

# MARION COUNTY HEALTH PROMOTION SCHOOL RESOURCE GUIDE



OREGON  
Health & Human Services

Contact Us: [MCHDPrevention@co.marion.or.us](mailto:MCHDPrevention@co.marion.or.us)

## VAPING & TOBACCO PREVENTION

- Tobacco and vaping recommendations for evidence-based classroom curricula, school policies, and alternatives to suspension
- Classroom presentations (as available)
- **Recommended Resources From Outside Organizations:**
  - CATCH My Breath: Youth e-cigarette prevention program is a FREE evidence-based curriculum for grades 5-12
  - Nicotine waste disposal guide for Oregon Schools
  - INDEPTH: Alternative to suspension curriculum is FREE and evidence-based
  - This Is Quitting: from The Truth Initiative is a FREE tobacco cessation resource for teens

## MENTAL HEALTH PROMOTION & SUICIDE PREVENTION

- Presentations to school staff and administrators
- Technical assistance with prevention initiatives and policies
- Its Real: Teens & Mental Health- 45 minute presentation for middle & high school students
- **Recommended Resources From Outside Organizations:**
  - MyWorth: Free curriculum that supports 6th grade health programs  
Contact: Max Gutfreund at [mgutfreund@libertyhousecenter.org](mailto:mgutfreund@libertyhousecenter.org)
  - Willamette ESD has curriculum- Contact Nathan Shay- [nathan.shay@wesd.org](mailto:nathan.shay@wesd.org)
  - 988 Free Mental Health and Suicide Prevention Hotline that offers 24/7 support in multiple languages. Order FREE materials [here](#)
  - Sources of Strength: Suicide prevention program for K-12

## ENVIRONMENTAL HAZARDS & HEALTH RESILIENCY

- Climate & Health Youth Education Toolkit: Free APHA high school curriculum about environment, climate, and health that supports new ODE Health standards
- Prepare with Pedro: Free multi-lingual K-3 learning series by the American Red-Cross
- Teaching Toolkit: Free Harvard University Climate & Health Resources and Curriculums

## YOUTH DEVELOPMENT

- Technical assistance and support for youth and their adult advisors to promote youth development
- Evidence-based class-room presentations
  - It's Real: Teens & Mental Health- 45 minutes presentations for middle & high school
  - Sources of Strength: Suicide prevention program for K-12

## GAMBLING & GAMING HARM PREVENTION

- Classroom presentations
- Interactive educational toolkit for grades 6-8
- Presentations and technical assistance to school staff, administrators, and parent groups
- Youth Opportunities:
  - Middle School Problem Gambling Art Search
  - Healthy Choices High School Video Contest
- **Recommended Resources From Outside Organizations:**
  - Problem Gambling Services
  - Oregon Problem Gambling Resource OPGR.org
  - Reboot & Recover: Evidence-based youth gaming and gambling education

## ALCOHOL & DRUG PREVENTION

- Presentations to school staff and administrators
- Technical assistance with prevention initiatives and policies
- Assistance with awareness activities such as parent nights or other events
- Lesson plans and substance abuse resources
- Information on specific substances such as alcohol, cannabis, and opioids
- **Recommended Resources From Outside Organizations:**
  - Friends Fight Fentanyl
  - Song For Charlie-fentanyl information
  - DEA Operation Prevention for grades 3-12
  - Getting Candid Framing the Conversation Around Youth Substance Use Prevention
  - National Institute on Drugs Abuse Lesson Plans and Activities

## CONTACT US:

**Web:** [www.co.marion.or.us/HLT/PH/PS](http://www.co.marion.or.us/HLT/PH/PS) | **Email:** [MCHDPrevention@co.marion.or.us](mailto:MCHDPrevention@co.marion.or.us)

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