

ALCOHOL & OTHER DRUG PREVENTION CONNECTION

County of Orange Health Care Agency, Alcohol and Drug Education and Prevention Team - ADEPT

PREVENTION OUTREACH ENHANCES EMPLOYEE SKILL-SET

**Volume 5
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As the labor market in Orange County becomes increasingly more competitive, individuals entering the job market or changing careers are seeking training opportunities that will attract the attention of potential employers. Business owners and managers concerned about long-term viability are seeking opportunities to improve employee effectiveness, efficiency and customer service. Community Service Programs, Inc. (CSP) Project PATH, a program funded by the County of Orange Health Care Agency, Alcohol and Drug Education and Prevention Team (ADEPT), recognized the changing community characteristics and identified the benefits that responsible beverage service (RBS) training can provide to the owners, managers and employees of alcohol establishments and to individuals considering employment in the hospitality industry.

“We learned through our community outreach efforts that on-sale establishments in the City of Fullerton and the Garden Walk Mall in Anaheim are beginning to require RBS training as a prerequisite for hiring bartenders and servers. This training can be expensive for individuals just beginning a new career, it is not always available on a timely basis and the online option is not as comprehensive as a training facilitated by a certified instructor,” said Celeste Bentley, Project PATH Program Supervisor. “We are very supportive of this emphasis on RBS training and recognized the opportunity to strengthen our partnership with the business community.”



RBS training is a prevention strategy that researchers have found to be effective in reducing problems associated with alcohol such as impaired driving and underage drinking. It is a management tool for various types of environments licensed for alcohol sales: on-sale establishments (bars and restaurants where alcohol is sold and consumed); off-sale establishments (convenience, liquor and grocery stores where alcohol is sold); and special events such as festivals and fairs where alcohol is sold and consumed in a public setting. The concept of RBS is growing in popularity as on-and-off sale establishment owners and managers become more informed about their potential liabilities related to the sale of alcohol to underage youth and noticeably intoxicated adults.

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“Our strategy was to partner with the bartending schools to provide TIPS trainings for students who are just beginning a new career and also for those returning to improve their bartending proficiency. TIPS is a valuable workplace tool and enhances the résumé of anyone working in the hospitality industry. Those who successfully complete the training receive a three-year certification,” said Bentley. “TIPS trains participants on how alcohol affects the body, how to recognize the behavioral cues of intoxicated persons, standard serving size, how to properly check identification and how to provide good customer service while managing alcohol consumption.”

“Project PATH Health Educators, Camille Coronel and Martha Espiritu, initiated collaboration with local bartending schools to develop a training program that could be incorporated into the school class schedule. Coronel brings a unique perspective to the TIPS training as she has previous experience as a server. She is familiar with many of the scenarios presented and discusses this in the training,” said Bentley.

“We have a strong partnership with the administration and management of the bartending schools; they recognized the value and competitive advantage TIPS training provides for their students,” said Bentley. “TIPS training was incorporated into the curriculum of ABC Bartending School in Los Alamitos, National

Bartenders Bartending School in Orange and North Orange County Community College District, and the School of Continuing Education Bartending School at Cypress College. During the months of April, May and June 2009, 151 bartending students successfully completed the training and received TIPS certification.”



“TIPS training enhances customer service skills. Participants learn how to interact with patrons so they have a good time and drink responsibly,” said

Coronel. “A benefit of working with the bartending schools is that the majority of students have no previous alcohol service experience. Thus, when these students are hired by an on-sale establishment, having recently completed bartending school and responsible beverage service training, they will begin their career with a higher standard of professional skills, knowledge and confidence.”

“I’m very pleased that we could work with the bartending schools. We provided students a skill set they may not have acquired elsewhere prior to employment and strengthened their résumé, which gives them a competitive advantage

in the marketplace,” said Bentley. RBS for off-sale establishments provides a framework for business owners and managers to develop strategies and procedures to effectively manage the sale of alcohol. TIPS training informs merchants and their employees on how to comply with applicable alcohol laws, the legal consequences of alcohol sales to intoxicated and underage persons, and how to refuse a sale safely and comfortably.

At a Santa Ana Community Development District Neighborhood Meeting, Martha Espiritu and Fabiola Soto, Project PATH Health Educators, listened as meeting participant Navdeep Bassi expressed his desire to improve the areas surrounding his retail convenience stores. Bassi and his family own 14 7-Eleven stores and employ 70 people in central Orange County. After the meeting, Espiritu and Soto spoke with Bassi about his businesses and the benefit of responsible beverage service for off-sale establishments.

“Initially we discussed providing a 30-minute presentation focused on how to properly check customer identification as a supplement to the annual responsible beverage service training provided by 7-Eleven, Inc. for their franchisees,” said Soto. “When we mentioned the off-sale TIPS training and explained its scope, Mr. Bassi immediately recognized the value of the training for his employees and the benefit to the surrounding community.”

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Four trainings were conducted to accommodate the employees of the 14 7-Eleven stores; one training was offered in Spanish. In total, 58 employees of 7-Eleven were TIPS trained and certified during April and May 2009.

“We chose the TIPS training because it employs a variety of learning methods,” said Espiritu. “The important messages are reinforced multiple times. Participants read their workbooks, the trainer verbalizes the messages, the messages are depicted in video clips, and then participants discuss and role-play scenarios that portray interaction with underage or intoxicated customers. The training empowers participants to handle on-the-job situations more confidently.”

“The off-sale version of TIPS educates participants on behavioral cues to recognize intoxication, blood alcohol content and how to properly check identification. We have expanded the identification checking component within the training to include a comprehensive section on California identification cards,” said Espiritu. “Each store was given two copies of an official identification reference guide that includes pictures and descriptions of identification documents from the 50 states and Canada, green cards and passports.”



“The trainings include a component on applicable state laws regarding the sale of alcohol to intoxicated or underage persons. We emphasize an establishment’s potential liability under the California Department of Alcoholic Beverage Control (ABC) Target Responsibility for Alcohol Connected Emergencies (TRACE) Program,” said Espiritu. “The TRACE program investigates serious and fatal alcohol-related crashes involving underage drivers. The investigation backtracks to the individuals or licensed establishments that sold, furnished or served the minor involved and holds them then accountable. Establishments can have their ABC license revoked or suspended as a result of selling or serving alcohol to the minor involved.”

“We wanted to provide as many tools as possible. Although the TIPS curriculum is comprehensive, it also allows us to add components that emphasize local issues and concerns,” said Espiritu.

A post-training survey indicated participants gained new information, had a heightened awareness of their personal and employers’ liability, learned new skills to handle a variety of situations, and felt more confident in taking the time to properly check

customer identification.

“In addition to the TIPS trainings for management and employees, Mr. Bassi asked us to provide public information tables in his stores to distribute materials to customers on alcohol and other drug prevention, impaired driving prevention and over-the-counter drug abuse. He provided the space for our resource tables, along with coupons and promotional items to encourage his customers to stop and ask questions or pick up materials,” said Soto. “We staffed five tables in six weeks and disseminated information the customers may not have otherwise received.”

Responsible beverage service is a best-practice prevention strategy applicable to all licensed alcohol establishments. RBS training adds value to business operations, improves employee effectiveness and efficiency, enhances the overall customer experience and improves the health and safety of the surrounding community.

Project PATH provides the RBS training at no cost to licensed on-sale and off-sale alcohol establishments, and to organizers and sponsors of community events.

For more information on responsible beverage service, please contact CSP Project PATH, 949/757-1096.

STUDENTS EXPERIENCE VIRTUAL REALITY

Finding creative ways to engage college students in making healthy life choices can be challenging. For Christine Kiger, Director of Health Services, and Deanna Farsakh, Health Educator, at Fullerton College (FC), the challenge is amplified by a commuting student population.



Throughout the school year, 20,000 students attend classes on the campus and then return home, go to work or socialize primarily in a non-campus environment. To address the health and safety of this diverse student population, FC Health Services has implemented on-and-off campus prevention strategies funded in part by a contract with the County of Orange Health Care Agency, Alcohol and Drug Education and Prevention Team (ADEPT).

In 2006, FC Health Services established the Community Advisory Committee (CAC), a school and community collaborative with representation from local law enforcement, community leaders, prevention service providers, FC staff and students. CAC meets quarterly to discuss alcohol and other drug related issues influencing the student population and to identify opportunities for community and campus-based prevention activities.

“Underage drinking and impaired driving are a major focus of CAC,” said Farsakh. “Over the past year

we worked with CAC and Mothers Against Drunk Driving-Orange County (MADD-OC), to establish the first University Mothers Against Drunk Driving (UMADD) chapter in California. UMADD is a campus-based project designed to engage students in prevention strategies that address underage drinking, impaired driving and youth access to alcohol. The FC chapter was officially approved by the college as a campus club in April 2009 and currently boasts 40 members.”

UMADD club members participated with Health Services staff at the annual Safe Spring Break Health Fair in March, even before the chapter was officially approved. UMADD members staffed an alcohol and other drug information booth, distributed materials encouraging students to make healthy choices and drive safely during spring break, and hosted the MADD-OC crash car display.

At the annual Spring Health Fair in April, UMADD members again collaborated with Health Services to present a state-of-the-art impaired driving simulator. In the simulator, a driver sits behind the steering wheel of the non-moving vehicle wearing computerized goggles equipped with Impaired Driving Demonstrator software. Looking through the goggles, the driver takes a virtual drive as software

technicians simulate increased blood alcohol concentration (BAC) levels to create the sensation of driving under the influence of alcohol. The virtual drive is also projected onto a monitor outside the vehicle to allow others to observe the driver’s ability to respond to typical driving conditions. As each driver completes the simulated impaired driving experience, a technician reviews their driving under normal conditions compared with their performance under the simulated impaired driving conditions.

The impaired driving simulator was a well-attended feature of the health fair and offered students the opportunity to experience the effect

of impaired driving under safe, simulated conditions. UMADD members



reinforced safe driving practices by

distributing impaired driving prevention materials, statistics on BAC levels and underage drinking.

In May, UMADD members collaborated with Community Service Programs (CSP) Project PATH, to conduct a presentation on underage drinking at Savanna

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High School in Anaheim. Ninety-five 11th and 12th grade students attended the presentation. UMADD members distributed alcohol prevention information, discussed underage drinking statistics, and engaged students in role-playing how to effectively intervene in a peer-to-peer alcohol-related situation.

“The outreach to Savanna High School was very effective. The UMADD members and the high school students are so close in age; it was similar to a peer-to-peer presentation. Many of the 12th graders who attended the presentation are planning to attend FC. Some of the students even expressed interest in becoming UMADD members,” said Farsakh. “The UMADD club members would like to collaborate with the high school on future prevention activities.”

“The ADEPT funding also enabled FC Health Services to expand its campus alcohol prevention efforts to include an evidence-based alcohol intervention skills training. The training we chose was the university version of Training for Intervention ProcedureS (UTIPS), which is tailored to college students and the college environment. Four Health Services staff became certified UTIPS trainers,” said Kiger. “These staff then trained 130 students in responsible alcohol serving practices, including UMADD members, student interns in the health center, all cosmetology department students, health education students, and a group of FC athletes.”

“A pre-and-post test revealed an 80% increase in knowledge,” said Kiger. “This outcome speaks to the skill of our trainers: Angelica Barrenera-Ng and Yamam

Almourdi, Peer Health Educators, and Deanna Farsakh.”



“It is very important to talk about alcohol use on campus,” said Kiger. “The health center may be the students’ only source of fact-based prevention information and risk reduction behavior strategies.”

For more information, please contact Christine Kiger, phone 714/992-7093, email: CKiger@fullcoll.edu.

BUILDING A SAFE & HEALTHY COMMUNITY

America’s Promise Alliance named the City of Irvine one of the 100 Best Communities for Young People in the United States in 2007. The annual competition recognizes outstanding community-wide efforts to improve the well-being of youth and acknowledges the direct connection between the success of young people and a comprehensive framework supportive of healthy families and youth. Attaining this level of national recognition does

not happen easily. It is an ongoing process involving all segments of a community: elected officials, community and business leaders, schools, parents and youth.

Since the early 1980s, Irvine community leaders have recognized the importance of alcohol and other drug (AOD) prevention strategies targeting youth. As the city’s population



increased and prevention strategies evolved, the need for a more coordinated and collaborative effort became apparent and, in 1996, the Irvine Prevention Coalition (IPC) was established. With representation from all sectors of the community, its mission is to support a safe and caring community by working together to plan and implement prevention strategies and coordinate services designed to

reduce substance abuse, violence and related problems among the city's youth.

"The recognition Irvine has received is the result of the community's long-term commitment to proactively address the challenges confronting our children and youth," said Debra Bianchi, IPC Coordinator. "For more than 20 years, despite changing economic conditions, rapid growth and uncertain funding, the Irvine community has maintained its focus on creating a safe and healthy place for families and youth. When a community comes together with a common goal, great things can happen."

"We are fortunate to be the recipient of several federal alcohol and other drug (AOD) prevention grants that have allowed us to develop and implement strong early intervention programs," said Nancy Colocino, Coordinator of Irvine Unified School District's Guidance Resources.

With funding from a U.S. Department of Education Safe School/Healthy Students Initiative (SS/HS) grant, Irvine Unified School District (IUSD) and IPC developed and implemented a kindergarten through 12th grade AOD prevention curriculum that includes counseling support, youth development and leadership programs in all Irvine schools. "As we reached the end of the SS/HS grant funding, the City of Irvine recognized the value of these school-based programs and now provides

funding to ensure sustainability," said Colocino.

"The city, with input from the community, has developed a Strategic Plan for Children, Youth and Families. IPC used the strategies identified in the plan to apply for a federal Sober Truth On Preventing Underage Drinking Act (STOP Act) grant," said Bianchi. "STOP Act grant recipients are established coalitions, experienced in the successful implementation of AOD prevention programs; IPC was one of the first coalitions nationally to receive funding."

The STOP Act grant program, funded by the Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention, was developed in response to the 2007 Surgeon General's Call to Action to Prevent and Reduce Underage Drinking. The purpose of the program is to prevent and reduce alcohol use among youth throughout the United States. Coalitions were identified as best suited to implement community-wide strategies to address the culture and context within which decisions are made about underage drinking and create sustainable change.

"As a group we recognized the next step to support our focus on schools and youth was to reach out into the community to address youth access to alcohol and the impact of underage drinking. We identified that the community and especially parents, needed to be more informed

about the risks associated with youth access," Bianchi said. "With STOP Act funding, IPC developed and implemented educational outreach campaigns to inform parents, merchants and the community on the effects of underage drinking. Our theme was: *Most students in Irvine choose not to drink alcohol or use other drugs but for those who do, the problems are real.*"

"The city's High School Youth Action Team (HSYAT) staff and Steve Knollmiller, City of Irvine, Community Service Department HSYAT Coordinator, have been instrumental in the implementation of the IPC STOP Act project strategies and activities," said Bianchi.

PARENT EDUCATION

The parent educational campaign is designed to inform parents of science-based evidence about the effects of alcohol on youth and reasons why young persons should not consume alcohol. Campaign materials include facts and statistical data on the effects of alcohol on brain development, alcohol-related risk behaviors, the likelihood of alcohol abuse or addiction as an adult and alcohol as a gateway to other drug use. Other parent educational materials address the ways youth gain access to alcohol and the liabilities of adults who allow their homes to be used as underage drinking venues. IPC's goal for the parent educational campaign is to reach parents of children of all ages.

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“Parents lack information on the developmental effects of alcohol on young persons and the immediate consequences of underage drinking. When it is explained to them, based on scientific research, they understand the importance of preventing underage drinking,” Bianchi said. “We emphasize the important role parents have in reducing underage drinking and youth access to alcohol.”

MERCHANT EDUCATION

“To address the issue of youth access to alcohol at the community level, IPC also developed educational materials for local businesses. Alcohol retailers are an important segment of the business community and we have a vested interest in their success,” said Bianchi. “However, the legal consequences and fines associated with the sale of alcohol to underage youth can threaten the viability of these businesses. Our objective is to create mutually supportive partnerships with the licensed establishments to reduce youth access through education, information and training.”

IPC developed a merchant resource packet that includes information pertinent to the safe operation of licensed alcohol establishments, statistics on the effects and risks of underage drinking, responsible beverage service, community and law enforcement resources, and a merchant pledge to encourage owners and managers to prevent the sale of alcohol to underage youth.

“IPC four-person teams (two HSYAT staff, an Irvine Police Department patrol officer and an IPC member) scheduled appointments and met with the owners and managers of establishments that sell and/or serve alcohol. HSYAT staff guided the merchant through the resource packet and conducted a short survey. Everyone we have met appreciated the information packet,” said Bianchi. “They were particularly impressed that youth are participating in this campaign. The experience is also beneficial for the patrol officers. The meetings provide an opportunity for them to connect with business owners and managers in a positive context.”



SOCIAL NORMS CAMPAIGN

“The third component of our community education outreach was a fact-based social norms campaign to counter the misperceptions about the prevalence of underage drinking among Irvine’s youth. IPC began doing social norming in 2001 as part of the Youth Creating Change project with a grant from

the County of Orange Health Care Agency, Alcohol and Drug Education and Prevention Team (ADEPT),” said Bianchi. “It is important for youth to understand that high-risk behavior, specifically the use of alcohol and other drugs, is not the norm among their peers.”

“With the STOP Act grant, IPC again collaborated with HSYAT staff to develop three underage drinking social norms campaigns targeting all high school students in Irvine,” said Bianchi. “The first place campaign is on display at every high school in the city. The second place campaign will be used in the schools for Red Ribbon Week during October 2009 and the third place campaign is on display at the city’s middle schools.”

“We all want our children to grow-up healthy and have great lives! Parents, merchants and the entire community have a role in reducing underage drinking. IPC’s role is to provide educational outreach to inform

the community how underage drinking impacts everyone,” said Bianchi. “It is another chapter in the story of our community working together to create a safe and healthy place for children and families. It’s the story of *us*.”

For Irvine Prevention Coalition information, please contact Debra Bianchi at 949/559-8710, email: debra@icdp.org.

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COMMUNITY SERVICE ~ POWERED BY TEENS

The Irvine High School Youth Action Team (HSYAT) program was created by the City of Irvine's Community Service Department to provide community-wide alternative activities for youth, a "best practice" strategy for the prevention of alcohol and other drug use among youth. The program is designed to cultivate and support youth leadership and creatively respond to the needs and interests of teens in the community.

Each spring, the Community Service Department hires 15 students to serve as paid HSYAT staff for the following school year. Two 11th or 12th grade students are hired to represent each Irvine Unified School District (IUSD) high schools. Additionally, two students who live in Irvine are selected to represent Beckman High School in the neighboring Tustin Unified School District.

Each of the high schools has a volunteer Youth Action Team (YAT) club on campus. HSYAT staff plan and facilitate the campus club meetings at their school and work with club volunteers to implement school and community activities.

"Our focus is to provide healthy alternative activities for teens and to identify opportunities for them to become involved in the community," said Steve Knollmiller, HSYAT Program Coordinator for the, City of Irvine. "Volunteerism (community service) is an important

component to help teens achieve their longer-term educational and career goals. YAT club volunteers have become the primary source of volunteers in the community."

YAT club teens often choose volunteer opportunities based on their personal areas of interest: youth events and activities, environmental or animal related projects, working with the elderly or disabled, or assisting persons and families in need. For example, they may assist the Community Service Department staff with an after-school homework-

help program held weekdays at six community parks or provide after-school tutoring at a low-income housing complex two days per week. In coordination with IUSD, YAT volunteers may provide childcare during the parent educational component of the School Readiness program, operate the audio equipment and chaperone senior dances, make sandwiches for homeless shelters and collect clothing or food items for nonprofit organizations.

"We had a YAT club volunteer who enjoyed working with seniors. She would walk to a senior center and host a one-hour open dance studio for the seniors. She would operate the CD player and serve lemonade

and cookies while the seniors danced. Her mother would pick her up afterward," said Knollmiller. "This was her own initiative; she went to the senior center every Friday after school for the entire school year. The seniors loved her!"

"HSYAT has become so well integrated into the community that we offer a volunteer activity/opportunity every day of the school year," said Knollmiller. "Our community is committed to creating meaningful activities for youth and to educational achievement. The HSYAT program fosters both of these objectives."

"Through the HSYAT program teens develop leadership skills and experience that are valuable as they move on to college and beyond. A student who was on my HSYAT staff six years ago continued to



Most high school students in Irvine choose not to drink alcohol.*

work for various city departments while he was going to college," said Knollmiller. "He attended the University of California, Irvine and after graduation was hired as an assistant to an Irvine city council member. The council member

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was elected mayor and now ‘the HSYAT student’ is the executive assistant to the City of Irvine Mayor.”

“We coordinate with Irvine Community Drug Prevention, Irvine Prevention Coalition, and IUSD to implement prevention-related educational programs and campaigns to address various risk behaviors,” said Knollmiller. “Our big event is the annual Teen Summit, a one-day youth development conference offered free to all Irvine teens. Last year’s theme was Preparing Students for Life After High School. At the Summit, students attend workshops on a variety of topics, such as: financial literacy, how

your life changes at age 18, following your career passion, leadership skills, and healthy life choices.”

The HSYAT program recognizes the importance of safe, alcohol and drug-free social and recreational activities for teens. HSYAT staff host monthly Friday night social events for Irvine teens, such as dances, concerts, Battle-of-the-Bands contest, comedy shows and other drug-free events held at the Heritage Park Community Center, the Irvine Fine Arts Center, and other city venues.

“The city values the input and participation of our teens, not only for peer services but also for their

involvement with city departments, committees and programs,” said Knollmiller. “The coordination between HSYAT staff and the YAT campus clubs serves to inform teens of the social, educational and community service opportunities available in Irvine. The program provides safe, drug-free activities for teens, helps students to accumulate the community service hours necessary to achieve their educational and career goals, and contributes to the fabric of our community.”

For more information on Irvine’s HSYAT program, please contact Steve Knollmiller, 949/724-6739, email: sknollmiller@ci.irvine.ca.us.

STUDENTS HELPING STUDENTS MAKE HEALTHY CHOICES

The 22nd annual Peer Assistance Leadership (PAL) Recognition Event held on May 27, 2009, filled the Disneyland Hotel in Anaheim with youthful exuberance as 4th through 12th grade PAL students and their advisors came together to celebrate the 2008-2009 school year achievements of the Orange County Department of Education (OCDE) PAL Program. Century High School, Santa Ana Unified School District, PAL students submitted the winning contest entry for this year’s event theme, *PAL Makes the World Sparkle*.

The Orange County Department of Education started the PAL

Program in 1980, a leadership program with the philosophy of students helping students. Schools throughout the county may choose to establish a PAL Program on campus either as an instructional class during regular school hours or as an extra-curricular club that meets during lunch, before school or after school. The PAL Program has been implemented in 25 school districts in Orange County, at more than 180 elementary, middle and high schools.



PAL curriculum and trainings are designed to meet the standards and ethics for effective peer programs established by the National Association of Peer Program Professionals. The PAL high school curriculum is included on the SAMHSA (Substance Abuse and Mental Health Services Administration) List of Promising Programs meeting the criteria as a well-implemented and evaluated science-based program with positive outcomes in substance abuse and violence prevention.

The PAL Program is based on the premise that peer-to-peer involvement is an essential

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component of successful prevention programs. PAL develops healthy student lifestyles and youth resiliency through youth leadership, mentoring, conflict resolution, decision making, cross-age tutoring, community service, and alcohol, tobacco and other drug prevention activities. PAL Programs implement activities that enhance student engagement and connectedness to their school and community.

“Our priorities for the 2009 Recognition Awards were PAL Program activities focused on increased school connectedness, increased academic performance, or drug and violence prevention,” said Elke Petras, PAL Program Manager, OCDE. “At the beginning of each school year, PAL students and their advisors select the activities to be implemented on-campus based on the needs of their school. One PAL group might focus on school connectedness, while another might implement prevention activities. PAL youth design and conduct activities at their own school or reach out to a nearby feeder school to provide mentoring, tutoring or cross-age teaching.”

PAL Makes the World Sparkle opened with a performance by the Corona del Mar High School, Newport-Mesa Unified School District, Drum Line and Jazz Ensemble as participants toured a display of PAL Outstanding Projects. William M. Habermehl, County Superintendent of Schools, OCDE, welcomed the 1,400 participants and acknowledged the important contributions of the

PAL Program to Orange County students. The program concluded with a keynote address by Jeremy Bates, nationally known for his ability to empower youth to pursue their dreams and aspirations. His presentation “*Hope Dealers of the World Unite*” encouraged youth to work together toward a more hopeful and peaceful world.



Each year the PAL Program presents two elementary, middle and high schools with an Outstanding PAL Program Award, to recognize PAL students’ contribution in their school/community and to their peers. The PAL Recognition Event committee, together with community partners, selected the award recipients.

2009 Outstanding PAL Elementary School Program Awards were presented to Juliette Low and Linda Vista Elementary Schools.

- Juliette Low PAL students gave up a portion of lunch recess during the school year to walk kindergarten children across campus to the playground. Twice a week

they gave up morning recess to assist in a preschool class.

PAL youth came to school early each day to greet and welcome visitors, parents, families and students to their school, and applied their conflict management skills to playground disturbances.

- The Linda Vista PAL group created new student handbooks and conducted campus orientation tours. They implemented school-wide activities focused on friendship during International Friendship Month and lead a campus clean-up activity on Earth Day.

PAL students provided weekly mentoring and tutoring for 1st, 2nd and 3rd grade students and used their conflict management skills to intercede in playground disputes.

2009 Outstanding PAL Middle School Program Award were presented to Marco Forster and Pioneer Middle Schools.

- A successful mentoring activity created by Marco Forster PAL youth was a PAL Chat Room where students could meet with a PAL student to discuss problems or concerns.

PAL students welcomed new students to their school and conducted campus orientation tours. Twice a week they assisted in a special

needs class on campus to help the students feel more connected to school; it was observed that several of the special needs students became more responsive and communicative due to their bond with the PAL students.

- Each week during the school year Pioneer PAL students walked to a nearby elementary school and tutored 1st through 5th grade students. PAL students mentored 6th grade students to connect with their school through monthly meetings.

PAL youth organized a Diversity Day to encourage peers to look past differences and respect each other, and hosted a monthly movie night incorporating alcohol and drug free activities. They sang at a senior center, collected CDs for an orphanage and collected Halloween candy for a children's hospital.

2009 Outstanding PAL High School Program Awards were presented to Buena Park and Esperanza High Schools.

- At Buena Park High School, the PAL group established a peer tutoring program and offered peer mentoring through a PAL Guidance Program.

PAL students visited 9th grade English classes monthly to

give advice and encourage students to be more involved with their school and community. They also created a community service brochure and shared their volunteer experiences with the 9th grade students.

- Twice a week, Esperanza PAL students tutored elementary and middle school students at six schools in their district, and volunteered weekly at a special needs school to help the students develop social and fine motor skills.

They promoted connectedness through monthly meetings with 9th graders to discuss community service, test taking, selecting next year's courses and provide positive reinforcement for the Standardized Testing and Reporting (STAR) test. PAL youth also organized a Pre-Prom Week activity to address underage drinking and driving, and to encourage a safe prom night.

“School connectedness is a major focus of many PAL programs. Research indicates that students involved with their school and community are less likely to be involved in high-risk behavior, such as alcohol, tobacco and other drug use. A critical time to implement connectedness activities is when a student is most at risk; prior to,

during, and immediately following the transition from elementary to middle school, and from middle school to high school,” said Deirdre Hill, PAL Program Consultant, OCDE.

“PAL students recognize the benefit of peer support and communication as students transition into 6th grade and 9th grade, and implement activities to help new students feel more comfortable on campus,” said Hill. “PAL students understand that by creating a caring, supportive campus environment for transitioning students, they are contributing to a student's sense of belonging and thus their ability to make healthy choices.”

For more information about the PAL Program, contact Elke Petras at 714/966-4458, email: epetras@ocde.us.

2009 OUTSTANDING PAL PROGRAMS

Juliette Low Elementary School
Magnolia School District

Linda Vista Elementary School
Saddleback Valley Unified School District

Marco Forster Middle School
Capistrano Unified School District

Pioneer Middle School
Tustin Unified School District

Buena Park High School
Fullerton Joint Union High School District

Esperanza High Schools
Placentia Yorba-Linda Unified School District

Kazuo Masuda Middle School
Fountain Valley School District

Citrus Hills Intermediate School
Corona-Norco Unified School District

Outstanding PAL Advisor
Laguna Beach Unified School District

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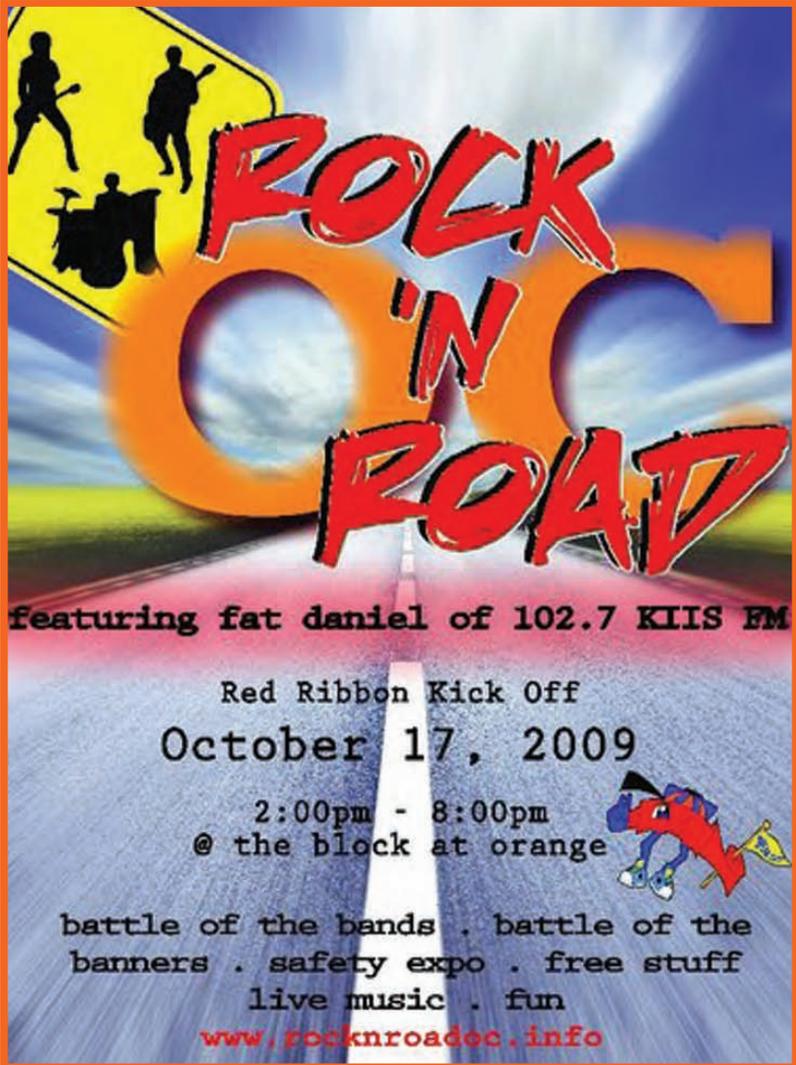
MARK YOUR CALENDAR

Red Ribbon Week is celebrated during the last week of October each year in schools and communities across the country to increase awareness about alcohol, tobacco, other drugs and violence prevention. *Speak Out! Speak Truth! Think B4 U Choose!* is the 2009 Orange County Red Ribbon Week theme.

The annual *Rock 'N Road* Red Ribbon Week kick-off event will be held at The Block at Orange on Saturday, October 17th, to celebrate healthy life choices for youth. Highlights of the event include a Battle-of-the-Banners featuring anti-drug Red Ribbon Week banners created by high school youth, a Battle-of-the-Bands competition for local high school bands, and a safety and prevention resources expo.

Rock 'N Road is sponsored by Recording Artists, Actors and Athletes Against Drunk Driving (RADD) and the National Council on Alcoholism and Drug Dependence (NCADD) to kick-off a year of prevention activities in Orange County schools and communities that promotes drug-free lifestyles.

For Red Ribbon Week information contact Mary Fabela at 714/834-4194, email: mfabela@ochca.com. For *Rock 'N Road* information contact Grace Tan at 949/595-2288, email: gtan@canoc.org.



ROCK 'N ROAD

featuring fat daniel of 102.7 KIIS FM

Red Ribbon Kick Off
October 17, 2009
2:00pm - 8:00pm
@ the block at orange

battle of the bands . battle of the banners . safety expo . free stuff
live music . fun

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