Strengthening Youth-Led Prevention in Appalachian Ohio: Foundation for Appalachian Ohio Funding Opportunity

August 2, 2018 Webinar
FOUNDATION FOR APPALACHIAN OHIO

Ms. Valerie Leach
Ohio Department of Mental Health and Addiction Services
Our Journey

Preventing Mental, Emotional, and Behavioral Disorders Among Young People

Progress and Possibilities
Balancing Act

Honoring Ohio’s Rich History of Youth-Led Work

Planning for the Future of Youth-Led Prevention

OHIO adult ALLIES
Investment
Lessons Learned: Value of Integrating Theory and Practice

"I think you should be more explicit here in step two."
VISION
For the citizens of Appalachian Ohio to live in a region abundant with possibilities.

MISSION
To create opportunities for Appalachian Ohio’s citizens and communities by inspiring and supporting philanthropy.
The Pillars of Prosperity

- Arts & Culture Fund
- Community & Economic Development Fund
- Education Fund
- Environmental Stewardship Fund
- Health & Human Services Fund
Closing the Gap

• 43 Youth-Led Groups represented across Ohio since 2015
• 5 Appalachian Youth-Led Groups represented since 2015
• Encouraging and uplifting our region’s young people and the importance of prevention
Dr. Jessica Collura
Ohio University
OHIO adult ALLIES
Overarching Goal of YLP in Ohio

Young people will engage in a planning process to create and implement a strategic plan that uses evidence-based strategies to create community-level change.
Young people will engage in the SPF to create and implement a strategic plan that uses evidence-based strategies to create community-level change.
Defining Youth-Led Programs

*Community-based process* in which young people:

1) determine a problem of practice
2) identify the root causes of the problem
3) select and implement evidence-based strategies to address those root causes
Two Underpinning Frameworks


The Substance Abuse and Mental Health Services Administration (SAMHSA) of the United States Department of Health and Human Services funds the Strategic Prevention Framework State Incentive Grant (SPF SIG).
Two Underpinning Frameworks

From Holden et al., 2004:
• Structure and group processes by which adult allies promote and assist YP in developing the necessary skills to carry out community change

From the SPF:
• Structure for which adult allies support and assist YP in planning and implementing an evidence-based strategy to create community change


The Substance Abuse and Mental Health Services Administration (SAMHSA) of the United States Department of Health and Human Services funds the Strategic Prevention Framework State Incentive Grant (SPF SIG).
Training and Technical Assistance

Year One -> Ground Youth-Led Programs in YECF and SPF

Year Two -> Engage Young People in a Strategic Planning Process
Year 1 Focus: Adult Guided

ADULT GUIDED:
1. Individual
2. Group

YOUTH LED:
3. Community
Year 2 Focus: Youth-Led

ADULT GUIDED:
1. Individual
2. Group

YOUTH LED:
3. Community
# What to Expect

## What it is...
- A theoretical grounding for youth-led programs
- Opportunity for adult allies to invest in planning
- Opportunity to determine how you will engage young people in a strategic planning process

## What it isn’t...
- A training manual on what to do with your youth-led program
- Opportunity for young people to engage directly in the trainings
- Opportunity to develop a strategic plan for your organization
**Year 1 Focus: Theory of Change (why we do the work we do with young people)**

### Strategic Plan Map for IMPACT: Individual Youth and Group Development

**Overarching Theory of Change**

- If we develop cognitive and emotional empowerment within the individual youth/young people participating in our program, then young people will be empowered to act as “community change agents.”
- If we develop the group structure and group climate necessary for young people to work together to create community change, then young people will be equipped to work collectively to create community change.
- If we empower young people to act as “community change agents” and equip them to work collectively to create community change, then young people in IMPACT will engage in a planning process to create and implement a strategic plan that uses evidence-based strategies to influence community-level change.

<table>
<thead>
<tr>
<th>Overarching Goal</th>
<th>Learning Objectives (LOs)</th>
<th>Capacity/inputs</th>
<th>Theory of Action</th>
<th>Final Outputs</th>
<th>Shorter-Term Outcomes</th>
<th>Longer-Term Outcomes</th>
</tr>
</thead>
</table>
| Young people in IMPACT will collectively engage in a strategic planning process in a community-based setting to create and implement evidence-based strategies to use for both school and community settings. | Individual-level: IMPACT participants will:  
- practice public speaking skills through presentations to peers and youth  
- internalize a value for working together toward a common goal  
- participate in 75% of scheduled meetings and events  
Cognitive Empowerment IMPACT participants will:  
- name and explain CSAP strategies  
- determine how concepts of child development may influence planning prevention strategies for specific age groups  
- predict how tobacco and alcohol have negative consequences cognitively, socially and physically on a developing adolescent  
- assess problematic situations to determine if they are examples of bullying and how to problem solve situations | Resources/Budget  
- Total Budget: $  
- Total FTEs: XX | Individual-level: Emotional Empowerment  
- Staffing (Paid/Unpaid)  
- Number of staff members: XX | Individual-level: Cognitive Empowerment  
- Vendor/Sub-contractor  
- Name:  
- Brief Description: | Individual-level: Young people will be emotionally and cognitively empowered. Specifically, young people will be able to:  
- practice public speaking skills through presentations to peers and youth  
- internalize a value for working together toward a common goal  
- participate in 75% of scheduled meetings and events  
- name and explain CSAP strategies  
- determine how concepts of child development may influence planning prevention strategies for specific age groups  
- predict how tobacco and alcohol have negative consequences cognitively, socially, and physically on a developing adolescent  
- assess problematic situations to determine if they are examples of bullying and how to problem solve situations | Individual-level: Young people in IMPACT will be equipped to work collectively to create community change. |

### Necessary Knowledge, Skills, and Attitudes

- Practice communication skills through public speaking  
- Believe in the importance of working together  
- Commitment to the group  
- Know effective prevention strategies  
- Knowledge of child development  
- Knowledge of the effects of tobacco and alcohol  
- Knowing the different forms of bullying  
- Practice communication skills through debate or helping to others ideas  
- Practice and demonstrate group cooperation through group activities and collaboratively organizing events  
- Believe in the CSAP strategies  

| Group Level:  
- Group Structure: IMPACT participants will:  
- appropriately apply the CSAP strategies in their collective planning/crisis planning process  
- practice skills of debating and listening to others ideas as they make decisions about prevention strategies and implementing those strategies  
- Group Climate: IMPACT participants will:  
- practice and demonstrate group cooperation through group activities and collaboratively organizing events  
- evaluate which CSAP strategies to use to address their identified community issues | Travel  
- Brief Description: (Total Cost)  
- Other  
- Brief Description: (Total Cost) | Group Level:  
- Group Climate  
- Brief Description: | Group Level:  
- Group Climate  
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- Group Climate  
- Brief Description: |

### Context

Factors in this community that will influence the success of this youth-led programs (e.g., political, cultural, and economic influences; community readiness; cultural competence, etc.)

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Tool (Adult): Group Narrative

The Ohio Youth Led Prevention Network Youth Council

Context
The Ohio Youth-Led Prevention Network (OYLNP) Youth Council was created in 2011 in order to connect youth leaders and strengthen youth-led prevention efforts at the state and local levels. The home agency is Drug Free Action Alliance (DFAA), a statewide prevention non-profit organization. OYLNP was formed through the funding and support of the Ohio Department of Alcohol and Drug Addiction Services, now the Ohio Department of Mental Health and Addiction Services. The Council members represent communities throughout Ohio and are chosen due to their passion for youth-led work, outstanding leadership qualities, and dedication to creating safe, healthy environments for all young people. The OYLNP Youth Council seeks to address a wide range of mental and behavioral health issues, including substance abuse, bullying and suicide.

Youth Characterization and Recruitment
In order to apply to the Youth Council, the young person must submit at least 2 letters of recommendations and participate in a phone interview. The announcement to apply is sent out via our list serve; it is also posted on social media and we do a recruitment push at our “We Are The Majority” rally. New members may also be recruited through peer recommendations. Our group consists of any youth that are active and invested in youth-led programming and messaging locally and are motivated to take a more active leadership role at the state level. Most of the youth have stated that youth-led programming has made a significant difference at their local level and they want to be involved in making a difference at a statewide level.

Collective Participation
During the 2015-2016 school year, the OYLNP Youth Council had 25 high-school aged members with about 18-20 young people consistently attending monthly meetings. Our meetings are held in Columbus, Ohio which is where the home agency is based. The youth travel from various places across the state to attend our meetings. During our meetings, young people work collectively to develop a strategic plan for the year and then, based on this plan, implement evidence-based prevention strategies. Council members also participate in statewide initiatives, various youth-led projects, advocacy efforts, and community outreach. The youth also play an integral part in planning the annual statewide We Are The Majority youth rally.

Adult Involvement
Adult Leadership is key to the success and implementation of the OYLNP Youth Council’s programming. Two adult leaders are responsible for supervising and supporting the Youth Council: the Program Director and the Youth-Led Program Coordinator. The Program Director oversees the administrative and fiscal functions for the group, connects the youth to other statewide efforts and is responsible for executing the overall mission of the group. The Youth-Led Program Coordinator’s role is to plan and facilitate the monthly meetings, develop the agenda, and plan activities in order to develop the skills of each individual Council member and the group. The Youth-Led Program Coordinator also corresponds with group members throughout the month, checking in as a support to help lead the group to their ultimate goals. In addition to the Program Manager and Youth Coordinator, the Youth Council is also supported by other members on DFAA’s staff. Throughout the year, DFAA staff members provide trainings to the Council members on various prevention topics.

Parents also play a key role. They must sign permission forms and fill out paperwork when youth are selected to participate on the Youth Council. Parents must approve any missed school days due to an OYLNP event. Parents also attend our end of the year recognition banquet to celebrate their youth and
Tool (Adult): YECF

OHIO YOUTH-LED PREVENTION NETWORK (OYLN) YOUTH COUNCIL

ECOLOGICAL CONTEXT: The Ohio Youth-Led Prevention Network (OYLN) Youth Council was created in 2011 through funding from the Ohio Department of Mental Health and Addiction Services, in order to strengthen youth leadership at the state and local levels. The OYLN Youth Council is a Drug Free Alliance, a statewide prevention non-profit organization.

The Youth Council addresses a wide range of issues that young people throughout Ohio face, including substance use, bullying, suicide, depression, and mental wellness.

GROUP STRUCTURE

The Youth Council works collaboratively to implement evidence-based prevention strategies through strategic planning. The Action Coalition is a process by which youth leaders and members create the agenda for the Youth Council. The Action Coalition is the administrative support for the group and serves to direct the youth leadership into a strategic plan. The Action Coalition is responsible for planning and executing monthly meetings, including engaging in effective strategies to develop the skills of group members.

GROUP CLIMATE

In order to effectively influence community change, the OYLN Youth Council's adult leaders work to foster group cohesion, group resilience, and collective efficacy of the group leaders. The adult leaders facilitate internal team building activities and meetings to create a cohesive group. Activities also emphasize how to be a leader while working within a team. The adult leaders focus on guiding the strategic plan that the group creates to achieve the goals set forth by the group. The adult leaders provide feedback on the progress and provide support to the Youth Council in achieving the goals set forth by the group.

ADULT INVOLVEMENT

Adults lead a key role in the process and implementation of the OYLN Youth Council's programming. Adult leaders are responsible for supervising and supporting the Youth Council. The Adult Coalition is the administrative support for the group and offers guidance and direction to the group leaders, including engaging in effective strategies to develop the skills of group members.

COLLECTIVE PARTICIPATION

The OYLN Youth Council focuses on leading several evidence-based prevention strategies. Youth play is a key role in this group and the majority of decisions are made through group consensus. The Council contains top 10 to 15 members and meets on a quarterly basis. Meetings are held at Columbus when the face-to-face meetings are not possible. Long and short-term needs are discussed at each meeting, and the group is committed to achieving the goals set forth by the group.

YOUTH CHARACTERISTICS

To be eligible for the OYLN Youth Council, the young person must be in high school, live in and attend school in the surrounding counties, and not be a juvenile offender of the state level.

SHORT TERM INDIVIDUAL OUTCOMES

- Young people will be emotionally and physically competent.
- Young people will be active in their school and community.
- Young people will be able to identify and express their feelings in a healthy way.
- Young people will be able to make and communicate effective prevention plans.

SHORT TERM COMMUNITY OUTCOMES

- Group members will maintain contact with each other through communication and social media.
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LONG TERM OUTCOMES

- Young people in the OYLN Youth Council will be empowered to act as community change agents.
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LONG TERM OUTCOMES

- Long term outcomes are defined as 70% reduction in the percentage of high school students who report using alcohol, tobacco, or other drugs.
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COMMON CORE VALUES:

- The OYLN Youth Council values collaboration, leadership, and decision-making.
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COMMUNITY ENGAGEMENT:

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COMMUNITY PARTNERS:

- The OYLN Youth Council values collaboration, leadership, and decision-making.
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### Ohio Strategic Prevention Framework (SPF) Strategic Plan Map

#### Overall Theory of Change:
If Lawrence County youth and adults have increased awareness and increased knowledge of MH, then we create a nurturing environment for youth who are experiencing depression and anxiety to seek necessary support. If we create a nurturing environment for youth who are experiencing depression and anxiety to seek necessary support then Lawrence county will have a decrease in the percent of those suffering from these mental health issues.

<table>
<thead>
<tr>
<th>Problem Statement</th>
<th>Intervening Variable(s)</th>
<th>Strategy</th>
<th>Demonstrating Capacity Inputs: Human / Material Resources</th>
<th>Theory of Action</th>
<th>Time Line Specific Activities for each Strategy</th>
<th>Outputs / Results of Activities</th>
<th>Shorter Term Outcomes (2 years)</th>
<th>Longer –Term Outcomes (5 years)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Year 2: Youth-Driven Strategic Plan Map</strong></td>
<td>Lack of youth’s understanding of mental health</td>
<td>We have selected the following CSP strategies:</td>
<td>Budget: $1,000</td>
<td>Information Dissemination:</td>
<td>Information Dissemination:</td>
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<tr>
<td></td>
<td>Lack of knowledge: youth have resources and strategies to cope with mental challenges</td>
<td>Information Dissemination;</td>
<td>Total budget: $31,230</td>
<td>• Mental health awareness packets distributed to campers</td>
<td>• Mental health awareness packets distributed to campers</td>
<td>Increase understanding of mental health &amp; challenges</td>
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<td></td>
<td>Lack of support at home</td>
<td>School Transportation for Middle school participants</td>
<td>Adult Volunteer: $10,000</td>
<td>• Social media campaign completed and viewed at camp</td>
<td></td>
<td>Increase knowledge of resources and strategies to cope with mental challenges</td>
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<td></td>
<td>Stigma and mental health among youth</td>
<td>1,500</td>
<td>School Transportation for Middle school participants</td>
<td>Education:</td>
<td>Education:</td>
<td>Increase parental and family awareness of ways to help youth feel supported and loved</td>
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<td>57% of 9th grade students felt feelings of anxiety, sadness and hopelessness every day for a period of 2 weeks or more. (OHYES! 2016)</td>
<td>Social media skills campaign performed by youth focusing on stigma of mental health</td>
<td>• Create curriculum for youth-led high school members to implement in family groups with an adult co-facilitator centered around mental health, anxiety &amp; depression</td>
<td>• Engage youth in discussion during family group sessions centered around mental health.</td>
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<td>Education:</td>
<td>Education:</td>
<td>Alternatives:</td>
<td>Alternatives:</td>
<td>The stigma of mental health in Lawrence county youth will decrease</td>
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<td></td>
<td>• Mental health curriculum during family group sessions at TLC</td>
<td>• Mental health awareness packets distributed to campers</td>
<td>• Hold a dance and other recreational activities during camp</td>
<td>• Systematic planning among multiple schools of a strategy to implement at their home school around mental health</td>
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<td>Community Based Process:</td>
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<td>Travel: Van transportation for youth council</td>
<td>Community Based Process:</td>
<td>Community Based Process:</td>
<td>Community Based Process:</td>
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<td>Community Based Process:</td>
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<td></td>
<td>Other: T-shirts 700.00</td>
<td>Community Based Process:</td>
<td>Community Based Process:</td>
<td>Community Based Process:</td>
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</tbody>
</table>

**Context:**
Traditionally, Teen Leadership Conference focuses curriculum and activities based upon a problem of focus in our County. Last year during the Conference, 45 youth participated in a world café discussion and felt that Mental Health was a major issue in our area. During the world café workshop, youth perceived the reasons for mental health happening in our area to be: lack of understanding, the stigma of mental health and the lack of support at home. After review of our OHYES! 2016 data assessment, youth determined mental health, specifically anxiety and depression to be our problem of focus.
Adult Academy Training Dates

• Four trainings
  – Friday, September 28th
  – Friday, November 16th
  – Friday, February 15th
  – Friday, June 7th (Virtual)
Training Academies

- Centralized Location TBD
- 9:30 am - 3:30 pm
- Lunch provided
Who is Eligible
Who Should Attend

- The two individuals identified as participants in the grant application must attend the training academies.
Funding

• Grant funds will be released quarterly upon completion of deliverables.

• Disbursements will take place on the following schedule:
  – September
  – December
  – March
  – June
Permissible Use of Funds

- Salaries
- Substitute Teacher Coverage
- Travel
- Lodging
- Per Diems
- Registration Fees
Quarterly Deliverables

• **Quarter 1** - Complete pre-work, Attend Training Academy #1

• **Quarter 2** - Complete pre-work, Attend Training Academy #2, Attend Adult Allies Summit

• **Quarter 3** - Complete pre-work, Attend Training Academy #3, Attend Youth-Led Leadership Academy

• **Quarter 4** - Complete pre-work, Attend Training Academy #4 (virtual), Attend We Are The Majority Rally, Attend OPEC
Checklist for Applicants

• Our school, community, or organization is located in Appalachian Ohio
• We have two adults committed to serve as adult allies to youth
• We have reviewed the Scope of Work and Year One calendar to ensure consistent participation
• We have sign-off and support from our organization
• We have completed the application and budget narrative
• We have reviewed and signed the prospective grant agreement
• We are excited to empower young people in our community to provide leadership to prevention!
Deadline to Apply: Monday, August 20 at 5 pm to kmorman@ffao.org
Questions?

Please enter any questions into the chat box or unmute your phone to ask the question.
Year 2 Focus: Youth-Led

ADULT GUIDED:
1. Individual
2. Group

YOUTH LED:
3. Community
Year 2: Youth-Driven Strategic Plan Map
# Community Change: Youth-Driven Strategic Plan Map

**Ohio Strategic Prevention Framework (SPF): Strategic Plan Map**

<table>
<thead>
<tr>
<th>Community Logic Model</th>
<th>Theory of Action</th>
<th>Measurable Outcomes</th>
</tr>
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<tbody>
<tr>
<td>Problem Statement</td>
<td>Demonstrating Capacity Input: Human / Material Resources</td>
<td>Outputs Results of Activities</td>
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<td>Time Line Specific Activities for each Strategy</td>
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<td>Lack of youth’s understanding of mental health</td>
<td>We have selected the following CNAP strategies: Information Dissemination:</td>
<td>Adult Volunteer</td>
</tr>
<tr>
<td>Lack of knowledge the youth have of resources and strategies to cope with mental health challenges</td>
<td>Packets sent home to family and school boards to increase awareness and provide resources for mental health</td>
<td>School Transportation for Middle school participants</td>
</tr>
<tr>
<td>Lack of support at home</td>
<td>Social media skit campaign performed by youth focusing on stigmatization of mental health</td>
<td>1,500</td>
</tr>
<tr>
<td>Stigmaism surrounding mental health among youth</td>
<td>Education</td>
<td></td>
</tr>
</tbody>
</table>

**Budget:** $1,000
**Total budget:** $11,250
**In kind:**
- Adult Volunteer: $10,100
- School Transportation for Middle school participants: 1,500

**Vendors/Sub-contractors**
- Scioto Hills Camp
  - Lodging: $200
  - Food: $700

**Materials**
- Mental health curriculum
- Mental health family packet: 500.00

**Travel**
- Van transportation for youth council: 350.00
- T-shirts 700.00

**Context**

Traditionally, Teen Leadership Conference focuses curriculum and activities based upon a problem of focus in our County. Last year during the Conference, 65 youth participated in a world café discussion and felt that Mental Health was a major issue in our area. During the world café workshop, youth perceived the reasons for mental health happening in our area to be: lack of understanding, the stigma of mental health and the lack of support at home.

After review of our OHYEST 2016 data assessment, youth determined mental health, specifically anxiety and depression to be our problem of focus.

5% decrease in amount of 8th grade students grade reporting feeling of anxiety, sadness and hopelessness every day for a period of 2 weeks or more, measured by youth surveys.

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Questions?

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Foundation for Appalachian Ohio

www.AppalachianOhio.org/YouthLed

Facebook: Foundation for Appalachian Ohio

E-Newsletter:
www.AppalachianOhio.org/news-happenings
For more information on Ohio Adult Allies...

Ohio Adult Allies
https://www.ohio.edu/voinovichschool/services/ohio-adult-allies.cfm
Twitter: @YL_AdultAllies
Instagram: YL_AdultAllies
YouTube: Ohio Adult Allies
Contact Information

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References


The Substance Abuse and Mental Health Services Administration (SAMHSA) of the United States Department of Health and Human Services funds the Strategic Prevention Framework State Incentive Grant (SPF SIG).