



Health District Need

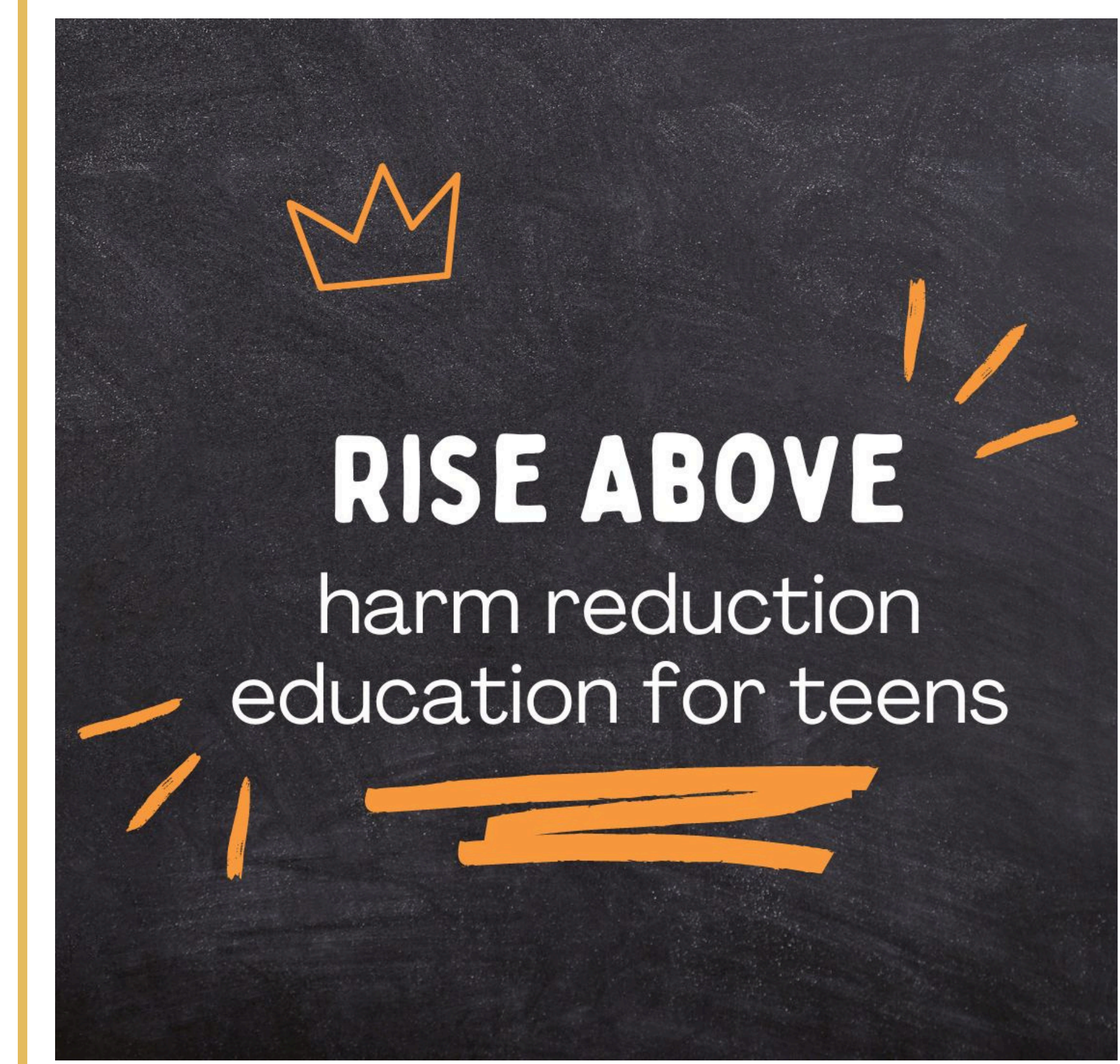
- NRHD received funding from the Opioid Abatement Authority to address substance use and poor mental health in the region
- using the funding, NRHD developed the Rise Above Program to offer harm reduction services to community members
- the current program focused on adults and lacked resources for adolescents
- the project sought to expand resources to adolescents



Project Output

Rise Above: Harm Reduction Education for Teens

- Rise Above: Harm Reduction Education for Teens is a four-part program to educate adolescents on harm reduction, substance use, healthy relationships, and sexual health
- the goal of the program is to offer honest, judgement free education to help students make informed decisions and reduce possible harms if choosing to use substances or participate in risky health behaviors
- utilizing a peer-to-peer education model, local high school students will facilitate the program with support from NRHD
- the program curriculum includes four slideshow presentations, a manual with instructions and the program script, and various interactive activities



Future Steps

- local high school students will facilitate the program to their peers
- ideally the program will be part of a peer support group/club at local high schools to encouraging mentorship, connection, harm reduction, and wellness
- potentially expand the program to use in the juvenile justice system
- future health department staff or interns should develop additional sessions of the program to create a more robust curriculum

Lesson 1

- learning agreement
- myth or fact activity
- definition of a drug
- harm reduction basics
- alcohol
- alcohol harm reduction

Lesson 2

- video and discussion
- healthy vs unhealthy relationship signs
- consent
- basics of human reproduction
- STIs
- STI prevention and birth control

Lesson 3

- warmup activity
- vaping
- nicotine
- wants/needs/addiction activity
- cannabis basics
- CBD vs THC
- forms of cannabis
- harm reduction

Lesson 4

- Nuggets video (portrays addiction)
- overview of opioids
- opioids and the brain
- opioid overdose
- naloxone
- drug lacing
- opioids harm reduction

Evaluation

- conversations with the NRHD Population Health Coordinator, Outreach and Harm Reduction Coordinator, and Health Director provided continuous feedback during program development
- the Education and Training Coordinator at the NRV Regional Commission also viewed the program to offer feedback and plan future collaborations
- a formal evaluation of the program included a pilot test of the program with local high school students
- the small group of students sampled the program and offered feedback on sessions
- the feedback from students was incorporated into program edits and a formal evaluation report

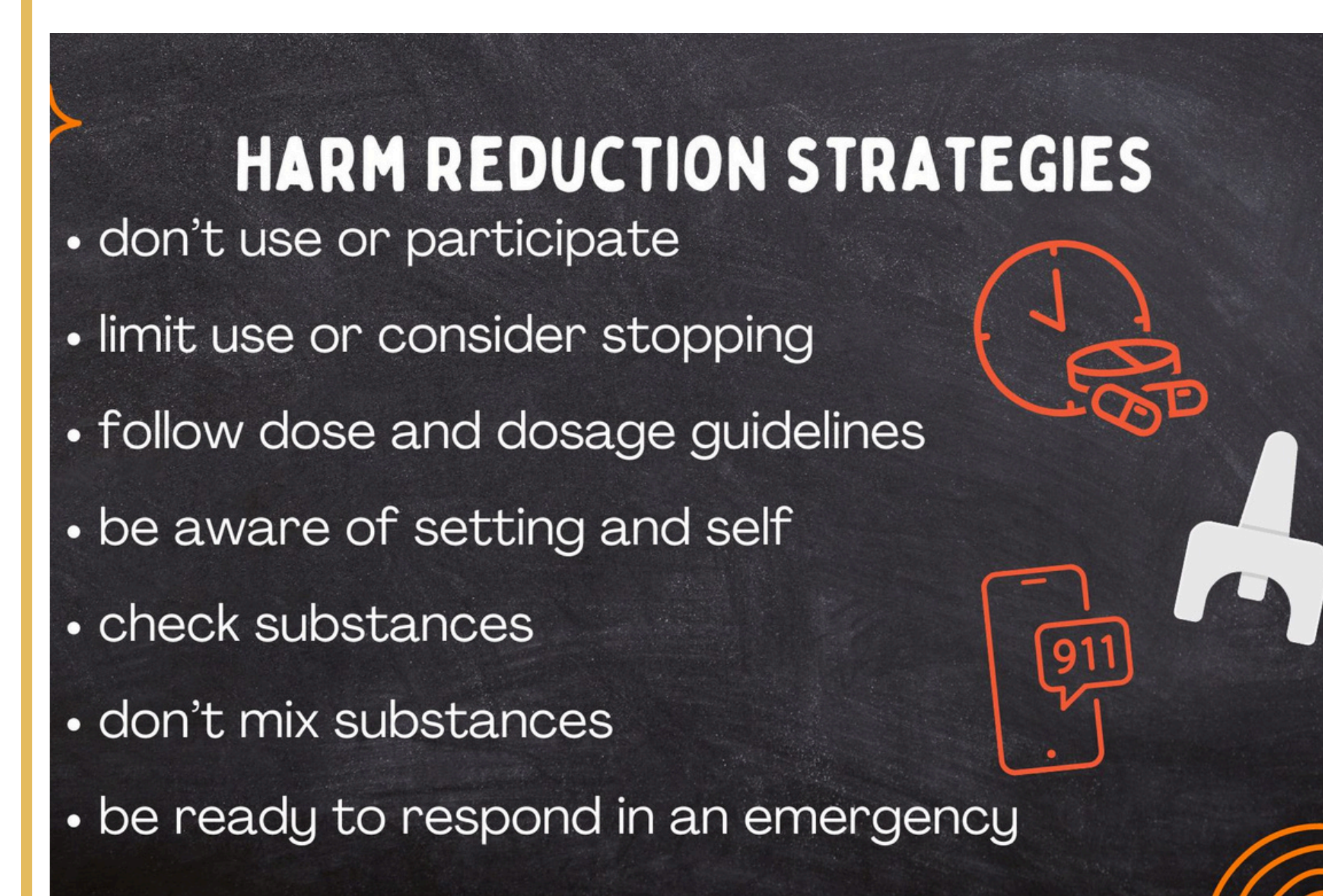
Internship Takeaways

- **be flexible:** an initial goal of the project was to implement the program by the end of the internship, but changed to a pilot test with schools closed for the summer
- **say yes:** some of the best experiences came from someone last minute offering a training or shadowing opportunity
- **develop passion:** having passion for harm reduction and wanting to offer judgement free education to adolescents kept me motivated throughout the project
- **network:** I had the opportunity to participate in various community meetings and learned to always be ready to make a connection
- **gratitude:** much thanks to Cayla Trueheart and Dr. Bissell at NRHD for mentoring me this summer

Additional Opportunities

- tabled at community outreach events
- participated in meetings with local partners and organizations
- completed Youth Mental Health First Aid certification
- completed Adverse Childhood Experiences (ACE) Interface training
- shadowed population health, environmental health, and disease intervention specialist staff
- participated in webinars to learn more about harm reduction and public health

Sample



Slide