Prevention Services exists to empower individuals and families towards healthy lifestyles by ensuring efficient and effective delivery of services through education, community involvement, and connection to community resources. Our focus includes increasing community awareness and readiness to implement effective substance abuse prevention strategies throughout the community.
VB MHSA-Prevention Services Goals

- Prevention Services concentrate efforts on the reduction of risk factors related to adolescent use of Alcohol, Tobacco, and Other Drugs (ATOD).
- Prevention Services collaborates with schools and community partners to implement evidence-based programs proven to increase ATOD awareness, reduce bullying, create family and school bonding, and enhance character building.
Prevention Services

History of Prevention

• Prevention research is focused primarily on the systematic study of the potential precursors of dysfunction, also known as risk factors; as well as components or circumstances that reduces the probability of problem development in the presence of risk, also known as protective factors.

• Preventive interventions aim to counteract risk factors and reinforce protective factors in order to disrupt processes or situations that give rise to human or social dysfunction.
Prevention Services Staffing

- Prevention Supervisor
- 1 Office Assistant
- 3 Educator II
- 1 Clinician III/Educator
- 2 Educator I
- 1 Clinician I
- 1 MH Assistant
- 1 Special Services Aide
Prevention Services Funding Sources

- SAPT Block Grant
- School contracts
- Local funds
Prevention Services Programs

- HERO
- HIV SERVICES
- FAST
- SAIP
- YCAT
Having

Empathy

&

Respect

for

Others

PROGRAM OVERVIEW

Melissa Alexander, Program Coordinator
757-385-0817
Bullying Prevention
- Elementary School Students
- Grades 3-5
- Birdneck Elementary
- Parkway Elementary
- 200 students weekly
- 400 students for school year
**H.E.R.O.**

- Offered during Physical Education class once per week
- Does not interrupt instructional time
- Lessons from the evidence-based Steps to Respect curriculum
PROGRAM OVERVIEW

Jo Chambers, Program Coordinator
757-385-0811
HIV Services was funded at the Department of Human Services (known as MHMR SAS) in 1989 with a state SAPT Block Grant with emphasis on early intervention services (EIS).

These services included education, support groups and currently HIV testing.

The purpose of the grant is to reduce the incidence of infection and transmission of HIV/AIDS among the residents of Virginia Beach.

Over the years, thousands have been educated and received HIV testing which has reduced the spread of the infection. Referrals are made through treatment programs, clinicians, information on websites, posters, agency brochures and word of mouth.
HIV testing and condom distribution is an integral component of the educational services. Consumers learn the importance of protecting themselves from getting and transmitting HIV as well as the importance of being tested and knowing their HIV status.

Both incentives are free and can be obtained through the education classes, at special events or by coming to the HIV office located in Pembroke Three, suite 109.

In 2013, HIV prevention received an Expanded HIV Testing grant from the Virginia Department of Health (VDH) and testing over 500 individuals and identifying one as HIV positive.
Families and Schools Together (FAST) is a process to help parents become the primary prevention agent in their child’s life. One of the basic values of FAST is the underlying belief that all parents love their children and want a better life for them. The goal of FAST is to increase the likelihood of the child being successful in the home, at school and in the community. To help create these opportunities for success, FAST is built on the central protective factor of family cohesion. This is accomplished through repeated sequenced research based activities. These activities respect and build the parent’s role as the child’s primary prevention agent.

The results of these activities have produced documented evidence of marked accomplishments. FAST has been replicated with success in over 700 sites, 40 states and in five other countries.
The Department of Mental Health and Substance Abuse Services Prevention unit has established a partnership with the Virginia Beach City Public Schools to implement FAST in selected elementary schools:

- Birdneck Elementary
- Lynnhaven Elementary
- Parkway Elementary
- Pembroke Elementary
- Providence Elementary
- Rosemont Elementary
- Seatack Elementary
- Shelton Park Elementary.
Program Components

FAST consists of eight weeks of multiple-family group meetings. Each weekly meeting features repeated routines of interactive activities:

- Meet and Greet
- Family Flags (1st Night Only)
- Meal hosted by a family
- Team and Family Hellos
- Family Sing-Along
- Scribbles: a structured family communication exercise
- Charades: family feelings identification exercise
- Kid’s Recreation Time
- “Special Play”
- Buddy Time
- Parent Meeting
- Lottery/Winning as a family unit
- Closing Circle Ritual
FAMILY FLAGS

Image of various family flags displayed on a table.
SCRIBBLES
CHARADES
Lottery/Winning as a family unit
The Substance Abuse Intervention Program is a collaborative effort between the Virginia Beach Public Schools and the Department of Human Services, Mental Health Substance Abuse Division to reduce the incidence and prevalence of substance abuse among students enrolled in the Virginia Beach Public School.
Overview of SAIP

- SAIP provides a ten-day instructional program designed for students who are first-time violators of School Board policies regarding drugs and alcohol use and abuse. Students may be offered the substance abuse program in lieu of receiving an expulsion recommendation from the school principal or referral through the Office of Student Leadership. Additionally, students may self-referral for voluntary placement.

- Location of Program: Renaissance Academy

- Number of Students Served: 250 yearly
SAIP utilizes components of the Project Towards No Drug Abuse (TND), a drug prevention program specifically for high school youth who are at risk for drug use and violence–related behavior.

Sessions provide instruction in motivation activities to not use drugs; skills in self-control, communication, and resource acquisition; and decision-making strategies. The program is delivered universally, but has been used in both traditional and alternative, high-risk high schools.
Youth

Community

Action

Team

PROGRAM OVERVIEW
YCAT Collaborative Activities

- Virginia Beach Crime Prevention Steering Committee held a “Human Trafficking Forum” on January 15th from 6:00 to 9:00 p.m. Youth and Community Action Team (YCAT) was represented at the event with an information table and shared prevention and coalition information to the participants.

- A partnership between YCAT, I Need A Lighthouse (INAL), National Alliance on Mental Illness (NAMI), Crisis Intervention Team (CIT) sponsored the “Beacon of Hope Suicide Awareness for All Ages” conference on April 16, 2013.

- A partnership between the Virginia Beach Department of Health, Virginia Beach Master Gardeners and YCAT held a Community Garden Forum “Plant It! Grow It! Eat It!” on April 20, 2013. The target audience for this educational and informative event was area planners of community gardens in Virginia Beach. This as a pilot program to support obesity prevention in Virginia Beach.
YCAT Collaborative Activities

- SAVVY Expo- Substance Abuse AWARENESS Vital for Virginia Youth. SAVVY is Governor McDonnell’s initiative aimed at preventing youth substance abuse. The Expo was held at Christopher Newport University on April 27, 2013 for professionals to learn about prevention strategies and recent trends in youth substance abuse, connect with providers in the area and review programs and resources. YCAT was represented with an information table and several YCAT members shared information about the coalition and prevention materials.

- YCAT participated in the I Need A Lighthouse (INAL) Beacon of Hope suicide awareness run/walk with an information table. YCAT members also participated in the run/walk.

- YCAT partnered with the Virginia Beach Police Department (VBPD) for a local “Prescription Drug Take Back” event on July 20th at the Third Precinct. YCAT distributed prevention materials and community resources to citizens of Virginia Beach.
The Virginia Beach Police Crime Prevention Unit and the Drug Enforcement Agency partnered on the “Synthetic & Gateway Drugs Seminar on Tuesday, October 8th, and the Meyera E. Oberndorf Central Library. YCAT participated with an information table and several YCAT members were on hand to share prevention materials to the participants.

Drug Enforcement Agency (DEA), Virginia Beach Police Department (VBPD) sponsored a “Prescription Drug Take Back” day at area police precincts on October 26, 2013. YCAT participated at the Third Precinct handing out substance abuse prevention materials and community resources to the citizens of Virginia Beach.

YCAT sponsored a “Youth Forum” on November 1, 2013 at the Great Neck Recreation Center. Mayor’s Youth Leaders in Action youth leadership group and Wave Church partnered with YCAT to hold this youth forum. The event targeted middle and high school youth from Virginia Beach. Youth had breakout sessions discussing their concerns from a youth perspective. They also participated in two real-time surveys that that gauged their opinions on alcohol use and bullying. A follow up session was planned.
YCAT Collaborative Activities

- YCAT invited youth forum participants back to a follow up YCAT Youth Meeting on November 16, 2013 to discuss their results of the breakout sessions and survey results. The YCAT coalition was explained to the youth and information about forming a Youth YCAT was discussed. A plan for another YCAT Youth Meeting was scheduled for January 2014.

- Drug Enforcement Agency (DEA), Virginia Beach Police Department (VBPD) sponsored a “Prescription Drug Take Back” day at area police precincts on April 27, 2013. YCAT participated at two precincts with substance abuse prevention materials and community resources that were given out to citizens of Virginia Beach.

- YCAT member SFC Douglas Perry from the Virginia National Guard Counterdrug Task Force Civil Operations Unit presented at the December YCAT meeting on what the VaNG Civil Operations Unit does to help strengthen state prevention coalitions. He conducted a “Kaizen Event”, which is an assessment tool survey for coalitions to regularly assess their current strengths and weaknesses and identify opportunities to improve. He will continue to support the YCAT coalition in 2014.
YCAT Membership

- VB Juvenile & Domestic Relations Court
- AAA Tidewater
- American Cancer Society
- Associate Professor Emeritus, ODU Nursing
- Bayside Graduate/UVA Medical Student
- Cape Henry Collegiate School
- DHS MHSA Office of Consumer & Family Affairs
- Enoch Baptist Church
- EVMS
- Fatal Crash Team--VA Beach Police
- Girls On The Run South Hampton Roads
- I Need A Lighthouse
- Kempsville Center for Behavioral Health
- Mothers Against Drunk Driving - MADD-VA
- NAMI
- Navy Fleet and Family Support Center
- Navy Fleet Forces Alcohol & Suicide Prevention
- ODU School of Nursing
- Parent & VBCPS Teacher
- Planned Parenthood of Southeastern Virginia
- Positive Family Connections & YMCA
- Prayer and Worship Center
- RMBF Kids
- Sentara/Optima Health Tobacco Education
- Southeastern Virginia Training Center
- Still Standing Surviving Suicide Support Group
- Stopabuse, Inc
- Troy University, Global Campus
- VA Beach Police Department
- VB Crime Prevention Steering Committee
- VB Juvenile Court Service Unit
- VB MHSA Prevention/Project LINK
- VBCPS Dept of Media & Communications
- VBCPS Renaissance Academy
- VBCPS Safe Schools and Loss Prevention
- Virginia ABC
- Virginia Beach Dept of Public Health
- Virginia Cooperative Extension Program
- WAVE City Care Reality Check & ShineGIRL
- Westminster Canterbury
- Youth of VA Speak Out About Traffic Safety (YOVASO)
Continue to cultivate strong collaborative relationships with school and community
Continue to involve key stakeholders (YCAT involvement)
Utilize quality evaluation data and results to demonstrate program effectiveness
Continue strong commitment to program goals
Garner support from community through social marketing strategies (bullying prevention rally)
Identify and access additional funding streams (MOA with schools, grants, mobilizing resources, sponsorships)
Ongoing process of evaluating program to ensure services are being delivered in the most efficient and effective manner
CONTACT INFORMATION

DEPARTMENT OF HUMAN SERVICES
MENTAL HEALTH SUBSTANCE ABUSE PREVENTION SERVICES
289 INDEPENDENCE BLVD. STE. 109
VIRGINIA BEACH, VIRGINIA  23462

AVA LAWRENCE, PREVENTION SUPERVISOR
757-385-0816
ALAWRENC@VBBGOV.COM
Questions????????