



2023-24 Marion County Health Promotion & Prevention School Resource Guide

Contact us: MCHDPrevention@co.marion.or.us



GUEST SPEAKERS

PROBLEM GAMBLING & GAMING	Marion County HHS	Problem gambling, video gaming, and social media use are emerging as a concern for youth health and wellness. Request a guest speaker for an interactive lesson that explores behavioral addictions and disorders as it relates to substance use disorders and mental health as well as how to develop healthy habits. MCHDPrevention@co.marion.or.us
VAPING TOBACCO & CANNABIS	Marion County HHS	An interactive lesson for grades 6-12 about how to help someone quit smoking or vaping. MCHDPrevention@co.marion.or.us
ALCOHOL AND DRUG PREVENTION	Marion County HHS	Substance use prevention staff can provide youth substance use and prevention information to school staff. In addition, they can provide free resources, lesson plans, and classroom presentations (as available). MCHDPrevention@co.marion.or.us
MENTAL HEALTH & SUICIDE	Oregon Youth Line	Youth Line is a teen mental health and suicide prevention organization that provides free classroom guest speakers, free materials (posters, wallet cards, brochures, stickers, and bracelets), schoolwide suicide prevention planning tools, and a teen crisis and help line. Visit: www.oregonyouthline.org
VARIOUS HEALTH LESSONS	Salem Health CHEC	Looking for a guest speaker on other subjects? Salem Health's Community Health Education Center provides lessons on various health subjects (both in-person and virtually) and can even customize lessons to fit your class needs. Visit: www.salemhealth.org/community-health-education-center

FREE RESOURCES FROM MARION COUNTY HHS

ALCOHOL AND DRUG PREVENTION	Support and Technical Assistance	Assistance with awareness activities such as community or parent nights and other events.
MENTAL HEALTH & SUICIDE	Trainings	Trainings such as QPR (suicide prevention) and materials are available upon request for parents, teachers, and administrators. Contact MCHDPrevention@co.marion.or.us .
YOUTH DEVELOPMENT	Support & Technical Assistance	Marion County Health Educators can help implement and facilitate programs and activities to empower youth. We can assist by providing resources, education, and support for youth led activities and link youth with other local youth development opportunities. MCHDPrevention@co.marion.or.us
PROBLEM GAMBLING AND GAMING	Youth Opportunities	Marion County Problem Gambling prevention is running a Middle School Art Search to promote Problem Gambling Awareness. The winners will be featured in a Marion County Calendar! Marion and Polk Counties are joining together to put on a High-School Video contest where students will make videos about healthy choices. For more information, contact MCHDPrevention@co.marion.or.us Or visit: Problem Gambling Prevention

FREE RESOURCES FROM OUTSIDE ORGANIZATIONS

ALCOHOL AND DRUG PREVENTION	Song for Charlie	Comprehensive information about fentanyl and risks to youth and young adults. Includes lessons, data, and much more: www.SongForCharlie.org
	National Council for Mental Wellbeing	Guide for youth-serving providers to effectively share substance use prevention messaging with the middle and high school age youth: Getting Candid Framing the Conversation Around Youth Substance Use Prevention
MENTAL HEALTH PROMOTION & SUICIDE PREVENTION	Signs of Suicide	A universal, school-based depression awareness and suicide prevention program designed for middle and high school students, available to demo through Willamette ESD: Contact Nathan Shay at nathan.shay@wesd.org or 503-385-4747 . Visit: www.sprc.org/resources-programs/sos-signs-suicide
	Look Listen Link	An interactive curriculum for middle school students that identifying causes of stress along with healthy ways of coping and how youth can help friends in need: Available to demo through Willamette ESD, contact Nathan Shay at nathan.shay@wesd.org or 503-385-4747 . Visit: LookListenLink
	988	Free Mental Health and Suicide Prevention Hotline that offers 24/7 support via call or text. Multiple languages available. https://988lifeline.org/
SCREEN USE & MENTAL HEALTH	Screenagers	An educational video series examining how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance. Contact MCHDPrevention@co.marion.or.us for information on screenings. www.screenagersmovie.com
TOBACCO & VAPING PREVENTION	Curriculum	The CATCH My Breath: Youth E-Cigarette Prevention Program is a FREE evidenced-based curriculum developed for Middle School and High School aged youth. The program consists of 4 unique lessons for each grade group, that are approximately 35 minutes each. Each session includes a lesson plan with learner outcomes, a detailed outline of directions, and all materials including corresponding PowerPoint presentations.
	Nicotine Waste Disposal Guide	Learn how to safely dispose of vaping devices confiscated at your school. The Oregon Health Authority (OHA) and the Department of Environmental Quality (DEQ) have developed a Nicotine Waste Disposal Guide for Oregon Schools . Nicotine is an acute, P-listed hazardous waste and the lithium-ion batteries found in vaping devices are universal hazardous waste that pose a fire and safety hazard.
	Interventions	3rd Millennium Classrooms is an evidence-based online education resource that offers Nicotine 101, a course that can be used with students who are caught smoking or vaping on school grounds. The course is designed to provide the necessary information and tools students need to make informed, health decisions.
	Quitting	This is Quitting is a free mobile program designed to help young people quit vaping. The first-of-its-kind text messaging program incorporates messages from other young people like them who have attempted to, or successfully quit e-cigarettes.
Social Media & Digital Citizenship	Common Sense Media	Free, online, ready to teach, and research-based lesson plans around digital citizenship, media balance, cyber bullying, and more. Visit: www.commonsense.org/education

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