
- Provided presentations on addiction, alcohol, marijuana, prescription drugs, substance abuse & older adults, and a variety of other topics to community groups, agency staff, and coalitions.

SAMHSA CSAP Prevention Fellowship Program

The Prevention Fellowship Program, a Substance Abuse and Mental Health Services Center for Substance Abuse Prevention (SAMHSA CSAP) initiative, is a two-year placement of a nationally selected fellow at a state or tribal health agency. The Prevention Fellowship Program provides a career development and training program to support a competent and knowledgeable public health workforce in prevention.

Program Goals

The primary goal of the Prevention Fellowship Program is to prepare fellows for the International Certification and Reciprocity Consortium (IC&RC) Certified Prevention Specialist (CPS) exam as substance abuse prevention specialists. This professional development program allows fellows to:

- Work in State agencies and national organizations while being supported by their assigned mentors
- Receive professional development training in the areas of public, behavioral, and allied health practice and substance abuse prevention
- Learn a set of core competencies in preparation for the CPS exam
- Develop management and leadership skills
- Prepare themselves for potential opportunities within the prevention field

Program Competencies

The Prevention Fellowship Program is organized to build aptitude in six core areas of prevention:

- Planning and Evaluation
- Prevention Education & Service Delivery
- Communication
- Community Organization
- Public Policy & Environmental Change
- Professional Growth & Responsibility
A Comprehensive Approach to Prevention Efforts

To reduce the burden of substance abuse and addiction in Vermont, prevention efforts are crucial. Vermont prevention efforts include strategies and services across multiple environments to support a comprehensive approach in preventing and reducing alcohol and other drug use; these environments include:

- State
- Community
- School
- Family
- Individual

The following table summarizes ADAP population-level prevention efforts to reach Vermonters through state and local policies and laws.

### Population-Level Prevention Efforts

<table>
<thead>
<tr>
<th>Prevention Effort</th>
<th>Funding Source</th>
<th>Description</th>
<th>Reach</th>
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</thead>
</table>
| **Policy Approaches to Reduce Access to Alcohol** | PFS Grant | Education on policy approaches to reduce access to alcohol:  
- Restrictions on alcohol outlet density  
- Restrictions on alcohol in public places or community events  
- Enhancements to open container regulations  
- Enhancements to social host liability | Regions that received funding in FY16 to implement policy approaches to reduce access to alcohol:  
- Chittenden County  
- Franklin County  
- Lamoille Valley  
- Newport region  
- Rutland County  
- Washington County  
- Windham County  
- Windsor County |
| **Collaboration with Law Enforcement** | PFS Grant | Enhanced local under-age drinking and driving under the influence (DUI) enforcement:  
- Party patrols (social availability, perceived negative legal consequences of drinking, community norms)  
- Saturation patrols (perceived negative legal consequences of drinking, community norms)  
- Sobriety checkpoints (perceived negative legal consequences of DUI, community norms) | Regions that received funding in FY16 to collaborate with law enforcement:  
- Chittenden County  
- Lamoille Valley  
- Rutland County  
- Washington County  
- Windham County  
- Windsor County |
| **Support for Alcohol Policies** | PFS Grant | Support activities for responsible beverage service training, retailer recognition for passing compliance checks, and sticker shock | Regions that received funding in FY16 to implement support activities of evidence-based strategies:  
- Chittenden County  
- Lamoille Valley  
- Rutland County  
- Washington County  
- Windham County  
- Windsor County |
| Community Mobilization | PFS Grant | Engaging stakeholders, youth empowerment, and building relationships with policymakers | Regions that received funding in FY16 to implement community mobilization:  
- Chittenden County  
- Lamoille Valley  
- Rutland County  
- Washington County  
- Windham County  
- Windsor County |
|------------------------|-----------|------------------------------------------------------------------------------|------------------------------------------------------------------|
| Community Education    | PFS Grant | Community-based Prevention Grants Program  
- Educate the community about safe storage and proper disposal of prescription drugs  
- Educate pharmacists about locations of drug take-back events to inform patients of proper disposal practices  
- Publicize permanent prescription drug drop off locations  
- Promote prescription drug take-back events  
- Encourage pharmacists to share specific information with patients regarding caution in using controlled substances  
- Work collaboratively with local groups who are providing drug disposal education and training to pharmacists and doctors  
- Support statewide and local efforts to education and encourage local prescribers and dispensers to register and use the Vermont Prescription Monitoring System | Regions that received funding in FY16 to implement community education approaches:  
- Chittenden County  
- Lamoille Valley  
- Rutland County  
- Washington County  
- Windham County  
- Windsor County |

Statewide communication efforts utilize prevention campaigns, materials, and resources to reach Vermonters around the state to promote awareness or behavior change around a specific issue. Information dissemination efforts also reach Vermonters statewide by providing access to information and resources about a variety of topics or issues.

The table below provides an overview of ADAP statewide communication and information dissemination efforts.

<table>
<thead>
<tr>
<th>Statewide Communication and Information Dissemination</th>
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<tbody>
<tr>
<td><strong>Prevention Effort</strong></td>
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<td>-----------------------</td>
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<tr>
<td>ParentUp</td>
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</tbody>
</table>

January 2017
| **Vermont’s Most Dangerous Leftovers** | PFS Grant | The goal of the Vermont’s Most Dangerous Leftovers awareness campaign is to increase awareness of safe storage and proper disposal of prescription drugs. Campaign messages aim to:  
- Increase awareness about prescription medication misuse and abuse  
- Promote safe storage of medication in the home  
- Promote proper disposal at year-round take-back opportunities at community-based sites  
- Promote awareness of how to find permanent disposal sites, by calling Vermont 211  

A campaign tool-kit was distributed to all district offices, prevention consultants, and prevention partners. Digital and hard copy materials are available to use year-round. |
| **049 Campaign “Zero Alcohol for Nine Months”** | Substance Abuse Prevention and Treatment Block Grant (In Coordination with Maternal Child Health and Vermont Department of Health District Offices) | “049” is an outreach campaign designed to encourage health care providers to advise women to not drink alcohol if they are pregnant or trying to become pregnant.  

The objective of this initiative is to increase the percentage of women receiving this advice from their health care provider. |
| **Vermont Alcohol & Drug Information Clearinghouse (VADIC)** | Community-based Prevention Grants Program ($50,000) | Vermont Association for Mental Health/Vermont Alcohol & Drug Information Clearinghouse (VADIC) markets services at statewide conferences and trainings, maintains website for ordering and downloading material, posts job listings and trainings, maintains lending library DVDs and distribution of materials on prevention, intervention, treatment, and recovery to individuals and organizations. |
Capacity building increases the local community’s ability to carry out effective substance abuse prevention efforts. The following table summarizes ADAP’s capacity building efforts at the state and community levels in Vermont.

### Statewide Capacity Building

<table>
<thead>
<tr>
<th>Strategy or Program</th>
<th>Funding Source</th>
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<tbody>
<tr>
<td><strong>Center for Health &amp; Learning</strong></td>
<td>Community-based Prevention Grants Program ($86,333)</td>
<td>In FY16, Center for Health &amp; Learning coordinated the Annual College Symposium and five Partnerships for Success training events, including a four-day Substance Abuse Prevention Skills Training (SAPST), and a workforce development project to begin planning for a FY17 ADAP Substance Abuse Conference.</td>
<td>64 Campus faculty, staff, and community partners attended the FY16 College Symposium focused on substance use &amp; its impact on academic performance. The evaluation received an average overall rating of 4.3 out of a possible 5. Evaluations indicated that the participants felt the symposium was informative, useful, clearly presented and organized. 326 Prevention professionals &amp; community partners attended the following PFS training events: SAPST (14); Policy as Strategy for Environmental Change (25); Community Solutions to the Opiate Issue (185); Family Engagement Strategies (21); Enhancing Non-traditional Collaboration in Your Prevention Efforts (30); Engaging Youth for Impacting Perception of Risk &amp; Social Norms (51).</td>
</tr>
<tr>
<td><strong>Prevention Works</strong></td>
<td>Community-based Prevention Grants Program ($47,000)</td>
<td>Prevention Works strengthens local, regional, and statewide capacity for prevention education in Vermont; increases coordination; decreases duplication of efforts; creates broad partnership structures to support education on policy approaches and practices that promote prevention, health and wellness; and represents community coalitions in statewide, regional and national arenas.</td>
<td>Prevention Works is a 38 member organization representing community coalitions across Vermont.</td>
</tr>
</tbody>
</table>

**Outcome**

Improve prevention policies and best practice by promoting effective prevention services.
School-based Substance Abuse Services aim to reduce alcohol, marijuana, or illicit drug use among Vermont students ages 12-17. The following table summarizes ADAP’s substance abuse prevention efforts in the school environment.

### School-based Substance Abuse Prevention Services

<table>
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<tr>
<th>Strategy or Program</th>
<th>Funding Source</th>
<th>Description</th>
<th>Reach</th>
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</thead>
</table>
| School-Based Substance Abuse Services (SBSAS) Program | Vermont State SBSAS Grant ($800,000)       | The focus of this program is the delivery of selected substance abuse prevention and early intervention services based on individual school need. Funds support substance abuse screening and referral services, Whole School, Whole Community, Whole Child (WSCC) initiatives, classroom health curricula, training for peer leadership groups, parent education, teacher and support staff training and delivery of educational support groups. Successful substance use prevention among youth significantly decreases the likelihood of substance abuse and dependence in adulthood. | The following Supervisory Unions and School Districts receive SBSAS funding in FY16:  
  - Addison (Northwest & Rutland)  
  - Barre  
  - Burlington  
  - Chittenden (East & South)  
  - Essex Caledonia  
  - Franklin Central, Northeast, & West  
  - Lamoille (South)  
  - North Country  
  - Southwest VT  
  - Springfield  
  - Two Rivers  
  - Washington (South)  
  - White River Valley  
  - Windham (Northeast, Southeast, & Southwest) |

The following table outlines family support and education services designed to reach people in a family environment.

### Family Support and Education Services

<table>
<thead>
<tr>
<th>Strategy or Program</th>
<th>Funding Source</th>
<th>Description</th>
<th>Reach</th>
</tr>
</thead>
</table>
| Prevent Child Abuse Vermont               | Community-based Prevention Grants Program ($30,000) | Prevent Child Abuse Vermont coordinated and delivered 50 Nurturing Parenting Programs. Curriculums utilized were Families in Recovery from Substance Abuse, Military Families, Families with Children 5-11, Father’s Program, Teen Parents, Families with Children 0–5, Parents & Their Adolescents and Skills for Families. **Outcomes**  
  - 90% of participants felt prepared and able to discuss alcohol use with their children.  
  - 89% of participants felt able to establish family rules and | In FY16, programs held in Bennington, St. Albans, Milton, Brattleboro, Rutland, St. Johnsbury, Newport, Burlington, Norwich, Sheldon, Swanton, Wilmington, Pownal and Barre reached the following:  
  - 417 Parents  
  - 201 Children                                                                                     |
| **Parenting Education Programs** | **PFS Grant Community-based Prevention Grants Program** | **Parenting Education programs provide parents with skills and knowledge to guide their children through adolescence, with goals of increasing parental communication and disciplinary skills; prevention and treatment of child abuse and neglect; and prevention of alcohol, tobacco, or other drug use. The following parenting education programs were implemented in FY16:**  
- Family Matters²  
- Nurturing Parent Program³  
- Guiding Good Choices⁴  
- Parenting Wisely⁵  
- Active Parenting of Teens⁶ | **Regions that received funding in FY16 to implement one or more parenting education programs:**  
- Deerfield Valley  
- Franklin County  
- Lamoille Valley  
- Windham County |
|---|---|---|
| **Rocking Horse** | **Community-based Prevention Grants Program ($82,164)** | **The Rocking Horse educational support group serves low income pregnant and parenting women who are at risk for substance abuse or experiencing the effects of a partner’s substance abuse. The program is designed to provide knowledge, build skills, and offer a safe and caring interpersonal climate in which to discuss needs, problems, and issues. A $7,000 grant was awarded to the Vermont Center for Rural Women in FY16 to support training and consultation for group facilitators, and qualitative evaluation study. In FY16, Rocking Horse grants were awarded in 10 Agency of Human Services (AHS) regions. A total of 15 groups were offered in 11 towns.**  

**Participant Outcomes:**  
- Decreased binge pattern drinking  
- Increased perception of ability to cope with stress  
- Increased sense of social support  
- Decrease in problem relationships  
- 63% of the attending women completed the 10 group sessions | **In FY16, 98 women participated in the Rocking Horse program:**  
- Addison County Parent Child Center, Middlebury ($6,200)  
- Central Vermont Substance Abuse Services, Barre ($7,200)  
- Clara Martin Center, Springfield ($8,792)  
- Howard Center, Burlington, St. Albans, and Winooski ($12,172)  
- Lamoille Family Center, Morrisville ($9,700)  
- Northeast Kingdom Human Services, St. Johnsbury and Newport ($19,800)  
- Rutland Mental Health Services, Rutland ($8,000)  
- United Counseling Service, Bennington ($10,300) |

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The following table summarizes ADAP-supported individual substance abuse prevention services:

<table>
<thead>
<tr>
<th>Strategy or Program</th>
<th>Funding Source</th>
<th>Program Description</th>
<th>Program Reach</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Electronic Screening and Brief Intervention</strong></td>
<td>PFS Grant</td>
<td>Electronic Screening and Brief Intervention programs are designed to motivate individuals to reduce their consumption using personalized information about their own drinking and risk factors:</td>
<td>Regions that received funding in FY16 to implement electronic screening and brief intervention programs:</td>
</tr>
</tbody>
</table>
|                                           | Community-based Prevention Grants Program | • e-CHECKUP TO GO7  
• Education on Alcohol: Alcohol-Edu8 |                                                                                                                                                                                                                | • Deerfield Valley                                                                                                                                
|                                           |                                    |                                                                                                                                                                                                                | • Franklin County                                                                                                                                
|                                           |                                    |                                                                                                                                                                                                                | • Lamoille Valley                                                                                                                                
|                                           |                                    |                                                                                                                                                                                                                | • Rutland County                                                                                                                                 |
|                                           |                                    |                                                                                                                                                                                                                | • Washington County                                                                                                                               |
| **Headrest**                              | Community-based Prevention Grants Program ($5,000) | Headrest, Inc. provides a toll-free line for callers to complete an online screening to evaluate their alcohol consumption. Service is provided 24 hours a day, 7 days a week. | The Headrest program reached 40 Vermonters in FY16.                                                                                               |
|                                           |                                    | **Outcome** Provide an opportunity to receive a confidential and anonymous alcohol screening.                                                                                                                  |                                                                                                                                                  |

**Endnotes**

1 Estimated reach of 410,911 through prevention and early intervention efforts was calculated with the FY15 sum of individual-based prevention programs (12,044), population-based prevention programs (359,996), ParentUpVT.org unique users (9,781), Health Department prescription drug abuse prevention web page users through Vermont’s Most Dangerous Leftovers (11,689), Rocking Horse program (114), and the School-based Substance Abuse Services program reach by supervisory union enrollment (17,287).

2 Family Matters is a family-directed program to prevent adolescents 12 to 14 years of age from using tobacco and alcohol (http://www.nrepp.samhsa.gov/SearchResultsNew.aspx?s=b&q=family matters)

3 Nurturing Parenting Programs are family-based programs for the prevention and treatment of child abuse and neglect. The programs were developed to help families who have been identified by child welfare agencies for past child abuse and neglect or who are at high risk for child abuse and neglect (http://www.nrepp.samhsa.gov/SearchResultsNew.aspx?s=b&q=nurturing parent program)

4 Guiding Good Choices is a drug use prevention program that provides parents of children in grades 4 through 8 (9 to 14 years old) with the knowledge and skills needed to guide their children through early adolescence (http://www.nrepp.samhsa.gov/SearchResultsNew.aspx?s=b&q=guiding good choices)

5 Parenting Wisely is a set of interactive, computer-based training programs for parents of children ages 3-18 years. Based on social learning, cognitive behavioral, and family systems theories, the programs aim to increase parental communication and disciplinary skills (http://www.nrepp.samhsa.gov/SearchResultsNew.aspx?s=b&q=parenting wisely)

6 Active Parenting of Teens: Families in Action is a school- and community-based intervention for middle school-aged youth designed to increase protective factors that prevent and reduce alcohol, tobacco, and other drug use; irresponsible sexual behavior; and violence. Family, school, and peer bonding are important objectives. (http://legacy.nreppadmin.net/ViewIntervention.aspx?id=168)

7 eCHECKUP TO GO programs can provide quick, confidential feedback in multiple settings. This also allows an individual to complete a personal ‘check-up’ on multiple occasions to track changes in use and risk behavior (http://www.echeckuptogo.com/usa/about/)

8 AlcoholEd is an online, interactive, alcohol education and prevention course designed to increase alcohol-related knowledge, discourage acceptance of underdaking drinking, and prevent or decrease alcohol use and its related negative consequences (http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=4)