

Title of Session: Great Resources for School Counselors: Substance and Violence Prevention Programs

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Room: Counselors' Corner Group

BarbaraMu: Hi Everyone!

BJB2 cheers. Hi, Barbara!

BarbaraMu: We are here to talk about prevention programs- substance and violence for this evening.

BJB2: can we start with intros, Barbara?

BarbaraMu: I was an elementary counselor in NJ- now in private practice and still moderating school counseling lists and writing for school counselors.

BarbaraMu: Could everyone else introduce themselves- where you work- what level and if you are a school counselor or not.

ChristianW: Hello, my name is Christian and I am a student teacher at the University of Houston. Concentrating on EC-4

BJB2: I'm a teacher in a male juvenile correctional facility where everyone needs to be a counselor

KellyAS: My name is Kelly. I am currently student teaching in Houston Independent School District at Grady Middle School, grade 6. I am not a counselor, however I will go back to school to obtain a master's degree.

BarbaraMu: Ok-so early childhood through middle school.

KellyAS: yes ma'am

ChristianW: got it

BarbaraMu: We are going to be sharing resources that can help in primary prevention for substance and violence....

KellyAS: good

ChristianW: GREAT

BarbaraMu: This is almost a little late for the discussion in terms of the national events that we might have tied into

BarbaraMu: October is National Safe Schools Month and the week of the 18th was American Safe Schools Week- here is a place to see what it was all about

BarbaraMu: <http://www.schoolsafety.us/America-s-Safe-Schools-Week-p-24.html>

BarbaraMu: If you click on the url it will take you there then just click on the x at the site and you'll come back here.

BarbaraMu: Please let me know when you are back

BJB2: . o O (if it's not safe schools month, are you still allowed to be safe?)

BarbaraMu: I sure hope so.

BJB2: me too!

KellyAS: I would think so

KellyAS: it's imperative

BJB2: from the site: This includes developing a safe schools plan — an ongoing process that encompasses the development of district wide crime prevention policies, in-service training, crisis preparation, interagency cooperation and student/parent participation.

KellyAS: does it discuss gang affiliations

BarbaraMu: I don't know how much you looked through the ideas but in prevention, one of the key things is that you enlist all stakeholders in the process

BarbaraMu: Most of the sites do- I can point you to that before we finish

ChristianW: that would be good

KellyAS: ok good; I will look over it in greater detail again

BJB2: An appointed task force should develop and implement the plan with representatives from all elements of the school community — board members, employees, students, parents, law enforcers, government and business leaders, the media and local residents.

KellyAS: nice

BarbaraMu: There is always a component for schools, youth (like scouting programs), parents, business, parents, media, etc.

BarbaraMu: I was just typing that!

BJB2 blushes...easier to copy from the site you showed us

BJB2 . o O (I'm more lazy than you are, Barbara)

KellyAS: lol

BarbaraMu: If you think about creating a web- like you would do for English- and put Drug Free Youth in the center (or safe schools,, etc), you web out what others in the school and larger community can do toward the effort.

KellyAS: sounds like a good idea

BarbaraMu: There are many state dept. of education sites, and many school sites that have their plans on the web...here is one from Texas...you can see many links from here but also the standards they are addressing

BarbaraMu: <http://www.netxv.net/pm-view.php?page=215>

KellyAS: how would one go about implementing this program if there aren't counselors on staff at the school?

ChristianW: or only part time?

BarbaraMu: what I like about it, once you get to the links section, is that they talk about human development- development of character traits and life skills, before they get to the specifics of safe schools and ATOD prevention

KellyAS: there are none at all

BarbaraMu: Probably a committee of staff and administration could commit to what their effort is going to be- for example, they might create a character ed committee and do a Red Ribbon Week celebration in the fall and perhaps Alcohol Awareness activities in the spring (MS/HS) or Kick Butts Day (tobacco prevention) in April

BarbaraMu: On the early childhood campus, regarding substance, you could have Healthy Choices Week.

ChristianW: hmmm...

ChristianW: I haven't seen this implemented

BarbaraMu: In the middle school, Red Ribbon Week is always a huge undertaking....there are many wonderful resources on the web for it.

BarbaraMu: Its always Oct 23-31, ending with "Say Boo To Drugs Day" on Halloween

BarbaraMu: Each day has a theme and a message and something to learn.

BarbaraMu: You can find Red Ribbon Week resources through any search engine. If you want to learn about some of the CSAP (Center for Substance Abuse Prevention) strategies for communities, the best tutorial, followed by great lesson plans, etc, are at

BarbaraMu: <http://www.redribboncoalition.org>

BarbaraMu: You have to register for the site but once you do you can use all of their materials.

ChristianW: I think that it is unfortunate but true that (at least in my experiences) that the schools don't believe that drug prevention is a big issue. I remember there used to be D.A.R.E. and C.H.I.C.K.E.N but they have pulled the funding 4 these programs

ChristianW: in elementary school

BarbaraMu: <http://redribboncoalition.org>

BarbaraMu: I will get it before we end...I am trying this url and it is timing out.

KellyAS: ok

KellyAS: thanks

ChristianW: yeah, still having a problem as well

BarbaraMu: We will make sure to get it into the transcript so that you can put yourself through the tutorial.

BarbaraMu: Another important site from Texas, since you are both there, is the DAVE site. (Drug and Violence Education)

BarbaraMu: It is a lesson plan archive where you can put in any grade level and subject and get lessons.

BarbaraMu: <http://dave.esc4.net/lessons/search/>

ChristianW: oh, its strange, Kelly and I are in the same program I don't think either of us have heard about this site

ChristianW: thank you

BarbaraMu: If you use health and must have downloadable resources and check a grade, you will get lessons on substance and violence prevention for that level

ChristianW: ok

KellyAS: are there lessons that incorporate this into other content areas

BarbaraMu: Again, using conflict resolution, character education, and diversity as a building block of primary prevention at the Pre-K-8 level, you will find lessons at

BarbaraMu: <http://tolerance.org>

ChristianW: how can we emphasis that it is important to teach drug prevention even in elem.?

BarbaraMu: If you click on For Teachers, then the lesson plans or classroom activities...you will find useful information.

BarbaraMu: It should be state mandated...have you checked the health curriculum standards?

BarbaraMu: There are usually a minimum number of hours that are required for substance abuse prevention beginning in Kindergarten

BarbaraMu: In NJ I believe it was 20 hours a year

KellyAS: really that's interesting

KellyAS: I will share that with the science and p.e. teachers

ChristianW: yes, I don't mean that there is no drug information rendered to students, just that I really think that the programs like DARE and CHICKEN were very useful and they are no longer implemented in the surrounding districts

BarbaraMu: There was some challenge to the data from those programs and funding is contingent on effective programs

BarbaraMu: but again, on the elementary level, a lot of the work is in peer pressure, conflict resolution around teaching a problem solving model so that kids have a thought process in place around choice

KellyAS: well at Grady we an extremely effective program

BarbaraMu: Would you like to share it

KellyAS: the children are exposed to so much and they are overcome by peer pressure

KellyAS: sure

KellyAS: what would that involve

ChristianW: well you see, even though I'm in a 4th grade classroom now, my school has grades k-8 and I never really see

KellyAS: I'm sorry meant we NEED an extremely effective program

BarbaraMu: Are you asking about the problem solving model?

KellyAS: yes

BarbaraMu: The best way to explain it to you would be to analogize it to something else the kids use- the scientific method

BarbaraMu: Do they teach that to your 3rd graders in science?

KellyAS: of course

ChristianW: yes

BarbaraMu: Ok- so if you imagine a ladder

KellyAS: ok

BarbaraMu: at the bottom of the ladder you would put What is the problem?

BarbaraMu: The next rung is "How did that make you feel? (that's the social problem solving part)

BarbaraMu: The next rung is What is Your Goal- what do you want to have happen

BarbaraMu: The next rung is Brainstorm- its where all the ideas to get to the goal get put up on a board so you can look at them all

BarbaraMu: The next rung is Choose One to Try

BarbaraMu: The last is "How Did It Go?" or Evaluate it

KellyAS: makes sense

BarbaraMu: So basically, you are defining a problem, defining a goal, thinking of ways to get there, choosing, trying, evaluating, and then going back and trying a different one if it doesn't work or being happy with the outcome

BarbaraMu: We had physical posters of the steps so that any teacher could use them

BarbaraMu: The principal had one for his office and the playground had it too

KellyAS: good for a daily class display (the poster)

BJB2: might be a cool lesson to have the kids make ppts of each step...or posters

BarbaraMu: You can do it small scale, by creating a peace table where kids can talk it out...or large group classroom or morning meeting style

ChristianW: I think that this is something I can definitely share w/ my team-leader

BJB2: or make a class book

KellyAS: peace table...COOL!

BarbaraMu: It's a good model and the feelings part is important...

BarbaraMu: the whole brainstorming process is too- going back and evaluating what would happen if you chose one rather than another

ChristianW: definitely

BarbaraMu: That model is from Social Problem Solving/Decision Making by Maurice Elias. They do have a web presence and they have good research behind them as far as an effective model for conflict resolution and problem solving goes.

BarbaraMu: There was a link to another great conflict resolution site earlier- Out on A Limb- in English and Spanish- its wonderful

BarbaraMu: <http://www.urbanext.uiuc.edu/conflict/>

BarbaraMu: You will need your sound up

KellyAS: okay I will check it out

BarbaraMu: Here is the SPS/SDM site

BarbaraMu: <http://130.219.58.44/sdm/>

BarbaraMu: We have 10 minutes...is there anything specific that I can offer around this topic....

KellyAS: no I think the websites will provide a great follow up

BarbaraMu: Okay- would you like some on bullying? or more on violence or substance?

ChristianW: I would love some on bullying

KellyAS: bullying

BarbaraMu: This one is on bullying, peer pressure and conflict resolution for kids 8-12

BarbaraMu: <http://www.bam.gov/>

KellyAS: perfect

BarbaraMu: This is another fun interactive one which shows great scenarios that the kids can work through

BarbaraMu: <http://www.talk-helps.com/>

BarbaraMu: For November, on this topic, you can look into The Great American SmokeOut for a prevention focus or Mix It Up At Lunch Day on the 16th I think as a way to get kids talking to others they may not have before

BarbaraMu: <http://www.tolerance.org/teens/index.jsp>

KellyAS: okay I will keep myself updated

ChristianW: I'm rather new to Tapped In, this is a monthly topic?

BarbaraMu: There is a site where superheroes teach about internet safety but also have modules on cyberbullying and conflict resolution

BarbaraMu: <http://www.internetsuperheroes.org/cyberbullying/>

ChristianW: cool

BarbaraMu: No- as a school counselor, the topics change but certainly primary prevention covers a gamut of areas

ChristianW: ok, ok

BarbaraMu: If you think about self esteem not as the gold star stuff but as a combination of self-care and self-efficacy, then the bottom building block is physical and emotional safety.

BarbaraMu: Take those away and learning is severely compromised

BarbaraMu: So as a school counselor, working on the climate of the school and all in its community, is critical

ChristianW: Well The number of resources you have provided tonight will be sooooo helpful. I really appreciate your insight

KellyAS: self esteem does cover a wide variety of issues

BarbaraMu: While we are all held accountable to raising academics, you have to be safe to learn.

BarbaraMu: You are welcome- best of luck to both of you in your programs....

KellyAS: thank you

BarbaraMu: you are certainly welcome back any time!

ChristianW: THANKS!!!

BJB2: thanks for joining the discussion, Kelly and Christian.

BarbaraMu: G'night all.

ChristianW: goodnight!

KellyAS: I will definitely come back

KellyAS: night!

BJB2: Barbara has a lot of resources in this group room

KellyAS: yes she does

KellyAS: it's so great

ChristianW: absolutely

KellyAS: Goodnight!

BJB2 waves goodnight

