

# Prime for Life® Immersion

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New England PTTC

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Prevention efforts supported by the Maine CDC



# Land Acknowledgement

AdCare Educational Institute of Maine and the New England PTTC acknowledges that we are all on the traditional lands of native people.

In Augusta, Maine, we work from the ancestral lands of the Abenaki People, part of the Wabanaki Confederacy. We have a responsibility to acknowledge our Indigenous connections and the histories of Indigenous land dispossession. We encourage you to learn more about the stewards of the land you live and work on by working with your native neighbors, and by visiting

<https://native-land.ca/>

# Learning Objectives

- Understand the foundations of the Prime for Life Curriculum.
- Engage in curriculum activities to better understand how to implement the program.
- Review the various options for teaching Prime for Life.
- Learn how Prime for Life can be used as a restorative practice in the community and school settings.

# THEN....

## YOUTH SUBSTANCE MISUSE IN MAINE 2009

- 40.8% of Maine high school students smoked cigarettes at least once in their lifetime, while 17.6% indicated using in the past 30 days.
- 31% reported consuming alcohol before the age of 13.
- 64.1% of Maine High School Students drank alcohol at least once in their lifetime, while 31.7% indicated using in the past 30 days.
- 19.1% of those that consumed alcohol in the past 30 days reported engaging in risky alcohol use, defined as consuming at least five alcoholic drinks on one occasion.
- 36.6% used marijuana at least once in their lifetime, while 21.7% indicated using in the past 30 days.

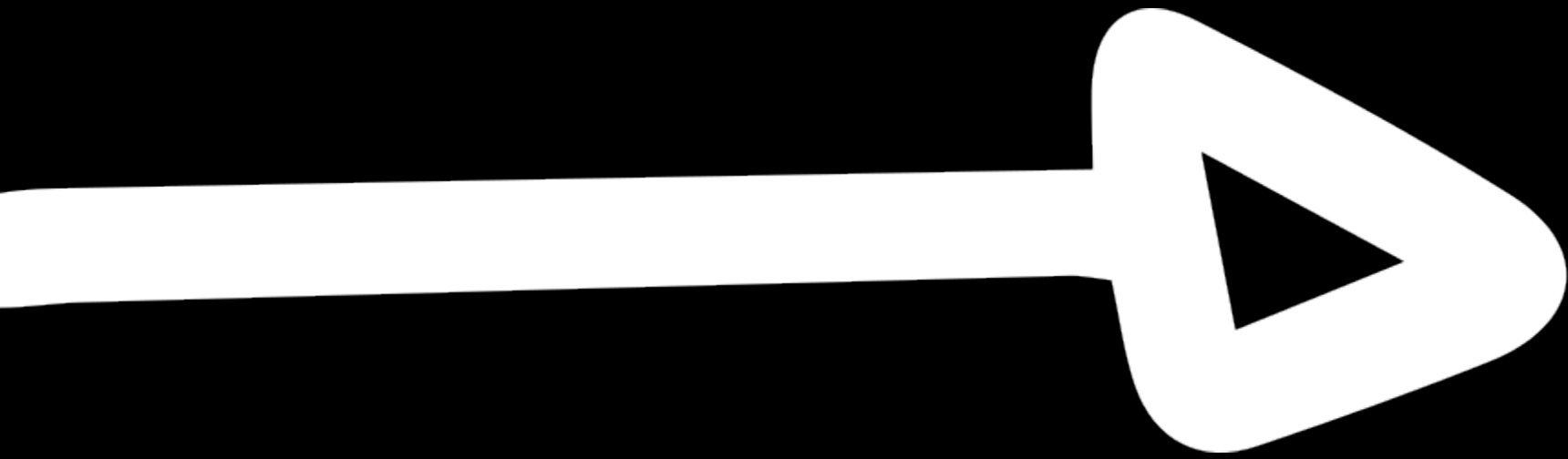


# PRIME for Life®

- **Exploring Unit:** Examines the perception of personal risk.
- **Reflecting Unit:** Illustrates the progression toward addiction and allows participants to assess where they might be on that path.
- **Protecting Unit:** Guides preparation for personal change.
- We teach using persuasion and motivational protocols, utilizing principles and processes consistent with Motivational Interviewing and the Transtheoretical Model.



**Providing skills and empowering  
youth to make informed decisions.  
Not a Class. A Conversation.**



# STUDENT INTERVENTION REINTEGRATION PROGRAM OVERVIEW

Helping teens commit to  
changes in their behavior.



# HISTORY

- School Substance Use Policies
  - Punishment for infractions
    - Suspensions
    - Expulsion
- Legal System
  - Punishment infractions
    - Citations
    - Fines
    - Community Service
    - Jail Time

Learn from  
the Past

Think of  
the Future





# START TODAY. CHANGE TOMORROW.

Confidential | Non-Judgmental | Evidence-Based



# THE PROGRAM

## EVIDENCE-BASED

SIRP is a 12-hour educational program for youth who have experimented with alcohol and/or other drugs. There are three components of the program— student, parent, and community engagement—that work together to achieve attitude and behavior changes, resulting in lower risk choices by participants.



# The Class

- A 12-hour educational program utilizing the PRIME for Life® curriculum (evidence-based info).
- Offered to small groups of 4-12 students.
- Class is structured more like a conversation than a lecture.
- Each class is taught by a nationally certified PRIME for Life® instructor.



# Students

Freely engage in a comfortable environment where thoughts, feelings, opinions, and self-reflection are encouraged.

Discover the impact your environment, friends, values, and personal choices have on your future.

Learn the steps involved in making low-risk decisions.

Be introduced to new beliefs designed to elicit positive change and encourage risk reduction.



# Parents

Information meetings are conducted with parents/caregivers of youth attending the program.

Distinguish between SIRP and treatment.

Share information about area resources for substance misuse and mental health services.

Follow up with families and youth to encourage success.



# Community Champions

Promote SIRP at the local level.

Help build community  
resources, readiness  
and referrals.



# SIRP

## Outcomes

After taking the class,  
participants indicated

*All students who completed  
30-day follow up indicated  
decreases in their use!!*

- Increased understanding of the effects of alcohol/other drugs.
- Increased awareness of personal risk.
- Increased ability to identify personal values surrounding use.
- Increased motivation and intent to reduce use.
- High participant satisfaction.



# SIRP Evaluation

Evaluation is a key component of SIRP and assures that the program is providing high-risk youth with positive outcomes.

Ensure fidelity of the program.

Monitor referral and completion of the program.

Measure participants' attitudes and knowledge of substance use, behavior change, and satisfaction with the program.





# Evaluation Components

## Class/Instructor Follow-up Survey

Survey tools allow us to collect data that measure:

- Successes and challenges of the classes from the instructor and youth perspective.
- Any change in youths' attitudes and knowledge around substance use.
- Intended change in youths' behavior around substance use.
- Actual change in youths' behavior around substance use.

Pre-program  
Survey

Post-program  
Survey

30 Day Follow-up  
Survey

60 Day Follow-up  
Survey





# MAKE A REFERRAL

MESIRP.NET



# Who Can Refer? ANYONE!

Principal & School Staff  
School Resource Officers  
Coaches & Mentors

Law Enforcement & Sheriff Dept.  
District Attorneys Office  
Juvenile Community Correction  
Officers

Parents/Guardians  
Foster Parents (work with DHHS)  
Students

Pediatricians  
Counselors & Case Managers  
OT, Speech, Dentist, etc!

# Referral Process

## Identify youth who could benefit from SIRP

- What does it mean to be "high risk"?
- What does it mean to make high-risk decisions?

## Submit a referral:

<https://www.mesirp.net>

- Add as much information as possible.
- Accurate phone number & email are essential!

## AdCare takes it from here..

- Discovery call.
- Assigns student to a class.



# SIRP

## Student Intervention Reintegration Program

Prevention Research Institute.



### Student Intervention Reintegration Program

Click "Create Referral"

Create Referral

Help Desk Log In

The Maine Department of Health and Human Services, Center for Disease Control and Prevention, Division of Disease Prevention (Maine CDC), has partnered with AdCare Educational Institute (AdCare) of Maine to implement the Student Intervention and Reintegration Program (SIRP). The purpose of the program is to provide youth (ages 13-18) who have been identified as making high-risk choices about substance use with education and support to help them better understand the risks and empower them to make better decisions about their use.

Log In	
User Name:	<input type="text"/>
Password:	<input type="password"/>
<input type="checkbox"/> Remember me next time.	
<input type="button" value="Log In"/>	

Then complete  
information about the  
youth, parent(s) or  
guardian(s), and you!

# SIRP

## Student Intervention Reintegration Program

Prevention Research Institute.



### Student Intervention Reintegration Program

[Create Referral](#)

[Help Desk Log In](#)

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### Create Referral Form

Referral information is sent directly to AdCare for coordination of the class.

Personal information from Referrals are not recorded by Public Consulting Group (PCG).

#### Information About Youth

1. First Name\*:

2. Last Name\*:

3. Gender\*:  Male  Female  Other

4. Date of Birth\* (mm/dd/yyyy)

5. Race/Ethnicity:

- White
- Asian
- Native Hawaiian
- Hispanic
- American Indian
- Pacific Islander
- African American
- Alaska Native
- More Than One
- Other

6. Address:

Street\*:

City\*:

State\*:

Zip Code\*:

7. Phone Number\*:

8. E-mail Address:

9. Name of School and Town:

10. Any special conditions/accommodations/needs for youth to be engaged in SIRP?

- Yes, please specify:
- No

## Parent(s)/Guardian(s)Information

11. Name:

12. E-mail Address:

13. Phone Number:

14. Emergency Contact Name:

15. Emergency Contact Phone Number:

16. Has parent been notified of Referral?

Yes

No

If Yes, please specify:

If No, please specify why not:



<b>Referrals by County</b>	<b>2019</b>	<b>2020</b>	<b>2021</b>	<b>2022</b>	<b>2023</b>
<b>Androscoggin County</b>	1	0	0	0	1
<b>Aroostook County</b>	8	1	4	7	0
<b>Cumberland County</b>	7	8	10	4	18
<b>Franklin County</b>	0	0	0	1	4
<b>Hancock County</b>	0	0	0	0	0
<b>Kennebec County</b>	7	4	6	4	15
<b>Knox County</b>	0	2	0	0	0
<b>Lincoln County</b>	2	1	0	0	1
<b>Oxford County</b>	0	0	1	0	1
<b>Penobscot County</b>	0	0	1	3	0
<b>Piscataquis County</b>	0	3	0	0	0
<b>Sagadahoc County</b>	0	0	0	0	3
<b>Somerset County</b>	1	1	6	6	15
<b>Waldo County</b>	0	0	0	0	1
<b>Washington County</b>	6	0	0	0	0
<b>York County</b>	19	27	49	62	51
<b>Out of State</b>	0	0	6	14	15
<b>Total</b>	<b>51</b>	<b>47</b>	<b>83</b>	<b>101</b>	<b>125</b>

# Referral Data



# Virtual SIRP



- Virtual SIRP Guide
- Online Platforms
- Parent/Caregiver Meetings
- Texting Service

# Marketing Materials

## Electronic Resources

Purchased Images

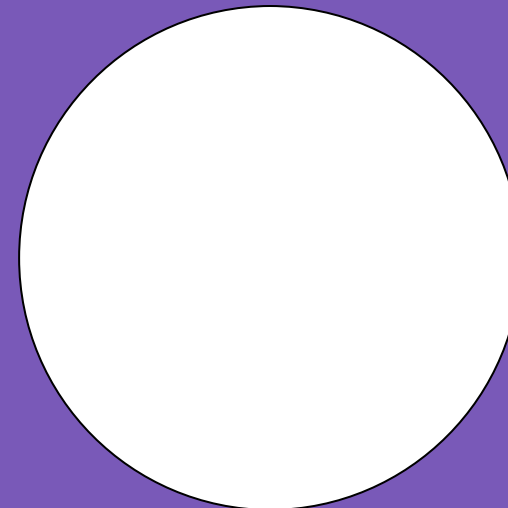
Logos

Press Release

Social Media Calendar

Social Media Images w/Quotes

Style Guide



## Printed Materials

Brochure

Business Card

Flyer

Folder

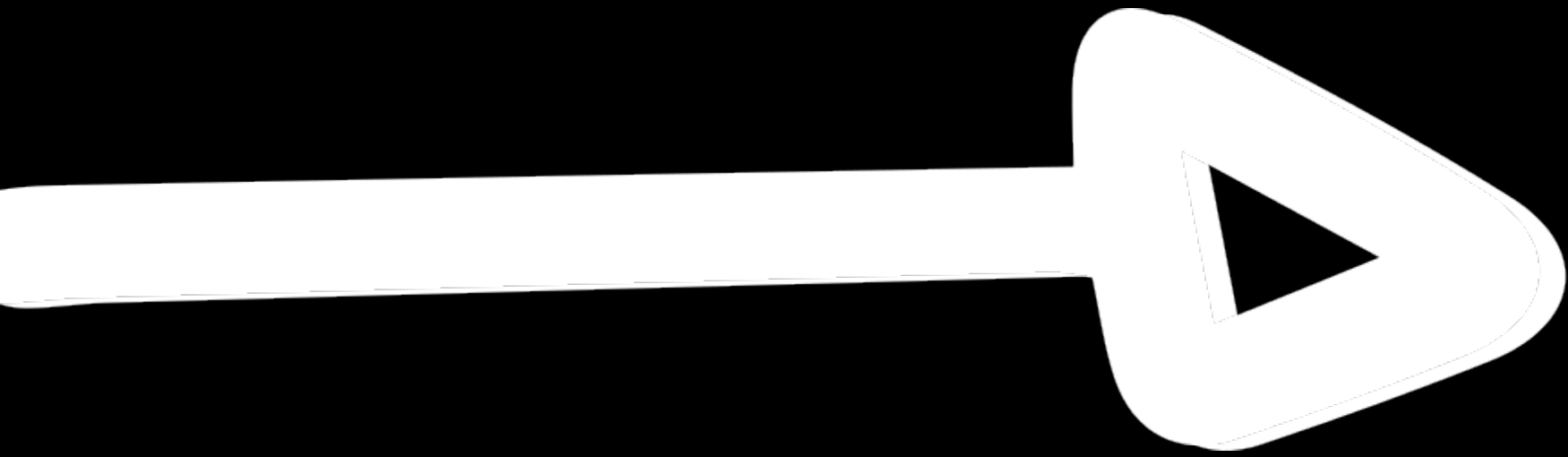
Notepad

Rack Card

# RESTORATIVE PRACTICES

- Alternative To Suspension
  - School Policy
    - Positive sanctions
    - Referral to counseling
    - Other support services
  - Informal referral procedures
- Restorative Practice In the Legal System
  - Standard operating procedures
  - Referrals by law enforcement, lawyers, juvenile community corrections officers, judges and district attorneys





# Prime For Life Universal®

Helping teens commit to  
changes in their behavior.

# THE PROGRAM

## EVIDENCE-BASED

The Universal Program utilizes the Universal 4.5-6 Hour Prime for Life® Curriculum and is for those without any known risk factors who may only need the risk reduction information provided in the prevention component.



# The Class

- A 4.5-6 hour educational program utilizing the PRIME for Life® curriculum (evidence-based info).
- Offered to middle and high school students and alternative high school programs.
- Class is structured more like a conversation than a lecture.
- Each class is taught by a nationally certified PRIME for Life® instructor.



# Prime for Life® Universal Evaluation

Evaluation is a key component of the Prime for Life Universal® Program and assures that the program is providing youth with positive outcomes.

Pre and Post Test  
Surveys.

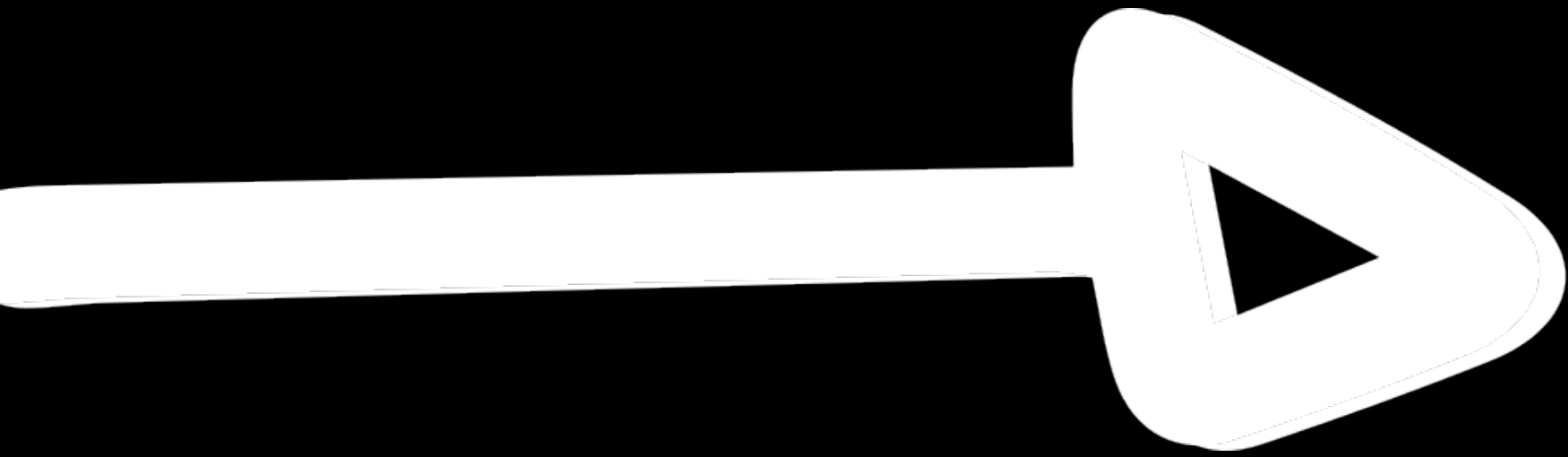
Student Satisfaction  
Survey.

Measure participants'  
attitudes and  
knowledge of  
substance use,  
perception of harm  
behavior change, and  
satisfaction with the  
program.

# Prime for Life® Universal Outcomes

After taking the class,  
participants indicated

- Increased understanding of the effects of alcohol/other drugs.
- Increased awareness of personal risk.
- Increased ability to identify personal values surrounding use
- Increased motivation and intent to reduce use.
- High participant satisfaction.



# Prime For Life® Jail Program

Helping incarcerated adults commit to changes in their behavior, seek and receive treatment and recovery resources.

# THE PROGRAM

## EVIDENCE-BASED

The Prime for Life® Jail Program utilizes the 12-hour Prime for Life® Curriculum and is a pre-treatment program for incarcerated adults. The program is designed to achieve attitude and behavior changes, resulting in lower risk choices by participants.



# The Class

- A 12-hour educational program utilizing the PRIME for Life® curriculum (evidence-based info).
- Offered to incarcerated adults in the jail setting.
- Class is structured more like a conversation than a lecture.
- Each class is taught by a nationally certified PRIME for Life® instructor.

# Prime for Life® Jail Program Evaluation

Evaluation is a key component of the Prime for Life® Jail Program and assures that the program is providing high-risk adults with positive outcomes.

Pre and Post Test  
Surveys.

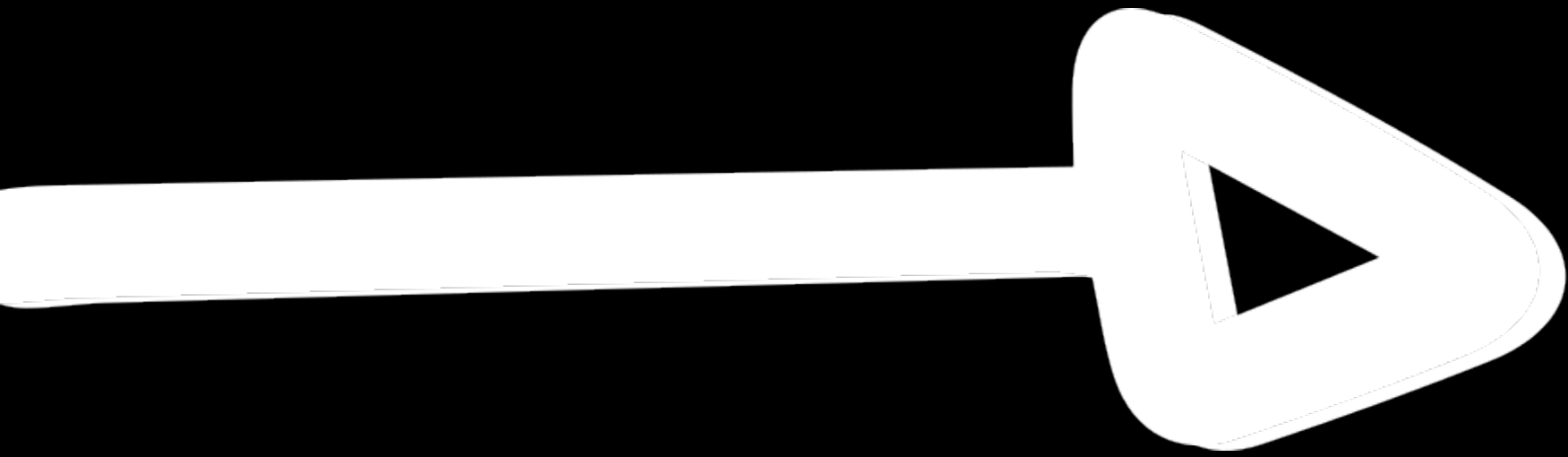
Participant  
Satisfaction Survey.

Measure participants'  
attitudes and  
knowledge of  
substance use,  
perception of harm  
behavior change, and  
satisfaction with the  
program.

# Prime for Life® Jail Program Outcomes

After taking the class,  
participants indicated

- Increased understanding of the effects of alcohol/other drugs.
- Increased awareness of personal risk.
- Increased ability to identify personal values surrounding use.
- Increased motivation and intent to reduce use.
- Increased motivation to seek treatment.
- Decrease in recidivism rates.
- High participant satisfaction.



# Prime For Life® Family Influence Program

Equipping parents, caregivers and other adults with the resources, tools and education to help young people make low risk decisions around drugs and alcohol.



# THE PROGRAM

The Prime for Life® Family Influence Program is a 3-hour program that has been adapted from the 4.5-6 hour Universal Prime for Life® Curriculum. Participants who successfully completed the program learned to recognize the differences between health and impairment risk, who is at risk for alcohol and drug problems, how to assess their own personal risk and learned research based low-risk alcohol and drug guidelines.

# The Class

- A 3-hour educational program adapted from the Universal PRIME for Life® curriculum (evidence-based info).
- Offered to parents, caregivers, professionals and other adults who are involved in a young person's life.
- Class is structured like a train the trainer session.
- Participants were given additional resources.
- Each class is taught by a nationally certified PRIME for Life® instructor.

# Prime for Life® Family Influence Program Evaluation

Evaluation is a key component of the Prime for Life® Family Influence Program and assures that the program is meeting the learning objectives and needs of the participants .



Participant  
Satisfaction Survey.

# Prime for Life® Family Influence Program Outcomes

- Increased understanding of the effects of alcohol/other drugs.
- Increased awareness of personal risk.
- Increased ability to identify personal value's surrounding use.
- Participants identified action steps to bring home with them.
- Participants identified topics for future programs.
- High participant satisfaction.

# UPCOMING PROGRAMS

## Prime for Life® 18-20 Year Olds

- 12-hr Syllabus
- College Students
- Community Violations



# NOW...

## CURRENT TRENDS 2023

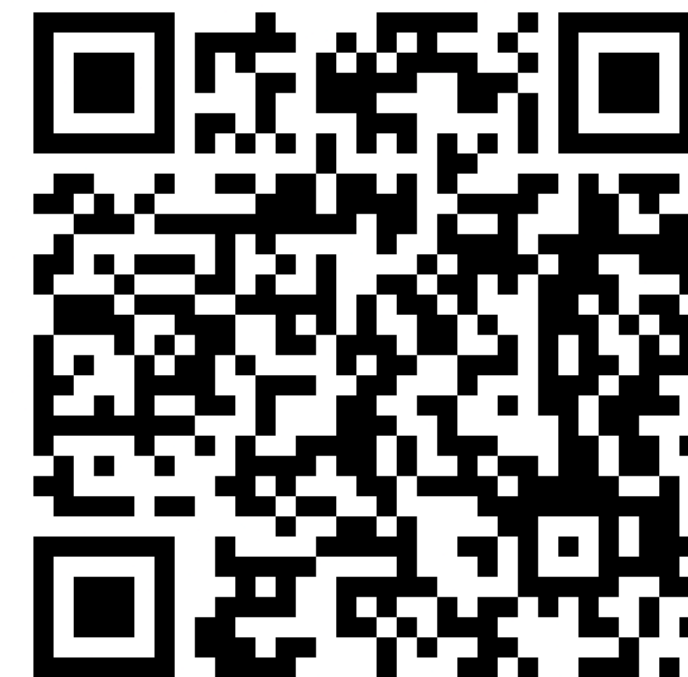


- 30.4% of Maine high school students used an electronic vapor product at least once in their lifetime, while 15.6% indicated using in the past 30 days.
- 27% reported consuming alcohol before the age of 13
- 36% of those that consumed alcohol in the past 30 days reported engaging in risky alcohol use, defined as consuming at least five alcoholic drinks on one occasion.
- 32% used marijuana at least once in their lifetime, while 19% indicated using in the past 30 days.



# Prime for Life® Trainings

- Virtual New Instructor Training:  
[New Instructor Training Online | Prime For Life](#)
  
- Continuing Education:  
[Training Events | Prime For Life](#)





**QUESTIONS?**



# Presenter Contact Information



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