



# What UNITE offers your community

Last update 6-20-2010

## Youth Programs

The cornerstone of UNITE's efforts are its programs focused on youth. UNITE's programs seek to empower youth to remain free from alcohol, tobacco and other drugs and to become leaders within their school and community. This is achieved by developing drug prevention, intervention and leadership programs and by providing drug-free, youth-targeted activities.

### **Camp UNITE 2010**

- Free, 4-day/3-night adventure camp for youth entering grades 7-9.
- Fourth annual camp scheduled for the University of the Cumberlands campus in Williamsburg, KY, July 27-30.
- Transportation to camp will be provided.
- Camp activities are designed to develop leadership and communication skills, promote teamwork and problem solving, instill confidence and trust, and let youth know they do not have to face difficult situations on their own.
- Activities include competitive events, swimming, outrageous games, live youth concert, motivational speakers, visit to the Hal Rogers Water Park, and more.

### **The First Tee**

- The World Golf Foundation initiative to impact the lives of young people of all backgrounds by providing learning facilities and educational programs that promote character development and life-enhancing values through the game of golf.
- Focuses on nine core components: honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy and judgment.

### **Hooked On Fishing-Not On Drugs® (HOFNOD)**

- This Flagship program of the national Future Fisherman Foundation is an on-going program that provides caring adults in a mentoring relationship, giving youth a fun alternative to using drugs.
- Designed for ages 5 and up, curriculum includes drug education while teaching youth fishing and conservation skills.
- UNITE provides free training for adult facilitators and assists coalitions with start-up costs through local coalitions.

### **National Archery in the Schools Program (NASP)**

- Provided in partnership with the Kentucky Department of Fish & Wildlife Resources.
- Designed to teach students in grades 4-12 responsibility, discipline and respect while they learn basic archery skills.
- A physical education and cross-curriculum in-school course and after-school club designed to engage students who may not take part in regular school sports activities.
- Educators report the program is extremely successful in engaging all students regardless of their physical condition or ability, and results in improved behavior and attendance.
- UNITE provides funds through coalitions for start-up equipment for clubs.

### **Shoot Hoops Not Drugs**

- A series of free, one-day regional basketball camps for school-aged youth conducted by former University of Kentucky star Jeff Sheppard.
- Provides an opportunity to interact with positive role models, receive positive anti-drug and self-esteem messages in conjunction with basic basketball skills instruction.
- A brief education program on the signs, symptoms and dangers of drugs will be provided to parents/guardians.
- Participants receive a free basketball, T-shirt, drinks and hotdogs.

### **Sporting Events/Leagues**

- Communities have structured a wide variety of sporting programs – including basketball, football (UNITE Bowl), soccer and swimming – around an anti-drug theme.
- Civic, business and faith-based groups partner to promote and conduct these programs, which include anti-drug activities and prevention messages throughout the event.

### **Thespian Programs**

- School- or coalition-based drug prevention programs that use acting and theater to educate the public about the danger of drugs and about positive life choices and/or developing self-esteem.
- Drama groups implement program in two phases: First students write or select an anti-drug script using researched information, the cast participants and practice roles. The second phase is the performance, where critical information is passed along to the audience.

### **UNITE Clubs**

- Anti-drug school clubs targeting grades 4-12 that operate like any other club recognized by schools.
- UNITE Clubs help youth develop healthy attitudes and behaviors by learning and practicing life skills, enhancing academic performance, connecting peers, adults, communities, and learning through service.
- Youth are involved in developing and conducting activities designed to help make their schools and communities healthy and drug-free as well as mentoring younger students.

### **UNITE Service Corps**

- Provided in conjunction with the AmeriCorps program.
- UNITE has received funding to increase the number of Service Corps members to 25 for the 2010-11 school year.
- Members provide math tutoring services, instruction in the “Too Goods For Drugs” curriculum and work with anti-drug school UNITE Clubs.

### **Youth Summits**

- A regional gathering of elementary, middle and high school student leaders to encourage and motivate their peers to remain committed to living a drug-free life.
- Educational sessions provided for both youth and adult leaders.
- Awards program celebrates previous leadership accomplishments of UNITE Clubs within their school and community.

## Treatment & After-Care Programs

After-care is a term used to collectively refer to all support programs once a person leaves a treatment facility. Individual programs will vary in focus, but generally involve meeting in small groups to encourage and support individuals in their quest for help. This is accomplished by establishing mentoring relationships, encouraging continued education or job training assistance, providing transportation assistance, conducting fun activities, and opening up non-judgmental lines of communication. Rebuilding a person's self-esteem and feeling of self-worth helps recovering addicts realize they do have control over their lives.

### Chad's Hope Teen Challenge Center

- A residential recovery center for adult males located in Clay County.
- Teen Challenge exists to provide youth, adults and families with an effective and comprehensive Christian faith-based solution to life-controlling drug and alcohol problems in order to become productive members of society.

### Drug Court

- Through a partnership with the Kentucky Administrative Office of the Courts, Juvenile and Adult Drug Courts offer non-violent drug offenders an opportunity at rehabilitation through an intensive supervision and treatment program.
- During this multi-phase program -- which takes 1-2 years to complete under the direction of a volunteer judge -- participants receive employment and educational training, drug counseling, and family support.

### Support Groups

- UNITE maintains a comprehensive listing of active support groups serving each county in the Fifth Congressional District.
- UNITE coalitions actively support a number of providers, including:
  - Al-Anon/Alateen** -- Offering hope and help to families and friends of alcoholics. Members share their own experience, strength and hope with each other in weekly meetings. Through a 12-Step program members find a "power greater than ourselves" to help solve problems and find serenity
  - Celebrate Recovery** -- Celebrate Recovery is a ministry-based on biblical principles. The program's focus is to fellowship and celebrate God's healing power in lives through "8 Recovery Principles" and a Christ-centered 12-Step Program. Celebrate Recovery provides a safe place for individuals to begin their journey of breaking out from their bondage and into God's grace by helping them start dealing with their life's hurts, hang-ups and habits.
  - Hebron Fellowship** -- Hebron Fellowship groups provide an after-care ministry within local communities for people with chemical dependency who complete a free 10-week program provided by Hebron Colony Ministries in North Carolina. Participants provide support to students who are returning home and face the very hard task of living a Christian life in the same area from which they came. Support is based upon "10 Principles for Living."
  - Lifeline of Eastern Kentucky** -- A ministry of Teen Challenge International, Lifeline of Eastern Kentucky offers non-residential ministry groups designed to reach out to people facing everyday challenges of life that can become overwhelming, such as addiction to alcohol and other drugs, and to provide support for their families by implementing the five components of recovery – decision, positive peer choice, accountability, boundaries and consistency.
  - Narcotics Anonymous** -- Narcotics Anonymous is an international, community-based association of recovering drug addicts who meet regularly in groups to help each other stay clean by sharing successes and challenges in overcoming active addiction and living drug-free productive lives through the application of principles contained within the Twelve Steps.

**Reformers Unanimous** -- Reformers Unanimous International is a Christ-centered addictions program using weekly addictions classes. Reformers Unanimous is headquartered under the authority of the North Love Baptist Church in Rockford, Illinois. Program is centered on "7 Philosophies of Addiction."

### **Treatment Referral Line**

- A toll-free line – 1-866-90-UNITE (1-866-908-6483) -- for anyone seeking assistance with a drug addiction. All calls are kept confidential.
- Individuals and family members seeking treatment or support can learn about programs that are available within our region.

### **Treatment Vouchers**

- Low-income residents of the Fifth Congressional District with a substance abuse problem may receive financial assistance for treatment.
- UNITE will pay a provider up to \$3,000 for short-term (up to 89 days) or up to \$5,000 long-term (90 or more days) residential treatments for adults and juveniles.
- Detoxification treatments are not covered.
- Voucher recipients generally receive faster placement due to contracts UNITE has with treatment facilities.

### **WestCare Hal Rogers Appalachian Recovery Center**

- A residential recovery center for adult males located in Pike County.
- Individuals receive counseling using the 12-step process, relapse prevention education, anger management, parenting and cognitive behavioral therapy classes.

## **Community Education/Training Programs**

UNITE provides a variety of community education and training programs without cost to organizations and businesses. To request a presentation, please complete a "Speaker Request" form that is available on the UNITE website at <http://www.operationunite.org/about/forms.php>. Completed request forms should be returned to Becky Calhoun by FAX, 606-677-6166, or by e-mail to [bcalhoun@centertech.com](mailto:bcalhoun@centertech.com).

### **Court Watch**

- Training time 2-3 hours
- A committee of volunteers comprised of law-abiding citizens who work to create a court/community collaboration to monitor, track, record and report, without bias, all local drug and drug-related cases from arrest through sentencing or dismissal.
- Purpose is to make the public aware of how the local judicial system operates while also providing support and accountability for court officials.
- Participants will receive knowledge of the following:
  - How to create a Court Watch committee
  - What is involved
  - Impact Court Watch programs can make in a community

### **Declare Hope initiative**

- Training time 1 hour
- Declare Hope is a partnership initiative of UNITE and Focus on the Family
- Participants will receive knowledge of the following:
  - How to practically and effectively strengthen our families, as well as reach out to others who need our support
  - Ways to create lasting change by creating a Community Alliance

### **The Disease of Addiction**

- Training time 1.5 hours
- Participants will receive knowledge of the following:
  - The behavioral progression of the disease process
  - The physical progression of the disease process
  - Signs and Symptoms of drug/alcohol use at home or in the workplace
  - Addiction and Neurotransmitter overview
  - Where to get help? Out-patient treatment; in-patient treatment; counseling; support groups; UNITE Treatment Referral Line

### **Drug Education (General)**

- Training time 1 hour
- Participants will gain knowledge of the following:
  - Drug problems within the community
  - How to recognize drug use
  - Steps that can be taken when abuse is suspected
  - Overview of substances
  - Where to get help? Out-patient treatment; in-patient treatment; counseling; support groups; UNITE Treatment Referral Line

### **Drug-Free Workplace**

- Training time 1 hour
- Participants will gain knowledge of the following:
  - The disease of addiction
  - Signs and symptoms of addiction
  - Company Drug Testing Policy (where applicable)
  - Company EAP Program (where applicable)
  - Supervisor Responsibilities in maintaining a drug-free workplace
  - Employee Responsibilities in maintaining a drug-free workplace
  - Costs of drug use in the workplace
  - Where to get help? Out-patient treatment; in-patient treatment; counseling; support groups; UNITE Treatment Referral Line

### **Drug Testing Policies**

- Training time 1 hour
- Provides information to school administrators on how to establish a student and/or staff drug testing policy
- Technical assistance is available

### **How to Drug-Proof Your Kids**

- Training time 5 hours for facilitators; 6 2-hour sessions for parents
- A prevention and intervention program of Focus on the Family that educates parents and other care givers about drugs, while providing them with skills needed to help children make good lifestyle choices regarding drugs and alcohol
- UNITE staff will train others in the community as facilitators and help with the first parent training.
- Program goals include:
  - Possess better information about drugs (including alcohol, tobacco and prescription medications).
  - Learn how to communicate effectively with children about drugs.
  - Develop plans to use at home to help children make informed choices.
  - Examine their beliefs, attitudes, and behavior about drug abuse.
  - Benefit from the support of other parents and be encouraged by the fact that they are not alone.

### **Illicit Drug Use**

- Training time 1 hour
- Participants will gain knowledge of the following:
  - Signs and symptoms of use
  - Overview of substances and detailed description of use and effects
  - Physical, social, and behavioral indicators
  - Where to get help? Out-patient treatment; in-patient treatment; counseling; support groups; UNITE Treatment Referral Line

### **Introduction to KASPER (Kentucky All-Schedule Prescription Electronic Reporting)**

- Training time 1 hour
- Participants will gain knowledge of the following:
  - Understanding of the KASPER program and its purpose
  - Understanding of prescription drug use and trends in areas of Kentucky

### **Introduction to MethCheck**

- Training time 1 hour
- Participants will gain knowledge of the following:
  - Understanding of the statewide MethCheck program and its purpose
  - Need for closely monitoring sale of products containing pseudoephedrine

### **Methamphetamine Awareness**

- Training time 1.5 hours for general public
- Participants will receive knowledge of the following:
  - Overview of this highly addictive and deadly drug
  - Signs to look for to identify potential methamphetamine labs
  - Signs and symptoms of methamphetamine use
  - Description of the MethCheck program
  - Visual examples of how common household products are used
  - Senate Bill 63 and other legislation that has had an impact on meth production in KY
  - Where to get help? Out-patient treatment; in-patient treatment; counseling; support groups; UNITE Treatment Referral Line
- Training time 3 hours for professional first responder groups such as local police, fire firefighters, and emergency medical technicians.

### **Neighbors UNITED**

- Training time 1 hour
- Participants will receive knowledge of the following:
  - Difference between Neighbors UNITED and other community watch programs
  - Purpose and benefits of having a community watch program
  - How to start a community watch program

### **Over-the-Counter and Prescription Drug Abuse**

- Training time 1.5 hours
- Participants will receive knowledge of the following:
  - Difference between legal and illegal over-the-counter and prescription drug use
  - Types of drugs currently being abused and the common techniques of abuse for adults and youth
  - Explanation of marketing of these drugs to youth
  - Detailed description of each drug, it's chemical components and reaction with the human body when used both legally and illegally
  - What communities can do to protect themselves against abuse by addressing risk and resiliency factors
  - Where to get help? Out-patient treatment; in-patient treatment; counseling; support groups; UNITE Treatment Referral Line

### **Raising Healthy Kids**

- Training time for parents varies
- A prevention and intervention program of Focus on the Family for parents and caregivers to help strengthen relationships and parenting skills.
- UNITE staff will provide training to groups or facilitators.
- Program goals include:
  - Learn how to initiate meaningful family conversations to bring stability and connectedness in order to reduce high-risk behaviors.
  - Understand key factors that may lead to risky behavior.
  - Examine “conflicting messages” we may be sending to our children.
  - Asses your child’s ability to express love.
  - Better understand your family and document your growing relationship with your children.

### **“Too Good For Drugs” curriculum**

- A 10-lesson, school-based drug, alcohol and tobacco prevention program designed for use by kindergarten through 12<sup>th</sup> grade students.
- The program provides education in social and emotional competencies and reduces risk factors while building protective factors that affect students in that particular age group.
- Instructional strategies include role-plays, modeling, practicing, reinforcing, providing feedback, and promoting the generalization of skills to other contexts—all of which promote cooperative learning and skill building.

## **Law Enforcement**

### **Drug Tip Line**

- A toll-free line – 1-866-424-4382 – operated in conjunction with Appalachia HIDTA (High Intensity Drug Trafficking Area).
- Callers may anonymously report suspicious activity.
- Callers will be asked to provide:
  - County, city or other jurisdiction in which the suspicious activity is taking place
  - Road name or highway number where the activity is occurring
  - Name(s) of the people involved in the activity
  - A description of the activity that is taking place
  - Time of day the activity was observed
  - What types of drugs are involved
  - A description of any vehicles involved, including license tag number
  - Whether there are children in the home or around the activity
  - If there are any guns or other weapons at that location