

## Shaker Prevention Coalition Information Sheet

### What is the Shaker Prevention Coalition?

First and foremost, the Shaker Prevention Coalition is a group of dedicated individuals and organizations devoted to the wellbeing of the children of Shaker Heights. The purpose of the Shaker Prevention Coalition is to enhance the human infrastructure of our community through youth development; promotion of healthy life choices; substance abuse prevention; strengthening of social inclusion; support for parents; and maintenance of the adult protective shield. These efforts require careful attention to underage drinking, tobacco, marijuana, and other drug use; emotional wellness; protective factors and resiliency; bullying and violence; social and environmental determinants of health; nutrition and fitness; personal safety; sexual health; and any issue that effects the capacity of our children to progress toward adulthood in a healthy fashion.

### What are the benefits of the Shaker Prevention Coalition's work?

Shaker has devoted substantial economic resources into improvements to its physical infrastructure, including maintenance and improvement of the housing stock, commercial areas, roads, parks, recreational facilities, greenspace, city services, and schools. Yet if the physical infrastructure is ideal and the human infrastructure deteriorates, it would be difficult for any city to survive. The human infrastructure in Shaker depends on the individuals that build the framework, placing value on optimizing the development of each individual; and on cultivating relationships between individuals in order to achieve collective strength. The value of the Shaker Prevention Coalition is in our effort to enhance the wellbeing of our youth; relationships among youth; relationships between youth and their community; and relationships among adults relating to youth in order to improve the wellbeing of all. As such, the SPC takes a comprehensive youth development approach to substance abuse prevention and considers social and environmental determinants of substance use, and comorbidities of substance use when approaching these prevention issues. Enhancing the human infrastructure is seen as the optimal way to shift social norms and create community level change.

### Who is involved?

The Shaker Prevention Coalition is an inclusive community partnership based in the Shaker Heights Health Department. Coalition member organizations include:

The City of Shaker Heights, Departments of	Shaker Heights City Schools
Health	Shaker Heights PTO
Community Life	Shaker Heights Private Schools
Police, Juvenile Division	Shaker Youth Center
Communication and Outreach	Shaker Heights Library
Neighborhood Revitalization	Shaker Heights Youth Consortium
Shaker Heights Courts	Individual community members
Shaker Heights Neighborhood Associations Bellefaire	Shaker Family Center
JCB, Social Advocates for Youth (SAY) Program	Caring Communities
SHARP (Student Health Advocates Reaching Peers)	First Baptist Church
CWRU Center for Adolescent Health	Heights Christian Church
CWRU School of Medicine, Division of Public Health	Others

**Key strategies for accomplishing Shaker Prevention Coalition goals include:**

1. **SHARP—Student Health Advocates Reaching Peers:** Youth Outreach through peer health promotion, health education and advocacy. This strategy involves empowering youth to achieve personal wellbeing and to encourage wellbeing of their peers and the community through health promotion, health education and advocacy
2. **LifeSkills Training:** Evidence-based school substance abuse prevention and youth development curriculum. Involves administration the curriculum in the 5th through 8th grades, presented by teachers, Coalition members, and SHARP members.
3. **Health Risk Surveillance:** the Shaker Prevention Coalition Collaborates with the Center for Adolescent Health and the Shaker Schools to monitor the health and health risk behaviors of students in Shaker Middle School and Shaker High School. This information is used to guide programming and identify problem areas. Each administration is informed by community needs, with items added to address concerns raised by members of the Coalition. Such additions in the past have included measurements of teen stress, depression, and student perceptions of respect and conduct.
4. **Social Transition Sessions:** These educational sessions for parents and teens are designed to ease the transition from Woodbury to the Middle School; and from Middle School to High School. Focusing on health surveillance data from our own community, this program focuses on teaching how to cope with the “Unofficial Rules of Adolescence” and the “Unofficial Rules of Parenting Adolescents”.
5. **Shaker MAPS (Shaker Maintaining the Adult Protective Shield):** This program involve development of a social network for parents of adolescents using a neighborhood watch approach, allowing parents to commit to providing safe and responsible supervision of children within their homes, using the “*Core Agreements on underage drinking*” developed by the Shaker Prevention Coalition and the community. The goal is to decrease parental permissiveness regarding adolescent substance use; encourage *Hands on Parenting*; and support parents through the difficult process of parenting adolescents.
6. **The Social Inclusion Project:** Involves utilizing substance abuse prevention strategy that functions through reduction of social rejection and conflict, promotes tolerance, and allows all community members to feel valued. This approach includes increasing the opportunities for healthy youth activities. Evidence shows that social inclusion not only promotes a healthy environment, but also improves health and decreases health risk behavior among adolescents in involved communities.
7. **Elimination of barriers to participation:** Involves development of the SPC infrastructure to encourage opportunities for broader involvement of all community members.
8. **Environmental strategies:** This approach is intended to reduce youth access and examine policy related to youth substance use. It involves alcohol and tobacco sales compliance checks; and ongoing evaluation of school and municipal policy related to youth substance use.
9. **Social Marketing Campaign:** Involves the dual benefit of spreading the message of the Shaker Prevention Coalition, while recruiting new community involvement.

### **Shaker Prevention Coalition Leadership**

Co-Chairs: Scott Frank, MD, MS and James Paces, EdD

Shaker Prevention Coalition Coordinator: Candace Wallace

Shaker Prevention Coalition Outreach Coordinator: Avril Sargeant

Steering Committee: Luren Dickenson, John Lisy, Judy Stenta, Kristina Knight, Jeff Demuth, Kevin Crowe, Jean Frank, Alisa Smith, Colleen Horvath, Jae Williams, Nancy Moore, Jessica Gupta, Camelia Sutorius, Chris Ruma-Cullen