

## **Tobacco Grant Objectives, Commitments, and Action Steps**

### **Objective 1:**

By July 2017, develop a Pre-K-12 scope and sequence for tobacco use prevention using the Tobacco Use Prevention Module of the CDC's HECAT Tool.

### **Our Commitments:**

1. Tobacco Coordinator, Health Connections Outreach Coordinator, and a subgroup of the Wellness Committee will conduct the HECAT in the Fall of 2016

### **Action Steps:**

1. A subgroup of the Wellness Team will complete the HECAT before Winter Break (will be planned once the SHI process is complete).

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### **Objective 2:**

By July 2017, utilize the CDC's School Health Index assessment and planning for improvement processes. (more info is here: <https://www.cdc.gov/healthyschools/shi/index.htm>)

### **Our Commitments:**

1. Set aside one day in the summer and one half day for wellness team and other health educators to conduct the SHI.
2. Use results from each school's assessment to strengthen the wellness policy.
3. Use results to create SU-wide wellness goals and strategies.

### **Action Steps:**

1. Cynthia Powers will introduce SHI to principals on 8/23. Each school will be required to create a team (2 teams for preK-12 schools). Cynthia will ask principals to assemble teams with one point person per school. Stipends could be used for work outside regular contract hours or principals could pay for subs and free up team members during the day.
2. Amelia will take the lead with Rochester and Stockbridge. Nicole and Laurie will take the lead in Bethel. Either Wendy, Amelia, or Laurie (So. Royalton) will try to participate in process in former OWSU schools. Wendy can provide training or support for any team leaders needing help (note: we did not conclude whether a training should take place for **all** team leaders). SU Curriculum coordinators (Shirley and Mary Ellen) may also be able to participate.
3. Tobacco team members (Cynthia, Wendy, Amelia, Nicole, Cathy, Laurie) will touch base via email within the first few weeks of schools to check in on progress.
4. Goal is to have all schools complete the SHI by the end of October 2016.
5. Health Connections and Wendy Walsh may assist in aggregating the data to highlight SU needs and develop goals.
6. The ultimate goal of the process will be to develop a WRVSU Health Action Plan based on SHI and developmental Assets Survey results.

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### **Objective 3:**

By July 2017, begin implementation of an evidence-based ATOD curriculum guided by the California Healthy Kids Resource Center's Online Tool.

(see here: <https://www.californiahealthykids.org/index>)

### **Our Commitments:**

1. Using the HECAT and SHI results, a subcommittee of the Wellness Team will work with the Curriculum Coordinator to review the California Healthy Kids Resource Center's recommended curricula and choose (or make progress toward) a program to be utilized across the SU.

### **Action Steps:**

1. After the SHI is complete, a November meeting will be planned with the WRVSU Curriculum department.

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### **Objective 4:**

Implement appropriate youth asset development consistent with Search Institute Research which may include implementing “Getting to Y: A Youth Risk Behavior Survey Student Analysis.”

### **Our Commitments:**

1. Administer the Search Institute’s “Developmental Assets: A Profile of Your Youth” survey (was supposed to occur in spring 2016)
2. Wellness Team will analyze results of the surveys and develop a work plan to address the most pressing issues.
3. Organize a community forum to engage community partners in outcome improvement.
4. Bethel middle and high school students will participate in “Getting to Y” initiatives for their respective YRBS data, coordinated by SAP and guidance counselors.
5. Teen leaders will attend a training to learn how to conduct a YRBS Dialogue Night.
6. Using the Wellness Team analysis as well as results from the Dialogue Night, evidence-based strategies will be researched and implementation plans developed to increase protective factors and decrease risk factors).
7. Possibly hold a series of dialogue nights with different themes.

### **Action Steps:**

1. Amelia will attend a Search Institute training in late August.
2. Developmental Assets survey will be conducted across the SU in the fall.
3. Laurie will check with Annie Luke to see if S.A.D.D. students in Royalton would like to lead the “Getting to Y” process for their school.
4. Nicole Lamothe will look into leading “Getting to Y” with VKAT/OVX in Bethel (it has been done in the past).
5. Cynthia and Amelia will conduct initial analysis of Developmental Assets results.
6. Cathy will update YRBS data.

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### **Objective 5:**

Implement the NOT program.

### **Our Commitments:**

1. Train Amelia Lincoln in the NOT program.
2. Offer NOT in both Bethel and South Royalton's high schools.
3. Seek principal and board support to allow NOT to serve as an alternative to suspension for students caught in smoking-related infractions.
4. Recommend that PLP teams include an "Individual Wellness Plan" component in every student's PLP.
5. Implement VKAT at the middle school level at Whitcomb and OVX/S.A.D.D. in Bethel and South Royalton, respectively.

### **Action Steps:**

1. Amelia to take NOT training in the fall.
2. Laurie will touch base with Annie Luke about about leading NOT in Royalton.
3. SAP counselors will speak to their respective principals about item 3 above.
4. VKAT and OVX are already combined in Bethel and will continue; Laurie will gauge Annie Luke's interest in leading VKAT or a S.A.D.D.-like group at the middle school level in Royalton.
5. Item number 4 above was not discussed in detail--**action steps need to be chosen.**

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### **Objective 6:**

Hostt VKAT,OVX, and S.A.D.D. chapters to guide community engagement and promote student advocacy. Participate in specific programs offered jointly by the AOE and Dept. of Health.

### **Our Commitments:**

1. Involve WRVSU youth in state-wide youth tobacco prevention summit.
2. Host at least 1 OVX and VKAT group.
3. Involve students in required programs held by the AOE/Dept. of Health.
4. Participate in a mass reach media campaign in conjunction with Health Connections of the Upper Valley.

### **Action Steps:**

1. Items 1 and 3 above depend on receiving dates and information from the State. Nicole is willing to participate with Whitcomb students. Cathy Hazlett has offered support.
2. We already do item 2--yeah!
3. Health Connections will continue to work with Royalton students to pass a smoke-free green ordinance. In Bethel, Health Connections may work with students on smoke-free housing or perhaps lead a tobacco "sticker shock" activity.