Ocean County Health Department

HEALTH EDUCATION PROGRAM BOOK

Comprehensive Health Education Programming
available for residents of all ages

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Ocean County Health Department

Public Health
Prevent. Promote. Protect.

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The Ocean County Health Department's Health Education and Substance Abuse and Prevention divisions can develop programming to address specific needs of the community upon request. These programs can be tailored for specific audiences as well as designed to be one-time events or a multi-session program. Please reach out to the Ocean County Health Department to further discuss program requests at healthed@ochd.org.

LOOK FOR THIS ICON TO SEE IF VIRTUAL OPTIONS ARE AVAILABLE FOR THE SELECTED PROGRAM!

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* - Evidence-based curriculum

Last updated: 8.18.2020

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:

One session for approximately 30 minutes. This program can be tailored to meet the needs of the class by being offered virtually

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

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:

One 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

Hygiene

Program Description:

This is a program which helps to teach children proper hygiene practices by introducing children to different hygiene products and identifying how often we should use each item.

This program will:

- Teach how to properly use hygiene products
- Teach how often specific hygiene products should be used

Age:

This program was developed for 1st through 5th graders

Program Time:

One session for approximately 30-45 minutes

Goals and Objectives:

Goal # 1: To increase knowledge of proper hygiene

Objective # 1: To be able to identify different hygiene practices and the frequency needed for each

Goal # 2: To be able to identify the difference between cleaning and practice hygiene

Objective # 1: To participate in an interactive activity of correctly categorizing and/or identifying hygiene products

Nutrition: Making Healthy Choices

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:

One 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

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:

One 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 on benefit of regular physical activity.

Visit:
https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf for the Comprehensive School Physical Activity Programs: A Guide for Schools

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:

One 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 lifestyle. 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:

One 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

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:

One session for approximately 30 minutes

Goals and Objectives:

Goal # 1: To increase awareness towards sun exposure

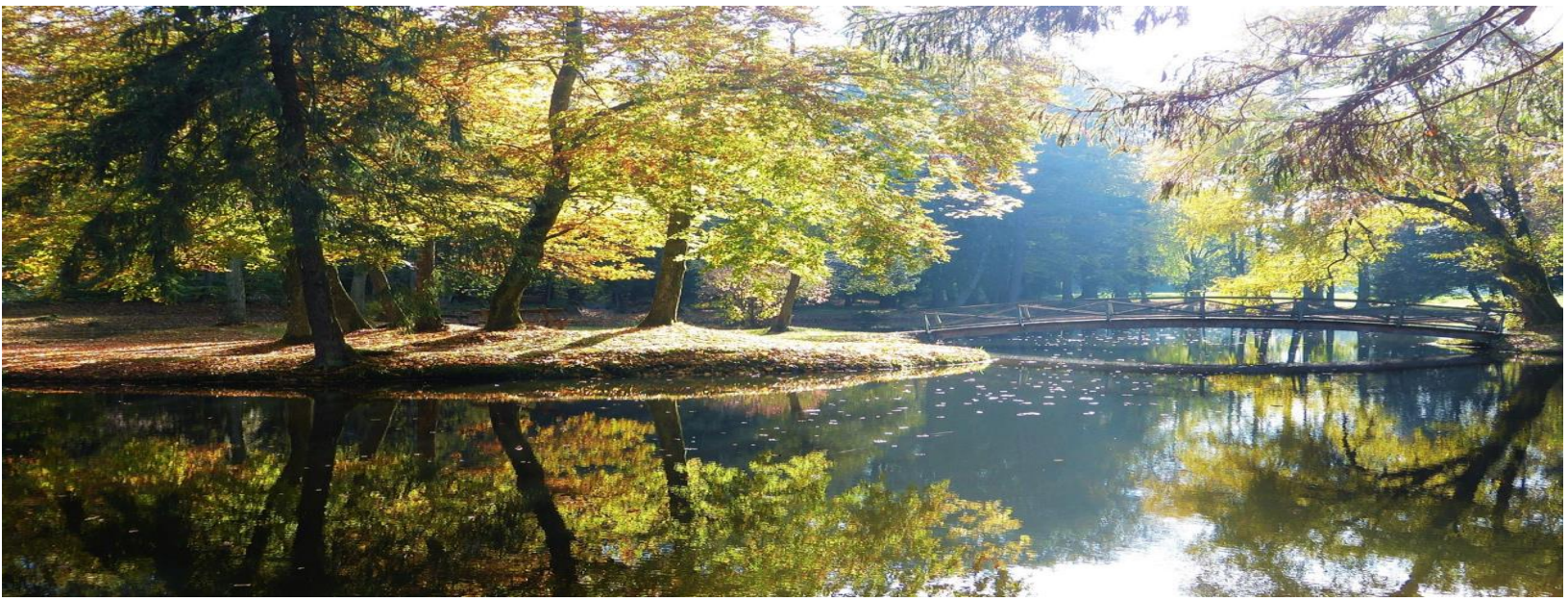
Objective #1: Participants will be able to identify the time of day the sun's rays are strongest

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

Environmental Health Programming

Mold
Pest Prevention
Tick-Borne Illnesses



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:

One 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:

One 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:

One 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

Chronic and Communicable Disease Programming

Cold and Flu
Diabetes Education
Eating Healthy on a Budget
Heart Health
Hepatitis C: HCV Know your risk
Physical Activity
Tuberculosis: Think TB

Cold and Flu

Program description:

This program provides an overview of symptoms and prevention measures for the cold and flu and guides through basic precautions that can be taken when sick to minimize the risk of community spread.

This program will:

- Educate participants on the symptoms of the flu
- Provide information on how to stay healthy during cold and flu season
- Explain how to effectively wash hands
- Provide information on what to do if you find yourself sick

Intended Population:

This program is developed for adults and youth

Program Time:

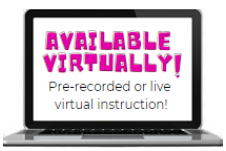
This program is available virtually

Goals and Objectives:

Goal # 1: Increase knowledge of influenza symptoms and prevention strategies

Objective # 1: Participants will be able to identify flu symptoms

Objective # 2: Participants will be able to list at least three strategies used to prevent the spread of illnesses



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
- Link patients to available resources for further education

Intended Population:

This program is developed for adults

Program Time:

One 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

Eating Healthy 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:

One 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

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:

One 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.

Hepatitis C: Know the Risks, Know Your Status

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:

One 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

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:

One 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 on benefit of regular physical activity.

Visit:
https://www.cdc.gov/healthyschools/physicalactivity/pdf/13_242620A_CSPAP_SchoolPhysActivityPrograms_Final_508_12192013.pdf for the Comprehensive School Physical Activity Programs: A Guide for Schools

Tuberculosis: Think TB

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:

One 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.

Substance Abuse and Prevention Programming (Adult and Senior)

* WISE (Wellness Initiative for Senior Education)

Smoking Prevention and Cessation

Shore to Age Well: Medication Management and Alternatives

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 nonpharmacological approaches to dealing with acute and chronic pain.

Age:

This program was developed for older adults ages 60+.

Program Time:

Two hour long 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.

Smoking Prevention and Cessation

Program description:

Ninety percent of smokers start smoking before the age of 19. It is important to provide education about the dangers of tobacco and electronic tobacco products so people do not want to experiment with them.

This program will:

- **Teach about tobacco products and their ingredients**
- **Educate about tobacco related deaths**
- **Support participants by encouraging discussion about tobacco use**

Age: This program was developed for all ages

Program Time: 1 session for approximately 30-45 minutes

Goals and Objectives:

Goal #1: To increase knowledge about tobacco products

Objective #1: By the end of the presentation, 75% of participants will be able to list three ingredients in tobacco products

Goal #2: To educate participants on the health effects associated with tobacco and/or e-cigarette use

Objective #1: By the end of the presentation, 75% of participants will be able to list three specific health complications associated with tobacco products

Objective #2: By the end of the presentation, 100% of participants will be able to describe "popcorn lung"

Goal #3: To educate participants about smoking cessation to reduce the risk of disease or illness

Objective #1: By the end of the presentation, 75% of participants will be able to list three smoking cessation resources available in New Jersey

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. We will also discuss and stress the importance of 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.

Program Requirements:

This program has been developed for participants 60 years of age or older. Instructional setting provided must be equip with computer/projector/speaker accessibility for PowerPoint presentation and supplemental videos.

Time:

One session for approximately 60 to 90 minutes

Participants:

Adults in a classroom type instructional setting as well as Ocean County Health Department program facilitator.

Goals and Objectives

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

Objective #1: At the conclusion of each program, 75 percent of participants will be able to identify three non-opioid alternative approaches to pain management.

Objective #2: 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.

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 medications

Substance Abuse and Prevention Programming (Youth)

#DRUGCODE

Drugs are not Candy

* FOOTPRINTS for LIFE

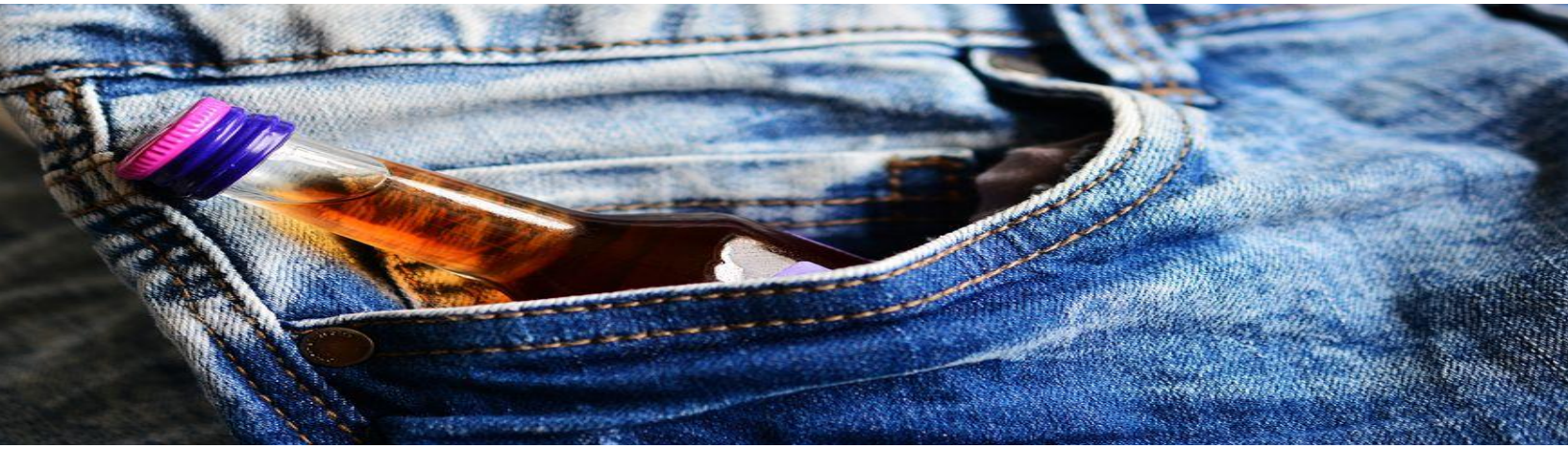
Oh the Places You'll Go

Poison Prevention

* Power to be Drug Free

* Unique You

* We're Not Buying it 2.0



#DRUGCODE

Program description:

In Ocean County, drug abuse has grown rapidly. It is important to educate students on the dangers associated with substance use to stop this problem before it is too late. #Drugcode is a one session, interactive program that discusses alcohol, marijuana and vaping in a way that best meets the needs of the students.

Program Requirements:

Instructional setting must be equip with computer/projector/speaker accessibility for PowerPoint presentation and supplemental videos

Time:

Recommendation of One 45 minute to 1 hour session. This program can be tailored to meet the needs of the individual class

Grade:

This program has been developed for middle school students grades 6, 7 or 8

Participants:

All children in the classroom setting, teacher include

Goals and Objectives:

Goal #1: To increase student's education about alcohol

Objective #1: By the end of the presentation, 75% of students will be able to describe the "Save a Life Law"

Goal #2: To increase student's education about marijuana

Objective #1: By the end of the presentation, 75% of students will be able to list three health consequences of marijuana use

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

Objective #1: By the end of the presentation, 75% of students will be able to list three facts about Juuls/vaping

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 students have the potential to participate in learning.

Grade:

This program has been developed for grades 2 and 3

Time:

One session for 35-40 minutes

Goals and Objectives:

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

Objective #1: By the end of the presentation, 75% of students will be able to identify three important identifiers found on a prescription label

Objective #2: By the end of the presentation, 75% of students will be able to list three important reasons for having a parent/adult help them with their medication

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 promotes the development of necessary assets to deter the first use of alcohol and other drugs; it focuses on key social competencies. The information on tobacco and alcohol is age-appropriate and woven within the broader themes of decision-making and seeking help from a caring, supportive adult when confronted with uncomfortable situations.

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

Grades:
Wellspring Prevention has developed this program for second and third grade students.

Participants:
All children in the classroom setting, their teacher or leader, the program facilitator(s), and the parent or guardian at home.

Goals and Objectives:
The goal of *Footprints for Life* is to encourage and help children to build a firm foundation of life skills, stemming from key social competencies. The social competencies that *Footprints for Life* addresses are practicing good planning and decision-making, interpersonal skills, cultural humility, peer pressure, and peaceful conflict resolution. *Footprints for Life* promotes positive, healthy attitudes and behaviors.

Oh! The Places You'll Go

Program description:

In Ocean County, the use of drugs has grown rapidly. It is important to educate the high school population before they graduate on how to identify and handle the stresses of being adult and not to use drugs/alcohol to cope. This interactive program will cover a range of topics including alcohol, marijuana/dabbing, Juuls/vaping, and opiates while focusing on how addiction can negatively impact someone's life.

Program Requirements:

High school students, instructional setting must be equip with computer for PowerPoint presentation, projector and speaker access for videos

Time:

Recommendation of 90 minutes, but this program can be tailored to meet the needs of the class

Grade:

This program is recommended for high school students grades 10, 11 or 12

Participants:

All children in the classroom setting, teacher included

Goals and Objectives:

Goal: To eliminate/reduce student's use of alcohol, marijuana, vaping and opiates

Objective #1: By the end of the presentation, 75% of students will be able to list 3 coping skills they can use when they are feeling stressed

Objective #2: By the end of the presentation, 75% of students will be able to report 3 facts about vaping/Juuls

Objective #3: By the end of the presentation, 75% of students will describe how drugs affect the brain

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:

One 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

Power to be Drug Free

Program description:

The program theme focuses 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 others and ourselves from harmful substances like tobacco and alcohol. Participants 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.

Age:

This program has been developed for grades 4 and 5

Time:

One session for 30-45 minutes

Grade:

This program has been developed for elementary age students, 4th and 5th grade

Participants:

All children in the classroom setting, teacher included.

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 situation when offered drugs and alcohol

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 selfesteem, 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:

Eight (45-60 minute) sessions are required, one per week for Eight weeks (preferred program delivery method) *Two 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.

We're Not Buying It 2.0

Program Description:

We're Not Buying It 2.0 is a substance abuse prevention program that focuses on developing media literacy skills for students in sixth to eighth grade. WNBI uses researched and evaluated prevention education strategies to reduce early use of alcohol, marijuana, prescription and over-the-counter medications.

Program Requirements:

This program has been developed for middle school students grade six through eight. Instructional setting must be equip with computer for PowerPoint presentation

Time:

Six Sessions, Once a week for 6 weeks. The sessions include a mix of lecture, discussion, and activities. Each session is approximately 40-45 minutes.

Grades:

Wellspring Prevention developed this program for grades six through eight

Participants:

All children in the classroom setting, their teacher or leader, the program facilitator(s), and the parent or guardian at home

Goals and Objectives: The primary focus of We're Not Buying It 2.0 is to raise awareness of substance abuse and bullying behaviors that are included in popular, non-advertisement media such as movies, music, and social media. The following goals will be addressed throughout the duration of We're Not Buying It 2.0.:

1. Raise awareness on how surroundings can affect life decisions
2. Delay the age of first use of alcohol consumption and marijuana
3. Deter abuse of over-the-counter/prescription drugs by clarifying the importance of using medication as directed
4. Identify bullying behaviors and how social media exploits and encourages it
5. Enable youth to deconstruct traditional media and social media messages

Adult and Senior Programming

Fall prevention

OCHD Directory of Services

* Parenting Wisely

Senior Health Ambassador

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:

One 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

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:

One 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.

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+

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

**** Commitment component- Each parent must finish the course over a maximum of 6 months**

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 their health, manage pre-existing health conditions, and provide interactive Education on various topics such as:

- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Wellness Initiative for Senior Education (WISE)
- Medication Management
- Fall Prevention and Quality of Life Improvement
- Senior Health Fairs and More!

Age:

This program was developed for seniors

Program Time:

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

Coronavirus (COVID-19) Virtual Programming

Coronavirus (COVID-19)

Healthy Friend Superhero

Face Coverings

Taking the Stress out of 2020 for Parents

Coronavirus: COVID-19

Program description:

Coronavirus: COVID-19 is an innovative program designed to educate students on the novel Coronavirus that has caused a worldwide pandemic. This program explains what the novel Coronavirus is as well as teaching prevention methods and current policies in place.

This program will:

- Introduce the novel Coronavirus
- Explain why policies are in place
- Ease anxieties of frequently heard buzz words (through explanation of why wearing a face mask is important)
- Teach students simple prevention techniques to keep themselves healthy

Age:

This program was developed for kindergarten through fifth grade

Program Time:

This program can be tailored to meet the needs of the class by being offered virtually

Goals and Objectives:

Goal # 1: Equip students with the information needed to understand pandemic outbreaks and how to respond to them

Objective # 1: Gain knowledge on simple disease prevention methods to stop the spread of illness

Face Coverings: Will they like my Mask?

Program description:

This program was developed in response to the COVID-19 pandemic to empower students to confidently and safely wear face coverings to protect themselves and those around them from the spread of respiratory viruses. A strong emphasis on self-confidence is included in this program; face masks coming in a variety of styles will symbolize unique characteristics of the students themselves.

This program will:

- Encourage students to wear face coverings as a means of protection from respiratory viruses
- Empower students to be themselves
- Teach techniques to safely wear and remove face coverings

Age:

This program was developed for kindergarten through fifth grade

Program Time:

This program can be tailored to meet the needs of the class by being offered virtually

Goals and Objectives:

Goal # 1: Encourage students to confidently follow health recommendations

Objective # 1: Gain knowledge on how to protect themselves from respiratory viruses

Healthy Friend Superhero

Program description:

This program is designed to empower students to practice healthy habits to keep themselves and their friends and family healthy. This program was developed in response to the COVID-19 pandemic and encourages healthy practices like hand washing, social distancing, staying home when sick, and wearing face coverings when in public. There is also a strong emphasis on protecting those who are at higher risk of developing complications from illnesses.

This program will:

- Encourage students to practice healthy habits
- Promote self-awareness and personal responsibility for public health
- Teach students how to protect their health and those around them

Age:

This program was developed for kindergarten through fifth grade

Program Time:

This program can be tailored to meet the needs of the class by being offered virtually

Goals and Objectives:

Goal # 1: Encourage students to take personal responsibility for their health

Objective # 1: Gain knowledge on ways to protect at-risk populations and friends from viruses when sick

Taking the Stress out of 2020 for Parents

Program description:

This program is designed to empower parents as they take on the 2020 school year. Due to the Novel Coronavirus Pandemic, the 2020 school year is full of many unknowns. Many schools have gone completely virtual which leads parents to juggle multiple responsibilities in addition to their parenting and employment obligations. Some parents may be experiencing increased stress from the unknowns, from taking on the role of "teacher", or they may be struggling with the loss of a job. This program is designed to help parents cope and navigate this unprecedented time.

This program will:

- Explain the different schooling options
- Promote healthy coping strategies for stress
- Provide fun and engaging social distanced activities for parents to do with their children

Age:

This program was developed for parents

Program Time:

This program is offered virtually

Goals and Objectives:

Goal # 1: Empower parents to take on the challenges of the 2020 school year

Objective # 1: Parents will be able to identify the three different schooling options

Objective # 2: Parents will learn healthy coping strategies for stress

Objective # 1: Parents will be able to identify social distance-safe activities to do with their children