

Ocean County Health Department

Health Education Program Book

Comprehensive Health Education Programming
available for residents of all ages

Health Education Division

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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 offer health education programming to address specific public health needs affecting our community upon request. These programs are tailored for specific audiences and can be 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.

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* - Evidence-based curriculum

Last updated: 9/20/2024

Adults and Senior Dental/ Oral Health

Program Description:

Oral health is a window into overall health. Poor oral health can have severe consequences. Research has shown that gum inflammation (gingivitis) raises the risk for lung disease, heart disease, blood vessel blockage, and strokes. This program was created to promote awareness, education, and the benefits of good oral health.

This program will:

- Provide education on dental health.
- Provide education to properly care for teeth.
- Encourage seniors to take care of their oral health.
- Practice proper brushing and flossing techniques.

Age: This program was developed for seniors.

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

Goals and Objectives:

Goal # 1: Seniors will recognize the importance of caring for teeth.

Objective # 1: Seniors will discuss why we need to practice preventative oral care.

Goal # 2: Seniors will identify steps necessary to maintain dental hygiene.

Objective # 1: Seniors will be able to properly demonstrate how to maintain teeth and gums.

Goal # 3: Correctly identify health concerns that can arise from poor dental health.

Objective #1: Seniors will list out 3 health concerns.

Emergency Preparedness

Program Description:

Emergencies happen unexpectedly, and preparing in advance helps individuals and their families to be as ready as possible. This program provides the basics of emergency preparation and readiness so that our community is equipped with some of the most important information and resources necessary for overcoming the challenges of natural disasters and emergency situations.

This program will:

- Provide education on common natural disasters.
- Provide education on the elements of an emergency kit for the home and the car.
- Involve participants in simple, engaging emergency readiness activities.
- Encourage individuals to be proactive about emergencies.

Age: Adults 18 and older are the target audience of this presentation.

Program Time: 1 session for approximately 45 minutes.

Goals and Objectives:

Goal # 1: Participants will understand why emergency preparedness is important.

Objective # 1: Participants will identify at least two local environmental health emergencies.

Goal # 2: Participants will learn steps they can take to be ready before an emergency happens.

Objective # 1: Participants will identify at least two things they can personally do for emergency preparedness.

Goal # 3: Correctly identify important components of an emergency kit.

Objective #1: Participants will complete an activity compiling items for creating an emergency kit.

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

Osteoporosis

Program Description:

This program educates the audience about the warning signs, risk factors, symptoms and prevention of osteoporosis. The audience will learn how to lessen their risk of osteoporosis by exercise, diet, and speaking with their doctor.

This program will:

- Educate the audience about what osteoporosis is
- Educate the audience about the risk factors of osteoporosis

Intended Population

This program is intended for older adults

Program Time:

One session for 30-45 minutes

Goals and Objectives

Goal #1: Increase knowledge about the warning signs of osteoporosis

Objective #1: Participants will be able to identify two risk factors for osteoporosis

Goal #2: Increase knowledge about what osteoporosis is

Objective #2: Participants will complete a quiz on osteoporosis facts with at least 75% correctness

Goal #3: Discuss how diet and osteoporosis are related

Objective #3: Participants will be able to name one nutrient that helps to prevent worsening of osteoporosis.

Memory Loss, Dementia and Alzheimer's Disease: An Overview

Program description:

This program offers memory loss education by discussing differences in typical memory changes that come with age and atypical memory loss that disrupts daily living. Symptoms of dementia and the warning signs of Alzheimer's Disease are reviewed. Older adults will learn the role genetics play in the risk of developing Alzheimer's Disease, the importance of early detection and diagnosis, and information on recent progress made in FDA-Approved medications treating symptoms of dementia.

This program will:

- Educate older adults on the continuum of cognitive impairment and the differences between typical memory loss, dementia, and Alzheimer's Disease
- Encourage older adults to learn the warning signs of Alzheimer's Disease and to see early detection and diagnosis of dementia if indicated

Intended Population:

This program is developed for older adults

Program Time:

One session for approximately 30-45 minutes

Goals and Objectives:

Goal # 1: Increase knowledge on cognitive decline associated with aging and atypical cognitive decline impacting daily living

Objective # 1: Teach the 10 Warning Signs of Alzheimer's Disease

OCHD Directory of Services

Program description:

This program offers an overview of the robust 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, Adult Vaccination, Environmental Health, Animal Facilities, Early Intervention Program, Community Assessment and Communicable Disease.

This program will:

- Educate and inform adults on types of services and attributes 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 and resources 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**

**** Program offered virtually

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 people with diabetes or who are at risk for diabetes receive essential care from healthcare providers.

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, regarding 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 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 topics and participate in discussion and engage them in the topics of at-risk populations, testing, and treatment.

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 within 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 participants in identifying symptoms, transmission, testing, diagnosing, and treatment.

“What’s Going Around?” Updates on Seasonal Illnesses and Current Trends

Program description:

This program provides an overview of symptoms and prevention measures for current communicable diseases that are “going around” in the community. Guides participants through basic precautions that can be taken when sick to minimize the risk of contagious disease infection within a population, i.e. cold and flu, pneumonia, RSV etc.

This program will:

- Educate participants on the symptoms of prevailing communicable disease.
- Provide information on how to stay healthy and prevent illness throughout the year.
- 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:

One session for approximately 30-45 minutes.

Goals and Objectives:

Goal # 1: Increase knowledge of trending communicable diseases and prevention strategies

Objective # 1: Participants will be able to identify symptoms of common communicable diseases.

Objective # 2: Participants will be able to list at least three strategies used to prevent the spread of 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, if moisture and oxygen are available. Molds can cause mild to severe health problems in sensitive individuals when enough airborne spores are inhaled. Topics covered within this program include what to wear when entering a building with mold damage, how to clean mold safely, the health effects of mold exposure, and common types of molds. 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 participants 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 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 to occur
- 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

Drugs 101

Program Description:

In Ocean County, drug abuse has grown rapidly. It is important to educate the public on the dangers associated with substance use to stop this problem before it is too late. Drugs 101 is a one session, interactive program that discusses alcohol, marijuana, vaping, opiates/opioids, barbiturates, benzodiazepines, stimulants, hypnotics, hallucinogens, and club drugs in a way that best meets the needs of the public. Additional topics covered include the disease model of addiction and stigmas associated with substance use disorders.

Time: Recommendation of one 45 minute to 1 hour session

Goals and Objectives:

Goal #1: To increase attendees' education about alcohol.

Objective #1: By the end of the presentation, 75% of attendees will be able to identify factors that impact intoxication.

Goal #2: To increase attendees' education about marijuana.

Objective #1: By the end of the presentation, 75% of attendees will be able to list 3 health consequences of marijuana use.

Goal #3: To increase attendees' education about vaping.

Objective #1: By the end of the presentation, 75% of attendees will be able to list 3 facts about vaping.

Goal #4: To increase attendees' awareness and understanding of addiction in Ocean County

Objective #1: By the end of the presentation, 75% of attendees will be able to explain parts of the disease model of addiction and the stigmas associated with substance use disorders.

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.

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. It will discuss 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. The instructional setting must be equipped with a computer, projector, and speaker accessibility for the 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.

Communication is Key

Program Description:

This is a program designed to teach middle school-aged children the importance of effective communication including hands on activities that use verbal, written, and non-verbal communication skills.

This program will:

- Help children understand the importance of clear verbal communication and how people may hear things differently.
- Assess and build on non-verbal communication skills.
- Use activities that build active and passive listening skills.

Age:

This program was developed for pre-teens and young teens.

Program Time:

One session for approximately 30-45 minutes

Goals and Objectives:

Goal #1: To increase understanding of the important of verbal and non-verbal communication.

Objective #1: Participants will be able to explain how gestures alone can be misleading and why communication is MOST effective when non-verbal and verbal methods are combined.

Objective #2: Participants will learn the importance of being specific and clear in communicating a message.

Objective #3: Participants will learn that everyone interprets and understands messages differently and the importance of adapting communication styles to fit the needs of diverse listeners.

Goal #2: To increase recognition of active and passive listening skills.

Objective #1: At the end of the program, participants will be able to explain the difference between active and passive listening and demonstrate signs of active listening.

Hand Washing

Program Description:

This is a program designed to teach youth 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 pre-k students through 5th grade.

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 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 effects 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 of 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.

Dental/Oral Health

Program Description:

Dental and oral hygiene are important to a child's overall health. This program is intended to promote the benefits of good oral health, regular tooth brushing and consumption of healthy snacks. Students will learn the benefits of good dental hygiene, understand the role of nutrition in oral health, and learn how to care for their teeth.

This program will:

- Provide education on dental health
- Encourage students to care for their oral health
- Equip students with proper brushing and flossing techniques

Age: This program was developed for grades K-3

Program Time:

One session for approximately 30-45 minutes

Goals and Objectives:

Goal # 1: Students will recognize the importance of brushing their teeth.

Objective # 1: Students will identify three reasons why regular tooth brushing is critical.

Goal # 2: Students will understand overall oral and dental hygiene.

Objective # 1: Students will name three healthy foods they can eat to keep their mouth and teeth healthy.

Goal # 3: Students will implement routine tooth brushing and oral hygiene practices.

Objective #1: Students will demonstrate how to properly brush their teeth.

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 each item is intended to be used.

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 practicing 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 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 one benefit of regular physical activity.

Visit: https://www.cdc.gov/healthyschools/physicalactivity/pdf/2019_04_25_PE-PA-Framework_508tagged.pdf for the Comprehensive School Physical Activity Programs: A Guide for Schools

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 adolescents may encounter.

This program will:

- Provide tools and methods to handle and cope properly with daily stress.
- Provide educational information on personal stress triggers.
- Teach proper time management skills, relaxation techniques and how to overcome test taking anxieties.

Age:

This program was developed for grades 3-4 as well as grades 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.

Sun Safety

Program Description:

Sun Safety teaches children about proper protection from damaging UV rays. The education provided includes teaching children the correct way to apply sunscreen, encouraging them to be comfortable in their own skin, and what protective clothing to wear when directly exposed to sunlight.

This program will:

- Build confidence in living in one's own skin.
- Build confidence in one's own appearance.
- Educate participants on properly applying sunscreen and other forms of UV protection.

Age:

This program was developed for grades k-2

Program Time:

One session for approximately 30 minutes

Goals and Objectives:

Goal # 1: To increase awareness of sun exposure and how to take action to protect oneself.

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

Objective #2: Participants will be able to demonstrate the appropriate application of sunscreen.

Objective #3: Participants will be able to list ways to protect their skin from harmful UV rays.

DRUG CODE

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. Drug Code 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:

The instructional setting must be equipped with a computer, projector, and speaker accessibility for the 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 7-8.

Participants:

All children in the classroom setting, teachers included.

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 vaping.

Medicine is 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 medicines.

Objective #1: By the end of the presentation, 75% of students will be able to name 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.

Escaping Vaping

Program Description:

The Escaping Vaping program will educate at-risk youth on the following: recent facts and data trends on youth e-cigarette use, health-related effects, vaping ingredients (including THC), nicotine product marketing, and reasons not to vape. The workshop will also feature quick games, such as a true or false pop quiz and an optional Jeopardy-style game. Additionally, there will be a creative expression component. The prevention staff will divide participants into small groups where they are able to work together to create a poster with the most important information for their peers to know. Potential areas of focus for this project may include health effects of vaping, marketing, and common ingredients found in vaping products.

Program Requirements: The instructional setting must be equipped with computer for the PowerPoint presentation.

Time: This is a one session program. The session includes a mix of lecture, discussion, and activities for about 45 minutes.

Grades: This program has been developed for middle school to high school youth

Participants: All children in the classroom setting, including their teacher or leader

Goals and Objectives: The primary focus of Escaping Vaping is to raise awareness of the harmful effects of vaping and e-cigarette use.

Goal #1: To raise awareness of the dangers of e-cigarette and vaping product use

Objective #1: By the end of the presentation, 100% of students will be able to list 3 ingredients found in e-cigarettes or vapes

Objective #2: By the end of the presentation, 75% of students will be able list the chemical that causes “popcorn lung”

Objective #3: By the end of the presentation, 75% of students will be able to list 3 adverse health effects of vaping

Footprints for Life

Program Description:

Footprints for Life is a research-based primary prevention program designed to build assets and teach skills using 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. Key competencies are a focal point. 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-minutes to 60-minutes 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

Grades:

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

Participants:

All children and teacher(s) in the classroom setting.

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.

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

Only One You

Program Description:

We'll be learning about the different feelings and interests we have, as well as the feelings and interests of our friends. This program will include core competencies of Self Awareness, Self-Management, Responsible Decision Making, Social Awareness, and Relationship Skills.

This program will:

- Provide education on comfortable and uncomfortable feelings
- Encourage students to make healthy positive life decisions
- Equip students with proper healthy coping skills

Age: This program was developed for grade 3.

Program Time: 1 session at approximately 60-80 minutes.

Goals and Objectives:

Goal # 1: Students will recognize the importance of decision making.

Objective # 1: Students will identify three reasons why healthy decision making is critical.

Goal # 2: Students will implement conflict-resolution skills.

Objective # 1: Students will be able to demonstrate a conflict resolution scenario.

Goal # 3: Students will understand comfortable and uncomfortable feelings.

Objective #1: Students will identify 3 comfortable and uncomfortable feelings.

Power to be Drug Free

Program description:

The program theme focuses on superhero qualities and pulls on the comparison of how just like comic book superheroes 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.

Time:

One session for 30-45 minutes

Grades:

This program has been developed for elementary age students, grades 4-5.

Participants:

All children in the classroom setting, teacher included.

Goals and Objectives:

Goal #1: To introduce participants to an understanding of 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.

Objective #2: To define and understand peer pressure as well as how to handle saying no to 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 self-esteem, academic performance, and the formation of healthy beliefs, living skills and overall 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 posttest is also required in the first and last sessions. Teachers would need to provide instructors with 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 equipped with computer for PowerPoint presentation.

Time:

Six Sessions, Once a week for 6 weeks. The sessions include a mix of lectures, discussions, 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.

Creating Connections

Program description:

This program is designed to educate the audience about the benefits of social connection, why it is important, and how to improve social connectedness in their own lives. Throughout the program, the audience will have opportunities to build social connections with each other.

This program will:

- Educate the audience on the benefits of social connectedness
- Encourage the audience to become connected if they are not already
- Educate the audience about the prevalence of loneliness as a public health issue

Intended Population:

This program is developed for adults

Program Time:

One session for approximately 30-45 minutes

Goals and Objectives:

Goal # 1: Define social connectedness and its benefits

Goal # 2: Discuss factors that contribute to social connectedness

Goal # 3: Discuss how to connect with others in the community

Objective # 1: Empower the audience to interact with others and create meaningful relationships in their lives.