



### Special points of interest:

- **Too Good for Drugs** has been implemented in all five county schools.
- **All school counselors** have been trained and certified to teach the curriculum.
- **WHAT Coalition** continues to oversee the **WMPI**.
- **The WMPI will continue.**

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# Washita County Meth Prevention

The Washita Methamphetamine Prevention Initiative (WMPI) is an Oklahoma Department of Mental Health and Substance Abuse Services funded program that collaborates with the City of New Cordell using the Washita Health Action Team (WHAT) Coalition to implement evidence-based strategies utilizing the Strategic Prevention Framework (SPF) to tackle the methamphetamine use problem in Washita County.

After beginning the process of evaluating our communities in 2006 using OPNA data, it was determined that Washita County would in fact receive the

Meth Prevention Grant. Since that time, each school in the county has implemented the “To Good for Drugs” Curriculum, the WHAT Coalition—Washita Health Action Team was created, a “Crystal Darkness” Watch Party was thrown, and an extensive media campaign has been launched. We have used the funds from the grant very wisely and have seen a decrease in the number of people being incarcerated and needing treatment services in our county.

All members of the WHAT Coalitions regularly meet to discuss the progress of the Meth Prevention Grant. Additionally, the

county school counselors collaborate frequently regarding the curriculum, grant funds, and other ways to reach our students, parents, and other community members to share information about the dangers of meth and other drugs.

Coalition members as well as students, teachers, and administrators agree that the grant has provided our county an opportunity to include a curriculum to our students. We will continue to monitor data and know that this curriculum will make a difference!

## Too Good for Drugs

*Too Good for Drugs* is a K-12 prevention education curricula that teaches kids that they are indeed too good for drugs and violence. These programs effectively build protective factors that all kids need both in the classroom and beyond.

It teaches kids how to make good decisions in the context of goals, outcomes, and consequences. The program lessons and activities give them concrete, how-to skills to counter social influences and refuse peer pressure. It teaches them the

facts about drugs – alcohol, tobacco and other drugs – as they relate to their health and well-being. Through role plays and age appropriate activities, it models healthy pro-social behaviors and attitudes, including identifying and managing emotions

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and communicating effectively. After a lengthy process, Too Good for Drugs was selected because it was the best fit for Washita County.

According to the Mendez Foundation, Too Good for Drugs is a science-based, research based, field tested curriculum that generates positive results now and in the future.

Parents are included in the learning process through newsletters and homework assignments designed to in-

volve the whole family. Communications sent home included information about topics covered in the curriculum along with nutrition and fitness fact sheets, simple meal preparation information, and was to help the family incorporate physical activity into their lives.

The program Too Good for Drugs has been designated a Model Program by the Substance Abuse and Mental Health Services Administrations (SAMHSA).

All five schools in



Washita County implemented the program in 5th, 8th, and 11th during the 2008-2009 school year. Over 2000 students in our county have already gone through the curriculum and have been impacted either directly from the curriculum itself or through other related activities.

*“Too Good for Drugs is a science based, field-tested curriculum that generates positive results now and in the future.”*

## Highlights & Achievements

The Washita Meth Prevention Initiative is making a difference. Schools in our county have worked closely together involving many other members of each community represented. We worked together and with Red Rock APRC to host a very successful “Crystal Darkness” watch party in January of this year. Nearly 200 students, parents,

teachers, and other community members attended this event.

The grant also afforded the opportunity to send some of our members the first annual Oklahoma Methamphetamine Prevention Regional Training Conference. Those who attended the conference received invaluable training and information that is being used to help others seek the neces-

sary treatment.

Additionally, program strengths include a spectrum of collaboration and reliable communication has been established through the development of the WHAT Coalition. The leadership is accessible and well connected to the community and the WHAT members activity contribute to their quota to the success of WPMI.

## Challenges & Solutions

At the implementation of the program, there were a few challenges presented. The selection process was quite lengthy and many of the members were not present throughout the entire process. Additionally, there was a lack of communication among members, so the implementation was slow to begin. However, after a thorough examination of the WPMI, changes were made and the program

has since flourished.

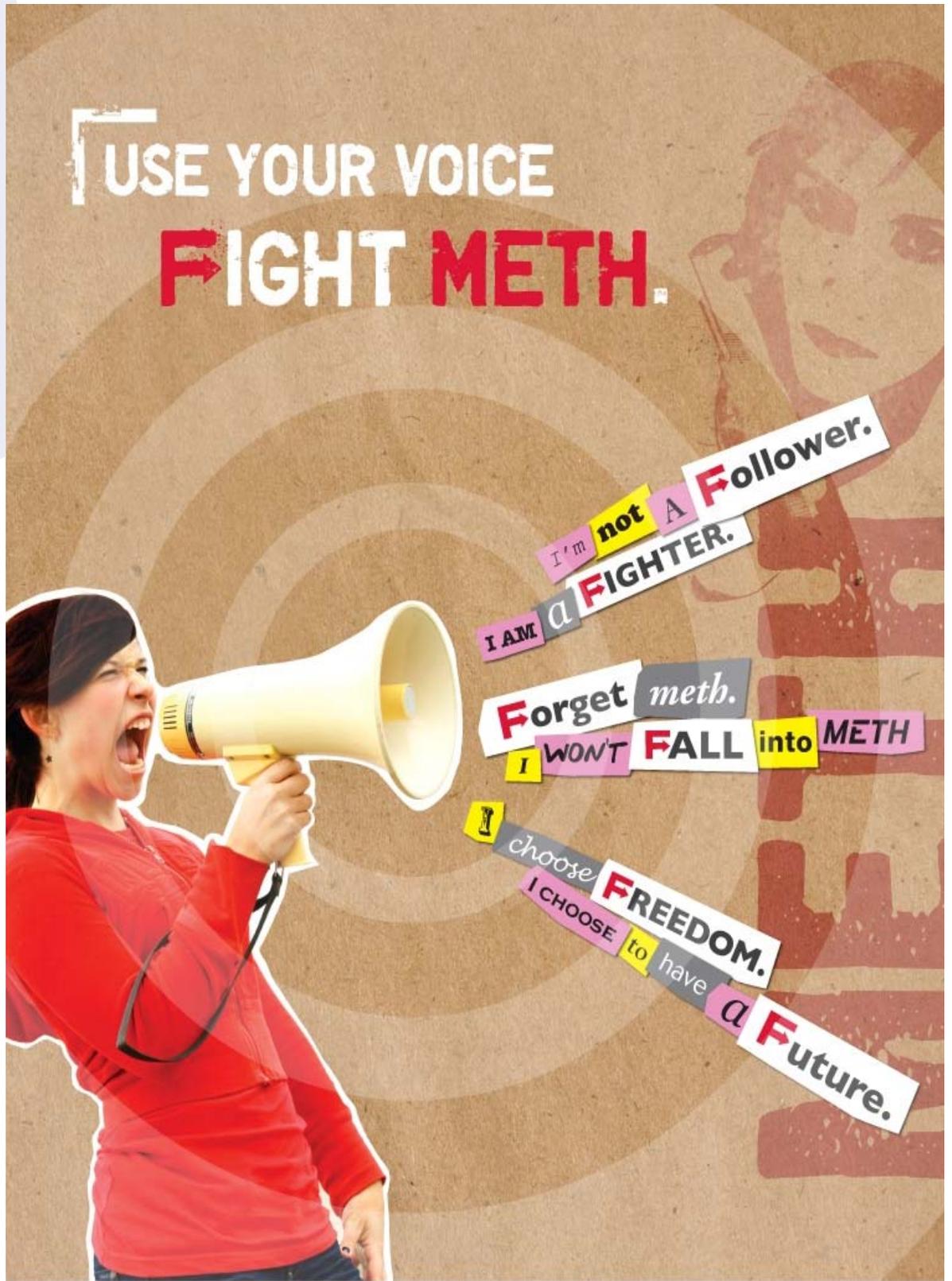
Through the WHAT Coalition, communication channels were opened and the coalition maintains a professional standard to this day. All members of the coalition have valuable input and play an active roll in overseeing the grant funds and the decisions that affect our entire county community. This process has been a very positive one and



we all are committed to ensuring that our program is sustained when the funds are exhausted. Many of the schools in our district have given verbal commitment to continue purchasing the workbooks in the future.

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For immediate help call 211



Funded by Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention, and by Oklahoma Department of Mental Health and Substance Abuse Services.  
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**F** FIGHT METH