



BLUEGRASS PREVENTION CENTER

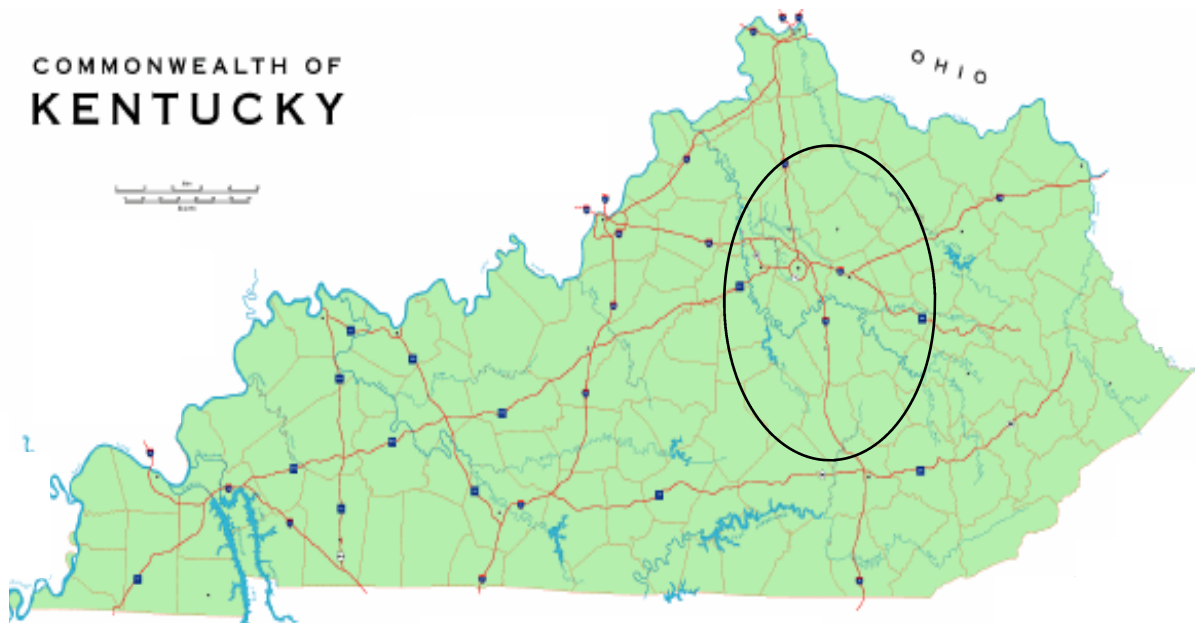
*Service
Guide*

Bluegrass Prevention Center is a program of Bluegrass Regional MHMR Board and is funded by the Division of Substance Abuse through the CSAP Substance Abuse Block Grant

Where Are We?

The Bluegrass Regional Prevention Centers (RPC's) serve Region 15 which is made up of the following 17 central Kentucky counties: Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott and Woodford.

Clients served per year: 10,000+



**Bluegrass Prevention Centers
are located as follows:**

Lexington

1351 Newtown Pike - Building D
P O Box 13670
Lexington KY 40583-3670
Phone: (859) 225-3296
Fax: (859) 254-2412

Richmond

401 Gibson Lane
Richmond KY 40475
Phone: (859) 624-3622
Fax: (859) 623-2720

Acronyms

RPC—Regional Prevention Center

BPC—Bluegrass Prevention Center

KY-ASAP—Kentucky Agency for Substance Abuse Policy

PES—Prevention Enhancement Site

FASD—Fetal Alcohol Spectrum Disorder

PRI—Prevention Research Institute's
Prime For Life Program

EIP—Early Intervention Program

ZT—Zero Tolerance

TIPS—Training for Intervention ProcedureS

KY-ABC—Kentucky Alcoholic Beverage Control

ATOD—Alcohol / Tobacco & Other Drugs

SAPT—Substance Abuse Prevention/Treatment

SPF—Strategic Prevention Framework

SIG—State Incentive Grant

Prevention Is. . .

Substance abuse prevention services are provided to the 17 counties within the Bluegrass region, by utilizing the CSAP (Center for Substance Abuse Prevention) research-proven strategies. These strategies include:

Information Dissemination



Bluegrass Regional Prevention Center (RPC) disseminates and/or develops brochures, pamphlets, information sheets, videos, research material, and books to all 17 counties. This is accomplished through the collaboration of the Mental Health programs as well as schools, libraries, physicians' offices and health departments. Presentations on substance abuse issues are available through the Prevention Specialists.

Education

Research-based curriculums that focus on outcomes are utilized. The specialists offer educational programs to parents, teachers, youth workers and other adults. Programs are also offered that target youth in collaboration with a sponsoring agency. All programs are offered in a variety of settings including churches, schools, businesses (hair salons!) and social service agencies.



Environmental



Prevention Specialists collaborate with agencies and organizations to conduct, strengthen or enhance policy development or environmental changes around alcohol, tobacco and/or other drug issues. Changes are sought in written or unwritten community standards, policies and attitudes that will then influence the incidence and prevalence of abuse of alcohol, tobacco and/or other drugs in the general population. This includes such things as the adoption of smoke-free policies as well as requiring specified training for adults who sell these products. Bluegrass has one of 5 Prevention Enhancements Sites funded by the Division of Substance Abuse. This initiative, the Alcohol Environmental Strategy Enhancement site is a statewide program. The Environmental Strategy Specialist offers training to community groups aimed at increasing knowledge and skill level to address alcohol policy issues. Consultation and technical assistance is also provided to community groups and/or organizations.

Community-Based Process

Prevention Specialists work with community groups and organizations to enhance the ability of the community to more effectively provide substance abuse prevention, intervention and treatment services. By facilitating the process of collaboration, specific groups take on the responsibility of addressing substance abuse in their county. Prevention Specialists are currently working with over 45 different agencies/groups, providing consultation, technical assistance, training and referral information on substance abuse. Specialists consult with the community in the development of a needs and resource assessment as well as strategic planning to focus the groups on outcomes.



Problem Identification and Referral

Bluegrass RPC provides the Early Intervention Program aimed at youth under the age of 18 who have alcohol, tobacco and/or other drug charges through the court system. These first-time offenders are offered a diversion program through the collaboration of the judicial system and the Administrative Office of the Courts. Referrals are also made to the program from schools, parents, and the Department of Juvenile Justice. This is strictly an intervention program and does not include any function to determine whether a person is in need of treatment. The Zero Tolerance Program targets youth under the age of 21 who are ticketed for drinking while driving (testing below 0.08).

Curriculums

Prevention services are for those who don't yet suffer from addiction. Prevention programs and/or curriculums are targeted to a specific audience.

Universal programs are for all populations, meaning the message is a "universal" one.

Selective programs are for a targeted audience that has been identified as having a greater incidence or correlation of problems associated with use/abuse.

Indicated Programs are for a targeted audience who have actually experienced some problems related to their use of alcohol, tobacco and/or other drugs.

Following is a list of curriculums available through Bluegrass Prevention Centers:

Parent to Parent

Strengthening Families

Safe Homes

Smart Moves

Project Alert

Life Skills (Botvin Curriculum)

Reconnecting Youth

Project Northland

Fostering Strengths in Children from Substance Abusing Families

Parents Who Care

Guiding Good Choices

Prevention Research Institute's ***PRIME For Life***
Version 8 is a program designed to reduce the incidence of alcohol and drug-related problems. In Kentucky, the program is delivered to college students, youth participating in court diversion programs, youth served by the juvenile justice system, adults and youth charged with DUI, pregnant and postpartum women served through the KIDS NOW initiative, parent groups, and others. Version 8 of PRIME For Life reflects best practices such as Motivational Interviewing and the Stages of Change.

Contact

Staff at the Prevention Center nearest you to find out more.

(859) 225-3296 (Lexington)

1-866-213-8739

TIPS

Training for Intervention ProcedureS

TIPS is an alcohol intervention program that builds on the skills and expertise of servers and sellers of alcoholic beverages. Employees are trained in practical approaches that are effective in any situation. The approaches are designed to:

- reduce liquor liability exposure
- improve customer service
- enhance business

By combining the TIPS approach with expertise, servers and sellers will be able to:

- recognize signs of intoxication
- prevent alcohol sales to minors
- intervene with patrons who are already intoxicated

Contact
Bluegrass Prevention Center
(859) 225-3296

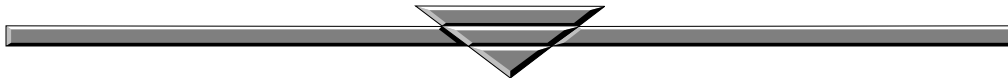


E.I.P.

The Early Intervention Program (EIP) provides multifaceted prevention and intervention targeting specific needs related to alcohol, tobacco and other drug (ATOD) behavior and choices. The mission of the Early Intervention Program is to help youth and their families learn about risks and consequences associated with alcohol and other drug use.

The EIP began as an integral part of the juvenile court-diversion program, thus keeping juveniles out of detention centers and has expanded to include youth from Traffic Court (Zero Tolerance offenders), Juvenile Court, Department of Juvenile Justice, Community Based Services Foster Care and the School Systems.

The components of the Early Intervention Program are screening, parent and youth education, referrals and follow-up to community resources.



Zero Tolerance Program

This program is for young persons under 21 charged with a zero-tolerance offense (driving with a blood-alcohol content of .02 up to .08). They are referred to the program by the court. The youth must follow through with the recommendations as written in their court agreements.

Some of the highlights from the Changes in Adolescent ATOD Use, Attitudes and Family Communication Survey after completion of the Early Intervention Program include:

- At the end of the program, tobacco and alcohol use was less when compared to the reported use at the beginning of the program.
- The proportion of youth who reported **not** using increased
 - * *21.0% for beer*
 - * *8.2% for wine*
 - * *20.7% for liquor*
 - * *19.9% for marijuana*
- Parents also reported positive changes in their child's behavior at the six-month follow-up such as
 - * *52.5% had decreased signs of drug/alcohol use*
 - * *53.6% of parents reported that their communication with their child about ATOD use increased, and*
 - * *62% indicated their child's communication with them increased*

The ATOD Early Intervention Program is funded by the Division of Substance Abuse, Department for Mental Health/Mental Retardation Services, in cooperation with the Governor's Office for Safe and Drug Free Schools and Communities Act, Title IV.

Contact:
Bluegrass Prevention Center
Lexington (859) 225-3296

Champions

Champions groups are named for the Governor's "Champions For a Drug-Free Kentucky" Program.

The mission of this program is to promote organized efforts of professionals and community activists to build healthy communities through the prevention of alcohol, tobacco and other drug abuse in Kentucky.

Bluegrass Regional Prevention Center staff help communities start and sustain their own Champions Groups in order to accomplish this mission in their own neighborhoods.

These groups consist of ordinary people: educators, health care personnel, merchants, parents, church leaders, youth and many others. Anyone can get involved in a Champions Group!

Champions groups take a positive stand for youth and the community that includes policy enforcement and clear messages of high expectations of all.

Champions groups make a difference - they make sure their voice is heard.

Add your voice by joining a Champions group today!



Champions Groups

Champions Groups within the Bluegrass RPC area are:

Danville/Boyle County Drug Free Communities

Contact: Suticia Sutton (859) 239-8986

Fayette County Champions (*Mayor's Alliance*)

Meets on a bi-monthly schedule

Contact: Sgt. Chris Townsend (859) 381-4200

Franklin County Champions

Meets 3rd Thursday of each month at 1:00 PM

Franklin County Public Health Center

Contact: Angela Criswell (800) 944-6233

Garrard County Champions

Contact: Mary Hixon (859) 792-4114

Harrison County Champions Coalition

Meets 2nd Monday every month

Contact: Karen Adams (859) 234-0026

Lincoln County Champions for Prevention

Meets 2nd Wednesday every month

Contact: Diane Miller (606) 365-3106

Madison County Community Partnership

Meets on announced date

Contact: Pat Ballard (859) 624-3622

Mercer County Substance Abuse Prevention Coalition

Meets 5 times/year

Contact: Davette Carpenter (859) 734-1777

Nicholas County Champions Coalition

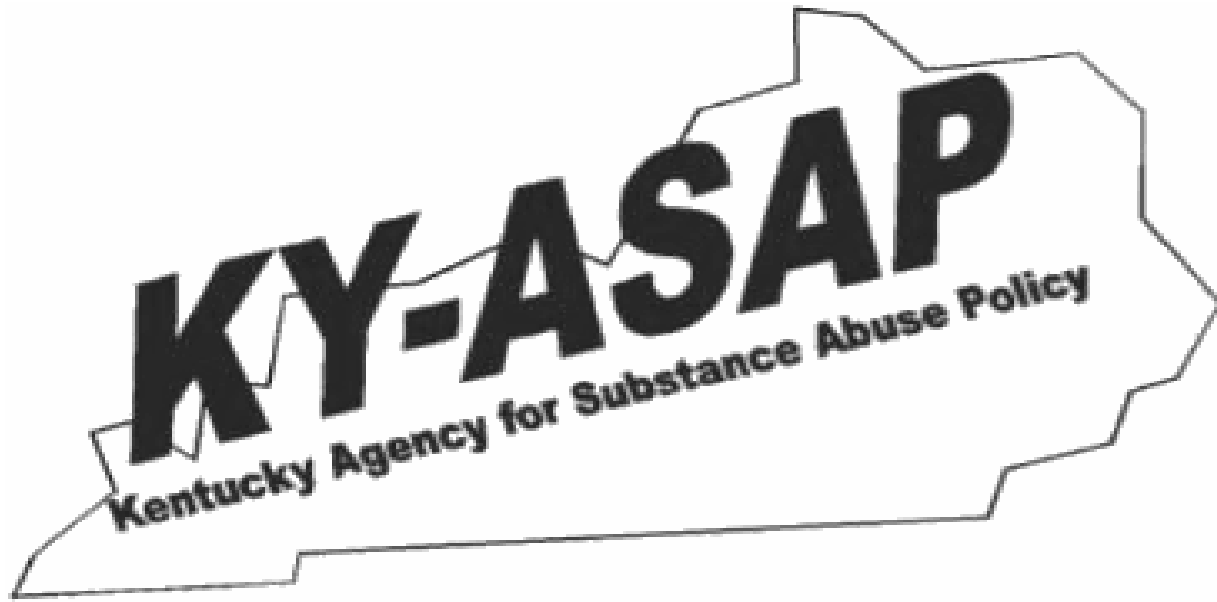
Contact: Melissa Hill (859) 289-7126

Scott Countians Against Drugs (SCAD)

Meets 1st Wednesday of every month

11:45 AM at Cardome Center

Contact: Janie Wechman (502) 863-3111



The Kentucky Agency for Substance Abuse Policy was created in the 2000 General Assembly to promote the reduction of alcohol, tobacco and other drug use through the implementation of comprehensive research-based strategies.

The vision is to have a Commonwealth of healthy communities free of the abuse of alcohol, tobacco and other drugs and the related consequences.

Bluegrass Prevention Center provides assistance and consultation to the local ASAP groups.

KY-ASAP groups within the Bluegrass Area:

Bourbon / Harrison KY-ASAP Board
Contact: Mary Hopson (859) 234-4704

Boyle County KY-ASAP Board
Meets 1st Friday every month
Contact: Liz Cook (859) 238-6986

Clark County KY-ASAP
Contact: Janna Smith (859) 744-1599

Estill and Powell Counties KY-ASAP
Contact: Sharon Hensley (606) 723-7187

Fayette County KY-ASAP Board
Contact: Lynsey Sugarman (859) 278-4601

Franklin County KY-ASAP
Contact: Christy Halloran (502) 564-9336 ext. 273

Garrard County KY-ASAP
Contact: Marcia Hodge (859) 792-2153

Jessamine County KY-ASAP
Contact: Nancy Crewe (859) 885-4149

Lincoln County KY-ASAP Board
Meets bi-monthly as announced
Contact: Diane Miller (606) 365-3106

Madison County KY-ASAP Board
Contact: Shirl Cross (859) 624-4700

Mercer County KY-ASAP Board
Meets as requested
Contact: Earl Motzer (859) 734-5441

Nicholas County KY-ASAP Board
Contact: Melissa Hill (859) 289-7126

Scott County KY-ASAP
Contact: Jan Sharpe (502) 570-3061







Woodford County KY-ASAP
Contact: Wayne "Tiny" Wright (859) 873-3119

THE SYCAMORE PROJECT



*Kentucky's Prevention
Enhancement Site for Fetal
Alcohol Spectrum Disorders (FASD PES)*

Established to provide Kentucky citizens with accurate information about the effects of alcohol on a developing fetus.

-  The FASD PES can provide community awareness materials and assistance in developing a community awareness campaign.
-  The FASD PES can provide research and resources about FASD prevention for state and local agencies that work with women of childbearing age.
-  The FASD PES will provide regional trainings for community members to become part of the FASD Statewide Training Network, which will allow local trainers to meet local training needs.
-  The FASD PES can assist coalitions and other local organizations to develop a strategic plan which includes FASD prevention.
-  The FASD PES can provide research, resources and linkages about FASD intervention strategies for state and local agencies that work with children, adults and families living with FASD.
-  The FASD PES can provide research, resources and information about women and addiction.

For more information, contact:
Laura Nagle
859-624-3622
Lmnagle@bluegrass.org

THE ALCOHOL PES

The Alcohol **Prevention Enhancement Site** was established in 1999 by the Division of Substance Abuse and contracted with Bluegrass Prevention Center to collaborate with communities to reduce problems associated with alcohol use through changes in public policy. This method of prevention is called the environmental approach and is intended to support and enhance the messages given to youth and adults through prevention curricula in schools, homes, and churches.

The Alcohol PES serves as a training and resource center for communities and professional prevention advocates throughout the state. Workshops have been conducted in various Kentucky communities on the following topics:

- Basics of Environmental Strategies (what they are, how they fit into the overall prevention picture, and which strategies work best in specific situations).
- Assessing Community Readiness for Change
- The Role of Youth in Reducing Alcohol Availability
- Gathering and Reporting Community Data
- How to Implement Alcohol Regulations at the Local Level
- How to Implement Local Ordinances such as Keg Registration, Responsible Beverage Server Training and/or Social Host.

Workshops targeting youth are also available. The focus for such workshops includes:

- instruction in the basics of environmental strategies
- collaborating with adults within the community in reducing alcohol problems
- empowering youth to share insights and information concerning current youth alcohol behavior and attitudes
- development of action plan and
- steps to facilitate change within a community.

The PES also provides technical assistance and consultation for communities as they conduct community assessments, set goals and objectives and begin to implement policy changes.

In addition to providing environmental strategy training and consultation, the PES serves as a resource center for those seeking information on current research, relevant statistics and effective strategies to produce a safer alcohol environment.

The position is funded by a Federal SAPT block grant; consequently, there is no charge to communities or Regional Prevention Centers for the training, consultation or technical assistance it provides.

Communities may request the services of the PES by contacting Bluegrass Prevention Center at (859) 225-3296.

Alcohol P.E.S.



Prevention Enhancement Site

Enabling communities to address substance abuse through environmental strategies and community-based support.

Regional Alcohol and Drug Awareness Resource (RADAR) Centers

The **RADAR** Network is sponsored by the Center for Substance Abuse Prevention's (CSAP) information component, the National Clearinghouse for Alcohol and Drug Information (NCADI).

Through its close relationship with NCADI, the RADAR Center receives a wealth of information, materials and resources that enable it to provide and coordinate prevention outreach. The Center is also able to access larger quantities of materials which can then be made available to communities.

State Associate Centers for Region 15 are:

Bluegrass Prevention Center

1351 Newtown Pike / Building D

Lexington KY 40511

859-225-3296

Madison County Community Partnership

401 Gibson Lane

Richmond KY 40475

859-624-3622

Available Resources

Libraries, at both sites, including videos, books, posters, periodicals, pamphlets and research materials that are available for community use:

- Violence and ATOD
 - HIV/AIDS
 - Parent/Family Issues
- ATOD use and Women's Issues
 - Drug Specific Materials
 - Alcohol Specific Materials
 - Alcohol Advertising
 - Adolescent Issues
 - Community Mobilization
- Materials Targeting Youth Audience
- Culturally Specific ATOD Materials
 - Community Research Data

Training by Certified Prevention Professionals, utilizing effective, science-based curriculums, is also available to our communities.

Speakers are available to share our goals and efforts with your staff.

To request a listing of publications and videos available for check-out, please contact the center nearest you.

Lexington - (859) 225-3296

Richmond - (859) 624-3622

or

1-866-213-8739

Helpful Web Sites

Join Together Online
www.jointogether.org

Community Anti-Drug Coalitions of America (CADCA)
www.cadca.org

National Institute on Drug Abuse (NIDA)
www.drugabuse.gov

Center for the Application on Prevention Technologies (CAPT)
www.captus.org

The Search Institute
www.search-institute.org

Safe & Drug Free Schools
www.ed.gov/offices/OESE/SDFS

Parenting is Prevention
www.parentingisprevention.org

Parents, the Anti-drug
www.theantidrug.com

Center for Substance Abuse Prevention
<http://prevention.samhsa.gov/>

Decisions Support System
www.preventiondss.org

National Clearinghouse for Alcohol & Other Drug Information
<http://ncadi.samhsa.gov/>

National Alliance for Safe Schools
www.safeschools.org

Kentucky Agency for Substance Abuse Policy (ASAP)
<http://odcp.ky.gov>

National Institutes on Alcohol Abuse and Alcoholism (NIAAA)
www.niaaa.nih.gov/index.htm

Office of Juvenile Justice and Delinquency Prevention
www.ojjdp.ncjrs.org

Mothers Against Drunk Driving (MADD)
www.madd.org

Kentucky Alcoholic Beverage Control (KY ABC)
<http://abc.ky.gov>

Finding and Contacting Your KY legislator
www.lrc.ky.gov/Legislators.htm

U.S. House of Representatives
www.house.gov

U.S. Senate
www.senate.gov

Hispanic/Latino Prevention Information
www.latino.prev.info

Alcohol Screening/Help links
www.alcoholscreening.org

Information about drugs & drug abuse prevention
www.drugfree.org

Kentucky Tobacco Policy Research Program
www.mc.uky.edu/tobaccopolicy