

Ocean County Health Department

HEALTH EDUCATION PROGRAM BOOK

Comprehensive Health Education Programming
available for residents of all ages

Health Education Division

175 Sunset Ave

Toms River, NJ 08754

732-341-9700

healthed@ochd.org



Ocean
County
Health
Department



Public Health
Prevent. Promote. Protect.

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The Ocean County Health Department can develop alcohol and drug programming as well as health education programming that addresses a specific need of the community. These programs can be tailored for specific audiences as well as designed to be onetime events or a multi-session program. Do not hesitate to reach out to the Ocean County Health Department to further discuss.

Communication is Key

Program Description: This innovative program includes activities that teach verbal and non-verbal communication, as well as active and passive listening. With group activities, participants will learn the importance of communication.

This program will:

- **Introduce participants to communication**
- **Teach that listening is just as important as talking**
- **Teach participation in verbal as well as non-verbal activities**

Age: This program was developed for **grades 3-5**

Program Time: 1 session for 30-45 minutes

Goal and Objectives:

Goal # 1: To increase knowledge of the verbal vs. non-verbal communication

Objective # 1: To participate in an activity that builds their abilities to communicate non-verbally

Goal # 2: To gain knowledge on the best methods of communication

Objective # 1: To participate in an activity that teaches them communication is most effective when non-verbal and verbal methods are combined



Diabetes Education

Program description: This program offers basic education regarding diabetes and what caring for the disease entails. Blood pressure and blood glucose screenings can be provided upon request, as well as, referrals to help guide anyone in need to their next step(s).

This program will:

- **Screen patients with risk factors for prediabetes and diabetes**
- **Encourage immediate communication regarding results and implications of said screenings with patients, and link them with available resources for further education**

Intended Population:

- This program is developed for adults

Program Time: 1 session time to be determined

Goals and Objectives:

Goal # 1: Helping people change their lifestyle to prevent type 2 diabetes

Objective # 1: Ensure persons with diabetes or who are at risk for diabetes get the care needed from health care provides

Objective # 2: Teach people self-care practices to prevent complications from diabetes



Fall Prevention

Program description: This program offers injury control education by discussing consequences of falls, and how it affects health care and mobility. The physical affects, illness, and risk factors for falls are discussed. Seniors will learn how to lessen their risk of falling through exercise, medication management, and having a hazard free home.

This program will:

- **Educate seniors on the negative effects of falls**
- **Encourage seniors to take steps to protect themselves and lessen their susceptibility to falls**

Intended Population:

- This program is developed for seniors

Program Time: 1 session for approximately 30-45 minutes

Goals and Objectives:

Goal # 1: Increase knowledge on falls and the contributing factors

Objective # 1: Teach the effects of falls, how to prevent them, and how quality of life can improve by making small changes in routine



Healthy Relationships

Program Description: This program was created to educate students about relationships; whether intimate or casual. Healthy Relationships also introduces students to abuse and the different types of abuse in a relationship. Students will learn how to identify abuse, and become aware of the resources available for people that are victims of abuse.

This program will:

- **Teach the physical and mental affects of relationship abuse**
- **How to identify signs of abuse in an intimate relationship**
- **To promote healthy relationships with friends, with classmates, significant others, and family**

Age: This program was developed for **grades 9-12**

Program Time: 1 session for approximately 30-45 minutes

Goals and Objectives:

Goal # 1: To increase knowledge about what a relationship is, and the different types (not just intimate relationships)

Objective #1: To learn different ways that people are connected

Goal #2: To become familiar with the types of abuse

Objective # 1: To learn different types of abuse with discussion and activities



Hepatitis C

Program description: This program is designed to educate at risk populations on the Hepatitis C virus (HCV). We are committed to providing the most helpful and relevant resources to individuals who may be at risk for HCV. Our presentation will educate individuals on the health effects of HCV, testing, and treatment options. High risk populations include but are not limited to: mental and behavioral health facilities, injection drug users, baby boomers, and healthcare workers.

This program will:

- **Educate at risk populations on the health effects of HCV**
- **Provide resources for HCV testing services**

Intended Population:

- This program is developed for adults

Program Time: 1 session for approximately 30-45 minutes

Goals and Objectives:

Goal # 1: Increase knowledge on Hepatitis C

Objective # 1: Gain knowledge on selected topic and participate in discussion and engage them in the topics of at risk populations, testing, and treatment



Navigating the Health Care System

Program description: This program will teach about health literacy through discussion and role-play. It educates and empowers students to take control of their personal health and understand the healthcare system. They will learn about utilizing the healthcare system properly in order to seek preventative care and become healthier adults.

Intended Population: This program was developed for high-school students.

Program Time: Four sessions, each for approximately 45 minutes.

Goals and Objectives:

Goal # 1: Increase health literacy of adolescents.

Objective # 1: Students will be able to define health literacy by the end of the session.

Goal #2: Teach understanding of the healthcare system and its services.

Objective #1: Participants will be able to identify an example of a preventative service before the session ends.

Objective #2: Students will have a basic understanding of rights to privacy in healthcare.

Follow this link to read more: <https://www.movinghealthcareupstream.org/navigating-the-health-care-system/>



OCHD Directory of Services

Program description: This program offers an overview of services the Health Department provides that can be utilized by the public to create an awareness of what is available to assist their needs. The departments that offer public services and are reviewed during facilitation are: Clinic Services, Health Education, WIC, Alcohol and Drug Services, Environmental Health, Animal Facilities, Early Intervention Program, and Communicable Disease.

This program will:

- **Educate adults on services the agency provides**
- **Encourage adults to utilize available services that suit their needs in order to fill gaps in their care**

Intended Population:

- This program is developed for adults

Program Time: 1 session for approximately 20-30 minutes

Goals and Objectives:

Goal # 1: Increase knowledge on services provided to the public

Objective # 1: Gain knowledge about the Health Department, and participate in discussion and engage them in the topic of what we provide, when, what is included, etc.



Physical Activity

Program Description: This program encourages a more active and fit community through teaching adults and children physical education. It also develops a schedule for community members to follow for optimal activity throughout the day. It teaches the importance of being active for 60 minutes each day.

Intended Population: This program is developed for school-aged children and adults.

Program Time: 1 session 30-45 minutes

Goals and Objectives:

Goal # 1: Increase the number of families who participate in sixty minutes of physical exercise each day.

Objective #1: By the end of the lesson, identify one example of a physical activity to take part in daily.

Objective #2: The number of individuals engaging in 60 minutes of physical activity each day will increase.

Goal #2: Teach the importance of exercising regularly and potential health benefits from this behavior.

Objective #1: Students will understand the importance of physical activity and be able to identify at least one benefit of regular physical activity.

Visit: https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620-A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf for the Comprehensive School Physical Activity Programs: A Guide for Schools



Senior Health Ambassador

Program description: The Ocean County Health Department is partnering with and equipping local residents to take steps to protect and improve their personal health. We are committed to providing individuals with some of the guidance and encouragement needed to take practical and reasonable steps towards accomplishing this. The Senior Health Ambassador program is composed of community-based innovative and evidence-based programming for older adults and seniors. These programs can be facilitated to help older adults and seniors improve their skills manage chronic diseases, improving wellness, managing medication, preventing falls, and more.

This program will:

- **Give residents the information needed to improve managing their health**
- **Provide interactive education**
- **Educate on various topics such as:**
 1. **Chronic Disease Self-Management Program (CDSMP)**
 2. **Diabetes Self-Management Program (DSMP) –Coming Soon!**
 3. **Wellness Initiative for Senior Education (WISE) –Coming Soon!**
 4. **Medication Management**
 5. **Fall Prevention and Quality of Life Improvement**
 6. **Senior Health Fairs and More!**

Age: This program was developed for **seniors**

Program Time: Can be determined by specific needs of the facility. Time can vary based on program chosen

Goals and Objectives:

Goal # 1: Encourage seniors to take control of their personal health

Objective # 1: Gain knowledge on selected topic and participate in discussion and/or activities to engage them in the area of focus

STD Knowledge is Key

Program Description: This is a program that encourages making healthy decisions related to safe sex. This program educates about signs, symptoms, and modes of transmission for STDs/HIV, supports students by encouraging discussion about STD/HIV prevention, and provides the knowledge of STD/HIV testing and counseling sites in Ocean County.

This program will:

- **Teach about common STDs**
- **Teach the difference between viral and bacterial infections**
- **Educate on risk behaviors, and ways to prevent them**

Age: This program was developed for **grades 9-12**

Program Time: 1 session for approximately 30-45 minutes

Goals and Objectives:

Goal # 1: To have increased knowledge on STDs, their signs and symptoms, transmission, and nearby testing and counseling sites

Objective # 1: To learn by discussion and activities what STDs are and are not curable and the population most at risk

Stress Happens

Program Description: Stress Happens aims to educate youth with ways to live a healthy and well balanced life style. This program was created to help youth learn ways to deal with stress and overcome anxious tendencies caused by school, tests, work, relationships and everyday stresses that an adolescent encounters.

This program will:

- **Provide tools and methods to handle and cope properly with everyday stress**
- **Provides education on personal stress triggers**
- **Teach proper time management skills, relaxation techniques and overcoming test anxiety**

Age: This program was developed for **grades 3-4 as well as 8-12**

Program Time: 1 session for approximately 30-45 minutes

Goals and Objectives:

Goal #1: To increase ability to handle and cope with stress

Objective # 1: To be able to identify the specific stress triggers they may be experiencing, as well as ways to handle a stressful situation

Objective # 2: To be able to identify specific ways that work well with their lifestyle to help alleviate anxiety and stress

Objective #3: Learn how there are multiple ways of dealing with stress and anxiety through activities and discussion

Goal #2: To increase awareness of how prominent stress is among teens

Objective # 1: To learn by discussion and activities how other teens have triggers and stressors as well

Goal #3: To increase ability to handle test anxiety

Objective # 1: To learn time management skills, relaxation techniques, organizational skills, as well as healthy sleeping and eating habits to alleviate test anxiety

Student Health Ambassador

Program description: The Ocean County Health Department is dedicated to providing evidence-based and innovative health education and alcohol and drug programming for students of all ages. Through the collaboration between the OCHD and the Ocean County School System, we have developed comprehensive programming that is uniquely tailored to the identified needs of the schools as well as delivered in an engaging and age-appropriate curriculum. With the approaching 2018-2019 school year, we are excited to introduce a new innovative way to provide health education programming to your students in a single encounter by making them “Student Health Ambassadors”! After participation in the Student Health Ambassador Day, the Ocean County Health Department will provide schools with summary reports of the program and will partner with schools on bi-annual Student Health Ambassador activities that teachers can provide students to support and reinforce messaging that Public Health is You Too!

This program will:

- **Offer a full day to provide important health education to students in a health fair setting.**
 - **Have up to four educational stations that classes will rotate through, each covering a different topic.**
 - **Have students will learn through visual and hands on activities that encompass the following primary public health topics targeted towards their grade-level:**
1. **Alcohol and Drug Education**
 2. **Chronic Health Conditions**
 3. **Communicable Diseases**
 4. **Environmental Health**
 5. **Nutrition and Child Development**
 6. **Emergency Preparedness**

Age: This program was developed for **grades 1-12**

Program Time: Can be determined by specific needs of the school. Varies by number of topics chosen and number of students participating

Goals and Objectives:

Goal # 1: Encourage Ocean County youth to become advocates of healthy lifestyles and to establish a strong meaningful public health collaboration

Objective # 1: To gain knowledge from various topics structured for their grade level, and participate in activities to engage them in the subject matter

Tuberculosis

Program description: This program is designed to educate healthcare workers and support staff on the signs and symptoms of Tuberculosis. Topics covered with this program include: symptoms, transmission, testing and diagnosing, and treatment of active and latent forms of the Tuberculosis disease.

This program will:

- Educate healthcare workers and support staff on tuberculosis
- Encourage healthcare workers to think critically about diagnosing tuberculosis

Intended Population:

- This program is developed for healthcare workers and support staff

Program Time: 1 session for approximately 30-45 minutes.

Goals and Objectives:

Goal # 1: Increase knowledge on Tuberculosis.

Objective # 1: Gain knowledge on selected topic, participate in discussion, and engage them in the topics of symptoms, transmission, testing, diagnosing, and treatment.



Wellness Workshop

Program description: Includes a brief overview of the dimensions of wellness, walks through a popular behavior change model describing how people need to slowly and gradually incorporate a new behavior into their routine, or exclude an existing behavior from their routine. The Wellness Workshop discusses the recommended amount of physical activity and how to add to your existing level or activity. This program goes over basic nutrition and small steps that can be taken to improve existing nutrition. Stress and how it affects lifestyle is covered, as well as, stress management.

This program will:

- Give participants ideas on how to make small changes to their routines
- Teach that gradual change is best for long term success
- Explain how stress and nutrition go hand-in-hand and its effects on one's lifestyle

Age: This program is recommended for **adults and seniors**

Program Time: 1 session for approximately 45-60 minutes

Goals and Objectives:

Goal # 1: To increase knowledge on wellness, physical activity, nutrition, and stress

Objective # 1: To become familiar with behavior change and promote small changes in routine

Objective # 2: To learn details on the above topics through discussion



Youth Success Network

Program description: Promote environments where adolescents and young adults can gain fundamental health knowledge and skills, establish knowledge of lifelong healthy behaviors, and connect to health services.

This program will:

- **Cover communicable disease, healthy hygiene, and prescription/street drug abuse prevention**
- **Discuss the testing services the health department provides**
- **Discuss common illnesses in areas of high population and how to prevent them**

Age: This program is recommended for **freshman and sophomores in college**

Program Time: 1 session for approximately 45-60 minutes

Goals and Objectives:

Goal # 1: To increase knowledge regarding the above topics

Objective # 1: To learn details on the various topics through activities and discussion



Heart Health

Program description: The Ocean County Health Department's new program "Heart Healthy" is a one session, interactive program that discusses what Heart Disease is, risk factors, prevention, knowing their numbers and what they mean (in regards to blood pressure, cholesterol, and blood sugar) and how to live a healthy lifestyle.

This program will:

- **Give the foundation for participant to make steps towards improving their heart health**

Age: This program is recommended for older adults

Program Time: 1 session for approximately 30-45 minutes

Goals and Objectives:

Goal # 1: The goal of this program is to increase awareness of the dangers of having high blood pressure, cholesterol, and blood sugar and how certain lifestyle habits can directly affect your health, making you at an increased risk for developing certain Chronic Diseases, such as Heart Disease.

Objective # 1: Participants will be able to define what Heart Disease is and indicate the signs/symptoms of a heart attack

Objective # 2: Participants will be able to identify certain risk factors that could make them more susceptible of developing Heart Disease later in life

Objective # 3: Participants will be able to explain preventative measures that they can take in order to lower their risk of developing Heart Disease

Objective # 4: Participants will be to understand what blood pressure/cholesterol/blood sugar is and what their number means, in regards to it being normal or high.

Objective # 5: Participants will be able to recognize how to live a healthy lifestyle and the necessary changes they will need to make in order to have better heart health.

Poison Prevention

Program description: Each year 2 to 4 million actual poisonings occur in the United States. Over 50% involved are children under the age of six. Unintentional poisoning is the second leading cause of death in the United States. This program is designed to increase awareness of potential poisons that may be encountered and ways to stay safe.

This program will:

- **Provide the knowledge to make good decisions involving poisonous substances including alcohol, tobacco and other drugs**
- **Educate about poisons and why they are so dangerous**
- **Educate on what to do if there is ever a “poison emergency”**

Age: This program was developed for **grades 3-5**

Program Time- 1 session for 30-45 minutes

Goals and Objectives:

Goal #1: To create awareness of potentially hazardous substances

Objective 1: To be able to identify potential poisons and where they enter the body

Goal #2: To introduce poison safety methods

Objective 1: To learn the golden rule *“Don’t touch, taste or smell any substances”*

Objective 2: To learn what to do in a “poison emergency”

Goal #3: To increase education about over the counter and prescription drug misuse.

Objective 1: To learn that some medications look like candy

Objective 2: To learn to always ask permission from an adult prior to taking a medication

Mold

Program description: This program is designed to educate adults on mold. Molds are the most common forms of fungi found on earth. They can grow on almost any material, as long as moisture and oxygen are available. Molds can cause mild to severe health problems in sensitive individuals when a sufficient number of airborne spores are inhaled. Topics covered with this program include: what to wear when entering a building with mold damage, tips to clean up mold, health effects, and common types of mold. There is a toolkit with additional information provided on the topic.

This program will:

- **Educate adults on mold**
- **Encourage adults to think critically about mold and be aware of appropriate attire and removal**

Intended Population:

- This program is developed for adults

Program Time: 1 session for approximately 30-45 minutes

Goals and Objectives:

Goal # 1: Increase knowledge on mold

Objective # 1: gain knowledge on selected topic, participate in discussion, and engage them in the topics of what to wear when entering a building with mold damage, tips to clean up mold, health effects, and common types of mold



Pest Prevention

Program description: This program is designed to educate adults on preventing transferring scabies, fleas, lice, and bed bugs out of an infested living space and into the home, vehicle, or office. Topics covered with this program include: what is it, signs and symptoms, be aware of how it spreads, and how to prevent them.

This program will:

- Educate adults on scabies, fleas, lice, and bed bugs
- Encourage adults to think critically about these pests and how to protect themselves in an infested environment

Intended Population:

- This program is developed for professionals who enter into the homes of their clients and are exposed to different pests

Program Time: 1 session for approximately 30-45 minutes

Goals and Objectives:

Goal # 1: Increase knowledge on scabies, fleas, lice, and bed bugs

Objective # 1: Gain knowledge on selected topic and participate in discussion and engage them in the topics of what is it, signs and symptoms, be aware of how it spreads, and how to prevent them



Tick-Borne Illnesses

Program description: This program is designed to educate adults on tick prevention and tick borne illnesses. The most common ones found in New Jersey that are covered on this program are Lyme Disease, Babesiosis, and Rocky Mountain Spotted Fever. Transmission of these illnesses, signs and symptoms, as well as testing and treatment is discussed for each. There is a toolkit with additional information provided on the topic.

This program will:

- Educate adults on preventing ticks and tick borne illnesses
- Encourage adults to take precaution in settings where tick bites are more likely
- Educate adults on the most common types of tick borne illnesses in the area

Intended Population:

- This program is developed for adults

Program Time: 1 session for approximately 30-45 minutes

Goals and Objectives:

Goal # 1: Increase ability to identify symptoms of tick-borne diseases

Goal # 2: To learn how to properly remove and dispose of a tick

Goal # 3: Increase awareness to prevent tick bites and potential disease

Objective # 1: Gain knowledge on selected topic and participate in discussion and engage them in the topics of symptoms, transmission, signs and symptoms, testing, and treatment



Eating on a Budget

Program description: This program will teach adults how to shop and eat healthy by learning how to read labels and plan ahead. This will allow the cost to stay affordable for healthy eating all year round.

This program will:

- Encourage consumption of healthy foods
- Discuss how to make good choices when food shopping
- Teach how to plan healthy meals that are cost effective

Intended Population:

- This program is developed for adults.

Program Time: 1 session for 30-45 minutes

Goals and Objectives:

Goal # 1: To increase knowledge of healthy choices in stores.

Objective # 1: To be able to identify which foods are healthy by reading nutrition labels.

Objective #2: To identify the most cost effective options within grocery stores.

Goal #2: To increase skills in planning meals according to cost.

Objective #1: To be able to identify which produce items are best priced according to season.

Visit these links for additional handouts:

https://health.gov/dietaryguidelines/2010/workshops/DGA_Workshops_Wkshp_3_handout.pdf

<https://patienteducation.osumc.edu/Documents/EatingHealthyBudget.pdf>

Hand Washing

Program Description: This is a program designed to teach kindergarteners the importance of proper hand washing and how germs can be easily spread through hand contact.

This program will:

- **Teach how easily germs spread**
- **Teach where germs are located on the hands**
- **Teach when to wash your hands**

Age: This program was developed for **kindergartners to first graders**

Program Time: 1 session for approximately 30 minutes

Goals and Objectives:

Goal #1: To increase knowledge of germs

Objective #1: Participants will be able to explain how germs spread and where germs are located on the hands

Goal #2: Participants will learn the proper steps to hand washing

Objective #1: At the end of the program, participants will be able to demonstrate proper hand washing techniques



Making Healthy Choices / Nutrition

Program Description: Making Healthy Choices educates children about the different food groups and the importance of eating a healthy balanced meal. This program also teaches students how eating nutritious foods can keep our body healthy and free of illness.

This program will:

- **Provide education about healthy and nutritious foods**
- **Encourage the consumption of fresh fruits and vegetables, low-fat milk and whole grains**
- **Support healthy eating through nutrition education**

Age: This program was developed for **kindergarteners through 5th graders**

Program Time: 1 session for approximately 30-45 minutes

Goals and Objectives:

Goal #1: To increase knowledge of the new Food Guide Plate

Objective #1: To be able to identify the (5) food groups

Objective #2: To will be able to correctly identify the colors, shapes, and sizes that represent food groups

Goal # 2: To increase knowledge of healthy foods within each food group

Objective #1: To participate in an interactive activity of correctly categorizing and/or identifying foods according to which food group they belong

Parenting Wisely

Program Description: Parenting Wisely is a highly interactive online parenting course designed by family and social scientists to equip parents with the tools necessary to engage their children in difficult family scenarios. Parents would learn constructive skills proven to lessen drug and alcohol abuse in youth, school and homework problems, delinquency and other problem behaviors, family conflict, and more. It holds the distinction of being the only online parent education course for families that is currently listed on the U.S. Department of Health and Human Services National Registry for Evidence-based Programs and Practices.

Program Time: 3-5 hours to complete the course. Sign up includes 24/7 Access for 6 months as well as a certificate upon completion

Age: Parents of children 8+

Commitment: Each parent must finish the course over a maximum of 6 months.

Participants: Parents are taken through the course one question at a time. The participant watches a video with a common family scenario and is given choices on how they would handle that situation. At the end of each chapter there is a small quiz. The site includes parent forums as well as a take home guide for future reference.

Goals: The goal of Parenting Wisely is to equip parents with the skills they need to improve family interactions. Parenting Wisely is evidence-based and has been proven to reduce teen alcohol and drug use, aggressive behaviors, and improve overall family communication.

Objectives: Each chapter explores scenarios to improve parenting skills in all situations. Some of the chapters include:

1. Helping children to do housework
2. Loud music, chores incomplete
3. Helping children do better in school
4. Sharing the computer
5. Curfew
6. Sibling conflict
7. Step parenting
8. Getting up on time
9. School, homework, friends
10. Finding drugs

***Also available in Spanish**

Sun Safety

Program Description: This is a program that helps teach children learn proper protection from damaging UV rays. Sun Safety teaches the correct way and how often to apply sun screen, being comfortable in your own skin, and what protective clothing to wear.

This program will:

- Teach confidence in one's own skin
- Teach to be proud of one's appearance
- Teach to properly apply sun screen and proper clothing to wear

Age: This program was developed for **kindergarteners through 2nd graders**

Program Time: 1 session for approximately 30 minutes

Goals and Objectives:

Goal # 1: To increase awareness towards sun exposure

Objective #1: Participants will be able to identify the time of day the sun's rays are strongest

Objective #2: To be able to demonstrate the appropriate application of sunscreen

Objective #3: To be able to list ways to protect their skin from UV rays



#DRUGCODE: The truth about drugs

Program description: The epidemic of drug abuse is growing rapidly in Ocean County. This program was created to educate our youth about the harmful effects of alcohol, vaping, juuling, marijuana and prescription pills.

This program will:

- **Provide knowledge to make good decisions related to substance abuse**
- **Educate about substance abuse-related deaths in Ocean County**
- **Encourage youth to become involved with the drug free initiative to save young lives**
- **Support participants by encouraging discussion about substance abuse**

Age: This program was developed for **grades 6-8**

Program Time: Recommendation of one 60-minute session but this can also be adjusted to fit your needs

Goals and Objectives:

Goal #1: To increase knowledge about alcohol

Objective #1: To be able to identify the specific conditions that applies to underage drinking in Ocean County

Goal #2: To increase knowledge about marijuana

Objective #1: To be able to identify the specific conditions that applies to marijuana use in Ocean County

Goal # 3: To increase knowledge about vaping and juuling

Objective # 1: To increase knowledge about vaping and juuling as well as the dangers associated

Goal # 4: To increase knowledge about prescription drug abuse

Objective #1: To be able to identify the specific conditions that applies to prescription drug abuse in Ocean County

Goal # 5: To change perceptions about drug abuse in Ocean County

Objective #1: To discuss in an interactive way what they think is occurring in their schools related to alcohol, marijuana and prescription drugs

Objective #2: To learn and understand the specific overdose death rate of their own town

Drugs are not Candy

Program description: According to the American Academy of Pediatrics, one in four children mistake medicine for candy when asked to tell the difference. This program was developed to teach children the dangers of taking medicine incorrectly. The program also addresses how peer pressure can affect decision making as well as providing creative self-esteem boosting techniques. This program provides multiple levels of interactivity to ensure all participants have the potential to participate in learning.

This program will:

- **Provide the knowledge to make good decisions involving medicine**
- **Educate about medication and how they can be dangerous**
- **Educate how peers can influence behaviors and how to say no**
- **Provide a multitude of activities to address peer pressure and self-esteem**

Age: This program was developed for **grades 2 and 3**

Program Time: 1 session for 35-40 minutes

Goals and Objectives:

Goal #1: To increase education about over the counter and prescription drugs

Objective #1: To be able to know when it is inappropriate to take medications

Objective #2: To learn how to identify what is on a prescription label

Objective #3: To learn that some medications look like candy

Objective #4: To learn to always ask permission from an adult prior to taking a medication

Goal #2: To introduce ways to say no to peer pressure

Objective #1: To listen to a story involving peer pressure and discuss the outcomes

FOOTPRINTS for LIFE

Program Description: FOOTPRINTS for LIFE is a research-based primary prevention program designed to build assets and teach skills through the use of puppets and stories that feature “real-life” situations. This program is designed to promote development of necessary assets to deter the first use of alcohol and other drugs. FOOTPRINTS for LIFE is focused on five key social competencies: Planning and decision making skills, interpersonal skills, cultural competence, peer pressure and peaceful conflict resolution.

Age: This program was developed for **grades 2 and 3**

Program Time: 6 Sessions, Once a week for 6 weeks. 45 minutes- 60 minute sessions

Commitment: FOOTPRINT for LIFE includes a family component with weekly assignments to be supervised by a parent/guardian. The assignments introduce effective language and techniques for communication about feelings and problems. Parents/guardians as well as teachers are strongly encouraged to promote the use of this language to reinforce the value of the program and its concepts around healthy decision-making and peaceful conflict resolution. Each teacher will also be required to fill out an evaluation on each participant.

Objectives:

Each of the five characters in the stories has a unique footprint and personality as well as family situations. Each character learns how to become more self-aware and consider the consequences of their actions. The characters demonstrate increased appreciation and understanding of their friends and realize the positive power of healthy problem solving such as coping instead of moping. Lessons also include skills to manage anger and the use of solution stoplight for effective conflict resolution. The information on tobacco and alcohol is age appropriate, woven within the broader themes of decision-making and seeking help from a caring and supportive adult when confronted with situations for which the child feels inadequate or fearful.

A basic premise of the principles taught in FOOTPRINTS for LIFE is that prevention efforts can enhance protective factors and move toward reversing or reducing risk factors. The target areas for deterring first use are family relationships, peer relationships, school environment, and community environment. Deterring first use is accomplished by increasing social-competency skills, adaption of pro-social attitudes and behaviors, and awareness of the harmful health, social, and psychological consequences of drug abuse whether they be legal or illegal substances.

Oh The Places You'll Go

Program description: Oh The Places You'll Go, was developed for high school students and has more mature content in comparison to #DrugCode which is a more introductory level program. Oh the Places You'll Go educates on the topics of alcohol, marijuana, dabs, juuls, and opiates. It stresses the importance of healthy coping skills so that students learn how to deal with new stressors as they move into college or the workforce, and do so in a responsible way that helps them to take care of their responsibilities rather than turning to drugs or alcohol to cope. This program educates and reinforces that the knowledge obtained from the program will give students the information needed so that they can make the best choices moving forward as they move into their next phase of life.

This program will:

- **Provide knowledge regarding healthy coping skills to help guide students to make responsible decisions**
- **Educate about substance abuse-related deaths in Ocean County**
- **Encourage youth to become involved with the drug free initiative to save young lives**
- **Support participants by use of activities to initiate discussion about substance abuse**

Age: This program was developed for **grades 9-12**

Program Time: Recommendation of one 75-minute session but this can also be adjusted to fit your needs

Goals and Objectives:

Goal #1: To increase knowledge about alcohol, marijuana, dabs, and juuls

Objective #1: To be able to identify the specific conditions that applies to underage drinking, and marijuana use in Ocean County

Goal #2: To increase knowledge about prescription drug and opiate abuse

Objective #1: To be able to identify the specific conditions that applies to prescription drug abuse in Ocean County

Goal #3: To change perceptions about drug abuse in Ocean County

Objective #1: To discuss healthy coping skills in an interactive way

Objective #2: To learn and understand how coping skills can help management stress and promote naming healthy choices and managing responsibilities

Power To Be Drug Free

Program Description: The program theme is centered on super hero qualities and pulls on the comparison of how just like comic book super heroes protect people from evil danger, we must protect ourselves and others from harmful substances like tobacco and alcohol. Participants will get an introduction to self-esteem, peer pressure and alcohol or tobacco education. This program is very interactive with multiple levels of learning throughout the program.

This program will:

- Teach how to protect themselves from the harmful effects of drugs and alcohol
- Teach about the long and short term effects of smoking
- Teach effective ways to stand up against peer pressure

Age: This program was developed for **grades 4 and 5**

Program Time: 1 session for 30-45 minutes

Goals and Objectives:

Goal #1: To introduce participants to drugs and alcohol

Objective #1: To educate how drugs and alcohol affect our bodies

Objective #2: To educate on tobacco use and its health effects

Goal #2: To educate on peer pressure and ways to handle situations when offered drugs or alcohol



Shore to Age Well: Medication Management and Alternatives

Program Description: This program will explain the difference between misuse and abuse of medications, how to properly store medications, including extensive information on alternative options for pain management and where to access those options, as well as encourage patient-physician communication. The program will focus on providing practical information regarding the appropriate use of non-opioid analgesic pain medication and non-pharmacological approaches to dealing with acute and chronic pain.

Age: This program was developed for older adults ages 60+.

Program Time: 1 session for approximately 60-90 minutes

Goals and Objectives:

Goal #1: Reduce the overuse, misuse, and abuse of prescription opioid medications within the older adult population by providing education to older adults on alternative approaches to dealing with acute or chronic pain.

Objective #1: In a 12-month period, to provide older adults (ages 60+) with approximately 52 Shore to Age Well: Medication Management and Alternatives, totaling 52 sessions.

Objective #2: At the conclusion of each program, 75 percent of participants will be able to identify three non-opioid alternative approaches to pain management.

Objective #3: At the conclusion of each program, 75 percent of participants will report at least one of the presented non-opioid alternative approaches to pain management as a point to discuss with their physician as measured through pre and post-test results.

Goal # 2: Promote discussion about prescription safety.

Objective # 1: Teach participants how to take medication correctly, and how to effectively speak with your doctor concerning your medication(s)

Smoking Prevention and Cessation

Program description 90% of smokers begin before age 19. It is important to educate youth about the dangers of tobacco and electronic tobacco products so that they do not want to experiment with them as they get older. It is important for adults to have information on these products as well, the electronic tobacco products have become primary. Information on the tobacco industry and key information will be shared, as well as, ways to quit, and money that can be saved by doing so.

This program will:

- **Teach about tobacco products and their ingredients**
- **Educate about tobacco related deaths**
- **Educate youth so that they are aware of the dangers of tobacco products and their impact**
- **Support participants by encouraging discussion about tobacco use**
- **Educate on**

Age: This program was developed for **grades 6-8 as well as adults**

Program Time: 1 session for approximately 30-45 minutes

Goals and Objectives:

Goal #1: To increase knowledge about tobacco products

Objective #1: Be able to name 3 ingredients in tobacco products

Goal #2: Be aware of common health effects of tobacco use.

Objective #1: To be able to identify the specific health complications that coincides with short and long term use of tobacco products.

Objective #2: Be informed of popcorn lung, and how “vaping” is not a safe alternative to conventional tobacco products

Goal #3: Discuss ways to quit in order to begin living a healthier lifestyle

Objective #1: Educate on how much money can be saved by quitting and key information on the tobacco industry

TIPS Training Program

Program Description: TIPS (Training for Intervention Procedures) is a dynamic, skills-based training program designed to prevent intoxication, drunk driving and underage drinking by enhancing the fundamental "people skills" of servers, sellers and consumers of alcohol. Proven effective by third-party studies, TIPS gives individuals the knowledge and confidence they need to recognize potential alcohol-related problems and intervene to prevent alcohol-related tragedies. **TIPS** is the global leader in education and training for the responsible service, sale, and consumption of alcohol. Over the past 30 years, TIPS has certified over 3.5 million participants, in all 50 states and over 40 different countries.

TIPS for on premise: 5 hour session for restaurants, hotels, bars, and nightclubs

TIPS for off premise: 2 ½ hour session for grocery, convenience, and liquor stores

TIPS for concessions: 2 ½ hour session for sports stadiums, civic centers, arenas, festivals, and community fundraiser events

TIPS for gaming: 5 hour session for casinos, gambling halls, and riverboats

TIPS for the university: 2 ½ hour session for students and other university groups, such as athletes, Greek organizations, and campus residents.

TIPS for seniors: 2 hour session aimed at senior citizen's alcohol use in connection with civic groups or within senior residential communities.

Commitment: Through an informal information-sharing process, the trainer and session participants engage in a dynamic exchange of ideas that helps everyone learn through process. The instructor will help participants learn and understand basic information about alcohol and its effects. In turn, as the instructor engages the group members to participate, their ideas and experience will continue to develop the trainer's skills.

Servers of alcohol can be instrumental in reducing the incidence of guest intoxication. With the knowledge and confidence gained through this program and with management's backing, servers can use their own people skills to relate appropriately to guests and positively influence their drinking behavior.

Objectives: The purpose of TIPS is to help employees create the kind of environment that promotes safety and responsibility wherever alcohol is sold, served, or consumed. Social awareness and concern about the consequences of alcohol misuse have grown in recent years. With social awareness has come greater demand for responsibility, particularly for those who serve alcohol to the general public. TIPS was originally developed for people who serve and sell alcohol to the public. The program has since expanded to fit many other social and commercial environments where alcohol is sold, served, and consumed.

Goal: To build skills, instill confidence, and empower participants to step in to situations and ensure that alcohol is being sold responsibly and legally.

Unique You

Program Description: Unique You, is an evidence-based substance abuse prevention program that helps children realize their specialness. Positive self-esteem is critical to the development of a healthy individual. The importance of a child's self-esteem is reflected in Unique You through the process of questions, exercises, and session goals. Research and literature in the field of education and child development overwhelmingly demonstrates the connection between self-esteem, academic performance, and the formation of healthy beliefs, living skills and over all basic happiness. Students become more aware of their feelings and learn positive ways to deal with them. They also develop greater sensitivity to others feelings. Students learn cooperation, teamwork, how to make wise decisions, say "no" and solve problems. This course is offered with the research-based knowledge that children learn more easily and are less likely to use drugs when their self-esteem is high. Classrooms that promote cooperation and communication help children raise their self-esteem. Unique You is designed to make a good classroom better.

Age: This program was developed for **grades 3 and 4**

Program Time: 8 (45-60 minute) sessions are required, one per week for 8 weeks (preferred program delivery method)

**2 sessions per week is also offered but there must be ample time between sessions for processing*

Commitment: Educators would be responsible for creating a classroom community which fosters the development of self-worth and respect for others, through adults modeling their own healthy self-esteem, through effective communication and discipline skills. As well as, through policies which say to children "we think you are important" and providing time for experiential learning. In Unique You parent involvement is a key component. The effectiveness of school-based programs alone, no matter how comprehensive they may be, is diminished when parents are not able to reinforce the content and utilize prevention strategies in the family. Parents are encouraged to attend a session when convenient as well as encourage students to talk to their family members at home after each session about the activities they have experienced and to share the worksheets at home. A pre and post test is also required in the first and last sessions. Teachers would need to provide instructors extra time or have the tests done on their own classroom time and handed in to the instructor.

Objective:

The aim of Unique You is to help children become clearer about their own personal needs and develop skills to fulfill them in non-self-destructive and non-socially-destructive ways.

WISE (Wellness Initiative for Senior Education)

Program Description: This is an evidence-based program for older adults that promotes health and wellness and includes topics such as decision-making skills, abstinence for substance abuse, and empowerment to live and age happily. The program will focus on providing practical information regarding the appropriate use of non-opioid analgesic pain medication and non-pharmacological approaches to dealing with acute and chronic pain.

Age: This program was developed for older adults ages 60+.

Program Time: 2 hour lessons per week for 6 sessions.

Goals and Objectives:

Goal #1: Help participants understand aging and lifestyle choices.

Objective #1: Participants will apply the information presented to practical decision-making as it pertains to drug use, misuse, and abuse.

Goal #2: Reduce the overuse, misuse, and abuse of prescription opioid medications within the older adult population by providing education to older adults on alternative approaches to dealing with acute or chronic pain.

Objective #1: In a 12-month period, to provide older adults (ages 60+) with approximately 8 WISE programs, totaling 48 sessions.

Objective #2: At the conclusion of each program, 75 percent of participants will be able to identify three non-opioid alternative approaches to pain management as measured through pre and post-test results.

Objective #3: At the conclusion of each program, 75 percent of participants will report at least one of the presented non-opioid alternative approaches to pain management as a point to discuss with their physician.