



## SPIRIT: Childhood Prevention of Substance Use

School-based Prevention Intervention and Resource Initiative (SPIRIT) was implemented in 2002 and is funded by Missouri Department of Mental Health, Division of Alcohol and Drug Abuse in 5 Missouri school districts in cooperation with local substance abuse prevention providers<sup>1</sup>. During the 2007 - 2008 school year, 7,340 students participated in SPIRIT<sup>2</sup>.



### Missouri School Districts & SPIRIT Partners:

Carthage R-IX School District & Community Partnership of the Ozarks  
New Madrid County R-1 School District & Family Counseling Center  
Ritenour Schools (St Louis County) & National Council on Alcoholism and Drug Abuse  
Knox County R-1 School District & Preferred Family Healthcare  
Hickman Mills C-1 School District & Swope Parkway Health Center



### SPIRIT Goals<sup>1</sup>:

1. To increase every school-age child's readiness to learn as a result of providing a safe environment that is free from the harmful effects of alcohol and substance abuse and violence
2. To delay age of first use of alcohol, tobacco, and other drugs
3. To promote safety in Missouri's classrooms by reducing the incidence of substance abuse and related acts of violence
4. To strengthen and support families to minimize the risks for youth violence and substance abuse
5. To provide early intervention for children at greatest risk for substance abuse
6. To refer children with substance abuse problems to appropriate treatment services to prevent further adverse consequences
7. To ensure that strategies for school-based services are cost-effective, with measureable goals and outcomes

"In SAMHSA's 2003 National Survey on Drug Use & Health, persons reporting first use of alcohol before age 15 were more than 5 times as likely to report past year alcohol dependence or abuse than persons who first used alcohol at age 21 or older"<sup>5</sup>

### Knox Co. R-1 & Preferred Family Healthcare 2007-2008 Program Curriculum<sup>3</sup>:

#### PeaceBuilders (Grades K-5):

##### Principles:

- Praise people
- Give up put downs
- Notice hurts
- Right wrongs
- Seek wise people
- Help others
- General Social Skills

#### Life Skills Training Program (Grades 6-8):

##### Content Areas:

- Drug Resistance Skills
- Self-Management Skills

#### Project Towards No Drug Abuse (Grade 9):

Help high school students resist substance abuse by increasing coping and self control skills and increase awareness of the physical consequence and misleading information about drug use.

#### Reconnecting Youth (Grades 9-12):

Targets youth with academic challenges and risk of dropping out by increasing prevention skills at the early warning signs.

"Reconnecting Youth really saved my life."  
- High School Student, Carthage School District<sup>2</sup>



### Carthage R-IX School District & Community Partnership of the Ozarks Outcomes<sup>4</sup>:

During the first 5 years of the SPIRIT program:

- o Alcohol use in the past 30-days was significantly lower than statewide participants reported in Missouri School Survey
- o Marijuana: Mean age of first use increased from 12.81 years to 13.58 years
- o Alcohol: Mean age of first use increased from 11.08 years to 12.45 years
- o Tobacco: Mean age of first use increased from 11.15 years to 11.85 years

#### Sources:

1. Missouri Department of Mental Health, Division of Alcohol and Drug Abuse. School-based Prevention Intervention and Resource Initiative, <http://www.dmh.mo.gov/ada/progs/SPIRIT2.pdf>
2. Missouri School-Based Substance Abuse Prevention Intervention and Resource Initiative, Sixth Year Report 2007-2008, <http://www.dmh.mo.gov/ada/progs/MissouriSPIRITReport2008final-nodraft10-29-08.pdf>
3. Preferred Family Healthcare, S.P.I.R.I.T., 2009, <http://pft.org/SPIRIT.htm>
4. Community Partnership, SPIRIT, 2009, <http://commpartnership.org/spint.php>.
5. Substance Abuse and Mental Health Services Administration, The NSDUH Report: Alcohol Dependence or Abuse and Age at First Use, <http://www.oas.samhsa.gov/2k4/ageDependence/ageDependence.htm>