
DIRECTORY OF COMMUNITY RESOURCES

FOR SCHOOL HEALTH EDUCATION PROGRAMS

**Provided by
Coordinated School Health Committee Members:
The Hamilton County General Health District
American Cancer Society**

**of
The Greater Cincinnati Alliance for Health Promotion**



Tenth Edition, August 2006

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Introduction

The Greater Cincinnati Alliance for Health Promotion (GCAHP) is a broad confederation of Cincinnati organizations and individuals with a long-standing interest in health.

The mission of the GCAHP is to provide a forum for discussion of major health issues and to support or develop programs to promote healthy lifestyles through the effective use of member and other community resources.

In keeping with the overall mission, a committee has formed with the purpose of creating increased awareness of and advocating for a coordinated approach to School Health.

The Committee created this directory in order to provide insight into the many community resources available for educators. It was developed to supplement health education curriculum and programs.

Tenth Edition, August 2006

“No knowledge is more crucial than knowledge about health. Without it, no other life goal can be successfully achieved.”

- The Carnegie Foundation Report on Secondary Education in America

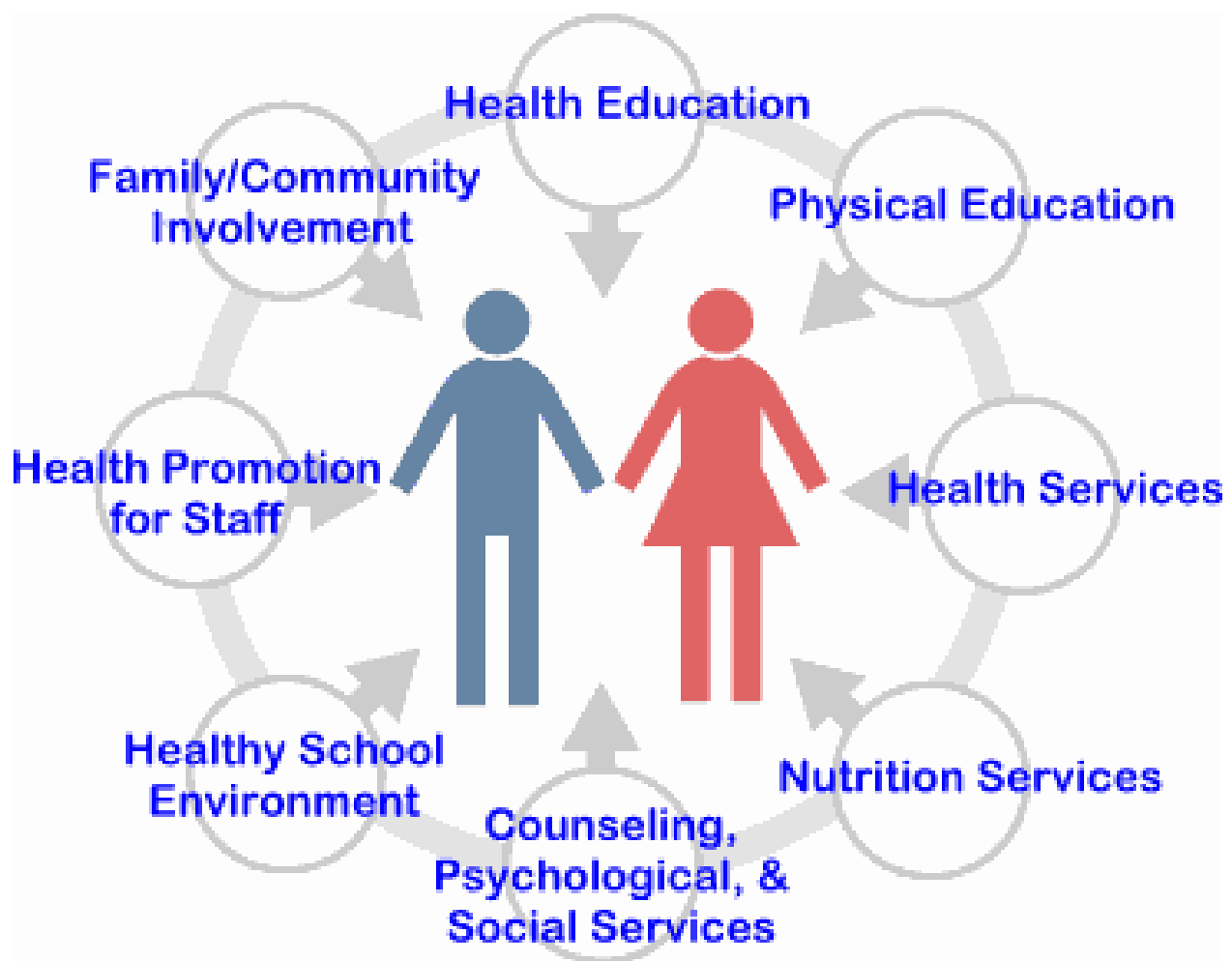
For more information concerning this directory, please call 321-8383.

Thanks and appreciation to the Hamilton County General Health District
and the American Cancer Society for preparing this directory.

A Coordinated School Health Program: What is it?

A Coordinated School Health Program, is a program designed to enhance the health-promoting nature of a school district by altering the culture or environment of the educational institution and surrounding community, and consists of:

- Health Education
- Physical Education
- Health Services
- Nutrition Services
- Counseling, Psychological, and Social Services
- Healthy School Environment
- Health Promotion for Staff
- Family/Community Involvement



National Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention.
2. Students will demonstrate the ability to access valid health information and health-promoting products and services.
3. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. Students will analyze the influence of culture, media, technology, and other factors on health.
5. Students will demonstrate the ability to use interpersonal communication skills to enhance health.
6. Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
7. Students will demonstrate the ability to advocate for personal, family and community health.

According to the Joint Committee on National Health Education Standards these “standards are critical to the healthy development of children and youth. These standards improve student learning across the nation by providing a foundation for curriculum development, instruction, and assessment of student performance.”

The desired outcome of the National Health Education Standards Project is to ensure **health literacy** for all children and youth. Health literacy is defined as the capacity of individuals to obtain, interpret, and understand basic health information and services and the competence to use such information and services in ways which enhance health.

Students who have health knowledge and skills have better health status and contribute to the nation’s economic competitiveness by:

- working more effectively
- missing fewer days from work due to injury and illness
- using fewer medical services due to prevention or delayed onset of disease
- reducing use of health insurance benefits.

This represents the work of the Joint Council Committee on National Health Education Standards. Copies of *The National Health Education Standards: Achieving Health Literacy* can be obtained through the American School Health Association, Association for the Advancement of Health Education or the American Cancer Society.

Comprehensive School Health Education: What is it?

Comprehensive School Health Education (CSHE) is the development, delivery and evaluation of a planned curriculum, preschool through grade 12 with goals, objectives, sequence and specific classroom lessons that include but are not limited to these content areas:

- community health
- consumer health
- environmental health
- family life
- mental and emotional health
- injury prevention and safety
- nutrition
- personal health
- prevention and control of disease
- substance use and abuse
- physical activity

Youth Risk Behavior Surveillance System

The Centers for Disease Control (CDC) and Prevention have identified the following adolescent risk behaviors:

- Tobacco use
- Dietary patterns contribute to disease
- Sedentary lifestyle
- Sexual behaviors that result in HIV infection/other STDs and unintended pregnancy
- Alcohol and other drug use
- Behaviors that result in intentional and unintentional injury

Agencies Included in Directory

Alcoholism Council	Kidney Foundation of Cincinnati
American Cancer Society	Kids Helping Kids – Pathway Family Center
American Diabetes Association	Magician with a Mission
American Heart Association	Making Abstinence Possible (MAP)
American Lung Association	Nutrition Council
American Red Cross	Ohio Resource Network for Safe and Drug Free Schools and Communities
Arthritis Foundation Ohio River Valley Chapter	OSU Extension, Hamilton County
Career Connections for Students at Lighthouse Youth Services	Pregnancy Care of Cincinnati
Cincinnati Children's Hospital Medical Center	Services United for Mothers and Adolescents (SUMA)
Cincinnati Health Department	Social Health Education, Inc.
Coalition for a Drug-Free Greater Cincinnati	The American Dairy Association & Dairy Council Mid East
Council on Child Abuse of Southern Ohio, Inc.	The Women's Connection
Food and Drug Administration	TriHealth Corporate Health Services
Freestore Foodbank	TriHealth Think First Injury Prevention Program
Greater Cincinnati Oral Health Council	United Cerebral Palsy of Greater Cincinnati
Hamilton County General Health District	Rape Crisis and Abuse Center of Hamilton County formerly Women Helping Women
Hamilton County Sheriff's Office	YMCA- Discover Health
Healthy Visions	YWCA

Websites

Alcoholism Council
www.alcoholismcouncil.org

American Cancer Society
www.cancer.org

American Diabetes Association
www.diabetes.org

American Heart Association
www.americanheart.org
www.strokeassociation.org

American Lung Association
www.ohiolung.org
www.lungusa.org

American Red Cross
www.cincinnati-redcross.org

Arthritis Foundation
www.arthritis.org

**Cincinnati Children's Hospital
Medical Center**
www.cchmc.org

**Coalition for a Drug-Free
Greater Cincinnati**
www.drugfreecincinnati.org

Council on Child Abuse
www.cocachild.org

Kidney Foundation of Greater Cincinnati
www.kidneycincinnati.org

**The American Dairy Association & Dairy
Council Mid East**
www.drink-milk.com
www.adadcmidwest.com

Food and Drug Administration
www.fda.gov

Hamilton County General Health District
www.hamiltoncountyhealth.org

Hamilton County Sheriff's Office
www.hcso.org

Healthy Visions
www.healthyvisions.org

**Kids Helping Kids – Pathway Family
Center**
www.pathwayfamilycenter.org

Magician with a Mission
www.magicianwithamission.com

Making Abstinence Possible
www.makingabstinencepossible.org

Nutrition Council
www.nutritioncouncil.org

**Ohio Resource Network for Safe and
Drug Free Schools and Communities**
www.ebasedprevention.org
www.e-jr.org

Pregnancy Care of Cincinnati
www.pregnancycareofcincinnati.org

Social Health Education, Inc.
www.socialhealtheducation.org

The Women's Connection
www.thewomensconnection.org

TriHealth
www.trihealth.com

**University of Cincinnati, College Of
Medicine**
www.stroketeam.org

Winton Woods Community Coalition
www.coalitionpartnership.org

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Community Health, Prevention and Control of Disease

Breast Health/Breast Cancer Education

American Cancer Society
1-800-ACS-2345

Content: Information on the importance of early screenings in detecting and treating breast cancer. Tell-A-Friend program encourages women to reach out to women who are 40 years and older to encourage them to obtain mammograms and to discuss the importance of mammograms, clinical breast exams, and breast self-exams in detecting breast cancer early.

Age: Adolescents/adults

Fee: None

Cancer Education

American Cancer Society
1-800-ACS-2345

Content: Information about all types of cancer and the risk factors for each, as well as national, state and local cancer rates according to ages, gender and ethnicity. Cancer prevention and early detection programs and information are available on a variety of topics.

Materials include nutrition guidelines and recipes for reducing the risk of cancer; programs and information on physical activity, healthy lifestyles and fitness; and tobacco prevention and cessation programs for adults and children, as well as information regarding the risks of smoking tobacco, smokeless tobacco and secondhand smoke. Information on American Cancer Society cancer screening guidelines and the importance of cancer screenings in detection and treatment are available as well.

Age: All

Fee: None

Cancer Support Services

American Cancer Society
1-800-ACS-2345

Content: Information and services for those currently undergoing cancer treatment and their families and caregivers. Free cancer information and support is available 24 hours a day, 365 days a year from trained professionals at the call center (1-800-ACS-2345) and on the web at www.cancer.org.

Support groups as well as peer-to-peer support and online survivor programs are available as well as periodic workshops on issues related to cancer treatment and coping with the disease. The ACS Patient Navigator assists patients, families and caregivers in navigating systems needed throughout the cancer journey such as medical, financial, social and emotional systems.

Age: All

Fee: None

Captain Kidney Youth Health Education Program

Kidney Foundation of Greater Cincinnati
Rose Mary Denning
513 961-8105 ext. 27
513-961-8120
rosemary@kidneycincinnati.org

Content: An interactive program designed for elementary students (grades 1-6), which includes information about kidney function, signs and symptoms of kidney disease, preventative measures, and tips for a healthy lifestyle. Several other diseases are discussed as well including diabetes and hypertension. The relationship between these diseases and the relationship they have with the other organs of the body are discussed as well. A special appearance by Captain Kidney may be arranged.

Age: Grades 1-6

Fee: None

Cardiovascular Disease Prevention

Cincinnati Health Department

513-357-7450

Content: Tailor to group's needs

Age: School age through adults

Fee: None

CareerNet

United Cerebral Palsy of Cincinnati

Debbie Dase

513-221-4606 ext. 26

513-872-5262 (fax)

Content: This year-round program designed for students with physical and cognitive disabilities. It assists students with the issues they face while transitioning from high school into adult life. The program covers vocational/career planning, higher education planning, self-advocacy, the benefits of education and interviewing and job seeking skills.

Age: 14-22 years of age

Fee: Call for details

CATCH (Coordinated Approach to Child Health) Training

Call Nutrition Council for dates and locations

Susan Hopper

513-621-3262

Ohio Department of Education for registration www.ode.state.oh.us/

Content: CATCH is an effective school health education program that motivates healthier behaviors among children. The program includes activities and interventions in four of the eight components identified in the Center for Disease Control Coordinated School Health Model: food service, physical education, classroom and family. The curricula developed for CATCH provides skills training in healthier eating, physical activity and non-smoking patterns.

Research results indicating the effectiveness of the CATCH Program were published in *The Journal of the American Medical Association* in 1996.

Age: Teachers, food service staff and administrators. Interested schools must send a team of 3 members to training. Teams should include a classroom representative, the physical education teacher and a food service representative.

Fee: None – Training and one set of resource materials provided by the Ohio Department of Education

Children with Chronic Medical Conditions

Hamilton County General Health District

513-946-7882

Content: Bureau for Children with Medical Handicap (BCMh) community service coordination for children with chronic medical conditions; e.g. diabetes, cystic fibrosis, cerebral palsy, spina bifida, cancers, hearing loss, and so on.

Age: School personnel, parents
Fee: None

Common Childhood Illness

American Red Cross/ Nursing Specialist
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: A six hour course that covers the prevention and spread of childhood communicable disease, how to care for an ill child, and information about specific communicable diseases. This course also meets Ohio and Kentucky licensing requirements for daycare and preschool employees.

Age: Teens and adults
Fee: To be determined

Communicable Disease Prevention

Hamilton County General Health District
513-946-7887

Content: Information concerning communicable disease prevention techniques including universal precaution.

Age: All
Fee: None

Dental Sealants

Greater Cincinnati Oral Health Council
513-621-0248
513-621-2088 (fax)

Content: Schools in City of Cincinnati, Adams, Brown, Clermont, Highland, Butler, Warren, and Hamilton counties with 50% or greater participation in the free/reduced meals program are eligible for dental sealants.

Age: Grades 2 and 6 and special education students
Fee: None

Family Resource Center

Family Resource Center/ Cincinnati Children's Hospital Medical Center
513-636-7606
513-636-0104 (fax)
frc@cincinnatichildrens.org

Content: This resource offers programs and workshops for school personnel and the community at large. The Center also helps with fostering partnerships between the school, family and health care systems. Personalized service is offered to any educator or parent with questions related to pediatric health care. Programs are offered to the community at large on a regular basis. Information on health conditions, growth and development, and parenting skills also available. Also offers access to the internet and email.

Included in this resource center is a Spanish Resource Center. This center provides a weekly Spanish Journal, Spanish books and videos, and Spanish information and resources regarding health care conditions and diagnosis

Age: School personnel, parents, and community.
Fee: None

Food, Fun and Fitness After School Program

Nutrition Council
Lauren Niemes
513-621-3262
Lauren@nutritioncouncil.org

Content: a six-week (6-week) after school program focusing on improving healthy lifestyle behaviors through nutrition and physical activity. The program includes a nutrition education component with hands on food preparation by participants. There is also a physical activity component and students use pedometers to assess activity during the program. Each student records the number of steps taken throughout the session. Goals for improving eating habits and increasing daily physical activity are set by students each week and assessed at the next class. Each session is two hours in length.

Age: Grades 5-8

Fee: Call for information

Fight BAC for Food Safety- Bilingual

Nutrition Council
513-621-3262

Content: An interactive, bilingual (Hispanic) display with four food safety messages. Spanish materials available for distribution, with the messages cook, clean, chill and separate. Appropriate for all ages. Provided through a cooperative effort of FDA and Nutrition Council.

Age: Teachers, educators

Fee: Contact for additional information

Great Beginnings (young women)

YWCA Breast and Cervical Health Network
Jodi Issenmann
513-361-2157
859-991-5482

Content: This is a breast health education program for teens. Cervical health education is also available in a separate class.

Age: Female high school juniors and seniors, college students

Fee: None

Great Beginnings (young men)

YWCA Breast and Cervical Health Network
Jodi Issenmann 513-361-2157
859-991-5482

Content: An educational program on the importance of testicular health. Testicular cancer affects young men ages 15-35. This program teaches the proper self-exam, risk factors, diagnosis, treatment and cure rate of the disease.

Age: Male high school students, college students

Fee: None

Growth and Development, Immunizations

Hamilton County General Health District
513-946-7882

Content: Call for details

Age: School Personnel and parents

Fee: To be determined

Hamilton County Tobacco-Free Partnership (HCTFP)

Hamilton County General Health District
513-946-7812
www.tobaccofreehamiltoncounty.org

Content: The Hamilton County Tobacco-Free Partnership is a group of agencies and individuals working together to address tobacco prevention and use in Hamilton County. Programs offered by the HCTFP include Life Skills, Word of Mouth and working with schools to adopt tobacco-free school policies. The group also offers various adult cessation programs and referrals.

Age: Students, parents and school personnel

Fee: Free

Health Issues -Children and Teens

Food and Drug Administration
513-679-2700

Content: Information is available on vaccine safety, preventing childhood poisoning, protecting your child against serious diseases, and giving your children medicines properly.

Age: School personnel, adults and teen parents

Fee: None

Health Issues for Women

Food and Drug Administration
513-679-2700

Content: Information is available about the importance of mammography, certified facilities, PAP tests, yeast infections, women and nutrition – a menu of special needs, menopause, and osteoporosis at www.fda.gov/womens.default.htm. There is also information about diabetes.

Age: School personnel, teenage girls and adults

Fee: None

Healthy Kids Network

American Cancer Society
1-800-ACS-2345

Content: A network of community members, primarily parents, who learn more about school health issues and taking an active role in their children's health through regular newsletters.

Age: For parents and community members

Fee: None

Heart Power!

American Heart Association
Sarah Law
513-281-4048

Content: Information and activities about heart disease and stroke that could be adapted to audience needs. For those interested in learning about ways to prevent and treat the leading cause of death and disabilities for our community. Resources are available online.

Age: Children in K-12, teachers, school personnel, parents and families

Fee: None

Hoops for Heart

American Heart Association
Sarah Law
513-281-4048

Content: A basketball event that is designed to promote the lifelong health benefits of physical activity. Other benefits include being part of the excitement and teamwork of a successful community event that raises cardiovascular research and educational programs.

Age: Middle and High school students

Fee: None

Improving School Health Guidebooks

American Cancer Society
1-800-ACS-2345

Content: Improving School Health: Awareness Campaign

This guidebook describes a process for planning and implementing targeted awareness campaigns for school health and offers practical considerations from an ACS perspective. It can be adapted to a variety of situations that occur at the grassroots level since it might be necessary to modify the process to fit unique community circumstances.

Three-hole punched for placement in three-ring binders.

Content: Improving School Health: School Health Coordinator

Since a school health coordinator is central to a well-coordinated school health program, the ACS is working to build awareness about and support for school health coordinators. This guidebook provides information about the role and function of the school health coordinator and offers strategies that will enable ACS staff and volunteers to advocate for this kind of professional in their community. Three-hole punched for placement in three-ring binders.

Content: Improving School Health:

A Guide to School Health Councils

The first in a series of revised guidebooks to provide direction for Division work in cancer control. The guide is written for use by local level ACS school health staff and volunteers in support of one of three Model Unit Objectives. The book helps Units continue their work with Mission 2000 and encourage involvement in school health councils or other related committees guiding policy and program at schools. This guidebook provides a comprehensive overview of published research to date on the structure, function, and role of a school health council. It should be utilized for training and planning purposes at the local level. As supported by the Blue Ribbon Recommendations for Community Cancer Control, this guide provides insight into the school health council and how it can impact the school system and policies directing how health education is taught and supported. Three-hole punched for placement in three-ring binders. This series of guidebooks, when complete, will replace the existing CSHE Implementation Guide.

Jump Rope for Heart

American Heart Association
Sarah Law
513-281-4048

Content: An educational and fund-raising event. A fun way to teach the value of regular physical activity while promoting volunteerism. It also raises funds for research and education programs to fight heart attack, stroke and other heart and blood vessel diseases.

Age: Elementary school students

Fee: None

Junior High & High School Education Program

Kidney Foundation of Greater Cincinnati
Andrew Stallworth
513 961-8105 ext. 15
Andrew@kidneycincinnati.org

Content: This health program covers the kidney from A-Z, for students grades 7-12, complete with tips on healthy lifestyle practices. This program covers the warning signs of kidney disease, tools to prevent or delay the onset of kidney disease, as well as information on other diseases linked to poor kidney health. This program is a snapshot of the health of an individual and the relationship of family history to their personal health. This program provides some interactive components including self assessment screens which can be taken home and discussed with their family as well as blood pressure screening and discussion.

Age: Grades 7-12

Fee: None

Juvenile Arthritis-Literature

Arthritis Foundation
513-271-4545

Content: Information about juvenile arthritis; how it affects children, etiology, incidence, and treatment. Literature is also available about other types of arthritis.

Age: Some materials available are appropriate for children in 3rd grade and up; all are appropriate for teachers, school personnel and parents who work with or have children with arthritis

Fee: None

Nurturing Parent – Teen Mom Program

Services United for Mothers and Adolescents
Calvin Williams
513-487-SUMA (7862) ext. 13; 513-487-7868 (fax)

Content: The goals for the teen moms enrolled in this program include the following: 1) to prevent subsequent untimely adolescent pregnancies; 2) to assist the pregnant adolescent to deliver a healthy child (full term with birth weigh of +5.5 lbs.); 3) to demonstrate knowledge of healthy nutrition for teen mother and child; 4) to reduce the stress of parenting; 5) to demonstrate age appropriate parenting skills; 6) to return to school or GED preparation after the birth of the baby; 7) to monitor motor, verbal, physical and social development of child; and 8) no confirmed cases of child abuse and neglect from Hamilton County Jobs and Family Services for this group of mothers.

Age: Pregnant or parenting teens 13 to 19 and low-income youth, living at or below the poverty level

Fee: None

Open Airways

American Lung Association
513-985-3990

Content: This is an asthma education program.

Age: Grades 2-5

Fee: To be determined

Over-the-Counter and Prescription Medicines

Food and Drug Administration
513-679-2700

Content: Information is available on a variety of topics, including asthma, buying prescription medicines, buying drugs online, generic drugs and being an active member of your health care team.

Age: School personnel, adults, and teen parents

Fee: None

Preventing Disease Transmission

American Red Cross
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: Teaches how to reduce and prevent risk of infection from blood-borne pathogens. Follows OSHA guidelines. Can be presented in 1.5 hours.

Age: Grades 4-to adult

Fee: To be determined

Preventive Health Education

TriHealth Corporate Health Services
513-985-5455 ext. 235

Content: Health promotion and wellness including Lunch 'n Learns on varied topics; screening and Health Risk Assessments.

Age: All

Fee: Varies according to selected format.

School Walk for Diabetes

American Diabetes Association
513-759-9330 ext. 6661
1-888-DIABETES

Content: An educational event that benefits the American Diabetes Association by raising funds for research, for consumer services, and public education. Event teaches children and adults, both with and without diabetes, the benefits of exercise, eating healthy and helping those in your community who do have diabetes. Event promotes participating in community service, building school spirit, learning more about diabetes, and raising money for diabetes.

Age: Elementary & Middle School

Fee: None

Sesame Street's A is for Asthma

American Lung Association
513-985-3990

Content: Asthma education

Age: Preschool/Daycare

Fee: None

Winton Woods Community Coalition

Joann Avant, Lead Community Organizer

513-742-2203

wwcc.col@fuse.net

Content: Comprised of three northwestern suburbs of Cincinnati, Ohio, Greenhills, Forest Park & Springfield Township, the purpose of this coalition is to reduce substance abuse among youth and, over time, among adults by addressing the factors in our community that increase the risk of substance abuse and promote the factors that minimize the risk of substance abuse; and to establish and strengthen collaboration among communities, private nonprofit agencies and Federal, State, and Local Governments to support the efforts of our community coalition to prevent and reduce substance abuse among youth.

Age: All

Fee: None

Kits

Back to School Kit

American Diabetes Association

513-759-9330 ext. 6661

Content: This kit provides information about how to monitor the health of diabetic children in grades K-12, how to recognize the warnings signs of diabetes, how to detect high or low blood sugars while the child is in your care, laws that protect diabetic children and much more.

Age: School personnel

Fee: None

Consumer Health and Nutrition

Calcium! Do You Get It?

Food and Drug Administration
513-679-2700

Content: A calcium education program leader's guide for girls ages 11-14. Program may be downloaded from the FDA web site at www.cfsan.fda.gov/list.html under the heading of Kids, Teens and Educators.

Age: Teachers, educators

Fee: None

Consumer Health and Nutrition for Special Needs

Department of Developmental Disorders, Children's Hospital
513-636-7082

Content: This program is tailored for special needs youth, provides screening for service needs and gives information on transition from pediatric to adult health care resources, including medical providers, insurance, making appointments, and consumer skill development.

Ages: 17-21 years of age

Fee: None

Eating Healthy Snacks

Cincinnati Health Department/Day Care Licensing
513-357-7456

Content: This program discusses the major food groups and allows children to participate in fixing simple nutritious delicious snack alternatives. Food must be supplied by the school.

Age: 5-12 years

Fee: None

Food Safety Advocate Program

Hamilton County General Health District
513-946-7832

Content: Share knowledge of food safety as a means of creating food safety advocates and can schedule special course for large groups with advanced notice.

Age: Students, parents, and school personnel

Fee: None

Food Safety and Nutrition

Food and Drug Administration
513-679-2700

Content: Information is available on food safety resources, including how to keep your kitchen safe and hand washing. Information available includes food safety and *Fight BAC*, preventing food borne illness, eating better as we grow older, food allergies, and food labeling.

Age: School personnel, teens and adults

Fee: None

Food Safety for Children

Food and Drug Administration
513-679-2700

Content: There is a special section for children in grades K-8 on the FDA web site at www.cfsan.fda.gov/list.html under the heading of Kids, Teens and Educators. The site includes games and activities on food safety, germs, hand washing, and more. There are also reliable links to additional information.

Age: Children in grades K-3 and grades 4-8

Fee: None

Food Safety Lessons

Food and Drug Administration
513-679-2700

Content: There is a special section for educators on the FDA web site at www.cfsan.fda.gov/list.html under the heading of Kids, Teens and Educators with planning and presenter's guides for grades K-3 and grades 4-8. There are also reliable links to additional information.

Age: Teachers, Nurses and Parents

Fee: None

Growing Healthy Kids

Nutrition Council
513-621-3262

Content: A one-hour presentation on how parents can help their children develop healthy eating habits that will last a lifetime. Information on quick, easy to prepare, child-friendly foods is included and recipes are available. Program discussion identifies ideas and strategies for encouraging children to try different foods. Suggestions for incorporating nutritious foods into delicious dishes for the family to enjoy are provided. Program content emphasizes development of healthy lifestyle habits. Other common concerns with children's eating habits can be included as requested.

Age: Parents and other adults

Fee: \$50.00 honorarium requested from schools. Please call regarding availability of reduced fee programs.

Jump into Food and Fitness (JIFF)

OSU Extension, Hamilton County
513-785-6651

Content: Nutrition education for elementary students focusing on the new food pyramid, food choices, and health snacks. Consists of seven 1 ½ hour sessions fro classrooms, after school programs, camps, and recreation centers.

Age: Elementary grades

Fee: Free

Jump into Food and Fitness with JIFF and Food Facts and Fun

OSU Extension, Hamilton County
513-785-6651

Content: Hands on activities used to instruct children on the food pyramid, serving sizes, food labels, and healthy snacks. Consists of four sessions.

Age: Grade 2nd -4th

Fee: Free

Nutrition Education

American Dairy Association and Dairy Council Mid-East
859-485-4661

Little D's Nutrition Expedition – Five food group nutrition education program provides hands-on learning for 2nd graders. Workshops contains teachers guide and supplements health/language arts curriculum.

Age: 2nd grade

Fee: Free (some downloadable materials on web)

Arianna's Nutrition Expedition – Takes 4th graders on a journey around the world, teaching a five food group education program.

Age: 4th grade

Fee: Free (some downloadable materials on web)

The Dairy Council Mid East offers numerous other materials, (posters, videos, etc.) for preschool and elementary students. For a detailed list and prices call **859-485-4661** (Nancy Zwick, local representative).

Content: To be determined based on needs. Education consultants are certified family and consumer science professionals and registered dietitians.

Age: To be determined by need

Fee: To be determined

Teacher Wellness and Nutrition Workshops

Nutrition Council/Cincinnati Health Department
513-621-3262

Content: Presentations empower educators to incorporate nutrition and physical activity components into daily lesson plans. User friendly lesson plans offer flexibility for teachers to incorporate healthy eating and activity messages as time and daily planning permits.

Programs that provide guidance for staff wellness and promotion of healthy lifestyles can also be scheduled. Worksite walking programs with or without pedometers are offered for staff and students.

Age: Teachers, school staff and administrators.

Fee: Varies. Call for fee schedule for individuals programs.



CLASSROOM PROGRAMS

Hygiene I: Grades 1, 2

The Clean Machine: Practicing Good Hygiene Habits

The focus is on hand washing to keep the body healthy! Students meet “Bac,” the bacteria puppet who “infects” students with his germs. Students will practice washing their hands to get rid of germs and then checking their hands using the “Discover Health Black-Light” to make sure the germs are gone. Other easy-to-use techniques will be practiced so students decrease the spread of germs in the classroom when sneezing and coughing.

Suggested Van Programs: Body Systems or Heart I

Hygiene II: Grades 3, 4

Infection Protection

Common infections are introduced to students using “germ-like fuzzies” as well as actual reproductions of germs that cause every-day infections, such as colds, flu, sore throat, etc. To help keep infections at a minimum, students practice good hand washing techniques.

Suggested Van Program: Heart & Lung

Hygiene III: Grades 5, 6

No Sweat: Personal Hygiene Habits

Developing good hygiene habits as well as awareness of the social considerations related to individual sensitivity to smells are among the objectives of this program. As one’s body changes, practicing good hygiene continues to be a healthy habit that needs reinforcement. Acne and perspiration are addressed and students understand that bacteria thrive in warm, moist and dark areas of the body.

Suggested Van program: Heart & Lung

Nutrition I: Grades 1, 2

Finding the Food Groups

This is a basic introduction to the new food guide pyramid called “MyPyramid.” Students will group and classify a variety of common foods in the five major food groups. Once students are able to do that activity, the lessons will progress to activities that emphasize variety. Students will engage in hands-on activities to ensure that they understand that getting variety in their daily meals is an important and valuable nutrition skill.

Suggested Van Programs: Digestion or Heart I

Nutrition II: Grades 3, 4

Choose Variety With Foods

Students will review My Pyramid by identifying foods in each of the five main groups to understand the concept of variety. This concept is reinforced by two activities. One activity allows students to identify “what food group is missing;” the other is an interactive game format where student teams create a nutritious meal.

Suggested Van Program: Digestion

Nutrition III: Grades 4, 5, 6

Read the Label to Get Nutrition Facts

Students will learn how to read and interpret the entire Nutrition Facts Label. The lesson will equip students with skills to make healthy food choices from information gained by reading food labels. Stations will be set-up so students practice gathering and comparing information from food labels. The goal is that students acquire skills to make healthy food choices.

Suggested Van Program: Digestion

CLASSROOM PROGRAMS Cont.

Physical Activity I: Grades 1, 2, 3

Fit and Fun

Students will understand the importance of being physically active. This lesson begins with students introduced to the difference between sedentary activities and physical activities, as well as how to classify and group activities according to these categories. Students then get up and move to Discover Health's version of "Sound Off." Stethoscopes are used so students can hear the difference between a resting heart rate and an exercise heart rate – so they know their heart benefits from being physically active.

Suggested Van Program: Heart I

Physical Activity II: Grades 4, 5, 6

Warm Up, Exercise, Stretch, Cool Down

What does it mean to be a physically active person? How does exercise factor into a young person's life? These lifelong skills – physical activity and exercise – are explored in this interactive class. Our goal is to get kids moving – and, more importantly, for them to understand why this must be a lifelong habit. Students experience Discover Health's "12 Day of Fitness" that encompasses a warm-up activity, an exercise routine, stretching activities and a cool-down period. Pedometers are used to track movement during the fitness routine.

Suggested Van Program: Heart & Lung

Self-Esteem I: Grades 1, 2, 3

Healthy Me

This interactive program helps students realize that having a healthy self-esteem is the foundation for being a truly healthy person. Students will define self-esteem, identify feelings and develop skills to build a healthy, affirming self-esteem. A variety of techniques using music and movement will engage the students to learn about themselves and be comfortable with their own feelings.

Suggested Van Program: Body Systems – Grades 1, 2; Heart I – Grades 1, 2, 3

Self-Esteem II: Grades 4, 5, 6

The Real Me

Students play an interactive game using messages to improve their self-esteem. This self-affirming class begins with students being able to define a "healthy" self-esteem. The class moves forward with students forming teams to travel on an adventure that helps them know they are unique and that their feelings are their own. The game asks students to answer questions to learn more about themselves and reinforce positive traits.

Suggested Van Program: Heart & Lung, Brain, or Bullying

Stress Management: Grades 5, 6

Why Am I Feeling Stressed?

Students explore why certain situations or events make some of them feel stressed, but may not even bother their friends. And then again, they may not feel stressed, but notice their friends are stressed. Stress is something we all deal with – this class will help students understand why and then learn tips and techniques that can help them more effectively deal with stress.

Suggested Van Program: Heart & Lung, Brain, or Bullying

Tobacco: Grades 4, 5, 6

Choices and Consequences

This class helps students examine the dangers of tobacco. Using a variety of simulated activities, students will understand the dire consequences to the body – both short and long term – of using tobacco. The challenge presented to students is that if they know the consequences and the harm that tobacco causes to the body, it will be easier for them to say, "I choose to be tobacco-free."

Suggested Van Programs: Heart & Lung: Grades 4, 5; Brain: Grades 5, 6; The Truth About Tobacco: Grades 5, 6



VAN PROGRAMS

Heart I: Grades 1, 2, 3

Students will explore why the heart is so amazing. This program is presented in a hands-on, game-like format. Students will learn interesting facts about the heart and the circulatory system including: why the size of blood vessels varies in our body, how much blood is in the body, what makes blood red, and how much does a heart weigh. Most importantly, students will learn why they need to exercise daily to keep their hearts healthy and pumping!

Body Systems: Grades 1, 2

Students “construct” a body by putting body systems together. Students must decide between two systems (one “good,” one “bad”) to determine which one will perform the identified function better. Body systems covered in this program are skeletal, circulatory, respiratory and nervous.

Digestion: Grades 1, 2, 3, 4, 5, 6

“What happened to the sandwich?” is the question posed to students during this engrossing class. Using lifelike digestive organs, students help construct a digestive system, and they discover the function of each organ as the food travels through the digestive system. Scientific principles of experimentation, evidence collection and comparison are used. Through this process, students see how the body breaks down food into useable parts, takes the nutrients it needs to survive, and disposes of waste.

Note: Class content is adapted for grade clusters: Grades 1, 2, 3, and Grades 4, 5, 6

Heart & Lung: Grades 4, 5, 6

Students are engaged in an adventure through the heart and lungs that teaches both anatomy and function. Students will understand how the blood cells link the circulatory and respiratory systems to supply oxygen to the muscles for energy production. An important learning objective is that the heart is a muscle that requires daily exercise to stay healthy.

Brain: Grades 4, 5, 6

Students will be led through a simulated brain exploration, traveling through the brain to note specific regions of the brain and their functions. Students experience message transmission and gain a greater respect for the amazing brain. At the end of the simulation, students discover that the brain they have explored is no longer functioning properly because drugs have damaged it.

The Truth About Tobacco: Grades 5, 6

A program that captures a smoker’s story is told through a video entitled “I Can’t Breathe.” Students watch the video and then discuss the dire consequences of tobacco on a young person’s life. Combined with this moving testimonial, students will understand how the media and tobacco manufacturers use tobacco to sell products. This portion of the class is enhanced through the videotaped comments of Peter Reynolds, the grandson of the founder of Reynolds and Reynolds Tobacco Co. Mr. Reynolds is committed to sharing his anti-tobacco story with young people.

Bullies, Targets and Witnesses: Grades 5, 6 – NEW!!!

Students will explore the definitions and dimensions of bullying. This is an essential step in any long-range plan to reduce or eliminate peer abuse. Using appropriate movie clips, students are guided in conversation about differences between joking, teasing and bullying, types of bullying, and the differences between tattling and reporting. The program concludes with strategies to empower students to action whether or not they are bullies, targets or witnesses.

Special Note: To schedule this class, school must have access to a counselor, who we encourage to view the program with students to address any issues that develop for students after participating in this program.

The Bullies, Targets and Witnesses program was developed by Discover Health! Adventures in Learning as founded by the Academy of Medicine Alliance of Cincinnati (AMAC) Bullies and Victims project.



Programs

YMCA Discover Health! educators and mobile van visit your school to stimulate learning about health, physical fitness, nutrition and the amazing body. We have programs specially designed for 1st, 2nd, 3rd, 4th, 5th and 6th graders, while using a visually interesting, hands-on, interactive approach.

For \$5 per student, the kids experience:

- two innovative 40-minute sessions - one in their own classroom and another aboard the Discover Health! traveling classroom.
- a range of auditory, sensory and visual lessons, as well as personal interaction with our professional health educators.

To schedule a YMCA Discover Health program call:

Healthy Sue at 513-362-2061

Other Important Information:

- **To schedule a visit to your school a minimum of 100 students is needed.**
- **A fuel charge of \$1.00 per mile is assessed for the YMCA Discover Health van to travel to your school. The return trip back to the YMCA parking facility will be covered by the YMCA.**

Kits

Fight BAC for Food Safety- Bilingual

Nutrition Council
513-621-3262

Content: An interactive, bilingual (Hispanic) display with four food safety messages. Spanish materials available for distribution, with the messages cook, clean, chill and separate included. Appropriate for all ages; provided through a cooperative effort of FDA and Nutrition Council.

Age: Teachers, educators

Fee: Display on loan, free of charge

The Nutrition Council offers numerous teacher and parent resources (displays, curriculums, audiovisuals, and fact sheets) from their lending library. For more information call 513-621-3262.

Science and Our Food Supply

Food and Drug Administration
513-679-2700

Content: FDA in collaboration with the National Science Teachers Association has created an innovative, interactive supplementary curriculum, with a video and teacher's guide for Biology, Life Science, and other science classes. Link food science and food safety to students' everyday lives. The kit meets National Science Education Standards and can be ordered free of charge at www.cfsan.gov/~dms/tchcuric.html.

Age: Middle and High School Science Teachers

Fee: None

Environmental Health

Exploring Landfills

Hamilton County General Health District
513-946-7879

Content: Instruction teaches students how landfills are designed to prevent surface and ground water pollution.

Age: Grades 1-12

Fee: None

Tools for Schools

American Lung Association
513-985-3990
513-985-3995 (fax)

Content: This is an indoor air quality program.

Age: School staff

Fee: To be determined

Personal Health, Mental and Emotional Health

Abstinence National Speaker Assembly Program

Making Abstinence Possible (MAP)/Pregnancy Care of Cincinnati
513-521-6519

Content: A national speaker will provide an assembly addressing the importance of possessing the character traits of self-control and self-discipline in order to be successful and to have a healthy future. The program can also address abstinence from drugs, violence, and premarital sex. The agency is will to work with more than one school for a combined student audience.

Age: 6th grade and up

Fee: Free

Assertive & Responsible Teens (ART) **(Pregnancy Prevention)**

Services United for Mothers and Adolescents
Calvin Williams
513-487-SUMA (7862) ext. 13
513-487-7868 (fax)

Content: The ART program is primarily an after-school program designed to help youth develop healthy attitudes and lifestyle choices, build self-esteem, problem solving skills and values while teaching the benefits of abstaining from sexual activity outside of marriage. The Assertive & Responsible Teens program has also expanded into schools.

Age: 9-14 year old males and females

Fee: None

Authentic Happiness

Healthy Visions
513-793-7268

Content: Students identify their signature strengths and look for studies to employ their assets to enjoy lifelong happiness.

Age: 9-12 grades

Fee: \$200/class

Children Who Witness Domestic Violence

YWCA, Family Violence Prevention Project
Kristen Shrimplin
513-361-2144
513-241-7231
kshrimplin@ywcacin.org

Content: Empowers individuals, neighborhoods, organizations, schools, and system-based structures to implement comprehensive strategic initiatives that prevent child abuse and family violence.

Age: Professional staff

Fee: Free

Community Education

Council on Child Abuse
513-936-8009
prevention@cocachild.org

Content: Promotes awareness of child abuse and its prevention. Council staff provides trainings, consultations, and presentations to schools, community groups, and professionals. A variety of free educational print materials are available for distribution to schools, groups, or individuals.

Age: All

Fee: Call for more information

Contemporary Peer Speakers

Healthy Visions
513-793-7268

Content: Six separate videos; each featuring the testimonial story of a previously sexually active teenager.

Age: Grades 6-12

Fee: \$30.00 per video

Corporate Presentations

Kidney Foundation of Greater Cincinnati
Andrew Stallworth
513-961-8105 ext. 15
Andrew@kidneycincinnati.org

Content: Designed as Lunch & Learn/Brown Bag Sessions to present a wide range of kidney health information in a shorter time period.

Age: college to professional staff

Fee: Free

Every Child Succeeds

Children's Hospital Medical Center
513-636-7447

Content: Program offers first time parents flexible home visits and group gatherings for parent(s) and baby. It is possible to join the program during prenatal visit or after giving birth in the hospital. This program is ideal first-time teen parents.

Age: First time parents

Fee: None

Fatherhood Initiative

Services United for Mothers and Adolescents
Calvin Williams
513-487-SUMA (7862) ext. 13
513-487-7868 (fax)

Content: The goal of the program is to assist men in becoming the responsible, committed and nurturing fathers they want to be. Fathers are supported in staying connected to and involved in the lives of their children and encouraged to build a community of fathers.

Age: Men 15 years and older living at or below poverty level

Fee: None

Girl's Club

The Women's Connection
April Kandil
513-471-4673 ext. 15
kadila@thewomensconnection.org

Content: The program gives girls an opportunity to make new friends, play cooperative games, enjoy guest speakers, make crafts, and learn important life skills.

Age: Girls 8-11

Fee: Call for more information

Girl's Life

The Women's Connection
April Kandil
513-471-4673 ext. 15
kadila@thewomensconnection.org

Content: A life skills development program which strengthens girls' lives through a variety of educational, social, and recreational activities. Girls get the chance to learn to celebrate and discover the power and potential of becoming a young woman.

Age: Girls 12-15

Fee: Call for more information

Health Education for Teens

Healthy Visions
513-793-7268

Content: Sponsored by the Ohio Department of Health, the program provides abstinence before marriage education for students, promoting self respect, self-control, reducing unwed pregnancies, date rape, and sexually transmitted diseases. "Healthy Visions of Abstinence" consists of three class sessions conducted by a nurse health educator. These sessions feature male contemporary peer speakers who were sexually active, used drugs, and alcohol, and paid the price, and are now abstinent. Also shown is a national award winning video.

Age: 12-18 years

Fee: Donation for program/Workbook plus one video \$149.00

Helping Adolescents Prepare for Success (HAPS) Classroom Presentation (Puberty)

Making Abstinence Possible (MAP)/Pregnancy Care of Cincinnati
513-521-6519

Content: Each program consists of three sessions that include presentation and interaction activities. The program prepares students for the anatomical and physiological changes that will take place during puberty. Emotional and psychological changes during this process are addressed as well as an "H" virus component (herpes, HPV and HIV/AIDS). The foundation of sexual abstinence until marriage is introduced. The educator will provide the students with relevant handouts and parent information for the children to take home.

Age: 5th grade

Fee: Free

Henry the Champion Handwasher

American Red Cross
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: Teaches students about germs and responsible behavior to reduce and prevent the spread of diseases. Focus on hand washing videos included.

Age: Grades K-3

Fee: None

HIV/AIDS

American Red Cross/Youth School Specialist
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: There are a variety of programs, including youth peer education and videos. All programs stress prevention of exposure to HIV.

Age: Grades 1-12

Fee: None

KATCH (Kidney Assessment Through Comprehensive Health) Screening

Kidney Foundation of Greater Cincinnati
Andrew Stallworth
513-962-8105 ext. 15
Andrew@kidneycincinnati.org

Content: This program attempts to identify those at risk for developing kidney disease and offer them free follow-up testing and direct them to the appropriate medical attention.

Age: All

Fee: Free

KidsCafe

Freestore Foodbank
Hubert Harmon
513-482-4526

Content: At each 'café' session children are given a nutritious meal and offered many other fun activities. These other activities include: tutoring, arts and crafts, games and recreation, story time, nutrition education, anti-drug and anti-violence programs, music, and sports.

Age: School age children

Fee: Free

MAP (Making Abstinence Possible) 6th Grade Classroom Presentation

Making Abstinence Possible (MAP)/Pregnancy Care of Cincinnati
513-521-6519

Content: Each program consists of three interactive sessions meant to supplement to the Health curriculum. The program emphasizes abstinence as the only 100% effective method of remaining free from sexually transmitted infections

and unplanned pregnancy. Other topics include: review of male/female anatomy, refusal skills and overcoming negative peer pressure, understanding that sexual desires are normal and acting on those desires is controllable, the impact of drugs and alcohol use on sexual behavior, and the advantages of choosing secondary virginity if one has been sexually active in the past. The students are also given relevant handouts.

Age: 6th grade

Fee: Free

MAP (Making Abstinence Possible) High School Classroom Presentation

Making Abstinence Possible (MAP)/Pregnancy Care of Cincinnati

513-521-6519

Content: Each presentation consists of three interactive sessions emphasizing the freedoms of sexual abstinence and the positive outcomes associated with this lifestyle. The presentation addresses the physical, emotional and social consequences of sexual activity before marriage. The program includes a presentation on sexually transmitted infections. This program also addresses topics including renewed virginity, date rape, drug and alcohol abuse, levels of sexual arousal and healthy dating relationships. The students are given relevant handouts.

Age: 9th-12th grade

Fee: Free

MAP (Making Abstinence Possible) Jr. High Classroom Presentation

Making Abstinence Possible (MAP)/Pregnancy Care of Cincinnati

513-521-6519

Content: Each presentation consists of three energetic and interactive sessions emphasizing the freedoms of sexual abstinence, self-control, and self-discipline and the positive outcomes associated with this lifestyle. The program includes a one-day presentation on sexually transmitted infections. The students have an opportunity to learn and practice refusal skills and discuss the risk factors, such as alcohol and drug use, that increase the chance of early sexual involvement. The students are given relevant handouts.

Age: 6th-8th grade

Fee: Free

Mentoring/Character Building Focus Groups

Making Abstinence Possible (MAP)/Pregnancy Care of Cincinnati

513-521-6519

Content: Following the MAP classroom presentations, 6th-8th grade students are invited to weekly club/focus groups. The groups meet once a week for 12 weeks for one-hour sessions either during the school day or after school (this works best for neighborhood schools where transportation is not an issue). Topics include: self-esteem, character development, anger management, setting goals, drug prevention, study habits, healthy relationships and how positive choices can affect their future goals and dreams.

Age: 6th-8th grade

Fee: Free

Nurturing Parent – Child Abuse and Neglect Prevention Program

Services United for Mothers and Adolescents

513-487-SUMA (7862)

513-487-4868 (fax)

Content: The goal of the program is to educate adolescent parents and provide social/emotional support and resources to reduce the incidence of child abuse and neglect. By using a nationally recognized Nurturing Parenting Program curriculum with 250 at-risk, adolescent parents, we can identify their risk for abuse, and then provide them with parenting training.

Age: Pregnant or parenting teens age 13-18 living at or below the poverty level

Fee: None

Parent Seminar

Making Abstinence Possible (MAP)/Pregnancy Care of Cincinnati
513-521-6519

Content: This one and one half hour seminar addresses the most common myths about sexuality today in an honest and straightforward fashion. Tips will be offered on ways to talk to adolescents about these facts and the physical, emotional and social benefits that abstinence before marriage offers. Parents who participate will receive a packet of information to help them in developing a plan for educating their children about the harmful effects of sexual activity outside of marriage. Time is allotted for a question and answer period.

Age: Adults/Parents

Fee: Free

Peer Abuse Programs

Council on Child Abuse
513-936-8009

Content: One hour session provides information to students on recognizing abusive behaviors, protecting themselves from abuse, and how to get help. Bullying program (peer abuse program) available for grades 4-12.

Age: K-12

Fee: \$60 per class; schools can use their Safe and Drug Free funds for this program. Please call for assistance with funding.

Personal Safety Programs

Cincinnati Children's Hospital Teen Clinic
513-636-7615

Content: Interactive presentations by clinic staff available on teen nutrition, exercise, disease, stress management, communication, goal setting, sexually transmitted diseases, puberty, and anger management. Parent programming also available.

Age: Primarily 7th grade and up

Fee: Free

Practical Application of Intimate Relationship Skills (PAIRS)

Healthy Visions
513-793-7268

Content: Tools to help teens understand emotions, bonding and how to have healthy relationships with peers, parents and teachers.

Age: Grade 9

Fee: \$100/class

Pregnant & Parenting Teen Mothers

Services United for Mothers and Adolescents
513-487-SUMA (7862)
513-487-7868 (fax)

Content: Weekly support and parenting groups, individualized case management services provided by a licensed social worker and case managers.

Age: 13 – 19 year olds

Fee: None

PSI Program (Postponing Sexual Involvement)

Children's Hospital Medical Center
Christopher Kraus
513-363-7795
Christopher.kraus@cchmc.org

Content: This program is a United Way Agency and is a collaborative effort between the Division of Adolescent Medicine of Children's Hospital Medical Center and the Cincinnati Public schools. This is a peer instruction program and is currently offered to CPS. This program also offers consultation and assistance in setting up team leadership programs in other school districts.

Age: 10-14 years of age, leaders 15-19 years of age

Fee: Call for information

Puberty Education and Parent's Program

Social Health Education, Inc.
513-924-1444
513-924-1434 (fax)

Content: Medically accurate and developmentally appropriate education about pre/early adolescent growth and development. This program addresses the physical and emotional changes a young person experiences - commonly known as puberty. The lesson plan provides for information and discussion regarding the 3 gender specific changes as well as the 8 changes experienced by both boys and girls. Messages revolve around the following principles: puberty is normal and happens to all humans; identifying anatomy and function is healthy; communication with trusted adults is a great idea for checking in about changes; and accepting yourself as a unique and special person is a really great idea.

Age: Grades 4-6, parents, administrators, teachers and staff

Fee: Call for details

Safe Dates

Making Abstinence Possible (MAP)/Pregnancy Care of Cincinnati
513-521-6519

Content: This ten session program utilizes the established "Safe Dates" curriculum and addresses girls' needs to raise their standards and expectations and improve self-esteem. It encourages them to pursue healthy relationships.

Age: 7th & 8th grade girls

Fee: Free

Sexually Transmitted Infections (STI) Education and Risk Reduction

Social Health Education, Inc.
513-924-1444
513-924-1434 (fax)

Content: Education services are delivered with developmentally appropriate and culturally specific concepts and language. Information provided is researched based and medically accurate. Lesson plan includes STI identification, transmission, treatment, abstinence-based risk reduction and resources.

Age: Grades 6-12, parents, administrators, teachers and staff

Fee: Call for details

Spirit of Health

Kidney Foundation of Greater Cincinnati
Andrew Stallworth
513-961-8105 ext. 15
Andrew@kidneycincinnati.org

Content: The programs are presented in neighborhood churches and focus on the importance of good kidney health and the relationship the kidneys have with the total health of an individual.

Age: Church community

Fee: Free

Stinky Feet Program

Cincinnati Health Department/Day Care Licensing
513-357-7456

Content: This program discusses in a very basic manner the hygiene needs of children ages 8-12. Topics include body odor, foot odor, and mouth odor.

Age: 8-12 years

Fee: None

Various Sexuality Topics

Social Health Education, Inc.
513-924-1444
513-924-1434 (fax)

Content: Lesson plans are available regarding numerous sexuality topics. Education services are delivered with developmentally appropriate and culturally specific concepts and language. Information provided is researched based and medically accurate. Program goals include empowering the individual for healthy decision-making and accessible resources for further learning. Topics include but are not limited to: Healthy Relationships, Effective Communication, Reproductive Anatomy and Physiology, Human Growth and Development, Sexually Transmitted Infections, Birth Control and Family Planning, Risk Reduction for Infection Prevention and Unplanned Pregnancy, Sexual Orientation Education, and Gender Awareness.

Age: Grades 6-12, parents, administrators, teachers and staff

Fee: Very liberal sliding fee scale - Call for details

The Magic is in You: How to Develop a Healthy Self-Image

Magician with a Mission
513-398-0123
513-398-6123 (fax)
dhennig@cinci.rr.com

Content: This "magic with a message" program helps students understand that the key to building a healthy positive self-image is developing your character. Students will be motivated to make good choices that develop character and build self-esteem.

Age: Can be geared to elementary, middle school, and high school students.

Fee: \$450.00; Discounts are available for Block Bookings with other schools in the district

Kits

Adoption Education

Healthy Visions
513-793-7268

Content: Sixteen-minute video features powerful testimonials of teenage birth parents speaking candidly about what having sex and a child as a teenager has cost them. There is a forty-page teacher's resource guide along with the video.

Age: Grades 6-12

Fee: \$35.00

Safety and Injury Prevention

Baby-sitting

American Red Cross
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: Teaches responsibility of baby-sitting; how to prepare for a job, accident prevention, safe toys and games, diapering, feeding, emergency first aid and other topics. Receive Red Cross certificate.

Age: 11 years and older

Fee: To be determined

Basic Aid Training

American Red Cross
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: This program teaches first aid, health and personal safety, including rescue breathing, choking, seat belt and water safety. It combines discussion, puzzles, games, videos and other hands-on activities. There are 12 units, 6 mandatory for certification; takes about 6 hours to complete.

Age: Grades 4-6

Fee: To be determined

Be Cool About Fire Safety

American Red Cross
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: This program teaches children nine “Cool Rules of Fire Safety” through use of an upbeat, fast-paced video and an accompanying activity book: 1) Don’t play with matches and lighters, 2) Have smoke alarms on every level, 3) Test your smoke alarms every month, 4) When you change your clock; change your batteries, 5) Don’t hide; go outside, 6) Practice your escape plan, 7) Crawl under smoke, 8) Stop, drop and roll if your clothes catch fire, and 9) Know your local emergency number. Children review the video messages and practice how to stop, drop and roll and crawl under smoke.

Age: Kindergarten – 6th grade

Fee: None

Bicycle Safety

Hamilton County Sheriff/ P O J. Schmitt
513-595-7480

Content: Demonstration and presentation about safety with bicycles.

Age: Elementary grades

Fee: None

Bicycle/Helmet Safety

Cincinnati Children's Hospital Medical Center, Trauma Services
513-636-7528
trauma@cchmc.org

Content: This is a 45 minute program that emphasizes rules of the road, proper bicycle size, proper helmet size and fit, and the need to wear a helmet when riding bicycles, in-line skates, and skateboards. Each child receives a bicycle helmet activity book, parent brochure, sticker and pencil.

Fee: None/ Donations excepted

Car Seat Presentation

Cincinnati Children's Hospital Medical Center, Trauma Services
513- 636-7865

Content: Includes in-depth information regarding car seat safety and the law. The program includes a video, question and answer segment and handouts.

Age: Parent Groups

Fee: None

Child Safety Awareness

Hamilton Co. Sheriff/P/O J. Schmitt
513-595-7480

Content: This program includes various safety tips for younger children.

Age: Elementary Grades

Fee: None

Children's Injury Free Coalition

Cincinnati Children's Hospital Medical Center
Talia McNealy
513-636-7903

Content: The goal of this coalition of hospital personnel (physicians, nurses, paramedics, community leaders, and residents) is to prevent unintentional injuries among children living in at-risk neighborhoods through a variety of community-based interventions.

Age: Children and parents

Fee: Free

Cincinnati Drug and Poison Information Center

Cincinnati Drug and Poison Information Center
513-636-5111
1-800-222-1222

Content: 24 -hour emergency and technical information telephone service for anyone with concerns involving poison or drugs. The center's specially trained staff answers questions about poisonings, drug abuse, product contents, substance identification and adverse reactions.

Age: All ages

Fee: None

Cincinnati Safe Kids Coalition

Children's Hospital Medical Center
Kirsta Jones or Gloria Del Castillo
513-636-7528
Kirsta.jones@cchmc.org
Gloria.delcastill@cchmc.org

Content: Program to prevent unintentional injuries to children under the age of 14 years. Major areas include: motor vehicle crashes, fires and scald burns, pedestrian injuries, poisoning and choking, bike crashes, unintentional shootings, falls and drowning, and rural injuries.

Age: Under 14 years old

Fee: None

Community Education

Education Team Leader at Rape Crisis Center (formerly Women Helping Women)
513-977-5546

Content: Dynamics of Sexual Assault and/or Domestic Violence Awareness, community resources, and how to help a friend.

Age: College +

Fee: Donations welcomed

Date Rape and Dating Violence Prevention Program

Rape Crisis and Abuse Center of Hamilton County formerly Women Helping Women
513-977-5541
513-977-5546 – Education Team Leader

Content: This program includes warning signs of abuse, ways to decrease risk of date rape, community resources, and how to help a friend.

Age: Grades 7-12

Fee: Free to schools located in Hamilton County

Disaster Education Offerings for Children

American Red Cross
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnati-redcross.org

Content: Presentations can be tailored to fit any time period on the following topics: general disaster preparedness/family disaster kit; get ready for a flood; get ready for a tornado; get ready for a winter storm.

Age: Suitable for any child audience

Fee: None

Protect and Comfort Infants - PACI

Council on Child Abuse of Southern Ohio, Inc.
513-936-8009
513-936-8989 (fax)

Content: Educates on the dangers of Shaken Baby Syndrome and how it can be prevented. Provides training and related materials.

Age: 10 years to adult

Fee: To be determined

First Aid and CPR

American Red Cross
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: CPR is offered for infants, children, adults as well as first aid for common emergencies. Trainings can be customized as needed and be incorporated into the curriculum. Staff training is also offered.

Age: Grades 6-12 (12 years and older)

Fee: Varies according to class

First Aid for Little People

American Red Cross
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: Teaches safety and first aid; how to make a first aid kit; how to react to an emergency with specific actions, rescue breathing and choking.

Age: Grades K-3

Fee: To be determined

Halloween Safety

Hamilton Co. Sheriff/P/O J. Schmitt
513-595-7480

Content: Safety tips on making this a fun, safe event.

Age: Elementary grades

Fee: None

Hamilton County Safe Communities, You Hold the Key, Teen Driving Program

Hamilton County General Health District
513-946-7810
513-946-7802

Content: Funded by a grant from the Ohio Department of Public Safety, this 3-5 day program is aimed at reducing motor vehicle crashes and injuries involving teens. Program presenters include professionals from Law Enforcement, Juvenile Court, University Hospital Trauma, Bethesda Hospital Trauma and the TriHealth Think First Program as well as crash survivors or their family members. Traffic safety issues addressed include driving distractions, inexperience, speeding and other risky behaviors, impaired driving and seat belt usage. The program is comprised of presentations, videos, slides, peer-led role-playing and problem solving activities.

Age: High School students

Fee: None; Open to any high school in Hamilton County

Home Safety

Cincinnati Children's Hospital Medical Center, Trauma Services
513-636-7865
trauma@chmcc.org

Content: This program focuses on pediatric injuries that happen around the home and what precautions parents can take to make their house/apartment safer. This program also teaches parents to identify the dangers in each room of the house and safety tips to avoid those dangers; about 45-60 minutes.

Age: Parents and GRADS classes

Fee: None

Ohio Early Warning Network (OEWN)

Ohio Resource Network for Safe and Drug Free Schools and Communities
1-866-644-6396
www.ebasedprevention.org

Content: Provided as part of the Ohio Resource Network for Safe and Drug Free Schools and Communities, funded by the Departments of Education and Alcohol and Drug Addiction Services, the mission OEWN is to release timely alerts to network associates throughout Ohio of emerging drug issues and potential precursors to violence across the state. Anyone in Ohio can report an issue to the network by using the toll-free-non-emergency Info line at 1-866-OhioEWN (1-866-644-6396). Alerts will be sent in a variety of ways including electronically via a listserv.

Age: All ages

Fee: None

On Our Own

American Red Cross
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: Latchkey Program that is designed to teach simple rules and procedures to follow when home alone. Features model contract between child and parent about activity permitted. Includes a student handbook, film and handouts.

Age: Grades 3-6

Fee: To be determined

Personal Safety for School Personnel

Hamilton County Sheriff/ P O J. Schmitt
513-595-7480

Content: Provides all school personnel with self-defense lessons

Age: All school personnel

Fee: None

Play Now, Pay Later: Preventing Sports Injuries

Arthritis Foundation
513-271-4545
www.arthritis.org

Content: Ways to prevent sports injuries leading to early osteoarthritis.

Age: Children in 3rd grade and up; teachers, school personnel and parents who work with or have children with arthritis

Fee: None

Pre-Prom Safety

Hamilton Co. Sheriff/P/O J. Schmitt
513-825-1500

Content: A presentation dedicated to providing safety tips for this yearly event.

Age: Teens

Fee: None

Professional Training

Rape Crisis and Abuse Center of Hamilton County formerly Women Helping Women
977-5541
977-5546 – Education Team Leader

Content: Dynamics of Sexual Assault or Domestic Violence, Community Resources, and how to help victims.

Fee: Honorariums welcomed

Safe Sitter

Cincinnati Children's Hospital Medical Center
513-636-4232

Content: Comprehensive baby-sitting course that focuses on growth and development, accident management, CPR, choking rescue etc. Available at the hospital or at schools-call for information.

Age: 11-13 years old

Fee: \$30/person

Safety Fair

Children's Hospital Medical Center, Trauma Services
513-636-7129
trauma@cchmc.org

Content: This is an interactive school-based program with five hands-on activity stations; bicycle/helmet safety, home and gun safety, pedestrian safety seat belt safety and burn prevention.

Age: Grades K-3

Fee: None/\$100 refundable security deposit for equipment

School Based Personal Safety Program for Children

Council on Child Abuse of Southern Ohio, Inc.
513-936-8009
513-936-8989 (fax)
513-961-8004 (parent help line)
prevention@cocachild.org

Content: Age appropriate program to help keep children safe from sexual abuse, peer abuse/bullying, internet safety, and offers strategies for prevention. At the end of the workshop children are given the opportunity to speak with a counselor to disclose their problems.

Also provides training to school personnel and education for parents that will teach them effective responses to children in crisis and strategies for effective communication.

Age: Grades K-12

Fee: Call for more information

School Bus Safety

Hamilton County Sheriff/ P O J. Schmitt
513-595-7480

Content: Presents information regarding safety while near or on a school bus

Age: Elementary

Fee: None

Seat Belt Program

Hamilton Co. Sheriff's Office/P O J. Schmitt
513-595-7480

Content: A presentation discussing the importance of proper seat belt usage.

Age: Grade 3

Fee: None

Sesame Street Fire Safety Program

American Red Cross
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: This lively, interactive program lasts about 45 minutes and uses puppet shows, songs, visual aids and active practice. Children learn five basic fire safety messages: 1) Don't touch matches and lighters, 2) Get out and stay out of a burning building, 3) Smoke alarms help save lives, 4) Make a family escape plan and 5) The firefighter is a friend. Each child receives a sticker and fire safety information to share with his or her family.

Age: Ages 3-6 years of age (pre-school through kindergarten)

Fee: None

Think First for Big Kids

Tri-Health Think First Injury Prevention Program
Stephanie Lambers or Christina Boss
513-745-1742
513-745-1405 (fax)
Stephanie_lambers@trihealth.com
Christina_boss@trihealth.com

Content: This program features an interactive game show type format for classroom based injury prevention. Areas covered include bicycle safety, motor vehicle safety, fire/burn prevention and water safety. Speakers available to cover specific injury prevention topics as needed for school or community based injury prevention issues. Program also features the book A Helmet Away From Heaven (A true story of a 12 year old boy's fight for life after a critical injury caused by a bicycle injury). In addition, the video "What If"- A Plea for Helmet Use & Bike Safety (a video narrated by a 12 year old boy who survived critical injury only because he was wearing a helmet).

Ages: Grades 4-6

Fee: Call for more information

Think First for Teens

TriHealth Think First Injury Prevention Program
Stephanie Lambers or Christina Boss
513-745-1742
513-745-1405 (fax)
Stephanie_lambers@trihealth.com
Christina_boss@trihealth.com

Content: This program targets reduction of risk taking behavior for teens. This assembly based program addresses brain and spinal cord injury prevention. Prevention strategies are related to motor vehicle safety, bicycle safety, sports and recreational safety, violence prevention and the effects of substance use on personal safety. Students view an injury prevention video, a presentation by a health care professional and a conversation with a young person who had an injury from risk taking behavior.

Age: Grades 7-12

Fee: Call for more information

Think First for Your Baby

TriHealth Think First Injury Prevention Program
Stephanie Lambers or Christina Boss
513-745-1742
513-745-1405 (fax)
Stephanie_lambers@trihealth.com
Christina_boss@trihealth.com

Content: A new initiative whose goal is to reduce unintentional injuries in infants (under the age of one year) through prenatal education combined with post-partum follow-up. The program targets two high-risk populations; pregnant teens and Hispanic women. The educational sessions take place at the TriHealth Nurse Midwives Clinic in Clifton, Su Casa Hispanic Ministry Center and the Bethesda North Women's Clinic.

Eligibility criteria: need to meet income level requirements of grant (pregnant teen or pregnant Hispanic mother)

Think First Teen Driving Program

TriHealth Think First Injury Prevention Program
Stephanie Lambers or Christina Boss
513-745-1742
513-745-1405 (fax)
Stephanie_lambers@trihealth.com
Christina_boss@trihealth.com

Content: A classroom and assembly based program that specifically targets the issue of teen driving. Information in program includes:

- Viewing video Flashpoints: Moments of decision (Safety belt use, driving under the influence and how to respond at the scene of an accident are addressed);
- Healthcare speaker with slides and prevention/safety message, review of State of Ohio Teen Driving Laws;
- Featured speaker with personal message about safe driving and risk reduction;
- New for 2003, Three Drivers; Eighteen Lives-Teen Driving Video. This video provides the personal account of three teen drivers/passengers involved in fatal car crash situations. Each teen shares their own reality from a fatal car crash. The discussion guide that accompanies the video is intended for the health teacher/drivers education instructor to facilitate discussion among students regarding prevention of teen driving injuries. This video was produced locally by the TriHealth Think First Program in conjunction with Gibson & White, Inc. (a local marketing and communications firm).

Ages: Grades 10-12 (Optimum age 16 for new drivers)

Fee: Call for more information

Think First Violence Prevention Initiative

TriHealth Think First Injury Prevention Program

Stephanie Lambers or Christina Boss

513-745-1742

513-745-1405 (fax)

Stephanie_lambers@trihealth.com

Christina_boss@trihealth.com

Content: Violence prevention and conflict resolution education information in 4 session program includes:

- Incentives for parental involvement
- Rewards for student participation
- Asset development education
- Conflict resolution/weapon safety education/problem solving
- Interaction with an individual who has sustained a weapon related traumatic injury
- Integration of health concepts related to violent injury prevention
- Incorporation of local after school resources

Age: Grades 4-6

Fee: Negotiable. This program meets Federal criteria for use of Safe and Drug Free School funding.

Wind around the Toy Box

American Red Cross

Diana Wood

513-792-4000

513-792-4019 (fax)

wood@cincinnatiaredcross.org

Content: What should the toys do when they hear the tornado siren sound? While watching this giant puppet show, the children will learn why it's important to have a tornado safe place and how to identify their safe place in their own homes. They will take home tornado safety materials.

Age: Pre-school and primary grades (minimum 100 students per visit)

Fee: None

Kits

Act SMART

American Red Cross
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: This kit contains HIV and AIDS education curricula. The manual offers educational resources appropriate for elementary grades (ages 6-9), junior high school (ages 10-13), and high school (ages 14-17).

Age: 6-17 years of age

Fee: None

Facing Fear: Helping Young People Deal with Terrorism and Tragic Events

American Red Cross
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: This is a curriculum designed to supplement "Masters of Disaster", though it can be used on its own. Each chapter contains four lessons and accompanying activity sheets, and is designed to help students understand the facts surrounding an event, and learn to cope with their emotional responses as they plan for how they will face the future.

Age: The curriculum is available for four different age groups: grades K-2, 3-5, 6-8 and 9-12.

Fee: The material fee is under \$4.00 per package.

Fatal Vision Goggle Kit

Hamilton Co. Sheriff/P/O J. Schmitt
513-595-7480

Content: When worn these goggles demonstrate how intoxication affects sight and perception.

Age: 11 years of age to adult

Fee: None

Longfellow's Whale Tales

American Red Cross
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: Prepares students for summer with safe behavior in and around water.

Includes a video and posters.

Age: Grades K-6

Fee: None

Masters of Disaster

American Red Cross
Diana Wood
513-792-4000
513-792-4019 (fax)
wood@cincinnatiaredcross.org

Content: This is a disaster preparedness curriculum that has been created by the Red Cross to teach children about the science of and preparedness for tornadoes, floods, hurricanes, lightning and earthquakes. Curriculum materials are designed to be readily integrated into existing curriculum requirements, and are linked to National Standards.

Age: Curriculum sets are available for grades K-2, 3-5 and 6-8.

Fee: The cost is \$45 per kit. Teacher in-services regarding the use of these materials are also available free of charge.

Think First for Kids Curriculum

TriHealth Think First Injury Prevention Program
Stephanie Lambers or Christina Boss
513-745-1742
513-745-1405 (fax)
Stephanie_lambers@trihealth.com
Christina_boss@trihealth.com

Content: Six safety messages are woven into math, reading, writing and science lessons. Featured safety areas are: bicycle safety, motor vehicle/bus safety, playground/sports/recreational safety, water safety, and weapons safety/conflict resolution, spinal cord and brain injury prevention. Curriculum features Street Smart the Safety Superhero. Street Smart character is available for safety promotions. Curriculum includes posters and Think First for Kids video. The curriculum-based activities help students to prepare for the 4th grade proficiency exam.

Age: Grades K-4

Fee: A limited number are free of charge. Cost for curriculum is \$60.00 per classroom (for each separate grade level curriculum) or \$200.00 for entire set (grades K-4).

Substance Use and Abuse

Alcoholism Council of the Cincinnati Area, NCADD

Alcoholism Council
Cameron Foster
513-281-7880 ext. 144
513-281-7884 (fax)

Content: The Council provides programs, such as Kid's Connection, Teen Institute, Life Skills Training, Specialized Alternative Activities, and Youth Mentoring, specifically designed for children and adolescents that focus on promoting social and emotional growth while providing accurate information about alcohol and other drugs. The Council also offers school assessments and consultation services.

Age: All Ages

Fee: To be determined

Drug Free Coalition

Coalition for a Drug-Free Greater Cincinnati
513-751-8000
513-751-8001 (fax)
info@drugfreecincinnati.org

Content: Promotes drug-free environments for children and youth and mobilizes and supports locally based, community anti-drug coalitions. Provides staff development on substance abuse and violence issues among school-aged youth and educates administration regarding substance abuse and violence based on local and national data.

Age: School administrators and school personnel

Fee: Call for details.

Freedom From Smoking (FFS)

American Lung Association
Joel Kaplan
513-985-3990
513-985-3995 (fax)
jkaplan@ohiolung.org

Content: A six week adult smoking cessation program that works in a group setting to teach people the skills they need in order to stop smoking; lead by trained experts.

Age: Adults

Fee: To be determined

Freshstart

American Cancer Society
513-891-1600

Content: Training program for volunteer facilitators to conduct smoking cessation programs. Facilitators complete a self-train module and then organize classes at their facility. Participant materials provided free of charge.

Age: Adolescent/adult

Fee: None

The American Cancer Society also offers other videos and posters related to nutrition and tobacco prevention. For a detailed list and prices call 513-891-1600.

Kids Helping Kids (KHK)

Pathway Family Center
Summer Deepe
513-575-7300
sdeepe@pathwayfamily.org

Content: KHK is a licensed drug and alcohol rehabilitation program for adolescents and their families offering long-term day treatment. Key to our success is the positive peer pressure model and peer involvement used in our treatment. Also key is the family involvement required for treatment. Average treatment time is 12 months, with a 4-month follow-up. Please call for further information about substance abuse assessments and evaluations, long-term drug treatment, and the Parent and Recovering Teen Speakers Bureau.

Age: 13 to 21 years of age

Fee: Sliding scale fee

Kummba Summer Enrichment Program

Alcoholism Council
Cameron Foster
513-281-7880 ext. 144
513-281-7884 (fax)

Content: The Council's 7-week summer program is open to all young people ages 7 to 15 years who are interested in enriching their creativity, reading and writing skills and knowledge of alcohol, tobacco and other drug information. Lunch provided on Tuesday and Friday. Fee includes activities and field trips. This program has won the State Exemplary Award.

Ages: 7 to 15 years of age

Fee: \$225.00 per child

Not On Tobacco (N-O-T)

American Lung Association
Joel Kaplan
513- 985-3990
513-985-3995 (fax)
jkaplan@ohiolung.org

Content: Smoking cessation program for teens

Age: Adult facilitator training available.

Fee: \$185.00

Prevention Magic

Magician with a Mission
513-398-0123
513-398-6123 (fax)
dhennig@cinci.rr.com

Content: This "magic with a message" program helps students understand three specific, pro-active things they can do to stay off the path that leads to substance use and abuse.

Age: Can be geared to elementary, middle school, and high school students.

Fee: \$450.00; Discounts are available for block bookings with other schools in the district.

Professional and Community Education

Alcoholism Council, NCADD

Janice Rhoden

513-281-7880 ext. 131

1-888-356-3214

513-281-7884 (fax)

Content: Offers comprehensive, ongoing programs of professional education and training for teachers and chemical dependency, mental and public health professionals who work with individuals and families who are encountering substance abuse in their lives. The council will also custom design training programs for topics related to alcohol and other drugs.

Age: Professional staff

Fee: To be determined

STAMP (Stay Tobacco-free Athlete Mentor Program)

American Cancer Society

513-891-1600

513-891-1404 (fax)

Content: Uses high school mentors to teach younger students prevention of tobacco use. Trained high school students present four curriculum-based classroom sessions to students in upper elementary and middle schools. Students learn about the harmful effects of tobacco use and secondhand smoke and develop stress management and resiliency skills to reject tobacco use.

Age: Adolescents/Elementary and Middle school

Fee: None

The American Cancer Society also offers other videos and posters related to nutrition and tobacco prevention. For a detailed list and prices call 513-891-1600.

Substance Use and Abuse Referral

Ohio Resource Network for Safe and Drug Free Schools and Communities

1-800-788-7254 opt 2

513-556-0782 (fax)

Content: The Ohio Resource Network for Safe and Drug Free Schools and Communities, funded by the Ohio Department of Alcohol and Drug Addiction Services and the Ohio Department of Education, operates as the statewide clearinghouse for alcohol, tobacco, and other drug prevention. One service of the network is to serve as a referral service for individuals experiencing alcohol or other drug addictions. By calling 1-800-788-7254, individuals can be provided with referral sites in any of the 88 counties in Ohio.

Age: Referral services for teens and adults

Fee: None

TATU (Teens Against Tobacco Use)

American Lung Association

Joel Kaplan

513-985-3990

513-985-3995 (fax)

jkaplan@ohiolung.org

Content: Peer tobacco education

Age: Teens

Fee: To be determined

Web Based Learning

Ohio Resource Network for Safe and Drug Free Schools and Communities

1-800-788-7254

513-556-0782 (fax)

Content: The Ohio Resource Network for Safe and Drug Free Schools and Communities, funded by the Departments of Education and Alcohol and Drug Addiction Services, provides electronic learning focused on alcohol, tobacco, and other drug prevention information via www.ebasedprevention.org. Users can gain information on prevention training and a wide variety of other initiatives occurring in the state of Ohio regarding prevention.

Age: All ages

Fee: None

Word of Mouth: Youth Tobacco Prevention

American Lung Association

513-985-3990

Content: A four week program (one session per week) on the dangers of tobacco use and nicotine dependence.

Age: Grades 4-8

Fee: Free

Mentoring Programs

Footprints

Healthy Visions
513-793-7268

Content: This is a program for pregnant women seeking the option of adoption for their child. The role of the birth parent mentor is to answer questions on pregnancy and adoption and to provide support.

Fee: None

Science Student Symposium

Cincinnati Children's Hospital Medical Center
Wanda Downtown
513-636-8918

Content: This is a series of sessions in which students are able to attend two in which specialists in each field will talk about training requirements, job descriptions and career opportunities in:

- Nursing
- Psychology and Child Life Therapy
- Speech Pathology and Audiology
- Respiratory Therapy and Occupational & Physical Therapy

Also during this session the Assistant Dean for Admissions at UC College of Medicine will present tips for preparing to apply to Medical/Dental/ and Graduate school for students who are interested in pursuing higher degrees.

Age: High School students

Fee: None/offered annually in the spring

Summer Internship Program

Cincinnati Children's Hospital Medical Center
513-636-8918

Content: This program offers top high school science students the opportunity to be chosen from area high schools to work at CHMC during summer months. Application process: students must be entering college freshman, to qualify.

If you have any updates or additions, please e mail to: **susan.binkert@hamilton-co.org**
Hamilton County General Health District