

The Scoop

“Raising Awareness about Substance Abuse Prevention”

Vol. 5 Issue 1

Prevention Services

Summer 2016



Risk and Protective Factors

By Madison Campbell

Risk and protective factors are the characteristics of an individual and their environment that can influence the success of their outcomes. Risk factors can increase the likelihood of negative outcomes for youth while protective factors can give a positive influence and safeguard children from risk.



Both risk and protective factors are influenced by situations within family, community, culture, school, and peer interaction. These factors do not discriminate, therefore everyone is subject to these influences. “Risk and protective factors can affect children at different stages of their lives. At each

stage, risks occur that can be changed through prevention intervention” (NIH, 2003).

To ensure the most positive outcomes, eliminate the most risk factors possible and increase the protective factors.

Some risk and protective factors are fixed, meaning that they do not change over time. Other factors are considered variable because there is a possibility of change. Variable risk factors include: income level, peer group, adverse childhood experiences, and employment status (SAMHSA, 2015). The following is a list of risk and protective factors:

Risk Factors:

- Low self-esteem
- Anxiety
- Poor social skills
- Drug and alcohol abuse
- Negative parenting
- Lack of structure
- Poverty
- Violence
- Negative environment
- Insecurity
- Associating with deviant peers

Protective Factors:

- High self-esteem
- Good coping skills
- Supportive family
- Positive peer interaction
- Structure
- Abstinence from drug/alcohol
- Safety
- Problem solving skills

It is important to note that risk and protective factors have a cumulative effect on the development of behavioral health issues (substance use and mental illness) and can have influence throughout a person’s entire lifetime.



Also, people with risk factors have a greater chance of experiencing more risk factors, and are less likely to have protective factors. This identifies the importance of not only early intervention, but interventions that target multiple factors instead of just one (SAMHSA, 2015).

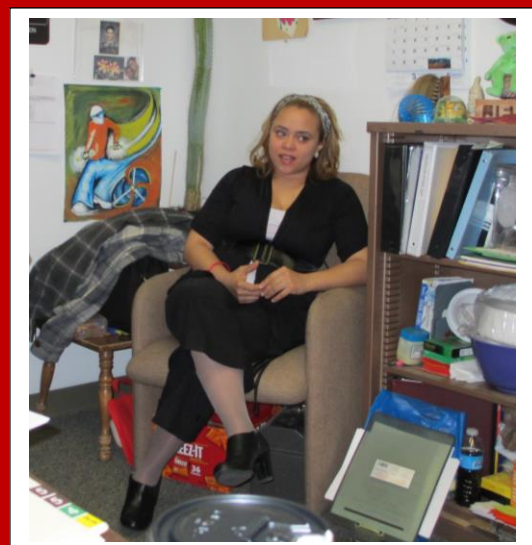
In the Spotlight: *Reconnecting Youth*

By: Maddison Campbell

Reconnecting Youth or “RY” is an adolescent psychoeducational peer group that is provided to the Northeast College Preparatory School at Douglass Campus through CPGP Prevention Services. This program has been offered to students as a class taken for credit and fits right into their school day schedules. Through an evidence-based curriculum, RY has been designed to modify risk factors linked with school dropout, drug involvement, depression, and youth suicide, while also enhancing personal and social protective factors.

RY prevention strategies include: setting norms for increasing school attendance and achievement; establishing a school network support system; providing life skills training in self-esteem enhancement, decision making, personal control, and interpersonal communication; teaching self-monitoring; encouraging healthy activities; developing a positive and supportive peer group; and establishing a sense of belonging.

Erica Colon, RY facilitator, leads groups of 8-12 students each week for the entirety of the school year. In RY, students hold open discussions, use worksheets to monitor and evaluate themselves, practice life skills, participate in role-plays, and offer each other support and encouragement. The implementation of this program has proven to be interesting, relevant, and fun for students, providing an opportunity for them to grow as individuals, while taking the skills learned in group and applying them to their outside lives.



Word Search

T	E	N	I	T	O	C	I	N	B
O	E	A	W	H	E	R	O	I	N
P	U	R	Y	S	H	G	U	O	C
E	E	T	T	E	R	A	G	I	C
N	A	A	O	R	O	U	Q	I	L
I	E	N	B	C	O	F	F	E	E
A	N	R	A	L	C	O	H	O	L
C	I	R	C	U	T	E	U	L	G
O	C	E	C	S	J	E	E	S	W
C	I	E	O	L	B	I	A	H	E
P	D	B	N	L	E	G	R	S	H
O	E	E	N	I	E	F	F	A	C
P	M	E	H	P	W	W	I	H	M
S	T	N	E	V	L	O	S	S	E

alcohol

beer

wine

liquor

tobacco

nicotine

chew

cigarette

medicine

pills

cough syrup

caffeine

coffee

tea

pop

marijuana

pot

hash

hemp

solvents

gas

glue

cocaine

heroin

During the 2015-2016 school year, the prevention program provided 5118 units of service at the Douglass Campus.

Out of the students at the Douglass Campus that completed a prevention service, 85.3% achieved all, or most, of their goals.

49 guests attended Prevention’s town hall meeting on underage drinking at the Douglass Campus on June 15.

Key Phone Numbers

211/LIFE LINE	211	or 275-5151	(275-2700 TTY*)
Alternatives for Battered Women Hotline	232-7353		(232-1741 TTY*)
City/County Drug Helpline (24 hrs)	275-0505		(275-2700 TTY*)
Community Place of Greater Rochester (prevention services, food/rental assistance, disability services, aging services, etc.)	288-0021		
FACIT (Family Crisis Intervention Team)	428-7183		
Jordan at Threshold	454-7530		
Liberty Resources Behavioral Health Clinic	410-3370		
Monroe County Child Abuse Hotline	461-5690		
Monroe County Emergency Housing Unit (8:00-3:00)	753-6687		
After 3:00	442-1742		
National Poison Control Locator	1-800-222-1222		(273-3854 TTY*)
Police/Fire Emergency	911	(Also TTY*)	
Rape Crisis/Safe Center Hotline	546-2777	(546-7582 TTY*)	

Prevention Staff

Rachel Mahar, CPP
 Manager of Prevention Services
 585-288-0021 ext. 214

Holmes Carvajal, CASAC
 Drug Prevention Counselor
 585-288-0021 ext. 203

Erica Colon, BSW
 Drug Prevention Counselor
 585-288-0021 ext. 206

Danielle Barone, MS
 Drug Prevention Counselor
 585-288-0021 ext. 204

"A hundred years from now, it will not matter what kind of car I drove, what kind of house I lived in, how much money I had in the bank ... but the world may be a better place because I made a difference in the life of a child."
 Forest Witcraft