

2022-2023 Bright Spot Award Nomination Form

The Bright Spot Awards are an effort to recognize examples of meaningful Primary Prevention initiatives taking place across our state. Here are the steps to nominate your initiative:

- 1.) All nominations must be submitted by July 14, 2023. One nomination form must be completed per initiative nominated. Email completed nominations to Matt Coleman (Matthew.Coleman@TN.gov)
- 2.) All nominations received are redacted so that the review committee will not know the exact location and persons involved with the initiative. The review committee is made up of individuals from each region of the state. They will review, score, and discuss each submission. An average of the final scores given by the review committee will be used to determine the award level earned.
- 3.) Award levels include Platinum, Gold, Silver, Bronze, and Honorable Mention.
- 4.) Awardees will be announced in the fall of 2023.
- 5.) Each nomination will be presented with a comprehensive feedback report from the committee, which will include strengths of the initiative and opportunities for improvement.

Application:

County:

Putnam County Health Department

Initiative Name:

Youth Vaping intervention: "Youth Diversion Program"

Primary Prevention Focus Area(s):

Youth nicotine use

Primary Contact Name, Email, Phone:

Lisa Bumbalough, County Director

Lisa.bumbalough@tn.gov

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Bright Spot Award Questions

Why is this initiative important to your community? (150 words max; 10 points available)

Youth vaping has become a public health crisis. Big tobacco has incorporated enticing flavors and created ads for e-cigarettes that target youth. Using nicotine in adolescence can harm parts of the brain that control attention, learning, mood, and impulse control. The **Youth Diversion Program** helps equip students to make healthy decisions regarding nicotine and other substance use.

Is this initiative contributing to a policy, systems, and/or environmental change¹ in the community? (300 words max; 75 points available)

The Youth Diversion Program contributes to policy change in the community. The Putnam County School System and Putnam County Courts revised their policy to allow this intervention to take place prior to being cited to court. Both are valuable Public Health partners.

What are the SMART objective goals and major purpose(s) of this initiative? (SMART objectives are Specific, Measurable, Attainable, Relevant, and Time Bound. Example: By May 2023; all soft drink machines in Lauderdale County Schools will be turned off during the school day, per school board policy.) (300 words max; 10 points available)

From September 2022 to April 2023 the Youth Diversion Program completed six sessions. Students completed the program by attending weekly two-hour meetings at **Putnam County Health Department (PCHD)**. The program received 56 referrals from nine schools in Putnam County with 50 students completing the program.

Vaping education was delivered to students utilizing “INDEPTH” (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health) and “Prevention Plus Wellness SPORT.” These curricula delivered evidence-based information to students on vaping and marijuana. This program also includes parent curriculum to ensure they are equipped for discussions with their children about nicotine and substance use. Our objectives were measured by the number of referrals from schools (56 students) in Putnam County, number of educational sessions offered (six), and the number of students that completed the program (50 students).

What is the annual budget and funding source for this initiative? If no funding is available, how have you implemented or sustained the initiative? (150 words max; 5 points available)

INDEPTH is a free course through the American Lung Association and Prevention Plus Wellness was paid for by our anti-drug coalition, Power of Putnam. The health department also supported the program financially for promotional incentives and incidentals. After the initial purchase, the class is sustainable for the future.

¹ Policy, systems and environmental change is a way of modifying the environment to make healthy choices practical and available to all community members. By changing laws and shaping physical landscapes, a big impact can be made with little time and resources. By changing policies, systems and/or environments, communities can help tackle health issues like obesity, diabetes, cancer and other chronic diseases (<http://www.cookcountypublichealth.org/files/PPPW/PSE%20Change.pdf>)

Have community partners helped with the initiative? What are the roles of these partners? (300 words max;)

Community partners have helped with the Youth Diversion Program. Coordinated School Health assisted with program start up and were an ally when we introduced this initiative to the court system. We cannot have the classes without referrals from the schools. Nine schools referred their students to the program. PCHD health educators worked closely with each school regarding attendance, referrals and other issues. Coalition members from Power of Putnam and health educators assisted in facilitation and lessons.

Describe your staff's involvement, including the interdisciplinary team approach taken with this initiative? Begin with the planning process; explain staff roles in planning and implementing the initiative. Discuss how you foster creative scheduling so that clinical staff can lend their expertise? (350 words max; 20 points available)

PCHD became aware of the drastic increase of students in violation of their school's nicotine policy. We increased our efforts to provide education but wanted to do more. We met with Coordinated School Health and gave resources and education on how to fight back against big tobacco's tactics. Coordinated School Health changed their policy to enact the referral process for violators to receive education from INDEPTH and Prevention Plus Wellness. Coordinated School Health accompanied health educators to meet with court system and they agreed that students could benefit from the course, and they changed their policy as well.

PCHD coordinated with the local anti-drug coalition on how to present curricula and who would facilitate each of the four classes in the sessions. Weekly attendance was communicated with each school / student for accountability.

In what way is this initiative especially innovative? How is this initiative different from other similar programs? Is there a specific idea tested with this approach? Is this work informed by relevant literature or research studies? (400 words max; 20 points available)

This initiative is innovative because Putnam County School System's current punishment for vaping in schools is immediate suspension. Suspension often leaves students at home with little or no supervision allowing the harmful behavior to continue. This intervention empowers parents and teens to be educated on the harmful effects of vaping, coping skills for nicotine cravings, and encourages communication between teens and parents.

Is this initiative considering or addressing an inequity in your community? What is that inequity and how are you addressing it? (350 words max; 20 points available)

People in rural communities are disproportionately exposed to nicotine use. Some are not aware of the harmful effects of vaping, have fallen victim to deceptive advertising, or are disconnected from healthy conversations with parents. This class demonstrates the marketing tactics big tobacco uses on young adults and encourages students to consider their future with and without nicotine.

How are you evaluating the effectiveness of the initiative? Is the initiative on track to achieve stated goals or has it achieved stated goals? (350 words max; 20 points available)

We use pre and post surveys titled "My Thoughts" at every class. Students are encouraged to share what they learned, some things they would like to discuss, and their feelings about using e-cigarettes. We also ask for feedback from each school throughout the process.

What limitations or obstacles might be expected if others wished to replicate this initiative? (300 words max; 50 points available)

Since we require parents to attend for educational purposes, scheduling can be difficult. Finding community partners to assist in facilitating classes is also a challenge.

Is this initiative sustainable without the resources of the local health department being involved? (250 words max; 20 points available)

The strategic planning, hosting, scheduling, coordination, and teaching is currently being provided by the health department. However, if additional coalition members or other community volunteers were recruited, this initiative could be sustainable.