

# 2021-22

Substance Abuse Prevention Programs

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# What We Do

**W**e reduce and prevent substance abuse by teaching kids the skills and perspective they need to resist substance abuse and addiction.

**We step in** where parents, families, neighborhoods and schools are overwhelmed, out of their depths and do not know where to start with such a complex issue. As our children figure out their place in the world, they tend to give their peers' opinions a great deal of power.

At the same time, they're also beginning to question their parents' and authorities' views and rules. This shift is natural, healthy and part of the normal process of maturity and identity development.

**We blunt the impact** of broken families and environments

We use proven best practices to **reach and transform our audiences**

**We increase resilience** in the next generation

**We create long-term value** for communities by creating valuable skill-sets such as resilience, confidence, coping skills and communication



DR. SUZANNE SPENCER, ED.D.

## Meet Suzanne Spencer:

Dr. Spencer brings a wealth of experience and expertise in non-profit leadership and for-profit organizations to her career in community organizing and has been recognized for innovations in the field of mental health and addiction.

She has served as Chief Executive Officer of Living Skills in the Schools for more than eight years, leading a prevention team in their attainment of record-breaking goals and an organizational turnaround.

**We work from a fundamental understanding of the underlying causes and ongoing dynamics of substance abuse.**

## We understand:

**The gravity and complexity** of the problem of substance abuse in the United States

That **each user affects everyone around them**, multiplying impact and consequences

That **prevention is the highest ROI solution** for reducing substance abuse

That each **informed and resilient child is a source of support and further prevention**

That **resilience and sobriety have a network effect**

# Our Story

**George Tony Allerton** founded Living Skills in the Schools (LSIS) to address addiction from a prevention standpoint.

The Program was created and authorized by the Palm Beach County School District Prevention Center in 1999, and our primary target audience began with fifth graders as they entered their pre-teen years.

Since our inception, LSIS has been funded and supported by the *CRC Foundation* as an annual contribution and other grants that support our programming.

**For the last eight years** Living Skills in the Schools has been led by Dr. Suzanne Spencer, Ed.D.

Today, Living Skills in the Schools is **DCF licensed and CARF accredited.**

Our programming serves students K-12th grade, as well as several college audiences.

And our program resources have expanded to include an evidence-based social-emotional program, drug trend education, college and coping, and our most recent parent program called *Hidden in Plain Sight*.

## How we work

LSIS maintains a comprehensive, tiered curriculum, differentiated by age group and our programming is adapted to meet each school's needs.

Our staff meets or exceeds qualifying credentials and they are professionals in the field.

Our prevention speakers hail from a variety of backgrounds and share their lived experiences in credible and relatable narratives that helps students open up to the subject and engage in the conversation.

As a result, each informed and resilient child becomes a source of support and further prevention.



# Delivery & Reach

**During our inception year, we made only eight presentations,** followed by 52 the subsequent year.

The Program had grown at approximately 20-25 percent per year after that until the 2006-2007 school year when it doubled.

At the close of the 2019-2020 school year, Living Skills in the Schools reached more than 50,000 students in Palm Beach County and has had **a lifetime reach of almost 315,000 students.**

## Our reach over the last 4 years

2017/18	<b>30,426</b>	60 schools
2018/19	<b>40,180</b>	69 schools
2019/20	<b>50,646</b>	76 schools
2020/21 ytd	<b>55,829</b>	50+ schools*

\*estimate

- \* We care about what we do and how we do it – “The small things matter”
- \* We spend time with our partners to understand their point of view and make sure we consider and meet their needs
- \* We do all we can to ease any burden and to help support the valuable work our educators do



323,047  
Students

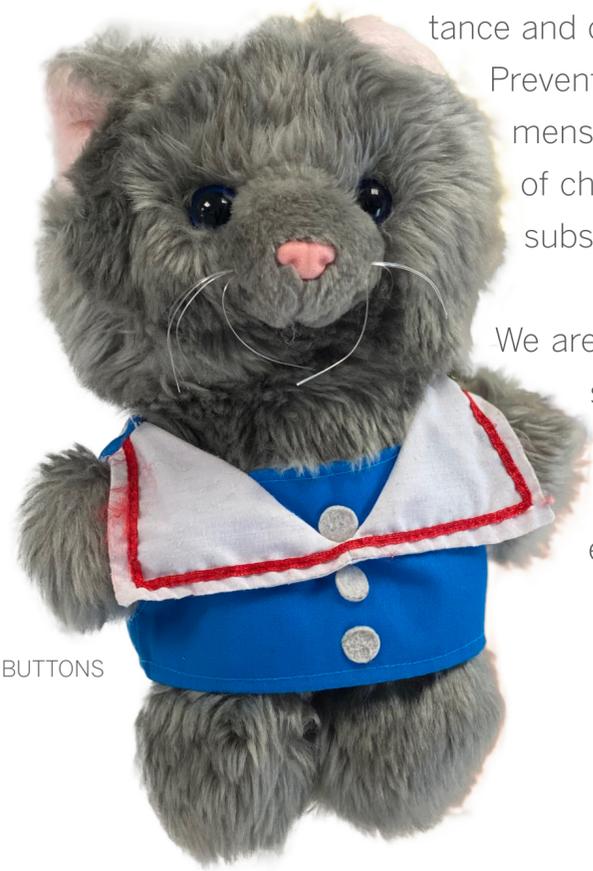
# Programming K-4

**LSIS Prevention Speakers for 5th grade:** We bring in carefully selected age-appropriate peer prevention speakers to share their personal experiences.

Their authenticity overcomes doubt and resistance and can result in lasting transformation.

Prevention speakers speak to the multi-dimensions of use and abuse both as a drug of choice and in combination with other substances.

We are flexible. Rather than taking a one-size-fits-all approach, we work with each school to adapt our programs to its needs, issues, structure, wishes and goals.



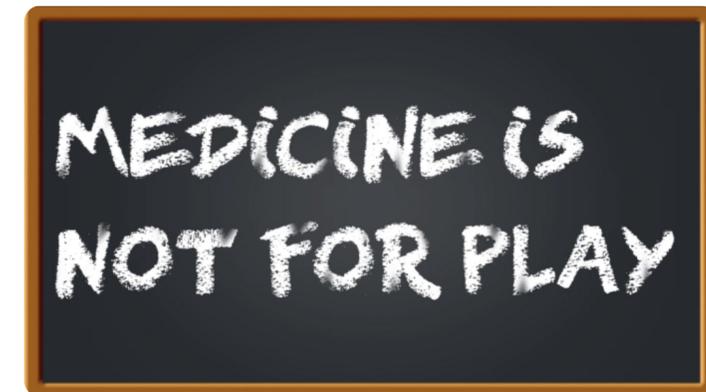
BUTTONS

Our **Beginning Awareness Basic Education Studies**, or B.A.B.E.S., allows us to start with younger children, by building deeper resilience skills through social emotional learning, and close the gap on key points of risk and exposure.

B.A.B.E.S. is a national evidence-based program that, through a set curriculum of stories that are told with puppets, addresses substance abuse prevention through SEL (social, emotional learning) factors like decision-making and peer pressure; self-image and coping skills.

The stories address early learning skills and behaviors such as self-control; emotional awareness, communication, and resilience. (see next slide for lesson details)

**Medicine Literacy Series: K-4th.** The B.A.B.E.S. Medicine Literacy Series is a collection of age-appropriate, engaging short PSAs that educate children about medication safety principles, equipping them with a foundation for understanding medications and safe use before entering their teen years.



**Pricing Information for our K-4 Programming, per school:**

<b>B.A.B.E.S. Series (5 Lessons + Wrap-up)</b>	<b>\$5,500</b>
<b>Medicine Literacy Series</b>	<b>\$1,500</b>

# Programming K-4

## Details about B.A.B.E.S. lessons:

Each lesson starts with an introduction to each character and their traits. The setting of the stories is in a community called Pudding Heights

### Lesson 1: I'm looking and feeling fine. **Focus: Self Image and Feelings.**

Lesson one is a story about the importance of emotional labeling, recognizing and understanding how things affect you, and how it is normal to have a complex of emotions. We dive into the concept about self-esteem and not being self-reliant on validation but instead self-management.

### Lesson 2: She made me do it, Didn't she??

#### **Focus: Decision Making and Peer-Pressure**

Lesson two is about peer-influence affecting decision making. Lesson two explores the importance of recognizing peer pressure, account-

ability of actions, responsibility and being able to recognize and make good decisions despite what others may say or do.

### Lesson 3: Accepting the things I cannot change, and changing the things I can.

#### **Focus: Coping Skills.**

Lesson Three discusses healthy coping skills and regulation when things are particularly distressing and upsetting. This especially refers to when it comes to things that children cannot change and they find particularly 'unfair'. Additionally there is reference to unhealthy coping strategies.

### **Mature content, grades 3 and 4 only:**

#### **Lesson 4: Let's Play Party. Focus: Alcohol and Other Drug Information.**

Lesson Four defines the understanding about legal and illegal substances, its use and the con-

MISS C., WITH BOWS AND BUTTONS



cept of 'fun' or regarding the topic of substance use. The story introduces more mature concepts around alcoholism and substance abuse and normalizing positive life choices.

### **Mature content, grades 3 and 4 only:**

#### **Lesson 5: Retreat is not defeat, and failure is not final. Focus: Getting Help.**

Lesson Five conveys the message about asking for help, resources, and support. Vocabulary words such as drinking, alcoholism, disease, stigma, and shame are introduced throughout the story.

#### **Lesson 6: Wrap-Up Lesson.**

Lesson six is a wrap-up of the lessons one through five, encouraging participation amongst students.

# K-4 FAQs

## How do I book?

Just give us a call, or shoot us an email  
Let us know which program you are interested in  
Give us your date requests and the start and end time of each presentation

## Can you deliver multiple presentations in one day?

We sure can  
Just let us know in your scheduling request

## Are you virtual or in person?

We offer a virtual program

## What does it cost?

Our Beginning Awareness Basic Education Studies cost is \$5,500 per school. This involves five stories and a wrap-up

## Do I have to be online?

A teacher, school counselor, BHP or school mental health professional is required to be online in the classroom throughout the program

## Are you an approved vendor of PBC school district?

Yes, we are  
All our staff have their vendor badges and our presenters are accompanied by a staff member at all times



**KAYLEE NYBERG,**  
EDUCATION & EVENT  
COORDINATOR

# K-4 FAQs

**Who delivers the programming?**

We do! You already have enough on your plate!

**How far in advance do I have to book?**

Ideally, at least two weeks' notice

But we make magic happen for our schools and classrooms, so if you have a last minute request, we will do our best to come through

Of course, you can also book months in advance

**How long is each B.A.B.E.S. story?**

Approx. 30 minutes

The full series is made up of 5 lessons plus a wrap up story for a total of 6

**How do you recruit Prevention Speakers?**

From across our community. We are always adding new speakers, for a historical average of about 15 speakers at any given time

**How long is a Prevention Speaker Presentation?**

Ideally we need 50-60 minutes, which includes a powerful Q&A segment.

However, we can adapt to your scheduling needs, so just ask us if your Bell schedule is shorter and we will do all we can to make it work while maintaining the integrity of the message and quality of the delivery.

**Will your programs meet the Substance Abuse Mandate?**

We are an approved alternative on the toolkit to meet the substance abuse mandate

# Our Impact

**And our impact has steadily increased** over the last two decades, including in 2019/20 when our programming had to find new ways to reach students, faculty and parents.

And we're on our way of beating all expectations in the face of learning at home and a host of new challenges that have upended our lives.

Our down-to-earth and scientifically grounded approach has earned us the

trust and cooperation of leaders across the strata of school administration.

And we continue to develop our programming and offerings to meet educators and students where they are, listening to their needs, wants and challenges and finding the best ways to work with them.

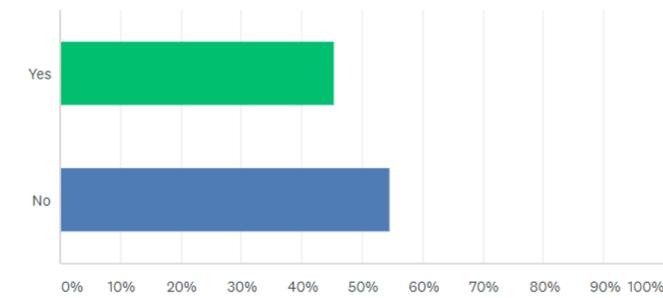
**More Numbers:**  
Estimated 90-95% annual repeat school rate.

Estimated new schools per year: 7-10%

## SURVEY RESULTS FROM A SAMPLE MONTH IN 2019

Did you make any student referrals? (e.g. Counselor, School Psychologist, Behavioral Health Counselor, etc.)

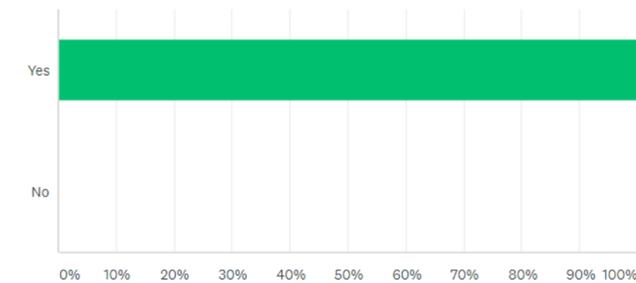
Answered: 11 Skipped: 0



ANSWER CHOICES	RESPONSES
Yes	45.45%
No	54.55%
<b>TOTAL</b>	

Did the presentation increase student awareness of the negative effects of substance abuse?

Answered: 11 Skipped: 0



ANSWER CHOICES	RESPONSES
Yes	100.00% 11
No	0.00% 0
<b>TOTAL</b>	<b>11</b>

### Feedback from Schools:

#### I recommend it for every student in 5th grade or above.

"This is the second year that I have a recovery speaker presentation for my 5th grade classes. The presentation is very powerful and I recommend it for every student in 5th grade or above. It allowed them to ask some really important questions. It gave them a real life look at the consequences of substance abuse."

#### The impact on my students is phenomenal.

"I have had LSIS and a recovery speaker come into my health classes for many years and the impact on my students is phenomenal. I am so appreciative that LSIS is in the community educating children and young adults about the relevant health issues that impact our youth. Thank you for all that you do."

#### ...how to approach your teen regarding the issue of drugs and alcohol.

"The Hidden in Plain Sight interactive presentation was awesome. The speaker was very informative and interesting, and spoke to our parents about how to approach your teen regarding the issue of drugs and alcohol."

# How To Engage Us



**Kaylee Nyberg** is an Education and Events Coordinator at LSIS. Previously, Kaylee worked for Hampshire County Council in the United Kingdom as an Event Officer.

**Our prevention coordinators** are your key contacts for all our programming.

They are your partners to discuss your needs, explain all the available programs, products and content and coordinate all engagements end-to-end.

She grew up in the Middle East and Sweden. Creativity and growth are her true passions and she has gained experience in a global context. Kaylee is focused on making a difference and has developed a strong sense of devotion to the nonprofit sector.

Her experience teaching and having teachers in her family has given her a deep appreciation for programs seeking to improve the lives of others.

**Teresa Bairos** is our Program Director. She comes to us with extensive experience working with children and families in a variety of roles since 1999. As a therapist, she has supported families coping with mental illness, addiction, trauma, and acculturation. As an administrator, Teresa worked with the State of Rhode Island's Department of Health to bring supportive integration services to children with special needs in the child care setting.

Teresa has been a lead therapist, family therapist, program developer, clinical director, and clinical supervisor.

She has additional training in attention deficit and hyperactivity management, Collaborative Problem Solving approach, and co-occurring disorders. She has



worked in treatment centers delivering clinical services to individuals and families living with a number of challenges including addiction, trauma, grief & loss, mental illness and developmental disabilities. She serves her community as an autism awareness advocate supporting families and educators.

She is a licensed marriage and family therapist with a Master of Arts degree in Marital and Family Therapy from the University of Connecticut.

# Funding & Partnerships

**LSIS is a program of the CRC Recovery Foundation,** which is funded by private donations, foundations and grants in order to provide services at no cost to schools and families throughout Palm Beach County.

Our work and programs have been specifically funded by:

**Organizations:**

Health Council of SouthEast Florida



Grants collaborations through  
Safe Schools PBC School District



**Patrons:**

Tiernan Family

MacKenzie Family

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