Project SUCCESS GALLERY at Ypsilanti Community Middle School: 2018-2019

- **Project SUCCESS School wide Awareness Events:**

1. Red Ribbon Week celebrations (October 23-31): The Red Ribbon Campaign® is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week® each year. RED RIBBON WEEK is an ideal way for people and communities to unite and take a visible stand against drugs.

At Ypsilanti Community Middle Schools, Project SUCCESS decorated the interior and exterior of the RAHS clinic within the school.

Figure 1:L-R:Jisha Panicker, Project SUCCESS counselor and Marcia Louisell-McFawn, Ypsilanti Community Middle School RAHS Nurse Practitioner, Site Supervisor infront of the Reb Ribbon theme decorated clinic

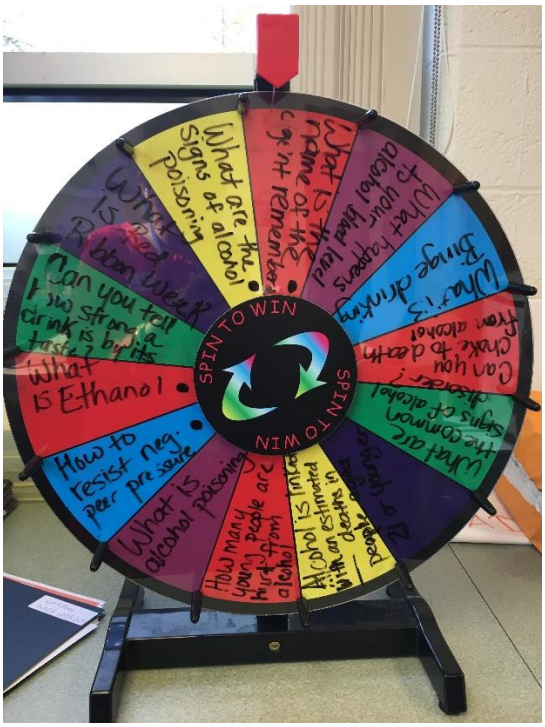


Figure 2Spin the Wheel used for Red Ribbon Week Lunch & Learn sessions to educate about underage drinking and its impacts

Figure 3Daliesha Robinson, Project SUCCESS counselor hosting a table for the Red Ribbon Week at the school cafeteria with activities, pledges and prizes

Figure 4L-R: Jisha Panicker & Daliesha Robinson, Project SUCCESS counselors having a table during the Red Ribbon Week to talk about substance abuse and its effects on the body

Figure 5L-R:Jisha Panicker & Daliesha Robinson doing a lunchroom activity on Prescription drug misuse at the school cafeteria for the Red Ribbon Week

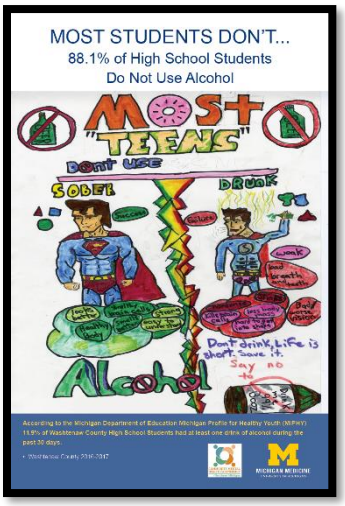
2. Great American Smokeout, November 21- the American Cancer Society's Great American Smokeout has been encouraging people to quit smoking and reduce their risk of lung and other cancers, heart attack, stroke, and other conditions. Project SUCCESS did an education piece on e-cigarette and vaping. This was included as a part of the school wide awareness prevention program since the US Surgeon General called youth e-cigarette use an epidemic and called for action to protect child health.

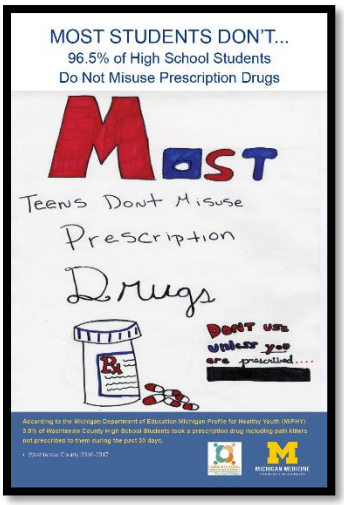
Figure 6:L-R: Daliesha R & Jisha P, Project SUCCESS counselors doing a lunch and learn session on e-cigarettes and debunking the myths as a part of the Great American Smokeout campaign

3. MOST campaign: The Regional Alliance for Healthy Schools (RAHS) MOST Campaign was adapted from the Livingston Community Prevention Project and uses a normative approach to appealing to teenagers who are developmentally looking to fit in with their peers. Normative research supports the fact that when teens understand that MOST of their peers are not using alcohol, tobacco, and other drugs (ATOD), the perceived pressure to use is lessened. This year, RAHS is continuing to bring awareness through the MOST Poster Campaign to four schools in the Ypsilanti and Ann Arbor communities. The posters have been designed by local student artists at YCMS. We coordinated with the School Art teacher Mr. Trax to organize artwork competition for the MOST campaign among 6-8th graders. We discussed about the MOST campaign themes-

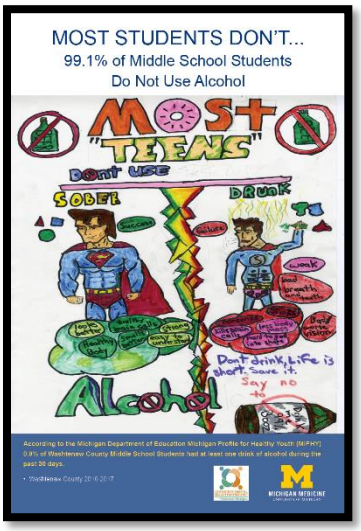
'MOST teens do not use Alcohol'; 'MOST teens do not use Marijuana'; 'MOST teens do not use Prescription Drugs'. Project SUCCESS MOST Campaign-Art competition was conducted on December 6th, 2019. We Received a total of 14 art submissions and Mr. Trax and PS team reviewed through the entries for the MOST campaign themes. We awarded certificate of appreciation and prizes to the 3 winners and to the art teacher, Mr. Trax. Certificates of recognition were distributed for the participants. MOST Campaign efforts through the RAHS Project SUCCESS program include school-wide outreach and awareness activities to increase the perception of harm of substance use, delay early onset use, increase social connectedness, and lessen perceived pressure to use ATODs.

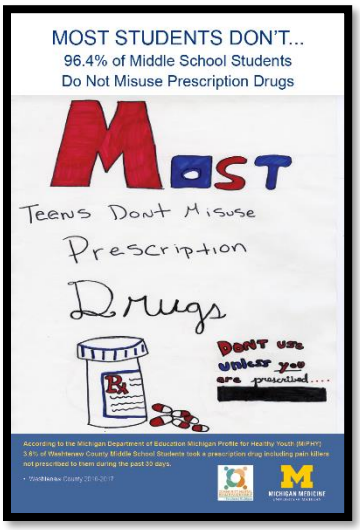
❖ <u>MOST posters printed with Washtenaw County MiPhy data for High School</u>





❖ <u>MOST posters printed with Washtenaw County MiPhy data for Middle School</u>





- **Project SUCCESS at Community outreach events:**
  1. Jazz in the Parking Lot by Ypsilanti Community School on July 26- Project SUCCESS team talked about Project SUCCESS program to students and families and distributed NIH NIDA Pamphlets-Marijuana facts for Teens.

Figure 7L-R:RAHS YCMS & YCHS team members-Marcia , Jenny, LaToya, Daliesha, Jisha & Lisa hosting a RAHS table at Jazz in the parking lot event

- **Success Story:**

Daliesha and Jisha: Being a part of RAHS as the Project SUCCESS counselors has been an uplifting experience. The youth we serve through RAHS at Ypsilanti Community Middle School are engaged and participate in community and school events. With consistency we have established a rapport with many of the students who now seek us out and engage with us. Project SUCCESS has provided a safe space for students to have those difficult conversations with like students and staff that can relate. Students have been able to identify their strengths and further develop their refusal skills which has benefited them from engaging in risky behaviors. The collaboration between Project Success, the students, and the YCMS school faculty is working against the odds at hand and providing opportunity for the students to live an Alcohol, Tobacco, and other drug (ATOD) free life.

When wrapping up during the 2Ps (Parents and Peers) group counselling session, the students acknowledged that they enjoyed the group and were glad to have a space to just talk about issues and

difficulties faced at home and school without fearing a consequence. In particular, one student hugged and thanked the counselor for the knowledge shared at the Prevention Education Series and 2Ps and for offering positive mental support to face challenges and hurdles in life.