

PREVENTION RESOURCES FOR CENTRAL KENTUCKY



ABOUT NEW VISTA

The New Vista Regional Prevention Center offers educational programs, alcohol, tobacco and substance use training and resources to promote mental health and reduce youth substance use and suicide across 17 counties in the Bluegrass region. We help identify strengths and gaps that provide new opportunities for collaborations that can build healthier communities. New Vista is the community mental health center for the region, providing mental health, substance use and intellectual and developmental disability services to over 25,000 children, adults and families each year. Learn more about our services at www.newvista.org or call our 24-Hour Helpline at 1.800.928.8000.



REGIONAL CONTACTS

Prevention Specialists

For more ideas about how to implement prevention programs in your community, contact the New Vista prevention specialist for your county:

- **Anderson, Franklin, Mercer, Woodford:** Aaron Foley - aaron.foley@newvista.org
- **Bourbon, Harrison, Nicholas, Scott:** Carly Combs - carly.combs@newvista.org
- **Boyle, Garrard, Jessamine, Lincoln:** Kristen Truty - kristen.truty@newvista.org
- **Clark, Estill, Madison, Powell:** Madelaine Coy - madelaine.coy@newvista.org
- **Fayette:** Tara Rueckert - tara.rueckert@newvista.org

Youth Empowerment

Our youth empowerment specialist works with youth groups, school systems and community partners throughout the region in building youth coalitions and special events centered around substance use prevention and promoting mental health.

- **Jenna Ward** - jenna.ward@newvista.org - Serving communities located in New Vista's 17-county region.

Recovery Oriented System of Care (ROSC)

The ROSC coalition provides support for substance-exposed infants, mothers and families in Kentucky. The ROSC website helps people find substance use treatment, medical care, housing, child care and more.

- **Jessica Osborne** - jessica.osborne@newvista.org - Serving communities located in New Vista's 17-county region.
- **Website:** www.recoveryforallky.org

Kentucky Moms Maternal Assistance Towards Recovery (MATR)

The goal of Kentucky Moms MATR is to reduce maternal substance use by improving the health of mothers and their babies. This program provides prenatal education classes, connection to resources and case management services.

- **Mercedes Helton** - mercedes.helton@newvista.org - Case Manager serving individuals in New Vista's 17-county region.
- **Alyesse Coonrod** - alyesse.coonrod@newvista.org - Prevention Specialist serving individuals in New Vista's 17-county region.

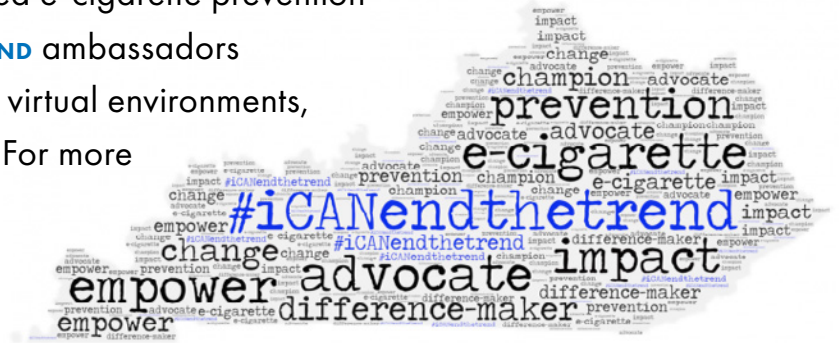
ADJUSTING TO A NEW NORMAL

All efforts to prevent young people from using drugs and alcohol can be difficult without the structure of schools, and having to avoid large gatherings. However, in this virtual world it is more important than ever to provide our young people with skills and resources to prevent drug use. The COVID-19 pandemic has significantly impacted youth mental health and substance use. The uncertainty of the pandemic can cause stress, anxiety and depression among young people. In addition, legislative changes in alcohol sales have potentially made access to alcohol easier for underage youth. Arming young people with the tools and skills to handle these challenges is vital to their health and safety. This guide provides a list of today's most engaging programs aimed at reducing substance use and improving the mental health of young people. If you are looking for more resources on preventing substance use or reducing youth suicide in your community, email New Vista's Regional Prevention Center at prevention@newvista.org. We can help.



#ICANENDTHETREND

This initiative is a peer-led, evidence-informed e-cigarette prevention and empowerment program. **#ICANENDTHETREND** ambassadors have adapted their in-class presentations to virtual environments, and they are scheduling presentations now. For more information and to schedule a presentation, contact icanendthetrend@uky.edu and visit their Facebook page.



TOO GOOD FOR DRUGS

Too Good puts social and emotional learning to work through fun and interactive lessons, building self-confidence young people need to make healthy choices and achieve success. Too Good for Drugs promotes positive, pro-social attitudes and behavior, while fostering healthy relationships, resistance to substance use and conflict and resistance to negative peer pressure and influence. Currently the Department of Behavioral Health has a grant to provide training and materials for schools that want to implement this curriculum in their classes. Virtual training and teaching is available. For more information, check out the Too Good website or contact prevention@newvista.org



THE DINNER TABLE PROJECT

This monthly newsletter is centered on the basic idea that families that eat together have better relationships. Having better relationships with parents has shown that children are less likely to try drugs and alcohol, have better academic performance, higher self-esteem, a greater sense of resilience, lower risk of teen pregnancy, lower risk of depression, lower rates of obesity and a lower likelihood of developing an eating disorder. The Dinner Table Project has also developed content to assist parents of teens. Contact prevention@newvista.org for more information or go online at www.thedinnertableproject.org.



TALK. THEY HEAR YOU.

This campaign aims to reduce underage drinking and substance use by providing parents and caregivers with information and resources to address alcohol and other drug use with their children early. The downloadable app helps parents learn the best way to talk to kids about these issues. It will help parents learn the most effective ways to bring up alcohol and other drugs, learn the right questions to ask and get ideas on how to keep the conversation going. Check out their website for more information at www.youthfirstinc.org.

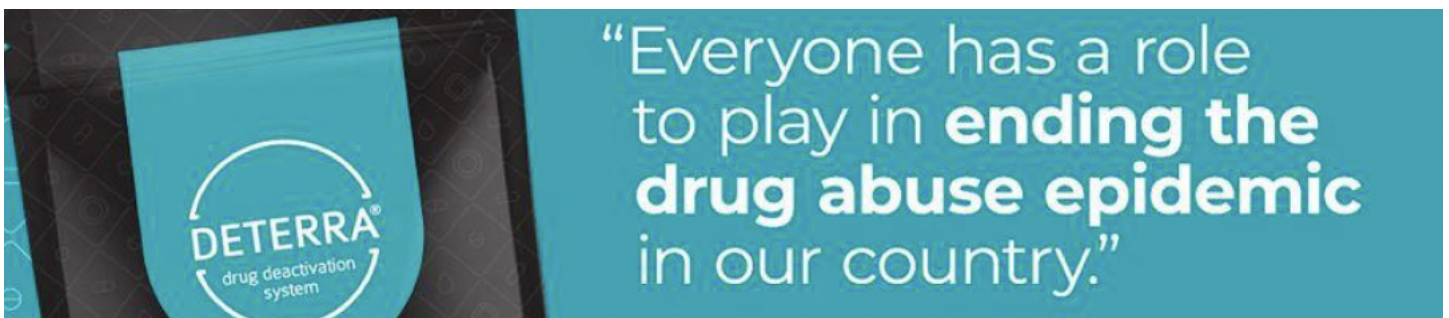
A photograph of three young adults (two women and one man) smiling and posing together outdoors. They are wearing casual clothing. The background is slightly blurred, showing some outdoor lighting and structures.

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HOME DISPOSAL POUCHES

Reducing access to potentially dangerous drugs is one way to reduce youth substance use. Community groups can partner with businesses and organizations to systematically distribute home drug disposal kits to people with medications. Some potential partners include pharmacies, hospice and funeral homes. Schools can also highlight the importance of safe medication disposal by sharing information and drug disposal pouches with parents during Red Ribbon Week or Prevention Week. For more information, contact prevention@newvista.org.

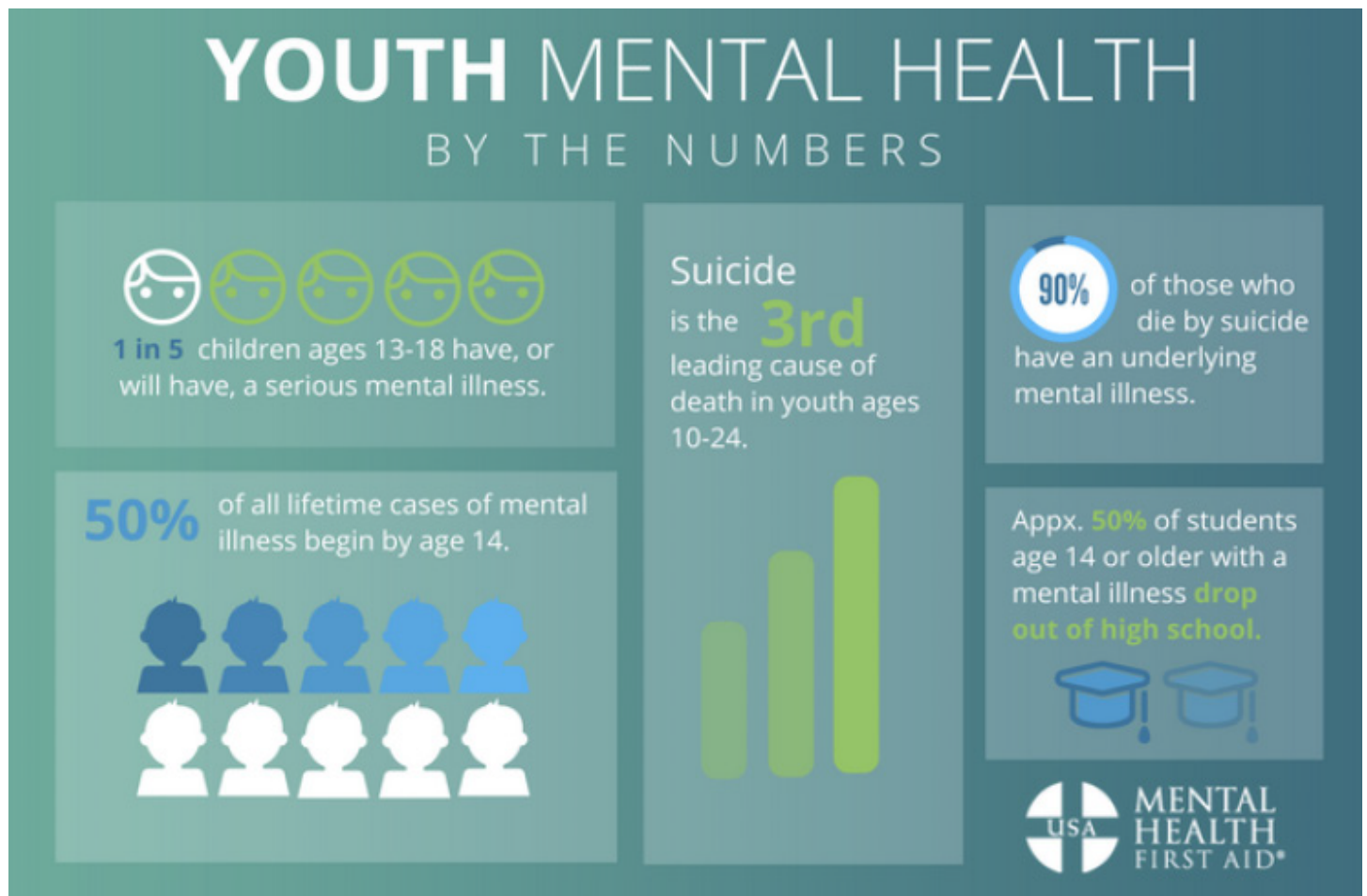


SOURCES OF STRENGTH

Sources of Strength is a peer-led wellness program that uses the power of social networks to spread messages of Hope, Health and Strength throughout entire communities. Young people are empowered to utilize their social influence as agents of change within their school. The Department of Behavioral Health currently has a grant to sponsor training costs for this program for schools and virtual options are available. For more information, check out the website or contact prevention@newvista.org

YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health issue, addiction challenge or crisis. The course 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 covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD) and eating disorders. To schedule your training, contact prevention@newvista.org.



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QUESTION, PERSUADE, REFER (QPR) TRAINING



The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training to adults who work with youth. We believe that education empowers all people to make a positive difference in the life of someone they know. The QPR "National Gatekeeper" trainings can be done virtually. To schedule a group QPR training, email New Vista at prevention@newvista.org.

LIFELINES SUICIDE PREVENTION PROGRAM

Lifelines is a comprehensive suicide awareness and responsiveness program that helps an entire school community, or community at large, learn ways to prevent teen suicide, intervene with a teen who might be contemplating suicide and respond when a suicide or any other type of traumatic death happens. Through the Kentucky Department of Behavioral Health, schools can receive a subscription to this suicide prevention curriculum that includes a facilitator guide, resources and presentations. For more information, check out the Hazelden website at www.hazelden.org or contact New Vista at prevention@newvista.org.

