**What is School Based Substance Use Prevention?**

Substance use prevention is a student-centered model that focuses on decreasing youth substance use. The evidence based curriculum includes education on how alcohol and other drugs effect the brain and body. Additionally, information is provided on how substance use disorders may develop and progress. Finally, skill development and implementation focused on minimizing the effects of social influences and stressors. Below are the interventions and support that is available for students and caregivers at Mound Westonka High School:

**Classroom Presentations**: 8th and 9th grade students received a week of age/grade appropriate prevention education. The week includes evidence based education provided by a Licensed Alcohol and Drug Counselor and classroom activities.

**Individual Support/Education**: Individualized educational sessions, including cessation support are available to all students.

**Caregiver Support/Resources**: Caregivers are a key collaborative partners in prevention. Offering resources, tips and tools to caregivers supports them and students in many ways.

**Screening and Referrals**: School based services may not meet the needs for everyone, some students may benefit from referrals to outside providers, while others may require more intensive support. It is important to have a liaison to screen the needs of youth and make appropriate referrals.

Please reach out to Candi Davenport MS, LADC at [cdavenport@relatemn.org](mailto:cdavenport@relatemn.org) for additional information, questions or concerns.