



**Healthy Missoula Youth**  
Coalition

# TOOLKIT FOR SUBSTANCE USE PREVENTION

+1 (406) 258-3023



[www.healthymissoulayouth.org](http://www.healthymissoulayouth.org)



[info@healthymissoulayouth.org](mailto:info@healthymissoulayouth.org)



# Acknowledgements

A special thanks to the teachers of  
Missoula County,  
without whom this toolkit would not exist.

# Contributing Authors

**Jacqueline Kline**, BS, BA  
Missoula County Prevention  
Specialist, Western Montana Mental  
Health Center  
Youth Groups and Activities  
Committee Facilitator, HMY Coalition

**Reagan Mecham**  
Frenchtown Community Coalition  
Coordinator, Missoula City-County  
Health Department

**Jourdyn Browning**  
Director of Programing at the Boys &  
Girls Club of Missoula County

**Leah Fitch-Brody**, MA, CPS  
Substance Use Disorder Prevention  
Coordinator, Missoula Public Health  
HMY and Missoula Prescription Drug  
(Rx) Task Force Facilitator

**Tara Weaselhead**, BA  
Youth Manager & Youth Substance  
Abuse Prevention Specialist  
All Nations Health Center - Native  
Connections

**Josie Hayes-Johnson**, LCPC  
Counselor, Seeley-Swan High School



Left to Right: Leah Fitch-Brody, Tara Weaselhead, Josie Hayes-Johnson,  
Jacqueline Kline, Reagan Mecham (Jourdyn Browning not pictured)

# MEET YOUR PREVENTION SPECIALIST



Hi All!

My name is Jacqueline Kline, and I work with Western Montana Mental Health Center as the Prevention Specialist for Missoula County. You may have seen me around through my work in the schools with the Healthy Missoula Youth Coalition.

I believe one of the best ways to support a community is to support those who work with our youth. In my role as a prevention specialist, I get to work with schools, local organizations, and the Healthy Missoula Youth Coalition to try and create an environment where youth and families feel supported by their communities, and are empowered to make choices that positively impact their health.

This Toolkit is the first step towards a community-wide initiative to set up our youth for success. We've used an evidence-based framework to educate on the detriments of underage substance use, while also providing resources for teachers to use in the classroom.

It really does take a village, so partnerships with educators and schools is crucial to ensuring that we have a sustainable impact on improving the health of our community. As the Chair of our Youth Groups & Activities Committee, I am here to support the work you are already doing in the schools and answer any questions you have about this Toolkit.

If you have thoughts, ideas, questions, or would like to join our coalition in its mission to address substance misuse and support a healthy local environment where youth can make informed decisions and thrive, please reach out!

*~ Jacqueline*

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# INTRODUCTION

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# INTRODUCTION

## Purpose of the Section

- Explain the need for the Toolkit
- Explain how/when to use the Toolkit
- Provide a general overview of the Toolkit content

## What Educators Can Do

- Learn about Prevention
- Understand their impact on youth
- Positively impact health behaviors

## Why is this important?

Research has shown that youth who experience positive family and community relationships, supportive peer interactions, and have the opportunity for participation in extracurricular activities are more likely to succeed in school and develop into healthy, productive members of society.<sup>1</sup>

The Healthy Missoula Youth Coalition is a community based alliance of organizations and people of Missoula County, Montana. At HMY, we believe that youth and families in our community deserve all the support and care possible. We envision a thriving Missoula County where individuals and families feel supported by their community and are empowered to make choices that positively impact their health around substances. In order to make this vision a reality, we address substance misuse through community collaboration and best practices to create a healthy local environment where youth can make informed decisions and thrive.

# WHY THE NEED FOR A TOOLKIT?

There are a variety of prevention interventions in circulation, but knowing which is the most beneficial intervention for a community can be challenging. As new problems arise and prevention research grows broader, the science of prevention evolves to best meet the needs of society in an evidence-based way. As research continues, prevention interventions are analyzed and evaluated, and studies develop new techniques that prove to be innovative and promising, or reveal what may no longer be best practice. This toolkit will help lay the groundwork for finding and implementing prevention interventions in schools.

During autumn of 2022, teachers and school staff throughout Missoula County participated in a survey to assess what current prevention practices schools are using in regard to underage substance use prevention programming. This survey, conducted by the Healthy Missoula Youth Coalition, found that most teachers and school staff felt the need for extra support, despite the variety of prevention practices already in place (See more on this under “Healthy Missoula Youth School Survey”).

The National Center for Education Statistics estimates that most youth living in Montana spend an average 1,215.41 hours in school every year<sup>2</sup>. That’s 27.75% of their time awake that is spent in school, surrounded and influenced by teachers and peers. It is because of this large influence that the Healthy Missoula Youth Coalition wants to provide a toolkit full of resources that school administration, staff, and teachers can utilize to assist in increasing commitment to school and supporting students’ social and emotional health.

# HOW/WHEN SHOULD THIS TOOLKIT BE USED?

Teachers and school staff want what's best for youth in Missoula County, and many are already implementing prevention interventions. This toolkit will serve as a springboard from which they can grow their cache of prevention tactics. It will lay the groundwork for finding and implementing prevention interventions that not only mesh well with a community, but when implemented to fidelity, are proven to be effective.

With a large community in which there is a high demand for extra prevention efforts, the Healthy Missoula Youth Coalition wants to help supplement the resources available for schools and teachers. The resources in this toolkit will provide a general overview of prevention practices identified by the Healthy Missoula Youth Coalition. Teachers and school staff can use this information as a guide to implement a strong prevention approach that supports Missoula youth.

## WHAT IS IN THE TOOLKIT?

In this toolkit, you will find a brief description of the work the Healthy Missoula Youth Coalition supports, an explanation of the purpose and need for prevention work within our community, and descriptions of varying schools of thought on child development and the strategic prevention framework. It will address what science has shown to be best practice in prevention work, resources for teachers, and a variety of methods in which to institute after-school activities. For more information on prevention work in Missoula, check out the Healthy Missoula Youth website: <https://www.healthymissoulayouth.org/>.

# INTRODUCTION

## Conclusion

The Toolkit for Substance Use Prevention in Missoula County Schools is a compilation of prevention best practices and recommendations from the Healthy Missoula Youth Coalition. Teachers and those who work in the education field should use this resource to guide the prevention interventions they use, and to learn about how they can supplement protective factors in their community.

## Action Items

- **REVIEW** the table of contents to find sections that are most applicable to you.
- **READ** the Toolkit.
- **USE** the recommended interventions.
- **SHARE** what you learned with colleagues & administration.

## ADDITIONAL RESOURCES

- [Healthy Missoula Youth Coalition Website](#)
  - [Drive Safe Missoula Coalition Website](#)
  - [Montana Department of Public Health and Human Services: Evidence-Based Program Dashboard](#)
- 
- 1: [Montana Prevention Needs Assessment - Missoula County 2020 Profile](#)
  - 2: [National Center for Education Statistics](#)





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# WHAT IS HEALTHY MISSOULA YOUTH?

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# WHAT IS HEALTHY MISSOULA YOUTH?

## Purpose of the Section

- Introduce the Healthy Missoula Youth Coalition
- Explain Coalition Objectives
- Acknowledge coalition history & members

## What Educators Can Do

- Connect with coalition members
- Attend free trainings

## Why is this important?

Creating a network of prevention resources for the Missoula community through coalition work allows for more sustainability in supporting youth. Sharing information and collaborating to address community-wide issues results in a wider net of protection for kids and adolescents.

## HEALTHY MISSOULA YOUTH OBJECTIVES

1. Strengthen community collaboration to prevent and reduce substance use among youth.
2. Address and change the laws and norms that lead to substance use among youth.
3. Partner with parents, caregivers, after-school providers, etc., in supporting the social-emotional development of children.
4. Create opportunities for youth to develop leadership skills & engage in prosocial activity.

# HISTORY & MEMBERS

Healthy Missoula Youth (HMY), in some shape or form, has been around since 1996. Started by the Grants and Community Programs department under Missoula County, the initial mission was to create an environment that allowed key community leaders, parents, young people, and providers of services the ability to come together in a collaborative, pro-active effort that focuses on youth prevention strategies.

Though the name and mission have changed over time, many things have remained the same. Initially named the Missoula Prevention Coalition, it then became the Missoula Underage Substance Abuse Prevention (MUSAP) Coalition. Funding has come from various sources, such as the CDC Drug Free Communities (DFC) grants, the Missoula Substance Abuse Prevention Mill Levy, and SAMHSA Block and Partnership for Success Grants.

Healthy Missoula Youth was adopted as a program under the Missoula City-County Health Department in 2017. The Coalition envisions a thriving Missoula County where individuals and families feel supported by their community and are empowered to make choices that positively impact their health around substances. Community collaboration and best practices are used to address substance misuse in an effort to create a healthy local environment where youth can make informed decisions and thrive.

As a local community-driven coalition, we are represented by a multitude of organizations throughout the county that care about youth in our communities.

## Healthy Missoula Youth Partners & Members

All Nations Health Center  
Boys and Girls Club of Missoula  
County  
Brightways Learning  
City Life Community Center  
Empower MT  
Frenchtown Community Coalition  
Missoula DUI Task Force  
Missoula City-County Health  
Department  
Missoula YMCA  
Mountain Home Montana  
The Parenting Place  
Providence St. Patrick Hospital  
Substance Use Disorder Connect  
United Way of Missoula County  
Tobacco Free Missoula County  
Western Montana Mental Health  
Center  
Youth Dynamics



# WHAT IS HEALTHY MISSOULA YOUTH?

## Conclusion

The Healthy Missoula Youth Coalition is a local, community-driven, and prevention-oriented coalition. We work towards creating an environment where people feel empowered to make choices that positively impact their health around substances. Connect with HMY for free training, volunteering, and getting involved with prevention in your community.

## Action Items

- **LOOK** for a community coalition near you.
- **EVALUATE** your capacity.
- **CONSIDER** how you can join:
  - informational only
  - active participant
  - committee facilitator.
- **CONNECT** with a coalition member to discuss more.

## ADDITIONAL RESOURCES

- [Healthy Missoula Youth Coalition](#)
- [Drive Safe Missoula Coalition](#)
- [Missoula Substance Use Disorder Connect Coalition](#)
- [Frenchtown Community Coalition](#)
- [Safe Kids Missoula Coalition](#)
- [Community Health Alliance](#)

